In this issue:

Central PA’s Pumpkin Patches
Veterans Find Success with a Twist
Army Hosts First Armed Forces Women’s Rugby Camp
Domestic Violence Awareness Month
Employee Spotlight

Cora Johnson
ACS Financial Program Manager

Ms. Johnson recently received the Achievement Medal for Civilian Service. She was specifically recognized by accreditation evaluators as a top performing Financial Counselor and Army Emergency Relief Officer in the United States Army. In her role, Ms. Johnson has assisted Soldiers with consumer affairs, credit management and security clearance issues due to debt, often saving their careers. Retired after 24 years of active duty in the United States Army, she has continued to serve the military community through her work at Army Community Service since 2004.

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.

LETTER FROM THE DIRECTOR

Elizabeth Knouse - Director

With brisk mornings and leaves just starting to change, it must be October in central Pennsylvania! Time for corn mazes, pumpkin carving and apple picking. Having spent time across the country, there is certainly no better time to be in PA than in the fall. There is so much to see and do, it can be difficult to get it all in just before winter sets in. Family and MWR is here to help you experience it all! What better way to experience fall at Carlisle Barracks than to join us for the Annual Oktoberfest! This year’s Oktoberfest will be held Thursday-Sunday, October 8-11 at The U.S. Army Heritage and Education Center. There will be fun for all ages with a terrific music line up of live-local entertainment. No Oktoberfest would be complete without the Happy Wanderers Oomph Band. Please come out and join the Family and MWR team celebrating live-local entertainment and tons of food! A full schedule of entertainment, games and tapping of the Official War College MWR Brew. We will once again host the crowd loving competitions such as the Hot Dog Eating Contest, Kids Apple Pie Eating Contest, Keg Toss, Stein Holding Contest, Sauerkraut Eating Contest and even the Wife Carrying Contest. We hope to see you there!

October is also the March For The Fallen, Saturday, October 10. It is a community event hosted by the Pennsylvania Army National Guard Training Center, Fort Indiantown Gap. This event is held to honor the memory of all that have fallen in the defense of our Nation. The March For The Fallen is a march that consists of a 28 mile Path to Honor, 14 mile Hawk Watch Challenge, and a 5K and 1K Kids Honor Run to honor those who have fallen. This year is also the 50th Anniversary commemoration of the Vietnam War. All proceeds from registrations benefit Service Members, Veterans and Family Programs. Come out and support our troops and those who have fallen in honor.

If you are looking for places to go this October, our facilities here on Post offer a variety of trips and tours around the area. Leisure Travel Services has a Disney on Ice Tickets available which is sure to please all ages. For you New York City explorers, a trip planned to the Statue of Liberty is at the end of the month and they also have Radio City ‘Rockettes’ Christmas Show tickets available for purchase. Outdoor Recreation also has trips planned for those who love the outdoors. There are half day bike rides, kayaking trips to explore the beautiful scenery and even a day hiking trip with lunch provided. Spending time with your family is important to us in MWR and we love being able to plan trips for the whole family to enjoy. Making memories for your family is what we do!

Looking for ways to improve your community and services? The Army Family Action Plan is the Army’s primary tool to communicate to leaders issues of importance to Soldiers, Retirees, Family Members and Civilians. This gives leaders different perspectives of adjustments and improvements that will improve recruitment, retention and work-life satisfaction. You can submit issues at any time to the Army Community Service’s website at http://carlislebarracks.carlisle.army.mil/acs/forms/afap_request.cfm or give them a call, they are always willing to help! ACS is also seeking volunteers for a one day workshop in November to serve as delegates, recorders, facilitators, subject matter experts and event planners. Please call the Army Community Service AFAP Coordinator at 717-245-4357 to volunteer today.
On the Cover
Does the cover make your mouth water? Come out to our annual Oktoberfest and try a pretzel from the Philly Pretzel Factory! Their “Philly Style” pretzels are made with fresh dough daily and they hand twist each and every pretzel themselves. Philly Pretzel, the world’s largest Philly-style pretzel bakery, has won awards for their soft pretzels. If you are craving a “Philly Style” pretzel visit them at any of their franchise locations or come out to our Oktoberfest!

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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.

Later all-season tires started to come along. All-season tires are
really a compromise between summer and winter performance.
However, 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 would just put snow tires on the
drive wheels. 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.

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 manufactures 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.
USAG CARLISLE BARRACKS
MORALE WELFARE & RECREATION
DIRECTORY

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Drive
Carlisle, PA 17013
Mon-Fri 7:30am-4:30pm
☎ 717-245-4332

Marketing
☎ 717-245-4533

Sponsorship and Advertising
☎ 717-245-3777

Finance
☎ 717-245-4696

Barracks Crossing
870 Jim Thorpe Road
Carlisle, PA 17013
Tue, Wed & Fri 10am-5pm
Thu 10am-8pm
Sat 9am-4pm
Closed Sat prior to a Mon Holiday

Auto Crafts
Mon-Fri 8am-5pm
☎ 717-245-3156

Auto Self Service
Mon-Wed, Fri 8am-5pm
Thu 8am-8pm
Sat 9am-4pm
☎ 717-245-3156

Frame & Engraving
☎ 717-245-3319

Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-4pm
Sat 9am-4pm
☎ 717-245-3319

Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Thu 8:30am-9pm
Fri 8:30am-9pm
Sat 1-9pm
Sun (During Youth Bowling) 9am-9pm
Sun 1-8pm
☎ 717-245-4109

Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm
☎ 717-243-3462

Golf Course
☎ 717-243-3262

19th Hole Snack Bar
Closes for Winter Oct 19th
☎ 717-245-3267

Child, Youth & School Age Services
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30am-6pm

CYS Division Chief
☎ 717-245-4283

CYS Central Registration
☎ 717-245-3801

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 6:30am-5:30pm
☎ 717-245-3701

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

Letort View Catering
Tue-Thu 9am-5pm
☎ 717-245-3960/4049

Joint Deli (Army War College)
Mon-Fri 7am-2pm
☎ 717-245-4883

USAHEC Catering
☎ 717-243-3099

Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10am-2pm
☎ 717-245-3377

Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
Mon-Fri 9am-4:30pm
☎ 717-245-4048

Army Heritage Center LTS Desk
Fri-Sat 11am-2pm
☎ 717-245-3883

Outdoor Recreation (ODR)
860 Sumner Road
Carlisle, PA 17013
Mon-Thu 9am-5pm
Fri 9am-6pm
Sat and Sun CLOSED
☎ 717-245-4616

Sports Director
☎ 717-245-4343/3906

Thorpe Hall Fitness
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm
☎ 717-245-3418

Root Hall Gymnasium
Mon-Fri 5am-8:30pm
Sat, Sun & Holidays Closed
☎ 717-245-3434/3906

Indian Field Fitness Center
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm
☎ 717-245-3355

Main Bar
Open Thu-Fri 4-10pm

Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm
☎ 717-245-3357

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

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

Employee Readiness/Transition Assistance Program
☎ 717-245-3684

Army Family Action Plan/
Volunteer Manager
☎ 717-245-4357

Relocation, Mobilization & Deployment
☎ 717-245-3685

KEY POST NUMBERS
Emergency
☎ 911

Post Operator
☎ 717-245-3131

Chapel
☎ 717-245-3318

Civilian Personnel / Jobs
☎ 717-245-3923

Commissary
☎ 717-245-3105

Members 1st Credit Union
☎ 717-245-3900

Dental Clinic
☎ 717-245-4542

Dunham Health Clinic
☎ 717-245-3400

Education Center
☎ 717-245-3943

ID Card Center, Military
☎ 717-245-3533

Legal Office
☎ 717-245-4940

Movie Theater, Reynolds
☎ 717-245-4108

Optical Shop, PX
☎ 717-249-5150

Police Desk
☎ 717-245-4115

Post Exchange/Class VI
☎ 717-243-2463

Post Lodging
☎ 717-245-4245

Post Office, USPS
☎ 717-258-1930

Sexual Assault Hotline
☎ 717-448-1067

Motorcycle Registration
☎ 717-245-4115

Cleaning, Tailoring, Shoe Repair
☎ 717-258-1857

Vet Clinic
☎ 717-245-4168

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2nd Thurs of Each Month | Aug ’15 - June ’16 | 5:30 - 7:30 PM
* A Max of 4 students per class
* Children over the age of 14 are welcome with parental supervision
* Must RSVP (717) 245-3156

311 Barracks Road | Carlisle, PA | www.carlislemwis.com | CarlisleFMWIR

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Www.1STCHOICEMAG.COM | October 2015 5
**LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)**

**Main Bar:** Hours of operation: Thu & Fri 4-10pm. Bar menu available 5-8pm. Open to the Public.

- **Keystone Arms** - West Point Drive & Patton Drive Intersection
- **Keystone Arms** - Taylor Avenue & MacArthur Drive Intersection
- **Carlwynne Apartments**
- **On the Square** - Corner of Hanover & High Streets near 1st Presbyterian Church
- **Seven Gables** - Corner of Rush Drive & Veterans Way
- **The Meadows -** Thomas Drive & Chickamauga Drive Corner (east corner)

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**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:** An organized run will be held every Sat at 7am. Train for 10 weeks and be ready for the Army 10 Miler or any upcoming 10 mile run! Participants may register at the Thorpe Fitness Center.

**30 Day AB Challenge:** Starts Oct 1.

**30 Day Rowing Challenge:** Starts Dec 1.

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**KEY HAPENINGS**

**LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)** ☏ 245-4329

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

**Seafood Dinner Dance:** Nov 6. Dinner buffet from 5:30-7pm. Entertainment by “Dave Winter Group” from 7-10pm. $29.95 p/p (gratuity not included). Cash Bar available. Reservations required by Nov 2. Open to the Public.

**Traditional Thanksgiving Feast:** Nov 26. Seating from 11am - 2pm. Adults: $24.95, Kids (5-10) $12.95 and 4 and under Free (gratuity not included). Reservations required by Nov 24. Open to the Public.

**Breakfast with Santa:** Dec 19 at 9am. Adults $12, Kids (5-12) $6 and 4 and under Free (gratuity not included). Reservations required by Dec 15.

**Upcoming Events:**

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Family and Morale, Welfare & Recreation

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

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

**Barracks Crossing Auto Shop** – 245-3156

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

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

**Army Community Service** – 245-4357

**Resume Class for Federal and Civilian Format**
Oct 8 or Oct 28
9am – noon
ACS Classroom, Bldg 632
Learn how to structure your resume in the Federal and Civilian format. Guidelines in writing your resume for employment. Please bring a draft resume.

