In this issue:
A Taste of Mexico in Your Own Backyard
The Appalachian Trail
Military Spouse Appreciation Month
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In the month of May we celebrate our mothers and remember our fallen. Make sure to take extra special care of the women that take care you this holiday. This Mother’s Day you can treat mom to a hearty Breakfast Buffet at the Fort Indiantown Gap Community Club (RSVP 861-2450) featuring all of your favorite comfort foods and freshly baked and melt-in-your-mouth pastries or take her for an elegant brunch at the Letort View Community Center (RSVP 245-4329) with a wonderful array of locally prepared food sure to delight any Mom.

This month we set aside a special day to honor Military Spouses. Military Spouse Appreciation Day is celebrated the Friday before Mother’s Day. It is a day to honor both the men and women and the important role our Military Families play in keeping our Armed Forces strong and our country safe.

As we thaw from a very cold winter that just did not want to end, we welcome longer days and warmer weather. Make sure to take advantage of the many services that Family and MWR has to offer. Visit your local Leisure Travel Services office at Carlisle or Fort Indiantown Gap to learn about Washington DC and New York City On Your Own or pick-up discounted tickets for Disney Parks, Hershey Park or the Baltimore Aquarium. Experience the beauty of Pennsylvania with Outdoor Recreation via professionally guided trips for hiking, kayaking and biking as well as clinics and outdoor rentals. Take advantage of our new MWR Community Garden located on Liggett Avenue. Garden plots are still available and ready for your green thumb! All excess vegetables will be donated to our local foodbank. Pay it forward!

May also signals the upcoming PCS season at Carlisle Barracks so don’t forget about the Post wide Yard Sale on May 21st. It is open to the public and there will be a consolidation of sales on Indian Field and throughout the post. The Carlisle Barracks “Splash Zone” swimming pool will be opening on Memorial Day weekend so make sure to check out www.carlislemwr.com for all the upcoming details.

Finally, while Memorial Day carries thoughts of outdoor fun and recreation, we also take this time to honor those who have given the ultimate sacrifice to secure our many freedoms. I hope you will all take some time to remember those who serve our country. We are very humbled and proud to be able to serve our military Families & Soldiers each and every day!

Whatever you choose to do this May, MWR is here to serve you!

Employee Spotlight

Stephanie Fisher

Stephanie Fisher is the new Cater/Event Coordinator for Fort Indiantown Gap. She has been an Event Coordinator and cake decorator for 15 years. “No two events are ever the same.” My goal is to always create a one of a kind event by blending together the perfect mix of details. From menus to venues I always strive for every detail to reflect my clients individual style.

What is Family and Morale, Welfare & Recreation?

In 1940 a branch within the Army was established known as the Morale Division which later became known as “Special Services.” Family and MWR is a group of men and women who provide support and leisure activities to our Soldiers (active duty, Reserve, and Guard) their Families, military retirees, and civilian employees. Currently working in Family and MWR are approximately 37,000 employees worldwide and their mission is to deliver quality programs to Soldiers and their Families.
On the Cover

In the month of May we recognize the dedication of the military spouse. The endless energy that is put out to preserve the family, while their loved ones are tirelessly fighting to ensure freedom for the citizenry of the United States. Join us in celebrating and saluting the military spouse this month, for they are the glue that keeps everything together. (PA Department of Military and Veterans Affairs photo by Tom Cherry/Released)

