

What's happening ...

Chapel 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, Friendship 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 895-9791



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 almonidine, 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 -- Southern-fried chicken, barbecue spareribs, fried catfish; **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 the number above.)

FSC 895-1252



Give Parents a Break

Give Parents a Break is set for today from 6:30 to 10:30 p.m. and 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 the Family Support Center.

Single parent group

Single parents are invited to network and meet with other parents Monday from 3 to 4 p.m. at the FSC. For more information, call the FSC.

Bundles for Babies

Bundles for Babies is set for Oct. 13 from 1 to 4:30 p.m. at the FSC. The class is designed to help E-4s and below, who are expecting their first child, prepare emotionally and financially. To sign up, call the 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 encouraged to attend. For more information, call the FSC.

Time for Tots

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

Information



Upcoming events at the Sumter Mall

Saturday -- Car show at 11 a.m., Bible Fun Day at 1 p.m.

Tuesday -- Senior Appreciation Day from 9 a.m. to noon including blood pressure screening and bingo, flu shots from 1 to 3 p.m. and 5 to 7 p.m.

School volunteers needed

The Junior Achievement Program of South Carolina is looking for local school volunteers. An orientation meeting is set for Tuesday at 3 p.m. in the safety conference room of Bldg. 1122. For more information, call Mrs. Judy Lewis at 895-2019.

EMS spouses' group

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

Revolutionary Encampment and Wildlife Expo

See Revolutionary War actors, living history and wildlife exhibits Oct. 16 from 10 a.m. to 3 p.m. at the Santee National Wildlife Refuge, I-95, Exit 102. For more information, call 478-2645/2217.

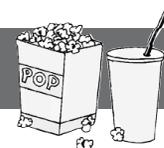
International potluck food sampler

A free international potluck food sampler is set for Oct. 18 from 6 to 8:30 p.m. at the Community Center. All Shaw members are invited to attend.

Halloween schedule

Halloween will be observed Oct. 30 in Sumter and at Shaw. Trick-or-treat times on base are scheduled for 6 to 9 p.m.

At the movies 895-2199



Movie schedule and start times are subject to change. Call the base theater to hear recorded movie information. * Admission is \$1 for both adults and children at all showings.



Today at 7 p.m.
Alien vs. Predator, PG-13 (violence, language) -- The discovery of an ancient pyramid buried in Antarctica sends a team of scientists and adventurers to the frozen continent. There, they make an even more terrifying discovery, resulting in two alien races that engage in the ultimate battle on Earth.

1 hr. 27 mins.



Saturday at 7 p.m.
Open Water, R (language and nudity) -- A couple goes on a scuba diving expedition when on vacation, but they accidentally get left behind to fend for themselves in shark-infested waters.

1 hr. 19 mins.



Sunday at 3 p.m.
Without a Paddle, PG-13 (drug content, sexual material, language, crude humor and violence) -- Three young guys go into the Oregon wilderness in search of lost treasure. Hunted by two farmers, they encounter death-defying rapids, tree-hugging hippie chicks and a crazy old mountain man.

1 hr. 35 mins.

Sports

Shaw shooters bring home medals

By Master Sgt. Geri Swanson
28th Operational Weather Squadron

Six skeet shooters from Shaw recently participated in the 2004 South Carolina State Skeet Shoot. Four were successful in bringing home a total of nine medals. The big winner was veteran Russ Potts, who brought home one silver and three gold medals. He won his class in the 28-gauge, 12-gauge and doubles events, and took second place overall in his class.

Geri Swanson, 28th Operational Weather Squadron, took second place for high overall score in her class, winning the silver medal, and also took second place over-

all for active-duty military.

Veteran Bill Swanson, Geri's husband, won gold medals in both the 20-gauge and the .410 event.

Veteran Bill Oder won the gold medal in the 12-gauge event and silver in the .410 event.

John Yanick, 20th Component Maintenance Squadron, and Frank Alford, retired military, also attended the shoot. All of these shooters compete regularly at Shaw and around South Carolina and neighboring states.

The Swansons are headed to San Antonio next month for the World Skeet Shooting Competition. They have been shooting skeet together since 1983.



Photo by Geri Swanson

Bill Swanson competes in a skeet shoot recently.

28th OWS paves way in Air Force marathon

A group of 12 runners from the 28th Operational Weather Squadron headed to Wright-Patterson Air Force Base, Ohio, for the Air Force Marathon Sept. 18. The squadron contributed 12 out of 17 runners from Shaw and had the most runners participating from any other squadron in the Air Force. The relay teams placed 11th, 19th, and 24th in the competition.

The team was organized to continue the squadron's emphasis on the Fit-to-Fight program.

