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Oktoberfest at Carlisle Barracks
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
Join us for the annual Carlisle Barracks Oktoberfest! It’s held October 11th-13th on the grounds of the Army Heritage Education Center. The event offers fun for all ages including: carnival rides, authentic German foods, beer garden, and much more!

Photo by Gregg Irwin.

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family and morale, welfare & recreation ■ carlisle barracks

October 7 – 11
9am-3:30pm

Everyone is invited to attend the book fair!
Open to the Public

Moore CDC
455 Fletcher Road Carlisle
717-245-3701
www.carlislemwrc.com
facebook.com/CarlisleBaracksCYS

SCHOLASTIC
Read Every Day.
Lead a Better Life.

Paintball Tent
Enjoy a FREE Afternoon of paintball!
Saturday
Nov. 9
1-5pm

YS Members 6-12th Grade

Come out early & learn how to set up the tent and use the equipment.

FALL COOKOUT
AT YOUTH SERVICES

Saturday, November 16
6-9pm
Fire Pit, Food, Dancing
Teen DJ, FUN!
FREE

OUTDOOR RECREATION

October 1, 2013
5:30-11:30pm

Going out or just need a little me time?
We will watch the kids for you!

Includes Dinner, Snack, Games & a Movie
$40 First Child
$35 Each Additional Child

Must be a registered CYSS member
Available for 7-10 year olds

Certified Babysitter List Available

Carlisle Barracks CYSS
637 Leggett Rd.
Carlisle, PA 17013

To register & more info:
717-245-4555
www.carlislemwrc.com

Non-Refundable payment due at registration

National Trailblazer Award

To register & for more information about each event please contact:

Outdoor Recreation
400 Summit Road
717-245-6116
www.carlislemwrc.com
facebook.com/CarlisleOutdoorRec
Get your tickets at Leisure Travel Services
245-4048/3309
3 great locations available:
Carlisle Barracks
842 Summer Road
(beside the Commissary)
Carlisle, PA
Mon-Fri 9 am-5pm
U.S. Army Heritage and Education Center
950 Soldiers Drive, Carlisle, PA
Thur, Fri & Sun 12-5 pm
Sat 9 am-1 pm
245-3883
Fort Indiantown Gap Community Club
9-65 Fisher Avenue, Annville, PA
Wed-Sat 9 am-1 pm

Get your tickets at Leisure Travel Services
245-4048/1309
3 great locations available:
U.S. Army Heritage and Education Center
950 Soldiers Dr, Carlisle PA
Mon-Thur 9 am-5 pm
245-4048/1309
Sat 9 am-1 pm
245-3883

www.carlislemwr.com
facebook.com/PADiscountTickets
Thorpe Hall is available for use by active duty, retired military and their authorized family members, DA civilians, Reserve and National Guard personnel, DoD contracted employees, technical representatives, and employees of military banking facilities and credit unions.

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<th>MONDAY</th>
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**Did you know?**

Oktoberfest originated as a celebration of the marriage of Crown Prince Ludwig to Princess Therese of Saxe-Hildburghausen on October 17, 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates to celebrate the happy royal event. Horse races in the presence of the royal family marked the close of the event that was celebrated as a festival for the whole of Bavaria. The decision to repeat the horse races in the subsequent year gave rise to the tradition of the Oktoberfest. The festival was eventually prolonged and moved to September to allow for better weather conditions.
USAG CARLISLE BARRACKS
MORALE WELFARE & RECREATION
DIRECTORY

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 a.m.-4:30 p.m. ☏ 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
Mon-Fri 7:00 a.m.-dusk
Sat & Sun 6:00 a.m.-dusk

Auto Crafts ☏ 717-245-3156 call for availability
Frame Studio - Self Help Thurs 1:00 p.m.-8:00 p.m.
Fri 10:00 a.m.-4:00 p.m.
Sat 9:00 a.m.-4:00 p.m. ☏ 717-245-3159

Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon- Wed 8:30 a.m.-8:00 p.m.
Thurs-Fri 8:30 a.m.-9:00 p.m.
Sat 9:00 a.m.-9:00 p.m. ☏ 717-245-4109

Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Fri 7:00 a.m.-dusk
Sat & Sun 6:00 a.m.-dusk

Golf Course ☏ 717-243-3262
19th Hole Snack Bar ☏ 717-245-3267

Child, Youth & School Age Services
637 Liggett Road
Carlisle, PA 17013
Mon-Fri 6:30 a.m.-6:00 p.m.
CYS Division Chief ☏ 717-245-4283
CYS Central Registration ☏ 717-245-3001
School Liaison Officer ☏ 717-245-4638

Youth Center ☏ 717-245-4555
Youth Sports ☏ 717-245-4519
Child Development Center
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:15 a.m.-5:30 p.m. ☏ 717-245-3701

Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013
 ☏ 717-245-4329

Letort View Catering
Tue-Thurs 9:00 a.m.-5:00 p.m.
 ☏ 717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7 a.m.-2 p.m. ☏ 717-245-4883

USAHEC Catering
 ☏ 717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Tue-Sat 10:00 a.m.-2:00 p.m. ☏ 717-245-3319

Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
May-Sept
Mon-Fri 9:00 a.m.-5:00 p.m. ☏ 717-245-4048

Army Heritage Center LTS Desk
Thurs, Fri, Sun noon-5:00 p.m.
Sat & Sun 9:00 a.m.-1:00 p.m. ☏ 717-245-3883

