



# 5 Things

## You Should Know About Summer Food Safety

**CONTEST INSIDE**





# WARRIOR ADVENTURE

# QUEST



## DETAILS

Warrior Adventure Quest (WAQ) is a free Army RESET training tool designed to introduce service members to activities that serve as alternatives to aberrant behaviors. It combines MWR Outdoor Recreation high adventure activities with a leader-led after action debriefing (L-LAAD) tool.

## LOCAL ACTIVITIES AVAILABLE

Paintball x Source Code & Mastermind Escape Rooms x Air Strike x Stars & Strikes x Ropes Courses at the Lake x Indoor Rock Climbing x Team Building Games x Archery Tag

## FULL DAY ACTIVITY TRIP

Historic Banning Mills Zip Line in Whitesburg, GA  
Capers Island In Charleston, SC  
IFLY in Charlotte, NC  
Atlanta Motorsports Park, GA  
Skydive Carolina, SC  
Victory Lane Indoor Go Karting in Charlotte, NC  
Escapology Escape Rooms in Columbia, SC





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News Channel **6**  
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**FORT GORDON**

# ★ independence

Wednesday

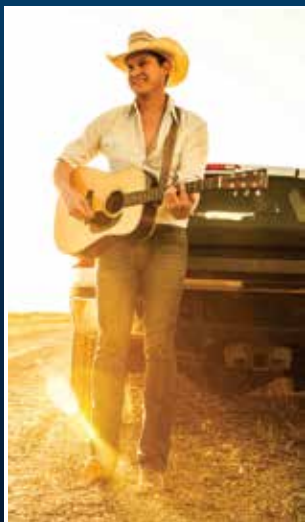
July 3

5-11 p.m.

BARTON FIELD

# celebration ★

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## JON PARDI



## Carly Pearce



## Kylie Morgan

### Fireworks Extravaganza

### Kiddie Carnival

### Fun for the Whole Family

### Over 30 Food Vendors

For more details, check out

**GORDON.ARMYMWR.COM • #MWRFREEDOM19**

or call **706-791-8878**

**NO PETS, TENTS or COOLERS**

Avoid the lines! Presale food and beverage tickets are available beginning June 19th at the MWR Directorate Office

Building 28320, Lane Avenue



SAVANNAH LAKES VILLAGE  
REAL ESTATE



Brenau University





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## FROM THE COVER

Cookouts, barbecues, gatherings and more. Summer is here for a short tour. What is the common denominator of all these events? Food, friends and beautiful scents. On this cover you'll find, some of the best parts of summertime. Long days and starry nights, hot days filled with memorable sites! Make this summer your very best and let MWR do the rest.



## WHAT'S INSIDE



10

Summer Food Safety



13

Never Use a Cannon to Kill a Mosquito



14

Are All Milks Created Equal?

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JUL 3

# Independence Celebration

Barton Field



AUG 3

# PWAR Family Fun Day

Pointes West Army Resort



SEP 27 & 28

# Fall Festival and Flea Market

Barton Field



**Need more**



**in your life?**



JUL 17  
**SPLISH SPLASH  
STORY TIME**

Outdoor Pool  
& Spray Park

JUL 18, AUG 15 & SEP 19

**MORALE CALL**

Gordon's Conference  
and Catering

JUL 19 & AUG 16  
**DIVE-IN MOVIES**

Outdoor Pool  
& Spray Park

JUL 20, AUG 17, SEP 21  
**FAMILY FUN DAY**

Hilltop Riding Stable

JUL 20  
**CHRISTMAS  
IN JULY**

Nelson Fitness Center

JUL 26  
**CYS BACKPACK  
GIVEAWAY**

CDC West

JUL 26, AUG 23, SEP 13  
**MOVIE UNDER  
THE STARS**

TASC

AUG 17  
**GLOW RUN**

25th St & Barton Field

AUG 23  
**PAINT ME PRETTY  
PAINT PARTY**

Hilltop Riding Stable

SEP 7  
**FALL TRIFECTA**

Gordon Lakes Golf Club

SEP 14  
**PIZZA BOWL**

Gordon Lanes  
Bowling Center

SEP 21  
**FALL KIDS  
FISHING DERBY**

Claypit Lakes

2019

Fort  
Gordon  
Barton  
Field

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## AROUND TOWN

### **THE BIG MO** *Fridays, Saturdays and Sundays*

If you have yet to experience a drive-in movie, be sure to visit The Big Mo in Monetta, SC, any weekend this summer. Only about 45 minutes away, this fun area is a great way to experience a double feature for less than \$10 per person. Plan to arrive early for good parking and short concession lines. For more information, visit [thebigmo.com](http://thebigmo.com) or call 803-685-7949.



### **DOWNTOWN AUGUSTA ART CRAWL**

*August 30, 2019*

As a new component of the Labor Day Jazz Weekend, the Art Crawl allows guests to check out the Convention and Visitors Bureau (1010 Broad St.) while exploring fifteen creative spaces in the downtown area, guided by a digital roadmap. Crawlers who complete all stops and check in via social media win cool prizes. For more information, visit [exploregeorgia.org/augusta/events/arts-culture/downtown-augusta-art-crawl](http://exploregeorgia.org/augusta/events/arts-culture/downtown-augusta-art-crawl).



### **CSRA FOOD TRUCK FEST** *September 14, 2019*

Head toward downtown Augusta for the 4th Annual CSRA Food Truck Fest - connecting the community, nonprofit organizations, and small businesses through food, fun and festivities. Prices vary. Visit [csrafoodtruckfest.com](http://csrafoodtruckfest.com) to purchase tickets or find out more information.



