In this Issue:

Domestic Violence Awareness Month
Dear Legal Eagle
The World, According to This Realtor
Exploring Cumberland Valley
Proudly Serving the Military since 1936.

GEICO salutes our Military members. We’ve made it our mission to not only provide you and your family with great coverage, but also to offer flexible payment options, numerous discounts, and overseas coverage to suit the demands of your unique lifestyle.

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With brisk mornings and leaves just starting to change, it must be October in central Pennsylvania! Time for corn mazes, pumpkin carving and apple picking. Having spent time across the country, there is certainly no better time to be in PA than in the fall. There is so much to see and do, it can be difficult to get it all in just before winter sets in. Family and MWR is here to help you experience it all!

What better way to experience fall at Carlisle Barracks than to join us for the Annual Oktoberfest! This year’s Oktoberfest will be held Thursday-Sunday, October 5-8 at The U.S. Army Heritage and Education Center. There will be fun for all ages with a terrific music line up of live-local entertainment. No Oktoberfest would be complete without the Happy Wanderers Oomph Band. Please come out and join the Family and MWR team celebrating live-local entertainment and tons of food! A full schedule of entertainment, games and tapping of the Official War College MWR Brew. We will once again host the crowd loving competitions such as the Hot Dog Eating Contest, Kids Apple Pie Eating Contest, Keg Toss, Stein Holding Contest, Sauerkraut Eating Contest and even the Wife Carrying Contest. We hope to see you there!

If you are looking for places to go this October, our facilities here on Post offer a variety of trips and tours around the area. Leisure Travel Services has a Disney on Ice Tickets available which is sure to please all ages. For you New York City explorers, a trip planned to the Statue of Liberty is at the end of the month and they also have Radio City “Rockettes” Christmas Show tickets available for purchase. Spending time with your family is important to us in MWR and we love being able to plan trips for the whole family to enjoy. Making memories for your family is what we do!

Looking for ways to improve your community and services? The Army Family Action Plan is the Army’s primary tool to communicate to leaders issues of importance to Soldiers, Retirees, Family Members and Civilians. This gives leaders different perspectives of adjustments and improvements that will improve recruitment, retention and work-life satisfaction. You can submit issues at any time to the Army Community Service’s website at http://carlislebarracks.carlisle.army.mil/acs/forms/afap_request.cfm or give them a call, they are always willing to help! ACS is also seeking volunteers for a one day workshop in November to serve as delegates, recorders, facilitators, subject matter experts and event planners. Please call the Army Community Service AFAP Coordinator at 717-245-4357 to volunteer today.

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

Halloween on the Carlisle Barracks is a fun time of the year. Families, youth, teens and even pets can join us for the Halloween Festivities on Oct 31. The parade and costume contest start at 4:30pm on Indian Field, Trick-or-Treat is from 6-8pm on post and the Middle School and Teen Party is 6-8pm at the McConnell Youth Center. Pictured is Ms. Tiffany of the McConnell Youth Center and her son Dale.

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FAMILY AND MORALE, WELFARE & RECREATION

