in this issue:
the abc’s of appalachian brewing company
iconic foods in pennsylvania
8 amazing places to view fall foliage in pa
The dog days of summer are coming to an end fast, giving way to the upcoming fall season and many exciting prospects for our community. We at MWR are striving to meet your needs and provide you with the best experiences South-Central Pennsylvania has to offer. Swing by Appalachian Brewing Company and grab a seasonal beverage that is as crisp as the fall air or pick up a six-pack at the Carlisle Barracks Strike Zone or the Fort Indiantown Gap Community Club. Perhaps you may decide to traverse one of our area’s countless mountain trails, painted in hues of yellow and orange by our famous autumn foliage. Our Outdoor Recreation staff can help you whether you are looking for a challenging hike or a relaxing nature walk. School is also well underway for the youth of our community and with it come the many afterschool programs that our Child and Youth Services offer. From backpacking to pottery, our programming offers a variety of recreation that is sure to meet the needs of your child. We strive to provide what is best for our Army families and also offer a variety of fitness options including the Couch to 5K program starting on September 3rd.

Fall is always special time for our military community. There are numerous festivities custom designed by us at MWR that will redefine your definition of fun. October 9th-12th is our annual Oktoberfest at the Army Heritage and Educational Center. Enjoy carnival rides, live music, great food, the beer garden, and much more at Central Pennsylvania’s take on this wonderful German celebration. No one gets left behind to include our beloved dogs. Bring your pup to the Splash Zone Swimming Pool on September 4th for some four-legged fun involving splash contests and an open swim for canines. Afterwards head next-door to the Tiki Bar for Fuzzy Dog Drink Specials, pupcakes, and free ice cream for your pooch!

Whether you are a service member, retiree or DoD civilian, we are here for you and your family. Excellence is our standard and we find it a great privilege to provide you and your family with only the best. Come join MWR in celebrating another unforgettable fall season. We look forward to serving you!
on the cover

Appalachian Brewing Company’s flagship location in Harrisburg dates back to 1890. It was originally owned by the Harrisburg Passenger Railway Company and Harrisburg Trolley Works. Made to hold massive machinery, it is the perfect home for a brewery and brewpub.

Photo from Appalachian Brewing Company

features

10 the abc’s of appalachian brewing company
12 iconic foods in pennsylvania
16 8 amazing places to view fall foliage in pa

regulars

4 carlisle autocare service tip of the month
5 carlisle barracks directory
6 carlisle mwr happenings
14 exploring cumberland valley
18 fort indiantown gap mwr happenings and directory
20 army community service
21 letterkenny army depot directory
22 thorpe fitness schedule

STARTING SEPT 3 | 9 - 10 A.M.

COUCH TO 5K

MONs & WEDs | 10 WK PROGRAM
BUILD ENDURANCE | ALL EXPERIENCE LEVELS
LEAD BY NICOLE HART, PERSONAL TRAINER

CALL JIM THORPE FITNESS CENTER TO SIGN UP
245-3418 | WWW.CARLISLEMWRCOM
CARLISLEFMWR

WWW.1STCHOICEMAG.COM | SEPTEMBER 2014 3
Jason King and Anja Prandtner participated in the 2014 Battle of Harrisburg on July 4 at City Island in Harrisburg, Pennsylvania. At the adult competition, Jason King, a 1st Degree Brown Belt, received a gold medal in forms and a gold medal in weapons. He also received a silver medal in sparring.

Anja Prandtner, a 1st Degree Yellow Belt, competed in the teen division and received a gold medal in weapons and a bronze medal in sparring.

Both individuals are members of the Carlisle Barracks Tae Kwon Do Club 187. The club is an official member of the US Tae Kwon Do Association, Colorado Springs, Colorado. The post club has been located for the past 30 years in the Thorpe Fitness Center, third floor, Building 23, Lovell Avenue.

Both individuals have given time and labor to support service to Carlisle Barracks and the Carlisle community.
USAG CARLISLE BARRACKS
MORALE WELFARE & RECREATION
DIRECTORY

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 am-4:30 pm
☎ 717-245-4332
Marketing
☎ 717-245-4533
Sponsorship and Advertising
☎ 717-245-3777
Finance
☎ 717-245-4696
Barracks Crossing
870 Jim Thorpe Road
Carlisle, PA 17013
Tue, Wed & Fri 10 am-5 pm
Thurs 10 am-8 pm
Sat 9 am-4 pm
Closed Sat prior to a Monday Holiday
Auto Supplies
Mon-Fri 8 am-5 pm
☎ 717-245-3156
Auto Self Service
☎ 717-245-3156
Mon-Fri 8 am-5 pm
Thurs 8 am-8 pm
Sat 9 am-4 pm
☎ 717-245-3156
Frame & Engraving
☎ 717-245-3319
Frame Studio - Self Help
Thurs 1 pm-8 pm
Fri 10 am-4 pm
Sat 9 am-4 pm
☎ 717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Fri 8:30 am-9 pm
Sat 1-9 pm, Sun 1-8 pm
☎ 717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8 am-4 pm
Golf Course
☎ 717-243-3262
19th Hole Snack Bar
☎ 717-243-3267
Child, Youth & School Age Services
637 Liggett Road
Carlisle, PA 17013
Mon-Fri 6:30 am-6 pm
☎ 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 am-5:30 pm
☎ 717-245-3701
Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013
☎ 717-245-4329
Letort View Catering
Tue-Thurs 9 am-5 pm
☎ 717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7 am-2 pm
☎ 717-245-4883
USAHEC Catering
☎ 717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10 am-2 pm
☎ 717-245-3377
Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
May-September
Mon-Fri 9 am-5 pm
☎ 717-245-4048
Army Heritage Center LTS Desk
Thurs-Fri 6 Sun noon-5 pm
Sat 9 am-1 pm
☎ 717-245-3883
Fort Indiantown Gap
Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
April-Sept
Wed-Sat 9 am-1 pm
☎ 717-861-3994
Outdoor Recreation (ODR)
☎ 717-245-4616
Mon-Thurs 9 am-5 pm
Fri 9 am-7 pm
Sat 9 am-2 pm
860 Summer Road
Carlisle, PA 17013
Sports Director
☎ 717-245-4343/3906/4029
Thorp Hall Fitness
Mon-Fri 5 am-8:30 pm
Sat 7 am-5 pm
Sun 8 am-5 pm
Holidays 10 am-3 pm
☎ 717-245-3418
Root Hall Gymnasium
Mon-Fri 5:30 am-8:30 pm
Sat, Sun & Holidays Closed
☎ 717-245-4343/3906/4029
Indian Field Fitness Center
Mon-Fri 5 am-8:30 pm
Sat 7 am-5 pm
Sun 8 am-5 pm
Holidays 10 am-3 pm
☎ 717-245-3535
Tiki Bar
Near Splash Zone pool.
☎ 717-245-4352
Joint Pub is open when Tiki Bar is closed due to inclement weather.
Pool
School out of session:
Mon-Fri
Lap swim: 6 am-7 am
11 am
Open swim: noon-7 pm
Sat-Sun
Lap swim: 11 am
Open swim: noon-7 pm
☎ 717-245-3560
ARMY COMMUNITY SERVICE
632 Wright Ave, Carlisle, PA 17013
Mon-Fri 8 am-4:30 pm
Family Advocacy Manager/
Exceptional Family Member
☎ 717-245-3775
Consumer Affairs
Financial Asst./AFTB/Army
Emergency Relief
☎ 717-245-4720
Employment Readiness/
Volunteer Manager/Transition
Assistance Program/Army Family
Action Plan
☎ 717-245-3684
Relocation, Mobilization &
Deployment
☎ 717-245-3685
Key Post Numbers
Emergency
☎ 911
Post Operator
☎ 717-245-3131
Chapel
☎ 717-245-3318
Civilian Personnel / Jobs
☎ 717-245-3923
Commissary
☎ 717-245-3105
Members 1st Credit Union
☎ 717-245-3900
Dental Clinic
☎ 717-245-4542
Dunham Health Clinic
☎ 717-245-3400
Education Center
☎ 717-245-3943
ID Card Center, Military
☎ 717-245-3533
Legal Office
☎ 717-245-4940
Movie Theater, Reynolds
☎ 717-245-4108
Optical Shop, PX
☎ 717-249-5150
Police Desk
☎ 717-245-4115
Post Exchange/Class VI
☎ 717-243-2463
Post Lodging
☎ 717-245-4245
Post Office, USPS
☎ 717-258-1930
Sexual Assault Hotline
☎ 717-961-2045
Motorcycle Registration
☎ 717-245-4115
Cleaning, Tailoring, Shoe Repair
☎ 717-258-1857
Vet Clinic
☎ 717-245-4168

