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LETTER FROM THE DIRECTOR

Elizabeth Knouse - Director

March is a season of change. We change our clocks, the temperature starts to change (hopefully) and we start to look for outdoor activities. Many have and will join the Strength for Wisdom Fitness Challenge, in an effort to improve yourself and your lifestyle. Are we helping you reach your goals to lose weight and get in shape, or just make healthy changes in your life? I would encourage you to share your fitness journey with us on our Facebook page (www.facebook.com/CarlisleFMWR)! You never know who you might inspire.

At MWR we are always striving to provide activities, programs, classes and events that support the whole family. We want to be your “first choice” when it comes to child care, fitness, entertainment and fun! We welcome your suggestions and opportunities to offer our MWR family even more activities. You can always send us a suggestion by e-mail to marketing@carlislebarracks.com.

In this issue you will see our annual wedding guide. Our Army Catering team at Carlisle Barracks and Fort Indiantown Gap loves weddings! Our wedding packages are a great value and your party can be accommodated at any of our four locations. The Letort View at Carlisle Barracks offers the charm of our historic building and the option for an outdoor wedding at the gazebo, or perhaps a low key event beside the pool under the pavilion. Weddings can also be held at the US Army Heritage and Education Center for those that are looking for a unique location with the same impeccable service and attention to detail. At Fort Indiantown Gap, we can cater events at the Community Center or the Keystone Lodge. Both locations offer the same quality, service, and value that MWR can offer.

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

Mark Olley
Executive Chef, Army Catering

Chef Olley acquired his love of food at an early age watching his grandmother in the kitchen. As Executive Chef at the U.S. Army War College, Mark has prepared food for military members from across the world, including many dignitaries. Every day brings new challenges, but that’s what makes his job so great.
on the cover

Celebrate Spring with MWR! See the beautiful cherry blossom trees given to the city of Washington, DC by Mayor Yuko Ozaki of Tokyo. The gift and annual celebration honor the lasting friendship between the United States and Japan and the continued close relationship between the two countries. Leisure Travel Services is accepting trip reservations now, see page 15 for details.

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Do you hear loud noises under the hood when you turn on your air conditioner? Do you only get cool air sporadically? If so, it is time to get your air conditioner checked. It’s real easy to take your car’s air conditioner for granted. Just push the right buttons and out comes cool, dry, clean air. But your air conditioning system needs attention from time to time to help it keep its cool.

When most people hear the words “air conditioning problems”, it sends a shiver up their spine. That is because the air conditioning system is fairly complex. It has a lot of parts and when it’s broken, it can be expensive to repair.

A common cause of air conditioning failure is leaks. Water and air can leak into the system. The system doesn’t work as well with air in it. And water can cause rust that leads to damage of the A/C components. Also, refrigerant, the stuff that makes the air cold, can leak out, reducing the efficiency of the system, making it work harder to cool the air. Periodically evacuating the air conditioning system and recharging it keeps the proper amount of clean refrigerant in the system so it cools better and lasts longer.

You should also run the air conditioner regularly, even during Pennsylvania winters, so that it lubricates itself and keeps the seals from drying out, which leads to leaks. Your owner’s manual will have recommendations for how often to service your air conditioner. Of course, if it’s not working right, now is the time to get it checked. A quick inspection can help you avoid having to bring your air conditioner in for major repairs.
Pennsylvania is one of the most historic sections of the Appalachian National Scenic Trail. Pine Grove, Pennsylvania marks the halfway point of this 2,200 mile long trail. The Appalachian Trail, or more commonly called the AT, runs from Georgia to Maine. Each state provides its own challenges, Pennsylvania being famous for its rocky terrain. The AT is known for its through hikers. These individuals take time off from their everyday life and hike the trail from end to end in one long shot. The typical hiker takes about six months. Earl Shaffer of York, Pennsylvania is the first documented through hiker. Shaffer fought in World War II as a radio and radar installation specialist for the army in the South Pacific. Upon his return home, he embarked on the long journey from Georgia to Maine alone in order to work through the events of the war.

Shaffer saw the AT as a chance for renewal and spent his days pushing himself physically and mentally. It took him 124 days to complete the trail in 1948. During that time period there were no maps that covered the entire trail and he spent several days at a time not knowing if he was still even on the AT. Yet even with these challenges his time is considered fast even by today’s standards. Shaffer hiked the trail a total of three times. His second attempt he completed the trail in 99 days. At age 79 he hiked the entire trail one last time in 174 days. Shaffer was a great trail steward, working to improve its quality and always provided a little trail magic to any hiker he happened to meet.

Carlisle Barracks MWR Outdoor Recreation provides many opportunities to see a little Trail Magic. Many day hikes and overnight backpacking trips are offered in the spring and summer. Cumberland Valley provides many opportunities to experience the wonders of the Appalachian Trail. Visit the Pine Grove Furnace store and take part in the half gallon ice cream challenge that many through hikers participate in, or visit the Appalachian Trail Conservatory in Boiling Springs. Gardners, Pennsylvania is also home to the Appalachian Trail Museum.
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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**Note:** The schedule includes various fitness classes such as Indoor Cycle, Zumba, Boot Camp, TRX, MMA, and more. It's important to check the details and times for each event. The schedule is subject to change, so always verify the latest information directly from the venue or through the official sources.
# 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.: 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 10:00 a.m.-4:00 p.m.
  - Thurs 10:00 a.m.-8:00 p.m.
  - Sat 9:00 a.m.-4:00 p.m.
  - Closed Sat prior to a Monday Holiday

### Auto Crafts
- Mon-Fri 8 a.m.-4 p.m.
  - 717-245-3156

### Auto Self Service
- 717-245-3156 call for availability

### Frame & Engraving
- 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.
  - 717-245-3319

### Strike Zone Bowling Center
- 686 Letort Lane
  - Carlisle, PA 17013
  - Mon-Fri 8:30 a.m.-9:00 p.m.
  - (Leauge from 6:00-9:00 p.m.)
  - Sat 1:00-9:00 p.m.
  - (Except during youth bowling Nov-Mar from 9:00 a.m.-9:00 p.m.)
  - Sun 1:00-8:00 p.m.
  - 717-245-4109

### Carlisle Barracks Golf Course
- 901 Jim Thorpe Road
  - Carlisle, PA 17013
  - Mon-Sun 8:00 a.m.-4:00 p.m.

### Golf Course
- 717-243-3262

### 19th Hole Snack Bar
- 717-245-3267

### Youth, Youth & School Age Services
- 351 Liggett Road
  - Carlisle, PA 17013
  - Mon-Fri 6:30 a.m.-6:00 p.m.

### 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 a.m.-5:30 p.m.
  - 717-245-3701

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

### Letort View Catering
- Tue-Thurs 9:00 a.m.-5:00 p.m.
  - 717-245-3960/4049

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

### USAHEC Catering
- 717-243-3099

### Café Cumberland
- 950 Soldiers Drive
  - Carlisle, PA 17013
  - Mon-Sat 10:00 a.m.-2:00 p.m.
  - 717-245-3377

### Leisure Travel Services
- 842 Sumner Road
  - Carlisle, PA 17013
  - October - April
  - Mon-Fri 9:00 a.m.-4:30 p.m.
  - 717-245-4048

