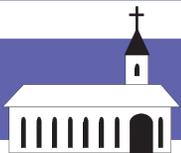


## What's happening ...

### 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.

#### Mandatory pre-separation brief

All military members separating or retiring are required to receive pre-separation counseling 90 days prior to leaving active-duty. To schedule a briefing, call 895-1252.

#### Air Force Aid emergency assistance

Shaw members in need of financial assistance due to an emergency can stop by the FSC to pick up the appropriate forms, which must be signed by a first sergeant or commander. Call the FSC to make an appointment, and bring the signed forms, a Leave and Earnings Statement and any bills or receipts regarding the emergency situation.

#### 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.

### Spouses space



#### EMS spouses group

The 20th Equipment Maintenance Squadron Spouses Group is set to meet Thursday at 6:30 p.m. For more information or directions, call 499-2617.

### Information



#### Flood-victim assistance

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

#### ACC Dollar Days

Air Combat Command Dollar Days Family Night is set for Wednesday at Club Shaw from 5 to 8 p.m. All members eat for \$1 per person. For more information, call Club Shaw at 666-3651.

#### Casino trips

Sun Cruz casino trips at Little River, S.C., are set for July 10, Aug. 7 and Sept. 4. The cost is \$20 per person and includes round-trip transportation, a cruise and lunch buffet. For more information, call 895-4774.

#### Dog obedience school

Dog obedience classes are now offered at the Community Center each month. Sessions begin on the first Saturday of each month and continue for four weeks. The cost is \$60 per pet. For more information, call the Community Center at 895-3382.

#### Registration at the CDC

Registration for Before and After-School Kindergarten is set for July 19 - 23, 8 a.m. to 5 p.m.

Registration for Part-Day Enrichment is set for July 26 - Aug. 2, 8 a.m. to 5 p.m.

Please bring shot records and pay stub copies.

#### National Kids Day

In observance of National Kids Day, a free pool party is set for Aug. 1 from 1 to 4 p.m. at Lakeside Pool. This event is for Shaw youth and their guests, ages 6 - 18. For more information, call the Youth Center at 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. These classes are for parents of children 4 - 12 years old. For more information or to register, call Ms. Patti Busser at 895-6091.

#### 20th SVS online

Visit all of the 20th Services Squadron facilities online at [www.20thservices.com](http://www.20thservices.com)

Comment on 20th SVS performance by filling out an online customer comment card at <http://ice.disa.mil>.

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

**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., Raising Helen**, PG-13 (thematic issues involving teens) -- When her sister and brother-in-law die in a car accident, a young modeling agency assistant takes on the role as guardian of their surviving three children. As she tries to juggle the responsibilities of her new quasi-parenthood with the effects on her lifestyle and her job, she also befriends a local pastor, who falls in love with her. 1 hr. 59 mins.

#### Saturday

**3 p.m., Shrek 2**, PG (crude humor, substance reference and suggestive content) -- Picking up where the first movie left off, Shrek and Fiona return to her homeland to tell her parents the good news of her marriage. In this movie, the mysterious Fairy Godmother is introduced, along with a bar called the Poison Apple, where villains of the fairy tale world hang out, including the great ogre-slayer, Puss-in-Boots. 1 hr. 45 mins.

**7 p.m., The Day After Tomorrow**, PG-13 (intense situations of peril) -- This movie takes a look at what the world would be like if the greenhouse effect and global warming resulted in world-wide catastrophe and disaster. 2 hrs. 4 mins.

#### Sunday

**3 p.m., Shrek 2**, PG-13

1 hr. 45 mins.

# Sports

## Shaw youth learn cool lessons



Children taking advanced-level swimming lessons Wednesday at Woodland Pool prepare to dive for sticks in a timed competition.

Photos by Airman 1st Class Susan Penning



Above, advanced swimmers practice the back stroke.

Above right, Garrett Williamson (right), a lifeguard at Woodland Pool, helps beginner swimmer Taylor, son of retired Army staff sergeants Francene and Tommy Reed, get used to the water.

Right, Tim Godwin (right), 20th Services Squadron aquatics director, teaches various swimming strokes to advanced swimmers.



### Health & wellness

## Breakfast Important to a healthy diet

By Airman 1st Class Susan Penning  
Staff writer

Most people have heard breakfast is the most important meal of the day. But why is eating soon after you wake so vital, and what difference does it make in a diet?

According to the Food Standards Agency, studies show the importance of breakfast is not just a myth -- eating breakfast can have a range of beneficial effects, including helping to maintain a healthy body weight.

To go to school or work without breakfast affects concentration and energy levels throughout the day.

In addition, hunger sets in long before it's time for lunch so, out of convenience, many people snack on foods high in fat and sugar.

Also, skipping breakfast makes it difficult to catch up on vital nutrients a morning meal could have provided.

So what's the best way to get a good breakfast in your system, even if you're on the go?

The Department of Health and Human Services, along with the National Institutes of Health and Public Health Service, offer the following suggestions on choosing nutritious morning snacks.

If you don't have time to sit down for breakfast before you head out the door, drop a juice box and piece of fruit into your lunch bag.

Healthy breakfast choices should include foods high in fiber. Some good examples include a fresh peach or apple, raisins, figs or dried apricots, 100% fruit or vegetable juice, kiwi or a canned snack pack of pineapple.

Have time to sit down and eat breakfast? Try whole-grain waffles or pancakes topped with sliced fruit and low or non-fat yogurt, a fruit smoothie or fresh fruit salad.

High-fiber foods, such as whole-grain cereals and fruit, should be part of a healthy breakfast.



## Health study OK

The Millennium Cohort Study is not only a legitimate study for military members to participate in, but also a Department of Defense-authorized exercise.

The study evaluates the health risks of military deployment, military occupations and general military service. For more information or to take part in the study, visit [www.millenniumcohort.org/about.html](http://www.millenniumcohort.org/about.html).