

## 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, strip 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** -- Sauerbraten, jagerschnitzel, knockwurst; **Dinner** -- Lemon-herb chicken, barbecue spareribs, stuffed pork chops

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

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

### FSC



#### Heart to Heart

Family members of deployed/remote tour spouses are invited to network with others at the Family Support Center Monday from 6 to 8 p.m. For more information and to register, call 895-1252.

#### 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.

#### Heart Link

Heart Link, a program to help introduce civilian spouses of military members to the Air Force way of life, is set for Tuesday 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.

#### Financial aid seminar

A seminar for college-bound students is set for Wednesday from 5:30 to 7:30 p.m. at the FSC. The event will provide resources for obtaining financial aid and supply members with a college-preparation checklist. For more information, call 895-1252.

### Information



#### Give Parents a Break

Give Parents a Break is set for Oct. 1 from 6:30 to 10:30 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.

#### ASIST workshop

Applied suicide intervention skills training is set for Oct. 4 and 5 from 7:30 a.m. to 4:30 p.m. at the Palmetto Chapel. The focus of the ASIST workshop is to train members to help those who might be at risk. For more information, call 895-1106 or e-mail [schmalfeldt.gregory@shaw.af.mil](mailto:schmalfeldt.gregory@shaw.af.mil).

#### EMS spouses' group

The 20th Equipment Maintenance Squadron spouses' group is set to meet Oct. 5 at 6:30 p.m. Children are welcome. For more information and the location, call 233-3783 or 464-8689.

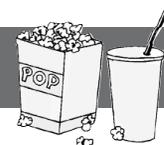
#### Financial Peace University

The chapel is set to host a financial workshop for Shaw members Oct. 12 at 6:30 p.m. in the Education Center. The workshop will teach budgeting skills, debt management tips and how to invest with confidence. For more information, call 895-1104.

#### 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.

### At the movies



Movie schedule and start times are subject to change. To hear recorded movie information, call 895-2199. \* Admission is \$1 for both adults and children at all showings.



Today at 7 p.m.

**The Princess Diaries 2, G** -- After getting over the fact she is a princess and part of the royal family, Mia moves to the actual country she represents, with her best friend tagging along during summer vacation. As she learns the job of being a country's future ruler, one challenge she's faced with is the prospect of being set up in an arranged marriage.

1 hr. 55 mins.



Saturday at 7 p.m.

**Collateral, R** (violence and language) -- Max is a failed comedy writer living in Los Angeles who makes a living as a cab driver. One day Max figures out the fare he's been driving around all day is a contract killer, committing a series of hits. Now, it's up to him to somehow stop the killer from executing the last witness, as well as himself.

1 hr. 56 mins.



Sunday at 3 p.m.

**Yu-Gi-Oh! The Movie, PG** (scary combat and monster images) -- Based on the trading card and television series phenomenon, Yu-Gi-Oh! is the story of Yugi, a boy captivated by Duel Monsters, a card game sweeping the nation. Can Yugi and his friends conquer their most powerful foe yet before the planet is buried in the sands of time?

1 hr. 30 mins.

# Sports

## Officials announce Air Force Marathon results

WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- Helped by cool temperatures and a sunny sky, more than 3,800 runners from 48 states and 10 foreign countries ran in the eighth annual U.S. Air Force Marathon Saturday, with about 2,000 spectators and more than 1,800 volunteers assisting.

Wheelchair competitors began the 26.2-mile race at 7 a.m., pursued by individual runners, relay teams, half-marathon and 5-K runners.

The individual overall winner in the men's division was James Bresette, of Clinton, Ark., with a time of two hours, 40 minutes and 55 seconds. The

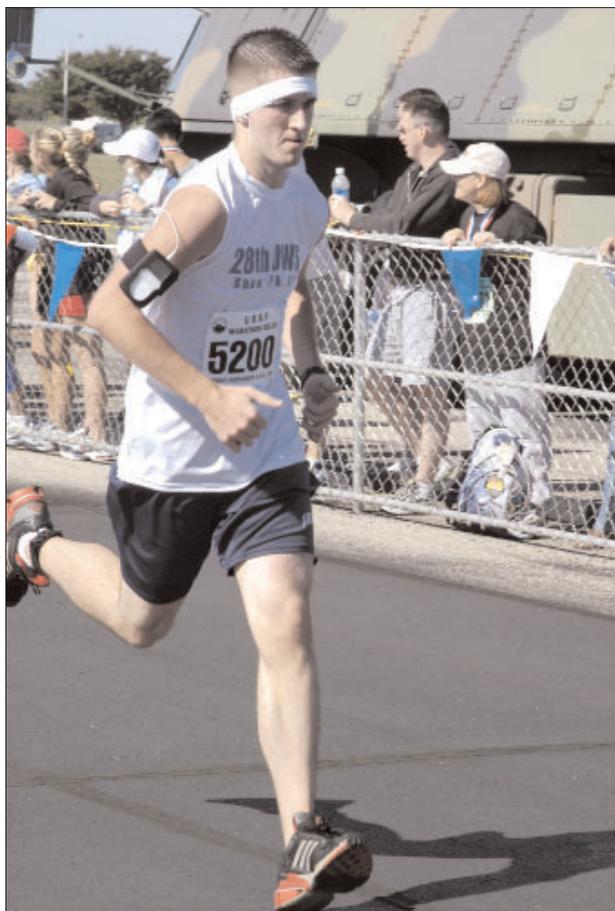


Photo by 1st Lt. Adrienne Michele

Nathan Fried, a member of the 28th Operational Weather Squadron relay team, approaches the finish line Saturday. He and 16 other Shaw members signed up to compete in various Air Force Marathon events.

second-place winner was Hendrik Van Loon, of Ramstein Air Base, Germany, with a time of 2:40:59. Taking third place was Chuck Engle, of Clinton, Mich., with a time of 2:41:38.

