in this issue:
carlisle barracks cyss • youth sports and fitness
creatures great and small
doggie dip and yappy hour
Welcome to Carlisle Barracks US Army War College Class of 2015! We have been anxiously awaiting your arrival and cannot wait to share our community with you! There is so much to see and do during these next 10 months, it will just fly by. We spend considerable time shaping our programs to meet fit your lifestyle and requests. This will no doubt be a time to reconnect with your family and sample the many programs our MWR team has designed just for you! With the new, Sgt Andrew H. McConnell Youth Center nearing completion, there is a lot to look forward to within the Child & youth Services programming. Both Letort View Community Center and Arrowheads Club at Fort Indiantown Gap have developed new menus and live entertainment options for you each weekend. Don’t forget to stop by the Tiki Bar and enjoy the relaxed, outdoor atmosphere with our new menu options as well! Look for the wine & cheese tastings, Oktoberfest, art shows, microbrew tastings, live/local entertainment and much more from the View and Arrowheads.

Stop by Outdoor Recreation near the PX and sign up for one of the many trips kayaking or biking (bikes & kayaks are available for rentals). We will make sure you have a chance to see Central Pennsylvania in all its splendor this fall. I promise you will not find a more knowledgeable group of outdoor enthusiasts just waiting to show you the area. And lastly, please let us know if there is something you would like to see Carlisle MWR doing for you whether you are a new AWC student, retiree, family member, and DoD civilian, we are your MWR and we take that privilege very seriously. Let us know how we can make our programs the best we can possibly be for you and your family! Again, welcome to Carlisle and I look forward to seeing you!!!

What is family and morale, welfare & recreation?

In 1940 a branch within the Army was established known as the Morale Division which later became known as “Special Services”. Family and MWR is a group of men and women who provide support and leisure activities to our Soldiers (active duty, Reserve, and Guard) their Families, military retirees, and civilian employees. Currently working in Family and MWR are approximately 37,000 employees worldwide and their mission is to deliver quality programs to Soldiers and their Families.
on the cover

U.S. Marine Lance Cpl Jonathan Contreras, is reunited with his two-year-old pit bull named Diego after seven months on deployment in Afghanistan. He was connected with a foster family for Diego through Dogs on Deployment, a national non-profit with the motto, “Founded by Military for Military, for the Common Love of Dog and Country”. Read more about Dogs on Deployment in the local area on page 20.

Cover Photo: Gilroy Dispatch, Lora Schraft, photographer.

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There is a reason we use the word ‘diagnose’ when we talk about fixing cars. Figuring out what is wrong with your car has a lot of similarities to figuring out what is wrong with someone who is ill. Vehicles are a mass of complex systems that can produce a variety of symptoms when something goes wrong. As with a human diagnosis, a specific symptom may be indicative of a number of problems. Figuring out the specific cause takes training and experience.

Sometimes the diagnosis of your vehicle’s trouble comes down to a matter of trial and error. This can be frustrating because time and money are on the line. You may feel you should only be paying for repair work. Of course, you only want to pay for the right repair and a proper diagnosis is part of getting it right. Like at the doctor’s office some of what you pay is for the doctor’s time and effort to figure out what is wrong and not for the actual care.

The good news is that owners can do a lot to help out their service technician in figuring out what is wrong with their car. Again, the medical office is a good analogy. The more information you can give your doctor about where it hurts, when it hurts and how it hurts, the more quickly he will be able to help you. In the same way, the more you can tell your service technician about when the problem started, the more efficiently he will be able to get you back on the road.

If fluid is leaking from your car you should note the color of the fluid and where the puddle forms on the ground. Also note if the leak occurs only when it is hot, cold, if the car has been parked for a while or the engine is hot. “I hear the sound when I turn left” is more helpful than “I hear the sound when I turn”. After speaking with your service technician you will get a feel for the kind of information they need.

If you drop your car off leave a detailed note describing the problem. Not having enough information will only lead to frustration for your technician and yourself. Good communication leads to better care. If your vehicle occasionally stalls or sputters you may need a little more patience because these types of problems are intermittent. In order to fix the problem your technician will need to reproduce the symptoms which may take a while.

In these cases specific information can be invaluable and can reduce the time needed to reproduce the symptoms. Good preventative maintenance goes a long way to keeping your car out of the repair shop. If you do need it repaired good communication will get you back on the road quickly.
With the beginning of a new school year comes not only academics, but extracurricular activities like Sports and Fitness.

Carlisle Barracks Youth Services believes that sports and fitness are important for youth of all ages. Whether you are enrolled in a school sport or one of Carlisle Barracks many athletic opportunities, Carlisle Barracks Youth Sports and Fitness (CBKS YSF) has something to offer everyone ages 3-18. All CBKS YSF team sports have different age groups and are co-ed.

**Sports Offered**

**Fall Soccer** is offered September through October with registration beginning in July.

**Basketball** is offered January through March with registration beginning in November that includes a mandatory mini basketball camp which allows coaches to evaluate each players ability.

**Spring Soccer** is offered April through May for ages 3-18 with registration beginning in February.

**T-Ball** is offered April through May for ages 3-5 with registration beginning in February.

**Other Ways to Get Involved**

CBKS YSF offers physical education classes and various clubs for those who are looking to get involved but don’t play a sport.

**Homeschool Health & PE**

- September – May
- Grades 1-12
- Nutrition, wellness, and physical education classes for homeschooled children

**Running Club**

- September – November & March – May
- Ages 12-18
- Improve cardio, health and wellbeing
- Meets twice a week

**Strength and Conditioning Club**

- September – May
- Ages 10-18
- Prepare for upcoming sports seasons while improving performance and receiving sports nutrition tips.
- Meets twice a week

**Friday Night Dodgeball**

- Friday nights: August – June
- Grades 1-12

**Open Gyms**

- September – May, first Saturday of every month
- Grades 1-12
- Free time to play basketball, soccer, rock climb and more

**Annual Events**

CBKS YSF also offers annual events, with something for the whole family!