The 28th OWS marathon participants included: John Coulter, Stephen Phillips, Jennifer Bailey, Trent Cloer, Shawn Beskar, Jacqueline Miller, Josh Woods, Nathan Wingert, Trenton Seegmiller, Benjamin Larrew, Nathan Fried, and Zachariah Viets.

Other Shaw members who competed were: Michael Butler, U.S. Central Command Air Forces, Jay Aanrud, 20th Operations Support Squadron, Richard McCleary, 20th OSS, James Labarre, 20th Medical Support Squadron and Stacey Nichols, 20th Operations Group. (Information courtesy of the 28th OWS.)

Deer season to open at range

The 2004 deer season will open Saturday. All hunting is conducted on Poinsett Electronic Combat Range. Bucks and does may be taken on each hunt; however number and antler restrictions may apply. To be eligible to participate, all hunters must possess a valid South Carolina hunting license, including a big-game permit. Persons under 16 years of age may hunt with an adult, with no additional charge, if accompanied by a permitted adult. The legal weapon for this season is rifle only, of no less than .243 caliber. The permit fee for each hunt is \$10 per person. All participants are required to wear a blaze orange hat or vest while hunting.

Hunt dates are scheduled for Saturday and Oct. 9-10, 16, 23, 30; Nov. 6, 13-14, 20, 27; Dec. 4, 11, 18, and Jan. 1. Hunts will occur in the afternoon with the exception Oct 23. and Dec. 4, 11 and 18. Nov. 6 will be for youth only.

For application information concerning the Youth Hunt, call the reservation line or e-mail ronnie.june@shaw.af.mil prior to Oct. 25.

Individual hunt dates or times are subject to change without notice.

On the Monday prior to a hunt, hunters must call the Hunt Reservation Line at 895-9996 between 7:30 and 9 a.m. to make a

reservation. They are taken on a first come, first-served basis, dependent upon the numbers of slots available. Additional callers are placed on a stand-by list and notified in the case of a cancellation. Cancellations must be called in by close of business on the Thursday prior to the hunt or a permit fee is charged. No one will be allowed to hunt until the permit fee is paid.

On the day of the hunt, permitted hunters must meet at the Rosemary Fire Tower complex by the time specified when the reservation was taken. The complex is located just south of the entrance to Poinsett State Park on Highway 261. Hunters will draw for a deer stand, receive a safety briefing and be transported to and from their stands.

The Natural Resources managers at Shaw and PECR use the deer-hunting program to manage the deer population on the base and range.

This program helps maintain wildlife population at levels to meet management goals as well as provide outdoor recreation opportunities for the Shaw community.

For more information, call Mr. Ronnie June at 895-9985 or Mr. Terry Madewell at 895-5193. (Information courtesy of the Natural Resources managers at Shaw and PECR.)

October is Breast Cancer Awareness Month

By Airman 1st Class Susan Penning
Staff writer

October is National Breast Cancer Awareness Month. This year marks 20 years of progress since NBCAM was first designated as a means of educating women about breast cancer detection, diagnosis and treatment.

In addition, the third Friday in October each year is National Mammography Day, which was first proclaimed by President Clinton in 1993. This year, NMD will be observed Oct. 15. On NMD, women are encouraged to see their physician for a screening mammogram.

"There is no way to prevent breast cancer," said Capt. Mary Smith, 20th Medical Group Women's Health nurse practitioner. "Early detection is the key to successful treatment."

Capt. Smith said family history is an important factor women should be aware of, especially if they have a mother, sister or daughter diagnosed with breast cancer before the age of 40.

It is important for women to get a yearly clinical breast exam and do self-checks every month, the captain added.

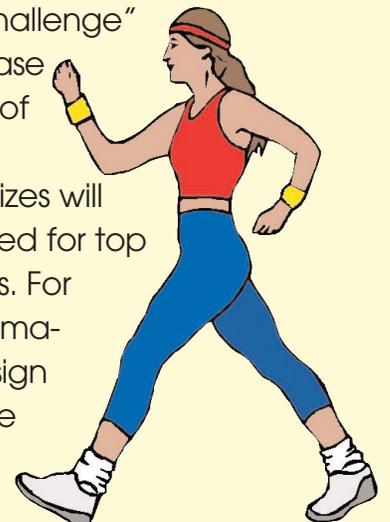
For more information on NBCAM or for instructions on how to perform a self-exam, call 895-CARE and ask to speak to your primary care manager, or visit the American Cancer Society's breast cancer site at www.cancer.org. Choose the Making Strides link.

WALKTOBER

Take the walking challenge!

The Health and Wellness Center is set to host a walking program in October. The center is encouraging all Shaw members to "take the walking challenge"

and increase their level of physical activity. Prizes will be awarded for top performers. For more information or to sign up, call the HAWC at 895-1216.



The first 10 participants to sign up will receive prizes!