In this issue:
Lebanese in Lemoyne
New AER Website
Lebanon Area Fair
Your service qualifies you for savings.

As a service member of the **U.S. Army**
You could be **saving 15%**
on the monthly service charge of qualified wireless plans

Learn more by visiting [att.com/militarysavings](http://att.com/militarysavings)

To purchase online, visit [att.com/wireless/ARMY](http://att.com/wireless/ARMY)

To find the AT&T store closest to you, visit: [att.com/find-a-store](http://att.com/find-a-store)

^If you visit a local AT&T store, please have proof of eligibility.

**Mention Discount Code:** FAN 2421660

---

**15% Svc discounts:** Available only to (a) qual. govt. employees providing valid gov’t employee ID card or card or current paystub; (b) qual. military veterans providing either a Department of Defense Form DD214 indicating an honorable discharge or a valid retired military ID or current AMVETS membership card; and (c) qual. spouses of active duty or deceased military service personnel providing a valid Department of Defense sponsorship card. Eligible ident. must take personal liability for his/her account. Eligibility for discount ceases when indiv. is no longer qualified. Discount applies only to the recurring monthly svc. charge of qual. voice & data plans, not coverages. Not avail. w/ unlimited voice plans. For FamilyTalk, applies only to the primary line. For all Mobile Share plans, applies only to the ms. plan charge of qual. plans with 1GB or more, not to add’l ms. device access charges. Add’l fees may apply. May take up to 2 bill cycles after eligibility is confirmed & will not apply to prior charges. Applies if application of any avail. credit may not be combined w/ other svc. discounts. Offer avail. only in AT&T & authorized dealer retail stores & is subj. to change. Visit a store w/ questions. © 2015 AT&T Intellectual Property. All rights reserved. AT&T and the AT&T logo are trademarks of AT&T Intellectual Property.
July brings us thoughts of fireworks, picnics, and vacations. Or perhaps I should say, staycations! There is so much to see and do in the area this Summer there is no need to spend hours in traffic in the heat on the way to a crowded beach. Family & MWR has so many ways to help you connect with your family this summer.

With three children it is often difficult in the Knouse house to find time to unplug and just be together as a family. With some of the best fishing, hiking, and kayaking opportunities in the country right in our backyard, I decided there was no time or place like the present to start our family staycation. With our car packed as though we were leaving for that week at the beach (kayaks on the roof, cooler over-packed with picnic food) we were ready for a day of nature. Off we went to the Yellow Breeches Creek in Boiling Springs for a family kayaking adventure. (Kayaks are available at Outdoor Rec) What an adventure it was! We saw a junior bald eagle, caught several native brown trout, and even watched 2 small deer feeding in the field near the water. But, what we really found were a lot of opportunities to work together while navigating throughout the creek. We marveled at the absolute beauty of the creek and the surroundings together as a family. We were able to talk about things going on in our daily lives and laugh about some fond memories of other family adventures. What we really found was family time. No iPhones, no facebook updates, or interruptions. Just plain family time. We found family time right here in our own backyard. Yes, this was a day that I will keep in my memory bank.

If the outdoors isn’t for your family, Carlisle and the surrounding areas offer a wide variety of family activities. Our Leisure Travel Services, located at Carlisle Barracks, Army Heritage Center or Fort Indiantown Gap, is ready to show you all the fantastic places to take your family. They have discount tickets to Hersheypark, Baltimore Aquarium, movie theaters and much more. Downtown Carlisle is full of family fun as well. There are a number of different restaurants with an array of backgrounds and cultures, museums, historic tours, wine tasting and shopping. Gettysburg is just a short drive south that offers history and fun for all ages. You can tour the battlefields, go on ghost tours, see museums or grab a bite to eat downtown. The Cumberland Valley and surrounding areas are full of activities and Family and MWR is here to help you and your family have the best summer possible.

