

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

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 -- Lasagna, Italian-style veal steak, Italian sausage; **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



Transition Assistance Program seminar

A seminar for those retiring or separating from the Air Force is set for Tuesday through Thursday from 8 a.m. to 5 p.m. at the Family Support Center. TAP seminars are designed to provide the tools necessary to conduct a successful job search as a civilian. For more information or 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 encouraged to attend. For more information, call 895-1252.

Heart Link

Heart Link, a program to help introduce civilian spouses of military members to the Air Force way of life, is set for Sept. 28 from 9 a.m. to 3 p.m. at the Conference Center. Prizes, gifts and a free lunch are available for all participants. For more information and to sign up, call 895-1252.

Information



Career opportunities

Operation Blue to Green allows qualified Air Force personnel to transition to the Army without a break in service and loss of benefits. For more information, call the Sumter Army Recruiting Station at 778-2437.

There are current openings in the Georgia Air National Guard. Electronics, mechanical and communication systems specialists are needed, in addition to tactical air command, control specialists and air liaison officers. For more information, call (800) 743-9231 (DSN: 358-5604) or e-mail kelly.smith@gasava.ang.af.mil.

Boy Scout registration

Shaw's Boy Scouts of America troop is currently registering boys between the ages of 6 and 17 for this year's program. Adult volunteers are also needed. For more information, call 499-1800.

SMILE meeting

Shaw Military Educators are set to meet the second Tuesday of each month at 6:30 p.m. at the base library. The group is open to those interested in a support group for home schooling. For more information, call 469-3699 or 499-6362.

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.

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.

The Village, PG-13 (violence and frightening situations.) -- Set in rural Pennsylvania in 1897, the small village of Covington is surrounded by woods inhabited by a race of mythical creatures. The story highlights the romance that blossoms between Kitty, the daughter of the town's leader, and Lucius, a young man who questions the policy of keeping Covington's citizens completely confined to the village.

2 hrs.



Saturday at 7 p.m.

The Manchurian Candidate, R (violence and language) -- Captain Bennett Marco and Sgt. Raymond Shaw were part of a platoon of U.S. soldiers kidnapped by the enemy and brainwashed to become pawns. Ten years later, Shaw is climbing the political ladder. Marco remembers being brainwashed and contacts him to try to tell him the truth before something terrible happens.

2 hrs. 10 mins.



Sports



Photo by Airman 1st Class Susan Penning

Fit to fight

Master Sgt. Gary Strathman, 609th Air Support Squadron Munitions superintendent, exercises using the track Wednesday.

Training 3-5 times per week is recommended to stay fit.

Champions

Congratulations to the 20th Logistics Readiness Squadron's Men's Intramural Softball Team, which placed first in the regular season and took home the base championship title after the playoffs.



Marathon participants

The following Shaw members are set to participate in the 8th annual Air Force Marathon Saturday at Wright-Patterson Air Force Base, Ohio.

Col. Michael Butler, U.S. Central Command Air Forces, Lt. Col. John Coulter, 28th Operational Weather Squadron, Maj. Jay Aanrud, 20th Operations Support Squadron, Maj. Richard McCleary, 20th OSS, Capt. Jennifer Bailey, 28th OWS, Capt. James Labarre, 20th Medical Support Squadron, Capt. Stephen Phillips, 28th OWS, 1st Lt. Shawn Beskar, 28th OWS, 1st Lt. Trenton Cloer, 28th OWS, 1st Lt. Stacey Nichols, 20th Operations Group, Senior Airman Jackie Miller, 28th OWS, Airman 1st Class Nathan Fried, 28th OWS, Airman 1st Class Benjamin Larrew, 28th OWS, Airman 1st Class Eric Parlin, 28th OWS, Airman 1st Class Trenton Seegmiller, 28th OWS, Airman 1st Class Zachariah Viets, 28th OWS, Airman 1st Class Nathan Wingert, 28th OWS.

Stars and Strikes



Photos by Mrs. Tarsha Storey

Maj. Brian Eddy, 20th Services Squadron commander, awards Mr. Curtis Jones a \$500 check after he was named the grand prize winner in the 2004 "Star's and Strikes" program at Shaw.



Ms. Judy Burch, another winner at Shaw, is awarded a new bowling ball and bag.

Health & Wellness

September is National Cholesterol Education Month

In this age of advancing technology, computer codes, passwords and other "important" information to remember, we can experience overload, and often the numbers that really matter are overlooked. Your blood pressure is one number you should know. Another one is your blood cholesterol value.

September is National Cholesterol Awareness Month. Blood cholesterol plays an important part in deciding a person's chance or risk of getting coronary heart disease. The higher your blood cholesterol levels, the greater your risk.

Approximately 1.25 million heart attacks occur each year in the United States.

Even if your blood cholesterol level is close to the desirable range, you can lower it and reduce your risk of getting heart disease. Eating a healthy diet, being physically active and losing weight if you are overweight are things everyone can do to help lower their levels.

When you have too much cholesterol in your blood, the excess builds up on the walls of the arteries that carry blood to the heart. This buildup slows down or blocks blood flow to the heart.

With less blood, the heart gets less oxygen. With not enough oxygen to the heart, chest pain, a heart attack or possible death may result. Likewise, decreased blood flow to your brain can cause a stroke. Less blood flowing to your lower limbs may result in exercise-related pain or even gangrene. Cholesterol buildup is the most common cause of heart disease and it happens so slowly you may not even be aware of it. The higher your blood cholesterol, the greater your chance of this buildup.

Your blood cholesterol level is influenced by many factors. These include what you eat, being overweight, lack of physical activity, heredity, your age and gender.

37 million American adults have high blood cholesterol levels and 105 million have cholesterol levels that are higher than desirable. If you're one of these people with this largely-preventable condition, lifestyle changes could improve your numbers.

The good news for most of us is that positive lifestyle changes contribute tremendously to decreasing high blood cholesterol. It's estimated that if there were a 10% reduction in cholesterol levels throughout the U.S. population, the rate of heart disease would drop by 30%.

For more information regarding cholesterol testing or interventions to lower your cholesterol levels, visit the Health and Wellness Center or call **895-1216**. (Information courtesy of the Department of Health and Human Services and the National Institutes of Health. Capt. Mattie Goode, Health Promotion Flight commander, contributed to this article.)

Sports shorts

Golf rescheduled

The Carolina Lakes Club Championship has been rescheduled to October 21-24, due to the potential for bad weather.

For more information, call **895-1399**.

Fitness certification

The International Fitness Professionals Association is hosting a group fitness instructor course at the Fitness Center. The date has been rescheduled to October 9. 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**.