

TRAVELLER



www.lee.army.mil/pao/index.htm

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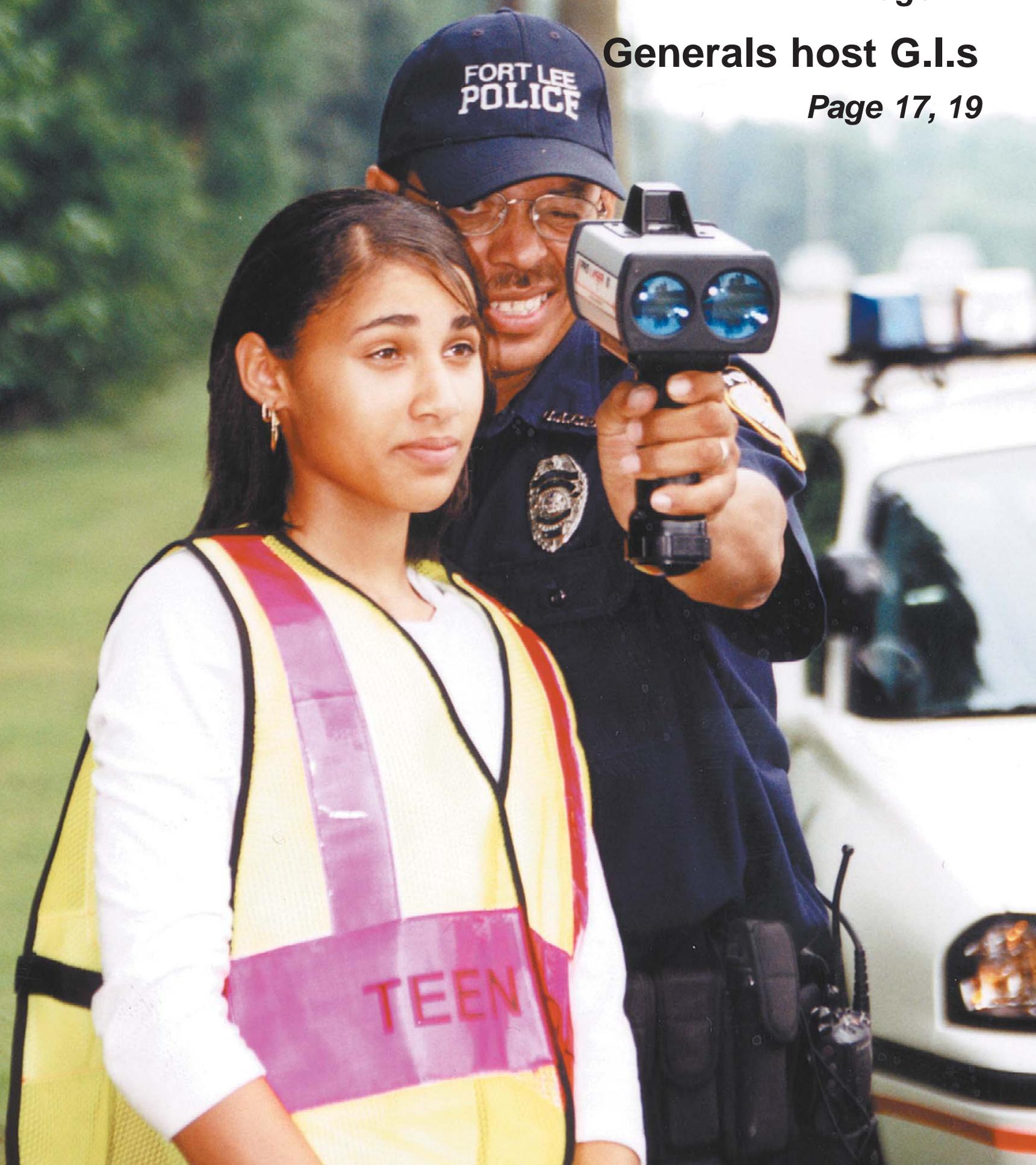
July 22, 2004

**Teens help keep
Fort Lee Safe**

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Generals host G.I.s

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CASCOM Command Sgt. Maj. orders safety 'up front'



The purpose of this Safety Directive is to remind Soldiers of those areas that always require attention.

I also ask all leaders to focus on these reminders and make on the spot corrections as usual.

Be aware of the special hazards associated with the summer season such as heat injuries, severe weather (lightning, tornadoes and hurricanes) and increased traffic.

Have an action plan and identify these special hazards in risk assessments by adhering to the five-step risk management process.

Run Route:

A temporary exception to Fort Lee Policy 15-96, Safety Precautions for Military Troop Formations has been authorized by the garrison commander.

In order to help prevent heat injuries, Soldiers can use running routes beginning at 4 a.m. rather than 5 a.m.

Vehicular traffic cannot use the green roadways (B Avenue and Shop Road) Monday - Friday, 4 - 7:30 a.m. Department of the Army Civilian and Military Police will issue citations to offenders.

Except for emergency vehicles, there will be no exceptions.

Children:

In addition, schools will be back in session soon, motorists are reminded to use extra caution when approaching school bus stops or following a school bus.

It is not only dangerous, but also a violation of Virginia law to pass a stopped school bus while it is dropping off or picking up children.



Command Sgt. Maj. Bradley J. Peat

On post, children younger than 11 years old must be accompanied by an adult en route to the bus stop, while at the bus stop, and when returning from the bus stop after school.

Vacation and Holiday Safety:

With many Soldiers traveling over the summer, it is vital that leaders ensure vehicles are safe, trips are planned to include adequate rest stops, and the proper safety equipment is carried in the vehicle (see the Army Safety Center Homepage <https://safety.army.mil/home.html> for additional information).

All leaders must share in ensuring everyone enjoys these special times and returns without injury or harm.

Before each holiday, I want each squad leader or first line supervisor to think about which of your Soldiers is most likely to have an accident.

Then ensure that Soldier is told why they are very susceptible to accidents and what they might do to improve their chances of having a safe vacation/holiday

Final Thought:

Remember, seat belts save lives. Buckle up in all vehicles, including taxi cabs.

**Command Sgt. Maj. Bradley J. Peat
Combined Arms Support Command and Fort Lee command sergeant major**

New program helps Soldiers, families find off-post housing

Fort Lee housing is extremely proud to announce a new customer service initiative offered by Department of Defense.

Fort Lee was chosen along with 11 other installations which include other services, as test cases to run this new initiative and gain customer feedback.

The name of this program is Automated Housing Referral Network, (AHRN). What is AHRN?

AHRN is a web-based program that can be used by military members to access off-post housing information at new duty stations.

Servicemembers will be able to work directly with lessors, apartment managers and other entities before arriving at their new duty station.

The information contained in the Web site lists the availability of off-post dwellings, within a predetermined distance of the installation.

The software is designed to ensure the system remains correct and up-to-date.

Local housing offices have the ability to view all information and place or modify listings.

Property managers will have the ability to list their vacancies as they become known.

To initially access the AHRN listings, authorized users must have a military e-mail address that ends in ".mil".

This means servicemembers assigned to organizations that use other endings such as ".gov" will need to use their Army Knowledge Online account to access the system.

In light of this, I encourage all servicemembers to ensure their spouses have an Army Knowledge Online account.

After initial registration, users can switch to an alternate e-mail.

The dot mil address requirement also allows relocating DoD civilians and DA civilians to use the AHRN system.

Another super benefit of the system is the ability to show a true and complete picture of current rental rates.

Data will be captured for use in the yearly Basic Allowance for Housing surveys, saving time and manpower.

This is a gigantic step forward in ensuring BAH rates are properly formulated for the installation.

Servicemembers, property managers may access the system via a password and login when they register.

Property managers can list, free of charge, an unlimited number of listings with up to five pictures each.

In addition, those interested in selling or buying a house will find a link to a subcontractor called Moving Station that specializes in the process while involved in a long distance relocation.

The Fort Lee Housing Office is now online with the AHRN program for incoming members and families.

You can check us out by going to www.ahrm.com.

**Curtis Savoy
Chief, Fort Lee Housing**

Letters to the Editor

The Traveller accepts signed Letters to the Editor that include the writer's daytime phone number.

Letters are subject to editing. Mail to: Letters to the Editor, 1321 Lee Ave., Public Affairs Office, Fort Lee, Va. 23801-1531.

Or e-mail letters to editor@lee.army.mil.