### Army Heritage Center LTS Desk
- Fri-Sun 11:00 a.m.-2:00 p.m.
  - 717-245-3883

### Fort Indiantown Gap
- Community Club
  - Bldg. 9-65 Fisher Avenue
  - Annville, PA
  - Fri, Sat 9:00 am-1:00 pm
  - 717-861-3994

### Outdoor Recreation (ODR)
- 717-245-3657/4616
  - Tues-Fri 9:00 a.m.-5:00 p.m.
  - 860 Sumner Road
  - Carlisle, PA 17013

### Sports Branch
- 120 Forbes Avenue
  - Carlisle, PA 17013

### Sports Director
- 717-245-4343/3906/4029

### Thorpe Hall Fitness
- 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.
  - 717-245-318

### Root Hall Gymnasium
- Mon-Fri 5:30 a.m.-8:30 p.m.
  - Sat, Sun & Holidays Closed
  - 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.
  - 717-245-3535

### Tiki Bar
- Closed for the season

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

### Army Community Service
- 632 Wright Ave
  - Carlisle, PA 17013
  - Mon-Fri 7:30 a.m.-4:30 p.m.

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

### Consumer Affairs
- 717-245-3775

### Financial Asst./FABF/Army Emergency Relief
- 717-245-4720

### Employment Readiness/Volunteer Manager/Transition Assistance Program/Amy Family Action Plan
- 717-245-3684

### Relocation, Mobilization & Deployment
- 717-245-3685

### Key Post Numbers
- **Police Desk**
  - 717-245-4115
- **Optical Shop, PX**
  - 717-249-5150
- **Post Exchange/Class VI**
  - 717-243-2463
- **Post Office, USPS**
  - 717-258-1930
- **Thrift Shop**
  - 717-243-1434
- **Motorcycle Registration**
  - 717-245-4115
- **Veterinary Clinic**
  - 717-245-4168
- **Dental Clinic**
  - 717-245-3943
- **Chemical Workshop**
  - 717-245-4542
- **Drug Free Community**
  - 717-245-4245
- **Legal Office**
  - 717-245-4940
- **Movie Theater, Reynolds**
  - 717-245-4108
- **National Guard**
  - 717-245-3685
- **Emergency Relief**
  - 717-245-4720
- **Employment Readiness/Volunteer Manager/Transition Assistance Program/Amy Family Action Plan**
  - 717-245-3684
- **Relocation, Mobilization & Deployment**
  - 717-245-3685
Do you prefer a more adult style of fun, stopping in pubs along a parade route, trying as many green beers as you can get your hands on? Or do you enjoy finding ways to spend it with your family, cooking corned beef and cabbage? In Central Pennsylvania, you can find people celebrating St. Patrick’s in as many ways as you can imagine.

Harrisburg puts on an enthusiastic St. Patty’s Parade on Saturday, March 22nd, with three Irish pubs along its route: Molly Brannigans, Ceoltas Irish Pub, and McGrath’s Pub. Ceoltas will even have Irish-themed music to greet the holiday, hosting Keith Harkin of Celtic Thunder on March 16th.

Celebrate a more subdued St. Patrick’s Day with a Wine Pairing Dinner at one of Carlisle’s newest small businesses, Castlerigg Wine Shop on March 16th. Those who are looking for an active way to honor St. Patrick may wish to join the 5k Irish Jig Jog at Stony Ridge Park in Silver Spring Township on Saturday, March 15th. If you’re looking to give back, the Radisson in Harrisburg will be holding their 21st annual “Soup and a Bowl” fundraising luncheon benefiting the Central Pennsylvania Food Bank.
Thanks to our contributors

We hope you enjoy this Bridal Guide and that you will find many ideas to inspire you as you plan your wedding day. A special thank you to the photographers who have shared their beautiful images on these pages. The staff at Army Catering and First Choice Weddings look forward to creating a memorable event for you that is truly spectacular.

Photo Directory

Cover- Conte Photography; p-2 Thinkstock; p-4, Instagram; Charlotte Jenks Lewis, photography, popcorn, pen & paper, flowers, studio design; wedding with outdoor cake, rusticweddingchic.com; Day signage, colmanshoresshots.com; pies, a proper proposal.com; that wedding boutiquestoney.com; rustic wedding invitation, etsy.com; flowers, bridalgallery.com; p-5 outdoor wedding reception, j.mareigh.tumblr.com; brooch bouquet, jbrookephotography.com; poetry backdrop, Tammy Horton Photography; on stylemepretty.com, wedding cake, bridalgallery.com; pg-6, color swatch, pantone.com; invitations, etsy.com; Superman groom, meganellerphotography.com; p-7 bridesmaid proposal photos and ideas, theprettyblog.com; vintage barn wedding, stylemepretty.com; p-8, Thinkstock.com; jbroock.com; p-9, Mona Lisa, Thinkstock.com; beauty and cosmetics photos, Thinkstock.com; p-10, Thinkstock.com; bride, prettyfacesbyashah.com; p-11; 12, all photos, meganellerphotography.com; pg-13, wedding gown preservation, Thinkstock.com; Jaime Zurat; Classic Dry Cleaners; p-14, Army Heritage & Education Conte Photography; Christopher Reitman; p-15, Todd G Photography, Christopher Reitman; p-16 Todd G Photography; p-17 Catering Photos, Christopher Reitman; p-18, themnotcom/uk, first dance songs, bridalguide.com; p-21, camo garter, TheRaggedDiamond@etsy.com, you had me at camo, bearyinmontana@etsy.com; bride, realtree.com; groom, realtree.com, boutoniere and artiler centerpiece, stylemepretty.com; p-22 birdeage wedding card box, southburytreasures@etsy.com; day, pinteresst.com, get-away-car, flowerwild.com; arch, sweetsoutherncharm.org; mother of the groom gift, buttonit@etsy.com; flower dog, patricia byrons photography, mint to be, BabyEssentialsByMel@etsy.com, paper heart garlands, 10PaperLane@etsy.com; vintage furniture decorations, buzzfeed.com, architectureartdesigns.com.

