in this issue:

what are you most looking forward to this fall?
hauser estate winery and jack’s cider
central pennsylvania fall activities
family and morale, welfare & recreation

Carlisle Barracks officially introduced a brand new Youth Center during a ceremony Sept. 12 here.

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
Sitting on a hill looking over historic Gettysburg, Hauser Estate Winery makes wine and Jack’s Hard Cider fresh from their own orchards. It is the perfect place to watch the leave change this fall. Come see them at Oktoberfest this year!

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

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

Modern winter tires do a terrific job in a wide range of winter conditions. First of all, below 45 degrees Fahrenheit, regular tires become hard and inflexible. That means they don’t provide the road grip you need. Winter tires are specifically designed to more effectively move snow and water. That’s the key to traction on ice, packed snow and wet roads. They use a micro-pore compound that allows the tire to bite into ice and snow. They also use wider grooves that run around the circumference of the tread to expel snow from the tire better. The lugs and grooves on winter tires have a special shape that throws the packed snow out of the tread as the tire turns. The tread is then open when it comes back in contact with the road and can provide good traction.

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

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

That’s why tire 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 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-8 pm
Sat 9 am-4 pm
☎ 717-245-3319

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 8 am-4 pm

Golf Course
☎ 717-243-3262

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

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 6:15 am-5:30 pm
☎ 717-245-3701

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

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

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

USAHEC Catering
☎ 717-243-3099

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

Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
May-September
Mon-Fri 9 am-5 pm
☎ 717-245-4048

Army Heritage Center LTS Desk
Thurs-Fri & Sun noon-5 pm
Sat 9 am-1 pm
☎ 717-245-3883

Fort Indiantown Gap Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
April-Sept
Wed-Sat 9 am-1 pm
☎ 717-861-3994

Outdoor Recreation (ODR)
☎ 717-245-4616

Mon-Thur 9 am-5 pm
Fri 9 am-7 pm
Sat 9 am-2 pm
860 Summer Road
Carlisle, PA 17013

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.
☎ 717-245-4532

Joint Pub is open when Tiki Bar is closed due to inclement weather.

Pool
School out of session: Mon-Fri
Lap swim: 6 am-7 am
11 am-noon
Open swim: noon-7 pm
Sat-Sun
Lap swim: 11 am-noon
Open swim: noon-7 pm
☎ 717-245-3560

Army Community Service
632 Wright Ave, Carlisle, PA 17013
Mon-Fri 8 am-4:30 pm
Thurs 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

Post Numbers
☎ 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
☎ 717-961-2045

Motorcycle Registration
☎ 717-245-4115

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

Vet Clinic
☎ 717-245-4168
family and morale, welfare & recreation

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

Joint Pub: Hours of operation Thur & Fri 4-10pm. Pub menu available 5-8pm.

Halloween Party & Ghost Walk: Oct 31 @ Joint Pub
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 -- The Meadows - Thomas Drive & Chickamauga Drive Corner (east corner) -- The Meadows - Chickamauga Drive (west corner) -- Exchange (corner of Sumner & Delaney near stop sign) -- Marshall Ridge 2 stops East End and West End -- Root Hall Gym Corner of Forbes & Barry Drive -- LVCC

aMuse Uncorked (Sip N Paint Party): Central PA’s Original Painting Party Company! Our artists will show you how to paint a Holiday Themed 16x20 canvas step-by-step. No art skill required. Full bar and food menu available.
Fri. Nov. 7, 6-8:30pm, LVCC, $36, Sign up on-Line http://www.amuseuncorked.com/events/classes/

Traditional Thanksgiving Feast: Nov 27. First Seating: 11:30am Second Seating: 1:30pm, Adults $24.95, Kids (5-10) $12.95 & 4 and under Free. Reservations required by Nov 21.

SPORTS – 245-4029

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

Run Carlisle Barracks: An organized run held every Sat at 7am. Ends Oct 11.
5K Drumstick Dash Fun Run: Nov 15. $12 before Nov 12, $15 on Race Day and $8 Children 11 and under. 7-7:45am Registration/Check-In and 8am Race begins. Tee Shirts to first 100 participants! Register at Thorpe Fitness Center, Root Hall Gymnasium or Indian Field Fitness Center.
30 Day Ab Challenge – Dec 1 Indoor Rowing Challenge – Dec 1
Push Up and Squat Challenge – Feb 3
Strength Challenge – Mar 14

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), MMA Fitness Workout, Boot Camp, Zumba, Spinning, Aikido, Core Strength and Stretch, Jazzercise, LaBlast. 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 Jim Thorpe Fitness Center. $15 per month.

New Classes: LaBlast - 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, plyoboxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor and Ann Peck, ACE Certified Group Fitness Instructor.

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

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

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
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. 4 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
Overseas Brief Oct 8 from 1 – 2 pm ACS Classroom, 632 Wright Avenue

Sponsorship Brief
Oct 9 from 10 – 11 am ACS Classroom, 632 Wright Avenue

EFMP Fall Harvest Party
Oct 23 from 6 – 8 pm McConnell Youth Center Games, prizes, music and light refreshments.
Open to EFMP and their Family members.

Soldier for Life: Transition Assistance Program
Nov 3 from 8 am – 4:30 pm 108th National Guard Armory 502 Cavalry Road
The Transition Assistance program is for Service members and Spouses who are retiring or separating from the Military. This is a 5 day workshop to create a draft resume/interview preparation and VA Benefits entitlements.

Resume Class
Nov 13 from 9 am – 3 pm Location TBD
Learn how to structure your resume in the Federal and civilian format. Guidelines in writing your resume for employment.

