



S&K "GROUP SPIRIT"

Fall 2015

KEEPING YOUR GOALS IN SIGHT

Even when it gets stormy,
make 2016 your healthiest
year ever with a little help

GRIDIRON SMARTS

The story of football's clever
Carlisle Indian Team

GOING

NUCLEAR

New project at the
Savannah River Site

DO WE HAVE AN EMERGENCY?

Benefits advice in how to select a
provider when you're down and out

Letter from the Chief Executive Officer

Tom Acevedo

I have just recently returned from a visit to our nation's capital and as usual this time of year the city is beautiful but unusually hot for September. While there I am always reminded that the commerce of the city is government. Which brings me to the point of why I am writing about government. My undergraduate degree was a BA in political science; I still can't get the fascination with government and politics out of my system.

As you know, the presidential race is in full swing and the news media, given the plethora of candidates, just can't get enough of it. The temptation is to be cynical about the choices available to us as voters. However, I am of the mind that recent history has shown that we as a country manage to pull through even when we have presidents that don't quite make the grade.

I offer the following examples of some of those who in my estimation made certain decisions that adversely affected the nation. Let's start with an easy one: President Nixon's involvement in the "Watergate" scandal and his subsequent resignation. Another is President Johnson's "Gulf of Tonkin" justification for dragging the country deeply into the Vietnam war. We later had the impeachment of President Clinton by the House of

Representatives for his sexual peccadillos' in the White House with an intern. Finally, let's follow this up with President Bush's "Weapons of Mass Destruction" justification for invading Iraq.

Despite each of these decisions and the subsequent problems created for the country, we as a country have been able to find a way out of the dilemma, although a little bruised sometimes.

Now we are confronted with two of today's would be Presidential candidates, one from each party, who have certainly upset the apple cart. One is a bombastic self-aggrandizing individual and the other is an avowed European styled socialist. Each one has a distinct appeal to a voting bloc that may be too narrow for either to be elected nationally. However, at the very least, at this stage of the vetting process the tried and true political presidential candidates are scrambling.

The point of all this is that democracy is messy business and a democracy works best when we, the electorate, stay informed and involved in the political process.

Oh, and my final admonition is; vote.



A pair of wild horses graze along the banks of Wild Horse Island on Flathead Lake in Montana. They were spotted by Tom Acevedo, S&K CEO, during a boat trip this past summer.

S&K expands into Florida with new office

The S&K Logistics Services (SKLS) crew proudly announces the opening of their South Florida office in Davie, Florida.

This new office will allow SKLS to continue to be a world-class military support supplier to domestic and international users worldwide. These team members will primarily serve Maintenance, Repair and Overhaul (MRO) customers.

Pictured left to right are Gail Schmer, Director MRO, Gary Eastman, Senior Database Programmer/Analyst, Marie Aimee, Export/Import Compliance Specialist, Jim Phillips, Senior Procurement Specialist, Wendy Lara, Senior Procurement Specialist, and Dave Rariden, President of S&K Logistics Services.

Congratulations from everyone at S&K for their stellar growth!





S&K Logistics Services earns support contract with Nuclear Facility in Georgia

Twenty five miles south of Augusta, Georgia, sits the Savannah River Site, a nuclear reservation that covers 310 square miles and employs more than 10,000 people. The Site is currently managed by the U.S. Department of Energy (DOE).

The DOE has selected S&K Logistics Services (SKLS) and its partner, Pro2Serve, Inc., to provide a variety of program support services at the site.

The Savannah River Site was constructed during the early 1950s to produce the basic materials used in the fabrication of nuclear weapons, primarily tritium and plutonium-239, in support of the nation's defense programs. Five reactors were built to produce these materials. Also built were a number of support facilities including two chemical separations plants, a heavy water extraction plant, a nuclear fuel and target fabrication facility, a tritium extraction facility and waste management facilities. (Source: <http://www.srs.gov/>)

"This is the first time S&K Logistics Services has worked with the Savannah River Site. Our teams will support existing projects, initiatives, operation activities, and future Site missions," said Dave Rariden, SKLS President. "Additionally, SKLS and Pro2Serve will be establishing a new and proprietary software system for DOE use in forecasting, tracking, analysis, and reporting of ongoing DOE projects at the Site."

