

Be prepared;
check out Lee
guide for closures,
adverse weather
information:
www.lee.army.mil/hazweather

FORT LEE HAZARDOUS WEATHER GUIDE
www.lee.army.mil/hazweather

When hazardous weather conditions are predicted for our area, the following information will help you stay informed about changes to Fort Lee operations status and what you should do to reduce the risk of injury or property damage.

The Senior Commander makes final decisions about changes to Fort Lee operations status and recovery employee administrative functions from all or part of the normal working day to adverse weather.

Emergency Notification

During relevant weather incidents, stay informed by listening to local television news channels, monitoring weather radio or listening to area radio stations for the latest weather conditions on the adverse weather forecast, as well as any other information. Other information includes, but is not limited to, the following:

- Local television news channels
- Weather radio
- Area radio stations
- Other information received

Installation Status HOTLINE
(804) 765-2679

Contact:
Facebook: [facebook.com/lee.army.mil](https://www.facebook.com/lee.army.mil)
Twitter: twitter.com/lee.army.mil
www.lee.army.mil

Radio
141.50.0
141.50.0

Operating and Release Procedures

For purposes of operating during hazardous weather, personnel are designated as either essential or nonessential.

Essential personnel are those individuals who are critical to the installation's mission and the health, safety, and well-being of the installation.

Early Release

When the decision is made to release employees and the unit, families, employees will be released on an assigned basis and will be expected to report to work. Release decisions are based on the employee's reporting time. Designated reporting times by military and civilian personnel will be notified in advance.

Delayed Opening

Delayed reporting and/or other nonessential employees will not be expected to report to work. Delayed opening decisions are based on the employee's reporting time. Designated reporting times by military and civilian personnel will be notified in advance.

Unpaid Leave

Unpaid leave means employees may not attend work or have reduced pay without advance approval or providing desired justification.

Employees are expected to be at work because of hazardous weather should call their supervisor and request unexcused leave.

FORT LEE TRAVELLER

SERVING THE COMMUNITY OF FORT LEE, VIRGINIA, SINCE 1941

September 13, 2018 | Vol. 78, No. 30



Moment of Silence

Gold Star Families, Lee community honor memory of 9/11 fallen

SEE PAGE 3

PASTRY PERFECTION

Joint Culinary Training Center cadre, instructors get baking lessons during professional development session



SEE PAGE 8

SOCIAL MEDIA

Keep OPSEC concerns, privacy issues in mind when online

SEE PAGE 2

INTERNS

CP-32 revives program to bolster training development

SEE PAGE 3

RAM CLINICS

Kenner staff provides medical, dental care to rural Virginians

SEE PAGE 9

OPSEC, privacy concerns at top of social media issues

It's as easy as a click of a mouse or a tap on a smartphone, and in a few seconds sensitive Army information might be shared that could get Soldiers killed.

With the ease of social media, in any part of the globe, at any time, a Soldier, Army civilian or family member can post pictures from a deployment or talk about an Army mission.

But these seemingly innocent posts could actually contain sensitive information that endangers Soldiers by revealing locations, security measures, mission operations or troop movements, said the Army's social media experts.

Soldiers, Army civilians and family members need to be mindful of what they put online, with operations security at the forefront of their considerations. This applies to whether the person is a Soldier or Army civilian communicating as an organization or as an individual on social media sites.

Aside from operational security, social media can pose issues with discipline and good order. An All Army Activities message, published February 2017, also reemphasizes that Soldiers are held to the standards of the Uniform Code of Military Justice and Army Values when using social media, even when off duty. Commenting, posting and linking to material that violates the UCMJ or basic rules of Soldier conduct are prohibited, along with talking negatively about supervisors or releasing sensitive information.



US Army Photo

It is important to be aware that many social media sites can geo-tag your posts with your exact location. Recent Army guidance has banned geotagging in operational areas – typically deployment locations – but even back on the home front, you should be aware of what information you're sharing with others. Some websites can pinpoint your home address or reveal information about your daily routine.

The Army's social media experts tell Soldiers not to use

location-based social networking services when deployed or in classified areas; for Soldiers and families not to post specific dates or locations of deployments; and recommend setting privacy settings to 'friends only' on personal accounts to prevent personal information from ending up in the wrong hands.

The Army warns users about the geotagging feature that is activated by default on some smartphones and digital cameras. Geotagging is the equivalent to adding a 10-digit grid coordinate to a photograph telling where it was taken, which could reveal sensitive information about a location – information that terrorists could use to target Soldiers or Army installations.

While Facebook is still the most popular social media platform, younger military members and military children are already looking for the next best thing. While focus on privacy has been recognized as important, it can be time-consuming to learn the ins and outs of every platform. However, that doesn't mean you shouldn't take the time.

Here are some basic tips:

- Never accept a friend request from someone you don't know, even if they know a friend of yours.
- Don't share information that you don't want to become public. Someone might target you for working in the DOD, so be cautious when listing your job, military organization, education and contact information.
- Providing too much information in your profile can leave you exposed to people who want to steal your identity or sensitive operational information.

Today, more than ever, it is vitally important that Army leaders, Soldiers, civilians and family members understand what kind of data they are releasing into the public domain and what they can do to protect themselves.

Always remember: Think before you post. Stay safe.

– Amy Perry, Fort Lee Public Affairs, and Army News Service



Int. 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



Amy Perry

Gold Star families, members of Fort Lee leadership and the community take a moment of silence during the Patriot Day ceremony Tuesday. For more photos, see Page 3.

Training developer intern program reestablished here

T. Anthony Bell

Senior Writer/Special Projects

Army Career Program 32 has revived an intern program that aims to bolster the training development workforce here.

The first two employees under the Army Civilian Training, Education, and Development System Intern Program were sworn in Aug. 30 at Mifflin Hall. They will support various functions under the CP-32 Training and Education career field as instructional systems specialists.

John E. Hall, deputy to the CASCOM and Fort Lee commanding general, administered the oath of office for the selectees. He spoke of the program as a means to complement and invigorate the CASCOM training development community.

“It’s a tremendous program to inject new blood into the Army, teach us how we can do new things better, and we’re very happy to have two new wonderful members as part of the Army team,” he said.

CASCOM’s intern program for training developers last saw employees in 2009, said Vivian Williams, director of Training Development, CASCOM G3/5/7 and acting CP-32 program manager.

“The fact that we are now fortunate have these interns as a part of Team Lee, we can began to grow and invigorate the training



T. Anthony Bell

John Hall,, deputy to the CASCOM and Fort Lee commanding general, gives the oath of office to Evelyn Torres and Tracey Campbell Aug. 30 at the CASCOM headquarters. The two were selected for the revived CP-32 Training and Education intern program. Torres and Campbell are the first CP-32 interns since 2009.

development workforce of the future,” she said.

Qualifications for the CP-32 intern program include a college degree and the ability to fulfill a two-year term. During their internship, the new selectees are slated to complete rotational assignments amongst the CASCOM schoolhouses supporting various projects.

“They will be involved in a plethora of things,” said Sara Baumgarten, instructional systems specialist, Training Integration

Branch, CASCOM G-3/5/7. “It could be redoing a program of instruction, looking at interactive multimedia instruction products or evaluating training from the platform to integrate elements of instructional design.”