Military Family Appreciation Breakfast
Nov 14 from 6:30 am – 9 am Post Chapel
Hosted by Army Community Service in recognition of Military Families.

Education Tract
Nov 19 and 20 from 8 am – 4 pm Location to be determined.
If you are transitioning from the military and are considering continuing to go to school. Then this tract is for you to help you navigate the educational resources and programs out there for you.

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


Trans-Siberian Orchestra
Tickets Available: Nov 15. 3:30 & 8:00pm shows available. $51.50 per ticket (save $11.35 + svc charge)

Regal Cinema Discount Tickets:
Red Tickets S7 (Limited) and Blue Tickets $8 (premium). Not applicable to any 3D film. ($9.25 regular cost at door).

Baltimore Aquarium: Discount tickets available.
Discount Tickets for your Florida Vacation.
family and morale, welfare & recreation

BOWLING – ☑ 245-4109
Saturday Morning Youth League: Nov 1- Mar 28 from 9-11am. Signups will be held Oct 25 from 9-11am. Open to all Youth ages 6-18. USBC Sanctioned League. Sign-up Fee $13 (goes toward prize fund) and Sanctioned Fee $17.

Turkey Shot: Nov 10-20. Adult League Bowlers Only. Win a Turkey while you Bowl!

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. ONLY $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
Day Hiking
Want to get out and hike scenic Pennsylvania this summer? Outdoor Recreation offers section hikes on the Appalachian and Tuscarora trails. Learn the history of the trails, enjoy great company and nature nuggets.

Cost: $15 p/p
Dates: Oct 22, 10am-2pm and Nov 5, 10am-2pm
Sign up 1 week prior to trip

Bike Ride Fall Colors: Oct 17 from 7am-4pm. Jim Thorpe bike ride. Bikes provided. Must register by Oct 17. $25 p/p

Bike Maintenance Clinic: Oct 19 from 4-5pm. Learn how to tune up your bike with the help of Outdoor Recreation staff. Must register Oct 8. $20 p/p

Mid Week Bike Ride: Oct 29 from 10am-3pm. Ride the Newville rail trail. Bikes provided. Must register Oct 21. $20 p/p

Bike Ride: Nov 1 from 9am-3pm. Ride part of Heritage bike trail in York. Bikes provided. Must register by Oct 24. $20 p/p

Bike Ride: Nov 8 from 9am-4pm. Ride the Rail trail in Lebanon. Bikes provided. Must register by Oct 31. $20 p/p

Bike Maintenance Clinic: Nov 11 and Nov 16 from 7-8pm. Learn how to tune up your bike with the help of Outdoor Recreation staff. Must register one week before clinic. $20 p/p

Self Help Bike Repair: Nov 15 from 12am-5pm. Bring your bike into Outdoor Recreation and use our full line of Park bike tools. Staff will be present to help. $20 per hour. Must register by Nov 7.

How to go Ultralight Backpacking: Nov 19 from 7-8pm at Outdoor Recreation. Learn how to cut the weight from your pack and make your next trip longer and faster. $20 p/p. Must register by Nov 12.

Self Help Bike Repair: Nov 22 from 12am-2pm. Bring your bike into Outdoor Recreation and use our full line of Park bike tools. Staff will be present to help. $20 per hour. Must register by Nov 14.

Improve your Backcountry Cooking: Nov 25 from 7-8pm at Outdoor Recreation. Must register by Nov 11. $30 p/p

CHILD YOUTH AND SCHOOL SERVICES – ☑ 245-4555
School Age Care Programs ☑ 245-4555
4-H Programs
SAC has a partnership with 4-H. All Children are invited to participate in the clubs. The current clubs include:

- Mon - 4-5pm: Sewing Club and Drama Club
- Wed - 4-4:30pm: Cloverbuds (Ages 5-7)
- Wed - 4:30-5:30pm: Cooking Club
- Fri - 4-5pm Technology Club

![New York City on Your Own](image)

**NEW YORK CITY ON YOUR OWN**

**SUN 25 OCT**

57c per person

Includes transportation, tax & lis. & fees

Includes transportation, tax & lis. & fees

Must register by Oct 3rd

Meal & Touring “On your own” Depart (Bks 1:30 AM with approximate return) Home 11:00 PM

Make your reservations at Leisure Travel Services 3 great locations available

Carlisle Barracks ☑ 245-4448
R.A. Army Heritage Education Center ☑ 245-3268
HGA Soldiers Drive, Carlisle, PA

Windsor Mill ☑ 245-3268
1-46 Fisher Avenue, Aumsville, PA

Law Offices of
Saidis Sullivan & Rogers

Trust Matters

Delivering comprehensive, cost-effective legal services to individuals and businesses throughout Central Pennsylvania

**Carlisle**

20 West High Street
Carlisle, PA 17013
717-243-6292

**West Shore**

635 North 12th Street, Ste. 400
Lemoyne, PA 17043
717-612-5800

www.ssr-attorneys.com

![Garrison Commander newcomers’ brief](brief)

**3 November**

Anne Ely Hall,
Building 46, room 202,
1300-1500

Please call for reservations.

![Ad](ad)
October 18, 4-10pm, Meet at McConnell YS 3:30pm, Permission slip and payment due by Oct 16, 6pm, $15

YOUTH SPORTS & FITNESS ☏ 245-3354

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

YOUTH SPEED, STRENGTH & AGILITY BOOT CAMP
Improve your overall speed, strength and agility, prepare for upcoming winter sports seasons. Receive weekly sports nutrition tips to improve performance. Attend 7 of the 10 classes and receive a FREE Speed, Strength & Agility t-shirt.

