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LETTER FROM THE DIRECTOR

Elizabeth Knouse - Director

Happy New Year! It is time to make new resolutions for the upcoming year. Among those new resolutions might be getting back into an exercise routine after the holiday season. MWR offers many different class times and workout options to suit your goals and lifestyle. Please see the schedule in this issue and choose a class that’s right for you. If working out at the gym does not appeal to you, we offer dance classes at the Letort View Community Center, as well as bowling at the Strike Zone Bowling Alley. Both activities provide good exercise while having fun with your family.

If the winter blues are getting you down, sign up for one of our many day trips through LTS. We offer discounted tickets to many area attractions, as well as bus trips your whole family can enjoy. Sign up for a trip today and get rid of that cabin fever!

Whatever you resolution might be, MWR wishes you all the best for a healthy and prosperous New Year!

happy new year!

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

Covering all things hot and cold, Chambersburg IceFest is fun for the whole family. From hot peppers to ice sculptures, this event is a great way to beat the wintertime cabin fever. Photograph by Jen Wetzel.

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Carlisle Autocare Service Tip of the Month

When all of your vehicle’s wheels are lined up exactly with each other, your wheels are in alignment. Hitting a road hazard or even just the normal bumps and bounces of everyday driving in Carlisle can cause your wheels to be out of alignment.

Driving for an extended period of time when your wheels are out of alignment results in uneven wear of your tires. This is dangerous and expensive. Worst case scenario, you have a blowout on a crowded freeway. It can also cause premature wear to your suspension system, which can also be very expensive to repair. At the very least, you may have to replace your tires too early.

Here are some alignment basics from Carlisle Autocare Center:

- **The first adjustment is called “toe”**—the wheels point in towards each other or away from each other at the front of the tire.

- **The next adjustment is called “camber”**—the wheels tip in or out at the top.

- **The final adjustment is called “castor”**. Castor measures the angle where the front axles attach to the vehicle.

The ideal alignment for your vehicle was designed by its engineers. Alignment service starts with an inspection of the steering and suspension to see if anything is bent or broken before the technician looks at the tires’ condition.

The vehicle is then put on an alignment rack and an initial alignment reading is taken. Then the wheels are aligned to the manufacturer’s specifications. Your owner’s manual probably has a recommendation for how often the alignment should be checked—usually every couple of years. If you suspect a problem get it checked before you suffer expensive tire or suspension damage.
USAG CARLISLE BARRACKS
MORALE WELFARE & RECREATION

DIRECTORY

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 am-4:30 pm 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 10 am-5 pm
Thurs 10 am-8 pm
Sat 9 am-4 pm
Closed Sat prior to a Monday holiday
Auto Crafts
Mon-Fri 8 am-5 pm 717-245-3156
Auto Self Service
717-245-3156
Mon-Fri 8 am-5 pm
Thurs 8 am-5 pm
Sat 8 am-6 pm
Frame & Engraving
717-245-3319
Frame Studio - Self Help
Thurs 1 pm-8 pm
Fri 10 am-4 pm
Sat 9 am-4 pm 717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Fri 8:30 am-9 pm
Sat 1-9 pm, Sun 1-8 pm 717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 7 am-7 pm
Golf Course
717-245-3262
19th Hole Snack Bar
717-245-3267
Child, Youth & School Age Services
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30 am-6 pm
Sports Director
717-245-4343/3906/4029
Thorpe Hall Fitness
Mon-Fri 5 am-8:30 pm
Sat 7 am-5 pm
Sun 8 am-5 pm
Holidays 10 am-3 pm 717-245-3418
Root Hall Gymnasium
Mon-Fri 5:30 am-8:30 pm
Sat, Sun & Holidays Closed 717-245-4343/3906/4029
Indian Field Fitness Center
Mon-Fri 5 am-8:30 pm
Sat 7 am-5 pm
Sun 8 am-5 pm
Holidays 10 am-3 pm 717-245-3535
Tiki Bar
Near Splash Zone pool.
717-245-4552
Joint Pub is open when Tiki Bar is closed due to inclement weather.
Army Community Service
632 Wright Ave, Carlisle, PA 17013
Mon-Fri 8 am-4:30 pm
Thur 8 am-1 pm
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

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
Unihan 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 717-961-2045
Motorcycle Registration 717-245-4115
Cleaning, Tailoring, Shoe Repair 717-258-1857
Vet Clinic 717-245-4168

www.1STCHOICEMAG.COM | JANUARY 2015 5
Chambersburg IceFest

By Lisa M Riley

Fourteen years ago the community of Chambersburg decided it was time to beat the winter blues. A few dedicated volunteers embraced the motto “if you can’t beat’em - join ‘em” and IceFest was born. Today IceFest is a growing community event and is now one of the largest outdoor ice festivals in Pennsylvania.

