In this issue:
Romantic Getaways in Pennsylvania
Apps to Help Service Members
Teen & Middle School Program Clothing Pick Up
Sick? Weekend? No doctor? No problem!

Life doesn’t always go according to plan. That’s why PinnacleHealth FastCare clinics are here for you when you need us.

Open seven days a week*, PinnacleHealth FastCare clinics can help patients 18 months and older with minor ailments including colds and flu, ear infections, minor burns and rashes, sinus infections and sore throats. We also offer rapid Strep tests, TB skin tests, urine pregnancy tests and urinalysis, in addition to immunizations and screenings. Just walk in.

Most insurances are accepted, as are cash, check, VISA, MasterCard and Discover. Patients without insurance pay a flat fee.

For routine, non-emergency care, PinnacleHealth FastCare clinics keep things simple and convenient for you. Call (844) 640-FAST (3278) to learn more.

Two Convenient Locations:
Inside Camp Hill GIANT
3301 Trindle Road

Inside Enola GIANT
4510 Marketplace Way

Hours*:
9 a.m.-9 p.m., Monday-Saturday
9 a.m.-5 p.m., Sunday

*Closed on Easter and Christmas and open 10 a.m. to 2 p.m. on other holidays.

When you need medical care fast … choose PinnacleHealth FastCare.

pinnaclehealth.org/fastcare
Toll free: (844) 640-FAST (3278)
LETTER FROM THE DIRECTOR

Elizabeth Knouse - Director

In February, we celebrate relationships with Valentine’s Day. Whether you are in a long term relationship or blissfully single, Family & MWR is continually developing events and services focused on you. On Saturday, February 13, the Letort View Community Center (LVCC) will host a Valentines Dinner & Dance with a delicious menu and entertainment that will keep you moving all night. The Fort Indiantown Gap Community Club has taken a slightly different path with a “Singles Awareness” event on Saturday, February 13 so you and your single friends can celebrate.

Even the kids at the McConnell Youth Center are in on the action with the Valentine Luncheon where their parents can enjoy a lunch prepared by the children on Friday, February 12.

In this issue you will find a plethora of activities to do with your significant other, friends and family throughout Central Pennsylvania.

The Army Catering team at Carlisle Barracks and Fort Indiantown Gap live for weddings! Our wedding packages are a great value and your party can be accommodated at any of our three locations. The LVCC at Carlisle Barracks offers the charm of our historic building and the option for an outdoor wedding at the gazebo, or perhaps a low key event beside the pool under the pavilion. The Army Heritage Center is great for those looking for a unique location with the same impeccable service and attention to detail. At Fort Indiantown Gap, we can cater events at the historically protected Community Center. All locations offer the same quality, service and value that MWR can offer.

For those who love the outdoors, MWR Outdoor Recreation is providing a series of winter themed family-friendly events to include cross country ski, sled and snowshoe trips. Leisure Travel Services offers trips throughout the next few months to great destinations like New York City and Washington DC.

At MWR we are always striving to provide activities, programs, classes and events that support the whole family. We want to be your “first choice” when it comes to child care, fitness, entertainment and fun! We welcome your suggestions and opportunities to offer our MWR family even more activities. You can always send us a suggestion by e-mail to marketing@1stchoicemag.com.

Employee Spotlight

Dan Fielding

Hailing from Connecticut, Dan has called Central PA home since 2005. With 10 years in the bar/restaurant industry, he is excited to bring his experience to Carlisle Barracks as the new bar manager for the Letort View Community Center. He is an avid sports fan and a devout supporter of the UConn Huskies. He currently resides in Harrisburg with his dog, Max. Stop in and say hello to Dan at the grand opening of the Pershing Tavern on February 10th.

What is Family and Morale, Welfare & Recreation?

In 1940 a branch within the Army was established known as the Morale Division which later became known as “Special Services.” Family and MWR is a group of men and women who provide support and leisure activities to our Soldiers (active duty, Reserve, and Guard) their Families, military retirees, and civilian employees. Currently working in Family and MWR are approximately 37,000 employees worldwide and their mission is to deliver quality programs to Soldiers and their Families.
On the Cover
Looking for Romance? Visit romantic getaways in Pennsylvania or attend the Valentine’s Dinner Dance at Carlisle Barracks LVCC. No Date? That is okay too. The Community Club at Fort Indiantown Gap is hosting a Singles Awareness Day with music, food specials and specialty drinks.