**Gobble Gallop Thanksgiving Run** - November quarter, half and one mile running events

**America’s Armed Forces Kids Run** - May
World’s largest children’s running event

**Youth Sports Picnic** - May
Open to CBKS athletes, coaches, families and friends

**Youth Boot Camp** - November
A speed, strength and agility class to improve wellness or to get in shape for upcoming seasons

**Volunteer Coaches Needed!**

CBKS Sports programs would not exist without our volunteer coaches and assistant coaches. We are always looking for help throughout our sports seasons.

- Coaches receive free training and are certified through the National Alliance for Youth Sports (NAYS)
- Head coaches receive all registrations for that season free
- Assistant coaches receive one free registration
- Must complete paperwork prior to the sports season

For more information about classes, volunteering or to register please call CBKS YSF at 717-245-3354 or stop by the Carlisle Barracks Youth Services Building.
family and morale, welfare & recreation ■ **carlisle barracks**

## August 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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>4. 0600- Performance Fitness (Brian) 0900- Boot Camp (Trisha) 1000- TRX for Adults over 40 (Nicole) 1630- TRX (Leigh) 1700- Zumba (Trisha) 1730- Aikido (Adam Silverman)</td>
<td>5. 0600- Indoor Cycle (Trisha) GYM CLOSES AT 0800 IN SUPPORT OF COUNTY FAIR</td>
<td>6. COUNTY FAIR</td>
<td>7. 0600- Indoor Cycle (Trisha) 0900- Zumba (Trisha) 1000- TRX for Adults over 40 (Nicole) 1200- Dumbbell Bootcamp (Brian) 1630- Bootcamp (Brian) 1630- Tae Kwon Do (John Cerifko)</td>
<td>8. 0600- Performance Fitness (Brian)</td>
<td>9. 0700- Run CBKS (Nicole Brian)</td>
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<td>11. 0600- Performance Fitness (Brian) 0900- Boot Camp (Trisha) 1630- TRX (Leigh) 1700- Zumba (Trisha) 1730- Aikido (Adam Silverman)</td>
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<td>14. 0600- Indoor Cycle (Trisha) 0900- Zumba (Trisha) 1200- Dumbbell Bootcamp (Brian) 1630- Bootcamp (Brian) 1630- Tae Kwon Do (John Cerifko)</td>
<td>15. 0600- Performance Fitness (Brian)</td>
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<td>18. 0600- Performance Fitness (Brian) 0900- Boot Camp (Trisha) 1630- TRX (Leigh) 1700- Zumba (Trisha) 1730- Aikido (Adam Silverman)</td>
<td>19. 0600- Indoor Cycle (Trisha) 0900- Zumba (Trisha) 1200- Dumbbell Bootcamp (Brian) 1630- Bootcamp (Brian) 1630- Tae Kwon Do (John Cerifko)</td>
<td>20. 0600- Performance Fitness (Brian) 0900- Boot Camp (Trisha) 1630- TRX (Leigh) 1700- Zumba (Trisha) 1730- Aikido (Adam Silverman)</td>
<td>21. 0600- Indoor Cycle (Trisha) 0900- Zumba (Trisha) 1000- TRX for Adults over 40 (Nicole) 1200- Dumbbell Bootcamp (Brian) 1630- Bootcamp (Brian) 1630- Tae Kwon Do (John Cerifko)</td>
<td>22. 0600- Performance Fitness (Brian)</td>
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<td>25. 0600- Performance Fitness (Brian) 0900- Boot Camp (Trisha) 1000- TRX for Adults over 40 (Nicole) 1630- TRX (Leigh) 1700- Zumba (Trisha) 1730- Aikido (Adam Silverman)</td>
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<td>27. 0600- Performance Fitness (Brian) 0900- Boot Camp (Trisha) 1630- TRX (Leigh) 1700- Zumba (Trisha) 1730- Aikido (Adam Silverman)</td>
<td>28. 0900- Zumba (Trisha) 1630 Boot camp (Leigh) 1630- Tae Kwon Do (John Cerifko)</td>
<td>29. 0600- Performance Fitness (Brian)</td>
<td>30.</td>
</tr>
</tbody>
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MORALE WELFARE & RECREATION

USAG CARLISLE BARRACKS

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 a.m.-4:30 p.m.
717-245-3777
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.-5:00 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 8:00 a.m.-5:00 p.m.
717-245-3156
Auto Self Service
717-245-3156
Mon-Fri 8:00 a.m.-5:00 p.m.
Thurs 8:00 a.m.-8:00 p.m.
Sat 9:00 a.m.-4:00 p.m.
717-245-3319
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
May 28 - Sep 2, 2014
Mon-Tue-Wed 8:30am-8pm
Thu-Fri 8:30am-9pm
Sat 1-9pm and Sun CLOSED
717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8:00 a.m.-4:00 p.m.
717-243-3262
Golf Course
717-245-3262
19th Hole Snack Bar
717-245-3267
Child, Youth & School Age Services
631 Liggett Road
Carlisle, PA 17013
Mon-Fri 6:30 a.m.-6:00 p.m.
717-245-4283
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-Thu 9:00 a.m.-5:00 p.m.
717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7:00 a.m.-2:00 p.m.
717-245-4833
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 Summer Road
Carlisle, PA 17013
May-September
Mon-Fri 9:00 a.m.-5:00 p.m.
717-245-4048
Army Heritage Center LTS Desk
Thurs-Fri & Sun noon-5:00 p.m.
Sat 9:00 a.m.-1:00 p.m.
717-245-3883
Fort Indiantown Gap Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
April-Sept
Wed-Sat 9:00 a.m.-1:00 p.m.
717-861-3994
Outdoor Recreation (ODR)
717-245-4616
Mon-Thur 9:00 a.m.-5:00 p.m.
Fri 9:00 a.m.-7:00 p.m.
Sat 9:00 a.m.-2:00 p.m.
860 Summer Road
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.
717-245-3418
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
Near Splash Zone pool.
717-245-4352
Joint Pub is open when Tiki Bar is closed due to inclement weather.
Pool
School out of session: Mon-Fri
Lap swim: 6:00 a.m.-7:00 a.m.
11:00 a.m.-noon
Open swim: noon-7:00 p.m.
Sat-Sun
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
717-245-3560
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
Financial Asst./AFTB/Army
Emergency Relief
717-245-4720
Employment Readiness/
Volunteer Manager/Transition
Assistance Program/Army Family
Action Plan
717-245-3684
Relocation, Mobilization &
Deployment
717-245-3685
KEY POST NUMBERS

