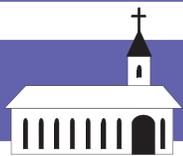


What's happening ...

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.

Spouses space



EMS spouses' meeting

The 20th Equipment Maintenance Squadron Spouses' Support Group is set to meet Tuesday at 6:30 p.m. For more information and location, call **499-7209**.

FSC



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). To sign up, get a referral certificate from one of the following agencies: the Family Support Center, 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**.

Resume writing and interviewing classes

Resume writing and interviewing classes are scheduled Fridays at the Sumter Employment Security Commission. Participants can attend from 9 - 11 a.m. or 11 a.m. - 1 p.m. Registration is required. For more information, call the FSC at **895-1252**.

Sponsorship training

Sponsorship training is set for Tuesday from 10 to 11 a.m. at the FSC. It is mandatory for first-time sponsors or those who have not sponsored anyone over the past year. For more information, call **895-1252**.

Successful interview seminar

The FSC is set to host a seminar on the secrets of a successful interview Thursday, from 11 a.m. to 12:30 p.m. The seminar will teach skills needed to help job applicants land their dream job. For more information or to register, call **895-1252**.

Predeployment brief

The next predeployment brief is set for Thursday from 8 to 9:30 a.m. It's mandatory for those deploying for 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, co-sponsored 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 Mrs. Marcy Prior at **499-2656**.

Budget class

A budget class, mandatory for E-4s and below, is set for May 14 from 8 a.m. to noon. Topics include budgeting, spending plans, goal setting and checkbook management. To register, call **895-1252**.

Information



Teen job prep class

The Youth Center is scheduled to host a teen job-prep class Monday from 6:30 to 7:30 p.m. It is for teens 13-18 years old. Parents are welcome to attend. For more information, call **895-3969**.

Vet available

In addition to regular working days, the veterinarian will be available to see pets at the clinic Wednesday and May 26. To make an appointment, call **895-9552**.

TRAIL volunteers wanted

The Training Responsible Adolescents in Leadership Program is requesting volunteers to plan and participate in various outdoor activities for ages 12 through 18. Adventures include camping, hiking, canoeing and more.

For more information, call the Teen Center at **895-3969**.

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 -- 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., Eternal Sunshine of the Spotless Mind, R (language, drug use and sexual content) -- Joel discovers his long-time girlfriend has undergone an experimental procedure in which all of her memory of him is removed. Frustrated by the idea of still being in love with a woman who doesn't remember him, Joel agrees to undergo the procedure as well.

1 hr. 48 mins.

Saturday

3 p.m., Scooby-Doo 2: Monsters Unleashed, PG (scary action, rude humor and language) -- This is the sequel to the 2002 hit that translated the lives of Fred, Daphne, Velma, Shaggy and Scooby to the big screen as a live-action comic adventure.

1 hr. 33 mins.

Saturday, 7 p.m. and Sunday, 3 p.m.

The Passion of the Christ, R (sequences of graphic violence) -- This film tells the story of the last 12 hours in the life of Jesus on the day of his crucifixion in Jerusalem. This film's script is based on several sources, including the diaries of St. Anne Catherine Emmerich as collected in the book, "The Dolorous Passion of Our Lord Jesus Christ", "The Mystical City of God" by St. Mary of Agreda, and the New Testament books of John, Luke, Mark and Matthew.

2 hrs. 6 mins.

Staying in shape protects body, mind

New study shows exercise can help slow aging

Years can take their toll on the body and mind. Doctors have long recommended their aging patients exercise, citing benefits ranging from better heart health to improved balance. Now there's a new reason to exercise for those beginning to feel themselves creep "over the hill."

According to a new study, even moderate physical activity can have positive effects on brain function in aging individuals.

The study, published in the proceedings of the National Academy of Sciences, tested the effects of aerobic exercise on attention activity in the brain. The findings showed even low-impact activity, such as walking, result-



Retired Maj. Robert Blair trains on the bench press.

ed in increased brain activity in areas associated with attention.