**Educational Tract**
Oct 21
8am – 4pm
ACS Classroom, Bldg 632
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.

**Soldier for Life: Transition Assistance Program**
Nov 2 – Nov 6
8am – 4:30pm
For 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. Limited spaces available. Register today!

**Overseas Brief**
Nov 9
10am – 11am
ACS Classroom, Bldg 632
Overseas resource material will be provided to personnel/family departing Carlisle Barracks for an overseas assignment.

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

**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

**Tickets available**: Hersheypark in the Dark, Baltimore Aquarium, Disney Military Salute, Universal Military Camp 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.

**Disney on Ice**: Giant Center, Hershey PA. Fri, Oct 16 at 7pm; Sat, Oct 17 at 11am and Sun, Oct 18 at 3:30pm. 100 level seating, $20 per seat (ages 2+). Save $10 plus service charges on every seat.

**Statue of Liberty**: Sat, Oct 24. $56 Adult, $52 Senior 62+ and $47 Youth 5-12. Includes: round trip transportation, bus captain, ferry boat admission, Liberty Island visit, Ellis Island visit and boxed lunch. Must register by Sep 30.


**Army Navy Football Game**: Sat, Dec 12. Lincoln Financial Field, Philadelphia, PA. $93 tickets only. $125 tickets & transportation. $32 transportation only.

**Baltimore Aquarium**: Discount tickets available.

**Florida Vacations**: Discount tickets available.

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**Florida Vacations**: Discount tickets available.
FAMILY AND MORALE, WELFARE & RECREATION

BOWLING – 245-4109
Grillin & Chillin: Oct 7 from 11am-1pm. Seating Outside. A variety of grilled items will be offered. Regular snack bar will be limited to cold sandwiches, salad bar and deep fried items only.
Open Bowl: $1 bowling per game per person & $1 shoe rental per pair. Every Thu from Oct-Dec.
Saturday Morning Youth League: Nov 7, 2015-Mar 26, 2016 from 10am-12pm. $9 per week. Open to all youth ages 6-18. Sign-Up Fee: $30 (includes USBC Sanctioning Fee for awards)
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-Thu 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
Bike Rides (half-day): Oct 3, 20 & 24, $25 p/p. 10am-2pm. Transportation and bikes provided. All abilities welcome. Must register one week prior to event.
Kayaking: Oct 4, $25 p/p. 10am-2pm. Experience Pennsylvania’s beautiful scenery by Kayak. Basic paddling instruction is provided then followed by a day of boating and nature watching! Location: Big Springs, Yellow Breeches and Conodoguinet. Must register one week prior to event.
Day Hiking Trips with Lunch Included: Oct 22 & 25 from 10am-2pm. Come explore scenic Pennsylvania with Outdoor Recreation. $25 p/p. Lunch will consist of a wrap, fruit and trail snacks. Must register one week prior to event.

Prisoner War Camp Hike: Oct 31, 10am-2pm. $15 p/p. Must register one week prior to event.
Basic Bike Maintenance Clinics: Oct 27, Nov 19 and Dec 1. Held at Outdoor Recreation from 6-7pm. If you ride a bicycle, then you need this class! Topics include how to lube a chain, fix a flat tire in record time, do minor adjustments to your bicycle and more.
Outdoor Gear Maintenance Clinics: Dec 16. Held at Outdoor Recreation from 6-8pm. If you’re an outdoor enthusiast this class is for you. Learn how to extend the life of your outdoor gear and how to store, clean and repair valuable outdoor clothing and equipment. $20 p/p. Must register one week prior to event.
Ultralight Backpacking Clinic: Nov 12 and Dec 9. Held at Outdoor Recreation from 6-8pm. $20 p/p. Learn how to choose and pack gear that lets you go fast and light. Must register one week prior to clinic.

CHILD YOUTH AND SCHOOL SERVICES – 245-4555
School Liaison Office 245-4638
Happy Halloween: Oct 29. Halloween Parade. Line up 4:30-5pm, Parade 5pm around Indian Field, Costume prizes awarded after parade.
Trick or Treating: Oct 29. 6-8pm on Post.

SCHOOL AGE CARE PROGRAMS 245-4555
SKIES PROGRAMS – 245-4519
Register for all SKIES classes on line https://webtrac.mwr.army.mil/webtrac/carlislecyms.html or call CYSS 245-4555

MIDDLE SCHOOL & TEEN PROGRAMS – 245-4642
Zombie Apocalypse Lock-In: Oct 2-3, 7pm-7am. Survival Challenges, late dinner, snack and breakfast provided, FREE
Registration deadline 3 days prior to the event, FREE
Hershey Park in the Dark: Oct 24, 1-10pm. Middle School & Teen Members, $20

Paintball Field Trip: Nov 7, 12:30-6pm. Middle School & Teen Members, includes everything you need to play. 2 hours of play & transportation, $20

UPCOMING EVENTS
Oktoberfest: Oct 8-11
Annual Tree Lighting Celebration: Dec 3, 4:40pm, Tree Lighting, Santa arrive by fire truck, free carriage rides, cookies, punch & hot chocolate, FREE for all ages at the Post Chapel.
Christkindlesmarkt/Holiday Crafts Bazaar: Dec 5 from 9am-2pm at the PA National Guard Armory.
www.carlislemwr.com
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.