Regulars

5 Carlisle Barracks Directory
6 Carlisle MWR Happenings
9 Thorpe Fitness Schedule
10 Carlisle Autocare Service Tip of the Month
11 What’s Happening in Lebanon Valley
12 Fort Indiantown Gap Directory
13 Fort Indiantown Gap MWR Happenings
16 Exploring Cumberland Valley
17 Letterkenny Army Depot Directory

Features

14 Romantic Getaways in Pennsylvania
17 Teen & Middle School Program Clothing Pick Up
18 Apps to Help Service Members Seek Non-Medical Counseling
USAG CARLISLE BARRACKS
MORALE WELFARE & RECREATION
DIRECTORY

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Drive
Carlisle, PA 17013
Mon-Fri 7:30am-4:30pm
☎ 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 10am-5pm
Thu 10am-8pm
Sat 9am-4pm
Closed Sat prior to a Mon Holiday
Auto Crafts
Mon-Fri 8am-5pm
☎ 717-245-3156
Auto Self Service
Mon-Wed, Fri 8am-5pm
Thu 8am-8pm
Sat 9am-4pm
☎ 717-245-3156
Frame & Engraving
☎ 717-245-3319
Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-4pm
Sat 9am-4pm
☎ 717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Thu 8:30am-9pm
Fri 8:30am-9pm
Sat 1-9pm
Sun (During Youth Bowling) 9am-9pm
Sun 1-8pm
☎ 717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm
☎ 717-243-3462
Golf Course
☎ 717-243-3262
19th Hole Snack Bar
Closes for Winter Oct 19th
☎ 717-245-3267
Child, Youth & School Age Services
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30am-6pm
☎ 717-245-4283
CYS Division Chief
☎ 717-245-4283
CYS Central Registration
☎ 717-245-3801
School Liaison Officer
☎ 717-245-4555
Youth Center
☎ 717-245-4555
Youth Sports
☎ 717-245-4519
Child Development Center
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:30am-5:30pm
☎ 717-245-3701
Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013
☎ 717-245-4329
Pershing Tavern
Wed-Thu 4-10pm
☎ 717-245-4450
Letort View Catering
Tue-Thu 9am-5pm
☎ 717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7am-2pm
☎ 717-245-4883
USAHEC Catering
☎ 717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10am-2pm
☎ 717-245-3377
Leisure Travel Services
842 Sumner Road
Carlisle, PA 17013
Mon-Fri 9am-4:30pm
☎ 717-245-4048
Army Heritage Center LTS Desk
Fri-Sat 11am-2pm
☎ 717-245-3883
Outdoor Recreation (ODR)
860 Sumner Road
Carlisle, PA 17013
Tue-Fri 9am-5pm
Closed for lunch 1-1:30pm
Sat, Sun, and Mon Closed
☎ 717-245-4616
Sports Director
☎ 717-245-4343/3906
Thorpe Hall Fitness
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm
☎ 717-245-3418
Root Hall Gymnasium
Mon-Fri 5am-8:30pm
Sat, Sun & Holidays Closed
☎ 717-245-4343/3906
Indian Field Fitness Center
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm
☎ 717-245-3535
Army Community Service
632 Wright Avenue
Carlisle, PA 17013
☎ 717-245-4357
Family Advocacy Manager/Exceptional Family Member
☎ 717-245-3775
Consumer Affairs
☎ 717-245-4357
Financial Asst. /AFTB/Army Emergency Relief
☎ 717-245-4357
Employee Readiness/Transition Assistance Program
☎ 717-245-3684
Army Family Action Plan/Volunteer Manager
☎ 717-245-4357
Relocation, Mobilization & Deployment
☎ 717-245-3685

KEY POST NUMBERS
Emergency
☎ 911
Post Operator
☎ 717-245-3131
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
☎ 717-448-1067
Motorcycle Registration
☎ 717-245-4115
Cleaning, Tailoring, Shoe Repair
☎ 717-258-1857
Vet Clinic
☎ 717-245-4168

2nd Thurs of Each Month | Aug '15 - June '16 | 5:30 - 7:30 PM
• A Max of 4 students per class
• Children over the age of 14 are welcome with parental supervision
• Must RSVP (717) 245-3156
870 Jim Thorpe Rd | Carlisle, PA | www.carislemwr.com | CarlisleFMWR
**Pershing Tavern Grand Opening:** Feb 10 from 4-10pm. Food, Drink Specials and Entertainment provided by Jack’s Back!

**Pershing Tavern:** Hours of operation: Wed & Thur 4-10pm. Bar menu available 5-8pm. Open to the Public.

**Shuttle Bus available every Thur from 4-9pm** - call 717-226-3985 for pick up.

- **Keystone Arms** - West Point Drive & Patton Drive Intersection
- **Keystone Arms** - Taylor Avenue & MacArthur Drive Intersection
- **Carwynne Apartments** - 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

**Valentines Dinner Dance:** Feb 13. Long Stem Red Rose for the Ladies and Champagne for Two. $80 per couple. Bar opens at 5pm, Dinner at 5:30pm and Dancing with DJ Bob Foltz at 7pm. Reservations required by Feb 10.

