

# FYI

MAGAZINE



# WELCOME OUR NEW GARRISON COMMANDER LTC JAMES CLIFFORD



## Here are a few facts you may not know:

- ★ He was commissioned in 1994 as a Signal Officer upon graduation from Rutgers University.
- ★ He earned a Bachelor of Science degree in Civil Engineering, a Master of Arts in Information Technology Management and a Master of Science in National Resource Strategy.
- ★ He's been stationed at Fort Gordon, Fort Bragg and Bosnia, among numerous other places.
- ★ Some of his military awards include the Defense Superior Service Medal, Bronze Star Medal (1 OLC), Defense Meritorious Service Medal (2 OLC), and the Meritorious Service Medal (1 OLC).
- ★ He is married to Hannah Clifford with whom he shares two children, Jimmy and Abigail.

2018

Fort  
Gordon  
Engineer  
Field

# Fall FESTIVAL & Flea Market

Presented by Fort Gordon & DFMWR

**SEPTEMBER 28 & 29**

**KIDDIE CARNIVAL** FRIDAY & SATURDAY

**OKTOBERFEST THEME NIGHT** FRIDAY

**GERMAN MUSIC AND DANCING**

**ENTERTAINMENT** FRIDAY & SATURDAY

**FAMILY FUN • FOOD & BEVERAGES • LIVE MUSIC**

**FALL FLEA MARKET** SATURDAY

**VENDOR VILLAGE** FRIDAY & SATURDAY

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## FROM THE COVER

Military life can often take you on a wonderful journey of self-discovery, which isn't always easy or fun! Every now and then, you should take a break from adulting and a vacation may be just the answer. Plan a nice vacation or staycation for yourself and the family. This cover represents the fun and adventure of getting lost and discovering the world around you!



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[gordon.armymwr.com](http://gordon.armymwr.com)



JUL 14

## Christmas in July

Nelson Fitness Center



AUG 4

## PWAR Family Fun Day

Pointes West Army Resort



SEP 28 & 29

## Fall Festival

Engineer Field



## New Website... Same Great Information

The new website is here for all your  
MWR needs at [gordon.armymwr.com](http://gordon.armymwr.com)

JUL 13, AUG 10, SEP 14  
**PARENT'S  
NIGHT OUT**  
CDC Main & MST Center

JUL 20  
**MOVIE NIGHT**  
Outdoor Pool

JUL 20, 21, 27 & 28  
AUG 3 & 4  
**CHEAPER BY  
THE DOZEN  
PRODUCTION**  
Fort Gordon  
Dinner Theatre

JUL 20, AUG 17, SEP 21  
**MORALE CALL**  
Heroes Sports Bar

AUG 18  
**GLOW RUN**  
Barton Field  
Softball Complex

AUG 18-19  
**BOSS COMICON**  
BOSS HQ

AUG 14  
**DADDY N' ME  
SPLISH-SPLASH  
FUN**  
Family Outreach Center

AUG 25 & 26  
**KICKBOXING  
TOURNAMENT**  
Nelson Fitness Center

SEP 8  
**BOSS LUAU &  
SINGLE SERVICE  
MEMBER DAY**  
BOSS HQ

SEP 15  
**TUTUS FOR  
CANCER RUN**  
Signal Towers

SEP 15  
**PIZZA BOWL**  
Gordon Lanes  
Bowling Center

SEP 22  
**KIDS FALL  
FISHING DERBY**  
Claypit Lakes



# STARBUCKS REDEDICATION

ARMED FORCES NETWORK



By Crystal Tyson

On June 6th, I walked into my friendly Grovetown neighborhood Starbucks to find a newly redecorated interior. The Starbucks located at 222 Meridian Drive was chosen to be a designated military family store. Near the counter, a beautiful, large, wooden plaque reads, "This store is dedicated to people united by their courage to serve our country."



Alongside the plaque, a guide-on symbolizing the newfound partnership between Fort Gordon and the Grovetown store. Local media and VIP guests, such as Mayor Gary Jones of Grovetown, Paul Lynch – military liaison for the office of US Congressman Rick Allen, Grovetown Police Department, Columbia County Sheriffs Department and Tammy Duke of the USO, gathered in support. Starbucks has made a commitment to dedicate 91 stores as military family stores. The stores will make it their mission to reach out to the military community and give them a home away from home feeling, staffing each primarily with veterans and military spouses.

General Manager and veteran, Chris Schmidt, gracefully hosted the ceremony reminding us of the importance Starbucks places on family. He could not contain his excitement as he stated the Grovetown store is the 43rd store dedicated and spoke of the hopes for the store and company as a whole. "We originally set out to hire 10,000 veterans [and military spouses] by 2018 and have exceeded that. Now we will increase that commitment to 25,000 by 2025."

Samples of espresso and pastries were passed out as Aiken store manager, Dimitri Allmond, reminisced about the moment he realized his love of coffee on

a tour in Iraq. On a day with a little downtime, "I sat down with my [first] cup of coffee, watching some of my team scarf down Cinnabon rolls and almost felt a sense of normalcy [in Iraq of all places]...that is until the mortars started up again."



A partner – how Starbucks refers to their employees – of the Grovetown store, received a patriotic apron from Sheri Vasquez, store manager. These special green aprons, embroidered with an American flag on the right side and name and branch (or branch spouse) on the left side, represent partners with affiliation to the military. You could tell Sheri was proud at that moment and received much support from Tisha Thorton, Starbucks District Manager. Overall, everyone seemed happy with the outcome of the ceremony. It was heartwarming to come together over a great cup of coffee and a room full of those that support and serve.



Find out more about how Starbucks is supporting your community by visiting [starbuckschannel.com/originals/veterans/](http://starbuckschannel.com/originals/veterans/)

Photo Credit: Alaine Spencer

Read the full article at [fortgordon.com/FYI](http://fortgordon.com/FYI)



# Summer Photo CONTEST

July 15 - August 15

Submit your best summer themed military life photo for a chance to win a

## Photography Gift Package



This military life themed contest includes four categories: MWR Events/Programs, MWR Facilities, Military Family Gatherings/Vacations, and Active Duty Life. Contestants must be 16 years and up. Must identify the location of picture. Must release rights to be used by MWR. Max file size is 10MB. Must submit photo(s) to [fortgordon.com/photo-contest-2018](http://fortgordon.com/photo-contest-2018) NLT 11:59pm on August 15. Can upload a max of 5 images per contestant. Contestant must be present to win prize. Prize is valued at over \$350. Must present valid military ID. Open to Fort Gordon Military Community. Any photos containing obscene, provocative, defamatory, or otherwise objectionable or inappropriate content will be removed from consideration.