Savannah River Site's mission is to safely and efficiently operate the Site, protect public health and the environment while supporting the nation's nuclear deterrent, and the transformation of the Site for future use. The Site now focuses on three business segments in environmental stewardship, national security, and clean energy. (Source: <http://www.srs.gov/>)

Pro2Serve is a long standing teammate with S&K. The company has exceptional expertise and reputation and has worked side by side with S&K Aerospace, LLC on projects like the Moab Uranium Mill Tailings Remedial Action Contract in Utah.

Dave expressed his thanks to SKLS staff in helping get the contract off to a smooth start. "It was a great team effort and resulted in the seamless transition from the incumbent contract into the new contract in less than a week."

Sherri Robinson, the Contracting Officer with the DOE, stated that she was impressed by the team of experts S&K assembled to support this effort, and was "especially pleased by the rapid and seamless transition."

Photos from top:

The Savannah River Site Entrance on a scenic evening. The location of the Site in Georgia. A photo from the 1953, Interior of M Area Canning Building where uranium slugs were dipped into molten metals. And lastly, the recent implosion of a cooling tower.

All photos courtesy <http://www.srs.gov/>





Tap into the Health and Wellness tools at S&K and make 2016 your healthiest year. Here's how:



When you enroll in the **WellonTarget Fitness Program** you get access to an independently contracted network of leading fitness centers including national and regional chains, participating **YMCA's and local exercise facilities** for one low price.

Log into your
Blue Cross Blue
Shield Account for
complete access.

WWW.BCBSMT.COM

Quicklinks:
WellOnTarget

Connect a Device or App and Earn Free Prizes

If you have a smart phone in your pocket, or you're using a wearable device to track your activities, you can connect it to your wellness program account. The more data you track, the better you can watch your progress--and reach your goal. Plus, your activities earn points which can be redeemed for all sorts of things! That's free stuff just for walking!



Improve your Health Knowledge

We're already masters of this stuff, but can always use a few tips. Take an online course and learn about Improving Nutrition, how to Manage Weight, Quit Tobacco, Manage Stress, and Get Active. Completed courses also earn you points.

SCROLL THROUGH AVAILABLE COURSES



Start a Fitness Challenge Team at Work

Tomica Petty, Andrew Brooks, and Sharnarra Reid (photo from left) are three members of the fitness minded family at the S&K Logistics Services office in Byron, GA. The “family” has dedicated themselves to promoting a healthy work environment by competing in work hustle challenges throughout the week.

“We have a Fitbit group that shows how many steps we take each day,” said Sharnarra. “It’s fun and motivating to see who can get the most daily steps for an entire week.”



Rose Kenny and Ammy Pearson also joined the crew and the group can be spotted walking up and down Peachtree Parkway in Byron. “Our building located on an open and airy parkway with limited traffic, so it’s easy for us to accumulate steps and meet our fitness goals,” added Sharnarra. Rose says, “she likes to walk to help combat high blood pressure and improve overall health.”

All it takes is two people to challenge each other. **Start small and your colleagues will join you!** If you’d like help starting a fitness group at your office, just give us a shout at benefits@sktcorp.com



Talk with a Wellness Coach about Quitting Tobacco

Sometimes we all need a little help, especially when we’ve had a habit for a long time (see puppy). S&K has a **Tobacco Cessation Program** that can help you quit tobacco with online tools, support, and the availability of a Wellness Coach to support and keep you motivated.