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USAG CARLISLE BARRACKS
MORALE WELFARE & RECREATION
DIRECTORY

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Drive
Carlisle, PA 17013
Mon-Fri 7:30am-4:30pm  717-245-4332
Marketing  717-245-4533
Sponsorship and Advertising  717-245-3777
Finance  717-245-4696
Barracks Crossing
870 Jim Thorpe Road
Carlisle, PA 17013
Tue, Wed & Fri 10am-5pm
Thu 10am-8pm
Sat 9am-4pm
Closed Sat prior to a Mon Holiday
Auto Crafts
Mon-Fri 8am-5pm  717-245-3156
Auto Self Service
Mon-Wed, Fri 8am-5pm
Thu 8am-8pm
Sat 9am-4pm
  717-245-3156
Frame & Engraving  717-245-3319
Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-4pm
Sat 9am-4pm
  717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Thu 8:30am-9pm
Fri 8:30am-9pm
Sat 1-9pm
Sat (During Youth Bowling) 9am-9pm
Sun 1-8pm  717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm  717-243-3462
Golf Course  717-243-3262
19th Hole Snack Bar
Closes for Winter Oct 19th  717-245-3267
Child, Youth & School Age Services
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30am-6pm
  717-245-4533
CYS Division Chief  717-245-4283
CYS Central Registration  717-245-3801
School Liaison Officer  717-245-4555
Youth Center  717-245-4555
Youth Sports  717-245-4519
Child Development Center
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:30am-5:30pm  717-245-3701
Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013  717-245-4329
Pershing Tavern
Wed-Thu 4-10pm  717-245-4450
Letort View Catering
Tue-Thu 9am-5pm  717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7am-2pm  717-245-4883
USAHEC Catering  717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10am-2pm  717-245-3377
Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
Mon-Fri 9am-4:30pm  717-245-4048
Army Heritage Center LTS Desk
Fri-Sat 11am-2pm  717-245-3883
Outdoor Recreation (ODR)
860 Summer Road
Carlisle, PA 17013
Summer Hours
May 1 - Sep 30
Mon 8am-5pm
Tue-Thu 9am-5pm
Fri 8:30am-5:30pm
Sat and Sun Closed  717-245-4616
Sports Director  717-245-4343/3906
Thorpe Hall Fitness
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm  717-245-3418
Root Hall Gymnasium
Mon-Fri 5am-8:30pm
Sat, Sun & Holidays Closed  717-245-4343/3906
Indian Field Fitness Center
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm  717-245-3535
Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm  717-245-4357
Family Advocacy Manager/ Exceptional Family Member  717-245-3775
Consumer Affairs
Financial Asst./AFTB/Army Emergency Relief  717-245-4720
Employee Readiness/Transition Assistance Program  717-245-3684
Army Family Action Plan/ Volunteer Manager  717-245-4357
Relocation, Mobilization & Deployment  717-245-3685
KEY POST NUMBERS
Emergency  911
Post Operator  717-245-3131
Chapel  717-245-3318
Civilian Personnel / Jobs  717-245-3923
Commissary  717-245-3105
Members 1st Credit Union  717-245-3900
Dental Clinic  717-245-4542
Dunham Health Clinic  717-245-3400
Education Center  717-245-3943
ID Card Center, Military  717-245-3533
Legal Office  717-245-4940
Movie Theater, Reynolds  717-245-4108
Optical Shop, PX  717-249-5150
Police Desk  717-245-4115
Post Exchange/Class VI  717-243-2463
Post Lodging  717-245-4245
Post Office, USPS  717-258-1930
Sexual Assault Hotline  717-448-1067
Motorcycle Registration  717-245-4115
Cleaning, Tailoring, Shoe Repair  717-258-1857
Vet Clinic  717-245-4168

The Army MWR Credit Card from CHASE
www.chasemilitary.com/army
Virtually all vehicles come with power steering, so many Carlisle motorists have never driven a car or truck without it. Power steering assists you when you turn your steering wheel. Without it, it is very hard to steer.

This power assist comes in a couple of forms. A lot of vehicles have an electric motor that reduces steering effort and helps improve fuel efficiency. Another kind of power steering is hydraulic. This is the kind most vehicles have. Power steering fluid is pressurized by a pump and is used to assist steering. Of course, motorists need the right amount of fluid in the system. If it’s too low your steering is affected and you could damage your sedan pump.

Also, power steering fluid can become corrosive over time and damage the pump, hoses and connectors; leading to leaks and repairs. Power steering service includes removing the contaminated fluid and replacing it with fresh fluid.

Some power steering pumps are powered by an electric motor. Others are driven by the serpentine belt. A worn serpentine belt stresses all of the sedan components it drives, including the power steering pump; so replace the belt as advised to avoid undue repairs.

Losing your power steering while driving can be unsettling – just remember that you can still steer, it will just be harder. Check with your service specialist to see if it’s time to service your power steering system.

In addition to power steering service, at Carlisle Autocare Center we offer comprehensive automotive services including oil change, tire replacement and alignment.
If you have been craving Mexican food, I have the place for you! Montezuma’s has three locations, one in Gettysburg near Seminary Ridge and two in Chambersburg.

Montezuma’s may not classify as completely authentic, but the meal was satisfying. I enjoyed a nice meal with a great group of friends on a Sunday afternoon at the Gettysburg location.

Our group walked in to the smell of fajitas being brought out to customers and all of our stomachs immediately began to rumble. We started our meal with traditional chips (with plenty of refills), salsa and queso. Get the queso fundido with jalapenos on the side to help save those who aren’t spicy food inclined.

Our meals began to arrive; everything from carne asada tacos, chimichangas, fajitas (in a pineapple shell too!), taquitos, and burritos. Don’t ask for the hot salsa unless you plan to sweat! There wasn’t a lot of talking as we were all busy eating. I got the tacos and I liked the fact that I was able to build them myself. My neighbor got the chimichangas and they were smaller than the traditional chimichangas, more like an enchilada. The refried beans were the hit at the table. We ended the late lunch by sharing a sopapilla drizzled with honey and cinnamon.

Portions are generous and all agreed the flavors and everything was tasty. Service was nice and quick and the menu offered reasonable prices. The menu has many choices and is flavorful overall.

It is Cinco de Mayo this month! Go enjoy a great meal with friends and enjoy Adams County while you are it!
FAMILY AND MORALE, WELFARE & RECREATION

LE TOR T VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)  245-4329

Tiki Bar: Grand re-opening on May 5th. Hours of operation: Thur 4-9pm. Bar menu available 5-8pm. Open to the Public.

