in this issue:
what to wear for your family photos
explore your own backyard
carlisle barracks youth
Summer is a time to create memories. Longer days and warmer weather give us the opportunity to enjoy the outdoors. Some activities may be traditions in your family already, like seeing a movie at the drive-in, attending a baseball game or roasting marshmallows over a fire in the backyard. For others, summer must include dipping your feet in the ocean, riding a roller coaster or taking a family camping trip. Most everyone enjoys a picnic or barbecue, and let’s face it, certain foods just taste better in the summer; fresh corn on the cob, a juicy slice of watermelon or an icy cold glass of lemonade made from scratch. Whether your vacation plans include visiting with far away family, planning a few day trips to surrounding attractions or paddling down a local river, MWR can help you make great summer memories. As you look through the pages of this issue you may just find the perfect activity to make new memories. We offer summer camp for school age youth at both Letterkenny Army Depot and Carlisle Barracks, discounted tickets for the Baltimore Aquarium, Hershey Park and much more at Leisure Travel Services and Outdoor Recreation can set you up with camping gear, kayaks and canoes. Visit us at www.carlislemwr.com to find the latest additions and see what’s happening at MWR.

**LETTER FROM THE DIRECTOR**

Elizabeth Knouse - Director

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**employee spotlight**

Scot Richardson
Food and Beverage Manager
Army Catering

After 24 years of traveling the country for his career, Scot feels like he’s coming back full circle to Carlisle Barracks. As a youth in Carlisle, he was often on post visiting high school friends. “Working for the Army feels like you are doing something important. Everyone in MWR is here to support Soldiers and their Families and that makes you proud when you come to work.”

**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.
Summer is officially here! Bring the family and enjoy a day poolside at either the Ft. Indiantown Gap Pool or the Splash Zone pool (pictured) at Carlisle Barracks. Both pools feature slides, chaise lounges, and concession stands. Playgrounds and pavilions for picnicking are located adjacent to the pools. Check the www.gapmwr.com or www.carlislemwr.com websites for current pricing and hours.

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We love our cars. And nothing goes with cars better than the road trip. Freedom from daily schedules, new sights and the open road – it’s great! But there’s nothing like car trouble to bring the fun to a grinding halt.

Now you can’t always avoid problems, but you can take steps to reduce the probability of getting sidelined on your trip. The first step is to look at your trip plan from your vehicle’s perspective. What kind of roads will you be traveling – winding byways or super-highways? Mountains or plains? What weather conditions are you likely to encounter? How many miles will you travel?

Armed with the answers to these questions, you can start a trip inspection to help you prepare your vehicle for your big adventure. A lot of our vehicle owners prefer to go through this exercise with an automotive service center performing a trip inspection to get their input and make sure they haven’t left anything out.

A great place to start is the tires. Inspect them for tread wear and proper inflation. Is it time to rotate your tires? Replace them? Are they up to the job – you wouldn’t want to drive regular highway tires on a muddy off-road adventure.

Shocks and struts play a major role in both driving comfort and safety. If they need to be replaced, you’ll really be glad you did once you hit the road. Is it time for a wheel alignment? Fighting a car that’s pulling to one side all day can be tiring and dangerous.

And don’t forget your brakes. Any strange noises, grabbing, soft or hard pedal feel? If there is any doubt, get a brake inspection before you leave.

Moving under the hood, have your belts and hoses inspected. If something is excessively worn or near failure, the stress of a long road trip might just be the straw that breaks the camel’s back.

Your engine air filter will be important. For every gallon of gas you burn, your car will filter and use 12,000 gallons of air. If the filter needs to be changed, you’ll notice the fuel savings on your trip.

How close are you to your next oil change? Will you be able to complete your trip before it’s due? If not, just get it taken care of before you go so that you don’t need to interrupt your trip. In fact, a full service oil change is a great idea because they will top off all your fluids and check to see if any other maintenance items are due, such as transmission or cooling system service.

Do you notice any unusual odors in your vehicle? If so, it could be as harmless as a dirty cabin air filter. But if it’s an exhaust leak it could be fatal on a long trip. Of course you’ll want to be comfortable, so get an air conditioning service if you aren’t getting the cold air you’re used to.

Are your wiper blades still working well? If not, that is quick and inexpensive to fix. Headlamps are often overlooked when planning for a trip. You should make sure all your lights are working.

All the items mentioned are part of any good vehicle maintenance plan. These are things that you want to take care of anyway, but they all come into focus as you plan for your trip.
family and morale, welfare & recreation • carlisle barracks

**Carlisle Barracks Summer Camp**

June 9 - Aug 22

Must register in advance of weeks desired, by appointment only

Carlisle Barracks Summer Camp

245-4555  Facebook: CarlisleBarracksCYSS

**British Soccer Camp**

August 4-8

Register Today Online at www.challengersports.com

Soccer Camp Programs Designed for all Ages

Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and daily World Cup tournaments.

Carlisle Barracks VS www.carlislewmr.com

717-245-4555  Facebook: CarlisleBarracksCYSS

**Carlisle Barracks Golf Course**

Weekday Special

Mon-Thurs: 12-4 PM

Play & Ride Only $24 P/P

18 Holes

MUST CALL FOR A TEE TIME - 243-3252

Open to the Public

www.carlislewmr.com/CARLISLEBARRACKSGOLF COURSE

**Graduation Brunch**

June 6, 2014

Serving Immediately After Graduation

Letort View Community Center

Call 245-4329 for reservations  Facebook: LetortViewCatering

**School’s Out**

June 14

1-5 PM

Cook Out

Carlisle Barracks MST Members

Free Youth Services Building

Come say goodbye to school and hello to summer with friends before everyone leaves!