New intern Tracy Campbell, a Joint Base Langley-Eustis employee, said the CP-32 program will complement her academic credentials with extensive hands-on experience. She also said she looks forward to helping to provide students with a more robust learning experience by “putting the

IMI into the instruction that needs it.”

Evelyn Torres, also an intern selectee, is a resident of Fredericksburg who previously worked in academia. She has long held an interest in helping people learn but fell short of finding the right opportunity. Torres said she researched a number of employment leads and came across the intern positions through usajobs.gov.

“I’m very excited,” she said. “I don’t have hands-on experience, so this will be a great opportunity to learn with people who are already doing it and learn things right way to produce products that will hopefully get used and transform things down the road.”

CP-32 interns are hired at the GS-7 level but are promoted to GS-9 after one year and GS-11 at the two-year mark. Once employees complete the program, they are assigned to a permanent duty station based on the needs of the Army.

Although the ACTEDS internship for CP-32 has been revived, there are no known plans to hire more interns here, said Williams.

ACTEDS interns support many other Army civilian career fields. Selectees undergo a program of planned development emphasizing progressive and sequential work assignments, formal training and self-development, according to the ACTEDS Intern Recruitment website.

9/11 Remembrance ceremony



Photos by Amy Perry

(ABOVE) Members of the 392nd Army Band play music before the 9/11 Remembrance Ceremony Tuesday at Memorial Chapel. (RIGHT) Virginia State Police Trooper Sgt. Mike McCann performs “Amazing Grace” on bagpipes after the moment of silence during the ceremony.



Town hall to discuss lead paint issues

T. Anthony Bell

Senior Writer/Special Projects

Installations across the Army have been directed to host town hall discussions to address lead paint issues that were discovered in historical structures and housing at Fort Benning, Ga.

The Fort Lee event is scheduled for Friday, 10-11 a.m., at the Soldier Support Center auditorium, B Avenue, building 3400. Due to the approach of Hurricane Florence, any changes to the scheduled event will be announced on the installation Facebook page: www.facebook.com/ArmyFortLee.

Lead-based paint was discovered in on-post historic housing units at Fort Benning, home of the Armor and Infantry schools. A heavy metal, lead was used extensively in paints during the better part of the last century. It is a known toxin and may cause delayed development and damage to the nervous system as well as other ailments.

During the awareness efforts, installation leaders and subject matter experts will take related questions and concerns from the Fort Lee community. Those unable to attend are also invited to ask any questions via the Facebook page, where the slide presentation from the meeting will also be made available.

“We are aware some families across the Army have expressed concerns about potential risks in government housing,” said Patrick L. MacKenzie, deputy to the Fort Lee garrison commander. “Out of an abundance of caution, we are going above-and-beyond current requirements to ensure military members, their families and others who work and live on our installation are fully informed on the issues and feel safe and secure in government housing.”

The Army’s LBP education and awareness effort focuses on housing built prior to the federal government’s 1978 ban on lead-based paint used for residential structures and public buildings. The oldest housing units at Fort Lee were built in 1996, which excludes it from this category.

“There is no lead-based paint in family housing and no lead-based paint in any of the childcare facilities or youth centers,”



Stock Photo

said Carol Anderson, chief, Environmental Management Division, Directorate of Public Works. “However, there are other sources of lead paint that families should be aware of and that they may be bringing into their homes; such as toys, foreign-made food cans and certain hobby materials.”

While lead paint was not used in any of the existing homes here, there are buildings – mostly warehouses and other structures – that precede the lead-based paint prohibitions. These buildings undergo regular inspections and are monitored according to policy and regulation, said Anderson.

“Every effort is made to manage the LBP in place and to minimize the risk of exposure,” she said. “For instance, occupants should report flaking or peeling paint in facilities and request an assessment of the condition and the exposure potential through a work order (DA Form 4283) to the Directorate of Public Works. A repair or encapsulation may be initiated if there is significant damage with the potential for exposure. Otherwise proper cleaning of areas reduces the chance of spreading dust or debris from lead-painted surfaces.”

A fact of note, LBP is not considered hazardous if it is contained under other coats of paint, according to the U.S. Army Corps of Engineers. However, if it is peeling, cracking, stripped or otherwise disturbed, it can be hazardous if ingested.

In addition to periodic inspections, the EMD is involved in ongoing efforts to keep

SEE **LEAD PAINT**, page 11

NEWS BRIEFS

CASCOM Change of Command

Brig. Gen. Douglas M. McBride Jr. will relinquish command to Maj. Gen. Rodney D. Fogg during a CASCOM change of command ceremony Sept. 17, 9 a.m., at Sgt. Seay Field, adjacent to Mifflin Hall on the corner of Lee and A avenues.

Fogg most recently served as deputy chief of staff, logistics and operations, Army Materiel Command, Redstone Arsenal, Ala. McBride will resume his duties as the commandant, Quartermaster School and 55th QM general. The ceremony is open to the public. In the event of inclement weather that morning, the ceremony will be held in Green Auditorium, Army Logistics University.

PX Offers Discounts on USAF Birthday

The Fort Lee Army and Air Exchange will mark the 71st anniversary of the Air Force by offering a variety of one-day discounts Sept. 18.

Authorized shoppers can receive 10-cents off per gallon of fuel when using a MILITARY STAR® card, a 15-percent savings at Exchange restaurants with the card, a 10-percent discount on Air Force gifts when using the card and more.

Job Fair at Lee Club

A job fair by jobzoneonline.com is scheduled for Sept. 19, 10 a.m. - 2 p.m., at the Lee Club.

A large number of employers – local companies, government agencies and others – will be on hand. All job seekers are welcome including transitioning active military members, veterans, National Guardsmen and reservists, as well as spouses and civilians. The event is co-sponsored by the Soldier for Life - Transition Assistance Program. Free seminars on resume writing will be available. Visit www.jobzoneonline.com to register and post resume links.

For details, call 434-263-5102, 540-226-1473 or 804-734-6612.

Retiree Appreciation Day and Ball

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.

The guest speaker for the RAD event is Lt. Col. Maria Bentinck, deputy director of the Army Retirement Soldier for Life office. The event will include a Kenner Army Health Clinic health fair and representatives from the American Red Cross, USO, Veteran Affairs and others will provide information and answer questions. A free lunch for military retirees and family members will be available.

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

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.



Photo Credit: U.S. Army photo by Sgt. Frances Arielle L. Tejada

Soldiers from Alpha Company, 1st Battalion, 17th Infantry Regiment stand together in formation during the opening ceremony for a training exercise at the Yakima Training Center, Washington, Aug. 31. The Army is in the process of rolling out an integrated, completely online system to help Soldiers streamline pay and personnel issues.

Personnel, payment management goes digital with updated system

Elyssa Vondra

USAG Fort Jackson Public Affairs Office

FORT JACKSON, S.C. – The Army is modernizing how Soldiers handle personnel and payment matters. It is going increasingly digital and is integrating its systems into a paperless world. The Integrated Personnel and Pay System-Army – otherwise known as IPPS-A – is making this change possible.