911
Post Operator
717-245-3131
Chapel
717-245-3318
Civilian Personnel / Jobs
717-245-3923
Commissary
717-245-3105
Members 1st Credit Union
717-245-3900
Dental Clinic
717-245-4542
Dunham Health Clinic
717-245-3400
Education Center
717-245-3943
ID Card Center, Military
717-245-3533
Legal Office
717-245-4940
Movie Theater, Reynolds
717-245-4108
Optical Shop, PX
717-249-5150
Police Desk
717-245-4115
Post Exchange/Class VI
717-243-2463
Post Lodging
717-245-4245
Post Office, USPS
717-258-1930
Thrift Shop
717-243-1434
Motorcycle Registration
717-245-4115
Cleaning, Tailoring, Shoe Repair
717-258-1857
Vet Clinic
717-245-4168

WWW.1STCHOICEMAG.COM | AUGUST 2014 7
SPORTS – 245-4029
Strength for Wisdom. U.S. Army War College and Carlisle Barracks Upcoming Events:
- Color Run - August 30
- Couch to 5K - September 5
- Oktoberfest Hash Run - October
- Letort Run One - October
- Drumstick Dash & Flash - November 15
- 30 Day Ab Challenge - December
- Indoor Rowing Challenge - December

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), MMA Fitness Workout, Boot Camp, Zumba, Spinning, Aikido, Core Strength and Stretch, Jazzercise, La Blast. All classes are FREE except Power Yoga, Tae Kwon Do and Tae Bo.

TAE KWON DO

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.

New Classes: La Blast – Fun filled, high energy dance class. Jazzercise – Combines Dance, Strength Training, Yoga, Pilates and Kick Boxing moves.

Performance Fitness: Tuesday & Thursday at 6 am. Optimize your strength and performance by using constantly varied functional movements at a high intensity. Class utilizes fitness equipment on the gym floor (barbells, kettlebells, plyoboxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor and Ann Peck, ACE Certified Group Fitness Instructor.

 massages: Jim Thorpe Fitness Center. Appointments available Monday-Saturday. Call (717) 701-3040

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.

Adult Pastel Portrait Class: 4 Classes being offered on Thursdays 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)

Newcomer’s Explore Carlisle Area Tour: August 14. FREE! Get information & hear stories about our historic area. Must register by August 12.


The Amish Experience Lancaster, PA: September 27. $59 Adults (13+) and $49 Children (5-12). Must register by September 12.

Disney on Ice FROZEN: Discount Tickets Available.
- Giant Center, Hershey, PA. October 16-19.
- New York City “On Your Own”: October 25. $57 Adult & Children 5+.

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:
- Adults $37, Junior Ages 3-8 $34.50 and Senior Ages 55-69 $34.50.

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

BOWLING – 245-4109

Grillin’ & Chillin’: August 13 & September 17 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.

Tuesday/Wednesday Night Men’s League: 34 Weeks beginning August 19 from 6:30-9 pm. Organizational meeting on August 5 at 6 pm.

Strike Zone Summer Saver Card: 50 Games - $35. Good until August 29.

90 Degree Guarantee: Now through August 29. When temps reach 90 degrees, come in that day and bowl for $.90 per game! Rent shoes for only $.90, too! 5 pm - Close.

Monday Night Mixed League: September 15-December 16 from 6:30-9 pm. 3 Games Semi-Competitive. Organizational meeting on September 8 at 6:30 pm.

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!

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: Through August 22
All Activities, Field Trips, Meals and Snacks are Included

Elementary Ice Cream Social - August 7 - CYSS Building
Babysitter Course
Choose: August 4 or 5, 8am-3:30pm, You must attend both days of the course to be certified. FREE (lunch on your own), Register Early. Space is limited. Learn: Infant & Child CPR, First Aid, Army 4-H Babysitter Course Certificate, Open to CYSS members ages 13-18
(12 year olds accepted upon space availability)
Course held at the Post Chapel

GOLF – ☏ 243-3262

Superhero’s vs Supervillain’s MST Lock-In
August 8, 6 pm – August 9, 7 am
FREE, Wear your favorite superhero/ super villain shirt/ costume. Awards for creativity will be given, movie, bowling, dancing, comic strip designing contest, sports activities, video games, Make your own pizza bar, Breakfast

MIDDLE SCHOOL TEEN

MIDDLE SCHOOL TEEN

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

OUTDOOR REC ☏ 245-4616

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

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: August 9, 7 am-5 pm

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: August 6, 10 am-2 pm; August 17, Noon-4 pm, September 3, 10 am-2 pm, September 21, Noon-4 pm, October 1, 10 am-2 pm, October 22, 10 am-2 pm and November 5, 10 am-2 pm
Sign up 1 week prior to trip

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: August 3, 1-3 pm; August 16, 10 am-2 pm; August 24, 1-4:30 pm; September 13, 10 am-2 pm, September 17, 10 am-1 pm and September 30, 10 am-1 pm
Sign up 1 week prior to trip