Registration Open September 29-October 31, Classes: November 3 – Dec 3, (Ages 8-11, 4-5pm), (Ages 12-18, 5-6pm), CBKS CYSS, FREE

Strength and Conditioning Club
Sep 23, Ages 10-18, CBKS CYSS, FREE

UPCOMING EVENTS

Oktoberfest – Oct 9-12
Halloween Parade, October 30, 4:30-5:30pm, Indian Field
Carlisle Barracks Trick-or-Treat, October 30, 6-8pm, Indian Field
5th Annual Gobble Gallop Kids Run, Sat. Nov. 15, Ages 4-13, Indian Field
Holiday Tree Lighting & visit with Santa, Wed. Dec. 3, 4:30-7pm, Post Chapel
Christmasmarkt, Sat. Dec 6, 9am-2pm, 504 Cavalry Rd, Carlisle PA

www.carlislemwr.com

SKIES Programs ☏ 245-4519
Register for all SKIES Classes on line https://webtrac.mwr.army.mil/|webtrac/carlislecyms.html or call CYSS

Tennis: Lessons taught by local tennis instructor Marybeth Ulrich
Tues & Weds, Advanced Lessons; 4:15-5:50pm, Beginner Lessons; 5:30-6:45pm
Oct 15-Nov 11, Jim Thorpe Fitness Center tennis courts, Register at CBKS CYSS, 8 lessons $105

Winter Piano Lessons: Private piano lessons taught by Dana Brenneis, Choose weekly hour lessons Tuesday or Wednesday between 3:30 – 6pm
Nov 5, 2014 - Jan 22, 2015; McConnell Youth Center; Nine 1/2 hour session $155, register on line

Winter Golf: Lessons conducted by Kathy Chambers, LPGA teaching professional
Saturdays (8-11 year olds 3-3:45pm) (12-18 year olds 4-4:45pm)
Oct 18 – Nov 8, CBKS Golf Course, Register at CBKS CYSS, Four 45 minute sessions $45

MIDDLE SCHOOL & TEEN PROGRAMS – ☏ 245-4642
Red Ribbon Week
October 23-31
“Love Yourself-Be Drug Free”
Oct 23, 4pm – Plant a flower bulb as a promise to be Drug Free; Oct 28, 4pm – Drug Dog Demo, 4:40pm Mock Sobriety Check Point Demo. McConnell Youth Center, FREE

Middle School & Teen Halloween Party
Come in your favorite costume and join us for dancing, snack foods & Halloween games Oct 30, 7-10pm, McConnell Youth Center, FREE

Hershey Park in the Dark
Experience thrilling “roller ghostsers,” “spooktacular” attractions and exciting holiday themed live entertainment! Includes transportation & admission to Hershey Park. Bring cash for food, drinks & souvenirs.

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, 2014
0600-performance Fitness (Brian)
0900-BodyBlitz (Leigh)
0900-Couch to 5K (Nicole )
1015-Yoga Vinyasa (Flow) (Michelle)
1200-30 Min Monster Workout (Prudence)
1630-TRX (Prudence)
1700-Zumba (Prudence)

October 2, 2014
0600- Combatives (Brian)
0900-Zumba (Prudence)
1000-TRX for Adults over 40 (Nicole)
1000-LabLast (Allison)
1200-TRX (Nicole)
1630-Hybrid boot camp (Brian)
1630-Tae Kwon Do (John Cerifko)

October 3, 2014
0600-performance Fitness (Brian)
0900-Yoga Foundations (Michelle)
1200-Dumbbell Workout (Prudence)

October 4, 2014
RUN CBKS (Brian)

October 6, 2014
0600-performance Fitness (Brian)
0900-BodyBlitz (Leigh)
0900-Couch to 5K (Nicole )
1015-Yoga Vinyasa (Flow) (Michelle)
1200-30 Min Monster Workout (Prudence)
1630-TRX (Prudence)
1700-Zumba (Prudence)

October 7, 2014
0600- Combatives (Brian)
0900-Zumba (Prudence)
1000-TRX for Adults over 40 (Nicole)
1200-TRX (Nicole)
1630-Hybrid boot camp (Brian)
1630-Tae Kwon Do (John Cerifko)

October 8, 2014
0600-performance Fitness (Brian)
0900-BodyBlitz (Leigh)
0900-Couch to 5K (Nicole )
1015-Yoga Vinyasa (Flow) (Michelle)
1200-30 Min Monster Workout (Prudence)
1630-TRX (Prudence)
1700-Zumba (Prudence)

October 9, 2014
0600- Combatives (Brian)
0900-Zumba (Prudence)
1000-TRX for Adults over 40 (Nicole)
1000-LabLast (Allison)
1200-TRX (Nicole)
1630-Hybrid boot camp (Brian)
1630-Tae Kwon Do (John Cerifko)

October 10, 2014
0600-performance Fitness (Brian)
0900-Yoga Foundations (Michelle)
1200-Dumbbell Workout (Prudence)

October 13, 2014
Columbus Day

October 14, 2014
0600- Combatives (Brian)
0900-Zumba (Prudence)
1000-TRX for Adults over 40 (Nicole)
1200-TRX (Nicole)
1630-Hybrid boot camp (Brian)
1630-Tae Kwon Do (John Cerifko)

October 15, 2014
0600-performance Fitness (Brian)
0900-BodyBlitz (Leigh)
0900-Couch to 5K (Nicole )
1015-Yoga Vinyasa (Flow) (Michelle)
1200-30 Min Monster Workout (Prudence)
1630-TRX (Prudence)
1700-Zumba (Prudence)