The Directorate of Family and Morale, Welfare and Recreation hope that whether you find our Family and MWR services at Fort Indiantown Gap, Letterkenny Amy Depot or here at Carlisle Barracks that we are helping you find ways to relax, reconnect with family, enjoy time by the pool or in the great outdoors.

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
Summer time is a time for you and your family to relax, enjoy time together and create memories. Family and MWR is here to help you do so! In addition to MWR activities, be sure to check out local fairs and festivals.

Regulars

5 Carlisle Barracks Directory
8 Carlisle MWR Happenings
11 Thorpe Fitness Schedule
13 What’s Happening in Lebanon Valley?
14 Exploring Cumberland Valley
15 Letterkenny Army Depot Directory
16 Fort Indiantown Gap Directory
17 Fort Indiantown Gap MWR Happenings

Features

10 Lebanese in Lemoyne
18 New AER Website Built Around Online Assistance
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 3pm-8pm
Fri 10am-4pm
Sat 9am-4pm
☎ 717-245-3319

Splash Zone Swimming Pool
Hours of Operation
School in session: Monday-Friday
Open swim: 4-7 pm
Saturday-Sunday
Open swim: 12-7 pm
School out of session: Monday-Friday
Lap swim: 11 am-12 pm
Open swim: 12-7 pm
Saturday-Sunday
Open swim: 12-7 pm
Early Morning Lap Swim 6-7 am from Jun 6-Aug 17 on Mon & Wed

Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Memorial Day-Labor Day
Mon-Wed 8:30am-8pm
Thu-Fri 8:30am-9pm
Sat 1-9pm
Sun Closed
☎ 717-245-4109

Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm
☎ 717-243-3562

Golf Course
☎ 717-243-3562

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

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

Outdoor Recreation (ODR)
860 Sumner 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
☎ 717-245-4166

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
☎ 717-245-4555

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

WWW.1STCHOICEMAG.COM | JULY 2016
CARLISLE AUTOCARE CENTER

Take care of your vehicle, take care of your family.

• Less than .2 miles from the gate
• FREE shuttle within Carlisle
• Military discount available

473 E NORTH STREET CARLISLE, PA 17013
171-243-4573 • www.carlisleautocare.com

AAA CENTRAL PENN

CARLISLE AUTOCARE CENTER
1st Place in Customer Service 2012

$20 OFF

AIR CONDITIONING SERVICE
AC SERVICE CONSISTS OF EVACUATION AND RECHARGE AND DYE LEAK INSPECTION

FREE ROAD TRIP INSPECTION
WITH PURCHASE OF OIL CHANGE AND TIRE ROTATION SERVICE

POWER TRAIN

Personal Training
Boot Camp
Sports Performance

CALL 717.462.4733 TO SCHEDULE YOUR FREE WORKOUT!

NEW YORK CITY ON YOUR OWN

July 16
$58 per person 3+
Under 2 free but must be on lap. If a seat is required cost is $58.
Registration required by: July 6

www.carlislemwr.com • carlislefmwr

BARRACKS CROSSING AUTO SHOP
AUTOMOTIVE DETAILING
3 GREAT PACKAGES TO CHOOSE FROM!

INFO: WWW.CARLISLEMWR.COM • CARLISLEFMWR

www.carlislemwr.com • carlislefmwr

Massage Therapy

at Jim Thorpe Fitness Center
Andrea Longenecker
Licensed Massage Therapist
(717) 701-3040

(717) 245-4048 www.carlislemwr.com • iPADiscountTickets

FREE
ROAD TRIP
INSPECTION
WITH PURCHASE OF OIL
CHANGE AND TIRE ROTATION
SERVICE
FORT INDIANTOWN GAP COMMUNITY CLUB PRESENTS

“TODAY’S COUNTRY WITH THAT TRADITIONAL SOUND”

BRANDON MADDOX

SATURDAY, JULY 9
DOORS OPEN AT 6:30PM
$5 COVER

CONCERT ON THE PATIO OPEN TO THE PUBLIC. RESTAURANT MENU AVAILABLE.
IN CASE OF INCLEMENT WEATHER, THE EVENT WILL BE MOVED INDOORS.

