

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:

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.

Spouses space



MOSA meeting

The Military Officers' Spouses Association is scheduled to meet March 23rd at 7 p.m. at 5705 A Plum Street. The meeting theme is relaxation and a massage chair will be available. For more information, call 499-7209.

Suicide intervention workshop

An Applied Suicide Intervention Skills Training workshop for military spouses is set for March 22-23 from 8:30 a.m. to 4:30 p.m. at the Palmetto Chapel. For more information, call 499-7209.

FSC



AFAS scholarship information

The Air Force Aid Society offers \$1,500 grants to qualifying students. The deadline for applicants is today.

For more information, visit the Family Support Center or log on to www.afas.org.

Give Parents a Break

Give Parents a Break is set for today from 6:30 to 10:30 p.m. at the Child Development Center (infant - 5 years old) and the Youth Center (6 - 12 years old). You must meet certain criteria to be eligible. To sign up, get a referral certificate from one of the following agencies: FSC, Family Advocacy, Medical Group, the chapel or squadron. Parents must bring in the child's most current shot records and a referral certificate to

the CDC/Youth Center. Subsequent sign-ups can be called in. First-come, first-serve basis only.

For more information, call the CDC at 895-2247, Youth Center at 895-2251 or the FSC at 895-1252.

Morale call program

The morale call program is for families of military members deployed, TDY or remote. Four fifteen-minute calls per month may be made weekly between 6 p.m. and 9 a.m., and anytime on the weekends. For more information, call 895-1252.

Financial counseling

The FSC offers financial management counseling to Team Shaw. They offer assistance with balancing checkbooks, debt counseling, investing and other financial advice. For more information, call 895-1252.

Job Expo

A job expo is set for April 7 from 10 a.m. to 6 p.m. at the Sumter County Exhibition Center. Interested individuals should bring resumes and dress in business attire. For more information or to register, 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 Mrs. Marcy Prior at 499-2656.

Information



AEF 3 party

An AEF 3 party is set for today from 3 to 7 p.m. at Club Shaw. The winner of a 5-day Caribbean Cruise cruise will be announced. For more information, call 895-4897.

Chili cook-off

The Community Center is scheduled to have a chili cook-off Saturday at noon. The cost is \$5 per entry. All ages are welcome. For more information, call 895-3382.

Dance party at Club Shaw

Club Shaw is set to have a free dance party Saturday from 10 p.m. to 2 a.m. with DJ Kilroy. Music styles include house trance and drum and bass. For more information, call 666-3651.

Youth Center volunteers

The Youth Center is seeking volunteers for their St. Patrick's Day costume contest. For more information, call 895-2252.

Scholarship information

Team Shaw's Top Three Association is sponsoring scholarships for enlisted personnel and their families assigned to Shaw. The deadline is March 25.

For an application or more information, contact Master Sgt. Gregory Schmalfeldt at 895-1106.

Easter egg hunt

An Easter egg hunt, sponsored by the Youth Center, is set for April 10 at 10 a.m. for Shaw's youth. Pictures with the Easter Bunny will be available. 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 -- Creole shrimp, Swedish meatballs, baked chicken

Sunday -- Cantonese spareribs, oven-fried fish, grilled-mustard chicken breast

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

Tuesday -- Teriyaki chicken, veal parmesan, salmon cakes

Wednesday -- Mexican-baked chicken, chicken enchiladas, tacos

Thursday -- Herb-baked chicken, stuffed cabbage rolls, southern-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

7 p.m., The Big Bounce, PG-13 (content and nudity, violence and language) -- Jack heads for Hawaii and takes a job working in construction for a real estate developer. He has a run-in with the company's foreman and Jack is warned to get off the island. Nancy, a thrill-loving local, tries to seduce Jack into helping her double-cross the developer and steal money.

1 hr. 48 mins.

Saturday

7 p.m., Calendar Girls, PG-13 (nudity, some language and drug-related material) -- Eleven middle-aged women in Yorkshire, England, pose for an annual calendar of the local branch of the Women's Institute. They do it to raise money for medical research after a member's husband becomes terminally ill from leukemia.

1 hr. 48 mins.

Sunday

3 p.m., The Perfect Score, PG-13 (language, sexual content and some drug references) -- Six high-school students develop a plan to steal the answers for the SAT. Each student in the group concludes the only way to truly decide one's own fate is to beat the system.

1 hr. 43 mins.

Springtime is coming: Get on the ball

Winter seems to be winding down, and most of us are turning an eye towards spring. But if you're like millions of Americans, you may have overate during chilly winter months, and you might not yet be ready to break out your revealing spring clothes.

"I see this problem in many of my clients," says Mr. Paul Frediani, fitness expert and author of *Powersculpt: The Women's Body Sculpting and Weight Training Workout Using the Exercise Ball*.

This problem makes springtime the perfect time to try out a new fitness trend: the exercise ball. "Incorporating something new into your fitness routine makes it seem exciting," says Mr. Frediani. "An added benefit of exercise balls is that they're fun — many of my clients say using the ball makes them feel like they're kids again!"

Exercise balls, or Swiss balls, as they are sometimes called, are large, air-filled rubber balls you can balance on while doing a variety of exercises. "Even just sitting on the ball while doing a simple exercise like biceps curls adds intensity and benefits," says Mr. Frediani. "The extra effort it takes to maintain your balance helps strengthen your core muscles. These are muscles that usually don't get that much focus, and working them adds to your lean muscle mass. That's an important goal to have, because adding to your lean muscle mass boosts your metabolism—which means you'll burn off more fat!"

Powersculpt has exercises for women of all fitness levels, from beginner to advanced. "Because using a ball works muscles you might not get to otherwise, it's beneficial for anyone," says Mr. Frediani. "I've used exercise ball workouts to help seniors with balance problems and (professional) athletes who want full body training. But more than

anything, it's a great way to build strength and muscle tone, and take off inches all over."

