

PX, commissary
back-to-school
carnival features
bounce house,
prizes, games

SEE PAGE 12



FORT LEE TRAVELLER

SERVING THE COMMUNITY OF FORT LEE, VIRGINIA, SINCE 1941

August 30, 2018 | Vol. 78, No. 28

DRILL & CELEBRATION

Dragon Brigade marching competition gets troops fired up



SEE PAGES 8-9

HEAVY LAW ENFORCEMENT PRESENCE PLANNED

Police will be out in force during the holiday weekend – using checkpoints and increased patrols to help curb preventable accidents and injuries

SEE PAGE 2



TOP TRADOC ACCOLADES

Command recognizes ALU officers for superior performance on the teaching platform

SEE PAGE 3

DOLLARS HELP POST SCHOLARS

Fifty-four community spouses, children receive AER scholarship awards for coming academic year

SEE PAGE 4

KEEP IT CLEAN, ADVISES CLINIC

Poor sanitary habits among contributors to common disease mainly affecting kids

SEE PAGE 12



US Army Photo

Safety should be priority during holiday weekend

Labor Day was founded in 1894 as a national observance to show gratitude for the contributions workers have made to the strength, prosperity and well-being of our country. Over the years, this federal holiday also has transformed into a celebration marking the passing of summer, the return to school and the wind-down of seasonal outdoor activities and travel.

For many Soldiers and DOD Civilians, this holiday weekend provides one last opportunity to vacation before youngsters return to the classroom. Community members will be traveling to tourist sites, beaches and other recreational areas, and with this increase in travel comes the potential for more vehicle accidents.

Driver inattention, speed, alcohol and/or driver inexperience has historically been the leading cause of crashes during the holidays. I ask everyone who will be traveling over the extended weekend to act responsibly and ensure all passengers use proper seat restraints. Recreational activities such as swimming, boating, competitive sports, cookouts and more also can become deadly when combined

with alcohol or drugs, or lack of attention to surroundings.

As in past years, our leaders have done an outstanding job educating Team Lee Soldiers and civilians on the hazards associated with holiday travel and festivities. I ask that you give the same attention to detail for this upcoming Labor Day weekend and beyond. I want special emphasis placed on motorcycle and privately owned vehicle safety as your units and staff sections prepare for this well-deserved break.

I urge every member of this command to reiterate the importance of safety awareness and education. Remain vigilant in your efforts to counter unsafe behavior and to reduce preventable accidents. As you make your plans, avoid or manage risks to make this a safe and enjoyable holiday. Thank you for your dedication, commitment and support to our organization.

Support Starts Here!

**Brig. Gen. Douglas M. McBride Jr.,
CASCOM and Fort Lee acting commanding general**

Reporting 248 fatalities in 2017, state officials issue DUI advisory

RICHMOND – Heading into Labor Day weekend, Secretary of Transportation Shannon Valentine and Secretary of Public Safety and Homeland Security Brian Moran remind drivers of the risks they face if they get behind the wheel while impaired.

Those who choose this “reckless action,” they cautioned, are gambling with the potential loss of driving privileges, substantial fines and/or court settlements, and even more importantly, their lives.

“Last year, 248 people were killed on Virginia’s roadways in alcohol-related traffic crashes, and more than 4,400 people were

injured,” reported Valentine. “According to data from the Department of Motor Vehicles, during the Labor Day weekend specifically, the commonwealth recorded 55 alcohol-related traffic injuries that absolutely could have been prevented.”

Moran further elaborated, “Labor Day weekend is the traditional end of the summer travel season, which unfortunately, comes with another unacceptable recurrence – drunk driving. Nationally in 2016, out of 433 crash fatalities, more than one-third involved drivers with a blood alcohol content of .08 percent or higher.”

Virginia is taking an aggressive approach to enforcement and education to reduce these trends, the state officials said. Two weeks ago, Governor Ralph Northam announced the statewide Checkpoint Strikeforce campaign, which combines media outreach with increased enforcement to combat the rise in drunk driving deaths in the commonwealth during Labor Day weekend.

Checkpoint Strikeforce runs through Sept. 3 and will have operations intermittently through the rest of the year.

Virginia State Police and local law enforcement agencies are conducting

sobriety checkpoints and saturation patrols to stop drunk drivers. In 2017, 18,701 people were convicted of DUI in the commonwealth courts.

VSP also will focus on DUI enforcement as part of Operation C.A.R.E. (Crash Reduction and Awareness Effort), a state-sponsored, national program intended to reduce crashes and fatalities.

Individuals who get caught face the loss of their driver’s licenses, higher insurance rates, jail time, attorneys’ fees, court costs and many other expenses. According to the National Highway Traffic Safety Administration, the average DUI costs about

SEE **DUI ADVISORY**, page 11



Acting Commanding General ...Brig. Gen. Douglas McBride Jr.
Garrison Commander Col. Hollie J. Martin
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

Spectators of the 23rd Quartermaster Brigade Drill & Ceremony Competition Saturday at Williams Stadium cheer and shout words of encouragement to participating marching units. In addition to squads from each of the Dragon Brigade’s three AIT battalions, teams from the Marine Corps Detachment and 345th Training Squadron competed. See photos, Pages 8-9.



Amy Perry

Army Logistics University distinguished instructor honorees pose with members of the ALU command team after receiving recognition at a ceremony held in September 2017. Two of the honorees, Chaplain (Maj.) Vincent T. Myers, Staff and Faculty Department, and Chief Warrant Officer 3 Truman V. Ward, Technical Logistics College, both pictured center, front row, went on to win the Training and Doctrine Command officer and warrant officer instructor of the year titles, respectively. Myers has since relocated to another installation.

Two members of ALU faculty among TRADOC Instructor of Year selectees

Chief Warrant Officer 3 Truman Ward and Maj. Vincent T. Myers, both Army Logistics University faculty members here, have won 2017 Training and Doctrine Command Instructor of the Year titles for warrant officer and officer, respectively.

The duo traveled to the TRADOC headquarters at Joint Base Langley-Eustis Aug. 1 to receive their awards.

Gen. Stephen J. Townsend, TRADOC commanding general, hosted the occasion that also honored instructors of the year for noncommissioned officers and civilians, as well as

those for the National Guard and Army Reserve. An educator of the year award also was presented

Those who have the official capacity to teach and educate hold a special place within the Army, according to Townsend. "Each of us can probably remember an educator who made an impression," he said during the event. "For Soldiers, those impressions are often made by drill sergeants, technical instructors or civilian educators who go the extra distance, and that is what the TRADOC Instructors of the Year winners represent. These instructors work every day to educate others

and make a difference in our future Army."

The winners emerged from the more than 10,000 instructors, facilitators and educators representing Army and multi-component schools within the active duty and reserve components.

Foremost among the criteria in which instructors are judged include tactical and technical knowledge, communication skills, appearance and military bearing.