First Choice Weddings is a Family and Morale, Welfare and Recreation publication, published annually. The appearance of advertising does not constitute an endorsement of goods or services by the U.S. Army. Activities and events are subject to change without notice. For more information, visit www.1stchoicemag.com.
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There is a return to glamour in weddings. Whether inspired by the remake of the Great Gatsby or the recent Royal Wedding of Prince William to Kate Middleton, brides are looking towards tradition and formality on their big day, whether they are celebrating in a ballroom or their own backyard. The Internet has an overwhelming amount of ideas for you to consider but the fun of planning your wedding is making it a reflection of you as a couple. So take a look at some of the big trends for 2014 we’ve pulled together and enjoy planning your special day.

**DRESS:** Of course all eyes will be on the bride and the style of your dress will help you decide on venue, bridesmaids dresses, décor and so much more. Lace continues to be a big trend and perhaps inspired by Kate Middleton, more brides are covering up, especially for the ceremony. Sleeves in various lengths are being shown on the runway for 2014. Removable jackets and cover ups such as capes, shawls and wraps made in tulle, lace, fur and satin from short to floor length are all in style depending on the season and venue. Sparkle is still popular, but many brides are opting for more delicate, elegant embellishments rather than the overdone bling of years passed. Many brides are drawing attention with dramatic lace-back and sheer styles as they walk up the aisle.
Simple, sophisticated, rustic or traditional. With so many options it may be hard to narrow down your choices for theme. A great way to start is to create a vision board or scrapbook of images that you are drawn to. Pinterest makes it easy. Explore and pin your favorites. As you pin what you love you will start to see a pattern emerging. Collect these images and reference them when speaking to your florist, hairstylist, selecting your invitations and speaking with your caterer so that you can pull together everything you love into a cohesive theme that reflects you as a couple.
COLOR: Color sets the mood and tone for your special event. According to Pantone, the world-renowned authority on color in the fashion and design industries, the color of the year is Radiant Orchid. Hemlock, Cayenne, Sand, Paloma, Freesia, Purple Haze, and Dazzling Blue round out the most popular shades. Navy and royal blue are also hot colors for 2014. Mix navy with gray and soft rose or pink for a summer wedding. Also big in summer weddings is the combination of navy, apple green, and white. Hot pink and fuchsia have moved along to make room for softer wedding palettes. For a soft vintage and feminine feel use blush, light pinks, and neutrals mixed with off-whites. Gray remains popular with soft muted tones but offbeat colors, such as buttercup yellow, continue in popularity as well.

Woodsy themes are supported with a neutral color palette. Stone, moss, and wood tones are great for rustic nature inspired weddings. Aqua and color make a big splash in 2014 with various shades available that can add a pop of color to your tablescape, invitations, bridesmaids’ dresses and décor.

INVITES: Wedding invitations and save the date cards may be the first way guests will get a peek into what to expect on your big day. Lace, damask and pearls are timeless classics and continue to be one of the hottest trends in wedding invitations. Florals have always been trendy, but brides are now choosing bold blooms or shabby chic patterns. The chevron trend continues into 2014 however stripes are becoming equally trendy with navy and nautical themes popping up in many wedding celebrations. With the abundance of styles to choose from, it may be hard to make a decision!

PERSONALIZATION: Here’s a list of ideas to personalize your reception:

- Use your table numbers to share a bit of your “couple’s history” with your guests. Table 5 “the day in May that we met” or how about a photo of each of you at age 2 for table two?
- Serve signature wedding cocktails
- Hire a comedian to do a set during dinner
- Put together a slideshow, highlight special people, not just the bride and groom
- Serve family favorite recipes at your reception – many caterers are willing to re-create family favorites
- Offer your guests a late night snack – Food trucks are very “in” right now!
- Carry a “brooch” bouquet, incorporate jewelry from both sides of the family to carry on the something borrowed tradition
- Include song request cards in your RSVP cards
- A game to play or display at the reception “He Said/She Said”
THEME: What theme represents you as a couple? Rustic Vintage Chic inspired wedding decor may include ornate photo frames, books and old leather suitcases, lace details, wood, glass, and natural elements. This theme can go from boho-beautiful to romantic rustic. What you choose to wear will set the tone and direction for the rest of the celebration. The beauty in this theme is the unexpected. Think long wooden tables mixed with crystal chandeliers, a lush velvet sofa in a wooded setting for photos. Outdoor venues such as rustic barns are a perfect match.

PROPOSALS: “I’ve got the guy, but I need my girls.” It’s your turn to pop the question and today’s brides are getting creative! Much like a party invitation, the way you invite your girls to be your maids can set the tone for your bridal party. If you want them to say yes to the dress in a unique and interesting way check out Pinterest, Etsy and wedding blogs to find something that fits your style and budget. Personalized bridesmaid survival kits, a simple but creative handmade invitation, photo cards, fortune cookie surprises, a hanger with a note attached “somewhere for you to hang your dress…will you be my bridesmaid,” are all unique ways to pop the question. For an extra personal touch, make a scrapbook layout with memories and pictures that represent you and your friend as a way to make the moment special. Remember you’re asking your best friends to be a part of your big day and they will be spending more than a little of their time and money to support you.

Jacqueline Chicchi is the editor of First Choice Magazine. “The Wedding Guide issue is my favorite issue each year! Weddings are so romantic and young couples are so full of promise for the future.” Married for almost 20 years, Jacqueline and her husband are raising two teenage daughters and she looks forward to planning their weddings one day.
For most couples, buying a home is the most significant purchase they will ever make together. While the prospect of owning a home is an exciting one, it can often seem overwhelming, especially for those who are new to the real estate process.

For those couples looking to purchase a home, I offer these simple tips that will ensure a “harmonious house hunt” without rocking the relationship:

**Get pre-approved for a loan.** There are few things worse than finding the perfect home, only to find out that it costs more than one can afford. Before beginning the house hunt, I recommend getting pre-approved for a loan. A pre-approval will let couples know where they fall financially and can help speed up the closing process once an offer has been accepted.

**Set a budget.** Beyond basic income and savings, there are a number of other financial elements to consider before setting a price range for the new home. Once a couple has decided on a location, they should consider its proximity to their family, jobs, and a good school for children and gauge travel costs. The next step is to add up monthly bills, including the couple’s car payments, phone bills, insurance costs, groceries, and credit card payments. This total estimated cost of living should be factored into the couple’s overall budget.

**Get on the same page.** For a couple looking for a home to share, it is important to discuss each of their essentials before beginning the search. Keep in mind that agreeing on all of the features of a future home will likely be impossible, so be prepared to compromise. Once the list of “must haves” is finalized, contact a real estate professional who can determine if the expectations are realistic given the homes currently on the market.

**Allocate additional funds.** The down payment on a new home is just one of the significant financial aspects of a move. Even after both people’s belongings are combined there will likely still be a need to purchase furniture and other items like a washer and dryer which will require additional budget. The last thing a couple will want to do is start out their life together with nothing in the bank!