Fort Indiantown Gap Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
Wed-Sat 9:00 a.m.-1:00 p.m. ☏ 717-861-3994

Outdoor Recreation (ODR)
Mon-Fri 9:00 a.m.-5:00 p.m.
860 Summer Road
Carlisle, PA 17013
Sports Branch
120 Forbes Avenue
Carlisle, PA 17013
Sports Director ☏ 717-245-4343/3906/4029

Root Hall Gymnasium
Mon-Fri 5:30 a.m.-8:30 p.m.
Sat, Sun & Holidays Closed
717-245-4343/3906/4029

Indian Field Fitness Center
Mon-Fri 5:00 a.m.-8:30 p.m.
Sat 7:00 a.m.-5:00 p.m.
Sun 8:00 a.m.-5:00 p.m.
Holidays 10:00 a.m.-3:00 p.m. ☏ 717-245-3535

Tiki Bar
Thurs-Fri 4:00-10:00 p.m.
Located next to the Splash Zone pool.
717-245-4352
Joint Pub is open when Tiki Bar is closed for inclement weather.

Joint Pub
Thurs-Fri 4:00-10:00 p.m.
Located upstairs in the Letort View Community Center

ARMY COMMUNITY SERVICE
632 Wright Ave, Carlisle, PA 17013
Mon-Fri 7:30 a.m.-4:30 p.m.

Family Advocacy Manager/
Exceptional Family Member
717-245-3775

Consumer Affairs
Financial Asst. /AFTB/Army
Emergency Relief
717-245-4720

Employment Readiness/
Volunteer Manager/Transition
Assistance Program/Army Family
Action Plan
717-245-3684

Relocation, Mobilization & Deployment
717-245-3685

Root Hall Gymnasium
Mon-Fri 5:30 a.m.-8:30 p.m.
Sat, Sun & Holidays Closed
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Twenty to thirty years ago, winter tires differed from highway tires only in their tread design. We called them snow tires back then and they had big, knobby lugs that were designed to give good traction in deep snow. They had the same rubber compound as regular tires and they weren’t very good on ice, packed snow or wet roads. They were not even very good on dry roads. They really helped in deep or loose snow, but they did a poor job the rest of the time. They were loud and rode hard. You couldn’t wait to get them off in the spring.

Then all-season tires started to come along. All-season tires are really a compromise between summer and winter performance. They have acceptable hot weather ride and tread life, and you can get through mild winter road conditions OK. But there are some really good reasons to consider winter tires.

Modern winter tires do a terrific job in a wide range of winter conditions. First of all, below 45 degrees Fahrenheit, regular tires become hard and inflexible. That means they don’t provide the road grip you need.

Winter tires are specifically designed to more effectively move snow and water. That’s the key to traction on ice, packed snow and wet roads. They use a micro-pore compound that allows the tire to bite into ice and snow. They also use wider grooves that run around the circumference of the tread to expel snow from the tire better. The lugs and grooves on winter tires have a special shape that throws the packed snow out of the tread as the tire turns. The tread is then open when it comes back in contact with the road and can provide good traction.

Twenty to thirty years ago, you just put snow tires on the drive wheels. That worked out OK because the rubber compound was essentially the same. Now, winter tires provide so much more traction than all-season or summer tires, that there’s a huge difference between the traction at the front and rear ends of the car if you only put winter tires on the drive wheels.

For example: if you take a corner on an icy road and the rear end starts to slide out, essentially the rear is trying to pass the front because it’s going faster. If you have high traction winter tires only on the front, they are going to be much more effective at transferring cornering grip and stopping power to the front wheels. This will actually cause the rear end to whip out even more.

That’s why tire manufacturers instruct their dealers that they must install winter tires on the rear wheels as well whenever they put winter tires on the front end of any vehicle. It’s a major safety concern. It’s strongly recommended that winter tires be installed on all four wheels on rear wheel drive vehicles as well. The front tires do most of the steering and braking work – it only makes sense that you provide the front end with the best traction you can.

Many modern cars have traction control and anti-lock brakes so people may think that they don’t need winter tires. But you need traction to accelerate, steer and stop. The tires provide the traction so that the traction control and anti-lock brakes have something to work with.

Look for tires with the symbol of a mountain with a snowflake in it. This means the tire complies with the severe snow standard. All-season tires will have an M&S, for mud and snow, on the sidewall. Your tire professional can help you find the right winter tire for your vehicle and driving needs.
Why does the Carlisle Barracks host an Oktoberfest? Army Morale, Welfare & Recreation exists to enhance the quality of life, enrich living and working environments, and foster a sense of community for Soldiers, Family members and civilians. Since 2008, Carlisle Barracks has hosted Oktoberfest. This is a great opportunity for the military community to interact with the public in a positive and fun venue. Many service members have spent countless tours of duty in Germany and reflect fondly on their time abroad. We give back to our Soldiers a quality of life that they have pledged to defend for us all.

This event is open to the public and has FREE admittance. There will be fun for all ages. Please join the barracks for a good time filled with entertainment, games, activities, friendship and the unveiling of the official brew of the Army War College! There is ample parking on site and handicapped and auxiliary parking if needed. While at the event, you can treat yourself to a variety of foods provided by numerous vendors, or enjoy the many artisans and crafters. All of this fall fun will happen rain or shine.

Dates: October 11 - 13, 2013
Location: Army Heritage & Education Center (AHEC)
950 Soldiers Drive, Carlisle, PA 17013-5021
What to bring: Comfortable shoes and weather appropriate clothes are highly recommended.
What not to bring: Pets, bicycles, weapons, illegal drugs or personal alcoholic beverages are not permitted at Oktoberfest.

