

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

service members and their families separating or PCSing out of Shaw. Representatives from the Traffic Management Office, Military Equal Opportunity office, finance, base housing, legal and the Personal Financial Management Program will answer questions on relocation issues. For more information, call 895-1252.

Predeployment brief

The next predeployment brief is scheduled for Thursday from 8 to 9:30 a.m. It's mandatory for those departing on deployments of 30 days or more. It covers family separation and antiterrorism measures. Unit deployment managers with 10 or more deploying personnel should contact the FSC to coordinate a mass briefing. If you receive a short-notice deployment notification, call the FSC to schedule an appointment. Spouses are encouraged to attend. For more information, call 895-1252.

Time for Tots

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

Resume writing and interviewing

Resume writing and interviewing classes are offered Fridays from 9 to 11 a.m. and 11 a.m. to 1 p.m. Plan to arrive 15 minutes early. Classes are sponsored by the S.C. Employment Security Commission. For more information or to sign up, call 895-1252.

FSC

TAP briefings

Mandatory Transition Assistance Program separation or retirement briefings are held at the Family Support Center Mondays from 1 to 3 p.m. for military members planning to separate or retire. Members are encouraged to attend upon deciding to retire or separate to allow plenty of time to take advantage of benefits and entitlements earned for serving. Spouses are also encouraged to attend. O-5s and over may schedule one-on-one briefings. For more information, call 895-1252.

Scholarship information

The Air Force Aid Society offers \$1,500 grants to qualifying applicants. For more information, visit the reception desk at the FSC or log on to www.afas.org.

Picture night

Heart to Heart is scheduled to have Lovable and Huggable Picture Night Tuesday from 6 to 8 p.m. at the FSC.

Families can create Valentine's Day photos and messages to send to deployed or remote loved ones. Various backgrounds will be available, and the pictures will be ready to take home the same day.

For more information, call the FSC at 895-1252.

Smooth Move workshop

The Smooth Move workshop is scheduled for Monday from 8:30 a.m. to noon. It is designed for

Information

Pregnancy and parenting classes

A healthy pregnancy class is set for Feb. 20 at 9 a.m. in the Aerospace Physiology building. The next class is scheduled for March 19.

A childbirth education class is scheduled for Monday and Wednesday from 6 to 8:30 p.m. in the Pediatric/New Parent Support building.

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

Talent contest

A talent contest for the Air Force's premier entertainment showcase, *Tops in Blue*, is set for Thursday at 7 p.m. in the Community Center for active-duty personnel. For more information, call 895-3382.

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.

Motown Live show

Back by popular demand, Club Shaw presents *Stage 3* Saturday from 9 p.m. to 1 a.m. They perform sounds from *Smokey Robinson and the Miracles*, the *Temptations*, *Mary Wells* and more.

Those 18 years of age or older and their guests may attend. The cost is \$2 for members, \$5 for non-members. For more information, call 666-3651.

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

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

Saturday -- Cajun meatloaf, baked chicken, steak ribeye

Sunday -- Sauerbraten, tuna and noodles, chicken breast parmesan

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

Tuesday -- Yakisoba, onion-lemon fish, pork schnitzel

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

Thursday -- Southern-fried chicken, barbecue spare ribs, fried catfish

(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 at 7 p.m. and Sunday at 3 p.m.

Stuck on You, PG-13 (crude and sexual humor, and some language) -- Two brothers, Bob and Walt, head for Hollywood for Walt to pursue an acting career. Walt encounters legendary diva and award-winning actress, Cher. Looking to sabotage her new television series, of which she wants no part, Cher casts Walt as her co-star. Instead of dooming the show, Walt propels it to top ratings. The brothers become instant celebrities. Bob finds romance with a longtime cyber-pal, and the brothers make a decision forever changing their lives. One thing is certain, nothing will ever come between them.

2 hrs. 8 mins.

Saturday at 7 p.m.

The Last Samurai, R (strong violence and battle sequences) -- Set in the late 1870s, a Civil War veteran, Captain Woodrow Algren, arrives in Japan to train the emperor's troops as part of a break away from traditions. When Algren is injured in combat and captured by the samurai, he learns about their warrior honor code from their leader. That forces him to decide which side of the conflict he actually wants to be on.

2 hrs. 24 mins.