**Take inventory of everyone’s belongings.** Before moving into a new home together, each member of the couple should make a list of the furniture they plan to keep and compare it with their partner’s. Consider selling unwanted pieces of furniture online, or holding a garage sale. The money made is sure to be put to good use on purchases for the new home.

*Barbara Schmidt is President of Jack Gaughen Realtor ERA, a real estate leader in South Central PA serving clients in five counties.*

For more information, please visit www.JGR.com or call 717-243-8080.
Oh, Miss Mona Lisa … that smile, that smooth skin, that twinkle in your eyes. Leonardo DaVinci knew what was up when he painted this Italian lady. He knew that proper priming of his canvas would create a masterpiece; and that’s the same approach I want you to take when getting ready for your wedding day.

I know you want to talk wedding makeup, and we’ll get to that, but first we need to talk about skincare. If DaVinci painted the Mona Lisa on a chipped, rough piece of tree bark, we wouldn’t be blessed with enjoying that magnificent work today. The painting wouldn’t last long, and let’s be honest, Miss Mona would look like a haggard old bird and that is not a good look.

So, I need you to focus on a few things with your skincare, leading up to your wedding day, but also to continue afterwards. Let’s perfect that pretty canvas of yours!

1. Cleanse your skin daily. Especially in the evening. You need to remove all makeup and grime. Clean skin is healthy skin.

2. Exfoliate 2-3x a week. This is so vital! Don’t think you need to exfoliate? Take a piece of clear tape and place it on top of your hand. Peel it off. Be prepared to be grossed out. The scales that you see on there are dead skin cells begging to be exfoliated. I do this little visual with all of my clients when doing a makeup class. There is always a collective “EWWW!” when that tape is peeled off. I think they get the point. Moisturizer will absorb and makeup will lie smoothly on exfoliated skin.

3. Moisturize every AM and PM. This keeps the oil production consistent and allows for smooth, supple skin. For you oily girls out there: don’t make the mistake of NOT moisturizing because you are oily. Your skin has been tricked! More than likely it is producing more oils because it isn’t receiving any in the form of moisturizer (pretty sneaky, huh?). Look for an “oil free” version.

4. Apply sunscreen daily. You want your skin to look young in 10 years, right? I always recommend this in the form of a moisturizer with an SPF of 15 or higher.

5. Drink water. You must hydrate. I am awful at this, so I suppose I am being a bit of a hypocrite, but we all have our faults, right? Drinking water keeps your skin looking dewy and fresh, helps to keep acne at bay, and gives you a glow.

Tip: do not do anything new to your skin any earlier than two weeks before your wedding. A blistered rash on your day due to a chemical peel you did five days prior would be a shame.
Now that I have sufficiently lectured you about your skin, let’s get into the fun stuff: Makeup! There are a few basic things that I think are important for your wedding day:

1. Foundation and eye primer. These will give your makeup staying power and a smoother finish.


3. Eye liner and mascara. I know Miss Mona didn’t have any brows or lashes but that was “in” back in the day. You however, need them. Your eyes are the “window to your soul” (or something like that). Make sure you play them up.

4. Bronzer. When doing wedding makeup, I use bronzer on about 95% of my clients because I want their face, neck and decollete to be the same color.

Tip: If you are wearing your hair up, dust bronzer on your ears. There is not much worse than pale ears with a bronzed body. Now that you know this little tidbit, I guarantee you will notice pale ears a mile away.

5. A non-sunscreen foundation and non-translucent powder. These items are necessary to avoid “ashy face” that flash photography can give. Remember the picture of Aunt Martha at Susie’s wedding last year? White face like a ghost? Yup, Aunt Martha probably doused herself in translucent powder.

6. Lip-gloss. At the minimum, wear a rosy colored lip-gloss. Keep one in your clutch or ask your man to hang on to it for you. If he knows what’s good for him, he will gladly oblige.

Did you jot that all down? File it away in the ol’ memory bank? Great! And if you have any other questions, go ahead and contact me at prettyfacesbysasha@hotmail.com. I look forward to chatting with you.

Now, prep that pretty canvas of yours and have a wonderful wedding!

Happy exfoliating,

xo Sasha

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.
Wedding planning can be hard work. You create a day to celebrate your love for your partner while developing an experience for not only yourselves, but everyone you hold dear. You put thought into each detail and component of that experience. It is your wedding photographer’s job to capture those details and that experience for you to look back on for years to come.

When hiring the right person for this job, there are a few basic things to think about. How much importance do you place on visual memories of your wedding day? That will help determine what you want to spend. For a good photographer in the South Central Pennsylvania area, expect to pay around $2000 for a package with an album. The closer you are to a major city, that price goes up. With digital photography, many brides opt for a photographer who will come to shoot and give you a disk. I must admit, I've done it before, but it devalues me as an artist. The quality of my images is reduced to a 20 cent disk and a few 19 cent 4x6s.
With that in mind, here are a few tips I have for brides...

Tip #1: If preservation of all the hard work you put into your wedding day is important, hire someone talented, experienced, flexible, and dependable, who has a personality that you enjoy being around. You will be working closely with them before, during, and after your wedding.

Tip #2: Make sure you are not only viewing the best 50 shots they have taken in their 25 year career. Take a look at a gallery from an entire wedding. Make sure they are producing great images from the beginning of the day to the end of the night. Check out how they perform in different lighting situations.

Tip #3: Choose someone with a style you like. I shoot with several different styles but I make sure I keep up to date on the latest trends. For 2014, some big trends are rustic and vintage themes, flush mounted albums, gallery wrapped and metal prints, unique touches (like a live band), and first looks. The biggest thing is to communicate what you want with your photographer. They should be more than willing to accommodate your desires. Remember, this is your day!

A first look is a theme big on the west coast that is hard for more traditional brides to embrace. I think it’s an amazing opportunity to see your fiancé in a picturesque location where you can have a moment “alone” before entertaining an entourage of guests. I say alone because your photographer is there to capture those emotional expressions shared when you first see your bride or groom. These images can be breath taking as you share that moment. Logistically, it can cut down on the time between your ceremony and reception significantly and make use of daylight that otherwise may be gone post ceremony if you capture all of the bride and groom portraits at the start of the day. Genius.

Trendy, fun, artistic, and incredibly hard working are a few words to describe the owner of Megan Zeller Photography. She has photographed many different styles of weddings all over the country and absolutely LOVES what she does. A down to earth mother of two, Megan resides in Carlisle, Pennsylvania.
After the wedding, brides often struggle with whom to trust for the preservation of their gowns. Who will give your gown the care it deserves? Not every drycleaner is created equal. Look for a drycleaner who cares for at least 100 gowns per year so you know they truly have the experience to give your gown the proper care. Also, when choosing a drycleaner to care for your gown, don’t be afraid to ask questions. You should feel comfortable leaving your gown (probably the most expensive gown you’ll ever purchase) in the hands of your drycleaner. And, the drycleaner you select may not be the drycleaner you use for your everyday wardrobe.