Enjoy

- Campfires and S’mores
- Food on the Grill
- Games
- Tie Dye Shirts
- Minute to Win It Activities
- Music and Dancing
- Dodgeball
- Basketball

www.carlislewmr.com  Facebook: CarlisleBarracksCYSS  717-245-4555

**Megan Zeller Photography**

1886 Mary Lane, Carlisle PA 17013
megan@meganzellerphotography.com
717.215.2874
family and morale, welfare & recreation ■ carlisle barracks

June 2014 - Carlisle Barracks Thorpe Fitness Center Schedule

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.

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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# USAG Carlisle Barracks Morale Welfare & Recreation Directory

**MWR Programs**

Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 a.m.-4:30 p.m.
Tel: 717-245-4332

Marketing
Tel: 717-245-4533
Sponsorship and Advertising
Tel: 717-245-4533
Finance
Tel: 717-245-4696
Barracks Crossing
870 Jim Thorpe Road
Carlisle, PA 17013
Mon-Fri 7:30 a.m.-4:30 p.m.
Tel: 717-245-4616

**School Liaison Officer**
Tel: 717-245-4638

**Youth Center**
Tel: 717-245-4555

**Youth Sports**
Tel: 717-245-4519

**Child Development Center**
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:15 a.m.-5:30 p.m.
Tel: 717-245-3701

**Letort View Community Center**
313 Lovell Avenue
Carlisle, PA 17013
Tel: 717-245-4329

**Letort View Catering**
Tue-Thu 9:00 a.m.-5:00 p.m.
Tel: 717-245-3960/4049

**Joint Deli (Army War College)**
Mon-Fri 7 a.m.-2 p.m.
Tel: 717-245-4883

**USAHEC Catering**
Tel: 717-243-3099

**Café Cumberland**
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10:00 a.m.-2:00 p.m.
Tel: 717-245-3577

**Leisure Travel Services**
842 Summer Road
Carlisle, PA 17013
Tel: 717-245-3377

**Family Advocacy Manager**
Tel: 717-245-3775

**Sponsorship**
Tel: 717-245-4696

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Tel: 717-245-3577

**Leisure Travel Services**
842 Summer Road
Carlisle, PA 17013
Tel: 717-245-3377

**Family Advocacy Manager/ Exceptional Family Member**
Tel: 717-245-3775

**Consumer Affairs**
Tel: 717-245-3400

**Financial Assistance/AFTB/Army Emergency Relief**
Tel: 717-245-4720

**Employment Readiness/ Volunteer Manager/Transition Assistance Program/Army Family Action Plan**
Tel: 717-245-3684

**Relocation, Mobilization & Deployment**
Tel: 717-245-3685

**Root Hall Gymnasium**
Mon-Fri 5:30 a.m.-8:30 p.m.
Sat, Sun & Holidays Closed
Tel: 717-245-4343/3906/4029

**Indian Field Fitness Center**
Mon-Fri 5:00 a.m.-8:30 p.m.
Sat 7:00 a.m.-5:00 p.m.
Sun 8:00 a.m.-5:00 p.m.
Holidays 10:00 a.m.-3:00 p.m.
Tel: 717-245-3535

**Tiki Bar**
Near Splash Zone pool.
Tel: 717-245-4352

**Joint Pub**
Thurs-Fri 4:00-10:00 p.m.
Located upstairs in the Letort View Community Center

**Pool**
School in session
Monday-Friday
Open swim: 3:00-7:00 p.m.
Saturday-Sunday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
School out of session:
Monday-Friday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
Saturday-Sunday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.

**Frame & Engraving**
Tel: 717-245-3319

**Frame Studio - Self Help**
Thurs 1:00 p.m.-8:00 p.m.
Fri 10:00 a.m.-4:00 p.m.
Sat 9:00 a.m.-4:00 p.m.
Tel: 717-245-3319

**Strike Zone Bowling Center**
686 Letort Lane
Carlisle, PA 17013
May 28-Sep 2, 2014
Mon-Fri 10:00 a.m.-6:00 p.m.
Sat 9:00 a.m.-4:00 p.m.
Closed Sun
Tel: 717-245-3400

**Carleis Barracks Golf Course**
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8:00 a.m.-4:00 p.m.
Tel: 717-245-3131

**Post Exchange/Class VI**
Tel: 717-245-2463

**Post Lodging**
Tel: 717-245-4245

**Post Office, USPS**
Tel: 717-258-1930

**Thrift Shop**
Tel: 717-245-3131

**Motorcycle Registration**
Tel: 717-245-4115

**Veterinary Clinic**
Tel: 717-245-4168

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**We believe diversity is a wonderful thing in a working community**

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**KNR Beauty Supplies**

**African & General Market**

We’re bringing you a little diversity by way of our foods, beauty supplies, natural homemade soaps, and much more!

We believe diversity is a wonderful thing in a working community.

### Military, Professional, and Student Discounts

**162 N. WEST STREET • CARLISLE, PA 17013**

Tel: 717-462-4348
It’s that time of year again. Time to gather the troops, hire a photographer and hope for the best. It’s the start of Family Photo season!

Hiring a photographer to capture your family with photographs can be quite an investment, not only an investment of money, but of time preparing for your session. As owner of Pretty Faces By Sasha, a professional makeup and photography business, I know first hand the concerns, questions and dilemmas families face when booking their session. One of the first things they ask me (with a bit of desperation in their voice) is, “HELP! What should we wear⁈”

And here you go! I’ve compiled a few key points to think about when preparing for your session.