FOR MORE INFORMATION
GAPMWR.COM | GAPMWR | 717-861-2450
65 FISHER AVENUE • ANNVILLE, PA
LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC) 245-4329

Tiki Bar: Hours of operation: Thur 4-9pm. In case of inclement weather, Tiki Bar will be moved inside to Pershing Tavern. Dog Friendly. Open to the Public.

Tiki Bar Entertainment:
- JULY
  7 – Jack’s Back 5-8pm
  14 – Cody Smith 5:30-8pm
  21 – Heart & Soul 5-6pm
  28 – Heart & Soul 6-8pm

- AUGUST
  4 – Jack’s Back 5-8pm
  11 – Cody Smith 7-10pm
  18 – Brad & Lou 5:30-8:30pm
  25 – Wild Horse 6-9pm

Shuttle Bus available every Thur from 5-9pm - call 717-226-3985 to schedule pick up.

DDE Graduation Brunch: Jul 22 immediately following graduation. Adults: $18.95, Kids (5-12) $9.95 and 4 & under Free. Reservations required by Jul 18.

SPORTS – 245-3906

Strength for Wisdom. U.S. Army War College and Carlisle Barracks Upcoming Events:
- Tae Kwon Do: Tue & Thu 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 & Thu from 6-7pm. $5 per person. Instructor John Cerifko, 5th Degree Black Belt.
- Run Carlisle Barracks: First Run will be Jul 16 at 7am. 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 (for Adults over 40), Zumba and Spinning. All classes are FREE except Tae Kwon Do: Tue and Thu 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 AUTO SHOP – 245-3156

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

Educational Tract: July 6 & 7 from 8 am – 4 pm. Building 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.

Resume Class: July 7 from 9 am – 3:30 pm. Building 632 Wright Avenue. Learn how to structure your resume in the Federal and civilian format. Guidelines in writing your resume for employment.

Soldier for Life: Transition Assistance Program: Aug 1-5 from 8 am – 4:30 pm. Building 632 Wright Avenue. Service members and Spouses who are retiring or separating from the Military. Congressionally mandated pre-separation briefing. This is a 5 day workshop to create a draft resume/interview preparation and VA benefits entitlements.

Resume Class: Aug 18 from 9 am – 3:30 pm. Building 632 Wright Avenue. Learn how to structure your resume in the Federal and civilian format. Guidelines in writing your resume for employment.

LEISURE TRAVEL SERVICES 245-4048/3309

GET YOUR TICKETS AT THESE GREAT LOCATIONS:
- Carlisle Barracks - 842 Summer Road (located beside Commissary)
- 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+).

Hersheypark Summer Discount Tickets: $39 Adults (ages 9-54), $36.25 Junior (ages 3-8) and $36.25 Seniors (ages 55-69).

NYC “Day On Your Own”: Jul 16. Family Friendly. $39 per person (ages 3+). Children 2 & under free (must be on lap). If a seat is required, cost is $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.


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!

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

**Bowling Summer Saver:** Save $90 on Summer Bowling. Valid Jun 1 – Aug 31. Pick yours up today.

**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.

**OUTDOOR REC – ☏ 245-4616**

- **MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS**
- **Bike Maintenance Clinic:** Jul 6 & 28 and Aug 4 & 30 from 6–7pm at ODR. $20 per person.
- **Kayaking:** Jul 7, 8, 9, 10, 12, 14, 16, 17, 22, 24 and 26 from 10am–2pm. $30 per person.
- **Training Hikes:** Jul 7, 9, 10, 11, 13, 14, 18, 20, 21, 24 & 25 from 5–8pm. $10 per person or $45 Monthly Hiking Club Pass.
- **Hike & Lunch:** Jul 15 from 10am–2pm. $25 per person.
- **Intro to Mountain Biking Trip:** Jul 11 from 10am–5pm. $30 per person.
- **Dinner and Kayak:** Jul 23 from 2–7pm. $40 per person.