The drycleaner you entrust with your gown should have a trained specialist on staff who is dedicated to caring for wedding gowns. He or she should be trained in handling delicate fabrics and beadwork and understand the preservation process. The specialist should be able to explain the process to you and welcome your questions. You should have the opportunity to view your gown before it’s preserved. Most brides do not feel this is necessary once they’ve formed a relationship with the specialist, but it’s reassuring to know the option exists. Some brides like to verify that soil has been removed and beadwork mended. If in-person viewing isn’t an option, will the specialist e-mail you photos of your gown prior to preservation?

Lastly, ask for a guarantee backed by an accredited association. Associations usually require standards of quality. It’s a great way to verify that the drycleaner you choose comes with the knowledge and expertise to care for your gown.

Jaime Zurat is the Marketing Manager and Wedding Gown Specialist at Classic Drycleaners and Laundromats. For more information, please email Jaime at jaime@classicdrycleaner.com.
We understand how important entertaining can be, and we stand ready to make your event memorable. We offer spacious banquet rooms and a wide variety of culinary delights, boasting creative menus, spectacular buffets, and food selections. All items are customizable, and our professional catering staff will work closely with you to plan an event that is truly spectacular. Whether it be a small intimate party, wedding, business or military function, let us take care of your catering needs. Give us a call today!

Judy Scott has worked in the catering industry for almost ten years, coordinating hundreds of events. Her relationship with the U.S. Army War College began in July 2011, when she accepted a position as Caterer and Special Events Coordinator at the U.S. Army Heritage and Education Center. As the first Special Events Coordinator to work specifically at the U.S. Army Heritage and Education Center, Judy has been able to significantly expand catering operations as well as coordinate the opening of an on-site café. The aspect of her career that Judy finds most fulfilling is her ability to satisfy her customers. Judy is dedicated to giving each and every one of her customers the one-on-one attention that leads to efficiently run and meaningful events. As the recently appointed Acting Food, Beverage, and Entertainment Director she oversees all special events at the U.S. Army War College and U.S. Army Heritage and Education. In this position, she is able to draw upon her experience and knowledge to ensure that her Caterers are able to give their clients the best possible experience.
The Community Club at Fort Indiantown Gap is open to the public and offers a charming venue for your next wedding, anniversary, conference, retirement ceremony, or other special occasion. It features plenty of flexible meeting or banquet space with a dedicated professional catering staff, creative cuisine, and superb service.

We understand choice of venue is one of the most important decisions you will make in preparation for your event. Let the Fort Indiantown Gap Community Club provide the attention, service, flexibility, affordability, and individualism you deserve. We also offer catering services in the historic Keystone Lodge.

Linda L. Leese, Community Club Manager, life long resident of Schuylkill County, currently resides in Joliett, Pennsylvania. Linda began her career with the Commonwealth of Pennsylvania, Department of Military and Veterans Affairs, and worked in various positions, retiring as Director, Administrative Services with over 30 years of service. Linda has been involved in the food service business for over thirty years, including owner/operator of a restaurant. In June 2004, she was hired by the federal government as Assistant Manager of the Community Club, promoted to Manager in 2008, overseeing the Morale, Welfare and Recreation program. As Club Manager, Linda is responsible for the day to day food/beverage operations, however, she enjoys working with staff, coordinating with the private and military sector on planning special events, providing excellent customer service and ensuring the functions exceed expectations, are enjoyable and memorable.
You have a vision for your wedding reception… whether a formal multi-course plated dinner or casual outdoor affair, you want your special day to be perfect. You shouldn’t have to worry about whether you can find a reception package that fits your dreams. Let us bring that vision into reality with flexible catering packages that are customized to suit your needs. We will tailor a package to fit you, not make you fit our packages.

Catering is more than delivering great food. It is being involved in every element of your reception, and our staff stands ready to assist every step of the way. From toast to bouquet toss, we’ll ensure no detail is overlooked. Ask us about Bridal Shower and Rehearsal Dinner packages.
Katie Stewart comes from a military family, and spent six years of her youth living on Carlisle Barracks. She studied Marketing in college and, once she graduated in 2010, she returned to Carlisle to pursue a career in event planning. Before coming to Letort View Community Center, Katie worked as a wedding coordinator and event planner at an area hotel. In 2011, she began her work as a Caterer at the Carlisle Barracks. While she devotes the bulk of her time to official military events, she is also available to plan and execute private special events. When Katie isn’t busy with her work at the Army War College, she enjoys running and spending time with her Goldendoodle, Foster. Katie is able to bring the same professionalism that she utilizes for military functions to your private party. Her keen eye and analytical attitude ensures that every detail of your event will be considered and perfected. Her boundless energy guarantees an enthusiastic partner in planning your special day from beginning to end.

April Spinks hails from Central Pennsylvania, April has a background in Horticulture and floral design. She spent her youth working her way through the ranks of the food and beverage industry as a server and bartender. Starting her career at the Letort View Community Center (LVCC) she quickly developed a passion for weddings. In her role as a caterer at the LVCC she has worked intimately with numerous brides and grooms to deliver their perfect day.

April’s favorite part of planning is the process of turning your vision into a reality and her background in design guarantees that your event will be an unforgettable day for everyone involved. Her experience in service means that you can focus on memories rather than details.

Chef Mark Olley- Executive Chef

At an early age Chef Olley was inspired to cook by his grandmother. This drove him to actively participate in numerous cooking classes throughout his teens. Maintaining this motivation into his adult life and he went on to earn a degree from Harrisburg Area Community College (HACC) in the culinary arts and restaurant management.

Post graduation he was employed by HACC as their assistant pastry chef further advancing the mastery of his culinary skills. He then went on to take a position with Army Catering at the Letort View Community Center where he took a position as a cook, quickly working his way to sous-chef and now as the Executive Chef for Army Catering operation on Carlisle Barracks.
Date Nights

Keep the spark in your relationship by “dating” your new spouse. Here are some inexpensive and creative ways to keep the fun in your marriage.

Try going out to lunch instead of dinner. You can try that cute new bistro and still stay on your newlywed budget.

Volunteering together is a great way to spend time together and feel good about giving back. Think about spending an afternoon building houses with Habitat for Humanity, walking dogs for the local shelter or volunteering your time at a food pantry.

Do you have a Wii? Have a date-night Wii tourney!

Go to the local park and play tennis or throw a softball or Frisbee. Feel like a kid again.

Explore your neighborhood for free or cheap activities. Local libraries, museums or colleges have lots to explore.

Dinner and movie theme night. Cook together using a recipe that compliments the movie you pick out on Netflix. The Godfather and spaghetti?