**Plan Ahead.**

I always encourage my clients to start planning their outfits at least two months in advance. The sooner the better. You don’t want to be 24 hours out and realize the shirt that your little guy wants to wear has finger paint embedded in its threads. Planning ahead also allows for borrowing of clothes. If you are like me and have little ones, going out to buy new outfits for each of them can add up. Borrowing a few pieces from friends or relatives can make for some really great outfits.

**Do NOT Match. Coordinate.**

That doesn’t even sound right, does it? I know, I know. You are saying, “Sasha, have you forgotten to drink your coffee today?” Nope. Sure didn’t. In fact, I drank two cups already today. But back to this tip: everyone looks best when they COORDINATE, not match. If everyone in your family wears a white shirt and jeans, the look will be cohesive but will not show off their personalities.

**Avoid All White or All Black Clothes.**

These two colors can make things a bit tricky. When everyone wears white, your clothes can easily be blown out, which means it looks like you are wearing Casper the Friendly Ghost on your back. With all black clothing, texture and details can be lost. This family wore a variation on these colors, but they got it right because they paired them with texture and pattern.

**Color. Color. Color.**

I think color selection is one of the most difficult parts in planning your family photo session. Color can emote many different emotions, different seasons and different personalities. I created a Pintrest Board just for this reason, so my clients can see a variety of color combinations and then can figure out what speaks to them. This visual reference really helps my clients decide what look they want to convey. Is it a Fall shoot? A brown, rust, cream and berry color palette is perfect. Is it a Spring shoot? Have fun with purples, aquas, yellows and creams. Not everyone has to be wearing the same colors. Mom can wear a scarf that pulls the family’s colors together. A son can wear a bow tie that pops, or a daughter can layer on color with a patterned cardigan. Dads, you will probably just wear what you are told, right? (smile)
Texture is Your Friend.

Knits, ribbing, wafts and wales in your corduroys: these things provide interest in your photographs. This family is a perfect example of using texture in an effective way. The textures they chose evoke a warm and cozy feeling . . . which leads to my next tip for you.

Layers and Accessories are a Must.

You've all seen that picture. The one where everyone looks perfectly put together. I can almost bet the reason why is because the family layered and accessorized. Cardigans, scarves, hats, ties, headbands, jewelry: these are all wonderful things that show off personality and can also be used as props. Meaningful jewelry is something I look for when taking family photos. You can't beat the emotion behind a loving couple in an embrace, showcasing their wedding rings.

Think Ahead, and About Your Walls

Let's face it. Family photos are an investment they will be hanging on your walls for years to come. Think about your style and the colors in your house. If you plan on having red walls in your home for the next 20 years, do you really want everyone wearing green in your pictures? Probably not. The artist in me says, "Forget about your walls and your home! Wear what you'd like!" But the consumer in me says, "You are paying good money for these photos. Wear something that you will love looking at for years to come." Only you can decide which way you want to go. My vote is for a mixture of both.

Finally, be sure to utilize your photographer. Ask them lots of questions. I am certain they will be more than happy to guide you through the crazy waters of "what to wear". And as always, should you just need a gentle nudge in one direction or another, you are welcome to contact me at prettyfacesbysasha@hotmail.com. I adore picking out clothing and accessories. Just ask my poor husband. He'll vouch for that.

From my coordinated family to yours, happy Family Photo Session Season! xo, Sasha

photo taken by my friend, the wonderfully talented Elizabeth Willson of It's Still Life Photography.

Sasha Coleman Arnett is the owner of Pretty Faces By Sasha, a natural light photographer and makeup artist in South-Central Pennsylvania. She is a wife of a PAARNG Captain, a mother of two kiddos (ages 3 and 5) and lover of all things creative.

You can see her work at www.prettyfacesbysasha.com.
SPORTS – ☏ 245-4029
Strength for Wisdom Events:
Run Club: March-November - Saturdays at 7 am.
30 Day Push-Up Challenge - September
Ab Challenge - October

Automotive Detailing Service at Barracks Crossing Auto Shop: Stop by and try our new auto detailing service with three packages to choose from. Make an appointment at 245-3156.

Adult Pastel Portrait Class: 4 Classes being offered on Thursday’s from 5-7 pm. $150 (all supplies included in price).

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

Harrisburg Stampede Discount Tickets: Professional Indoor Football Team representing the central PA region. Fun Family Entertainment. Fri, Jun 6 @ 7 pm; Sat, Jun 14 @ 4 pm and Sat, Jun 21 @ 7 pm. Sideline seats $13.85, Giant Center, Hershey, PA.

Tiki Bar: 3985 for pick up. Areas available:
Tiki Bar (located behind the LVCC): Open Thursday/Friday from 4-10 p.m. Bar Menu available.

BOWLING – ☏ 245-4109
Grillin & Chillin: June 11 from 11 am - 1:30 pm. 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.

Strike Zone Summer Saver Card: Begins June 2. 50 Games - $35. Good till August 29.

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!

