

2018 RAD event offers usual array of info updates, support services, celebratory ball

SEE PAGE 4



FORT LEE TRAVELLER

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September 6, 2018 | Vol. 78, No. 29



Summing Up The Science

Understanding 'brain games' key to suicide engagement says guest speaker

SEE PAGE 3

PAST, PRESENT PERSONNEL REUNITED AT PWD REUNION

Biennial gathering honors legacy of liquid logisticians while promoting camaraderie, interaction, young Soldier pride in profession

SEE PAGES 8-9



MAKING KIDS MONEY SMART

Early introductions to financial lessons enhance math skills, responsibility, more

SEE PAGE 2

PROMOTING PREPARATION

Post joins campaign meant to encourage planning, practice for emergency situations

SEE PAGE 5

TROOPS LEARN CANINE CARE

As part of the front line forces of crime prevention, working dogs can be injured

SEE PAGE 11

How much do your kids know about money?

Looking at factors like increasing consumer debt and generally inadequate future investment/money-saving habits, leading economic experts say that financial illiteracy is a major problem for Americans.

The fact that it's a legacy being passed on to the next generation is equally concerning. Over 62 percent of 15- to 18-year-olds tested by the National Financial Educators Council received either a "D" or "F" on the 2017 National Financial Literacy Test. Without intervention, these young people could grow up without the skills needed to manage credit cards, control loan debt or establish effective savings goals.

Most parents do a pretty good job of instilling in their children the importance of good grades, healthy decisions and positive personal conduct. What they tend to overlook – or possibly avoid with the assumption it's not important – are the "saving for a rainy day" discussions that help youngsters understand how the economy works and reverses the perception of having anything they want just by asking Alexa and Siri to buy it or plunking down a plastic card like mom and dad.

Children are never too young to learn skills needed for a secure financial future. To get started, consider the following tips:

- Teach money basics by playing "store" at home. Take turns being the customer and the cashier. Play board games involving money exchanges to practice addition and



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subtraction. *(Editor's note: for the past two years, the Fort Lee Youth Center has hosted a "Reality Store" event in which participants with a set budget are challenged by potential life events like marriage, buying a home, paying fines, and more. Community members can find listings of CYS and SKIES activities at lee.armymwr.com)*

- Give children an allowance and help them create a budget. Stress the difference

between needs versus wants to help them make smart decisions when it comes time to shop for clothes, school supplies, toys and more.

- Offer children incentives to save, promising to match any money they sock away so they'll learn how invested money grows.
- Encourage teenagers to get part-time jobs, then help them make smart decisions

about how to allocate their income, whether that's saving for big-ticket items, putting money away for college or donating to charity.

- Review free, online financial education materials together that are geared for school-age children, such as those found at PurchasingPower.com and JuniorAchievement.org.

- Seek out community initiatives helping to promote financial literacy. An agency that could be helpful in this area is the Fort Lee Army Community Service and its Financial Readiness Program (see info at lee.armymwr.com/programs/financial-readiness-program). Talk to your bank or credit union about the classes they offer. Many local libraries also host activities in this area and welcome military families as members. A website worth checking out is dft.wa.gov/financial-education/educators/online-games-and-apps.

Getting back to where this discussion started, there are many things grown-ups can do to make themselves more financially savvy as well. The aforementioned FRP program at Fort Lee ACS is an ideal learning asset. Its classes in the coming weeks include Surviving the Holidays Financially on Sept. 18; Developing a Spending Plan on Oct. 16; Car Buying on Oct. 31; and Retirement Planning on Nov. 20. It offers assistance in budget management and effective investing/saving strategies as well. For additional information, call 804-734-6388 or visit the program's website previously specified.

– StatePoint Media and Staff Reports



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ON THE COVER



Patrick Buffett

Vicki Lynn Duffy, a cognitive behavior expert from Marine Corps Base, Quantico, discusses how the brain is capable of "hijacking" the body and causing individuals to act in a manner inconsistent with expected reasoning during her presentation at the installation's Suicide Prevention and Awareness Month kickoff event Aug. 30 at the Memorial Chapel Family Life Center. See story and photos, Page 3.

Speaker shares scientific findings at Suicide Awareness Month kickoff

Patrick Buffett

Managing Editor

Categorizing suicide as an anomaly among the weak-minded is a hindrance to awareness and prevention, according to Vicki Lynn Duffy, director of Embedded Preventive Behavioral Health Capability and Suicide Prevention at Marine Corps Base, Quantico.

“We need to recognize it’s a state of mind that’s not always connected to mental illness,” she emphasized during her remarks at the Suicide Prevention and Awareness Month kickoff breakfast Aug. 30 in the Memorial Chapel Family Life Center. “With that realization, we have to be comfortable with knowing it can happen to anyone; that suicidal ideations are unavoidable; and they’re not always predictable, which should dramatically change the conversation.”

Duffy’s talk preceded a proclamation signing in which Brig. Gen. Douglas McBride Jr., CASCOM and Fort Lee interim commanding general, Col. Hollie Martin, garrison commander, and other senior leaders endorsed a pledge to “Be There” when a fellow Team Lee member needs support. Throughout the coming month, a series of activities are planned across the installation to raise awareness of suicide prevention measures and assistance programs. The schedule of activities can be found at lee.army.mil under the “Upcoming Events” listing.