The Amish Experience
Saturday, Sept. 27
9:00 am depart Carlisle Barracks Parking Center
8:00/5:45 arrive back
$59 Adults (13+)
$49 Children (5-12)

Price Includes:
Transportation, Bus Captain
“Jacob’s Choice” Movie
Amish Country Barnyard
Full Plaś & Fancy Traditional Meal
Professional Step-by-Step Guide Service
on Amish tours and shopping

Carlisle Barracks: leisure Travel Services located at the great location
244 Sumner Rd.
Carlisle, PA 17013
www.1STCHOICEMAG.COM | SEPTEMBER 2014 | 5
LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)  245-4329

Tiki Bar (located behind the LVCC): Open Thur/Fri/Sat from 4-10pm. New Bar Menu available.

Last day for the Tiki Bar: Sept 13

Joint Pub opening on Sept 18. Hours of operation will be Thur & Fri 4-10pm.

Shuttle bus service available every Thur - 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

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

SPORTS – 245-4029
Strength for Wisdom. U.S. Army War College and Carlisle Barracks Upcoming Events:
Run Carlisle Barracks: An organized run held every Sat at 7am. Ends Oct 11.
Couch to 5K - Sept 3 on Mon & Wed from 9-10am. Thorpe Fitness Center.
Letort Run One - Oct
5K Drumstick Dash Fun Run - Nov 15. $12 before Nov 12, $15 on race day and $8 children 11 and under. 7-7:45am Registration/Check-In and 8am race begins. T-shirts to first 100 participants! Register at Thorpe Fitness Center, Root Hall Gymnasium or Indian Field Fitness Center.
30 Day Ab Challenge – Dec 1
Indoor Rowing Challenge – Dec 1
Push Up and Squat Challenge – Feb 3
Strength Challenge – Mar
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 Bo Cardiovascular Workout: Tue and Thu from 6-7pm at Thorpe Fitness Center. $15 per month.

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

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

Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. 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

Are you a Government Employee?

Ask how the Commuter Benefit can work for you.

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

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

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

Life’s a journey, share the ride.

1-888-592-2583
INFO@BLUEMOUNTAINTRANSPORT.COM
family and morale, welfare & recreation ■ carlisle barracks

group environment (max. 4 per class). Cost: $50 (all supplies included).

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

**AUTO SHOP ☎ 245-3156**

**Automotive Detailing:** Stop by and try our new auto detailing service with three packages to choose from. Call for an appointment.

**ARMY COMMUNITY SERVICE ☎ 245-4357**

**Dress for Success**
Sept 3 from 9 – 11 am
ACS Classroom, 632 Wright Avenue
This class will teach you the basics to building an interview appropriate wardrobe for interviewing and the workplace. Tips for both men and women.

**Soldier for Life: Transition Assistance Program**
Sept 8-12 from 8:30 – 4:30 pm
108th National Guard Armory
502 Calvary Road, Carlisle
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 resume, practice interview skills and receive VA Benefits entitlements information. Dress is business casual. Please bring a draft resume and note taking materials.

**Boots to Business SBA Workshop**
Sept 16-17 from 8 am – 4 pm
Education Center, 632 Wright Avenue
The two-day Self-Employment Intensive Training Workshop is offered in collaboration among the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs. We are recruiting 25 interested transitioning service members, military spouses and veterans to participate in the workshop. You will learn if starting a business is right for you, if your business idea is feasible and much more!

**Amazon One Day Hiring Event**
Sept 18 from 9 am – 4 pm
Location: TBD
The Employment Readiness Program brings you a one day hiring event with Amazon. For more information contact the Employment Readiness Program manager @ 245-3684.

**Interviewing Skills**
Sept 25 from 1 – 3 pm
ACS Classroom, 632 Wright Avenue
Learn interview skills and techniques before your next interview.

**Active Parenting of Teens and Tweens**
Sept 30 and Oct 2, 7, 9 from 6 - 8 pm
Child Development Center
Location is subject to change
Pre-Registration is highly recommended for this popular class. Register with Family Advocacy Program Manager at 245-3775. In this class you will learn what’s going on in your teen’s head, which will help you figure out why they do the things they do. You’ll learn how to open up the lines of communication, encourage cooperation and responsibility, and discipline effectively. You’ll also explore techniques for solving the inevitable problems that crop up. You’ll learn 10 strategies for preventing problems relating to drugs, alcohol, violence and teen sexuality.
LEISURE TRAVEL SERVICES ☎ 245-4048/3309

GET YOUR TICKETS AT THREE GREAT LOCATIONS:

Carlisle Barracks
842 Sunner Road (located beside the Commissary)
U.S. Army Heritage & Education Center (950 Soldiers Drive)
Fort Indiantown Gap Community Club (9-65 Fisher Ave)

New York City: Sept 13. $57
Adult & children 5+.

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


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).

Hersheypark 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: Sept 17 from 11am - 1:30pm. 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.

Monday Night Mixed League: Sept 15-Dec 16 from 6:30-9pm. 3 games semi-competitive. Organizational meeting on Sept 8 at 6:30pm.

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

Turkey Shoot: Nov 10-20. Adult league bowlers only. Win a turkey while you bowl!

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

GOLF — ☎ 243-3262
Play & Ride/Weekday Special: Mon-Thu from 12-4 pm. $24 p/p. 18 holes. Must call for a tee time.

Open Golf and Driving Range: Open Mon-Fri, 7am-dusk and Sat-Sun 6am-dusk.

Golf Lessons: Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Terry Myers.

OUTDOOR REC ☎ 245-4616
Kayaking
Experience Pennsylvania’s beautiful scenery by kayak. Basic paddling instruction is provided followed by a day ofboating and nature watching!

Location: Big Springs, Yellow Breeches & Conodoguinet Departure: 10am Return: 2:30pm
Cost: $20 p/p Dates: Sept 14, 27 & Oct 4 Sign up 1 week prior to trip

Appalachian Trail Backpacking Experience all that the AT has to offer on these overnight backpacking experiences! Learn the history of the trail and enjoy great company!

