

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 Protestant service, Palmetto Chapel

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

7 p.m., Sunday, Young Adult Worship, Palmetto Chapel

Catholic services:

11:30 a.m., Tuesday - Friday, Daily Mass/Communion, Palmetto Chapel

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

Morale call program

The morale call program is for families of military members deployed, TDY or on a remote tour. Four 15-minute calls per month may be made from home to a location with a DSN phone number. Register in person or by phone at the Family Support Center. For more information, call 895-1252.

Child care for PCS

The Air Force Aid Society program pays for 20 hours of care per child for military families who are leaving or arriving to a base to attend to moving issues. This program is open to all ranks. The child care is given at the base issued using family daycare providers within 60 days of PCS. For more information, call 895-1252.

Airman's Attic

The Airman's Attic offers free items to E-4s and below Thursdays from 5:30 to 7:30 p.m. in Building 1041. E-1s through E-6s are welcome the first Saturdays of the month from 10 a.m. to 1 p.m. For more information, call 895-1252.

Time for Tots

This parent-toddler group, co-sponsored by FSC and Family Advocacy, is set to meet Thursday from 10 to 11:30 a.m. in the Youth Center. It's an opportunity for parents to network and share issues. For more information, call Marcy Prior at 499-2656.

Volunteer opportunities

AFAS has volunteer opportunities at Shaw or in the Sumter community for interested persons. Volunteer hours are negotiable and free child care is provided through a family daycare provider. For more information, call 895-1252.

Information

Base Library events

The Base Library is conducting a food drive throughout the month of January with proceeds going to the food locker at the FSC.

Kiddie Klub is a library club for 2 to 5-year-olds meeting Tuesdays at 10:30 a.m. in the Base Library. Books are read to the children as well as involving them in videos, songs and puppet theater. For more information, call 895-9808.

The Base Library is beginning a writer's workshop designed to help with writing and publishing. The workshop is set to begin Jan. 26 from 6 to 7 p.m. For more information, call 895-9808.

Pregnancy and parenting classes

A healthy pregnancy class is set for Jan. 16. The next class is scheduled for Feb. 20.

A childbirth education class is scheduled for Jan. 26 and 28.

The five-session Newborn Care Class is set for Jan. 27, 29, Feb. 3, 5 and 10.

For more information or to register, call 895-6091.

Connecticut Air National Guard

The Connecticut Air National Guard has vacancies for people considering an early out, Palace Chase or Palace Front Program. Pursue a full or part-time education while still fulfilling military obligations. Free tuition for state colleges or universities in Connecticut.

The 103rd Air Control Squadron in Orange, Conn. has vacancies in the following career fields: 1C5X1, 2A6X2, 2E0X1, 2E1X3, 2T3X4, 2T3X5, 14NXX and 13BXX.

For more information, call Master Sgt. Harold Rogers at DSN 795-2905 or 1-800-582-5509.

New York Air Guard

The 109th Airlift Wing, in Scotia, N.Y., has traditional Guard vacancies in the following career fields: 1A2X1, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 3C1X1, 3C3X1, 3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4N0X1, 4P0X1, 4T0X1 and 6C0X1.

For more information, contact Master Sgt. Wesley Ryerson at Wesley.Ryerson@nyscot.ang.af.mil or 1-800-524-5070.

Parent Involvement Committee meeting

The next Parent Involvement Committee meeting is set for Wednesday at noon at the Child Development Center. A light lunch will be provided. For more information, call 895-2247.