Closures:
Outdoor Rec: Oct 11
Leisure Travel Services: Oct 11
Skills Center: Oct 11 - 12
Indian Field House: Oct 11 - 13
Bowling Center: Oct 11 - 13
Closures subject to change.
Questions? Call 717-245-4343
By the middle of the 18th century, German immigrants occupied a central place in American life. Germans accounted for one-third of the population of the American colonies, and were second in number only to the English. The German language was widely spoken in nearly every colonial city.

German immigration boomed in the 19th century. Wars in Europe and America had slowed the arrival of immigrants for several decades starting in the 1770s, but by 1830 German immigration had increased dramatically. Once established in their new home, these settlers wrote to family and friends in Europe describing the opportunities available in the U.S.

As Germans became one of the predominant immigrant groups of the 19th century, it was only natural that they would come to have a powerful influence over the development of American culture. Some German contributions to U.S. life are easy to pinpoint—sauerkraut, for example, or the tuba, or the national fondness for beer. However, the German influence on life in the United States runs much deeper, influencing many of the institutions, traditions, and daily habits that many today think of as being American.

For example, the U.S. education system would be unrecognizable without ideas championed by German immigrants. German culture has long cultivated a strong commitment to education, and Germans brought this dedication with them to their new home. In 1855, German immigrants in Wisconsin launched the first kindergarten in America, based on the kindergartens of Germany. Germans introduced physical education and vocational education into the public schools, and were responsible for the inclusion of gymnasiums in school buildings. More important, they were leaders in the call for universal education, a notion not common in the U.S. at the time.

It may even be argued that Germans invented the American weekend. Before the arrival of the Germans, many communities in the American colonies observed the sabbath, with an emphasis on rest and family time spent at home. Germans, however, had a long tradition of organized Sunday recreation. After the arrival of German immigrants, new large-scale recreational facilities began to appear in U.S. towns—picnic grounds, bandstands, sports clubs, concert halls, bowling alleys, and playgrounds, all suitable for a weekend excursion with the family. Anyone who uses one of today’s theme parks, civic orchestras, swimming pools, or urban parks owes a debt to the German passion for recreation.

Many traditions that we think of as being fundamentally American, were either introduced or popularized by German immigrants in the 19th century. We can thank German immigrants for the Christmas tree, Santa Claus, and the Easter Bunny.

For more than a century, hundreds of thousands of the newest German immigrants made their way to America’s farm country, where they helped form the backbone of the nation’s agriculture. As previous generations of Germans had before them, these immigrants made their homes on the outskirts of European settlement, where land was affordable.

Even while German farmers were moving west, the urban German American population was growing as never before. Skilled German workers rolled into American cities during the 19th century, bringing with them specialized skills from their homeland. German Americans were employed in many urban craft trades, especially baking, carpentry, and the needle trades. Many German Americans worked in factories founded by the new generation of German American industrialists, such as John Bausch and Henry Lomb, who created the first American optical company; Steinway, Knabe and Schnabel (pianos); Rockefeller (petroleum); Studebaker and Chrysler (cars); H.J. Heinz (food); and Frederick Weyerhaeuser (lumber).
10: CHICKEN FRIED STEAK
If you’ve been to the South you’ve probably seen chicken fried steak on the menu. Did you know that it originated in the Lone Star State and has German roots? German immigrants brought the dish wiener schnitzel to the area, and it morphed into what we now call chicken fried steak.

9: THE THREE RING BINDER
Just about everyone in America has used a three ring binder, especially during their high school and college days. This invention comes to us from Friedrich Soennecken. It was invented in Bonn, Germany in 1886, the same year he patented the three hole punch!

8: THE GINGERBREAD HOUSE
The gingerbread house first appeared in the Grimm’s Fairy tale, Hansel and Gretel. The book was produced as a German opera by the same title. The opera was usually produced during the holidays and it became a tradition for the German opera houses to display a gingerbread house in the lobby. The tradition spread from there to bakeries and eventually into homes.

7: ADVENT CALENDARS
The first printed Advent calendars appeared in the early 20th century. Gerhard Lang produced the first calendars in Germany and several years later he decided to add little doors that would open to reveal the date or a scripture. Candies and treats were not added to the calendars until after World War II.

6: CHRISTMAS TREES
Although there is documentation that Christmas trees were first used in present day Estonia and Latvia, it was the Germans who really started the whole decorating tradition. Originally trees were dressed with wax candles, fruits and trinkets. The idea eventually began to spread when royal families from neighboring countries started joining in the tradition.

5: THE EASTER BUNNY
The Easter Bunny first appeared in 16th century writings in Germany. In the 1700s, Pennsylvania Dutch settlers brought the tradition of the Easter Bunny with them to the new world. Their children believed that if they were good, the Easter bunny would come and lay eggs and treats into nests the children made out of upturned hats and bonnets.

4: THE BRIDAL CHORUS
It’s the song most brides walk down the aisle to and it is credited to Richard Wagner’s 1850 opera Lohengrin. Another popular wedding song is the Wedding March composed by Felix Mendelssohn, from A Midsummer Night’s Dream. It’s often used as the recessional at weddings.

3: THE MOBILE HOME
The pre-fabricated home was invented by Warner Sell of Berlin. After WWI, there was a need for places to house the U.S. forces occupying the area. Sell’s company manufactured over 5000 prefabricated houses.

