in this issue:
celebrating fathers
Houseparenting: The toughest job you’ll ever love.

Full-Time & Weekend Opportunities

Houseparents live on campus and care for up to 12 children from poverty in student homes. Their responsibilities include overseeing the basics of day-to-day living, such as meals, chores, activities, and homework. In this role, they also nurture, care for, and mentor the students with the goal of inspiring and enabling each one to reach his or her full potential.

Rewards:
- The opportunity to make a real difference
- $69K per year per couple for Full-Time
- $700 per weekend per couple for Part-Time
- Paid training
- Benefits package and relocation assistance for Full-Time

MHS is the world’s largest residential school for students in pre-kindergarten through 12th grade. To learn more about our houseparenting job opportunities, visit [www.mhsKids.org](http://www.mhsKids.org).

Equal Opportunity Employer
We wanted to find a photo that represented Father’s Day and Flag Day for our June cover. We think we hit the mark with this happy family re-uniting after a year-long deployment. Happy Father’s Day!

JOHNSTOWN, PA – More than 20 members of Detachment 1, Company C, 2-104th Aviation, returned from a yearlong deployment to Kosovo, Dec. 14, 2011.

(U.S. Army photo by Sgt. Matt Jones/released)
Courtesy of Fort Indiantown Gap Public Affairs Office

### features

<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>2013 pa national guard military spouse of the year</td>
</tr>
<tr>
<td>10</td>
<td>summer safety</td>
</tr>
<tr>
<td>11</td>
<td>warming up and cooling down</td>
</tr>
<tr>
<td>15</td>
<td>regal fritillary butterfly</td>
</tr>
<tr>
<td>18</td>
<td>o mein gott, die rebels!</td>
</tr>
<tr>
<td>19</td>
<td>a father’s day gift guide</td>
</tr>
</tbody>
</table>

### regulars

<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>letter from the director</td>
</tr>
<tr>
<td>6</td>
<td>thorpe fitness schedule</td>
</tr>
<tr>
<td>7</td>
<td>carlisle barracks directory</td>
</tr>
<tr>
<td>12</td>
<td>carlisle mwr happenings</td>
</tr>
<tr>
<td>14</td>
<td>fort indiantown gap mwr happenings</td>
</tr>
<tr>
<td>18</td>
<td>exploring cumberland valley</td>
</tr>
</tbody>
</table>
LETTER FROM THE DIRECTOR

Elizabeth Knouse - Director

June is a month of celebration. As a nation we will celebrate the Army’s Birthday and Flag Day on June 14th. In communities across the country, the flag will be displayed proudly on front porches, school buildings, local businesses, state and federal buildings. Did you know that Pennsylvania is the only U.S. state to celebrate Flag Day as a state holiday? This year we also celebrate the 238th Army Birthday. We commemorate America’s Army – Soldiers, Families and civilians – who are achieving a level of excellence that is truly Army Strong. We also celebrate our local communities for their steadfast support of our Soldiers and families. We are “America’s Army: The Strength of the Nation.

Of course June is well known as the month to celebrate Dads and Grads. Is your Dad an avid golfer or bowler? Why not surprise him with a gift certificate for a few rounds at the Carlisle Barracks Golf Course or perhaps purchase a few sessions with our golf pro to help improve his game. The pro shop at Carlisle Barracks Golf Course offers a wide range of golf clubs, bags, balls, tees/markers, apparel and accessories, any of which would be a great gift for the dad who enjoys golf. Stop by the Strike Zone Bowling Center to pick up a gift for any Dad who loves to bowl. From balls and shoes to bags and accessories, we have the largest inventory and most reasonable prices in the area. Our pro shop is also operated by an IBPSIA (International Bowling Pro Shop and Instructor Association) and USBC (United States Bowling Congress) coaching certified professional, which means you’ll get the one-on-one expert advice you deserve when purchasing equipment.

Don’t forget the pools at Fort Indiantown Gap and Carlisle Barracks are open for families to relax and enjoy a break from the summer heat. Whatever your summer plans include please be sure to check out our article on Summer Safety in this issue. The article provides tips on how to enjoy summer activities and avoid seasonal hazards. Happy Summer!

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.
Youth Pottery Classes
Saturday Mornings
June 22-July 27
8-11:30 am, Ages 10-18
$15*

Non-refundable payment due at time of registration.

Learn the basics of pottery, including hand building & wheel work, taught by experience local artist Traci Barnhart-Stirkey

Sign up on-line
https://webtrac.mwr.army.mil/webtrac/carlsleyms.html

Classes taught at Skills Development Center, 1710 Jim Thorpe Rd., Carlisle, PA

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Back & Neck Pain - Shoulder & Knee Pain
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You have control when CHOOSING your PHYSICAL THERAPIST.

