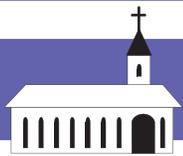


What's happening ...

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

10 a.m., Sunday liturgical service, Palmetto Chapel (weekly communion)

11 a.m., Sunday shared-faith service, Palmetto Chapel

6 p.m., Sunday, Faith Factor

7 p.m., Wednesday youth group, Youth Center

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

Other faith groups may contact the chapel for information on worship times and locations.

FSC



FSC hours

Family Support Center hours are 8:30 a.m. - 4:30 p.m. Mondays through Thursdays. The FSC is open Fridays for emergencies and appointments only. Hours for the Loan Closet and to pick up sponsorship packets are Mondays through Thursdays from 8 a.m. to noon. For more information, call **895-1252**.

Resume writing and interviewing classes

Resume writing and interviewing classes are scheduled Fridays at the Sumter Employment Security Commission on E. Calhoun Street. Participants can attend 9 - 11 a.m. or 11 a.m. - 1 p.m. For more information and to register, call **895-1252** or **773-7359**.

Career exploration class

A career exploration class is set for Tuesday from 10 a.m. to noon at the FSC. The class is designed to help develop career planning skills and identify which career, leisure and educational goals best relate to your interests. For more information, call **895-1252**.

Local job search/resume writing workshop

A local job search/resume writing workshop is set for Tuesday from 1 to 3 p.m. at the FSC. Military and family members are welcome. Seating is limited. For more information or to sign up, call **895-1252**.

Volunteer award packages

Monthly volunteer nomination packages are due no later than 4:30 p.m. on the fifth day of each month. Packages can be e-mailed or dropped off at the FSC. For more information, call **895-1252**.

VA representative

A Veteran's Administration representative is available to answer VA questions on Tuesdays and Wednesdays, by appointment only, at the FSC. For more information, call **895-1252**.

Free childcare

The Air Force Aid Society will pay for 20 hours of care per child for military families either leaving or arriving at a base. Members within 60 days of arriving or departing can pick up a voucher at the FSC.

Volunteers needed

Volunteers are needed to help out at the FSC. Other base organizations in need of volunteers may call the FSC for assistance. For more information or to volunteer, call **895-1252**.

Free oil change

The Air Force Aid Society will pay for a one-time oil change and safety check. To be eligible, members must schedule an appointment to participate in the Personal Financial Management Program, sponsored by the FSC.

Food locker

The FSC has a food locker for use by military families experiencing financial difficulties. For more information or to make a donation, call the FSC.

Financial help

Airmen experiencing financial difficulties can make an appointment to meet with a personal financial management planning counselor at the FSC. Bring a copy of your most recent Leave and Earnings Statement. For an appointment, call **895-1252**.

Education grant

The Air Force Aid Society provides \$1,500 grants to selected sons, daughters and spouses of military members. For more information on eligibility requirements, call **895-1252**.

Information



Freedom craft show

A craft show is set for July 4 from 2 to 9 p.m. at the Community Center. Spaces are available for members to sell handmade crafts. For more information, call **895-3382**.

Flood-victim assistance

Shaw's Hispanic Heritage Committee is gathering blankets, school supplies and non-perishable food items through July 9 to distribute to Hispaniola flood victims. The drop-off point is the Community Center. For more information, call **895-2970/1585**.

Infant and child CPR certification

An infant and child CPR training class, sponsored by the American Red Cross, is set for July 6 from 6 to 10:15 p.m. at the Tri-County Service Center on North Guignard Drive in Sumter. The cost is \$45. Advance payment and registration are required. For more information, call **775-2363**.

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, steak yakisoba, beef and spaghetti

Wednesday -- Sauerbraten, jagerschnitzel, knockwurst

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., Mean Girls, PG-13 (sexual content, language and teen partying) -- Raised in the African bush country by her zoologist parents, Cady Heron thinks she knows about "survival of the fittest." But the law of the jungle takes on a whole new meaning when the home-schooled 15-year-old enters public high school for the first time and falls prey to the psychological warfare and unwritten social rules.

1 hr. 37 mins.

Saturday

7 p.m., Van Helsing, PG-13 (violence, frightening images and sensuality) -- Set in the late 19th century, monster hunter Dr. Gabriel Van Helsing is summoned to East Europe to vanquish evil forces such as Count Dracula, the Wolf Man and Frankenstein's monster.

2 hrs. 25 mins.

Sunday

3 p.m., New York Minute, PG (sensuality and thematic elements) -- This action comedy follows one day in the lives of 17-year-old sisters Jane and Roxanne Ryan, who journey together to New York City. Roxy's and Jane's plans go wildly awry when a mix-up involving Jane's precious day planner lands them in the middle of a shady black-market transaction. The Ryans must work together to get out of the mess.