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on the cover



Department of the Army Civilian Police officer Wesley Spencer, instructs Rachel McKay, 14, on the proper use of a radar detector during Fort Lee's Teen Police program. For information about the Teen Police see pages 14 and 15.

Photo by Spc. Jason B. Cutshaw

The Fort Lee *Traveller* is printed on recycled paper.

U.S.M.C. Detachment leadership changes

By Spc. Jason B. Cutshaw
Staff Writer

Marine Corps Lt. Col. Douglas Keeler relinquished command of the Fort Lee Marine Corps Detachment, as he passed the Marine Corps colors to Lt. Col. J.C. Malik III in a ceremony Friday.

Keeler will be assigned to Quantico upon leaving Fort Lee.

"It has been an honor and a privilege to have commanded the Marines Corps Detachment at Fort Lee," Keeler said. "There have been many assignments in my career, but I will look on this one as one of my greatest accomplishments."

After Keeler finished, Malik spoke to the Marines as he started the next chapter in his Marine Corps career.

"This is one of the top assignments any leader can have in the Marine Corps" Malik said. "It is the mission of leading and training Marines. I look forward to the future of the detachment and hope I can be the leader these Marines look to."

Malik was commissioned as a second lieutenant in 1985. His military education includes the Marine Corps Basic School, Logistics Officer Course, Winter Mountain Leaders Course, Norwegian Allied Officer Winter Mountain Leaders Course, Marine Corps Amphibious Warfare School and the Marine Corps Command and Staff College.

He has served in a variety of command and staff positions in Japan, Southwest Asia in support of Operations Desert Storm and Desert Shield, Turkey, the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif., Camp Pendleton, Calif., U.S. Marine Corps Headquarters, and Pentagon.

Malik's awards and decorations include the Defense Meritorious Service Medal, Meritorious Service Medal, Navy-Marine Corps Commendation Medal, Navy-Marine Corps Achievement Medal with two stars and the Army Achievement Medal.

He is married to Marine Corps Lt. Col. Eileen Malik. They have three children; Sam, Hannah and Jack.



PHOTO BY SPC. JASON CUTSHAW

Marine Corps Lt. Col. J.C. Malik III, assumes command of the Fort Lee Marine Corps Detachment from Lt. Col. Douglas Keeler in a ceremony July 16. Keeler's new duty station is Quantico.

Legal Notice

Notice of availability, public comment for Fort Lee real property master plan

The Draft Environmental Assessment of the Fort Lee Master Plan addresses the potential environmental impacts, both positive and negative, of 35 projects contained in the Fort Lee Real Property Master Plan.

The Draft EA concluded that there are no significant adverse environmental impacts associated with the implementation of the Real Property Master Plan.

Positive impacts included a reduction in water and energy consumption and improved management of stormwater runoff leaving the installation due to use of low-impact development best management practices.

The Department of the Army solicits review and comments from the public on this Draft EA.

Interested individuals or organizations may review the Environmental Assessment at the following location:

Directorate of Engineering and Logistics
Environmental Management Office
1816 Shop Rd.
Fort Lee, Va. 23801-1604

DATES: Written comments on the Draft EA must be received on or before Aug. 20.

POINT OF CONTACT:

Carol Anderson,
Directorate of Engineering and Logistics,
Environmental Management Office
1816 Shop Rd.
Fort Lee, Va. 23801-1604
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Army meets retention goal

By Courtney Hickson
Army News Service

The active Army is at 100 percent mission accomplished of its retention rate for the third quarter.

In addition, said Brig. Gen. Sean Byrne, chief of Military Policy, G1, said, in a media round table Friday, all 10 divisions are at or above 100 percent retention.

He also said the aggregate number of the Army is 100 percent.

When units have Soldiers deployed, those units often have lower retention rates, but when Soldiers return to the base those numbers rebound.

Byrne said some of the reasons for the increase are Soldiers are getting re-involved in the post and discussing their situations with their family.

When Soldiers from the 82nd Airborne returned home their retention numbers increased 9 to 10 percent, he said.

Additionally, the Army surveys Soldiers as they return from deployment and Byrne said they have been getting good feedback.

"There may be some talking, but Soldiers aren't walking," Byrne said.

The Soldiers impacted by the Stop-Loss are counted as eligible for re-enlistment and the Army is actively persuading them to re-enlist.

There were about 9,500 Soldiers impacted by Stop-Loss, according to Byrne.

In order to compete with the civilian sector the Army offers bonuses and competitive wages.

A little over half of the military occupational specialties qualify for bonuses at re-enlistment time, with the average bonus for someone who re-ups for three years being \$4,200, and six years, \$8,300.

In addition, the Army offers various programs with enlistment.

"You are not going to find a more patriotic group of young Americans," Byrne said.

About 5,600 Individual Ready Reserve were recently notified they were being called to active duty to fill about 4,400 requirements. There may be the need for additional Soldiers in the future, Byrne said.

"There may be some talking, but Soldiers aren't walking."

— Brig. Gen. Sean Byrne,
chief of Military Policy

The IRR Soldiers received a mailgram telling them they are being called to active duty and another packet would arrive with their orders 30 days later.

At that point, they will be told where to report and go through an intensive screening and then receive common task training.

If IRR Soldiers have been out of the Army for a while, they will get current military occupational specialty training.

They will then report to an installation to join with their unit, 60 to 90 days before deployment.

The Army is also trying to provide predictability for Soldiers, as to when they will deploy.

"We try to get the Soldiers together 90 to 100 days before so they are doing things collectively," Byrne said. "They deploy as a unit and come back together. The focus is on the unit."

This predictability will allow Soldiers to have full knowledge of when they are going to deploy so they can be with their unit before deployment.

Additionally, this will allow for greater unit stability.

The effort to create predictability is to allow Reservists and National Guardsmen called to active duty enough time to work with their employers.

Byrne also spoke briefly about Reservists and National Guardsmen having employee rights, full benefits and having their jobs for them.

Lt. Col. Richard Guzzetta a National Guardsmen said as members return from Iraq they are working very closely with the communities to welcome them home properly.

He also said there are more than 400 family assistance centers to aid families of National Guard members while they are deployed.

Training Directorate Picnic

Combined Arms Support Command Training Directorate will celebrate its 10th anniversary Aug. 19, 11:30 a.m. - 4 p.m. with a fun-filled day at Hero Park for all current and former directorate employees and their families. Those wishing to attend should call (804) 765-2092 by Aug. 6.

Youth Soccer Registration

Registration for the Youth Fall Soccer League, ages 4-13, is Aug. 2 - 12, 8 a.m. - 1 p.m. and 2 - 4 p.m. at the Child and Youth Services Central Registration Office in Building. 10612. Cost is \$40 for military and Department of Defense civilians and \$45 for non-DoD civilians. For information, e-mail rileys@lee.army.mil or call (804) 765-3852.

Youth Football Registration

Registration for flag football ages 5 - 7 and tackle, ages 8 - 13 is open through July 30. The Child and Youth Services Central Registration Office is located in Building. 10612 and is open from 8 a.m. - 1 p.m. and 2 - 4 p.m. For information e-mail, rileys@lee.army.mil or call (804) 765-3852.

Cheerleading Registration

Registration for Cheerleaders, ages 5 - 13, for the upcoming Flag and Tackle football seasons is being held through July 30 at the Fort Lee Child and Youth Services Registration Office located in Building. 10612 The registration desk is open from 8 a.m. - 1 p.m. and 2 - 4 p.m.

Cost is \$40 for military and Department of Defense civilians and \$45 for non-DoD civilians. For information, e-mail rileys@lee.army.mil or call (804) 765-3852.

Cheerleading Camp

Fort Lee Child and Youth Services is hosting a cheerleading camp for youth 4 - 17 years of age. The camp will be held at the Hero Park Complex Monday - July 30, 8 a.m. - 4 p.m. The cost is \$112 for a full day and \$65 for a half day.

For information, call (804) 765-3852 or e-mail rileys@lee.army.mil.

Tri-City Toastmasters Club

The world's leading organization helping people hone their public speaking skills. Classes are offered the first and third Thursday of each month, 11:45 a.m. - 12:45 p.m., in CASCOM, Building 10500.

For information, call (804) 734-1412 or 734-1020.

PWOC Bible Study

The Protestant Women of the Chapel will not meet this summer. PWOC will begin again with a kick-off program at Memorial Chapel, located on the corner of Battle Drive and Sisisky Boulevard, Sept. 9, 9:30 - 11:30 a.m. Childcare will be provided.