October 20, 2014
0600-performance Fitness (Brian)
0900-BodyBlitz (Leigh)
0900-Couch to 5K (Nicole )
1015-Yoga Vinyasa (Flow) (Michelle)
1200-30 Min Monster Workout (Prudence)
1630-TRX (Prudence)
1700-Zumba (Prudence)

October 21, 2014
0600- Combatives (Brian)
0900-Zumba (Prudence)
1000-TRX for Adults over 40 (Nicole)
1200-TRX (Nicole)
1630-Hybrid boot camp (Brian)
1630-Tae Kwon Do (John Cerifko)

October 22, 2014
0600-performance Fitness (Brian)
0900-BodyBlitz (Leigh)
0900-Couch to 5K (Nicole )
1015-Yoga Vinyasa (Flow) (Michelle)
1200-30 Min Monster Workout (Prudence)
1630-TRX (Prudence)
1700-Zumba (Prudence)

October 23, 2014
0600- Combatives (Brian)
0900-Zumba (Prudence)
1000-TRX for Adults over 40 (Nicole)
1000-LabLast (Allison)
1200-TRX (Nicole)
1630-Hybrid boot camp (Brian)
1630-Tae Kwon Do (John Cerifko)

October 24, 2014
0600-performance Fitness (Brian)
0900-Yoga Foundations (Michelle)
1200-Dumbbell Workout (Prudence)

October 25, 2014
RUN CBKS (Nicole Brian)

October 27, 2014
0600-performance Fitness (Brian)
0900-BodyBlitz (Leigh)
0900-Couch to 5K (Nicole )
1015-Yoga Vinyasa (Flow) (Michelle)
1200-30 Min Monster Workout (Prudence)
1630-TRX (Prudence)

October 29, 2014
0600-performance Fitness (Brian)
0900-BodyBlitz (Leigh)
0900-Couch to 5K (Nicole )
1015-Yoga Vinyasa (Flow) (Michelle)
1200-30 Min Monster Workout (Prudence)
1630-TRX (Prudence)
1700-Zumba (Prudence)

October 30, 2014
0600- Combatives (Brian)
0900-Zumba (Prudence)
1000-TRX for Adults over 40 (Nicole)
1200-TRX (Nicole)
1630-Hybrid boot camp (Brian)
1630-Tae Kwon Do (John Cerifko)
**WHAT ARE YOU MOST LOOKING FORWARD TO THIS FALL?**

Jeffery A. Miller  
Realtor, E-PRO  
“Your Carlisle Connection”

Office – 717-243-8080 x268  
Cell – 717-870-7402  
Email – jeff.miller@jgr.com  
1068 Harrisburg Pike  
Carlisle, PA 17013

www.CentralPAHomes4You.com

Whether selling or buying, I can assist you in a no pressure, no gimmick environment making your transition a smooth and comfortable one. I’ll provide the service and experience that’s been missing in the real estate business. I’m here to work for YOU!

- **Sellers Benefits**  
I’m a member of 3 different multi-list systems for maximum exposure. I’ll also leverage all of Jack Gaughen’s marketing materials in addition to my E-PRO training for a full service sales plan including a no obligation market analysis of your home.

- **Buyers Benefits**  
Strategic partnership w/ Veterans United Home Loans. Complimentary appraisals, $1,000 on time closing guarantee, 24 hour agent hotline, dedicated agent access to their underwriting dept. If you’re not quite ready to buy, free preparedness program will guide you until you are ready.

**Preferred Lender/Partner**

Veterans United  
Home Loans

- **Loretta Freyster**  
“I am looking forward to the beauty of nature as it changes seasons.”

- **Bob Griffith**  
“I am looking forward to spending time with my grandchildren.”

- **Vickie McMullen**  
“I am looking forward to my trip to Nassau with my husband.”

- **SSG Wendy Trayer**  
“I am looking forward to the Army Ten-Miler and the Gettysburg Blue-Gray Half Marathon this fall.”

- **MAJ Jason Warren**  
“I’m looking forward to Oktoberfest. It’s a nice reminder of my time stationed in Munich Germany”

- **Cathy Luckie**  
“I’m looking forward to the (Carlisle Barracks) Oktoberfest and Retiree Appreciation Day!”
October 9th - 12th
Jeff Kintz: (717) 979-0841
carlisleoktoberfest.com | facebook.com/CarlisleOktoberfest | @CarlisleFest

Proud to Support Carlisle Barracks Oktoberfest!

Introducing our NEW Mechanicsburg Location!
6462 Carlisle Pike
Mechanicsburg, PA 17050
(717) 795-4660
Hauser Estate Winery has been established as an alternative agri-tourism venture in the historic area of Gettysburg, Pennsylvania. Grape vineyards are the newest use of the fertile farmland, previously home to acres of Pennsylvania’s apples. With extensive research and encouragement to expand into vineyards, Hauser has excitingly undertaken this newest path into agriculture.

An underground winery production facility sits beneath the 360 degree glass enclosed tasting room that overlooks miles of farmland, orchards, and forests, extending toward the national Civil War Battlefield.

On July 22, 2008, the tasting room opened its doors to an enthusiastic public. In the fall of 2008, an ancillary shop was opened, conveniently located in downtown Gettysburg at 17 On the Square. Then during 2011, a store in Dillsburg opened along Route 15.

What is the greatest asset of your location in Gettysburg?
The view is what most customers agree is the greatest asset of the location. It’s spectacular year round, but especially when the leaves change colors in the fall. As a winery and hard cider company that grows all of our own fruit, the greatest asset of the location is the fertile soil and rich agricultural history of Adams County. Adams County is known as the apple capital of Pennsylvania, but we’re now also discovering it’s a great place to grow grapes.

