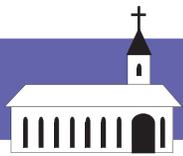


## What's happening ...

### 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, sweet Italian sausage

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

**Sunday -- Brunch** -- Tuna and noodles, sauerbraten, chicken parmesan; **Dinner** -- Cream of broccoli, ginger barbecue chicken, breaded fried shrimp

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

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

**Wednesday -- Lunch** -- Sweet and sour pork, sukiyaki, szechwan chicken; **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



#### Pre-deployment brief

A pre-deployment brief is set for Thursday from 8 to 9:30 a.m. at the Family Support Center. 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. For more information and the location, call the FSC.

#### Give Parents a Break

Give Parents a Break is set for Saturday 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** today.

#### Sponsorship training

Sponsorship training is set for Tuesday 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 to 7 p.m. For more information, 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. For more information, call **895-1252**.

#### Volunteers needed

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

### Information



#### Battle of Camden Remembrance Weekend

Experience Camden in the year 1780 on Aug. 14 from 10 a.m. to 5 p.m., and Aug. 15 from 10:30 a.m. to 4:30 p.m. at the Historic Camden Revolutionary War Site, located at 222 Broad Street in Camden, S.C. Admission and parking are free. Events will include revolutionary war skits, hands-on kids' activities and refreshments. No pets, please. For more information, call **432-9841** or visit [www.historic-camden.org](http://www.historic-camden.org).

#### AFCEA quarterly luncheon

The Armed Forces Communications and Electronic 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. by Thursday. 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 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. to 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.

**The Notebook**, PG-13 (sexuality) -- As a man reads from a faded notebook to the woman he regularly visits, his words bring to life the story of a couple who are separated by World War II, then passionately reunited seven years later, after they have taken different paths. Though her memory has faded, his words give her the chance to relive her turbulent youth and the unforgettable love they shared.

2 hrs. 1 min.

#### Saturday

**7 p.m., White Chicks**, PG-13 (crude and sexual humor, language and drug references) -- After messing up a major drug bust in New York City, two African-American FBI agents try to impress their boss by volunteering to protect the heiresses of a hotel empire from a kidnapping scheme. The brothers use themselves as bait, wearing lots of pale makeup and dresses to pass as white heiresses, while the real sisters are hidden away, safe from harm. Now the agents have to convince the world that they're actually young, rich and white.

1 hr. 45 mins.

## Extreme sports require precautions

### Safety briefings, PRM a must before thrills

By Airman 1st Class Susan Penning  
Staff writer

Being in the military may mean exposure to situations that are more hazardous than the average job. In addition to living on the edge during the workday, however, many members enjoy the thrill of participating in extreme sports off-duty.

According to Ms. Linda Carter, 20th Fighter Wing Ground Safety chief, any Air Force member wishing to participate in high-risk activities must inform their commander or immediate supervisor beforehand. In addition, commanders must go through a safety briefing with the member, including an off-duty high-risk checklist, and provide counseling to ensure proper education and training have been conducted.

If a commander is unfamiliar with the safety precautions a specific activity requires,

the Safety Office will step in and provide additional assistance, Ms. Carter said.

"The safety briefing is a tool for commanders to use to help individuals think about personal risk management," said Ms. Carter. The goal is to prevent mishaps by ensuring all the necessary precautions are taken, she added.

The definition of a high-risk activity is any sport or activity where a mishap could result in serious injury or death. Examples include:

- hang-gliding
- para-sailing
- white-water rafting
- kayaking
- flying civilian aircraft
- bungee jumping
- scuba diving
- auto/motorcycle racing
- other similar activities

"Members should always consider the consequences of their actions and make responsible choices," said Ms. Carter.

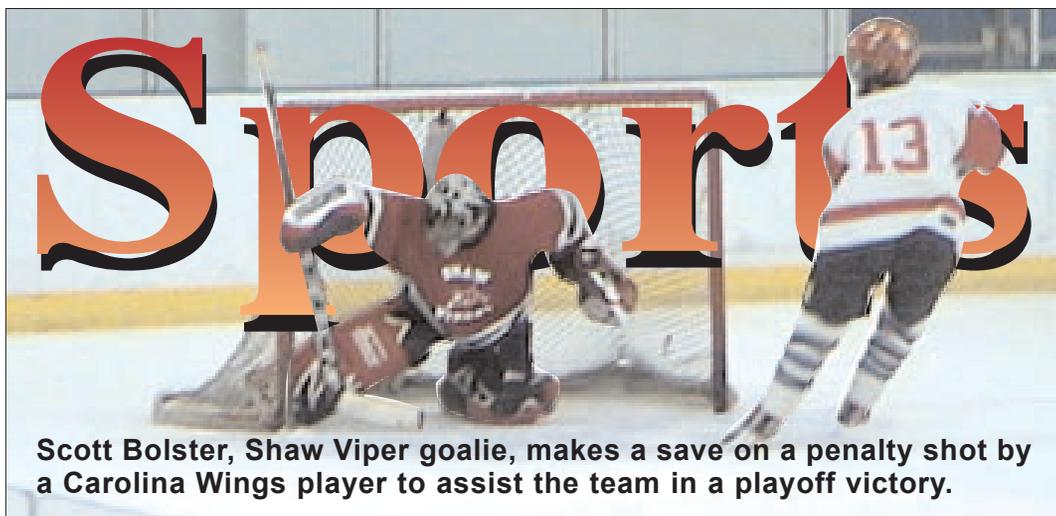
For more information, call 895-1985.