Through regularly scheduled telephone calls, your personal wellness coach will work with you to build a customized plan to quit your way. You’ll cover the basics of tobacco cessation, set goals, get rid of barriers, find healthy choices, and learn how to notice and manage triggers. The specialist will also work with you to adopt healthier habits and learn to manage medical conditions more effectively.

S&K also covers up to two 90-day treatments for tobacco cessation **medications** per benefit period with no patient cost-share! This coverage includes a variety of FDA-approved tobacco cessation drugs (including both prescription and over-the-counter) when prescribed by a health care provider. In order for coverage to be available, you will need a valid prescription from your doctor.



For more information or to enroll in the Tobacco Cessation Program:

Call **(866) 412-8795** and select the prompt for the **Lifestyle Management Program**.



GRIDIRON SMARTS

FOOTBALL'S INVENTIVE NATIVE AMERICAN TEAM

As the cool crisp air of fall starts to settle, one thing many people look forward to is the American football season. Whether it's high school, college, or NFL many people have allegiance to their favorite teams. Current American football evolved from a mix of rugby and soccer and was initially played at many Ivy League schools. In the late 1800s, the Carlisle Indian School football program became an emerging force in the Ivy League dominated sport and the game was never the same.



The Carlisle Indian School located in Carlisle, Pennsylvania, was an abandoned military barrack converted into a school. The founder, Ct. Richard Henry Pratt, had an idea to "Americanize" the Native people by teaching them trade skills that they could bring back to their people or integrate into American society. Pratt's famous motto "Kill the Indian, save the man" exemplified the sentiment that Native culture was inferior or obsolete and should be eliminated. Upon arrival, students' hair was cut, they were given American/Christian names, and corporal punishment was instituted for speaking Native languages or practicing any form of Native culture or religion. The school operated from 1879 to 1918 and enrolled nearly 10,000 Native students from many Indian nations including Lakota, Ojibway, Seneca, Cherokee, Cheyenne, and Alaska Native.

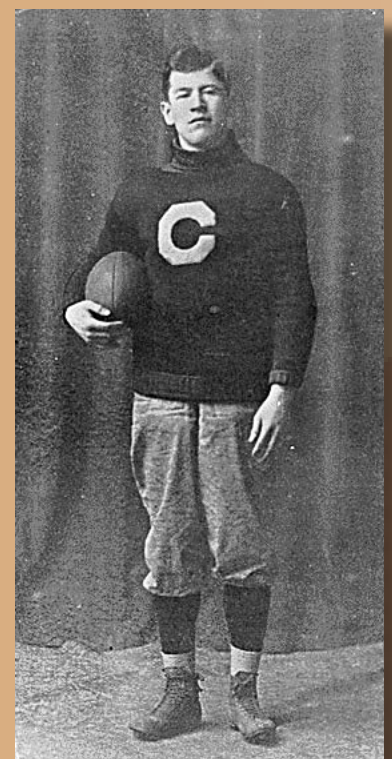


In 1893, the Carlisle School began playing football competitively with other schools. The Carlisle football players were often smaller than the other school's players. In that time, football was played in a V-shaped formation where large bodied players that formed the "V" pushed their way through the opposing team's formation. Since Carlisle players couldn't compete with the larger players, they used strategic plays and quickness to maneuver through the larger opposing line formation. This often caught the opposing team off-guard and helped establish Carlisle as a powerhouse in collegiate football.

Carlisle, under the coaching of Pop Warner, invented the overhand spiral throw and the hand-off fake. In a game with Harvard in 1903, Carlisle hid the football under a player's jersey and they were able to run it in for a touchdown. Although they lost, newspapers nationwide spoke of how the Carlisle Indians outwitted the Harvard players. The Carlisle Indians would continue their dominance in collegiate football, including the tenure of a young player that would eventually become one of the greatest American athletes of all time.