Col. Michael McTigue, Adjutant General School commandant and Col. Daryl Morse, TRADOC capabilities manager/Human

Resources are leading the implementation here at Fort Jackson. A group in Washington D.C., is overseeing the worldwide development and rollout of the program. The colonels are acting as buffers between the Army as a whole and the Adjutant General schoolhouse here on post.

With IPPS-A, active-duty, Army National Guard and Army Reserve members will all be able to use the same online system for personnel and payment requests. Each component currently has its own.

“We’re now all going to be seeing the

same picture,” McTigue said.

“One Soldier, one record, one Army” is the goal, Morse said. IPPS-A will increase collaboration to prevent loss of records when switching Soldier status.

It will reduce human error that can occur with paper requests. Everything will soon be handled electronically. There will be more accountability and audibility for any issues that do arise.

More than 2,400 hours’ worth of curriculum lesson plans for the Adjutant School are being modified to make the

transition as seamless as possible.

IPPS-A will bring more than 30 Legacy Systems “under one umbrella,” Morse said. “We have to come into the 21st century” from the industrial age, he added.

This massive change isn’t coming overnight. It has been about six years in the making. The Army will be one of the last DOD forces to move toward the digital realm, Morse said. Once it gets there, though, it will be “leaps and bounds ahead” of the others. McTigue says the Army has taken longer because of the “challenge of scale.”

The Army is adapting software used by a number of Fortune 500 companies to streamline the personnel processes to increase efficiency across the nation’s largest military service.

The modification should bring a greater level of efficiency, accuracy, audibility and transparency into the human resources realm of the Army, McTigue and Morse said.

Once unveiled here, Fort Jackson Soldiers will be able to use their IPPS-A dashboards to file payment and personnel matters that formerly would have required additional steps.

Filing for time off is one example. Instead of submitting a handwritten leave form to S1, they will just log onto their account, complete the form electronically and hit “send.”

The dashboard can be accessed anywhere from any computer or phone. “(Soldiers) could be out in a field environment” while they’re requesting time off for an upcoming absence, Morse said. They could even be in their homes.

“This is very much personal computer-based,” Morse said. Payment actions and promotion-related requests can all be completed within the system. It will simplify the process for National Guard and Army Reserve members to determine when they’re scheduled to work; the information will be available online.

“This is a humongous change,” Morse said.

Soldiers will undergo online training to learn how to use it.

RECOGNIZING CIVILIANS | SPOTLIGHT

Dr. Prabha Ugalat Gupta, MPH (Bobbie)

Hometown: Chester

Length of federal service: “About nine years.”

Job title: Physician, Internal Medicine

Job duties: Clinical care of dependents & retirees in the Family Medicine Clinic at Kenner Army Health Clinic

What do you love the most about your job? “Enjoy learning about the variety of military experiences my patients have or have had, while I help them manage their own health conditions.”

What do you consider your greatest achievement? “Becoming a doctor.”

What do you consider your greatest achievement? “Becoming a doctor.”

You were recently recognized for your professional dedication and off-duty volunteerism – how did that feel to earn the award? “Appreciative and proud to receive the honor.”

What kind of volunteering do you do? “Work with community-based



Amy Perry

organizations such as Salvation Army, Habitat for Humanity and Remote Area

Medical Clinics.”

Why do you volunteer? “To support the community I live in.”

What do you expect from your leaders? “Transparency.”

Where would you most like to live? “Not sure, somewhere with diversity, culture and adventure.”

When and where were you happiest? “When my dad was alive, in California ... he was my biggest supporter and an amazing role model.”

Do you have any pet peeves? “Poor work ethic and inefficiency.”

Which historical figure are you most inspired by? “Mahatma Gandhi.”

What is your marked characteristic? “Meticulous, tenacious.”

What is your greatest fear? “Living in this world alone.”

What is your greatest extravagance?

“Wine and travel.”

Which talent would you most like to have? “Play tennis better than I do now.”

What’s your motto? “Practice makes perfect. I feel like I have been telling my daughter this a lot lately.”

Who is your role model and why? “My father. Even though he is no longer with us, he inspired me to always have a strong work ethic, to manage finances well, and to serve my community in the best way I can.”

What is it that you most dislike? “Arrogance.”

What is something people would be surprised to know about you? “I love basketball, and played the sport competitively in high school and throughout the early part of my college years.”

What are your future aspirations? “To continue to travel and discover the world around me.”

– Compiled by Amy Perry



COLONIAL HEIGHTS
4600 PUDDLEDOCK ROAD
PRINCE GEORGE, VA 23875
804-704-8655

BETTER CARE JUST MINUTES FROM BASE

Open 365 days a year
More affordable than the E.R.

Walk In or Reserve Your Spot Online

Marines earn unit-level softball crown



Contributed Photo

Members of the Marine Corps Detachment Softball Team proudly pose with their winner's plaques after becoming the 2018 champs in the Fort Lee unit-level softball tournament. The Marines defeated 832nd Ordnance Battalion to win the championship at Nowak Stadium Aug. 29. Coached by Capt. Glen Pond, the MCD was the best team in the regular season with a 20-1 record. In the post season double-elimination tournament, MCD beat the 111th Quartermaster Company, 54th QM Battalion, and GCSS-Army, but suffered a 14-4 run-rule defeat at the hands of the 832nd Ord. Bn. THE MCD defeated CASCOM 13 - 3 to force a re-match with the 832nd Soldiers. The MCD became champs after beating 832nd 20-4 and then being declared tourney victors when 832nd forfeited the final game.



Contributed Photo

Romeo quartermasters capture student softball title

Soldiers assigned to Romeo Company, 262nd Quartermaster Battalion, pose after winning the Initial Entry Training Softball Championship at Nowak Stadium Aug. 29. In extra innings, the champions shut out Bravo Co., 832nd Ordnance Bn., 5-0. Romeo began the tourney with wins over the No. 1 and No. 2 teams representing Papa Co., 244th QM Bn., to face the Bravo Co., team in the finals. The 832nd earned wins against Tango Co., 266th QM Bn., and the No. 2 Bravo Co., 832nd, squad to advance. In the single-elimination championship game, neither team scored in regulation. In the top of the first extra inning, Romeo erupted for 5 runs and held Bravo scoreless in the bottom half to take the top honors. Romeo was coached by Staff Sgt. Omar Stoddard.



ANNOUNCING PURDUE UNIVERSITY GLOBAL AND OUR PME2DEGREE PROGRAM

An Accelerated Degree Path For Soldiers at Every Skill Level

We recognize that you've already undergone some of the most rigorous training in the world. Purdue Global's PME2Degree program allows soldiers at all skill levels to transfer in your professional military experience.

- On average, military graduates are awarded 55% of their associate's degree credits and 35% of their bachelor's degree credits.
- Skill level requirements apply.

Find your MOS at

MOS.PurdueGlobal.edu or call 877-809-8445.

The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

For comprehensive consumer and gainful employment information, visit Info.PurdueGlobal.edu.