Baltimore Aquarium
Discount Tickets Available at LTS

CHILD YOUTH AND SCHOOL SERVICES – ☏ 245-4555
SUMMER CAMP: Summer Quest2014, Register Today! Must Register in advance of week(s) desired/ by appointment only please!, K-5th Grade. Camp Runs: June 9-August 22
All Activities, Field Trips, Meals and Snacks are Included

SKIES – ☏ 245-4555
British Soccer Camp: Register Today! Camp Runs, August 4-8
Mini Soccer, Ages 3-5, 9-10:30am, $92, Half Day Camp, Ages 6-16, 9am-12pm, $127, Half Day Camp, Ages 6-16, 1-4p, $127, Full Day Camp, Ages 8-16, 9am-4pm, $186
REGISTER online 45 days prior to start of camp and Get FREE Gear!
More information about individual camp and to register
www.challenger.mycustomevent.com

My Customevent.com

LEISURE TRAVEL SERVICES
New York City Trips

Regal Cinema Discount Tickets:
Red Tickets $7 (Limited) and Blue Tickets $8 (premium). Not applicable to any 3D film. ($9.25 Regular cost at door).

HERSHEY PARK DISCOUNT TICKETS
Hersheypark Discount Tickets:
Adults $37, Junior Ages 3-8 $34.50 and Senior Ages 55-69 $34.50.
Discount Tickets for your Florida Vacation.

BARRACKS CROSSING FRAME STUDIO – ☏ 245-3319
Beginner Framing Classes: Call for dates and times. Learn to frame your artwork in a small group environment (max. 4 per class). Cost: $50 (all supplies included).

BARRACKS CROSSING FRAME STUDIO
Two 14 oz. high protein shakes ($9.95)
Two 16 oz. bottles of water ($1.50)

Hershey Park Discount Tickets:
Adults $37, Junior Ages 3-8 $34.50 and Senior Ages 55-69 $34.50.
Discount Tickets for your Florida Vacation.

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Grillin & Chillin: June 11 from 11 am - 1:30 pm. 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.

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REGISTER online 45 days prior to start of camp and Get FREE Gear!
More information about individual camp and to register
www.challenger.mycustomevent.com

My Customevent.com

MIDDLE SCHOOL TEEN

“School’s Out” Cook Out: June 14, 3-7pm, FREE
Carlsile Barracks MST Members
Come say goodbye to school and hello to summer with friends before everyone leaves!
Enjoy: Campfire, Food, Games, Tye die shirts, Minute to Win it Activities, Music and Dancing, Dodgeball, Basketball

YOUTH SPORTS & FITNESS

Youth Soccer: Register July 7 – August 29!
Regular Season: September 1 – October 9, Carlisle Barracks Soccer Fields, Ages 3-18
Preschool
Bantam (k-2nd)
Elementary (3rd-5th),
Middle School (6th-8th)
Fees: Preschool: $25
All Others: $45
Multiple Child Discount: $35
(non-refundable payment due at time of registration)
Volunteer Coaches Needed

SPLASH ZONE POOL – ☏ 245-3560
Opens Saturday, May 24
School in session
Monday-Friday
Open swim: 3:00-7:00 p.m.
Saturday-Sunday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
School out of session:
Monday-Friday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
Saturday-Sunday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
2014 SEASON SWIM LESSONS
Session I June 16-27; Session II July 07-18; Session III Aug 04-15
GOLF – ☏ 243-3262
Play & Ride/Weekday Special: Monday-
Thursday from 12-4 pm. ONLY $24 p/p. 18 Holes. Must call for a tee time.
Open Golf and Driving Range:
Open Mon-Fri, 7:00 a.m.-dusk and Sat & Sun, 6:00 a.m.-dusk.
Golf Lessons: Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Terry Myers.
UPCOMING EVENTS
Welcome Jams:
High School - July 30 - Splash Zone Pool Pavilion
Middle School Teen - July 29 - Splash Zone Pool Pavilion
Elementary Ice Cream Social - August 16 - www.carlislemwr.com

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

WWW.1STCHOICEMAG.COM | JUNE 2014 11
The great outdoors await you! Take advantage of the sunny summer weather and explore scenic Pennsylvania with MWR Outdoor Recreation. Whether you enjoy whitewater rapids or prefer to push yourself on a hike with an amazing view, you’re sure to find the trip that’s right for you!

**KAYAKING**
Experience Pennsylvania’s beautiful scenery by kayak. Basic paddling instruction is provided followed by a day of boating and nature watching!

**Location:** Big Springs, Yellow Breeches & Conodoguinet
**Departure:** 10am  **Return:** 2:30pm
**Cost:** $20 p/p
**Dates:** Jun 7 & 14; Jul 12, 16 & 30; Aug 10, 20 & 30; Sep 6, 14, 27 & 28 and Oct 4
**Sign up 1 week prior to trip**

**APPALACHIAN TRAIL BACKPACKING**
Experience all that the AT has to offer on these overnight backpacking experiences! Learn the history of the trail and enjoy great company!

**Three Day 2 Night Hikes**
**Departure:** Friday 4pm  **Return:** Sunday 1pm
**Cost:** $75 p/p
**Dates:** Jun 7 & 14; Jul 12, 16 & 30; Aug 10, 20 & 30; Sep 6, 14, 27 & 28 and Oct 4
**Sign up 1 week prior to trip**

**Two Day 1 Night Hike**
**Departure:** Friday 5pm  **Return:** Sunday 5pm
**Cost:** $35 p/p
**Date:** Sept 19-20
**Sign up 1 week prior to trip**

**COMING EXPLORE CAMP MICHAUX PRISONER OF WAR CAMP AT PINE GROVE**
Cost: $15 p/p
Date: Jun 6
Must register by Jun 6

**WHITE WATER RAFTING**
Enjoy an exciting day on the mighty Youghiogheny River! The water is flowing at record depths from the heavy snowfall this winter. The trip is sure to be an adventure.