In 1907, a young, scrawny boy named Jim Thorpe—who was a Carlisle track star and champion ballroom dancer—begged to try out for the football team. Thinking he was too small even for the Carlisle team, the administration was hesitant as they didn't want to potentially hurt their track star. They eventually let him tryout. When Thorpe arrived there were 30-40 Carlisle players on the field and Coach Warner threw the ball to Thorpe and told him to run. With the entire Carlisle team gunning for him, Thorpe sprinted, faked, and out maneuvered the entire varsity team. Shocked, Warner threw the ball to Thorpe and told him to do it again. This time he ordered the varsity team to "tackle him so hard that he wouldn't get up to do it again." Thorpe ran the ball through the entire varsity team again, and needless to say, earned a spot on the team.

Thorpe's debut in collegiate football would come on October 26, 1907, at a highly anticipated game between the undefeated Pennsylvania Quakers and the undefeated Carlisle Indians. No one had scored against the Quakers the whole season. Within the first few plays Carlisle scored against the Quakers by using the forward pass. The forward pass was rarely used and often thought of as elementary. The Carlisle





Indians used their speed and the forward pass to dominate the Quakers in a 26-6 win. This shocked the nation as an Indian school beat a more established school. The Thorpe-led Carlisle Indians would extend their domination of college football through the next few seasons with upsets that included Harvard and the Army. An Army player named Dwight Eisenhower—who would eventually become president—recalled playing with Thorpe.

"Here and there, there are some people who are supremely endowed. My memory goes back to Jim Thorpe. He never practiced in his life, and he could do anything better than any other football player I ever saw."

Recommended reading:

The Real All Americans - Sally Jenkins (2007)
Carlisle vs. Army – Lars Anderson (2008)

See more historical photos from the Carlisle School:
<http://bit.ly/1KORlaG>

Photos from top left:

Photo 1: Student body assembled on the Carlisle Indian School Grounds. Read more: <http://bit.ly/1KTUluS>

Photo 2: Carlisle Indian School's 1903 football team (U.S. Army Heritage and Education Center)

Photo 3: Jim Thorpe in a Carlisle uniform, c. 1909. Jim was one of the greatest football players and athletes in modern history. He was a member of the Sac and Fox Nation in Oklahoma. He won Olympic gold medals for the 1912 pentathlon and decathlon, played American football (collegiate and professional), and also played professional baseball and basketball.

Photo 4: Carlisle player and football great Jim Thorpe (right) receives the ball. Hear the radio story: <http://n.pr/1M4hkcb>

Employee Retirement

Larry Hart, Equipment Specialist and Logistics Support Specialist with S&K Global Solutions, retired on June 30, 2015. He and his colleagues from the Warner Robins office celebrated at a retirement luncheon at Saigon Noodle House on July 24.



Larry, shown on the right in a black shirt, was given a Letter of Appreciation from Binky Bowman, President of S&K Global Solutions, which was presented by Marty Tucker, VP Defense Sector, pictured in red. Larry also received a Shadow Box from Anthony Dunn, Chief of Technical Coordination Group at Robins Air Force Base, GA.

Larry's rapport with all five signatory countries for the Boeing F-15 gave him an outstanding ability to resolve avionics issues across nine different export variants of the F-15. His exceptionally close relationships with senior military members from all the signatory countries flying the F-15 made him an excellent ambassador overseas for S&K and an outstanding help for our USAF customer.

S&K is sad to lose such a wonderful member of the team, but wish Larry the best. He has decided it's about time to travel more, be with his family, and enjoy the Appalachian surroundings at his north Georgia retreat. We will definitely miss him as an active S&K member but always fondly remember him and his enthusiasm to serve.

Mentoring Saudi Students



S&K Global Solutions Senior Acquisition Analyst, Mr. Kent Mueller, and Royal Saudi Air Force (RSAF) Captain Ali Al Sheheri, proudly display the captain's Master's thesis defense briefing. The event marked Captain

Al Sheheri's successful defense of his Master's research which was sponsored by the F-15 Foreign Military Service Sustainment Branch at the Air Force Institute of Technology.

