In this issue:
Barbeque Time
Home Alone
What is Lebanon Bologna?
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.

Employee Spotlight

Cynthia Burwell

Cynthia has been with Carlisle Barracks for almost 23 years and has 30 years of child care experience. Knowing she wanted to work with children, she started working in Germany in 1987 as a fax employee. What initially drew her to child care was her love for working with children, “It is one of the most rewarding and fun jobs. You have a chance to help children develop as well as educate them.”

What is Family and Morale, Welfare & Recreation?

April 2016 marks the 30th Anniversary of the Month of the Military Child. The Month of the Military Child creates awareness of the sacrifices military children make to the nation. The theme this year is Young Lives Big Stories and it highlights that Military children are strong, resilient and equipped to adapt to present and future changes, such as relocations, deployments, reintegrations, caring for a Wounded Warrior parent or honoring a fallen Soldier parent.

We would like to encourage everyone to take part in many MDMC events this month. We have specials at the Carlisle Barracks Golf Course and Bowling Center as well as Special events at the Moore Child Development Center and the McConnell Youth Center including Family Indoor Drive-In Movie night.

Family and Morale, Welfare and Recreation is celebrating military kids. Part of that celebration includes Family Fun Fair presented by ACS at Carlisle Barracks above Indian Field on April 23. It is sure to be a morning of fun for the whole family with activities for kids of all ages including games, presentations, food and a petting zoo. That same weekend we will also be hosting Jim Thorpe Sports Days with teams from the Senior Service Colleges. Come out and support the home team during this friendly competition! Get the word out to wear purple on April 15. We wear purple to recognize the sacrifices that the children and youth of our military personnel make every day. Purple is the color that symbolizes all branches of the military as it combines all the colors of the all the service branch uniforms. Please see the ads in this month’s issue of First Choice for a listing of events.

Please join me in thanking our children for their resilience, strength and enthusiasm for their family, the Army and of course our country.

Let the word out to wear purple on April 15.

Family and Morale, Welfare & Recreation

Eliza Knouse - Director

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Regulars

5 Carlisle Barracks Directory
6 Carlisle MWR Happenings
8 Thorpe Fitness Schedule
14 Carlisle Autocare Service Tip of the Month
16 Fort Indantown Gap Directory
17 Fort Indantown Gap MWR Happenings
20 Exploring Cumberland Valley
21 Letterkenney Army Depot Directory

Features

10 Barbeque Time
18 Home Alone
22 What is Lebanon Bologna?

On the Cover

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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 Jason: Tue & Thu from 6-7pm. $5 per person. Instructor: Jason Cerifko, 3rd Degree Black Belt.
Run Carlisle Barracks: An organized run will be held every Sat at 7am. Through 10 weeks and be ready for the Army 10 Miler or any upcoming 10 mile run! Participants will be guided at the Thorpe Fitness Center.
Fitness Classes: Thorpe Fitness Center: TAI, TK (for Adults over 40), Zumba and Spinning. All classes are FREE except Tae Kwon Do: Tue and Thu from 4:30-6pm at Thorpe Fitness Center. $15 per participant.
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, prejudices, etc). Led by Brian Sarjeant, Certified CrossFit Instructor.
Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. Call 717-701-3040

Army Community Service
1-240-4577
Resume Class: Apr 1 from 9am-4pm Building 632, Wright Avenue. Learn how to structure your resume using the Federal and civilian format. Guidelines in writing your resume for employment.
Soldier for Life: Transition Assistance Program: Apr 4-8 from 9am-4:30pm Building 632, Wright Avenue. For service members and Spouses who are retiring or separating from the military. Congressionally mandated Pre-Sep Definition Briefing. This is a 5-day workshop to create a draft resume/interview preparation and VA Benefits entitlements.
Relocation 1st Stop: Apr 27 from 11:30am-1:30pm Root Hall Gym. This event provides families an opportunity to address numerous issues in advance of PCS and help reduce stress. Agencies include, Tri-Care, Military Housing, CYS, Military Personnel, Bailout Beauty, Post Judge Advocate office and more.
Auto Detailing: Stop by and try our auto detailing service with three packages to choose from. Call for an appointment.