For more information call:  
706-791-6779



## CONGRATULATIONS TO OUR SPRING EGG HUNT CONTEST WINNER

 **STEFANIE B.** 

STEFANIE WON A \$50 GIFT CARD TO CHEESEBURGER BOBBY'S AND 4 PASSES TO SOURCE CODE ESCAPE GAMES.

Thanks to all who participated and remember to keep an eye on social media, the FYI Magazine, and our YouTube channel for more fun competitions and giveaways!



# GET LOST

THE HIDDEN TREASURES OF ROAD TRIPPING

BY CRYSTAL TYSON

Is road tripping becoming a thing of the past? The first recorded American road-trip was in 1903. H. Nelson Jackson, Sewall K. Crocker and Bud, the dog, jumped in a 1903 Winton Touring Car on a 63 day scenic trip between San Francisco and New York. That drive now can be completed in 10 days, enjoying what I assume, is much different scenery.

So many times I hear of friends and families flying to a destination for a vacation. Many times it's a quick weekend trip or somewhere much too far to drive. But there is so much of America that has yet to be explored by families and road tripping allows for that great exploration. Find exciting and off-the-beaten-path places to visit, such as cool restaurants and one-of-a-kind spots.

# OH THE PLACES YOU CAN GO!

We put together a small list consisting of three places in the United States to see by way of a road trip.

## ARIZONA



Not only can you visit Upper Antelope Canyon with its mystic shape created by water rushing through rock, but you also must see the Grand Canyon; no road trip would be complete without a stop at these overwhelmingly magnificent sights. Monument Valley also happens to cross state lines, leading you from Arizona right into Utah!

## ROUTE 1



The Overseas Highway is a 150-mile highway that crosses 42 bridges. Take in the life of the Keys – from the Pennekamp Coral Reef Park to Key Largo's Dolphin Research Center. Make sure to eat the many different foods the area has made famous, like fried conch and Key Lime Pie.

## ROUTE 66



There are countless sights between Chicago and Los Angeles on this 2,500-mile cross-country journey. Route 66 is not only famous for its quirky roadside attractions, like the Cadillac Ranch in Texas, the World's Largest Catsup Bottle in Oklahoma, and a giant sculpture of Abe Lincoln on a wagon in his hometown of Springfield, Illinois, but also the El Rancho Hotel in Gallup, New Mexico.

There's not much to planning a road trip. You can actually save a lot by doing so. Traveling in your own vehicle, whether a car or RV, saves a ton compared to renting a vehicle and hotels. You know your own vehicle, so it helps when determining the amount of gas needed as well as allows you to set the pace of the drive. Plot your trip by finding your preferred choice of map. Nowadays, most people use the GPS on their phones. While that's normally the most updated accurate route, you may lose signal when traveling through areas without great service...can you hear me now? Plus, there's much more fun in using a printed map. Not only can you write on them for references but marking your stops helps plan meals, rest stops and sightseeing. Keep the map after the trip to use in a scrapbook or save for reference for the next trip. If this is overwhelming

and you feel like you'd rather use other means to plan...there's an app for that! Below is a list of handy apps to help you plan the perfect trip:

1. **Roadtrippers** – [roadtrippers.com](http://roadtrippers.com)
2. **Back Road Ramblers** – [backroadramblers.com](http://backroadramblers.com)
3. **Roadside America** – [roadsideamerica.com](http://roadsideamerica.com)

All in all, remember to pack light, take photos and have fun! Get lost, the adventure of finding your way home will be worth it!

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- Merritt, Kelly. *The Everything Family Guide to Budget Travel: Hundreds of Fun Family Vacations to Fit Any Budget*. Adams Media, 2011.

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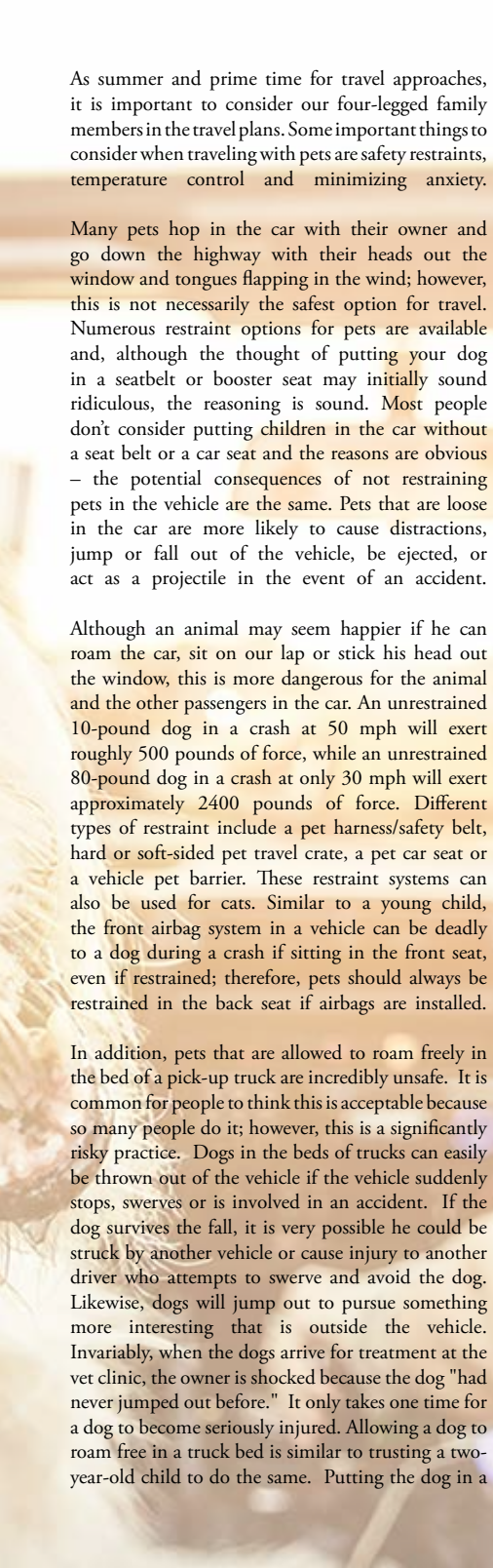
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CONVENTION AND VISITORS BUREAU  
G E O R G I A

# VEHICLE SAFETY

## For Pets

**Dr. Holly Landes, DVM**





As summer and prime time for travel approaches, it is important to consider our four-legged family members in the travel plans. Some important things to consider when traveling with pets are safety restraints, temperature control and minimizing anxiety.

Many pets hop in the car with their owner and go down the highway with their heads out the window and tongues flapping in the wind; however, this is not necessarily the safest option for travel. Numerous restraint options for pets are available and, although the thought of putting your dog in a seatbelt or booster seat may initially sound ridiculous, the reasoning is sound. Most people don't consider putting children in the car without a seat belt or a car seat and the reasons are obvious – the potential consequences of not restraining pets in the vehicle are the same. Pets that are loose in the car are more likely to cause distractions, jump or fall out of the vehicle, be ejected, or act as a projectile in the event of an accident.