None of this comes as a surprise to Dr. Frederic Flach, publisher of "Fitness Over Fifty."

Mr. Flach, an author and practicing physician who's continued to work into his 70s, says staying fit is one of the most important goals a senior can have.

"Exercise has kept me active, fit and alert, even as I get older," he said. "That's a gift I wanted to pass on to other seniors."

Mr. Flach's book has the following tips for aging people who want to start an exercise program. For those still in the Air Force who may be approaching retirement, these tips may be helpful additions to a current fitness regimen.

- ☞ Choose an activity you enjoy. Don't feel you have to be able to run a marathon to get the positive effects of exercise. Any activity that increases your heart rate and breathing for an extended period of time counts as exercise: walking, swimming, dancing, even raking leaves. By choosing an activity you enjoy, you'll be more likely to stick with your exercise plan.

- ☞ Start slow. Build up endurance gradually. If you need to, you can start out with as little as five minutes of endurance activities at a time. Starting out at a lower level of effort and working your way up steadily is especially important if you have been inactive for a long time. Remember to check with your primary care provider before making any significant changes



Photos by Airman 1st Class Susan Penning

Mrs. Karen Bailey uses a leg press at the Fitness Center Wednesday.

in your exercise regimen.

- ☞ Listen to your body. The goal is to build up to at least 30 minutes of moderate exercise a day. Remember to work at your own pace and pay attention to what your body tells you. Endurance activities should not make breathing so difficult you can't speak a few words at a time, and they shouldn't cause dizziness or chest pain.

- ☞ Dress for exercise success. Older adults can be affected by heat and cold more than younger adults. If you are exercising outdoors, dress in layers so you can add or remove clothes as needed.

- ☞ Drink plenty of water. As you age, your body may become less likely to trigger the urge to drink when you need water. Be sure to drink liquids when you are doing any activity that makes you lose fluid through sweating. The rule of thumb is, by the time you

notice you are thirsty, you are already somewhat dehydrated.

Incorporating the above tips into a regular exercise plan can not only increase your health and vitality, but may also save your life.

In a report from the surgeon general, it was noted regular physical activity performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States.

According to Mr. Brian Kirby, Shaw Health and Wellness Center fitness program manager, with hundreds of thousands of research articles written about physical activity and health, the bottom line remains, 'exercise is good for you,' no matter what your age is. (Information courtesy of Ms. Meredith Cosgrove, *Healthy Living Books*. Airman 1st Class Susan Penning contributed to this article.)

SPORTS SHORTS

Rec shoot at range

A recreational shoot is set for Saturday from 9 a.m. to 3 p.m. at the Combat Arms Facility. The shoot is open for military ID cardholders only. Shooters must bring their own targets, earplugs, ammunition and firearm(s). Keep firearm and ammunition separate during transport to and from range. Ear muffs are provided. Walk-ins are welcome. For more information, call 895-0290/0286.

New running trail test

Volunteers are needed to assist with the completion of a project to assess a new running trail on base. Members would need to run a 1.5-mile test three times within one week, each time at a different location and at the same time of day. For more information, call 895-8659.

May is Fitness Month

Join Air Combat Command's sports challenge



- May 10 -- Pre-season softball, 3 p.m.
- May 14 -- Double-elimination volleyball, 5 p.m.
- May 15 -- Family fun run/walk, 8:30 a.m.
- May 17 -- Racquetball tournament, 11 a.m.
- May 18 -- Commanders vs. Shirts softball game (Time to be determined)
- May 19 -- Nine-pin-no-tap, noon
- May 20 -- Spin-a-thon, 5 p.m.
- May 24 -- Aerobathon, 3 p.m.
- May 26 -- Golf tournament, 9 a.m.
- May 27 -- Three-on-three basketball, 11 a.m.
- May 28 -- Cardio triathlon, 11 a.m.
- May 12 -- Push-ups/sit-ups, 9 am.; tug-of-war, 1 p.m.
- May 21 -- 5K run, 7 a.m.

For more information, call 895-2789.