

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
9:45 a.m., Sunday liturgical service, Friendship Chapel (weekly communion)
11 a.m., Sunday shared-faith Protestant service, Palmetto Chapel
4 p.m., Sunday youth group, chapel annex
7 p.m., Sunday, Young Adult Worship, Palmetto Chapel

Catholic services:

11:30 a.m., Tuesday - Friday, Daily Mass/Communion, Palmetto Chapel
4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel
5 p.m., Saturday Mass, Palmetto Chapel
9 a.m., Sunday Mass, Palmetto Chapel

FSC

International Potluck Food Sampler

If you are foreign born and interested in meeting other foreign-born individuals, you are invited to the first planning meeting of the International Potluck Food Sampler Thursday at 1 p.m. in the FSC classroom. The FSC is hosting the event in October, and the staff needs help for a successful event. Spouses and friends are welcome. For more information, call Jocelynn LaShier or Cynthia Briggs at 895-1252.

Emotional eating and stress

The FSC is scheduled to host a lunch workshop on emotional eating and stress Tuesday 11:30 a.m. to 12:30 p.m. A representative from Choice Behavioral Health Partnership will identify various stress triggers causing one to under, over or not eat at all and will discuss positive coping skills. For more information or to sign up, call 895-1252.

Heart Link

Heart Link is scheduled for Thursday at the Community Center from 9 a.m. to 3 p.m. This is an orientation to introduce military spouses married less than five years to the Air Force way of life and includes prizes, gifts and a free lunch for all participants. Various agencies on base will present information pertaining to the military spouse. For more information, call 895-1252.

Smooth Move workshop

The Smooth Move workshop is scheduled for Wednesday from 8:30 a.m. to noon. It is designed for servicemembers and their families PCSing out of Shaw or separating. Representatives from TMO, finance, base housing, legal, Military Equal

Opportunity and the Personal Financial Management Program will answer questions on relocation issues. For more information, call 895-1252.

Local job search

This free workshop, Tuesday from 1 to 2 p.m., is open to military and family members at Shaw interested in finding employment in the local area. Guest speaker for the event will be Paulette Bennett of Companion Employment Services. Seating is limited. For more information or to register, call 895-1252.

Time for Tots

This parent-toddler group, cosponsored by the FSC and Family Advocacy, meets Thursdays from 10 to 11:30 a.m. at the Youth Center. The next meeting's activities will include creating different kinds of animal tails. It's an opportunity for parents to network and share issues. For more information, call Marcy Prior at 499-2656.

Volunteer Resource Program

The Shaw Family Support Center Volunteer Resource Program is looking for volunteers. If you are active duty, Reserve, Guard, retired military or a military family member, a variety of programs need support. Positions are available at the Airman's Attic, the Relocation Center, the Red Cross office and others. For more information, call 895-1252.

Information

Live at Club Shaw

The new country/Southern rock band Blackriver, will be at Club Shaw Saturday from 9 p.m. to 1 a.m. The event is free for members and \$2 for nonmembers. For more information, call 666-3651.

Homeschool support group

The Smile Homeschool support group is scheduled to meet Tuesday at 7 p.m. at the First Corner Coffee Shop.

Football Frenzy

Club Shaw will begin hosting Football Frenzy Sept. 14 with food and beverage specials. Doors open at noon. Participants could win trip to the Super Bowl or a Pro Bowl. For more information, call 666-3651.

Airman and Retiree Activities Center

Are you a football fanatic? Starting in September, see all the games on the center's big screen television with ESPN game plan and Sunday Ticket. For more information, call 895-3382.

South Carolina State Museum

The Tutankhamun: "Wonderful Things" from the Pharaoh's Tomb exhibit will be at the museum through Jan. 4. It contains 126 replicas of King Tut's original treasures found among thousands of artifacts when his tomb was uncovered in 1922. Admission to the exhibit is \$3 plus regular museum admission for ages three and up. For more information, call Linda McWhorter at (803) 898-4921.

Lunch menu entrees for Chief Master Sgt. Emerson E. Williams Dining Facility

Today -- Mexican baked chicken, Swiss steak with tomato sauce, stuffed green peppers
Saturday -- Crispy baked chicken, cajun meat loaf, steak
Sunday -- Tuna and noodles, sauerbraten, chicken parmesan
Monday -- Swiss steak with tomato sauce, baked chicken, sweet Italian sausage
Tuesday -- Onion lemon fish, pork schnitzel, yak-isoba
Wednesday -- Barbecue ribs, fried chicken, fried catfish
Thursday -- Orange spice chops, liver with onions, tempura fish
(Information courtesy of the 20th Services Squadron.)

