



The Shaw

SPIRIT



Weekend Weather

Saturday
Rain (a.m.)
High 76, Low 67

Sunday
Partly cloudy
High 76, Low 58

Courtesy of the 20th Operations Support Squadron Weather flight

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Newsline

Holiday hours

The following AAFES facilities will be open Monday:

BX 10 a.m. - 4 p.m.

Food court 10 a.m. - 4 p.m.
(Including concession facilities, optical, main barber, car rental and GNC)

Shoppette/AutoPride/Class Six 10 a.m. - 7 p.m.

The following organizations will close in observance of Columbus Day.

The **Housing Maintenance U-Fix-It Store** will close Saturday and Monday.

The **20th Medical Group** will close Monday. For medical emergencies, call **911** or seek care at the nearest emergency room. For non-emergencies, call **895-CARE**.

Housing reminders

Base housing occupants are responsible for maintaining their homes and yards to the middle of their streets. This includes weeds in sidewalks and curbs as well as trash pickup.

When walking pets, pet owners are reminded to pick up after their animals. This includes common areas, yards and especially playgrounds.

Garbage cans must be removed from the curb on pickup day.

Aircraft trading cards

Free World War II aircraft trading cards are available at the 20th Fighter Wing Public Affairs office. Cards come in packs of 14. For more information, call **895-2018**.

Speed limit change

The speed limit for Shaw Drive from the Main Gate to the traffic circle at Friendship Chapel is now 40 mph. The speed limit for Patrol Road has also increased from 30 to 40 mph. Direct questions or concerns to Bob Jones at **895-9624**.



'It's not a Wingman Day; It's a Wingman Life'

Airmen get tips for success during base-wide event

By Senior Airman Susan Penning
Editor

Team Shaw gathered Sept. 29 for its second annual Wingman Day. This year, military members received training on the Air Force's new Sexual Assault Prevention and Response program and leaders provided unit-specific safety messages to their Airmen.

The most memorable event, however, seemed to be motivational speaker Curtis Zimmerman's message for Airmen to "live life at performance level."

Mr. Zimmerman used mime, juggling and fire-eating to communicate how to be a real wingman. He told the story of how he struggled with seizures from birth into his teen years until a few what he calls "real people" helped him discover his true potential.

In addition to other inspiring tips for living productively, Mr. Zimmerman explained how life is a balancing act and it is important to know how to juggle it all to be successful.

"I don't care if you're Airman of the year," he said. "If your wife won't sleep with you and your children don't know you ... guess what? You lose."

He went on to discuss the importance of taking care of yourself, being there for your family and giving your best in the workplace.

He said life is like a movie, and the person living it is the director. He or she has the power to choose what role to play and who gets to be in the film.

"Cast your show wisely," he said.

During his presentation, he also showed each member of the audience how to juggle.

"He taught me that it takes failure to succeed," said Senior Airman Damien Benoit, 20th Communications Squadron.

All of Mr. Zimmerman's points echoed the Air Force's initiative for wingmen to take care of themselves, their families and their fellow Airmen.

Wingman Day is an Air Force-wide project that took hold in 2004. The original goal was to prevent suicides and vehicle mishaps, but the program has since expanded to help give Airmen any resources they need to take care of themselves and each other, said Tom Flaherty, 20th Mission Support Group deputy for installation and support. Mr. Flaherty was instrumental in getting the Wingman Day concept off the ground.

For related photos, see **Pages 12-13**.