

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 and corn pie, roast turkey; Dinner -- Simmered corn beef, pineapple chicken, Yankee pot roast

Saturday -- Brunch -- Savory-baked chicken, Swedish meatballs, Creole shrimp; Dinner -- Baked fish, Hungarian goulash, barbecue chicken

Sunday -- Brunch -- Oven-fried fish, Cantonese spareribs, grilled mustard chicken; Dinner -- Beef stir-fry with broccoli, turkey nuggets, loin strip steak

Monday -- Lunch -- Pot roast, baked stuffed fish, roast pork loin; Dinner -- Chili macaroni, beef caneloni, 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 spare ribs, fried catfish; Dinner -- Lemon herb-baked chicken, stuffed pork chops, baked fish

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



Career-planning skills

A career-exploration inventory is set for Tuesday from 10 a.m. to noon. The assessment is designed to help members find what career goals will best relate to their interests. For more information, call **895-1252**.

Job search/resume writing assistance

A workshop designed to help job seekers develop effective resumes is set for Tuesday from 1 to 3 p.m. at the FSC. For more information and to sign up, 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**.

Time for Tots

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

Financial management planning

Members needing help budgeting, balancing a checkbook or developing a savings or investment plan may call **895-1252** to set up a counseling appointment.

At the movies



Movie schedule and start times 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.

A Cinderella Story, PG (language and innuendo) -- A high-school senior lives at the beck and call of her stepmother and wicked stepsisters, who treat her more like a servant than a member of the family. Things look up when she finds her less-than-sparkling social life complicated after she meets her Prince Charming online. Will she find the courage to be herself and claim the life she's always wanted?

1 hr. 36mins.



Saturday

7 p.m., Catwoman, PG-13 (violence and sensuality.) -- Patience Philips, in a mystical twist of fate, is transformed into a woman with the strength, speed, agility and ultra-keen senses of a cat. She becomes Catwoman, a sleek and stealthy creature balancing on the thin line between good and bad. Like any wildcat, she's dangerous, elusive and untamed.

1 hr. 44 mins.

Information



English classes available

An English as a Second Language class is set to begin Sept. 7 on Tuesdays and Thursdays at Shaw Heights Elementary School in the Adult Education room from 4 to 5:45 p.m. A \$25 registration fee is required. All books and materials are provided. For more information, call the Sumter County Literacy Council at **778-6434**.

Sumter Little Theatre performance

The Sumter Little Theatre, located at 14 Mood Avenue in the Sumter County Cultural Center, will perform *Rodgers and Hammerstein's "A Grand Night for Singing"* Sept. 9 - 12 and 16 - 19. Productions are set for Thursdays through Saturdays at 8 p.m. and Sundays at 3 p.m. Tickets are \$15 for adults, \$10 for students and seniors. For more information, call **775-2150**.

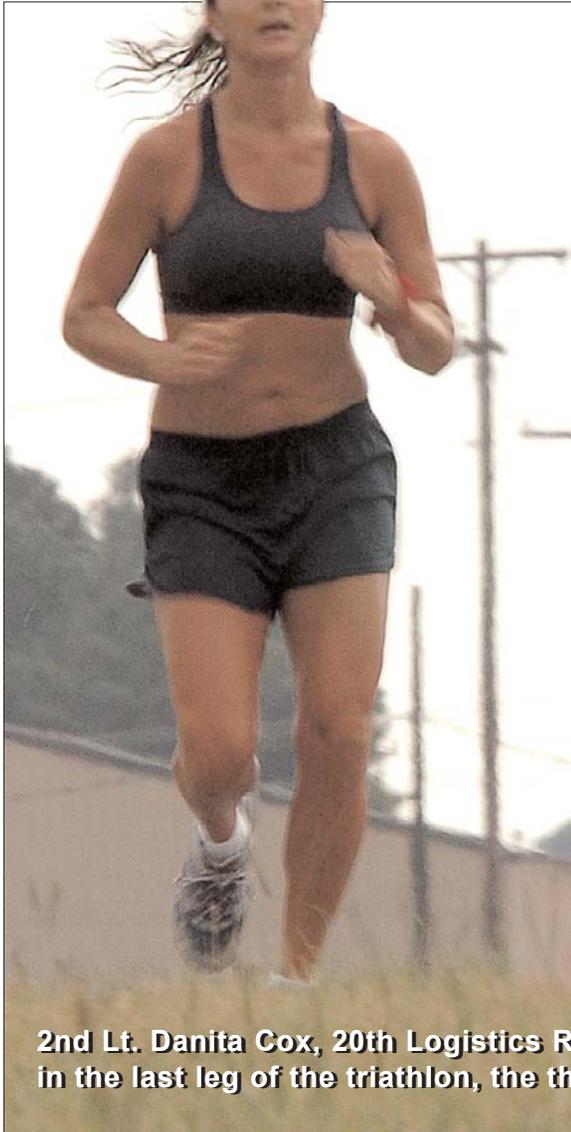
Infant and child CPR certification

The American Red Cross is offering training on infant and child CPR Sept. 14 from 6 to 10 p.m. at the Sumter Service Center on Guignard Drive. The cost is \$52. Advanced registration and payment is required. For more information, call **775-2363**.