Cost: $105 p/p
**Departure:** 7 am
**Dates:** Jul 26, 7am-5pm and Aug 9, 7am-5pm

**DINNER AND A KAYAK**
A great couples evening! Kayak the Yellow Breeches and then enjoy a Southwestern style dinner served at the end of the trip. Menu includes BBQ Chicken, Baked Potato, Rolls and Salad

Cost: $35
Date: Aug 2
Must register by July 26

**RAILS TO TRAILS BIKE RIDE**
Pennsylvania has amazing bike trails from former rail lines. Spend the afternoon on a leisurely bike ride and view beautiful Pennsylvania from a different vantage point!

Cost: $20 p/p
**Dates:** Jun 22, 1-4:30pm; Jul 9, 10am-1pm; Jul 27, 4:30pm; Aug 3, 1-3pm; Aug 16, 10am-2pm; Aug 24, 1-4:30pm; Sep 13, 10am-2pm, Sep 17, 10am-1pm and Sept 30, 10am-1pm
**Sign up 1 week prior to trip**

**INTRODUCTION TO FLY FISHING CLINIC**
Lesson in basic knot, rigging, set up casting instructions and stream fishing instructions. Everyone over the age of 16 MUST have a current PA fishing license with a trout stamp to be able to fish. Bring your own waders if desired.

Cost: $30 p/p - Includes "Basic Fly Fishing Book" to keep, will be supplied with a fly rod, flies and ghillies (stream instructions)
**Date:** Sept 20 9am-1pm
Location: Allenberry Lodge (Meadow Pavilion) on the Yellow Breeches stream
**Must register by Sept 5**

**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:** Jun 8, 1-4pm; June 11, 10am-Noon; Jun 19, 2-5pm; Jul 2, 10am-2pm, Jul 13, Noon-4 pm, Aug 6, 10am-2pm; Aug 17, Noon-4pm, Sept 3, 10am-2pm, Sept 21, Noon-4, Oct 1, 10am-2pm, Oct 22, 10am-2pm and Nov 5, 10am-2pm
**Sign up 1 week prior to trip**

**OUTDOOR RECREATION**
860 Sumner Road
(717) 245-4616
Mon-Thur 9am-5pm
Fri 9am-7pm and Sat 9am-2pm
Like us on Facebook facebook.com/CarlisleOutdoorRec

**FIRST CHOICE MAGAZINE**
| FIND US ON FACEBOOK: MWR FIRST CHOICE
CARLISLE BARRACKS HONORS TWO OUTSTANDING YOUTH

BY: THOMAS ZIMMERMAN, CARLISLE BARRACKS PUBLIC AFFAIRS OFFICER

As the celebration of the Month of the Military Child drew to a close, Carlisle Barracks took time to honor its Youth and Youth Volunteer of the Year during a ceremony at the Youth Center May 6.

“Much focus is spent on their parents’ dedication and sacrifices, while children in military families are often overlooked,” said Lt. Col. Kim Peeples, Garrison Commander. “The so-called “military brats” often make huge sacrifices of their own due to the great demands on their parents.

“Taylor and Ryan are two examples of our kids who make those sacrifices. But instead of focusing on the moves, making new friends and new schools every few years, they both give freely of their time to make the communities around them better. I’m happy to honor these great kids and the example they set for others in our community.”

Ryan Torbert was selected as the Carlisle Barracks Youth of the Year. Ryan accumulated more than 140 hours of community service in the past year. Many times he helps his mother Selinda, with her job at Army Community Service doing projects

“I believe that if every person would do something each day for the community that the world would be exponentially better,” he said. Ryan also leads the Youth Council and Cooking Club at Carlisle Barracks and serves as part of the student council at his school.

In his application essay Ryan talked about how coming to the Youth Center allowed him to make friends and have experiences that caused him to grow. He also wrote about how being from a military family has been difficult with the changes that occur but also the best times he can remember were his experiences and friends all over the world.

“Ryan comes to the MST program every day after school,” said Meriah Swope, Middle School/Teen Lead. “He is a great leader and the other youth really look up to him. He is one of those people that you can sit and have a great conversation with and he is very mature for his age. We often talk about his future, current events, and popular culture in a very informed and respectful manner. He also helps out around the program without being asked because it comes so naturally to him.”

The Volunteer of the Year is chosen based on the number of volunteer hours that youth have logged at the Youth Services Center. This year’s winner is Taylor Haupt, who logged more than 230 hours of service working with the 5-8 year old summer camp kids this past summer.

“Taylor is a great asset for the Youth Center,” said Swope. “She was a kid in our summer camp since she was little and when I started working here she helped me get to know the norms of the camp. It’s still weird walking into the office when she is in there because I still think she is a kid but she has grown into an excellent leader. She works well with the youth and greatly helps out when the staff need her to.”

Taylor assisted the staff members by facilitating activities, games, and crafts with the kids. She would also assist them in gathering materials and being extras hands where ever they were needed.

Taylor Haupt, Carlisle Barracks Youth Volunteer of the Year, talks with Lt. Col. Kim Peeples, Garrison Commander, during the ceremony. She assisted the staff members by facilitating activities, games, and crafts with the kids, logging more than 230 hours in the summer.

Ryan Torbert holds a plaque bearing his name as the Carlisle Barracks Youth of the Year during a ceremony May 6 at Youth Services. Ryan accumulated more than 140 hours of community service in the past year.
There is a lot to see and do in Central Pennsylvania. This summer why not explore your own backyard? Whether you want to swim, bike fish, hike or take in a concert or play in the park, Central PA has something for everyone to get excited about. MWR’s Leisure Travel Services and Outdoor Recreation can help you plan and customize a trip and they have great tips for exploring the local area. Visit us at www.carlislemwr.com or stop by in person at our Fort Indiantown Gap, Letterkenny or Carlisle Barracks locations.