2: THE DISNEY CASTLE
Walt Disney made a career “borrowing” from German culture. The success of Cinderella, Rapunzel, Sleeping Beauty and Snow White would not have happened without Grimm’s Fairy Tales. Cinderella’s castle, as iconic as Mickey Mouse, is a close replica of the Neuschwantstein Castle in Bavaria.

1: THE ALL-AMERICAN HOT DOG
This universally popular food is based on the Frankfurter, a pork sausage that originated in 13th century Germany. Don’t forget the condiments! Whenever you use Heinz ketchup or Hellman’s mayonnaise, you are enjoying the products of companies founded by German immigrants.
Traditional Thanksgiving Feast: Nov 28. Seatings: 11:30 a.m. & 2:00 p.m. Adults $19.95, Kids (5-12) $7.95 & 4 and under Free. (Gratuities not included). Reservations Required by Nov 25.

Seafood Dinner Dance: Dec 13. Doors open at 5:30pm/Dinner served until 7:30 p.m. Entertainment provided by “DJ Bob Foltz” from 7-10pm. $28.95 per person (gratuities not included). Cash Bar will be open at 5:30pm/dinner served until 7:30 p.m. Shuttle bus service available every Thursday - call (717) 226-3985 for pick up.

GET YOUR TICKETS AT THREE GREAT LOCATIONS:
Carlisle Barracks
842 Summer Road (located beside the Commissary)
U.S. Army Heritage & Education Center (950 Soldiers Drive)
Fort Indiantown Gap Community Club (9-65 Fisher Ave) Wed-Sat 9 a.m. - 1 p.m.

Regal Cinema Discount Tickets: Red Tickets $7 (Limited) and Blue Tickets $8 (premium). Not applicable to any 3D film. ($9.25 Regular cost at door).

Baltimore Aquarium: Discount tickets available.

Discount Tickets for your Florida Vacation.

Disney on Ice “Let’s Celebrate”: Giant Center. October 18 at 7:30 pm and October 19 at 7:30 pm. $22 per person (save $8)

New York City “Day On Your Own”:

New York City “Day On Your Own”:

New York City “Day On Your Own”:


New York City Rockettes Christmas Show: Dec 7, $179 (orchestra seating). Transportation Only $55. Must register by Nov 22

BOWLING
245-4109

Saturday Night Cosmic Bowling: Every Sat, 7:00 - 9:00 p.m. $9 p/p. Bowling, Cosmic Lights and Top 40 Hits

Sunday Bottomless Bowling: Sep 8 - Dec 22. Bowl from 1 pm to close for only $6.50 all day! !

Open Play Club: Purchase a card for ONLY $10 and Bowl for $1 per game. Valid until Dec 31. Only good during Open Bowling.

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

CHILD YOUTH AND SCHOOL SERVICES
245-4555/3701

Youth Fitness Center: Open to YS members ages 10 and up every day after school. Youth are always supervised by a trained staff member. FREE!

Before and After School Program: School age children in grades K-5. Includes breakfast and afternoon snack and placement on correct school bus. Registration by appointment with Parent Central Services. 245-3801

Homework Tutor: FREE program, Mondays and Thursdays from 4:30-6:00 p.m. at Youth Services. Help in reading, writing and math for grades K-8. International Fellow families are also welcome to register. Call Youth Services for details.

Dodgeball Friday’s: Every Friday, 7-9pm, CYSS Members Grades 1-12, Root Hall Gym.

Youth Golf Lessons: Saturday Afternoons, October 5 - October 26, Four Week Class Only $45. Register Today https://webtrac.mwr.army.mil/webtrac/cyssCarlisle.html

Book Fair: October 7-11, 9a-3:30pm, Moore CDC, 455 Fletcher Rd. 717-245-3701, Open to the Public

Ghost Walk of Carlisle Barracks: Open to the General Public, Friday, October 25, 7-9pm, FREE, Meet outside Letort View Community Center, Come hear story’s about the history and ghost sightings of CYSS Carlisle Barracks, More Info: 717-245-4555

Halloween Parade: October 31st, 4-5:30pm line up at Indian Field, 5pm Parade, Prizes fo most original, cutest, funniest, best storybook character, best family, & best dressed.
Trick or Treating: 6-8pm, On Post

MST Halloween Party: October 31, 7-10pm, Grades 6-12, FREE, Music, Dancing, Snacks, Wii, Ghost Walk, Tons of Fun! Party held in the LVCC

Parents’ Night Out - Child Care:
November 1, 5:30 PM to 11:30 PM, $40 first child; $35 each additional child,nfants to PK at Moore Child Development Center (CDC) K-12th at Youth Services (YS) (Children will be separated according to grade level.) includes Dinner, Snack, Games, and Movie for PK-12th graders. Parents must come into the YS or CDC to register for Parents’ Night Out (PNO). Payment must be made at the time of the reservation. Must be a registered member of CYSS. Registration deadline: October 23, 4pm. Minimum of 12 children must be registered by the deadline at each facility in order to provide child care. Dodge ball will take place as usual from 7 PM to 9 PM.

MST Paintball Tent: Saturday, November 9, 1-5pm, YS Members 6-12th Grade, Come out Early & Learn how to set up the tent and use the equipment, Enjoy a FREE afternoon of paintball

4th Annual Gobble Gallop & Kids Run:
Saturday, November 16, ¼, ½, and 1 mile races, Races begin at Noon, Race Day registration 11-11:45am, Ages 4-13, FREE T-Shirt to the first 100 kids registered by November 1, Come out and enjoy Family Fun!, bouncy house, face painting, music & food, Open to the General Public, Carlisle Barracks, Indian Field

MST Fall Cookout with DJ & Fire Pit:
Saturday, November 16, 6-9pm, Teen Dj’s, Dancing, Firepit, Food, FREE, Fun!