Shuttle Bus available every Thur from 4-9pm - call 717-226-3985 for pick up. Areas available:
-- Keystone Arms - West Point Drive & Patton Drive Intersection
-- Keystone Arms - Taylor Avenue & MacArthur Drive Intersection
-- Carlwynne Apartments
-- On the Square - Corner of Hanover & High Streets near 1st Presbyterian Church
-- Seven Gables - Corner of Rush Drive & Veterans Way

-- The Meadows - Thomas Drive & Chickamauga Drive Corner (east Corner)
-- The Meadows - Chickamauga Drive (west Corner)
-- Exchange (corner of Sumner & Delaney near stop sign)
-- Marshall Ridge - 2 stops: East End and West End
-- Root Hall Gym - Corner of Forbes & Barry Drive – LVCC

Swing into Spring Dinner Dance: May 6. Plated Surf & Turf Dinner from 6-7pm. Entertainment provided by “Mr. B” from 7-10pm. $35 per person dinner and dancing. $15 per person Dancing Only. Reservations req by May 1.


Amuse Uncorked Sip N Paint: May 11 from 6-8pm. Food and bar menu available. Buy tickets online! [www.amuseuncorked.com/events-classes](http://www.amuseuncorked.com/events-classes)

Graduation Brunch: Jun 10 immediately following graduation. Adults: $18.95, Kids (5-12) $9.95 and 4 & under Free. Reservations required by Jun 3.

SPORTS – 245-3906

Strength for Wisdom. U.S. Army War College and Carlisle Barracks Upcoming Events:

Tae Kwon Do: Tue & Thur from 4:30-6pm. Ages 13-Adult (11-12 w/ parent) $15 per person a month. Instructor John Cerifko, 5th Degree Black Belt.

Cardiovascular Workout with some Insanity: Tue & Thur from 6-7pm. $5 per person. Instructor John Cerifko, 5th Degree Black Belt.

Run Carlisle Barracks: An organized run will be held every Sat at 7am. Train for 10 weeks and be ready for the Army 10 Miler or any 10 mile run! Register at the Thorpe Fitness Center.

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. All classes are FREE except Tae Kwon Do: Tue and Thur from 4:30-6pm at Thorpe Fitness Center. $15 per month.

Performance Fitness: Mon/Wed/Fri at 6am. Optimize your strength and performance by using constantly varied functional movements at a high intensity. Class utilizes fitness equipment on the gym floor (barbells, kettlebells, plyoboxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor.

Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. Call 717-701-3040

BARRACKS CROSSING FRAME STUDIO – 245-3319

Open Drawing Class: Classes will be held bi-weekly on the 1st and 3rd Thur of each month from 5:30-7:30pm from now through Jun 2016. $20 per class. The objective of this class is to develop the observational skills and drawing techniques of the student. This class is designed to encourage and allow the student to progress in their drawing ability at their own pace. No prior experience is required or expected.

Beginner Framing Classes: Call for dates and times. Learn to frame your artwork (max. four per class). Cost: $50 (all supplies included).

Adult Pastel Portrait Class: 4 classes being offered on Thu from 5-7pm. Cost: $150 (all supplies included in price).
**BARRACKS CROSSING AUTO SHOP – 245-3156**

Preventive Maintenance Classes: FREE classes will be held now through Jun 2016 on the 2nd Thu of each month from 5:30-7:30pm. Must RSVP. A max of 4 students per class. Children over 14 are welcome with parental supervision.

Automotive Detailing: Stop by and try our auto detailing service with three packages to choose from. Call for an appointment.

**ARMY COMMUNITY SERVICE 245-4357**

Resume Class: May 12 – 13 from 9am – 4pm at 632 Wright Avenue. Learn how to structure your resume in the Federal and civilian format. Guidelines in writing your resume for employment.

Educational Tract: May 18 – 19 from 8am – 4pm at 632 Wright Avenue. Are you transitioning from the military and considering continuing your education? This tract will help you navigate the educational resources and programs out there for you.

Boots to Business: May 24 - 25 from 8am – 5pm at 632 Wright Avenue. Learn if starting a business is right for you, if your business idea is feasible and much more! Offered in collaboration with the U.S. Small Business Administration.

Interviewing Class: May 31 from 10am – 12pm at 632 Wright Avenue. Learn interview skills and techniques before your next interview. WEBCAM mock interview.

**LEISURE TRAVEL SERVICES 245-4048/3309**

GET YOUR TICKETS AT THREE GREAT LOCATIONS:

- Carlisle Barracks - 842 Sumner Road (located beside the Commissary)
- U.S. Army Heritage & Education Center - 950 Soldiers Drive
- Fort Indiantown Gap Community Club - 9-65 Fisher Ave

Tickets available: Baltimore Aquarium, Disney Military Salute, Universal Military Promo buy 1 day get 2nd day FREE tickets, Legoland buy 1 day get 2nd day FREE, Busch Gardens, Seaworld and lots more all over the US available.