During her thought-provoking presentation at the observance, Duffy raised several points about her suicide research and findings. The audience was jokingly encouraged to “listen fast” in the introduction by Garrison Chaplain Col. Terry Romine, as a “weeks’ worth of classroom material” was about to be thrown at them.

“My perspective is from a totally different place,” Duffy explained at the beginning of her talk. “I’m not a chaplain, I’m not a psychologist, and I’m not a social worker. I



(LEFT) Garrison and CASCOM Chaplain Col. Terry E. Romine introduces the featured speaker during Fort Lee’s Suicide Prevention and Awareness Month kickoff breakfast Aug. 30 at the Memorial Chapel Family Life Center. “If we gave her eight hours a day, five days in a row, she wouldn’t run out of material,” he said of Vicki Lynn Duffy, director of Embedded Preventive Behavioral Health Capability and Suicide Prevention at Marine Corps Base, Quantico. “So, what I’m asking you to do this morning is listen really fast.” (Below) Brig. Gen. Douglas McBride Jr., CASCOM and Fort Lee interim commanding general, Col. Hollie Martin, garrison commander, Command Sgt. Maj. Michael Perry, CASCOM CSM, and 1st Sgt. Stephanie Doehr, representing the garrison CSM, pose with the installation’s Suicide Prevention and Awareness Month proclamation after a signing ceremony Aug. 30 at the Memorial Chapel Family Life Center. Each of the senior leaders signed the display board, pledging their commitment to “Be There” when a fellow Team Lee member needs support.



Photos by Patrick Buffett

am a scientist.”

Her entry into the program in 2009 came with the understanding that she would study human behavior, and she was provided investigation reports detailing the lives of suicide victims and the scenes of their self-inflicted deaths.

the people around those Soldiers had all of the evidence, and what they did know wasn’t clear to them.”

Recognizing the brain’s ability to “hijack” various body functions is key to understanding where most suicidal ideations begin, Duffy elaborated at a different point in her presentation. The examples she cited include someone skipping meals all day and frantically carb-loading on junk food as soon as they get home, or people passing out at the sight of blood.

“Our mind goes into fight, flight or freeze mode,” she said. “We have activated our sympathetic nervous system. When we don’t eat, the body thinks it’s dying because it’s not getting fuel or calories. Then the reasoning of the frontal cortex kicks in and demands a quick energy carb-load as a matter of survival. When it gets what it wants, it dumps really great chemicals in our brain and we feel so much better.”

What happens, though, if a crisis happens and the reasoning part of the brain is slow to respond? It’s a fact of life the frontal cortex is not fully developed until age 25, Duffy pointed out during the latter portion of her remarks. Some may see a threat and not have the experience of knowing how to overcome it or recognize it’s a short-term situation that is survivable.

“At that point, the person is in this hijacked state with little or no help from the part of their brain that does higher-level thinking and problem solving; the part that connects short-term to long term memory, which allows them to put things into perspective,” she said. “Thus, when you encounter someone who is suicidal, more times than not what’s happening with them seems illogical and out of perspective. ... That’s you, because everything is making sense to them. They are under hijacking operation and not functioning correctly.”

At various points in her talk, Duffy cited statistics like the 75-to-80 percent of people who die by suicide never telling anybody they’re suicidal because they don’t know they’re in that state of mind. In a preponderance of cases, she also observed, the time between perceiving death as the best

SEE **SUICIDE AWARENESS**, page 13

“I felt every emotion,” she recalled. “I was angry, sad, confused and there were many moments when I was outright sick to my stomach because I knew what was coming. Everything needed to know that person would commit suicide was right there in front of me. Unfortunately, none of

Retiree Appreciation Day, Ball set for Sept. 29 at SSC

Military retirees and their spouses can expect a wealth of information, resources, services and special recognition at the annual Fort Lee Retiree Appreciation Day set for Sept. 29, 8 a.m. - 1 p.m., in the Soldier Support Center, building 3400, B Avenue.

It will be followed by the annual Military Retiree Appreciation Ball that day at 5 p.m. in the Lee Club. The guest speaker is retired Command Sgt. Maj. Tracey Anbiya. Cost is \$34 per person or \$74 per couple. The ball sign-up deadline is Sept 14. Call 804-734-0005, 765-8675, 765-8883 or 943-4192.

“These events are a chance for all retired service members and their families to stay connected to the military and the resources that are offered to and for them,” said Cassandra Rawls, Soldier for Life - Retirement Services chief. “There will be a wealth of information and community services there offering support to the Fort Lee retired community. KAHC will have a health fair. The Red Cross, USO and several Veteran Affairs representatives also will be present to answer questions regarding retiree benefits. There will be assistance with understanding the TRICARE program as well as the updated dental program.”

Annual attendance at the RAD ranges between 300-400 individuals, according to Rawls. The conference-style event is dedicated to local area retirees but many come from other places like North Carolina and West Virginia. An estimated 19,000 retired military members receive support from Fort Lee SFL-RS.