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FRI JUNE 7th 9pm-10:30pm
(After Dodgeball)

YS Members 1st - 12th grade

Includes:
• 3 games of bowling
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• snacks & drinks
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Stop by and try our new Auto Detailing Service

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Custom Van - 129.95

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Vacuum interior
Clean carpets throughout
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for appointment
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Thorpe Hall is available for use by active duty, retired military and their authorized family members, DA civilians, Reserve and National Guard personnel, DoD contracted employees, technical representatives, and employees of military banking facilities and credit unions.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 0830 - TRX (Brian)</td>
<td>0900 - Body Blast (Leigh)</td>
<td>1000 - Healthy Back (Leigh)</td>
<td>1000 - TRX for Adults over 40 (Brian)</td>
<td>1200 - TRX (Brian)</td>
<td>1630 - TRX Basic (Leigh)</td>
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<td>1630 - Boot Camp (Leigh)</td>
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<td>1800 - Tae Bo (John Cerifko)</td>
<td>7 0830 - MMA Fitness Workout 1000 - intro to Strength Training (Angela)</td>
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<td>0900 - Zumba (Angela)</td>
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<td>1800 - Tae Bo (John Cerifko)</td>
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<td>0900 - Boot Camp (TRX/Rowing Battle-Ropes / Agility drills/Kettle Bells (Brian /Leigh)</td>
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<td>23 0900 - Zumba (Angela)</td>
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<td>1630 - Tae Kwon Do/John Cerifko</td>
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<td>24 0900 - Intro To TRX (Angela)</td>
</tr>
</tbody>
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**Did you know?**

Father’s Day is celebrated in the United States on the third Sunday of June. Credit for the Father’s Day celebrations is given to Sonora Smart Dodd from Spokane, Washington.

The first Father’s Day was observed in the State of Washington on June 19, 1910. The idea of officially celebrating fatherhood spread quickly across the United States. In 1924, President Calvin Coolidge recognized Father’s Day as the third Sunday in June of that year and encouraged states to do the same. Congress officially recognized Father’s Day in 1956 with the passage of a joint resolution.

Ten years later, in 1966, President Lyndon Johnson issued a proclamation calling for the third Sunday in June to be recognized as Father’s Day. In 1972, President Richard Nixon permanently established the observance of the third Sunday in June as Father’s Day in the United States.
USAG CARLISLE BARRACKS

MORALE WELFARE & RECREATION

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☎ 717-245-4533
Sponsorship and Advertising
☎ 717-245-3777
Finance
☎ 717-245-4696
Barracks Crossing
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Carlisle, PA 17013
Tue, Wed & Fri 10:00 a.m.-4:00 p.m.
Thurs 10:00 a.m.-8:00 p.m.
Sat 9:00 a.m.-4:00 p.m.
Closed Sat prior to a Monday Holiday
Auto Crafts
Mon-Fri 8 a.m.-4 p.m.
☎ 717-245-3156
Auto Self Service
☎ 717-245-3156 call for availability
Frame & Engraving
☎ 717-245-3319
Frame Studio - Self Help
Thurs 1:00 p.m.-8:00 p.m.
Fri 10:00 a.m.-4:00 p.m.
Sat 9:00 a.m.-4:00 p.m.
☎ 717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Thurs 8:30 a.m.-9 p.m.
Fri 8:30 a.m.-10:00 p.m.
Sat 9:00 a.m.-9:00 a.m.
Sun 1:00 p.m.-7:00 p.m.
Strike Zone Bowling
☎ 717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Fri 7:00 a.m.-dusk
Sat & Sun 6:00 a.m.-dusk
Golf Course
☎ 717-243-3262
19th Hole Snack Bar
☎ 717-245-3267
Child, Youth & School Age Services
637 Liggett Road
Carlisle, PA 17013
Mon-Fri 6:30 a.m.-6:00 p.m.
CYS Division Chief
☎ 717-245-4283
CYS Central Registration
☎ 717-245-3801

School Liaison Officer
☎ 717-245-4638
Youth Center
☎ 717-245-4555
Youth Sports
☎ 717-245-4170
Child Development Center
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:15 a.m.-5:30 p.m.
☎ 717-245-3701
Letort View Community Center
513 Lovell Avenue
Carlisle, PA 17013
☎ 717-245-4329
Letort View Catering
Mon-Fri 7:00 a.m.-2:00 p.m.
Sat 9:00 a.m.-4:00 p.m.
☎ 717-245-4883
USAHEC Catering
☎ 717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
☎ 717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7 a.m.-2 p.m.
☎ 717-245-3319
Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
☎ 717-245-3319
Leisure Travel Services
Mon-Sat 9:00 a.m.-5:00 p.m.
☎ 717-245-3377
Leisure Travel Services
632 Wright Ave.
Carlisle, PA 17013
☎ 717-245-3377
School out of session:
Sun 8:00 a.m.-5:00 p.m.
Sat 7:00 a.m.-5:00 p.m.
☎ 717-245-3560
Tiki Bar
Mon-Fri 9:00 a.m.-5:00 p.m.
✓ 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
☎ 717-245-3500
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
Post Lodging
☎ 717-245-4245
Post Office, USPS
☎ 717-258-1930
Thrifty Shop
☎ 717-243-1434
Vehicle Registration
☎ 717-245-4115
Vet Clinic
☎ 717-245-4168