**Amuse Uncorked Sip N Paint:** Feb 10, Mar 10 & Apr 7 from 6-9pm. Full food and bar menu will be available for purchase. Buy your tickets online! www.amuseuncorked.com/events-clases

**St. Patrick’s Day Bash:** Mar 17 at the Pershing Tavern from 4-10pm. Irish fare: St. Patty’s specialty drinks, ultimate Irish nachos, corn beef & cabbage, Irish lamb stew and Irish bangers & mash. Live music by Not Quite Rite from 6-10pm. Open to the Public! Free Admission!

**Easter Brunch:** Mar 27. Seating Reservations from 10:30am-2pm. Reservations required by Mar 23.

**Mother’s Day Brunch:** May 8. Seating Reservations from 10:30am-2pm. Reservations required by May 4.

**SPORTS – ☟ 245-3906**

- **Strength for Wisdom. U.S. Army War College and Carlisle Barracks Upcoming Events:**
  - **Tae Kwon Do:** Tue & Thu from 4:30-6pm. Ages 13- adult (11-12 w/ parent) $15 per person a month. Instructor John Cerifko, 5th Degree Black Belt.
  - **Cardiovascular Workout with some Insanity:** Tue & Thu from 6-7pm. $5 per person. Instructor John Cerifko, 5th Degree Black Belt.
  - **Run Carlisle Barracks:** An organized run will be held every Sat at 7am. Train for 10 weeks and be ready for the Army 10 Miler or any upcoming 10 mile run! Participants may register at the Thorpe Fitness Center.
  - **Strength Challenge:** Starts Mar 12, 2016
  - **Fitness Classes:** Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. All classes are FREE except Tae Kwun Do: Tue and Thu from 4:30-6pm at Thorpe Fitness Center. $15 per month.

**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, plyboxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor.

**Massage Therapy:** Thorpe Fitness Center. Appointments available Mon-Sat. Call 717-701-3040

**BARRACKS CROSSING FRAME STUDIO – ☟ 245-3319**

**Open Drawing Class:** Classes will be held bi-weekly on the 1st and 3rd Thu of each month from 5:30-7:30pm from now through Jun 2016. $20 per class. The objective...
Family and Morale, Welfare & Recreation

of this class is to develop the observational skills and drawing techniques of the student. This class is designed to encourage and allow the student to progress in their drawing ability at their own pace. No prior experience is required or expected.

Beginner Framing Classes: Call for dates and times. Learn to frame your artwork (max. four per class). Cost: $50 (all supplies included).

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

BARRACKS CROSSING AUTO SHOP – 245-3156
Preventive Maintenance Classes: FREE classes will be held now through 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.

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

ARMS COMMUNITY SERVICE – 245-4357
Soldier for Life: Transition Assistance Program February 1-5, 8am – 4:30pm Building 632. Wright Avenue For Service members and Spouses who are retiring or separating from the Military. Congressionally mandated Pre-Separation Briefing. This is a 5 day workshop to create a draft resume/interview preparation and VA Benefits entitlements.

LEISURE TRAVEL SERVICES – 245-4048/3309
GET YOUR TICKETS AT THREE GREAT LOCATIONS:
Carlisle Barracks – 842 Sumner Road (located beside the Commissary)
U.S. Army Heritage & Education Center – 950 Soldiers Drive
Fort Indiantown Gap Community Club – 9-65 Fisher Ave
Tickets available: Baltimore Aquarium, Disney Military Salute, Universal Military Promo buy 1 day get 2nd day FREE tickets, Legoland buy 1 day get 2nd day FREE, Busch Gardens, Seaworld and lots more all over the US available.

Harlem Globetrotters Discount Tickets: Mar 3 & 4 at 7pm. Giant Center, Hershey PA. $30.50 per ticket.

Hands On House at Lancaster, PA: Feb 26. $28.50 per person ages 2+.

Crayola Crayon Factory: Mar 12. $42 Adults, $40 Children 2+ and $30 Seniors 65+.

Baltimore Inner Harbor/Medieval Times Dinner Tournament: Mar 19. $69 Adults, $59 Children 3+ and $20 Children 2 and Under (must sit on parents lap during show and meal).


Statue of Liberty: Apr 23. Day-On-Your-Own. $57 adults, $47 Children ages 4-12, Children 3 & under free (must be on parents lap) or pay $28 bus seat/$10 lunch and $53 Seniors Ages 62+.

Smithsonian Zoo, Washington, DC: Apr 30. $26 per person/children 3 and under free if sitting on parents lap

BOWLING – 245-4109
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!

Monday Night Mixed League: Jan 11-Apr 25, 2016 from 6:30-9:00pm. $3 Games Semi-Competitive. $11. Meeting Jan 4 at 6:30pm.

Bowling Pizza Pins Pop: Every Sunday from 6-8pm. Jan 10-May 27, 2016. Only $28.95 per lane. $10 each additional person. 2 hours of bowling for 4 people, shoe rental, 1 plain pizza and 1 pitcher of soda.Friday & Saturday Cosmic Quartermia: Jan 8-Mar 26 from 7-9pm. $3 cover charge.