For information, call (804) 452-4271 or 863-2409.

Mobile Playground

Fort Lee Child and Youth Services' mobile playground will be at Hero Park Pavilion Mondays, 9 - 11:30 a.m. and at the Jackson Circle Pavilion Wednesdays, 9 - 11:30 a.m.

The playground is for youth 5 - 12 years of age, youth younger than 11 years of age must be accompanied by a parent. The program is free, however, those interested must sign up.

For information, call (804) 765-3852 or e-mail rileys@lee.army.mil.

AFTB Classes

The Army Family Team Building is hosting several upcoming classes at the Army Community Service building on Mahone Avenue.

All of the workshops listed are free. Childcare can be provided, but is not free and must be arranged prior to class.

○ **Why We Do What We Do;** Monday, 10 a.m. - 2 p.m.

○ **Navigating the Maze of Army Life;** Aug. 2, 10 a.m. - 3 p.m.

○ **New Kids on the Block;** Aug. 9, 10 a.m. - 2 p.m.

○ **Manage Life, Don't Let it Manage You;** Aug. 16, 10 a.m. - 3 p.m.

For information and to register, call (804) 734-6388 or 734-6539.

Summer Fun at Play Morning

The Army Community Service's Play Morning Program is held Tuesdays, 9:30 - 11 a.m. at the Youth Center Gym.

The program is for infants to children age 4 and their parents. There is no preregistration requirement.

For information, about Play Morning or the New Parent Support Program, call (804) 734-6460 or 734-6388.

Youth Bowling Lessons

Fort Lee Child and Youth Services is offering bowling lessons for youth 4 - 17 years of age. The cost is \$30 per four-week session, each class includes two games with lessons and shoes.

The session is held Wednesdays, 11:30 - 1 p.m. The next session is Aug. 11 - Sept. 1.

For information, call (804) 765-3852 or e-mail rileys@lee.army.mil.

Lee Playhouse Presents Classic

The Theater Company at Fort Lee will present "How to succeed in business without really trying" Sept. 10 - 26.

For information, call (804) 734-6629.

Youth Bowling Lessons

Fort Lee Child and Youth Services is offering bowling lessons for youth 4 - 17 years of age. The cost is \$30 per four-week session, each class includes two games with lessons and shoes.

The session is held Wednesdays, 11:30 - 1 p.m. The next session is Aug. 11 - Sept. 1.

For information, call (804) 765-3852 or e-mail rileys@lee.army.mil.

Cell Phones Needed

The Army Community Service's TEAM LEE Academy Empowerment Program is in need of cell phone donations.

An item as simple as a cell phone can make a huge difference in the life of someone who is attempting to leave a volatile relationship. Donated cell phones will go to victims of domestic violence and local domestic violence shelters. Cell phones and chargers can be dropped off at ACS Monday - Friday, 8 a.m. - 5 p.m. ACS is located in Bldg 9023 on Mahone Avenue.

For information, call (804) 734-6378, 734-6388 or e-mail suzete.williams/ACS@lee.army.mil.

101st Airborne Div. Reunion

The 101st Airborne Division Association National Convention will be held in Hampton Aug. 4 - 8 at the Hampton Holiday Inn and Convention Center.

All members of the Division Association, past and present, and their families are invited to attend.

For information, e-mail slick77@cox.net or call (757) 838-5654.

ACAP Programs Available

Professional counselors from the Fort Lee Army Career and Alumni Program are available to assist Soldiers with transition plans.

Located in Building 9028, Suite B, on Mahone Avenue, the ACAP Center also includes a computer lab, resource library and the TAP-ACAP Classroom. A veterans representative from the Virginia Employment Commission is co-located with ACAP for your convenience.

Soldiers who are approaching ETS may start the ACAP process one year from their separation date.

For information or to schedule an appointment, call the ACAP Center at (804) 734-6612 or visit www.lee.army.mil/acap/index.

DoD developing new training to help potential captives

By Donna Miles

American Forces Press Service

The Defense Department is taking a hard look at the way it trains service members to avoid capture and, if they do fall into enemy hands, how to handle themselves.

A new "core captivity curriculum," expected to be completed this summer, is designed to update training currently being provided to servicemembers whose jobs put them at the highest risk of being captured, according to Air Force Col. Mark Bracich, director of policy, doctrine and training for the Joint Personnel Recovery Agency at Fort Belvoir, Va.

Bracich said the curriculum is being developed jointly by the services for incorporation into training offered at Survival, Evasion, Resistance and Escape schools.

If validated, key concepts of the new curriculum are expected to be introduced into training for all servicemembers beginning with their initial military training, he said.

The new curriculum is designed to address the "asymmetric" modern-day battlefield -- one without clear-cut front lines or clear distinctions between friend and foe.

It also considers peacekeeping, humanitarian and other noncombat missions today's military carries out.

In these situations, Bracich said, servicemembers are as likely to be taken hostage by a splinter group as they are to be taken prisoner of war by an enemy army.

As the battlefield has changed, so, too, have traditional notions about who is most likely to be captured, Bracich acknowledged.

For example, during the first days of Operation Iraqi Freedom, it wasn't combat troops who became the first U.S. prisoners of war, but rather, combat-support soldiers from the Army's 507th Maintenance Company.

"More people are being put into more levels of risk in more environments," Bracich said. "It raises the question: are we doing the right thing for the right people at the right time? This is something we're working with the services to figure out."

Army Chief Warrant Officer 2 Dave Williams, whose AH-64D Longbow Apache helicopter was shot down over Iraq in March 2003, said his 21 days of captivity reinforced the need for additional training for all service members, regardless of their job specialty.

"When you go into a situation like Iraq, there are no friendly lines," Williams said. "Everybody is at high risk of capture, regardless of your (military occupational specialty)."

As a former member of the Army's 160th Special Operations Aviation Regiment, Williams had gone through the Army's three-week Survival, Evasion, Resistance and Escape School at Fort Bragg, N.C., in 1997.

The course, he said, gave him the tools he needed to evade capture as long as possible, along with his copilot, Chief Warrant Officer 2 Ronald Young Jr. Once they were captured and taken to the Al Rashid prison in Baghdad, Williams said, the SERE course helped him endure the hardships of captivity and, as the senior U.S. prisoner, help his fellow soldiers.

Williams said he's encouraged by the military's effort to train more servicemembers in how to avoid capture and successfully endure captivity if necessary.

"The more tools a Soldier has in his rucksack when he goes off to fight, the better off he'll be," Williams said.

New system ensures Soldiers' votes count

By John Runyan

Army News Service

Absentee ballots for Soldiers deployed around the world will be expedited through the U.S. Postal system using a dedicated mailing system.

USPS employees will contact 3,000 county election officials all over the country to coordinate mailing of overseas absentee ballots.

Once the blank local ballots are printed, they will be sent by local post offices via overnight Express Mail to San Francisco, Miami and New York, the three military gateways.

USPS will mail successive groups of ballots to military gateways daily and will determine the number of ballots per location at the gateways. Then the ballots will be sorted by destination and placed in containers specially marked for visibility and priority.

Department of Defense's Military Postal System will then give the ballots priority handling for delivery overseas, will ensure they receive a proper, legible postmark upon return, and will place them in easily identifiable containers.

The ballots will then receive priority processing for delivery back to county election officials.

"If anything is moving, (the ballots) will be moving as well," said Mark DeDomenic, assistant deputy director at the Military Postal Service Agency.

The Army is asking that all Soldiers be registered to vote absentee by Aug. 15, said Jim Davis, the Army's voting action officer.

That way they should receive their ballots sometime in September and can have them sent out by the Oct. 11 deadline.

Davis said both of these deadlines are designed for Soldiers in the theater of operations and he encouraged all Soldiers to register and vote, even if they miss the deadlines.

Most states will accept absentee ballots until the close of business on election day, Nov. 2, but the Oct. 11 deadline should ensure all ballots will arrive in time to be counted.

Each state has specified deadlines for receipt of absentee ballots.

For example, absentee ballots for Louisiana must be in no later than the day of the election while New York requires that the ballots are postmarked by the day before the election. North Carolina ballots must be in by 5 p.m. the day before the election and Pennsylvania absentee ballots must arrive by 5 p.m. on the Friday before the election.

If those Soldiers, family or Department of the Army civilians are located outside the United States send in their request for an absentee ballot in sufficient time and didn't receive their ballot, they can use the Federal Write-In Absentee Ballot. This form allows them to write in their votes and send it in by the deadline.