Credit Awards: Source: *The Year in Review: 2016-2017, Kaplan University Academic Report*, winter 2017. Note: these data were reported prior to the March 2018 purchase of Kaplan University by Purdue University and subsequent creation of Purdue University Global. Credit earned in an associate's degree program through Kaplan University applied earlier as part of a pool of prior degree credit is not included in this calculation. The actual percentage may be slightly higher for students enrolled in bachelor's degree programs. Individual experiences will vary. Purdue Global does not guarantee transferability of credit from any of these sources. See University Catalog for Prior Learning Assessment policy. Speak to an Admissions Advisor to find out how many credits may be eligible to transfer.

PME2Degree Program: Credit awards have service-level requirements. Exact transfer amount may vary depending on completed military courses and occupations as listed on your official Joint Service Transcript(s). State-specific requirements, as listed in the University Catalog may apply. All credits must be validated on official transcript(s) to be eligible for transfer.

15271 09/18

Chef Jacuy Pfeiffer of The French Pastry School removes a panful of baguettes from the oven during training session for cadre Sept. 5 at McLaughlin Hall.



Photos by T. Anthony Bell

French Pastry chef brings expertise, culinary delights to schoolhouse

T. Anthony Bell

Senior Writer/Special Projects

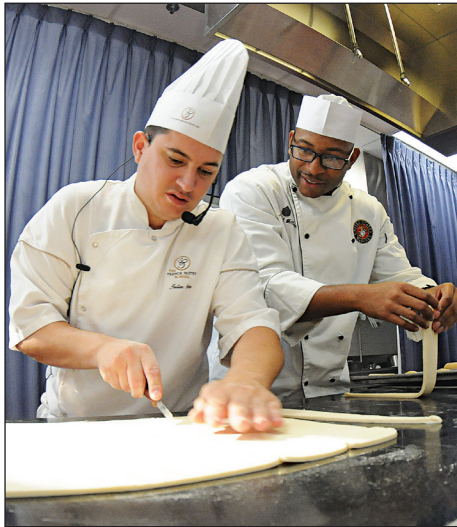
Professional development sessions can oftentimes be bland or boring and rarely the stuff that stirs emotion.

Unless it involves baking and eating French pastries and breads like baguettes, macarons and buttercream cake.

That was the case when chefs from the French Pastry School showed up at the Joint Culinary Training Center Sept. 4-5 to teach cadre the finer points of French-style dessert and bread-making.

Chef Jacuy Pfeiffer and his assistant Chef Julien Otto provided instructors and cadre an overview on how to prepare such taste bud-arousing delights as croissant and cookies. They shared a “variety of basic methods that can be incorporated into our training and eventually to the forces and dining facilities,” said Chief Warrant Officer 4 Joseph Wisniewski, chief, Advanced Culinary Skills Division, Joint Culinary Center of Excellence.

Pfeiffer, FPS co-founder and its academic dean for student affairs, is not unknown to the JCCoE. He performed culinary demonstrations at the most recent Joint



Culinary Training Event that attracted more than 200 participants and is considered Super Bowl of military culinary competitions. He came back because he draws inspiration from sharing his sweet tooth with others, especially those willing to learn.

“When you have a trade in your hands and you get good at it, it’s already wonderful, but when you can share with others, that’s the best part,” he said as a panful of his baguettes baked in the oven at McLaughlin Café. “What I love about being here is that the people already have self-discipline,



(LEFT) Staff Sgt. Michael Williams, Marine Corps Detachment culinary instructor, watches Chef Julien Otto cut dough for croissants during the professional development session. Otto, from the French Pastry School based in Chicago, assisted Chef Jacuy Pfeiffer in training cadre from the Joint Culinary Center of Excellence on the finer points of baking desserts and breads. (RIGHT) The croissants -- with layers of orange dough -- stand ready for baking.

which is an important part of being a student – actually listening to instruction. That’s why it’s such a pleasure to teach here, because the students are actually taking information and applying it. I had such a wonderful welcome in March, I told myself I had to come back and see how I can work long-term with the military.”

On first day of classes, students learned how to prepare cookies and other goodies including a buttercream cake with lemon curd and fondant. Sgt. 1st Class Florine Faendrich, an Advanced Culinary Skills Course instructor, said was the training was instructional and hands-on but also insightful, courtesy of Pfeiffer.

“Basically, he said baking pastries is like a science,” she recalled. “You have to measure your ingredients exactly to the recipe. It’s different than cooking meats where you can do a little bit of this or that. I loved it because I don’t like baking but I want to like it more. Taking this class has helped me to appreciate bakers and pastry chefs more because there’s a lot that goes behind what they do.”

During the second day, Otto spent time teaching cadre step-by-step procedures for making croissants in an upstairs classroom at the JCTC, while Pfeiffer worked downstairs at McLaughlin tending to several pastries he had prepared earlier. It was abuzz with activity as Air Force students prepared for the lunchtime meal. Gregarious and jovial, he seemed intent to break the pace, offering up his pastry delights pan by pan. Many of the students stopped to sample, many responsively closing their eyes in blissful agreement to the taste. Several could not stop at one. Pfeiffer got their attention.

“The most important thing as a teacher is to inspire students,” he said smiling. “When I see these young Soldiers and Sailors who are 18 years old, they need inspiration. They all need guidance. As a teacher, the best thing I could do through recipes is show them but also show them there’s a career out there for them. That’s the best part of my job.”

Wisniewski, who sat in on the training, said Pfeiffer’s professional development sessions were not only interesting and a boon to all who attended but will contribute to the school’s goal of preparing military personnel to better field the force.

“We’re always looking to improve the quality of food service in the dining facilities,” he said. “That’s always the bottom line.”

The FPS is located in Chicago and is part of the City Colleges of Chicago system of higher education.

Fort Lee medical, dental staff lend helping hands

Lesley Atkinson

KAHC Public Affairs Officer

Members of Kenner Army Health Clinic and Colonel Bull Dental Clinic have been contributing their medical skills, time and knowledge to a non-profit healthcare organization called Remote Area Medical Volunteer Corps.

RAM is a mobile medical clinic that delivers health care services to remote, isolated, uninsured and underserved individuals and communities around the globe. The organization has been providing free medical care for over 33 years. This service has brought nearly 120,000 humanitarian volunteers together from a variety of services like dental, vision, engineering, and medical services.

Lt. Col. Dentonio Worrell, Colonel Bull Dental Clinic commander, has been volunteering and finds it easy to help because the organization provides all the equipment, materials and supplies. He also mentions how giving to others has been a rewarding experience.

“I buzz with a high after helping with an event for weeks,” said Worrell. “The opportunity to use the gifts of healing, we’ve been fortunate to receive as healthcare providers. These are people who are desperately in need and can’t afford healthcare. Giving is true living.”

ABC news reported in 2014 that 33 million in America are still without health insurance. Selena Cabral, an optometry technician from Kenner was one of those statistics and for more than 20 years did not have health insurance.

“I made too much money for assistance and too little to purchase insurance,” voiced Cabral. “I was on the praying program ... I prayed for my son and myself not to get sick or have a catastrophic event. I only

went to the doctors for emergencies and cringed when the bill came.”

She finds it important not only for herself but for others to give back to others in need.

“We have to do better about helping one another instead of looking down on people and assuming why they are in the position they are in because we all need help sometimes,” she said. “If I could help someone who is in the situation I was once in...why not? We have to come out of our ‘It’s all about me house’ sometimes.”