**Baltimore Aquarium Discount Tickets:** $27.95 Active Duty Military, $33.95 Adults, $20.95 Children (3-11) and $29.95 Senior (65+).

**NYC Day On Your Own:** May 21. Family Friendly. $58 per person (ages 3+). Children 2 & under free (must be on lap). If a seat is required cost will be $58. Must register by May 7.

**NYC Day On Your Own:** Jun 25. $58 per person 5+. Only. Must register by Jun 7.

**NYC Day On Your Own:** Jul 16. Family Friendly. $58 per person (ages 3+). Children 2 & under free (must be on lap). If a seat is required cost will be $58. Must register by Jul 6.

**Cirque du Soleil:** Sep 1, 2 & 4. Discount Tickets Available. $60 p/p (save $19.85 per ticket).

**Statue of Liberty & Ellis Island:** Sep 10. Ages 5+ only. Adult $56, Senior (62+) $52 and Youth (5-12) $47. Reservations by Aug 25.

**Washington, DC:** Sep 24. Ages 3+ $26. Children 2 & under free (must be on lap). If a seat is required cost will be $26. Must register by Sep 14.

**New York City “Day on Your Own”:** Oct 1. $58 per person Ages 5+.

**Udar-Hazy Center/Smithsonian National Air and Space Museum:** Oct 22. $26 p/p ages 3+. Children 2 & under free (must be on lap). If a seat is required cost will be $26.

**BOWLING – 245-4109**

Birthday Parties: Celebrate your birthday with us! Enjoy bowling, food and friendship while leaving the set-up and cleaning to us. Enjoy FREE WiFi while visiting us!

Bowling Pizza Pins Pop: Every Sunday from 6-8pm. Jan 10-May 27, 2016. Only $28.95 per lane. $10 each additional person. 2 hours of bowling for 4 people, shoe rental, 1 plain pizza and 1 pitcher of soda.

Cosmic Bowling: Every Saturday from 7-9pm. $9 per person. Top 40 Hits – Bowling - Cosmic Lights! Call to reserve your lane(s).

Thursday Happy Hour Summer League: Starts May 19! Every Thursday from 4:30-6pm. 2 Game Fun – 9 Pin No Tap. Brief organizational meeting on May 12 at 4:30pm.

GOLF – ☎️ 243-3262

Play & Ride/Weekday Special: Mon-Thu, 12-4 pm. $24 p/p. 18 Holes. Must call for tee time.

Open Golf and Driving Range: Open Mon-Fri, 7am-dusk and Sat-Sun 6am-dusk.

Golf Lessons: Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Terry Myers.

CHILD YOUTH AND SCHOOL SERVICES

MCCONNELL YOUTH SERVICES – ☎️ 245-4555
MOORE CDC – ☎️ 245-3701
Mother’s Day Tea, May 6
CDC Preschool/Pre-K Graduation: May

OUTDOOR REC – ☎️ 245-4616

MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS

Bike Maintenance Clinic: May 5 & 26, Jun 2 & 13, Jul 6 & 28 and Aug 4 & 30 from 6-7pm at ODR. $20 per person.

Hike & Lunch: Jun 6 & 28 from 10am-2pm. $25 per person.

Family Friendly Kayaking Trips: May 7, 12 & 18 and Jun 5, 15, 18, 20, 22 & 30 from 10am-2pm. $30 per person.

Bike Ride Trips: May 20 & 23 and Jun 9 & 17 from 10am-2pm. $25 per person.

Training Hikes: May 9 & 27 from 5-8pm. May 11 from 10am-1pm. Jun 3, 8, 10 & 24 from 10am-Noon and Jun 16 & 21 from 5-8pm. $10 per person or $45 Monthly Hiking Club Member Pass.

Intro to Kayaking Trips: June 8 & 17. $10 per person. Come learn the fundamentals of basic Kayaking!

Intro to Backpacking Trip: Jun 11-12. $50 per person. Must register by May 11 and $60 after May 11.

Pine Creek Bike Trip: Jun 25-26. $200 per person. Bikes, camping equipment, SAG Wagon (support vehicle) and transportation provided. Must register by Jun 23.

C&O Towpath Bike Tour: Jul 28-31. $400 per person. Bikes, camping equipment and transportation provided. Payment must made at time of registration. Registration deadline May 15.

SKIES PROGRAMS – ☎️ 245-4519

Ongoing Fee Based Programs through June: Art Lessons, Piano Lessons, Guitar Lessons

Register for all SKIES classes on line https://webtrac.mwr.army.mil/webtrac/carlislecms.html or call CYSS 245-4555

MIDDLE SCHOOL & TEEN PROGRAMS – ☎️ 245-4642

Spring Cookout: May 7, 4–8pm
Hershey Park Trip: May 14, Noon-10pm, Register by May 12, $20

3rd Annual Neon Glow Lock-In: May 20-21, 7am-7pm, FREE

After School Programs: Bored? Nothing to do? Join us for activities, gym time, chill zone, creative arts, cooking, computers, video games, pinball, dodgeball/basketball league teams, GREAT snack choices and more! M-Th, 2:45-7pm, Fr, 2:45-9pm, FREE

YOUTH SPORTS & FITNESS – ☎️ 245-3354

Open Gym: Thursday’s and Friday’s each month, 5:30-7:00pm, 9 years old+
America’s Armed Forces Day Kid’s Run: May 21, Indian Field
Friday Night Dodgeball: Every Friday night, 7-8:45pm, McConnell Youth Center. FREE open to youth in grades 1 - 12.