Although an animal may seem happier if he can roam the car, sit on our lap or stick his head out the window, this is more dangerous for the animal and the other passengers in the car. An unrestrained 10-pound dog in a crash at 50 mph will exert roughly 500 pounds of force, while an unrestrained 80-pound dog in a crash at only 30 mph will exert approximately 2400 pounds of force. Different types of restraint include a pet harness/safety belt, hard or soft-sided pet travel crate, a pet car seat or a vehicle pet barrier. These restraint systems can also be used for cats. Similar to a young child, the front airbag system in a vehicle can be deadly to a dog during a crash if sitting in the front seat, even if restrained; therefore, pets should always be restrained in the back seat if airbags are installed.

In addition, pets that are allowed to roam freely in the bed of a pick-up truck are incredibly unsafe. It is common for people to think this is acceptable because so many people do it; however, this is a significantly risky practice. Dogs in the beds of trucks can easily be thrown out of the vehicle if the vehicle suddenly stops, swerves or is involved in an accident. If the dog survives the fall, it is very possible he could be struck by another vehicle or cause injury to another driver who attempts to swerve and avoid the dog. Likewise, dogs will jump out to pursue something more interesting that is outside the vehicle. Invariably, when the dogs arrive for treatment at the vet clinic, the owner is shocked because the dog "had never jumped out before." It only takes one time for a dog to become seriously injured. Allowing a dog to roam free in a truck bed is similar to trusting a two-year-old child to do the same. Putting the dog in a

crate that is secured to the bed of the truck or using a truck bed harness and tether will avoid putting the dog and others on the road in danger. Likewise, an unrestrained dog in the car with a wide open window is just as risky. Dogs often fall or jump out of car windows. To avoid this, use a pet restraint as discussed above and only crack the window enough that their nose will fit through, not their whole head.

Secondly, temperature is a significant factor to consider when traveling with your pet. Residing in the southeastern United States means HOT temperatures. Keep in mind that dogs and cats have fur coats and they don't have the ability to sweat to cool themselves. If they are traveling in the far back of the vehicle or in the sun, they may be subjected to much warmer temperatures than that of the driver who is seated in front of the air conditioning vent. Also, if air conditioning is not available in the car, some breeds may not be able to tolerate the higher temperatures for long. Breeds that may be more at risk are those with heavy coats such as the arctic breeds (Huskies, Malamutes) and those with short noses such as bulldogs and boxers. Additionally, never leave pets unattended in a vehicle. Even if the air conditioning is left on, it is possible that the air conditioning will fail or the car will stall, which can be fatal if the pet is left for more than a few minutes in warm temperatures.

Finally, the comfort of our pets is essential, and although most dogs travel well, there are those who find the vehicle quite distressing. You can prepare your dog for travel by taking short "fun rides" in the car prior to any long trips. Giving treats, praise and going to fun places like the dog park or to visit friends will make the experience more positive. Those with anxiety may improve with natural remedies such as a Thundershirt (a tight t-shirt that helps them feel more secure), Rescue Remedy (a Bach Flower remedy that helps to calm them) or a DAP Collar (a collar that releases pheromones that give them a sense of well being). Those with more severe anxiety may benefit from anti-anxiety medications such as alprazolam (Xanax) or trazodone that can be administered on travel days. Those that suffer from nausea may benefit from a medication called Cerenia that is proven to reduce car sickness in dogs. See your veterinarian at the Fort Gordon Veterinary Treatment Facility to determine which option is best for your pet!

In closing, our animals are great travel companions and a few small considerations such as car restraints, temperature control and anxiety management will help make the trip safer and more enjoyable for both animals and humans.

WHAT'S IN A

# SPORTS DRINK?

By Danielle Dunnagan, MS, RD, LD

We've all seen the TV commercials portraying an athlete consuming a sports drink as a quick way to refuel after an exhausting practice. But what's really in a sports drink? Are they just for athletes? How did they become so popular?



The sports drink industry started in 1965 when an assistant coach for the University of Florida football team took a particular interest in why the summer heat was affecting his players' performance at practice. The football staff decided to collaborate with a team of scientists at the university to determine a solution to their problem. The results of their research indicated that the football players were not adequately replacing carbohydrates, fluids, or electrolytes following exercise and thus a product named "Gatorade" was developed.

## Sport's drinks can potentially be valuable if exercise duration is greater than 60 minutes

In general, sports drinks are typically a calculated blend of carbohydrates, electrolytes and water. Simplified, this translates to a water-based beverage with sugar, salt and sometimes a few added micronutrients. As a general guideline, sports drinks can potentially be valuable if exercise duration is greater than 60 minutes, or shorter but with higher intensity. Recommendations suggest replacing energy losses with 30 to 60 grams of carbohydrates per additional hour of exercise. Replace fluid losses with 2-3 cups of water per pound lost during physical activity. Water is probably sufficient for low

to moderate intensity exercise or physical activity lasting less than one hour. Don't forget sports drinks contain added sugar and salt; therefore, it is important to consume these beverages mindfully and read the nutrition facts labels on each product!

Last but certainly not least, sports drinks are not our only way to refuel following an intense workout – food and other beverages can also be used to refuel the body. Fruit, grains, milk and yogurt are a few examples of dietary sources of carbohydrate that provide additional nutrition and aid in replenishing muscle glycogen and electrolyte losses. Add a moderate serving of protein for a complete recovery snack or even a dash of salt if sweat losses are high.



Overall, sports drinks are specially formulated to help refuel muscles during or after high-intensity exercise or physical activity lasting longer than one hour. Water is an excellent choice for most low to moderate level activities. Don't forget that sports drinks contain calories from carbohydrates and also have added salt. Use this information with your judgement to determine if sports drinks might be a beneficial beverage for you.

### Sources

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Read the full article at [fortgordon.com/FYI](http://fortgordon.com/FYI)



# LOOKING TO BUY OR SELL A HOME?

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## WE APPRECIATE YOU!

This annual event is to say "thank you" to the Fort Gordon Community. Coupons will also be available online, so check our social media or pick up a coupon from the MWR Marketing Office located on 44th Street in Building 44401.

EVERY SEASON STARTS AT



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## MWR Military Appreciation Day

August 3-5, 2018

Discount valid only on August 3-5, 2018, 9am-3pm. Augusta Mall location only, 3450 Wrightsboro Rd, Augusta, GA 30909. Must present proper military identification. Open to Active Duty, Reservists, Retirees, Dependents, DoD Civilians & Contractors. Limit one coupon per customer. Must only be used on one transaction. Discount applied before tax charges. Cannot be combined with any other offer, team discount or used for gift cards, licenses or previously purchased merchandise. Coupon valid on in-store purchases only. No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or discount was applied may result in an adjusted refund amount. Excludes DICK'S Team Sports HQ Uniform and FanWear purchases. See store and [DICKS.com/Exclusions](http://DICKS.com/Exclusions) for details.