Root Hall Gymnasium
Mon-Fri 5:30 a.m.-8:30 p.m.
Sat, Sun & Holidays Closed
☎ 717-245-4343/3906/4029

Indian Field Fitness Center
Mon-Fri 5:00 a.m.-8:30 p.m.
Sat 7:00 a.m.-5:00 p.m.
Sun 8:00 a.m.-5:00 p.m.
Holidays 10:00 a.m.-3:00 p.m.
☎ 717-245-3535

Pool (opens Saturday, May 25)
School in session
Monday-Friday
Lap swim: 11:00 a.m.-noon
Open swim: 4:00-7:00 p.m.
Saturday-Sunday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
School out of session:
Monday-Friday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
Saturday-Sunday
Lap swim: 11:00 a.m.-noon
Open swim: noon-7:00 p.m.
☎ 717-245-3560

Tiki Bar
Thurs-Fri 4:00-10:00 p.m.
Located next to the Splash Zone pool.
☎ 717-245-4352

ARMY COMMUNITY SERVICE
632 Wright Ave.
Carlisle, PA 17013
Mon-Fri 7:30 a.m.-4:30 p.m.
Family Advocacy Manager/
Exceptional Family Member
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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

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GOLF LESSONS

Carlisle Barracks Golf Course
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kathybirdies@gmail.com

members of the US Army

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☎ 717-245-3923

Commissary
☎ 717-245-3105

Members 1st Credit Union
☎ 717-245-3900

Dental Clinic
☎ 717-245-4542

Dunham Health Clinic
☎ 717-245-3500

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

Thrifty Shop
☎ 717-243-1434

Vehicle Registration
☎ 717-245-4115

Vet Clinic
☎ 717-245-4168
"I am the proud wife of a PA National Guard soldier." - Kathy Kling, 2013 Pennsylvania National Guard Military Spouse of the Year.

Kathy Kling is a busy woman. A recent college graduate, she works full time as a nationally registered paramedic, however Kathy still finds time to volunteer. As a military spouse Kathy serves as the National Guard/Reserve family coordinator and the PA chapter director of Blue Star Families. She is also the co-chair for the battalion Family Readiness Group. "I volunteer as a mentor for other military spouses and help them with the struggles they may face." says Kathy.

Kathy is busy in her local community as well. She volunteers at her local fire department as an EMT, sits on various committees, volunteers with the ladies auxiliary and helps to coordinate the carnival and breakfast with Santa that the fire department hosts each year. In her spare time, she also teaches CPR and First Aid to local organizations. Kathy also volunteers her time with the local outdoor 4H group.

In addition to being a busy volunteer, Kathy is the mother of a very active 10 year old daughter, Laurynn. Volunteering is a way for Kathy to support her husband and her daughter. She also sees volunteering as a way to instill good morals and values for her daughter and be a positive role model in her community.

The Klings have faced five deployments over their seven year marriage, spending almost half their marriage apart. Her husband Jason Kling is serving with the National Guard in Afghanistan. He is a member of the 2nd 104th GSAB of Fort Indiantown Gap. Kathy especially likes mentoring new spouses. She says, "It’s nice to sit down and talk with them and tell them the deployments don’t get easier, but dealing with them does.”

Kathy appreciates the support she has been shown by her community, her fire department and her Family Readiness Group. The support she has been given helps strengthen her in supporting Jason. Passing that support on to other military Families is a promise she made to herself and she is proud to keep.
NEW YORK CITY

GROUN ZERO

June 22

$54 per person

Registration required by: June 17

There’s so much to see and do in the Big Apple! If you’re visiting New York City and wondering what to do, check out our great tour options. Whether you want to see the latest Broadway Musical, experience New York City’s best museums and attractions or go shopping and dining. Plan your day in New York and let us take you there in the carefree comfort of a motorcoach. Take New York City into your own hands… The city is yours for the day when it’s New York City “On Your Own”. Please have dinner in the city before departing for home.

Carlisle Barracks Leisure Travel Services
located at two great locations:
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(located beside the Commissary)
245-4048/3309

U.S. Army Heritage and Education Center
950 Soldiers Drive
245-3883

www.carlislemwr.com

facebook.com/PADiscountTickets

NOW AT THE GAP!