Describing the RAD as “an ideal opportunity to receive the latest information on veteran benefits, services and pending policy and legislation,” Rawls said the gathering also has become a “one-stop-shop” for immunizations; blood pressure screenings; identification card renewals; notary, limited tax and legal services; and other assistance programs. Retirees also will be able to re-establish their myPay accounts.

“It’s just a well-rounded day to make sure we take care of our retired Soldiers and let them know we appreciate them,” said Rawls. “We try to add more to the program each year



Amy Perry

Linda Perkins, TRICARE referral office, KAHC, gives information to retired Capt. Tereasa Mitchell about the military health care programs during the 2017 Retiree Appreciation Day at the Soldier Support Center. The 2018 program is set for Sept. 29, 8 a.m.

and receive many favorable comments for our efforts.”

The opening program for the event starts at 8:30 a.m. in the SSC auditorium. The featured speaker will be retired Lt. Col. Maria Bentinck, deputy director of the Army Retirement Soldier for Life office. Bentinck is responsible for all retirement services policies and oversight of the program’s delivery to Soldiers, retired Soldiers and surviving spouses of all three Army components.

Rawls said she encourages retirees to come, even if they can’t get there for the opening ceremony or can only attend for an hour or two. The assortment of information booths – another regular feature of the event – is worth a walkthrough of its own, with staffers offering everything from health and wellness information to tips for using family support and veteran care benefits.

“The overall atmosphere is one of camaraderie and support,” Rawls noted. “Most walk away feeling very good about what I can only describe as being part of the Army family.”

Nothing bad has been said about the event freebies either. They include a free lunch for military retirees and family members.

For additional information about Retiree Appreciation Day, call 804-734-6555.

– Staff Reports

NEWS BRIEFS

Remembrance Ceremony Set for Sept. 11

A remembrance ceremony in recognition of the 17th anniversary of the 9/11 terrorist attacks will be held Sept. 11, 8:45 a.m. at Memorial Chapel, Sisisky Boulevard. Everyone in the Fort Lee community is invited.

Participants are requested to be seated no later than 8:35 a.m. to facilitate a moment of silence. That will be followed by remarks and prayers for the fallen and their families.

Meetings Resume for Federal Employee Group

Petersburg Chapter 28 for National Active and Retired Federal Employees will hold a meeting Sept. 19, 10:30 a.m., at the Lutheran Church of Our Redeemer, 1769 S. Sycamore St., Petersburg.

Retirees and active employees from all federal agencies are invited to attend, as well as spouses, annuitants and guests.

For details, call 804-861-8251.

VWM Patriots Day Observance

Melvin D. Carter, chief of Fire and Emergency Services for the City of Richmond, will be the keynote speaker at the Commonwealth of Virginia Patriots Day Ceremony scheduled for Sept. 11, 5:30-6:30 p.m., at the Virginia War Memorial, 621 South Belvidere St., Richmond. The public is invited to the free event.

The annual ceremony will honor and remember those who perished during the terrorist attacks on Sept. 11, 2001.

For details, visit www.vawarmemorial.org or call 804-796-2060.

Army CID Launches Crime Reporting App

The military community and the public can use their computers and smartphones to submit tips about crimes, suspicious activity or threats to the Army’s Criminal Investigation Command via a new digital crime tips system.

To access the secure application via any internet-connected device, visit www.cid.army.mil. In addition to the web interface, the app is available as a free download from the Apple Store and Google Play at www.p3tips.com/app.aspx?ID=325.

For more details, visit the CID site.

\$500 Gift Card Up for Grabs

The Army and Air Force Exchange Service in partnership with Procter & Gamble will give away a \$500 Exchange gift card during the Baby’s First Shopping Spree Sweepstakes through Sept. 23.

To enter, authorized shoppers (parents of the baby) should post a photo of their child – newborn to 4 years old – at shopmyexchange.com/sweepstakes.

The winner will be selected on or about Oct. 1.

Exchange Free Layaway for Holidays

A free layaway offer is open to authorized shoppers of the Army and Air Force Exchange Service through Dec. 24. The military shopping facility will waive its standard \$3 service fee for layaway purchases of \$25 or more that are paid in full by Christmas Eve. A deposit of 15 percent is required to hold items.

For details, talk to an associate at the Exchange customer service counter.

Exchange Scholarship Contest

Military youths who “go above and beyond” to make a difference in their community could win a \$5,000 scholarship through the Army and Air Force Exchange Service and Unilever Rewards of Caring Scholarship contest.

To enter, dependents of authorized shoppers in 6th-12th grades with a 2.5 or higher GPA can submit an essay (in English, 500 words or less) by Sept. 27 explaining their involvement in volunteer service and why their community is important to them. Four winners will be selected on or about Oct. 29.

For an entry form and submission details, visit shopmyexchange.com/sweepstakes.



File Photo

Actions during NPM campaign have potentially lifesaving consequences

Patrick Buffett

Managing Editor

In September, Fort Lee and the entire U.S. Army joins the nation in the observance of National Preparedness Month – an awareness and call-to-action campaign that urges every member of our communities to face the realities of potential manmade or natural disasters and do something to reduce their chances of harm.

The theme of the 2018 observance is simple and direct: “Disasters Happen. Prepare Now. Learn How.”

