In this issue:

Experiencing the Great Allegheny Passageway
Gold Star Mother Sponsors Service Dog
Strike Zone Bowling Center
New CYSS Playground
Welcome Class of 2016 to the best small town in the Army! Family and MWR has been anxiously waiting for your arrival and cannot wait to share our community with you and your family! There is so much to see and do during the next 10 months while you are here, it will fly by. We spent a significant amount of time shaping our programs to meet and fit your lifestyles 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!

There is never a dull moment with our MWR programs; something is always happening that is fun for the whole family. Outdoor recreation has day hiking trips, half-day bike rides, kayaking on the Yellow Breeches and Conodoguinet and so much more. They even have a kayaking trip on the Yellow Breeches with a BBQ chicken dinner to follow. Leisure Travel Services has a great Newcomers Explore Carlisle Area Tour scheduled for August 14. This tour will be filled with great information on the Carlisle Area and you will hear stories of historic Carlisle. They also have day trips scheduled to New York City, Ground Zero, the Statue of Liberty, Radio City “Rockettes” Christmas Show, the list can go on and on! Our Child, Youth & School Services programs and events will be sure to keep your children busy. Whether it is taking an art class or perhaps a dance class. CYS offers a chance to try new things each and every day.

We will make sure you have a chance to see Central Pennsylvania in all its splendor this fall! We truly specialize our programs to ensure this is a memorable year that helps you focus on your family and loved ones. From our Child & Youth programs to our state-of-the-art sports and fitness facilities, let MWR be your First Choice in family fun and entertainment!

Let us know if there is something you would like to see Carlisle MWR doing for you, whether you are a new Army War College 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.
Warm weather or cold, drivers still need to think about their vehicle’s air conditioning. Most people don’t service their air conditioning until after it fails. Maintaining your air conditioning system means that you always have enough refrigerant to properly do the job. Small leaks in the vehicle’s air conditioning system allow the refrigerant to escape and the system can’t cool the air as well.

The refrigerant also contains special oil that lubricates air conditioning components, and keeps the seals resilient. Low refrigerant and lubricating oils meaning that the air conditioning parts will wear out prematurely, and air conditioning repairs can be costly. To minimize possible issues you should run the air conditioner regularly, even during winter months, to keep the parts and seals lubricated.

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

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

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

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

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

Drivers need to be aware that there’s one more thing that isn’t directly related to air conditioning service, but does impact the quality of the air in your vehicle. And that’s your cabin air filter. This filter cleans dust, pollen, pollution and other impurities in the air that comes from the heater and air conditioner. The cabin air filter needs to be replaced when it’s dirty. If you don’t, it will start to smell. Not all vehicles have one, so ask your service advisor to check your cabin air filter at the same time they’re doing your air conditioning service.
**Tiki Bar:**
- **6 – Jack’s Back:** 5:30-8:30pm
- **13 – Jack’s Back:** 5:30-8:30pm
- **every Thu & Fri 4-10pm.**
  - Tiki menu available.
  - Free shuttle bus service available.
  - Pick up.

**Areas available:**
- **Marshall Ridge**
- **The Meadows**
- **Chickamauga**
- **Cornelius Center**
- **Center:**
  - Courtyard Concert Series at The U.S. Army Heritage and Education Center. Open to the Public. For more information call 245-1099.
  - Military musicians.
  - Free.

**Performance:**
- **Mon/ Wed/Fri at 6am.** Optimize your movements at a high intensity.
- **5:30-7:30pm from Aug 2015-Jun 2016.**

**Event:**
- **Aug Free!**
  - Instructor John Cerifko, 5th degree Black Belt.
  - John Cerifko, 5th degree Black Belt.

**Cardiovascular Workout with some Insanity:**
- **Tue & Thu from 6-7pm.**
- **55 per person.**
- **MONTH OF AUG FREE!**

**Classes**
- **Mon/Fri:**
  - **30 Day Squat & Push Up Challenge:** Starts Oct 1.
- **Sat at 7am.**
  - **t rain for 10 weeks and see results.**

**Leadership:**
- **Mar 12, 2016**
- **Strength Challenge**
  - **Mar 12, 2016**
  - **Fitness Classes:**
  - **Thorp Fitness Center.**
  - **TRX for Adults over 40:**
  - **Zumba and Spinning:**
  - **All classes are FREE except Tae Kwon Do.**
  - **Tue and Thu from 4:30-6:30pm at Thorpe Fitness Center.**