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

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: Sept 3, 10am-2pm; Sept 21, Noon-4pm; Oct 1, 10am-2pm, Oct 22, 10am-2pm and Nov 5, 10am-2pm
Family and Morale, Welfare & Recreation

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: Sept 13, 10am-2pm, Sept 17, 10am-1pm and Sept 30, 10am-1pm
Sign up 1 week prior to trip

Introduction to Fly Fishing Clinic
Lesson in basic knot, rigging, set up casting instructions and stream fishing instructions. Everyone over the age of 16 MUST have a current PA fishing license with a trout stamp to be able to fish. Bring your own waders.
Cost: $30 p/p - Includes "Basic Fly Fishing Book" to keep, will be supplied with a fly rod, flies and ghillies (stream instructions)
Date: Sept 20 from 9am-1pm
Location: Allenberry Lodge (Meadow Pavilion) on the Yellow Breeches stream
Must register by Sept 5

YOUTH SPORTS & FITNESS
☎ 245-3354

Open Gym
An opportunity for youth grades 1-12 to play indoor soccer, basketball, kickball, rock climb & much more!
Sept 6, 2014 – May 2, 2015; First Sat of every month, 10am-Noon, Youth Services Gym, FREE.

Friday Night Dodgeball
Open to youth in grades 1-12. Please bring a clean pair of sneakers to put on.
Every Fri, 7-8:45pm, Root Hall Gym, FREE

Teen Running Club
Learn warm-up, cool-down and running techniques, improve overall health and wellness while working hard with friends.
Attend 10 of the 15 meetings and receive a FREE CBKS Running Club t-shirt. Volunteer coaches needed to lead and supervise runs.
Register through Sept 19, Schedule Sept 30 – Nov 15, Tue and Thu 4:30-5:30pm, CBKS CYSS, FREE

Youth Speed, Strength & Agility Boot Camp
Improve your overall speed, strength and agility, prepare for upcoming winter sports seasons, Receive weekly sports nutrition tips to improve performance, Attend 7 of the 10 classes and receive a FREE Speed, Strength & Agility t-shirt.
Registration open Sept 29-Oct 31, Classes: Nov 3 – Dec 3 (Ages 8-11, 4-5pm), (Ages 12-18, 5-6pm), CBKS CYSS, FREE

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

UPCOMING EVENTS

Oktoberfest – Oct 9-12
Halloween Parade, Oct 30, 4:30-5:30pm, Indian Field
Carlisle Barracks Trick-or-Treat, Oct 30, 6-8pm, Indian Field
Carlisle Barracks Ghost Walk, Oct 31, 7-10pm
Middle School Teen Halloween Party, Oct 30, 7-10pm, FREE, CBKS Youth Center
5th Annual Gobble Gallop Kids Run, Sat. Nov. 15, Ages 4-13, Indian Field

www.carlislemwr.com

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

Office – 717-243-8080 x268
Cell – 717-870-7402
Email – jeff.miller@jgr.com
1068 Harrisburg Pike
Carlisle, PA 17013
www.CentralPAHomes4You.com

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

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

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

Preferred Lender/Partner

Veterans United Home Loans

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

Office – 717-243-8080 x268
Cell – 717-870-7402
Email – jeff.miller@jgr.com
1068 Harrisburg Pike
Carlisle, PA 17013
www.CentralPAHomes4You.com

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

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

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

Preferred Lender/Partner

Veterans United Home Loans

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

Office – 717-243-8080 x268
Cell – 717-870-7402
Email – jeff.miller@jgr.com
1068 Harrisburg Pike
Carlisle, PA 17013
www.CentralPAHomes4You.com

Whether selling or buying, I can assist you in a no pressure, no gimmick environment making your transition a smooth and comfortable one. I’ll provide the service and experience that’s been missing in the real estate business. I’m here to work for YOU!
Appalachian Brewing Company has been a proud sponsor of Carlisle Barracks Oktoberfest for four years. With Oktoberfest just around the corner, we sat down with Jack Sproch, one of Central PA’s leading beer men, to bring you the unique story of this fast growing local business.

How did Appalachian Brewing Company get its start?
Shawn Gallagher and I had long considered opening a microbrewery and brewpub and on one evening in the sizzling summer of 1994 we made the decision and never turned back. We did extensive research on the brewing industry and market before bringing in my skiing buddy, Artie Tafoya. Research continued and purchases were being made. The North Cameron Street location in Harrisburg was purchased for $1 but needed extensive renovations. After three years ABC Harrisburg was open and we brewed our first batch of beer. Over the years the beer selection and locations have expanded.

What role has ABC played in the community?
From the beginning, we’ve been an advocate for producing natural, fresh and local products using the finest ingredients and for serving excellent fare in a warm, inviting brewpub setting. We strive to support other local businesses. We’ve also worked quite hard at community revitalization. Our main brewery building on Cameron Street in Harrisburg originally sat vacant for decades prior to our renovation. We won an historic preservation award for our efforts. It serves as a craft brewery, restaurant, live entertainment venue and banquet space which has created jobs. More recently in Mechanicsburg, we revitalized another distressed property and gave it new life as a world class brewpub and craft soda manufacturing facility. And of course, we’ve helped people across Central PA learn what good beer really tastes like!

At the new Mechanicsburg location, what can guests expect to find?
Our Mechanicsburg location is like nothing we’ve ever done before. This one certainly has warm accents similar in feel to our other brewpubs, but as a former car dealership, it is notably more sleek and industrial in appearance. Guests will be amazed at the sheer size of the main dining area, featuring a mixture of stainless steel highlights, high ceilings and large glass windows and doors. The mahogany bar is the largest we’ve ever built, and features more than 20 ABC craft beers on tap every day. A large exposed staircase leads to a second floor mezzanine seating area. We’ve also kept the brewpub family-friendly by adding a booth area just off the main dining room. We can also accommodate fairly large groups in our Brewery Dining area, which is uniquely situated in full view of our small-batch beer brewing system. Like the other ABC brewpubs, ABC Mechanicsburg features our menu, plus weekly lunch and dinner specials exclusive to Mechanicsburg.

Are there any new beers to look out for?
As a company, we brew about 80 different beers every year, so there’s always something to look forward to. Our September specialty beer, Rutty Buck Pumpkin Ale is always a favorite. The addition of real pumpkin and spices makes this beer a perfect transition into the fall season, and is available in draft at all of our brewpubs while supplies last! In October, we’ll release another very popular seasonal brew called Batch No. 666 Halloween Beer. It’s dark and malty, and packs a devilish punch, if you know what I mean. And in November, we’ll begin looking forward to the true holiday season, with the annual release of our Grinnin’ Grizzly Holiday Spiced Ale. This sweet and spicy beer features hints of cinnamon, ginger and nutmeg, and usually remains on tap in our brewpubs through early January. For fans of our bottled beers, look forward to an updated Variety Pack coming very soon, featuring Water Gap Wheat Ale, Mountain Lager, ’Jolly Scot’ Scottish Style Ale, and Hoppy Trails IPA. Later this year, we’re also planning to release a brand new ‘big beer’ variety pack, in which we’ll be bottling several more beers in 12oz bottles for the very first time. That pack is set to include Outta Focus 2X IPA, Aero-Head Bock, Chocolate Avenue Stout and an updated version of our popular Trail Blaze Brown Ale, which will now include maple flavor.