Try swing dancing or line dancing. Many local spots have free or low cost lessons for beginners.

Take a brewery tour at a local microbrewery.

Wander around a bookstore together.

Document your date night with Instagram and Twitter and then have fun looking at your silly, artsy photos.

Try a trend workout class, something that takes you out of your comfort zone.

Go to the drive-in movies. There’s something very romantic about watching a movie under the stars.

Cook together and make it a regular “date-night”. Try new recipes, play some music and talk while you stir.

Spend an afternoon at a gourmet grocery store or Costco’s enjoying the free samples and trying some new treats.

Take a free class together at Lowe’s or Home Depot. Then go home and tackle a new chore with confidence.

Create a bucket list together and start ticking off the things you always wanted to do.

Take a walk around your neighborhood.

Sign up for a mud run or color run.

Plan a picnic in your backyard.

Recreate your first date night.

Take a bike ride together.
Make your wedding stand out by blending in. The camouflage trend has definitely hit Central Pennsylvania. Many brides are choosing to incorporate touches of the theme whether through elements on the wedding cake or groom’s cake, sending out save the date cards that shout out “the hunt is over,” or having groomsman wear camo designed vests with their tuxedos. This theme also works well with outdoor weddings. Many brides opt for camo in the wedding design to honor their fiancé’s love of the outdoors.
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Feeling those post honeymoon blues? Not to worry, we have it covered! Here’s a handy to-do list to help you hit the ground running in newly married life!

**In with the New**
Thanks to your wonderful guests, you probably have lots of shiny, new things for your home. It’s time to banish the broken kettle and recycle your old appliances. If your things are still in good working order, why not consider donating them to charity before throwing anything away!

**Pressed and Dressed**
Whether you hide it in the back of your wardrobe or hang it on display, that dress has gotta go somewhere! Some dress shops offer storage services and can wrap and package your dress in acid free tissue to protect the delicate fabric. Remember to dry clean it soon after your wedding, stains from where you spilled your bubbly aren’t a great reminder...

**Snap Happy!**
It might seem a daunting task but those pictures won’t sort themselves! You probably had a wedding photographer, a crazy uncle with a digital camera and numerous phone snaps. But organizing your photos and updating your online media album is a good way of reliving your big day! If you need further motivation, it’s best you sort this out before someone else lets that awkward snap of you pulling a face be seen...

**Spic & Span**
Remember, the last time you saw your wedding venue, you were drinking bubbly and dancing to ABBA...it’s always a good idea to make sure the big cleanup went smoothly and nothing was broken! You’ll probably find the odd abandoned disposable camera or two and that returned deposit you paid will come in very handy!

**Identity Crisis**
If you changed your surname, there are some important things you should probably do first. Things like your passport, driving license and bank account details will need to be changed showing your new name. I’d also get working on that new signature while you’re at it!

**Mind Your P’s & Q’s!**
Your friends and family will have no doubt put a lot of effort into making your day one to remember, (not to mention that huge present they bought you!) So remember to send out those thank you notes as soon as possible and include a few photos from the big day!

**What’s the Worst that can happen?**
If the worst should happen, it’s important to know both the big and little things will be taken care of. If you have already made provisions with wills and life insurance, think about changing the beneficiary to your spouse. Sorting this out now will give you peace of mind in the long run.

**Romantic First Dance Songs**

- “I can’t Help Falling in Love with You” – Elvis Presley
- “I’m Yours” – Jason Mraz
- “You are the Sunshine of My Life” – Stevie Wonder
- “It Had to Be You” – Frank Sinatra
- “At Last” – Etta James
- “Amazed” – Lonestar
- “That’s Where It’s At” – Sam Cooke
- “Make You Feel My Love” – Adele
- “Chasing Cars” – Snow Patrol
- “Everything” – Michael Buble
- “Steady as We Go” – Dave Matthews Band
- “First Day of My Life” – Bright Eyes
- “That’s How Strong My love Is” – Otis Redding
- “The Way You Look Tonight” – Frank Sinatra
- “Wonderful Tonight” – Eric Clapton
- “Marry Me” – Train
- “What a Wonderful World” – Louis Armstrong
- “Lucky” – Jason Mraz & Colbie Caillat
- “Bless the Broken Road” – Rascal Flatts
- “Faithfully” – Journey
- “God Gave Me You” – Blake Shelton
- “Better Together” – Jack Johnson
- “Let’s Stay Together” – Al Green
- “Making Memories of Us” – Keith Urban
- “Unforgettable” – Nat King Cole & Natalie Cole
- “All My Life” – K-Ci & JoJo
- “When a Man Loves A Woman” – Percy Sledge
- “In My Life” – The Beatles
- “More Than Words” – Extreme
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chapel restoration at fort indiantown gap

BY: MAJ. ANGELA KING-SWIEGART

Volunteers from the 201st RED HORSE Squadron Alumni Association, which includes former members of the Pennsylvania Air National Guard’s 201st RED HORSE, are renovating the 109th Infantry Regiment’s Chapel located at Fort Indiantown Gap as part of an initiative to preserve the installation’s and the Pennsylvania National Guard’s history, and traditions.

The project began in the fall of 2012, and is spearheaded by the Pennsylvania National Guard Military Museum, a nonprofit organization charged with preserving Fort Indiantown Gap and the Pennsylvania National Guard’s history. The museum received support for the project from the award-winning Pennsylvania Department of Military and Veterans Affairs cultural resource team.

Known as the 109th Infantry Regimental Chapel, or Our Lady of Victory Chapel, it began as a one-room school house in Rankstown in what is now Fort Indiantown Gap. A steeple and stained-glass windows were added to the building during the 1940s using donations from the Dioceses of Harrisburg and Scranton and soldiers of the 109th Infantry Regiment.

“The first step in this renovation process was to move the chapel from its location across from Muir Field to our historic area on post,” said Rita Meneses, cultural resource director for the Pennsylvania National Guard. This was done by loading the chapel onto motorized wheeled dollies and moving it across the installation. “Now we have the range house, the museum and the chapel all in one location, our historic district,” explained Meneses.

The next step was to assess what needed to be done to the chapel to preserve the building while maintaining its historic elements. Major repairs needed to be done on the floor and main beams. The volunteer work is currently being done by our 201st RED HORSE Alumni Association.

Additionally, the chapel has several unique stained-glass windows that were donated over the years by various organizations, several which have the 109th Infantry Regiment crest. The 109th Infantry Regiment is still in existence as a unit within the 55th Armor Brigade, Pennsylvania National Guard, and is known as the 1st Battalion, 109th Infantry Regiment. The unit is presently headquartered in Scranton, but used the building as their chapel during their mobilization leading up to World War II. Members of the 109th Alumni Association have agreed to fund the renovation on their stained-glass windows.