GET A JOB WITH US USAJOBS.GOV

UPCOMING EVENTS

Law Enforcement Appreciation Day Expo and 5K Run: May 7 from 10-2pm at U.S. Army Heritage and Education Center.
Spring Yard Sale: May 21 from 7am-2pm on Indian Field.
County Fair: Aug 3 from 9am-3pm
Fall Yard Sale: Sep 17 from 7am-2pm on Indian Field

KEystone Club: A teen program geared towards teaching youth through three fundamental topics of Academic Success, Career Preparation and Community Service.

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May 2.
- 0600: Performance Fitness (Brian)
- 0900: Body Blast (Brian)
- 1015: Yoga Tune Up (Linda)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)

May 3.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Hybrid boot camp (Brian)
- 1630: Tae Kwon Do (John Cerifko)

May 4.
- 0600: Performance Fitness (Brian)
- 0900: Combatives Level 1 (Brian)
- 10:15: Yoga Tune Up (Linda)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)
- 1730: Yoga Tune Up (Linda)

May 5.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)
- 1630: Tae Kwon Do (John Cerifko)
- 1800: Cardiovascular (John Cerifko)

May 6.
- 0600: Performance Fitness (Brian)
- 0900: Yoga Tune Up (Linda)
- 1000: Body Blast (Brian)

May 9.
- 0600: Performance Fitness (Brian)
- 0900: Body Blast (Brian)
- 10:15: Yoga Tune Up (Linda)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)

May 10.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)
- 1630: Tae Kwon Do (John Cerifko)

May 11.
- 0600: Performance Fitness (Brian)
- 0900: Body Blast (Brian)
- 1015: Yoga Tune Up (Linda)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)

May 12.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)
- 1630: Tae Kwon Do (John Cerifko)
- 1800: Cardiovascular (John Cerifko)

May 13.
- 0600: Performance Fitness (Brian)
- 0900: Yoga Tune Up (Linda)
- 1000: Body Blast (Brian)

May 16.
- 0600: Performance Fitness (Brian)
- 0900: Body Blast (Brian)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)

May 17.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)

May 18.
- 0600: Performance Fitness (Brian)
- 0900: Body Blast (Brian)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)

May 19.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)

May 21.
- 0600: Performance Fitness (Brian)
- 0900: Yoga Tune Up (Linda)
- 1015: Yoga Tune Up (Linda)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)

May 22.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)

May 23.
- 0600: Performance Fitness (Brian)
- 0900: Body Blast (Brian)
- 10:15: Yoga Tune Up (Linda)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)

May 24.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)

May 25.
- 0600: Performance Fitness (Brian)
- 0900: Body Blast (Brian)
- 10:15: Yoga Tune Up (Linda)
- 1200: Barbell 30 Min Workout (Brian)
- 1630: Spin (Kelli)

May 26.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)

May 27.
- 0600: Performance Fitness (Brian)
- 0900: Yoga Tune Up (Linda)
- 1000: Body Blast (Brian)

May 28.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)

May 29.
- 0600: Performance Fitness (Brian)
- 0900: Yoga Tune Up (Linda)
- 1000: Body Blast (Brian)

May 30.
- 0600: Combatives Level 1 (Brian)
- 0900: Zumba (Regina)
- 1000: TRX for Adults over 40 (Brian)
- 1200: Spin (Brian)
- 1630: Hybrid boot camp (Brian)

May 31.
- 0600: Performance Fitness (Brian)
- 0900: Yoga Tune Up (Linda)
- 1000: Body Blast (Brian)

Memorial Day
Things to Check Out in Adams’ County that are not Gettysburg

BY: BLYTHE BELENKY

Gettysburg National Battle Field is the main tourist attraction of Adam’s County, PA. However, the county is home to a picturesque landscape surrounded by a tranquil beauty of farms and hidden treasures. Explore the world beyond the battlefield and check out these places:

- Sach’s Covered Bridge, located off Pumping Station Road, built in 1852, used by both armies in the Battle of Gettysburg, it is famous for the lattice look.

- New Oxford, PA, a quaint little town off the beaten path, but easily accessible from Route 15. Known as an antiques capital. A walking tour begins at the center circle in town. Beautiful architecture and homes can be found in this town. My favorite place to go is the Christmas House, where you can find authentic German holiday decorations.