OCTOBER 1
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)

OCTOBER 2
0600- Performance Fitness (Brian)
0900- Body Blast (Brian)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1730- Zumba Toning (Wendy)

OCTOBER 3
Run CBKS (Brian)

OCTOBER 5
0600- Performance Fitness (Brian)
0900- Body Blast (Brian)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1730- Zumba Toning (Wendy)

OCTOBER 6
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)

OCTOBER 7
0600- Performance Fitness (Brian)
0900- Body Blast (Brian)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1830- Zumba Toning (Wendy)

OCTOBER 8
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)

OCTOBER 9
0600- Performance Fitness (Brian)
0900- Body Blast (Brian)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1730- Zumba Toning (Wendy)

OCTOBER 10
NO CLASS

OCTOBER 12

OCTOBER 13
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)

OCTOBER 14
0600- Performance Fitness (Brian)
0900- Body Blast (Brian)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1830- Zumba Toning (Wendy)

OCTOBER 15
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)

OCTOBER 17
1000- Zumba Toning (Wendy)

OCTOBER 19
0900- Body Blast (Briod)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1730- Zumba Toning (Wendy)

OCTOBER 20
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)

OCTOBER 21
0600- Performance Fitness (Brian)
0900- Body Blast (Brian)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1830- Zumba Toning (Wendy)

OCTOBER 22
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)

OCTOBER 24
1000- Zumba Toning (Wendy)

OCTOBER 26
0600- Performance Fitness (Brian)
0900- Body Blast (Brian)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1730- Zumba Toning (Wendy)

OCTOBER 27
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)

OCTOBER 28
0600- Performance Fitness (Brian)
0900- Body Blast (Brian)
1200- Barbell 30 Min Workout (Brian)
1630- Spin (Kelli)
1830- Zumba Toning (Wendy)

OCTOBER 29
0900- Zumba (Regina)
1000- TRX for Adults over 40 (Brian)
1200- Spin (Brian)
1630- Hybrid Boot Camp (Brian/Kelli)
1630- Tae Kwon Do (John Cerifko)
1800- Cardiovascular (John Cerifko)
October is a great time to go out and enjoy the crisp, autumn weather with your family before the cold winter months arrive. There are many great places in central PA to enjoy the fall together as a family. One fall favorite for families is going to pumpkin patches and picking out pumpkins to carve and use for decorations. Pumpkin patches can be stands with pumpkins piled high to choose from or farms where you take a hay ride out to a field and pick your own pumpkin. No matter which way you decide to pick your pumpkins, each place will have loads of pumpkins for you and your family to choose from. If you want to make it extra fun for your family, search for the pumpkin patches that offer other fun activities; such as, corn mazes, spook houses, hay rides, crafts and more.

Autumn flies by in a flash, so take advantage of the many fun, fall activities offered in the area! The following is a list of well-known pumpkin patches and fall fun around the Central Pennsylvania area for you and your family to enjoy!

**County Barn Market**
211 South Donnerville Road
Lancaster, PA

County Barn Market, located in Lancaster, PA, offers a wide variety of activities for your family to enjoy. You can take a wagon ride to their 10-acre pumpkin patch and pick your own pumpkins, or enjoy getting lost in their 5-acre corn maze. They have an assortment of pumpkins and gourds for you to choose from, as well as giant pumpkins. In addition, they have pig races, a petting zoo, pedaal cart track, pony rides, straw tunnels, rubber duck races and mini-wagon rides around the barnyard. They have fresh local produce for sale also, along with home decorations and gifts.

**Maize Quest Fun Park**
2885 New Park Road
New Park, PA

Maize Quest Fun Park’s mission is to put people in “touch” with their food and they do exactly that by allowing you to enjoy the joys of harvest first hand! Every year they grow more than 10,000 pumpkins for families to choose from. Each year they select a theme for their Corn Maze Adventure; this year’s theme is Amazon Adventure. In addition to the corn maze, they offer over 25 Fun Park activities, a hayride, mazes, pumpkin patches, pedal karts, a cow train and gem mining. To top off this family fun farm, they offer a u-pick apple orchard, with a total of 28-acres of apple trees to pick from.

**Paulus Farm Market**
1216 South York Street
Mechanicsburg, PA

Not far from Carlisle is Paulus Farm Market. They offer an array of activities for families and their children. They have a u-pick pumpkin patch, tractor-pulled hayrides, a corn maze, hay play area, slide and climb area, mini straw maze, family animals and a Fun Fort Greenhouse. The Fun Fort is an enclosed play area designed for small kids to play during both sunny and rainy days. For bigger kids and even adults, they have an outdoor hay play area with a giant slide and climbing bales.
**Fields of Adventure**
64 Tree Lane
Aspers, PA

Fields of Adventure is located just south of Carlisle. They offer a wide range of activities that are fun for the whole family. There is a 7-acre corn maze and even a smaller 1-acre corn maze for younger children. Also, they have pumpkin bowling, a zipline, rainbow caterpillar tires, straw bale maze and pyramid, tile maze, corn box and so much more. They even have a stocked catch and release fishing pond and rod rentals.