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
First Sat of each month 8am-Noon (except 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 ☎ 717-245-3156 First Sat of each month 8am-Noon (except prior to a Mon Holiday)
Frame & Engraving
☎ 717-245-3319
Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-4pm ☎ 717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Bowling Hours of Operation: (Winter Hours)
Sep 6, 2016-May 30, 2017
Mon-Fri 8:30am-9pm
Sat 1-9pm (except during Youth Bowling Nov-Mar 9am-9pm)
Sun 1-8pm ☎ 717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm ☎ 717-243-2463
19th Hole Snack Bar
Closes for Winter Nov 23rd
Mon-Fri 10am-2pm ☎ 717-245-3267
Child, Youth & School Age Services
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30am-6pm
CYS Division Chief ☎ 717-245-4283
CYS Central Registration ☎ 717-245-3801
School Liaison Officer ☎ 717-245-4555/4638
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
315 Lovell Avenue
Carlisle, PA 17013
Tue-Fri 9am-6pm
Sat 1-9pm (except during Youth Bowling Nov-Mar 9am-9pm)
Sun 1-8pm ☎ 717-245-3960/4049
Pershing Tavern
Wed-Thur 4-10pm ☎ 717-245-4450
Letort View Catering
Tue-Fri 9am-4pm ☎ 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-Fri 6:30am-5:30pm ☎ 717-245-3377
Leisure Travel Services
842 Sumner Road
Carlisle, PA 17013
Mon-Fri 9am-5pm ☎ 717-245-4048
Outdoor Recreation (ODR)
860 Sumner Road
Carlisle, PA 17013
Hours
Tue-Fri 9am-5pm ☎ 717-245-4616
Sports Director ☎ 717-245-4343/3906
Thorpe Hall Fitness
Mon-Fri 5:00am-7:30pm
Sat 7am-4pm
Sun 8am-4pm
Holidays 10am-3pm ☎ 717-245-3387/3418
Root Hall Gymnasium
Mon-Fri 5:00am-7:30pm
Sat, Sun & Holidays Closed ☎ 717-245-4343/3906
Indian Field Fitness Center
Mon-Fri 5:00am-7:30pm
Sat, Sun & Holidays Closed ☎ 717-245-3535
Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 7:30am-4pm ☎ 717-245-4357
Family Advocacy Manager/ Exceptional Family Member ☎ 717-245-3775
Consumer Affairs
Financial Asst. / AFTB / Army Emergency Relief
☎ 717-245-4720
Employee Readiness/Transition Assistance Program
☎ 717-245-3684
Army Family Action Plan/ Volunteer Manager ☎ 717-245-4357

KEY POST NUMBERS
Emergency ☎ 911
Post Operator ☎ 717-245-3131
Chapel ☎ 717-245-3318
Civilian Personnel / Jobs ☎ 717-245-3923
Commissary ☎ 717-245-3105
Navy Federal Credit Union ☎ 888-842-6328
Dental Clinic ☎ 717-245-4542
Dunham Health Clinic ☎ 717-245-3400
Education Center ☎ 717-245-4155
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 ☎ 717-245-4998
Motorcycle Registration ☎ 717-245-4115
Cleaning, Tailoring, Shoe Repair ☎ 717-258-1857
Vet Clinic ☎ 717-245-4168

USAHEC Catering ☎ 717-243-3099

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LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)  ☏ 245-4329

Pershing Tavern: Open Wed-Thur 4-10pm. Tavern menu will be available 5-9pm. Open to the Public.

Shuttle Bus available every Thur from 5-10pm - call 717-226-3985 to schedule pick up.

SPORTS – ☏ 245-3906

Strength for Wisdom. U.S. Army Strength for Wisdom. U.S. Army War College and Carlisle Barracks

Upcoming Events:

Thanksgiving 5K Drumstick Dash: Nov 4. Registration begins Oct 2. $15 before Nov 1 and $20 after Nov 1. $10 Children 12 & Under. Register at Jim Thorpe Fitness Center, Root Hall Gymnasium and Indian Field Fitness Center. 7-7:45am registration check in and 8am race begins. Tee Shirts guaranteed to First 100 Participants!

Yoga Tune Up: Monday and Wednesday at 10:15am and 7:30pm with Certified Instructor Linda Arcuri.

WELLBEATS: Now available at the Thorpe Fitness Center! Wellbeats provides a personalized approach to group fitness – giving people the right tools they need to reach their goals, regardless of their schedule, fitness ability or workout preferences.

Tae Kwon Do: Tue & Thu from 4:30-6pm (Sep thru May). 13-Adult (11-12 w/parent) $25 a month per person. Instructor William Beidel, 6th Degree Black Belt.

Cardiovascular Workout with some Insanity: Tue & Thu from 6-7pm (Sep thru May). $5 per person. Instructor William Beidel, 6th Degree Black Belt.

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. There is a Fee for all classes.

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

Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. 717-701-3040 (Text Only).