What is ABC’s goal for the future?
Our goal has always been to continue to expand our brewpub operations, and evolve in the beverage industry. When it comes to the brewpubs,
we’ve always kept a goal of opening 10 in the first 20 years. With 7 brewpubs in 17 years, we’re getting close. We’ve only want to grow in places that we feel are a great fit for our brand and will be successful, so we’re pretty selective about where our next brewpub will be located. When it comes to beer, we’re always challenging our brewers to stay innovative. The other major part of our growth continues to be our line of Appalachian Craft Sodas. We use pure cane sugar typically and a touch of honey, no high fructose corn syrup, gluten free and caffeine free. We’ve expanded our retail partnerships to include large stores like Walmart and Wegman’s and, and we’ve seen tremendous growth as a result. In fact, to keep our production in line with our sales, we’re opening our brand new craft soda facility in Mechanicsburg later this year. We’ll be able to produce thousands of cases of our soda each day, enabling us to distribute our soda products nationally.

Where will ABC expand next?
We still believe there are opportunities in the Central Pennsylvania region, such as in Hershey, for instance. We’ve also eyed properties as far northern Maryland for many years.

Jack’s favorite beer?
To steal a movie line, “I could no sooner choose a favorite star in the heavens.” For me, it would be like picking a favorite child, I can’t because I truly love them all. There are several Appalachian beers I drink more often like our Mountain Lager, a German Dortmunder style beer and some seasonal beers that I especially look forward to when they come out.

Brewmaster’s favorite beer?
According to Artie Tafoya, ABC Brewmaster and Director of Operations: “My favorite ABC flagship beer is Hoppy Trails IPA. It’s what I drink the most of year round, because it’s just so full of flavor. I’m really very proud of it, and our customers seem to agree, because it’s among our top sellers in both the brewpubs and in bottles. I’m also a huge fan of our monthly specialty beers, especially anything we brew in the classic European style, like our Kipona Fest lager and Peregrine Pilsner.

Chef’s favorite dish?
According to ABC Executive Chef Kyle Mason: If I had to choose one Entrée as a favorite, it would be the ABC Beer Battered Fish & Chips. Of course, we make a great beer batter for our fresh haddock filets, and fry it so it’s perfectly crispy on the outside and tender on the inside. We do it right. Second on the list is the Turkey Panini, and it’s probably what I eat the most, out of convenience. It’s the perfect combination of smoked turkey breast, bacon and fresh veggies. But it’s also a great ‘to go’ option for someone as busy as me, because its grilled and pressed so it’s never messy, even if I have to eat it in the car!
Pennsylvania has treats to satisfy all of your cravings. From authentic Dutch cuisine to piled high cheesesteaks, Pennsylvania is known for its good eats. Take an afternoon and explore the Pennsylvania countryside and indulge in decadent chocolate, hand crafted pretzels, iconic Whoopie Pies and a variety of delicious treats.

**Taste of Philly - Philadelphia and the Countryside**

**Cheesesteaks**

Cheesesteaks, a long roll topped with thinly sliced rib eye beef and melted cheese, are a Philadelphia icon and have drawn visitors to the region for more than 80 years. In 1930, Pat Olivier, a South Philadelphia hot dog vendor, decided to put some beef from the butcher on his grill. A taxicab driver noticed the alluring aroma and asked for his own steak sandwich. The next day, rumor of the delicious lunch had spread, and cabbies around the city came to Olivier demanding steak sandwiches. His idea was an instant success, and his legacy continues on 9th street and Passyunk Avenue at Pat’s King of Steaks. Located directly across the street is Geno’s Steaks, founded by Joey Veno in 1966. Veno decided on the location because he wanted it to be placed where people were already eating cheesesteaks. The two cheesesteak meccas have competed to win best cheesesteak in Philadelphia for more than 40 years.

**Mushrooms**

The “Mushroom Capital of the World” is located in Kennett Square, where more than 50 percent of the nation’s mushroom crops are grown. Visit The Mushroom Cap in the heart of Kennett Square for a special film and exhibits showcasing the history of the mushroom industry in the area. An abundance of mushrooms are also available at local farmers markets with more than one million pounds of mushrooms produced every week. Visitors can also experience the annual Mushroom Festival, featuring more than 200 vendors, culinary exhibits, farm tours and mushroom soup cook-offs.

**Soft Pretzels**

You’ll never have to go far for tasty treats in Philadelphia - soft pretzels are sold on almost every street corner. The twisted, chewy pretzel, often topped off with yellow mustard, was brought to Philadelphia in the 1700s by German settlers and continues to be a beloved Philadelphia treat. Stop by Center City Pretzel or the Philly Pretzel Factory for one of these famous soft pretzels.

**Dutch Country Cuisine - Dutch Country Roads**

Authentic Pennsylvania Dutch foods can be found in and around Lancaster including the Lancaster Central Market, the country’s oldest farmers market, in Lancaster, PA.

**Whoopie Pies**

German and Swiss settlers brought Pennsylvania Dutch food to central Pennsylvania in the 17th and 18th centuries, including baked goods like Whoopie pies. These sweet treats are made up of two cake-like cookies sandwiched around a cream center, typically sold at farmers markets throughout the region.

**Shoofly Pie**

Shoofly pie is a sweet treat that is home to central Pennsylvania. This dessert is made of brown sugar and gooey molasses and got its name because bakers had to “shoo” the flies away as the pies cooled.

**Potpie**

Not only is Lancaster, PA, known for their sweet treats, but for their comfort meals. Potpie is a hearty meal that was used to sustain the energy of farmer’s throughout the day. Full of chicken broth, chicken and homemade dough, this traditional entrée is a staple of the region.
Scrapple

Settlers who first moved to the area were known for using every scrap of food they had, which is how the Dutch staple Scrapple came about. Scrapple is scraps of pork combined with cornmeal grilled and served at breakfast.

Salty Snacks:

Pretzels:

Synder’s of Hanover® began in 1909 as a pretzel producer in Hanover, PA, and then started making potato chips and other salty snacks in the 1920s. Since then, Snyder’s® has grown and added a variety of salty snacks to their lineup including sweet and salty pretzel pieces, tortilla chips and salsa, as well as gluten-free pretzels. With advanced reservations, guests can enjoy a free guided tour through the factory for a glimpse of how tradition, technology and teamwork combine to make great tasting pretzels.

Chips:

The Utz® story began in 1921 in a home kitchen, producing about 50 pounds of chips an hour for local grocers and markets. Today, Utz® is the largest independent, privately held snack brand in the United States, producing more than 1,000,000 pounds of potato chips a week. Utz® also produces cheese curls, kettle chips and pretzels. See and smell the creation of Utz® potato chips during a free self-guided tour.

Now located in Chester County, Herr’s Snack Factory® began in Lancaster in 1946 when James Stauffer Herr bought a potato chip company. Herr’s business grew quickly, causing him to relocate to a bakery plant in West Willow in 1949. Today, Herr’s® is still a success with many salty snacks including pretzels, potato chips, popcorn, chocolate-covered pretzels and much more. Follow the production line from slicing and frying to bagging and boxing during a free tour. Visitors will also get the chance to taste a chip hot from the fryer and pick up a free bag of Herr’s® at the end of the complimentary tour.