**CHILD YOUTH AND SCHOOL SERVICES**

- **McConnell Youth Services** ☏ 245-4555
- **Moore CDC – ☏ 245-3701**
- **School Liaison Office** ☏ 245-4638
- **School Age Care Programs** ☏ 245-4555

- **Elementary Ice Cream Social** – August 4, 6–8pm
- **Summer Camp:** Register Now, Must register one week in advance of requested week of care, by appointment only please. Camp runs June 6 – Aug 19, K-5th Grade. All activities, field trips, meals and snacks are included in the price.

**Middle School & Teen Programs** ☏ 245-4642

- **High School Welcome Jam**, August 2, 6–9pm
- **Middle School Welcome Jam**, August 3, 6–9pm
- **Open Recreation:** Saturdays—12–4pm

**Youth Sports & Fitness**

- **Open Gym:** Thursday’s and Friday’s each month, 5:30–7:00pm, 9 years old+
- **Friday Night Dodgeball:** Every Friday night, 7–8:45pm, McConnell Youth Center. FREE open to youth in grades 1 - 12.

**UPCOMING EVENTS**

- **County Fair:** Aug 10, 9am–3pm
- **Welcome Picnic & Boatyard Wars:** Aug 12
- **Babysitter Course:** Aug 8-9 & 16-17
- **CYSS High School Welcome Jam**
- **Doggie Dip & Yappy Hour:** Sep 10
- **Fall Yard Sale:** Sep 10 from 7am–2pm on Indian Field

**GET A JOB WITH US**

USAJOBS.GOV

---

**RESIDENTIAL BROKERAGE**

Peter “Pete” Collins
Realtor

I Listen
14 Moves
12 Years Active Duty
23 Years Civil Service
21 Years in Carlisle/ Mechanicsburg
Homeowner, Tenant and Landlord

I Understand
- Backed by the expertise of a nationwide organization
- A reputation for finding workable solutions

I Care

Office: 717.243.8080
Cell: 717.226.4589
Peter.Collins@cbhomes.com
52 West Pomfret Street
Carlisle, PA 17013

© 2015 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC, Coldwell Banker and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC.
Lebanese in Lemoyne
BY: BLYTHE BELENKY

Mezza Café is a quaint Lebanese restaurant in Lemoyne. Located in the corner of a small shopping center, you will find a restaurant rich in atmosphere with Mediterranean music in the background and the smells of traditional spices.

Their dishes are good portions and are heavy on Mediterranean spices. Some of the dishes bring out the spiciness and will make you sweat. They offer salads, sandwiches and regional entrées. Every dish is packed with flavor. Suggestions to try are the Shish Tawook for an entrée. For sandwiches, try the Shawarma Halal or the Shawarma Klovo.

They make a unique baklava with walnuts that is not as sweet as you might get at a Greek restaurant. Take a chance and try it with their traditional Lebanese coffee which is unfiltered and quite strong. Remember not to drink the grounds!

Mezza café is BYOB and they are happy to open a bottle of wine. It is also a hooka lounge and offers belly dancing nights once a month. Nice atmosphere, good food, and good service makes this restaurant a must visit this summer.
Thorpe Fitness Center Schedule  717-245-3418

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. Classes subject to change without notice.