**Barefoot Farms**
6621 Bluebird Lane
Dover, PA

Barefoot Farms is a small family owned farm in Dover that offers a pick your own pumpkin patch. They offer hayrides for children, as well as a corn box and straw fort. They are well known for their ice cream shop because of their “signature” strawberry sundae that is made with their own fresh strawberry topping. In addition, they offer apple dumplings, apple and pear cider and pumpkin ice cream!

**Reynold’s Farm**
11129 Gehr Road
Waynesboro, PA

Bill and Lois Reynolds bought the farm back in 1982 and host an annual fall festival each year where you get to pick your own pumpkins and take a hayride. There is also a corn cannon, straw maze, corn maze, tube slide, mountain slide, a sandbox and farm animals. They have mums, pumpkins, honey, jams and fall decorations for sale. There is always something new and exciting at the farm and you know you’ve arrived when you spot the big orange and black tent.

**Risser-Marvel Farm Market**
2425 Horseshoe Pike
Annville, PA

This farm market is a family owned business, which stretches across 40-acres of land. Each year they enjoy coming up with new themes for their corn maze; this year’s theme is Pirate Adventure. They offer a wide range of fun activities for everyone, from campfires, to hayrides and corn mazes. You can pick your own pumpkin and listen to “pumpkin talk” and get educated about the pumpkins, gourds and squash that they grow on their farm. They have fruits and vegetables for sale, as well as fresh local apple cider.

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New Centurion, LLC a franchise owner of three Philly Pretzel Factory stores is a proud first time sponsor to the Carlisle Barracks Oktoberfest.

The Factory’s owners consist of seven partners, all of whom are military veterans. Philly Pretzel Factory, which originated in Philadelphia in 1998, has over 150 locations predominately on the east coast.

Since 2015 the North Lebanon Township branch, which is considerably larger than a typical franchise, has operated as the business’s flagship store. It has approximately 20 menu items and a large stone oven, which allows support for fundraising and wholesale opportunities. On top of the traditional soft pretzel, they offer hot sausage pretzels, pretzel rivets (bite size pretzels), pepperoni pretzels, hot dog pretzels, cheese steak pretzels and several different Party Trays. In addition, the group also owns franchises located within the Lebanon and Shippensburg Walmart’s.

With Oktoberfest about to kick off October 8th at the U.S. Army Heritage and Education Center, we sat down and discussed this local business with co-owner and retired Col. Allen Nelson, one of the area’s top entrepreneurs and military supporters.
How did New Centurion, LLC get started with the Philly Pretzel Factory franchise?
Four of our seven owners used to live and/or work in the Philadelphia area and they would bring soft pretzels from Philadelphia to Fort Indiantown Gap to share with soldiers and friends. These soft pretzels were so popular that we decided to start a franchise relationship with Philly Pretzel Factory.

How does Philly Pretzel Factory stay involved in the community?
Our connection to the community is actually one of the reasons we have been able to grow despite a sluggish economy. A great example of our community involvement is, on our opening day at the Cumberland Street store we donated all proceeds to the PA Wounded Warrior program. As a small business we employee 20 people locally and offer fundraising opportunities to local school programs, sports teams and local activities. Furthermore, we offer a 10% discount to all veterans and first responders.

What makes Philly Pretzel Factory special?
We provide a quality fresh baked, “Hot Outta the Oven” pretzel ready to eat at a fair cost. The attention to detail is key, providing our customers and local community with a quality product is extremely important to us. All of our products are made fresh daily utilize quality ingredients and are served hot to each and every customer.

What’s your most popular menu item?
This varies store by store but our traditional soft pretzel is our staple product. In our Cumberland Street store we go through a lot of Party Trays, specialty pretzels like the Philly Cheesesteak Pretzel, and fundraising items. Our Lebanon Walmart store really goes through the hot dog pretzels and at our Shippensburg location they like the Cinnamon Pretzel and Rivets.

What’s next for New Centurion, LLC?
We are currently working to provide Philly Pretzel Factory products to several MWR facilities and events including Carlisle Barracks and at Fort Indiantown Gap.

What is New Centurion, LLC (Philly Pretzel Factory’s) goal for the future?
Our goal is to continue to grow, provide quality products, give back to the community and assist our local community activities with fundraising opportunities assisting our schools, sporting teams, churches and organizations to achieve their financial fundraising goals.

How has the ownership’s military experience influenced your operations?
We have a diverse ownership team of experienced officers and enlisted veterans that have held numerous military positions in training, personnel, logistics, operations, marketing and food service. This has allowed us to excel in managing everything from long range planning to crisis management.
FORT INDIANTOWN GAP
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Annville, PA 17003
☎ 717-861-2450

Community Club Catering
☎ 717-861-2450

Box Car Coffee Shop
Mon–Fri 6-10 am
Drill Weekends 6-9 am
☎ 717-861-2619 / 2450

Arrowheads Bar and Grill
Sun–Thu 11 am–10 pm,
Fri–Sat 11 am–midnight
☎ 717-861-9481

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

DMVA Cafe
☎ 717-861-2450

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

Leisure Travel Services
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All-Army Sports Program
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☎ 717-865-6641

Veterans Affairs
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ID Card Center
☎ 717-861-8693

Judge Advocates
☎ 717-861-8891

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FORT INDIANTOWN GAP, Pa. -- Sixteen service members reported Aug. 23 to the military’s first training camp for women’s rugby.