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WHAT'S HAPPENING? - Child and Youth Services

## SUMMER CAMP

Give your school-aged child a week of adventure through our Youth Summer Camps. We offer fun-filled activities for kindergarten through 12th grade.



## BEFORE AND AFTER SCHOOL BUSING

We offer transportation to and from most public schools off post in Columbia and Richmond County for CYS registered children grades Kindergarten to 5th – based on bus availability. Children on post who attend Freedom Park will walk to and from school under supervision. To register your child, visit [militarychildcare.com](http://militarychildcare.com).

## REVIEW - CYS

## COACH OF THE WEEK

CYS Sports would like to extend a huge thank you to all the coaches of the spring season; with special acknowledgement to Coaches of the Week: Coach Johnson, Coach Lindo, Coach Nace and Coach Hawes. CYS Sports is always in need of coaches. If you are interested in becoming a volunteer coach, call 706-791-4440/7336.



**July 9-13:** CYSitters Course

**July 9:** Smart Soccer Registration Opens (Reg. by 8/3)

**July 13:** PNO (Reg. by 7/6)

**August 10:** PNO (Reg. by 8/3)

**August 20:** Flag Football & Cheerleading Registration Opens (Reg. by 9/14)

**September 13:** Parents Advisory Board Meeting

**September 14:** PNO (Reg. by 9/7)



## ACCOMPLISHMENTS

The CDC West is pleased to announce they are pursuing their request to become part of the USDA Program after receiving their certificate to operate from IMCOM G9. Keep an eye out for the additional successes to these great programs.



## ISO VOLUNTEER SWIM COACH

CYS Sports is searching for a volunteer swim coach to begin a Fort Gordon youth swim team! If you are interested or know of a volunteer perfect for this position, please call 706-791-7336.



Follow Youth Sports official Facebook page at [facebook.com/FortGordonYouthSports](https://facebook.com/FortGordonYouthSports) for updates on all things youth sports, including weather cancellations and location changes.

You can save on your childcare fees by earning points with the Parent Participation Program. Become involved in multiple CYS programs to earn points. When 10 points are earned, parents can use those points towards a 10% discount on their upcoming month's childcare fee.

## FAMILY GAME NIGHT



Spend some quality family time together, enjoy some friendly competition and win prizes! Family Game Night is a series presented by New Parent Support Program and Woodworth Library. For more information, call 706-791-5220.

## HEART'S APART

This program is a support group for families of servicemembers who are away on mission-related activities. Meet-ups occur the second Wednesday of every month, from 10am - 11am, at the ACS Meeting Room in the Command Support Center (behind Huddle House). For more information, call 791-1922.



- July 9:** CPR Instruction Class
- July 17:** Breastfeeding Support Group
- July 21:** EFMP Family Pool Party  
EFMP Family Find Screening
- July 26:** Family Game Night
- July 28:** EFMP Family Find Screening
- August 11:** EFMP Family Find Screening
- August 21:** Breastfeeding Support Group
- August 14:** Daddy N' Me Splish-Splash Fun
- September 10:** CPR Instruction Class
- September 13:** Family Game Night
- September 18:** Breastfeeding Support Group

## FYI

Prenatal and postpartum yoga classes are offered at no price.

Visit [gordon.armymwr.com/npsp](http://gordon.armymwr.com/npsp) under "Support Groups" for class dates and more.

The Fatality Review Project of GA reported intimate partner stalkers as the most dangerous type of stalker that utilizes multiple strategies to monitor and control victims including surveillance, life invasion, and intimidation. Do your part to prevent everyday domestic violence!





## UNIT RECYCLING CHALLENGE

The 4QFY18 Unit Recycling Challenge is **white paper!** July 1st - September 30th, units are encouraged to win \$500 in unit funds by participating. The unit who brings in the heaviest weight of items wins. To register, call 706-791-0132.

## NEED 2 KNOW

Recycling on post is mandatory and we are here to help you stay within compliance! Keep our installation dollars here by recycling at any of our locations. Find more locations by visiting [gordon.armymwr.com/recycling](http://gordon.armymwr.com/recycling).



## FREE CAR CARE CLASSES

Gordon Car Care offers auto repair classes. Classes are available to all military, retirees, dependents and DoD Civilians, ages 16 and older. Classes are an introductory level and are intended to familiarize you with solutions to common car problems. All classes are 10am-3pm. Refreshments will be served. Registration is required and closes the day before each class. Call 706-791-2390 for more information or to register. Click on the class title to register by visiting [gordon.armymwr.com/free-auto-classes](http://gordon.armymwr.com/free-auto-classes).



## NITROGEN-FILLED TIRES

Gordon Car Care is pleased to announce we offer nitrogen for your car and light truck tires. We can top off your tires that already have nitrogen or completely change your tires from air to nitrogen. The benefits of nitrogen are improved tire life, improved fuel economy, and fewer tire pressure (TPMS - Tire Pressure Monitoring System) warnings. Call 706-791-2390 for more information.



**September 22:** Inspections, Services and Maintenance Scheduling / Inspect and Replace Disc and Drum Brakes

## COMMUNITY

WHAT'S HAPPENING? - Fort Gordon Community Garden



## VOLUNTEERS WANTED

The Community Garden is looking for unit volunteers who would like to help the community and children sections of the garden by weeding, prepping for spring and assisting with the compost area.

## ACT NOW

Get a seasonal plot for \$25 or the entire season for \$40. If you have certain crops for a specific time of year, this may be your best bet! Visit [gordon.armymwr.com/community-garden](http://gordon.armymwr.com/community-garden) for more information.



## FREE GARDEN PLOT

You can receive a free plot by becoming a section host! A section host is responsible for keeping that section's group of gardeners on point with weeding and keeping the area walkways clear. For more information on becoming a section host, call 706-791-9483.



Pumpkins take a loooooong time to grow - 80 to 120 days depending on the variety. If you want that perfect Halloween pumpkin, you need to plant your seeds by July 4th. Check out the detailed article at [fortgordon.com/pumpkin-farm](http://fortgordon.com/pumpkin-farm).

REVIEW - Fort Gordon Community Garden

## 2018 EARTH FAIRE

The Earth Faire on April 28th was enjoyable for the whole family. You were able to visit with the Sierra Club and learn about their free wildlife educational canoe, kayak and hiking excursions. The UGA Richmond County extension Office had displays on gardening, landscaping, and home health. DPW had a display on how to pop popcorn with solar power and how pollution gets into our waterways. The Fort Gordon Wildlife management team was there with their displays and snakes. Fort Gordon Recycling had displays on how to help you recycle. For kids, there was a paint wall, crafts at the recycling tent and tie dye t-shirts at the library's booth. Our favorite ponies came out to give rides. The Fort Gordon Fire Department discussed fire safety.