Ward, noting he thought his supervisor was joking upon being notified of his win, said he is still in disbelief he earned the honor, especially due to the circumstances surrounding his entry.

"The video portion – almost all of it – disappeared," he said of his recorded classroom session. "It was corrupted, so we had to redo it and rush it."

He is now at peace with how things worked out.

"I feel honored I'm the one out of all the warrants in the Army," said the Soldier assigned to ALU's Technical Logistics College.

Myers, a chaplain formerly assigned to ALU's Dean, Education and Operations, taught ethics classes at the schoolhouse. He has since relocated to another installation and was not available for comment.

Ward and Myers were among 67 contestants who received final considerations from two panels of seven judges from within TRADOC.

Each of the Instructor of Year awardees received an engraved plaque, a congratulatory four-star note, a commander's coin and certificate of achievement from Townsend.

The winners and ALU itself also can boast the continuance of an award-winning tradition. In 2016, Lt. Col. Jason Hanifin was named Educator of the Year and Staff Sgt. Tegst Ayalw earned Noncommissioned Officer Instructor of the Year. In 2015, ALU's Keith Ferguson nabbed the Civilian Instructor of the Year title.



Ray Kozakewicz

CASCOM hosts tour for Georgia army delegation

Staff Sgt. Matthew Davenport, left, briefs members of a Georgia army delegation on the Military Freefall Advanced Ram Air Parachute System in the Quartermaster School's ADFSD facility Aug. 24. Davenport is a military instructor at the training department. Maj. Gen. Vladimer Chachibaia, chief of general staff, Georgian Armed Forces, center, and five other members of the Eastern European country's military were hosted by Brig. Gen. Douglas McBride Jr., acting CASCOM and Fort Lee commanding general, during their half-day visit. The delegation also toured the Ordnance Campus and received a briefing on U.S. Army sustainment training and operations. Representatives of the NATO-allied country also paid visits to other military installations and the Pentagon while in the United States.

54 Team Lee members earn AER scholarships

Fort Lee family members claimed 54 of the 3,465 Army Emergency Relief Scholarships presented this year. The recipients included spouses and dependent children of active duty and retired Soldiers due to return to college this fall.

In total, AER awarded \$8 million in scholarship grants. Selection is based on the financial needs of the family, passing grades and positive goals demonstrated by the individual. The average award this year totaled \$2,300.

The Maj. Gen. James Ursano Children's Scholarship Program helps dependents of Army Soldiers in obtaining their first undergraduate degree. This program accepts applications between January and early April, and provided 2,861 scholarships to children of active duty and retired Soldiers this year.

"Thank you to the Army Emergency Relief Fund for awarding me a Maj. Gen. James Ursano Scholarship for the 2018-2019 academic year," said Emma Mulhern, the daughter of a retired Soldier residing in St. Paul, Minn. "This money will help me pay for my continued studies at the Carlson School of Management at the University of Minnesota. I look forward to putting this scholarship to good use!"

The Spouse Education Assistance Program helps those married to active and retired Army personnel to obtain their first undergraduate degree. This year, AER expanded the application window for spouses to apply year-round to better accommodate the needs of Army families. Six-hundred-

and-four scholarships was awarded.

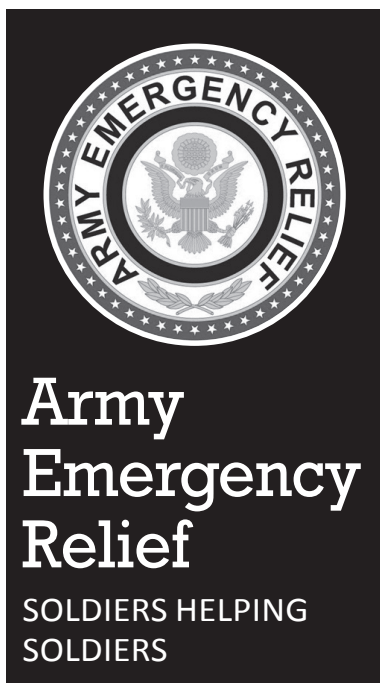
Both scholarship programs require the student to have maintained a 2.0 average on a 4.0 grading scale. Scholarships are awarded for up to four academic years for full-time students or eight academic years for part-time. Children must be enrolled full-time for the entire academic year (12 credit hours per semester) and spouses may be enrolled part-time (6 credit hours per semester) or full-time and an accredited college or university.

Army spouse and prior scholarship recipient Bianca McKinney expressed appreciation for the financial boost to her education. "Once again, I want to take a moment and thank AER for my scholarship for the upcoming year," she said. "I am very grateful that I have been chosen as a recipient for this huge award. Without my lovely husband, it would never have been possible. Thank you, my hero."

In the last ten years, AER awarded over 41,000 scholarships totaling more than \$84 million to eligible dependents. "Our scholarship programs help ease the financial burden Army families face when paying for college," said retired Lt. Gen. Raymond Mason, AER director.

"Military spouses and children are an important part of the Army team," he added. "AER's scholarship fund is made possible in large part by the Soldiers, retired personnel and community members who contribute to the fund annually to support family readiness and financial resiliency."

— AER



NEWS BRIEFS

Kenner Labor Day Operations

Kenner Army Health Clinic and Troop Medical Clinic 1 will be open with normal business hours for patient care on the Aug. 31 military training holiday. Troop Medical Clinic 2 will be closed that day. All clinics and services will be closed in observance of Labor Day on Sept 3.

To schedule appointments, call the Kenner appointment line at 1-866-533-5242. To request an authorization to visit an urgent care center, call the nurse advice line at 1-800-TRICARE and choose option 1.

For medical emergencies, dial 911 or go to the nearest emergency room.

Misleading Guidebook Advertising Calls

Local businesses have reported calls from a company named Global Visions offering advertisement opportunities in a Fort Lee guidebook or directory. This company does not represent Fort Lee, the Traveller or any other publication on the installation. The only advertising point of contact is Susan Irgens with Gatehouse Media/Progress Index.

For questions or valid advertising opportunities, contact Irgens at 757-477-7104.

SJA Client Services Closure

The Office of the Staff Judge Advocate, Client Services Division, will be closed August 30-31. No legal assistance or claims services will be available during that time.

Customers are reminded that routine assistance such as preparation of powers of attorney or notary services are provided anytime during normal operating hours.

Customers seeking an appointment for attorney consultation should contact the office at 804-765-1500.

Hispanic Heritage Observance

Fort Lee's annual Hispanic Heritage Month celebration is set for Sept. 20, 11:30 a.m. - 12:30 p.m., at the Lee Theater. Admission is free and open to the public. The observance will include dances by children of Echo Company, 16th Ord. Battalion Soldiers; a performance by a local Hispanic cultural group; food tastings; and music from the 392nd Army Band.

For details, call 804-734-6497.