Carlisle Barracks Tree Lighting Celebration: Wednesday, December 4, Tree Lighting 4:30pm, Free Carriage Rides 5-7pm, Santa arriving for a visit by Fire Truck, Enjoy cookies, punch, hot chocolate & coffee, There will be a drawing for LVCC Breakfast with Santa Tickets

Look For:
4-H Programs
Before & After School Programs.
Tutoring

OUTDOOR REC
☎ 245-4616

Introduction to Kayaking: Oct 26 from 9 a.m.-5 p.m. $10 p/p.

Appalachian Trial - Hiking Remote Sections: Nov 2 from 7 a.m.-5 p.m. $10 p/p. Must register by Oct 22.

Appalachian Trail - Hiking Remote Sections Part II: Nov 16 from 7 a.m.-5 p.m. $10 p/p. Must register by Nov 1.

GOLF
☎ 243-3262

Open Golfing and Driving Range:
Open Mon-Fri, 7:00 a.m.-dusk and Sat & Sun, 6:00 a.m.-dusk.

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

UPCOMING EVENTS


Christkindlesmarkt Holiday Craft Bazaar: Dec 7 from 9 a.m.-2 p.m. Location: PA National Guard Armory Open to the Public www.carlislemwr.com

GET A JOB WITH US USAGJOBS.GOV

After retiring from the military at the AWC, my husband Neil and I knew this was the place we wanted to call home. The area’s diversity of cultural events and activities provides a rich environment for families and singles alike. We are located a few hours from many major cities including Washington DC, Baltimore, New York City, Philadelphia and Pittsburgh.

If you would like more information why our area is so appealing to military families, give me a call. Perhaps my hometown will become your hometown.

KAY HOCK
Accredited Buyers Representative (ABR)
Certified Residential Specialist (CRS)
Hooke, Hooke and Eckman Realtors LLC
Office: 717-249-1844
Cell: 717-448-3558
Kay@thinkhhe.com

ThinkHHE.com
lunches with punch: packing healthy energizing back-to-school meals

By: LT. COL. (DR.) AMY COSTELLO, MD, MPH, FAAP

Setting into a new school year can be hectic, especially for military families, as parents and children acclimate to new schedules and – for some – new living environments.

At such a busy and mentally stressful time of the year, planning out healthy meals – including school lunches – may not be easy or a top priority. Yet providing your children with well-balanced, nutritious meals and snacks during the school day can help boost their mental and physical performance, as well as avoid future problems with weight management and health complications like diabetes.

So how can you quickly and easily pack a lunch that’s both appealing and healthy for your children?

For starters, make sure it contains a balance of fruits, whole grains, vegetables, lean protein and low-fat dairy as shown in the USDA’s My Plate Kid’s Place. Besides fueling your children’s bodies with essential vitamins and minerals, you’ll be giving them plenty of healthy energy to perform well in the classroom and on the playground.

The more visually pleasing you can make the meal, the better the chances that your children will enjoy it. The National Institute of Health’s ’We Can’ Initiative has several helpful tips, such as choosing foods with a variety of colors like sweet peppers, carrots, cucumbers and apples with low-fat dips. Use whole wheat or multi-grain bread instead of white, and add mustard or hummus with low-fat cheeses and deli meats like turkey. Opt for water or, or low fat milk instead of sugary juices or soda.

Finally, pack all of the items in a bento-style lunch box or an insulated lunch bag with containers in various shapes and sizes to make the meal look interesting.

Although taking your children grocery shopping to the commissary, supermarket or local farmer’s market may not be your idea of fun, it provides you with the opportunity to teach them to be healthy and learn to be self-sufficient. Try pointing out healthy foods to them. If they are old enough, send them on a hunt for the healthiest options of the foods they want to take in their lunches. Letting them help with selecting their foods also helps ensure they want to eat them or are willing to try them.

And even younger children can start packing their own lunches under your supervision. You will appreciate their increasing independence as they begin to take responsibility for their own healthy choices!

Providing your children with money to purchase school lunches is okay as long as you study each week’s menu with them and decide together what healthy food choices they should make.

Following these simple rules can relieve some of the pressure of the back-to-school period while helping your children to develop healthy minds and bodies.
Health is one of our most important possessions and is largely determined by daily lifestyle. Good health and vitality are based on a foundation of proper nutrition, physical activity, sleep, avoidance of risky behaviors, and emotional well-being. DoD wants to make healthy living the easier choice and social norm for you and those around you. Visit the Operation Live Well website at www.health.mil/operationlivewell where you will find a set of tools and resources that can be tailored to each individual, based on their particular needs and preferences. Resources found on the Operation Live Well website can help guide, motivate, and encourage you with your healthy lifestyle.

Maintaining a healthy lifestyle is not always easy. Ultimately, healthy living helps you to feel and perform your best at work and play. It can add years to your life. Over the next few months we will feature some of the tips and resources that are found on Operation Live Well.

**Integrative Wellness**

Your physical and emotional/mental health are closely connected. Taking care of your body helps keep your mind healthy, and vice versa.

**Physical Activity**

Get moving to look and feel your best! Engaging in regular physical activity is one of the most important things you and your family can do to maintain and improve your health.