Cosmic Bowling: Every Saturday from 7-9pm. $9 per person. Top 40 Hits – Cosmic Lights!

GOLF – 243-3262
Play & Ride/Weekday Special: Mon-Thu, 12-4 pm. $24 p/p. 18 Holes. Must call for tee time.

BOWLING – 245-4109
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!

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GOLF – 243-3262
Play & Ride/Weekday Special: Mon-Thu, 12-4 pm. $24 p/p. 18 Holes. Must call for tee time.

THE UNITED STATES ARMY WAR COLLEGE AND CARLISLE BARRACKS
STRENGTH FOR WISDOM CHALLENGE
BENCH PRESS, SQUAT AND DEAD LIFT
MALES WEIGHT WILL BE 70% OF THEIR BODY WEIGHT.
FEMALES WEIGHT WILL BE 45% OF THEIR BODY WEIGHT.
DO AS MANY REPETITIONS AS YOU CAN.
OPEN TO ALL CARLISLE BARRACKS PERSONNEL. PRIZES AWARDED TO OVERALL MALE AND FEMALE WINNERS AND TOP FINISHERS IN EACH EVENT.
SAT MARCH 12 AT 9AM
JIM THORPE FITNESS CENTER

GUIT DISCOUNT TICKETS NOW!
GIANT CENTER | HERSHEY, PA
MARCH 3 & 4 | 7:00 PM.

$30 PER TICKET
SAVINGS OF OVER $10 A SEAT!

INFO & TICKET PURCHASE: 245-4048/3309
WWW.CARLISLEMWR.COM | # PADISCOUNTTICKETS
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

MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS

Bike Maintenance Clinic: Feb 4 and Mar 3 & 24 from 6-7pm at ODR. $20 per person.

Snowshoeing Trips: Feb 6, 13, 20 & 28 from 10am-3pm. $25 per person.

Sledding Trips: Feb 7 and Mar 5 from 10-2pm. $10 per person.

Intro to Snowshoeing Trip: Feb 17 & 23 from 10am-12pm. $10 per person.

Bike Touring 101: Feb 18 from 6-7:30pm at ODR. $20 per person.

Cross Country Skiing: Feb 21 & 27 from 7am-5pm. $40 per person.

CHILD YOUTH AND SCHOOL SERVICES 245-4638

School Liaison Office – 245-4638

College Preparation Program for Military Families: Feb 1, 6-30-8:30pm. Subject Matter Experts. College Admission Process, ACT/SAT Prep with Tutor.com, Post 9-11 GI Bill & Yellow Ribbon Program, TRCARE for College Students, 8:30-9:00pm, Q&A, Bliss Hall, FREE

School Age Care Programs – 245-4555

Social: Feb 6, Noon-4pm, FREE

Super Bowl Party: Feb 7, 6-10pm. your choice to watch the game or do activities, FREE

Party: Feb 12, 4:30-5:30pm, FREE

"Lock-In": Feb 26, 7pm-Midnight, FREE

4H Programs: Clover Buds, Gardening, Drama, Art, Photography, Electricity, Cooking, Astronomy, 4:40-5:15 pm, M, Tu, W, F. Join anytime!

SKIES Programs – 245-4519

Ongoing Fee Based Programs through June: Art Lessons, Piano Lessons, Guitar Lessons

Register for all SKIES classes on line https://webtrac.mwr.army.mil/webtrac/carlislecyms.html or call CYSS 245-4555

Middle School & Teen Programs 245-4642

Super Bowl Party: Feb 7, 6-10pm, watch the game, socialize, food, and much more! FREE

Archery Tag Field Trip: Feb 13, Register by Feb 11

Survivor Lock-In: Feb 19-20, 7pm-7am, must be registered by Feb 11, FREE

After School Programs: Bored?, Nothing to do? Join us for activities, gym time, chill zone, creative arts, cooking, computers, video games, pinball, dodgeball/basketball league teams, GREAT snack choices and much more! M-Th, 2:45-7pm, Fr, 2:45-9pm, FREE

Keystone Club: A teen program geared towards teaching youth through three fundamental topics of Academic Success, Career Preparation and Community Service.

Youth Sports & Fitness – 245-3354

Spring Sports Registration Begins: February 8, Soccer, T-Ball, Running Club, Golf

Friday Night Dodgeball: Every Fri night, 7-8:45pm, McConnell Youth Center. FREE open to youth in grades 1 - 12.

UPCOMING EVENTS

Easter Egg Hunt: March 19, 9am start, Moore CDC - MOMC Kick-off Parade and Presentation, April 1, 9am-11am.

Month of the Military Child: April

Purple Up for Military Kids: April 15 - Wear purple, dress your dog in purple, decorate your house/desk in purple or do you own thing. The purple shows support for Military Kids and the sacrifices they make every day.