**Beginner Framing Classes:**
- **Cost:** $50 (all supplies included).

**Adult Pastel Portrait Class:**
- **Cost:** $500 (all supplies included).

**ELVIS Tribute Show:**
- **Sep 19 – Joe Cooney from 5-8pm.**

**BARRACKS CROSSING FRAME STUDIO:**
- **245-3155**
- **Wedding Photo Framing Special:**
  - **Month of Aug 2015.**
  - **$5 OFF State Safety and Emissions Inspection Special.**

**SPORTS – 245-3906**
- **Strength for Wisdom. U.S. Army War College and Carlissae Barcaxxx Upcoming Events:**
  - **Tae Kwon Do:**
    - **Aug 5 – Erica Lyn Everett ‘2012 Lebanon Idol Winner’ from 5-8pm.**
    - **Mad Dash Food Truck will be available.**
    - **Sep 19 – Joe Cooney from 5-8pm.**
    - **Bountiful Feast Truck will be available.**
    - **Bring a lawn chair or blanket to sit on while you eat, drink and enjoy the music! Cash bar and food truck fare. Scavenger hunt for the kids with prizes. Rain or Shine.**
    - **FREE!**

**Massage Therapy:**
- **Thorp Fitness Center.**
- **Appointments available.
  - Call 717-701-3040.**

**BARRACKS CROSSING FRAME STUDIO – 245-3155**
- **Wedding Photo Framing Special:**
  - **Month of Aug 2015.**
  - **$5 OFF wedding photo framing.**

**Open Drawing Class:**
- **Classes will be held bi-weekly on the 1st and 3rd Thu of each month from 5:30-7:30pm from Aug 2015-Jun 2016.**

**Dress for Success**
- **Aug 7, 10 am – 12 pm**
- **ACS Classroom, Bldg 632**

**Auto Detailing:**
- **Try our new auto detailing service.**
- **Put yourself on the pathway to a well-polished, confident candidate.**
- **YOU.**

**BARRACKS CROSSING AUTO SHOP – 245-3155**
- **Preventive Maintenance Classes:**
  - **FREE classes will be held Aug 2015-Jun 2016 on the 2nd Thu of each month from 5:30-7:30pm.**
  - **Must RSVP. A max of 4 students per class.**
  - **Children over 14 are welcome with parental supervision.**
  - **$5 OFF State Safety and Emissions Inspection Special.**
  - **Good for the month of Aug 2015.**

**Preventive Maintenance Classes:**
- **Must RSVP. A max of 4 students per class.**
- **Children over 14 are welcome with parental supervision.**
- **$5 OFF State Safety and Emissions Inspection Special.**
- **Good for the month of Aug 2015.**

**Sponsored by:**
- **Smart Money Habits for College Students**
- **Aug 5, 5 pm – 7 pm**
- **ACS Classroom, BLDG 632**
- **FREE pizza and refreshments.**

**Screem Free Parenting for Teens**
- **Sep 3, 5 pm – 7:30 pm**
- **Bradley Auditorium, Upton Hall**
- **Open to the public. Learn how to stay calm and connect with your kids.**

**Automotive Detailing:**
- **Sep 2, 5:30 – 8:30pm**
- **Barracks Crossing Frame Studio.**
- **For service members and spouses.**
- **Some Insanity:**
  - **5th degree Black Belt.**
  - **John Cerifko, 5th degree Black Belt.**

**ARTS**
- **Aug 7, 10 am – 12 pm**
- **ACS Classroom, BLDG 632**
- **Put your best foot forward in your next interview!**
- **Our expert will share tips for dressing for success at the interview and beyond.**
- **Leaves class with tips of the trade to present a well-polished, confident candidate.**

**Screem Free Marriage**
- **Sep 2, 5:30 pm – 7:30 pm**
- **Bradley Auditorium. Upton Hall**
- **Open to the public.**

**ARRMY COMMUNITY SERVICE – 245-4357**
- **Dress for Success**
  - **Aug 7, 10 am – 12 pm**

**CASEx Classroom, Bldg 632**
- **Aug 11, 5 pm – 7 pm**
- **First Choice Magazine.**
- **AUGUST 2015**
Family and morale, welfare & recreation

Christmas Show: $115 per p. NYC’s "On Your Own": $48 per p. Must register by Dec 18.