May 6: Mother’s Day Brunch: (ages 3+) Children 2 & under free (must be on lap). If a seat is required cost will be $8. Must register by May 4.

10am-2pm. Reservations required by May 4.

Sports:

BOWLING – 245-4109
Birthday Parties: Celebrate your birthday with us! Enjoy bowling, food and friendship while leaving the set-up and cleaning to us. Enjoy FREE WiFi while visiting us! Bowling Pizzas Pops Pin: Every Sunday from 6-8pm. Jun 10-27, 2016. Only $26.95 per lane. 10 additional persons bowling. 2 hours of bowling for 4 people, shoe rental, 1 plain pizza and 1 pitcher of soda.

North Carolina “Day On Your Own”:

National D-Day “Day On Your Own”:

NYC “Day On Your Own”:

ARMY COMMUNITY SERVICE
1-240-4577

Reserve Class: Apr 1 from 9am-4pm Building 632, Wright Avenue. Learn how to structure your resume using the Federal and civilian format. Guidelines in writing your resume for employment.

FAMILY AND MORALE, WELFARE & RECREATION

Bowl & Pin Drive Interaction
Keystone Arms - West Point
On the Square - Corner of High Streets near 1st Presbyterian Church
Seven Gables - Corner of Rush Drive & Veterans Way
The Meadows - Thomas Drive & Chippewa Drive Corner least Corner
The Meadows - Chippewa Drive (west corner)
Exchange of Summer & Delaney near stop sign
Marshall Ridge - 2 stops East End Road West End
Root Hall Gym - Corner of Forbes & Barry Drive – VCC

Letort View Community Center (Open to the Public)
1-245-4309
Pershing Tavern Entertainment Line Up:
Apr 7: Jack’s Back 5-8pm
Apr 14: Brad & Lou 5:30-8:30pm
Open Bowling and Driving Range: Mon-Fri, 7am-dusk and Sat-Sun, 8am-dusk.
Swing into Spring Dinner Dance: May 6. Plated Surf & Turf Dinner from 6:30pm. Entertainment provided by “Mr. B” from 7:30pm. $35 per person dinner and dancing. $15 per person Dancing Only reservations by May 1. Mother’s Day Brunch: May 8. Seating Reservations from 10:30am-2pm. Reservations required by May 4.

Sports:

Preventive Maintenance Classes: FREE classes will be held every Thu from 4:30-7:30pm through Jun 2016. Must RSVP. A max of 4 students per class. Children over 14 are welcome with parental supervision.
Auto Detailing: Stop by and try our auto detailing service with three packages to choose from. Call for an appointment.

Leisure Travel Services
1-240-4048/3309

Get Your Tickets at Three Great Locations:
Carlisle Barracks – 842 Summer Road (located beside the Commandry)
U.S. Army Heritage & Education Center – 901 Soldiers Drive
Fort Indiantown Gap Community Club – 9-15 Fisher Ave
Tickets available: Baltimore Aquarium, Disney Military Salute, Universal Military Promo buy 1 day get 2nd day FREE tickets, Legoland buy 1 day get 2nd day FREE, Busch Gardens, Seaworld and lots more.

MORALE, WELFARE & RECREATION

FAMILY AND MORALE, WELFARE & RECREATION

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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! Bowling Pizzas Pops Pin: Every Sunday from 6-8pm. Jun 10-27, 2016. Only $26.95 per lane. 10 additional persons bowling. 2 hours of bowling for 4 people, shoe rental, 1 plain pizza and 1 pitcher of soda.