“Put that in the context of what you, I and the rest of the Army does every day ... which is to ensure our military forces are trained, equipped, and physically and mentally ready to defend or safeguard the nation when called upon to do so,” observed Thomas Loden, Fort Lee emergency manager in the Directorate of Plans, Training, Mobilization and Security.

“We know this enemy,” he continued. “It

comes at us in the form of hurricanes, severe tornado-producing storms, flooding and we’ve witnessed the types of recent attacks across the nation that result in mass casualties and destruction. So, we have to ask ourselves what the responsibilities are to prepare and practice contingency plans. What can be done individually and collectively to protect ourselves and keep us moving forward on the battlefield?”

The national website www.ready.gov similarly recommends a lot more than mere discussion when it comes to preparedness. “Take time to learn lifesaving skills, such as CPR and first aid,” its messaging reads. “Check your insurance coverage for the hazards you may face (paying attention to what’s not covered as much as what is). Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas in your home.”

An important consideration that’s backed

up by testimonial interviews from victims of disasters across the nation is what occurs in the immediate wake of a devastating event. Beleaguered eyewitnesses describe the desperation they felt, the home safety measures that were inadequate, the immediate medical help they couldn’t get and the complications of lost power, communications and access to basic supplies.

“Most assume immediate assistance is just a phone call away,” Loden said. “What they fail to consider is that emergency personnel – whether police, fire, medical or those providing utility services – will have a large influx of calls to handle, and it may take them much longer than normal to render assistance. Additionally, no power means no access to gas pumps or grocery stores. Roads may be impassable due to fallen debris or flooding. There are many complicating factors that could put community members in a short-term survival situation, and it does no good at that point to wish they had done some

prior emergency planning and preparation.”

Army experts in the emergency preparedness business offer an additional consideration for “seasoned” community members. Is that junior-ranking service member or his family, who may have just moved into the area, prepared? Maybe they’ve never experienced a hurricane or tornado threat. The bottom line is looking out for the community as well as ourselves because, as noted on the ready.gov website, neighborhood residents are likely to be the first to render assistance well before first responders arrive.

“Our chain of command takes this very seriously, I can assure you,” Loden noted. “Resources have been dedicated to providing the step-by-step information required for effective emergency planning and preparation. Throughout the coming month in the *Traveller* and other post-communication venues, we (DPTMS) will be passing along need-to-know facts, checklists and consideration points. The rest is up to our community members, keeping in mind that we’re not talking about something that’s only done in September. The campaign is about awareness and education ... ensuring individuals, families and the community are ready for whatever is thrown at them is a year-round business.”

Subjects to be addressed throughout the month include emergency communication systems at Fort Lee; preparedness kit checklists and factors families should consider; weather alert and evacuation terminology; and more.

Team Lee members also should be aware of several websites promoting NPM goals. They include the Army Disaster Personnel Accountability and Assessment System, an online tool used by service leaders to keep track of – and provide support to – government personnel and families members after catastrophes. Those in the system should update their information regularly and newcomers to the Army should set up an account as soon as possible. Websites offering guidance and preparation pointers include the Ready Army resource at www.acsim.army.mil/readyarmy and the Ready Virginia page at www.readyvirginia.gov.

AMERICA'S MILITARY | SPOTLIGHT

Sgt. Clay Levinthol

Unit: Headquarters and Headquarters Company, 23rd Quartermaster Brigade

Military occupational specialty: 92Y – unit supply specialist

Age: 25

Hometown: Kapa'a, Hawaii

Marital status: single

Time in service: five years

Describe your personality: "I'm kind of laid back. I'm not that quick to say anything. I'll kind of wait to mull things over before I speak. I am also a motivated person with a bad sense of humor."

Pastimes: "I go to the gym, and I take drives around to see Virginia, which is the same thing I did when I was in Louisiana (Fort Polk)."

Worst fear: "To fail at something I know I can do and should be able to do well, but can't meet someone's expectations or those of my own."

If I won the lottery ... "Half of that



Amy Perry

money would go into savings. The other half I'll use to help out family and build a future for myself."

Your ideal life: "My ideal life would be to have my own home, my own land, far outside the city with no neighbors around – in a middle-of-the-road kind of place."

If you could do anything, anywhere right now, where and what would it be? "I would be the CEO of some big corporation."

The celebrity or historical figure you would like to meet: "Jesus – just to have the experience of meeting him."

What would you ask him: "I don't know ... Did all that stuff really happen?"

One person you admire: "I guess that would be my father. He had a troubled past or whatever, but he cleaned himself up. He helped to raise me, tried to keep a good family together, and he never quit. Even into old age, he still works. He's honest and still tries his best."

Something no one would guess about you: "When I'm relaxed, I look angry, but I'm a really nice guy. I'm just as friendly as anyone else. My face really throws people off."

What you believe in: "I believe in myself; I believe in what I'm doing; and I believe in helping others and improving myself."

When have you been most satisfied?

"When I finished AIT (advanced individual training). It was the first thing I did, outside of school, on my own."