“A major project like this is coordinated between many different areas including construction and facilities maintenance office, training site engineers, reservation maintenance crews, the police department, and public affairs. I’m grateful for all of the support,” said Meneses.

“The Chapel is significant to the Pennsylvania National Guard and Fort Indiantown Gap history because it served the local community first as the Rankstown one-room school house,” said Sgt. Damian J. M. Smith, Pennsylvania National Guard command historian. “When the need was there, the school was moved from Area 10 to Area 9 and began to be used as one of the chapels for the 50,000 soldiers here on post during World War II. As it was re-designated as “Our Lady of Victory Chapel,” it served the members of the Catholic faith for decades. Now moved next to the museum as part of historical district, it will continue to provide history and serve visitors to the post for decades to come.”
LETORT VIEW COMMUNITY CENTER  245-4329

Joint Pub: Open Thursday/Friday from 4-10 p.m. Pub Menu available from 4-9 p.m. Shuttle bus service available every Thursday - 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


SPORTS – 245-4029

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

Run Club: March-November - Saturday’s at 7 am.

Capital 10 Miler: March 30. Register online www.capital10-miler.com enter discount code AWC for 15% off. Free parking on City Island/Free Food & Beverages after the race.

Jim Thorpe Resiliency Decathlon - April 27 (Squat, Bench Press, Sled Push, Pull-Ups, Gator Pull, Row, Bike, 5K Run & Shuttle Run).

5K Fun Run: May 10

**Family and Morale, Welfare & Recreation**

**Carlisle Barracks**

**Sports**

**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 and Tae Bo.

**Tae Kwon Do:** Tuesdays and Thursdays from 4:30 - 6:00 pm at Jim Thorpe Fitness Center. $15 per month.

**Tae Bo Cardiovascular Workout:** Tuesdays and Thursdays from 6 - 7 pm at Jim Thorpe Fitness Center. $15 per month.

**Get Winter Fit:** New Classes being offered. LaBlast - Fun filled, high energy dance class. Jazzercise - Combines Dance, Strength Training, Yoga, Pilates and Kick Boxing moves.

**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).

**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.

**Display of Framing Packages:** Pre-Order Sales for Diploma & Masters Certificates. Root Hall Cafeteria. Wednesdays Feb 5-May 21from 11 am - 1 pm.

**Winter Auto Service Special:** Oil Change with Free Tire Rotation for ONLY $32.50 (Standard Oil Only up to 5 qts/Excludes Synthetic Oil). Call for an appointment at 245-3156. Offer expires Mar 21.

**Adult Pastel Portrait Class:** 4 Classes on Thursday’s. Begins March 4 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 (located beside the Commissary)
U.S. Army Heritage & Education Center
(950 Soldiers Drive)
Fort Indiantown Gap Community Club
(9-65 Fisher Ave)


**Washington DC Cherry Blossom Festival:** Saturday, April 5. $26 p/p. Must register by Mar 31.

**Washington DC Cherry Blossom Festival:** Saturday, April 12. $26 p/p. Must register by Apr 7.

**Gettysburg Outlet Shopping and Adams County Winery:** May 3. $35 Adults. Must register by Apr 16.

**New York City “On Your Own”:** May 10. $57 Adults & Children 5+. Must register by May 2.

**New York City/Ground Zero:** June 21. $60 Adult & Children 5+. Must register by May 15.

**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).

**Baltimore Aquarium:** Discount tickets available. Discount Tickets for your Florida Vacation.

**BOWLING – 245-4109**

**Friday & Saturday Night Cosmic Quartermania:** Jan 3 - Mar 29 from 7 - 9 p.m. $5 cover charge. 25 cents per game/person. First-Come-First-Served. Bowling, Cosmic Lights and Top 40 Hits.

**Pizza Pins Pop:** Jan 5-Mar 30. Every Sunday 1-5 pm. $24.95 per lane. $5 each additional person. Firts-Come-First-Served. No Reservations Allowed.

**Birthday Parties:** Celebrate your birthday with us. Enjoy bowling, food, and friendship while leaving the set-up and cleaning to us.

**CHILD YOUTH AND SCHOOL SERVICES** 245-4555

**MONTH OF THE MILITARY CHILD April 2014**

March 11 - April 18 - Military Child Poetry Workshop: Tuesdays, 3:30 – 4 pm, MST

April 4–5 Middle School & Teen (MST) Lock-In:
6:00 PM – 7:00 AM , $10 refundable deposit required.

April 12 Easter Egg Hunt & Family Fun Day
9:00 AM – 12 noon

April 12, MST Paintball @ “Wanna Play” Paintball, Dillsburg: 1 – 6, 6th – 12th graders
$30 per person
April 15, “Purple Up! for Military Kids”: Wear purple as a visible way to show support and thank military children for their strength and sacrifices.

April 18, Military Child Poetry Reading & Reception: 4:30 PM, Poetry readings by SAC & MST students Light refreshments served

April 22, - Youth of the Year & Youth Volunteer of the Year Recognition Ceremony: 4:30 PM, Light refreshments will be served.

April 25, - Parents’ Night Out: 6-11pm, Dinner and snack provided. Arts & Crafts; Movie; Free Play. Register by: April 18.

April 25-26 Operation Megaphone Worldwide Lock-In: 6:00 PM to 7:00 AM, Grades 6-12 Register by: April 18.

April 26, Month of the Military Child Family Movie Night: 7:00 – 9:00 PM, Root Hall Gym, family friendly movie event. FREE!!!

Spring T-Ball & Soccer: Sign up Today, Seasons start first week of April. Soccer leagues- Ages 3-18, T-Ball Ages 3-6.


Dodgeball Fridays: Every Friday, 7-9pm, CYSS Members Grades 1-12, Root Hall Gym.

OUTDOOR REC 📞 245-4616

Introduction to Kayaking: Yellow Breeches Creek. March 29 from 10 am – 2 pm. $10 p/p. Register by: Feb 21.

Half Day Kayaking Trip: Yellow Breeches Creek. April 12 from 10 am – 2 pm. $10 p/p. Register by: Apr 18.

Half Day Hiking: Appalachian Trail Hike Section 9. April 19 from 10 am – 2pm. $10 p/p. Register by: Apr 11.