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

Golf
1-240-2362
Play & Ride/Weekday Special: Mon-Thur. 12-4 pm. $24 per 18 Holes. Must call for tee time.
Open 7 Days Driving Range: Open Mon-Fri. 7am-dusk and Sat-Sun 6am-dusk.
OUTDOOR REC  245-4616

MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS
Bike Maintenance Clinic: Apr 7 from 6-7pm at ODR. 50 person.
Bike Repair and Bike Safety: Apr 8 from 7-9pm, 50 person.
Intro Mountain Bike Ride: Apr 9 from 10am-3pm, $10 person.
KAYAKING Trip: Apr 10, 15, 24 9:30.  May 7, 12 & 18 and Jun 5, 15, 18, 22 9:30 from 10am-7:30pm $30 person.
ODR Leisure Travel Expo: Apr 12 from 11am 4pm.
UltraLight Backpacking Clinic: Apr 14 from 5-6pm, $25 person.
Outdoor Photography Class & Hiking: Apr 16 from 10am-5pm $30 person.
Horseback Trip & Bike Trip: Apr 17 from 10am-5pm $25 person.
Bike Ride Trip: Apr 27, May 19 and 22 Jun 9 and 17 from 10am-5pm $25 person.
Training Camp: May 1 from 9am-12pm and May 9 from 9am-5pm. May 5 from 10am-1pm, Jun 5, 8, 10, 14 to 24 from 10am-Noon and Jun 16 and 21 from 8am-5pm. $10 person or $45 Monthly Hiking Club Member Pass.
Geocaching: May 6 from 10am-4pm.
YouthTrihogan River Rafting: May 21 from 6am-7pm $120 Register by Apr 20 and 5/15 Modified A.
Intro to Backpacking Trip: Jun 11-12. $50 Register by May 17 and $60 after May 11.
C&O Towpath Bike Tour: Jul 28-31. $40 person. Bike, camping equipment and transportation provided. Payment must be made at time of registration. Registration deadline May 15.
Golf Lessons: Lessons conducted by LGPA Teaching Professional Kathy Chambers and PGA Pro Terry Myers.

OUTDOOR REC  245-4616

MOMC Kick-off Parade and Presentation, Apr 1, 9am-5pm.
Purple Up for Military Kids: Apr 15 - Wear purple, dress your dog in purple, decorate your house/fence in purple or do anything you want with the purple. Shows support for military kids and the sacrifices they make every day. Barracks side.
Planting Seeds: Apr 19
Youth Sports Olympics: Apr 21
Diversity Day: Apr 28
Bike Day: Apr 29

School Lunch Office  245-4638

Drive-In Movie: Apr 9 McCrory Youth Center, 6:30. Conclusion of Movie.

School Age Care Programs  245-4555

“Lock-In”: Apr 16, 6-10pm, FREE.
4M Programs: Closer Paths, Gardening, Drama, Art, Photography, Electricity, Cooking, Astronomy. 4-4:30 5-15pm, Mon, Tu, W, Fri 5-7pm anytime!
SKIES Programs  245-4559

Ongoing Free Based Programs through June. Art Lessons, Piano Lessons, Guitar Lessons Register for all SKIES classes on line https://webtrac.mwr.army.mil/webtrac/Carlsbadym or call CYSS 245-4555

Middle School & Teen Programs  245-4642

Guys Day Out: Apr 2, 12 4pm, Girls Day Out: Apr 2, 12 4pm.
Outdoor Adventure Club: Apr 5, May 10, Tuesday 12pm 2:30pm. Ages 10-15. Includes riding, biking, geocaching and kayaking. $60.
Paintball Field Trip: Apr 16, 12:30-6:00pm, Register by Apr 14, $20.
Dodgeball Tournament: Apr 23, 4-8pm. Teams of 7. Register at CYSS by Apr 22. Pizza, Snacks and soda provided. FREE

Operation Megaphone World Wide Lock-In: Apr 29-30, 7pm-7am. Connect with others around the world, service project challenge, team building activities, glow bowling, bowling activities, dinner, snacks and breakfast provided. FREE

After School Programs: Bonded?, Nothing to do? Join us for activities, gym time, chill zone, creative arts, cooking, computers, video games, pinball, dodgeball/basketball league teams, GREAT snack choices and much more! M-Th, 2-4:30pm, Fr, 2-4:35pm, FREE.

Keystone Club: A teen program geared towards teaching youth through three fundamental topics of Academic Success, Career Preparation and Community Service.

Youth Sports b Fitness  245-3534

Open Gym: Thursday and Sunday's each weekend, 5:30-7:00pm, $9 kids $12 adults. Family Open Gym: Every other Sunday each month, Noon - 4pm. Children must be accompanied by a guardian or sibling that is 13+

Friday Night Dodgeball: Every Friday night, 7-8:45pm, McCreary Youth Center. FREE open to youth in grades 1-12.