Funded Legal Education Opportunity Available

The Office of the Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Up to 25 active duty commissioned officers can attend law school at government expense beginning in the fall of 2019. Selected officers in the ranks of second lieutenant through captain will remain on active duty while attending classes.

For details, call 804-765-1513.

OCS Hall of Fame Nominations

Nominations are being accepted for the 2019 Army Officer Candidate School Hall of Fame. Applications must be submitted by Oct. 1. The 2019 selectees will be honored during the OCS Alumni Association Reunion set for April 28 - May 1.

For guidance on eligibility criteria and required documentation, call 706-545-6932 or email jose.f.elizabeth.mil@mail.mil.

Summer vacation season is almost over. All schools, from universities to elementary, will re-open their doors soon to allow students once again to gather for the day's new experiences

Safety is a lifestyle that should be taught to children just as people would teach them to tie their shoe laces, ride a bike, hunt, fish etc. As children get older, their lessons become more complicated commensurate with the hazards they will most likely encounter. Since parents are not physically with their children all the time, they must be taught early how to recognize hazards and conduct their own risk assessments.

These risk assessments are simple and many times a child will be more fearful of a punishment than they would be of an injury. The key is the child must be taught to foresee accidents and other consequences of the action they are getting ready to perform. If they are taught early, they carry these lessons forward in life with them. As the lessons get more difficult they will have a good foundation to build upon.

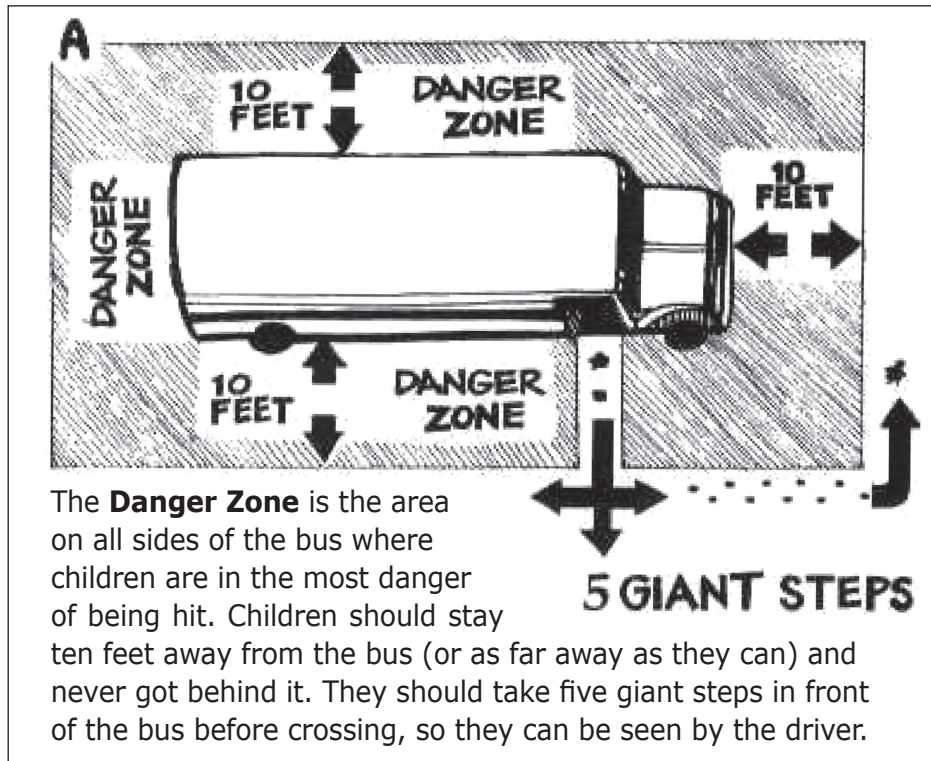
Bus safety

School bus transportation is safe. In fact, buses are safer than cars. Students are about 70 times more likely to get to school safely when taking a bus instead of traveling by car. That's because school buses are the most regulated vehicles on the road; they're designed to be safer than passenger vehicles in preventing crashes and injuries; and in every state, stop-arm laws protect children from other motorists.

Laws protect students who are getting off and on a school bus by making it illegal for drivers to pass a school bus while dropping off or picking up passengers, regardless of the direction of approach.

Seat belts have been required on passenger cars since 1968; and 49 States and the District of Columbia have enacted laws requiring the use of seat belts in passenger cars and light trucks. There is no question that seat belts play an important role in keeping passengers safe in these vehicles. But school buses are different by design, including a different kind of safety restraint system that works extremely well.

As school starts again, keep safety in mind



The **Danger Zone** is the area on all sides of the bus where children are in the most danger of being hit. Children should stay ten feet away from the bus (or as far away as they can) and never get behind it. They should take five giant steps in front of the bus before crossing, so they can be seen by the driver.

Large school buses are heavier and distribute crash forces differently than passenger cars and light trucks do. Because of these differences, bus passengers experience much less crash force than those in passenger cars, light trucks and vans.

National Highway Traffic Safety Administration decided the best way to provide crash protection to passengers of large school buses is through a concept called "compartmentalization." This requires that the interior of large buses protect children without them needing to buckle up. Through compartmentalization, children are protected from crashes by strong, closely-spaced seats that have energy-absorbing seat backs.

Small school buses (with a gross vehicle weight rating of 10,000 pounds or less) must be equipped with lap and/or lap/shoulder belts at all designated seating positions. Since the sizes and weights of small school buses are closer to those of passenger cars and trucks, seat belts in those vehicles are necessary to provide occupant protection.

Remember these safety tips:

- Wait for the bus to stop before approaching it from the curb.
- Do not move around on the bus.
- Check to see that no other traffic is coming before crossing.
- Make sure to always remain in clear view of the bus driver.
- Have a safe place to wait, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.
- Use the handrail to enter and exit the bus.
- Stay away from the bus until the driver gives his/her signal that it's okay to approach.
- Be aware of the street traffic around you.

Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out.

Walking or biking to school

Even if you don't ride in a motor vehicle, you still have to protect yourself. Because of minimal supervision, young pedestrians face a wide variety of decisions making situations and dangers while walking to and from school. Here are a few basic safety tips to follow:

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright color clothing to increase visibility
- Walk your bike through intersections.
- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- Bright colored clothing will make your child more visible to drivers

Riding in a car

- You might have heard before that most traffic crashes occur close to home... they do.
- Safety belts are the best form of protection passengers have in the event of a crash. They can lower the risk of injury by 45 percent.
- People are four times more likely to be seriously injured or killed if ejected from the vehicle in a crash.
- All passengers should wear a seat belt and/or be placed in an age- and size-appropriate car safety seat or booster seat.
- Children should ride in a car safety seat with a harness as long as possible and then ride in a belt-positioning booster seat. A child is ready for a booster seat when he or she has reached the top weight or height allowed for the seat, their shoulders are above the top harness slots, or their ears have reached the top of the seat.

