



Cougars Helping Enhance the Community

Alternative Breaks Leadership Retreat

Who: Potential AB leaders.

Potential AB participants are also welcome.

What: Required training for those interested in leading an AB trip during the 2006-2007 academic year.

Those who complete the training and lead a trip will earn \$50 towards trip expenses.

When: September 15-16 (Friday 4 p.m. - Saturday 5 p.m.)

Where: CHEC Center, 2nd Floor of Lightsey Center

Please register with the CHEC Center by September 11.

Girls on the Run

Girls on the Run is gearing up for a new year of energetic activities designed to prevent at-risk behaviors such as drug use, eating disorders, and teenage pregnancy by teaching girls the importance of healthy living. The program will be expanding its reach by offering its weekly sessions at multiple elementary schools throughout the greater Charleston area. Volunteers are needed to help run the sessions. For more information, please contact Heidi Stepzinski or Stacey Edge at charleston-gotr@yahoo.com or (843) 722.6443.

Charleston County Parks and Recreation

Volunteers are needed to assist with carnival games for children for the following dates and locations:

August 27 from 11:30 a.m. to 4:30 p.m.

The Meadow in James Island County Park

September 3 from 10:30 a.m. to 3:30 p.m.

Edisto Hall in James Island County Park

September 4 from 11:30 a.m. to 4:30 p.m.

The Meadow in James Island County Park

Saturday 9 from 10:30 a.m. to 3:30 p.m.

Cottonwood Shelter in Wannamaker County Park

September 9 from 12 p.m. to 5 p.m.

Tupelo Shelter in Wannamaker County Park

September 16 from 10:30 a.m. to 3:30 p.m.

Cypress Hall in Wannamaker County Park

For more information, please contact Karen Nugent at knugent@ccprc.com or (843) 762-8062.

Gullah/Geechee Nation's International African Music and Movement Festival

August 25-27, volunteers are needed to assist in the following areas: passing out flyers, greeting and seating, kitchen assistants, ground maintenance, vendor assistance, and the children's area. The festival, which includes several performances, ceremonies, and tours, will be held at the Charleston Maritime Center and various locations around town. For more information, please contact Queen Quet at AMPTurnItUp@aol.com.

Contact the CHEC Community Service Center:

Lightsey Center, RM 203 * (843) 953-5838 * CHEC@cofc.edu