# BACKPACK GIVEAWAY

*\*While Supplies Last*

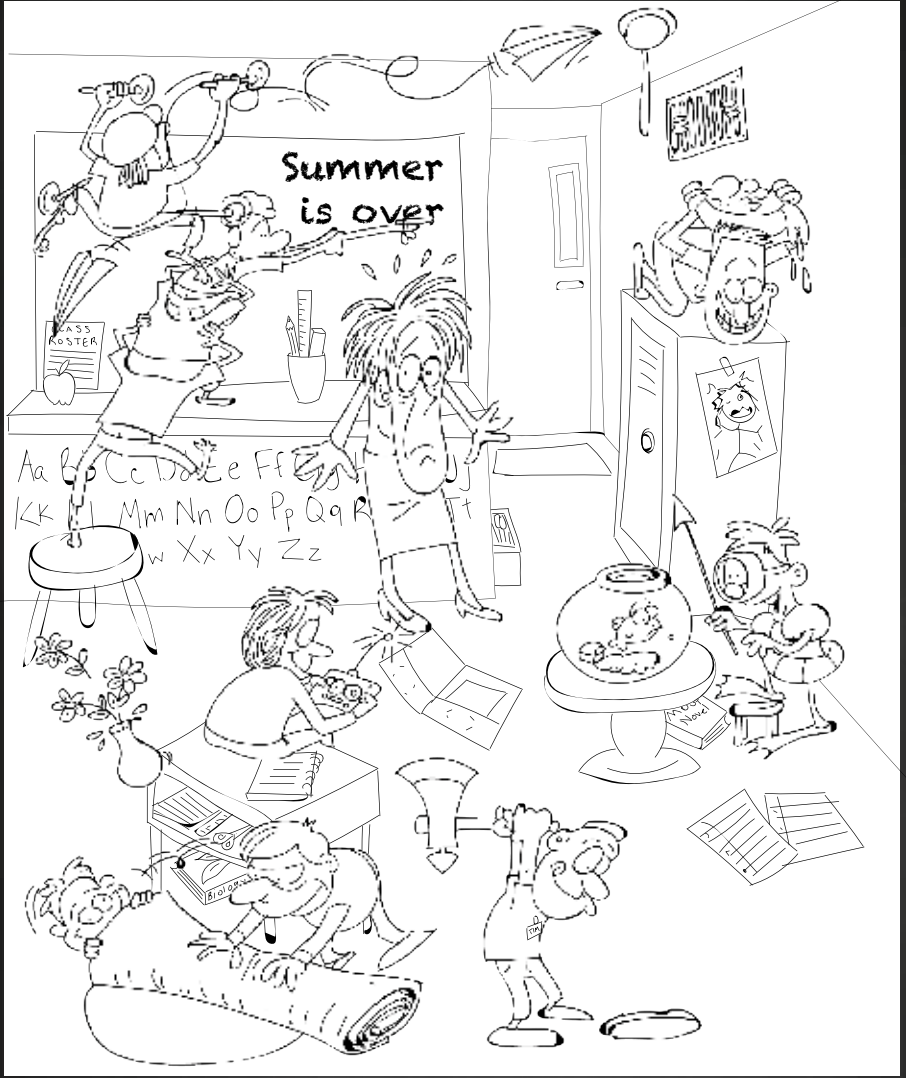
**JULY 26TH | 11:30AM - 2PM | CDC WEST  
BLDG 18407, 19TH ST, FORT GORDON, GA 30905  
MUST REGISTER WITH OPERATION HOMEFRONT.**

**FOR MORE INFORMATION, VISIT:  
[OPERATIONHOMEFRONT.ORG/EVENT/LIST](http://OPERATIONHOMEFRONT.ORG/EVENT/LIST)**



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## BACK TO SCHOOL CONTEST: SUPPLY RUN

Pencil  
Notebook

Biology Textbook  
Piece of tape

Chalk  
Apple

Folder  
Scissors

Find all the listed school supplies in the above illustration July 1st-31st, to enter for a chance to win a Back to School Package (over a \$150 value). Once you've found the items, visit the Marketing Office, Bldg. 44401, 44th Street, to receive an entry form. Must be 16 years or older to enter. Open to the entire Fort Gordon Community. Registration is online only at [fortgordon.com/supply-contest](http://fortgordon.com/supply-contest). One entry card per person with proper ID. Registration must be completed by 11:59pm EST on July 31, 2019. Winner will be notified August 1, 2019.

For more information, call 706-791-6779





# FOOD SAFETY



By Crystal Blackwell Tyson, Editor



The first thing people learn about me is I LOVE FOOD! I think I really missed my calling. I'm pretty sure I should have been a food critic, but I think you have to go to school for that! My favorite food season, if that's a thing, would have to be summertime! BBQ, pasta salads, dips and chips... you know, pretty much everything you'd need for a cookout or get together. Like many people, my family has gatherings all throughout the summer. Also like many people, we've developed some bad habits when it comes to food handling. There are ways to handle food properly such as times for food to remain at outside temperatures, items to always stay covered, as well as foods with certain ingredients which should be eaten immediately after being made.



Here's a few tips on how to have fun while ensuring no one leaves with food poisoning!

## 1. SANITIZED SPACES

I never notice hand washing stations at most outside functions. Normally, I head to a restroom before the food is displayed but rarely several times after. Sanitizer options are an awesome tool. Items like a clean source of water, soap, paper towels or sanitized wipes are great at the beginning of the food line.