1. Training Holiday
2. Independence Day
3. 0900-Zumba (Regina)
   1000-TRX for Adults over 40 (Brian)
   1200-Spin (Brian)
   1630-Hybrid boot camp (Brian)
   1630-Tae Kwon Do (John Cerifko)
4. 0900-Zumba (Regina)
   1000-TRX for Adults over 40 (Brian)
   1200-Spin (Brian)
   1630-Hybrid boot camp (Brian)
   1630-Tae Kwon Do (John Cerifko)
5. 0900-Zumba (Regina)
   1000-TRX for Adults over 40 (Brian)
   1200-Spin (Brian)
   1630-Hybrid boot camp (Brian)
   1630-Tae Kwon Do (John Cerifko)
6. 0600-performance Fitness (Brian)
   0900-Body Blast (Brian)
   10:15-Yoga Tune Up (Linda)
   1200-Barbell 30 Min Workout (Brian)
   1630-Spin (Kelli)
7. 0900-Zumba (Regina)
   1000-TRX for Adults over 40 (Brian)
   1200-Spin (Brian)
   1630-Hybrid boot camp (Brian)
   1630-Tae Kwon Do (John Cerifko)
8. 0600-Performance Fitness (Brian)
   0900-Yoga Tune Up (Linda)
   10:15-Yoga Tune Up (Linda)
   1200-Barbell 30 Min Workout (Brian)
   1630-Spin (Kelli)
9. 0900-Zumba (Regina)
   1000-TRX for Adults over 40 (Brian)
   1200-Spin (Brian)
   1630-Hybrid boot camp (Brian)
   1630-Tae Kwon Do (John Cerifko)
10. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
    1630-Spin (Kelli)
11. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
    1630-Spin (Kelli)
12. 0900-Zumba (Regina)
    1000-TRX for Adults over 40 (Brian)
    1200-Spin (Brian)
    1630-Hybrid boot camp (Brian)
    1630-Tae Kwon Do (John Cerifko)
13. 0900-Zumba (Regina)
    1000-TRX for Adults over 40 (Brian)
    1200-Spin (Brian)
    1630-Hybrid boot camp (Brian)
    1630-Tae Kwon Do (John Cerifko)
14. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
15. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
16. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
17. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
18. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
19. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
20. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
21. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
22. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
23. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
24. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
25. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
26. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
27. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
28. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
29. 0900-Body Blast (Brian)
    1200-Barbell 30 Min Workout (Brian)
30. 0900-Body Blast (Brian)
NEED SWIMMING LESSONS?

Lessons are Monday-Friday
Classes canceled due to inclement weather will be
made up during an off week of lessons.

$25 per session/per student

Session 1: Jan 13-17
Session 2: Jan 20-24
Session 3: Feb 17-21
Session 4: Feb 24-Mar 6
Session 5: Apr 4-8
Session 6: Apr 11-15

FAMILY AND MORALE, WELFARE & RECREATION

AQUA ZUMBA CLASSES

Have a blast while enjoying the perfect blend of toning and cardio at our very own Splash Zone Swimming Pool!

Mondays & Wednesdays • 6:40 PM - 7:30 PM.
June 6 - 22 • July 6 - 27 • August 1 - 31 • $5 per class

BOWLING SUMMER SAVER

Save $90 on Summer Bowling

With the Strike Zone Summer Saver Card, you can save $90 on bowling this summer!

MON - WED 8:30AM - 8:00PM
THU - FRI 8:30AM - 8:00PM
SAT 1:00PM - 6:00PM
SUN - CLOSED

Strike Zone Bowling Center
NOW SELLING 8lb. Bags of ICE $2.25 per bag

StrikeZone Bowling Center
(717) 245-4109 | www.carlislemwr.com | @CarlisleBowling
This summer, the Lebanon Valley is offering endless opportunities for you and your family to take part in. Whether local fairs are your preference or you’re looking for a relaxing evening listening to (free) live music in Coleman’s Park - we have something that will surely suit you.

The first Lebanon Area Fair was held in 1957 and has continued to grow and expand for 50 years. Prior to 1970, the “Lebanon County 4-H Fair” was looking for a place to call home. The Ebenezer School, Fredericksburg Fireman’s Park and H&H Tack Farm all hosted the annual 4-H roundup over a period of 14 years. In 1969, a group of 4-H leaders arranged to purchase the land now known as the Lebanon Area Fairgrounds. 1970 was the inaugural year for the fair to be held on this land. The only building was a half-complete refreshment stand and all the entries were exhibited under 400 linear feet of tenting.

