In this issue:
Month of the Military Child
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

In April we celebrate the Month of the Military Child. Military Children have unique lifestyles and have the ability to succeed despite frequent relocations, reintegration, deployments, loss or care of a wounded parent. April 15 is Purple Up for Military Kids. Let’s turn our world purple to honor our Military children and the sacrifices they make!

Regulars

4 Carlisle Autocare Service Tip of the Month
5 Carlisle Barracks Directory
6 Carlisle MWR Happenings
9 Thorpe Fitness Schedule
11 Letterkenny Army Depot Directory
12 Fort Indiantown Gap MWR Happenings and Directory
14 Exploring Cumberland Valley

Features

10 Teen Wins Youth of the Year Honor for the Carlisle Barracks Boys & Girls Club!
16 Five Steps to Get Your Bike Ready for Spring
18 Month of the Military Child Events
20 April is Child Abuse Prevention Month
21 Sexual Assault in the Military
21 Army Emergency Relief Campaign Kicks-Off
10 Overlooked Services for Your Car

We live such busy lives nowadays; work, social events, or running the kids all over. Some days it’s all we can do to keep track of everywhere we need to be. We use lists, smartphones and calendars to keep track of it all. Automotive services schedules are not always top priority and can be forgotten. Here is our list of 10 services that are often overlooked.

1. Power Steering Service - Be honest, have you ever thought of this on your own? Your power steering fluid gets dirty and builds up moisture over time. Cleaning out your power steering system means that dirt and gum are removed and your power steering parts are protected from corrosion.

2. Wheel Alignment - When your wheels are out of alignment your car pulls to one side. It is not only annoying, but dangerous and expensive because it causes your tires to wear out quickly. Most owners’ manuals suggest having alignment checked once or twice a year.

3. Differential Service - Did you know you had a differential? Well you have one, two or three in fact. Differentials are often called gear boxes and are part of the drive-train that transfers power from the engine to wheels. They don’t need service often, but they cannot be ignored.

4. Cabin Air Filter - These filter out dust and pollen in the area where you actually sit. When they are clogged they can smell. Changing the filter regularly can also help with allergies.

5. Timing Belt Replacement - If your car has a timing belt it cannot run without it - period. If it breaks while you are driving it can cause thousands of dollars in engine damage. Check your owners’ manual or talk to your technician just in case. If you are nearing 60,000 miles look into it right away.

6. Transmission Service - The transmission needs fluid from time to time to keep it running and avoid repairs. Keeping this up to date can also improve fuel economy.

7. Air Conditioning service - Most people don’t think about their air conditioner until it doesn’t work. If you’re lucky a little refrigerant will do the trick. If not, some of the components may be ruined and it is not cheap. Regular service and refrigerant cools and lubricates the air conditioner and conditions the seals.

8. Brake Service - Over time the fluid gets a lot of water into it. Because water compresses differently than brake fluid, the breaks won’t work as well. Water can also rust brake system components and they can fail altogether.

9. Coolant System - When you don’t change your antifreeze it becomes corrosive. Fresh coolant contains additives that maintain the pH balance in the coolant. If these additives wear out the fluid can actually eat holes in the radiator or hoses.

10. Fuel System Cleaning - When the gas price is up, fuel system cleaning is important. Fuel gums up parts as it moves from the gas tank through the engine. Fuel injectors also get dirty over time and need to be cleaned. Keeping the fuel system clear improves gas economy.