## 2. MEAT & SEAFOOD

Cook all raw, ground beef, pork, lamb, and veal to an internal temperature of 160 °F (71.1 °C) and poultry to 165 °F. Even though it's a BBQ, it's still important to have a thermometer present as meat cooks differently on grills since even cooking is dependent on the fire. Don't be embarrassed to use a thermometer, even professional chefs check their temperatures. Most importantly, use chafing dishes, slow cookers and warming trays to keep food hot.

### 3. PASTAS

Revenge isn't the only dish best served cold! When its warm outside, biting into cold pastas or sipping on cold soups can be refreshing. Keep pastas and soups cold by nesting dishes in bowls of ice or using small serving trays - replacing them often. It's important to remember different types of pastas are made with mayonnaise, Miracle Whip or sandwich spreads, while soups can be made with dairy. I don't think it's necessary to elaborate on how fast those types of ingredients can go bad in heat! Good substitutions for pasta recipes are olive oils and italian dressings.

### 4. FRUITS & VEGETABLES

Fruits and vegetables are normally the easiest items to prep for your gathering because most people purchase pre-cut trays at the grocery store. This isn't always the best option though. The safest option is to prepare a tray yourself ensuring you're able to control the environment and techniques of cutting. Similarly with meat, fruits and vegetables should be handled in a sanitary area, always rinsed in running water before cutting and stored in a cold location after. During my research, I found it mentioned several times that some fruits and vegetables need to be eaten immediately after cutting. However, there are some that should be in a refrigerator or cooler at or below 40°F (4°C) within two hours of peeling or cutting. Throw out any fruit or vegetables left out at room temperature (or higher) for more than two hours.

### 5. CONDIMENTS

Chicago hot dogs have the widest range of condiments I've encountered - relish, mustard, ketchup, onions, hot peppers, pickles, tomatoes and a plethora of other items. It's no different for me when eating BBQ. Keep your condiments in containers that can be kept cold and clean. You can always store these items in a small lunch bag or cooler with ice.



Coverage is important in the elements. Always cover your food to prevent bugs from landing in it, in case of rain and especially to keep germs out as much as humanly possible. Perishable food should not be left out more than 2 hours at room temperature – 1 hour when the temperature is above 90 °F (32.2 °C). Always keep hot food hot and cold food cold. After much research, its best to keep food inside and placed in proper containers to be stored immediately after serving when having a gathering at a home or facility. Although its the "norm" to have food sit out at our functions, it can cause bacteria and other foodborne illnesses like food poisoning. Follow these simple steps to ensure your gathering is memorable for all the right reasons among your co-workers, friends and family... not because everyone was sick immediately after!

*For the full article, visit [fortgordon.com/foodsafety](http://fortgordon.com/foodsafety)*

### Sources

- [choosemyplate.gov/ten-tips-be-food-safe](http://choosemyplate.gov/ten-tips-be-food-safe)
- [livestrong.com/article/514657-what-goes-well-with-cold-pasta/](http://livestrong.com/article/514657-what-goes-well-with-cold-pasta/)
- [fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct\\_index](http://fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index)
- [foodsafety.gov/blog/bbq.html](http://foodsafety.gov/blog/bbq.html)

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# NEVER USE A CANNON TO KILL A MOSQUITO

By Kathleen Duncan, Contributing Author

There are those who categorize all bugs as creepy crawly, biting creatures that need to leave you alone when trying to enjoy the outdoors and need to stop making themselves at home in places they shouldn't - like my house! Without certain bugs, we wouldn't exist as we do today; pollinators assist our farms with food, wiggly worms assist with the quality of soil and the beloved lady bug feeds on Aphids and other soft body garden pests. Spiders even have a great place in our gardens to catch those flying night bugs in their webs that eat plants. The list of helpful gardening bugs is long. If we go "higgledy-piggledy" spraying to kill bugs, we will ultimately kill the bugs that help us grow fruits and vegetables. Confucius says, "Never use a cannon to kill a mosquito." With that being said, I have a couple of suggestions for your patio and next outdoor picnic or party that will look lovely, smell great and keep pesky bugs away.



**Rosemary** will keep the fleas and ticks away. If these pests are bothering you or your pet, surround the yard and patio with rosemary. You will not only repel the little blood suckers, but you will also have a great fresh herb to cook with. A bonus is it smells great and when you or your pet brushes up against it, you will too!



**Lavender** is a lovely, relaxing, stress relieving herb. You can place it on your patio next to your favorite lounge or arrange it as a picnic table centerpiece. This herb naturally repels moths, fleas, flies and mosquitoes. Imagine what everyone will say when you have lavender nosegays scattered on your picnic table? After they comment on how beautiful they are, tell them they are actually helping to keep the pests away!



**Peppermint** is a lovely smelling plant to everyone but many spiders. Not a fan of spiders? Add some peppermint to your landscaping and table arrangements. Ants are not a fan of peppermint either, so invite peppermint and the ants won't crash your party.



**Catnip and Marigolds** help keep mosquitoes away but it is a personal preference to many of us on whether their odd smell is worth the extra protection!

Why use harmful chemicals when you can plant your way to a peaceful summer? With the right plants, you can experience a quiet, less stressful summer - free of bug bites - to enjoy the beauty of the outdoors and not the smell of chemicals.



Find information about the Fort Gordon Community Garden at [gordon.armymwr.com/community-garden](http://gordon.armymwr.com/community-garden).



## Are All Milks Created Equal?

By Danielle Dunnagan, MS, RD, LD *Contributing Author*

Gone are the days where the milkman delivered milk on our doorstep without having to choose which type, brand or flavor. Today, grocery stores are lined with an unbelievable assortment of milk and milk beverages, each looking or tasting different from the next. The convenience of so many brands and flavors provides us with a popular public predicament; are all milks created equal?