Registered nurse Sharon Adams, a clinical nurse coordinator at Kenner, is a Virginia RAM ambassador and volunteer. She works in her spare time to ensure patients who do not have health/medical insurance are able to receive health care at no cost.

“I got involved with RAM as a direct result of the Affordable Care Act during the Obama administration due to needs for healthcare for underserved communities,” said Adams.

“I reached out to Kenner’s medical team to see if anyone wanted to offer their services and assist. Myself and along with some other team members have worked hard to assure that the care of the underserved is priority. This my passion and I devote much of my time to helping others.”

In 2016, RAM volunteers delivered free health care to 30,963 people in the U.S. and over 5,000 of those were in Virginia. Next year RAM plans to set up 10 mobile stations in Virginia.

If anyone is interested in volunteering or has questions please contact Sharon Adams by email sharon.m.adams25.civ@mail.mil or go to www.ramusa.org and register. All credentials and licenses are checked prior to volunteering.



Contributed Photos

(TOP) Lt. Col. Joseph Lowe, OIC, Fort Story Dental Clinic, does a dental exam on a patient during the RAM visit to Greenville High School in Emporia. (BOTTOM) RAM volunteers assist dozens at the high school.



Lee Playhouse production benefits from a 'theater miracle'

Terrence Phillip Williams

FMWR

The Lee Playhouse opened its new season last weekend with "Godspell," a showcase of beautiful music, an ensemble of talent with one standout performance and a striking set design.

"Godspell" continues Sept. 14, 15, 21 and 22, at 8 p.m.; and Sept. 16 and 23, at 3 p.m.

The show made its first big splash over 45 years ago when it opened Off-Broadway in the midst of the "Flower Power" era, when American pop culture struggled to shake off their gloom after a decade of assassinations, an unpopular war and social upheaval by embracing a counterculture explosion of youth, "flowers in their hair" and a hope for justice, community and freedom.

The production feels like a happy keepsake from that era. Featuring a score by a Stephen Schwartz (who penned Broadway's monster hit, "Wicked"), this show transformed the parables of the Gospels into a series of songs and schtick all about peace, love and



Contributed Photo

Herb and Sonia (Michael McClain and Kamaron Carter, left) engage in silly hijinks while Jesus (Travis West, right) struggles to teach them a lesson in a scene from "Godspell." "Godspell" continues Sept. 14, 15, 21 and 22, at 8 p.m.; and Sept. 16 and 23, at 3 p.m.

understanding.

This breezy, loosely-structured show has remained a theater staple in the intervening

decades, thanks in to the show's innocuous, bubble gum sensibility makes it a safe choice for innumerable amateur, church and high

school productions.

Some productions try to make the show seem more "relevant" by inserting either jokes about contemporary figures or references to the current culture (trendy hashtags and unfriending on Facebook, for instance), but the Lee Playhouse production bypasses all that and relies simply on this show's particular strengths -- exceptional source material and a beautiful score that work together to provide a highly-enjoyable showcase for talented performers.

While "Godspell" is not exactly a Sunday School lesson, there is no mistaking that the Gospels are its source. The text occasionally suffers from being a little too "groovy" (Jesus seeks to be baptized with an enthusiastic "I just want to get washed!"), but fear not (to borrow a phrase), the beauty of the original words comes shining through no matter what tomfoolery is taking place onstage. Parables like the Prodigal Son still manage to be quite poignant, even if the cast is dancing the
SEE **GODSPELL**, page 11



TRICARE Certified



(866) 546-2229



Behavioral Healthcare Specialists

PROVIDING BEHAVIORAL HEALTHCARE FOR FORT LEE SERVICE MEMBERS & FAMILIES

Dedicated Inpatient Unit and Day Treatment/Partial Hospitalization Programs staffed with former military physicians and treatment team members who understand military life to help servicemen and women struggling with:

- Post deployment adjustment • The psychological effects of combat stress • Chemical dependency • Depression
- And other behavioral healthcare concerns

HELP FOR FORT LEE FAMILIES INCLUDING:

- Child and Adult Crisis Stabilization Units • Day Treatment/Partial Hospitalization Programs
- Residential Treatment Center for Boys and Girls (Ages 11-17)

24 Hours A Day • 7 Days A Week • Take a Virtual Tour: WWW.POPLARSPRINGS.COM

LEAD PAINT,

continued from page 4

employees informed and aware about LBP, Anderson said.

“We are proactive with providing educational materials about lead hazards as well as responding to reports of damaged or deteriorating lead paint in buildings and taking the appropriate response action,” she said.

Furthermore, building employees and occupants are trained to assess and rate the condition of their facilities for LBP on a yearly basis, Anderson said.

“The environmental staff reviews all work orders to insure work performed in pre-1978 buildings includes properly certified workers and that cleaning and clearances before re-occupancy are completed,” she said. “In addition, the employees of the Base Operations Contractor who perform maintenance and repair on the installation facilities have general awareness of lead hazards and report any concerns to EMD.”

Military members and employees living

off the installation and who are concerned with LBP can inquire through housing managers and local authorities.

Symptoms and signs of LBP exposure in children include learning difficulties, irritability, loss of appetite, weight loss, sluggishness, fatigue, abdominal pain, vomiting, constipation, hearing loss, seizures and eating things that are not food, according to the Army Public Health Command website.

In adults, the signs and symptoms include high blood pressure, joint and muscle pain, difficulty with memory and concentration, headache, abdominal pain, mood disorders, reduced sperm count and abnormal sperm count, miscarriage and stillbirth or premature birth.

Those who have lived or worked at other installations and are concerned with LBP exposure should see a medical professional.

For more information about LBP, including a list of protective measures, visit <https://phc.amedd.army.mil/topics/workplacehealth/ih/Pages/Lead.aspx>.

GODSPELL,

continued from page 10

Macarena in the background.

Composer Schwartz offers an array of well-crafted songs that have proven the test of time. Songs like “Turn Back, O Man,” “Day By Day” and “Beautiful City” are as infectious as ever. Kudos go to the fine orchestra led by music director Alisa Erway and the cast, whose ensemble of pleasing voices alternately inspire, amuse and tug at

the heart strings.

A final element that elevates this production is Frank Foster’s set design. Deceptively simple, it is both seductively compelling and a bit unsettling at the same time.

Tickets are \$15 for adults; \$7 for youth, 16 and under; and \$5 for military members, E-1-E-4. Group rates are available.

For more information and possible changes due to the weekend weather, call the box office at 804-734-6629.