The Hershey Story – The Museum on Chocolate Avenue
For well over 100 years, the word “Hershey” has been synonymous with the Great American Chocolate Bar. Now, The Hershey Story takes visitors on an inspirational journey through the life of Milton S. Hershey, the man, his chocolate company, the town that bears his name, and his generous legacy.

The Hershey Story explores the rags to riches accomplishments of an American entrepreneur who used his personal wealth to enrich the lives of others. Hear never-before-shared stories of his innovation and determination. Find out how Mr. Hershey revolutionized the process of making milk chocolate. Discover how the Hershey Industrial School’s orphan boys became heirs to his fortune.

From the interactive Museum Experience and its creative Apprentice Program to the Chocolate Lab to Café Zooka and the Museum Shop, the sweet results of Mr. Hershey’s entrepreneurship, ingenuity and philanthropy are guaranteed to inspire all who enter The Hershey Story. www.hersheystory.org

Cumberland Valley Rail Trail
Wildlife viewers of all ages and experiences can hike, bike, walk, or horseback ride on the 11-mile Cumberland Valley Rail Trail that follows the abandoned Cumberland Valley railroad corridor from Shippensburg to Newville. The Cumberland Valley Rail Trail is a designated National Rail Trail.

City Island - Harrisburg
There is a unique treasure nestled in the middle of the Susquehanna River. Here you can picnic in a pavilion, swim at a beach, dock your boat in a marina, ride the carousel or mini train, take a horse-drawn carriage ride, catch a Minor League Baseball Game, shop, take a dinner cruise on the Pride of the Susquehanna, get a bite to eat, enjoy outdoor sports such as volleyball, softball, football, soccer, kayaking, canoeing or biking, play mini golf, enjoy the fitness area and enjoy the view of the Susquehanna River.

Lake Tobias Wildlife Park
In the heart of Central Pennsylvania live hundreds of wild and exotic animals where a real safari adventure awaits you. Travel over 150 acres of rolling hills on a guided Safari Tour, where you will view herds of roaming animals and flightless birds, such as yak, buffalo, watusi, emus and more. Stroll along fifty acres of zoo-type settings where monkeys, tigers, zebras, and many interesting creatures continuously educate and entertain park visitors.

Open May – October. www.laketobias.com

explore your own backyard!
BY: JACQUELINE CHICCHI
Indian Echo Caverns – Hummelstown, PA

The first visitors to Indian Echo Caverns, were most likely the Susquehannock Indians who lived along the Swatara creek. It is believed they used the caverns as a refuge during bad weather because the caverns maintain a constant 52 degree temperature. Today, thousands of visitors explore the caves crystal clear lakes, passageways and fantastic geological wonders. Professionally trained guides explain the geology the caverns, as well as the history or the early explorers and Native American Indians, as well as the story of the Pennsylvania Hermit, who lived the last 19 years of his life in the cave in the early 1800’s. www.indianechocaverns.com.

Allenberry Resort Inn & Playhouse – Boiling Springs

Located on the beautiful grounds of the Allenberry Resort, the Allenberry Playhouse offers the local community Broadway caliber entertainment. This summer’s schedule includes the toe-tapping musical 42nd Street from June 18 – July 20, the iconic American musical Oklahoma runs from July 24-August 31 and the touching musical Mame finishes the summer season from September 3-September 28. Most shows are family friendly, but for the younger set, Allenberry is offering the children’s theater classic Alice in Wonderland this summer on select weekends from June through August. www.allenberry.com.

Laurel Lake – Pine Grove Furnace State Park

The 25-acre Laurel Lake and lakeside beach is located in Pine Grove Furnace State Park. While you are at the park hike, bike, camp and visit the Appalachian Trail Museum. Admission is free. The mountain backdrop, cool water and sandy beaches at Laurel Lake make it the perfect place to go on a hot summer day. Open from late-May to mid-September, 8 a.m. to sunset. During the summer season a snack bar is available at the beach. There are no lifeguards at Laurel Lake. Boating is permitted on Laurel Lake (electric motors only). Trail entrances for the 2-mile Cumberland County biker-Hiker Trail are located at the Furnace Stack Day Use Area, Laurel Lake and Fuller Lake. Seasonal bike rentals are available at the Laurel Lake concession booth.

Free Shakespeare in the Park

Antony and Cleopatra
June 4-7 & June 11-14
7:30 pm at the Reservoir Park Bandshell in Harrisburg
Tickets are free. Outdoor venue with lawn seating, bring a lawn chair or blanket. Canned good donations to the Bethesda Mission are gratefully accepted.

Ned Smith Center for Nature & Art – Millersburg, PA

The Ned Smith Center for Nature and Art was founded to celebrate the life and works of its namesake, the nationally recognized wildlife artist, naturalist and writer Ned Smith. The center features an art gallery with changing exhibits of contemporary artists and photographers. The Ned Smith Gallery features selections from his collection of hundreds of original painting, drawings, field sketches, journal notes and manuscripts donated by his widow. The 500 acre campus includes twelve miles of trails and stunning views of the Susquehanna River from the mountaintop. The land also provides habitat for the wildlife Ned Smith immortalized – deer, bear, wild turkey, grouse, fox and many specials of smaller animals. The center truly brings nature and the arts together with special events, family movie nights, music, summer camps for youth, wildlife lecture series and much more.