According to the Dietary Guidelines for Americans, children and adults ages 9 and older should include 3 servings of dairy in their food intake each day such as milk, cheese or yogurt to name a few. A serving of dairy provides about 6 to 9 grams of protein and ample amounts of calcium, a naturally occurring mineral needed for optimal bone health.

Dairy milk in particular provides a number of essential nutrients including potassium,

phosphorus, vitamin A, vitamin D, vitamin B12, riboflavin and niacin. It also packs 8 grams of protein per 8 ounce serving and provides around one third of our daily calcium needs. Calories and fat content are what differentiates whole milk from low fat and fat free milks. Most labels will list calories per 8 ounce (1 cup) serving between 86 and 149 calories; the higher the calories, the higher the fat content. Flavorings such as chocolate, strawberry or vanilla are added sugars and increase total calories and carbohydrates per serving. Nevertheless, dairy milk is not alone in the milk beverage market. Milk substitutes are also available and aim to be nutritionally similar. Comparing the labels is the most effective way to stay informed about what your milk provides. On the next page, you'll find the facts on a few of the most common types of milk or milk substitutes in the market today.



## Lactose-Free Milk

This milk lies within the dairy milk family and is produced for individuals with an intolerance to the sugar found in milk, also known as lactose. When the body cannot fully break down lactose, symptoms such as bloating, gas or stomach cramps may occur. Nutritionally, lactose-free milk is essentially cow's milk with the lactose removed. It has 90 calories per serving, 0 grams of fat, 13 grams of carbohydrates, 8 grams of protein, and 30% daily value of natural calcium. Many who follow a lactose-free diet are able to tolerate small amounts of dairy. Try products such as lactose-free milk, yogurt or ice cream or even top your favorite sandwich with a slice of cheddar, Colby, Monterrey Jack or Swiss cheese - these are low in lactose.

## Soy Milk

This plant-based substitute provides adequate protein when compared to dairy milk and is enriched with plenty of calcium. Soy milk is the liquid obtained after crushing cooked soybeans and soaking them in water. The resulting fluid is usually enriched with nutrients such as calcium, vitamin A, vitamin D, riboflavin (B2) and vitamin B12. Nutritionally, unsweetened soy milk contains 80 calories per 8 ounce cup, 3-4 grams of fat, 4-5 grams of carbohydrates, 7 grams of protein and 45% daily value of added calcium. Sweetened varieties have added calories and carbohydrates for flavor. Because soy milk is plant based, it is often a favorable substitute for individuals following a vegetarian diet.

## Almond Milk

Almond milk is also plant derived and is defined as a mixture of sugar, water and the liquid obtained from ground, blanched almonds. Almond milk is a lower calorie alternative to most milk beverages and, like soy milk, it contains plenty of added calcium. On the other hand, it contains far less protein than its competitors and should not be considered an adequate source of protein per serving. Unsweetened almond milk contains 50 calories per 8oz cup, 3.5 grams of fat, 3 grams of carbohydrates, 1-2 grams of protein and 45% daily value of added calcium. Potassium, vitamin A, vitamin D and D-alpha-tocopherol (vitamin E) are also commonly added to almond milk for additional nutrition. Almond milk is

another substitute popular with vegetarian diets and can be a lower calorie addition to smoothies, cereals, oatmeal, etc.

## Coconut Milk

The coconut craze is a topic popular to recent media, but what exactly is coconut milk? Coconut milk is the liquid extracted from the "meat" of a mature coconut - the white flaky product often used in baking once processed. Nutritionally, it contains 70 calories per 8 ounce cup, 4.5 grams of total fat, 8 grams of carbohydrates, 0 grams of protein and 10% daily value of added calcium. When compared to fat free milk, coconut milk has no protein and has a higher saturated fat content. It is also enriched with vitamin A, vitamin D, calcium, vitamin B12 and additionally contains zinc and folic acid. Change up your daily coffee routine and swap dairy cream with coconut milk for a lower fat option!

## Rice Milk

Rice milk is made from extracting the liquid, usually from brown rice, and adding sugar and water. Rice milk is the least allergenic when compared to other milks making it a friendly choice for individuals with milk, nut or soy allergies. It contains almost double the carbohydrates of dairy milk and very little protein per serving. Rice milk provides 113 calories, 2.5 grams of fat, 22 grams of carbohydrates, 1 gram of protein and 30% daily value of added calcium. Like other milk substitutes, vitamin A, vitamin D and vitamin B12 are also added for enrichment.

So there you have it - not all milks are created equal! Aim for 3 servings of dairy each day by switching up your routine; add soy milk to your morning cereal or trying lactose-free yogurt with lunch. Now it's up to you to compare the facts and decide which milk or milk substitute is best for you.

## Sources

- "NDL/FNIC Food Composition Database Home Page." USDA Food Composition Database. United States Department of Agriculture, 17 May 2016. Web. 27 July 2016.
- "Milk vs. Milk Substitutes." EatSmart. Washington State Dairy Council, n.d. Web. 27 July 2016.



Meet the new Assistant Sports and Fitness Director, **Carlos Gandulla** at the Youth Sports Office now located at Bldg. 45400 on 46th Street. For more information, call 706-791-1306/4790.

Summer months are big PCS months for the military, so we are always looking for new coaches! If you're interested in becoming a volunteer coach, let us know. We offer several different sports at different skill levels.

The SKIES Unlimited program is looking for talented, certified instructors in multiple fields. If you or someone you know is interested in a contractor opportunity and meet the qualifications, visit us at the address below.