In a year-long effort, Mr. Mueller represented the F-15 FMS Program Office Continuous Process Improvement (WWQIA) by mentoring the captain through mission oriented research focused on improving RSAF F-15 Supply Chain throughput. The research highlighted strategically important CPI initiatives jointly championed by the F-15 FMS Sustainment Branch and RSAF HQ Director of Supply, General Atyah.



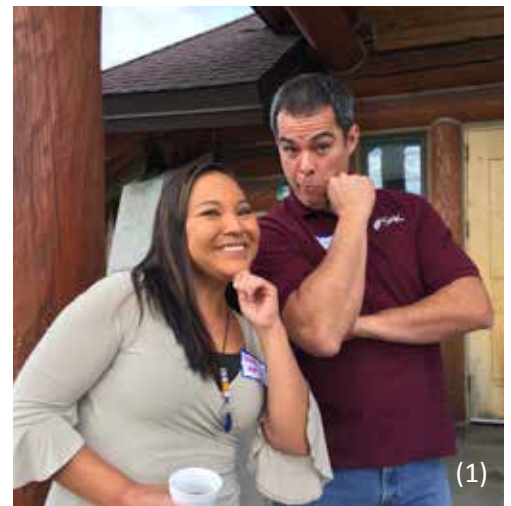
TEAM BUILDING IN MONTANA

Under blue skies in Pablo, Montana, the S&K corporate office team endured a gruelling 4-hour session of team-building and group coaching.

Hosted by Karen McNenny of Made You Think Consulting, the employees discussed and brainstormed topics like what sucks and what breathes life into a company, why we work at S&K, and how we can continually improve our relationships at work.

"I like to think of the IT department as the lifeblood of the corporation," said Dean Hendrix, when discussing how each corporate group contributes to the company. Several groups like Payroll and Finance argued the same point while the marketing department drew pictures and did creative thinking.

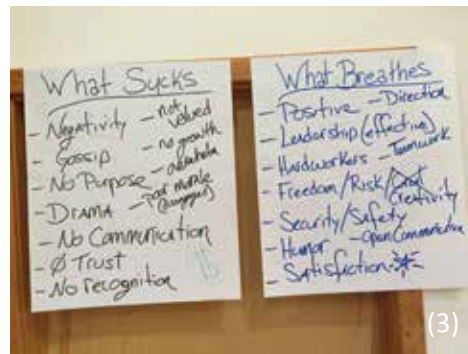
The event was a great success and Tom has decided the next one will take place in Hawaii with all 400+ S&K employees across the nation.



(1)



(2)



(3)



(4)



(5)



(6)



(7)

Photos 1) Vina Little Owl, Assistant Controller, and Charlie Blood, Accounting Clerk, take a break from smiling. 2) Heidi Rohrlach, Controller, and Rita Matthews, Sr. VP of Administration, take a breather from all the feel good events. 3) What we decided, in a nutshell. 4) Jason Reese, Account Receivable Specialist, Audi Moran, HR, Kimimi Ashley, Payroll Clerk, and Adele Vincent, Benefits Coordinator. 5) The group listens to Karen as she breaks down what is really important for a company, other than good coffee. 6) Scott Colton, Corporate CFO, and Dean Hendrix, IRM Director, chat during a break. 7) Kimimi Ashley, Payroll Clerk, and Amy Schlatter, Marketing Manager, after a donut binge.



EMPLOYEE/TEAM OF THE QUARTER AWARD WINNERS

TEAM OF THE QUARTER S&K AEROSPACE

S&K Aerospace is pleased to announce the selection of the Warner Robins, Georgia Staff Support Services Team as our Team of the Quarter. Staff Support Services Manager, Melinda Taylor directs the efforts of Courtney Oplt, Receptionist, and Kasey Osborn, Support Staff Specialist (right to left in photo) as they expertly serve more than 65 local employees in addition to our multiple remote locations.