"Voting assistance officers at each overseas unit are required to have stock of the FWAB for this situation," Davis said.

Davis also said that if a Soldier filled out and sent in the FWAB and then received a ballot, the local ballot could still be filled out and sent back in if it arrived in time.

Currently, Davis said the Army is trying to send the message "get registered", to as many Soldiers as possible.

An Army Knowledge Online-all e-mail was sent at the beginning of May to 1.3 million recipients, reminding them of the importance to register and the details of how to do so. Davis said the e-mail was the largest ever sent out on AKO.

Senior Army leadership has directed an Army-wide Personnel Asset Inventory be conducted during the period July 30 - Aug. 15.

This will be yet another opportunity to provide the Federal Post Card Application to Soldiers and to provide the necessary support and assistance, Davis said.

"We've got an emphasis (on this issue) from the secretary of Defense all the way down," Davis said. "We want to make sure all the Soldiers are provided with the opportunity to register and cast their ballot."



Need information on what you can send where? Check out www.usps.com for customs' restrictions, rates and even how to find a zip code.

Joint Operations rule in Iraqi Freedom

By Kathleen T. Rhem

AFPS

The degree of multi-service cooperation in Operation Iraqi Freedom is taking the concept of jointness to what the Army's new vice chief called "the graduate level."

Gen. Richard A. Cody, who became the Army's vice chief of staff June 24, said U.S. forces should be very proud of how the services have been working together.

During an interview in the Pentagon July 15, Cody said the recent rotation of forces into and out of Iraq and Afghanistan was a perfect example of how American forces cooperate in operations today.

Even though 240,000 active and reserve-component Soldiers were deployed and redeployed, "it wasn't just an Army move," Cody said.

"It took an awful lot of Sailors; it took an awful lot of Airmen; and it took an awful lot of civilians across the entire DoD force to be able to take that large of a force and move it," he added.

Marine Lt. Gen. Jan C. Huly, the Corps' deputy commandant for plans, policies and operations, said in a separate interview that he believes history will show the war on terrorism is the most joint operation U.S. forces have ever undertaken.

"Probably history will show that when we get done, or when we start analyzing even more closely what we're doing in Iraq and Afghanistan, they're going to say,

'Boy that was the most joint that we've ever operated,'" Huly said.

The 34-year Marine veteran said this is the closest the corps and the Army, in particular, have worked during his career.

"We've got Marines working for Soldiers, and we've got Soldiers working for Marines, and we've got them all working side by side," he said. "We've got joint task forces that include all four services."

"We've got civilians (and) contractors that are over there working more closely and integrated than ever before."

"It's going to be very interesting to see the history written on this," he added.

The nature of operations in Afghanistan and Iraq have forced the services to look at ways to help each other, especially in the areas of combat support and combat service support, Cody explained.

"What Operation Enduring Freedom and Operation Iraqi Freedom have done

is caused us as a department and as services to look where we have commonality and jointness across our formations so we can help each other out and kind of spread out the burden across the force. And that's what we see happening," he said.

The Army general said he believes members of all services should be proud of their ability to reach across service

lines and work together for the good of the country.

"The one thing we all share in common across the services (is) it does say 'U.S.' across our breast," he said.

"It may say 'Air Force' or 'Army' or 'Marine Corps' or 'Navy,' but it all starts with the 'United States,'" he added. "And that's our team logo."



ARMY FILE PHOTO

Soldiers participating in Operaton Iraqi Freedom find themselves increasingly in a joint services enviroment.

Colonel of Regiment visits troops

by Timothy I. Hale
Fort Lee Public Affairs

Retired Lt. Gen. John J. Cusick, the honorary colonel of the regiment, is a believer in the Quartermaster Corps.

After last week's visit to LOG Warrior, his belief in the corps is even more rock solid.

Cusick was treated to a first-hand look at improvements made at LOG Warrior since he was stationed here as the commanding general of the U.S. Army Quartermaster Center and School and Deputy commanding general of Fort Lee from July 1991 - July 1993.

"I've been a believer in this (logistic warriors) for a long time," said Cusick. "I'm very impressed with what I've seen here today. It's a 50 to 100-percent improvement now in training than in days gone by."

The general was treated to the full range of sights, sounds, smells and even the tastes of today's LOG Warrior field exercise.

He visited and talked with quartermaster Soldiers from supply specialists to riggers and food service specialists.

"Troops will be blatantly honest with you," he said. "If they're not getting something out of their training, they'll let you know about it."

The colonel of the regiment Cusick was quick to complement each and every Soldier he spoke with giving them words of encouragement for the difficult tasks that many of them will face once they reach their next assignments.

"Our Logistic Warriors need to stay focused with every fiber of their body. They need to continually think 'How is this training going to work on the battlefield.'"

Cusick also pointed out the success of the LOG Warrior program is due to the "dedication from the brigade, the battalions and all the way down the line. It's not an easy task but it is an extremely necessary thing to do."

"As a Quartermaster, I'm as proud of the Corps as ever ... the past, the present and the future," Cusick said.

(Right) Retired Lt. Gen. John J. Cusick shares a light-hearted moment with Pfc. Peter Mitchell, left, and Spc. Justin Partenier, right at the mobile kitchen trailer site at LOG Warrior. Lt. Gen. Cusick made his first visit to LOG Warrior as the honorary Col. of the Regiment.



PHOTOS BY TIMOTHY L. HALE

Retired Lt. Gen. John J. Cusick talks with Pvt. Mike Hester, far right, and Pfc. Mike Han in their two-man, fighting position just after an OPFOR attack.



Spc. Keith Payton, a member of the Oposition Force, is greeted by Lt. Gen. John J. Cusick.



Lt. Gen. John J. Cusick is served in the containerized kitchen at the LOG Warrior site by Pfc. Steven Vanderhye.

Looking for companionship



The Fort Lee Veterinarian Treatment Facility has several cats and dogs like these for adoption. On-post housing residents are limited to two family pets. Anyone interested in adopting a pet can call the Fort Lee clinic at (804) 734-2446.



PHOTOS BY SPC. JASON B. CUTSHAW



BERETS continued from Page 3

Soldiers in training at their Advanced Individual Training were issued their berets from central issue facility stocks by June 1.

"The Advanced Individual Training Soldiers of the 23rd Quartermaster Brigade officially donned the black beret May 30," said Command Sgt. Maj. Michael Campbell, 23rd QM Bde. command sergeant major. "That morning every battalion within the brigade was formed up at 6 a.m. At that time, they saluted the flag and conducted a formal ceremony as they donned their berets."

The transition to berets is complete, but there are still some Soldiers wearing the patrol cap, he added. Those are split training option Soldiers who reported to complete their AIT during summer school break.

A Soldier's distinctive unit insignia (unit crest) will not be worn until the Soldier arrives at their first unit.

Officers must purchase the black beret from Army Military Clothing Sales Stores. Reserve Officer Training Candidates, U.S. Military Academy and Officer Candidate School cadets are authorized to wear the black beret upon commissioning.

U.S. Army Training and Doctrine Command Regulation 350-6 will be updated to reflect the new beret guidance.

"I fully support the change in policy to award Soldiers who complete Basic Training their beret and authorize them to wear it," said Col. Belinda Buckman, 23rd Quartermaster Brigade commander. "Advanced Individual Training across the Army varies in length, depending on the Military Occupational Specialty from four weeks to more than a year. This policy reinforces the fact that we are recognizing these individuals as Soldiers upon the completion of Basic Training."

"Young Americans joined the greatest Army in the world because they want to be a part of a powerful team. The beret is another symbol of their successful transition onto that team. They earn it by completing basic training and they are very proud to receive and wear their berets," she added.

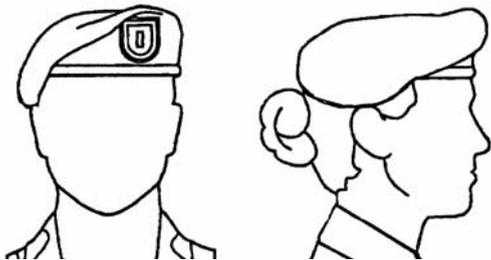
Proper Wear

1- Soldiers should typically wear berets the same sizes as their BDU caps

2- Don the beret so that the edge binding (headband) is one inch above the eyebrows and fits straight across the forehead. The beret should be form fitting across the head.

3- Center the flash and the stiffener above the left eye.