Hershey Park

1 Day Admission Discount Tickets

$37 Adults (save $21.80)

$33.50 Children (3-8) (save $4.30)

$33.50 Seniors (55-69) (save $4.30)

Get your tickets at Leisure Travel Services
3 great locations available

842 Sumner Road
(Beside the Commissary)
Carlisle, PA
Mon-Fri 9 am-5 pm
245-4048/3309

950 Soldiers Dr, Carlisle PA
Thur Fri & Sun 12-5 pm
Sat 9 am-1 pm
245-3883

Fort Indiantown Gap Community Club
Big 9-65 Fisher Ave
Annville, PA
Wed-Sat 9 am-1 pm

facebook.com/PADiscountTickets

www.carlislemwr.com
Summer Safety
By: Jacqueline Chicchi

The warm temperatures of spring and summer make us all eager to enjoy downtime outdoors. It is also the perfect time to raise awareness of common seasonal hazards. Following the tips provided will help you and your family enjoy a happy, healthy summer.

Sports and Fitness
- Minimize injuries with proper planning before physical activities.
- Sports and physical training produce the most injuries.
- Proper gear and equipment play a role in injury prevention.
- Clothing should be light, loose and comfortable.
- Don’t go out in extreme heat; stay indoors for activities.

Driving Distracted
- Drive time isn’t downtime for eating, grooming or calling.
- Keep your hands on the wheel and your mind on the road.
- Pull over if you need to answer the phone or adjust your GPS.
- Driving deserves your attention – you only have one life to lose.

Boating
- Take a boating safety course and check your safety equipment.
- Wear a life jacket and have one on hand for all passengers.
- Don’t consume alcohol.
- Check the weather forecast.
- Operate your boat at safe speeds.

Water Safety
- Learn to swim.
- Alcohol and water do not mix!
- Read and obey all rules and posted signs.
- Never dive into lakes and rivers – hidden dangers may lurk beneath the surface.
- Watch for the dangerous “too” – too tired, too cold, too far from safety, too much sun and too much strenuous activity.
- Know how to prevent, recognize and respond to emergencies.

Fireworks Safety
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire.
- Stay a safe distance away after lighting.
- Never allow children to play with or ignite fireworks, and always have an adult supervise fireworks activities.
- Make sure fireworks are legal in your area before using or buying.
- Never try to re-light or pick up fireworks that have not ignited fully. Douse spent devices with water before discarding.

Bicycle Safety
- Conduct a safety check on your bicycle before riding.
- Don’t use headphones, earphones, or other listening devices while cycling.
- During periods of limited visibility, use a headlight and taillight and wear a reflective upper-outer garment.

Vacation Safety
- Maintain your vehicle so it’s ready for the road.
- Wear sunscreen protection and reapply as directed.
- Stay hydrated.
- Never operate a watercraft while under the influence.
- Always wear a life jacket.

Pedestrian Safety
- Distracted walking can kill. Take off the headphones and put away the cell phones.
- Cross the street at a designated crosswalk.
- If you have to walk on a road that does not have sidewalks, walk facing traffic.
- Increase your visibility at night by carrying a flashlight and wearing reflective clothing.
- Be aware of your surroundings – it’s a matter of life and death.
warming up and cooling down

BY: SHANE MURR, HEALTH TECHNICIAN

As the weather continues to improve, many spring and summer sports return as a regular staple of our days and weekends. Golf is no exception; mild mornings and great conditions allow recreational and competitive golfers the chance to play 18 holes and refine their game. It’s important to remember, however, that without proper preparations, golfers and other athletes may find themselves spending more time feeling sore or stiff at home than enjoying the game they love.

Research consistently demonstrates the benefits of a warm-up and cool-down to bookend a workout. The American College of Sports Medicine recommends a warm-up as a way “to prepare the body for exercise by increasing heart rate and blood flow to working muscles”. A short aerobic warm-up that includes walking, jogging, jumping jacks, or other forms of low-to-moderate intensity cardiovascular exercise achieves this goal. After a general warm-up, light but specific movements associated with the workout or sport can be introduced. In golf, the muscles are worked in multiple planes. They are twisted, shortened, and lengthened to complete the necessary motions involved with swinging a golf club. As a result, movements such as trunk rotations, side bends, and hip abduction/adductions will loosen muscles typically engaged during golfing – the core, obliques, and hips, respectively. These dynamic stretches move the body through a full range of motion to prepare for more vigorous demands that will be placed on the muscles during activity.

Often neglected, a cool-down does just the opposite of a warm-up by slowly returning muscles to their resting state. A cool-down is a valuable tool for aiding recovery and decreasing muscle soreness in the days following a round of golf or any other exercise. Like the warm-up, a lower intensity cardiovascular exercise is recommended, as well as some stretching. Cool-down stretches are often static stretches (toe touches, standing hurdler’s stretch, etc.), although the same dynamic stretches used during warm-up can also be utilized as part of the cool-down.