Although many Staff Support Service duties often go unnoticed, their importance to the company and impact on our customers cannot be overstated. Exceptional, friendly service can always be expected, whether the task is as basic as greeting visitors upon entrance to the facility or as complicated and sensitive as Human Resource, Benefits or Payroll issues.



Not only has this staff executed an extraordinary amount of employee Personnel Action Forms for the quarter due to contract status changes, they have also provided critical HR and ISO training sessions while coordinating and hosting multiple government, vendor and FMS meetings at our facility. Please join us in congratulating Melinda, Kasey and Courtney as the S&K Aerospace Team of the Quarter.

TEAM OF THE QUARTER S&K GLOBAL SOLUTIONS

Daniel Mathews, IT Professional Supervisor, Dennis Brantley, IT Professional, Johnathan McMahan, IT Professional, and Ozzy Leija, IT Professional (left to right in photo at Rocket Park standing in front of the Saturn 5 Rocket) were recognized with a **Space Flight Awareness Award** from NASA for consistently providing, over a sustained period, a wide array of critical information technology services to the entire Johnson Space Center (JSC) Engineering Directorate. As the result, the team has also earned the S&K Global Solutions Team of the Quarter Award.

Their achievements are a ground-breaking success, as this is the first time the JSC Engineering Directorate has enjoyed an integrated provider for IT services, which has efficiently centralized the (previously fractured) management of IT assets and services from eight separate organizations.

This performance is a key contribution to the success of the JSC Engineering Directorate as a whole, and every technical spaceflight project within the directorate depends on the Service Center Team directly to achieve its mission and avoid work stoppages. These major spaceflight projects include the Capsule Parachute Assembly System (CPAS), the Advanced Docking System (ADS), and the Exploration Augmentation Module (EAM) projects, plus forward-looking IT projects such as the Virtual Desktop Initiative (VDI). The competence and responsiveness of the Service Center Team help make these projects' employees more efficient and productive, in turn making their projects more successful toward achieving NASA's mission.



Would you say this is an *Emergency Room* type of emergency?

Say you have severe chest pain or unstoppable bleeding. In that case it's obvious you should go to an emergency room (ER). But what about other times when it's less clear?

Where do you go when you have an ear infection or are generally not feeling well? The ER is always an option, but it can be an expensive one. In many cases, it's better to get treatment from your primary care physician or an Urgent Care facility. You'll get the same quality care and in most cases save money!

Our benefit plan at S&K provides ER, primary care, and urgent care benefits to you and your covered family members. But when it makes sense for your condition, it's more cost effective to see an Urgent Care or Primary Care Physician. Let's look at some examples:



Example 1 (Blue Dimensions PPO Plan)

Ralph believes he has a broken ankle. When he goes to the **Emergency Room** for treatment, the ER facility charge has a **copayment of \$100**, after which separate physician charges apply.

A week later, Ralph has a cold and visits an **Urgent Care** facility because in this case an ER is not needed. A participating Urgent Care has a **\$20 copayment**. The difference is due to the level of care needed and Ralph's medical benefit coverage.

Urgent Care has a lower copayment than an ER because the cost is less. Ralph is also glad he saw participating providers because non-participating providers will bill him additional fees for not being contracted and he would have a higher coinsurance.

Example 2 (BlueEdge HDHP Plan)

This time, Ralph has a broken arm and goes to the **Emergency Room**. In this case, all charges are **applied to the deductible** because all non-preventive care is subject to deductible.

The next week, Ralph has a sore throat and sees the **Urgent Care** because an ER is not needed. The **deductible applies** however the difference would be the costs to Ralph since the Urgent Care will have a lesser charge than an ER.

Again, Ralph is glad he saw participating providers because non-participating providers would also bill him additional fees since the provider would not have a contracted rate.