20th CMS improves fitness one at a time

By Staff Sgt. Alicia Prakash
Staff writer

(The following is the first article in the "Shaw Squadrons Fit to Fight" series.)

Physical Training Leaders are training squadrons according to the new fitness program policy in Air Force Instruction 10-248, *Fitness Program*. The 20th Component Maintenance Squadron is one group on base making preparations to stay fit to fight.

Because of unique mission requirements, flexible workout schedules are important, said Master Sgt. John D. Walker, 20th CMS test, measurement and diagnostic equipment flight PTL.

"Each flight establishes its own criteria for meeting the Chief of Staff of the Air Force's goal," he said.

Sgt. Walker said sections within the 20th

CMS performed fitness pre-tests for each individual and reported the results to the squadron to get a baseline for fitness performance.

"A couple of individuals couldn't run a mile and a half. However, since we have been working out, these individuals are able to run without stopping," said Sgt. Walker.

"I felt great improving my time on the run," said Tech. Sgt. Jeffrey Giffin, 20th CMS.

Sgt. Giffin used to be more focused on preparing for the ergometry

test by bike riding four to five times a week, but running was not part of his routine. Now, he runs three times a week to

improve his time. Sgt. Giffin said as he runs, his goal is to catch up with another runner in front of him. When he meets the targeted person, he then focuses on another person to catch up to, which gradually reduces his time and increases his speed.

Improvements can be a plus, regardless of a person's initial physical fitness.

Airman Dana Bickel, 20th CMS, had a fitness routine established prior to the new Air Force fitness requirements and continues it. She does weight training four to five times a week and jumps rope for 30 minutes, three times a week.

She advises personnel to increase their exercise until they are comfortable enough to take on more.

"The harder you work at it, the better you are going to get," said Airman Bickel.

The 20th CMS is one squadron working hard to keep its members within fitness standards.

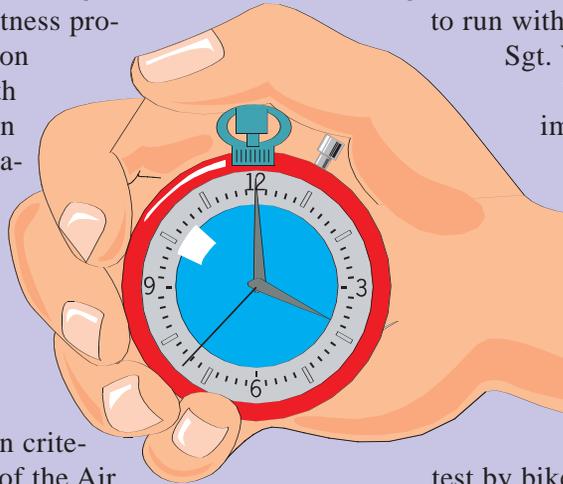


Photo by Staff Sgt. Alicia Prakash

In a crunch

Master Sgt. Jeff Haynes, 20th Aeromedical-Dental Squadron, does abdominal exercises during an abs class at the Fitness Center Tuesday. The class is offered Tuesdays and Thursdays from 5:10 to 5:30 p.m.

2003 - 2004 Intramural Basketball Standings

American League			National League			Over-30 teams		
	W	L		W	L		W	L
28 OWS	4	0	CES A	3	1	CMS	3	0
682 ASOS	0	4	CES B	2	3	EMS	6	0
PROPS A	3	2	PROPS B	0	5	MED	1	3
LRS A	1	3	LRS B	4	0	AMXS	2	2
EMS	5	0	CMS	5	0	AMMO	1	3
AMMO	3	2	FIRE	4	1	LRS	4	1
COMM	2	3	OSS	3	2	SFS	2	4
MED	3	2	EGRESS	1	4	1st Sgts	1	4
SFS	1	4	CMS/EWS	2	3	CES	3	2
MSS	2	3	CMS/AIS	0	5	COMM	0	4

As of Wednesday

Jogging safety tips

On the track



■ The base track should be used whenever possible, as it provides a separation of pedestrian and vehicle traffic.

■ Walkers should use the far right lane in single file, not spread out across several lanes.

■ Personnel engaged in long conversation should step off the track to avoid impeding others on the track.

■ Runners in formation should leave at least one open lane for others.

(Information courtesy of 20th Fighter Wing Safety Office.)