**July 26:** Garden Club - Plant Your Fall Garden

**August 23:** Garden Club - Different Ways to Water

**September 27:** Garden Club - Medicinal Herbs



MWR Star is an initiative to recognize exemplary individuals who go above and beyond their everyday job to assist both MWR customers and their coworkers. One individual is featured each month, spotlighting details about themselves, their position within MWR and why they were chosen.

## FEATURED MWR STAR FOR JUNE 2018

# RIC WARBINGTON

MIS – MANAGEMENT INFORMATION SYSTEMS



### How long have you worked for MWR?

It was 16 years last December. I was an emergency hire back in April 2001 while working on a degree at Augusta Tech before I went full time in December 2001.

### What do you do for MWR?

I am an Information Assurance Network Officer, Systems Administrator and I assist the Help Desk.

### Where are you from?

I'm an army brat so I was raised all over the southeast. We call Texas home mostly because that was where dad retired, where I graduated high school, and where I enlisted in the Army in 1976. I retired here at Fort Gordon in 1997.

### What do you enjoy doing in your off time?

I enjoy watching movies and computer gaming.

### What are some words of wisdom that you'd like to share?

Write down that error message before you click okay/cancel, and then call MIS. Google can be your friend, but most of the time MIS probably already found the answer!

### What do you enjoy about working for MWR?

I enjoy helping and supporting DFMWR users. I came to this job full of a lot of technical knowledge but a lot of what I learned on the job here after I "knew it all" is the stuff that's been most useful on just about every single day.

## PREVIOUS MWR STARS



**MARCH 2018**  
Chaundra Rowe  
Child and Youth Services



**APRIL 2018**  
Kaci Wilhott  
Gordon Car Care



**MAY 2018**  
Laura Flourinay  
Jackpot Café

WHAT'S HAPPENING? - Bingo Palace

## CHECK OUT OUR SPECIALS

Check out our monthly specials and drawings at Bingo Palace. Celebrate America's birthday, summer and Labor Day or come in for one of the bonus drawings. For more information on specials or daily games, visit [gordon.armymwr.com/bingo-palace](http://gordon.armymwr.com/bingo-palace).

## UPCOMING EVENTS

### Chillin' & Grillin' Package *July 3-27*

All winners will receive an entry form to be entered into the July 27th drawing. One winner will receive a BBQ Package – to include a gift certificate to Pointes West Army Resort, a grill and accessories.

### Vacation Getaway *August 1-31*

All winners will receive an entry form to be entered into the August 31st drawing. Two winners will receive a gift certificate for a \$1000 vacation package.

### 3K Gift Card Giveaway *September 1-28*

All winners will receive an entry form to be entered into the September 28th drawing. Three winners will receive a \$1000 gift card.



All customers wearing red, white and blue on July 4th will receive a FREE 6 pack (or equivalent discount on a computer).



WHAT'S HAPPENING? - Fort Gordon Dinner Theatre

## CHEAPER BY THE DOZEN



### July 20, 21, 27, 28, & August 3, 4, Special Showing July 29

Suppose you're an attractive high school girl and you're not only a member of a large and unique family but your father is, in fact, one of the great pioneers of industrial efficiency. Then suppose he decides, for no apparent reason, to apply his unorthodox methods to you and the rest of your big family. The results are terribly embarrassing, funny and – it must be admitted – extremely effective! To Anne, however, the chief effect seems to be that of making them seem ridiculous to everyone else at school – especially to the boys!



WHAT'S HAPPENING? - Gordon Lanes Bowling Center

## NEW SCHEDULE

Gordon Lanes is closed every Sunday until further notice. Visit [gordon.armymwr.com/gordon-lanes](http://gordon.armymwr.com/gordon-lanes) for updated information.



## KARAOKE NIGHT

Every Friday night, join DJ Tony Howard in Heroes Sports Bar from 7-11pm to belt out your favorite tune. Show your talent (or lack there of) and have fun with friends!



WHAT'S HAPPENING? - Battleground Gaming

## SOMETHING FOR EVERYONE

Battleground Gaming at the Alternate Escapes Café has 16 state-of-the-art gaming consoles, board games, pool tables and ping pong. Not just for IET Soldiers – there's something for everyone!



WHAT'S HAPPENING? - Better Opportunity for Single Soldiers

## MEETING TIMES

Meetings are twice a month at 3:30pm. Call 706-791-5902 for more details.



**July 13-15:** Boss Life Skills Trip

**August 18 & 19:** BOSS Comicon

**September 8:** BOSS Luau & Single Service Member Day





WHAT'S HAPPENING? - Gordon Lakes Golf Club

## FALL TRIFECTA

The Fall Trifecta Golf Tournament is September 8th with a 8am shotgun start. Two-player teams play scramble, select drive alternate shot and better ball of partners; all inside 18 holes. Fees are \$30 for members, \$35 for military and \$45 for civilians. Deadline for payment is September 6th. For more information, call 706-791-2433.



## NEW GOLF CARTS

We just received 100 New EZ-GO Golf Carts with GPS and USB ports for your convenience. Come check out these beauties on your next golfing excursion!



## FYI

Stop by, sign up for golf lessons and learn from our new golf pro, Paul Walton! Prices start at \$40/hour for an individual lesson or \$90 for a 9-hole lesson.



**September 22-23:** Stroke Play Club Championship

WHAT'S HAPPENING? - Fort Gordon Disc Golf

## LEAGUE OF THEIR OWN



Fort Gordon Disc Golf now offers a Disc Golf League meeting every Saturday\* at 11:45am. It is open to the public and is a PDGA sanctioned league (you do not need a PDGA number to play). The cost to play is \$5 each week with optional Ace and Closest To Pin (CTP) buy in. Each league series is 10 weeks long with prizes awarded based on points accumulated from your scores. For more information, contact Jerry Swain at 706-791-6433 or [jerry.l.swain.naf@mail.mil](mailto:jerry.l.swain.naf@mail.mil).

\*League may be cancelled due to inclement weather, mission or holidays.



WHAT'S HAPPENING? - Hilltop Riding Stable

## SUMMER CAMP

HTRS has the perfect camp for your youth, ages 7-13. Don't miss your chance to register. Spaces are limited and go fast. Summer camp sessions continue through August 3rd. Need more information? Call 706-791-4864.