S&K Aerospace - Star Performers

The Star Performer Award is given to PROS employees that show outstanding dedication and performance above and beyond. Each month supervisors nominate an employee, giving a brief description of why the employee is being nominated for that month. After all nominations are received, supervisors and upper management vote on two employees. The two employees with the most votes are the ones who are recognized.

Awardees receive a small globe which comes with a white glove for smudge free handling. The winners jokingly wear the glove during the ceremony.

June (top two photos) :: David Payne, Logistics Specialist I, and Thomas Wilson, Warehouse Supervisor. Both are pictured with S&K Aerospace President, Tony Amadeo.

July (middle two photos) :: Meagan Peacock, Logistics Specialist I, and Rebecca Smith, Logistics Specialist I. Both are pictured with John Sims, S&K Aerospace VP of Operations.

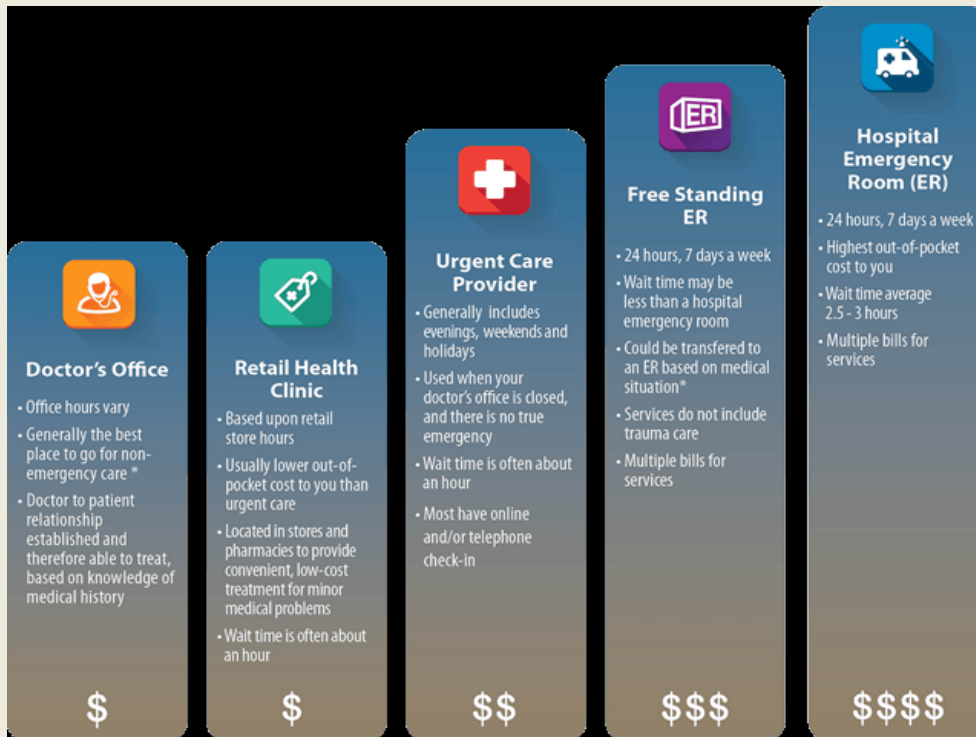
August (bottom two photos) :: Jared Hutto, Country Coordinator, and Gary Keltner, Quality Assurance Specialist. Both are pictured with John Sims, S&K Aerospace VP of Operations.

Deciding Where to Go for Health Care

A Quick Reference Guide

You have choices for receiving in-network care that will work with your situation and schedule and also give you access to the care you need. Know when to use each for non-emergency treatment.

If you need emergency care, call 911 or seek help from any doctor or hospital immediately.



Quick Tip! Did you know you receive a **higher benefit level** and save money by seeing a Blue Cross and Blue Shield PPO provider. They have a contracted rate with our insurance company which means the treatment costs less.

Get to know the providers in your area so that deciding where to go is easy!



S&K Team Excels during NASA Critical Design Review

Several S&K Global Solutions EPIC contract employees were recognized for their work on the NASA Capsule Parachute Assembly System which was recently tested during the Orion spaceship launch.