RECOGNIZING CIVILIANS | SPOTLIGHT

Tom Green

Hometown: Saint Paul, Minn.
Length of federal service: 16 years
Job title: FMWR Business Operations Officer

Job duties: “I oversee the Business Operations Division, which includes the golf course, bowling center, and club and bar functions here.”

What do you love the most about your job? “Serving those who serve.”

What do you consider your greatest achievement? “Marrying my wife and raising 2 wonderful children.”

You were recently recognized for your professional dedication and off-duty volunteerism – how did that feel to earn the award? “It was a truly humbling experience. My wife and I try to teach our two teenage children that if you are getting anything out of an organization or program, then you must give equal or greater effort to it for it to benefit you. We example that in our volunteerism to our neighborhood, youth



Amy Perry

programs and work life.”

What kind of volunteering do you do? “I am a Scoutmaster for my son’s Boy

Scout Troop. I officiate swim meets that my children participate in. My wife and I are active our church programs. I also serve on my neighborhoods Homeowners Association board.”

Why do you volunteer? “We try to give equal or more than we get out of our activities.”

What do you expect from your leaders? “Simply put, a servant’s heart is the key. You have to want to help people and the community be better than it was when you started.”

Where would you most like to live? “I have lived in the Midwest, South, Southwest and for the past 18 years, in the Middle Atlantic. I like this area as we are close to so many things, the beach, the mountains, the Northeast, all within driving distance.”

When and where were you happiest? “Here, the past 18 years, since meeting my wife.”

Pet peeves: “Those in our community that do not give back and do not participate in making it better. We all move forward and succeed together.”

Which historical figure do you most identify with? “Ronald Reagan. He was willing to take risks and sometimes do the unpopular, but always with the betterment of his surroundings in mind. He was an innovator and entertaining person, he was the first to use sound effects in radio. When broadcasting for the Chicago Cubs on Iowa radio networks, he used “cracks of the bat” and crowd noises to simulate the game action while reading the play by play on the ticker tape news line. He also was professionally smart enough to realize that putting the best people around you gives you the best chance of success.”

What is your marked characteristic? “My flexibility and patience.”

What do you consider to be your spirit animal and why? “A snake ... I like that I can maneuver around obstacles and find flexible ways to achieve successes.”

What is your greatest fear? “Snakes.”

What is your greatest extravagance? “I really enjoy craft beer and wine, and seek to ‘participate’ in them as often as possible.”

SEE **GREEN**, page 14

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

Students support painting project



Contributed Photo

A group comprised of ROTC Cadets from Virginia State University and Basic Officer Leader Course students from the Army Logistics University pose for a commemorative photo during a recent volunteer painting project at Petersburg High School. Various community groups and military organizations donated caring hands and hearts to the beatification effort that took several weeks to complete and resulted in bright, freshly painted hallways and classrooms awaiting the arrival of students returning to school after the Labor Day weekend.

DCMA honors women's equality



Contributed Photo

Dr. Francoise Bonnell, Army Women's Museum director, speaks at the Defense Contract Management Agency Women's Equality Day observance here Aug. 21. The observance recognizes the historic passage of the 19th amendment – giving women the right to vote. The theme of this year's observance, "Nevertheless She Persisted," acknowledges the ability of women to break barriers despite being silenced or ignored. Fort Lee conducted its observance on Aug. 16.

Sport Clips of Colonial Heights

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



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



804.479.3014



MOVEMENT MORTGAGE

TRI-CITIES OFFICE GRAND OPENING & ICE CREAM SOCIAL

Please celebrate with us the Grand Opening of Movement Mortgage's newest office in Colonial Heights, VA. We will have ice cream and so much more. Hope to see you there!

Friday, September 7, 2018 • 3:00 – 5:00pm

320 Charles H Dimmock Pkwy, Ste 6, Colonial Heights, VA

For More Info, Contact: Brittany Symonds: 804-286-1078



Movement Mortgage, LLC supports Equal Housing Opportunity. NMLS ID# 39179 (www.nmlsconsumeraccess.org) | 877-314-1499. Movement Mortgage, LLC is licensed by VA # MC-5112. Interest rates and products are subject to change without notice and may or may not be available at the time of loan commitment or lock-in. Borrowers must qualify at closing for all benefits. "Movement Mortgage" is a registered trademark of the Movement Mortgage, LLC, a Delaware limited liability company. 8024 Calvin Hall Rd, Indian Land, SC 29707. CPID 6334 | Exp 02/2019

PB-00361606

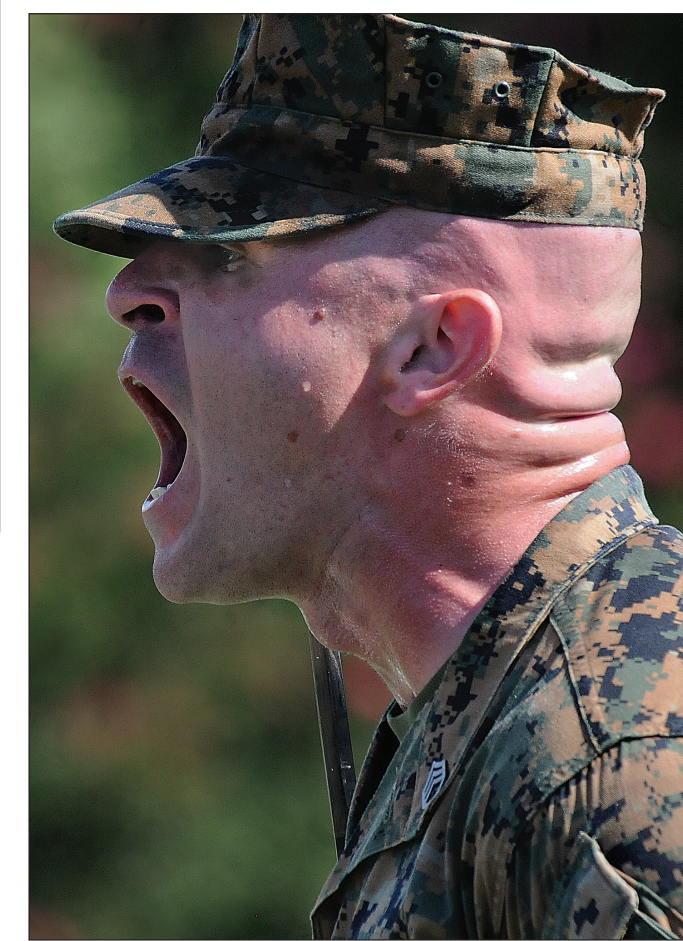
PB-00379672



WEEKEND

D&C

Guardian Battalion sweeps annual Dragon Brigade drill meet where teams demonstrated precision, teamwork, discipline



Photos by T. Anthony Bell

(CLOCKWISE FROM CENTER) Members of the 244th Quartermaster Battalion celebrate after sweeping the 23rd Quartermaster Brigade Drill and Ceremony Competition at Williams Stadium Saturday. The 244th, also known as the Guardian Bn., captured honors in both the regulation and freestyle events. All three battalions assigned to the Dragon Bde. participated in the annual competition as well as the Marine Corps Detachment and the Air Force's 345th Training Squadron. • Soldiers of the Guardian Bn., wearing face camouflage due to a concurrent field exercise, await their turn in the regulation drill event. • Staff Sgt. Joshua Higgins, MC Det., belts out a command during the freestyle event. • A Soldier shows enthusiasm for his unit. • Soldiers march during the freestyle competition. • The 262nd QM Bn. team marches at sling arms.