Operation Megaphone World Wide Lock-In: April 29-30, 7pm-7am, Grades 6-12, FREE

Parent’s Night Out: May 7, 4-4:40pm – Midnight, Registration Deadline April 29- 5pm, $45/child

America’s Armed Forces Day Kid’s Run: May 21, Indian Field

Spring Yard Sale: May 21

GET A JOB WITH US USAJOBS.GOV
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.

February 1.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1730 - Yoga Tune Up (Linda)
1630 Zumba Toning (Wendi)

February 2.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

February 3.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1830 Zumba Toning

February 4.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

February 5.
0600 - Performance Fitness (Brian)
0900 - Yoga Tune Up (Linda)

February 6.
1000 - Zumba Toning (Wendi)

February 8.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1730 - Yoga Tune Up (Linda)
1630 Zumba Toning (Wendi)

February 9.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

February 10.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1730 - Yoga Tune Up (Linda)
1630 Zumba Toning (Wendi)

February 11.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

February 12.
No Classes
Training Holiday

February 13.
No Classes
Presidents’ Day

February 17.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1830 - Zumba Toning

February 18.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

February 19.
0600 - Performance Fitness (Brian)
0900 - Yoga Tune Up (Linda)

February 20.
1000 - Zumba Toning (Wendi)

February 21.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1730 - Yoga Tune Up (Linda)
1630 Zumba Toning (Wendi)

February 23.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian/Kelli)
1630 - Tae Kwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

February 24.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1830 - Zumba Toning (Wendi)

February 25.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian/Kelli)
1630 - Tae Kwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

February 26.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1830 - Zumba Toning (Wendi)

February 27.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1830 - Zumba Toning (Wendi)

February 28.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
1830 - Zumba Toning (Wendi)
Brakes really aren’t optional equipment. And taking care of them isn’t optional either.

A regular brake inspection is on every car’s maintenance schedule. An inspection will check your brake system and let you know if there are any problems. Of course, if you’re having trouble with your brakes, get your car into a service center right away. And watch out for these problems:

- **Low or spongy brake pedal**
- **Hard brake pedal**
- **A brake warning light that stays on**
- **Constantly squealing or grinding brakes**
- **Vibrations or clunking sounds when you apply your brakes**

There are two types of brakes: disc and drum. Disc brakes have a rotor that’s attached to the axle. Calipers straddle the rotor, kind of like the brakes on a bicycle. Drum brakes are more common on back wheels. Pads, called shoes, push against the inside of the drum to slow the vehicle.

There are several things that need to be serviced on the brake system. First, the brake pads and shoes wear out with use, and become too thin to really help. If the brake pads wear away completely you can damage the rotors. The calipers can grind grooves in the rotor. Then the rotor must either be resurfaced or replaced and that can be expensive. But putting it off is dangerous because your vehicle won’t stop as quickly. Sometimes rotors warp or crack and must be replaced.

Brake fluid is also important. When the brakes are applied, the pressure in the fluid activates the brake pads or shoes. Not enough fluid, not enough pressure to brake properly. Also, water builds up in the brake fluid over time, which leads to corrosion, leaks and brake damage, and with hard use, the brakes could severely fade or even fail. You should change the brake fluid when your manufacturer recommends it.

There are different grades of brake pads. There are regular, metallic and ceramic – higher grades cost more, but give better braking performance and smoother operation. It’s OK to upgrade your brake pads. But, never use a grade that’s lower than what the manufacturer recommends.

Be sure to properly maintain your brakes to stay safe on the road.
Okay guys, let’s face it. There’s a lot of pressure on you to give your significant other an unforgettable Valentine’s Day. And girls, you want to feel special, to know that some careful thought and planning went into the day’s agenda. If it’s your first Valentine’s Day as a couple, you want to set the standard high and earn some brownie points. If you’re in a more “seasoned” relationship, you want to show that you can still keep the romance alive.

But don’t fret! The Lebanon Valley Chamber of Commerce has got it covered for you. Here’s a guide for having the best Valentine’s Day in the Lebanon Valley!

• Chocolates & Flowers
  Don’t forget to show up at the front door with the traditional box of chocolates or bouquet of roses!

  Wertz Candies has been a Lebanon, PA, staple since 1931, serving caramel corn, opera fudge, and old-fashioned favorites from its storefront at 718 Cumberland St. For Valentine’s Day, you can select your own Valentine’s box and handpick which creams and truffles you want to include.

  Or, stop by Hershey’s Chocolate World, part of the Hershey Company, to pick up your significant other’s favorite chocolate bars. Better yet, take your date to Chocolate World and watch them stare in awe at the mountains of sweetness piled on the shelves. You can even hop on the free ride, make your own candy bar, and more!

  What says, “I love you,” more than chocolate? Flowers might do the trick! The Flower Garden located at 125 W. Main St. in Annville offers floral arrangements for a variety of special and everyday occasions. Go with the traditional red roses, or customize your bouquet with your date’s favorite blooms!