UPCOMING EVENTS
County Fair - August 6
Welcome Picnic/Boatyard Wars - August 8
Doggie Dip and Yappy Hour - September 4
Fall Yard Sale - September 6
www.carlislemwr.com

British Soccer Camp: Register Today! Camp Runs, August 4-8
Mini Soccer, Ages 3-5, 9-10:30 am, $92. Half Day Camp, Ages 6-16, 9am-12 pm, $127, Half Day Camp, Ages 6-16, 1-4 pm, $127, Full Day Camp, Ages 8-16, 9 am-4 pm, $186
More information about individual camp and to register: www.challenger. mycustomevent.com

Dickinson College, Boys Basketball Camp, August 4-8, Grades 3-9, 9 am-3 pm, Discount Cost $165

Coach Seretti’s Lil’Devil (Dickinson College) Basketball Camp, August 4-7, 4:30-6pm, Boys & Girls Ages 4-7, Discount Cost $49

Please Contact Carlisle Barracks CYSS for your Discount for both Dickinson Basketball Camps

Piano Lessons, Wednesday or Thursday, 8/27-10/22, $155, 9 weeks.
Guitar Lessons, Tuesday or Wednesday, 9/9-11/11, $200, 10 weeks
Pottery Class, Saturdays, 9/13-10/25, $135, 6 weeks
Art Class, Tuesday or Thursday, 9/11 - 12/18, $125, 14 weeks
Golf Lessons, Saturdays, 9/6-9/27, $45 4 weeks

YOUTH SPORTS & FITNESS
Youth Soccer: Register through August 29! Regular Season: September 1 – October 9, Carlisle Barracks Soccer Fields, Ages 3-18
Preschool, Bantam (k-2nd)
Elementary (3rd-5th),
MiddleSchool (6th-8th)
Fees: Preschool:$25, All Others: $45, Multiple Child Discount. $35
Volunteer Coaches Needed

PLASH ZONE POOL ☏ 245-3560
Monday-Friday 11 am-12 pm Lap Swim
Noon-7 pm Open Swim
Saturday-Sunday 11 am-7 pm Open Swim
School in session:
Monday-Friday 11 am-12 pm Lap Swim 4-7 pm Open Swim
Aqua Zumba Classes Tuesday & Thursday Through August 28
6:45 - 7:30 pm
$5 per class
Payment is due 15 minutes prior to each class at the Pool Admission Office.
Jeffery A. Miller
Realtor, E-PRO
“Your Carlisle Connection”

Office – 717-243-8080 x268
Cell – 717-870-7402
Email – jeff.miller@gr.com
1068 Harnsburg 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

SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills

BY: IVY BLASSER

SKIES Unlimited is a part of the Army’s Division of Child, Youth & School Services (CYSS) within the Directorate of Family and Morale, Welfare and Recreation. Our mission is to provide your children and youth with a variety of classes taught by qualified, imaginative and dedicated instructors, creating experiences of value, excellence and enjoyment.

The name SKIES Unlimited is an acronym for “Schools of Knowledge, Inspiration, Exploration and Skills” with the word “Unlimited” representing the unlimited possibilities this program can offer children and youth. Through SKIES Unlimited, Carlisle Barracks children and youth all have equal access to opportunities that expand their knowledge, inspire them, allow them to explore and acquire new skills.

SIGN UP TODAY! Carlisle Barracks has many current SKIES programs that you can sign up for online https://webtrac.mwr.army.mil/webtrac/carlislecyms.html

Music Lessons
Private guitar lessons are taught by Forrest Brown for ages 10-18 as well as private piano lessons with instructor Dana Brenneis for ages 5 years and up.

Piano
Wed or Thu
08/27-10/22
$155
(9 weeks)

Guitar
Tue or Wed
9/09-11/11
$200
(10 weeks)

Art Lessons
The program offers more than just an art class. Our art class is taught by experienced art educator and working artist Connie Barr. Your Children will be taught how to create masterpieces using Watercolors, acrylics, ceramics, sculpture and more with an end of class art show, along with several juried Art Shows throughout the year.

Hurray for Clay! Pottery class is held on Saturday mornings and is taught by local artist Traci Barnhart-Stirkey. Traci will instruct in the basics of clay pottery from hand building to wheel work.

Pottery
Sat
9/13-10/25
$135
(6 weeks)

Art
Tue or Thu
9/11 – 12/18
$125
(14 weeks)

All CBKS CYSS SKIES Unlimited instructors have had local and national background checks and training in CPR, First Aid, Safety and Child Abuse Awareness, Reporting and Prevention in addition to training in their specialty area.

Young people spend as much as 80% of their waking hours outside the classroom. The latest educational research confirms that students’ involvement in after-school instructional programs is beneficial on many levels. Instructional programs have been shown to promote the intellectual development of children and youth and foster the development of critical life, leadership and social skills. In addition, youth involved in instructional programs during the critical hours of 3:00 – 8:00 p.m. are less likely to engage in undesirable behaviors.

Volunteer Instructors Needed!
Extracurricular offerings are so very important to our children and youth. Bring your education, knowledge, skills and know-how to our kids. The possibilities are endless.

To apply to be a CYS Services Volunteer, please contact the SKIES Unlimited Director at (717) 245-4519.

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!
Mountz Jewelers is built on a 65 year tradition of helping our clients celebrate life’s special moments. Mountz Jewelers is proud to offer comprehensive services and an extensive jewelry and timepiece selection at our three stores in Carlisle, Camp Hill and Colonial Park/Harrisburg.

Our knowledgeable staff will work with you to select a special gift for an engagement, promotion, graduation, anniversary or to commemorate your special milestones. We offer repair services, appraisals and custom design.

