

Jimmy's Run Down Hero Highway

BY MANHASSET PRESS STAFF

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Army Ranger Lead The Way Fund's largest and most anticipated event of the year, Jimmy's Run Down Hero Highway, is almost here! The 5K run/walk/stroll, now in its ninth year, will take place on Sunday, Nov. 13, in New York City. This patriotic and family-friendly day continues to bring together veterans, civilians, moms, dads, sports teams and kids of all ages to honor the life of Manhasset Hero Sgt. James J. Regan, who was killed in Iraq in February of 2007.

Registration for the event starts at 9:45 a.m. at Pier 45 between Christopher Street and the West Side Highway. The Fun Run/Walk takes participants along the West Side Highway, down past the World Trade Center, always in sight of the Statue of Liberty. A post-race celebration will follow at the beautiful Lighthouse at Chelsea Piers that will include moving tributes to some of our nation's heroes.

The post-race celebration will offer great live music, food and drink and, once again, This year, the American Fallen Soldiers Project will present memorial portraits to the families of Army Rangers PFC Christopher Alexander Horns and SSG Kevin Matthew Pape, both of whom were killed while on a mission and have made the ultimate sacrifice while protecting our freedom.

Preregistering for this event is strongly recommended at www.leadthewayfund.org. Walk-ins are also welcome on the day of the event with a \$10 increase and no guarantee of a commemorative T-shirt or proper shirt size.

The Rangers and their families put it all on the line to protect our great country, the United States of America.



A Prevention Education Initiative
For parents and teens (grades 7-12)

DRUG TRENDS & YOUNG PEOPLE

*Understanding Today's
Opioid Epidemic*

Presented by LICADD
with guest speaker Linda Ventura

*Long Island Council on Alcoholism & Drug
Dependence (LICADD) will address*

- *Opioid Epidemic on Long Island*
- *Drugs that are popularly being used and how they have changed*
- *Causes of drug use*
- *Ways to tell if someone is struggling with drugs*
- *Healthy coping skills for teens*

Linda Ventura will share her touching story about her son's struggle with sobriety and his subsequent death from a heroin overdose

CHINESE TRANSLATION AVAILABLE

Naloxone Training

To be eligible for training, registration is required. You must be Age 18 or older to receive a Naloxone kit. Register at www.manhassetcasa.org.

- Participant will learn about the signs and symptoms of an opioid overdose
- How opioids effect the body/mind/mood
- How Naloxone works
- Steps to respond to an overdose and administer Naloxone

For more information, contact Manhasset CASA at 516.267.7548 or go to manhassetcasa.org.