One life-changing moment or event: "Aside from when my mom died, it was when my father divorced his second wife (who had two kids of her own). They were together for six years but had a toxic marriage. I found out they married for all the wrong reasons. My dad was lonely, and he knew I needed a mother. It became more and more about money. We wound up in debt, but all along it was about getting them to be a part of the family. I was trusting and supportive, going out of my way to help them. At the time of the divorce, my dad hired a lawyer and all of these truths came out (infidelity, theft, etc.). The thing that really got to me was the son (his stepbrother). I bought him a car for \$3,900. He paid me back \$400 of that, took the car and left ... So, when it comes to certain things in dealing with people, I don't interact with confidence. It's not that I don't trust, but it's hard to

SEE LEVINTHOL, page 7



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LEVINTHOL,
continued from page 6

gain that from me.”

Talk about growing up in Hawaii: “Growing up was kind of normal at first, but then my mom got sick. From 4-6 years old, I helped take care of her. She had Lou Gehrig’s Disease and couldn’t move much. We hired a nurse to help her out, but when the nurse wasn’t there, I had to help feed her. I never had to change her, but I did everything else.”

In retrospect, how do you look at your time as a caretaker? “It was just something I experienced. As a teen, it was something sad to think about. After a while, I got used to the thought of what my mom went through; what I went through. It just kind of became a part of me.”

How you crossed paths with the Army: “Jobs were shutting down in Hawaii. The restaurant where I worked shut down. I was trying to figure out what I wanted to do. One day, I was talking to one of my neighbors. He was actually in the Philippine Army and told me to think about

the military. I talked to many people who spent time in, and it grew from there.”

Why you chose your MOS: “I was given other choices – information analyst was one – but with 92Y, they told me I could be stationed ‘anywhere.’ That was the magic word. I don’t regret it. I’ve actually enjoyed it.”

What it means to wear the uniform: “To serve my country and do something that a lot of my family wanted to do, but couldn’t. It’s a once-in-a-lifetime experience, and I’m grateful.”

One best thing about the Army: “That everyone – more often than not – is on the same page.”

Worst thing about the Army: “Even though you’re on the same page, things get left behind. Most of the time, it’s unintentional.”

Where you see yourself in five years: “I plan on getting out of the Army and working for the railroad in a logistics capacity.”

– Compiled by T. Anthony Bell

Soldier memorial service



Photo by Amy Perry

A Soldier’s Memorial for Sgt. 1st Class Ray D. Hobbs Jr. stands near the altar of Memorial Chapel prior to a remembrance service Aug. 29. He was assigned to Whiskey Company, 244th Quartermaster Battalion, 23rd QM Brigade. The 38-year-old Soldier died Aug. 12. He is survived by his wife Dessa; one son, Ray David Hobbs III; and one daughter, Alyssa Rose Hobbs.

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ENHANCING A HERITAGE

Liquid Logisticians build upon relationships, traditions at biennial reunion

T. Anthony Bell
Senior Writer/Special Projects

Retired Sgt. Maj. Wayne Wright did not show much emotion upon meeting old friends and acquaintances during the biennial Liquid Logistics Reunion here Aug. 24. Inwardly, though, he would be the first to admit his heart was experiencing feelings equivalent to a big wide grin.

“For me, it’s a lot of joy coming to a reunion and seeing an individual who is 85- or 86-years-old, has had two knee replacements and is walking with a cane, but they can tell you where something was 30 years ago ... that’s the joy I get out of being here.”

Wright was one of more than 100 military personnel, retirees, veterans and their family members present for the meet-and-greet kickoff – the first event of the LLR’s two-day agenda – at the Quartermaster School’s Petroleum and Water Department headquarters. For him, the event is much like a family gathering in which everyone comes home to catch up and share memories.



strengthen the military’s petroleum and water community. The reunion events included a static display of the latest petroleum and water equipment in the PWD inventory, a windshield tour of the Military in the Field training facility, a social event Friday night in Hopewell, and a memorial ceremony and barbecue Saturday. An hour-long opening brief held in the Maj. Gen. Robert K. Guest Auditorium provided attendees a snapshot of the latest petroleum and water systems and the issues affecting training and operations.

“This is such a great opportunity to give back to our community because these are the folks who brought us to where we are today,” PWD Deputy Director Capt. Matthew Johnson said after the introductory session. “We love to show them what we’ve done and what we’re doing to take liquid logistics into the future in support of large-scale combat operations as well as what we’re doing to produce that day-1 ready Soldier.”

During the meet-and-greet, a mix of active duty personnel, civilians and retired Marines and Soldiers mingled in the headquarters building lobby. Slapping handshakes, laughs and “bro-hugs” were among the greetings displayed as attendees entered the building. Conversations about old buddies and long-gone times and places echoed throughout the confines.

As much as the reunion was about the past, it also was about the future. At least two sets of relatives – generations apart in military service – further defined that characteristic. One, Staff Sgt. Brey Gary, a water treatment instructor who grew up in the shadow of PWD, and his father, retired Sgt. 1st Class Walter Gary, share bonds

beyond father and son. Both belong to the same career field. As such, SSG Gary said the reunion is a means to share experiences. “Dad worked here in and out of uniform for almost 16 years, and me coming through AIT and him being on the platform at the same time, was a sight to see,” he said. “Then, going on with my military career, being located at a couple of different places and the Army brings me back here where I grew up following in my dad’s footsteps.”