Personal Training: Thorpe Fitness Center. Contact Sheila Goddard 816-616-7671.

BARRACKS CROSSING FRAME STUDIO – ☏ 245-3319

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

BARRACKS CROSSING AUTO SHOP – ☏ 245-3156

Oil Drop Off Location: Drop your oil off during normal business hours. FREE & GREEN

LEISURE TRAVEL SERVICES ☏ 245-4048/3309

GET YOUR TICKETS AT THESE GREAT LOCATIONS:

Carlisle Barracks - 842 Sumner Road (located beside Commissary) Fort Indiantown Gap Community Club - 9-65 Fisher Ave

Baltimore Aquarium Discount Tickets: $28.25 Active Duty Military, $34.75 Adults, $21.75 Children (3-11) and $30.25 Senior (65+).


National Air and Space Museum, Steven F. Udvar-Hazy Center: Nov 4. Adults $43/Children 2-12 $37.50.

Koziar’s Christmas Village: Nov 17. $20.50 Adults, $19.50 Seniors 65+, $18.50 Children 4-10 and Children 3 and under Free if on lap/with seat $10.50.

Tickets available: Baltimore Aquarium, Disney Military Salute,
Universal Studios, Legoland buy 1 day get 2nd day FREE, Busch Gardens, Seaworld and more all over the US available.

**BOWLING – 📞 245-4109**

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

**Cosmic Bowling:** Every Sat from 7-9pm. Top 40 Hits! Bowling! Cosmic Lights! $9 per person. Call to reserve your lanes.

**After School Bowling Special:** Mon-Wed-Fri from 3-5pm, Aug 11-Nov 29. Bowl for just a $1 per game! Shoe rental $2 per pair. Bowling must be completed by 5pm due to league play.

**Saturday Morning Youth Singles League 2017/18:** Starts Nov 4. Signups will be held Oct 28 from 10am-2pm. Learning to be a Better Bowler. Sign up Fee of $20 (includes USBC Sanctioning Fee for awards). Cost per week $9. Open to all youth ages 6-19.

**GOLF – 📞 243-3262**

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

**Play & Ride/Weekend Special:** Fri-Sun, after 12pm. $31 p/p. 18 Holes. Must call for tee time.

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

**Golf Lessons:** Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Matt Hoffman.

**OUTDOOR REC – 📞 245-4616**

**MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS**

**CHILD & YOUTH SERVICES**

- **McConnell Youth Services** 📞 245-4555
- **Moore Child Development Center** 📞 245-3701
- **School Liaison Office** 📞 245-4638
- **School Age Care Programs** 📞 245-4555
- **Middle School & Teen Programs** 📞 245-4642

**Youth Sports & Fitness 📞 245-3354**

**Soccer Clinic:** Oct 14, 12-18 year olds 10am - Noon, 9-11 year olds Noon-2pm, 5-8 year olds 2-4pm, $20

**Tennis Lessons:** Oct 10-Nov 2, Ages 7+, Tue and Thu, 4:30-5:45pm, $115

**Golf Lessons:** Oct 6-Nov 2, 8-10yrs/4-5pm, 11-18yrs/5-6pm, $65

**Friday Night Dodgeball:** 1st-12th grade, 7-8:45pm

**UPCOMING EVENTS:**

- **Thanksgiving Day Feast:** Nov 23
- **Christkindlesmarkt:** Dec 2

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**DESPERATE TIMES – Brewery**

1201 Carlisle Springs Rd, Carlisle, PA 17013
Cumberland Valley’s Top Events for October 2017

Fall brings pumpkins, parades, foliage, food and festivals to the Cumberland Valley. See where you can enjoy the autumn season this October. Check out the Top 10 Events below and find more details at VisitCumberlandValley.com.

Oktoberfest at USAHEC Oct 5-8
There will be entertainment, games, activities, carnival rides, and the unveiling of the official brew of the Army War College in the beer and wine garden. There will be numerous food vendors as well as an indoor arts & crafts fair (Saturday only).