How did you decide to start producing Hard Cider? 
Jack’s Hard Cider, named after John “Jack” Hauser, was always part of the Hauser Estate Winery product line. The Hauser family has been growing apples for over 50 years so producing hard cider was part of the original decision when opening Hauser Estate Winery. The first few batches of Jack’s Hard Cider were only available for sale in the tasting room. At that time, consumer feedback was the driving force determining what changes would be made to future batches. In the beginning of 2011, we used our knowledge and customer feedback to produce Jack’s Original Hard Cider. Soon after, we started distributing Jack’s Original in Central Pennsylvania.
What are your year round products?
We have 2 year round flagship ciders. Jack’s Original is a refreshingly crisp dry hard cider made mostly from apples with high acids and low sugars. This 5.5% cider sometimes referred to as the green can pairs well with Blackened Fish, Citrus Salads and anything BBQ. We also produce Helen’s Blend which is named after Jack’s wife Helen Hauser. Helen’s Blend is made from apples with higher sugar content and lower acidity. The result is a fruit forward cider with a smooth finish.

What Seasonal and Limited Release Ciders does Jack’s Hard Cider produce?
We are passionate about developing new and exciting products. This Summer, we released our most successful seasonal Conewago Orchard. This Hard Cider was produced using the best cider apples we grow at Conewago Orchard in Biglerville, PA which is where we grow all the apples used in Jack’s Hard Cider. The result was a dry cider with layers of depth on the palate from the natural acids and tannins found in the apples. We will soon release our Peach Cider which is a blend of Jack’s Hard Cider and local peaches. It has been a Harvest time favorite the last few years. We are especially excited about the Peach Cider this year because for the first time it will be available in 12 oz. cans making it easy to find at your local beer distributors. In the past we’ve produced Oak Aged Ciders, Single Variety Ciders, Wine Blended Cider and an Iced Hard Cider. Many of these can be found on tap at our tasting room.

Jack’s is in 5 states- goal to keep expanding?
Jack’s Hard Cider is now available in all of Pennsylvania, Virginia, Georgia, Washington DC and Southern New Jersey. We continue to increase production every few months to keep up with the sales growth within these markets. We are currently in the process of another expansion which should result in us opening a few new markets. We will continue to expand production in order to meet the increasing demand of craft hard cider made from local apples.

Hauser Estate Winery

Hauser Wine • Jack’s Hard Cider • 360 Degree Glass Tasting Room • Weekly Events

410 Cashtown Rd. • Biglerville, PA • 717.334.4888
19 Lincoln Square • Gettysburg, PA • 717.334.4888
725 N US 15 Ste 3 • Dillsburg, PA • 717.334.4888
www.hauserestate.com • www.facebook.com/hauserestatewinery
As October ushers in the holiday season, provides ideal climate conditions and offers scenic views of fall foliage, we highlight corn mazes, pumpkin patches and haunted locations that you may enjoy for a day, evening or a weekend out.

More often than not we miss golden opportunities to delight in what seems like only a few weeks of autumn. Leading up to this month, we are bombarded with unwavering signs of re-themed store displays, fall sports campaigns and seasonal foods and drinks. A change in daily routine becomes more noticeable, too, like yard and garden clean up.

If you have little time to spare between work and your to-do list, but you want to explore and escape into the crisp, cool air, entertain these weather- kid- and budget-friendly opportunities during Central Pennsylvania’s peak autumn season.

Pumpkin Patches and Corn Mazes

Pumpkin patches and picking come as tradition for some families, allowing time to share creative carvings that transform into Halloween Jack-O-Lanterns or pies and goodies. Pick-your-own-pumpkin, or PYOP, are often priced by the pound (not exceeding $10) or given a listed amount.

Be cautious while searching for the perfect pumpkin because you may find yourself heading towards a corn maze. Even if you lack a sense of direction, corn mazes welcome all ages while clues and “Maze Masters” will gladly lead you on the right path. However, if a forest of large cornstalk lacks challenge, try escaping one through the darkness. Since the evenings become shorter and darker by week, flashlight mazes are fun adventures with an added twist.

In addition to pumpkin patches and corn mazes, an assortment of harvest festivities and events are provided at many of these locations with weekend and holiday hours to engage their visitors. Take a look:

• Cherry Crest Adventure Farm | Lancaster, Pa
Open weekends (Thursday through Saturday) and holidays until mid-November. Parents Magazine nominated Cherry Crest Adventure Farm a “Family Favorite 2014, Best Family Day Trip.” The farmland is situated in Pennsylvania’s Dutch Country and excites with family fun games and educational components. Divided into three main sections, Cherry Crest showcases a five-acre corn maze with barnyard and courtyard areas to fulfill everyone’s needs.

Don Frantz, former Disney Broadway producer and co-owner of The American Maze Company, produces Cherry Crest’s corn maze, which includes 2.5 miles of paths, bridges and clues. Surrounding the maze includes activities like giant slingers and jumping pillows or wagon rides and farm animal experiences.

• Country Creek Produce Farm | Chambersburg, Pa
Everyone has their criteria in picking the perfect, plump pumpkin for the fall season. Country Creek Produce Farm sells pumpkins from their shop and farm stand but also give guests the opportunity to use their Pumpkin Cannon the weekends. The farm is open week-long while offering a farmers market for produce, hayrides, and Franklin County’s largest corn maze with more than two miles of path.

