

## 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 liturgical service, Friendship 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

### Spouses Space

#### Enlisted Spouses' Club

The Enlisted Spouses' Club is scheduled to meet Monday at 7 p.m. at Club Shaw. After a brief business meeting, attendees will play bingo. The ESC is open to all active-duty and retired enlisted personnel and their spouses. For more information, call Kim Dire at **666-9561** or Vanessa Plair at **499-4273**.

### FSC

#### Local job search

This free workshop, Tuesday from 1 to 2 p.m., is open to military and family members at Shaw interested in finding employment in the local area. Guest speaker for the event will be Paulette Bennett of Companion Employment Services. Seating is limited. For more information or to register, call **895-1252**.

#### Volunteer of the Month

Nomination packages for July Volunteer of the Month are due to the Family Support Center Aug. 8 by 3 p.m. For more information, call **895-1252**.

#### Debt management vs debt consolidation

Having trouble paying credit card bills? Does the amount paid each month never seem to make the balance get smaller? Considering consolidation? If your answer is yes to any of these questions, you might want to make an appointment to see the Personal Financial Management Program counselor at the FSC. For more information, call **895-1252**. Bring your latest end of month Leave and Earnings Statement and credit card statements to the appointment.

#### Air Force Crossroads

Air Force Crossroads is the official community

Web site of the Air Force. It offers a variety of information such as casualty and loss, education, elder care, spouse network, spouse forum, employment, family separation and readiness, financial information, leisure activities, relocation, teens and youth, medical and dental, classified ads for automobiles, boats, household items, homes/apartments and more. Log onto to [www.afcrossroads.com](http://www.afcrossroads.com).

### Information

#### 'Tween pool party

A 'Tween pool party is set for Saturday from 4 to 7 p.m. at Woodland Pool for children ages 9-12. The cost is \$2 for members and \$4 for nonmembers. For more information, call **895-3969**.

#### Community Center

The Community Center is scheduled to host Missoula Children's Theater Monday - Aug. 9. Admission is free. The Hot Shot contest will also be 'in play,' and the winner will receive an Atlanta Braves jersey. For show times and more information on this and other events, call **895-3382**.

#### National Kids Day

Shaw will celebrate National Kids Day Sunday from 1 to 4 p.m. at the Sports Complex. There will be free hamburgers, hot dogs, drinks and chips. Events scheduled include a parent/child relay and softball, water balloons, inflatables and arts and crafts. For more information, call **895-2252**.

#### Deep-sea fishing

Outdoor Recreation has scheduled a deep-sea fishing trip for Aug. 9. Cost is \$90 per person. There have been substantial catches of yellow fin tuna, wahoo and occasional blue and white marlin 60 miles offshore in the Gulf Stream. For more information or to sign up, call **895-0449**.

#### Members First breakfast special

Club Shaw members are invited to a Members First breakfast special Aug. 14. The cost is \$1 for all members. For more information, call **666-3651**.

#### Couples Goofy Golf

Carolina Lakes is scheduled to host Couples Goofy Golf Aug. 16 with noon tee times. The cost is \$15 per team for members and \$20 per team for nonmembers. For more information, call **895-1399**.

#### Skills Development Center

Hobbies are the specialty at the Skills Development Center. Specials throughout August include Kid Kraft and half-price firing days and stained glass specials. The center is also open Thursdays from noon to 8 p.m. For more information, call **895-2728**.

#### Red Cross dental assistant course

The dental assistant course is scheduled to begin Aug. 18 at the Shaw Dental Clinic. It is open to all Shaw personnel but preference will be given to military family members. The program requires a com-

mitment of five days a week for a total of 40 hours a week. Assistants gain experience in restorative dentistry, and get an introduction to several dental specialties. Applications are available from the dental clinic reception desk. Application deadline is Aug. 11. For more information, call **895-6108**.

#### Lunch menu entrees for Chief Master Sgt. Emerson E. Williams Dining Facility

**Today** -- Seafood newburg, beef and corn pie, onion-lemon baked fish

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

**Sunday** -- Southern fried chicken, barbecue spareribs, fried catfish

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

**Tuesday** -- Breaded grilled chicken with tomatoes, meatloaf, turkey a la king

**Wednesday** -- Barbecue ham steak, turkey and noodles, beef ball stroganoff

**Thursday** -- Herb-baked chicken, stuffed cabbage rolls, southern fried catfish

*The menu is subject to change without notice.*

### 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

**3 p.m., From Justin to Kelly**, PG (Thematic elements, sensuality and brief language) -- The rise to superstardom of America's favorite "Idols" continues as Kelly Clarkson and Justin Guarini make the leap to the big screen in this summer's biggest beach party.

1 hr. 30 mins.

#### Saturday

**7 p.m., The Hulk**, PG-13 (Sci-fi action violence, some disturbing images and brief partial nudity) -- In this adaptation of the Marvel comic "The Incredible Hulk," research scientist Dr. Bruce Banner's failed experiments cause him to mutate into a green-skinned behemoth whenever he loses control of his emotions.