UPCOMING EVENTS
Outdoor Recreation & Leisure Travel Expo: Apr 12 from 11am-2pm.
Law Enforcement Appreciation Day Expo and 5K Run: May 7 from 10-2pm at U.S. Army Heritage and Education Center.
Parent’s Night Out: May 7, 4-10pm - Midnight, Registration Deadline April 29-30, 5pm/crs.

Special Events:

Children assisted by Armed Forces Kid’s Run on May 21, Indian Field Spring Yard Sale: May 21.

Horseback Trip & Bike Trip: Apr 12-13, 10-3pm.

C&O Towpath Bike Tour: May 11, 12.

Diversity Day: Apr 28

Bike Day: Apr 29

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Shakedown BBQ is a little out-of-the-way dive in Granville, PA. Hidden between I-81 and the Alleghany Mountains, you will find tasty food. Their menu has brisket, pulled pork, smoked sausage, smoked turkey, and wings. Their sides are seasoned fries, baked beans, creamy mac and cheese, and coleslaw.

If you can’t decide what tasty choice of meat you want, try the sampler. The sampler consists of three meats of your choice and two sides. Wings come bathed in a creamy jalapeño sauce—definitely not for those whose taste buds can’t handle spicy, but not spicy enough to make you sweat.

Shakedown is a bit on the pricey side, but portions are big. Before you go, remember that seating options are limited. It is recommended to go on a nice day so outside seating is an option for your visit. Also, their BBQ only lasts so long, so when it is gone, it is gone: plan to go early so you can get what you want.
Warm weather or cold, drivers still need to think about their vehicle’s air conditioning. Most people don’t service their air conditioning until after it fails. Maintaining your air conditioning system means that you always have enough refrigerant to properly do the job. Small leaks in the vehicle’s air conditioning system allow the refrigerant to escape and the system can’t cool the air as well. The refrigerant also contains special oil that lubricates air conditioning components, and keeps the seals resilient. Low refrigerant and lubricating oil means that the air conditioning parts will wear out prematurely, and air conditioning repairs can be costly. To minimize possible issues you should run the air conditioner regularly, even during winter months, to keep the parts and seals lubricated.

Corrosion is what leads to many air conditioning system failures for motorists. The small leaks mentioned earlier also mean that air and water can leak into the air conditioning system. This can lead to rust and dirt in the internal workings of the air conditioning components. This greatly accelerates wear and, ultimately, failure.

Air conditioning service starts with a visual inspection of the components for signs of damage or leaks. The compressor is driven by a belt from the engine, most often the serpentine belt, so it’s inspected for cracks or wear. The air conditioning compressor and other components are checked for proper operation. Then comes the leak test. If a leak is detected, often in a hose or connection, it’s repaired and the system is retested.

Then the old refrigerant is evacuated and the system is recharged with clean, fresh refrigerant. A final test insures that the sedan’s air conditioner is working, and you’re on your way.

How often this should be done varies from vehicle to vehicle. Your vehicle owner’s manual will have the manufacturer’s recommendation but it’s typically every two years.

If you’re not getting enough cool air you know something’s wrong. Also, if you hear strange sounds when you turn the air on, there might be a problem with the compressor and you should get it checked out. Replacing a bad A/C clutch in a vehicle is cheaper than waiting for it to ruin the compressor.

Drivers need to be aware that there’s one more thing that isn’t directly related to air conditioning service, but does impact the quality of the air in your vehicle. And that’s your cabin air filter. This filter cleans dust, pollen, pollution and other impurities in the air that comes from the heater and air conditioner. The cabin air filter needs to be replaced when it’s dirty. If you don’t it will start to smell. Not all vehicles have one, so ask your service advisor to check your cabin air filter at the same time they’re doing your air conditioning service.
FORT INDIANTOWN GAP
MWR WELFARE & RECREATION DIRECTORY