Sport Clips of Colonial Heights

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

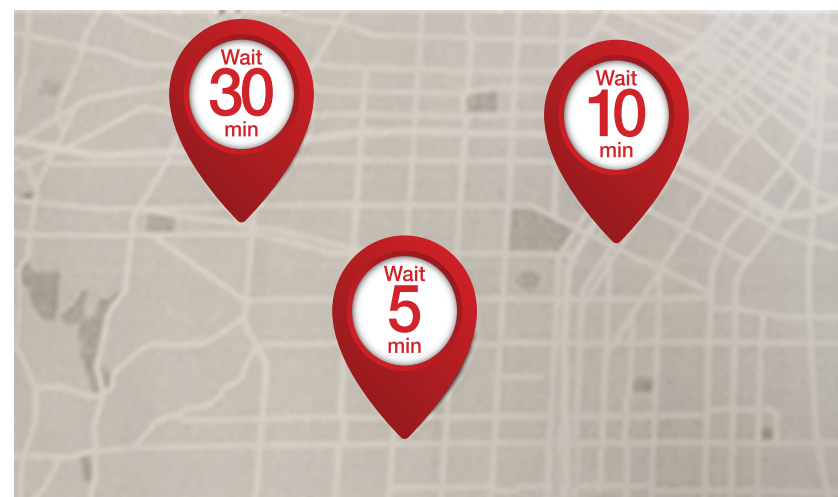
SportClips[®]
HAIRCUTS

YOU WATCH SPORTS WE CUT HAIR

Open Sundays Until 6:00 PM

Introducing

**ONLINE
CHECK IN**
SAVE TIME ON YOUR NEXT VISIT!



Local, Community Based Salon Participating In:

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

TRY IT ON YOUR NEXT VISIT:

**SPORTCLIPS.COM/
CHECKIN**

HOURS: SUN 10-6 MON-FRI 10-8 SAT 9-6

804.479.3014





Steven B. Novey
ATTORNEY AT LAW, PLLC

TRAFFIC LAW

CRIMINAL LAW

WWW.NOVEYLAWFIRM.COM

*Serving The Tri-Cities Area
and Surrounding Counties for 20 Years*

804.957.4755 | 804.957.4716 Fax

201 Temple Avenue, Suite A | Colonial Heights VA 23834

SPOTLIGHT | NATIONAL PREPAREDNESS MONTH

Fort Lee 'family of systems' key to emergency notification

A key element of disaster preparedness is knowing how you would be notified and what immediate steps need to be taken when an emergency warning is heard.

"If you don't know what you're looking for or listening for, it's harder to recognize it when a serious incident is occurring," noted Thomas Loden, installation emergency manager for the Fort Lee Directorate of Plans, Training, Mobilization and Security. "Also, there's no such thing as a single, all-encompassing alert system; so, it's important to know where the gaps exist and have a plan for spreading the word so every community member is aware of what's happening."

Fort Lee uses a "family of systems" to ensure everyone receives timely notification of a pending or ongoing natural or man-made emergency. According to Loden, the goal of mass warning and notification is to ensure everyone who lives, works, trains or transits the installation is notified within 10 minutes of an event.

"The head of the family is the exterior voice speaker network, which many individuals on post hear every Wednesday – usually around mid-morning and shortly after the duty day ends – when we (the installation operations center) conduct a test of the equipment," Loden said. "Exterior voice is multidirectional and is designed for those outside of a structure to hear the warning message and take appropriate action such as seeking shelter due to an impending event."

A variety of factors can impact the exterior voice network's range including wind, atmospheric conditions, ambient noise and malfunctioning equipment. "That's a big reason why we conduct weekly tests. It familiarizes the community with the system and helps us identify range and operational issues. We always encourage individuals to call or send an email to us if they're having a hard time hearing the system or notice that a speaker is broken."

Many administrative buildings and customer service facilities on post also are equipped with the interior voice system. Features include flashing lights, a warning alarm and local messaging for fire and other emergencies.

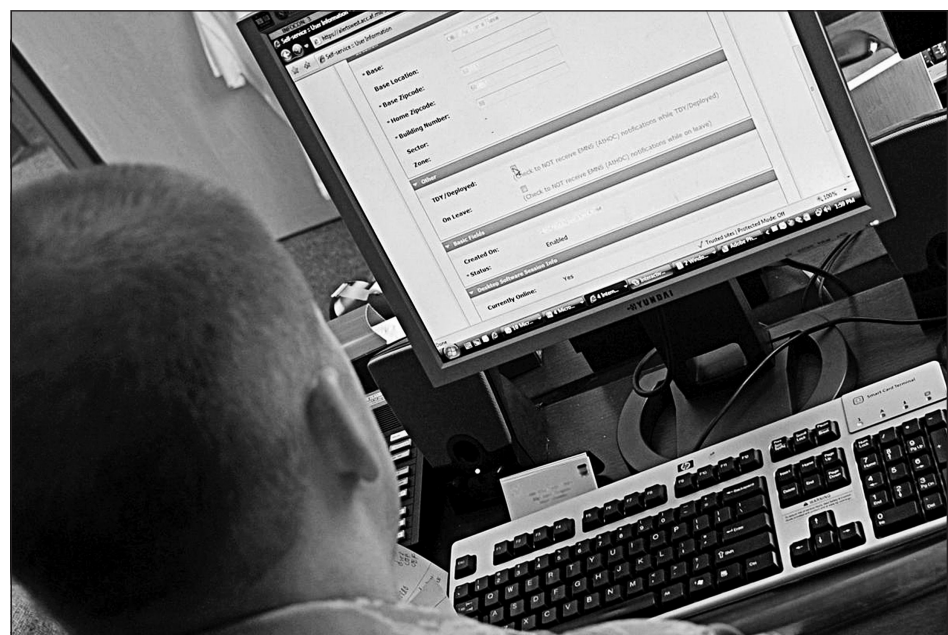
"The IOC can select individual buildings, targeted zones on the installation or the entire collection of facilities that have interior voice capability," Loden explained. "That gives us a lot of flexibility in tailoring emergency alerts to the situation, i.e., bomb threats, active-shooter incidents, and so on. Facility managers also have the ability to activate their building's warning system during an emergency. It's a multifunctional system and the Directorate of Emergency Services can provide training for building occupants and managers upon request."

Key leaders on the installation receive emergency notification via email and are encouraged to further distribute that information to others, particularly at subordinate levels.

"Remember, LeeKey email traffic does not reach everyone on the installation or every individual on the primary email exchange server," Loden said. "Not getting important information is worse than possible duplication of messages, so communicating vertically and horizontally is imperative."

A great source of information during weather-related emergencies is the IOC's status update hotline – 804-734-6629 – Loden continued. It is updated twice a day when incidents occur that result in the early release of post employees, delays in opening times, closures and/or hazardous road conditions.

"That resource is normally used in conjunction with the notices that appear on local television and radio networks," he said. "In those instances, we only control the information that's being provided. How it's presented is up to the network, and they



File Photo

A military member inputs details into the AtHoc system.

all do it differently, so the time we send it and when it's actually announced can significantly vary."

Lastly, and by far the most versatile of notification devices, is AtHoc – an emergency alert application capable of establishing contact via text, talk, email or computer popup alerts. The multiple methods of communication offer greater assurance that all enrolled individuals will be reached.

The Fort Lee AtHoc system also can prioritize the methods of alert based on the scenario, and users receiving the alerts have the ability to provide responses to acknowledge receipt of the message as well as provide additional status information if requested by the system operator. Furthermore, AtHoc allows the IOC to send targeted alerts to a portion of the installation if a post-wide response is not necessary.

Only Common Access Card holders can register for AtHoc. According to Department of Defense Instruction 6055.17, "DoD Emergency Management Program," all military, civilian and contractor personnel whose normal place of duty is on an installation or in a defense department facility must ensure their contact information (personal and work cellphone, landlines, email, etc.) is entered into AtHoc. Family member contact information can be added at

time of registration or afterward.