Starting on July 23 throughout the 27th the 60th Annual Lebanon Area Fair will be at the Expo Center. Admission is free from 8 a.m. to 4 p.m. on July 23-29; $5 admission after 4 p.m. for guests age 10 and up. Anyone under the age of 10 is free at all times. Military Appreciation will be Thursday, July 28 and all military are admitted free with ID. The Lebanon Area Fair has something for everyone, stop by and check out the tractor pull or get something to eat at some of the best vendors that Lebanon County has to offer. Live music will also be offered, along with a petting zoo for the children. If you are interested in a full list of the events or have any questions make sure to check out their website at www.lebanonareafair.com

If you’re looking for something relaxing and something the whole family can do make sure to check out the 25th Year of the Annual ‘Music In The Park” every Sunday at 7 o’clock at Coleman’s Park at The Veteran’s Memorial Amphitheatre. This amphitheatre can seat to up to 3,500 so you won’t have to worry about not being able to find a seat - just come out and enjoy the scenic Coleman Memorial Park and a great night of music. Check out the brand-new playground while you’re here.

If you happen to be in Mount Gretna area make sure to stop by the Mount Gretna Outdoor Art Show from August 20-21. The show will be located under the oaks of the Chautauqua section of Mount Gretna between Route 117 and Pennsylvania Avenue. If you are over the age of 12 admission is 10 dollars a person. The show will feature professional works of art from people all over the country. Live music will also be present as well as food stands, so you can enjoy lunch while you listen to some of your favorite music. There will also be a kids art show which will take place on Saturday from 9:00 a.m. to 3:00 p.m. and on Sunday from 10:00 a.m. to 2:30 p.m. at the Chautauqua Playground. Families will find make-and-take art activities, face painting, balloon animals, etc. Student performers will also provide musical entertainment. The show is a community fundraiser and is presented by the Chautauqua.

These are just some of the activities that we have going on in the Lebanon Valley in the upcoming weeks for a full list visit www.visitlebanonvalley.com
Summer is one of the best times of year to take advantage of all the fresh produce available in Cumberland Valley. There are plenty of places to enjoy fresh-picked fun and below are a few options. Find a full list at VisitCumberlandValley.com.

Mechanicsburg U-Picks - Start your fresh-picked fun journey by picking your own fruits and flowers, and browsing locally grown foods at the assortment of farmers markets in Mechanicsburg.

Paulus Farm Market is known for their U-pick flowers and berries. Pick a wonderful bouquet for an amazing price! Paulus is also a great place to bring the kids. Kids can climb on the wooden tractor and wagon, visit with barnyard animals and swing on a horse tire.

Continue the fresh picking at nearby Oak Grove Farms. This family owned and operated farm and store features homegrown specialties like strawberries, sweet corn, cantaloupes and watermelons. You can also pick-your-own flowers, strawberries, raspberries, sugar peas and pod peas.

Continue exploring Mechanicsburg and travel to Ashcombe Farm & Greenhouses. This horticultural complex features greenhouses, a garden center, a gift and floral area, a farm bakery, produce department, display gardens and much, much more. Plan ahead and attend one of their informative classes or children’s programs.

Fresh Produce in Carlisle – Stop by Clair’s Orchard on the Holly Pike for quality fruits like apples, peaches, nectarines, cherries, pears, plums and more. You can also find locally-grown vegetables, meat and dairy products and home-style canned goods.

If you’re visiting Carlisle on a Wednesday, head downtown to the intersection of High and Hanover streets for Farmers on the Square. This farmer-run, seasonal market features vendors within a 50 mile radius of Carlisle.

Lemoyne’s West Shore Farmers Market – Start your day off at the West Shore Farmers Market. This 60,000 sq. ft. farmer’s market and boutiques district offers all the local food goodies and adds a bonus of an upstairs shopping center. The first floor farmers market features gourmet coffee, fresh fruits and vegetables, meats and cheeses, seafood, ready-to-eat meals, desserts and doggie treats. The upstairs includes specialty stores that offer baby clothes, home décor, designer jeans, upscale jewelry and more. You could spend an entire morning shopping and eating your way through the market.