Repeating her win from last year, individual overall female winner was Jill Metzger, of Ramstein AB, with a time of 3:06:06. Second place went to Shannon Moon, of Mount Orab, Ohio, with a time of 3:17:07. Finishing third was Kelly Tuinstra, of Beavercreek, Ohio, with a time of 3:20:04.

Grant Berthiaume, of Grand Rapids, Mich., was the first male wheelchair competitor to cross the finish line with a time of 2:09:11; Holly Koester, of Walton Hills, Ohio, was the first-place female with a winning time of 3:19:37.

The first relay finisher was the Recce 1 team with a time of 2:24:04; second place was Stars and Stripes at 2:38:07; third was Air Education and Training Command at 2:39:46.

The first male overall half-marathon winner was Mark Stidham, of Austin, Ind., with a time of 1:20:21; second was Eric Petersen, of Holladay, Utah, at 1:20:38; third was Gregory Sierschula, of Dayton, Ohio, at 1:20:48.

The first female overall half-marathon winner was Charlotte Anne Chumlea, of Springfield, Ohio, with a time of 1:27:16; second was Teri Ewert, of Beavercreek, at 1:29:50; third was Fe Lobo-Menendez, of San Antonio at 1:30:07.

The first male overall 5k-run finisher was Jimmie Haager, of Camden, Ohio, with a time of 16 minutes, 52 seconds; second was Brian Frederickson, of Beavercreek, at 17:06; third was Matthew Nyholm, of West Carrollton, Ohio, at 18:25.

The first female overall 5k-run finisher was Leslie Steckbeck, of Sherwood, Ark., with a time of 20:18; second was Amy Gibson, of Asheville, N.C., at 20:56; third was Melissa Kimbler, of Dayton, at 21:01.

Final race results can be found on the marathon Web site at <http://afmarathon.wpafb.af.mil>.

Next year's Air Force Marathon is scheduled to for Sept. 17. (Information courtesy of Air Force Print News.)

## Health & Wellness

### How diet affects health

By Airman 1st Class Susan Penning  
Staff writer

Since the inception of the Air Force's Fit-to-Fight program, military members have once again been "put to the test" as far as physical fitness is concerned. As a result, many seem to have taken a more proactive approach to healthy eating. Aside from the benefit of a smaller waist measurement, what exactly is the connection between what people put in their mouths and how their bodies perform?

According to the Department of Health and Human Services, foods contain energy, nutrients and other components that affect health.

In the same way different types of fuel affect an engine's performance, different foods affect human performance. People require energy and other necessary nutrients, and the only way for the body to obtain these is through ingestion.

According to information provided by the Health and Wellness Center here, a well-balanced diet means getting all necessary nutrients. There are six: carbohydrates, protein, fat, vitamins, minerals and water.

Carbohydrates primarily provide the body with energy.

Protein is needed to help build and repair body tissues and fight infection.

Fats provide fuel for energy and body insulation. However, no more than 20-30% of the total daily caloric intake should come from fat.

Vitamins assist with vision, DNA and blood cell formation, along with the maintenance of skin and blood clotting.

Minerals are needed for a variety of metabolic functions, including bone health and fluid balance.

Water helps regulate body temperature. In addition, a lack of water causes the body to be inefficient at using stored fat.

To excel in the Fit-to-Fight program, members should incorporate both healthy eating habits and regular exercise.

## Viper challenge

Shaw is set to host a Viper Challenge sports day Wednesday.

### Schedule of Events

7 a.m.	5-K Run
9 a.m.	Track and field (100 and 1600-meter)
9 a.m.	Golf Softball 3-on-3 basketball
10 a.m.	Volleyball Paintball Trap shooting
11 p.m.	Horseshoes Billiards
Noon	Kickball
1 p.m.	Bowling Obstacle course
2 p.m.	Tug-of-war
4 p.m.	Closing ceremony

## Sports shorts

### USC game

The University of South Carolina Athletic Department invites Shaw members to attend men's and women's soccer and volleyball matches this season. The next game is men's soccer and is set for Oct. 13 at 7 p.m. at Stone Stadium on the USC Campus on Whaley Street in Columbia.

### Fire muster competition

To help celebrate Fire Prevention Week, Shaw's fire department is hosting a fire muster Oct. 9 at 11 a.m. in the Community Center parking lot.

Squadron teams can sign up to compete in the bucket brigade, bunker drill, switch-a-roo and hose roll. Teams must consist of six members, three men and three women.

Families are welcome and children's activities are scheduled. For more information or to sign up a team, call 895-4600.