For more information, visit Youth Sports at Bldg. 45400, 46th St., or contact Gerard Arnett at [gerard.e.arnett.naf@mail.mil](mailto:gerard.e.arnett.naf@mail.mil).

## INCREDIBOWLS

Join the new bowling league, INCREDIBOWLS, for youth (ages 5 and up) interested in bowling. If your child is registered with CYS, give them an opportunity to try something new. For more information on how to register, call Parent Central Services at 706-791-4722/4455.



## OPEN ENROLLMENT

Fort Gordon School Age Center's Before and After School Program has ongoing enrollment for the 2019-2020 school year. The program includes transportation to some Richmond and Columbia County Schools. Space is limited and parents are encouraged to visit [militarychildcare.com](http://militarychildcare.com) to register. Program hours are 5:15am-6pm, Monday-Friday, to include school breaks, 1/2 days and is closed on federal holidays. For more information, call Fort Gordon School Age Center at 706-791-7575 or Parent Central Services at 706-791-4722.



## CYSSITTERS TRAINING

CYSSitters babysitter training, on July 15th-19th, is provided to military youth ages 12-18. Training consists of basic babysitter practices, CPR and First Aid. Participants will receive a certificate upon completion. Lunch will be provided and spaces are limited, so register now with Parent Central Services. For more information on this program, call LaShonda Phillips at 706-791-5601 or [lashonda.l.phillips.naf@mail.mil](mailto:lashonda.l.phillips.naf@mail.mil).



## FAMILY STEM/STEAM NIGHT

Challenge your student(s) with Family STEM/STEAM night on August 14th and September 11th, from 6-7pm, at the Middle School and Teen Center. This free informational, interactive night for parents and students encourages students to take rigorous coursework in the STEM fields while increasing preparedness for college. For more information, call 706-791-6500.

## BACK TO SCHOOL BASH

Help us celebrate the beginning of the new school year on July 31st from 4-6pm at the Middle School and Teen Center. This event, open to the entire Fort Gordon Community, offers inflatables to play, giveaways, health and education resources, snacks and back to school information. For more information, call 706-791-6500.



/FortGordonCYS or /GordonCYSTeens or /FortGordonYouthSports

## SPONSORSHIP TRAINING

Relocation Readiness offers Sponsorship Training! Classes are offered quarterly and unit training can be scheduled upon request. The next scheduled training is Monday, September 9th from 9-11am, at the Family Outreach Center (FOC), located at Bldg. 33512, Rice Rd. (behind the library). This covers the Total Army Sponsorship Program (TASP) process from beginning to end and is intended for all levels, including TASP Brigade & Battalion Coordinators, S1/Unit Civilian personnel, Unit Leadership and sponsors. Call to register or schedule your unit's training today at 706-791-1922.



## BACK 2 SCHOOL VOLUNTEER WORKSHOP

Now that summer is over, your daily routine will change. How will you fill your day? Will you work, focus on getting fit, volunteer or maybe all three? Find out how to get back into the rhythm of volunteering. This one hour session is scheduled on August 21st from 10-11am, at the Family Outreach Center. For more information, call Lynn Harshman at 706-791-3880.

The Employment Readiness Program (ERP) is dedicated to assisting military spouses with their search for employment. ERP offers a wide range of services to include resume writing, local job market research, on and off-post job listings, career coaching, volunteer and educational information, internet access and an employment resource library. ERP also offers a variety of workshops and individual career counseling. Please contact the ERP office at 791-3579/0368 or email [sharell.a.byrd.civ@mail.mil](mailto:sharell.a.byrd.civ@mail.mil) for more information.



If you want to check your EFMP Enrollment status, the EFMP Medical location is at the Family Medicine Clinic at Dwight D. Eisenhower Army Medical Center in Room 110. The POC is Barbara Grady at 706-787-9310 or Jennifer Jarrett at 706-787-9300.

ACS Relocation offers a Lending Closet! Located in Rm. 172 of Darling Hall, visit us to borrow items for up to 60 days while without your household goods. We offer:

**Kitchen Kits (cookware, dishes, etc.)**

**Microwaves**

**Sleeping Mats**

**Iron & Ironing Boards**

**Highchairs**

**Pack 'N Plays and more**

For more information, call 706-791-1922.



@FortGordonACS



**July 26:** Exceptional Family Member Program (EFMP) – Painting and Juice Boxes

**August 15:** EFMP – Basic Rights Under State and Federal Laws

**August 23:** EFMP – Art Gallery Family Fun Activity (part 3)

**September 9:** Sponsorship Training



## Many Pets Available

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### Extended Adoption Hours

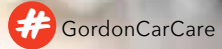
Mon, Wed & Fri 11am to 5pm, Tues & Thurs 11am to 7pm, Sat 11am to 4:30pm, Closed on Sunday.

### Aiken County Animal Shelter

333 Wire Road • Aiken • 803.642.1537

## FREE CAR CARE CLASSES

Gordon Auto Skills offers free auto repair classes 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. On September 21st, learn to inspect, service, create a maintenance schedule, and inspect and replace discs and drum brakes. Refreshments will be served. Registration is required and closes the day before each class. Call 706-791-2390 or visit [gordon.armymwr.com/auto-skills](http://gordon.armymwr.com/auto-skills) and click on the class title to register.



## NITROGEN TIRES

Gordon Car Care has Nitrogen for your car tires! For \$29.99, convert 4 tires from air to Nitrogen which includes FREE LIFTTIME REFILLS on that same vehicle. Call 706-791-2390 for more information.



