

ACS, Kenner  
provide primer  
on current child  
abuse laws

SEE PAGE 5



# FORT LEE TRAVELLER

SERVING THE COMMUNITY OF FORT LEE, VIRGINIA, SINCE 1941

August 2, 2018 | Vol. 78, No. 24



## Readiness Fight

'Dragon' Brigade  
reduces non-deployable  
rate with new quarterly  
competition

SEE PAGE 3

### DOD AGENCY HONORS FORMER EMPLOYEES WITH DEDICATION

New Defense Contract Management  
Agency signage remembers former  
employee who died in WTC 9/11 crash

SEE PAGE 8



### SAY SOMETHING

Annual anti-terrorism  
awareness month  
draws focus to reporting  
suspicious activities,  
actions

SEE PAGE 2

### NEW LEADER

DCMA International  
hosts change of  
command in recent  
ceremony

SEE PAGE 5

### BEST WARRIOR

TRADOC tests top  
Soldiers in command,  
makes picks for  
DA event

SEE PAGE 11

**AWARENESS** | SEE SOMETHING, SAY SOMETHING

# Learn about your role in preventing terrorism

August is Antiterrorism Month, and the goal is to bring awareness of foreign and domestic extremism and their potential impact on Fort Lee military members, their families, Department of the Army civilians, contractors and the mission. This week we talk about Antiterrorism Awareness and reporting.

**OK, so what is AT awareness and reporting and why is it so important?**

When you read about the FBI arresting an individual and disrupting a terrorist plot, did you wonder how they became interested in that person in the first place? Of course, some are discovered when they post extremist material on social media. In other cases, they tried to purchase suspicious or dangerous materials or a weapon from an illegal source. But more than 40 percent of all investigations begin with a report of suspicious activity submitted by citizens like you.

Level I AT Awareness is the best source for examples at <http://jko.jten.mil/courses/at1/launch.html>. Completing this mandatory annual training reminds us of the indicators of suspicious behavior and to report it to law enforcement, your chain of command, your ATO or local police.

Law enforcement will investigate to determine whether or not it is terrorist activity. They also will send a Suspicious Activity Report to the FBI for analysis and further action, if warranted.

So, the bottom line is we all need to be aware of what suspicious activity is and report it to the authorities. If it is a real plot, you may

save many lives; if not, there are no real ramifications. The central element of AT Awareness is the iWATCH Army program. ‘SEE SOMETHING, SAY SOMETHING’ encourages individuals to stay alert to their surroundings and report suspicious activity.

**What constitutes “suspicious activity?”**

- Individuals drawing pictures or taking notes in an area not normally of interest to a tourist or showing unusual interest in or photographing security cameras, guard locations, or watching security reaction drills and procedures
- Multiple sightings of the same suspicious person, vehicle, or activity, separated by time, distance, or direction
- Joggers who stand and stretch for an inordinate amount of time
- Individuals sitting in a parked car for an extended period of time
- Individuals who don’t fit into the surrounding environment because they are wearing improper attire for the location or season
- Individuals who exhibit suspicious behavior such as staring or quickly looking away from individuals or vehicles as they enter or leave facilities or parking area
- People asking questions about security forces, security measures, or sensitive information
- Briefcase, backpack, suitcase, or package left unattended
- Vehicle parked in NO PARKING ZONES in front of an important building
- People in restricted areas where they are not

supposed to be

**• Chemical smells or fumes that worry you**  
**Report the suspicious activity with these methods:**

- On Fort Lee, call the Law Enforcement Desk at 804-734-7400 or 911. You also can contact your chain of command.
- Off the installation, call your local police or 911.
- At an outdoor special event – tell security guards or law enforcement.

Here are the important items to note when reporting suspicious activity:

- Date and time the suspicious activity occurred
- Where it occurred
- A detailed description of the people involved
- Details about any weapons or other equipment you saw
- Description of the vehicle(s) involved
- What type of activity you saw
- Describe why you considered the activity as suspicious
- Include any pictures you took

Let’s all remain alert for suspicious behavior on or off the installation, in the community, on or off duty, at special events, while traveling, shopping, clubbing – everywhere. And report suspicious activity to security personnel, law enforcement officers, your supervisor, or ATO and provide as many details as possible to help them find and assess the activity or situation that was suspicious to you.

– Directorate of Plans, Training, Mobility and Security

## REPORTING SUSPICIOUS ACTIVITY WORKS

In Miami, an informant notified authorities that an acquaintance “had become increasingly upset with the policies of the United States government and its activities throughout the world,” posted pro-ISIS videos on Facebook, had conducted reconnaissance of the Dolphin Mall and purchased materials that he believed would make a bomb. The FBI investigated and arrested the man for planning an improvised explosive device attack against the mall on Black Friday.

In Columbia, Mo., a man informed the FBI about a man who made Facebook posts supporting ISIS, and displayed several potential indicators of radicalization (converting to a radical form of Islam and developing aliases). The FBI successfully infiltrated undercover agents with whom he discussed his attack plans and materials required for an improvised explosive device. He was arrested and charged with planning to detonate explosive devices and use small arms in an attack against a train station in Kansas City, Mo.

In Suffolk, Va., a man observed that a former associate posted pro-ISIS materials on Facebook and reported his concerns to law enforcement. This enabled the FBI to successfully insert an undercover agent into the man’s trusted circle of associates. The FBI arrested him for attempting to provide material support to ISIS, and planning to buy an AK-47 to carry out a “lone-wolf style attack against police or military targets.”



Commanding General.....Maj. Gen. Paul C. Hurley Jr.  
 Garrison Commander ..... Col. Adam W. Butler  
 Public Affairs Officer..... Stephen J. Baker  
 Command Information/Managing Editor...Patrick Buffett  
 Senior Writer/Special Assignments ..... T. Anthony Bell  
 Production/News Assistant Editor..... Amy Perry  
 Production Assistant..... Ray Kozakewicz

To reach the Traveller Staff, call (804) 734-7147.

The Fort Lee Traveller is an authorized publication for members of the DOD, printed by Gatehouse Media Virginia Holdings, Inc., a private firm in no way connected with the U.S. Government, under exclusive written contract with U.S. Army Garrison, Fort Lee, Virginia. Contents of the Fort Lee Traveller are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison, Fort Lee Public Affairs Office. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or Gatehouse Media Virginia Holdings, Inc. Everything advertised in this publication will be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation has been corrected.

**ON THE COVER**



T. Anthony Bell  
 Soldiers from the 23rd Quartermaster Brigade are marched to class. The brigade recently implemented a competition for the battalions to get their troops deployment ready. See Page 3.



