

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.

Menu



Entrees for the Chief Master Sgt. Emerson E. Williams Dining Facility

Today-- Lunch -- Mexican-baked chicken, Swiss steak with tomato sauce, stuffed green peppers; **Dinner** -- Lasagna, spaghetti with meat sauce, Italian sausage

Saturday -- Lunch -- Crispy-baked chicken, Cajun meat loaf, rib-eye steak; **Dinner** -- Fish almondine, stir-fry chicken with broccoli, pork chops with mushroom sauce

Sunday -- Lunch -- Tuna and noodles, sauerbraten, chicken parmesan; **Dinner** -- Ginger barbecue chicken, fried shrimp, spinach lasagna

Monday -- Lunch -- Swiss steak with tomato sauce, baked chicken, sweet Italian sausage; **Dinner** -- Roast turkey, baked ham, fish and fries

Tuesday -- Lunch -- Onion-lemon baked fish, pork schnitzel, steak yakisoba, beef and spaghetti; **Dinner** -- Paprika beef, barbecued beef cubes, chicken fajitas

Wednesday -- Lunch -- Sauerbraten, jagerschnitzel, knockwurst; **Dinner** -- Pita pizzas, country-style steak, fried chicken

Thursday -- Lunch -- Orange-spiced chops, liver with onions, tempura-fried fish; **Dinner** -- Baked chicken, pepper steak, pasta primavera

(Courtesy of the 20th Services Squadron. For more information, call 895-9791.)

FSC



Heart to Heart

Family members of deployed/remote tour spouses are invited to network with others at the Family Support Center Tuesday from 6 to 8 p.m. For more information and to register, call 895-1252.

Smooth Move workshop

A smooth move workshop is set for Wednesday from 8:30 a.m. to noon at the FSC. The event is open to military, civilian employees and family members PCSing from Shaw or separating/retiring. For more information, 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.

Car-buying seminar

A car-buying seminar is set for Thursday from 5 to 7 p.m. at the FSC. Learn about financial factors, negotiating a deal and how to shop for insurance. For more information or to sign up, 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.

Investment workshop

The FSC is sponsoring an investment workshop Aug. 19 from 5 - 7 p.m. For more information, 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.

Information



Registration at the CDC

Registration for Part-Day Enrichment is set for Monday - Aug. 2, from 8 a.m. to 5 p.m. Parents should bring shot records and pay stub copies.

Parenting classes

A parenting class, sponsored by Family Advocacy, is set for Thursday, from 4:30 to 6 p.m. at the Pediatric Clinic/New Parent Support building. The class is 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.

AFCEA quarterly luncheon

The Armed Forces Communications and Electronics Association's quarterly luncheon is set for Aug. 18 at the Conference Center. Social hour begins at 11:30 a.m. with lunch at noon. Mr. John Gilligan, the Air Force's chief information officer, will be the guest speaker at the event. The cost is \$10 per person. R.S.V.P. no later than Aug. 12. For more information or to make reservations, call 895-3786.

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., Around the World in 80 Days, PG (violence, crude humor and language) -- This version of the classic novel, set in 1872, focuses on the adventures of a Chinese thief who steals a valuable jade Buddha then seeks refuge in the traveling companionship of an eccentric London inventor and adventurer, who has taken on a bet he can make it around the world in 80 days.

2hrs.

Saturday

7 p.m., The Terminal, PG-13 (language and drug references) -- An immigrant fleeing a war in his European homeland gets stuck in the terminal of a New York City airport when his landing coincides with the point at which the war causes his nation of origin to no longer exist, meaning his passport and paperwork are no longer valid. As a man without a home, he takes up residence in the terminal itself.

2 hrs. 8 mins.

Sunday

3 p.m., Garfield, PG (language) -- When a dog named Odie is brought home, Garfield is forced to compete for the attention of their single owner, Jon Arbuckle -- much to Garfield's disgust. However, when Odie is kidnapped by a mean dog trainer, Garfield feels responsible, so he leaves his favorite spot and gets into action to rescue his fellow pet in crisis.

1 hr. 25 mins.

Health & wellness



Read this and reap!

By Airman 1st Class Susan Penning
Staff writer

In today's fast-paced world, stress seems to be causing a lot of physical, emotional and psychological problems.

"Failing to deal with negative stress in your life can lead to headaches, backaches, poor eating habits, fatigue and can even contribute to heart disease and cancer," said Tech. Sgt. Tedisha Baker, Shaw Health and Wellness Center NCO in charge.

The good news is, stress can be very simple to control.

The following tips from the International Health Awareness Center in Kalamazoo, MI., can help reduce the negative stress in your life and put you on the road to a more peaceful and healthy existence.

■ **Get organized.** A houseful of clutter can make you go crazy looking for lost stuff. In the book "How Not to Be a Messie," author Sandra Felton suggests rather than trying to organize your whole home at once, tackle one room at a time. Eventually, everything is organized and you are living in a neat and tidy house.

If you find you are too busy to get organized, you probably have too much on your plate and need to cut down on the amount of activities you are involved in.