Information for this article was compiled from the Hershey Harrisburg Regional Visitors Bureau, www.visithersheyharrisburg.org and The Cumberland Valley Visitors Bureau, www.visitcumberlandvalley.com.

The National Civil War Museum

The National Civil War Museum is one of the largest museums in the world dedicated solely to the American Civil war. The Museum seeks to tell the whole story of this most troubled chapter in American history, while focusing on the issues, the people and the lives that were affected. Both Northern and Southern viewpoints are presented; and military as well as civilian perspectives are highlighted. www.nationalcivilwarmuseum.org
Welcome to events season in Cumberland Valley! Get out and explore the charming towns and enjoy a summer filled with music events, downtown festivals, car shows, historical walks and more. View the Official Cumberland Valley Events Calendar at [www.visitcumberlandvalley.com/events-calendar](http://www.visitcumberlandvalley.com/events-calendar) for even more fun things to see and do.

If you’d like to keep up-to-date on all the Valley events and happenings follow us on Facebook at facebook.com/CumberlandValleyPA, on twitter at @CumberlandValleyPA or find local recommendations on the Cumberland Valley Blog – [www.cumberlandvalleypa.com](http://www.cumberlandvalleypa.com).

Here’s a sampling of what’s to come this June:

**Carlisle Ford Nationals @ Carlisle Fairgrounds – June 6-8**

The entire family will enjoy the largest and most thrilling all-Ford event in the world. Ford, Mercury and Lincoln fans will have a showcase of over 2,200 vehicles to check out on the National Parts Depot showfield. Also, don’t miss the Ford Parade Saturday night in downtown Carlisle!

**Foundry Day 2014 in Boiling Springs – June 7**

The historic village of Boiling Springs, PA will again be the scene of the 28th Foundry Day Arts & Crafts Festival. The juried arts and crafts festival is held each year in this quaint Cumberland Valley site by the Appalachian Trail.

**Ironmaster’s Mansion Tours – Sundays through September 7**

Come explore the beauty of the building and the fascinating stories of its history. Free tours of the historic Ironmasters Mansion will be offered on many Sunday afternoons from Memorial Day to Labor Day.

**12th Annual PA Fly Fishing Heritage Day @ Allenberry – June 14**

The day will be filled with fun from beginning to end, with over 70 vendors and exhibitors, speakers and demonstrations, all-day Fly casting instruction, a Fly casting competition, Fly tiers in action, raffles and the always popular Fish Swim Race on the Yellow Breeches.

**42nd Street at Allenberry Playhouse – June 18-July 20**

Get out your tap shoes, Francis! One of Broadway’s most iconic shows returns to Allenberry after nearly two decades. This toe-tapping mega-musical will have you singing along.

**Wednesday Hike for the Work Weary @ Kings Gap – Wednesday through September 20**

These free weekly hikes are briskly-paced, 3.0 to 3.5 miles over uneven terrain, with a 20 minute break along the trail for a snack. Routes will vary each week.

**86th Annual Jubilee Day in Mechanicsburg – June 19**

Jubilee Day is the largest, longest running one-day street fair on the East Coast, attracting up to 70,000 attendees. This annual event features more than 325 vendors from near and far offering food, games, arts & crafts, business information, retail products, carnival rides and more.

**Carlisle GM Nationals @ Carlisle Fairgrounds – June 20-22**

One of the most diverse of General Motors events, this is the place to be each June. Organized by year, make and model, the National Parts Depot showfield will be loaded with top quality restored classics, original muscle cars and modified high-performance new models.
Newville Fountain Festival – June 20-21
The theme for 2014 is “Newville Remembers the Fabulous Fifties.” Friday night’s festivities include a parade followed by live music and dancing in the streets at the Fountain. Saturday features exhibits, entertainment, food and crafts, a Custom and Antique Car Show, and more.

SHAPE’s Solstice Arts Festival – June 21
The 9th annual SHAPE Solstice Arts Festival at Shippensburg Township Park features fine art, live music, great food, children’s art activities, eco-village, wellness circle and the art wall.

Music in the Garden on Pomfret Street – Saturdays through September 27
BYOB and listen to free, live music every Saturday evening on Pomfret Street in downtown Carlisle. Be sure to bring your chairs too.

Carlisle Summerfair – June 26-July 6
Summerfair originated in 1978 and has continued ever since with its commitment to provide the community with family-friendly events offered at no cost. Major events include a 5k/10k run, an all-star softball game, a parade and ice cream social, a craft show/festival, a children’s fishing derby, a Civil War walking tour, tours of the Old Courthouse, an “anything floats” contest, and fireworks.

Wormleysburg Borough River Day – June 28
Join Wormleysburg in celebrating its largest natural resource, The Susquehanna River. Event features live entertainment from some of our favorite local bands, pontoon boat rides for the family, kayak and paddle board rides, food and plenty of games for the kids.

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.
Sports/News/UFC, Showing on 13 HDTV’s
Upcoming Events, Arrowheads Bar & Grill:
Line Dancing Every Tuesday & Every Other Sunday
$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

Kids 12 & Under Eat FREE Every Monday (some restrictions apply)
Yuengs & Wings Tuesday Nights
Every Tuesday Night
48oz. pitcher & 8 wings, only $10

DJ’s:
DJ Lady J, June 6 – 8-11pm
DJ Rich, June 7 – 8pm-midnight
DJ Rich, June 13 – 5pm-8pm
DJ Rich, June 27 – 5-8pm

Summer Patio Parties:
Clam Bake: Friday, June 20 – 5-8pm with DJ Rich
Beach Party: Saturday, June 21 – 8pm-midnight, DJ Rick

Budweiser Clydesdales:
June 19, 11-2pm
Arrowheads Bar & Grill parking lot

Summer Patio Parties:
Clam Bake: Friday, June 20 – 5-8pm with DJ Rich
Beach party: Saturday, June 21 – 8pm-midnight, DJ Rick

DJ’s:
dj lady j, june 6 – 8-11pm
dj rich, june 7 – 8pm-midnight
dj rich, june 13 – 5pm-8pm

dj rich, june 27 – 5-8pm

NASCAR:
Every Sunday during the season

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 6:00-10:00 a.m.
Drill Weekends 6:00-9:00 a.m.