This year’s theme is the Land of Oz, so as you come across helpful mailboxes during your quest, trivia knowledge about the Wizard of Oz will lead you in the correct direction. The maze will be open at night, too, so bring a flashlight and get moving! www.CountyCreekProduceFarm.com for dates and hours.
soundproof and designed to withstand the elements. On weekends, the jail is open to the public, allowing visitors to explore its history and learn more about the events that took place there. Enjoy your visit to the Carbon County Old Jail and be prepared for a spooky experience.

**Jennie Wade House | Gettysburg, Pa**

While baking bread for Union soldiers 20 year old Jennie Wade, fiancée to Corporal Jack Skelly, was killed and became the only civilian casualty during the Battle of Gettysburg. The house remains standing with bullet holes and historical furnishings for visitors to see. While touring the grounds and visiting nearby sites, you will hear other ghostly tales of those ill-fated.

**Fulton Theatre | Lancaster, Pa**

Today the Fulton stands on an old prison foundation intended to protect Conestoga Indians who escaped the Paxton Boys Massacre. Instead of safeguarding the Indians, the enclosure made it easier to attack and kill the Indians. Sometimes their screams arise from the corners among other apparitions, like phantom applause.

As a National Historic Landmark, Fulton Theatre brings out haunted legends and mysterious tales in The Woman in Black by Stephen Mallatratt and based on the novel by Susan Hill. The Woman in Black creates an eerie, entertaining production featuring two actors, fourteen characters and one ghost. Timed just over two hours long, the play will be held October 15 through November 3.

*All information was provided by the venues’ websites. For admission prices and additional information, please go online or call the location*

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**Haunted Houses and Locations**

Halloween brings more than Jack-O-Lanterns and trick-or-treating. While visiting one of these locations, you will hear more than one ghost story and strange incidence that will dwell in the back of your mind. Whether walking through an old town at night or sitting in a dark, haunted building, goosebumps will crawl up your spine after listening to spooky tales.

- **Field of Screams | Mountville, PA**
  On a family farm near Lancaster sits an internationally renowned haunted house. There are four separate attractions each with their own terrifying story. In an early 1800s barn, beware of the Insidious Room in the Den of Darkness Haunted Mansion. During the day Corn Cob Acres is open for the kids 12 and under with less eerie activities. There is also a Zombie Fun Run 5K on November 15 that benefits the Pennsylvania Breast Cancer Coalition. www.FieldofScreams.com for dates and hours.

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*All information was provided by the venues’ websites. For admission prices and additional information, please go online or call the location*
Cumberland Valley’s fall festivals celebrate the season with food, music, crafts and family fun. Outdoor opportunities, kid-friendly attractions, wine and beer events, and more offer weekends of fun this October. Discover a collection of our festivals and other things to see and do this fall below.

Cumberland Valley is home to an assortment of artisans, galleries and shops specializing in Made-in-America crafts. The Valley will celebrate American Craft Week from October 3rd-12th with a variety of events throughout the region. Join the celebration of this national event with artists-in-action, open houses, special sales and more. View the list of American Craft Week locations and dates at visitcumberlandvalley.com.

On October 5th, you can enjoy the beauty of Kings Gap at Garden Harvest Day. Activities include leaf printing, apple cider pressing, pumpkin painting, apple butter making, bird feeder building, children’s games and crafts, hay rides, self-guided mansion and garden tours, and more.

When many people think of fall, they think of all the delicious tastes and smells of the season. Enjoy your favorite fall foods at the Pennsboro Pumpkin Fest on October 11th-12th. Highlights include crafts, entertainment and kids’ activities. If fall makes you think of craft brews, head to Oktoberfest, October 9th-12th, at the US Army Heritage Education Center for entertainment, games, and the unveiling of the official brew of the Army War College.

The family fun continues at Fall Furnace Fest at Pine Grove Furnace State Park on October 19th. This annual event features food and craft vendors, live entertainment, environmental education programs, hikes, hayrides, pumpkin carving, scarecrow making, kid’s crafts and campsite decorating. Another fall attraction that is perfect for kids is Fall Fun at Paulus Farm Market. They feature outdoor hay play areas, a fall fun fort, farm animals, hayrides, corn mazes, pumpkin picking and pumpkin chunking.

These are just a taste of the fun events happening in the Valley this October. View a few more highlights below and find a complete list of events at visitcumberlandvalley.com/events-calendar.

The Marvelous Wonderettes @ Allenberry Playhouse October 1 – November 1, 2014
This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet the Wonderettes, four girls with hopes and dreams as big as their crinoline skirts!

The Changing Face of Agriculture: Re-creating the Cider Industry in the South Mountain Landscape @ South Mountain Fairgrounds October 4-12, 2014

Join us at the National Apple Harvest Festival as the South Mountain Partnership, in collaboration with the Gettysburg Wine and Fruit Trail, presents a discussion on the changing nature of agriculture in the South Mountain region. This presentation will take place from 2 to 3 pm each day of the festival.

Carlisle Journeys: American Indians in Show Business @ Cumberland County Historical Society – October 10-11, 2014

Fall Into Fine Craft @ Carlisle Expo Center October 25-26, 2014
Plan to attend the Yellow Breeches Chapter of the Pennsylvania Guild of Craftsmen annual fine craft show and sale featuring works created by gifted artisans from across the Commonwealth and surrounding states. At the show, you will find a wide range of fine art and craft including: jewelry, pottery, textiles, furniture, and much more.

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

Red Ribbon Week

Love Yourself Be Drug Free
October 1-27

Free Events
Youth are encouraged to attend!