## AUCTION

Gordon Storage will be holding a public auction of abandoned property on August 24th. Bids will be cash only and must be paid within one hour of the winning bid. All property must be removed from storage units by 4pm, the same day. Registration is required. Call 706-791-5241 for more information.

Gordon Car Care's full service shop have ASE Certified Technicians that will service and/or repair your car at a fair price. Gordon Car Care is open to the public, Monday - Friday, from 7:30am - 5pm.





**FORT GORDON  
RECREATION**

Have you started your Christmas lists? There's never a better time to shop for Christmas gifts than at the 3rd Annual Christmas in July Vendor Event on July 20th from 10am-2pm at Nelson Fitness Center.

 /Fort-Gordon-Special-Events

Spaces for the Fall Flea Market go on sale July 29th. Don't miss the opportunity to apply! Applications are available at [gordon.armymwr.com](http://gordon.armymwr.com) or by sending a request to [fortgordonrecreation@gmail.com](mailto:fortgordonrecreation@gmail.com). For more information, call 706-791-8878.

# ESPORTS TOURNAMENT

Fort Gordon recently hosted its 2nd Esports Tournament where active duty and National Guard servicemembers, of all branches, fought til the death... that is in the video game, Street Fighter V. This live-streamed tournament was one of several viewed on the Army Entertainment's Twitch account. This successful event allowed one winner to represent Fort Gordon at the TwitchCon North America event in which one ultimate winner will win a grand prize including a GAEMS mobile gaming station, GAEMS Battle Bag, GAEMS 155 with Backpack and a \$500 gift card.



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ESCAPE GAMES

## PARTY AT ALTERNATE ESCAPES

All are welcome every Saturday night at Alternate Escapes DJ Dance Party. Grab your friends and come down for some fun with opportunities to chill out and meet new people. Alternate Escapes Recreation Center is open to all and offers something for everyone.

**Pool tables**

**Free WiFi**

**9 TV viewing areas**

**90-inch TV for viewing movies**

**Saturday night DJ**

**Ping pong table**




## MONTHLY BINGO 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).



Whether you are new to bingo or a seasoned player, Bingo Palace is the place for you. Both paper and electronic versions of bingo are available daily, Tuesday-Saturday. Cash prizes are given out nightly! And when you get hungry, the Jackpot Cafe offers tasty meals and beverages. Tuesday-Thursday jackpots are up to \$2,500 and Friday and Saturday jackpots are up to \$11,199.

 BingoPalace



Set in 1952 in Macao, China, *Adrift in Macao* is a loving parody of film noir movies. Everyone that comes to Macao is waiting for something, and though none of them know exactly what that is, they hang around to find out. The characters include your film noir standards, like Laureena, the curvaceous blonde, who luckily bumps into Rick Shaw, the cynical surf and turf casino owner her first night in town. She ends up getting a job singing in his night club – perhaps for no reason other than the fact that she looks great in a slinky dress. And don't forget about Mitch, the American who has just been framed for murder by the mysterious villain McGuffin. With songs and quips, puns and farcical shenanigans, this musical parody is bound to please audiences of all ages. Call the Box Office at 706-793-8552 to purchase your tickets now!



**August 12:** Ticket Sales – *A Gentleman's Guide to Love and Murder*



@FortGordonDinnerTheatre





## FUN DEALS

Enjoy daily fun deals including Xtreme Cosmic Bowling every Friday and Saturday night, Sunday Family Days and Monday Madness. For information on all daily deals, visit [gordon.armymwr.com/gordon-lanes](http://gordon.armymwr.com/gordon-lanes).

## KIDS BOWL FREE

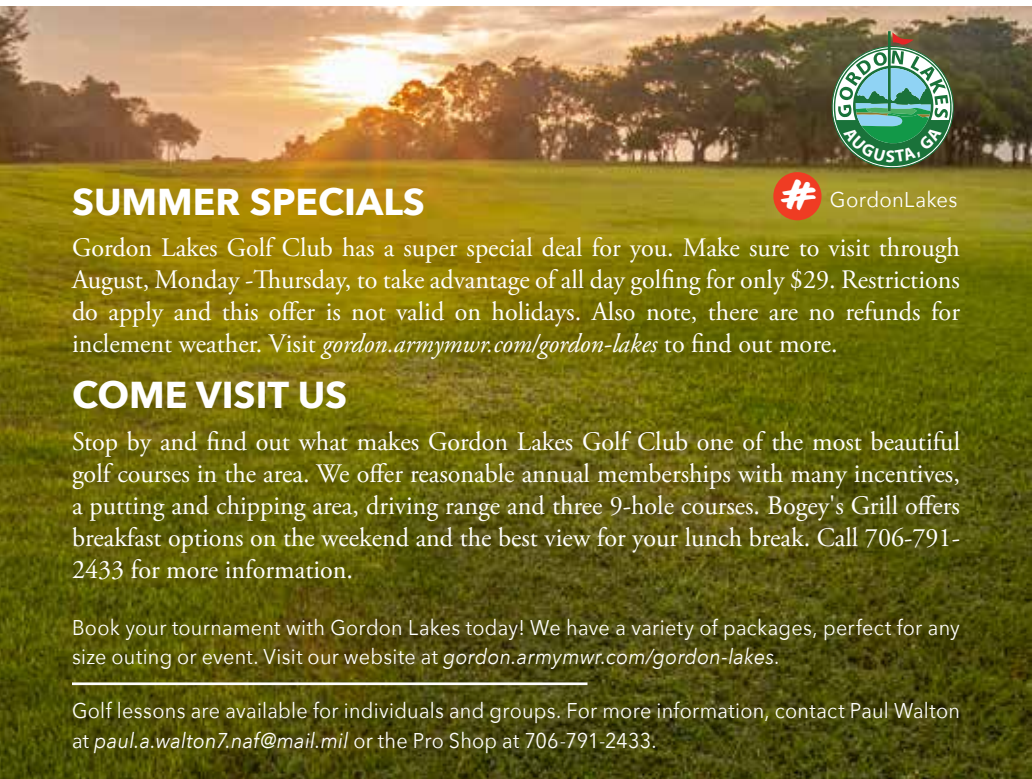
Bring your little bowlers to Gordon Lanes for two FREE games of bowling, Monday-Thursday, from 10am-4pm, before it ends August 3rd. To register, or for rules and policies, visit [kidsbowlfree.com/army](http://kidsbowlfree.com/army).



