

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 -- Seafood newburg, beef & corn pie, roast turkey; **Dinner** -- Simmered corn beef, pineapple chicken, yankee pot roast

Saturday -- Lunch -- Savory baked chicken, Swedish meat balls, Creole shrimp; **Dinner** -- Baked fish, Hungarian goulash, barbecue chicken

Sunday -- Lunch -- Oven-fried fish, Cantonese spareribs, grilled mustard chicken breast; **Dinner** -- Beef stir-fry with broccoli, turkey nuggets, steak

Monday -- Lunch -- Pot roast, baked stuffed fish, roast pork loin; **Dinner** -- Chili macaroni, beef cannelloni, southern-fried chicken

Tuesday -- Lunch -- Teriyaki chicken, veal parmesan, salmon cakes; **Dinner** -- Country captain chicken, meat loaf, turkey a la king

Wednesday -- Lunch -- Southern-fried chicken, barbecue spareribs, fried catfish; **Dinner** -- Lemon-herb chicken, barbecue spareribs, stuffed pork chops

Thursday -- Lunch -- Roast pork loin, jagerschnitzel with mushroom sauce, glazed Cornish hen; **Dinner** -- Herb-baked chicken, stuffed cabbage rolls, southern-fried catfish

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

FSC



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**.

Time for Tots

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

Give Parents a Break

Give Parents a Break is set for Aug. 7 from 10 a.m. to 2 p.m. at the Child Development Center (infant - 5 years old) and the Youth Center (6 - 12 years old). For more information or to get a referral certificate, call **895-1252**.

Sponsorship training

Sponsorship training is set for Aug. 10 from 10 to 11 a.m. at the FSC. It is mandatory for first-time sponsors or those who have not sponsored anyone within a year. For more information, call **895-1252**.

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



National Kids Day

In observance of National Kids Day, a free pool party is set for Sunday from 1 to 4 p.m. at Lakeside Pool. The event is for Shaw youth and their guests. For more information, call **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 the Community Center at **895-3382**.

Shaw Thrift Shop

The Shaw Thrift Shop will reopen Thursday. Books and children's clothing will be on sale. The shop is open Thursdays, from 9:30 a.m. to 2 p.m. and 5:30 to 7:30 p.m., and on the first Saturday of every month, from 9:30 a.m. to 12:30 p.m.

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**.

OCSC brunch

A special activities brunch for the Officers' Civilian Spouses' Club is set for Aug. 24 at 9:30 a.m. in the Conference Center. The event will welcome the new 20th Fighter Wing commander's wife, Mrs. Lina Ruhlman. R.S.V.P. by Aug. 17 to **499-2622**.

Base Library

The Base Library offers Internet use, printers and copier use, databases, study guides, DVDs, CDs and more. Hours of operation are Mondays through Thursdays from 10 a.m. - 8 p.m., and Fridays and Saturdays from noon to 5 p.m.

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.

Today at 7 p.m. and Sunday at 3 p.m.

Two Brothers, PG (violence) -- Set not so long ago in a distant land, Two Brothers is the story of twin tiger cubs -- one shy and gentle, the other, bold and fierce -- who are born among the temple ruins of an exotic jungle, but are one day separated by fate. The bold brother is sold off to a circus, where homesickness and living in a cage rob him of his spirit. The shy cub becomes the beloved companion for the governor's lonely young son, until an accident forces the family to give him away to a man who resolves to break his gentle nature and turn him into a fighter for sport. When they are fully grown, the brothers find themselves reunited - but as forced enemies pitted against each other.

1 hr. 49 mins.

Saturday

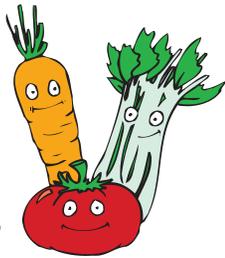
7 p.m., Dodgeball: A True Underdog Story, PG-13 (rude and sexual humor, language) -- A small local gym is threatened with extinction by a gleaming sports and fitness palace unless a group of social rejects can rise to victory in the ultimate dodgeball competition.