“Armed Forces Sports has been working for almost a decade to set up a female rugby program,” said Steven Dinote, who directs the sports program for DOD.

“It’s been a struggle finding a tournament we can actually participate in,” Dinote said, adding that this year when the weeklong training camp ends, the women’s team will compete in the USA Rugby Elite City Sevens Tournament in Philadelphia over the weekend.

Several women on the team said they have been waiting excitedly for Armed Forces Sports to stand up a program and have been playing in local clubs and tournaments in the meantime to keep their skills.

Rugby has been one of the fastest-growing sports in the U.S. over the past four or five years, said Army Capt. Andrew Locke, who volunteered to coach the women’s team. He’s leading the players through drills this week on the pitch at Fort Indiantown Gap.

Locke, who was a quarterback at West Point his freshman year before switching over to rugby, played on the USA Men’s National Rugby Team last year and now serves as a talent scout and coach for the national team, also known as the Eagles. In addition, he plays as scrum half for the Armed Forces Men’s Team.

“The Army wanted to get this off the ground and give women an opportunity to play,” Locke said. “The service thought about putting together an All-Army team, but decided that the way to go -- at least for the first year -- was to establish a joint Armed Forces Team.”

Marine 1st Lt. Jane Paar is player-captain of the inaugural team. Paar also plays as prop and hooker on the Women’s National Rugby Team and hopes to play with Team USA in the Olympics next year in Rio.

“This is an awesome opportunity,” Paar said after being able to captain the Armed Forces team. “I’m really excited.” She said the team has some good runners and everyone’s fit.

“What more could you want on a Seven’s Team?” she asked. In Seven’s Rugby, seven athletes play seven-minute halves and the game is fast.

“It’s physical, it’s mental, it’s such a great sport!” Paar said, adding that it also helps develop military skills.

Army Capt. Simona Shipp said rugby develops teamwork.

“There’s no such thing as a ‘superstar’ in rugby,” she said, emphasizing that it takes the entire team working together to win.

Shipp, a staff judge advocate attorney at Fort Wainwright, Alaska, plays with a Fairbanks rugby club when she’s not on duty.

She said rugby helps develop confidence, not only on the pitch, but in other fields as well. “In the middle of calamity, you have to keep a straight head,” she said.

Army Capt. Ashley Sorensen goes by the nickname “Viking” because she sometimes wears her blonde hair in two braids when she plays. Sorensen, who serves with the 303rd Ordnance Battalion (Explosive Ordnance Detachment) at Schofield Barracks, Hawaii, broke the Guinness world record for the fastest mile run in a full bomb suit.

Sorensen ran the mile in 11 minutes, six seconds and broke the EOD record by more than 2.5 minutes. She brings that same speed and endurance to rugby, though she’s recovering from a knee injury suffered last year when tackled high while playing for the Hawaii Harlequins.

Air Force 2nd Lt. Emily Raney said her Army father supports her in the sport. Col. Lance Raney is chief of Consultants and Clinical Policy at the U.S. Army Medical Command headquarters in Falls Church, VA.

The younger Raney serves at Hill Air Force Base, Utah, where she plays for the Salt
Lake City Slugs recreational rugby team. She also plays as wide receiver, safety and kicker for the Utah Falconz, a semi-pro women’s tackle football team.

Sgt. Cerrin Allyn Eldridge was one of only three enlisted players at the training camp. She’s a parachute rigger for the 725th Brigade Support Battalion at Fort Richardson, Alaska.

“I’d like to see the sport grow in the military,” Eldridge said, adding that she was delighted that the Armed Forces women’s rugby program has gotten underway, as her opportunities to play in Alaska were limited.

“This gives us an opportunity to come down here and play in beautiful weather against really good teams and meet other really good rugby players,” she said.

“The female players have come together to play well as a team in just a few days,” she said.

“Any kind of rugby team, usually the minute we meet, we all of a sudden start bonding,” Eldridge said. “We all play one of the roughest sports out there.

Navy Petty Officer 3rd Class Mallory Michaels, a corpsman, was another enlisted player at the training camp. She serves as a full-timer at a Navy Reserve Operational Support Center in New Hampshire.

Michaels said she has broken her wrist and all 10 of her fingers at one time or another playing rugby. Sometimes she just splinters them in cardboard to get back in the game that she says she loves so much.

As a corpsman, Michaels said she often helps treat other players injured at rugby club games, even though she’s off duty. She said the sport not only provides her fitness training, it also provides training in her rate or military occupational specialty.

Michaels began playing rugby at Lock Haven University in central Pennsylvania. She said she felt right at home at Fort Indiantown Gap as Black Hawk helicopters flew along a ridge of the Blue Mountains in the background.

None of the players seemed to notice the helicopters landing and taking off as they practiced scrums, rucks, mauls, passing and tackling on the warm August afternoon. They were preparing to scrimmage against several of the Armed Forces Men’s Rugby Team there to help with practice.