IceFest kicks off Thursday, Jan. 29 with a ribbon cutting in the Town Square and ends Sunday, Feb. 1 with a kids’ Scavenger Hunt and one last opportunity to ride a 40-foot double-lane ice slide. The entire weekend in between is packed with events that embrace the beauty of winter with hot treats to keep you warm!

Local dance favorites Frank and Maureen Hancock will start the weekend off with a Foxtrot dance workshop followed by the Snowfall Ball. The event is only $10 and is a great way to keep warm on a cold winter night. During the Ball some of Frank’s JROTC students will show off their dancing chops with a showcase dance. Those who have taken the Hancock’s dancing class at Carlisle Barracks in the past know that whether you have Fred Astair’s grace or Elaine’s twitchy legs you will have a great time and finally learn to do more than just the ‘junior high sway.’

If winter is your favorite season, or you’re just feeling brave, take the plunge…the Polar Dunk Plunge. A spin-off of the traditional polar plunge, IceFest volunteers sit in a dunk tank on the Town Square anxiously waiting for someone with pinpoint accuracy to hit the target and drop them into frigid water. If you think you can handle the cold, feel free to volunteer for this event. Your sacrifice will be rewarded as all proceeds from this fundraiser are split between Leadership Franklin County and Relay for Life. Another way to enjoy the weekend while supporting local charities is to attend the ArtFest at IceFest. Regional artists will spend Saturday creating unique artwork that will be auctioned off at the end of the day with proceeds benefitting For the Kids.

Pack your mittens and your camera when you come to IceFest because the real stars of the show are the more than 70 ice sculptures expertly carved by DiMartino Ice. These talented, and cold-hearty artists turn boring blocks of ice into beautiful masterpieces right before your eyes during live carvings. Sculptures will be on display throughout the downtown area for you to enjoy all weekend long.

Turning up the heat more your style? Don’t miss the annual Chili Cook-Off. Admission for the chili tasting is $5 per person, or you if you think your chili recipe can hold its own you can enter the Chili Cooking Contest. For a small registration fee you can enter either the amateur or professional division and compete for both a cash prize and bragging rights. Still not hot enough? Then enter the hot pepper eating contest for a chance to win $100. This event is held under a heated tent, and tickets go quickly so don’t miss out!

You can embrace your sweet and creative side by entering the Icing on the Cake competition. Entrants in the student, amateur and professional categories will present their best carved or stacked cake creations. Don’t worry that your paltry cake skills are going to leave you out in the cold, following final judging the doors will open and everyone gets to eat free cake.

IceFest is free (except for a few select events that charge admission), local businesses will be open with lots of great deals for customers, and a variety of vendors will be available on the square selling hot goodies to warm up your cold fingers.

Chambersburg is about 30 minutes from Carlisle and just over an hour from Fort Indiantown Gap. Go to their website at icefestpa.com for schedule details, competition entry forms and directions.
The Carlisle Barracks Tae Kwon Do team won 29 trophies, in state and local competitions. The program was established 33 years ago. Over that period of time the team won only eight events on average per competition.

On November 8, the team participated in the 2014 Battle in Hershey, Open Karate Tournament. At the adult division of competition, Jason King, a 1st degree brown belt, received a gold trophy in forms, a silver trophy in weapons and a bronze trophy in sparring. Russ Hartman, a 1st degree brown belt, received a gold trophy in sparring, a gold trophy in weapons and a bronze trophy in forms. Robyn Thompson, a second degree brown belt, received a gold trophy in forms and gold in weapons. Victoria Thompson, a white belt, received a gold trophy in forms and gold in weapons. Michael Brokate, a second degree brown belt competed in the teen division and received a bronze trophy in sparring.

Several of the team’s individuals, Anja Prandtner, Caroline Fields and Ella Farmer, had prior commitments and could not attend.

