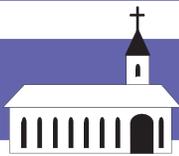


What's happening ...

Chapel



Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

Worship schedule

Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel
9:45 a.m., Sunday School, Shaw Heights

Elementary School

10 a.m., Sunday liturgical service, Palmetto Chapel (weekly communion)

11 a.m., Sunday shared-faith service, Palmetto Chapel

4 p.m., Sunday youth group, chapel annex

6 p.m., Sunday, Faith Factor

Catholic services:

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

11 a.m., Sunday School, Shaw Heights

Elementary School

Other faith groups may contact the chapel for information on worship times and locations.

FSC



FSC hours

Family Support Center hours are 8:30 a.m. - 4:30 p.m. Mondays through Thursdays. The FSC is open Fridays for emergencies and appointments only. Hours for the Loan Closet and to pick up sponsorship packets are Mondays through Thursdays from 8 a.m. to noon. For more information, call **895-1252**.

Resume writing and interviewing classes

Resume writing and interviewing classes are scheduled Fridays at the Sumter Employment Security Commission on E. Calhoun Street. Participants can attend 9 - 11 a.m. or 11 a.m. - 1 p.m. For more information and to register, call **895-1252** or **773-7359**.

Heart to Heart

Family members of deployed/remote tour spouses are invited to network with others at the FSC Tuesday 4 - 8 p.m. For more information, call **895-1252**.

Potty-training class

A potty-training class is set for Tuesday from 11:45 a.m. to 12:45 p.m. at the FSC. The class is for parents who need assistance with their children. For more information or to register, call **895-1252**.

Smooth Move workshop

A smooth move workshop is set for Wednesday from 8:30 a.m. to noon at the FSC. The event is open to military, civilian employees and family members PCSing from Shaw or separating/retiring. For more information, call **895-1252**.

VA representative

A Veteran's Administration representative is available to answer VA questions on Tuesdays and Wednesdays, by appointment only, at the FSC. For more information, call **895-1252**.

Time for Tots

This playgroup meets Thursdays from 10 to 11:30 a.m. at the Community Center. For more information, call the FSC.

Free childcare

The Air Force Aid Society will pay for 20 hours of care per child for military families either leaving or arriving at a base. Members within 60 days of arriving or departing can pick up a voucher at the FSC.

Pre-deployment brief

A pre-deployment brief is set for Thursday from 8 to 9:30 a.m. at the FSC. It is mandatory for those deploying for 30 days or more and covers family separation preparation and anti-terrorism measures. Unit deployment managers with 10 or more deploying members should call the FSC to set up a date, time and location for a mass briefing. Spouses are highly encouraged to attend. For more information, call **895-1252**.

Food locker

The FSC has a food locker for use by military families experiencing financial difficulties. For more information or to make a donation, call the FSC.

Financial help

Airmen experiencing financial difficulties can make an appointment to meet with a personal financial management planning counselor at the FSC. Bring a copy of your most recent Leave and Earnings Statement. For an appointment, call **895-1252**.

Education grant

The Air Force Aid Society provides \$1,500 grants to selected sons, daughters and spouses of military members. For more information on eligibility requirements, call **895-1252**.

Information



CPR certification

An adult CPR training class, sponsored by the American Red Cross, is set for Thursday from 6 to 10 p.m. at the Tri-County Service Center on North Guignard Drive in Sumter. Individuals completing the training will receive CPR certification. The cost is \$40. Advance payment and registration are required. For more information, call **775-2363**.

Jammin' July 4th

This event is set for July 4 from 5 to 10 p.m. Fireworks, food, fun, rides and music will be available. For more information or to volunteer, call **895-4897**.

Youth Center sports camps

Summer sports camp registration is in progress. For more information, call **895-2252**.