4- Pull the excess material down to the right side so that it touches the right ear but does not extend below



the middle of the ear.

5- Tighten or loosen the adjusting ribbon for a secure fit.

6- Tie the adjusting ribbon into a non-slip knot and cut off the ends.

7- Tuck the ribbon knot inside the edge binding at the back of the beret.

Note: Hair may not be packed into the beret, nor should it extend below the bottom edge of the front of the headgear or below the bottom edge of the back collar.

All headgear must be carried when not worn. It may not be hung from the belt or stored inside uniform pockets.

'Teen Police' h



Jarell Humphries, 15, checks identification cards at the Lee Avenue Gate with Department of the Army Civilian Police officer Michael Griffith during Teen Police's fourth year on post.

Through a summer program, local teenagers learn how military police officers and Department of the Army civilian police officers serve and protect the Fort Lee community.

The Fort Lee Provost Marshal Office continued its Teen Police program which provides teens with the opportunity to learn about law enforcement activities on post.

This is the program's fourth year on post. It started June 21 and continues through the end of July. It is comprised of middle and high school students interested in criminal justice.

"The Teen Police program has been an outstanding success," said Edward Wisneski, DACP officer. "We teach these teenagers about law enforcement and how their involvement helps the community as a whole. They have all been very interested and motivated."

Any military dependent teenager is eligible to participate in the program, the teens must be between 13 and 18 years of age, have a military dependent identification card, and get permission from their parents (who must sign a waiver).

"It has been a lot of fun, and I suggest that others participate in Teen Police. All you have to do is sign up for it," said 14-year-old Rachel McKay, a Clements Middle School eighth grader. "We get to go on field trips and learn different areas of what police officers do. It has been very

interesting."

Students are allowed to ride with military police and Department of the Army civilian police officers giving them hands-on experience in many areas of police work and a better understanding of what police officers do on a daily basis.

The classes include a curriculum designed to hold the interests of teens through a variety of applied demonstrations.

"I've enjoyed coming here and riding along with the officers, they have taught me that cops are not out to get people, but to help and protect them," said 15-year-old Jarell Humphries, Prince George High School 10th grader. "It is a very good program, and anybody who might want to be a police officer should try it."

During the Teen Police program, members of the PMO explain the police officer recruitment process to the students, and classes are given in drug enforcement, special investigations and communications.

The students also took field trips to observe the Prince George County traffic court and the Crater Police Academy.

"I didn't have anything else to do this summer," said 13-year-old Antwan Sales, a Dinwiddie Middle School eighth grader. "Some of the things I have learned while in the program are never lie to a judge, and don't do the crime if you don't want to do the time."

Rachel McKay, 14, helps Fort Lee security forces during the fourth annual Teen Police program on post.

*Story and photos
by
Spc. Jason B. Cutshaw*

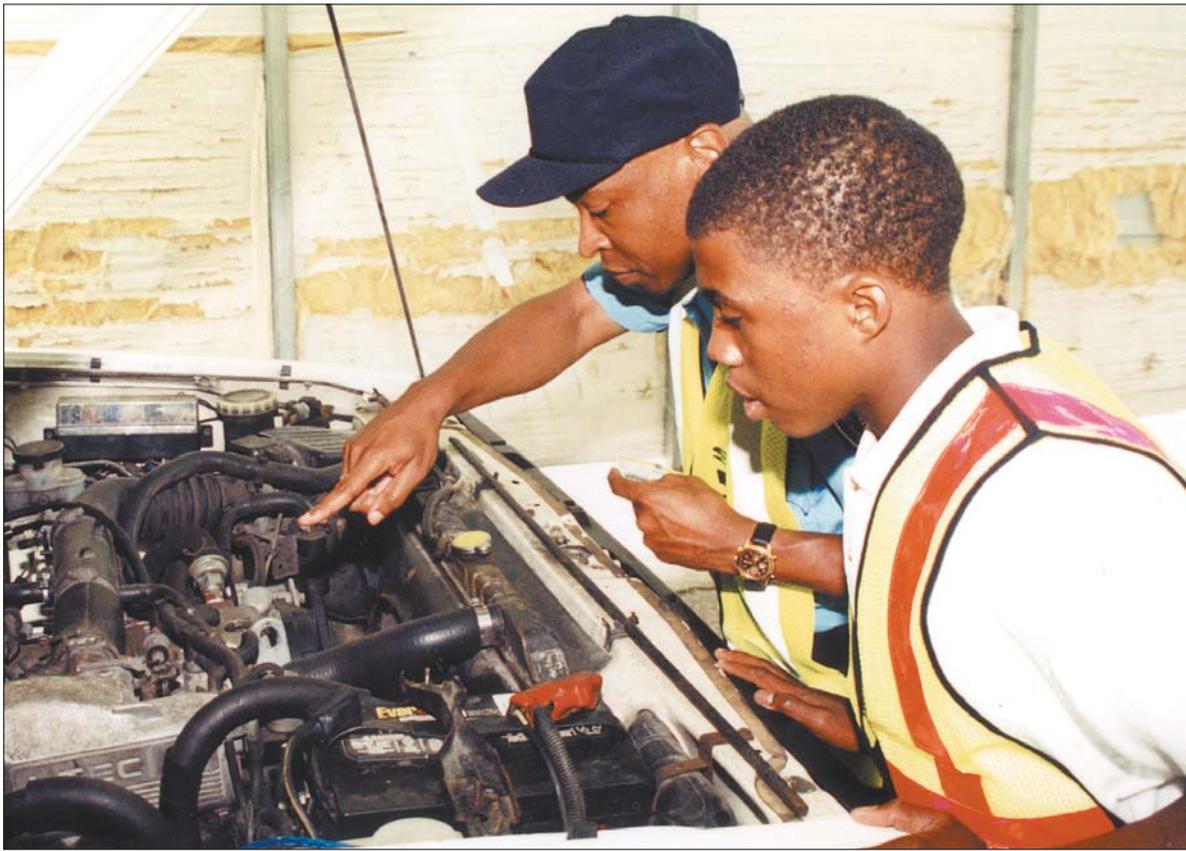


FORT LEE

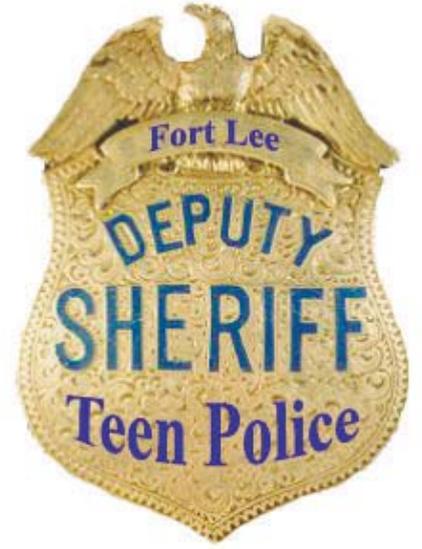
hit post streets



Antwan Sales, 14, fires the post canon at Retreat while Department of the Army Civilian Police officer Robert Ashcraft Jr. salutes the colors. Sales volunteered for the summer Teen Police program.



Antwan Sales, 13, helps search an engine during a security check with Fort Lee security officer Rick Jones at the Lee Avenue Gate.



TEEN POLICE

Tri-Cities receives face lift



Emily Gregory, paints a front-door shutter while volunteering with the Tri-City Work Camp July 15.