All individuals are members of the Carlisle Barracks Tae Kwon Do club 187. The club is an official member of the US Tae Kwon Do Association, Colorado Springs, Colorado and a life member of the Military Marshal Arts Academy, at Fort Dix, New Jersey.

The Carlisle Barracks Tae Kwon Do instructors are:

- John Cerifko, 5th degree black belt, 33 years.
- William Beidel, 5th degree black belt, 22 years.
- James Gordon, 5th degree black belt, 18 years.
- Ruthie Gordon, 4th degree black belt, 16 years.
- Trisha Folan, 2nd degree black belt, 13 years.
- Jeremy Wright, 2nd degree black belt, 13 years.
- Patricia Doss Maryuardt, 1st degree black belt, 8 years.

Club 187 would like to thank the former black belts who helped make this program work: William Beidel Sr., Tom Shultz, Joseph McGarvey, Judy Hom Lanoue and Stanley Lanoue.

All individuals have given their time and labor to support services to the Carlisle Barracks and the Carlisle Community.
**MORALE, WELFARE & RECREATION**

**HAPPENINGS**

**LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)**

- **Joint Pub:** Hours of operation Thu & Fri 4-10pm. Menu available 5-8pm.
- Shuttle bus service available every Thu - call (717) 226-3985 for pick-up. Areas available:
  - **Keystone Arms** - West Point Drive & Patton Drive Intersection
  - **Keystone Arms** - Taylor Avenue & MacArthur Drive Intersection
  - **Carlwynn Apartments** - On the Square, Corner of Hanover & High Streets near 1st Presbyterian Church
  - **Seven Gables** - Corner of Rush Drive & Veterans Way

**SPORTS – 📞 245-4029**

- **Strength for Wisdom, U.S. Army War College and Carlisle Barracks Upcoming Events:**
  - **Push Up and Squat Challenge** – Feb 3
  - **Strength for Wisdom Challenge** – Mar 8
  - **Fitness Classes:** Thorpe Fitness Center. TRX, TRX (for Adults over 40), MMA Fitness Workout, Boot Camp, Zumba, Spinning, Aikido, Core Strength and Stretch, Jazzercise, LaBlas. All classes are FREE except Power Yoga, Tae Kwon Do. Tue and Thu from 4:30-6pm at Jim Thorpe Fitness Center. $15 per month.
  - **Tae Bo Cardiovascular Workout:** Tue and Thu from 6-7pm at Thorpe Fitness Center. $15 per month.

**NEW CLASSES:**

- **LaBlas** - Fun filled, high energy dance class.
- **Jazzercise** - combines dance, strength training, yoga, pilates and kick boxing moves.

**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, plyo boxes, etc.) led by Brian Sarjeant, Certified CrossFit Instructor and Ann Peck, ACE Certified Group Fitness Instructor.

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

**Vinyasa Flow Yoga:** Mon & Wed at 10:15am. 60 minute class.

**Yoga Foundations:** Fridays at 9am. Explore the basics of yoga in this entry-level class.

**BARRACKS CROSSING FRAME STUDIO – 📞 245-3319**

- **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 Thursdays from 5-7pm. $150 (all supplies included in price).

**AUTO SHOP – 📞 245-3156**

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

**ARMY COMMUNITY SERVICE 📞 245-4357**

- **Soldier for Life: Transition Assistance Program**
  - Jan 5-9, 2015
  - 8:30 – 4:30 pm
  - 108th national guard armory
  - 502 Calvary Road, Carlisle
  - For service members and spouses who are retiring or separating from the Military. Congressionally mandated Pre-Separation Briefing. This is a five day workshop to create a resume, practice interview skills and receive VA Benefits entitlement information. Dress is business casual. Please bring a draft resume and note taking materials.

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**MONDAY NIGHT MIXED LEAGUE**

**BOWLING ARE YOU A GOVERNMENT EMPLOYEE?**

**Ask how the Commuter Benefit can work for you.**

As an employer, the government offers a tax-free commuter subsidy as a fringe benefit. You can use this subsidy to save on your commuting costs by joining a Blue Mountain vanpool.

Traffic, long commutes, the cost of gas, insurance, and wear and tear on your vehicle can add up.