For AtHoc to work effectively, individuals will need to self-register at any CAC-enabled computer on Fort Lee. Users will insert their CAC and log-in to the computer as usual. Once the home screen has loaded, the individual should click on the little triangle on the right side of the start menu bar. A collection of hidden icons will appear. Click on the purple globe, and then select "Access Self Service." Add or edit information under the tabs My Info, Devices and Locations. When finished, click "Save" to complete registration. Anyone on the network who cannot find the AtHoc app logo should contact their system administrator.

"In summary, the DPTMS team – acting on behalf of installation leaders – is doing everything it can to ensure residents, employees and visitors are notified as quickly as possible if an emergency situation poses a threat to the safety and well-being of our community members," Loden said. "In return, we ask everyone on post to increase their awareness ... take the time to listen when messages are relayed and take the appropriate action based upon the response plans that should be in writing, rehearsed and well-publicized. Never assume that it's 'only a test' of the system; disasters can strike anytime and every second counts."

– DPTMS and Staff Reports

OFF DUTY IN THE COMMUNITY | FARMERS MARKETS

Farmers markets still open for vegetables, plants and more

Farmers market season is far from over in Central Virginia. An abundance of products from the commonwealth's farms, seashore, artisans, bakers and growers is available many Saturday mornings and a few weekdays through October not far from Fort Lee. Several are open all year.

There also are more distant markets that are well worth the drive, including the Williamsburg Farmers Market, considered by many to be the premier farm market in this part of Virginia.

For those who don't mind rising with the sun, treasures await. The bounty includes berries and baked goods, asparagus and other vegetables, fruits, plants, cut or dried flowers, cheeses, handmade soaps, and a variety of meats and seafood. And that's just a scant sampling.

The Williamsburg market includes demonstrations by local chefs and educational exhibits many Saturdays through Nov. 3. For information, visit www.williamsburgfarmersmarket.com.

Farm markets are not necessarily Saturday-only events. Some of the markets in the Central Richmond area are open weekdays.

The following is a list of some that are open at this time of the year.



File Photo

Kristen Grizzard of Wayne's Produce arranges strawberries, turnips and beets at a prior-year Prince George Farmers' Market.

PETERSBURG

River City Market

Special Saturday Holiday Markets

Oct. 27, Nov. 17 and Dec. 15

8 a.m. - noon

30 River St.

<http://riverstreetmarket.com/>

PRINCE GEORGE COUNTY

Prince George Farmers' Market

Saturdays, 8 a.m. - noon

May 5 - Oct. 27

Scott Park Pavilion

6605 Courts Dr.

<https://www.princegeorgecountyva.gov/farmersmarket/>

COLONIAL HEIGHTS

Colonial Heights Farmers Market

Saturdays, 9 a.m. - noon

Open Year Round

2600 Boulevard

<https://www.facebook.com/colonialheightsfarmersmarket/>

HOPEWELL

Third Thursdays Open Air Marketplace

Every third Thursday of the month

5:30-8 p.m.

Final 2018 dates - Sept. 20 and Oct. 18

E. Broadway and VA State Route 10

<http://hopewellowntown.com/market/>

SEE FARMERS MARKETS, page 15

We Now Have **LUXURY** CONDO APARTMENTS 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-00382970

WE BUY & SELL

Military Surplus

GO HSO!

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

Since 1942, Hull Street Outlet has been Central Virginia's largest headquarters for Military Surplus, Camo, Clothing and More... Go HSO.

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



HSO
Hull Street Outlet

3820 Jefferson Davis Hwy.
(Located in Richmond,
20 min drive from Ft. Lee)

We have it, more of it, It's authentic, and it's priced

www.HullStreetOutlet.com • 804-275-9239 or 800-354-2422



Mid-Virginia Trader
Let's you **BUY-SELL-TRADE**
FOR FREE!

Place Your FREE* CLASSIFIED AD in the Mid-Virginia TRADER **24x7**

It's as easy as 1, 2, 3, or 4!

PHONE: 804-722-5139

E-Mail: MidVaTrader@gmail.com

MAIL: Mid-Virginia Trader, P.O. Box 71, Petersburg, VA 23804

FAX: 804-861-9452

(For mail or fax use the form from Page 2 of the Mid-Virginia Trader)

AD DEADLINE for THURSDAY's PUBLICATION is 5:00 PM

*Some limitations apply - see page 2 of Mid-Virginia Trader for details

CALENDAR

LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

Come as You Are Science Evening | Sept. 13

The second Science on Tap for adults is set for Sept. 13, 6-10 p.m., at the Science Museum of Virginia, 2500 W. Broad St., Richmond. The event is for those 21 and older. For details, call 804-864-1400 or visit smv.org.

Free City Point Concert | Sept. 14

Local musicians Johnny Jones and Friends will perform Sept. 14, 6 p.m., at the General Grant's Headquarters Unit of Petersburg National Battlefield, 1001 Pecan Ave., Hopewell.

The free 75-minute concert will be held on the north lawn of Appomattox Plantation.

For details, call 804-732-3531 ext. 203.

Youth Bowling Kicks Off | Sept. 15

Family and MWR's TenStrike Bowling Center invites all youth to join the Youth Bowling League that starts Sept. 15.

Bowling is set for 9 a.m., Saturdays, September - March. Youth may sign up at the center on C Avenue.

To learn more, visit <https://lee.armymwr.com/promos/youth-bowling-league>.

Exchange Play-Doh Sculpt Event | Sept. 15

The Army and Air Force Exchange Service is offering a Play-Doh sculpt-event for Fort Lee children Sept. 15, 11 a.m. - 2 p.m., in the Toy Department at the Main Store. The event is free.

The event for kids, ages 3 and older, will feature a variety of Play-Doh playsets for kids to build and sculpt.

For details, call 804-861-5970.

Pamplin Beer and Wine Festival | Sept. 15

A Breakthrough Brew & Wine Fest is set for Sept. 15, 11 a.m. - 5 p.m., at Pamplin Historical Park & The National Museum of the Civil War Soldier, 6125 Boydton Plank Road, Petersburg. For tickets, visit www.eventbrite.com.

For details, call 804-861-2408.

NARFE Meeting | Sept. 19

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.

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 guest speaker will be Delegate Elizabeth Guzman from the Virginia House of Delegates. Sgt. Maj. Eduardo Velez, Ordnance School, also will offer remarks. 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.

Cardinal Golf Championship | Sept. 22-23

The Cardinal Golf facility will host its annual club championship tournament Sept. 22-23.

It is open to all annual members with USGA handicaps, and it will be a two-person team, 36-hole stroke-play event. The cost is \$60, which includes golf, a cart, prizes, lunch and beverages for both days. The entry fee must be paid by Sept. 19. The tee time both days is 7:30 a.m.

For details, call (804) 734-2899.

Henricus Park Home-School Day | Sept. 20

A home-school education program designed to meet required curriculum goals in a fun and interactive environment is scheduled for Sept. 20, 10 a.m. - 2 p.m., at Henricus Historical Park, 251 Henricus Park Road, Chester. Registration is required by Sept. 17.