The 12 service members who made the selection for the Armed Forces Women’s Rugby Team were:

-- Army 2nd Lt. Jacqueline Marks, 557th Military Police Company, Camp Humphreys, Korea
-- Army Capt. Ashley Sorensen, 303rd Ordnance Bn. (EOD), Fort Wainwright, Alaska
-- Army 1st Lt. Kelsie Whitney, Joint Base Lewis-McChord, Washington
-- Army Sgt. Cerrin Eldridge, 725th Brigade Support Battalion, Fort Richardson, Alaska
-- Sr. Airman Merideth Jordan, RAF Alconbury, United Kingdom
-- Air Force 2nd Lt. Emily Raney, Hill Air Force Base, Utah
-- Air Force 2nd Lt. Jamie Stewart, Los Angeles Air Force Base, California
-- Marine Capt. Elizabeth Trujillo, Headquarters Battery, 11th Marine Regiment, Camp Pendleton, California
-- Marine 1st Lt. Jane Paar, San Diego
-- Navy Lt.j.g. Erin Fields, HSM-46, Mayport, Florida
First Lt. Tenesha Middleton of Fort Gordon, Georgia, was also at the training camp.
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Exploring Cumberland Valley

BY KRISTEN ROWE

October welcomes fall fun to Cumberland Valley. Get out and explore the season with fall festivals, beautiful foliage and outdoor opportunities. Find all the things to see and do this season at VisitCumberlandValley.com/fall.

The whole family can celebrate fall by apple picking, pumpkin picking, corn mazes and other fun activities at a variety of Cumberland Valley orchards and farms. Paulus Farm Market hosts a huge collection of family-fun with a Fall Fun Fort Play Area with corn box, soybean box, farm toys, mini straw maze, slide and climb area, spring horses and U-pick pumpkins. Another Valley favorite is Ashcombe Farm & Greenhouses. They offer hayrides, hay slides, a corn maze and games.

The Cumberland Valley is also a great place to experience the changing colors of fall. Take a short hike up to Waggoner’s Gap Hawk Watch to see the sprawling views of colorful trees and the migrating hawks. You can also enjoy a walk around Boiling Springs and the scenic Children’s Lake. If driving is more your speed, print out the Fall Foliage Driving Tour from VisitCumberlandValley.com and follow the scenic backroads to views of the fall foliage.

Fall is also festival season! View a collection of seasonal events below and find a complete list of events and other things to see and do at VisitCumberlandValley.com.

Celebrate American Craft Week – October 2-11th

Cumberland Valley businesses will be celebrating American-made crafts the first week of October. Over 40 locations will be hosting over 100 events ranging from demos, workshops and hands-on art seminars during this week. View the full events list at VisitCumberlandValley.com/Craft.

Garden Harvest Day @ Kings Gap Environmental Education Center – October 4th

There are lots of things to do and enjoy including kettle-cooked chicken corn soup, leaf printing, apple cider pressing, pumpkin painting, apple butter making, bird feeder building, children’s games and crafts, corn shelling and cracking, hay rides, honeybee keeper, self-guided mansion and garden tours, apple pie and salsa recipe contests and selected craft vendors and food stands.

Oktobefest @ The U.S. Army Heritage & Education Center – October 8-11th

Join the Carlisle Barracks for a good time filled with entertainment, games, activities, friendship and the unveiling of the official brew of the Army War College! All of this fall fun will happen rain-or-shine.

Pennsboro Pumpkin Fest @ Adams-Ricci Community Park – October 10-11th

A two-day community event featuring crafts, food, games, contests and entertainment. Enjoy a relaxing day of fun for the entire family. There will be approximately 250 crafters, community groups and business vendors for you to visit.

Fall Furnace Fest @ Pine Grove Furnace State Park – October 17-18th

This annual event offers hayrides, live music, demonstrations, hayrides, pumpkin carving, scarecrow making, kid’s crafts and campsite decorating.

Silver Spring Township Fall Festival @ Stony Ridge Park – October 24th

What started as a small event for artisans and businesses to display their wares has grown to a festival with over 100 vendors, including arts & crafts, food, games and live entertainment. This hometown event offers hay rides, live music, fall-themed games for kids, chances to win pumpkins, chainsaw demos, inflatables, face painting, BMX bike stunt shows, “Touch-A-Truck” and more! Admission and parking is free!

Fall into Fine Craft - A Fine Craft Show @ Carlisle Expo Center – October 24-25th

Fall into Fine Craft, the annual two-day fine art and craft show of the Yellow Breeches Chapter will be held October 24 and 25, 2015 at the Carlisle Expo Center. This juried show will feature quality, original, handcrafted designs of Pennsylvania Guild of Craftsmen members.
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INSTALLATION COMMANDER’S PROCLAMATION

Domestic Violence Awareness Month is recognized October of each year. In recent years, there has been an upward trend in substantiated cases of domestic violence in the Army. It is important to realize that many causes and conditions contribute to domestic violence, and it takes more than the usual effort to reduce the risk.

Without every one of us doing our part, we cannot say our Army is fully ready to meet the mission of preventing domestic violence. Any time an Army Family member suffers from abuse, we fall short of our goals for readiness. Therefore, the message to everyone in the Carlisle Barracks community for Domestic Violence Awareness Month 2015 is clear and simple:

IT STARTS WITH RESPECT. LIVE BY THE CORE VALUES TO KEEP YOUR RELATIONSHIP HEALTHY AND STRONG.

Core values are more than talk. Core values are lived and reflected in our everyday practices and interactions. Just as each branch of the military has a set of core values, so should every relationship.

Respect and trust are the foundation of healthy intimate relationships, but successful, lasting relationships also require integrity, commitment, honesty, selflessness and courage.