Walter Gary, who beamed ear-to-ear in the presence of his son, said being able to attend with him is indeed special. He also said his appearance honors all those who laid the bricks of what is now PWD. “It means a lot,” he said. “I get the opportunity to see some of the guys I served with and who made things happen. There’s a lot of history behind PWD, and there’s a lot of great guys that made that legacy happen. It’s good to be a part of it.”

There is no requirement for PWD to coordinate a reunion, and the uniqueness of the petroleum and water functions has created a brotherhood that endures on its own. The reunion, however, is a way of strengthening and sustaining those bonds, said Johnson. “It’s important because it builds that camaraderie, it builds that tradition, and it builds that community that is so important to us as a profession and an association of liquid logisticians,” he said. “I think it is really important to know your heritage, to know where you came from and to see where everyone is going in the future. It’s a great opportunity for everyone to come together and support each other as a family.”



(CLOCKWISE FROM FAR LEFT) Attendees greet octogenarian and retired Master Sgt. James Wakefield as he arrives at Stewart-Roye Hall during the biennial Liquid Logistics Reunion Aug. 24 at the Quartermaster School’s Petroleum and Water Department. The event sought to enhance the relationship between yesterday’s and today’s logisticians. • Retired Staff Sgt. Pat Paterson converses with fellow liquid logisticians. • Attendees mingle in the lobby of Stewart-Roye Hall. • Army Staff Sgt. Brey Gary and his father, retired Sgt. 1st Class Walter Gary, pose for photos. Both are liquid logisticians.

Photos by T. Anthony Bell

Parking spaces honor service of combat-wounded veterans

Amy Perry

Production/News Assistant Editor

Honorary parking spaces for combat-wounded veterans are popping up at various locations in the Greater Richmond area and outside shopping facilities on Fort Lee.

The effort is being driven by a Richmond chapter of the Military Order of the Purple Heart. A little over a year ago, Philip Koren, a retired lieutenant colonel and MOPH member, spotted one of the signs at a business in Midlothian. It sparked his interest and he started researching the background.

The sign was provided by the Wounded Warrior Family Support organization, he said. One of the programs the group offers is the honorary parking markers for combat wounded veterans, which they provide for free.

After Koren presented the information to others in the MOPH chapter, the organization got on board with the project, and now, there's more than 70 signs designated for

combat wounded veterans in the area, with two on Fort Lee.

"The signs are designed to honor all veterans, not just Purple Heart recipients," said Richard Wise, commander of the chapter. "It's a memorial as well as a parking spot."

"When there's no one parked there," Koren added, "it's for the troops who didn't come back. When somebody parks there, it's an honor for his or her service."

Another major drive of the program is to educate the public about Purple Heart recipients, said Sam Fonzi, another member of the MOPH Richmond chapter.

"I was surprised to learn a lot of people didn't even know what the Purple Heart stood for," he said. "We do a lot of outreach to the public to explain that the freedoms we have today are paid for by the people who didn't come back and the people who got wounded. It's an honor for us – who came back – to help further the memory of the
SEE **HONORARY PARKING**, page 13



Amy Perry

Sam Fonzi, Philip Koren and Richard Wise, members of the Richmond Chapter No. 1965 of the Military Order of the Purple Heart, pose behind the new combat wounded veteran honorary parking spot at the Fort Lee Commissary. The organization is responsible for getting more than 70 signs installed in the Greater Richmond and Fort Lee area.



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Lee course covers emergency care for law enforcement companions

Amy Perry

Production/News Assistant Editor

Twenty representatives of local law enforcement agencies attended a two-day training course here Aug. 27-28. The session led by the Veterinary Tactical Group focused on emergency/combat medical care for police working dogs.

Most of the attendees were canine handlers from the military services and government law enforcement agencies. Others included a veterinarian technician and a military policeman.

Sgt. 1st Class William Morton, kennel master for the 544th Military Police Detachment, led the charge to offer the training at Fort Lee and invited regional handlers to help them improve their skills.

“A current shortfall with all dog handlers is not knowing the signs and symptoms of distress and the inability to provide comprehensive immediate first aid for our four-legged companions,” he said. “As Army handlers, we receive annual veterinarian training; however, it usually consists of basic first aid, such as checking for dehydration, wrapping a wounded paw, and properly identifying a dog’s temperature, pulse and respiratory rate.

“This training expands on our basic handler knowledge from school and annual vet training,” Morton continued. “It goes into more in-depth topics like identifying signs of various health issues that we could potentially see over the animal’s lifetime. More importantly, it provides the opportunity for hands-on training with cadavers while continually testing our knowledge learned through scenario-based training.”

Veterinary Tactical Group, a private

organization ran by veterans, provided the training focused on combat medical emergency care for dogs.

“This type of training is learned by service members before they deploy to help their teammates on the field – we just teach that same thing for dogs,” said Dr. Janice Baker, VTG owner. “It’s different than regular first aid because that assumes no one is trying to hurt you. This training takes everything we learn about combat medicine for people and applies it to dogs.”

As with their human counterparts, medical treatment on the battlefield is instrumental to keeping those canines alive long enough to get critical veterinary care that may be hours or days away, said Baker.