- Eastern Museum of Motor Racing, York Springs, PA, home of vintage race cars and artifacts, and documents related to the world of auto racing

- Steam into History, New Freedom, PA. See the replica of Old #17, the train that Abraham Lincoln rode into Gettysburg for the Gettysburg Address. The museum chronicles Lincoln’s journey to Gettysburg. The train offers short or long excursions onboard.

- Historic Round Barn and Market, Ardentsville, PA. Two words: Pickled garlic. It might not sound tasty, but once you eat one, you will eat the rest like candy. It is one of the few round barns surviving today. Enjoy the drive through the orchards to get there.
“The AT is not just a footpath that stretches from Georgia to Maine but a living, breathing phenomenon. It’s a community, a lifestyle, an experience, a code of conduct, a religion to some and ultimately, a way of life. The footpath may end in Maine but the journey for many continues” after the last steps are taken. Reed Willard, trail name “DETOX”, 2015 Thru-Hiker.

As an avid section hiker of the Appalachian Trail, I have seen, first hand, the spirit of the people of the trail. One of the most popular questions to thru-hikers is “why are you trying to do this?” The answer you receive is as different as the hiker you ask. Each hiker has his/her own reason for being on the trail. My friend Reed Willard, trail name DETOX, was on the trail for that very reason. He wanted to be sober again and he turned to the trail for help. He says, “I’m not sure which is the greater success: hiking 2,189.2 miles from Springer Mountain, GA, to Mt. Katahdin, ME, or remaining sober during it all. In fact, the hike and the sobriety, in my mind, are one and the same. Of course, deciding to continue my sobriety will always be a work in progress; a journey that never ends. But then again, isn’t that the essence of what the Appalachian Trail really is?” In fact the very first thru-hiker, Earl V. Shaffer a War World II veteran from York, PA, was drawn to the trail to “walk the Army out of me” in 1948. He walked from Georgia to Maine so he could “walk with spring”. His memoir about his first thru-hike, Walking With Spring, is still in print today. Another couple I personally met last year while section hiking on Peters Mountain, PA decided if they could spend the six months or more it took them to hike from Georgia to Maine, then they could spend the rest of their lives together. When they left my sights, they had less than 1,000 miles to go. I am not sure how their journey ended, but I am hopeful they completed trail and the trek only made their relationship stronger.

With over 2,000 hikers attempting a thru-hike in 2016, the stories of each person on the trail should be diverse and interesting this year. These thru-hikers will be rolling through the Cumberland Valley area starting mid-May and continuing through July. “The Bubble” as it is known in the hiking community refers to herds of hikers, especially the ones who hit the trail northbound from Georgia in the spring. I like to compare “the bubble” to a mullet haircut, all business in the front and a party in the back. The leaders of the bubble tend to be the serious hikers who have miles on their minds. They are determined to finish the trail in the least amount of time, often not looking up from their strides to even say, “Hello!” These hikers have been planning for years, collecting the best, lightest and most cutting edge gear. The next wave of personalities are my favorite. These are the everyday people who are out there for a reason other than miles. These souls are newly retired mixing in with those who have just graduated college or even high school and those who are “taking a semester off”. The newly retired are finding a whole new world to discover and the younger ones are trying to find their way in this vast world. When the two of them come together, there is magic on the trail. After walking, talking, sleeping, and eating together for a few hundred miles they become lifelong friends, or almost family. These everyday people have been saving and planning for years and have good gear. They have quit their mediocre job that was meaningless to them. Many are looking to the trail to find meaning in their own lives. They turn to the trail for inspiration and the trail never disappoints. The last group of people who move through are the party animals. These hikers just decided, after watching the movie “A Walk In The Woods” starring Robert Redford and Nolte, to set off for Georgia and start hiking. These hikers have second hand gear and all the time in the world. They are fun loving, high energy, mile grinding people with a “let’s party all night” attitude.

So while you are here in the Appalachian Trail Corridor, don’t miss the opportunity to meet some really amazing people with stories to tell. Get out on the trail for a day hike, a weekend hike or burn some use or loose leave for a weeklong trip. Be inspired by the personalities found in “the bubble”, the views and the essence of the trail. We at Outdoor Recreation can help you start your own exploration of the Appalachian Trail. We offer day hikes for all ability levels as well as overnight treks. Visit www.carlislemwr.com and Carlisle MWR on Facebook for our trip calendar.

Happy Hiking, Sue Bower Outdoor Recreation Assistant
Twenty-one years ago, I met the guy I was going to marry. He was a cadet at Virginia Military Institute and I was a student at Randolph-Macon Woman’s College. While all my college friends planned to take over the world, they scoffed at the military spouse stereotype, folding brown t-shirts and matching up green socks.

Flash forward to present day, I am folding shirts, now different shades of brown, and I attempt to pair up green socks. But now, I have the knowledge that being a military spouse is so much more than laundry.

What it means to be a military spouse has evolved over the years. Spouses are wives, husbands, or partners. They are mothers and fathers. Today’s spouses are actively engaged in volunteer opportunities on installations, schools, and the greater community, while a higher number of spouses have at-home businesses, work from home, telecommute, or are full-time career professionals.