Can't wait to get on the ball? Here are Mr. Frediani's tips for starting an exercise ball program:

- **The ball is strong.** Don't be afraid you'll pop the ball. Exercise balls are made out of bouncy rubber, but they're made to withstand your full body weight. In fact, many high quality brands of balls are guaranteed to withstand up to 600 pounds of weight.

- **It's not one-size-fits-all equipment.** When you shop for a fitness ball, you'll discover it's not a one-size-fits-all piece of equipment. Choosing the correct size depends on your height and what kind of exercises you'll be doing. An easy rule of thumb for choosing a ball size: When you sit on the ball, your thighs should be parallel to the floor and your knees bent at a 90-degree angle.

- **Don't let a little wobble scare you.** It might be hard to balance on the ball at first, but don't get discouraged. If you start with simple balance exercises, you'll quickly strengthen the muscles you need to go on to more advanced moves.

- **Pay attention to posture.** Because training on an exercise ball strengthens your core, it helps improve your posture. But it's important to make sure you have correct posture and form while working out. Remember to tuck your belly button into your spine — this will stabilize your lower back.

- **Mix it up.** Using an exercise ball brings an added benefit to almost any traditional exercise, from push-ups to squats. Once you're comfortable on the ball, you can raise the intensity of a workout by adding heavier weights or challenging your balance.

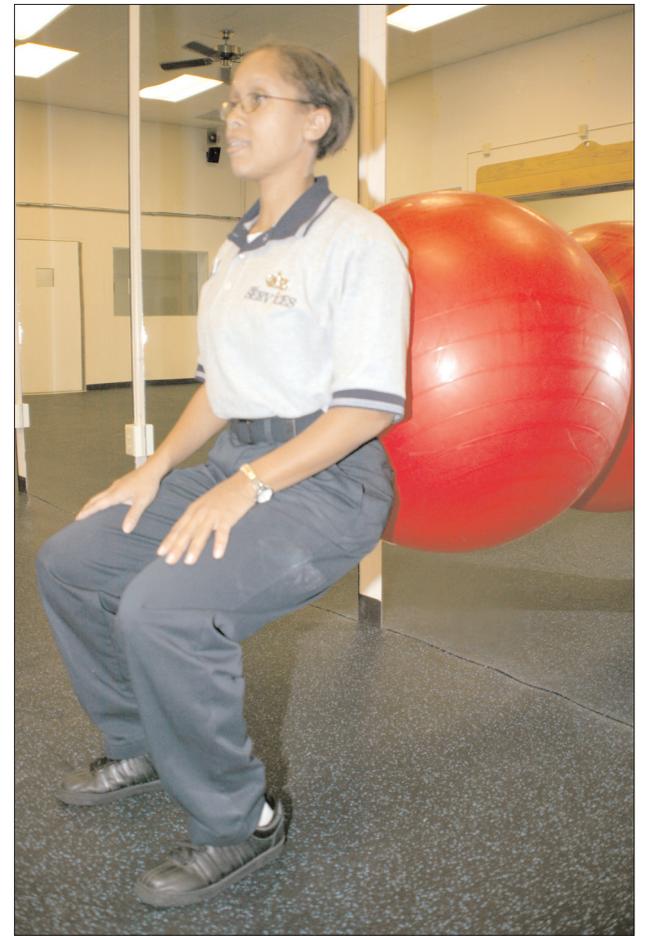


Photo by Airman 1st Class Susan Penning

Staff Sgt. Jennifer Johnson, fitness specialist and reservist TDY to Shaw from Keesler Air Force Base, Miss., demonstrates how to do lunges using the exercise ball.

Exercise balls are available at Shaw's Fitness Center for members to use and incorporate into their workouts. Fitness personnel are available for assistance. (Information courtesy of Healthy Living Books and Ms. Meredith Cosgrove, HLB publicity.)

SPORTS SHORTS

American Heart Walk

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

FITNESS CENTER CLASSES

The following are some of the classes offered at the Fitness Center:

Aerobics -- Mondays, Wednesdays and Fridays from noon to 1 p.m.

Body sculpting -- Mondays and Fridays from 5 to 6 p.m.

Body mechanics -- Wednesdays from 6 to 8 p.m.

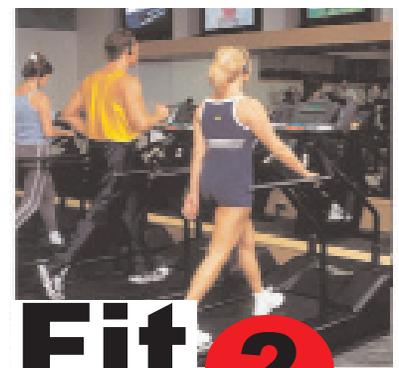
Cardio kickboxing -- Mondays, Wednesdays and Fridays from 5:30 to 6:30 p.m.

For more information on these and other classes offered, call **895-2789**.

Intramural bowling standings

Team	Won	Lost
Services A	123	61
AGE B	121	63
372 TRS	120	64
PMEL	117	67
LRS B	115	69
AGE A	112	72
CMS/EGRESS	104	80
CMS/TF34	101	83
MSS	101	85
AMMO A	97	87
OWS B	95	89
Services B	94	90
OSS RAPCON	88	96
MOS	88	96
ACOMS	87	97
OWS A	83	103
CONS/AFAA	78	106
AMMO B	75	115
OSS	69	116
LRS A	65	119

Standings as of Monday



Fit² Fight

**Are you
"Fit to Fight?"**

The Fitness Center is changing its hours just for you through March 31.
**4 a.m. to midnight
Mondays - Fridays**