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

Today -- Mexican-baked chicken, Swiss steak with tomato sauce, stuffed green peppers

Saturday -- Crispy-baked chicken, cajun meat loaf, steak ribeye

Sunday -- Tuna and noodles, sauerbraten, chicken breast parmesan

Monday -- Swiss steak with tomato sauce, baked chicken, Italian sausage

Tuesday -- Onion-lemon fish, pork schnitzel, yak-isoba

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

Thursday -- Tempura fried fish, orange-spiced chops, liver with onions

(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., Tupac: Resurrection, R (strong language and images of drugs, violence and sex) -- A documentary about the pivotal hip-hop artist Tupac Shakur is narrated entirely in the words of the deceased artist himself. Through a variety of interviews, journal readings, poetry performances, private home movies and never-before-seen concert footage, the film serves as a self-portrait of Tupac. 1 hr. 55 mins.

Saturday

7 p.m., Gothika, R (violence, brief language and nudity) -- A criminal psychologist awakens to find herself a patient in the very same mental institution in which she works. She has no memory of the murder of her husband she was accused of committing. As she tries to regain her memory and convince her coworkers of her innocence, a vengeful spirit uses her as an earthly pawn. It further convinces all involved of both her guilt and her descent into madness and delusion. 1 hr. 35 mins.

Sunday

3 p.m., Timeline, PG-13 (intense battle sequences and brief language) -- A team of student archaeologists are on a dig at a medieval site in France. When Professor Johnston, their team leader, disappears, they suddenly find themselves in 14th century feudal France on a perilous journey beyond their wildest dreams. Now, to find their missing professor and avoid a potentially catastrophic event, they won't be excavating the past, they'll be living it. 1 hr. 56 mins.

Basketball has recreational, health benefits

By Staff Sgt. Alicia Prakash
Staff writer

Basketball season is here, and there is a league for just about everyone at Shaw. There are youth, intramural, varsity and over-30 teams. Team Shaw can enjoy either playing or watching games. Not only can the sport be fun and competitive, but it has health benefits and can teach valuable skills as well.

A basketball league is available to children through the Youth Center.

Teams are divided according to ages and they compete against other teams in the Sumter community. Games are held on weekends and on evenings.

Shaw's intramural basketball league is composed of squadron teams competing against each other on base. Usually there is an A team for the serious players and a B team for the not-so-serious players. These games are played on weekday evenings.

Shaw has a men's and women's varsity team. Varsity team members include government employees and

their family members. They compete against other military teams, to include some Army teams on the East Coast, said Mrs. Annette Alvizures, Shaw's women's varsity basketball coach.

"Players can use what they learn on the court and apply it to their lives," said Mrs. Alvizures.

They learn skills of cohesiveness, loyalty and how to be a team player, she said.

Another group of ball players is the over-30 basketball team. It is open to base personnel and family members over the age of 30. Master Sgt. Randy Hardy, Shirts team point guard, said he joined the over-30 team because of the camaraderie and to keep in shape.

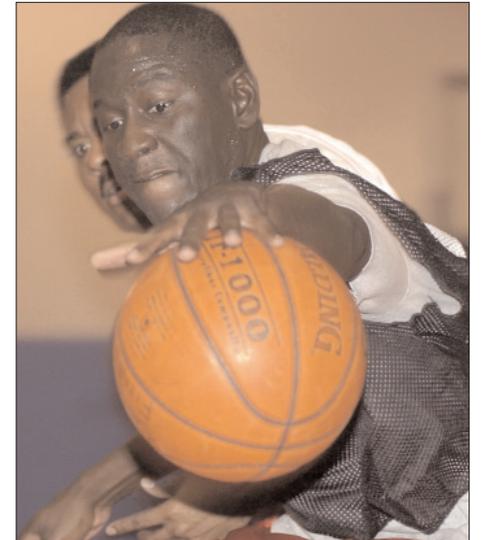
"It breaks up the monotony and stress of the day," he said.

Reducing stress is just one health-related goal for playing basketball.

"It is better than sitting on a couch," said Staff Sgt. Joleen Black, Health and Wellness Center clinical dietetics NCO in charge,

She said basketball gets people out and moving. Ball players are using their muscles.