Arrowheads Bar and Grill
717-861-9481

Mon-Thurs: 11:00 a.m.-1:00 p.m.
DMVA Cafe
717-861-2450

Recreation Center
Bldg. 13-190
Annville, PA 17003
717-861-2296

Leisure Travel Services
Bldg. 9-65 Fisher Ave
Annville, PA 17003
717-861-3994

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: 6:00 a.m.-9:00 p.m.
Sat-Sun: 8:30 a.m.-8:00 p.m.

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Janie Haseman was awarded the first Patrick Hawkins Memorial Scholarship during a ceremony May 2 in Root Hall.

Sgt. Patrick C. Hawkins, an Army Ranger from Carlisle, was killed on Oct. 6, 2013 while aiding a fellow wounded Ranger in Afghanistan. Hawkins graduated from Carlisle High School in 2007, and enlisted in the Army in 2010.

Hawkins was assigned to Company B, 3rd Battalion, 75th Ranger Regiment, at Fort Benning, Ga., was killed along with three other Soldiers by an improvised explosive device while conducting combat operations in Kandahar Province. Hawkins was posthumously awarded the Bronze Star Medal, Meritorious Service Medal and Purple Heart for his actions.

"At first I was just really excited about getting some more financial help for college," said Haseman. "But as I read through the scholarship letter and the papers that came with it -- there was one that talked about Patrick, and another that discussed how the scholarship fund had been created . . . I was incredibly humbled. I couldn’t believe that I had been chosen as a person who, in a way, they trusted Patrick’s legacy with; all I can really say is that I am so honored."

At the ceremony were Patrick’s parents, retired Col. Roy and Sheila Hawkins. The opportunity to receive the scholarship and meet the Family was emotional, she said.

"I wasn’t just getting a scholarship, I had been honored with the opportunity to help carry on someone’s legacy," she said. "To meet the people that had helped shape Patrick into the man he became, who supported him and encouraged him in creating the legacy he left behind, and to have them present me with the opportunity to help continue it was incredibly moving."

"When Patrick was killed, his 2007 Class spontaneously responded with love and action to keep Patrick’s memory alive at Carlisle High School, as did the staff and faculty of the high school," said Ruth Collins, Chief Executive Officer of the Army War College Foundation. "Since we had an active scholarship program and the parents desired to have Patrick associated with the Barracks, it was a very easy mutual decision to designate one of our scholarships “The Patrick Hawkins Memorial Scholarship.”"

At the ceremony were Rachel Brandt, and Julie Brent, classmates of Hawkins who helped spearhead a fundraising campaign for the scholarship and Kevin Wagner who represented the staff and faculty of the high school.

The connection was also personal for Collins.

"Patrick lived with his family on Royal American Circle, just a door away from me and my family," she said. "It was a great blessing to have been neighbors and to have Patrick and my son grow up on the same cul-de-sac on post. Patrick was a vibrant high-schooler who had a gift, and a passion, for skate-boarding. My son was too small for skate-boarding but we admired Patrick and his athletic abilities which seemed to defy gravity."

The scholarship will be given out annually to a high school senior from Carlisle H.S. who is the son or daughter of a lifetime member of the Army War College Foundation.

"The most important thing about this scholarship is that it celebrates Patrick’s life and reflects the gifts of the Carlisle community to children of Army War College families."
Russell Hartman and Jason King qualified for Eastern Regional senior Tae Kwon Do Championships on April 5 at the 2014 Pennsylvania State Championship in Downingtown.

Hartman and King are members of the Carlisle Barracks Tae Kwon Do Club 187, who have recently achieved personal goals in the Korean Martial Art discipline.

At the Downingtown Competition, Hartman a 1st Degree Brown Belt received a gold medal in forms and gold medal in sparring (in over 890.1 kg. heavy weight divisions). King a 1st Degree Brown Belt received a gold medal in forms and gold medal in sparring (in 68.1 to 80.1 kg. middle weight divisions).

The post-based group includes seven black belts, a skill level that requires nine testing levels and 4 to 7 years experience. The group consists of John Cerifko, William Beidel, James and Ruthie Gordon, Trisha Folan, Jeremy Wright and Patricia Doss Marquardt.

The post club is a member of the USA Tae Kwon Do, Colorado Springs, Co. and National Military Martial Arts Academy, based at Fort Dix. The post club has been located for the past 30 years in the Thorpe Hall Gym, Building 23, Lovell Avenue.

Caroline Fields, Ella Farmer and Anja Prandtner participated in the 2014 PA State Open Championship on April 26 at the State College Pennsylvania.

The Championship was open to all styles, all ranks and all ages. At State College, Caroline Fields a second degree brown belt placed second in forms and second in weapons. Ella Farmer a second degree brown belt placed third in forms, third in sparring and second in weapons. Anja Prandtner a second degree yellow belt placed first in forms, third in sparring and third in weapons.

All three ladies have given time and labor to support service to the Carlisle Barracks and the Carlisle Community.
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