Join a vanpool, share the costs, share the driving, some stories, ideas, and laughs. It’s a more pleasant way to commute.

**Life’s a journey, share the ride.**

**1-888-592-2583**

INFO@BLUEMOUNTAINTRANSPORT.COM
Newcomer’s Orientation
Jan 12, 2015
1 pm – 3 pm
46 Ashburn Drive
Room 202 Anne Ely Hall
Information for new members to the Carlisle Barracks Community. All newcomers are invited to attend. Family members are invited to attend as well.

Resume class
January 22, 2015
9 am – 3 pm
Army Community Service
632 Wright Avenue, Carlisle
Learn how to structure your resume in the Federal and civilian format. Guidelines in writing your resume for employment will be discussed. Please bring paper and pen as well as a copy of your most recent resume information.

Dress for Success
Jan 29, 2015
10 am – noon
Army Community Service
632 Wright Avenue, Carlisle
Barracks
Learn about the styles of interview clothing for both men and women.

Cyber Safety
Thursday, January 29, 2015
6 pm - 8 pm
Bradley Auditorium, Upton Hall
A workshop for parents to find out “Do you know what your kids know?” All Carlisle Barracks affiliated personnel are invited to attend this useful presentation.

LEISURE TRAVEL SERVICES ☏ 245-4048/3309
GET YOUR TICKETS AT THREE GREAT LOCATIONS: Carlisle Barracks - B42 Sumner Road (located beside the Commissary), U.S. Army Heritage & Education Center - 950 Soldiers Drive & Fort Indiantown Gap Community Club - 9-65 Fisher Ave

Harlem Globetrotters Discount Tickets: Mar 15, $30 per ticket (section 104). Giant Center, Hershey, PA at 2pm. Save $9 + service charges.

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).

BOWLING – ☏ 245-4109
Monday Night Mixed Bowling League: Jan 12 – Apr 13 from 6:30-9pm. $11 per person. League meeting Jan 5 at 6:30pm.

Pizza, Pins & Pop: Jan 4-Apr 26. 2 hours of bowling for 4 people, shoe rental, one plain pizza and one pitcher of soda for $24.95.

Friday & Saturday Cosmic Quartermania: Jan 2 – Apr 25. $2.50 per game/person (shoe rental not included). 7-9pm, $5 cover charge, first come first served and no reservations allowed.

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!

GOLF – ☏ 243-3262
Play & Ride/Weekday Special: Mon-Thurs from 12-4 pm. $24 p/p. 18 Holes. Must call for a tee time.

Cyber Safety
January 29, 2015
6 pm - 8 pm
Bradley Auditorium, Upton Hall
A workshop for parents to find out “Do you know what your kids know?” All Carlisle Barracks affiliated personnel are invited to attend this useful presentation.

Baltimore Aquarium: Discount tickets available.

Florida Vacations: Discount tickets available.

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GOLF – ☏ 243-3262
Play & Ride/Weekday Special: Mon-Thurs from 12-4 pm. $24 p/p. 18 Holes. Must call for a 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
Basic Bike Maintenance: The basic bicycle maintenance clinic is an information class to learn the basics of how to extend the life of your bike and keep it running smoothly. Topics include how to lube a chain, fix a flat tire in record time, do minor adjustments to your bicycle, and more. Informational session only, no bikes please.

Jan 21; Feb 18; Mar 1, 14 & 18, 6-7pm, $20 p/p Must register one week prior to clinic

How to go Ultralight Backpacking Clinic: Learn how to choose and pack gear that lets you go fast and light.

Jan 17; Mar 11 & 21, 6-7pm, $20 p/p, Must register one week prior to clinic
FAMILY AND MORALE, WELFARE & RECREATION

Interpretive Prisoner War Camp
Hiking: Come tour the remains of an interrogation camp used during World War II. All abilities welcome.
Mar 25, 10am-2pm, $20 p/p (transportation provided) Must register one week prior to event

Cross Country Skiing: Bring a lunch and water and dress for the weather. Location will be based on snow conditions. All abilities welcome.
Jan 7, 11, 14 & 29; Feb 3 & 24, 8am-4pm, $25 p/p (transportation and skis provided), Must register one week prior to event