ATHLETIC Sports: Basketball: Sat, Dec. 12, Lincoln Financial Field, Philadelphia, PA, $93 tickets only. Includes roundtrip transportation $32. Transportation only.

HersheyPark Summer Discount Tickets: $38.00 per p. Ages 9-11 (save $29.00), $34.50 Senior (ages 5-8, save $11.50) and $34.50 Seniors (ages 5-8, save $11.50) is available.

Regal Cinema Discount Tickets: $5.00. Must be classified ‘Self Needed’ per each film. $25.00 movie package. 6 p.m. included. Does not include a 10% charitable donation.

Baltimore Aquarium: Discount available for members only. Florida Vacations: Discount ticket available.

"SPLASH ZONE" SWIMMING POOL: 245-3560 2015 SEASON SWIM LESSONS Session III Aug 5-14: $40 per student per session. Youth Ages 5-11. Class days are Mon-Thurs 7-8:15am. Pre-School Lessons (Ages 3-6) are $35/class. Summer Camp: Ages 6-16: Mon-Thurs 8am-1:15pm. Classes are Wed and Thurs. Open to students of U.S. Army War College graduates. Short Game Class: Aug 15-29 9am-11am. Includes pre-golf warm up, basic rules, and a mini introduction to the game. Long Game Class: Aug 27-Oct 1 4:30-5:30pm. $90. Improve your skills from the tee to 100 yards from the green. Play n Ride/Wednesday Special: £9.50 Mon-Thurs 12:45-1:45pm. $24 per p. 18 Holes. Must call a tee time.

Open Golf and Driving Range: Open Mon-Fri, 7am-dusk and Sat-Sun 6am-12pm. Golf Lessons: Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Terry Myers. OUTDOOR REC – 245-4416 Bike Rides (half-day): Aug 8, 9, 15, 20 and 23. $25 per p. 10am-4pm. Transportation and bikes provided. All abilities welcome. Must register one week prior to event.

Kayaking: Aug 19, 22 and 24. Thursdays 8am-12pm. $15 per p. Experience Pennsylvania’s beautiful scenic waterways. Basic paddling instruction is provided then followed by a day of boating and nature watching! Locations: Big Springs, Yellow Breeches and Conodoguinet. Must register one week prior to event.

August 22, 25 $25 p. 1-3pm. Come join Outdoor Recreation for a fun afternoon of mountain biking on beautiful local trails. Bikes are provided. Must register one week prior to event.

Daytime and Twilight Lunch: Included: Aug 18 and 22. 10am-12pm. Come explore Scenic Pennsylvania with Outdoor Recreation. $25 p. Lunch will consist of a wrap, fruit and trail mix. Must register one week prior to event.

Dinner and a Kayak: Aug 29 from 7:30pm. Kayak the Yellow Breeches and then enjoy a Western Style Dinner served at the end of the trip. Menu includes BBQ chicken, salad, dinner rolls & beverage. $35 p. Must register one week prior to event. Basic Bike Maintenance Classes: Aug 6, Sep 1, Oct 27 and Nov 19 at 12pm. Courses are Mon – Thurs. $90. Course builds on the skills required in Level 1.

Outdoor Gear Maintenance Classes: Held at Outdoor Recreation from 6:30pm. If you ride a bicycle, then you need this class! Topics include how to take a chain, fix a flat tire in record time, do minor adjustments to your bicycle and more.

Gaze win Gear Maintenance Classes: $65 per p. Oct 6 and 20 from 12-3pm. Must register one week prior to event.

UltraLight Backpacking Class: Aug 11, 12 and 15 from 11am-2pm. $90. Held at Outdoor Recreation from 6:30pm. 20% p. Learn how to choose and pack gear that lets you go fast and light. Must register one week prior to event.

Interpretive Day Hikes: Aug 24, Sep 1 and 29 from 12-3pm. Must register one week prior to event. Friday Night Dodgeball: Every Fri, 7-8:45pm, McConnell Youth Center. FREE open to youth in grades 1-12. Parents are welcome to cheer on their team or be a clean pair of sneakers to wear.

UPCOMING EVENTS
County Fair/Newcomer’s Information Expo: Aug 12 Welcome Picnic and Boatyard Wedding: $125 tickets & transportation $32 (save $23.85), $34.50 Junior (ages 2-11) and seniors (ages 55-69) (save $5.30). Must register one week prior to event.