## FAMILY FUN DAY

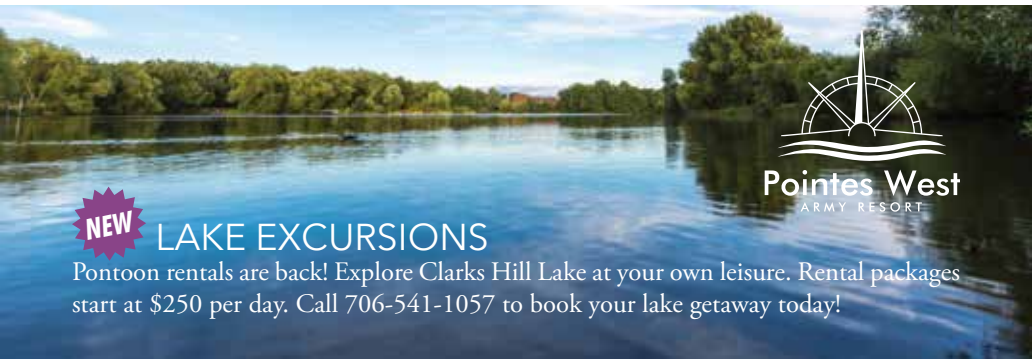
Enjoy some family time for less. Every 3rd Saturday, HTRS offers a 1/2 price adult ride for every full priced child ride. Visit [gordon.armymwr.com/hilltop](http://gordon.armymwr.com/hilltop) for more information.



Facility Rentals are available for any special event or gathering. Call Hilltop Riding Stable at 706-791-4864 to reserve your spot now.



**July 21:** Family Fun Day  
**August 18:** Family Fun Day  
**September 15:** Family Fun Day



## LAKE EXCURSIONS

Pontoon rentals are back! Explore Clarks Hill Lake at your own leisure. Rental packages start at \$250 per day. Call 706-541-1057 to book your lake getaway today!



WHAT'S HAPPENING? - Pointes West Army Resort

## FAMILY FUN DAY

It's almost time to say farewell to summer at Pointes West Beach. We're serving up fun in the sun with music, hot food and cold drinks. There will be games and giveaways for the kiddos before school is back in. The event starts at 1pm on August 4th. Gates open at 11am. Visit [gordon.armymwr.com/pwar](http://gordon.armymwr.com/pwar) for more information.



Pointes West has two boat launch ramps. Drop your vessel and park your trailer with peace of mind for just \$3 per day. Call 706-541-1057 to inquire about annual boat launch passes.



## KNOW YOUR BOW

Have you purchased a bow out of interest to learn archery? Bring your own compound bow to the Know Your Bow class for fitting, tuning, stabilization, release execution, shot placement angles, kinetic energy formula and shooting on August 18th. Register now as there is limited space per class. A \$50 fee per participant includes lunch and is open to the public. For more information or to register, call 706-791-5078.

## FIREARM INSTRUCTIONAL CLASSES

Beginners instructional class for handguns and rifles will be held at TASC from 9am-3pm on September 1st. For \$40 per participant, learn firearm safety and proper handling and firing techniques. Firearm, ammunition and lunch will be provided. Pre-registration is required. Visit [gordon.armymwr.com/outdoor-rec](http://gordon.armymwr.com/outdoor-rec) for more information.

## KIDS DAY AT TASC

Join all the free fun on September 22nd at Claypit Lakes and TASC. The Fall Kids Fishing Derby will begin at 8am. Several age categories will compete for the most pounds of fish caught. Each child must bring their own fishing pole. Prizes will be handed out following the completion of the competition. Lunch will be served. Directly following lunch, head over to TASC for firearm instruction along with cool displays and demonstrations. For more information, call 706-791-5078.



**July 8:** .22 Rifle Competition  
Bass Tournament

**July 9-13:** Gordon Adventure Camp

**July 14, 21, & 28:** Recreational Shooting

**July 15:** 3-D Archery Tournament

**August 4, 11, & 25:** Recreational Shooting

**August 18:** Boardman Lake Fishing Derby

**August 19:** 3-D Archery Tournament  
Bass Tournament

**September 8:** Recreational Shooting

**September 9:** Bass Tournament

**September 12-13:** Hunter Education Course

## CHRISTMAS IN JULY



**FORT GORDON  
RECREATION**

Get a jump start on your holiday shopping at this fantastic event featuring dozens of direct sales and craft vendors offering something for everyone on your list. Don't miss the food, giveaways and fun with Santa and Mrs. Claus! For more information, call 706-791-8878.



MWR Special Events line is a great resource when looking for more detailed info for upcoming events - to include Paint Parties! Call 706-791-8878 for more event information!



**July 14:** Christmas in July

**September 28 & 29:** Fall Fest

WHAT'S HAPPENING? - Woodworth Consolidated Library

## READING TAKES YOU EVERYWHERE

The 2018 Summer Reading Program is still underway through August 31st! In order to be eligible for a FREE summer reading prize bag, you must create an account and log your reading minutes online at [woodworth.beanstack.org](http://woodworth.beanstack.org). The reading goal is 3,000 minutes for adults and teens and 1,200 minutes for children 12 and under. Please register for all events at the library or call 706-791-7323.

## STORY TIME IS BACK

Children's Story Hour begins September 12th. Every Wednesday from 10-11am, enjoy the "One World, Many Animals" themed event for you and your child. For more information, call Evelyn Guzman at 706-791-2347.



Visit the library to celebrate the 30th Anniversary of Discovery Channel's Shark Week. A week of fun activities will be held July 22-29.



## S.T.E.A.M.

Join us as we offer projects, tutorials, experiments and fun opportunities to be creative through science, technology, engineering, arts and math. Individual, group, and family labs are available for all ages! Call Yadira Payne at 706-791-2449 for more information.



**July 11:** Summer Reading Program - Foam Space Boat Fun

**July 18:** Summer Reading Program - ACS Partnership Program

**July 25:** Summer Reading Program - Splish-Splash Storytime

## WHAT'S HAPPENING? - MWR Sports

## RUN SERIES

Continue your fitness goals by participating in the Fort Gordon Run Series. This free 5K series offers a mapped route to walk, jog or run. Register at [fortgordonrunseries.com](http://fortgordonrunseries.com).

## EARN CDR'S CUP POINTS

Earn Commander Cup Points by participating all year with MWR Sports. The most accumulated points earns your unit bragging rights and the ultimate unit trophy. For more information, call 706-791-1142.



**July 11:** Kickball Coaches Meeting

**July 12:** Battalion Softball Coaches Meeting

**July 19:** Battalion Flag Football Coaches Meeting

**August 9:** Unit Level Flag Football Coaches Meeting

## WHAT'S HAPPENING? - Warrior Adventure Quest

## WHAT'S WARRIOR ADVENTURE QUEST?



WAQ is a free Army RESET training tool designed to introduce servicemembers to activities that serve as alternatives to aberrant behaviors often associated with accidents involving recently redeployed servicemembers. WAQ combines existing MWR Outdoor Recreation high adventure activities (rock climbing, mountain biking, paintball, scuba, ropes courses, skiing, zip lines, white water rafting and others) with a leader-led after action debriefing (L-LAAD) tool.