1 hr. 26 mins.



Sports

Skeet & Trap

American League	Points Won	Points Lost	National League	Points Won	Points Lost
9th AF	19	11	Retirees 2	22	3
Retirees 1	22	8	OSS	17	8
SVS	24	6	ACOMS	9	16
CMS	11	19	SFS	13	13
CONS	5	25			
SIM	9	21			

(As of Monday)

Intramural Softball

National League		American League		Women's League				
Wins	Losses	Wins	Losses	Wins	Losses			
OSS	0	2	CMS-A	2	0	20 MSS	1	3
CPTS	2	0	EMS-A	0	2	20 LRS	3	1
9th/AIS	1	1	LRS-A	2	0	20 MDG	2	2
79th	3	0	SFS	0	2	20 OSS	0	4
CS	2	1	Chiefs	0	2	20 CES	2	2
CES-A	2	1	SVS	2	0	9th AF	4	0
CMS/AIS	0	3	Fire Dept.	0	2			
Avionics	3	0	AMMO	2	0			
Crows	1	2	AMXS	1	1			
MOS	1	2	EMS-MF	1	1			
Dirty Boys	1	2	682 ASOS	0	2			
LRS-B	0	3	28 OWS	2	0			
9th/ACOMS	1	1						
EMS/AF	2	1						

(As of Monday)

New PT uniform approved by CSAF

By Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON -- The Air Force's first physical training uniform is set to hit the street later this year.

The new PT uniform is now approved by Air Force Chief of Staff Gen. John P. Jumper and will soon be in active service.

"We did a wear and fit test from January through March," Senior Master Sgt. Jacqueline Dean of the Air Force Uniform Board.

Dean said, "We took all the feedback, and we now have established military specifications. They've gone out to manufacturers and should be in full production by the end of June."

The PT uniform ensemble consists of dark blue running shorts, a gray T-shirt and a dark blue running suit -- all with reflective safety markings.

Sgt. Dean said the goal was to have enough PT uniforms by Oct. 1 to supply Airmen sched-

uled for immediate deployment. After that requirement is met, the uniforms will be available for purchase through AAFES.

The PT uniform will have a two- to three-year phase-in period. Sgt. Dean said the running suit costs about \$100, and the shorts and shirt about \$25. Officials have not yet determined if Airmen will receive a lump sum allotment in October, an increase in their annual clothing allowance or a voucher to pay for the initial requirement.

Although personal preference is the rule for PT shoes, Sgt. Dean said they must be conservative in design and color. Saluting will not be required while wearing the PT uniform, and jewelry wear will be the same as with other uniforms, so long as safety is taken into consideration.

Only active-duty, Air National Guard and Air Force Reserve Airmen will be authorized to purchase the PT uniforms from AAFES until adequate supplies are available.

Health & wellness



Fight food-borne illness

Many people are trying to improve their health by exchanging high calorie fast-food items for home-cooked meals. But before breaking out the pots and pans, be aware that food-borne illness can not only make cooking at home unhealthy, but may also be life threatening.

According to the Department of Health and Human Services, the following tips can help ensure safe food preparation.

Wash hands with warm water and soap for at least 20 seconds before meal preparation.

Keep the work area sanitized and uncluttered. Clean dishcloths and sponges regularly.

Use cutting boards made of hard maple or plastic and always sanitize thoroughly.

Wash the lids of canned foods before opening to keep dirt from getting into food. Clean the blade of the can opener after each use.

Never put cooked meat on an unwashed platter that has held raw meat.

Rinse fresh fruits and vegetables thoroughly in warm water.

Use a thermometer to ensure meats are completely cooked.

Cooked foods should not be left standing on the table or counter for more than two hours.

Re-heated foods should be brought to a temperature of at least 74 degrees Celsius (165 degrees Fahrenheit). Keep cold foods cold until serving. This is very important in the summer.

Leftovers should be used within three days.

(Information courtesy of the Department of Health and Human Services. Airman 1st Class Susan Penning contributed to this article.)

Sports Shorts

Soccer registration

Youth soccer registration is set for July 12 - 16 and 19 - 23, from 8 a.m. to 5 p.m. at the Youth Center. The cost for ages 5 - 8 is \$25; ages 9 and up, members \$40, nonmembers \$45. Coaches and volunteers are needed. For more information, call 895-2252.

Youth swim night

A fitness-first youth swim night is set for July 10 at Woodland Pool from 6 to 7:30 p.m. for ages 9 - 12, and from 7:30 to 9 p.m. for ages 13 - 17. The cost is \$1 for members, \$2 for nonmembers. For more information or to register, call 895-2252.