When strains, sprains, and tweaks are experienced, it is always best to err on the side of caution and give your body the rest it requires before continuing with any training or exercise programs. General soreness or fatigue that is not associated with any particular injury can be common early in a training program. In these instances, a lower intensity workout may be substituted in place of a normal one to assist with recovery while still allowing the individual to maintain a regular exercise routine. Using a proper warm-up and cool-down and listening to the cues of your body will ensure that you enjoy a full outdoor sports season without interruption from injury!
Regal Cinema Discount Tickets: Red Tickets $7 (Limited) and Blue Tickets $8 (premium). Not applicable to any 3D film. ($9.25 Regular cost at door).

Baltimore Aquarium: Discount tickets available.

Discount Tickets for your Florida Vacation.

New York City "Day On Your Own": July 20. $54 per person (includes transportation/fee/bus leader). Registration required by Jul 15.

Hershey Park Discount Tickets: One-Day Admission. $37.00 Adults (save $21.80), $33.50 (3-8) (save $4.30) and $33.50 Seniors (55-69) (save $4.30).

Harrisburg Senators Baseball Vouchers. Good for any one home game during the 2013 Season. Box Seats $8 (save $2).

BOWLING – 📞 245-4109

Strike Zone Summer Saver Card: Save $150 on Summer Bowling. 50 Games - $25. Good till August 31.

Saturday Night Cosmic Bowling: Every Sat, 7:00-9:00 p.m. $9 p/p. Bowling, Cosmic Lights and Top 40 Hits!

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

CHILD YOUTH AND SCHOOL SERVICES 📞 245-4555/3701

Youth Fitness Center: Open to YS members ages 10 and up every day after school. Youth are always supervised by a trained staff member. FREE!


Homework Tutor: FREE program, Mondays and Thursdays from 4:30-6:00 p.m. at Youth Services. Help in reading, writing and math for grades K-8. International Fellow families are also welcome to register. Call Youth Services for details.

Summer Camp Registration for School Age Summer Camp Register Today-through August 9, 2013. Summer Camp is for children in grades K-6, and is a paid fee program. Fees vary based on Total Family Income according to the Army Fee Policy. This is a day camp that runs 11 weeks throughout the summer. Registration must be done in advance of the week or weeks that are desired. Campers must be Child & Youth Members.

Good Bye Rock-n-Bowl, Friday, June 7, after dodgeball 9:00-10:30 p.m., FREE, 1st-12th grade YS Members, Strike Zone, Up to 3 games of bowling, snacks, drinks & shoes will be provided. You may purchase more food on your own

2013 AWC Graduation Child Care, Saturday June 8, 2013, 8:00 a.m.-noon, Fun Activities & Snack. *Open to CYSS members, Infants-5 years, $16/child, 717-713-4747, Moore CDC, 455 Fletcher Road, *non-CYSS members will need to fill out a short registration form and provide child’s updated immunization record


Middle School Teen Paintball Tent & Cook Out, Saturday June 29, 1:00-5:00 p.m., 6-12th grade YS members, Youth Services Building, Youth will have the opportunity to be trained on how to set up and work on the equipment. We will provide a cook out of hamburgers/hotdogs and snacks with drink. FREE

OUTDOOR REC – 📞 245-4616

Whitewater Rafting: July 21, 7:30 a.m.-8:00 p.m. Ohiopyle, PA on the Lower Yough River. $85 per person (includes transportation, equipment & lunch riverside). Class III & IV trip. Must register by July 5.
Splash Zone Swimming Pool: Open for Business. Daily, 11:00 a.m.-noon (lap swimming), noon-7:00 p.m. (open swimming) and the pool will be cleared daily during “Retreat.” On day’s when High School is in session the hours of operation will be Monday-Friday 11:00 a.m.-noon (lap swimming) and 4:00-7:00 p.m. (open swimming), Saturday-Sunday 11:00 a.m.-noon (lap swimming) and noon-7:00 p.m. (open swimming.)

Swim Lessons: June 17-28, July 8-19 and August 5-16. $40 per student per session. 245-3560/4616

GOLF – 243-3262
Open Golfing and Driving Range:
Open Mon-Fri, 7:00 a.m.-dusk and Sat & Sun, 6:00 a.m.-dusk.

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

BOSLER/MWR LIBRARY PARTNERSHIP
Log on to www.carlislemwr.com for library services and programs sponsored by MWR.

UPCOMING EVENTS
Activities and events are subject to change without notice. For more information, visit our website www.carlislemwr.com

NFL PUNT PASS and KICK!, FREE Saturday July 27, 4:00-6:00 p.m., Boys & Girls ages 6-15, Must register on line www.nflppk.com to participate & for competition rules

HIGH SCHOOL WELCOME JAM,
July 30 6:00-9:30 p.m., LVCC pool pavilion

MIDDLE SCHOOL WELCOME JAM,
July 31 6:00-9:30 p.m., LVCC pool pavilion

GET A JOB WITH US USAJOBS.GOV

After retiring from the military at the AWC, my husband Neil and I knew this was the place we wanted to call home. The area’s diversity of cultural events and activities provides a rich environment for families and singles alike. We are located a few hours from many major cities including Washington DC, Baltimore, New York City, Philadelphia and Pittsburgh.