Soldier takes big strides toward world spotlight

T. Anthony Bell

Senior Writer/Special Projects

The last time *Fort Lee Traveller* readers saw the name of Sgt. 1st Class Daniel Tate was July 2017. The 40-year-old Alpha Company, 832nd Ordnance Battalion, Soldier was resuming a pre-military taekwondo ambition and had vowed to train hard and enter several tournaments to ready himself for global competition.

He is now in lassoing distance of capturing his dream. Over the past five months, the Minnesota native earned first place during the Peach State Games in April; first place in the American Taekwondo United National Championship in June; and second and third place nods at the North American Sport Taekwondo Association National Championship, also in June. He said the comeback has surpassed his expectations.

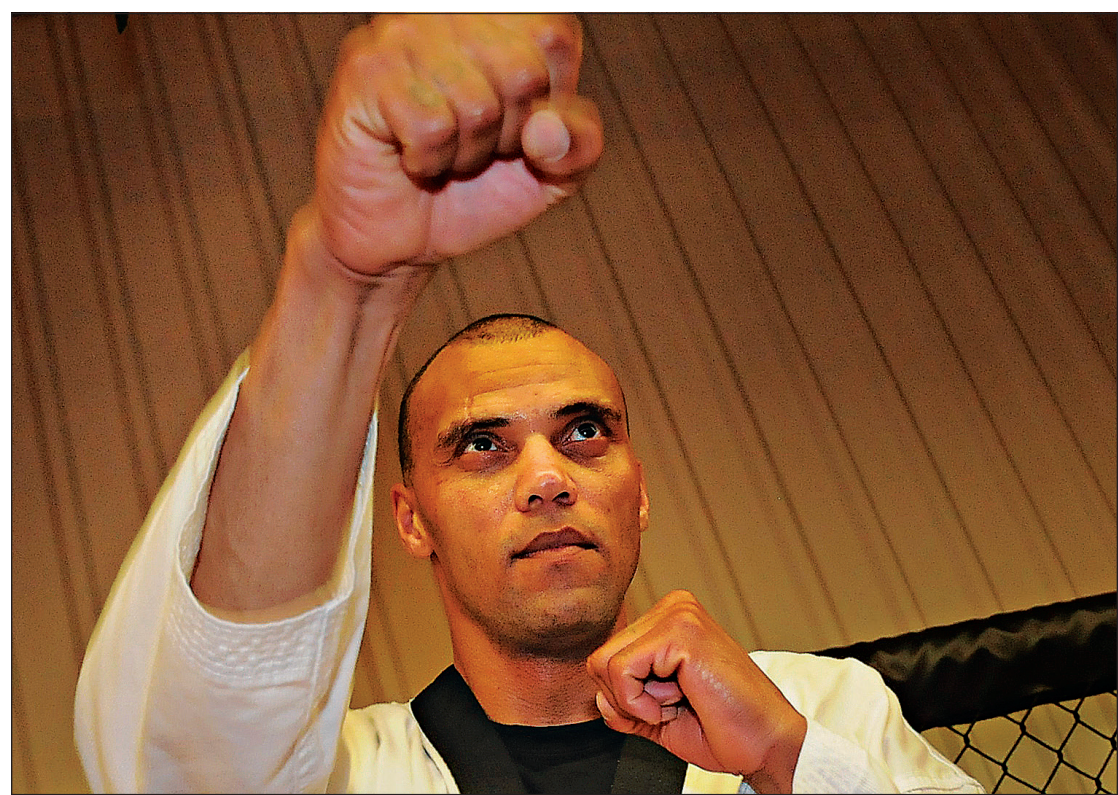
“It’s hard to believe,” exclaimed the Ordnance School instructor. “After taking such a long break, to

pick it up and then continue on ... I’ve been truly blessed to have the opportunity to come back and be able to compete.”

Tate had a promising martial arts career prior to enlisting in the Army 17 years ago. Because of his military obligations, he could not adequately train and thus pursue higher goals. The return to his taekwondo regimen resumed about three years ago at Fort Hood, Texas, his assignment prior to arriving at Fort Lee.

Competing as a black belt heavyweight in the 33-42 age bracket, Tate’s ultimate goal is to work his way toward battling for gold at the U.S. open, the German open and the World Open Taekwondo Championships in 2019.

The Traveller will continue to follow Tate’s journey to the national and world stages. Those interested in reading the previous feature about the Soldier can go to www.fortleetraveller.com and type “Daniel Tate” into the search bar at the top of the page.



(LEFT and ABOVE) Sgt. 1st Class Daniel Tate, Alpha Company, 832nd Ordnance Battalion, resumed a promising pre-military taekwondo career roughly one year ago; training hard, entering tournaments and finishing atop his category in several competitions. The 1st degree black belt has his eyes on national and international competition.

SCHOOL SAFETY,

continued from page 5

- Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4'9" in height and is between 8 to 12 years of age). This means the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, not the stomach; and the child is tall enough to sit against the vehicle seat back with legs bent at the knees and feet hanging down.

- All children under 13 years of age should ride in the rear seat of vehicles.

- Remember that many crashes occur while novice teen drivers are going to and from school. Parents may want to limit the number of teen passengers to prevent driver distraction. Do not allow teens to drive while eating, drinking or talking on a cellphone.

Backpack Safety

- Choose a backpack with wide, padded shoulder straps and a padded back.

- Pack light. Organize the backpack to use all of its compartments. Pack heavier



Metro Creative

items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.

- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder also may increase curvature of the spine.

– Garrison Safety Office

USAF donates school supplies



Contributed Photo

Airmen from the 345th Training Squadron here pose with representatives from Prince George County Social Services at a drop-off event for donated school supplies. This year's contribution had an estimated cash value of \$1,645, according to organizers. The squadron has conducted the annual school supply drive for the past several years. The squadron members pictured, from left, are Master Sgt. Peter Little, Master Sgt. Eleuteria Inman and Technical Sgt. Derrick Raley. This year's drive was coordinated by Robin Doaty, the 345th TRS registrar.