We invite you to visit one of our convenient locations to receive complimentary jewelry cleaning, and enjoy fresh cookies and coffee.

We look forward to seeing you soon!
The Staff of Mountz Jewelers
Pending in the United States Congress is a bill, The Disabled Military Child Protection Act (DMCPA), that would give military retirees who invest in the Survivor Benefit Plan (SBP) a common estate planning option. Specifically, the DMCPA would allow service persons to direct the benefits of their SBP to a special needs trust.

If a special needs child or adult is a member of your family, you probably have heard of special or supplemental needs trusts. Since 1993, when Congress officially recognized special needs trusts, parents, grandparents and other family members have been the settlors of special needs trusts and designated the special needs trust to be the beneficiary of their retirement assets. This type of trust is often called a "third party trust" because the person with special needs is not the original owner of assets used to fund the trust. A trust funded by assets considered to be owned by the person with special needs is referred to as a "first party trust" or a "section (d)(4) trust". (Section (d)(4) refers to a provision in the Social Security Act.)

Under federal law, a first party trust must contain terms to reimburse a state for the sum of Medicaid funds expended on the beneficiary's behalf. A third party trust need not contain payback provisions.

Currently, military retirees with an SBP do not have the option of directing the survivor benefit to either a first party or third party trust. Instead, the benefit can go only to the disabled child. The consequences for Medicaid and Supplemental Security Income (SSI) eligibility are detrimental.

Medicaid and SSI are the needs based federal programs usually associated with special needs trusts. Medicaid is a joint federal and state program. Federal law, as administered by the Centers for Medicare and Medicaid Services, sets the parameters for Medicaid, and each state, through its own Medicaid agency, establishes programs for the utilization of care and services. The Department of Public Welfare is Pennsylvania’s Medicaid agency. Because SSI is strictly a federal program, the Social Security Administration sets uniform eligibility criteria. Together, Medicaid and SSI provide a minimum standard of living for persons with special needs. Receipt of the survivor's benefit from an SBP counts as income that will almost certainly disqualify the special needs person from both federal programs.

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The DMCPA would allow a first party special needs trust to receive the SBP benefit. With the trust as the beneficiary, SBP income would not be countable for Medicaid and SSI purposes, and the income could accumulate within a trust without becoming countable assets. Consider that the annual health care expenses alone for a disabled person can exceed $100,000.00. Assets in the special or supplemental needs trust can enhance the quality of life with learning supports, equipment and therapies.

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The National Military Family Association and the Survivor Committee of the Military coalition are strong supporters of The Disabled Military Child Protect Act. The DMCPA passed the Senate Armed Services Committee, and its language is included in the Senate’s version of the National Defense Authorization Act. However, the House of Representatives did not include the DMCPA in its version, and the differences between the two will require reconciliation. DMCPA probably will not be considered again until September.

Contact the National Military Family Association and the Survivor Committee of the Military Coalition to learn more about the DMCPA.
Carlisle Barracks residents may set up displays in their yards. Spaces will be available on Indian Field for vendors. Contact Outdoor Recreation 245-4616/4069.

- Early Bird Registration: August 1-29, $10 per 20’X40’ deep space
- Registration: August 30-Sept 5, $15 per 20’X40’ deep space
- Tables, chairs, and tents are available for a fee
- Payment is due at time of registration

BOUNCESHOUSES!
FOOD!
Carlisle Barracks residents may set up displays in their yards. Spaces will be available on Indian Field for vendors. Contact Outdoor Recreation 245-4616/4069.

- Early Bird Registration: August 1-29, $10 per 20’X40’ deep space
- Registration: August 30-Sept 5, $15 per 20’X40’ deep space
- Tables, chairs, and tents are available for a fee
- Payment is due at time of registration

OPEN TO THE PUBLIC!
INDIAN FIELD
SATURDAY
SEPT 6
7 AM - 2 PM

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USAWC CLASS 2014
WELCOME PICNIC
AND BOATYARD WARS
A RAIN-OR-SHADE FAMILY EVENT

AUGUST 8
5:30 P.M. - 9:30 P.M.

BOATYARD WARS
CONTACT SPORTS OFFICE FOR TEAM SIGN-UP FORM
717-245-3906
www.CarlisleMWR.com

BBQ PICNIC BUFFET
5:30 - 7:30
- Grilled Hamburgers
- Grilled Jumbo All-Beef Hot Dogs
- Grilled Chicken Breasts
- Cobs
- Potato Salad
- Potato Chips
- Assorted Beverages
- Frozen Pop Pops & Shorbort

KIDS CORNER
5:30 - 9:30
- Float Your Boat Contest
- Scrounger Store
- Coloring Contest
- Much, much more!

Events will be held in the pavilion Sunday for USAWC.
The Fair post will be open.
Boat races will be held after the Boatyard Wars.

Ask how the Commuter Benefit can work for you.
As an employer, the government offers a tax-free commuter subsidy as a fringe benefit. You can use this subsidy to save on your commuting costs by joining a Blue Mountain vanpool.

Traffic, long commutes, the cost of gas, insurance, and wear and tear on your vehicle can add up.

Join a vanpool, share the costs, share the driving, some stories, ideas, and laughs. It’s a more pleasant way to commute.

Life’s a journey, share the ride.

1-888-592-2583
INFO@BLUEMOUNTAINTRANSPORT.COM
Cumberland Valley welcomes furry friends of all kinds and offers a collection of experiences that you can share with your beloved pet. Below are a few recommendations.

Take a walk. This is the perfect season to enjoy some fresh air and get outdoors. Take your pet with you to designated areas and trails at Pine Grove Furnace State Park, Colonel Denning State Park, Kings Gap Environmental Education Center and Michaux State Forest. You and your pet can also step back in time on the Army Heritage Trail and view full-scale military exhibits along this one-mile interactive outdoor loop.