**Nutrition**

Consuming a variety of nutritious foods and beverages keeps you performing and looking your best whether you are 8 or 80.

**Tobacco-Free Living**

Tobacco-free living is avoiding use of all types of tobacco products – including cigarettes, cigars, smokeless tobacco, pipes and hookahs and also living free from secondhand smoke exposure.

**Mental Wellness**

Mental and emotional well being is essential to look and feel your best at any age. Increase your ability to cope with stress, better understand its mental and physical effects and develop skills to minimize its impact on your health by visiting Operation Live Well.
4TH ANNUAL Gobble Gallop Kids Run

Saturday, November 16
14, ½, and 1 mile races
Races begin at Noon
Race Day registration 11-11:45am

Ages 4-13
FREE T-Shirt to the first 100 kids registered by November 1

Carlisle Barracks, Indian Field
Open to the Public

www.carlislewr.com - facebook.com/CarlisleBarracksCYSS - 717-245-4555

Letort View Community Center
Cash bar will be available

Traditional Thanksgiving Feast
November 28
$19.95 Adults / $7.95 Children (5-12)
& 4 and Under-FREE (Gravy not included)
Open to the public
Seatings at 11:30 am & 2:00 pm
Reservations required by noon November 25
Call 717-245-4129

Washington DC, Day Trip
Saturday, November 2
$24 per person
Includes: Transportation & Bus Leader
Registration required by Oct 23

Visit
The Washington Monument,
The U.S. Capitol Building,
Smithsonian Museum,
National Gallery of Art,
U.S. Botanic Garden
National Monuments and Memorials

Carlisle Barracks
AHC
Leisure Travel Services
717-245-4048
717-245-3883
717-861-3994
www.carlislewr.com - facebook.com/PADiscountTickets

TIKI BAR
THURSDAYS & FRIDAYS
4-10 PM

Located behind
Letort View Community Center
Raw Bar and Grilling
BOTH NIGHTS

Check out
facebook.com/CarlisleFMWR
for Entertainment and Events

RAIN OR SHINE

Tree Lighting Ceremony
Wednesday, December 4
4:30-7 pm at the Carlisle Barracks Post Chapel
FREE carriage rides from 5-7 pm
Enjoy cookies, punch, hot chocolate & coffee
There will be a drawing for Breakfast with Santa Tickets
www.carlislewr.com
Debi Davis retired from the U.S. Air Force after 24 years of service and has spent most of her life in the Cumberland Valley area. With her mortgage lending experience, she helps customers with buying, building and refinancing their homes.

**Debi Davis**  
*Residential Mortgage Banker*  
Tel: 717-724-3981  
330 York Road  
Carlisle, PA 17013  
Debi.Davis@susquehanna.net

**Doing what counts to get you into the home of your dreams.**

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**Doing what counts.**

susquehanna.net  
Member FDIC
Happy Halloween
Thursday, October 31

Halloween Parade—Line up 4:30-5 pm Indian Field
Parade—5 pm
Prizes for most original, cutest, funniest,
best storybook character, best family & best dressed pet

Trick or Treating—6-8 pm on post

YS Teen Party (Grades 6-12)
@ LVCC 7-10 pm....FREE
Snacks, music, Wii, ghost walk,
tons of fun!

Info: 717-245-4555
www.carlislemwr.com

Sunday
BOTTOMLESS BOWLING
Sep 8 – Dec 23 Bowl from 1 pm to Close

For ONLY
$6.50 all day!

www.carlislemwr.com
facebook.com/carlisle-barracks-bowling-center

$9 per person

STRIKE ZONE
COSMIC BOWLING
Top 40 Hits
Bowl Cosmic Lights

Every Saturday 7-9 pm
Call to reserve your lane(s)
5 or more servings of fruits and vegetables

Fruits and vegetables provide a lot of nutrients and water without a lot of calories. They also contain fiber and a variety of phytochemicals that help prevent cancer, heart disease, and other diseases. Young children often reject new foods at first – it may take several exposures to a new food before it is accepted, so keep trying!

- Prepare meals and snacks at home using fruits and vegetables, and let children help in the kitchen so they learn how to make healthy foods.
- Eat together as a family and model healthy eating to your children.
- Offer a variety of fruits and vegetables and other healthy foods at planned times throughout the day. Let children choose whether and how much they eat.

2 or fewer hours of screen time

Screen time is free time spent in front of screens – like televisions, video games, and the internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time – so encourage your family to find other fun ways to spend their free time!

- Turn off televisions and put away cell phones during meals and enjoy spending time together as a family.
- Work with your children to identify a variety of activities they enjoy that do not involve screens. Encourage these activities during leisure time and serve as a role model.
- Make televisions, video games, and the internet less convenient to use during free time so that healthier choices are easier to make.

1 or more hours of physical activity

Moving your body is a great way to burn calories, improve your mood, boost your energy, prevent cancer and cardiovascular diseases, and help you sleep better at night – plus, it can be a lot of fun! Look for activities your family can enjoy together so everyone can reap the benefits and help keep one another on track!

- Use activities instead of foods as incentives – a trip to the park, sledding hill, laser tag arena, skating rink, batting cage, or community pool can be a great alternative to the ice cream shop to celebrate a job well done.
- Walk or bike as a family to get where you’re going.
- Set up activity dates with like-minded families or sign up your family for a charity walk – if you’re accountable to someone else you may be more likely to stay active.