Olmsted Scholar Program

The Olmsted Scholar Program provides the opportunity for Air Force line officers to study abroad and obtain their master's degree in a foreign language. For more information, visit www.afpc.randolph.af.mil/pme/olmnet.htm.

Sports



Shaw triathlon Members accept Viper Challenge

Team Shaw members geared up Saturday at 7 a.m. to compete in the Viper Challenge base triathlon. There were 12 participants, split into three groups, who competed in a 10-lap swim, then hopped on their bicycles and made two trips around Patrol Road, which is approximately 10 kilometers, and finished off the event with a three-mile run on Patrol Road.

The winner in the men's division was Master Sgt. Brian O'Connor, U.S. Central Command Air Forces, with a 1 hr., 13 min. time. The winner in the women's division was 1st Lt. Cortney Murphy, 609th Air Communications Squadron, with a 1 hr. 32 min. time.

The challenge was sponsored by the Fitness Center.

2nd Lt. Danita Cox, 20th Logistics Readiness Squadron, jogs along Patrol Road in the last leg of the triathlon, the three-mile run.

Photos by Master Sgt. Paul Holcomb



Above, 1st Lt. Todd Gray, 20th Security Forces Squadron, starts strong in the swimming portion.



Lt. Murphy cycles her way to the third event.

SPORTS Shorts

Commissary bowling league

The Shaw Commissary Mixed Bowling League is currently holding sign-ups for the 2004-2005 bowling season. Both men and women may sign up. The league will bowl Wednesday nights.

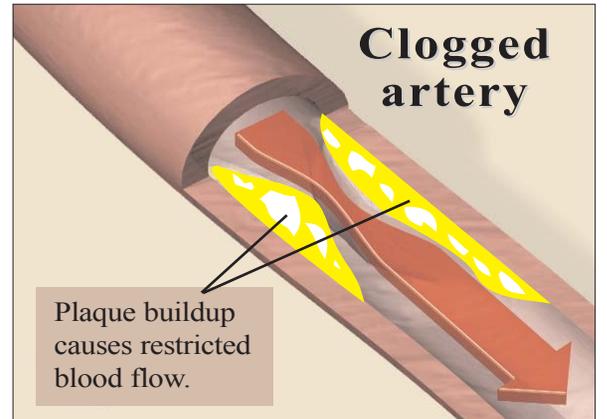
An organizational meeting is scheduled for Sept. 1 at 7 p.m. at Shaw Lanes. For more information, call Ms. Mary Akers at 895-1281 or 499-2274.

Fitness certification

The International Fitness Professionals Association is hosting a group fitness instructor course at the Fitness Center Sept. 18. Course graduates will be certified to teach various aerobics and fitness training classes on or off base. For more information, call Mr. Cory McDaniel at (800) 785-1924 ext. 220.

Health & Wellness

Cholesterol can **kill**



By Airman 1st Class Susan Penning
Staff writer

Although most Americans are aware high cholesterol is bad, many don't know exactly why.

According to the American Heart Association, cholesterol is a waxy material made by the liver. Excess amounts occur when it is supplied in your diet through foods such as meats, poultry, fish and dairy products. Some cholesterol is needed to insulate nerves, make cell membranes and produce certain hormones. However, the body makes enough cholesterol on its own, so added dietary cholesterol isn't needed.

An overabundance of cholesterol in the bloodstream can form plaque, which is a thick, hard deposit that builds up on artery walls. Plaque build-up slows down and sometimes blocks blood flow to the heart. When that flow is restricted, chest pain can result. When blood flow is severely blocked and a clot develops, a heart attack results.

Members can reverse high blood cholesterol by making healthy diet choices and reducing cholesterol in their diet.

"You can find out the amount of cholesterol in food products by reading food labels," said Staff Sgt. Joleen Black, Health and Wellness Center NCO in charge of clinical dietetics. "Members can visit the HAWC for information on how to properly read these labels and for a cholesterol and fiber counter. Saturated fat should make up no more than 10% of members' total calories per day."

Pediatric information

The 20th Medical Group is sponsoring a Pediatric Health Fair, scheduled for Sept. 15 from 2 to 5 p.m. More than 30 booths will display information geared towards parents and children. Gift bags will be available and door prizes awarded.

The 20th MDG is also currently scheduling school physicals. Call 895-CARE to set up an appointment.