American Craft Week, Various Locations, Oct 6-15
Cumberland Valley is rich in artists and artisans that will invite you in this October to witness their craft. Events range from artists-in-action, special demos, unique shopping events, children’s programs and more.

Pennsboro Pumpkin Fest, Adams-Ricci Community Park Oct 7-8
A two-day community event featuring crafts, food, games, contests and entertainment. Enjoy a relaxing day of fun for the entire family. There will be approximately 250 crafters, community groups and business vendors for you to visit.

Terry Fator, The Luhrs Center, Oct 7
Terry Fator became a household name in 2007 when he won Season 2 of America’s Got Talent with his unique brand of entertainment that combines singing, comedy and unparalleled celebrity impressions.

National Apple Harvest Festival, South Mountain Fairgrounds, Oct 7-8, 14-15
Tasty treats, antique and classic cars, antique farm equipment, orchard tours, pony rides, apple memorabilia, 300+ arts and crafts vendors, petting zoo, hay rides and kids country barn are just some of the highlights of this event.

Cumberland Pathways: Your Family Story Starts Here, Various Locations Oct 20-22
Your family’s story will come alive during Cumberland Pathways and you will leave inspired by expert speakers, including CeCe Moore and workshops. Conference topics will range from preserving what you know to using DNA to unlock the mysteries of your family.

Josh Turner, The Luhrs Center Oct 26
Multi-platinum MCA Nashville recording artist Josh Turner, is one of country music’s most recognizable hit-makers.

Rita Rudner and Brad Garrett, The Luhrs Center Oct 28
Rita Rudner is a Las Vegas favorite and Brad Garrett won three Emmy’s and a SAG Award for his role as “Robert Barone” on Everybody Loves Raymond.

Fall Fun, Paulus Farm Market, Through Nov 18th
Admission includes: Dirt Diner, Construction Zone, Balance logs, Wooden Tractor, Giant Bales, Tubes, Tires & Tunnels, Milk Cow in Pizza Garden, Music Garden, Fall Fun Fort, Hay Play tent, Colossal Corn tent, Mini Maze, and Milk Crate Kingdom.

Exploring Cumberland Valley
BY: KRISTEN ROWE
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- Listing Agent: $52,000 - $575,000
- Client Ages: 28 - 83

I Understand…

- 12 Years Active Duty
- 14 Moves
- 21 Years at Carlisle Barracks
- Homeowner, Tenant, and Landlord

I Care…

Peter “Pete” Collins
Realtor

pete@PeteCollinsHomes.com
Office: 717.243.8080
PeteCollinsHomes.com
Cell: 717.226.4589
52 West Pomfret Street
Carlisle, PA 17013
Can you tell me what services you offer at the Carlisle Barracks Legal Assistance Office?

The Carlisle Barracks Office of the Command Judge Advocate has a full service Legal Assistance Office where eligible clients can receive legal support on a vast array of issues. Active duty military and their dependents, reservists mobilized on active duty orders and their dependents, retirees and their dependents and some disabled veterans are eligible for services at the Legal Assistance Office. If you have questions about your eligibility for services, please contact our office at (717) 245-4940.

In addition to the attorney services discussed below, we have notary and power of attorney services available daily during office hours. Under Army Regulation 27-3, The Legal Assistance Office can offer the following services:

- **Estate Planning** – This includes basic wills, durable powers of attorney, medical powers of attorney, medical directives and other documents as needed for your estate planning needs. We offer limited support for testamentary trusts and advice on estate and transfer taxes and life insurance beneficiaries. We can draft documents for personnel from all 50 states and the territories. Contact the office before your appointment to get our will worksheet so you can be prepared for your meeting.

- **Family Law** – This includes family support issues under Army Regulation 608-99 as well as advice on separation and divorce. Legal Assistance attorneys are generally more aware of issues related to military retirement and benefits following a divorce than local attorneys. It is important to understand that the local office can only represent one spouse on matters relating to divorce and support. The second spouse will be referred to the reserve Legal Support Office or a Legal Assistance Office at a nearby post. Legal Assistance attorneys are also not able to draft or file divorce documents within the local court system. However, the office has referral lists of attorneys in the local area willing to support the Carlisle Barracks Community and we will gladly help you locate an attorney to meet your needs.