Lunch menu entrees for CMSgt. Emerson E. Williams Dining Facility

Today -- Seafood newburg, beef and corn pie, roast turkey

Saturday -- Baked chicken, Swedish meatballs, creole shrimp

Sunday -- Oven-fried fish, cantonese spareribs, grilled mustard chicken breast

Monday -- Pot roast, baked stuffed fish, roast loin of pork

Tuesday -- Teriyaki chicken, veal parmesan, salmon cakes

Wednesday -- Lasagna, Italian-style veal steak, Italian sausage

Thursday -- Orange-spiced chops, liver with onions, tempura-fried fish

(Information courtesy of the 20th Services Squadron.)

At the movies



Movie schedule and start time are subject to change. To hear recorded movie information, call **895-2199**.

* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

Friday

7 p.m., 13 Going on 30, PG-13 (sexual content and drug references) -- Jenna is a 13-year-old girl who feels adulthood is not arriving fast enough. So, Jenna makes an earnest wish, which miraculously comes true. The next day, it's 2004 and Jenna's 30 years old. She is finally cool and popular, but has no idea how she got there. Jenna learns 'having it all' is not enough and decides to take a second chance at first love. Now her biggest wish is that it's not too late.

1 hr. 37 mins.

Saturday

7 p.m., Man on Fire, R (language and strong violence) -- Denzel Washington takes a job to protect a child whose parents are threatened by a wave of kidnappings. He becomes close to the child and their relationship reawakens and rekindles his spirit. When she is abducted, he stops at nothing to save her.

2 hrs. 26 mins.

Sunday

3 p.m., Laws of Attraction, PG-13 (sexual content and language) -- This is the story of two New York divorce attorneys who are often competing against each other, but end up in a relationship nonetheless. When they get married, can they avoid the same issues at home that lead people to provide them business at work?

1 hr. 30 mins.



Homeward bound

Left, the 20th Civil Engineer Squadron's women's intramural softball team brings one home Tuesday to assist in a 17 - 5 victory against the 20th Medical Group.

Below, Marcy McLean, 20th CES pitcher, winds up.



Photos by Airman 1st Class Susan Penning

Health & wellness

Sleep: How much do we need?

By Airman 1st Class Susan Penning
Staff writer

Stress. Work. Children. Deployments. Managing a household. These are a few daily obstacles that keep us from getting enough sleep. On top of the tasks preventing us from hitting the sack are the worries keeping us up once we get there, such as relationship issues, family illness or financial strains.

According to information from the Mayo Clinic in Rochester, Minn., the inability to get a good night's sleep can affect energy level, mood and overall health. Fatigue, at any age, leads to diminished mental alertness and concentration.

Statistics show the average person performs best when receiving about eight hours of sleep per night. However, some people require only about four or five hours, while others need nine or 10. The results of a recent survey conducted by a 20th Fighter Wing physical training leader indicate the average Shaw member gets 6.2 hours of sleep a night.

Dr. John Shepard Jr., medical director of the Sleep Disorders Center at the Mayo Clinic, advises sticking to a sleep routine, even on weekends; avoiding eating or drinking a lot before bedtime; avoiding caffeine and nicotine; and exercising. Dr. Shepard also suggests keeping the bedroom slightly cooler than other rooms in the house.

For new parents, sleep may be scarce because they are awakened at various hours to care for an infant. Dr. Shepard said sleeping in a separate room from the baby may help all parties rest better.

"With all of the expertise required in today's military, quality sleep is a necessity in order to optimize the human weapon system. If we treat fatigue with respect, we will sharpen our skills," said 1st Lt. Megan Shump, Chief, 20th Aeromedical-Dental Squadron aerospace physiology operations element chief.

How to treat/prevent youth sports injuries

Childhood sports injuries may be inevitable, but there are measures to help prevent them:

Make sure your child uses the proper protective gear for a particular sport.

Warmup exercises, such as stretching and light jogging, can help minimize the chance of muscle strain or other soft-tissue injury during sports. Warm-up exercises make the body's tissues warmer and more flexible. Cooling-down exercises loosen the body's muscles that have tightened during exercise. Make warm-ups and cool-downs part of your child's routine before and after sports participation.

Don't forget to include sunscreen and a hat (when possible) to reduce the chance of sunburn, which is an injury to the skin. Sun protection may also decrease the chances of malignant melanoma or other skin cancers that can occur later in life.

