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

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 closure hours

The Family Support Center is closed for training Fridays from 9 a.m. to noon. For more information, call **895-1252**.

Sponsorship training

Sponsorship training is set for Tuesday from 10 to 11 a.m. This training is mandatory for all first-time sponsors and those who haven't sponsored anyone for the past year. Training is held monthly at the FSC. For more information, call **895-1252**.

Budget class

A budget class for E-4s and below is set for Wednesday from 8:30 to 11:30 a.m. Seating is limited. For more information or to reserve a seat, call **895-1252**.

Investments, stocks and bonds

This investment education workshop is set for Wednesday from 1 to 4 p.m. Learn about investing in your financial future. Call **895-1252** to sign up.

Predeployment Brief

The next Predeployment Brief is scheduled for Thursday from 8 to 9:30 a.m. Mandatory for those departing on deployments of 30 days or more, it covers family separations 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**.

Interview workshop

If you don't feel you're ready to interview for that job, join the FSC for this workshop Thursday from 11 a.m. to 12:30 p.m. Discover the secrets of getting the job you want. For more information or to register, call **895-1252**.

Volunteer recognition

The annual Volunteer Recognition Barbecue, hosted by the FSC and the Volunteer Advisory Board, is set for April 19 from 5 to 7 p.m. at Memorial Lake. For more information, call **895-1252**.

Give Parents a Break

This program is scheduled to be held April 17 at the Child Development Center (infants to 6 years old) and the Youth Center (ages 6 - 12). To sign up, get a referral from one of the following agencies: FSC, Family Advocacy, 20th Medical Group, chapel or squadron. Parents must initially bring in their child's shot records and referral certificate to the CDC or Youth Center. Subsequent sign-ups can be called in. This service is offered on a first come, first served basis. To sign up, call the CDC at **895-2247**, the Youth Center at **895-2251** or the FSC at **895-1252**. Deadline to sign up is Thursday.

Information

Youth and Teen Center parents meeting

Parents with children involved in Youth and Teen Center activities are invited to meet the third Wednesday of each month from 6:30 to 7:30 p.m. to get more involved in planned events. This month's meeting will be at the Teen Center. For more information, call Al Jelks at **895-2252**.

Pregnancy and parenting classes

The New Parent Support Program offers classes on pregnancy, childbirth and parenting. The next Healthy Pregnancy class is set for April 16. Newborn Care, a five-session class, begins April 20. The following sessions will be held April 22, 27, 29 and May 4. Childbirth Education, a two-session class, is scheduled for April 19 and 21. For the time and place of each of these classes, call **895-6091**.

Club Shaw seeks talent

Do you play an instrument, sing, perform with a band or do stand-up comedy? Club Shaw is looking for you. Those selected will have a chance to perform at Club Shaw. If interested in auditioning or to get more information, call Lisa Staniec at **666-3651**.

Self-Help

The Self-Help Store provides materials for self-help projects at base units. For assistance, turn in an Air Force Form 332, *Base Civil Engineer Work Request*, to the 20th Civil Engineer Squadron customer service desk in Building 250. For more information, call Master Sgt. Tracy Franklin at **895-5314**.

Fitness Center closure

The Fitness Center will close April 17-18 due to a scheduled power outage. It will reopen April 19.

Job preparation class

The Youth Center is scheduled to host classes the second and fourth Wednesdays of each month from 6:30 to 7:30 p.m. to help teenagers aged 13 - 18 prepare for jobs. Parents are welcome to attend. For more information, call Al Jelks at **895-2252**.

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

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

Saturday -- Savory-baked chicken, Swedish meatballs, creole shrimp

Sunday -- Cantonese spareribs, oven-fried fish, 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 -- 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., Eurotrip, R (Sexuality, nudity, language and drug and alcohol content) --Scott thinks his German pen pal, Meike, is a guy. When he discovers she is actually a cute fraulein, Scott and his buddy Cooper buy plane tickets and head across the Atlantic to visit. They are accompanied on this wacky trip across Europe by twins Jenny and Jamie.
1 hr. 32 mins.

Saturday

7 p.m., Twisted, R (Violence, language and sexuality) -- A female police officer, whose father was a serial killer, is now investigating a murder and finds herself the center of her own investigation when her past lovers start dying at a furious pace.
1 hr. 47 mins.

Sunday

3 p.m., Confessions of a Teenage Drama Queen, PG (Mild thematic elements and brief language) -- New York City teenager Lola rules her school. She's the most popular kid around and assumes that will always be the case. But when her family moves to the suburbs, she finds at her new school Carla is the drama queen in residence. Lola plans to take the title of most popular by nabbing the lead role in the next school play, a role for which Carla is also competing.
1 hr. 36 mins.

Working out, eating right: it's not just about testing

By Tech. Sgt. Marie Pintar
20th Fighter Wing Public Affairs

How do you study for a test? Do you put it off, then panic and cram at the end? Or do you study all along and have confidence in your abilities?

To pass any test, you must prepare by studying the material. Although a few months may be enough to "study" enough for testing, the point of exercising isn't just to pass Air Force tests.

"Prepare for the annual assessments through a continual program because staying fit improves many aspects of life," said Brian Kirby, Shaw's fitness program monitor at the Health and Wellness Center.

"Exercise alleviates stress and enhances job performance," said Mr. Kirby. "Also, fit people don't get sick as often. Being fit improves self esteem and quality of life."

Exercise and proper nutrition are so important, the U.S.'s Centers for Disease Control and Prevention lists poor diet and physical inactivity (400,000 deaths) as the second leading actual cause of death, exceeded only by tobacco (435,000 deaths) for the year 2000.

Actual causes of death are defined by the CDC as lifestyle and behavior, such as smoking and physical inactivity, that contribute to this nation's leading killers, including heart disease, cancer, and stroke.

So how does someone know if they've "studied" enough? Don't wait until your fitness test, advised Mr. Kirby. Get the health questionnaire from your squadron orderly room to determine your ability to safely take the test and then give yourself a pre-test. The current Air Force fitness standard may be found at **http://www.epublishing.af.mil/pubfiles/af/10/afi10248/afi10-248.pdf.**

Photo by Tech. Sgt. Marie Pintar

Members of the 609th Air Communications Squadron and the 20th Civil Engineer Squadron work out together Monday morning at the base track.

"The new program will let people self-test," Mr. Kirby explained. "If you do well on a self-test, then you know your exercise program is working."

However, if someone needs to improve their fitness level, they must gradually increase the frequency, time or intensity of workouts.

One way would be to frequently practice push-ups, crunches and running. A running program could involve alternating running and walking, gradually running more each week to build up to the desired distance and speed.

A similar approach would be applied to the push-ups and crunches, completing more repetitions over time.

The other factor of the fitness standard is the abdominal circumference. Studies show that the health risk associated with high abdominal circumference is independent of height and age. However, proper diet and exercise can control this issue and contribute highly to increased health and even enjoyment of life. The Air Force fitness standard is geared to show where someone is in terms of risk for poor health and is a measure of what can be done to improve overall health.

"It might be harder for someone to remain motivated about the abdominal circumference than other portions of the test because it might not improve as quickly," said Mr. Kirby. "But it should not be ignored or neglected because those with a high abdominal circumference have a higher risk of developing heart disease, high blood pressure and cancer. There is a definite relationship between the abdominal circumference and risks for disease."