Brig. Gen. Douglas McBride, Quartermaster General, presents the Fight Tonight plaque Command Sgt. Maj. DuJuan Warren, 244th QM Battalion CSM, along with members of the 244th S-1 shop, the 23rd QM Brigade command team, and the 23rd S-1 shop.

# New Dragon brigade competition focuses on deployment-ready troops

**Amy Perry**

Production/News Assistant Editor

The 244th Quartermaster Battalion from the 23rd Quartermaster Brigade was recognized as the first-ever Fight Tonight Readiness Award winner during a short ceremony July 26 at the brigade headquarters building.

Brig. Gen. Douglas McBride, Quartermaster General, was on hand to present the award and his presence emphasized the importance of the focus on readiness.

“The overarching theme within in the Quartermaster School is ready day one,” he said. “We have to talk about it and be about it. It’s deeds, not words.”

Troops who are trained through the brigade are expected to be ready immediately when they arrive for their training, said McBride, and that means

the units should be setting the readiness standard.

“If the drill sergeants, platoon sergeants and entire command team is walking around on profile, we can’t set that standard,” he said.

The new quarterly competition focuses on ensuring troops are ready to deploy from an administrative standpoint, and the S-1 shops in each battalion have an additional incentive to make sure their Soldiers are ready to deploy.

“Essentially, this award is the brigade’s way of getting after human resources, legal and medical readiness,” said Capt. Juan Riley, 23rd QM Bde. S-1 officer in charge. “It is a way to make sure you’re doing everything behind the scenes that you need to do to make sure the Soldier can deploy if needed. Simple stuff like an annual dentist appointment can hold up a deployment.”

There are 15 different items that the battalions tracked and were graded on to determine the winner. All the units did a great job, said McBride.

“Healthy competition breeds excellence,” he said. “You have to figure out how to distinguish yourself in a positive way and still be great teammate that everyone wants on their team.

“We have to make sure we award those greater performers,” McBride continued, “but we want to make sure those guys are also making all those around them better. That’s what the QM School is about – making everyone around us better.”

In keeping with the Army Chief of Staff’s No. 1 priority of readiness, Brigade Commander Col. Gregory Townsend, said it was easy to get on board with this new program when his S-1 staff brought it to him.

“It’s a bottom-up program,” he said. “It’s important we have buy-in at the right levels to make this competition a success. It’s everyone understanding the importance of being ready to deploy.

“This program makes sure our troops are medically and administratively ready,” Townsend continued. “The award is a way to recognize an exemplary battalion that has exceed the standard of personnel readiness. As leaders, it is our responsibility to ensure that every Soldier, NCO, and Officer is ready to deploy at a moment’s notice – even in TRADOC.”

The success of the first quarterly event is leading the brigade to expand the competition to training and supply, said Townsend. The brigade’s overall non-deployable troops improved from 17 percent to the Army average of 10 percent.

“We believe this would benefit the individual Soldiers and the overall operational readiness of the total force,” he said.

## T. Anthony Bell

Senior Writer/Special Projects

Retired Sgt. 1st Class Donald “Doc” Washburn was a veteran of two tours in Vietnam. He saw enough to eventually draw distinctions between those who made it out alive and those who did not. It became the impetus for a career that emphasized teaching Soldiers the finer details of survival.

Today, it is his legacy.

Washburn, who died in 2016, was honored during a July 27 dedication ceremony that renamed Wylie Hall Auditorium the Donald “Doc” Washburn Auditorium. The event included remarks from his son Patrick, Trans. School Assistant Commandant Col. Stephen J. Riley and retired Col. John C. Race Jr.; a bronze bust unveiling; and ribbon cutting.

Among those present for the event were his wife Roselyn, and other members of the Washburn family; Chief of Transportation Col. Jered P. Helwig; and roughly 75 members of the sustainment community.

Race, a previous Trans. School assistant commandant who knew Doc Washburn, said the former instructor was as unselfish as they come.

“Doc was a special kind of guy,” he said, “never wanting to share the limelight, never wanting to be singled out for exceptionalism, never putting himself before Soldiers ... There was only one Doc Washburn and he had only one goal: to ensure the officers and Soldiers he taught were best prepared as possible to perform their duties as NCOs, platoon leaders or commanders.”

According to the event’s program, Doc Washburn first joined the Navy in 1955, crossed over into the Army in 1959 and served his first tour in 1965. He returned to Vietnam in 1971.

Doc Washburn ended his military career in 1977 following a three-year stint as a Trans. Officer Basic and Advanced Officer Course instructor. He became a Trans. School civilian instructor soon after his retirement, going on to impact thousands of students. Washburn ended his civil service career in 2005.

Washburn’s oldest son Patrick talked about his father’s character during an impassioned speech, shedding light on a complicated man moved by his war experiences and often

# Transportation School dedicates auditorium to legendary instructor



Son Patrick Washburn, widow Roselyn Washburn, Col. Stephen J. Riley, assistant commandant, Transportation School, and son Timothy Washburn cut the ribbon to celebrate renaming the Wylie Hall Auditorium to “Doc” Washburn Auditorium during a dedication ceremony July 27 at Wylie Hall. Washburn, who dedicated 44 years of his life to military and civil service, was a Vietnam veteran and Transportation School instructor who trained thousands in the Basic Officer Leadership Course and others at Joint Base Langley-Eustis.

remembered for his interactive classroom sessions. During one part of his speech, he remembered as a boy seeing pits in father’s legs and asking him from where they came.

“He said they were shrapnel from mortar rounds,” recalled Patrick. “I said, ‘Didn’t you get a medal for that?’ ... He was like ‘No, I didn’t get a medal for that.’ You’re supposed to get a medal for getting hurt. He’s like, ‘I wouldn’t let them give me one.’ I said, ‘Well, why not?’

“He looked me right in the eye, and said, ‘Because, I still have legs.’”

Doc Washburn’s dedication to his craft was commensurate with his character. Patrick said his father began his day at 4 a.m., worked on lesson plans well into the evening; and got by on roughly four hours of sleep per day, helped by a steady supply of caffeine and cigarettes.

“Most of you had my father at his very best ...,” he said to the audience. “My father

poured everything he had into all his classes. He put into every student his faith, his dreams, his ambitions – even more so than his own children ... because he knew firsthand what many of you would or have already faced.”

Race described Washburn’s efforts as one for the annals.

“If you look up the words ‘selfless service’ and ‘professionalism’ in the dictionary, you’re going to find Doc Washburn’s photo right next to them,” he said. “He was the epitome of Army Values and made damn sure his students were as professional as possible and prepared as possible.”