If you would like more information why our area is so appealing to military families, give me a call. Perhaps my hometown will become your hometown.

KAY HOCK
Accredited Buyers Representative (ABR)
Certified Residential Specialist (CRS)
Hook, Hook & Eckman Realtors LLC
Office: 717-249-1844
Cell: 717-448-3558
Kay@thinkhhe.com

WWW.1STCHOICEMAG.COM | JUNE 2013 13
UPCOMING EVENTS:

Pool Opening
June 1-August 18

North of 40-PA
Southern/Classic Rock /Country
Party Band
Saturday, June 15, 8:00 p.m.

UFC 161: Evans vs Henderson
June 15
Doors Open at 5:00 p.m.

Warrior Appreciation Night
@ Keystone Warrior Pool (military only)
June 22 - 7:30-10:30 p.m.

3rd Annual America's
911 & Military Tribute Bike and Car Show
July 21 - 10:00 a.m.-3 p.m.

Kat & The Mad Dogz
August 3 - 9:00 p.m.

More Details & Events: facebook.com/FTIGCommunityClub

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

MWR PROGRAMS
Marketing
717-245-4698

Corporate Sponsorship
717-245-3777

Community Club
Bldg. 9-65 Fisher Ave
Annville, PA 17003
717-861-2450

Community Club Catering
717-861-2450

Box Car Coffee Shop
717-861-2619 / 2450
Mon-Fri 6:00-10:00 a.m.
Drill Weekends 6:00-9:00 a.m.

Arrowheads Bar and Grill
717-861-9481
Mon-Thurs 11:00 a.m.-1:00 p.m.
4:00 p.m.-Midnight
Fri: 11:00 a.m.-1:00 p.m.,
4:00 p.m.-2:00 a.m.
Sat: 5:00 p.m.-2:00 a.m.

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

DMVA Cafe
717-861-2450

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

Leisure Travel Services
Bldg. 9-65 Fisher Ave
Annville, PA 17003
717-245-4048
April-September
Wed-Sat 9:00 a.m.-1:00 p.m.

All-Army Sports Program
717-861-2647

Blue Mountain Sports Arena
Call for classes available
Bldg. 4-117
Annville, PA 17003
717-861-2711

Summer Hours:
Mon-Fri: 6:00 a.m.-9:00 p.m.
Sat-Sun: 8:30 a.m.-8:00 p.m.

Warrior Fitness Center
Bldg. 12-99
Annville, PA 17003
Open 24/7 with access key
717-861-9611

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

OUTDOOR RECREATION:

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

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
717-861-1923

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
717-861-2152

Sports/News/UFC
Showing on 13 HDTV’s

Line Dancing Every Tue &
Every Other Sunday
$3 per person
6:00-7:00 p.m. - Lesson
7:00-9:00 p.m. -
Open Dance Party

Kids 12 and under eat FREE
From the kids menu every
Monday with purchase of an
adult meal.
Did you know that the largest population of the rare grassland butterfly, the Regal Fritillary, is in the eastern U.S. and is located at Fort Indiantown Gap? The Regal Fritillary (Speyeria idalia) is a large, orange and black butterfly that was once found commonly throughout the Northeast. It looks like a “Monarch Butterfly dipped in chocolate.”

The only other eastern population of the Regal Fritillary is at Radford Army Ammunition Plant (RAAP), in Virginia. Ironically, the Regal Fritillary is dependent on military training disturbances to the surrounding soil which supports the consistent re-growth of early plant communities and supports vegetation essential to survival of the species. The three main elements that help support the success of this butterfly population include: violets for larvae, nectar sources for adults, and warm season bunch grasses for protection and cover.

Over the past 10 years, in early July, Fort Indiantown Gap has offered free tours open to the public to see this rare population of Regal Fritillary butterflies and its associated habitat. “The Regal Fritillary butterfly colony at Fort Indiantown Gap continues to thrive alongside military training equipment thanks to our dedicated wildlife staff,” said Col. Samuel Hayes, former commander of the Fort Indiantown Gap National Guard Training Site. “These tours are popular for visitors of all ages because participants are able to see and learn about the butterfly in its natural habitat.”

For more information about the tours, visit www.dmva.state.pa.us and click on the Featured Topics tab, or call the Wildlife Office at 717-861-2449.
There’s so much to see and do in the Big Apple! If you’re visiting New York City and wondering what to do, check out our great tour options. Whether you want to see the latest Broadway Musical, experience New York City’s best museums and attractions or go shopping and dining. Plan your day in New York and let us take you there in the carefree comfort of a motorcoach. Take New York City into your own hands. The city is yours for the day when it’s New York City “On Your Own”. Please have dinner in the city before departing for home.