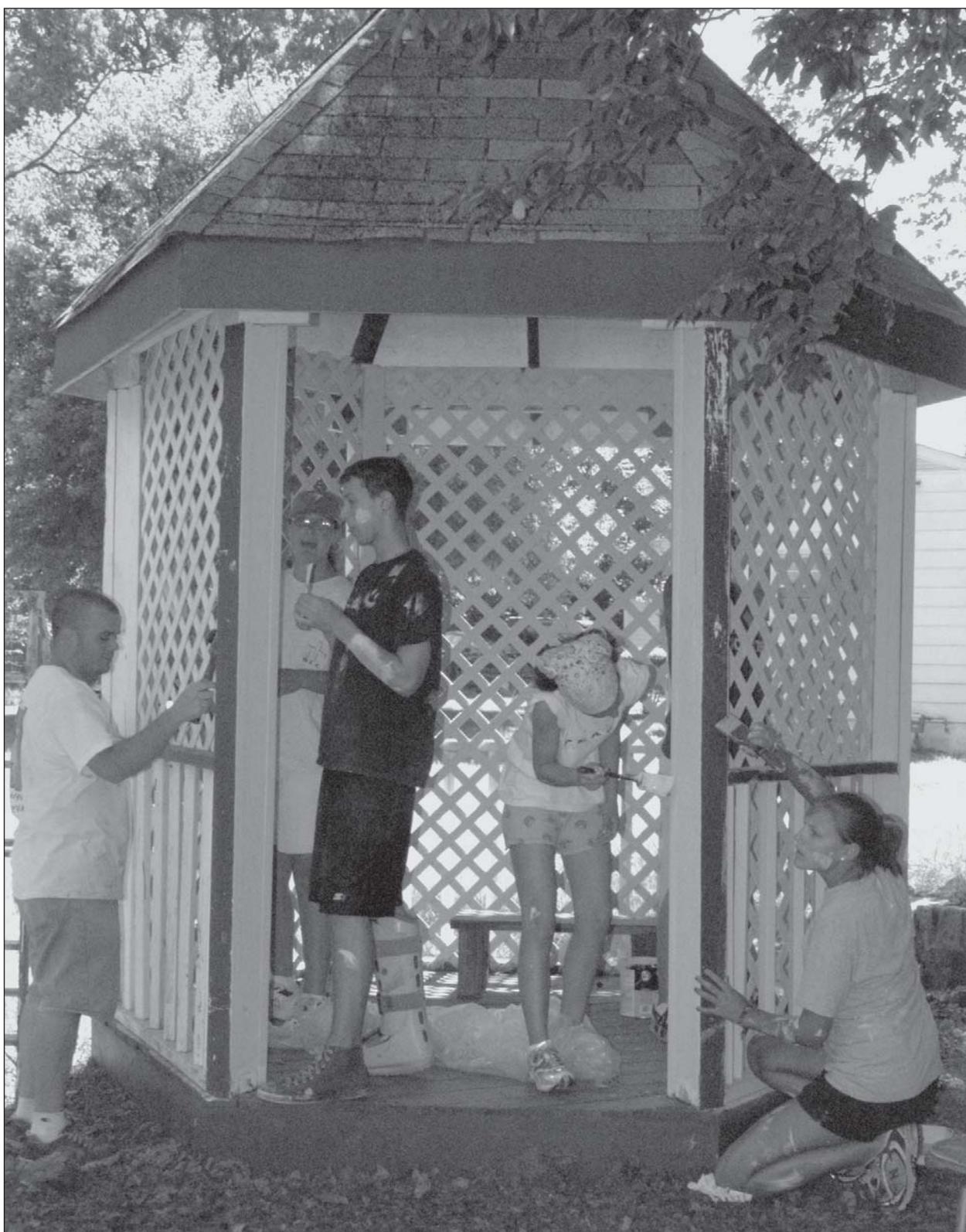
Judi Kelly prepares to make her mark on a board which she will then cut so that she can build a new picnic bench.

By Jason Cardenas
Staff Writer

Several members of The Fort Lee Memorial Chapel, joined together for two weeks starting July 12 with hundreds of other volunteers from Pennsylvania to North Carolina to repair and refurbish several dozen homes outside the Fort Lee community.

"It makes it all worth wild if we can help at least one person who is in need," said Claire Born, Tri-Cities Work Camp volunteer and member of Memorial Chapel. "Providing repairs that make a real difference to someone's home is very positive way to assist the community."

Participants of the Tri-Cities Work Camp range through all ages but is primarily comprised of youths,



PHOTOS BY JASON CARDENAS

Tri-Cities Worker Camp crew nine works diligently on painting the inside of a gazebo, while others scrape the old paint off so it pay be repainted.

said program officials.

"These volunteers are one big family. Each year we are able to give back to the community in our own little way," said Army Reservist Spc. Chris Donivan. Donivan, a military policeman, has been volunteering with Tri-Cities Work Camp, for five years but was unable to attend last year due to deployment in support of Operation Iraqi Freedom.

These volunteers not only give up their time but invest \$200 per person to the project.

These volunteers come here thinking they're going to give, and they do," said program director, Connie Romain. "But they receive so much in return."

Repairs can range from simple repainting and yard work to completely retiling a ceiling and repairing siding: from cabinet repair to building picnic benches, these volunteers do it all.

Jenny Donivan 16, who has been volunteering for three years, said she enjoys being able to help out those in need. "It's great to be able to help others and change the hearts of those around you."

"It's a privilege to have these volunteers here to help out in my home," said Gladys Pair, whose home was included in the Tri-Cities Work Camp Program this year. "The crew that worked on my home was very professional and dedicated in what they did. I could not have asked for a better team."

Over the next two weeks about 35 homes will be repaired by the Tri-Cities Work Camp.

"The crew that worked on my home was very professional and dedicated in what they did."

— Gladys Pair,
Local citizen

GENERALS Play Ball



PHOTOS BY TIMOTHY L. HALE

Members of the 240th Quartermaster Battalion Color Guard, 49th Quartermaster Group, render honors as Terry Tyree of the Petersburg Public Library, sings the National Anthem during the pre-game ceremony at the Petersburg Sports Complex Friday night.

By Timothy L. Hale
Media Relations Officer

Not many Quartermaster students can leave Fort Lee and tell their friends they threw out the first pitch at a baseball game in front of hundreds of fellow Soldiers and fans.

But Pfc. Tawnee Unsiog, an Advanced Individual Training Soldier from 262nd Quartermaster Battalion, 23rd Quartermaster Brigade, can.

The sport-spoken student command sergeant major of three AIT companies "delivered the heat" prior to the start of the Petersburg Generals' game against the Edenton Steamers Friday at the Petersburg Sports Complex.

"I think it was great to have the chance to do this," said Unsiog who will return to her island home of Guam upon completion of AIT.

Pfc. Tawnee Unsiog, 262nd Quartermaster Battalion, 23rd Quartermaster Brigade, throws out the first pitch at the Petersburg Generals' Fort Lee Appreciation Night Friday.

"I was surprised when they told me I was going to do this (throw out the first pitch). I told my drill sergeant I needed to practice before hand."

Apparently the practice paid off as she threw like a major-leaguer much to the delight of her fellow Soldiers and fans in the stands.

Nearly 200 AIT students from the 244th, 262nd and 266th Quartermaster battalions as well as students from the Fort Lee Noncommissioned Officer Academy were on hand to enjoy the game courtesy of the Petersburg Generals' staff.

"It's a nice, relaxing break for us," said Pfc. Jared Brown, an AIT Soldier. "We've had a lot of people here tonight thank us for serving in the military."

Pfc. Cody Henderson, also an AIT Soldier,

agreed.

"I enjoy putting on this uniform and letting people see me in it. I don't wear this uniform for me, I wear it for patriotism and because I believe in this country," he said adding that he joined the Army just six days after the Sept. 11 attacks on New York and Washington D.C. while he was still high school student.

One fan was overheard to say, that it didn't matter who won or lost between the Generals and the Steamers that night because the real winners were sitting in the stands wearing Army green.



Country trio SheDaisy helps disabled Soldiers

By Jacqueline Garrelts

Army News Service

Hit country group, SheDaisy, performed at a charity concert to benefit Homes for our Troops, to help raise money for disabled Soldiers.

The country group, composed of three sisters, Cassidy, Kristyn and Kelsi Osborn, performed at the Birchmere Sunday night in Alexandria, Va., for a benefit concert sponsored by local country station 98.7, WMZQ and Potomac Mills.

Proceeds went to Homes for our Troops, a non-profit organization whose mission is to raise money for disabled Soldiers and their families.

The money goes into building houses which are designed to accommodate the disabled Soldiers and their new needs. Charity founder, John Gonsalves has raised more than \$300,000 in the past three months for disabled Soldiers.

"We owe a great deal to these families, and it's not always just about the Soldier," said Gonsalves.

Coincidentally, SheDaisy's latest hit song "Come Home Soon" sends out the same message to the families.

"We wanted a song to express the empathy we have for those family members living at home without their loved ones, who are serving overseas," Kristyn said. "It is a somber song and a quite tribute to the families."

A family friend whose husband is serving with the Army in Iraq was the inspiration for the song "Come Home Soon."

SheDaisy also performed their other chart-topping hits, "Little Good-byes," "Mine all Mine," "Will...But" and "Passenger Seat."

The American Legion contacted the

Washington country radio station, 98.7 WMZQ to tell them about Homes for our Troops. WMZQ wanted to get involved and have been running advertisements on their Web site and a nationally syndicated morning show, Ben and Brian.