2 hrs. 18 mins.

#### Sunday

**3 p.m., Alex and Emma**, PG-13 (Sexual content and some language) -- A novelist with a gambling problem, Alex, decides to force himself out of writer's block by putting himself in a dangerous situation. Taking a \$50,000 advance on his next novel to pay off his debts, he agrees to a 30-day deadline that, if he doesn't meet, will mean the publisher owns anything else he writes for the rest of his life. So, he hires a beautiful stenographer, Emma, to help him get the book done. She helps inspire what becomes a love story as they fall for each other.

1 hr. 36 mins.

# Shaw member trains for Marine Corps Marathon

By Airman 1st Class Susan Penning  
Staff writer

All Air Force members are encouraged to work out three to five times a week to maintain an acceptable weight and fitness level. One Shaw member, however, is raising the bar, daily training his body to compete in what might be considered one of the most difficult challenges of strength and endurance, the marathon.

Tech. Sgt. James Prior, 20th Component Maintenance Squadron avionics intermediate section supervisor, is training to compete in the annual Marine Corps Marathon, scheduled for Oct. 26 in Washington, D.C.

Prior started running 10 years ago to lose weight and get fit.

Since Prior began running he noticed significant benefits in his health. He tested in the top 10 percent of his age group on the cycle ergometry fitness assessment. Prior also noticed an increase in energy and said running is a great source of stress relief.

Prior normally runs seven days a week and no less than three miles a day.

"You can't drive anywhere on base without seeing Prior out running," said Tech. Sgt. Montique

Shepherd, 20th CMS AIS assistant section chief. "He kind of reminds me of Forrest Gump."

Prior added to his regular training schedule in order to prepare for the MCM.

"I'm making sure I eat right and get enough water," said Prior. He added one "long" day on the weekend where he runs 10 miles and continues to work to increase that distance.

In addition to the health benefits of training, the MCM has given Prior an opportunity to raise money for a non-profit organization that fights leukemia and lymphoma. So far, Prior has raised \$2,800 but says his personal goal is between \$3,000 and \$5,000. Prior writes letters asking sponsors to donate for each mile he runs.

"I've been getting a lot of support from people on base," he said.

Sparked by his love of running, Prior recently founded an informal running group on base. The club meets at 8 a.m. on Saturdays at Shaw's Fitness Center and is open to anyone.

Prior said he hopes to finish the Marine Corps Marathon in less than four hours, 30 minutes.

The 2002 Marine Corps Marathon was won by Air Force Capt. Christopher Juarez, currently stationed at Nellis AFB, Nev.



PHOTO BY AIRMAN 1ST CLASS SUSAN

Prior takes daughter Meghan (left) and son Daniel (right) on his morning run July 22 in the base housing area. Prior said his kids love to go with him on his daily runs.



PHOTO BY JENNIFER SHERMAN

## Desert snowdown

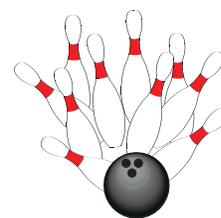
The Shaw Vipers celebrate an opening game win over heavily favored Grand Forks Warriors Aug. 24, in the 1st International Armed Services Ice Hockey Classic in Las Vegas. The team's performance landed them an invite to a February tournament in Boston. Vipers Ross Lauria and John Sherman were selected to play in the tournament's All-Star game, where Sherman was named MVP.

## DID YOU KNOW?

The current marathon distance (26 Miles, 385 yards) was set for the 1908 London Olympics so the course could start at Windsor Castle and end in front of the Royal Box. Not until 1921, however, was that distance adopted as the "official" marathon distance by the International Association of Athletic Federations. *(Information courtesy of marathonguide.com)*

## Youth Bowling Registration

The Shaw Young American Bowling Alliance is scheduled to hold registration for the 2003-2004 season at Shaw Lanes Aug. 16, 17, 23 and 24. The times are from 1 p.m. to 3 p.m. each day. League bowling is set to begin Sept. 6. Registration fees are \$6 for ages 3-5, and \$12 for ages 5-19. For more information, call Patty Weaver at **494-8150** or Mary Akers at **499-2274**.



## Varsity Soccer Tryouts

Coed varsity soccer tryouts are scheduled for Monday-Wednesday from 6:30 to 8:30 p.m. on the soccer fields at the Sports Complex on base. For more information call Staff Sgt. Christopher Bass, varsity soccer coach, at **895-2180**.

## In-line hockey registration

In-line hockey registration for ages 6-18 is in session and will end when teams are filled. Practices are scheduled for weeknights, with games on Saturdays, beginning Sept. 13 and running through Nov. 1. The fee is \$47 per child before Sept. 7. A \$10 late fee will be charged after that date. **Participants must provide their own equipment.** For more information, call Lou Brito at **429-2452**.