Sweet Treats

Hershey’s Chocolate®

“The Sweetest Place on Earth®” is located in Hershey in the heart of central Pennsylvania, where Milton S. Hershey developed the town in 1905. Hershey is known for its delicious products such as Hershey’s Milk Chocolate Bar®, Reese’s Peanut Butter Cups®, Ice Breakers® and Jolly Ranchers®. All of these products and many more can be purchased at Hershey’s Chocolate World®, a store and interactive experience with an abundance of sweet treats. Visitors can create their own chocolate bar and design their own unique packaging. Enjoy Hershey’s Great American Chocolate Tour Ride to see, feel, smell and hear about the delicious chocolate making process, including a complimentary sample.

Just Born®

Just Born® began in 1910 when Sam Born emigrated to the U.S. from Russia. Just Born® is a family-owned confectionary company based in Bethlehem. The company is known for its iconic Peeps®, yellow, chick-shaped marshmallow confection that often comes in Easter baskets and is loved by all ages. Peeps now come in a unique variety of flavors such as sour watermelon, chocolate crème and strawberry crème. Just Born® also produces beloved candies such as Mike and Ike®, Peanut Chews® and Hot Tamales®.

Tastykake®

Phillip Bauer began baking these fresh, individually wrapped snack cakes in 1914. Headquartered in Philadelphia, Tastykake® is now one of the largest baking companies in the U.S. and is known for its delectable products such as Krimpets, Kandy Kakes and Donuts. Tastykake® is also known for its beloved pies, baking over 250,000 pies a day. Visitors can tour the facility at their new location at the Navy Yard in Philadelphia.

Turkey Hill®

More than 75 years ago, on Turkey Hill® Farm in Lancaster, PA, Armor Frey began selling milk bottles to his neighbors. Little by little, his milk business grew and Frey’s sons bought his business in 1980. The sons began selling Turkey Hill® Ice Cream to local Lancaster County stores and the business took off. Today, visitors can discover the history of Turkey Hill® Farm, create their own unique ice cream flavor in the taste lab, and star in a Turkey Hill® commercial at the Turkey Hill Experience® in Lancaster.

Reprinted with permission from VisitPA.com

AllBetterCare.com
The month of September is filled with back to school activities and increasingly busy schedules. You can still fit in some fun during the hectic months with free and fun Cumberland Valley attractions.

Explore the outdoors. The Valley is home to a collection of free and exciting outdoor adventures. Take a day hike on the easily accessible Appalachian Trail, bike along the Cumberland Valley Rail Trail, or take the kids to climb over the imagination station at Adm. Ricci Community Park.

Step back in time. Explore Army history at the US Army Heritage & Education Center’s interactive Soldier Experience Gallery and outdoor Army Heritage Trail. Visit the museum inside the Union Fire Company No. 1, the oldest, continuously operating volunteer fire company in Pennsylvania. Uncover unique Cumberland Valley stories at the Cumberland County Historical Society. Check the Events Calendar on visitcumberlandvalley.com for special historical walks and events.

Uncover cultural gems. Stop by The Trout Gallery for a permanent collection of more than 6,000 works of art and changing exhibits. The Village Artisans Gallery in Boiling Springs offers “Artist in Action” events on select Saturday afternoons, allowing you to watch artists first-hand create their works of art. The 2nd Floor Gallery in Mechanicsburg is located in a historic church built in 1859 and the gallery houses over 500 works of fine art and seven artist studios.

Make time for a fun-filled and family-friendly event in Cumberland Valley this September. View a sampling below. For a complete list of events, visit visitcumberlandvalley.com/events-calendar.

Carlisle Sports and Outdoor Show @ Carlisle Fairgrounds – September 5th-7th
The weekend will feature a wide array of interactive and hands-on events for enthusiasts of all ages, a swap meet for buying and selling used gear, equipment and apparel as well as a corral that will host everything from ATVs to RVs, boats to the trucks that pull them, campers and more. Whether you hunt, fish, hike, race, camp or just love to enjoy what Mother Nature has to offer, this event is just for you.

Music on the Mountain Concert @ Kings Gap – September 7th
The final Music on the Mountain event for 2014 will feature Celtic bands brought to you by the Friends of Kings Gap. Admission is free. Bring your blanket or chair. Rain or Shine! Food will be available from several vendors.

Fall Fun @ Paulus Farm Market – September 18th-November 18th
The fall fun fort is an enclosed farm play space for wee ones, featuring corn and soybean boxes, bouncy horses, mini maze and slides. The outdoor hay play is a tent-covered giant straw bale and super slide area for all ages. Farm animals are here all the time. On the weekends, enjoy hayrides, corn maze, pumpkin picking and pumpkin chinking!

Uprise Festival @ Shippensburg Fairgrounds – September 19th-20th
A two-day event packed with over 20 musical artists playing on 3 stages. The event also includes an art gallery, petting zoo, face painting, skate part, inflatables, and a wide variety of local food vendors. This family-oriented, youth-inspired event attracts thousands from across the country for two fun-filled days of live music, engaging speakers, dance parties, food, prizes and much more!

Harvest of the Arts @ Downtown Carlisle – September 20th
The 33rd Annual Harvest of the Arts Festival will host nearly 100 juried and non-juried artists exhibiting works in all mediums in beautiful historic downtown Carlisle. Join us this year to experience the art, music, theater, kid’s fun and great food. Kids’ Alley provides non-stop children’s fun and the Star Stage is the place to go for great music.

Mugs & Music @ Downtown Mechanicsburg – September 20th
Take in the sights and sounds of downtown Mechanicsburg as you explore local boutique shops, museums, and galleries at this new and exciting event. Each participating location will offer something unique like beer tastings, wine tastings, chili and more. Kids can get their own mugs and enjoy root beer and apple cider. Live bands and musicians will perform at various locations throughout the town as well.

New Cumberland Apple Festival @ New Cumberland Borough Park – September 27th
Join us for the 29th Annual New Cumberland Apple Festival. Hosted by the New Cumberland Olde Towne Association, this event features homemade crafts, vendors, foods, an apple pie contest, and entertainment.

Fall Down on the Trail 5k Race & Trail Hike @ Cumberland Valley Rail Trail – September 27th
An out-and-back 5k (3.1 mile) race on the Cumberland Valley Rail Trail beginning and ending at the Newville Trailhead. The course is gently uphill until the turn around and downhill back to the finish. Go to www.timberhilltimings.com to register for the race.

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.
Last year, over 1.7 million hospital-acquired infections were reported across the United States.

At PinnacleHealth, attention to your safety is at the center of all of our surgical procedures. Through our commitment to hospital safety, **PinnacleHealth has been named one of the best hospitals in the nation for reducing infections**. From our front door to yours, our focus is on keeping you safe.

Learn more about our commitment to your safety at [pinnaclehealth.org/quality](http://pinnaclehealth.org/quality).
8 Amazing Places to View Fall Foliage in PA

As fall approaches, the warmest months of the year are coming to an end. However, there is still time to explore and enjoy Pennsylvania’s beautiful landscape as it transitions into the crisp, sweater-ready months of autumn. Whether running, walking or riding, take the opportunity to escape into the idyllic foliage that guides you through regions from Pittsburgh to Philadelphia.

Pennsylvania Wilds
Almost 50 miles long and 1,000 feet deep, the Pine Creek Gorge is known as the Grand Canyon of Pennsylvania and features a brilliant fall display of deep reds, yellows and purples in early October. Some of the best full views of the canyon can be found at Leonard Harrison or Colton Point State Park.

Fall Foliage Insider’s Tip
The historic Pine Creek Rail Trail is a gem of the Pine Creek Gorge and offers a tremendous way to view fall foliage. Voted by USA Today as one of the “10 great places to take a bike tour,” this 60-mile trail travels through the Gorge for an up-close and personal look at foliage for hikers, bikers or equestrians.