Washburn’s work also was lauded by administrators and students. He earned the schoolhouse instructor of the year title “6 or 7 times,” according to the program, and was proclaimed Training and Doctrine Command Instructor of the Year in 1991. Patrick said those awards never amounted to the gratitude shown to him by students.

“Of all the awards and accolades my father got from the Army, the ones he cherished most – that were the closest to his heart – were the individual letters from his students thanking him for the time and wisdom he gave.”

Doc Washburn’s second son, Timothy, who sported a black cowboy hat for the occasion, one similar to the one worn by his father on the program’s cover, said his father was a looming figure.

“He was larger than life,” he said. “The man loved his country, his fellow man and his students beyond anything anybody can ever imagine.”

Timothy said he was touched by his father’s acts of compassion, remembering how he would collect the nametapes of his students who went off to war, placing them on what was called a “prayer tree” he put up in his home.

“He would pray for them each and every day,” he recalled. “As they returned home, he would take the names down.”

Timothy, once a professional bull rider, said his father – who grew up in the Miami area – adopted his signature western attire from his bull rider spectatorship.

“My father would come and watch me every once and a while and started wearing the hats,” he said. “He always kept a little piece of each one of us boys with him.”

Doc’s Washburn’s youngest son, Michael, was not present for the ceremony.

Prior to Doc Washburn’s passing two years ago, he was inducted into the Trans. Corps Hall of Fame. Race said his friend is deserving of all the accolades he has received – including the latest – but would have downplayed any honors he earned.

“He would think we shouldn’t be taking the time to honor him, but to the thousands of Soldiers and officers he taught, mentored and led would think differently,” he said. “It is an honor well deserved and one that will endure for the years to come.

“I only wish I could thank him again for all that he did for the Soldiers of whom he loved and our corps that he served.”

Doc Washburn was 78 years old when he died. He has three grandsons who are active duty Soldiers.

# Child abuse: a primer for military families

**T. Anthony Bell**

Senior Writer/Special Projects

Four years ago, a popular National Football League player ignited discussions about the issue of child abuse when he was lawfully charged for leaving bruises and cuts on his 4-year-old son after spanking him with a “switch” or thin tree branch.

Adrian Peterson denied he was abusive, saying he was disciplined the same way as a youngster. Although the athlete crossed the line when he injured his son, he is not alone in using the act of spanking as a means to an end.

In fact, various studies have indicated large portions of the population either practice spanking or believe it to be a viable disciplinary measure. Its survivability is rooted in cultural, religious and traditional beliefs. Spanking is not against the law in the state of Virginia.

Many educators, social workers, therapists and others, however, do not condone spanking as the best way to get a child to modify his or her behavior. Spanking, they say, puts parents and children at risk – many parents spank when they are too angry and may cross the line; children can be physically injured and suffer long-term trauma as a result of physical discipline.

“We encourage parents to look at all avenues of discipline rather than relying on the physical discipline because we live in a time in which it is not acceptable,” said LaKetia D. Jones, Family Advocacy Program specialist, Army Community Service.

Jones said alternatives to spanking include:

- Redirecting – focusing on the desired behavior by directing the child away from the undesired behavior
  - Explaining to children what they did wrong; encouraging correct behavior
  - Putting the child in timeout
  - Taking away privileges
- According to Army Regulation 608-18,



Stock Photo

said Jones, spanking or any other form of physical abuse leaving injuries such as bruises lasting more than four hours is reportable and cause for an investigation. That disregards whether the Soldier lives on or off the installation.

Physical discipline also is comparatively ineffective, said Patricia Karthaus, family advocacy social worker, Kenner Army Health Clinic.

“When I think about parenting and

discipline, the goal is to help the child learn self-control and manage themselves,” she said, noting physical punishment only instills fear. “Other methods we have teach the child to learn how to be self-controlling, self-soothing and self-monitoring so those behaviors can continue.

“If the control always comes from outside, then the child doesn’t always learn except for when somebody goes after them, as in (physical) discipline. But when

children learn to remove themselves from problems and learn self-control, then they learn to modulate their behavior better in every environment and then we see them take that with them for the rest of their lives.”

There are other types of child abuse to include emotional, sexual and neglect. Jones said emotional abuse leaves invisible scars and can often go undetected. She cautions parents against making statements to children such as “That’s why your mother (or father) left,” and “You’ll never be anything” or calling or labeling kids with terms like “stupid,” “dumb” or any word that attacks their self-esteem.

“If you say ‘Oh, you’re so stupid!’” said Jones, “That’s lasting with that child. Mom or dad may be talking about one act, but the child remembers for years to come that they were called ‘stupid.’”

Jones said abuse – emotional or physical – is likely to occur when parents or caretakers are angry. Regarding physical abuse, she said, adults don’t realize the physical strength they are capable of during a heated moment, and they tend to say things they later regret. If parents are prone to such behaviors, they should take time to cool down before taking any action or send the child to his or her room.

“Whether it physically or verbally disciplining your child, in that moment of being angry, if you don’t have proper control over your anger, you can say or do things you didn’t necessarily intend to do,” she said. “It can go a little bit left of what you planned. You can’t do a rewind or re-do once it’s been done.”

Those community members needing more information about parenting techniques can call ACS at 804-734-6381. It offers new parenting classes and plethora of resources to help parents to create or maintain healthy and productive relationships with children. They may also visit ACS at its website at <https://lee.armymwr.com/programs/family-advocacy-program>.

# NEWS BRIEFS

## Exchange Hosts Second Give and Get Back Event

Fort Lee Army and Air Force Exchange Service is hosting its second Give and Get Back event through Aug. 5.

Shoppers can donate to Army Emergency Relief and Air Force Assistance Fund at the register. For every \$5 donated, shoppers will receive a coupon for \$5 off a \$25 purchase at the Exchange.

The coupons are valid Aug. 6-11 and can be redeemed in-store or online at [shopmyexchange.com](http://shopmyexchange.com).

## Housing Hosts National Night Out

Fort Lee's National Night Out event is set for Aug. 7, 6-7:30 p.m., at the Housing Community Center on Sisisky Boulevard. The event is free.

The family friendly gathering will include music from the 392nd Army Band, representatives from the Fort Lee Provost Marshal Office, Fire and Emergency Services, the American Red Cross and others. It also will include free food and beverages for residents.

For details, call 804-733-1558.

## Chesterfield Central Library Reopens

Chesterfield County Public Library's Central Library has reopened following an extensive renovation project. The remodeling includes an updated children's area, a performance space, improved lighting, increased meeting and seating areas and more.