Homes for our Troops has benefited from this recognition from WMZQ.

"We have had a great number of hits on our official Web site that WMZQ has been advertising on their Website," Gonsalves said.

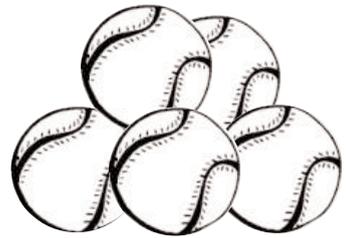
Homes for Troops hopes to get its first project underway for Sgt. Peter Damon of the 126th Aviation Battalion in July. Damon lost his right arm above the elbow and his left hand and wrist when a nitrogen tire exploded while he was changing it in October while serving in Iraq.

The week following the SheDaisy concert, volunteer engineers and surveyors were planning to test the plot of land designated for Damon, his wife and two children, to get it cleared for construction.

"We hope to have this project complete in about four months after the land has been approved for building," Gonsalves said.

Organizations like Disabled Soldier Support System identify Soldiers in need of outreach services, for themselves and their families. They assess the Soldiers' needs and provide them a variety of different services such as Homes for Troops, to go to for more help.

"It can get pretty hard on the family because they get lost in the process and not only have to piece things together, but also have to overcome the trauma of their disabled loved one," said Frank Campas, chief of DS3.

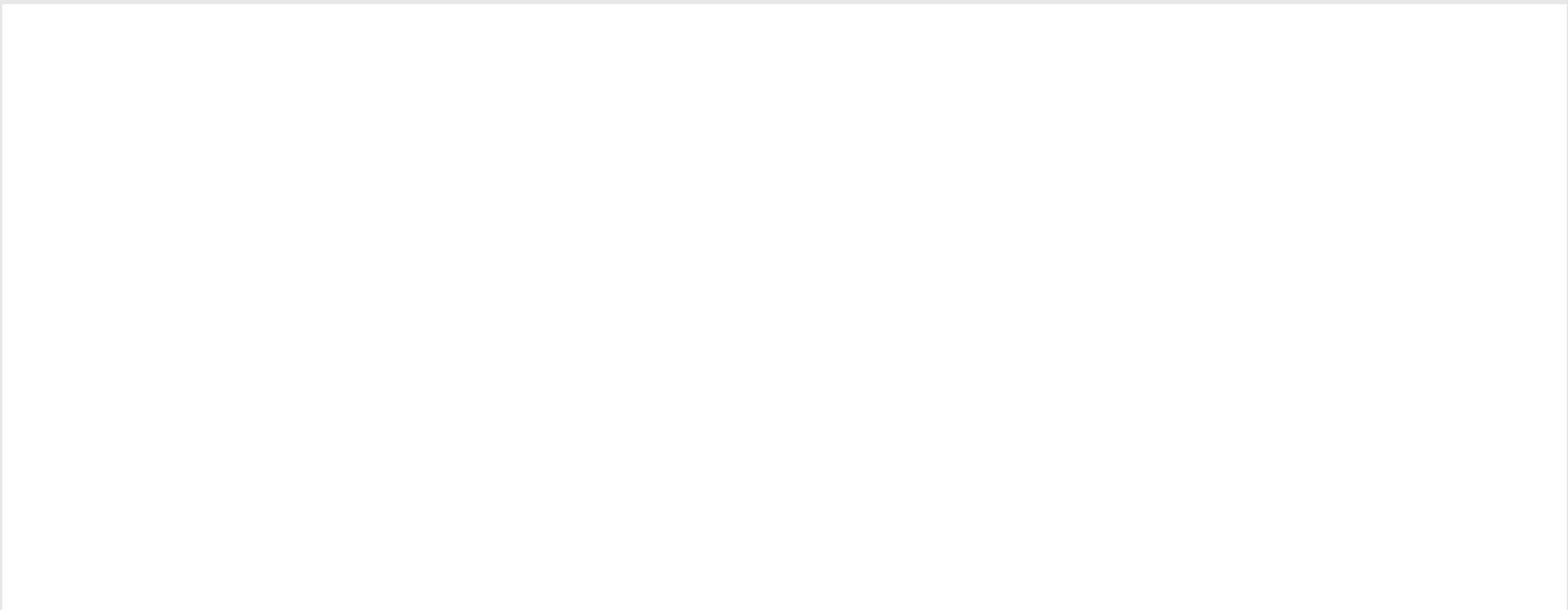


Soldiers from Fort Lee fill the stands to watch the Petersburg Generals battle the Edenton Steamers July 16, 2004 during Fort Lee Military Appreciation Night at the ballpark.

The Petersburg Generals' organization would like to thank all Fort Lee members and staff for making Friday night a huge success! Without your help this night could not have happened. Hopefully we can do this again next year! Thanks again for all the help, and anytime you and your troops want to come to watch a game, give us a call.

Sunday, the 25th, is our final Military Appreciation Night at the Sports Complex. Double Header starts at 5:05 p.m. Come out and Support Your Generals.

Thanks,
Petersburg Generals



Clip and Post Phone Numbers

Army Community Service (ACS)

(804) 734-6388

Criminal Investigation Div. (CID)

(804) 734-1008

Commissary

(804) 765-2260

Virginia Dept. Mtr. Vehicles (DMV)

1-800-434-5137

Fort Lee Police Station

(804) 734-7400

Housing Office

(804) 734-1978

Housing Service Orders

(804) 734-5100

Inspector General (IG)

(804) 765-1550

Kenner Health Clinic Information

(804) 734-9000

Tricare appt. toll free

1-866-645-4584

School Liason Officer

(804) 765-3857

Post Information

(804) 765-3000

Army ten-Miler expands to 20,000

Editor's note: Information provided by MDW Public Affairs

The Army Ten-Miler increases to a field of 20,000 runners this year and nearly half of that number is already registered for the Oct. 24 race.

Entries totaled 9,700 after the July 4 weekend, and race officials said there is an indeterminate time left to sign up.

Registration is over when the meter hits 20,000, and it is expected to do so well before the Sept. 17 calendar deadline.

It will be the 20th year for America's largest 10-mile race. The run begins at the Pentagon, winds through Washington, D.C., and returns to the headquarters of the U.S. military.

"I'm not sure how many Army Ten-Milers I've run, but it has to be close to 10 with my first race being either 1987 or 1988," said Lt. Col. Dick Kuehl. "The competition has really improved. In the 80s, my 55:12 finish time placed me in the top 35. In 1995, my 55:20 time placed me only in the top 100."

"Each year I see many of my old teammates," said Kuehl, an executive officer and military assistant in the Office of the Assistant Secretary of the Army.

In the past, he has run on teams with Fort Harrison, Ind.; Fort Campbell, Ky.; Eighth Army in Korea; Fort Bragg, N.C.; the Military District of Washington (the race host), and the Pentagon.

Leslie Higgins, a Floridian, has registered for the race. Higgins had never heard of the Army Ten-Miler until this year, but said she already feels a connection to the race. Higgins served in the Women's Army Corps in World

War II.

At 79, Higgins trains 30 miles a week including three days of seven-mile workouts and a 10-mile run on the weekends.

Back in 1998, elite track star Alisa Harvey of Manassas, Va., ran her first Ten Miler, winning the women's title in that year, 1999 and in 2003.

"For me, there are a couple of reasons why I like to run Army," Harvey said, one of the nation's top 800-meter runners in the 1990s. "The main one for me is the time of the year. Summer racing is over, and it's starting to cool in October. "The other reason is location."

Harvey has benefited greatly over the years from a huge fan base that easily recognizes her on the course, a fact not lost on her. "The turnouts are huge," she pointed out. "And, you are running around scenic Washington. It's not just a race -- it's an event. It is a very popular, well-organized event."

"The other Army Ten-Miler that was memorable was last year, when I ran in such pain," she said. "I strained my foot on the track a week before, and I tried to cancel but I just couldn't."

Harvey ran with the pain and held on to win the 2003 women's title in 59:29.

Harvey will be back in 2004 to defend her title, and someone else who also has three victories in the race is



File Photo

Visitors stop by Fort Lee's "Hooah!!! Tent" after the 2003 Army Ten-Miler. The tent, a long-standing tradition, was hosted by the Robert E. Lee Chapter of the Association of the U.S. Army. Visitors enjoyed refreshments while learning about the Quartermaster Center and School.

also weighing an invitation to return.