The month of July is also a great time to get outdoors and explore a Cumberland Valley event. View a sampling below or browse the complete calendar at VisitCumberlandValley.com/Events.

Music in the Garden on Pomfret Street Carlisle – Every Saturday through Sept 24th
BYOB and listen to free, live music every Saturday evening on Pomfret Street in downtown Carlisle. Be sure to bring your chairs and snacks too! They offer a wide variety of music for every taste.

Kayaking at Long Pine Run Reservoir – July 24th
Novice and experienced paddlers are welcome to participate in a relaxed 1.5 hour exploration of this quiet reservoir located in Michaux State Forest near Caledonia State Park.

59th Annual Shippensburg Community Fair – July 25th-29th
The Fair features events that bring town and country together, including livestock exhibits, home products, tractor pulls, horse shows, rides and games for all ages!

Carlisle Chrysler Nationals @ Carlisle Fairgrounds – July 15th-17th
Welcome to a true Mopar-lover’s paradise. There’s nothing quite like it anywhere in the world with over 2,100 vehicles from all eras of the Chrysler brand, classics, muscle cars, high-performance new models all converge on Carlisle for a one of a kind weekend.
## Letterkenny Army Depot Morale Welfare & Recreation Directory

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letterkenny Army Depot Operator (Information)</td>
<td>717-267-8111</td>
</tr>
<tr>
<td>Driver Hotline Number</td>
<td>717-267-5220</td>
</tr>
<tr>
<td>Office of the Commander</td>
<td>717-267-8300</td>
</tr>
<tr>
<td>Tieman Child Development Center</td>
<td>717-267-5219</td>
</tr>
<tr>
<td>Parent Central Registration</td>
<td>717-245-3801</td>
</tr>
<tr>
<td>Public Affairs Office</td>
<td>717-267-9741</td>
</tr>
<tr>
<td>Police, Fire, Ambulance:</td>
<td>911</td>
</tr>
<tr>
<td>Emergency</td>
<td></td>
</tr>
<tr>
<td>Police, Fire, Ambulance:</td>
<td>717-267-9101</td>
</tr>
<tr>
<td>Non-Emergency</td>
<td></td>
</tr>
<tr>
<td>Security Office</td>
<td>717-267-8800</td>
</tr>
<tr>
<td>DOIM Technical/Hardware Support</td>
<td>717-267-8000</td>
</tr>
<tr>
<td>LEAD Quality Hotline</td>
<td>717-267-9693</td>
</tr>
<tr>
<td>or DSN 570-9693</td>
<td></td>
</tr>
<tr>
<td>CAC and Military ID Office</td>
<td>717-267-8751</td>
</tr>
<tr>
<td>EEO office and Sexual Harassment Hotline</td>
<td>717-267-8324</td>
</tr>
<tr>
<td>Letterkenny Munitions Center</td>
<td>717-267-8400</td>
</tr>
<tr>
<td>US Army Occupational Health Clinic</td>
<td>717-267-8017</td>
</tr>
</tbody>
</table>

---

**Letterkenny Army Depot Morale Welfare & Recreation**

**Directory**

Opening March 2016

Linglestown Road – Harrisburg, PA

**COUNTY FAIR**

| Class of 2017 Students, Newcomers & Family | Aug 10 | 9am - 2pm |

**BUSINESSES**
- Lerpot View Community Center & Tent Parking
- Carlisle MWR

**COMMUNITY SUPPORT ACTIVITIES**
- Thorpe Fitness Center & Tents along Lowell Avenue

**All Better Care Urgent Care Center**

Better Care For A Better You

Walk-in • No Appointment Necessary • 7 Days a Week • 8am-8pm

**Carlisle**
1175 Walnut Bottom Rd
Carlisle, PA 17015
717-258-WELL (9355)

**Mechanicsburg**
6481 Carlisle Pike
Mechanicsburg, PA 17050
717-796-WELL (9355)

OPEN NOW: Linglestown Road – Harrisburg, PA

AllBetterCare.com
The Community Club at Fort Indiantown Gap is open to the public and offers a charming venue for your next wedding, anniversary, conference, retirement ceremony, or other special occasion. It features plenty of flexible meeting/banquet space with a dedicated professional catering staff, creative cuisine, and superb service.

