

We are extremely proud of our Director of Communication, Seamus Nelson, who is deploying to Africa for 1 year as a Navy Reservist. We will miss him and hope to have him step in as a guest blogger for our official <u>SAHS Blog</u> from time to time. Thank you Seamus for serving our country and for being such a great strength for the SAHS! We will see you back at the SAHS soon!

## On the Road to Recovery!



