

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, fried shrimp, spinach lasagna

Monday -- Lunch -- Swiss steak with tomato sauce, baked chicken, sweet-Italian sausage; **Dinner** -- boneless 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 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, call the FSC.

Volunteer award packages

Monthly volunteer nomination packages are due by 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.

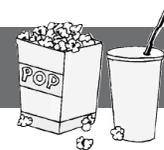
Free oil change

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.

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 is now \$1 for both adults and children at all showings.

Today at 7 p.m. and Sunday at 3 p.m.
Thunderbirds, PG (action sequences, language) -- When dangerous situations exceed the limitations of ordinary military and international security forces, the world calls upon the assistance of International Rescue, a mysterious band of fearless adventurers and their fleet of imaginatively-engineered vehicles known as Thunderbirds. The movie is based on the British television series of the 1960s, which followed the perilous exploits of the Tracy family.

1 hr. 27 mins.



Saturday

7 p.m., The Bourne Supremacy, PG-13 (violence and language) -- The Bourne Supremacy re-enters the world of expert assassin Jason Bourne, who continues to be plagued by nightmares from his former life. The stakes are now even higher for the agent as he maneuvers through the dangerous waters of international espionage, all the while hoping to find the truth behind his haunted memories.

1 hr. 48 mins.

Sports

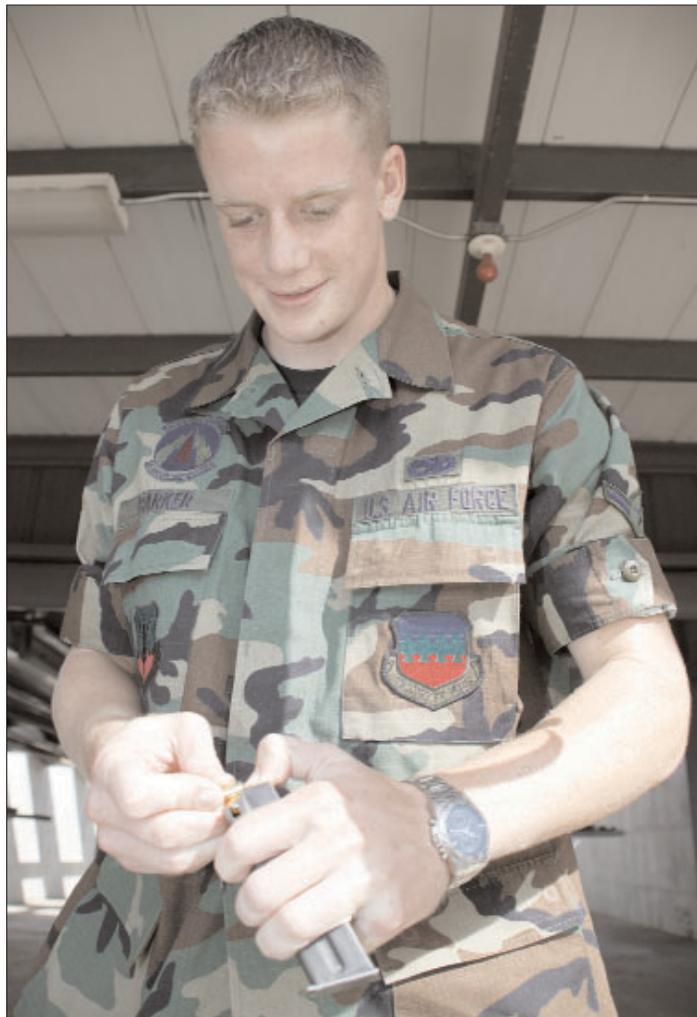


Competition reveals Shaw's top shooters



Above, members line up to receive bullets during the Excellence in Competition shooting match, held Aug. 25 and 26 at Shaw's Combat Arms Facility.

Right, Airman Colby Barker, 20th Component Maintenance Squadron, loads M-9 shells into a clip.



Photos by Airman 1st Class Susan Penning



Staff Sgt. Jason Osburn, 20th CS, studies his target after an M-9 practice round.



Above, members receive instructions and safety information prior to shooting.

Health & Wellness

Portal offers fitness monitoring tool

By Mr. Brian Kirby
Shaw fitness program manager

The Air Force Fitness Management System provides all Air Force personnel and the organizations they belong to with a tool to monitor and track physical fitness. A fitness calculator, available to anyone with access to the Air Force Portal, allows the entry of six variables and computation of that person's fitness score, according to the policies of the Air Force Surgeon General. It provides a means for commanders at all levels to examine statistical information on the fitness of personnel under their respective commands. Members can access the AFFMS by visiting <https://www.my.af.mil> and registering in the system.

Directions once in AFFMS:

Click the "self-registration page" link near the bottom of the page and complete the information blocks. When finished, click on "complete." After you have received notification of your user name and temporary password, which is normally done via two separate e-mail messages, return to the Air Force Portal site and log in. At your initial log-in session, you will be required to change your password. Note the security requirements, select a password and type it in twice for verification. After logging in to the portal, click on Air Force Fitness Management System in the "top-ten" window on the Air Force home page.

Pediatric information

The 20th Medical Group is sponsoring a Pediatric Health Fair, set 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 for an appointment.



Shaw's sharpest shooters

Congratulations to the following Shaw members who received the highest scores in the Excellence in Arms shooting competition:

M-9
Master Sgt. Brian Davis, 20th Civil Engineer Squadron, Capt. Greg Woosley, 1st Lt. Todd Gray, Staff Sgt. Steven Percy, 20th Security Forces Squadron

M-16
Capt. Robert Anderson, 9th Information Warfare Flight, Master Sgt. William Hicks, 20th Communications Squadron, Tech. Sgt. Richard Throgmorton, 28th Operational Weather Squadron, Master Sgt. James Dixon, 20th Equipment Maintenance Squadron, Master Sgt. Brian Davis, 20 CES, Staff Sgt. Matthew Spears, 20th Logistics Readiness Squadron

SPORTS shorts

Varsity training camp

A men and women's varsity basketball training camp is set to begin Tuesday from 5 to 7 p.m. at the Fitness Center. Training will be held Mondays, Wednesdays and Fridays for men, and Tuesdays and Thursdays for women. The training will give members a chance to try out for Shaw's varsity basketball teams. For more information, call 895-2789.

Youth bowling league

The last chance for members to sign up to participate in Shaw's Youth Bowling League is Wednesday. For more information, call Ms. Patty Weaver at 494-8150 or Ms. Mary Akers at 499-2274.

Intramural Trap League

Shaw's Intramural Trap League is set to begin the first week of October. An organizational meeting is set for Sept. 29 at 6 p.m. at the Skeet and Trap Range. For more information, call Mr. Bobby Cartrett at 895-0449.