Snowshoeing Trips: Follow us on a trip in the great outdoors and enjoy the snow. Bring a lunch and water and dress for the weather. Location will be based on snow conditions. All abilities welcome.
Jan 10, 11, 24 & 29; Feb 12, 17, 21 & 28, 8am-4pm, $25 p/p (transportation and snowshoes provided), Must register one week prior to event

Winter Camping Clinic: Learn how to stay cozy, warm and dry when the weather outside looks frightful. Come learn how to make your winter camping experience warm, safe and comfortable – and thus, more fun! Clinic will be held at Outdoor Recreation.
Jan 15, 6-7pm, $20 p/p, Must register one week before clinic

Sledding Trips: Sledding trips for the whole family. Sledding is what makes winter a wonderland. Bring a lunch, water and dress for the weather. Location based on snow conditions. All abilities welcome.
Jan 25 and Feb 22, 9am-4pm, $20 p/p (transportation and sleds provided), Must register one week prior to event

Appalachian Trail Prep Clinic: Learn about AT culture and customs and how to stay safe. Learn what to pack and what to leave at home. Clinic will be held at Outdoor Recreation. Feb 11, 6-7pm, $20 p/p, Must register one week prior to clinic

Geocaching: Treasure hunting game where you use a GPS to hide and seek containers, called geocaches, with other participants in the activity. All abilities welcome. Mar 7 and Mar 15, 10am-2pm, $20 p/p (transportation and GPS provided), Must register one week prior to event

Day Hiking Trips: Outdoor Recreation offers the following section hikes on the Appalachian and Tuscarora trails. Learn the history of the trails, enjoy great company and nature nuggets. All abilities welcome.

Halfway point of the Appalachian Trail Mar 8, 10am-2pm, $20 p/p
Waterfall Hike – Ricketts Glen Mar 4 & 22, 7am-5pm, $20 p/p
PA High Point – Mount Davis A lofty height of 3000 ft., Mar 29, 7am-5pm, $20 p/p, Must register one week prior to event

Bike Rides: Pennsylvania is home to countless rail trails. Come with Outdoor Recreation and explore more on two wheels. All abilities welcome.
Half-Day Rides: Mar 28 & 31, 10am-3pm, $20 p/p (transportation and bikes provided), Must register one week prior to event

SCHOOL A GE CARE PROGRAMS – 245-4555

CHILD YOUTH AND SCHOOL SERVICES – 245-4555

SCHOOL LIAISON OFFICE 245-4638

Family Advisory Board Meeting
Jan 6, 11am – Noon, Delaney Field House, FREE
Parents Night Out: In support of Chili Cook-Off and Civilian Event Jan 23, 6 – 11pm, $30 per child
Must have 12 registered members at each facility. Moore CDC (infants – 5year pre-K) & McConnell Youth Center (1st-6th grade) in order to provide care.

SCHOOL AGE CARE PROGRAMS 245-4555

SAC Lock-In Spy Games: Special activities, snacks and games.
Jan 16, 7pm – Jan 17, Midnight, FREE

SAC Myth Busters Day: Experiments, games & activities, snack provided.
Jan 31, Noon-4pm, FREE

SAC Super Bowl Party: Choose to watch the Super Bowl in the creation station or play group games in the gym.
Feb 1, 6-10pm, FREE

SAC Valentine Luncheon: Parents can enjoy lunch prepared by the children.
Feb 13, 11:30am-12:30pm, FREE

SAC Cupcake Wars: The children will decorate cupcakes and the winner will receive a special prize.
Feb 28, Noon-4pm, FREE

SAC Spring Fling: The SAC program is having a dance!
Groove to the beat in the gym and/or make spring crafts in the art room, snack provided.
Mar 28, Noon-4pm, FREE

SKIES PROGRAMS 245-4519 Register for all SKIES Classes on line https://webtrac.mwr.army.mil/webtrac/carlisieyms.html or call CYSS

Pre-School Dance 3-4 years
Tuesdays, Jan 13 – Feb 5, 5-5:30pm, $35

Pre-ballet 5-6 years
Tuesdays, Jan 13 – Feb 5, 5:45-6:30pm, $40

Beginner Hip Hop Dance 6-9 years
Thursdays, Jan 15 – Feb 7, 5-5:45pm, $40

Hip Hop Dance 10-12 years
Thursdays, Jan 15 – Feb 7, 6-7pm, $40

Art Class 8-12 years, 4-5:30pm
Choose Tuesdays Jan 6 – May 12 or Thursdays Jan 8 – May 14, $160, (Includes supplies)
Bricks4Kidz - Lego Bricks educational creation program
Tuesdays Feb 3 – 17, www.1stchoicemag.com