Wednesday, August 12, 2015


Register for all skies classes on Thorpe Hall is available for use by active duty, retired military and their authorized dependents, Federal civilian employees, technical representatives, and employees of military banking facilities and credit unions. Classes subject to change without notice. File Games (card): Aug 18, 22 and 24.

USO-Body Blast (Bray): 1200-Barbell 30 Min. 1630-5pm (Kelli)

Golden glove – Youth Boxing: Aug 18 from 10am-2pm. $125 tickets & transportation $32 (save $23.85), $34.50 Junior (ages 2-11) and seniors (ages 55-69) (save $5.30). Must register one week prior to event.

Basic Swim Lessons: Aug 6, Sep 1, Oct 27, Nov 19 and Dec 1. Held at outdoor recreation 6:30pm. If you’re a beginner, then you need this class! Topics include how to tie a rope, fix a flat tire in record time, a small adjustment to your bicycle and more.

Men’s Health Lunch: Included: Aug 18 and 22. 10am-12pm. Come explore Scenic Pennsylvania with Outdoor Recreation. $25 p. Lunch will consist of a wrap, fruit and trail mix. Must register one week prior to event.

For a tour of the Carlisle area, get your ticket to "Day On Your Own!" Sat, Sep 19, 9:30 p.m. (Adults & Child 5). Includes: Transportation & bus services. Must register by Sep 8.

Carlisle Barracks – 842 Summer Road (located beside the Commission) A U S Y M A R I T C E R A G E N T C e n t r e – 950 Soldiers Drive Fort Indiantown Gap Community Center – 9-55 Fishline Carlisle Barracks – 842 Summer Road (located beside the Commission) A U S Y M A R I T C E R A G E N T C e n t r e – 950 Soldiers Drive Fort Indiantown Gap Community Center – 9-55 Fishline

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In the month of June, Outdoor Recreation (ODR) offered a three-day bike tour along the Great Allegheny Passageway (GAP) and seven clients joined for the ride. The Great Allegheny passageway is 150 miles long through mountains of Pennsylvania and connects Pittsburgh to Washington D.C. This trail is the longest unpaved hiker and biker rail trail in the Allegheny region of the Appalachian Mountains. It is considered, by many, to be a world-class biking experience.

The GAP is free from traffic and motorized vehicles because it is built mainly on abandoned rail beds. The trail is made from packed and crushed limestone, which creates a smooth trail to bike and walk on. Hiking and biking are the two most popular activities for the trail, but horseback riding is also permitted in certain areas. The trail connects with the 184.5 mile C&O Canal Towpath at Cumberland, MD to create a 334.5 mile route between Pittsburgh and Washington D.C.

Day 1 of the Outdoor Recreation’s trip began in Pittsburgh at Point State Park, which is where the three rivers in Pittsburgh all come together at one point: the Ohio River, Allegheny River and Monongahela River. On the first day’s ride they covered 50 miles. They rode across numerous rivers, and they also stopped in several trail towns to experience trail culture and enjoy great cuisine. There are small towns about every ten miles or so along the trail that provide essential amenities. At the end of the day they spent the night in a beautiful campground outside of West Newton.

Day 2 of their trip they covered 67 miles from West Newton to Rockwood. They passed numerous waterfalls, rode over a towering bridge and crossed the mighty Youghiogheny River. Many gorgeous waterfalls, such as Ohiopyle Falls, Cucumber Falls, Cascades and Sugar Run Falls, can be seen at Ohiopyle State Park, which the GAP follows right along. Another stunning landmark long the trail is Fallingwater. Fallingwater is a house that isn’t built on solid ground, but stretches over a 30 foot waterfall. Once they arrived in Rockwood that night, they found a campground to stay at for the night so they could rest up for the last day of their 150 mile journey.

Day 3 concluded with a ride from Rockwood to Cumberland, Maryland. The first major landmark they crossed was the Eastern Continental Divide. This is the highest point on the Great Allegheny Passage, rising to a staggering 2,392 feet. The Divide defines two watersheds of the Atlantic Ocean: the Gulf of Mexico watershed and the Atlantic Seaboard watershed. As they come near the end of the journey, they traveled through the Big Savage Tunnel. This tunnel is an abandoned railway tunnel and stretches 3,294 feet long. After the tunnel, they enjoyed the next 18 miles of downhill terrain to their ending destination in Cumberland, Maryland.