**September 14:** Pizza Bowl

You can do more than just bowl at Gordon Lanes! Plan your next party, girls/guys night out, social or promotion at GLBC by calling 706-791-3446.

Stop by to check out our Perfect Approach Pro Shop. We are open to the public! Military, seniors and league members receive 10% off!



## SUMMER SPECIALS

 GordonLakes

Gordon Lakes Golf Club has a super special deal for you. Make sure to visit through August, Monday -Thursday, to take advantage of all day golfing for only \$29. Restrictions do apply and this offer is not valid on holidays. Also note, there are no refunds for inclement weather. Visit [gordon.armymwr.com/gordon-lakes](http://gordon.armymwr.com/gordon-lakes) to find out more.

## COME VISIT US

Stop by and find out what makes Gordon Lakes Golf Club one of the most beautiful golf courses in the area. We offer reasonable annual memberships with many incentives, a putting and chipping area, driving range and three 9-hole courses. Bogey's Grill offers breakfast options on the weekend and the best view for your lunch break. Call 706-791-2433 for more information.

Book your tournament with Gordon Lakes today! We have a variety of packages, perfect for any size outing or event. Visit our website at [gordon.armymwr.com/gordon-lakes](http://gordon.armymwr.com/gordon-lakes).

Golf lessons are available for individuals and groups. For more information, contact Paul Walton at [paul.a.walton7.naf@mail.mil](mailto:paul.a.walton7.naf@mail.mil) or the Pro Shop at 706-791-2433.



## BOARDMAN LAKE FISHING DERBY

The Garrison Commander invites all military children, ages 15 and younger, to the annual Boardman Lake Kids Fishing Derby on August 24th. Join Outdoor Recreation at the lake for fishing, fun and lunch. Registration begins at 7:30am and fishing will begin at 8am. Prizes will be awarded after weigh-ins. For more information, call 706-791-5078.

## GORDON ADVENTURE CAMP

Gordon Adventure Camp is July 15th-19th for children ages 9-14. The summer day camp is a fun way for kids to experience and learn about outdoor activities. Some of the activities include canoeing, kayaking, archery, skeet and rifle shooting instruction, wildlife presentation, hikes, orienteering, swimming and a Friday Fun Day. Registration is required, so call 706-791-5078 before slots run out.



## MOVIE UNDER THE STARS

This free event is located on the lawn in front of TASC. In case of rain, you'll be relocated inside. There will be light concessions available for purchase. The fun begins at sundown, so bring your lawn chairs or blankets and don't forget bug spray! Sorry pets and alcohol are not allowed on the premises. For more information, call 706-791-5078.



- July 6, 20 & 27:** Recreational Shooting
- July 13:** Intro to Pistol and Rifle Class
- July 14:** Bass Tournament
- July 15-19:** Gordon Adventure Camp
- July 26:** Movie Under the Stars (MUTS)- Ralph Breaks the Internet
- August 3, 10, 24 & 31:** Recreational Shooting
- August 17:** Intro to Pistol and Rifle Class
- August 23:** MUTS - Lego Movie
- August 31:** 3-D Archery Tournament
- September 7 & 14:** Recreational Shooting
- September 8:** Bass Tournament
- September 13:** MUTS - Zootopia
- September 21:** Kid's Fishing & Shooting Day



@FortGordonOutdoorRecreationTASC

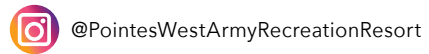
## FAMILY FUN DAY

Join us to bid farewell to summer at PWAR Beach, with a little something for everyone, including bouncy houses, games, music, food and drink for purchase. Not to mention back-to-school themed giveaways for the kids. The festivities begin on August 3rd at 1pm. For more information, call 706-541-1057.



## RENTAL SEASON

Every season is rental season at Pointes West Army Resort! From pavilions, umbrellas and chairs to canoes and pontoon boats, your leisure needs are covered. Let us be your next location for a family reunion, wedding, getaway or outing. Visit us online for more information at [gordon.armymwr.com/pwar](http://gordon.armymwr.com/pwar).



## EVENTS AND PROGRAMS



**Knitting Circle** meets Saturdays from 11am-2:30pm at the library. New yarners are always welcome. Contact Grace Smith at 706-791-0396 to sign up.

**STEAM Labs 2-U** inspires creativity and teamwork for kids of all ages. The labs can be brought to you at your next training or event. Call Evelyn Guzman at 706-791-2347 for more information.

**The Readers Circle Book Club** meets the second Tuesday of the month from 5:30-7pm at the library. Contact Katy Looper at 706-791-3086 for more information. Books being reviewed are as follows:

- July 9: *Where the Crawdads Sing* by Delia Owens
- August 13: *Storm Cursed* by Patricia Briggs
- September 10: *Invested: How Warren Buffett and Charles Munger Taught Me to Master My Mind, My Emotions, and My Money (With a Little Help From My Dad)* by Phil Town



Woodworth Library no longer offers CDs for checkout, but let us connect you with our free digital resources. Visit us to find out more about what we can offer you!