FORT INDIANTOWN GAP MWR PROGRAMS

Marketing
717-245-4698
Corporate Sponsorship
717-245-3777
Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
717-861-2450
Community Club Catering
717-861-2450
Bowling
Mon-Fri 6-10 am
Doll 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. 13-1100
Annville, PA 17003
Fri-Sun 6-10 pm
717-861-2296
Leisure Travel Services
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
Thu & Fri 9 am - 3 pm
717-861-3994
All-Army Sports Program
717-861-2647
Blue Mountain Sports Complex & Strickler Field

FORT INDIANTOWN GAP MWR PRESENTS

Commander’s Cup
2016

SPORTS CLASSIC SOFTBALL TOURNAMENT

Saturday, May 7, 8 AM-5 PM

VENUES

• USA HALL
• POST AND PAP LEAGUE DIAMONDS AVAILABLE
• BLUE MOUNTAIN SPORTS COMPLEX & STRICKLER FIELD

LIMITED SPACE AVAILABLE. APPLY TODAY

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

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
1-800-603-1995
Post Exchange
717-861-2058
Barber Shop: 717-861-2058
Military Clothing: 717-861-2976
Subway: 717-861-1700
Tuition Assistance: 717-861-9238
Public Affairs: 717-861-8468
Police Department: 717-861-2112
Fire Department: 717-861-2727
Education Center: 717-861-9341
Emergency Relief: 717-861-8484
Medical Clinic: 717-861-2091
Range Control: 717-861-2152

FORT INDIANTOWN GAP COMMUNITY CLUB

Bldg. 12-99

Strawberry Bananna & Strawberry Balls

Bldg. 4-117

TUESDAYS

April 24: 7-11pm
April 26: 7-11pm
April 28: 7-11pm
April 29: 7-11pm

Tuesdays & Wednesdays

Pair your wings with a pitcher of our Yearling draft selections $10
Pasta Buffet Wednesday’s
11am-3pm
57¢

Wednesday Trivia Nights
7-9pm
No Cover. Prices. Open to the Public. Full Menu Available

GET A JOB WITH US
USAJOBS.GOV

FORT INDIANTOWN GAP COMMUNITY CLUB

302 Fisher Avenue
Annville, PA 17003
717-861-9481

16 FIRST CHOICE MAGAZINE | FIND US ON FACEBOOK: MWR FIRST CHOICE
WWW.1STCHOICEMAG.COM | APRIL 2016 17
The decision to leave a child home alone can be complex. Here are some considerations:

**Age and Maturity**

Children mature at different rates, so one age might not apply to all. Consider their emotional and social maturity.

**Circumstances**

- The length of parent’s absence.
- The level of risk involved.

**Legal Guidelines**

Some states do not allow children to stay home alone until they are 13 years or older. It’s important to check your state’s regulations.

**Tips for Parents**

- Have a trial period.
- Establish rules and set clear limits.

**Safety Skills**

- Children need to know how to contact you at all times.
- They should be able to lock doors and should have a key to your home.

**Family and Morale, Welfare & Recreation**

By大军

Family and Morale, Welfare & Recreation

Building 32 • Wright Avenue
Monday–Friday: 8 am–4:30 pm

First Choice Magazine | Find us on Facebook: MWR First Choice

Bariatric surgery can restore confidence, mobility and energy—and it can resolve or improve certain obesity-related medical problems like GERD, sleep apnea and asthma.

Our skilled and experienced surgeons can help you find your best weight to live your best life. Schedule a meeting today and learn more about your options.

See real patients discuss their successful weight loss and how their lives have changed at pinnaclehealth.org/bariatric.

Why Choose PinnacleHealth?

- More than 5,500 successful bariatric procedures since 1998
- Exception that ranks us in Pennsylvania’s top 5 percent for surgical volume
- Exceptional weight loss surgery outcomes
- Very low infection and complication rates
- Prestigious Center of Excellence designation*