For details, visit [www.facebook.com/ChesterfieldVALibrary](http://www.facebook.com/ChesterfieldVALibrary).

## Exchange Back to School Sweepstakes

One hundred Army and Air Force Exchange Service shoppers will win three gift cards with a total value of \$250 during the Back-to-School Sweepstakes through Aug. 31.

The winners will each receive a \$100 Exchange gift card, a \$100 Commissary gift card and a \$50 Exchange food court gift card. Shoppers automatically earn an entry with two purchases at the Commissary plus two purchases at the Exchange with their MILITARY STAR® card.

The winners will be announced on or about Sept. 30.

For details, visit [MyECP.com/CustomAds/Page/Exchange.com](http://MyECP.com/CustomAds/Page/Exchange.com).

## Kenner Closing Early for Commander's Call

Kenner Army Health Clinic, Mosier Consolidated Troop Medical Clinic, Troop Medical Clinic 1 and all ancillary services except the pharmacy will close Aug. 9, 11:30 a.m., to allow staff to participate in a commander's call and training.

The pharmacy will remain open with limited staffing. To schedule appointments, call the Kenner Appointment Line at 1-866-533-5242. For after-hours care, call the nurse advice line at 1-800-TRICARE and chose option 1. For an emergency, go to the nearest emergency room or call 9-1-1.

## Women's Equality Day Observance

The installation's 2018 Women's Equality Day observance – marking the 98th anniversary of the passage of the 19th Amendment, Women's Right to Vote – is set for Aug. 16, 11:30 a.m. - 12:30 p.m., at the Lee Theater. The free event is open to all in the Fort Lee community.

The guest speaker will be Col. Beth Behn, commander of the 7th Transportation Brigade (Expeditionary) at Joint Base Langley-Eustis. For other details, call 804-765-8131.

## WHEN YOUR CHILD IS FINDING IT HARD TO COPE, WE ARE HERE TO HELP



### ACUTE CRISIS STABILIZATION - Adolescents, Ages 11-17

- Intensive treatment programs designed to provide stabilization
- Substance Abuse/ Dual Diagnosis

### RESIDENTIAL TREATMENT CENTER - for Boys and Girls, Ages 11-17

- Structured residential treatment for pervasive emotional and behavioral issues
- School licensed by the Virginia Department of Education

*Our staff of psychiatric nurses, mental health specialists, school teachers, case managers, activity therapists, and the patient's personal psychiatrist work together to help the patient*



TRICARE Certified

Behavioral Healthcare Specialists

**(866) 546-2229**

**PROVIDING BEHAVIORAL HEALTHCARE FOR FORT LEE SERVICE MEMBERS & FAMILIES**

**24 Hours A Day • 7 Days A Week • Take a Virtual Tour: [WWW.POPLARSPRINGS.COM](http://WWW.POPLARSPRINGS.COM)**

# DMV reports spike in unbelted fatalities for ages 15-20



The number of people, ages 15 to 20, who died not wearing seatbelts during vehicle crashes in Virginia doubled from Jan. 1 - June 30, versus the same time period last year, the Virginia Department of Motor Vehicles said. Eighteen unrestrained fatalities have been recorded this year for this age group compared to nine in the same period in 2017 and 10 in 2016.

“We must find a way to reverse this startling trend,” said Secretary of Transportation Shannon Valentine. “By simply wearing a seatbelt, you can reduce the risk of dying in a vehicle crash by 45 percent.”

Virginia also recorded a 34 percent increase in the number of people, ages 21-35, who died not wearing seatbelts in crashes. From January - June 2017, 41 unrestrained fatalities were recorded; in 2018, 55 were recorded.

The number of unbelted fatalities for the first six months of 2018 is the same as this time last year – 138. In all of 2017, 52 percent of vehicle occupant fatalities were people not wearing seatbelts.

DMV Commissioner Richard D. Holcomb added, “When you’re in a moving vehicle, your body is moving at the same speed. When the vehicle stops, you need to stop, too. The only way to ensure that happens is by being buckled into the vehicle. Otherwise, your body’s unbelted momentum can result in being tossed around inside or even ejected from the vehicle. That’s how people get killed and injured in crashes. One click - problem solved.”

Virginia law requires all drivers and front-seat passengers to wear safety belts. Passengers under age 18 must be restrained in a seat belt or child safety seat.

– Virginia DMV

# You wear the uniform. WE COVER IT.

## WORLDWIDE COVERAGE<sup>1</sup> FOR UNIFORMS AND GEAR.<sup>2</sup>

Help protect the things that make the journey with you. With over 40 exclusive benefits designed specifically for the military, we do more for those who serve.

Visit [USAA.COM/RENTERS](https://www.usaa.com/renters) or call **800-531-8521**

No official U.S. Army endorsement is implied. Sponsorship does not imply endorsement by the Department of Defense. <sup>1</sup>Availability of renters insurance to residents of another country is limited to qualified members. <sup>2</sup>For loss due to a covered peril of military uniforms or equipment owned by you and when the loss occurs while you are on active or reserve duty, no deductible will be applied. Renters insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, and USAA Ltd. (Europe), San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. No Department of Defense or government agency endorsement. Membership eligibility and product restrictions apply and are subject to change. **WE RESERVE THE RIGHT TO REFUSE TO QUOTE ANY INDIVIDUAL A PREMIUM RATE FOR THE INSURANCE ADVERTISED HEREIN.**

©2017 USAA. 242574-0517-A





Photos by Stephen Hickok

(LEFT) New "Herbert Homer Hall" lettering was added to the Defense Contract Management Agency headquarters building recently. (RIGHT) A memorial for Herbert Homer Hall stands outside the DCMA headquarters building.

# Two DCMA heroes find forever in sacrifice

**Thomas Perry**

DCMA Public Affairs

Fort Lee's skyline just became a little more heroic. Defense Contract Management Agency completed a remembrance effort by officially adding "Herbert Homer Hall" lettering to its headquarters.

The building is named in honor of DCMA employee Herb Homer, who was aboard United Airlines Flight 175 when the aircraft crashed into the World Trade Center Sept. 11, 2001. The headquarters first gained its moniker when DCMA moved south from Washington and joined the Fort Lee community in 2011.

Navy Vice Adm. David Lewis, the agency director, encourages team members to know and appreciate agency history in his official blog.

"It's imperative that we not forget the sacrifices Herbert Homer made for our country and our agency," he wrote.

In addition to the large-scale lettering,

Lewis commissioned commemorative plaques honoring Homer be placed at all of the headquarters main entrances. These plaques match the original memorial, which was unveiled during the 2011 building dedication.

Current Director of Defense Pricing Shay Assad spoke during that dedication.

