

## 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

If the faith you practice is not listed, contact the chapel for information on worship times and locations.

### FSC



#### Transition Assistance Program seminar

A seminar for those retiring or separating from the Air Force is set for Tuesday through Thursday from 8 a.m. to 5 p.m. at the Family Support Center. TAP seminars are designed to provide the tools necessary to conduct a successful job search as a civilian. For more information or to register, call **895-1252**.

#### Pre-deployment brief

A pre-deployment brief is set for Thursday from 8 to 9:30 a.m. at the FSC. It is mandatory for those deploying for 30 days or more and covers family separation preparation and anti-terrorism measures. Unit deployment managers with 10 or more deploying members should call the FSC to set up a date, time and location for a mass briefing. Spouses are highly encouraged to attend. For more information, call **895-1252**.

#### 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**.

#### Time for Tots

This playgroup meets Thursdays from 10 to 11:30 a.m. at the Community Center. For more information, call the FSC.

#### Job opportunities

Jobs are available for separating or retiring members. For more information call **895-1252**.

#### Volunteers needed

Volunteers are needed to help out at the FSC. Other base organizations in need of volunteers can call **895-1252** for assistance.

### Information



#### Car wash

A car wash is set for today from 10 a.m. to 2 p.m. in the parking lot of Building 1029, across from the Polifka Gate. Proceeds will benefit the Airmen Professional Development Seminar as well as other Airmen's activities.

#### Free portraits

Sears Portrait Studios are offering free studio sessions and four free 3x5 portraits of one pose Saturday through July 23. The event is part of the 'Thank our Troops' scrapbook project. Customers can contribute one of their 3x5 portraits with a short message that will appear in a scrapbook to be distributed on Thanksgiving to troops serving overseas.

In addition, Sears is offering free portrait sessions and 20% off all in-studio and online portrait purchases through Dec. 31 to military ID holders. A studio locator is available at [www.searsportrait.com](http://www.searsportrait.com).

#### Registration at the CDC

Registration for Before and After-School Kindergarten is set for Monday - July 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.

#### Home school support group

The Shaw Military Educators support group is set to meet Tuesday at 6:30 p.m. at the Base Library. The support group is open to all people who home school children. For more information, call **469-3699/6362**.

#### 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**.

#### 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**.

#### Base-wide yard sale

A base-wide yard sale is set for Aug. 7 from 7 a.m. to noon. \$10 reserves a table. For more information, call **895-3382**.

#### 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**.

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

**Today** -- Seafood newburg, beef and corn pie, roast turkey

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

**Sunday** -- Oven-fried fish, Cantonese spareribs, grilled mustard chicken breast

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

**Tuesday** -- Teriyaki chicken, veal parmesan, salmon cakes

**Wednesday** -- Lasagna, Italian-style veal steak, Italian sausage

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

*(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., The Chronicles of Riddick**, PG-13 (language, violent scenes) -- The adventures of Riddick continue, as the escaped convict with the ability to see in the dark finds himself caught in the middle of a galactic war between two opposing forces. Riddick gets his chance to face off against Lord Marshal in a battle over the future of all beings in the galaxy, both living and dead.

1hr. 59 mins.

#### Saturday

**7 p.m., The Stepford Wives**, PG-13 (sexual content, thematic material and language) -- Stepford has a secret: all of the wives are too perfect, and the husbands are too happy. A young couple moves from Manhattan to an upper-class suburb of Connecticut. Once there, they discover the Stepford men are replacing their wives with compliant robots.

1 hr. 33 mins.

#### Sunday

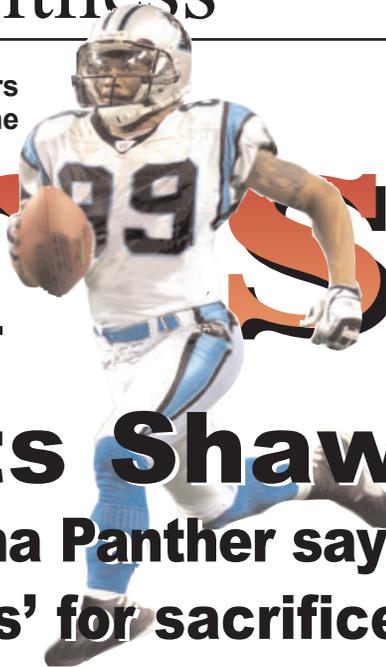
**3 p.m., Harry Potter and the Prisoner of Azkaban**, PG (frightening moments, creature violence and language) -- This adventure happens when Harry Potter has to go on the run after an incident when he was unable to control his anger. Getting on a bus, he hears about Sirius Black, a renegade wizard who was a prisoner at Azkaban. What Harry doesn't suspect is that Black escaped to look for him.

2 hrs. 19 mins.

# Sports

## NFL player visits Shaw

Since being drafted by the Carolina Panthers in 2001, Steve Smith, No. 89, ranks third in the NFL with 3,903 combined net yards.



### Carolina Panther says 'thanks' for sacrifice

Left, during his tour of Shaw July 9, Smith, a wide receiver for the Panthers, encourages children at the Youth Center to do their best in school and realize their dreams in life.

Below, Smith thanks Col. Mike Beale, 20th Fighter Wing vice commander, and other military members for their service. "Because of what you do, I can feel safe doing what I do," he said.



Photos by Airman 1st Class Susan Penning



Above, Smith joins with Youth Center children to dance to the Cha-Cha Slide.

Right, Smith gets to know Shaw Airmen and members of the delayed enlistment program at the dining facility on base. The 2004 Superbowl competitor posed for photos and signed autographs while there.



### Health & wellness

## Protect your health in emergency weather

Hurricane season is here. Although Shaw members should know the proper procedures for evacuation, what about health protection in the midst or aftermath of a weather emergency? The Department of Health and Human Services offers tips to ensure proper measures are followed.

When floodwaters rise, water treatment plants may not be operating. Even if they are, storm damage and flooding can contaminate water lines because the water may contain material from overflowing sewage systems and agricultural and industrial waste. Although skin contact with floodwater does not, by itself, pose a serious health risk, there is risk of disease from eating or drinking anything contaminated with floodwater.

Safe drinking water includes bottled, boiled or treated water. Do not use contaminated water to wash dishes, brush teeth, wash and prepare food or make ice. Bringing water to a rolling boil for one minute will kill most organisms.

If you will be without power for a long period, ask friends to store your frozen foods in their freezers, if they have electricity.

Your refrigerator will keep foods cool for about four hours without power if it is unopened. To be safe, remember, "When in doubt, throw it out."

Finally, it is important to remember to practice basic hygiene during the emergency period. Wash your hands with disinfected soap and water before preparing food or eating, after bathroom use, after participating in cleanup activities, and after handling articles contaminated with floodwater or sewage.

*(Information courtesy of the Dept. of HHS. Airman 1st Class Susan Penning contributed to this article.)*

## Sports Shorts

### Tae Kwon Do Classes

Tae Kwon Do Classes are available for members, age 4 to adult. Classes meet Mondays through Wednesdays at 4:30 p.m. The cost is \$25 for an eight-week class. For more information, call the Community Center at 895-3382.

### 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).