MIDDLE SCHOOL & TEEN PROGRAMS – 245-4642

Middle School & Teen NFL Lock-In
Jan 9-10, 6pm-7am, McConnell Youth Center, FREE, Register by Jan. 7pm

Middle School & Teen Roundtop Mountain Resort - Ski Trip
Jan 17, 10am-7pm, $20 (without rentals) $40 (with rentals), Register by January 15, 7pm

YOUTH SPORTS & FITNESS 245-3354

Youth T-Ball–Ages 3-6 years
Registration: Feb 2 – Mar 27, Season: Mar 31 – May 9, Volunteer coaches receive free T-Ball registrations.

Youth Spring Soccer–Ages 3-18
Registration: Feb 2 – Mar 27, Season: Mar 30 to May 13 (all leagues are co-ed)

Preschool: Ages 3-5, not yet in Kindergarten, Bantam: k-2nd grade: Elementary: 3rd-5th grade
Middle School: 6th-8th grade, High School: 9th-12th grade

Youth Running Club- Co-Ed Ages 10-18
Registration: Feb 2 – Mar 27, Season: Mar 30 to May 16

Learn warm-up, cool-down and running techniques / Improve overall health and wellness
Volunteer coaches needed to lead and supervise runs.

America’s Armed Forces Day – Kids Run (This is a worldwide Military Base event)
May 16th, Registration opens April 6th, Open to the public
Ages 5 & 6 run 1/4 mile, Ages 7 & 8 run 1/2 mile, Ages 9-13 run 1 mile = Indian Field, FREE

Online Registration: www.americaskidsrun.org/

Friday Night Dodgeball: Open to youth in grades 1-12. Please bring a clean pair of sneakers to wear.
Every Fri night, 7-8:45pm, McConnell Youth Center, FREE

UPCOMING EVENTS

First Choice Bridal Show: March 1, www.1stchoicemag.com/weddings for information and registration.

Easter Egg Hunt: March 28

Month of the Military Child Events: April

www.carlislemwr.com
As a retired Army Officer, I understand the unique challenges faced by military members relocating to the DC metro area. Through our partnership with the Pentagon Federal Credit Union, the Berkshire Hathaway PenFed Realty Team and I have your relocation needs covered. If you need assistance with buying or selling a home in the DC area, then give me a call today!

300 N. Washington Street, Suite 100
Alexandria, VA 22314
Mobile: 202-450-0646  Office: 703-836-1464
Randolph.Haufe@PenFedRealty.com  www.RandolphandKelleyHomes.com
NEW YEAR, NEW HOURS
Arrowheads Bar & Grill
Sun-Thu, 11am – 10pm
Fri & Sat, 11am - Midnight

Events
Line Dancing
Every Tuesday & Every Other Sunday
Jan. 6, 11, 13, 20, 25, 27
$3 per person
6-7pm – Lesson
7-9pm – All Request Dance Party
Open to the public & all ages
Dancing held in the Community Club Ballroom

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

Wednesday Trivia Nights
Jan. 7, 14, 21, 28 - 7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

Super Bowl Party
Sun, Feb 1
Great Food, Great Seats, Giveaways

Valentine’s Day Dinner Dance
Bring your sweetheart for Surf & Turf or Chicken Marsala specials.
Includes dessert and a DJ.
Mon-Thurs: 11 am-1 pm
Fri: 11 am-1 pm, 4 pm-Midnight
Sat: 5 pm-2 am

Community Club Cafeteria
717-861-9482
Mon-Fri 11 am-1 pm

DMVA Cafe
717-861-2450

Recreation Center
Bldg. 13-190
Annville, PA 17003
717-861-2296
Fri-Sun: 6-10 pm

Leisure Travel Services
Bldg. 9-65 Fisher Ave
Annville, PA 17003
717-861-3994
Fri-Sat 9am - 1pm

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 am-9 pm
Sat-Sun: 8:30 am-8 pm