DUI ADVISORY,

continued from page 2

\$10,000 – many times more than the cost of a cab or ride-share service, or a free lift home from a sober friend or family member.

A recent NHTSA study found that drivers who had been drinking above the 0.08-percent legal limit had about four times the risk of crashing as sober drivers. Those with blood alcohol levels at 0.15 percent or higher had 12 times the risk.

VSP, the DMV and the Virginia Department of Transportation are coordinating efforts to amplify awareness of the dangers of drunk driving. Through social media, the agencies will provide continual support of the statewide campaign complementing Checkpoint Strikeforce enforcement activities.

– DMV

“Create forever memories today” DINWIDDIE COUNTY FAIR

SEPTEMBER 7 - SEPTEMBER 9
AT THE VIRGINIA MOTORSPORTS PARK
8018 BOYDTON PLANK RD. NORTH DINWIDDIE, VA 23803

ADMISSION: \$10.00 PER CARLOAD | WEBSITE: WWW.DISCOVERDINWIDDIE.COM



HOME HELPERS®
MAKING LIFE EASIER®

Help At The
Touch Of A
Button®

**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

PH-0036 16 10

Both kids, adults susceptible to Hand, Foot and Mouth disease

Stephen Pinkerton

Physician Assistant, Behavioral Health, KAHC

A relatively unfamiliar, yet common, communicable disease gained a bit of press over the summer when two well-known Major League Baseball players – New York Mets pitcher Noah Syndergaard and Yankees pitcher J.A. Happ – missed games due to the illness.

The public later learned they had contracted Hand, Foot and Mouth Disease, and there were a few murmurs about a potential outbreak akin to influenza or Legionnaires. That worry was laid to rest by the Centers for Disease Control and Prevention, which laid out the facts about HFMD and labeled it as a seasonal expectation occurring in late summer and early autumn. Reported adult cases are far less-common than those among children under 10 years of age who are most vulnerable to the illness.

The upside of the baseball player incident

is the opportunity to discuss HFMD, an affliction everyone should know something about for two reasons – being able to recognize and deal with it appropriately when it does happen, and playing a part in stopping its spread to others.

HFMD is a common viral illness that usually starts with a fever, reduced appetite, sore throat and a general feeling of being unwell. One or two days after the fever starts, painful sores can develop in the mouth. They usually begin as small red spots, often in the back of the oral cavity, that blister and become painful. A skin rash on the palms of the hands and soles of the feet may also develop as flat, red spots, sometimes with blisters.

Not everyone will get all of these symptoms. Some people, especially adults, may become infected and show no signs of it at all, however, they can still pass the virus to others. The primary concern in the health community is when HFMD symptoms es-

calate from mild to severe. Individuals need to pay attention to what their body is telling them and seek medical care when there is a concern in these cases.

The following is a summary of HFMD facts and need-to-know information to help individuals understand this illness and its treatment.

HFMD is caused by viruses found in an infected person's:

- Nose and throat secretions
- Blister fluid
- Feces

HFMD is transmitted by exposure to these viruses through:

- Close personal contact, such as hugging an infected person
- The air when an infected person coughs or sneezes
- Contact with feces after using the bathroom or touching undergarments/changing diapers of an infected person, then touching the eyes, nose or mouth before washing hands
- Contact with contaminated objects and surfaces, like touching a doorknob that has

viruses on it, then touching the eyes, mouth or nose before washing hands

There is currently no vaccine for HFMD. Individuals can lower their risk of being infected by doing the following:

- Wash hands often with soap and water, especially after changing diapers or using the toilet
- Clean and disinfect frequently touched surfaces and soiled items, including toys
- Avoid close contact such as kissing, hugging or sharing eating utensils or cups with people with HFMD

There is no specific treatment for the disease. Those concerned about symptoms should contact their health care provider.

Generally, a person with HFMD is most contagious during the first week of illness. He or she should stay home while the symptoms are most prevalent. Talk with your healthcare provider if uncertain about returning to work or school. The same applies to children returning to daycare.

To learn even more about HFMD, visit www.cdc.gov/hand-foot-mouth/.

Back-to-School Carnival to feature games, prizes

All Fort Lee community members are invited to a Back to School Carnival set for Saturday, 1-2 p.m., in the Exchange-Commissary parking area between the two stores off A Avenue, near Sisisky Boulevard. The event is being hosted by the Army and Air Force Exchange Service and DeCA. All activities are free.

“The family friendly event is for all youth age groups and will include a number of games and fun activities for the kids,” said Jazzmein Lorenzo, an Exchange representative. “We are pleased to partner with the Commissary for this special celebration. This will be a great opportunity to strengthen our relationships with the military community.”

The scheduled activities include a bounce house, corn-hole competition, face painting,

a nerf challenge and more. Participants also will have a chance to grab prize coupons during a balloon drop. Rounding out the celebration will be the various vendors on site with food, beverages and other items available for purchase.

While at the event, be sure to speak with Exchange representatives about education-supporting activities like the AAFES You Made the Grade Program, where students can receive prizes for good report cards. The Exchange also launched its annual expanded layaway program recently, giving parents a budget-friendly way to purchase laptop computers and other electronics.

For more information, call 804-861-5970 or email lorenzoj@afes.com.

– Staff Reports

We Now Have **CONDO APARTMENTS**
LUXURY starting at **\$850 / 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

Final AT Awareness Month message: struggle against terrorism continues

Radical Islamist extremism has become the world's most toxic global revolutionary force.

The U.S. and its allies face a complex terrorist landscape, populated by a diverse array of actors. The Sunni jihadist movement and its most prominent groups, the Islamic State and al-Qaida represent the primary transnational terrorist threat to all NATO nations.

The Islamic State remains at the forefront of the movement due to their tenacious ideology, flexibility, adaptability, effective use of propaganda, skill with high-tech communications and fighting capability (at least against underdeveloped nations). Arguably, their social media and web presence serve as the primary tool for sustaining their existence.

Surprisingly, the actual number of deaths caused by terrorism worldwide decreased by 22 percent from 2015 to 2017, and it's the third consecutive drop in those figures. At the same time, however, terrorist activity increased because more countries are now dealing with extremist groups expanding operations into their nation.

Only four terrorist groups were responsible for 59 percent of all deaths in 2016. Islamic State was the deadliest with a 50 percent increase from its previous peak in 2015. In Iraq and Syria, IS lost almost all of the territory it controlled at its peak in August 2014. Despite such reversals, however, the group remains agile, adaptive and dangerous.

In 2017, IS directed attacks in 15 countries – four more than the previous year. IS-affiliated groups killed 2,417 people and conducted attacks in 11 other countries. During the same period, Boko Haram, al-Qaida and the Taliban were actually responsible for fewer deaths. Over the last 17 years, 99 percent of all terrorist deaths occurred in countries that are either in conflict or have high levels of political terror.