Every couple experiences relationship challenges. No matter how tough times get, commit to living by core values and working through problems in a healthy way.

Children learn about relationships by watching the people they know best. Set the stage for your child’s future relationships by modeling safe, respectful communication and conflict resolution with your spouse or partner.

Join me in making this October’s Domestic Violence Awareness Month the beginning of a year-round campaign to end domestic abuse. Let the USAG Carlisle Barracks Family Advocacy Program be your partner in preventing and reducing the risk of domestic abuse, and restore valued relationships that are deteriorating. Everyone plays a role in upholding the Army values and standards that support safe, healthy relationships for everyone in the military community.

GREG ANK
LTC, MI
Garrison Commander
Do You Have A Bright Idea?

The Army Family Action Plan (AFAP) is your platform to voice quality-of-life issues, feedback, ideas and suggestions. It’s the best way to let Army leadership know about what works, what doesn’t and how you think problems can be resolved. AFAP is for everyone; Active Duty, Reserve, Army Civilians, Survivors and Family members. You can submit issues anytime! Go to the Army Community Service website at http://carlislebarracks.carlisle.army.mil/acs/forms/afap_request.cfm to submit your issue, or give us a call and we can help walk you through the process. ACS is also seeking volunteers for a one day workshop in November to serve as delegates, recorders, facilitators, subject matter experts and event planners. Please call the Army Community Service AFAP Coordinator at 717-245-4357 to volunteer today!
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SECOND WEDNESDAY
OF EACH MONTH

20% OFF
YOUR ENTIRE PURCHASE

MILITARY APPRECIATION DISCOUNT

In-store only.

The discount is available to all military personnel, active-duty service members, retired service members and their immediate family members with a valid government issued military ID card.

*Discount applies to regularly priced items and cannot be combined with another non-sale discount or coupon, offer cannot be used for prior purchases, special orders or purchase of gift cards. Excludes $5 Home Decor Value Flat Folds, irons, steamers, Sidewinder® Bobbin Winder, sewing machines, Brother® ScanNCut, Accu-Quilt Go! Fabric Cutter and dies, tables, dress forms, patterns and sewing furniture. In-store only.

CARLISLE BARRACKS POST CHAPEL • 452 MALA DR
FOR MORE INFORMATION, CALL 717-245-4536
OR VISIT US ONLINE: WWW.CARLISLEMVWR.COM • CARLISLEBARRACKS.COM

CARLISLE BARRACKS CHRISTkindlesmarkt Shop & Faire
HOLIDAY CRAFTS & GIVING FAIR
DEC 5TH • 9AM - 2PM
PA NATIONAL GUARD ARMORY
OPEN TO THE PUBLIC
FREE ADMISSION & PARKING

24 FIRST CHOICE MAGAZINE | FIND US ON FACEBOOK: MWR FIRST CHOICE

FAMILY AND MORALE, WELFARE & RECREATION
5K Drumstick Dash Fun Run

NOV 14 | REGISTER @ 7 | RACE @ 8

Register at the following locations before Nov 10 to save on registration fee: Jim Thorpe Fitness Center, Root Hall Gym, or Indian Field Fitness Center

INFO: 245-3906
WWW.CARLISLEMWRC.COM
CARLISLEFMWR

6th ANNUAL
Gobble Gallop
KIDS RUN

NOV 14
RACES BEGIN AT 10 A.M.
FREE & OPEN TO THE PUBLIC

245-4555 | WWW.CARLISLEMWRC.COM
CARLISLEBARRACKSCYSS
Happy Halloween
Thursday, October 29

Halloween Parade
Costume Judging & Parade Line up - 4:30pm, Parade - 5pm, Prizes Awarded - 5:30pm
Prizes for Most Creative, Spookiest/Creepiest, Pop-Culture, Cutest, Best Animal, & Best Family

Trick-Or-Treating
6:00 - 8:00 P.M. on post

Middle School & Teen Halloween Party
6:00 - 9:00 P.M.
Come in your favorite costume!
Dancing, snack foods, Halloween games
FREE! Grades 6 - 12 at McConnell Youth Center
Must be a registered CYSS member to attend

717-245-4555
www.CarlisleMWR.com
Facebook: CarlisleBarracksCYSS
The PinnacleHealth Sports Medicine Center provides comprehensive treatment for patients with injuries or other medical conditions that affect their ability to exercise, participate in sports or maintain an active lifestyle.

Our team has the best orthopedic surgeons, sports medicine specialists and rehabilitation professionals in the business. We offer a full range of treatment options to address any level of injury, including a comprehensive concussion management program.

So whether it’s baseball, lacrosse or football, a sprained ankle or a torn ACL, we can help.

Call us today at (717) 791-2620 to make an appointment.

Now with two locations!

Community Campus
Bloom Outpatient Center
4310 Londonderry Rd., Ste. 1B
Harrisburg, PA 17109

West Shore Campus
Fredricksen Outpatient Center
2005 Technology Pkwy., Ste. 100
Mechanicsburg, PA 17050
Oktoberfest
Carlisle Barracks
October 8th - 11th

CARNIVAL RIDES ❖ GAMES ❖ LIVE MUSIC ❖ FOOD ❖ VOLKSMARCH
SOCcer GAME ❖ BEER AND WINE GARDEN ❖ CRAFT SHOW
LIVING HISTORY RE-ENACTORS REPRESENTING