Let loose. There are an assortment of community parks in Cumberland Valley that allow you to unleash your dog and let them run around and unwind. Lower Allen Community Park in Mechanicsburg features a Dog Park where dogs can run and play off-leash. Shaffer Park in Carlisle and the Shippensburg Township Dog Park also offer large areas for pets to play unleashed. Registration is required.

Pamper your pet. Show your favorite friend some love by grabbing them a specialty dog treat at Doggie Delights at the West Shore Farmers Market in Lemoyne. Pets can also relax at the A Paw Above Pet Salon & Doggie Spa in Carlisle.

Welcome furry overnight guests. Do you have visitors coming in that are traveling with pets? View our pet-friendly lodging properties at visitcumberlandvalley.com/hotels. Those traveling with horses can even stay and board at the Pheasant Field Bed & Breakfast in Carlisle.

Find details on the places listed above and more pet-friendly things to see and do at VisitCumberlandValley.com. The month of August is filled with outdoor events, festivals and fairs. View a sampling below. For a complete list of events, visit visitcumberlandvalley.com/events-calendar.

2nd Annual Mysteries in Military History @ USAHEC – August 9th
Questions about a military-related, historical object in your possession? Bring your artifacts, documents, manuscripts, photographs, uniforms, etc. to the USAHEC for an opportunity to speak to a staff member, and learn a little more about your materials.

2014 Cumberland Ag Expo @ Newville Lions Fairground – August 12th-16th
This annual agricultural fair, sponsored by the New Carlisle Fair Association, features plenty to do for the entire family. There are dairy and animal exhibitions, shows, 4H presentations, children’s activities, tractor pulls, food, music and more.

Come & Kayak @ Colonel Denning State Park – August 17th
Participants 12 years of age and older are welcome to join the park naturalist at Doubling Gap Lake for some basic paddling skills. Life jackets, kayaks and paddles are provided. Meet at the lake near the boat launch. Registration is required.

Corvettes at Carlisle @ Carlisle Fairgrounds – August 22nd-24th
The largest and most fun-filled Corvette event in the world, the annual Corvettes at Carlisle event features more than 5,000 Corvettes representing all generations of America’s classic sports car. Don’t miss the Corvette Parade on Saturday night in downtown Carlisle.

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Carlsile Color Vibe 5k @ USAHEC – August 30th
Get ready Carlisle and Cumberland Valley for the most colorful, fun-filled day of your life! The point of this event is not to race, but to literally become a canvas of color, to be active, and to share a life experience with friends and family. So get your friends and family ready for this amazing color blast event at the US Army Heritage and Education Center.

McLain Celtic Festival @ Two Mile House – August 30th
Join us for the 20th Annual McLain Celtic Festival. Enjoy a fun-filled family day with music, dancing, Highland athletics, vendors selling Irish and Scottish goods, and lots of food vendors.

34th Annual Shippensburg Corn Festival @ Downtown Shippensburg – August 30th
Crafts, an antique car show, food booths, entertainment, and children’s activities offer something for the entire family. There are more than 300 crafts and antique vendors, selected by jury. Food booths feature corn in every available form. Entertainers perform all day at three sites and there are a variety of strolling acts and demonstrations.

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.
Our guests enjoy the peace and quiet of our historic farmhouse and awaken to a specially prepared delicious breakfast.

A perfect setting for your wedding, shower, or reunion. We also accommodate small group meetings – USAWC Seminar Offsites.

Some rooms are pet friendly. We have horse boarding and a horse hotel is available on our ten acre farm.

150 Hickorytown Road, Carlisle PA (717) 258-0717
web: www.pheasantfield.com
e-mail: stay@pheasantfield.com
FTIG Happenings
Sports/News/UFCC, Showing on 13 HD TV’s

Upcoming Events, Arrowheads Bar & Grill

Line Dancing
Every Tuesday & Every Other Sunday
August 5, 10, 12, 19, 24 & 26
$3 per person
6 – 7 pm – Lesson
7-9 pm – All Request Dance Party
Open to the public & all ages
Dancing held in the Community Club Ballroom

DJ’s
August 8, 7-11pm, Disco Night
August 9, 8-11pm, Karaoke
August 16, 7-11pm, Motown
August 22, 8-11pm, Dancing
August 23, 7-11pm, Rock-N-Roll
August 29, 7-11pm, Classic Rock
August 30, 8-11pm, Karaoke

Trivia Night
August 1, 6, 13, 20 & 27

UFC
UFC 177 Dillashaw vs. Barao II – Saturday, August 30
UFC 178 Jones vs. Gustafsson 2 – Saturday, September 27
UFC 180 Velasquez vs. Werdum – Saturday, November 15
UFC 181 TBD vs TBD – Saturday, December 6

NASCAR
Every Sunday during the Season
(check Facebook for schedule, FTIGCommunityClub)

Kids 12 & Under Eat FREE Every Monday
(some restrictions apply)

Yuengs & Wings Tuesday Nights
Every Tuesday Night
48 oz. pitcher & 8 wings, only $10

YUENG’S & WINGS TUESDAYS

Starts at 4 pm
48 oz pitcher & 8 wings
Just $10

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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.
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 Caféteria
717-861-9482

DMVA Café
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

April-September
Wed-Sat 9:00 a.m.-1:00 p.m.

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.