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in “ose” (e.g., glucose, dextrose).

- Make water the norm for quenching thirst – drink water when you are thirsty and offer water to thirsty children.
- Sparkling water, still water with slices of lemon, and fruity herbal iced teas are fun alternatives to plain water.
- Nonfat and 1% milk and 100% fruit and vegetable juices contain beneficial nutrients and also calories, so think of them as foods contributing towards your family’s diet.

Contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 or www.militaryfamilies.psu.edu for help identifying programs and resources targeting nutrition, physical activity, and screen time!
**UPCOMING EVENTS AT ARROWHEADS BAR & GRILL:**

UFC FIGHT NIGHT
Wed. Oct. 9
MAIA VS. SHIELDS

UFC 166
Sat. Oct. 19
VELASQUEZ VS. DOS SANTOS

LIVE ON PAY-PER-VIEW,
NO-COVER CHARGE

UFC FIGHT NIGHT
Sat. Oct. 26
BISPING VS. MUNOZ

**UPCOMING EVENTS AT BLUE MOUNTAIN SPORTS ARENA:**

2013 ALL ARMY WOMEN’S BASKETBALL
OCTOBER

WED. 16
CENTRAL PENN COLLEGE
6:30PM – HOME

SAT. 19
LINCOLN UNIVERSITY
2:00PM – AWAY

TUES. 22
CENTRAL PENN COLLEGE
6:30PM – HOME

WED. 23
MILLERSVILLE UNIVERSITY
6:30PM – AWAY

COME OUT AND SHOW YOUR SUPPORT, OPEN TO THE PUBLIC

**Arrowsheads Bar and Grill**

Sat. Oct. 26
Bisping Vs. Munoz
LIVE ON PAY-PER-VIEW,
NO-COVER CHARGE

**MWR PROGRAMS**

**Marketing**
717-245-4698

**Corporate Sponsorship**
717-245-3777

**Community Club**
717-861-2450

**Community Club Catering**
717-861-2450

**Box Car Coffee Shop**
717-861-2619 / 2450
Mon-Fri 6:00-10:00 a.m.
Drill Weekends 6:00-9:00 a.m.

**Arrowheads Bar and Grill**
717-861-9481
Mon-Thurs: 11:00 a.m.-1:00 p.m.
4:00 p.m.-Midnight
Fri: 11:00 a.m.-1:00 p.m.,
4:00 p.m.-2:00 a.m.
Sat: 5:00 p.m.-2:00 a.m.

**Community Club Cafeteria**
717-861-9482
Mon-Fri 11:00 a.m.-1:00 p.m.

**DMVA Cafe**
717-861-2450

**Recreation Center**
Bldg. 13-190
Annville, PA 17003
717-861-2296
Fri-Sun: 6:00-10:00 p.m.

**Leisure Travel Services**
Bldg. 9-65 Fisher Ave
Annville, PA 17003
717-861-3994
April-September
Wed-Sat 9:00 a.m.-1:00 p.m.

**All-Army Sports Program**
717-861-2647

**Blue Mountain Sports Arena**
Call for classes available
Bldg. 4-117
Annville, PA 17003
717-861-2711
Summer Hours:
Mon-Fri: 6:00 a.m.-9:00 p.m.
Sat-Sun: 8:30 a.m.-8:00 p.m.

**Warrior Fitness Center**
Bldg. 12-99
Annville, PA 17003
Open 24/7 with access key
717-861-9611

**Sports/Racquetball Courts**
717-861-2711
*reservations req.

**Outdoor Recreation**
717-861-2711

**Stumps Garage, Inc.**
717-861-5440

**KEY NUMBERS**

**Emergency**
911

**Chapel**
717-861-2112

**Credit Union**
717-865-6641

**Veterans Affairs**
717-861-8902

**Museum**
717-861-2402

**Judge Advocates**
717-861-8891

**HRO/Employment/Jobs**
Federal:
717-861-8709
State:
717-861-6993

**SATO Travel**
1-800-603-1993

**Post Exchange**
717-861-2058

**Barber Shop**
717-861-2058

**Military Clothing**
717-861-2976

**Subway**
717-865-1700

**Tuition Assistance**
717-861-9238

**Public Affairs**
717-861-8468

**Police Department**
717-861-2727

**Fire Department**
717-861-2111

**Education Center**
717-861-9341

**Emergency Relief**
717-861-8841

**Medical Clinic**
717-861-2091

**Range Control**
Hunting & Fishing
717-861-2152
**Family and Morale, Welfare & Recreation**

**Stumps Garage, Inc.**
- Emission & State Inspection
- Oil Change
- Discounted Tires
- Alignment
- Brakes
- Exhaust
- Computer Service

**Location:** Fort Indiantown Gap
**Phone:** 717-861-5440
**Website:** www.1stCHOICEmag.COM

**Arrowheads Bar & Grill**
- NFL Sunday Ticket
- Family & morale, welfare & recreation

**Blue Mountain Sports Arena**
- Building 4-117
- 717-861-2711

**Boxcar Coffee Shop**
- Seattle's Best Coffee
- Breakfast Sandwiches
- Freshly Baked Goods
- Free WiFi
- HDTV

**Location:** Building 9-65
**Phone:** 717-861-2619

**Facebook.com/FTIGCommunityClub**

**Line Dancing**
- Line dancing
- All request open dance party
- By Carrie Apperson
- Every Tuesday & Every Other Sunday
- 7-9 p.m.