Warrior Fitness Center
Bldg. 12-99
Annville, PA 17003
Open 24/7 with access key
717-861-9611
Sports/Racquetball Courts
717-861-2711
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M-F 6-10 A.M.
As January blends into February and the novelty of cold temperatures, gray skies and freezing rain begins to wear off the hope of spring plants its seed in most people’s minds. But how long will the winter last, when can we expect Spring’s warmth, and who will let us know its arrival is approaching, or not? Fear not, because every February 2 dating back as far as 1887 one of Pennsylvania’s best known celebrities has made it his mission to answer these very questions for us. Possibly the greatest and best-known weatherman of all time, Punxsutawney Phil, the legendary groundhog of Punxsutawney, PA, delights school children everywhere as he comes forth from his burrow in Gobbles Knob and predicts the coming of spring on Groundhog Day.

“It’s a magical thing,” said Kim Toomey of Carlisle, PA, as she reminisced about groundhog days past. Legend holds Punxsutawney Phil possesses the mythical abilities to forecast either the early coming of spring, or a long winter, and this year marks the 129th year Phil will come out of his burrow to make his yearly prediction. It’s known if Phil comes out and sees his shadow it foretells another six weeks of winter, but if he does not spring is just around the corner, and we can all begin to breathe a sigh of relief as the promise of warmth has been made.

“He’s adorable,” says Clare Koerner of Camp Hill, PA, “They should just leave him alone,” she added in hopes of an early spring.

The Groundhog Day as it has come to be known is a tradition that dates back to early days of Christendom and a winter festival called Candlemas Day. Candlemas Day was a day when the clergy would bless and distribute candles to their parishioners. The tradition held if it was sunny on Candlemas Day it meant a long winter. As the Roman legions moved north, and in their wake spread Christianity and its traditions they brought with them Candlemas Day where in Germany they added their own twist, the hedgehog. They claimed it made sense on a clear and sunny day a hedgehog would cast a shadow, and the hedgehog being of some intelligence would see its own shadow and it would mean another six weeks of winter.

Eventually many Germans immigrated to and settled in Pennsylvania, where, if you’ve ever gone into the wilds, you know groundhogs are in abundance. Groundhogs which closely resemble hedgehogs soon replaced the hedgehog, and the tradition continued and Groundhog Day was born.

“I like finding out we have a few more weeks of winter,” said Brandon Wetzel, of Carlisle, PA, a lover of winter.

Every year as many as 30,000 revelers travel to Gobblers Knob in Punxsutawney, PA, to party and witness first hand as Punxsutawney Phil emerges from his burrow and glances his shadow, or not, answering for us the questions of how long will winter last, when can we expect spring, and who will let us know of its arrival.

For more information visit: www.visitpa.com
Chicken and Orzo with Arugula and Basil Soup

Serves 4

4 cups chicken stock
2 tablespoons extra virgin olive oil
3/4 pound chicken tenders, cut into small pieces
2 tablespoons chopped fresh thyme
1 bay leaf
1 onion, finely chopped
1 carrot, grated or finely chopped
1/3 pound mushroom caps, quartered
Salt and pepper
2/3 cup orzo pasta
1 cap fresh basil leaves, shredded or torn
1 teaspoon grated lemon peel
Grated parmigiano reggiano cheese, for passing around the table

In a medium size soup pot, bring chicken stock and 2 cups water to a low boil.

Meanwhile, in another soup pot, heat the EVOO over medium-high heat. Add the chicken and cook, stirring, until lightly browned, about 5 minutes. Add thyme and bay leaf, then stir in onion, carrot and mushrooms; season with salt and pepper. Cover pan and cook vegetables until softened, 6-7 minutes.

Pour hot stock over vegetables and bring to a boil. Stir in orzo and cook about 8 minutes. Remove from heat and add arugula and basil to wilt. Stir in lemon peel, discard bay leaf and season with salt and pepper. Serve with lots of grated cheese at the table.

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The Soldier for Life—Transition Assistance Program (SFL-TAP) engages in the preparedness of our military personnel by providing training in employment, education, and health care programs that exist or are evolving to assist soldiers, veterans, and their families as they reintegrate following their service obligation.

The five-day Transition Assistance program has evolved since its inception in the 1990s from a three-day workshop to a full five-day workshop encompassing all aspects of career services such as; developing a transition plan, career exploration, military occupation crosswalk, financial budgeting, resume writing, interviewing, salary negotiations, and veterans benefits.