Carlisle Barracks Leisure Travel Services

17:30 am Depart CBks Bowling Ctr
11:00/11:15 am Arrive Ground Zero
1:00 pm Bus Transports group to

842 Sumner Road
Bryant Park (Times Square Area)
(located beside the Commissary)
245-4048/3309
11:30/11:00 pm Arrive back at CBks

Carlisle Barracks Leisure Travel Services
located at two great locations:
842 Sumner Road (located beside the Commissary)
950 Soldiers Drive
245-4048/3309

www.carlislemwr.com

facebook.com/PADiscountTickets

$54 per person
( includes transportation/fees/bus leader)

Registration required by: July 15

July 20

Now at the GAP!

facebook.com/PADiscountTickets

NOW AT THE GAP!

Paintball Tent & Cookout

Saturday June 29
1PM-5PM

VS Members 6-12th grade

Come out for a FREE afternoon of paintball!
Food & Drinks provided!
Come out early & learn how to set up the tent and use the equipment.

Strike Zone Bowling Center

BOWLING SUMMER SAVER
 SAVE $50 on SUMMER BOWLING

(717) 245-4109

www.carlislemwr.com

NOW AT THE GAP!

facebook.com/PADiscountTickets

NOW AT THE GAP!

facebook.com/PADiscountTickets
SHAPE’s Solstice Arts Festival – June 15th
This growing unique and downright eclectic festival features the fine arts, great musicians, sustainability, wellness, children’s activities, creative activities for all ages, good food and family fun!

85th Annual Jubilee Day – June 20th
Jubilee Day is the largest one-day street fair in the eastern United States. A main stage is constructed at the square where live music can be heard almost all day. Plenty of food, arts, and craft vendors line the streets.

Carlisle GM Nationals – June 21st-23rd
One of the most diverse of General Motors events, this is the place to be each June. Organized by year, make and model, the National Parts Depot showfield will be loaded with top quality restored classics, original muscle cars and modified high-performance new models.

Carlisle Summerfair – June 27th-July 7th
Summerfair originated in 1978 and continues since with its commitment to provide the community with family-friendly events offered at no cost. Major events include a 5k/10k run, an all-star softball game, the Summerfair Musical at Carlisle Theatre, a parade and ice cream social, a concert, a craft show/festival, and fireworks.

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.

June is the perfect month to celebrate summer fun with the whole family. Plan a beach day without the long drive. Pine Grove Furnace State Park and Colonel Denning State Park both have lakeside beaches so you and the family can enjoy picnicking, swimming and a day in the sun and sand.

If you are feeling more adventurous plan a day at Roundtop Mountain Resort. Take on the Vertical Trek canopy tour featuring 10 zip lines. When it’s time to cool down, hop in one of the OGO balls for a thrilling trip down the hill.

Discover more outdoor fun, and a collection of summertime activities including farmers markets, historical attractions, racing events and more at www.VisitCumberlandValley.com.

The month of June is filled with Valley events. Enjoy the warm weather with a downtown festival, outdoors celebration or music event. Here’s a sampling.

Foundry Day in Boiling Springs – June 1st
This juried arts and crafts festival features the original works of 100 fine artists and craftsmen of the Pennsylvania Guide of Craftsmen as well as professional artists and craftsmen from throughout the country.

Beauty & the Beast at Allenberry – June 1st-22nd
Enjoy this performance by our Children’s Theatre. Beauty and the Beast is the classic story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped in a spell placed by an enchantress.

Summer Artist Series – June 2nd-August 4th
The Carlisle Parks and Rec Department is again sponsoring the Summer Artist Series at Thornwald Park. Bring and blanket or lawn chair. Performances start at 6:30 pm.

Carlisle Ford Nationals – June 6th-9th
The entire family will enjoy the largest and most thrilling all-Ford event in the world. Ford, Mercury and Lincoln fans will have a showcase of over 2,200 vehicles to check out on the National Parts Depot showfield.

Appalachian Trail Museum Festival - Pine Grove 100th Anniversary Event – June 8th
The A.T. Museum located within the park will host its annual festival, celebrating A.T. hiker culture with special guest speakers and activities for all ages.

Newville Fountain Festival – June 14th-15th
The theme for 2013 is “It’s a Grand Old Flag.” Friday night’s festivities include a parade followed by live music and dancing in the streets at the Fountain. Saturday features exhibits, entertainment, food and crafts.

The Mechanicsburg Civil War Days, June 28, 29 and 30, mark 150 years since cavalry forces led by Brig. General Albert G. Jenkins, CSA, occupied Mechanicsburg and eastern Cumberland County during the Confederate invasion of Pennsylvania in 1863. Mark your calendars for the last weekend in June which offers living history in a variety of educational and entertaining settings. Witness the Occupation and Requisition of Mechanicsburg! Learn how Confederate military activities four miles from Harrisburg impacted President Lincoln and Governor Curtin who feared political and economic losses by the apparent capture of the Keystone State Capitol! Follow the Civil War Trails to points of Union and Confederate military interests in recognition of these three days of local civil war history! For more information, please view the Civil War Days schedule of events at www.downtownmechanicsburg.com.

o mein gott, die rebels!