“If the handlers are able to provide initial life-saving treatment to the dog, it increase the chances of arriving alive at the veterinarian,” she said. “It’s a well-established concept in human care; we’ve just applied it to dogs.”

Another positive result of the session, Morton said, is that it dispelled myths and misunderstanding associated with illnesses and how to care for dogs when they are critically injured, a time when every minute counts.

“This training is a great opportunity for handlers of all backgrounds and experience to refresh ourselves or learn new techniques for providing first aid,” he said. “It provides the opportunity to train with all elements of military and civilian law enforcement, allowing us to share experience, knowledge and best practices. As handlers – either in law enforcement or combat – we need to know how to care for our companions and ensure lifesaving measures are applied when necessary.”



Photos by Amy Perry

(ABOVE) Mike Elston, a Veterinary Tactical Group instructor, explains a scenario requiring the evacuation of an injured military working dog from a hostile area as part of a two-day Tactical Canine Training session at Fort Lee Aug. 27-28. (BELOW) Sgt. 1st Class William Morton, kennel master for the 544th Military Police Detachment, and Spc. Anthony Torri from the Connecticut National Guard’s 928th Military Police Detachment, prepare to move the training dummy simulating an injured military working dog during the course.





U.S. Army photo by Sgt. Kris Bonet

(LEFT) Pfc. Albert Hsieh, an armor crewman with the 2nd Battalion, 5th Cavalry Regiment, inspects an Abrams Battle Tank after it is staged at the Port of Constanta, Romania, Aug. 24. (RIGHT) Soldiers with the 2nd Battalion, 5th Cavalry Regiment, stage their Abrams Battle Tanks at the Port of Constanta, Romania after downloading them from the USNS Carson City.

It's not magic, it's logistics

Army, Navy test expeditionary fast transport in Black Sea

Sgt. Kris Bonet

Army News Service

CONSTANTA, Romania – There are certain things some Soldiers and service members may take for granted: equipment provided, a full plate of food, ammunition for their weapons. It might seem like there is a mystical force operating behind the scenes to make these resources magically appear, but it's a result of the organized, detailed planning and execution that is logistics.

Soldiers, Sailors and civilians with the U.S. Transportation Command helped to advance the efficiency of military logistics by testing a high-speed vessel to transport troops and cargo across the Black Sea, Aug. 24.

"This is a great opportunity to test this vessel and the crew members," said Navy Cmdr. Steven Weydert, the USNS Carson City military detachment officer in charge.

"Hopefully, it opens up more options for the Army and any other service to develop interoperability in this area of responsibility for multiple missions and to support our allies."

Soldiers, Abrams Battle Tanks and Bradley Fighting Vehicles departed the Poti Sea Port in Georgia on Aug. 22 aboard the USNS Carson City and docked at the Port of Constanta, Romania after a two-day voyage. The Carson City is the first high-speed vessel of its kind to travel the Black Sea in support of U.S. Army Europe operations.

Carson City (T-EPF 7) is a Spearhead-class expeditionary fast transport – a high-speed, shallow draft vessel that can hold up to 600 short tons and sail 1,200 nautical miles at an average speed of 35 knots (40 mph). The vessel's role is to support joint and coalition force operations for the Army and Navy by transporting troops, military vehicles,

supplies and equipment.

"Looking forward to future exercises being planned to take place in the Balkans as well as the Black Sea region, the T-EPF is perfect for some of those smaller ports that we want to utilize but can't get the larger ships in to dock," said Lt. Col. John Hotek, commander of the 839th Transportation Battalion. "This proved to be a viable solution; very cost effective, and very economical and efficient."

The proof-of-principle operation brought together two of three service component commands that make up USTRANSCOM: the Navy's Military Sealift Command and the Army's Surface Deployment and Distribution Command.

"We're trying to incorporate other services like the Navy's MSC and see how well we can use this asset to deploy and redeploy units to various exercises and real-world missions," said Sgt. 1st Class Miguel

Elizarraras, cargo specialist with the 839th Trans. Bn., 598th Transportation Brigade. "We're testing the capabilities of the vessel to transport a company-size element of infantry or mechanized units in and out of port in a faster way."

As part of the Army's SDDC, the mission of the 839th is to provide strategic transportation support to joint military forces throughout the Mediterranean, Caspian and Black Seas as well as the vast majority of the continent of Africa.

Equally important, the Navy's MSC has the responsibility for providing sealift and ocean transportation for all U.S. military services, as well as replenishments and controlling the military transport ships.

"I have a tendency sometimes to say 'we work in the shadows,'" said Hotek. "We are that strategic link between the tactical and operational force, and the Department of Defense's command structure that determines the movements."

The USNS Carson City's success in traversing the Black Sea will affect the planning of future exercises within the European training environment.



Patrick Buffett

First Sgt. Samuel Robles from Juliet Company, 262nd Quartermaster Battalion, fills out a "Hope Future Scale" assessment provided by guest speaker Vicki Lynn Duffy, a Suicide Prevention Program representative from Marine Corps Base, Quantico. The assessment posed statements like "I energetically pursue goals" and "I worry about my health," which the participants had to rate their agreement with on a scale from 1-10. Unit leaders can use the assessment, she said, to measure the confidence and future thinking of their personnel.