"There was never a doubt, in our minds, of whom he represented," said Assad, a former Raytheon executive who worked closely with Homer. "Herb was incredibly smart. Herb had great strength. When he thought the best interests of the United States government weren't being taken into account, he let us know about it in no uncertain terms."

Assad said Homer's greatest attribute was his humility to all he met. He said this made him the kind of person whom everyone loved. "He was everything DCMA should be all about."

This new signage marks the agency's latest step to ensure the sacrifices of two of its greatest heroes are never forgotten.

DCMA also recognizes Tony Acerra, a DCMA quality assurance representative who was killed Oct. 29, 2011 when his convoy was attacked in Kabul, Afghanistan. Each month DCMA Hartford, Connecticut, awards the Anthony Acerra Defender of Freedom award to an individual or team who demonstrates exceptional achievement in warfighter support.

Lewis has written at length about Acerra in his official blog.

"Tony was on his fifth deployment for the agency when this tragedy occurred," wrote Lewis. "A Navy veteran, (Tony) had served his country for more than 30 years, the last 16 with the agency. Tony is a hero in every sense of the word and the agency couldn't be more honored to continue his legacy of excellence and commitment to the warfighter in everything we do."

According to the official award criteria, recipients of the Anthony Acerra Defender of Freedom Award represent

much of the same qualities.

Michael Taylor, DCMA Hartford deputy commander, said Acerra worked in Vermont and Western New York, and was known throughout Hartford and its streamlined command DCMA Syracuse. So when Hartford Director Peter Leahy was looking to name a new award highlighting extraordinary effort and work ethic, team members overwhelming were in favor of naming it after their departed friend and co-worker.

This sentiment is echoed by award recipients.

"To receive this award in memory of such a remarkable DCMA employee who sacrificed many things to support the mission including his life; To do something that is considered as important as what Anthony Acerra accomplished in his career at DCMA is an honor and I am truly grateful for this award," said Julie White, who received the award in August 2015.

# DCMA's international branch hosts change of command

**Elizabeth Szoke**

DCMA Public Affairs

Military and DOD personnel stationed around the world traveled here for a change of command ceremony as Navy Capt. George Bresnihan received the Defense Contract Management Agency International flag from Navy Vice Adm. David Lewis, DCMA director, July 19. Lewis welcomed the incoming commander and bid farewell to former International commander Navy Capt. Sonya Ebright.

Headquartered at Fort Lee, DCMA manages more than 300,000 contracts for DOD and the military. The agency also services at more than 19,000 contractor facilities worldwide. Its international command has 30 offices in 20 countries and supports contracts in 49 different countries.

While welcoming Bresnihan to the agency, Lewis discussed the importance of the DCMA International mission. "Getting the product to the warfighter, and in this case, our friends' and allies' warfighters, so that they can be supportive of us and we can be supportive of them is critical to the mission," said Lewis. "You may have a bigger shoe size than (Ebright) does, but you've got some big shoes to fill."

Ebright served over two years as the DCMA International commander. "I was extremely humbled and pleased to be chosen to command DCMA International, and to be given the opportunity to lead the outstanding professionals of this organization," said Ebright as she spoke to the DCMA International team. "You have a heritage of strong leadership, outstanding teamwork and superb customer service. I'm proud and truly excited about the next years, and I know you will continue to succeed."

Ebright's 36 years of service began when she enlisted in the Navy in 1982 as an oceans systems technician analyst prior to becoming a commissioned officer in



(ABOVE) Navy Capt. George Bresnihan (left) receives the Defense Contract Management Agency International flag from Navy Vice Adm. David Lewis, DCMA director, during a change of command ceremony at Fort Lee July 19. (BELOW) Navy Capt. George Bresnihan (right) assumes command as Navy Capt. Sonya Ebright (left) bids farewell to the agency and the Navy after 36 years of service.

1991. She began her career in contracting in 2002 as a contracts supervisor. After several other contracting positions, she closed her Navy career at the ceremony.

Bresnihan comes to the agency from Singapore as the former deputy department head of the contracts department with Major Weapons Systems Aircraft Support, Naval Air Systems Command. He holds a master's degree in business administration and another in military operational arts and sciences.

"I know how much you have invested in this and in DCMA International, and I promise you that your hard work will not be in vein," Bresnihan said to Ebright as he assumed command. "I know I have big shoes to fill. Make no mistake



about it, DCMA International's mission forces, allies and partners on time, has national as well as global impact. are ready to enter the fight immediately, Delivering weapons systems to U.S. is extremely important."

DCMA photos by Elizabeth Szoke

# Top enlisted Army G4 logistician takes closer look at PWD training

## Capt. Matt Johnson

PWD Deputy Director

The Quartermaster School Petroleum and Water Department is “hitting all the right training and readiness targets,” according to Sgt. Maj. Edward A Bell, the top enlisted leader in the office of the Deputy Chief of Staff, G-4, at the Pentagon.

Bell visited the PWD campus on July 19. He observed 92F Petroleum Supply Specialist AIT Soldiers in class, toured recently modernized tactical field training areas, and received a briefing on the innovative blended learning curriculum being delivered by the Quartermaster School to increase tactical rigor and produce future liquid logisticians.

“It is clear this department is leading the way in producing logistician leaders,” Bell told assembled PWD leaders at a gathering in which he took time to recognize a group of noncommissioned officers who had been singled out as “game changers” in the department. Each received a “coin of excellence” on behalf of the Army G4, Lt. Gen. Aundre Piggee.

Praising the NCO’s for their leadership, Bell spoke about the importance of their responsibilities as mentors and caretakers of Soldiers. He also highlighted the newly approved E-8 promotion opportunities available to the 92F, 92W and 92L military occupational specialties that will enhance career progression options and posture the NCO Corps to play an even bigger role in large-scale combat operations.

PWD Director Jose Hernandez and the department’s senior enlisted leader SGM Eric Cantrell provided an overview that highlighted instructional advancements like the fully interactive digital training enablers. Capitalizing on computer-assisted technology, they introduce students to the full inventory of equipment related to their career field, creating a platform that integrates the institutional, operational and self-development learning domains. The witnessed outcome is

sustained technical proficiency beyond the classroom and greater reach-back capability to the operational Army.

“Eighteen year olds must love this,” Bell enthusiastically observed. “This is how they learn, and it helps to reinforce safety.”

Distributed learning capabilities also were on the briefing docket as well as other future plans to enhance training in ways that reduce static PowerPoint usage and increase interactive training time – both of which promote sustained technical proficiency.