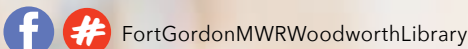
**July 10:** Summer Reading Program (SRP) - Face Painting

**July 17:** SRP - Splish Splash Story Time

**July 24:** SRP - It's Showtime

**July 31:** SRP - Carnival

**August 24:** Mary Poppins Day





## POOL SEASON

Don't miss your chance to dive into the Outdoor Pool & Spray Park this summer. August 4th is the last day of the full season. Full season hours are Monday, Tuesday, Thursday, Friday and Saturday from 11am-7pm and Sunday, 1-6pm. Weekend only dates begin August 9th and run through September 2nd. Weekend only hours are Fridays, 4:30-7pm, Saturdays 11am-7pm and Sundays 1pm-6pm. Daily admission is \$4 per person, 2 years and under are free. For more information, call 706-791-8053.

Need swimming lessons for your little one or yourself? Weekly lessons are \$40 per student with the following weeks available: July 8th - 12th, 15th - 19th, 22nd - 26th and July 29th - August 2nd. For more information, visit [gordon.armymwr.com/outdoor-pool](http://gordon.armymwr.com/outdoor-pool).



**July 17:** Splish Splash Story Time

**July 19:** Dive-In Movie

**August 16:** Dive-In Movie

**MWR**  
SPORTS & FITNESS



**July 10:** Co-Ed Kickball Coaches Meeting

**July 11:** BN Level Softball Coaches Meeting

**August 8:** Flag Football Coaches Meeting



## VENUE & DINING



Our cafes always have new and improved recipes for you to try. Whether it is breakfast, lunch or dinner, try a hearty meal at Alternate Escapes Cafe, MWR Cafe or Towers Cafe. Remember, you can place your order by phone before arriving. Check out the directory on page 30 for the numbers.

# MWR Cafe

# Towers Cafe

# AltEsc Cafe



Join Gordon's Conference & Catering the third Thursday of the month for Morale Call with FREE hors d'oeuvres, beverages, a cash bar and a Trivia Contest with door prizes sponsored by First Command! This event is FREE and open to all of Fort Gordon! For more information, call 706-791-2205.



The North Wing of Gordon's Conference & Catering continues to be closed for renovations; however, GC&C still has rooms available for rent as well as off-site catering capabilities at Dinner Theater, Leitner Lake, Pointes West or any Garrison building. Stop in to learn more about our catering services and facility rentals for weddings, lunch meetings, expos, concerts and more! Check out our website and full catering brochure at [gordon.armymwr.com/gcc](http://gordon.armymwr.com/gcc).

# GordonsConferenceandCatering

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

**SKIES Unlimited** .....706-791-1306/4790  
 Bldg. 45400, 46th St.

**PARENT SUPPORT**

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

**SCHOOL SERVICES**

**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)** .....706-791-3579/8685

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

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

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

**Exceptional Family Member Program (EFMP)** ..706-791-3579/1918

**Family Advocacy Program (FAP)**.....706-791-5891/6967

**Family Outreach Center**.....706-791-3579  
 Bldg. 33512, Rice Dr.

**Financial Readiness** .....706-791-3579/0844

**Information and Referral Services**.....706-791-3579/0794

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

**Mobilization & Deployment Program** .....706-791-3579/3504

**New Parent Support** .....706-791-3579

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

**Survivor Outreach Services (SOS)** .....706-791-3579/7014

**AUTOMOTIVE**

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

**RECREATION**

**Community Garden** .....706-791-9483  
 134 Brainerd Ave.

**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** .....706-791-2205  
 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.
- Special Events**.....706-791-8878  
Bldg. 44401, Rm. 170, 44th St.

**LIBRARY**

- Woodworth 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  
Bldg. 36708, Barnes Ave. at the Courtyard

**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  
Bldg. 33720, Chamberlain Ave.
- 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  
Bldg. 32422, Rice Rd.
- NAF Civilian Personnel Office**.....706-791-6382  
Bldg. 35200, 271 Heritage Park Ln.
- 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!**  
**706-791-8692**

## FORT GORDON MWR MAP KEY

### CHILD & YOUTH SERVICES

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

### OTHER

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

### LEISURE

- 4 BOSS
- 6 Alternate Escapes
- 13 Woodworth 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)



All persons 16 and over entering the post must have proper identification (pictured I.D.).

— — Bike Path

# FORT GORDON MAP

Gordon Highway (Highway 78/278)

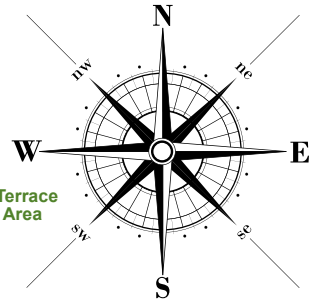
Dyess Parkway

TO AUGUSTA, GA →

**GATE 1**

Chamberlain Avenue

Maglin Terrace Housing Area



**GATE 5**



Tobacco Road

Carter Road

# MARINĒ

## MUDCHALLENGE

09:14:19

**SEARCH:**  
MARINE MUD CHALLENGE  
@ RUNSIGNUP.COM

### OPEN TO THE PUBLIC

Competitive and Non-Competitive 4-person teams compete on a challenging 5 mile, off-road course with over 30 obstacles, water, hills and MUD!

The top 3 teams in each category will receive a medal following the completion of the last heat at 11 am in the award ceremony.

Children 5 - 12 years can register for a 1 mile mini course.