For those better at clapping their hands than shooting hoops, spectating is an option. Not only can cheering pump up players on the court, but it



Cobb has a handle on the ball and kept it clear of 20th LRS for the moment.



Photos by Master Sgt. Paul Holcomb

Jay Wright (left), 20th Logistics Readiness Squadron, and Jemal Cobb (right), 20th Civil Engineer Squadron, battle for possession of the ball during an over-30 basketball game Tuesday in the Fitness Center here. The LRS team won the game, 41 - 39.

encourages squadron support and involvement.

Shaw basketball leagues are up and running, so members can join in now.

"Basketball is still fun whether your team wins or loses," said Sergeant Hardy.

For more information on Shaw's adult basketball teams and game schedules, call the Fitness Center at **895-2789**.

For information on youth basketball leagues, call the Youth Center at **895-2251**.

SPORTS SHORTS

Freeze on fees

Carolina Lakes Golf Course is offering a freeze on fees until Feb. 29. The cost for rounds is \$14 from 11 a.m. to closing, Mondays - Fridays, including cart and green fees. For tee times, call **895-1399**.

American Heart Walk

The annual American Heart Walk is scheduled for March 13 at 9 a.m. at the Sumter County Chamber of Commerce. The cost is \$10 per walker, \$100 per team of 10 people. For more information, call 2nd Lt. Erik Saracino at **895-0103**.

Bowling specials

Shaw Lanes offers bowling at \$1 a game 10 a.m. - 5 p.m. on exercise and down days to active-duty personnel. Shoe rental is free. For more information, call **895-2732**.

2003-2004 Intramural Basketball Standings

American League

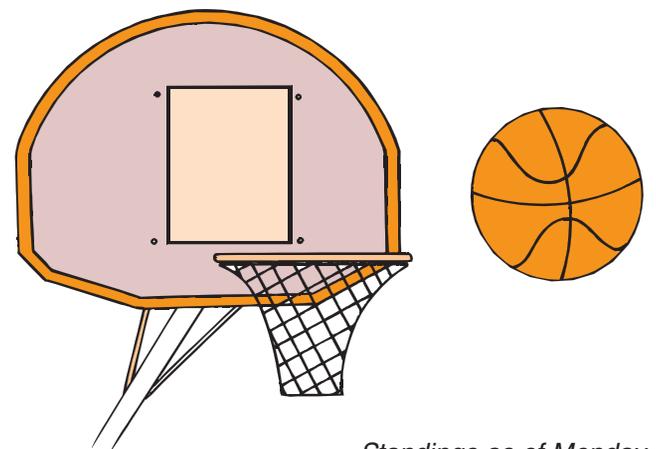
| | W | L |
|----------|---|---|
| 28 OWS | 1 | 0 |
| 682 ASOS | 0 | 2 |
| PROPS A | 2 | 0 |
| LRS A | 0 | 2 |
| EMS | 2 | 0 |
| AMMO | 1 | 0 |
| COMM | 0 | 1 |
| MED | 0 | 1 |
| SFS | 1 | 1 |
| MSS | 1 | 1 |

National League

| | W | L |
|---------|---|---|
| CES A | 1 | 1 |
| CES B | 0 | 1 |
| PROPS B | 0 | 1 |
| LRS B | 2 | 0 |
| CMS | 2 | 0 |
| FIRE | 1 | 0 |
| OSS | 1 | 1 |
| EGRESS | 0 | 2 |
| CMS/EWS | 1 | 1 |
| CMS/AIS | 0 | 1 |

Over 30 teams

| | W | L |
|--------------|---|---|
| CMS | 1 | 0 |
| EMS | 2 | 0 |
| MED | 0 | 0 |
| AMXS | 1 | 1 |
| AMMO | 0 | 1 |
| LRS | 2 | 0 |
| SFS | 0 | 2 |
| FIRST SHIRTS | 1 | 1 |
| CES | 1 | 1 |
| COMM | 0 | 1 |



Standings as of Monday