Among the DTEs demonstrated for Bell was the fully interactive water purification simulator and an aviation refueling training tool. “I think you guys are the first in TRADOC to have made such widespread use of this capability,” Bell acknowledged. “It really has a positive impact on addressing technical atrophy.”

Bell was equally enthusiastic about the opportunity to speak with junior enlisted Soldiers in the Petroleum Supply Specialist Course. He thanked them for their willingness to volunteer and serve the country. He also spoke about the importance of physical fitness and discipline as they learned their MOS.

At another key stop on the tour – PWD’s newest training area – Bell was briefed by Military-in-the-Field NCOIC Sgt. 1st Class Errica Watkins. She explained how the 23rd Quartermaster Brigade and PWD are increasing tactical rigor in order to achieve “day one readiness” and prepare Soldiers for the technical and tactical challenges associated with large scale combat operations.

As the visit concluded, the sergeant major confirmed PWD is “headed in the right direction” and leaders at all Army levels are appreciative of the contributions of the liquid logistics community.

“I really like how your message is tied directly to the Army’s leading priorities of lethality, readiness and large-scale combat operations,” he said. “You guys are hitting it all!”



Capt. Matt Johnson

Sergeant Maj. Edward Bell (second from left), the top enlisted leader in the office of the Deputy Chief of Staff, G-4, at the Pentagon, and SGM Eric Cantrell (far right), PWD SGM, pose with the “game changers” of the liquid logistics training courses here during a July 19 ceremony. From left, Sgt. 1st Class Ronald Byrd, Staff Sgt. Joseph Smith and Sgt. 1st Class Derrick Lee were presented command coins from Bell on behalf of Lt. Gen. Aundre Piggee, Army G4.

## Sport Clips of Colonial Heights

1907 Southpark Blvd | Colonial Heights, VA 23834  
Southpark Shopping Center

**SportClips**  
HAIRCUTS

**YOU WATCH SPORTS WE CUT HAIR**

**Open Sundays Until 6:00 PM**

**GET IN LINE, ONLINE**

**SPORTCLIPS.COM/CHECKIN**

**Save Time on Your Next Visit with  
Online Check-In at Sport Clips!**

**EXTENDED  
BACK TO SCHOOL  
HOURS**

Aug 31 Friday 9am - 8pm  
Sept 1 Saturday 9am - 8pm  
Sept 2 Sunday 9am - 8pm  
Sept 3 Monday 9am - 9pm

Local, Community Based Salon Participating In:

- Help A Hero Military VFW Fundraising
- St. Baldrick’s Foundation
- Red Cross Blood Drives

PH00361605

**804.479.3014**





## Post troops pursue top TRADOC titles

Staff Sgt. Joel Demillo (pictured above right) and Pfc. Brian Fitzgerald (pictured above left) represented the Sustainment Center of Excellence during the U.S. Army Training and Doctrine Command 2018 Best Warrior Competition July 16-20 at Fort Gordon, Ga. A total of 13 warriors representing Army training centers across the nation faced a grueling series of challenges, ranging from fitness tests and 12-mile ruck marches to marksmanship ranges and day and night land navigation courses. The standard Soldier competition fare was amped up to unprecedented levels with the addition of distance runs wearing protective masks, a ropes-style obstacle course, curveball "mystery events," and more. The Best Warrior Competition recognizes TRADOC NCOs and Soldiers who demonstrate commitment to the Army Values, embody the Warrior Ethos, and represent the force of the future by testing them with physical fitness assessments, written exams, urban warfare simulations, and other warrior tasks and battle drills. Demillo, an Army Logistics University staffer, and Fitzgerald, a 508th Transportation Company Soldier, claimed CASCOM Ultimate Warrior titles in May, earning them the right to compete at the recent meet. Staff Sgt. Joseph Hansen and Pfc. David C. Cox, representing the Maneuver Support Center of Excellence at Fort Leonard Wood, Mo., are the TRADOC NCO and Soldier of the Year, respectively. They will go on to compete at Army Best Warrior in October. More photos and videos of the recent competition are available at [www.facebook.com/USArmyTRADOC](http://www.facebook.com/USArmyTRADOC).

U.S. Army photos by Staff Sgt. Daniel Luksan, 55th Combat Camera

**HOME HELPERS®**  
MAKING LIFE EASIER®



*Home*  
**Helpers®**  
Making *Life Easier*®

*We specialize in home care providing as needed levels of care*

- Long-term care • Senior care
- Recuperative care • New moms

\*Food Provided at no additional charge.  
\*Based on care levels not all levels qualify for food.

**DIRECT LINK**  
Help At The Touch Of A Button™

Please call **804-805-2178**  
256 E. Ellerslie Ave., Ste. C, Colonial Heights, VA 23834

Now Hiring care givers,  
PCA'S, Aides, CNA'S

FB-00375860

We Now Have **CONDO APARTMENTS**  
**LUXURY** starting at **\$750 / month**

**Fully Furnished with All Utilities Included,  
as well as 62 Hotels Suites**

**BAYMONT®**  
INN & SUITES  
5380 OAKLAWN BLVD., PRINCE GEORGE, VA 23875  
**452-0022**

- TDY Welcome • Extended Stay Discount
- Military Discount
- Deluxe Continental Breakfast Includes 2 Hot Items
- Free Laundry and Fitness Center • Outdoor Pool
- Meeting & Banquet Rooms Available

PB-00362269



**HSO**  
Hull Street Outlet

**3820 Jefferson Davis Hwy. Richmond, Va.**  
(I-95 to Exit 69, Bells Road)  
**804-275-9239**  
or **800-354-2422**

**WE BUY & SELL**

**Get the Real Stuff. GO HSO!**

Since 1942, Hull Street Outlet has been Central Virginia's headquarters for Military Surplus, Camo Gear, Clothing and More... Go HSO. We have it, more of it, it's authentic, and it's priced right!

- Combat Fatigues
- Field Jackets
- Flak Jackets
- Canteens
- Knives
- Ammo Belts
- Flight Jackets
- MACHETES
- Survival Gear
- Gas Masks
- Backpacks
- Hammocks
- Compasses
- Tents
- Mess Kits
- Parachutes
- Parkas
- Foot Lockers
- Medals
- MREs
- Boots
- Netting
- Much More!

**www.HullStreetOutlet.com**

**MILITARY ★ SURPLUS**

# Water purification, the lifeblood of QLLEX

## Staff Sgt. Brad Miller

Contributing Writer

FORT BRAGG, N.C. – As the southern sun hangs high on a sweltering North Carolina summer day, it has never been more evident: water is the lifeblood of America’s Reserve Soldiers. As part of Quartermaster Liquid Logistics Exercise 2018 at Fort Bragg, N.C., July 14-28, water purification specialists of the Army Reserve are pumping that lifeblood. Soldiers need to perform in the scorching heat of the South.