- **Military Administrative Law issue** – This includes rebuttals to reprimands and investigations and support for other military related matters.

- **Real Property Law** – This includes support for landlord tenant issues and lease termination under the Servicemembers’ Civil Relief Act. If you are having an issue with your landlord, please stop in and see us.

- **Personal Property and Consumer Protection** – This includes support for issues with vehicle and other purchases, credit card problems, predatory lending schemes and other concerns eligible clients have with products and transactions made in the civilian sector.

Legal Eagle is brought to you this month by MAJ Julie McConnell, U.S. Army Judge Advocate. The information contained herein is provided for informational purposes only and should not be construed as legal advice.
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FAMILY AND MORALE, WELFARE & RECREATION

OKTOBERFEST DOG COSTUME CONTEST

OCTOBER 5 • 6PM
THE U.S. ARMY HERITAGE AND EDUCATION CENTER

Prizes for 1st, 2nd and 3rd place
Register the day of the event at the MWR tent!

Judging will be by:
- Hillmount Small Animal Hospital
- Red 192-3
- Carlisle Barracks MWR

Dogs must be on a leash
Only friendly pups please!

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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. Classes subject to change without notice.

2. 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
3. 0900 - Zumba (Sonoko) 1000 - TRX for Adults over 40 (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
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6. Training Holiday
7. Columbus Day
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13. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1200 - Barbell 30 Min (Brian)
14. 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
15. 0900 - Zumba (TBD) 1000 - TRX for Adults over 40 (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
16. 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
17. 0900 - Zumba (TBD) 1000 - TRX for Adults over 40 (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
18. 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
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 6-10am
Drill Weekends 6-9am
☎ 717-861-2619

Arrowheads Bar and Grill
Bldg. 9-65 Fisher Avenue
Mon–Thu, 11am-10pm
Fri, 11am-Midnight
Sat, 4pm-Midnight
Sun, 4-10pm
☎ 717-861-9481

Community Club Cafeteria
☎ 717-861-9482

Recreation Center
Bldg. 13-190
Annville, PA 17003
Fri-Sun 9am-1pm
☎ 717-861-2296

Leisure Travel Services
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
Wed-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 6am-8pm
Sat-Sun 8:30am-8pm
☎ 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
☎ 717-861-5415

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

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
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
Arrowheads Bar & Grill/FTIG Community Club

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
$2 off a pitcher
Domestic and Imported Draft Beer

Line Dancing
$4 per person
6:30–7:30pm – Lesson
7:30-9:30pm – Dancing to your favorite music
Open to the public & all ages
Dancing held in the Community Club Ballroom

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

Book and Event, Wedding or Holiday Party
Fort Indiantown Gap Community Club:
717-861-2450

GET A JOB WITH US
USAJOBS.GOV

YUENGS & WINGS TUESDAYS
Starts at 4pm
48 oz pitcher & 8 wings
Just $10
Just as with everything else in life, Real Estate is an evolving environment both locally and throughout the United States. Whether you are considering buying or selling a home, keep in mind that the game is no longer played like it was 20 years ago, or even 10 years ago. And it’s not just the Internet that has changed the game. Finance practices and attitudes, general attitudes towards money, demographics, and property wants and desires are also evolving.

As the title of this article suggests, these are the views of this particular Realtor. They also reflect the views of many Realtors with whom I deal, but not necessarily all of them.

The Internet has produced a generation of buyers who are generally far more savvy than ever in history. Often, by the time buyers walk into a home viewing, they have already compared the features and price to multiple other homes in the area. The result is that homes that are perceived as overpriced are no longer even visited by buyers who represent the price range of its Fair Market Value. The attitude of “I’ll just leave the price here, and they can offer less if they want to” rarely works any more.