It is also important your child has access to water or a sports drink to stay properly hydrated while playing.

Treat injuries with "RICE."

If your child receives a soft-tissue injury, commonly known as a sprain or strain, or a bone injury, the best immediate treatment is easy to remember.

Rest: Reduce or stop using the injured area for 48 hours. If you have a leg injury, you may need to stay off it completely.

Ice: Put an ice pack on the injured area for 20 minutes at a time, four to eight times per day. Use a cold pack, ice bag or a plastic bag filled with crushed ice wrapped in a towel.

Compression of an injured ankle, knee, or wrist may help reduce the swelling. These include bandages such as elastic wraps, special boots, air casts and splints. Ask your doctor which one is best.

Elevation: Keep the injured area elevated above the level of the heart. Use a pillow to help elevate an injured limb.

Get professional treatment if any injury is severe. A severe injury means having an obvious fracture or dislocation of a joint, prolonged swelling, or prolonged or severe pain.

Sprains and strains

A *sprain* is an injury to a ligament. One or more ligaments can be injured during a sprain.

Ankle sprains are the most common injury in the United States and often occur during sports or recreational activities.

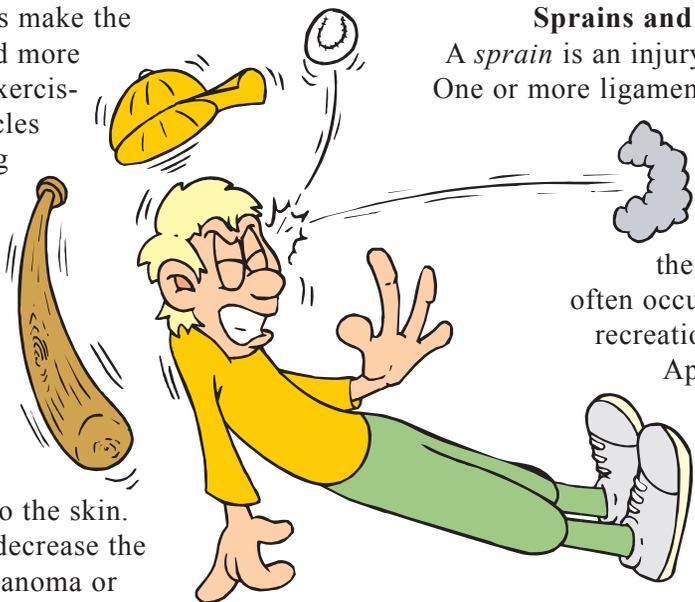
Approximately one million ankle injuries occur each year and 85% of these are sprains.

A *strain* is an injury to either a muscle or a tendon. Sprains and strains can be treated using the RICE method.

Heat and hydration

Heat injuries are always dangerous and can be fatal. Children perspire less than adults and require a higher core-body temperature to trigger sweating. Heat-related illnesses include dehydration, heat exhaustion and heat stroke. These injuries can be prevented by scheduling regular fluid breaks during practice and games, making player substitutions more frequently in the heat, wearing light-colored, "breathable" clothing, and even misting water on the body to keep cool.

Shaw members are reminded to call **895-CARE** to speak to a primary care provider if their child is injured and needs to be seen by a physician. (*Information courtesy of the Department of Health and Human Services and the National Institutes of Health. Airman 1st Class Susan Penning contributed to this article.*)



Sports Shorts

Father's Day special

Dads bowl free at Shaw Lanes when bowling with a child today from 10 a.m. to 8:30 p.m. and Saturday from noon to 9:30 p.m.

Open pools

Woodland Pool -- open swims are Mondays through Thursdays 1 - 7 p.m.; Fridays 1 - 6 p.m.; Saturdays 11 a.m. - 6 p.m.; Sundays noon to 6 p.m.

Lap swims are Mondays, Wednesdays and Fridays noon to 1 p.m. and Tuesdays and Thursdays 11 a.m. - 1 p.m.

Lakeside Pool -- open swims are daily from noon to 6 p.m. Both pools offer swimming and aerobics classes. For more information, call **895-3446/2733**.