If you really want to get fancy, you can combine the two gifts and go with an Edible Arrangements assortment. Lebanon’s Edible Arrangements shop is located at 37 S. 8th St. Not only will your bouquet look good enough to eat, it will be!

• Dinner
  The Lebanon Valley has a plethora of ideal restaurants for your perfect Valentine’s dinner. Before you decide on a dinner location, you’ll want to first decide on your budget, and the ambiance you want for your meal. Try the Blue Bird Inn, the Downtown Lounge, the Gin Mill, the Sinkhole Saloon, or the Quentin Tavern for a more relaxed, pub-like setting. Check out the Foundry Craft Grillery, Hidden Still Spirits, and Snitz Creek for that craft eatery and brewery feel. Or, get a table at Inn 422, Tony’s Mining Company or Trattoria Fratelli for an intimate dinner complete with dim lighting and a sensual atmosphere. For a complete list of Chamber member restaurants in the Lebanon Valley, visit lvchamber.org.

• Activities
  Don’t want the evening to end after the main meal? Try these fun ideas!

  Enjoy a glass of wine at ADAMS Vintners! Located at 30 E. Main St. in Annville, ADAMS has a number of dry and sweet, specially crafted wines for your enjoyment. They also have a tapas menu that pairs perfectly with your beverages. The cool ambiance, mix of smooth jazz and EDM music, and featured art hanging on the walls make for a romantic atmosphere.

  Brushstrokes on Canvas, a wine and paint venue located at 720 Quentin Rd. in Lebanon, allows attendees to BYOB their own wine, beer, or other cold beverages. Bring your favorite drink on Saturday, Feb. 13, to their special Valentine’s Day event from 7 to 9:30 p.m. Enjoy food and drink as you are guided through painting a “Box of Hearts” portrait. Cost is $41 per seat, and registration is available at brushstrokesoncanvas.com.

• The Gift
  Want to really wow your date? End the night with the best Valentine’s gift! Give them a certificate to Lebanon Valley Massage, located at 811 E. Main St. in Annville, so that they can unwind and relax whenever they want. Or, give them something that sparkles and shines. For women, it could be the gift of a diamond necklace. For men, it could be a stylish watch. Whatever it is, trust the Lebanon Valley’s jewelers to help you purchase the perfect gift. Visit B.T. O’Donnell Goldsmith-Jeweler, Gemistry Jewelry, Leitzel’s Jewelry, or Main Street Jewelry & Gifts to find that special something for that special someone. Contact information is available at lvchamber.org.

See! Now wasn’t that easy? Follow our fool-proof method to give your significant other, and yourself, the Valentine’s Day you’ve both been dreaming about...with a little help from Cupid and his arrow of course!
FORT INDIANTOWN GAP
MORALE, WELFARE & RECREATION
DIRECTORY

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
Drill Weekends 6–9 am
☎ 717-861-2619 / 2450
Arrowheads Bar and Grill
Sun–Thu 11 am–10 pm,
Fri–Sat 11 am–midnight
☎ 717-861-9481
Community Club Cafeteria
Mon–Fri 11 am–1 pm
☎ 717-861-9482
DMVA Cafe
☎ 717-861-2450
Recreation Center
Bldg. 13-190
Annville, PA 17003
Fri–Sun 6–10 pm
☎ 717-861-2296
Leisure Travel Services
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
Thu & Fri 9am – 1pm
☎ 717-861-3994
All-Army Sports Program
☎ 717-861-2647
Blue Mountain Sports Arena
Call for classes available
Bldg. 4-117
Annville, PA 17003
Winter Hours Start Oct 5:
Mon–Fri 6 am–8 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

Outdoor Recreation
☎ 717-861-2711
Stumps Garage, Inc.
☎ 717-861-5440
KEY NUMBERS
Emergency
☎ 911
Chapel
☎ 717-861-2112
Credit Union
☎ 717-865-6641
Veterans Affairs
☎ 717-861-8902
Museum
☎ 717-861-2402
ID Card Center
☎ 717-861-8693
Judge Advocates
☎ 717-861-8891
HRO/Employment/Jobs
Federal:
☎ 717-861-8709
HRO/Employment/Jobs
State:
☎ 717-861-6993
SATO Travel
☎ 1-800-603-1993
Post Exchange
☎ 717-861-2058
Barber Shop
☎ 717-861-2058
Military Clothing
☎ 717-861-2976
Subway
☎ 717-865-1700
Tuition Assistance
☎ 717-861-9238
Public Affairs
☎ 717-861-8468
Police Department
☎ 717-861-2727
Fire Department
☎ 717-861-2111
Education Center
☎ 717-861-9341
Emergency Relief
☎ 717-861-8841
Medical Clinic
☎ 717-861-2091
Range Control
Hunting & Fishing
☎ 717-861-2152