Allegheny National Forest - Zone 1

Pennsylvania Wilds
Scenic drives through the hardwood forests of McKean County in the Allegheny National Forest provide spectacular fall foliage touring. In the Allegheny National Forest, visitors can hike hundreds of acres of trailways, ranging from short birding trails to the challenging North Country Trail. Throughout, the Allegheny National Forest region offers a variety of scenic vistas, mountains, brilliant colors and wildlife viewing opportunities.

Fall Foliage Insider’s Tip
For a unique way to experience the awe-inspiring views of the Allegheny National Forest, take an open cockpit bi-plane tour in a beautifully restored, vintage 1943 Boeing Stearman or float along the Tunungwant Creek by boat, kayak or canoe and sightsee along seven miles of water trails.

Big Pocono State Park - Zone 2

Upstate PA
Big Pocono State Park, located at the top of Camelback Mountain in the Pocono Mountains region, is home to breathtaking views in the fall season by foot or by car. The best place for viewing foliage is at the park’s summit, where a scenic overlook permits views for miles from the popular Delaware Water Gap National Recreation Area and beyond.

Fall Foliage Insider’s Tip
Try an offshore foliage paddling experience with guided Fall Foliage River Tours. Experienced guides take visitors along the Delaware River in kayaks for a leisurely paddle to experience the fall colors mirrored on the river’s surface.

Great Allegheny Passage - Zone 2

Laurel Highlands
For those exploring the scenic Laurel Highlands region in search of autumn colors, there’s perhaps nowhere better to do so than on a biking excursion along the Great Allegheny Passage that was completed in June 2013. Known as the longest rail-trail in the East, the Laurel Highlands section of the Great Allegheny Passage is filled with scenic overlooks, viaducts and plenty of spectacular foliage.

Fall Foliage Insider’s Tip
Not far away, visit Frank Lloyd Wright’s Fallingwater for stunning fall vistas. Fallingwater, known as one of the most influential houses of the 20th century, stretches over a 30-foot waterfall and offers spectacular views with its unique angles and large windows.

Three Rivers Heritage Trail - Zone 2

Pittsburgh and its Countryside
The beautiful Pittsburgh skyline and the picturesque countryside display incredible colors during the season. For those exploring the scenic Laurel Highlands region in search of autumn colors, there’s perhaps nowhere better to do so than on a biking excursion along the Great Allegheny Passage. The trail was completed in June 2013. Incorporated into the new edition of the Three Rivers Heritage Trail map is the Three Rivers Heritage Trail Interpretive Signage Guide. Pittsburgh’s dramatic landscape and history are portrayed in dozens of signs located along the riverfronts. From the Pittsburgh Pirates, Mister Rogers, Andy Warhol and the steel industry, let the Pittsburgh region explain itself to you while touring one of the best urban trail systems in the country.

Fall Foliage Insider’s Tip
While in Pittsburgh, don’t miss a ride on the Duquesne or Monongahela Incline to see the views from atop Mount Washington. Filled with observations decks that overlook the city and its countryside, this 450-foot hill is an excellent vantage point for foliage.
Rothrock State Forest - Zone 2

The Alleghenies
In the heart of the Alleghenies region, the parks and vistas that encompass Rothrock State Forest provide dramatic foliage areas that can be accessed in a variety of ways. Mountain bike along the trails surrounding the majestic Seven Mountains area, hike numerous trails throughout the forest, or explore from the lowest points from a boat on Raystown Lake. All offer grand foliage viewing experiences.

Fall Foliage Insider’s Tip
For a truly spectacular (and easily accessible) scenic viewpoint in Rothrock, visit the overlook atop Tussey Mountain along PA Route 26 at the Centre/Huntingdon County line. The view overlooks the State College area and several surrounding townships in Centre County.

Gettysburg National Military Park - Zone 3

Dutch Country Roads
Gettysburg National Military Park is a must-see for any fall excursion, providing the perfect scenic backdrop for visitors experiencing this historic battlefield. Explore the sights and sounds of battlefield reenactments, monuments, memorials and true history. Gettysburg offers guests a part of the nation’s past all year, but provides optimal trekking treasures in the fall.

Fall Foliage Insider’s Tip
Tour the battlefield on horseback for a unique look at the autumn trees with guided tours from Hickory Hollow Horse Farm in Gettysburg. Visitors can enjoy one to four-hour guided trail rides through the battlefield grounds complete with knowledgeable guides to point out little-known facts and tucked away scenic spots that can only be found on horseback.

Washington Crossing Historic Park - Zone 3

Philadelphia and the Countryside
In 1776, General George Washington and his army crossed the Delaware River in the frigid cold of winter. At that site today is Washington Crossing Historic Park, an interpretive center that not only tells the story of Washington’s famous crossing, but also preserves the early 19th century history of Taylorsville, where the crossing of the Delaware occurred. With historic sites, wildflower areas and nature trails, it’s also an excellent place to discover the October foliage of Bucks County in suburban Philadelphia. Harvest festivals and related events throughout the autumn season add to the fall experience at the Park.

Fall Foliage Insider’s Tip
Bowman’s Hill Tower at the Washington Crossing Historic Park is 125 feet tall and offers a 14-mile view of scenic Bucks County. Guests are sure to enjoy this excellent ‘bird’s-eye view’ atop a grand observation tower that offers an expansive view of the Delaware River area and the foliage surrounding the region in October.

For a complete listing of all the regions, visit VisitPA.com.

Biking
BY: BRUCE NIELSON

Biking is a great way to experience the beautiful fall foliage. Cumberland Valley is home to great biking venues such as the Cumberland Valley rail trail, which runs from Newville to Shippensburg. This nine-mile former rail line was used by Union soldiers during the Civil War. The Letort spring run is another trail located in Carlisle. This 2.5 mile trail runs between Pomfret Street and Spring Garden and is easily accessed from Carlisle Barracks. MWR Outdoor Recreation offers a variety of biking trips to different rail trails. Diamondback mountain bikes are provided for each participant as part of the registration fee for the biking trips. Mountain bikes can also be rented for personal use for either $20 a day or $40 for the weekend. Outdoor Recreation carries bikes from 16-inch to 22-inch frame sizes. For more information about bike trips and rentals contact Outdoor Recreation at 717-245-4616.