Outdoor Recreation is always busy with wonderful trips for the whole family to enjoy! For more information on upcoming trips contact Outdoor Recreation at 717.245.4616. You can also stop by their building to see what they have to rent, Bldg 860.
HOURS
Arrowheads Bar & Grill
Sun-Thu 11am – 10pm
Fri & Sat 11am – Midnight
OPEN TO THE PUBLIC
717-861-9481
EVENTS
Chillin’ & Grillin’
Dog Days of Summer
August 3 / 5-7pm
We will be grillin’ on the patio!
Dog Friendly
Free & open to the public
Pizza Buffet Wednesday’s
Starts August 5 / 11am-1pm
Draught Friday’s
$5 pitchers
Angry Orchard, Shock Top, Blue Moon,
Coors, Coors Light, Miller, Miller Light
Quick Draw – Country & Rock Music
Done Right
August 22 / 8:30-12:30pm
End of Summer Seafood Fest
August 29 / 5-10pm
ONGOING EVENTS
iPlay iWin – Electronic Bingo
Play when you like, for as long as you’d like! You could win $1000 a day!
Purchase a $20 bingo card get a Free order of nacho’s – every Tuesday
Purchase a $20 bingo card get a Free order of wings – every Thursday
Yummy & Wings Tuesday Nights
Pair your wings with a pitcher of our Yuengling draft selections $10
Wednesday Trivia Nights
7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available
Live Dancing
Every Tuesday & Other Every Sunday
$3 per person
6-7pm – Lesson
7-9pm – All Request Dance Party
Open to the Public & All Ages
Dancing held in the Community Club Ballroom
LIVE BROADCASTS
Showed on 13 HDTV’s
NASCAR Sunday Ticket
Basketball
Hockey … and much more!
MWR PROGRAMS
Marketing
(717) 245-4698
Corporate Sponsorship
(717) 245-3777
Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
(717) 861-2450
Community Club Catering
(717) 861-2450
Box Car Coffee Shop
Mon-Fri 6-10 am
Dine Weekends 6-9 am
(717) 861-2619 / 2450
Arrowheads Bar and Grill
Sun-Thur 11 am-10 pm
Fri-Sat 11 am-Midnight
(717) 861-9481
Community Club Caféeteria
Mon-Fri 11 am-1 pm
(717) 861-9482
DMVA Cafe
(717) 245-3777
Recreation Center
Bldg. 13-190
Annville, PA 17003
(717) 861-2450
Leisure Travel Services
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
(717) 861-2296
All-Army Sports Program
(717) 861-2647
Blue Mountain Sports Arena
Call for classes available
Bldg. 4-117
Annville, PA 17003
Summer Hours:
Mon-Fri 6 am-9 pm
Sat Sun 8:30 am-8 pm
(717) 861-2711
Warrior Fitness Center
Bldg. 12-99
Annville, PA 17003
Open 24/7 with access key
(717) 861-9611
Sports/Racquetball Courts
Reservations required
(717) 861-2711
DMVA Cafe
(717) 861-2450
Recreation Center
Bldg. 13-190
Annville, PA 17003
(717) 861-2450
Leisure Travel Services
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12 FIRST CHOICE MAGAZINE | FInd US ON Facebook: Mwr FIRST CHOICE
Exploring Cumberland Valley
by Kristen Rowe

It’s time to enjoy the last bit of summer before school starts again and hectic schedules fill up our weeks and weekends. Take the month of August to pack in as much family fun as you can. The Events Calendar is full so you’ll have a ton of options.

View a sampling of end of summer events below and find a complete list of events and other things to see and do at www.VistCumberlandValley.com.

**Music in the Garden @ Pomfret Street**

- Saturdays through September, Pomfret Street, Carlisle
- Aug 8- Reggae, Aug 15 - Funk/ Rock/Funk, Aug 22- Blues/Jazz, Aug 29 - R&B/Soul/Rock/Funk
- BYOB and listen to free, live music every Saturday evening on Pomfret Street in downtown Carlisle. Be sure to bring your chairs!