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☎ 717-861-9481
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Super Bowl Party
SUNDAY - February 7 - 3:30pm
HALF PRICE Appetizers at HALF TIME
LOCAL SPECIALS | GIVEAWAYS

First 25 People receive an Official ISAA Super Bowl 50 Program
Fort Indiantown Gap Community Club
9-65 Fisher Avenue - Annville, PA
Facebook - www.GapMWR.com - 717-861-9481
HOURS
Arrowheads Bar & Grill
Mon-Thu, 11am-10pm
Fri, 11am-Midnight
Sat, 4pm-Midnight
Sun, 4-10pm
Call ahead eat-in or take-out
717-861-9481
OPEN TO THE PUBLIC

EVENTS
Single Awareness Day Party:
February 13 – 6pm to Midnight – No Date? Celebrate! Music, Specials and more.

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

UPCOMING EVENTS
Mother’s Day Brunch: May 8
Father’s Day Brunch: June 19

LIVE BROADCASTS
Shown on 13 HDTV’s
NASCAR
NFL Sunday Ticket
Basketball
Hockey...and much more!

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Pizza Buffet Wednesday’s
11am-1pm
$7.95

Wednesday Trivia Nights
7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

Draught Friday’s
55 Pitchers
Angry Orchard, Shock Top, Blue Moon, Coors, Coors Light, Miller, Miller Light

Line Dancing Every Tuesday & Every Other Sunday
54 per person
6-7pm – Lesson
7-9pm – All Request Dance Party
Open to the public & all ages
Dancing held in the Community Club Ballroom

Fort Indiantown Gap Community Club
The Community Club at Fort Indiantown Gap is open to the public and offers a charming venue for your next wedding, anniversary, conference, retirement ceremony, or other special occasion. It features plenty of flexible meeting/banquet space with a dedicated professional catering staff, creative cuisine, and superb service.

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

Call today to reserve your next function. 717-861-2450

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As always... Service with a smile...

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6 PM – MIDNIGHT
✦ MUSIC ✦
✦ FOOD SPECIALS ✦
✦ SPECIALTY DRINKS ✦

FREE AND OPEN TO THE PUBLIC
Rediscover romance in Pennsylvania and steal away for a romantic getaway, couples escape, adventure weekend or spa trip. Pennsylvania romantic weekends are easy to come by with a landscape dotted with bed and breakfasts, country inns, small hotels and classic resorts. These places to stay not only offer romantic settings, but a wide range of activities and scenery perfect for refocusing on your relationship as well.
**Pennsylvania’s Laurel Highlands**

Whether your ready to hit the slopes or the spa, a romantic winter getaway to the Laurel Highlands is the perfect way to escape! Explore resort & lodging packages, vacation home rentals, and MORE!

---

**Historic Independence Park Hotel**

Relax with luxurious accommodations for two, overnight parking for 1 vehicle and a chilled bottle of champagne. Savor a lavish hot breakfast buffet in the next morning.

---

**Pocono Mountains Visitors Bureau**

Heat things in the Pocono Mountains where we’ll give you plenty to cuddle over. Luxurious spas, world-class meals, and heart shaped tubs will all help set the mood. Explore our romance deals today.

---

**Gateway Lodge**

Includes 2 nights in a Fireside Jacuzzi Suite, breakfast each morning, and five-course tasting with musical entertainment. $599 on February 12th–14th. Stay February 5–6 for $100 less!

---

**Discover Lehigh Valley**

Find the perfect trip for two in Lehigh Valley. With our relaxing Wine Trail, cozy bed & breakfast spots, and more, you’ll find that perfect balance of privacy and amusement.

---

**Cove Haven Entertainment Resorts**

Enjoy a romantic escape to the Pocono Mountains. Love is in the air all month from February 1 through the 28 with amazing perks and events all month long. Book your escape today in the Land of Land!

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**Bear Creek Mountain Resort**

Enjoy a overnight stay with a chilled bottle of champagne, handmade chocolates, a $50 Bear Creek Gift Card for dining or spa services, and breakfast for two in the Trails End Cafe.

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Visit www.visitpa.com/pa-romantic-getaways for more information on these and other getaways in Pennsylvania.
Enjoy this romantic month while celebrating Valentine’s Day in Cumberland Valley. Plan the perfect celebration for your special someone, or family, with the Valley’s assortment of fun restaurants and attractions and unique shops to find the perfect gifts.

If you’re looking for an untraditional date night, try surprising your date with an evening filled with swing dancing at The Green Door Dance Studio, take in a show at one of the Valley’s performing arts centers, learn something new together with a skiing or snowboarding lesson at Roundtop Mountain Resort or enjoy ice skating at Twin Ponds.

If you are in need of a restaurant suggestion, check out the list of eclectic dining hotspots in downtown Carlisle at VisitCumberlandValley.com, options include Italian, Belgian, Moroccan, Japanese, English and more. You can also dine with views of the Susquehanna River at Dukes Riverside Bar & Grille, Dockside Willies and RockBass Grill in Wormleysburg.

