

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, Friendship Chapel

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 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 -- Mexican-baked chicken, chicken enchiladas, tacos; **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



Single parent group

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

Heart to Heart

Family members of deployed/remote tour spouses are invited to network with others at the FSC Oct. 26 from 6 to 8 p.m. For more information and to register, call 895-1252.

Time for Tots

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

Information



International potluck food sampler

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

Ham radio licensing class

A class for those interested in getting licensed to operate a ham radio is scheduled for Fridays from 7 to 9 p.m., starting Nov. 1, at the 28th Operational Weather Squadron. For more information or to register, call Master Sgt. Doug Anderson at 847-0394 or e-mail douglas.anderson@shaw.af.mil.

Education opportunities

A representative from the American Military University will discuss education opportunities at the Education Center Thursday from 10 a.m. to 2 p.m.

Officers' Civilian Spouses' Club

The Officers' Civilian Spouses' Club is set to meet Tuesday at 6:30 p.m. Members should come dressed in their favorite college team apparel. For more information, call the FSC.

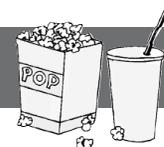
EMS Spouses' Group

The 20th Equipment Maintenance Squadron Spouses' Group is set to meet the first Tuesday of every month in the conference room of Bldg. 160 at 6:30 p.m. For more information, call 233-1777.

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.
Vanity Fair, PG-13 (adult themes, sexuality) -- This film is based on the classic novel by William Makepeace Thackeray. It focuses on Rebecca Sharp. Born into the lower class, she relies on her wit, guile and sexuality to make her way up through London society around the year 1820.

2 hrs. 10 mins.



Saturday at 7 p.m.
Anacondas: The Hunt for the Blood Orchid, PG-13 (violence and language) -- An expedition is sent to the jungles in search of a rare black orchid to use to unlock the secrets of youth and immortality. The scientists discover giant snakes are deriving their strength and size from the flowers.

1 hr. 33 mins.



Sunday at 3 p.m.
The Cookout, PG-13 (drug content, sexual references and language) -- When Todd Anderson is chosen to play professional basketball, he finds his newfound wealth means life is bound to change. He has a cookout and discovers there's a huge difference between those who like him for him, and those who like him for his money.

1 hr. 25 mins.

Photos and information courtesy of Yahoo

Sports



Ready to run

20th Communications Squadron quarterback Michael McGee prepares to throw a pass during a flag-football scrimmage Tuesday. The 20th CS plays on Shaw's 2004 Men's Intramural American League.

Photo by Senior Airman Susan Penning

Men's 2004 Intramural Football Leagues

The following games are scheduled for next week:

National League

Monday

5 p.m. MDG vs PROPS
6 p.m. OWS vs OSI
7 p.m. AMXS vs CPTS
8 p.m. CMS/EWS vs CES
9 p.m. CMS/AIS vs OSS

Wednesday

5 p.m. CPTS vs OSS
6 p.m. OSI vs CMS/EWS
7 p.m. PROPS vs CES
8 p.m. AMXS vs CMS/AIS
9 p.m. OWS vs MDG

American League

Tuesday

5 p.m. EGRES vs 9th ACOMS
6 p.m. 9th COS vs 9th AIS
7 p.m. AMMO vs SFS
8 p.m. 55th vs LRS
9 p.m. EMS vs CS

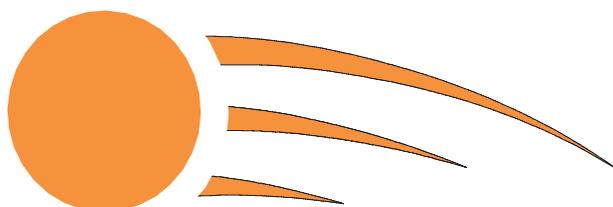
Thursday

5 p.m. LRS vs 9th ACOMS
6 p.m. SFS vs CS
7 p.m. 55th vs AMMO
8 p.m. EGRESS vs 9th AIS
9 p.m. EMS vs 9th COS

Women's 2004 Varsity Basketball Team roster

Renee McClennon, 20th Medical Operations Squadron
Sikina Halley, 372nd Training Squadron
Patricia Tate, 20th Operations Support Squadron
Cassia Bass, 28th Operational Weather Squadron
Brittany Bratsch, 28th OWS
Lemeitra Conan, 28th OWS
Stacy Hummel, 28th OWS
Amber Pfarr, 20th Civil Engineer Squadron
Catherine Dorsey, 77th Aircraft Maintenance Unit
Ada Echols, 20th Services Squadron
Bianca Faison, 55th Aircraft Maintenance Unit
Courtney Pollock, family member
Shannon Connors, family member
Coach: Schivette Hill, 20th MDOS

**Congratulations to these members
who made Shaw's Women's
Varsity Basketball Team!**



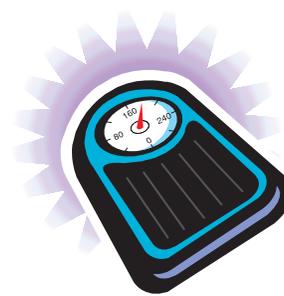
Health & Wellness

Fad diets: A good choice for healthy weight loss?

By Senior Airman Susan Penning
Staff writer

Most people have heard the cliché, "If it looks or sounds too good to be true, it probably is..." Well, this saying probably holds true in the fad diet area too.

According to information provided by the Health and Wellness Center, any diet that offers unrealistic claims like rapid weight loss or secret formulas is very often not healthy and can potentially be dangerous.



Fad diets usually offer a "quick solution" to weight loss. They often promote unhealthy eating habits, and may discourage dieters because the results are temporary.

If you are considering any of the popular diet plans, the HAWC suggests considering the following questions:

- Did someone trained in the field of nutrition or medicine develop the diet? What are his or her credentials? The bottom line: Is the source reliable?
- Does the diet promise unrealistic, permanent weight loss with minimal effort? For example, does it promise you will lose more than 2-3 pounds per week?
- Is the diet nutritionally balanced? Does it over or under-emphasize any one food group or nutrient over others?
- Does it teach principles for long-term, healthy weight loss and maintenance methods?
- Are the foods or nutrients available from a wide variety of sources, or only from a limited source or supplier?
- How much does it cost?

According to the American Heart Association, to maintain a healthy, balanced diet and achieve your weight goals, you should develop a healthy plan. They offer the following suggestions.

Eat up to six ounces of lean meat, fish and skinless poultry daily.

Make five or more servings of fruits or vegetables a part of your day.

Eat six or more servings per day of breads, cereals or grains, pasta, dried beans or starchy vegetables.

To avoid weight gain, balance your caloric intake with 30 - 60 minutes of moderate to vigorous exercise every day.

Airmen are encouraged to contact their primary care provider before making any drastic changes in eating or exercise habits.