For details, call (804) 318-8797.



FAMILYVISIONCARE

Welcome to Family Vision Care Your Private Practice Optometrist in Colonial Heights



FAMILY VISION CARE

Jessica Nisewonger, OD

798 Southpark Blvd. Ste 24
Colonial Heights, VA 23834
(located in the shopping center
behind Panera and Starbucks)

At Family Vision care, our doctor and staff work hard to be the best eye care office in the Tri-Cities area.

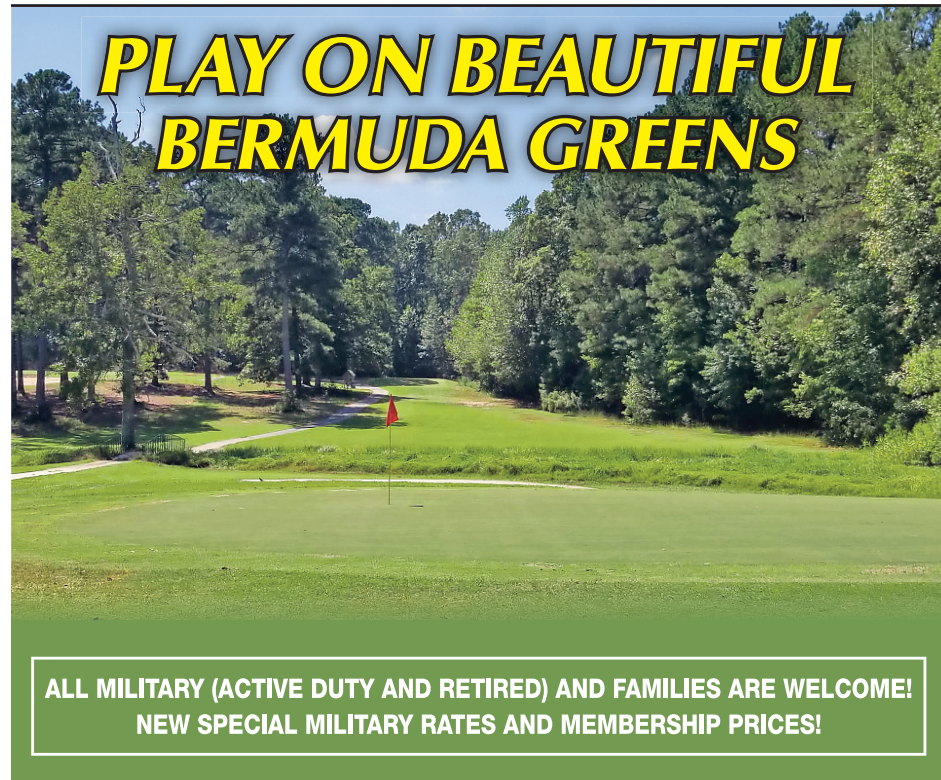
Residents of Colonial Heights, Petersburg, Chester, Hopewell and the surrounding areas- you have choices. For something as precious as your eye care, you can choose to place your trust in a big box chain store or to a private optometry practice that specializes in you.

We provide a comprehensive eye exam that determines your prescription and checks for eye diseases. We offer personalized care, contact lens exams Gentle Vision Shaping System, and same day appointments for emergencies.

Hours: Monday 9-6 • Tuesday 8-5 • Wednesday 8-5 • Thursday 8-5 • Friday 8-4
Closed for lunch (1-2 Monday-Thursday, 12-1 Friday)

804-524-0200 - call or text! • www.familyvisioncareva.com • www.facebook.com/familyvisioncare

PLAY ON BEAUTIFUL BERMUDA GREENS



ALL MILITARY (ACTIVE DUTY AND RETIRED) AND FAMILIES ARE WELCOME!
NEW SPECIAL MILITARY RATES AND MEMBERSHIP PRICES!



Prince George
GOLF COURSE

CALL 804 991 2251 or go to
princegeorgegolfcourse.net to book online.

For more installation and outside the gate events and activities, visit our online calendar at www.fortleetraveller.com/calendar



Metro Creative

FARMERS MARKETS,

continued from page 13

CHESTERFIELD COUNTY

Brandermill Green Market

Saturdays, 9 a.m. - noon (May - October)
4900 Market Square Lane, Midlothian
<http://on.fb.me/1JOB43C>

RICHMOND

17th Street Farmers Market

Thursdays, 4-7 p.m.
100 N. 17th St.
Oct. 4 - Dec. 13
www.enrichmond.org

Huguenot-Robious Farmers Market at the Great Big Greenhouse

Thursdays, 10 a.m. - 2 p.m.
Open Year Round
2051 Huguenot Road
<http://on.fb.me/1baqwjr>

McKenney Farmers Market

Fall Market - Through Oct. 26
Fridays, 3-6 p.m.
10402 Doyle Boulevard
<https://www.facebook.com/mckenneyfarmersmarket/>

South of the James Farmers Market

Saturdays, 9 a.m. - noon
(November - April)
Saturdays, 8 a.m. - noon
(May - October)

Forest Hill Park

New Kent Ave and 42nd Street
<https://www.growrva.com/soj>

For more farmers markets offered in the surrounding areas, visit www.backtothemarket.com.

-- Staff reports

FORT LEE TRAVELLER Classifieds

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

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

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



kw RICHMOND WEST
KELLERWILLIAMS.



Are you looking to Buy or Sell?
Let me help you navigate through the process! I work to Help relocate Military Families and look forward to helping you find your next home. Call me for a Consultation today!

Cindi Lucas, Keller Williams Realty
757-713-6871, cindilucas@kw.com
www.cindilucas.kw.com

Office location:
6806 Paragon PI Suite 300 Richmond, Va 23230

Quintessential CHIROPRACTIC
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



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



Kanpai
JAPANESE STEAKHOUSE & SUSHI BAR
5303 Oaklawn Blvd. | Hopewell, Va 23860

Family Owned and Operated for over 28 years!

We would love to host your celebration or birthday

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

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

CALL FOR RESERVATIONS



804-541-8853 | WWW.KANPAIHOPEWELL.COM



LESS WAITING FOR **EMERGENCY** CARE (AND A LOT MORE CARE, IF YOU NEED IT).

In a medical emergency, every minute matters. So, at Southside Regional Medical Center and Southside Emergency Care Center, you'll find faster care in our emergency rooms. We work diligently to have you initially seen by a medical professional with the shortest wait time possible.* And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

**For less waiting and faster care, count on the E.R.s of
Southside Regional Medical Center and Southside Emergency Care Center.**

TRICARE Accepted

**Now with 2 E.R. locations
Petersburg • Colonial Heights**

**To save your spot in line, visit
SouthsideRegionalER.com.**



owned in part by physicians

*E.R. wait time, which is defined as the time it takes from check-in at the E.R. desk until a patient is initially seen by a physician, can change quickly. This time is dependent on the severity of the illnesses and other patients also in the E.R. Because our Emergency Department staff must treat patients based on severity of illness or injury, your time is not guaranteed. We will see you as close to your designated time as possible. If you believe you are experiencing a life-threatening emergency, call 911 or go to the nearest Emergency Department as soon as possible.