Did you know that 90% of vehicles on the road have at least one scheduled maintenance service that has not been performed? Based on our busy lives, we’re not surprised. Maintaining your vehicle saves money in the long run, but it also saves time. We could all use a little more time.
MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 am-4:30 pm ☏ 717-245-4332
Marketing ☏ 717-245-4533
Sponsorship and Advertising ☏ 717-245-3777
Finance ☏ 717-245-4696
Barracks Crossing
870 Jim Thorpe Road
Carlisle, PA 17013
Tue, Wed & Fri 10 am-5 pm
Thurs 10 am-8 pm
Sat 9 am-4 pm
Closed Sat prior to a Monday Holiday
Auto Crafts
Mon-Fri 8 am-5 pm ☏ 717-245-3156
Auto Self Service ☏ 717-245-3156
Mon-Fri 8 am-5 pm
Thurs 8 am-8 pm
Sat 9 am-4 pm ☏ 717-245-3319
Frame & Engraving ☏ 717-245-3319
Frame Studio - Self Help
Thurs 1 pm-8 pm
Fri 10 am-4 pm
Sat 9 am-4 pm ☏ 717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Fri 8:30 am-9 pm
Sat 1-9 pm, Sun 1-8 pm ☏ 717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8 am-4 pm
Golf Course ☏ 717-243-3262
19th Hole Snack Bar ☏ 717-245-3267
Child, Youth & School Age Services
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30 am-6 pm
CYS Division Chief ☏ 717-245-4283
CYS Central Registration ☏ 717-245-3801
School Liaison Officer ☏ 717-245-4638
Youth Center ☏ 717-245-4555
Youth Sports ☏ 717-245-4519
Child Development Center
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 5:30 am-5:30 pm ☏ 717-245-3701
Letort View Community Center
315 Lovell Avenue
Carlisle, PA 17013 ☏ 717-245-4329
Letort View Catering
Tue-Thurs 9 am-5 pm ☏ 717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7 am-2 pm ☏ 717-245-4883
USAHEC Catering ☏ 717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10 am-2 pm ☏ 717-245-3377
Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
Mon-Fri 9 am-4:30 pm ☏ 717-245-4048
Army Heritage Center LTS Desk
Fri-Sat 11am-2pm ☏ 717-245-3883
Fort Indiantown Gap Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
Thurs-Fri 9am-1pm ☏ 717-861-3994
Outdoor Recreation (ODR)
717-245-4616
Tue-Fri: 9am-5pm
Sat, Sun and Mon: Closed
860 Summer Road
Carlisle, PA 17013
Sports Director ☏ 717-245-4343/3906/4029
Thorpe Hall Fitness
Mon-Fri 5 am-8:30 pm
Sat 7 am-5 pm
Sun 8 am-5 pm
Holidays 10 am-5 pm ☏ 717-245-3418
Root Hall Gymnasium
Mon-Fri 5:30 am-8:30 pm
Sat, Sun & Holidays Closed ☏ 717-245-4343/3906/4029
Indian Field Fitness Center
Mon-Fri 5 am-8:30 pm
Sat 7 am-5 pm
Sun 8 am-5 pm
Holidays 10 am-5 pm ☏ 717-245-3535
Tiki Bar
Near Splash Zone pool.
717-245-4352
Joint Pub is open when Tiki Bar is closed due to inclement weather.
Army Community Service
632 Wright Ave
Carlisle, PA 17013
Mon-Fri 8 am-4:30 pm
Thur 8 am-1 pm
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
Relocation, Mobilization & Deployment
717-245-3685
KEY POST NUMBERS
Emergency ☏ 911
Post Operator ☏ 717-245-3131
Chapel ☏ 717-245-3318
Civilian Personnel / Jobs ☏ 717-245-3923
Commissary ☏ 717-245-3105
Members 1st Credit Union ☏ 717-245-3900
Dental Clinic ☏ 717-245-4542
Dunham Health Clinic ☏ 717-245-3400
Education Center ☏ 717-245-3943
ID Card Center, Military ☏ 717-245-3533
Legal Office ☏ 717-245-4940
Movie Theater, Reynolds ☏ 717-245-4108
Optical Shop, PX ☏ 717-249-5150
Police Desk ☏ 717-245-4115
Post Exchange/Class VI ☏ 717-243-2463
Post Lodging ☏ 717-245-4245
Post Office, USPS ☏ 717-258-1930
Sexual Assault Hotline ☏ 717-961-2045
Motorcycle Registration ☏ 717-245-4115
Cleaning, Tailoring, Shoe Repair ☏ 717-258-1857
Vet Clinic ☏ 717-245-4168
**LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)**

**245-4329**

**Joint Pub:** Hours of operation Thu & Fri 4-10pm. Pub menu available 5-8pm. Closing On April 17.

**Jim Thorpe Sports Day Entertainment:**
- Apr 23 – Tiki Bar open at 4pm. Live Entertainment by Jack Kutz from 7-11pm. Drink and Food specials available.
- Apr 24 – Tiki Bar open at 4pm. Live Entertainment by Not Quite Right from 6-10pm. Drink and Food specials available.