The 2007 – 2008 bursting of the Real Estate Bubble has left a lasting impression on the market in many ways. While prices in the Central Pennsylvania market was not as drastically affected as many other areas of the country, prices have not rebounded at the rate they have in other areas of the country. Many homeowners who bought as the bubble was forming are finding that their properties are not being valued on the present market as they expected or hoped.

Once the mortgage money supply was finally turned back on, the expected lag in construction then occurred. Although there is a lot of building going on, it will be a while before supply catches up with demand. Which means that properties that are listed for what the Market perceived as a fair value have people lining up to purchase them. Overpriced properties, however, seem to continue to sit on the market despite homeowners hopes that the short supply will create a demand for their home at their listed price.

Even though the demand is high, there seems to be a real effort to prevent the crazy “bidding wars” that characterized the forming of The Bubble. Appraisal prices are starting to rise, but in a seemingly very controlled fashion.

In answer to the ever-present question: “Is it a Buyers or a Seller’s Market?”. The answer is that it is definitely a Seller’s Market. How long it will last is anybody’s guess. What will happen to prices in the future is also only a guess.

The bottom line, regardless if you are considering buying or selling, is to find an agent you trust and use their expertise to help you make smart decisions, regardless of what The Market is doing.
Why Do Abused Victims Stay?
By Toby D. Goldsmith, MD

It can be difficult for many people to understand why a person would stay in an abusive relationship, but there are many reasons.

Strong emotional and psychological forces keep the victim tied to the abuser. Sometimes situational realities, such as a lack of money, keep the victim from leaving. The reasons for staying vary from one victim to the next, and they usually involve several factors.

The most important thing is for a person not to judge another person for staying in an abusive relationship. It may be a temporary or longer-term decision, but it is theirs to make. So please, be supportive of a person who may be in an abusive relationship. Encourage them to leave, but don’t sound like a broken record in stating your opinion. Most victims are just looking for the right time with the right resources in place to leave.

Emotional Reasons for Staying
• Belief that the abusive partner will change because of his or her remorse and promises to stop battering
• Fear of the abuser who threatens to kill the victim if abuse is reported to anyone
• Insecurity about living alone
• Lack of emotional support
• Guilt over the failure of the relationship
• Attachment to the partner
• Fear of making major life changes
• Feeling responsible for the abuse
• Feeling helpless, hopeless and trapped
• Belief that he or she is the only one who can help the abuser with his or her problems

Situational Reasons for Staying
• Economic dependence on the abuser
• Fear of physical harm to self or children
• Fear of emotional damage to the children who need two parents, even if one is abusive
• Fear of losing custody of the children because the abuser threatens to take the children if victim tries to leave
• Lack of occupational skills
• Social isolation and lack of support because abuser is often the victim’s only support system
• Lack of information regarding community resources
• Belief that law enforcement will not take him or her seriously
• Lack of alternative housing
• Cultural or religious constrains

Issues Specific to Women: Women, in particular, can experience hesitant and contradictory feelings and thoughts about the abusive partner and the relationship. These are some common victim reactions toward the abuser’s behavior—reactions that can keep the woman in the relationship:
• Feels emotionally attached to the abuser, but also feels anger toward him which she denies
• Is grateful toward the abuser for small acts of kindness and tends to explain away his violence
• Is very attentive to the abuser’s needs with the mistaken belief that she will be able to anticipate his needs and prevent the beatings
• Believes the abuser will change
• Believes he needs her and feels guilty about leaving him
• May use alcohol or other drugs to cope with the anxiety, fear or depression
• Justifies the violence and feels responsible for it

For help, please call the Family Advocacy Program at 717-245-3775 or the Domestic Violence Services of Cumberland County at 717-258-4806.
Oktoberfest
Carlisle Barracks
October 5th - 8th

CARNIVAL RIDES • GAMES • LIVE MUSIC • FOOD
ARMY WAR COLLEGE VS. CARLISLE OVER-40 SOCCER GAME
PRIZES • BEER GARDEN • CRAFT SHOW

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