Since 2002, the U.S. has experienced 89 percent of attacks and 95 percent of the fatalities. Jihadi-inspired extremist organizations have been responsible for fewer attacks but have been, by far, the deadliest. Their attacks are responsible for 96 of the 177 fatalities

since 2002.

The United States has experienced the overwhelming majority of lone actor attacks with 81. Only four other countries have had more than 10 similar incidents over the last decade: the United Kingdom, France, Germany and Belgium. There is no unique profile for lone actors. They vary by demographics, socio-economic



AP Photo/File

status, education and motivation. The only overwhelming commonality is gender. Worldwide, 93 percent of all lone offender attacks were conducted by males.

A further examination of the Islamic State shows degraded capability after losing its controlled territories in Syria and Iraq – the loss of Mosul and Raqqa marked an end of the physical 'caliphate.' In short, IS is on the run. However, they still have 12,000-15,000 fighters in Syria and Iraq. The group has established eight official provinces, divided into 37 subsections in Libya, Egypt (Sinai Peninsula), Saudi Arabia, Yemen, Algeria, Afghanistan, Pakistan, Nigeria and the north Caucasus. This loose networks of cells, operatives and sympathizers could morph into an insurgent force capable of genocide and torture.

While the world was fixated on IS, al-Qaeda has been shoring up its power. Today, it is stronger than 17 years ago when it launched its 9/11 attacks. Following the U.S. invasion of Afghanistan, al-Qaida devolved into a dispersed, leaderless movement united by a shared purpose and ideology. Attacks continue

to be carried out by self-recruited lone wolves or cells composed of veteran fighters. The group continues to be responsible for low-key jihad attacks, such as brush fires, pipe bombs, stabbings and vehicle-based assaults.

Cyberspace has leveled the playing field. Individuals, small countries, terrorists and criminals can now compete with larger, more powerful nations through applications of cy-

ber technology. Computer networks give terrorist groups greater strategic and operational freedom and the ability to form new types of 'leaderless attacks.' Al-Qaida mastered satellite television and cable news. In April 2016, ISIL developed a 'United Cyber Caliphate' – a cyber-army to enable followers to wage terror campaigns, conduct crime, publish kill lists and conduct terror operations.

Another technological innovation used by terrorists is drones. IS established the 'Unmanned Aircraft of the Mujahideen,' an operational unit that engineers and deploys drones in combat. The group deployed kamikaze aircraft that carry explosives that detonate on impact. Even more disconcerting is the possibility of unmanned aircraft being used to disperse chemical weapons on large civilian gatherings or concentrated community areas.

The internet remains a lifeline for IS propaganda, especially after the terrorist group was seriously degraded on the battlefield. Modern technology prevents governments from controlling the spread of extremist ideas. The internet and smartphones

have become the preferred modus operandi to coordinate attacks since terrorists trust the strong encryption now available. As social media accelerates the spread of jihadist propaganda, the number of extremists radicalized online has risen dramatically.

The fight is changing. Battles are no longer decisively won; coalitions are formed but sometimes weaken; resolve wanes; outside political agendas govern warfighting objectives, and countries get tired of this generational struggle. Terrorist organizations come and go, but typically last around 40 years. This varies, depending on several factors, particularly having the invigorating grass roots support of the local populace. Terrorist organizations are sometimes defeated, sometimes they achieve their goals and disband, and sometimes they simply disappear due to lack of support from local citizens.

IS and al-Qaida discovered the Achilles heel of western democratic societies. They use our humane laws and freedoms against us to operate both openly and covertly, creating a cancer within our midst. They leverage bias media to incite fear and radicalize Muslims in the U.S. They are the masters of generating inhumane militarily operation scenarios against Muslim civilians in Iraq, Syria and Afghanistan, which are later used as propaganda to justify their cause.

Fortunately, the U.S. is unbending in its adherence to core values and principles. The American populace recovered from the vicious attacks on 9/11 and our military forces continue to apply reasonable military operations to defeat the nation's enemies. To win this war, however, we have to apply greater and better cyber technology, keep making military successes on the ground and deny terrorist groups the financial resources they need. Some of our loved ones will have to fight them overseas. Others will continue to provide daily security right here on Fort Lee. But for most of us, our role is to maintain awareness and report anything suspicious to law enforcement.

– Directorate of Plans, Training,
Mobilization and Security

CALENDAR

LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

Pre-Retirement Seminar | Aug. 31

A pre-retirement seminar for military members who are within 12-24 months of separation from service will be held Aug. 31, 8:30 a.m. - 4 p.m., in the Soldier Support Center auditorium, building 3400, 1401 B Ave.

The free program will cover a variety of post-military-career topics. Spouses of separating military members are welcome.

For details, call 804-734-6555 or 734-6973.

'Wheelhouse Wednesday' | Sept. 5

A Transportation Corps social event is set for Sept. 5, 5 p.m., in the Fort Lee Ten-Strike Bowling Center, C Avenue.

"Wheelhouse Wednesdays" connect students, senior leaders and friends of the Transportation Corps in a relaxed atmosphere.

For details, call Mike Agullar at 804-765-7447.

FLASC Sign-Up Event | Sept. 6

Prize raffles, shopping booths, travel and family support information tables and more are planned at the Fort Lee Area Spouses' Club Super Sign-Up event set for Sept. 6, 10 a.m. - 2 p.m., at Memorial Chapel.

All spouses of service members (active, reserve, retired or deceased), as well as government civilians and contractors are welcome. The free event is open to children.

For updates, visit www.facebook.com/fortleearaspousesclub.

Cardinal Member Appreciation Scrambles | Sept. 8, 10

Member Appreciation Scramble tournaments are set for Sept. 8 and 10 at the Family and MWR Cardinal Golf Club, with 8 a.m. shotgun starts both days.

The scramble is free to current members (no guests). Reservation can be for one day

of play only. This is a four-person, captain's choice scramble. The event includes golf, a cart, lunch and prizes.

For other details, call 804-734-2899.

Lee Playhouse 'Godspell' Opening | Sept. 7

Opening night for "Godspell" – the first production of the Lee Playhouse 2018-2019 main stage season -- is set for Sept. 7, 8 p.m., at the Lee Theater, 1100 Mahone Ave. Additional performances are Sept. 8, 14, 15, 21 and 22 at 8 p.m., and Sept. 9, 16 and 23 at 3 p.m. All shows are open to the public.

Parental guidance is suggested for children under 12. Tickets are \$15 for adults and \$7 for youth, 16 years old and under.

For reservations, contact the box office at 804-734-6629.

POW/MIA Observance | Sept. 13

Fort Lee's annual POW/MIA Recognition Day observance and luncheon is set for Sept. 13, 11:30 a.m., in the Lee Club main ballroom.