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
717-861-9468

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
717-861-2152
ALL SORTS OF FUN!
UFC • NFL • NHL • NBA • NCAA • Free Internet
NASCAR • Full Menu • Karaoke • Bar Trivia
Darts • Video Games • Billiards • Touch Tunes

OPEN TO THE PUBLIC!
M-F: 11am-1pm
Fri: 3-1am
Sat: 4pm-Midnight*
Sun: 3-8pm*
*May open earlier for special events

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

FALLEN SOLDIER 5K RUN AND WALK
20 SEP
All Ages Welcome
Check in: 0700-0745
Start time: 0800
503 Cavalry Road
Carlisle, PA
$25 Early Registration by August 26th
$30 Registration after August 26th
To register or to learn more: FALLEN SOLDIER 5K.BLOGSPOT.COM

The 1-108th Fallen Soldier 5K is dedicated to the memories of SSG Mark Baum & SPC Chad Edmundson who made the ultimate sacrifice for their country while deployed to Operation Iraqi Freedom with the 56 SBCT.
All proceeds from the run are provided to the families

FORT INDIANTOWN GAP COMMUNITY CLUB
OPEN TO THE PUBLIC • NO COVER CHARGE

FTIGCommunityClub • 9-65 Fisher Ave. Annville, PA • 717-861-9481 • www.gapmwr.com
Sponsored by: Kmart

FORT INDIANTOWN GAP
LINE DANCING
& ALL REQUEST OPEN DANCE PARTY
By Carrie Apperson • Every Tuesday & Every Other Sunday • 7-9 p.m.
bar food available • open to the public

BLUE MOUNTAIN SPORTS ARENA
FORT INDIANTOWN GAP
BUILDING 4-117
717-861-2711
The Financial Readiness Program provides financial education classes from basic check writing to investments. In addition to providing training to units and organizations, Financial Readiness can provide one-on-one counseling for Active Duty, National Guard, Reserves, Retirees and DoD civilians. Financial Readiness even provides training for kids from age four through college. Some of the success stories coming out of the Financial Readiness Program include:

- Clients are encouraged to live within their means
- We pull the credit report/score Free of charge
- Arrangements are made with past due accounts
- Service members have a healthy savings accounts
- Service members will leave the program debt free and have started a savings account
- Security clearances will be re-instated

Cora Johnson, Financial Readiness Program Manager, teaches a class at Letterkenny Army Depot.

Foreclosures/ Past Due Mortgages

Financial Readiness can make arrangements for negotiations with mortgage companies for past due accounts, review the Civil Service Relief Act, assist soldiers through the Making Home Affordable program and they have a Certified Mortgage Consultant to assist the clients with home modifications and refinancing.

Identity Theft

Clients are assisted through the process of regaining their identity by a Certified ID Theft manager.

The strengths of our programs

- Professional certified staff
- All of our services are FREE
- Partnerships with outside agencies within the community and state
- Command awareness and support of the program, has increased our number of clients within the surrounding community and entire state.
- We have the only certified financial counselor in Pennsylvania at Carlisle Barracks
- We serve all branches of the military and over 51,000 retirees, widows and their families

The goal of the Financial Readiness Program is to provide information and guidance before your credit is in jeopardy. We encourage Soldiers, Families, Retirees and DoD Civilians to make an appointment and speak with our certified financial counselor, Ms. Cora Johnson.
To register for classes go to http://carlislebarracks.carlisle.army.mil/MWR/ACSEventRegistration.cfm

Resume Workshop
08/12/14
Room 106 - ACS, Building 632, Wright Avenue
9:00 am - 12:00 pm
Spouses and Transitioners will learn how to structure your resume in the Federal and civilian format. We will cover the guidelines for writing your resume to include your paid and/or your volunteer work experience.

Educational Tract
08/13/14 - 08/14/14
8:00 AM - 4:00 PM
Registration cut-off date: 08/12/14
If you are transitioning from the military and are considering continuing to go to school, then this tract is for you to help you navigate the educational resources and programs out there for you.

Newcomers Orientation
08/18/14
1:00 PM
Orientation for all newcomers being held at Anne Ely Hall in Room 202.

Dress for Success
08/22/14
9:00 AM - 11:00 PM
Registration cut-off date: 08/21/14
Learn the styles for interviewing for both men and women. Presented by Cindy Day from Men’s Wearhouse.

Soldier for Life
09/08/14 - 09/12/14
8:00 AM - 4:30 PM
Registration cut-off date: 09/10/14
The Transition Assistance program is for service members and spouses who are retiring or separating from the military. (Congressionally mandated Pre-Separation Briefing). This is a five-day workshop to create a draft resume/interview preparation and VA Benefits entitlements.
“Being a dual military couple with three dogs, a turtle, and a frog we can’t imagine having to give up any of our pets due to deployment or overseas assignments. We’d be much happier knowing that when we return, our beloved animals would be waiting for us in a happy home!” The love of their own pets has inspired Tina and Rich Carroll to start a local chapter of Dogs on Deployment in the greater Harrisburg area. “With Carlisle Barracks, DLA, NSA, and Fort Indiantown Gap within close proximity to each other we realized that there is a larger military population here than is noticed. That translates into more people who may, at some point, need to find a foster home for their pet during a deployment. We want to spread the word and make sure that the military pets have the opportunity to be cared for during deployment and happily reunited with their owners! You can visit the local chapter website at pa-Harrisburg@dogsondeployment.org or go to the national website at www.dogsondeployment.org to sign up as a volunteer, donate or register as a boarder.

Dogs on Deployment was founded by husband and wife, Shawn and Alisa Johnson, who serve in the US Navy and US Marine Corps respectively. They started Dogs on Deployment in June 2011. As a dual-military family, the founders have been in situations where they needed a program like Dogs on Deployment. Alisa had orders to move to Quantico, Virginia where she was to attend six months of military training. At the same time, Shawn, was to be deployed. Neither could care for their beloved dog, JD. They were lucky enough to have family to rely on, but recognized the need for a program which would help others who found themselves in a similar situation. Thus, Dogs on Deployment was born.

Founders Alisa and Shawn Johnson proudly own two miniature Australian Shepherds, JD and Jersey, two Caique parrots, Kiki and ZoZo, and two rescue cats, Tegan and Jasper, who are the inspiration behind their work. They are also active fosters for Dogs on Deployment and local rescue groups, fostering seven dogs since 2009.
Susquehanna Service Dogs is looking for puppy raisers for several litters expected in the coming months.