**Carlisle Truck Nationals @ Carlisle Fairgrounds**

- Aug 28-30, 1000 Bryn Mawr Road, Carlisle
- 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. Corvette enthusiasm is contagious with participation in autocross, burnouts and the parade through historic downtown Carlisle.

**35th Annual Shippensburg Corn Festival @ Downtown Shippensburg**

- Aug 29, King and Earl Streets, Shippensburg
- A huge, family-oriented event. There will be Highland athletics, events for children, Border Collie demonstrations, Irish and Scottish Dancers, re-enactors, Irish and Scottish musicians, bagpipes, kilts, vendors with gifts from Ireland, Scotland and Wales, and of course, delicious food.

**35th Annual Shippensburg Corvettes at Carlisle @ Carlisle Fairgrounds**

- Aug 29, 500 Kings Gap Road, Carlisle
- Novice and experienced paddlers are welcome to participate in a relaxed 1.5 hour exploration of this quiet reservoir located in Michaux State Forest near Caledonia State Park.

**McLain Celtic Festival @ Two Mile House**

- Sept 5, 1189 Walnut Bottom Road, Carlisle
- Join us once again for the 21st Annual McLain Festival. This is a great family-oriented event. There will be Highland athletics, events for children, Border Collie demonstrations, Irish and Scottish Dancers, re-enactors, Irish and Scottish musicians, bagpipes, kilts, vendors with gifts from Ireland, Scotland and Wales, and of course, delicious food.

**Kid’s Night @ Williams Grove Speedway**

- Aug 14, 1 Speedway Drive, Mechanicsburg
- Kids’ Night is one of the biggest events on the schedule at Williams Grove Speedway and is growing every year. There are games, activities, tons of prizes, candy, face painting, bike and big wheel races too! Almost every driver on hand that night will have their car on display in the infield and be signing autographs. Last year, some drivers even allowed kids to write their names and hand prints on the cars.

**Farm Food Festival @ Pizza Garden Party @ Paulus Farm Market**

- Aug 16, 1216 South York Street, Mechanicsburg
- Free farm games for kids of all ages, corn on the cob eating contest, watch the “Harvest Hickup” pumpkin chuckin’ cannon, free hayrides around the farm, pizza garden tour/ make your own mini pizza, free produce samples and recipe ideas and enjoy the play area and farm animals.

**Kayak Long Pine Run**

- Aug 16, 500 Kings Gap Road, Carlisle

**35th Annual Shippensburg Corn Festival @ Downtown Shippensburg**

- Aug 29, King and Earl Streets, Shippensburg
- Shippensburg’s downtown main streets are closed to vehicular traffic and transformed into a huge street fair for the day. Crafts, an antique car show, food booths, entertainment and children’s activities offer something for the entire family.

**57th Annual Steam Engine and Tractor Show @ Engine Hill, Mechanicsburg**

- The event will include steam traction engines, an old PRR steam train, antique tractors, working saw mill, model train exhibit, food, flea market stands and live music.

Major Wes was named and sponsored by Gold Star mother, Karen Mojecki, in honor of her son Carlisle, PA native Maj. Wesley James Hinkley.

Mojecki chose to sponsor a service dog in memory of her son for several reasons. “My son was a devoted friend, he was quiet and would stick by your side and once he was your friend he was your friend for life,” she said. “Honoring his memory this way seemed fitting.”

Kismet seemed to select Major Wes for this mission. Mojecki received notification Major Wes was selected on Memorial Day weekend which “is a difficult weekend for Gold Star families,” said Mojecki. Also, Mojecki and her sons had a black lab when Hinkley and his brother were teens—Major Wes is a black lab. Finally, “Major Wes is leggy and tall just like her son was,” said Mojecki.

Major Wes is in his first phase of training with Susquehanna Service Dogs, and will continue his training over the next several months. Susquehanna Service Dogs, a program of Keystone Human Services, trains and provides service dogs and hearing dogs to assist children and adults to become more independent.

Kerry Wevodau, Susquehanna Service Dog’s Development Director said, “Working with Karen to help her raise money to name a service dog was such a rewarding experience. Here was a woman who had suffered the worst imaginable loss, the loss of a child, but she wanted to turn it into a positive and give him an enduring legacy that would help someone else. She had every right to be angry at the world, but she wasn’t; she wanted to make a difference and honor her son.”