■ **Live in the present.** A lot of adults focus on what has happened in the past, or worry about what will happen in the future. Accomplish one thing at a time and embrace today as the only period you can control. This can help lift a huge burden off your shoulders.

■ **Help others.** Self-absorption can be a huge stress factor. Looking outside and helping others who are in tougher situations than you are, can help your problems seem small when looking at the big picture.

■ **Laugh.** Whenever you are faced with something difficult, finding the humor in the situation can help distance you from the problem and provide a much-needed different perspective.

■ **Let other people do their own thing.** Surprise! You are not the general manager of the universe. Things don't always have to be done your way. Celebrate the differences between people and open your mind to new ways of doing things.

■ **Monitor the self talk that goes on in your head.** Bombarding your brain with negative statements allows anger and bitterness to build up inside you. Positive thinking truly can be powerful.

■ **Treat your body right.** Eat well, exercise and get enough sleep.

■ **Remind yourself nothing can stress you out.** Only your mind can do that. You have the choice to react in a stressful or calm way.

Shaw's HAWC offers additional information through stress awareness classes, which are held on the first Monday of every month at 10 a.m. For more information or to sign up, call 895-1216.



Sports

Skeet & Trap

American League	Points Won	Points Lost	National League	Points Won	Points Lost
SVS	37	13	Retirees 2	31	4
Retirees 1	34	16	OSS	21	14
9th AF	25	25	SFS	17	18
SIM	21	29	ACOMS	11	24
CMS	19	31			
CONS	14	36			

(Playoffs begin Saturday)

Women's Intramural Softball standings

	Won	Lost
9th AF	9	1
20th LRS	6	4
20th MDG	6	4
20th CES	5	5
20th MSS	4	6
20th OSS	1	9

(As of Monday)

Airman earns spot on Olympic track/field team

By Tech. Sgt. J.C. Woodring
Air Force Print News

SAN ANTONIO -- First Lt. James Parker, an Air Force world-class athlete from Malmstrom Air Force Base, Mont., earned a spot on the U.S. Olympic track and field team July 12 with a hammer throw of 254 feet, six inches.

"I came into the Air Force to serve my country," said Lt. Parker, who has been throwing the hammer for 10 years. "To represent the Air Force and the country on the athletic side is the biggest honor of my life."

In the preliminaries of the U.S. Olympic track and field trials in Sacramento, Calif., on July 10, each of the 24 competitors was allowed three throws to determine advancement to the finals. People who throw farther than 236-3 are automatically qualified for the finals.

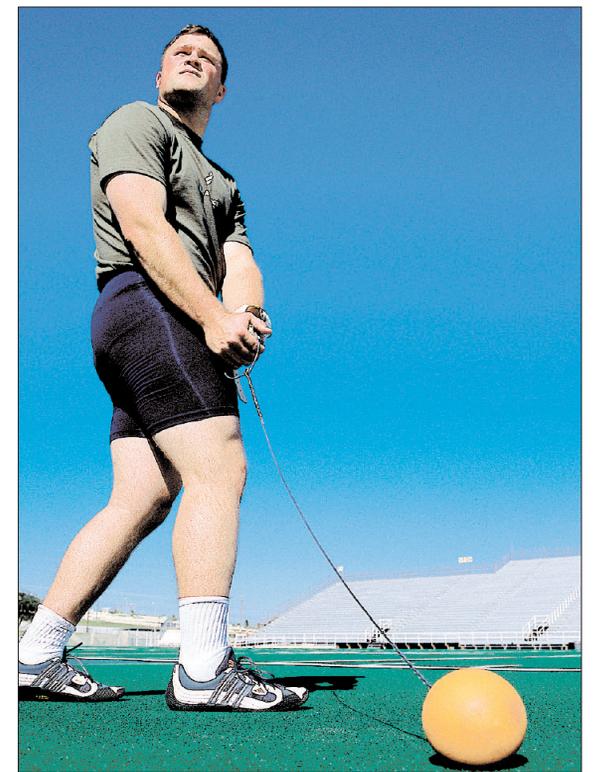
Lt. Parker said he had a "mental edge" on the other athletes going into the competition because he had farther marks than the others and was favored to make the team.

He said he also felt a lot of pressure because he witnessed several other favored athletes not make the team.

"On the day, you never know what will happen," Lt. Parker said. "It really was a nerve-racking situation."

In the first round of the finals, the lieutenant established the benchmark of 245-1 on his first throw and increased it to 251-4 on his final throw of the round.

During the final round, Lt. Parker tossed his best throw of the day, 254-6. Winning this event and his 259-10 throw during a meet at Brigham Young University on June 26 placed Lieutenant Parker on this year's Olympic team.



Lt. Parker earned a spot on the Olympic track and field team with a hammer throw of 254 feet, six inches.

Sports Shorts

Tae Kwon Do

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

Health study

The Millennium Cohort Study is not only a legitimate health study for military members to participate in, but also a Department of Defense-authorized exercise. For more information, visit www.millenniumcohort.org/about.html.