(717) 909-0290 | pinnaclehealth.org/bariatric

*Surgical Review Corporation on behalf of the American Society for Metabolic and Bariatric Surgery.
April is the kick off to car show season in Cumberland Valley. The Valley is home to Carlisle Events who hosts eight annual auto events at the Carlisle Fairgrounds each year. Over half a million visitors travel throughout the car show season, April–October, to witness all things automotive. These family-friendly shows feature something for everyone including special vehicle displays, part vendors, burnout contests, giveaways, stunt shows, live music, special guest appearances, industry professionals, and much more. Each show is specialized and customized trip ideas and dates for each can be found at VisitCumberlandValley.com. The Valley is also home to Williams Grove Speedway. This speedway has been open since 1939 and is known for some of the most competitive 410 sprint car racing in the world. Car classes include 410 Sprints, Champ Cars, 358 Sprites, 360 Sprints, 305 Sprints, Midgets, Super Sportsman, Late Models and Street Stocks. Races take place Friday nights, March – October.

For the true car enthusiast, Cumberland Valley also boasts a few unique auto museums including the Rolls Royce Museum in Mechanicsburg and the Eastern Museum of Motor Racing in York Springs. You can also visit the Antique Automobile Club of America Museum in nearby Hershey.

For a thrilling adventure, try out the new Autobahn Indoor Speedway in Lenoxy. This 40,000 sq. ft. building features high-speed electric Italian pro-karts that can reach speeds of up to 50 mph. Find even more fun things to do and plan your next getaway at VisitCumberlandValley.com. April is also filled with other fun events and happenings throughout the Valley. View a sampling below.

The Peking Acrobats 2016 30th Anniversary North American Tour “Year of the Monkey Celebration” @ The Luhrs Center – April 7th
The Peking Acrobats return to North American soil for their Gala 30th Anniversary North American Tour, and Year of the Monkey Celebration, where they will continue to impress audiences with their unique brand of ancient artistry.

Annual Spring Brew HaHa @ VisitCumberlandValley.com– April 8th-9th – April 27th-29th
Beautiful farmland. Long sweeping turns through scenic farmland.忽 or Saturday nights. Additional onsite hotels, rates and travel dates available. Valid for Active Duty and Retired Military. Valid identification must be presented at check-in.

30th Annual Race, Run, Ride & Ramble @ Cumberland Valley Rail Trail – April 17th
The trail has a smooth crushed stone surface with long sweeping turns through beautiful farmland. Enjoy live music by the Neely Brothers and a chicken BBQ. All proceeds from the event will benefit the Cumberland Valley Rails-to-Trails Council.

Spring Carlisle @ Carlisle Fairgrounds – April 20th-24th
Spring Carlisle – a collector and classic car swap meet, car corral and auction – marks the beginning of the Carlisle based show and swap meet season. The event plays host to thousands of collector and classic automotive enthusiasts, who travel to the 150-acre Carlisle PA Fairgrounds.

Celebrate Earth Day @ Earth Artisan & Outfitter – April 22nd-24th
In honor of Earth & Arbor Days, get a free evergreen sapling with your purchase, while supplies last. They will also have special guests & events throughout the weekend to inspire you to GET OUT and enjoy The Earth and The Arts, including their resident ISA Certified Arborist who can answer questions about caring for your trees, shrubs and landscape needs and their resident artist and art educator who will share her nature-based artwork and ideas for nature journaling.

Egg Hunt @ Meadowbrooke Gourds – April 23rd
Meadowbrooke Gourds hides tons of painted gourd eggs in the fields and turn you loose to search for them. There will be one $100 and two $50 cash prize eggs in each hunt along with prize eggs for gourds. $20 gift certificates for the store and gourmet chocolate from Sweet Jubilee. Admission to the hunt is one non-perishable food item per person.
What is Lebanon Bologna?

Those visiting the Lebanon Valley and surrounding Central Pennsylvania region have doubtless heard about the infamous Lebanon bologna. But what exactly is this Lebanon bologna?

If you search for Lebanon bologna on the Internet, Wikipedia describes this Pennsylvania Dutch staple as ‘a type of cured, smoked, and fermented semi-dry sausage.’ But despite this rather bland description, Lebanon bologna conjures up a flavorful array of memories for residents of the area.

“It’s sweet, tangy, and smoked,” Jessica Stankovich from Mount Joy said. “It’s a taste of home. My Opa lives in Pennsylvania, and seeing bologna on the shelves in Lancaster brings me back home.”