If the water purification system is the heart and water distribution system is the vein, then these Soldiers are the surgeons. The 326th Quartermaster Company, from Newcastle, Penn., and the 431st Water Purification Detachment, from Winterville, N.C., understand the importance of providing clean potable water for drinking, cooking, showers and laundry.

They draw water directly from a raw natural source using a pump and then filter out contaminants that make the water unsafe for consumption.

“Our unit specializes in turning that lake into clean water,” says Sgt. 1st Class Jessica Miller, a water purification supervisor with the 326th QM CO. “We clean it using a Reverse Osmosis Water Purification Unit, adding chlorine as a disinfectant and this process removes any kind of solid debris and any kind of dissolved metals that might be in the water. This is the same process used by professional companies. If you drink ROWPU water, you’re drinking the same quality of water that you buy in the store.”

The water pump draws approximately 1,500 gallons of water per hour allowing the unit to process up to 30,000 gallons of water a day. According to Miller, the team uses a planning factor of eight gallons of water per Soldier, so they are able to far exceed the required standard.

Once the ROWPU has filtered purified



Contributed Photo

U.S. Army Reserve Soldier, Spc. Thomas Watkins, a water treatment specialist, with the 431st Water Treatment Detachment based in Winterville, North Carolina conducts training on the proper operation of the 609-C water pump assembly during Quartermaster Liquid Logistics Exercise 2018 at Fort Bragg, N.C., July 14-28. QLLEX is a training exercise that ensures Army Reserve units and Soldiers are trained and ready to establish water purification, storage, distribution and fuel operations in order to provide life sustaining water and fuel.

the water, the water is then pumped down the hill to the 20,000-gallon bag operated by the 431st, where these Soldiers store and distribute the water to the cantonment area.

“We’re very essential,” says Spc. Thomas Watkins, a water purification specialist from Greenville, North Carolina, “Without us, you can’t get drinking water, showers and clean uniforms!”

Watkins, who has been a water purification specialist for eight years, recognizes that his team plays a crucial part in the system. Watkins and his crew lay and maintain the hoses, or the “veins”

that distribute the water to the training areas and the powerful pump that runs it all. The 609-C Water Pumping Assembly can pump 600 gallons per minute for up to 10 miles.

Watkins says, the biggest challenge they had to overcome was meeting their deadline to have the hoses run due to a breakdown of their forklift. Thankfully, they were able to borrow a forklift from the 597th QM Co., who operates the laundry facility for QLLEX. They worked late into the night, but Watkins says they achieved their mission and feel the pride of a job well done because they know that if they didn’t complete their

mission, the “body” would not be able to function.

Watkins says he enjoys when his unit attends their annual training exercises, like QLLEX, because the real-world training is beneficial to ensure that his team is ready if they are called upon to deploy.

“When we come out here, we can actually lay our stuff out on the ground the way we need to,” says Watkins. “There is no way we could do that in Winterville. We have hoses that are 500 feet long and where are we going to get 20,000 gallons of water? This is a great exercise for the new Soldiers.”

# August is Immunization and Influenza Awareness Month

**Courtney Dock**

Contributing Writer

SAN ANTONIO – The Department of Defense recognizes August as Immunization and Influenza Awareness Month to ensure all military personnel and their families receive their annual influenza vaccinations and are up-to-date on their immunizations.

“Receiving all recommended immunizations, including seasonal influenza vaccine, helps to protect both oneself and others from a number of potentially-devastating, preventable diseases,” said Lt. Col. Michele Soltis, MD, preventive medicine physician within the Office of the Deputy Chief of Staff for Public Health.

“Immunizations help to ensure that neither the service member nor others in the service member’s unit become sick, permanently disabled or die due to vaccine-preventable illnesses,” Soltis said. “Immunizations greatly contribute to the protection of the health, safety and well-being of service members and help to ensure units can remain ready and focused on accomplishing the mission at hand.”

Immunization programs are one of the top public health achievements of the 20th century. Routine immunizations lead to drastic reductions in the prevalence of common diseases, and have led to the global eradication of smallpox and elimination of polio in the U.S.

However, due to ease of international travel and vaccine hesitancy, some vaccine-preventable diseases such as measles still cause outbreaks. Receiving immunizations helps to not only protect oneself from a given disease, but helps to eliminate that disease from the population and protect others.

Soltis said continued immunization ensures that devastating illnesses like polio and diphtheria remain very rare in the U.S. If immunization rates against terrible diseases decline, the protection offered will steadily decrease, many more persons may become infected with once-rare diseases, and those infected persons may spread those diseases to others. Many people may become sick, permanently disabled or die due to illnesses once able to be prevented by vaccines.

It’s important to receive flu shots each year noted Soltis. Flu is a serious illness that may require hospitalization and can sometimes lead to death.

“Millions of healthy people contract influenza each year while hundreds of thousands of those infected are hospitalized and thousands may die from related causes,” she said. “Annual immunization reduces the risk of infection, hospitalization and death. Immunization may help to decrease the severity of illness for those who become infected despite receiving the vaccine and stop the spread of influenza to others.”

“Because one’s immune response from previous vaccination wanes over time and because the formulation of the influenza vaccine is reviewed and updated each year to protect against changing viruses, people, ages 6 months and older, should receive the vaccine each year,” added Soltis.

For more information about influenza and ways to protect yourself, visit <http://www.health.mil/flu>.

For more information about immunization schedules, visit <https://health.mil/Military-Health-Topics/Health-Readiness/Immunization-Healthcare/Vaccine-Recommendations/Vaccine-Schedules>.



National Guard Photo by Staff Sgt. Erica Knight, 108th Public Affairs Detachment

Army Sgt. 1st Class Ryan West, medical readiness noncommissioned officer for Joint Forces Headquarters, South Carolina Army National Guard, administers the flu vaccine to Soldiers Nov. 4, 2017. Keeping Soldiers healthy and ready for duty is a priority for units.



## BUSINESS OWNERS

**MAKE YOUR COMPUTER WORK FOR YOU!**

**NO SALES HYPE - JUST HELP**

The right online message will make money

Call me directly for a FREE no obligation marketing review.

**Craig 804-722-5103**

**Publisher** 

PB00069524

# CALENDAR

LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

## KidKapers Presents 'Aladdin, Jr.' | July 27-Aug. 5

KidKapers Presents 'Aladdin, Jr.' | Aug. 3-5  
The three final performances of "Aladdin, Jr.," the Lee Playhouse 2018-2019 KidKapers youth theater production, will be presented Aug. 3-5, at the Lee Theater.