WHAT'S HAPPENING? - Venue & Dining



## UNDER 500 CALORIES

Stop by any of the three café locations to try the Turkey Feta Salad, Swiss Tuna Sandwich or the Greek Chicken Wrap for lighter meal options.

### **NEW** KEGLER'S GRAB N' GO



Check out our Grab n' Go menu at Kegler's Snack Bar! Stop by and try our new Gluten Free Pizza with a thin, crispy crust, chicken salad croissant or protein box.

REVIEW - Gordon's Conference and Catering

## A BIG THANKS

"Thank you to the entire GCC staff for making my retirement so memorable. The food was delicious and the team was extremely friendly and accommodating." - James J.



The North Wing of Gordon's Conference and Catering continues to be closed for renovations. During renovations, Gordon's Conference and Catering's office hours are Tuesday - Friday, 9am-2pm, or by appointment. Although renovations are ongoing, GCC can host conferences, weddings, lunch meetings, expos, concerts and more! Check out our website for more information and our full catering brochure at [gordon.armymwr.com/gcc](http://gordon.armymwr.com/gcc).

**FAMILY AND MWR ADMINISTRATION**

**Directorate of Family and Morale, Welfare and Recreation (DFMWR)** .....706-791-4140  
 Bldg. 28320, Lane Ave.

**Advertising Sales/Sponsorship**.....706-791-3912  
 Bldg. 44401, Rm. 149, 44th St.

**FYI Editorial** .....706-791-6779  
 Bldg. 44401, Rm. 149, 44th St.

For a complete list of DFMWR key personnel, visit [gordon.armymwr.com/contact-us](http://gordon.armymwr.com/contact-us)

**CHILD & YOUTH SERVICES**

**CHILD CARE**

**Child Development Center Main** .....706-791-2701/6761  
 Bldg. 45300, 45th St.

**Child Development Center East**.....706-791-8707/8507  
 Bldg. 290, East Hospital Rd.

**Child Development Center West**.....706-791-0718  
 Bldg. 18407, 19th St.

**Family Child Care** .....706-791-3993  
 Bldg. 44401, 44th St.

**CHILD RECREATION**

**Youth Sports & Fitness** .....706-791-7336/4440  
 Bldg. 44401, 44th St.

**PARENT SUPPORT**

**Parent Outreach Services** .....706-791-4455/4722  
 Bldg. 44401, 44th St.

**SCHOOL SERVICES**

**Pre-K** .....706-791-1306/4790  
 Bldg. 45400, 46th St.

**School-Age Services**.....706-791-7575  
 Bldg. 45410, 46th St.

**School Support Services**.....706-791-4168/7270  
 Bldg. 44401, 44th St.

**Youth Services, Middle School & Teen**.....706-791-6500  
 Teen Center, Bldg. 41503, Brainerd Ave.

**COMMUNITY**

**ARMY COMMUNITY SERVICE**

**Army Community Service (ACS)**.....706-791-3579  
**ACS (Toll-Free)**.....1-877-310-5741  
 Bldg. 35200, 271 Heritage Park Lane