**Relax**
- Air-conditioned theater
- Daily movies
- Free WiFi
- Pool table
- Air hockey
- Ping pong tables
- Foosball
- Games
- Books
- XBox 360
- PlayStation 2

**Location:** Building 13-190
**Phone:** 717-861-2296

**Facebook.com/FTIGCommunityClub**

**Emission & State Inspection • Oil Change • Discounted Tires • Alignment • Brakes • Exhaust • Computer Service**

**Location:** Fort Indiantown Gap
**Phone:** 717-861-2711
**Website:** www.1stCHOICEmag.COM

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- Foosball
- Games
- Books
- XBox 360
- PlayStation 2

**Location:** Building 13-190
**Phone:** 717-861-2296
**Website:** www.1stCHOICEmag.COM

**Facebook.com/FTIGCommunityClub**
exploring cumberland valley

BY: KRISTEN ROWE

The fall months are filled with food, fairs and festivals in Cumberland Valley. Celebrate the new season with a range of events, seasonal attractions and beautiful changing leaves.

Don’t miss your chance to see the one-of-a-kind views and scenery Cumberland Valley has to offer during October. Enjoy a scenic drive to witness all the leaf-peeking hot spots. Follow the Fall Foliage Driving Tour on www.VisitCumberlandValley.com for turn-by-turn directions. Take in the view from the top of Waggoner’s Gap Hawk Watch. An easy hike leads to a breathtaking view of the Valley and is one of the best places to watch the fall hawk migration.

Find time for the whole family and enjoy the season at the Valley’s fall attractions. Spend an afternoon at Paulus Farm Market and play in the fall fun fort and hay play areas with corn and soybean boxes, bouncy horses, giant bales to climb and lots of slides. On the weekends they also offer hayrides, a corn maze and pumpkin chunking. You can also enjoy biking along the Cumberland Valley Rail Trail or horseback riding with Wishing Well Equestrian Center.

Many of the downtown farmers market stay open through the fall months. Continue to shop for local foods and treats in Carlisle, Camp Hill, New Cumberland, Lemoyne and Shippensburg.

Discover more seasonal things to see and do in the area at www.VisitCumberlandValley.com.

October offers a collection of festive events in Cumberland Valley. Here’s just a sampling.

American Craft Week – October 4-13th
Join Cumberland Valley in celebrating American Craft Week! This nationally celebrated week honors all things handmade and artisan crafted. Events are occurring throughout the Valley. Find the list on the Events Calendar on VisitCumberlandValley.com.

Experience Cumberland County Agriculture Farm Tours – October 5th
Penn State Extension and Cumberland County Ag Partners invite the public to an open farm tour event. Five farms from the area will open their homes and businesses to the public to educate consumers on how their food is produced. The five farms participating in this year’s tours include a dairy farm, beef farm, meat goat and sheep farm, an orchard and the Dickinson College Farm. The kickoff event and welcome ceremony will be at Stover’s Dairy Farm on Horner’s Road in Carlisle beginning at 9:00 am.

Fall History Series @ Cumberland County Historical Society – Tuesdays through October 29th
Jeff Wood has presented the Fall Series at the Society since 2000. Every year the Fall Series has retold the history of the County from its founding to the present day. This year’s sessions investigate momentous events in County history and how they affected people in their workaday lives.

Oktoberfest @ US Army Heritage & Education Center – October 11-13th
There will be fun for all ages, please join the barracks for a good time filled with entertainment, games, activities, friendship and the unveiling of the official brew of the Army War College! While at the event, you can treat yourself with a variety of foods provided by numerous vendors, or even enjoy the many artisans and crafters.

Fall Foliage Hike in Boiling Springs – October 17th
Enjoy a fall foliage hike at Children’s Lake Park and Pine Grove Furnace State Park. Guests will be treated to cool evening temperatures and vibrant foliage in a hike through the Cumberland Valley during the last days of autumn.

5th Annual Fall Furnace Fest @ Pine Grove Furnace State Park – October 26-27th
The annual Fall Furnace Festival features food and craft vendors, live entertainment, Environmental Education programs, historical demonstrations, hikes, hayrides, pumpkin carving, scarecrow making, kids’ crafts and campsite decorating. Saturday night’s event is Hairy Hand Pumpkin Float Program at Fuller Beach.

For more event information and collections of things to see and do visit www.VisitCumberlandValley.com or stop by the Cumberland Valley Visitors Center, 33 W. High St., Carlisle, inside History on High – The Shop.
THE

October

EVENT

October 1–12

You’re invited to

Celebrate our
Anniversary!

Receive SPECIAL SAVINGS throughout the store.

Enjoy INTEREST FREE FINANCING options.

Place an item on complimentary LAYAWAY for the holidays.

Mountz Jewelers

1160 Walnut Bottom Rd | Carlisle | 717.243.4936
3780 Trindle Rd | Camp Hill | 717.763.1199
4520 Jonestown Rd | Harrisburg | 717.545.7508

mountzjewelers.com
Oktoberfest
Carlisle Barracks
October 11th, 12th, and 13th

CARNIVAL RIDES  ▶  GAMES  ▶  LIVE MUSIC
FOOD  ▶  BEER GARDEN  ▶  VOLKSMARCH  ▶  SOCCER GAME
MUSEUM TOURS  ▶  CRAFT SHOW

carlisleoktoberfest.com  |  facebook.com/CarlisleOktoberfest  |  @CarlisleFest

NO FEDERAL ENDORSEMENT INTENDED. DRINK RESPONSIBLY.