

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



Budget class

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

TAP seminar

A 3-day Transition Assistance Program seminar is set for Tuesday - Thursday from 8 a.m. to 5 p.m. at the Family Support Center. TAP seminars are held monthly and designed to provide separating or retiring members, civilians and military spouses with the tools necessary to conduct a successful job search. Attendees should wear civilian attire. For more information and to register, 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**.

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**.

Heartlink

The next Heartlink meeting is set for May 25, from 9 a.m. to 3 p.m. at the Conference Center. This seminar introduces military spouses, married less than five years, to the Air Force way of life. For more information, call **895-1252**.

Heart to Heart

A Heart to Heart meeting is set for May 25 from 6 - 8 p.m. The event allows family members of those deployed or remote to get together for support and networking. For more information and to register, call **895-1252**.

Information



America's Kids Run

A children's run is set for Saturday from 9 a.m. to 3 p.m. at the Youth Center Sports Complex. Cost is \$5 for youth program members, \$7 for nonmembers.

5-6 year olds -- 1/2-mile run

7-8 year olds -- 1-mile run

9-13 year olds -- 2-mile run

For more information or to register, call **895-2252**.

Parenting classes

Parenting classes, sponsored by Family Advocacy, are set for July 29, Sept. 30 and Oct. 28, from 4:30 to 6 p.m. at the Pediatric Clinic/New Parent Support building. This class is for parents of children 4 - 12 years old. For more information or to register, call Ms. Patti Busser at **895-6091**.

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**.



Teen job prep classes are held the second and fourth Wednesdays of each month at the Teen Center. For more information, call **895-2252**.

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

Today -- Mexican-baked chicken, Swiss steak with tomato sauce, stuffed green peppers

Saturday -- Crispy-baked chicken, Cajun meat loaf, rib-eye steak

Sunday -- Tuna and noodles, sauerbraten, chicken parmesan

Monday -- Swiss steak with tomato sauce, baked chicken, sweet Italian sausage

Tuesday -- Onion-lemon baked fish, pork schnitzel, yakisoba

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

Thursday -- Orange-spiced chops, liver with onions, tempura-fried fish

(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., Jersey Girl, PG-13 (language and sexual content including frank dialogue) -- Ollie Trinke just married the love of his life and has a child on the way, when he suddenly finds himself a single father. After losing his job, he's forced to move back in with his father in the New Jersey suburb where he was raised. A beautiful friend helps him open his heart again, and his daughter gives him the courage to keep going.

1hr. 43 mins.

Saturday

7 p.m., The Ladykillers, R (language, sexual references) -- An eccentric professor-turned-criminal-mastermind plans the massive heist of a New Orleans riverboat casino. Mrs. Munson, the old landlady of the house he and his three accomplices are staying in, seems to thwart their plans. So, they decide they must remove her from the equation, which proves more difficult than they expect.

1 hr. 44 mins.

Sunday

3 p.m., The Prince and Me, PG (some sex-related material and language) -- Paige, a free-spirited American college student, meets and falls in love with one of her classmates. What she doesn't know is, he's actually a Danish prince, spending his "gap year" (before having to perform his princely duties) by hiding in America disguised as a regular guy.

1 hr. 51 mins.

Health & wellness



Dining out may cost more than you want to pay

By Airman 1st Class Susan Penning
Staff writer

Many Americans have good intentions when it comes to watching their weight and eating healthy. In the military, we are even more conscious, especially in the area of fitness. Have you ever wondered why you watch what you eat and exercise regularly, but those extra pounds don't seem to budge? There could be a hidden culprit sabotaging your health and waistline.

According to Ms. Jayne Hurley, from the Center for Science in the Public Interest, Americans are spending about \$222 billion on dining out each year.

"More than half of Americans are overweight and it is no coincidence we are eating out in record numbers," she said. "More restaurants are serving huge portions of high-calorie food. An entrée, appetizer or dessert having less than 1,000 calories is tough to find."

In a nine-year research project examining the food at national food chains, pizzerias, family-style, fast food and mall restaurants, CSPI nutritionists uncovered some disturbing findings.