Puppy raisers receive Labrador retrievers when they are eight weeks old then train them for 16 months so that they eventually can become service dogs to support people with quadriplegia, paraplegia, have balance disorder, hearing loss, mental illness, autism or seizure disorder and to help veterans returning from war.

Puppy raisers are expected to provide lots of exercise, be diligent in housebreaking, play special games daily, provide lots of car rides, take their puppy to work, the grocery store and to church. Puppy raisers also get together with other volunteers to enjoy social outings.

Puppies and their raisers attend training two or three times a month in the greater Harrisburg area as well as attend group social outings. Support is available 24/7. Susquehanna Service Dogs is a program of Keystone Human Services.

For more information, call puppy coordinator Rebecca Lamb at 717-599-5920 or fill out the Puppy Raiser form at www.keystonehumanservices.org.

Information provided by Deb Kiner, Penn Live - The Patriot News

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**Cat Trivia**

- A cat can jump as much as seven times its height.
- Cats have over one hundred vocal sounds.
- A pack of kittens is called a kindle, while a pack of adult cats is called a clowder.
- The nose pad of each cat has ridges in a unique pattern, not unlike a person’s fingerprints.
- Cats have better memories than dogs.

**Fun Facts About Dogs**

- Dogs have about 100 different facial expressions, most of them made with the ears.
- Dogs have about 10 vocal sounds.
- Dalmatians are born pure white, their spots develop as they age.
- Contrary to popular belief, dogs aren’t color blind; they can see shades of blue, yellow, green and gray.
- The color red registers on a grayscale in a dog’s vision.

**The Scoop on Exotic Pets**

- To survive, every bird must eat at least half its weight in food each day.
- Americans own more than 60 million pet birds.
- Larger parrots such as the macaws and cockatoos live more than 75 years.
- Many hamsters only blink one eye at a time.
- Ferrets are currently the third most popular pet in the US. There are an estimated eight to ten million ferrets in the United States being kept as pets.
- A goldfish can live up to 40 years.

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**Cool Treats for Your Pup!**

Help your dog survive the Dog Days of Summer with these super cool “pupsicle” treats. Fill a recycled yogurt or other small plastic container with any of the recipes listed below. For little dogs, an ice cube tray is perfect for making small-sized treats. Enjoy the treats outdoors where your pup can play and get messy. Here are a few great recipes from moderndogmagazine.com.

**Pumpkin Pops**

- Blend some canned, unsweetened pumpkin with plain, low fat yogurt and a bit of water, then freeze for a cool, low calorie dog treat.

**Peanut Butter Pops**

- Simply mix together peanut butter, mashed up banana (the perfect use for the too-ripe bananas sitting on your countertop) and water, then freeze.

**Cheeseburger Pops**

- Have some leftover cooked hamburger patties and cheese from your last cookout? Crumble up the burger and cheese, mix it with water or broth (low or no salt!), pour it into the container of your choice, and pop it in the freezer!

**Super Frozen Smoothies**

- Get out the blender and blend together one cup plain, natural yogurt, 1 ripe banana, 2 cups of unsweetened juice (orange juice, apple or pineapple), and a handful of blueberries. Also try: peach, watermelon, strawberry, raspberry or watermelon. This is a great one to share with your dog! Pour into molds or containers and freeze, or enjoy as a drink—it’s delicious either way. You can add a bit of honey or agave to your portion if you like it sweeter.
Family and Morale, Welfare and Recreation is gearing up for their annual dog event, the Doggie Dip and Yappy Hour. Located at the Splash Zone pool on historic Carlisle Barracks, this event offers great features such as the open swim, Costume Contest, Biggest Splash and Half Lap Swim. In addition, there will be appearances by McGruff and Sparky, Nellillustrations offering pet caricatures and Healing Paws Veterinary Care offering discounted microchips to all guests that attend. There will also be great food and drinks specials offered at the Tiki Bar for Yappy Hour from 4-10pm.

This year’s event will focus even more fun on the dogs! We’ve listened to your feedback and this year there will be more time for dogs to splash in the pool, plus great games and friendly competitions. You don’t even need a pet to enjoy the evening. So bring the family and invite some friends, as we celebrate the end of summer and the joy and happiness our furry friends bring in to our lives.

The event is FREE to all attendees and is open to all Military, Retirees, DOD Civilians and their guests. Come out and enjoy an evening of fun and games for your furry friends before Splash Zone is closed for the season. For additional information, please call (717)245-4069 or visit www.CarlisleMWR.com.

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Carlisle Barracks
Doggie Dip & Yappy Hour
Splash Zone Swimming Pool

FREE!
Thursday
SEPT 4
5:00 - 7:30 P.M.
Rain or Shine

• Open Swim
• Costume Contest
• Big Splash Contest
• Half Lap Contest
• Appearances by McGruff & Sparky
• Dog Caricature Artist
• Discount Micro-chipping

TIKI BAR OPEN
4:00 - 10:00 P.M.
Fuzzy Dog & Dog Lappers
DRINK SPECIALS
• Weenie Dogs
• Pupcakes
• Groom Dogs
• FREE Ice Cream for your Fur Baby

Regular Tiki Bar Menu will be available

For More Information
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Parent Central Registration
☎ 717-245-3801

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☎ 717-267-9741

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or DSN 570-9693

CAC and Military ID Office
☎ 717-267-8751

EEO office and Sexual Harassment Hotline
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☎ 717-267-8017

On-site youth centers and CYSS services are those under the legal guardianship of active duty military personnel, Reserve Component (RC) and NCOs, and Non-Appropriated Fund (NAF) Department of Defense (DoD) civilians involved in active duty and DoD contractors.

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