Sgt. Maj. Darrick Brown, the senior enlisted leader for the Quartermaster School's Joint Mortuary Affairs Center here, will be the featured speaker. The cost of the luncheon is \$15.

Tickets can be purchased through any agency sergeant major or by calling 804-765-2668.

Ticket Deadline for Retiree Ball | Sept. 14

Tickets will be available for the 2018 Military Retiree Appreciation Ball until Sept. 14. The event is set for Sept. 29, 5 p.m., at the Lee Club.

Retired Command Sgt. Maj. Tracey E. Anbiya is the scheduled guest speaker. The cost for single admission is \$37 and \$74 for couples.

For registration and details, call 804-734-0005 or 765-8675.



TRICARE Open Season begins Nov. 12; a good opportunity to analyze coverage

TRICARE's first open season – an opportunity to make enrollment changes – is set for Nov. 12 - Dec. 10.

This important event allows users to enroll in or change a health care coverage plan for the coming year. Open seasons are set to become an annual norm for TRICARE, each starting on the Monday of the second full week in November to the Monday of the second full week in December. Enrollment choices made during this period take effect on Jan. 1 of the following year.

During Open Season, beneficiaries can enroll in or change a TRICARE Prime or Select plan. Those who remain eligible and make no changes during the upcoming Open Season, will stay in the same plan for 2019. Individuals qualified for or receiving TRICARE coverage should look at all aspects of their coverage and consider any advantages to changing the type of enrollment, for example switching from an individual to a family plan.

Outside of the TRICARE Open Season period, new enrollments and changes in coverage can still occur if there's a Qualifying Life Event within the family, such as the

death of the sponsor, marriage of the sponsor, birth of a child, and so on.

Whether during TRICARE Open Season or following a QLE, there are three ways to make an enrollment choice:

- Online: Go to the Beneficiary Web Enrollment website
- By phone: Call your regional contractor
- By mail: Mail your enrollment form to your regional contractor

TRICARE Open Season doesn't apply to the premium-based plans listed below. These plans offer continuous open enrollment throughout the year:

- TRICARE Retired Reserve
- TRICARE Reserve Select
- TRICARE Young Adult
- Continued Health Care Benefit Program

Also, Open Season doesn't apply to TRICARE For Life, which doesn't require enrollment.

Beneficiaries can sign up to receive automatic updates about the Open Season through the TRICARE website. Look for more information at www.tricare.mil/openseason.

– TRICARE

GREEN

continued from page 6

Which talent would you most like to have? "I wish I had learned to play the guitar."

What's your motto? "Be prepared. (I am an Eagle Scout.)"

Who is your role model? "Astronaut Neil Armstrong, a fearless, adventurous Eagle Scout."

What is it that you most dislike? "Apathy

and complaints, I think. You need to be part of the solutions, not just the complainer."

What is something people would be surprised to know about you? "That I am an Eagle Scout, and achieved the rank at the age of 13."

What are your future aspirations? "To play more golf, especially with my family as my son and daughter have taken up the game."

– Compiled by Amy Perry

IMPORTANT PUBLIC NOTICE:

Any persons or firms with debts owed to or having just claim against the estate of **Sgt. 1st Class Ray Davis Hobbs**, deceased, formerly of Whiskey Company, 244th Quartermaster Battalion, 23rd QM Brigade, Fort Lee, Va., must contact 1st Lt Kenneth Woodward, the summary court martial officer for the Soldier. Call 951-206-4636 or email kenneth.c.woodward4.mil@mail.mil.

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

FORT LEE TRAVELLER Classifieds

LOCATION - LOCATION FOR RENT



NEWLY BUILT HOME

20 Minutes From Fort Lee Desirable SouthCreek Neighborhood
Open Concept With First Floor Master 3 Spacious Bedrooms
Upstairs. Hardwood, Ceramic Tile Bathrooms.
Must See! Call April Osei Owner/Agent

Weichert
REALTORS

Brockwell & Portwood

2425 Boulevard, Suite 6, Colonial Heights, VA 23834
713 N Courthouse Road, Suite 100, N Chesterfield, VA 23236
Office: 804-518-0500 • Cell: 804-615-7718
E-mail: osei7718@verizon.net

Website: www.myvirginiarealestate.com



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 • 804.504.0123



When you purchase or sell a home with **JAY EISCHEN**

You will receive up to a **\$1,500.00** back
(on purchase price of \$250,000)

Call Jay for details
804 687-0144

www.jayeischen.com

601 South Park Blvd
Colonial Heights VA



CONTACT:

Susan Irgens
757-477-7104
susanlou.irgens@gmail.com

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



BACK TO SCHOOL SPECIAL'S

- Medium box Braids- \$125 (mid-back) Hair included
- Large box Braid- \$100 (mid-back)
- Crochet Braids- \$75 • Crochet Hair- \$85
- Children- \$30 (age 3-10) • Children- \$40 (age 11-13)
- (Clear beads provided 10 extra for beads)
- Lemonade Braids (elbow length) Hair included
- Medium- \$90 • Small- \$120
- Feed in- \$15per Braid
- Basic sew-in with natural leave out \$90
- Quick Weave- \$65 (HAIR NOT INCLUDED)
- Senegalese Twist- \$125 Hair included
- Loc Matience- \$60
- (2inch or less new growth)

12135 Chalkley Rd., Chester Va, 23831
Contact Monica



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.KANPAIHOPEWLL.COM



FDM TACTICAL 5.11 TACTICAL DEALER

Specializing in Tactical Gear Full Line 5.11 Dealer

10% OFF

MILITARY AND FIRST RESPONDERS*
**excludes guns and ammunition*

Open Monday-Saturday 10-5 • Closed Sunday
5278 OAKLAWN BLVD. N., PRINCE GEORGE
1 mile from Fort Lee at the crossings Shopping Center

804 446 3268



The Ultimate in Gentle, Effective Care

Keep Yourself in Top Shape with
Our Low Key Chiropractic Adjustments

WE LOVE OUR MILITARY AND TO SHOW OUR
APPRECIATION, WE ARE HAPPY TO OFFER
ALL ACTIVE DUTY MILITARY MEMBERS A
20% DISCOUNT ON SERVICES.



**OPEN: Monday, Wednesday,
Friday 10am-6pm
Tuesday, Thursday 2pm-6pm**

16021 Kairos Road Suite C • So. Chesterfield, VA 23834

**** Pay it forward - share us with your family and friends! ****

804-536-6262 • www.quintchiro.com
www.facebook.com/QuintChiro



In celebration of Labor Day,
we reflect on all the hard work done to
sustain, strengthen and protect our great
country and the Commonwealth of Virginia.
We urge our fellow Americans this holiday
weekend to remember the Soldiers who
are deployed on federal active duty,
away from their loved ones, and doing
their part to keep us all safe. Please keep
all of them, and their families, in your
thoughts and prayers.

*From all of us at
The Progress-Index & Gatehouse Media*