RUN CARLISLE BARRACKS
10 WEEK TRAINING PROGRAM TO PREPARE FOR ARMY 10 MILER OR ANY 10-MILE RUN
Saturdays | 7 A.M.
PARTICIPANTS MAY REGISTER AT JIM THORPE FITNESS CENTER
INFO: (717) 245-3418 | CarlisleFMWR

Kayaking
with Outdoor Recreation
SEP 6, 14, 27 & 28
COST: $20 P/P
SIGN UP 1 WEEK PRIOR TO TRIP
DEPARTURE 10AM
RETURN 3:30PM
OUTDOOR RECREATION
860 SUMNER ROAD
WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC
(717) 245-4616
Sports/News/UFC, Showing on 13 HDTV’s

September Events, Arrowheads Bar & Grill

Line Dancing
Every Tuesday & Every Other Sunday
Sept 2, 7, 9, 16, 21, 23, 30
$3 per person
6–7pm – Lesson
7-9pm – All Request Dance Party
Open to the public & all ages
Dancing held in the Community Club Ballroom
Kids 12 & Under Eat FREE Every Monday (some restrictions apply)

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

DJ’s
Sept 5, 7–11pm, Disco
Sept 6, 4:30–7pm
Open Dance Party
Sept 12, 7–11pm, Country
Sept 13, 8–Midnight, Karaoke
Sept 19, 7–11pm, Motown
Sept 20, 8–11pm, Karaoke
Sept 26, 7–11pm, Karaoke
Sept 27, 7–11pm, Open Dance Party

Live Music
Sept 6, Noon–3pm, Rich Fehle – On the Patio

Wednesday Trivia Night
Sept 3, 10, 17, 24 - 7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

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

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

MWR PROGRAMS
Marketing
☎ 717-245-4698
Corporate Sponsorship
☎ 717-245-3777
Community Club
Bldg. 9-65 Fisher Ave
Annville, PA 17003
☎ 717-861-2450
Community Club Catering
☎ 717-861-2450
Box Car Coffee Shop
☎ 717-861-2619 / 2450

DJ’s
Sept 5, 7–11pm, Disco
Sept 6, 4:30–7pm
Open Dance Party

Community Club Catering
☎ 717-861-2450
Box Car Coffee Shop
☎ 717-861-2619 / 2450

Live Music
Sept 6, Noon–3pm, Rich Fehle – On the Patio

DJ’s
Sept 5, 7–11pm, Disco
Sept 6, 4:30–7pm
Open Dance Party

Community Club Catering
☎ 717-861-2450
Box Car Coffee Shop
☎ 717-861-2619 / 2450

Wednesday Trivia Night
Sept 3, 10, 17, 24 - 7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

DJ’s
Sept 5, 7–11pm, Disco
Sept 6, 4:30–7pm
Open Dance Party

Community Club Catering
☎ 717-861-2450
Box Car Coffee Shop
☎ 717-861-2619 / 2450

Live Music
Sept 6, Noon–3pm, Rich Fehle – On the Patio

Wednesday Trivia Night
Sept 3, 10, 17, 24 - 7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

NATIONAL GUARD TRAINING CENTER
FORT INDIANTOWN GAP
MORALE WELFARE & RECREATION DIRECTORY

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

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

Live Music
Sept 6, Noon–3pm, Rich Fehle – On the Patio

Wednesday Trivia Night
Sept 3, 10, 17, 24 - 7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

NASCAR every Sunday during the Season

NFL Football

Sports/Racquetball Courts
☎ 717-861-2711
*reservations req.

MWR PROGRAMS
Marketing
☎ 717-245-4698
Corporate Sponsorship
☎ 717-245-3777
Community Club
Bldg. 9-65 Fisher Ave
Annville, PA 17003
☎ 717-861-2450

Live Music
Sept 6, Noon–3pm, Rich Fehle – On the Patio

Wednesday Trivia Night
Sept 3, 10, 17, 24 - 7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

NASCAR every Sunday during the Season

NFL Football

Sports/Racquetball Courts
☎ 717-861-2711
*reservations req.
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

3rd Annual
28 MILE MARCH
FOR THE FALLEN
11 October 2014
Fort Indiantown Gap

Honoring those who made the ultimate sacrifice for our nation

COURSE INFORMATION: A challenging 28-mile continuous course around Fort Indiantown Gap beginning and ending at Blue Mountain Trail. The course includes Hairpin Valleys, Mountain Trails, and rolling lines, and features a memorial race for the fallen.

REGISTRATION FEE: $15

Divisions
- Non-Competitive: 5k and 10k courses
- Competitive:
  - Hawk Watch Challenge: 16 miles
  - 20 miles

To register or to learn more:
http://www.prgas.net/events/evert_details.asp?id=406225

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

BLUE MOUNTAIN SPORTS ARENA
BUILDING 4-117
717-861-2711
soldier for life
BY: JEFFREY HANKS

The Soldier for Life: Transition Assistance Program (TAP) program assists separating service members and their spouses during their period of transition into civilian life by offering job-search assistance and related services. Soldiers receive pre-separation counseling before they leave the service. They will then go on to attend the Department of Labor employment workshop and the Veterans Affairs benefits briefings. The Veterans Opportunity to Work, (VOW), to Hire Heroes Act also offers the three career tracks offered at Carlisle Barracks. These separate tracks are the education, vocational and the entrepreneur track, “Boots to Business” which are offered at Army Community Service.

Although experience shows that veterans generally enjoy a favorable employment rate in the nation’s job market, many veterans initially find it difficult to compete successfully in the labor market. The TAP program addresses many barriers like filing compensation claims or gaining employment information that can help alleviate many employment related difficulties. Soldiers will also register for e-benefits before they exit the workshop.

For more information about Soldier for Life: Transition Assistance Program (TAP) please contact ACS at 717-245-3684 or go http://carlislebarracks.carlisle.army.mil/Mwr/ACSEventRegistration.cfm to register for a workshop.
You and the Army
Investing in Your Child’s Future

3201 Georgia Avenue
Letterkenny Army Depot, PA
(717) 267-5219

Infants 6 Weeks to 5 Years
Free Registration

Creative Curriculum
Degree Teachers

LETTERKENNY ARMY DEPOT
DIRECTORY

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

Driver Hotline Number
☎ 717-267-5220

Office of the Commander
☎ 717-267-8300

Tieman Child Development
Center
☎ 717-267-5219

Parent Central Registration
☎ 717-245-3801

Public Affairs Office
☎ 717-267-9741

Police, Fire, Ambulance:
Emergence
☎ 911

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

Security Office
☎ 717-267-8800

DOIM Technical/Hardware
Support
☎ 717-267-8000

LEAD Quality Hotline
☎ 717-267-9693
or DSN 570-9693

CAC and Military ID Office
☎ 717-267-8751

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

Letterkenny Munitions Center
☎ 717-267-8400

US Army Occupational
Health Clinic
☎ 717-267-8017

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.

Active Duty
and Veteran Discounts

PHEASANT FIELD
BED AND BREAKFAST

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

HILLMOUNT
SMALL ANIMAL HOSPITAL

G. Ralph Bowers
Heather K. Henry

www.hillmountanimalhospital.com
31 Westminster Drive • Carlisle, PA 17013
717.249.7272

RETIRED MILITARY FAMILY
HAS A HORSE FARM THAT
COULD USE A WORKING
STUDENT TO RIDE AND
HELP CARE FOR HORSES.

EVENTING, PONY CLUB, AND FOX HUNTING ORIENTED BARN.
GROUNDHOG HUNTING AVAILABLE! ANYONE LOVE TRACTORS?

CALL SUSAN AT 717-487-7127

LETTERKENNY ARMY DEPOT
EVENTING, PONY CLUB, AND FOX HUNTING ORIENTED BARN.
GROUNDHOG HUNTING AVAILABLE! ANYONE LOVE TRACTORS?

CALL SUSAN AT 717-487-7127

PHEASANT FIELD
BED AND BREAKFAST

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

HILLMOUNT
SMALL ANIMAL HOSPITAL

G. Ralph Bowers
Heather K. Henry

www.hillmountanimalhospital.com
31 Westminster Drive • Carlisle, PA 17013
717.249.7272

RETIRED MILITARY FAMILY
HAS A HORSE FARM THAT
COULD USE A WORKING
STUDENT TO RIDE AND
HELP CARE FOR HORSES.

EVENTING, PONY CLUB, AND FOX HUNTING ORIENTED BARN.
GROUNDHOG HUNTING AVAILABLE! ANYONE LOVE TRACTORS?