No need to recount the many roles military spouses have taken on the last 15 years since 9/11. We can take on any challenge thrown at us. Carrying the load of deployments and separations has become the “normal” for us. There is a new humorous blog post once a week on Facebook about our frustrations or military life in general. Finding the silver lining in all our roles as military spouses is what we do best.

But why do we do what we do? We support, contribute, and sacrifice to make our homes and communities better places. We do it not because it is expected of us, but because we know that our role, how little or big, can help shape the greater community around us. We don’t do it for recognition. We do it because we have been taught by our predecessors that the roots of the military stay strong because of the strength of the entire military family. We do it with a friendly smile and open hearts because we enjoy giving back and it allows us to leave our footprints for others to follow. We support our service member by supporting the institution they love.

The face of the military spouse may have changed over the years, but the traditional meaning remains visible in communities across the world. We are military spouses. We have become part of the greater military team. Always ready to move, always ready to volunteer, always ready to meet new friends, always ready to help a neighbor, always ready for the new adventure; always ready for more.

Military spouses are the strength of a military home; the community in which they live.

In 1984, President Reagan, created the Military Spouse Appreciation Day which is celebrated every Friday before Mother’s Day. The day is to help recognize the personal and professional commitment and sacrifice spouses make to support their service member and the military way of life.

At the recent Carlisle Barracks Spouses Club end-of-year Board party, Outgoing President, Janell Coker, said the reason why military spouses commit to this life, “is because what we are doing today, makes it better for those who come after us.”

So I might not be taking over the world and I might be folding t-shirts and matching up socks, but I am doing it while supporting my service member and contributing to a community that gives back to my family as much as I give to it.
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FAMILY AND MORALE, WELFARE & RECREATION

What’s Happening in Lebanon Valley?  
BY: LAURA PUTT

The signs of Spring are all around us - trees blooming, the smell of freshly cut grass, and smiling faces eagerly soaking up the sunshine. It’s only natural that we celebrate the coming of spring with community events - getting out to appreciate our community and reconnect with our neighbors after the winter slumber.

In the Lebanon Valley, there are endless opportunities to get out and enjoy both our community as well as nature’s bounty.

If history is your passion, you are sure to enjoy the 27th Annual Union Canal Days, held on May 21-22. Take a narrated tour through the oldest transportation tunnel in the United States, check out the exhibitors and vendors, visit the antique dealers, or purchase your spring garden plants at the flower booth. Bid on a keepsake at the Silent Auction table or enjoy a delicious lunch at one of the many picnic tables throughout the park.

There will be free musical entertainment provided and our Medieval villagers who will also be demonstrating sword fighting. There is no admission charge for the festival and only a $2.00 per vehicle parking fee. N. 25th St. and Union Canal Drive, Lebanon.

The Union Canal, designated a National Historic Civil Engineering Landmark in 1970, tunnel is the oldest existing transportation tunnel in the United States. At the time of its construction, it was considered a work almost unknown in this country. Dug through the ridge dividing the waters of the Quittapahilla Creek and Clark’s Run, the tunnel was originally 729 feet long. Drilling was done by hand and blasting with gunpowder through argillaceous slate rock with veins of hard flinty limestone 80 feet below the summit of the ridge. Progress of the work was 5 yards lineal per week.

Work began May 1825 and was completed in June 1827, at a total cost of $30,404.29. The tunnel’s length was reduced to 600 feet during the canal enlargement in 1858 at a cost of $8,280.00. The first boat to pass through the tunnel was The Alpha of Tulpehocken on the morning of June 12, 1827. Boats were poled through the tunnel against the ceiling, while the mules were led over the top of the ridge. In the early 1930s, the Civil Works Administration (CWA) worked on restoring the Tunnel, and the stone marker was dedicated. The boulder was brought by a sled with horses from the South Mountain near Colebrook.

Another historical outings this month include the free open house at the three properties owned by the Historic Preservation Trust of Lebanon County:

- The Chestnut Street Log House, 1110 Chestnut St, Lebanon
- Light’s Fort, 11th and Maple Streets Lebanon
- Monroe Valley Chapel, 449 Monroe Valley Drive Jonestown

Enjoy guided tours of the properties on May 7 between 1-4 p.m.
While you’re in Lebanon on May 7th, take a stroll down Cumberland Street and browse through the annual CLA Spring Juried Craft Fair. It is the perfect venue to pick up some local, handmade Mother’s Day gifts, or just spend a day shopping local, catching up with friends, and enjoying downtown Lebanon. Cumberland Street, Lebanon. Be sure to swing into the Lebanon Farmer’s Market to pick up a fresh flower arrangement, candy, dinner, or bottle of wine for Mom!

For more ideas on places to go and things to do, visit us online at VisitLebanonValley.com. Our community something to sure to please everyone!
Spring is a great time to wade in Cumberland Valley’s famous fly-fishing streams. The Valley is known far and wide as a fly-fisher’s paradise and has been for a very long time.