1 hr. 37 mins.

Health & wellness

Food substitutions

Try these alternatives and build a healthier diet



Substituting the following foods can cut out unnecessary fats, sugars or sodium in your diet.

<u>Instead of:</u>	<u>Try:</u>
Bacon	Canadian bacon
Cream sauce	tomato sauce
Evaporated milk	skim evaporated milk
Fudge sauce	marshmallow sauce
Granola	low-fat granola or puffed cereal and raisins
Gravy	butter-flavored seasoning
Half and half	non-fat dry milk
Ice cream	non-fat frozen yogurt
Icing	powdered sugar or non-fat cream cheese blended with pineapple juice
Mayonnaise	non-fat mayonnaise
Meat	beans
Non-dairy creamer	non-fat dry milk
Nuts	dry cereal
Oils (in baking)	applesauce
Oils (in cooking)	canola or olive oil
Oils (in frying)	non-stick cookware/spray
Peanut butter	apple butter
Salad dressing	non-fat salad dressing
Sour cream	low-fat sour cream or plain yogurt
Whipped cream	low/non-fat variety
White bread	whole-grain bread
White flour	whole-wheat flour
Whole egg	two egg whites or 1/4 cup egg substitute
Whole milk	skim milk or low-fat milk

(Information courtesy of the Health and Wellness Center.)

Sports Short

Youth bowling

The Young American Bowling Alliance is set to conduct fall/winter bowling league sign-ups August 14, 21 and 28 from 1 - 5 p.m. at Shaw Lanes. Free Thunder Alley bowling will be available for youth who sign up on August 14 between 2 - 4 p.m. For more information, call 895-2732.



Brittney, catcher for the Mission Support Squadron team and daughter of Katie, MSS pitcher, and Lou DeMonte, nails one Tuesday.

Photo by Master Sgt. Paul Holcomb

20th MSS takes championship title



Photo by Master Sgt. Paul Holcomb

Above, Lisa Burgess (left), MSS team member, is safe at third Tuesday. The MSS team, which included members of 20th Security Forces Squadron and other 20th Fighter Wing agencies, battled 9th Air Force twice to determine a winner in the playoffs. In a heated game Wednesday, MSS beat top-ranked 9th with a 24 - 19 victory that gave the underdog team the 2004 Women's Intramural Softball Championship title.



Photo by Master Sgt. Paul Holcomb

Above, Sarah Moss, 9th Air Force pitcher, sends one over the plate Tuesday.



Photo by Airman 1st Class Matt Penning

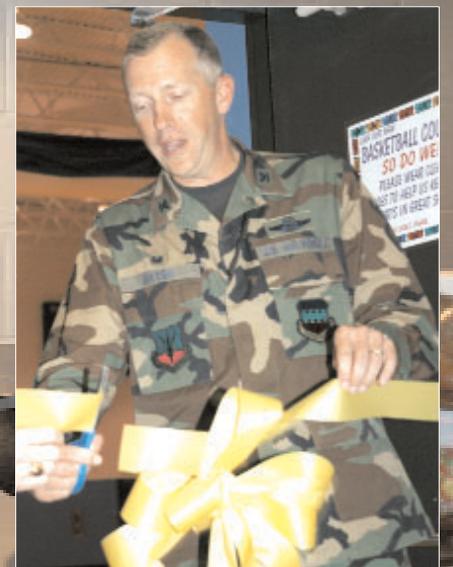
Above, MSS celebrates a win.

Renovated court, smoothie bar open on base

The Fitness Center's newly-renovated basketball court officially opened July 23. The court received a new heating and air-conditioning system, bleachers, fresh paint and a refinished hardwood floor. In addition, a smoothie bar, located in the Fitness Center lobby, is now open Mondays, Wednesdays and Fridays from 10 a.m. - 2 p.m.



Above, Mrs. Irene Kubosh, 20th Services Squadron recreation aide, blends ingredients at the bar. Right, Col. Scott Mason, 20th Mission Support Group commander, opens the renovated basketball court with a ribbon-cutting ceremony.



Photos by Airman 1st Class Susan Penning