Critical Design Reviews (CDRs) are used to determine if a technical effort like the Capsule Parachute Assembly System is on track to complete the flight and ground system development and mission operations and meet mission performance requirements within the identified cost and schedule restraints.

Lana Rouse, EPIC Project Support (pictured front row, second from right in black and coral with other members of the team), provided direct support to the CDR, while Sara Garcia and Debbie Belle provided back-up/additional support during the review.

NASA Safe, Not Sorry Award

NASA has awarded a number of S&K Global Solutions employees at Johnson Space Center with a Safe, Not Sorry Award during the months of July and August. Terri English, Erin Pillow, Gene McMahon, Robin Bowman, Ozzie Leija, and Johnathan McMahon were recognized for their attention to unsafe conditions around the campus.



Terri English and Erin Pillow

Robin Bowman and Johnathan McMahon were not available for photos.



Gene McMahon and Ozzie Leija.



Safety Action Team

Two S&K Global Solutions employees, Anne Penn and Patti Hill, received the NASA Johnson Space Center Safety Action Team (JSAT) Rays Award. JSAT promotes employee participation in JSC environmental protection, safety, health, and emergency preparedness programs. Anne is pictured in blue with other awardees. Patti was not available for a photo.

Employees enjoy game

The Pacific Northwest contingent of S&K Global Solutions held their employee picnic on August 8th at a Seattle Mariners game. Special VIP guests included Barb DeBernardo, Sr. Program Manager from the SKGS Houston office. Photos top: Vern Meyer (left) and Timothy Gray, both IT Helpdesk, enjoyed the food and the game. Bottom: Bob Davies (IT Helpdesk, was joined by his wife Barbara and next to her is Tana Gill, IT Helpdesk Supervisor, and Clyde McFadden, IT Helpdesk.



Climbing to the top

It may look like Nate carried his wife, Alicia Zahn, to the top of Pikes Peak in Colorado, but Alicia has assured us that she hiked the entire 12+ miles and 7,800 feet incline all by herself. Congrats to them both for the achievement! Alicia is an S&K Aerospace PROS Task Order Manager / Business Development. What's next for these two crazy fitness folks?



Graduation

Seventeen year old Sean Williams graduated in August from the Georgia National Guard, Fort Gordon, Youth Challenge Academy. "His father and I could not be any prouder!" said his mom, S&K Aerospace Warehouse Logistics Specialist, Kendra Williams. "He has already been to see his Army recruiter and will be fully enlisted in the United States Army by the end of September."



Happy grampy

Congratulations to Vince Skidmore, S&K Aerospace Quality Assurance, on the birth of his fourth grandchild. Little Marley Zada Love was born August 29th, weighed 7 lbs, 13oz and was 19 inches long.

Entering the school force

Six year old Elena and four year old Lea started a new chapter in their lives by attending their first day of first grade and Pre-K, respectively. Their proud grandma, Sylvia Paden, is a Project Technical Specialist with S&K Global Solutions by day, and a super grandma by night. She was excited to see her girls off.



Racing away

S&K Aerospace employee, Jennifer Thomason (in purple) completed her first 10K in August. She ran at the Fourth Annual Atlanta Relay in the historic district of Castleberry Hill Atlanta, Georgia. The race went around Centennial Olympic Park, the Philips Arena, the Georgia Dome, and the World Congress Center. Jennifer started running in March and has done three 5Ks since. Congratulations, Jennifer, for completing such an awesome achievement!

Shark attack

"We have some great hitters and team spirit. Mostly bouncing around like crazy kids in the dugout kind of spirit," said Charlie Blood, Accounting Clerk at the S&K corporate office in Montana.

Congrats to the S&K Sharks Little League baseball team from St. Ignatius for a stellar season! The kids are between 6-8 years old and are co-coached by Charlie.