Back in the late '80s, local Washington, D.C. running star Darrell General could have won nearly any race in the region.

In 1987, General was just 21 years old and training to qualify for the U.S. Olympic Marathon Trials. He decided to run the Army Ten-Miler and won the race in 49:44. General would go on to win again in 1988 and 1991.

"When I first started running [the Army Ten-Miler], it was a good tune-

up race, then it became pretty competitive," said General, now 38 and still living nearby in Maryland. "1987 sticks out, that was the year I was trying to get the Olympic trials qualifier," he said. "I went under 50 minutes for the first time at the Army Ten-Miler. That race was a big breakthrough race [for me]."

More information and registration for this year's Ten Miler is available at www.armytenmiler.com.

(Editor's note: Information provided

Cape Henry Inn still has limited openings

The Cape Henry Inn, the Army's newest relaxation location at beautiful Fort Story, Virginia opened in October 1995.

The Cape Henry Inn, an Army MWR activity is nestled between Seashore State Park and the Virginia Beach ocean front on the environmentally protected dunes along miles of pristine beaches overlooking the Chesapeake Bay.

The inn is open to anyone with a Department of Defense identification card that proves they are active-duty military, retired military, National Guard or Reserve, and their family members who are entitled to a DoD identification card.

In addition the inn is open to DoD Civilian personnel with ID cards and guests of ID card holders.

Reservations may be made on a first-come, first-serve basis up to one year in advance, i.e., July 2004, the inn's staff opens reservations for July 2005.

Reservations must be guaranteed by a deposit of one night's stay either by credit card number or check. Reservations may be canceled 14 days prior to arrival date and time without charge.

To make a reservation or for current rates call (757) 422-8818.

Check-in time anytime after 4 p.m.

The best time to call is noon – 2 p.m. or 6:30 p.m. – 9:00 p.m. after the staff has checked in most arrivals. Customers can leave a voice mail message and the staff will return your call as soon as possible.

A first night deposit is required to guarantee reservations.

Due to fire regulations no grills are allowed at rooms and cottages.

Also, no pets are allowed anywhere on the premises of the Cape Henry Inn or the associated beach.

The Club next door is open for catered functions and meetings only.

The Tiki Bar is open on the swimming beach, from May to September only, serving a variety of drinks and sandwiches.

The beach has ten times more dolphins than anywhere else on the East coast. The entire complex is located only three miles from the Virginia Beach Resort Strip.

Rates are seasonal and vary depending upon accommodation.

In addition to the inn the Fort Story swim beach is open through the summer season and located near the inn.

Beach equipment rentals such as kayaks and life vests are available at the beach.

Provided by: Fort Story MWR



ARMY FILE PHOTO



In addition to its hotel complexes overlooking the Fort Story beach, the Chesapeake Bay cabins, and beach bungalows are also available. Currently, a few openings remain for the 2004 summer season. For information call (757) 422-8818.

MB2 Motorsports extends Joe Nemechek's Contract

Provided by MB2 Motorsports

MB2 Motorsports announced that it has extended Joe Nemechek's contract through the 2005 season to drive the No. 01 U.S. Army car in the NASCAR NEXTEL Cup Series.

Nemechek, who is coming off two consecutive top-10 finishes, including an eighth-place result in the recent Nextel Cup race at Chicagoland Speedway, joined MB2 Motorsports with four races remaining in 2003.

"In a short time together, Joe and the team have developed a great working chemistry," said Jay Frye, general manager of MB2 Motorsports. "This team continues to turn out solid performances and has the ingredients to reach a new level of success. As a driver, Joe has done an excellent job piloting the #01 car and has been equally outstanding as a spokesperson and representative for our sponsors. We are excited about what we feel is in store for the future of this team."

Frye also announced that a recovery driving program continues to be in place for Jerry Nadeau, who drove the #01 car before suffering a head injury in an accident May 2, 2003 at Richmond International Raceway. Nadeau, 33, is still recovering from the injury and has no immediate timetable for a return to competition.

Nemechek, a native of Lakeland, Fla., has 340 career NASCAR Cup starts. His first Cup race was in 1993, the year after he won the Busch Series championship.

"I want to thank MB2 and all of our sponsors," said Nemechek. "This Army/USG team has plenty of talent and we are jelling as a unit. We had a streak of bad luck recently, but we hung in there and never lost our focus and confidence



PHOTO BY TIMOTHY L. HALE

Joe Nemechek, driver of the #01 U.S. Army car, is followed closely by Rusty Wallace in the #2 Miller Lite car during the May race at Richmond International Raceway. Nemechek had his contract with MB2 Motorsports extended through the 2005 NASCAR Nextel Cup season this week.

in each other. We've had great cars at all different types of tracks and I can't wait for the second half of the season."

"I look forward to working with the U.S. Army," Nemechek continued. "It's a privilege and honor to be associated with this institution. We support our troops and they support us. I want nothing more than to have success on the track and make our Soldiers proud of their #01 Army race team."

Mega Yard Sale July 31

A mega, multi-family yard sale will be hosted at Bethesda Full Gospel Baptist Church July 31, 7 a.m. - 1 p.m.

The sale will be held at 15800 Woods Edge Rd. in Colonial Heights.

For information e-mail hombfgbc@aol.com or call (804) 526-6350.

Busch Gardens' Military Appreciation Days

The Travel Agents International Office, located in Building 9025 on Mahone Avenue, has "Military Appreciation Days" tickets for sale.

The tickets cost \$34 for a one-day admission.

The office also has Water Country discount tickets for sale. Tickets for adults cost \$30 and children (3 - 6) cost \$24.

Season passes are also available for Water Country and Busch Gardens, Williamsburg.

For information, call (804) 734-6255.

Baltimore Harbor, Aquarium Trip

The Fort Lee Civilian Welfare Fund is hosting a bus trip to the Baltimore Harbor Aug. 21, 7:30 a.m. - 7 p.m. The trip includes a visit to the National Aquarium.

Prices for adults are \$51, seniors cost \$48, students are \$46, and children cost \$44.

Those taking the trip will meet in the parking lot of the Fort Lee Post Office.

For information, call (804) 734-189.

Shockoe Tomato Festival

The seventh annual Shockoe Tomato Festival will take over the 17th Street Farmers' Market Saturday, 11 a.m. - 5 p.m. Admission is free.

The event will feature a variety of food, and arts and crafts vendors.

There will also be several activities for children.

For information, visit www.17thstreetfarmersmarket.com/shockoe_tomato.php.

Dinosaurs Take Over Children's Museum

Discover a magical world of exploration at the Children's Museum of Richmond featuring "Dinosaurs of China."

The exhibit is on going through Sept. 6.

General admission is \$7, and children younger than one enter free. Parking is free.

For information, call (804) 474-2667.

Bowling Center's Summer Hours

The Fort Lee Bowling Center's summer hours of operations are:

Monday, 11 a.m. - 5 p.m.

Tuesday, 11 a.m. - 9 p.m.

Wednesday, 11 a.m. - 5 p.m.

Thursday, 11 a.m. - 9 p.m.

Friday and Saturday, 11 a.m. - midnight

Sunday, 11 a.m. - 10 p.m.

For information, call (804) 734-6860.

Pochontas Park hosts Stevie Brock

Stevie Brock, the 13-year-old Disney recording artist, will appear twice at Pocahontas State Park, Saturday.

The first event will be a meet-and-greet from noon - 1 p.m. he will appear on stage as part of the park's 2nd Annual Red, White and Blue Bash at 8 p.m. The bash runs from 5 - 9 p.m. and also features games, jugglers, ID-a-Kid and more.

For information, (804) 353-7200.

Military Discounts for Florida Attractions

The Travel Agents International Office, located in Building 9025 on Mahone Avenue, has military discount tickets available for Florida attractions to include Disney, SeaWorld and Universal Studios.

For information, call (804) 734-6255.

SeaWorld tickets for adults cost \$57.46, and children's tickets cost \$47.87.

The military discount tickets for SeaWorld cost \$42 for adults and \$40 for children.

Universal Studios tickets for adults cost \$57.46, and children's tickets cost \$47.88. The military discount tickets for Universal Studios cost \$49 for adults and \$40 for children.

Disney four-day hopper passes cost \$233.24 for adults and \$187.44 for children.

The military discount four-day hopper passes cost \$200 for adults and \$160 for children.

There are also five-day hopper passes and five-day hopper plus passes available at a discount.

For information call (804) 734-6255.