**FREE Shuttle bus service available every Thu - call (717) 226-3985 for pick up.** Areas Available:
- **West Point Drive & Patton Drive Intersection**
- **Taylor Avenue & MacArthur Drive Intersection**
- **Carlwynn Apartments**
- **On the Square, Corner of Hanover & High Streets near 1st Presbyterian Church**
- **Seven Gables**
- **Corner of Rush Drive & Veterans Way**
- **The Meadows**
- **Chickamauga Drive Corner (east Corner)**
- **Chickamauga Drive (west Corner)**
- **Exchange** (corner of Sumner & Delaney near stop sign)

**EASTER SUNDAY BUFFET:** Apr 5 from 11am-2pm. Menu: hot buffet selections: pan-fried hunter style chicken, grilled bacon wrapped pork filet w/pepper bacon gravy, fillet of salmon provencal, vegetable lasagna, scalloped potatoes, mashed potatoes and fondant potatoes, creamed corn o’brien, buttered peas and carrots. Soup, salad & bread station: seafood chowder & chicken corn noodle soup, caesar salad, fresh mixed greens, pasta salad & fresh fruit salad. Fresh baked sweet rolls, corn muffins, garlic bread & artisan bread loaves. Assorted dessert table and beverage station. $24.95 Adults, $10.95 Children (5-12) & 4 and under free (does not include gratuity). Cash bar available. Reservations are required by Mar 31.

**Dinner and a Movie:** Apr 21. U.S. Army Heritage and Education Center. Dr. Strangelove facilitated by Col Mike Current. $35 p/p. Dinner at 5:30pm & Movie at 6:30pm. Dinner served by MWR Catering. Menu: side Salad, top butt steak filet style, shrimp scampi over baked rice & swiss chard, dessert. Drink special to accompany meal. Coffee service and cash bar will be available. Please call for reservations and to arrange for ticket purchase (717) 245-3099/4329. Must RSVP by Apr 14.

**Mother’s Day Italian Dinner Buffet:** May 10. Registrations from 11 am – 2 pm. Adults $24.95, kids (5-12) $10.95 & 4 and under free (gratuity not included). Menu: Italian sausage tortellini soup, chicken lentil soup, pasta fagioli soup, antipasto tray display, caprese salad, fresh garden salad, Italian pasta salad, Italian bread salad, assorted breads & rolls, parmesan & romano cheeses, classic carving station with top round of beef, seafood scampi with linguine, creamy pesto shrimp with penne pasta, vegetable lasagna, meat lasagna, baked manicotti & Italian sausage, chicken milano, pork piccata, beef braicote, meatballs with marinara, cheese ravioli, spaghetti pasta, mushroom risotto, broccoli rabe, garlic zucchini, dessert bar: cannolis, tiramisu, ricotta cheesecake, assorted biscotti, assorted Italian cream cakes and freshly brewed Italian coffee, hot tea and water. Reservations required by May 6. Open to the public.

**Gents Night:** Apr 17 from 5–9pm. $50 p/p. Menu: cowboy Steak, Baked Potato with all the toppings and green beans. Cigar demonstration from 6–8pm.
Bourbon samplings, cash bar and drink specials. Entertainment by Jack Kutz from 6-9pm. First 50 “Gents” to make a reservation and pay will receive a ‘Cigar Box of Goodies’. Reservations must be made by Apr 15.

SPORTS – 245-4029
Strength for Wisdom. U.S. Army War College and Carlisle Barracks
Upcoming Events:
INSANITY Live Classes! You’ve seen it on TV, now do it live. Tues & Thurs at 5pm. High intensity cardio & plyometrics.

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba, Spinning and LaBlast. All classes are FREE except Tae Kwon Do: Tue and Thu from 4:30-6pm at Thorpe Fitness Center. $15 per month.

Tae Bo Cardiovascular Workout: Tues and Thurs from 6-7pm 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, plyoboxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor.

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

Vinyasa Flow Yoga: 60 minute class (see fitness schedule for dates and time)

Yoga Foundations: Fri at 9am. Explore the basics of yoga in this entry-level class.

BARRACKS CROSSING FRAME STUDIO – 245-3319

T-Shirt Reduction Sale
Month of April
In stock T-Shirt with any photo or graphic printed ONLY $10
Good while supplies last!