At the movies

Movie schedule and start time are subject to change. To hear recorded movie information, call 895-2199.

* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

Friday

3 p.m., Johnny English, PG (Nudity, some crude humor and language) -- *Johnny English* stars Rowan Atkinson as an accident-prone MI-7 agent on a mission to rescue Britain's crown jewels and save the country and the monarchy from a Machiavelian French business magnate.
1 hr. 28 mins.

Saturday

7 p.m., The League of Extraordinary Gentlemen, PG-13 (Intense sequences of fantasy violence, language and innuendo) -- This is the story of a group of characters drawn from the works of literature, including Captain Nemo, Allan Quatermain, The Invisible Man, Mina Murray and Dr. Jekyll, banding together to combat criminal undertakings of the highest order near the turn of the 19th century. Rather than remain true to the comic roots, the film also incorporates Tom Sawyer and Dorian Gray.
1 hr. 50 mins.

Sunday

3 p.m., How to Deal, PG-13 (Sexual content, drug material, language and some thematic elements) -- Halley is a high school student disillusioned with love after seeing many dysfunctional relationships around her. Her father has a new girlfriend she can't stand. Her mother can't seem to find anyone. Her sister is so dumbstruck with the planning of her marriage she has become a non-person. Halley is convinced love is an impossibility. But when a tragic event in her life leads to a romantic encounter, Halley realizes the possibility of true love can sometimes lie in the most unconventional places.
1 hr. 41 mins.

FALL BRAWL - Sept. 13

372nd Training Squadron Softball Tournament
at the base Sports Complex

- Double elimination format
- U.S. Slowpitch Softball Association rules
- \$125 per team entry fee
- No bat restrictions
- Food concessions available on sight
- No homerun limits
- Entry deadline: Sept. 9
- For more information, call Dave Kersey or David Helton at **895-6033** or **895-6034**.



Black Heritage Committee's Second Annual Golf Tournament

- Carolina Lakes Golf Course Sept. 12
- Registration 11:30 a.m.-12:30 p.m. for 1 p.m. shotgun start
- Each team must have a minimum handicap of 55
- \$20 for members, \$30 for non-members, due by Sept. 5
- Includes green fees, cart and prizes
- Door, 1st, 2nd, 3rd place, closest to pin and longest drive prizes
- For more information, call Isaac Harris at **895-1412/3389** or Charlie Helms at **895-5310/5195**

Shaw members prepare for Air Force Marathon

By Airman 1st Class Susan Penning
Staff writer

South Carolina can be sweltering in summer months. The heat and humidity might contribute to lagging physical fitness routines. A few members at Shaw, however, aren't phased by the dog days. They are training their bodies to compete in this year's Air Force Marathon.

The Air Force Marathon is scheduled for Sept. 20 at Wright Patterson Air Force Base, Ohio. On the 26.2-mile course, runners will pass historical places including the U.S. Air Force Museum, the Air Force Institute of Technology, Headquarters Air Force Materiel Command and the Wright Brothers Memorial Monument. Several members of Team Shaw will compete in this year's event.

Senior Airman Benjamin Grimm, 682nd Air Support Operations Squadron, will be participating in the race along with Bill Dougherty, 20th

Logistics Readiness Squadron vehicle operator, Bill's wife Margaret, 20th Services Squadron accounting office manager, and Bill's son-in-law Dave Baker, Youth Center Sports Director. Additional family members and friends of the Doughertys and Bakers will also be competing.

Margaret, who plans on walking the marathon distance, said she's increased her walking to 10 miles a day to train for the event and has been attending water aerobics on base.

"I had a stroke three year ago," Margaret said, "The walking regimen I began turned out to be tremendous therapy for me."

For Bill, this year's marathon will be number six. The retired master sergeant said he's been running all his life.

"I enjoy it, and it helps me keep in shape," he said.

For more marathon information and training tips for runners, visit www.afmarathon.wpafb.af.mil.

Fitness test details released

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- Air Force officials will implement a new fitness test that will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now, Schmidt said.



Photo by Master Sgt. Jim Varhegyi

Trainees at the U.S. Air Force Honor Guard technical school participate in push-ups, crunches and a 1.5-mile run.