Photo by Mr. Marvin Mays Jr.

## Hour of power

Senior Airman Marvin Mays III, 20th Aircraft Maintenance Squadron, won the gold medal July 17 in the novice division at the Georgia Games in Atlanta. Airman Mays lifted 435 pounds in the squat, 335 in the bench press and 525 in the dead lift. This was his first powerlifting competition.



Scott Bolster, Shaw Viper goalie, makes a save on a penalty shot by a Carolina Wings player to assist the team in a playoff victory.

Courtesy photo

## Vipers finish first in playoffs

By 2nd Lt. Erik Saracino

20th Equipment Maintenance Squadron munitions production officer in charge

From the start of the regular season many Viper players were deployed, vacationing or injured and Shaw's regular starting lineup was never fully intact. Despite the odds, however, the hockey team turned it up a notch just in time for the playoffs.

Together, the team took a run for the title and finished with an electrifying 7 - 4 victory against the Columbia Wings in game two of the best-of-three finals Aug. 1.

Andy Berg scored two goals for the Vipers while Scott Bolster stopped 23 shots, including a stunning penalty shot saved early in the second period.

Shaw came out with a purpose right from the start as they easily won their first two playoff games 7 - 1 and 5 - 3. That set the stage for a best-of-three showdown between the Vipers and Wings.

In game one, Shaw jumped out of the gates fast and furious and peppered the Wings' goalie with 20 first-period shots. However, two costly miscues by Shaw led to an early 2 - 0 Wings advantage at the end of the first period. Not to be denied,

Shaw fought back mightily as Erik Saracino whistled a pass from Berg over the Wings' goalie to cut the deficit in half. Three minutes later, Berg connected on a rifle of a shot to tie the game up. At that point, the flood gates opened as Berg, Bill Perkins and Joseph Vastine all scored to give the Vipers a commanding 5 - 2 lead with just under five minutes remaining.

In game two, the Vipers' game plan worked to perfection as Shaw opened up a 3 - 0 first-period lead with goals by John Sherman, Berg, and Saracino. Shaw quickly jumped ahead 5 - 1 in the closing moments of the second period before the Wings scored with two seconds remaining. The never-say-die Wings battled back in the third and closed the gap to 5 - 4. After a brief timeout, Shaw re-gathered and took control of the game as Nick Argabrite scored two goals and sealed the championship for Shaw.

The Vipers are the first team from a military branch to win the league championship in Columbia.

Anyone interested in playing for the Shaw Vipers Ice Hockey team in the fall season can call **895-2534** for more information.



Photo by Senior Airman Donwon Cooley

## Season champions

The U.S. Central Command Air Forces/9th Air Force Women's Intramural Softball team receives their trophy after placing first in the regular season for the third year in a row.

## Sports Shorts

### Shooting competition

An intramural-level shooting competition is set for Aug. 25 and 26 for the M-16 and M-9 respectively, at the Combat Arms Facility. Six time slots are available per day for military members in uniform. For more information, call **895-0292/0637**.

### 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 Aug. 14 between 2 and 4 p.m. for youth who sign up during that time. For more information, call **895-2732**.

## Health & Wellness

Use the guide on the right to help jump-start your fitness regimen.



## Activity Pyramid

The activity pyramid is a model showing how to adopt a more active lifestyle. Start your weekly activity plan with the suggestions at the base of the pyramid.

Enhance your level of fitness by choosing other activities on the pyramid, working your way up.

The goal is to become more active and less sedentary.

(Information courtesy of the Health and Wellness Center.)

## Combat stress treatment available

Department of Defense health officials are reaching out to those returning from Iraq and Afghanistan who may be suffering from combat-related mental-health problems or post-traumatic stress disorder. A recently released medical report showed front-line action adversely affected the mental health of some service members.

Combat veterans and their families should watch for changes in behavior ranging from mild depressive and anxiety symptoms to trouble sleeping and nightmares. However, the problems are not always mild, and the symptoms are not always subtle. Service members can get confidential counseling through the "One Source" program. The 24-hour-a-day service is for service members and their families, and provides assistance with problems.

For more information, log onto

[www.af.mil/news/story.asp?storyID=123008174](http://www.af.mil/news/story.asp?storyID=123008174).

(Information courtesy of Air Force Print News.)