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 Thurs from 5-7pm. $150 (all supplies included in price).

Beginner’s Wheel Throwing Pottery Class: Four classes will be offered each month. $20 per class. Learn to hand build and throw clay on a wheel. Limited seating available – 4 seats per class. Call for class times and dates.

AUTO SHOP – 245-3156
Automotive Detailing: Stop by and try our new auto detailing service with three packages to choose from. Call for an appointment.

Spring Auto Service Special: $10 OFF any Auto Detailing Package. Offer expires Apr 30.

ARMY COMMUNITY SERVICE 245-4357
Survivor Employment Workshop
Apr 7-8, 10 am-3 pm
Learn how to structure your resume, interviewing, salary negotiations and hiring preference. Guidelines in writing your resume and preparing for employment. This a working workshop so bring all your materials.

Soldier for Life: Transition Assistance Program
Apr 13-17, 8 am-4:30 pm
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.

Resume Class for Federal and Civilian Format
Apr 14-15, 9 pm-2 pm
Learn how to structure your resume in the Federal and civilian format. Guidelines in writing your resume for employment. This a working workshop so bring all your materials.

Family Fun Fair
Apr 25, 10am-1pm, Indian Field (outside Young Hall), FREE Joins us for a family friendly event, Children’s arts & crafts, Animals, Performances, Games, Vendors and so much more! Meet Sparky the Fire Dog & McGruff the Crime Dog.

Relocation One Stop
Apr 28, 11 am-2 pm
The relocation one stop is designed to assist Service members and Family members with upcoming permanent change of station (PCS) moves. Provides subject matter experts in one

AllBetterCare.com
Better Care For A Better You
Walk-in • No Appointment Necessary • 7 Days a Week • 8am–8pm

Carlisle
1175 Walnut Bottom Rd
Carlisle, PA 17015
717-258-WELL (9355)

Mechanicsburg
6481 Carlisle Pike
Mechanicsburg, PA 17050
717-796-WELL (9355)

AllBetterCare.com

WWW.1STCHOICEMAG.COM | APRIL 2015 7
location who can assist Families with the various details involved in relocating to a CONUS or OCONUS assignment.

LEISURE TRAVEL SERVICES
☎ 245-4048/3309
GET YOUR TICKETS AT THREE GREAT LOCATIONS: Carlisle Barracks - 842 Summer Road (located beside the Commissary, U.S. Army Heritage & Education Center - 950 Soldiers Drive and Fort Indiantown Gap Community Club - 9-65 Fisher Ave

The Amish Experience
Touring Center Lancaster, PA "In the Heart of the Oldest Amish Settlement in the World" Lancaster, PA Saturday, May 16 $60 Adults (13+) $50 Children (5-12)
Pro Golf includes: Transportation "Jacob’s Choice" Movie, Amish Country Homestead Tour, Full Plain & Fancy Traditional Meal Registration required by May 1 Depart Carlisle Barracks at 9 am with approximate return home of 5:30 pm.

NYC Statue of Liberty and Ellis Island "On Your Own": Apr 25. Adult $55, Senior 62+ $50 and Youth (5-12) $45. Includes: roundtrip transportation, bus captain, ferry boat admission, Liberty Island admission, Ellis Island visit and boxed lunch. Must register by Apr 15.

NYC "On Your Own": May 2. $57 Adults & Child 5+. Must register by Apr 14.

NYC Ground Zero "On Your Own": Jun 20. $57 Adults & Child 5+. Must register by May 15. Tickets for Ground Zero museum can be purchased at LTS.

NYC Ground Zero "On Your Own": Jul 18. $57 Adults & Child 5+. Must register by Jun 15. Tickets for Ground Zero museum can be purchased at LTS.

Regal Cinema Discount Tickets:
Blue Tickets $8 (premium). Not applicable to any 3D film. ($9.25 regular cost at door). Premium movie pack: $26 (includes 2 Blue Unlimited tickets and $10 concession gift card).

Baltimore Aquarium: Discount tickets available.

Florida Vacations: Discount tickets available.

BOWLING – ☎ 245-4109
Pizza, Pins & Pop: Ends Apr 26. 2 hours of bowling for 4 people, shoe rental, one plain pizza and one pitcher of soda for $24.95.