Half Day Kayaking Trip: Juniata River. April 26, 10 am-2 pm. Register by: Apr 18

White Water Rafting Trip: Youghiogheny River. May 3, 6 am-4 pm. Register by: Apr 8

Dinner and a Kayak: May 16 from 3-6 pm. Kayak the Yellow Breaches with a Western Style Dinner served at the end of the trip. Menu includes Chicken, Potatoes, Salad and Beverage. Only $35. Register by: May 2

Family Rafting Trip: Youghiogheny River. July 26, 6 am - 4 pm. Register by: Jul 8

GOLF – 📞 243-3262

Play & Ride/April Weekday Special: Monday-Thursday from 12-4 pm. ONLY $24 p/p. 18 Holes. 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
www.carlislemwr.com

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Email: mary.ruehl@cbmove.com

UPCOMING EVENTS:

St. Patrick’s Day Party – Friday March 14, 4-7pm

UFC:

UFC 171 Henricks vs Lawler – Saturday, March 15

UFC 172 Jones vs Teixeira – Saturday, April 26

UFC 173 Weidman vs Belfort – Saturday, May 24

NCAA March Madness Begins March 18

Join us every evening starting at 4pm for your favorite sporting event. We have 13 HDTV’s. Not a bad seat in the house!

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-Thu: 11:00 a.m.-1:00 p.m.
4:00 p.m.-Midnight
Fri: 11:00 a.m.-1:00 p.m.,
4:00 p.m.-2:00 a.m.
Sat: 5:00 p.m.-2:00 a.m.

Community Club Cafeteria
☎ 717-861-9482
Mon-Fri 11:00 a.m.-1:00 p.m.

DMVA Cafe
☎ 717-861-2450

Recreation Center
Bldg. 13-190
Annville, PA 17003
☎ 717-861-2296
Fri-Sun: 6:00-10:00 p.m.

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: 9:00 a.m.-5:00 p.m.

SPORTS/NEWS/UFC
SHOWING ON 13 HDTV’S

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)
family and morale, welfare & recreation  ■ fort indiantown gap

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
☎ 717-861-2111

Education Center
☎ 717-861-9341

Emergency Relief
☎ 717-861-8841

Medical Clinic
☎ 717-861-2091

Range Control

Hunting & Fishing
☎ 717-861-2152

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& ALL REQUEST OPEN DANCE PARTY
By Carrie Apperson • Every Tuesday & Every Other Sunday • 7-9 p.m.

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Fort Indiantown Gap Community Club

Boxcar Coffee Shop

BUILDING 9-65  ☎ 717-861-2619  M-F 6:10 A.M.
At this point we’ve all had enough of winter, time to ring in springtime and plan for blooming trees and days outdoors. Discover Cumberland Valley’s top outdoor attractions and things to do below.

**Hiking**

Cumberland Valley is a hiker’s paradise with an assortment of trails for novice hikers to bouldering trails for those seeking a challenge. The Valley is also home to a stretch of the famous Appalachian Trail. Our portion is the longest, flattest section that offers perfect day hiking opportunities and convenient parking. Browse our Top 10 Hikes & Trails to get moving at VisitCumberlandValley.com/10hikes. You’ll find a variety of trail lengths, scenic vistas and more. You can also explore experiential trails on the Official Cumberland Valley Map. Pick up a free copy of the hiking brochure and the official map at the Cumberland Valley Visitors Center.

**Biking**

The Valley’s biking options range from a downtown friendly biking network to a historic and agriculturally significant rail trail. Downtown Carlisle features convenient biking lanes along with courtesy and safety signage throughout the town. Pick up a copy of the Borough of Carlisle Bicycle and Pedestrian Network guide at the Cumberland Valley Visitors Center. The Cumberland Valley Rail Trail is also a great destination for bikers looking to get off the road and enjoy a picturesque ride through the Valley’s landscape. This 11-mile trail runs from Shippensburg to Newville and its flat terrain allows riders to relax and enjoy the view.

**Fun on the Water**

Fishing and boating opportunities allow you to get out on the water this spring. Cumberland Valley is well-known for fly-fishing and is home to three renowned streams including Yellow Breeches Creek, LeFort Spring Run and Big Spring Creek Greenway. If you’d like to learn more about this sport, sign up for a weekend at Allenberry’s Fly Fishing School. As soon as the weather warms up, take kayaks and canoes out on the Conodoguinet Creek and Yellow Breeches Creek. A Trail Map & Guide for these two creeks is available at the Cumberland Valley Visitors Center.

Get rid of cabin fever by exploring the region and attending a local event. View a sampling below.

**McLain Celtic Concert @ St. Patrick’s Church Community Center – March 8th**

Join the Cumberland County Historical Society for a day of lively entertainment featuring: Irishtown Road, Across the Pond, Mark Maurer, Fire in the Glen, and more. There will be vendors selling Celtic merchandise and a food stand sponsored by the Historical Society staff.

**Woman of Ireland @ The Luhrs Center – March 13th**

“Women of Ireland” is an innovative and exciting full stage concert production which showcases the next generation of Ireland’s leading female performers. The show demonstrates the wealth of talent that exists within Ireland’s traditions of music, song and dance.

**Artist in Action @ Village Artisans Gallery – March 15th**

Gay McGeary - Traditional Coverlet Weaving: Based on patterns and weave structures of early nineteenth century Pennsylvania German weavers, Gay’s hand-woven coverlets handsomely incorporate function with art.

**St. Patrick’s Day Party @ Castlerigg Wine Shop – March 17th**

Help us bring the “wearin’ of the green” to Carlisle – join us for a celebration of all things Irish. Be sure to wear green to enter the door prize drawing.

Fly Fishing Weekend @ Allenberry Resort Inn & Playhouse – March 26th-28th

Allenberry’s school is located on Central PA’s best limestone Trout stream in a no kill area of the Yellow Breeches Creek. The weekend package includes: professional instruction by nationally-recognized instructors Tom Baltz and Eric Stroup; two nights’ lodging in our 18th-century estate; hearty country breakfast, lunches and buffet or an a la carte dinner; all taxes and gratuities.

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.
LEISURE TRAVEL SERVICES
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MINIMUM OF 45 PASSENGERS REQUIRED
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842 Summer Road, Carlisle, PA
facebook.com/CarlisleOutdoorRec

Regal Cinema Discount Tickets
$7.00 Blue (Limited)
$8.00 Red (Premium)
Not applicable to any 3D film
$9.25 Regular Cost at Door

Monday Night Mixed League
January 13 – April 14, 2014
6:30–9:00 pm
3 Games SEMI-COMPETITIVE
$11 per person
Organizational meeting on
January 5 @ 5:30pm

Washington DC
CHERRY BLOSSOM FESTIVAL
April 5 ± April 12
$26 per person
Includes transportation
(10 minimum of 25 passengers required)
facebook.com/PADiscountTickets
Leisure Travel Services:
245-4048/3309
First Choice Bridal Show

Sunday, March 23, 2014
Letort View Community Center
noon - 4 pm

Sunday, March 30, 2014
Fort Indiantown Gap Community Club
noon - 4 pm

Pre-register at 1stchoicemag.com/weddings for your chance to win a vacation getaway or thousands of dollars in prizes from local wedding professionals.

OPEN TO THE PUBLIC.