October 23
4pm - Plant a Flower Buil As A Promise To Be Drug Free
(For Middle School & Teen YouN only)

October 22
4pm - Drug Dog Demonstration (For Everyone)
4:30pm - Mock Sobriety Checkpoint Demonstration
(For Middle School & Teen Youth Only)

Come visit the Red Ribbon Week Resource Table
At the McConnell Youth Center

717-245-4555 • www.carlisemwr.com • @carlislebarracksCYSS

Youth Golf Lessons

Register Now!
Saturday Afternoons | Oct 18 - Nov 8 | $45 for 4 weeks
Ages 8-11: 3:00-3:45pm
Ages 12-18: 4:00-4:45pm
Lessons conducted by Kathy Chambers, LPGA teaching professional

Location, Carlisle Barracks Golf Course
Sign up on-line at webtrac.mwr.army.mil/webtrac/carlisemwr/cyss.html

717-245-4555 • www.carlisemwr.com • @carlislebarracksCYSS

Youth Tennis Lessons

Tuesdays & Wednesdays
October 15 - November 11
Advanced Lessons: 4:15 - 5:30 PM
Beginner Lessons: 5:30 - 6:45 PM
Jim Thorpe Fitness Center tennis courts

Classes taught by local tennis instructor Marybeth Ulrick

$105* for 8 lessons

Register at CBK Youth Services or on-line:

*Non-refundable payment due at time of registration

717-245-4555 • www.carlisemwr.com • @carlislebarracksCYSS

Vinyasa Flow Yoga

Jim Thorpe Fitness Center
Mondays & Wednesdays
10:15 AM | 60 minute class

Moderately paced class
That is appropriate for students of all levels

Open to the Public
Free Admission & Parking
Christmas Bazaar
Dec 6th | 9 AM - 2 PM
PA National Guard Armory

Christkindlesmarkt

Christkindlesmarkt
Yuengling draft selection $10

Wednesday Trivia Nights
Oct 1, 8, 15, 22, 29 - 7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

Sports/News/UFC, Showing on 13 HDTV's

October Events,
Arrowheads Bar & Grill

Line Dancing
Every Tuesday & Every Other Sunday
Oct 5, 7, 14, 19, 21, 28
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

NASCAR
Every Sunday during the Season

NFL Football
NFL Sunday Ticket

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

MWR PROGRAMS
Marketing
717-245-4698
Corporate Sponsorship
717-245-3777
Community Club
Bldg. 9-65 Fisher Ave
Annville, PA 17003
717-861-2450
Community Club Catering
717-861-2450
Box Car Coffee Shop
717-861-2619 / 2450
Mon-Fri 6-10 am
Drill Weekends 6-9 am
Arrowheads Bar and Grill
717-861-9481
Mon-Thurs: 11 am-1 pm
4 pm-Midnight
Fri: 11 am-1 pm,
4 pm-2 am
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
April-September
Wed-Sat 9 am-1 pm
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
*reservations req.

Outdoor Recreation
717-861-2711
Stumps Garage, Inc.
717-861-5440
KEY NUMBERS
Emergency
911
Chapel
717-861-2112
Credit Union
717-865-6641
Veterans Affairs
717-861-8902
Museum
717-861-2402
ID Card Center
717-861-8693
Judge Advocates
717-861-8891
HRO/Employment/Jobs Federal:
717-861-8709
HRO/Employment/Jobs State:
717-861-6993
SATO Travel
1-800-603-1993
Post Exchange
717-861-2058
Barber Shop
717-861-2058
Military Clothing
717-861-2976
Subway
717-865-1700
Tuition Assistance
717-861-9238
Public Affairs
717-861-8468
Police Department
717-861-2727
Fire Department
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Medical Clinic
717-861-2091
Range Control
717-861-2152

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UFC • NFL • NHL • NBA • NCAA • Free Internet
NASCAR • Full Menu • Karaoke • Bar Trivia
Darts • Video Games • Billiards • Touch Tunes

OPEN TO THE PUBLIC!
Lunch
Mon-Fri, 11am-1pm
Dinner
Mon-Thu, 3-11pm
Fri, 3pm-Midnight
Sat, 4-Midnight
Sun, 3-8pm

FORT INDIANTOWN GAP
717-861-9481
facebook.com/FTIGCommunityClub

BLUE MOUNTAIN
SPORTS ARENA
BUILDING 4-117
(717-861-2711)

FORT INDIANTOWN GAP
3rd Annual
28 MILE MARCH
FOR THE FALLEN
11 October 2014
Fort Indiantown Gap
Honor those who made the ultimate sacrifice for our nation

REGISTRATION: 1 March - 15 September
START/CEMENT: 0700
RACE START: 0700
RACE FEE: $40

COURSE INFORMATION: A challenging 28-mile continuous
race around Fort Indiantown Gap beginning and ending at Blue
Mountain Trail. The course includes Hwy 422, Horseshoe Ridge,
and hundreds of parked rills, and densely wooded trails.

Divisions

• Team • Individual

As always...Service with a smile...
facebook.com/FTIGCommunityClub

BOXCAR
COFFEE SHOP
FORT INDIANTOWN GAP, COMMUNITY CLUB

• Seattle’s Best Coffee •
• Breakfast Sandwiches •
• Freshly Baked Goods •
• Free WiFi •
• HDTV •

As always... Service with a smile...

Facebook.com/FTIGCommunityClub

FORT INDIANTOWN GAP
BLUE MOUNTAIN
SPORTS ARENA
BUILDING 4-117
(717-861-2711)
Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by the National Coalition Against Domestic Violence. The intent was to connect battered women’s advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year since with NCADV providing key leadership in this effort. (http://www.ncadv.org/takeaction/DVAMResourcesandActivities.php) On Carlisle Barracks we observe Domestic Violence Month in hope that all the surrounding military and civilian community, graduating senior leaders and staff will share in the commitment to prevent spouse and child abuse. Below is the Garrison Commanders Proclamation in Observation of this important effort.