**Army Emergency Relief (AER)** .....706-791-8685

**Army Volunteer Corps (AVC)**.....706-791-3880

**Christmas House**.....706-791-1958/4767

**Domestic Violence Hotline**.....706-791-STOP (7867)

**Employment Readiness Program (ERP)** .....706-791-0368

**Exceptional Family Member Program (EFMP)** .....706-791-4872

**Family Advocacy Program (FAP)**.....706-791-3648/6632

**Family Outreach Center**.....706-791-5220  
 Bldg. 33512, Rice Dr.

**Financial Readiness** .....706-791-1918/8586

**Information and Referral Services**.....706-791-0792

**Military OneSource**.....1-800-342-9647

**Mobilization & Deployment Program**.....706-791-3504

**New Parent Support**.....706-791-5220

**Relocation Readiness** .....706-791-4181/1922  
 Welcome Center/Lending Closet: Darling Hall, Rm. 172

**Survivor Outreach Services (SOS)** .....706-787-1767

**Swap & Assist Shop**.....706-791-3579  
 Behind The Exchange, Bldg. 39101, 40th St.

**AUTOMOTIVE**

**Gordon Car Care Auto Skills Center**.....706-791-2390  
 Bldg. 29300, 30th St.

**RECREATION**

**Recreation Office** .....706-791-4300  
 Bldg. 44401, Rm. 170, 44th St.

**RECYCLING**

**Recycling Office** .....706-791-0132  
 Bldg. 997, 10th St. and Chamberlain Ave.

**DINING**

**CATERING SERVICES**

**Gordon's Conference & Catering** .....706-791-6780  
 Bldg. 18402, 19th St.

**COFFEE & SMOOTHIES**

**Lift-A-Latte** .....706-791-2647  
 at Gordon Fitness Center, Bldg. 29607, Barnes Ave.

**RESTAURANTS**

**Alternate Escapes Café** .....706-791-0785  
 at Alternate Escapes Recreation Center, Bldg. 25722, B St.

**Bogey's Grill** .....706-791-2433  
 at Gordon Lakes Golf Club, Bldg. 537, Range Rd.

**Domino's Pizza** .....706-863-6211  
 at Alternate Escapes Recreation Center, Bldg. 25722, B St.

**Heroes Sports Bar**.....706-791-8716  
 at Gordon Lanes Bowling Center, Bldg. 33200, 3rd Ave.

**Huddle House**.....706-798-3722  
 Bldg. 35304, Avenue of the States Dr.

**Jackpot Café** .....706-791-5106  
 at Bingo Palace, Corner of Lane Ave. & 15th St.

**Kegler's Café**.....706-771-6907  
 at Gordon Lanes Bowling Center, Bldg. 33200, 3rd Ave.

**Me Me's & Bo Bo's Express**.....706-792-9774  
 at the Bus Station, Bldg. 36200, 3rd Ave.

**MWR Café**.....706-791-1330  
 at Darling Hall, Bldg. 33720, Chamberlain Ave.

**Towers Café** .....706-791-5849  
 at Signal Towers, Bldg. 29808, Chamberlain Ave.

**LEISURE**

**ACTIVITIES**

**Fort Gordon Disc Golf Course**.....706-791-6433  
 Wainwright Cir.

**Gordon Lakes Golf Club** .....706-791-2433  
 Bldg. 537, Range Rd.

**Gordon Lanes Bowling Center**.....706-791-3446  
 Bldg. 33200, 3rd Ave.



**Hilltop Riding Stable** .....706-791-4864  
Bldg. 509, North Range Rd.

**ENTERTAINMENT**

**Alternate Escapes Recreation Center**.....706-791-0785  
Bldg. 25722, B St.

**Battleground Gaming**.....706-791-0785  
at Alternate Escapes Recreation Center, Bldg. 25722, B St.

**Bingo Palace**.....706-793-0003  
Bldg. 15500, Lane Ave. & 15th St.

**Dinner Theatre**.....706-793-8552  
Bldg. 32100, 3rd Ave.

**LIBRARY**

**Woodworth Consolidated Library**.....706-791-7323  
Bldg. 33500, Rice Rd.

**OUTDOOR**

**Leitner Lake Recreation Complex**.....706-791-5078  
MWR Lake Park Dr.

**Outdoor Recreation**.....706-791-5078  
at Tactical Advantage Sportsman's Complex,  
Bldg. 00445, Carter Rd.

**Pointes West Army Resort**.....706-541-1057  
6703 Washington Rd., Appling GA

**SERVICE MEMBER SPECIFIC**

**BOSS Headquarters**.....706-791-5902  
behind The Courtyard, Bldg. 36708, O' Club Dr.

**Warrior Adventure Quest**.....706-831-8328  
at Gordon Fitness Center  
Bldg. 29607, Barnes Ave.

**TRAVEL**

**Aladdin Travel**.....706-771-0089  
Bldg. 36200, 36th St.

**Bus Station**.....706-793-0026  
Bldg. 36200, 36th St.

**Carlson Wagonlit Travel – Official Travel**.....800-269-6230  
Bldg. 33720, Rm. 117, 307 Chamberlain Ave.

**SPORTS & FITNESS**

**AQUATICS**

**Indoor Pool**.....706-791-3034  
Bldg. 21608, Barnes Ave.

**Outdoor Pool & Spray Park**.....706-791-8053  
at The Courtyard, Bldg. 36710, Brainard Ave.

**FITNESS CENTERS**

**Cyber Fitness Center**.....706-791-7370  
Bldg. 25713, 26th St.

**Gordon Fitness Center**.....706-791-2369  
Bldg. 29607, Barnes Ave.

**Nelson Fitness Center**.....706-791-6872  
Bldg. 21713, 21st St.

**Victory Fitness Center**.....706-791-2864  
Bldg. 25510, Brainard Ave.

**SPORTS**

**MWR Sports**.....706-791-1142  
Bldg. 24501, 25th St.

**VENUE/EQUIPMENT RENTAL**

**EQUIPMENT**

**Outdoor Equipment Rentals**.....706-791-5078  
at Tactical Advantage Sportsman's Complex,  
Bldg. 00445, Carter Rd.

**Sports Equipment Rentals**.....706-791-7857  
Bldg. 24501, 25th St.

**STORAGE**

**Gordon Storage**.....706-791-5241  
Bldg. 29300, 30th St.

**Pointes West Boat Storage**.....706-541-1057  
6703 Washington Rd., Appling GA

**VENUES**

**Gordon's Conference & Catering**.....706-791-6780  
Bldg. 18402, 19th St.

**Leitner Lake Conference Center**.....706-791-5078  
MWR Lake Park Dr.

**Pavilion Rentals**.....706-791-4300  
Bldg. 44401, Rm. 170, 44th St.

**Pointes West Conference Center**.....706-541-1057  
Bluegill Rd., Appling GA

**MISCELLANEOUS**

**Commissary**.....706-791-3718  
Bldg. 37200, 3rd Ave. By-Pass

**Dwight David Eisenhower Army Medical Center**.....706-787-5811  
300 East Hospital Rd.

**Exchange**.....706-793-7171  
Bldg. 38200, Avenue of the States

**Housing Office**.....706-791-5116/9658

**ID Card Section/DEERS Office**.....706-791-1930  
Darling Hall, Bldg. 33720, Rm. 161, 307 Chamberlain Ave.

**IHG Army Hotels**.....706-790-3676

**Military Police Station**.....706-791-4380/4537

**NAF Civilian Personnel Office**.....706-791-6382

**Post Information**.....706-791-0110

**Public Affairs Office (PAO)**.....706-791-2003  
Darling Hall, Bldg. 33720, Rm. 382, 307 Chamberlain Ave.

**Technical Support Services (TSS)**.....706-791-2887  
Bldg. 12307, Lane Ave.

**U-Do-It Shop**.....706-791-7683/3942  
Bldg. 40101, 40th St.

**Veterinary Services**.....706-787-7375/3815  
Bldg. 500, Range Rd.

**Welcome Center at Gate 1**.....706-791-3071

**Yellow Cab**.....706-733-3444

**ADVERTISE WITH US!**  
**706-791-3912**



## FORT GORDON MWR MAP KEY

### CHILD & YOUTH SERVICES

- 2 CDC East
- 10 CDC West
- 19 Teen Center
- 20 Parent Outreach Services
- 20 Youth Sports & Fitness
- 22 School Age Center
- 23 CDC Main
- 27 PreK

### OTHER

- 7 Darling Hall
- 20 Marketing Office
- 20 Recreation Office
- 30 Duplex
- 31 DFMWR Office

### LEISURE

- 4 BOSS
- 6 Alternate Escapes
- 13 Woodworth Consolidated Library
- 14 Bingo Palace
- 17 Dinner Theatre
- 18 Gordon Lanes Bowling Center
- 21 Hilltop Riding Stable
- 24 Outdoor Recreation (Range 14)
- 25 Gordon Lakes Golf Club
- 28 Fort Gordon Disc Golf Course
- 34 Sports & Equipment
- 35 Aladdin Travel

### DINING

- 6 Alternate Escapes Café
- 7 MWR Café
- 9 Lift-A-Latte
- 11 Gordon's Conference & Catering
- 18 Heroes Sports Bar
- 18 Kegler's Café
- 25 Bogey's Grill
- 32 Towers Café

### VENUE/EQUIPMENT RENTAL

- 15 The Courtyard
- 16 Gordon Storage

### SPORTS & FITNESS

- 3 Nelson Fitness Center
- 5 Cyber Fitness Center
- 8 Indoor Pool
- 9 Gordon Fitness Center
- 12 Victory Fitness Center
- 15 Outdoor Pool & Spray Park

### COMMUNITY

- 1 Recycling
- 7 ACS Relocation Readiness Services
- 16 Gordon Car Care Auto Skills Center
- 26 Dog Park
- 29 Community Garden
- 33 Family Outreach Center
- 36 ACS Annex
- 37 ACS (various departments)



# FORT GORDON MAP

Gordon Highway (Highway 78/278)

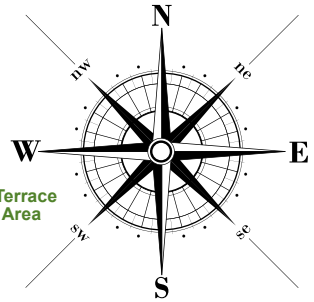
Dyess Parkway

TO AUGUSTA, GA →

**GATE 1**

Chamberlain Avenue

Maglin Terrace Housing Area



**GATE 5**



Tobacco Road

Carter Road

# PROUDLY



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