Since November 2012, the implementation of the Veterans Opportunity to Work Act (VOW Act) has provided service members and their families with employment transition assistance at their closest installation. The SFL-TAP is a constant evolving program with new pilot programs being conducted for employment and career tracks such as Higher Education, Career Technical Training, and Entrepreneurship for personnel looking to start their own business. Our goal is to prepare the soldier and family for the civilian sector with all the necessary tools in their toolbox to help them achieve success and be career ready in their next career as a civilian. This is a program designed to take care of the initial entry soldier to the soldier retiring from active duty and even beyond retirement with career services.

Employment/Transition Readiness Program Manager
717-245-3684
HOW TO CREATE THE RIGHT MINDSET TO PAY OFF YOUR DEBTS

BY CORA JOHNSON, FINANCIAL PROGRAM MANAGER

The holidays are over – but the debt isn’t – especially if you used your credit cards to finance your holiday purchases. We live in a society where debt is a way of life and easy to obtain—and therefore can quickly get out of control. If you’re like most people, one of your goals this year is probably to pay off your debts once and for all. But before we can get down to the nitty-gritty of debt reduction, we first have to review your money beliefs about your debt and overcome any emotional roadblocks you may have about it. Here are five ways to create the mindset you need to pay off your debts once and for all.

1. Acknowledge the debt you have.

A lot of consumers know they have debt, but they may not be very clear on how much they really have—or what type of debt it is. So, first things first: You have to be willing to look at your debt and get very clear on the types of debt you have—car loan, student loans, credit card debt, etc., the amount you owe on each, and the current interest rates and minimum payment amount on all of them. You cannot afford to not know this information. Again: get clear about the debt you currently have. Take the time to write this all out on a sheet of paper and make sure you know the cold, hard facts about your debt.

2. Accept the debt you have and forgive yourself.

Once you acknowledge your debts, a lot of emotions can arise—shame, guilt, regret, anger. All of these emotions are normal; however, you do not need to give any unnecessary meaning to the debt you have. It is what it is. You are not a failure, and you are not a bad person because you have debt. It’s easy to be really hard on yourself, but choose to see the debt as a neutral thing and a learning lesson in life. Accept it for what it is, forgive yourself for having it and decide to move forward from here on out.

3. Focus on growing your emergency fund.

Get in your mind that in order to reduce your debt successfully you must also have an adequate emergency fund. If you allocate all your excess income toward making extra debt payments but have no money in the bank, the next time an emergency comes up, you’ll fall right back toward using your credit card to pay for it. Without an emergency fund to cover the unexpected expenses that always come up in life, you may end up using the same credit card you’ve been working so hard to pay off to bail you out. It easily becomes a catch-22.

So instead, split up your excess cash and allocate some toward making extra debt payments and some toward building your emergency fund. By following this strategy, you will slowly begin to untangle yourself from your debt and build the financial foundation you need to cover you when life’s unexpected events inevitably occur.

Here’s an example: You have $500 left over every month to save or use toward debt reduction. You may simply divide this in half, add another $250 toward additional debt payments and put the remaining $250 into your savings account. This way you’re building up your emergency fund while still paying down your debt. Of course, working with a financial planner will confirm a suitable allocation for you and your goals.

4. Create a game plan.

Now that you understand that you should focus your thoughts on building your emergency fund and paying off your debts, create a game plan to actually do this. Look at your monthly income and expenses and decide how much money you can realistically save every month while also making additional debt payments. If you find that you are falling short or living paycheck to paycheck, then you’ll need to either cut back on your expenses or make more money. There are lots of ways to increase your income, asking for more at work or finding freelance work to do on the side, so find what works for you and embed that into your game plan.

5. Remember that debt is temporary.

The debt you have is temporary and can be eliminated with the right mindset and game plan. So celebrate the mini milestones. You can celebrate every time you reach a new benchmark—i.e., you’ve saved up another or paid off another $1,000 increment. Find ways to acknowledge your hard work, as it is important to stay motivated along the way. Remember it’s the journey and not the destination that needs to be enjoyable, and celebrating mini milestones is key to your long-term success.

For more info, contact the Army Community Service, Financial Certified Debt Manager at (717) 245-4720.
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