We understand choice of venue is one of the most important decisions you will make in preparation for your event. Let the Fort Indiantown Gap Community Club provide the attention, service, flexibility, affordability, and individualism you deserve.

Call today to reserve your next function.
HOURS
Arrowheads Bar & Grill
Mon-Thu, 11am-10pm
Fri, 11am-Midnight
Sat, 4pm-Midnight
Sun, 4-10pm
Call ahead eat-in or take-out 717-861-9481
OPEN TO THE PUBLIC

EVENTS Arrowheads Bar & Grill/FTIG Community Club

Flea Market & Community Sale:
July 9, 8am – Noon,
Information or to book a space: 717-861-2450

Brandon Maddox: Today’s Country with that traditional sound: July 9, Doors open at 6:30, $5 cover

Yuengs & Wings Tuesday Nights: Pair your wings with a pitcher of our Yuengling draft selections $10

Pizza Buffet Wednesday’s:
11am-1pm, $7.95

Wednesday Trivia Nights:
7-9pm, No Cover, Prizes, Open to the Public, Full Menu Available

Draught Friday’s: $2 off a pitcher. Domestic and Imported Draft Beer

Line Dancing:
Every Tuesday & Every Other Sunday. $4 per person.
6–7pm – Lesson
7-9pm – All Request Dance Party
Open to the public & all ages
Dancing held in the Community Club Ballroom

LIVE BROADCASTS
Shown on 13 HDTV’s
NASCAR
NFL Sunday Ticket (in season)
Basketball
Hockey
…and much more!

UPCOMING EVENTS
Fort Indiantown Gap Community Club:
717-861-2450
A new Army Emergency Relief website is now up and running with an online assistance tool that is easy to navigate on mobile devices.

“It now works well from a smart phone, tablet, desktop, laptop, whatever device," said retired Col. Guy Shields of AER.

AER conducted a “soft launch” of the website last month to insure that it was working smoothly prior to making an announcement. It was important to work through any issues to insure that the back-end processing of online assistance applications was functional, Shields said. But he added that the new site is now up and running like a champ.

The website offers new features to Soldiers and families that they can easily negotiate, said retired Command Sgt. Maj. Charles Durr, AER assistance officer.

It provides a loan calculator, AER news and videos, and portals to apply for scholarships or loans.

“The thing that I’m really excited about is the online assistance feature -- which really is all about providing a more streamlined assistance process for our Soldiers and their families,” Durr said. “It will enable them to execute that with ease, anytime, anywhere, by use of any electronic device, and it can be executed securely in a matter of minutes.”
Proudly Serving the Military since 1936.

GEICO salutes our Military members. We’ve made it our mission to not only provide you and your family with great coverage, but also to offer flexible payment options, numerous discounts, and overseas coverage to suit the demands of your unique lifestyle.

We stand ready to serve you. Get a free quote today.

gico.com | 1-800-MILITARY | local office
FORT INDIAHTOWN GAP COMMUNITY CLUB PRESENTS

FLEA MARKET & COMMUNITY SALE

RESERVE YOUR SPOT OR FOR MORE INFORMATION
GAPMWR.COM | GAPMWR | 717-861-2450
65 FISHER AVENUE • ANNVILLE, PA

8’ x 10’ Spaces ONLY $5
Table Rentals ONLY $5 each
Bring your own table, tent and whatever you need to make your booth
Sell or Buy
Food Available for Purchase
Burger or Hot dog with soda & chips only $4

OPEN TO THE PUBLIC

SATURDAY
JULY 9
8AM – NOON