Service dogs can assist individuals with spinal cord injuries, polio, cerebral palsy, muscular dystrophy, arthritis, stroke and similar disabilities. Some dogs can be trained to support individuals with psychiatric disorders and children and adults with autism, as well as PTSD. Each dog is specially trained depending on the needs of the person receiving the dog. Mojecki has obtained her B.S. degree in psychology and hopes to assist veterans after becoming a counselor. She hopes that Major Wes might be placed with a veteran as well, carrying on in some way service to others as her son did.

The event was made possible with the support of the Pennsylvania National Guard Survivor Outreach Services office. The office and its services are available to all family members, regardless of component or branch of service, whose service member died while serving in the military and provides long-term support to survivors.

For More Information: Please contact Maj. Angela King-Sweigart (717)861-8829, or e-mail ng.pa.paarng.list.ftig-pao@mail.mil

Gold Star mother Karen Mojecki holds a photo of her son Maj. Wesley James Hinkley, alongside the service dog she has sponsored in his honor, Major Wes. (U.S. National Guard by Maj. Angela King-Sweigart/Released)


Major Wes, named after Maj. Wesley James Hinkley, wears his namesake’s ID tags proudly. Major Wes will undergo months of training by Susquehanna Service Dogs before being placed as a companion and assistant, to a person with physical or emotional disabilities. (U.S. National Guard by Maj. Angela King-Sweigart/Released)
Did you know the Strike Zone Bowling Center is the ‘Biggest Little Bowling Center in the Army?’ They are equipped with 6 synthetic bowling lanes, state of the art scoring, automatic bumpers, full service snack bar and pro shop; they have everything for your bowling needs. The Strike Zone is located at northeast corner of Post, BLDG 686, next door to the back of Collins Hall.

If your bowling needs are recreational, party or competition, the Strike Zone is the place to go. They offer the lowest open play prices in the area, and great specials; such as their Summer Saver Card and Cosmic Bowling on Saturday nights. The Summer Saver Card if valid until August 31, 2015 and you get 5 games for $35.00, which is a $135 savings!

In the fall, beginning in September, they have a semi-competitive, but fun Monday Night Mixed league. They also have a competitive, but enjoyable Tuesday and Wednesday Night Men’s League, a Thursday fun League and a Saturday Morning Youth League. The leagues don’t start until soccer and football seasons’ are coming to a close.

Know of anyone who loves bowling and has a birthday coming up? Strike Zone will gladly take care of you! They offer affordable birthday parties for the kids and offer three different catering options: the Spare, Strike and “300” package. The Spare package includes bowling, pizza, wings, sodas and snacks. The Strike package includes bowling, a buffet dinner including ham and roast beef with sides and appetizer and sodas. The “300” package includes bowling, a steak or chicken dinner, appetizers and sodas.

They also offer a full service Snack Bar featuring breakfast, lunch and dinner daily. The Snack Bar is a previous winner of “Best of Carlisle” with their famous Cheeseburgers.

Mike Freundel is the Pro Shop Operator. He is a former PBA member, current Brunswick Regional Staff member and former employee of the Hammer and Visionary Bowling Booth’s at the USBC Open Championship tournament. Stop by and enjoy a game of bowling or grab a bite to eat during the last couple days of summer! They are located in BLDG 686 or you can call them at 717.245.4109 with any questions.

After years of waiting, the Carlisle Barracks Child Development Center (CDC) is getting a new playground. When walking through the CDC, one can’t help but notice the children peering through windows and wondering why everything disappeared. Staff explain to them that the construction workers are building a new playground!

Centrally funded through IMCOM G9, Carlisle Barracks is the first of many US Army installations to receive upgrades for their playgrounds. The new equipment include sand boxes, swing sets, bicycle paths and more! Ms. Cynthia, the CDC Facility Director, cannot wait for the completed project and stated that the new playground will “engage the imagination of our children.” Indeed, the playground has a plethora of options for children to work with: water tables, chime panels, play stages, planter boxes and painting panels will all be present. This will ensure that our children are actively engaging in the arts, music and environment. The infant playground will also have its own age appropriate swings, playhouse and chime panel. Children and staff are excited to see the finished product. However, all of this would not be possible without the contractors.