CALL SUSAN AT 717-487-7127
family and morale, welfare & recreation ▪ carlisle barracks

**September 2014 - Carlisle Barracks Thorpe Fitness Center Schedule**  📞 717-245-3418

Thorpe Hall is available for use by active duty, retired military and their authorized family members, DA civilians, Reserve and National Guard personnel, DoD contracted employees, technical representatives, and employees of military banking facilities and credit unions. Classes subject to change without notice.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 1. Labor Day | 2. 1000–TRX for Adults over 40 (Nicole)  
1200–Dumbbell Workout (Brian)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 3. 0600–Performance Fitness (Brian)  
0900–BodyBlast (Leigh)  
0900–Couch to 5K (Nicole)  
1200–30 Min Monster Workout (Brian)  
1630–TRX  
1700–Zumba (Trisha) | 4. 0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–Dumbbell Boot-Camp (Brian)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 5. 0600–Performance Fitness (Brian)  
1200–Dumbbell Workout (Brian) | 6. RUN CBKS |
| 8. 0600–Performance Fitness (Brian)  
0900–BodyBlast (Leigh)  
0900–Couch to 5K (Nicole)  
1200–30 Min Monster Workout (Brian)  
1630–TRX  
1700–Zumba (Trisha) | 9. 0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–TRX (Nicole)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 10. 0600–Performance Fitness (Brian)  
0900–BodyBlast (Leigh)  
0900–Couch to 5K (Nicole)  
1200–30 Min Monster Workout (Brian)  
1630–TRX  
1700–Zumba (Trisha) | 11. 0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–TRX (Nicole)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 12. 0600–Performance Fitness (Brian)  
1200–Dumbbell Workout (Brian) | 13. RUN CBKS |
| 15. 0600–Performance Fitness (Brian)  
0900–BodyBlast (Leigh)  
0900–Couch to 5K (Nicole)  
1200–30 Min Monster Workout (Brian)  
1630–TRX  
1700–Zumba (Trisha) | 16. 0600–Combatives  
0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–TRX (Nicole)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 17. 0600–Performance Fitness (Brian)  
0900–BodyBlast (Leigh)  
0900–Couch to 5K (Nicole)  
1200–30 Min Monster Workout (Brian)  
1630–TRX  
1700–Zumba (Trisha) | 18. 0600–Combatives  
0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–TRX (Nicole)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 19. 0600–Performance Fitness (Brian)  
1200–Dumbbell Workout (Brian) | 20. RUN CBKS |
| 22. 0600–Performance Fitness (Brian)  
0900–BodyBlast (Leigh)  
0900–Couch to 5K (Nicole)  
1200–30 Min Monster Workout (Brian)  
1630–TRX  
1700–Zumba (Trisha) | 23. 0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–TRX (Nicole)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 24. 0600–Performance Fitness (Brian)  
0900–BodyBlast (Leigh)  
0900–Couch to 5K (Nicole)  
1200–30 Min Monster Workout (Brian)  
1630–TRX  
1700–Zumba (Trisha) | 25. 0600–Combatives  
0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–TRX (Nicole)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 26. 0600–Performance Fitness (Brian)  
1200–Dumbbell Workout (Brian) | 27. RUN CBKS |
| 29. 0600–Performance Fitness (Brian)  
0900–BodyBlast (Leigh)  
0900–Couch to 5K (Nicole)  
1200–30 Min Monster Workout (Brian)  
1630–TRX  
1700–Zumba (Trisha) | 30. 0600–Combatives  
0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Brian)  
1200–TRX (Brian)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 31. 0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–TRX (Nicole)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 32. 0600–Combatives  
0900–Zumba (Leigh)  
1000–TRX for Adults over 40 (Nicole)  
1200–TRX (Nicole)  
1630–Hybrid Bootcamp (Brian, Leigh)  
1630–Tae Kwon Do (John Cerifko) | 33. 0600–Performance Fitness (Brian)  
1200–Dumbbell Workout (Brian) | 34. RUN CBKS |

Call Jeff Kintz  📞 717-979-0841

BRINGING YOU THE WORLD’S BEST WATER

---

**Bottle Your Business.com**  📞 1-800-338-2323

---

22 | FIRST CHOICE MAGAZINE | FIND US ON FACEBOOK: MWR FIRST CHOICE
Got Drugs?
Safely Dispose of Unwanted Medications
Saturday, September 27, 2014 – 10 AM-2 PM
U.S. Army Heritage Education Center
950 Soldiers Drive, Carlisle PA 17013

What can I bring?
Acceptable products are: unwanted and expired medications for humans or pets, both prescription and over-the-counter, in tablet, liquid, ointment, inhaler, powder or patch form.

What can’t I bring? THESE MATERIALS WILL NOT BE ACCEPTED.
DO NOT bring sharps, syringes, needles, thermometers, bandages, gauze pads, sun block, lipstick, deodorant, skin cream, and similar products.

How should I prepare my medications?
Medications should remain in their original containers. Do NOT remove labels. Personal information (i.e. names, addresses) should be crossed out, but information about the medication should be legible.

Questions contact
Army Substance Abuse Office 245-4576 or DES at 245-4115

Your Northern Virginia Realtor®

“IF buying or selling a home is something you’re ready to explore, count on me to bring you great results. Call me for a professional analysis on your home buying needs today.”

Mary Ruehl, Realtor®
Military Relocation Professional

Century 21 New Millennium
5990 Kingstowne Towne Center
Alexandria, VA 22315
Office: 703.922.4010 | Cell: 703.254.8157
Email: mary.ruehl@c21nm.com or pounder10@aol.com

Safely Dispose of Unwanted Medications
Saturday, September 27, 2014 – 10 AM-2 PM
U.S. Army Heritage Education Center
950 Soldiers Drive, Carlisle PA 17013

Got Drugs?
Safely Dispose of Unwanted Medications
Saturday, September 27, 2014 – 10 AM-2 PM
U.S. Army Heritage Education Center
950 Soldiers Drive, Carlisle PA 17013

What can I bring?
Acceptable products are: unwanted and expired medications for humans or pets, both prescription and over-the-counter, in tablet, liquid, ointment, inhaler, powder or patch form.

What can’t I bring? THESE MATERIALS WILL NOT BE ACCEPTED.
DO NOT bring sharps, syringes, needles, thermometers, bandages, gauze pads, sun block, lipstick, deodorant, skin cream, and similar products.

How should I prepare my medications?
Medications should remain in their original containers. Do NOT remove labels. Personal information (i.e. names, addresses) should be crossed out, but information about the medication should be legible.

Questions contact
Army Substance Abuse Office 245-4576 or DES at 245-4115

Your Northern Virginia Realtor®

“IF buying or selling a home is something you’re ready to explore, count on me to bring you great results. Call me for a professional analysis on your home buying needs today.”

Mary Ruehl, Realtor®
Military Relocation Professional

Century 21 New Millennium
5990 Kingstowne Towne Center
Alexandria, VA 22315
Office: 703.922.4010 | Cell: 703.254.8157
Email: mary.ruehl@c21nm.com or pounder10@aol.com
Oktoberfest
Carlisle Barracks
October 9th - 12th

CARNIVAL RIDES  GAMES
LIVE MUSIC  FOOD  VOLKSMARCH  SOCCER GAME
BEER AND WINE GARDEN  CRAFT SHOW