When it comes to gifts, think outside the traditional candy box and pick out something tasty at one of the Valley’s candy shops. Pick up a few nostalgic sweets at Georgie Lou’s Retro Candy & Gifts in Carlisle, delicious brittle at Brittle Bark in Mechanicsburg, or delicate chocolates at Macris Chocolates in Lemoyne.

If you’re looking for a perfect piece of jewelry for your special someone head to Creative Elegance in Camp Hill to browse their Sorrelli collection, Higashi Pearls & Fine Jewelry in Lemoyne for a one-of-a-kind selection or Meeka Fine Jewelry in Camp Hill for a custom-made piece.

The perfect complement to any gift is a bottle of wine. Browse our local wineries or visit Casterigg Wine Shop in downtown Carlisle to find the right bottle to share. If you’re shopping for a beer-lover, grab them a growler at one of the Valley’s breweries including Molly Pitcher Brewing Company, Appalachian Brewing Company, Pizza Boy Brewing at Al’s of Hampden and Market Cross Pub & Brewery.

Find a complete list of restaurants, attractions and shops by town at VisitCumberlandValley.com. February is also filled with fun events and happenings throughout the Valley. View a sampling below.

**50 Shades of Chocolate @ Kitchen Shoppe & Cooking School – Feb. 5th**

There’s nothing we desire more than... chocolate! This class is just in time to inspire your Valentine’s Day menu. Join Janice as she shows you all the wonderful things you can do with white, milk and dark chocolate – not only in desserts, but in savory dishes as well.

**Teen Chocolatier Series: Valentine Heart Chocolate Box @ Brittle Bark – Feb. 6th**

Learn how to make an assortment of truffles, creams, nut & mixed berry clusters, and dipped fruits; fill a heart-shaped Valentine’s Day box. This class is part of Brittle Bark’s Chocolatier Series for Youth, which offers a unique opportunity to learn about chocolate. Each class focuses on teaching through demonstration and personal guidance the techniques used to create a specific project.

**Valentine’s Dinner @ Hauser Estate Winery – Feb. 12th**

Love is in the air! Enjoy a romantic dinner featuring Fabio Carella Catering. Toast to your sweetheart with fabulous food, wonderful wines and sinful ciders. Bryan Herber will provide music from 6 to 9 pm. Doors will open at 6 pm and the dinner buffet will begin at 7 pm.

**Joe Nichols @ The Luhrs Center – Feb. 13th**

One of country music’s most praised traditional country artists, Joe Nichols is a 4x GRAMMY nominee, including Best Country Album and Best Country Male Vocal Performance (2 consecutive years) and Best Country Song for his #1 debut single “The Impossible.”

**5th Annual USAHEC Re-enactor Recruitment Day @ USAHEC – Feb. 20th**

USAHEC invites the public to meet and greet a variety of living history organizations and reenacting groups representing a range of historical periods from world military history. There will be special presentations and fun for everyone. Enjoy the museum exhibits and gift shop.
Middle School & Teen Program Clothing Pick Up
BY: MERIAH SWOPE

This past month at the McConnell Youth Center, the Middle School & Teen Program, participated in a clothing pick up for the Purple Heart Foundation. This program is supported through Green Drop which is solicited by the Military Order of the Purple Heart to collect clothing to support American Veterans. The clothes were given by Carlisle Barracks Families and by Boys & Girls Clubs of America. After families at the Youth Center were able to sort through the clothing and take what they needed, we called the Military Order of the Purple Heart to pick up the remaining clothes to support the greater military community. The youth at Carlisle Barracks assisted in the process by sorting and bagging up the clothes before they were picked up. We look forward to this partnership in the future and an enormous thank you to Green Drop for coming to pick up the clothes!
Apps to Help Service Members Seek Non-Medical Counseling

Relationships and stress can greatly affect your service members’ readiness and their families’ levels of satisfaction in life. MoodHacker, CoachHub and Love Every Day are three components of Military OneSource’s new suite of mobile solutions that can help improve their quality of life. CoachHub is designed as a standalone coaching platform, or one that can be used to take MoodHacker to the next level by providing coaching to assist users in managing their stress and moods. These no-cost, easy-to-use mobile solutions can help reduce stress and spark some fun whenever and wherever it is most convenient.

Military OneSource helps boost the quality of your service members’ and their families’ lives with these mobile tools:

- **MoodHacker**: Get an edge on managing mood with MoodHacker. This self-directed tool will help users track, understand and ultimately improve their moods and mental well-being.

- **CoachHub**: Help meet stress management goals with an online coach through CoachHub. Coaches can view user progress and results in real time to keep them on track, whenever they need it.

- **Love Every Day**: Users can connect with their partners in a fun and meaningful way to improve the stability and resilience in their relationship with Love Every Day. Couples get personalized text messages to help them develop a renewed sense of connection.
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