Lifecyle Construction Company is leading the renovation and picked up local subcontractor, 3WG LEIM Construction, to demolish and resurface the playground. The equipment is coming from Play Mart, a company that specializes in manufacturing environmentally friendly material. So friendly, in fact, that the catalogue tells the customer how many milk jugs were recycled to create a certain piece of equipment. For instance, the Carlisle CDC is receiving a playset named “Brazil,” which took 14,202 milk jugs to manufacture! The completion date is set for September 30th, where the children will be able to engage their imaginations.
For over twenty years, Army Community Service has empowered Army families through training and readiness programs that provide participants with a better understanding of Army culture, as well as the skills and resources needed to become resilient, self-sufficient, and self-reliant members of the military community. Senior leaders and spouses recognized a need to educate family members as a result of lessons learned following the Gulf War. In 1994 the Army Family Team Building Program was officially recognized.

AFTB helps you to not just cope with, but enjoy the military lifestyle. Many of the courses can be applied toward resume and career building, self-confidence to take responsibility for yourself and family. The training is available to soldiers, family members of all soldiers, Department of Defense civilians and volunteers. Courses can be taken online or in the classroom at ACS.

Level I classes contain modules about Army life and how to maneuver through daily challenges by discovering how to decipher Army acronyms, utilize community resources, attain better financial readiness and understand the goal and impact of the Army mission on daily life. Level II classes focus on personal growth through self-development. Lessons include improving communications skills, personal relationships and stress management skills. You will discover how teams form and grow, how to solve problems and resolve personal conflict. Modules also include Army traditions, customs, courtesies and protocol. Building on previous modules, Level III empowers you to expand leadership skills, effective communication techniques and mentoring others into leadership positions. Learn about the different leadership styles, how to run an effective meeting, how to manage group conflict and how to coach and mentor others. Modules also include Army traditions, customs, courtesies and protocol. Building on previous modules, Level III empowers you to expand leadership skills, effective communication techniques and mentoring others into leadership positions.

Is your teenager driving you crazy? We can help!

Special One Time Event! Thu September 3, 5:30 - 7:30 pm Bradley Auditorium Register @ 717-245-4357 Light Dinner and Childcare provided

"I cannot say enough about the positive impact ScreamFree has had on our family. It has made life easier and the relationship with my son has improved dramatically. Thank you!" - M. Jone, Fayetteville, NC

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Mountz Jewelers is built on a 60 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

Mountz Jewelers
1160 Walnut Bottom Rd, Carlisle - 717.243.4936
3780 Trindle Rd, Camp Hill - 717.763.1199
4520 Jonestown Rd, Harrisburg - 717.545.7508
mountzjewelers.com
Welcome Picnic and Boatyard Wars
A Rain-or-Shine Family Event
AUGUST 14 | 5:30 - 9:30 P.M.

LOCATION
EVENTS WILL BE HELD AT THE PAVILION BEHIND THE LVCC

TICKET PURCHASE
EARLY-BIRD TICKETS (AUGUST 3 - 13)
- ADULTS $12  CHILDREN (4 - 12 YEARS) $6
- CHILDREN (3 & UNDER) FREE
DAY OF EVENT TICKETS (AUGUST 14)
- ADULTS $15  CHILDREN (4 - 12 YEARS) $8
- CHILDREN (3 & UNDER) FREE

PURCHASE TICKETS AT LVCC, JOINT DELI (ROOT HALL)
CHILD & YOUTH SERVICES, MWR (ADMIN OFFICE)
BOWLING CENTER, AND EVENT - (717) 245-4329

MENU
BBQ PICNIC BUFFET | 5:30 - 7:30 P.M.
- GRILLED HAMBURGERS
- GRILLED JUMBO ALL-BEEF HOT DOGS
- GRILLED CHICKEN BREASTS
- COLESLAW
- POTATO SALAD
- POTATO CHIPS
- ASSORTED BEVERAGES
- FROZEN PUSH-POPS AND SHERBET
- TIKI BAR WILL BE OPEN

TEAM SIGN-UP
BOATYARD WARS TEAM SIGN UP FORMS AVAILABLE FROM SPORTS OFFICE (717) 245-3906
SHUTTLE SERVICE WILL BE AVAILABLE AFTER BOATYARD WARS
WWW.CARLISLEMWR.COM | CARLISLEFMWR

FOR THE KIDS
KID'S CORNER | 5:30 - 8:30 P.M.
- FLOAT YOUR BOAT CONTEST
- BOUNCE HOUSE
- COLORING CONTEST
- AND MUCH MORE!