**Carlisle Barracks Installation Commander’s Proclamation**

Domestic Violence Awareness Month is recognized in 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. We should never assume that someone else is solving the problem for us.

Without every one of us doing our part, we cannot say our Army is fully ready to meet the mission of domestic violence prevention. As long as any Army spouse suffers from abuse, we have fallen short of our goals for readiness. Therefore, the message to everyone in the Carlisle Barracks community for Domestic Violence Awareness Month 2014 is very simple:

Relationships Should Be Safe, Respectful and Positive.

Relationships are like gardens; they need to be cultivated and require care to ensure they are a positive and healthy part of your life. Relationships should be safe. Feeling safe in a relationship, both physically and emotionally is crucial.

Relationships should be respectful. Respecting your partner is one of the fundamental ways to show love. Common courtesy goes a long way to making another person feel respected.

Relationships should be positive. Encourage each other to be that positive role model for your children. Children learn about relationships by watching the people they know best. It is everyone’s responsibility to create a climate of respect and safety within the Army Family.

Join me in making this October’s Domestic Violence Awareness Month the beginning of a year-round campaign to end domestic abuse. Let the Carlisle Barracks Family Advocacy Program be your partner in preventing and reducing the risk of domestic abuse, and restore valued relationships that are deteriorating. Safe, Respectful, Positive relationships can be the end result of these efforts.

Signed

Kimberly A Peeples

LTC, EN

Garrison Commander
Letterkenny Army Depot
Operator (Information)
☎ 717-267-8111

Driver Hotline Number
☎ 717-267-5220

Office of the Commander
☎ 717-267-8300

Tieman Child Development Center
☎ 717-267-5219

Parent Central Registration
☎ 717-245-3801

Public Affairs Office
☎ 717-267-9741

Police, Fire, Ambulance: Emergency
☎ 911

Police, Fire, Ambulance: Non-Emergency
☎ 717-267-9101

Security Office
☎ 717-267-8800

DOIM Technical/Hardware Support
☎ 717-267-8000

LEAD Quality Hotline
☎ 717-267-9693

or DSN 570-9693

CAC and Military ID Office
☎ 717-267-8751

EEO office and Sexual Harassment Hotline
☎ 717-267-8324

Letterkenny Munitions Center
☎ 717-267-8400

US Army Occupational Health Clinic
☎ 717-267-8017

Contact: ACS AFAP Coordinator at 717-235-3684
Submit issues anytime at www.carlislearmy.mil/acs

Letterkenny Army Depot
DEPARTMENT OF MILITARY AFFAIRS

Full-Day Program Enrollment
Infants 6 weeks to 3 years
Hourly Program
1-5 year old - Call ahead to schedule time.

Part Day Preschool Program Creative Curriculum
The Creative Curriculum program offers a three day per week program on Monday, Wednesday, and Fridays, 8:30-11:30am, for children 3 years old. Children must be 3 years old by September 1st.

Strong Beginnings: Part Day
The Pre-K Strong Beginnings program offers a five day per week program, from 8:30-11:30am. Children must be 4 years old by September 1st.

2 and 3 Full Day Schedules
Available for 2-3 years old only

Tieman CDC is fully accredited by the
National Association for the Education of Young Children
Providing Child Care for Children of Active Duty Military, DOD Civilians, and DOD Contractors

Hours of Operation 5:30am-5:00pm
3001 Georgia Avenue • Letterkenny Army Depot • Chambersburg PA
717-267-5219 • LetterkennyCYS • www.carlislewr.com

Army Family Action Plan (AFAP)
seeking volunteers to serve as:
delegates, facilitators, recorders & operations center personnel
November 18 & 19

Trans-Siberian Orchestra
Giant Center, Hershey, PA
SAT Nov 15
3:30 pm 8:00 pm Shows available
$51.50 per ticket (Save $11.35 + SVC Charge)
Section 100 Level Seating | Limited Availability!

Hillmount Small Animal Hospital
G. Ralph Bowers DVM
Heather K. Henry VMD
www.hillmountanimalhospital.com
31 Westminster Drive • Carlisle, PA 17013
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Email: mary.ruehl@cz1nm.com or pounder10@aol.com
Built on a 65-year family heritage in the jewelry business, the original Mountz Jewelers location in Carlisle was purchased in 1979 by Ron Leitzel. Since then, Mountz Jewelers has expanded to three free standing locations and is now operated by brother and sister team, Ron Leitzel and Tonia Ulsh. To celebrate our 35th year in business, we are offering you special savings throughout the store and a chance to win a $3,500 gift card!

OCTOBER 1ST - 11TH
RECEIVE EXTRA SPECIAL SAVINGS & INTEREST FREE FINANCING
PLACE AN ITEM ON COMPLIMENTARY LAYAWAY FOR THE HOLIDAYS
Choose PinnacleHealth, and you will receive a review of your symptoms and medical history by a physician who will provide prompt treatment recommendations.

You will also receive clear answers to “now what?” through our individualized Nurse Navigator program. Most importantly, care is provided through a coordinated approach by our physicians, nurses and rehabilitation staff.

Don’t suffer or delay treatment. Call PinnacleHealth Spine Institute, (877) 499-SPINE (7746).

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Prompt Evaluation
Expert Treatment

Know us before you need us.

PinnacleHealth Spine Institute
pinnaclehealth.org/spine