Bethany Houser from Jonestown, PA, described Lebanon bologna as cultivating a “sense of community.” Similarly, Blaine Shindel and Miranda Beard, both from the Lebanon area, have more personal memories of the cured delicacy. Blaine grew up with it, and Miranda thinks fondly of the Lebanon Bologna Drop that the City of Lebanon hosts every year on New Year’s Eve.

Despite its flat description on the Internet, Lebanon bologna holds a special place in the hearts of local Central Pennsylvanians and visitors to the area who have had the chance to try it.

LEBANON BOLOGNA FLATBREAD APPETIZER

Ingredients:

- Flatbread Squares
- Lebanon Bologna
- Cream Cheese
- Chopped Chives
- Sliced Tomatoes

Directions:

Cut flatbread into 2” x 2” squares and place cubed Lebanon bologna on top. Place sliced tomatoes and chopped chives on top of the bologna. Bake at 350 degrees Fahrenheit for 6 minutes until cheese is melted. Sprinkle chives on flatbread and top with mayonnaise/mustard mixture.

What do you do with it?

Just like any typical cold cut, Lebanon bologna is great for making sandwiches, or for serving on a cold cut platter as an appetizer. True Lebanon bologna aficionados have no trouble at all eating slice after slice of bologna sans accompaniments.

One favorite and traditional recipe is Lebanon bologna or sweet bologna smearing with cream cheese, rolled up, and then cut to create pinwheels. It’s also popular fried and served on a pretzel bun.

Kutztown Bologna Company originated as Burkholder’s Meats in the 1940s. Later, after it was sold to Jerry Landuyt in the fall of 1979, it acquired the Kutztown name. The bologna company holds two Guinness World Records titles for the largest Lebanon bolognas produced, with one weighing 800 lbs. and one weighing 1,200 lbs.

The Daniel Weaver company has been producing Lebanon bologna for over one hundred years. Daniel Weaver started his business in the late 19th century. In addition to formulating a preservation method for Lebanon bolognas to aid in commercial distribution, Weaver also established a water company which eventually became part of the local municipality, created an ice plant to help preserve food in the summer, and started an electricity company.

History & Manufacturing

According to an article published in The Baltimore Sun in 2005 written by Stephanie Shapiro, some of the earliest documentation of Lebanon bologna can be traced back to the 1780s with early Pennsylvania Dutch cooking methods. In her article, “A slice of history,” Shapiro describes how Lebanon bologna used to only be produced seasonally in November. The original methods of making bologna involved cold smoking meats over hickory, apple, or beech woods. But with modern technology, it is now produced year-round, much to the joy of bologna enthusiasts.

Lauren Reed similarly describes the methods of making bologna in her article, “PA is Full of Bologna...Lebanon Bologna.” Pennsylvania Germans used their “Old World” styles of curing and butchering to make long-lasting supplies of food. Reed writes, “The preservation of foods, especially of meats, was essential to farmers in times before modern inventions such as the refrigerator and freezer. Farmers needed a meat that could withstand the heat of the summer and last throughout the year.”

Most recipes for Lebanon bologna typically contain the same, standard ingredients: beef, salt, sugar/brown sugar, spices, lactic acid starter culture, sodium nitrite, dextrose, sodium erythorbate. However, recipes can be altered to achieve different tastes, from sweet bologna, to honey bologna, to double smoked sweet bologna.

The process in which the bologna is made also affects its taste. There are currently two producers of Lebanon bologna in Lebanon County. Selzer’s (Pauly’s Bologna Company Inc.) and Godshall’s Premium Meat and Turkey Products. In July 2005, Godshall’s acquired the Daniel Weaver Company in Lebanon, a long-time producer of Lebanon bologna. Prior to this, Godshall’s also acquired the Kutztown Bologna Company in 2001.

The history of Selzer’s Lebanon Bologna can be traced back to 1902 when the business’ founder, Harvey Selzer, invented a unique combination of beef and spices. This original recipe which Harvey created is still handed down through the Selzer family today, and they still continue to manufacture the bologna old-fashioned way in smokehouses over tended fires. Selzer’s currently holds the title of the world’s largest producer of Lebanon bologna.
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