The shows are Aug. 3 at 7 p.m. and Aug 4-5 at 2 p.m. All shows are open to the public. Tickets are \$7.

For more information, call 804-734-6629.

## Exchange Nerf Blaster Event | Aug. 4

Fort Lee kids can test their Nerf Blaster skills during a fun event Aug. 4, 10 a.m. - 2 p.m., at the Army and Air Force Exchange Service. The event is free.

The event is for children, ages 8 and older, in the Main Store Toy Department.

For details, call 804-861-5970.

## Kids Rockets-Building Activity | Aug. 7

Kids can learn the basics of how rockets work Aug. 7, 11 a.m. - 1 p.m., at the Chesterfield Central Library, 7051 Corr Blvd. The event is free.

Participants will build a rocket to take home. Registration is required.

For details, visit [library.chesterfield.gov](http://library.chesterfield.gov).

## FMWR Outdoor Adventure Day | Aug. 11

Family and MWR Outdoor Recreation is holding an Outdoor Adventure Day Aug. 11, 8:30 a.m., at Pocahontas State Park, 10301 State Park Road, Chesterfield.

The outing will feature mountain biking, kayaking, hiking and more. All equipment will be provided. The cost is \$20 for either biking or kayaking or \$35 for both. Participants should bring lunch, water and wear appropriate clothing. Limited transportation is available. Paid registration is required by Aug. 9.

For details, call 804-765-2065.

## Lee Playhouse Auditions | Aug. 13-14

The Theatre Company at Fort Lee will hold auditions for "The Sound of Music" Aug. 13-14, 7 p.m., at the Lee Theater, 4300 Mahone Ave.

Director Frank Foster seeks women and men for a variety of principal, secondary and ensemble adult roles. Those auditioning should prepare a song, bring sheet music in the correct key (accompanist provided) and be prepared for movement. Readings will be from the script. No performers are paid. The rehearsal start date will be announced for a Nov. 2-25 production run.

For details, email [info@playhouse.com](mailto:info@playhouse.com) or call the box office at 804-734-6629.

## First School Bus Safety Programs | Aug. 10, 14, 18

New kindergartners and their parents or guardians in Chesterfield County are invited to practice getting on and off a school bus at three upcoming library programs.

On Aug. 10, 10:30 a.m., an event is set at Chester Library, 11800 Centre St. To register, call 804-318-8977. On Aug. 14, 10:30 a.m., a program will be held at Enon Library, 1801 Enon Church Road. To register, call 804-318-8911. On Aug. 18, 11 a.m., a session is scheduled at Ettrick-Matoaca Library, 4501 River Road.

To register, call 804-318-8688. For more, visit <https://youtu.be/fkm1rDAuTvY>.

## James River Camp Registration | Closes Aug. 10

Registration for the youth-focused James River Camp closes Aug. 10. The event, for ages 9-12, is set for Aug. 13-17, 9 a.m. - 4 p.m., at Henricus Historical Park, 251 Henricus Park Road, Chester. The cost is \$200 (\$170 for members).

For details, visit [www.henricus.org/event/james-river-camp-ages-9-12-4/](http://www.henricus.org/event/james-river-camp-ages-9-12-4/).

# Trans Corps celebrates 76 years



T. Anthony Bell

Col. Jered P. Helwig, Chief of Transportation, led leaders and the youngest and oldest members present to ceremoniously cut the cake to celebrate the 76th birthday of the Transportation Corps during an event July 27 at Wylie Hall.

## Scout Troop attends summer camp



Contributed Photo

Ten Boy Scouts from Fort Lee Troop 912 pose during their seven-day experience at Camp Olmsted – Goshen Scout Reservation – located along the 450-acre Lake Merriweather in Rockbridge County, June 24-30. During the week, the Scouts earned merit badges ranging from animation to environmental science, and railroading to nuclear science. Some boys also rappelled down a 60-foot climbing tower. Seven adult leaders accompanied the youths with three of them completing their Leader Skills Training classes.

Reach more than 10,000 active duty military, civil service employees, retirees, their spouses and the civilian community.

**DEADLINE Reader & Display:**  
Thursday 4:00pm (week prior)

**CONTACT: Susan Irgens**  
[susanlou.irgens@gmail.com](mailto:susanlou.irgens@gmail.com) • 757-477-7104



6611  
Hagerty Lane  
Chesterfield  
\$199,950

Private 3 bed, 2 bath ranch on almost 1 acre! Formal living room, family room w/fireplace, master bedroom w/bath, & large eat-in kitchen w/lots of upgrades! 2 car garage with stairway to storage. 2 sheds. Must see!



3302 Oaklawn Blvd.,  
Hopewell, VA 23860  
804-458-9873  
[www.ingramhomes.com](http://www.ingramhomes.com)



Tracy Ingram  
(804)720-8508  
[Tracyingram69@gmail.com](mailto:Tracyingram69@gmail.com)



**Elite**  
Nails and Spa

298 Southpark Mall, Colonial Heights  
*Professional and Excellent Full Service Nail Salon and Spa*

- Nails • Waxing • Massage • Skincare • Eyelash Extension
- Permanent Make-Up • Expert Body Waxing

**10% OFF ALL SERVICES ACTIVE DUTY MILITARY ANY DAY**  
**10% OFF ALL SERVICES RETIRED, DEPENDENTS**  
**MONDAY - THURSDAY**



Monday-Saturday  
10:00 am - 9:00 pm  
Sunday  
12:00 pm - 6:00 pm

Visit our website for a complete list of our services  
[www.elitenailsandspa.com](http://www.elitenailsandspa.com) • 804.504.0123



**Kanpai**  
JAPANESE STEAKHOUSE & SUSHI BAR

5303 Oaklawn Blvd. | Hopewell, Va 23860

*Family Owned and Operated  
for over 28 years!*

*We would love to host your  
celebration or birthday*

**LUNCH MENU SERVED:**  
Monday - Saturday 11:30 am - 2 pm

**DINNER MENU SERVED:**  
Monday - Thursday 4:30 am - 9:30 pm  
Friday - Saturday 2 pm - 10:30 pm  
Sunday - 12 pm - 9:30 pm

**CALL FOR RESERVATIONS**



804-541-8853 | [WWW.KANPAIHOPEWELL.COM](http://WWW.KANPAIHOPEWELL.COM)

**GP PLACE**  
IF MOVING WE BUY FURNITURE  
TAKE DONATIONS AND WILL PICK UP  
AFTER YARD SALES

PLEASE CALL  
**804-712-8430**