By: JAMES GEEDY

The Mechanicsburg Civil War Days, June 28, 29 and 30, mark 150 years since cavalry forces led by Brig. General Albert G. Jenkins, CSA, occupied Mechanicsburg and eastern Cumberland County during the Confederate invasion of Pennsylvania in 1863. Mark your calendars for the last weekend in June which offers living history in a variety of educational and entertaining settings. Witness the Occupation and Requisition of Mechanicsburg! Learn how Confederate military activities four miles from Harrisburg impacted President Lincoln and Governor Curtin who feared political and economic losses by the apparent capture of the Keystone State Capitol! Follow the Civil War Trails to points of Union and Confederate military interests in recognition of these three days of local civil war history! For more information, please view the Civil War Days schedule of events at www.downtownmechanicsburg.com.
Dads typically don’t get much recognition throughout the year, which is why Father’s Day is a great opportunity to recognize and honor your special dad. Buying the perfect gift for your deserving dad can be tricky. I mean… how many neckties can one dad own? Fortunately, your father is “the man”, so if you find something that you think is cool, likely your father will like it too. Normally, if a gift is useful and practical, your father will dig it even more. Here’s a tip: Pick a gift associated with a hobby or activity your father enjoys. Check out a few of our picks…

**GoPro HD Hero3 - Model: CHDHX-301**

Chances are your father has retired the old Polaroid; the GoPro HD Hero3 will launch him into the latest in digital technology. Weighing in at only 2.6 ounces and featuring built-in Wi-Fi the GoPro HD Hero3 shoots hands-free automatically at 30fps with 3 different resolutions and has remarkable low-light performance. Basically, this camera is all your dad needs to begin journey to become the next Michael Bay.

Price: $389.95 get it at the Exchange or online at [https://shop.aafes.com](https://shop.aafes.com)

**Callaway RAZR Fit Xtreme**

Father’s day means two things, gifts and the US Open. If your father is a golfer, your life just got a bit easier. More than 60% of the winners on the PGA Tour last year used one. Callaway’s second-generation adjustable driver offers different playing characteristics with each loft. The sophisticated cupface adds horsepower to this unique loft-specific design theory. Featuring two movable weights and a hosel with three face-angle settings dad is sure to improve his game.

Price: $365 get it at the Carlisle Barracks Golf Course 717-243-3262

**Guide to the Battle of Gettysburg**

If your dad’s a history buff, he’ll love this book. The Guide to the Battle of Gettysburg contains official reports, commanding officers’ observations, and terrain descriptions, as well as easy-to-use maps that allow park visitors to follow the battle as it actually unfolded. The latest addition includes sections highlighting the strategic and operational context for the Gettysburg campaign and background into Lee’s decision to invade Pennsylvania. With Pennsylvania’s commemoration of the 150th anniversary of the Civil War underway, there not many more books that will get your dad excited.

Price: $17.95 get it online at [http://usawc.org](http://usawc.org)

**Mr. Beer Brewmaster Select Edition Home Beer Kit**

Forget the “world’s greatest dad” mug. If your dad is looking for a manly hobby, try introducing him to the art of home brewing. This top-of-the-line brew kit is everything your dad needs to become a full-fledged brewmeister. With this super cool gift idea, dad will be serving his homemade brew at your next get-together.

Price $85.00 get it online at [http://shop.aafes.com](http://shop.aafes.com)

**The Buccaneer Picnic Time Buccaneer Grill, BBQ Tools and Grill Tote**

Your dad will be talk of the tailgate with this sweet set-up. The Buccaneer BBQ grill, tools and tote is the ultimate tailgating cooler and barbecue set-in-one. The tote can carry the BBQ and a fully-loaded cooler at the same time. Its PVC cooler is nestled inside a compartment that houses the portable BBQ. The Buccaneer also features an adjustable shoulder strap with comfort pad, a reinforced waterproof base, three large zippered exterior pockets to store personal effects, padded carry handles, and a stretch cargo cord on the top of the tote to carry a blanket or towel. Don’t let your dad get caught without the Buccaneer at your next tailgating party!

Price: $119.76 Get it online from [http://picnictime.com](http://picnictime.com)
Stay cool this summer with MWR!

NOW OPEN

CARLISLE BARRACKS - SPLASH ZONE
Located behind Letort View Community Center
313 Lovell Ave
Monday-Friday noon-7:00 p.m.
Saturday-Sunday noon-7:00 p.m.
717-245-3560
season & family passes, military rates, children under 5 are free, onsite playground, pavilion, lap hours available
carlisleemwr.com

FORT INDIANTOWN GAP
Bldg. T-4-126
11:30 a.m.-7:30 p.m. daily
717-861-2656
season & family passes, military rates, children under 5 are free, onsite playground, pavilion
gapmwr.com