Most appetizers contain an exorbitant amount of calories and fat. A plate of deep-fried onions, for instance, has 2,000 calories and buffalo wings, 1,000. A plate of cheese fries at a popular chain contained 3,000 calories and 217 grams of fat, including 90 grams of saturated fat, which is the artery-clogging kind.

As far as pizza, it seems to not be the crust, but the cheese and meat toppings racking up the digits.

Many specialty coffee drinks contain a huge amount of fat and calories. A mocha with whipped cream at a popular chain contains 600 calories and 25 grams of fat.

Think you're being kind to your waistline by ordering a salad? A typical chicken Caesar salad has approximately 660 calories and 46 grams of fat. Most of that fat comes from the dressing, according to CSPI.

Preparing meals at home may be your best bet. According to Tech. Sgt. Tedisha Baker, Health and Wellness Center NCO in charge, eating at home

allows you to measure desired portion size and monitor the ingredients used to prepare foods. Also, you can refer to nutritional information on food containers to count calories, fats, fiber, sodium and sugar content.

But what do you do if you don't have time to whip up a meal at home? What can you order that won't drive your health and weight management plan off a cliff?

The good news is today's restaurants have plenty of options. Ms. Sheila Cohn, R.D., a nutritionist with the National Restaurant Association, offers the following tips on making the most of your dining-out experience:

Healthy guide for dining out

- ▶ Order salad dressing on the side to control the portion. Ask for low or non-fat dressing alternatives.
- ▶ Ask that items be grilled without butter or oil.
- ▶ Choose tomato, rather than cream-based sauces, when ordering pasta dishes.
- ▶ Drink water, diet soda or unsweetened (or artificially sweetened) tea or coffee instead of regular soda or alcoholic beverages.
- ▶ Split a dessert or appetizer with a companion.
- ▶ Order steamed veggies, rather than a starch, as a side.
- ▶ Stop eating when you feel full.
- ▶ Order sandwiches with mustard rather than mayonnaise.
- ▶ Take half of your meal home.
- ▶ Look for grilled, baked, dry-sauteed, broiled, poached or steamed items.
- ▶ Eat bread or rolls without butter.
- ▶ If you crave dessert, opt for something low-fat, like sorbet, fresh berries or fruit.
- ▶ Resist the urge to super-size anything.



Fitness tests heat up

Many Air Force members are preparing to take fitness tests during the most scorching months of the year. The Health and Wellness Center offers the following tips for working out in the heat:

- When planning to be outside doing any exercise or activity, call the 20th Aeromedical-Dental Squadron bio-environmental flight at 895-6195 to check the current Wet Bulb Globe Temperature and the recommendations that apply.
- Wear loose-fitting clothing.
- Wear light-colored clothing.
- Drink at least 16 ounces of water 30 - 60 minutes before and after exercising.

■ Concentrate on getting 10 - 12 eight-ounce glasses of water a day during summer months.

■ Choose morning times, if possible, for the majority of physical activity.

■ Work out in shaded areas and avoid direct sun exposure as much as possible. *(Information courtesy of the Health and Wellness Center.)*



Photo by Staff Sgt. Lee Watts

Staff Sgt. Suzanne Hickmon, 20th ADOS, wears light-colored clothing to reflect heat while running Tuesday.

Monday Night Extramural Bowling League

Place	Team name	Points won	Points lost
1	Services "A"	168	87
2	AGE "B"	167	89
3	372nd TRS	166	90
4	AGE "A"	158	98
5	PMEL	153	103
6	LRS "B"	151	105
7	28th OWS "B"	147	109
8	CMS/TF34	141	115
9	MSS	141	117
10	CMS/EGRESS	138	118
11	OSS (RAPCON)	128	128
12	AMMO "A"	127	129
13	609th ACOMS	125	131
14	Services "B"	121	135
15	AMMO "B"	111	151
16	CONS/AFAA	107	149
17	MOS	107	149
18	28th OWS "A"	101	157
19	LRS "A"	98	158
20	OSS	87	158

(as of Monday)

Sports Short

New running trail on base

A 1.5-mile running trail at the Youth Center Sports Complex, near Outdoor Recreation, is available to runners/walkers only. A start/finish line is located near the gazebo and the trail is marked every 1/4 mile. Bicycling, roller-blading and skateboarding are prohibited for safety reasons.