Home of renowned fly-fishermen like Ed Shenk, and known for famous fly-fishing streams including the Yellow Breeches Creek, LeTort Spring Run and Big Spring Creek, fly-fishermen have been traversing the Cumberland Valley since the 18th Century. Our scenic streams range from all-tackle Approved Trout Waters to fly-fishing only and no-harvest sections. This area is rife with Class-A Fly-Fishing waters - the highest qualify in the state for wild trout fly-fishing.

For a challenge, take on LeTort Spring Run. This stream is considered by some to be the most challenging stream in the world to fly-fish in, and was prominently featured in the book Fifty Places to Fly Fish Before you Die by Chris Santella. Fishermen come from around the world to try and reel in a big, wild and colorful brown trout, but the nature of the stream means they are smart and have many places to hide.

For a more leisurely experience, Yellow Breeches Creek is an angler’s delight. The most popular catch and release section is a mile long and runs through Allenberry in Boiling Springs. Designated as a “Pennsylvania Scenic River”, Yellow Breeches never has a shortage of trout (mix of stocked and wild trout).

For more great fishing spots including parking info, ADA accessible locations and more, browse the Valley’s Top 10 Fishing Locations at VisitCumberlandValley.com/10Fish.

Whether you’re just getting started or an experienced angler, plan a trip to the newly opened TCO Fly Shop in Boiling Springs. The shelves are stocked with equipment, tying materials and clothing.

Find even more fun things to see and do at VisitCumberlandValley.com. May is also filled with other fun events and happenings throughout the Valley. View a sampling below.

Mother’s Day Tea @ Rosemary House – May 8th
Celebrate Mothers’ Day at this lovely Victorian Tea Party. This perfect day will feature an elegant afternoon tea (tea sandwiches, variety of scones, fresh fruit, assortment of desserts and more) and a lovely gift for everyone.

PA Greek Fest 2016 @ Holy Trinity Greek Orthodox Cathedral – May 13th-15th
Take a tour of the church, enjoy watching the Greek dancers, stop by the hand-crafted jewelry and artisan booths, and visit the Gyro, Souvlaki & Saganaki booths. Cash only for food, beverage and Greek grocery store. ATM on site.

Bloom Festival @ Shippensburg Borough Parking Lot – May 14th
The streets of Shippensburg will come alive with color, scents, music, and activities that signify the arrival of spring time. Bring the family to enjoy children’s activities; music, craft & food vendors; local produce & floral sales; and much more! Vendors will offer a variety of sumptuous foods.

Carlisle Import & Performance Nationals @ Carlisle Fairgrounds – May 20th-22nd
Carlisle Events has reinvented a nearly 30-year tradition by transcending all marques, scenes and styles, the Carlisle Import & Performance Nationals features more than 2,000 show vehicles. Joining together two shows will create a larger, more exciting and action-packed show experience.

2016 Army Heritage Days (AHD) @ USAHEC – May 21st-22nd
AHD is the USAHEC’s popular timeline living history event covering Soldier history from the 16th century to the present. While AHD examines nearly every era of U.S. Army History, this year’s event will highlight the Vietnam War era with more re-enactors, well-known Veterans relating their experiences in Vietnam, one of the first helicopters in l-z x-ray, and other events specifically for that time period.
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When Your Spouse Serves, You Serve

Military Spouse Appreciation Day is celebrated every year on the Friday before Mother’s Day on US military installations worldwide. We celebrate the tremendous sacrifice and commitment military spouses’ exhibit in support of our troops every day. Army Community Service is here to support you. We have resources to help you with PCS, employment counseling, financial questions, deployment and family needs. Stop in to speak with us anytime and be sure to add these websites to your “toolbox” for navigating the life of a military spouse.

GENERAL SUPPORT AND RESOURCES

Military Installations
www.militaryinstallations.dod.mil
Your official DoD source for installation and state resources available to active duty, guard and reserve service and Family members. Operation Home Front| www.operation

FAMILY

National Military Family Association
www.militaryfamily.org
Tips on military culture, dealing with all things deployment, spouse education, moving and more

Military Child Education Coalition
www.militarychild.org
Educational programs and training, publications and tools for parents and educators.

Tutoring
www.tutor.com/military
Free homework and studying help from a professional tutor for students in Army, Navy, Air Force, Marines, National Guard and Reserve families, as well as DoD civilians.

EMPLOYMENT

Military Spouse Foundation
www.militaryspousefoundation.org
Interactive career planning customized for the unique lives and careers of military spouses.

MyCAA Program
https://aiportal.acc.af.mil/mycaa
Up to $4,000 of financial assistance for pursuing license, certification, Associate’s degree in a “portable career.”

FAITH

Wives of Faith
www.wivesoffaith.org
Connect with other Military wives and grow in your walk with God amid the challenges of military life.

Christian Military Wives
www.cmwives.org
Interdenominational, Bible-based encouragement, aid and education for military wives and their Families.

Beliefnet
www.community.beliefnet.com
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