SUICIDE AWARENESS,

continued from page 3

way to stop the pain and the actual attempt to end one's life is within 24-48 hours.

"Most of us have developed healthy ways to get ourselves out of this state," Duffy said. "We go for a run, get some sleep, call a friend ... any endorphin-raising event. Over time, we establish mental pathways (experiences) that remind us of the last time we overcame an obstacle or what the bigger, more important purpose is beyond the problem we're experiencing. We recognize problems are usually short-term and can be overcome."

To reduce suicidal ideation, it's important to practice hope often, Duffy advised. Set and help others create credible life goals that are achievable. Leaders and mentors can share what success feels and looks like, and they can recognize highly emotional situations – the loss of a family member,

divorce, personal failure – as potential mind-hijacking moments and take steps to restore hope, starting with the reality that there is life beyond those events.

"Take this personally," Duffy said. "Accept the fact that suicidal thoughts are going to happen among the people around you and let them know it's OK, because you're going to believe them when they come to you and ask for help. All of us have the power to build the mental pathways that allow us to re-hijack or brains when bad thoughts are pushing us toward suicide."

(Editor's note: Duffy's presentation was centered on suicide prevention and awareness in the military ranks, and did not address the complicated mental health issues associated with veterans coping with head trauma or diagnosed with Post-Traumatic Stress Disorder. The article offers highlights of the Aug. 30 discussion and is not verbatim due to content space limitations.)

HONORARY PARKING,

continued from page 10

fallen."

Getting these signs installed is a mission to honor those wounded vets, said Koren.

"Where else than Fort Lee is more appropriate for parking signs for Purple Heart recipients to honor their sacrifices?" he posed.

In addition to the existing signs at the commissary and main exchange, Koren said he wants them to appear elsewhere and plans to attend a signage committee soon

to promote the program. He's identified more than a dozen spots he thinks would be appropriate for the markers.

"It would make sure Soldiers who return and who visit here for school or temporary duty know their sacrifice is worth it," said Koren.

Aside from promoting awareness of Purple Heart recognition, the Richmond chapter spends its time supporting veterans' causes. Their largest projects include assisting the Sitter and Barfoot Veterans Care Center and the Richmond Fisher House.

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CALENDAR

LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

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.

VWM Sips on the Skyline Reception | Sept. 7

The Virginia War Memorial will host a Sips on the Skyline Benefit event Sept. 7, 6:30-9:30 p.m., at 621 S. Belvidere St., Richmond.

The event will feature tastings from Virginia veteran-owned distilleries and wineries.

For details, call 804-786-2176.

Lafayette Historical Presentation | Sept. 8

Actor Charles Wissinger will portray the American Revolution hero Marquis de Lafayette in a program to recognize Eppington Plantation's 250th anniversary Sept. 8, 1-2 p.m., at the Chesterfield Central Library, 7051 Lucy Corr Blvd. Registration is required.

For details, call 804-748-1774

Motorcycle Ride and Gospel Event | Sept. 8

Building the Kingdom Charity Motorcycle Ride is set for Sept. 8, 9 a.m., at Faith Heritage Church, 137 Pickwick Ave., Colonial Heights.

To participate, the cost is \$20 for the first rider in a team; \$10 for the second. The ride will start and end at the church followed by lunch, gospel singing, fellowship and more.

For details, call 804-469-4920.

Fall Fun and Games Benefit Event | Sept. 11

Crater Community Hospice will hold a Fall Fun and Games Party Sept. 11, 1-4 p.m., at St. Michael's Episcopal Church, 501 Old Town Dr., Colonial Heights.

Tickets are \$10 in advance; \$12 at the door.

For details, call 804-526-4300.

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.

AFAP Lunch and Bowl | Sept. 13

Army Community Service Army Family Action Plan will host a Lunch and Bowl event Sept. 13, 11:30 a.m. - 1 p.m., at Ten-Strike Bowling Center, 2403 C Ave. The free event is open to service members only who should RSVP by Sept. 7.

For details, call 804-734-7979.

Hispanic Heritage Observance | Sept. 20

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.

Students support food bank



Contributed Photo

Students from the ALU Logistics Noncommissioned Officer Academy pose following a community connect project at the Dinwiddie Community Food Bank Aug. 22. Over a 5-hour period, the Soldiers downloaded, sorted, packaged and dispersed groceries to members of the local community. More than 300 bags of groceries were passed out to families that came for assistance. The Soldiers are students in the 92R Parachute Rigger and Advanced Leaders Course. They were assisted by members of the Fort Lee Better Opportunities for Single Soldiers program and several AIT Soldiers.

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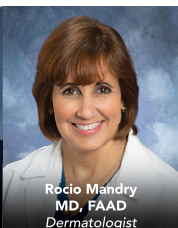
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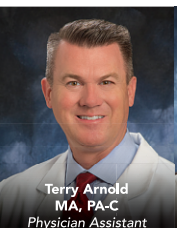
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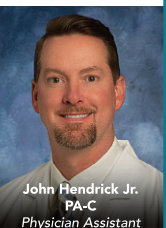
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