Friday & Saturday Cosmic Quartermania: Ends Apr 25. $25 per game/person (shoe rental not included). 7-9pm, $5 cover charge, first come first served and no reservations allowed.

$1.50 Game Night: Saturday’s & Sunday’s im from 1-8pm! Open bowling for $1.50 per game/person. Shoe Rental $1 per pair.

Summer Fun League: May 15-Aug 13. 3 Games 9 Pin Bowling Fun! Price: $12. Organizational meeting will be held on May 7 at 6:30pm.

Grillin’ & Chillin’: Apr 22, May 20, Jun 17, Jul 22, Aug 19, Sep 16 and Oct 7 from 11 am - 1 pm. Seating Outside. A variety of grilled items will be offered. Regular snack bar will be limited to cold sandwiches, salad bar and deep fried items only.


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

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

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

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

OUTDOOR REC – ☎ 245-4616
Bike Rides (half-day): Apr 4; May 20, Jun 7 & 27; Jul 9, 12, 18 & 26; Aug 9, 15, 20 & 23; Sep 9, 26 & 29; Oct 24 & 31 and Nov 7. $25 p/p. Transportation and bikes provided. All abilities welcome. Must register one week prior to event.

Kayaking: Apr 11 & 19; May 17 & 31 and Jun 6, 20 & 25. Experience Pennsylvania’s beautiful scenery by kayak. Basic paddling instruction is provided then followed by a day of boating and nature watching! $25 p/p. Location: Big Springs, Yellow Breeches & Conodoguinet. Must register one week prior to event.

Eco Tour "The Pinnacle"
Appalachian Trail: Apr 25-26 $75 p/p. Backpack a stretch of the famed Appalachian Trail in Pennsylvania. Visit the nation’s first raptor (bird of prey) sanctuary at Hawk Mountain. Learn how to cook fantastic meals in the backcountry. Equipment and food provided. Mandatory pre-trip meeting will be held on Apr 23 from 6-7pm at Outdoor Rec. Must register one week prior to trip.

Day Hiking Trips with Lunch
Included: May 7, Jul 30, Aug 18, Sep 23, Oct 1, 22 and Nov 3. Come explore Scenic Pennsylvania with Outdoor Rec. $25 p/p. Lunch will consist of a wrap, fruit and trail snacks. Must register one week prior to event.

Raft & Bike Tour: May 2-3 at Laurel Highland mountains of Fayette County. $185 p/p. Enjoy an exciting day on the mighty Youghiogheny River, camp overnight at Ohiopyle State Park and ride part of the Scenic Great Allegheny Passage bike trail. All equipment and food provided. Must register by April 3.

Dinner and a Kayak: May 9, Jun 27, Jul 25 & Aug 1. Kayak the Yellow Breeches and then enjoy a Western Style Dinner served at the end of the trip. Menu includes BBQ chicken, salad, dinner rolls & beverage. $35 p/p. Must register one week prior to event.

Basic Bike Maintenance Clinics:
May 13, Jun 2, Jul 6, Aug 6, Sep 1, Oct 27, Nov 19 and Dec 1. Held at Outdoor Recreation from 6-7pm. If you ride a bicycle, then you need this class! Topics include how to lube a chain, fix a flat tire in record time, do minor adjustments to your bicycle and more.

Outdoor Gear Maintenance Clinics:
May 27, Jun 23 and Dec 16. If you’re an outdoor enthusiast this class is for you learn how to extend the life of your outdoor gear, how to store clean and repair valuable outdoor clothing and equipment. Held at Outdoor Recreation from 6-8pm. $20 p/p. Must register one week prior to event.

Ultragirl Backpacking Clinic:
Jun 17, Jul 16, Aug 13, Sep 17 Nov 12 and Dec 9. Learn how to choose and pack gear that lets you go fast and light. Held at Outdoor Recreation from 6-8pm. $20 p/p. Must register one week prior to clinic.

Interpretive Day Hikes:
Jun 30, Jul 21, Aug 4 and Sep 13 from 10am-2pm. $15 p/p. Must register one week prior to event.

Road Trip! Destination: Allegheny Passage: Jun 13-16. Four days of cycling the Great Allegheny Passage bike trail. Equipment provided. Must be 15 years of age. Must register two weeks before event. SAG wagon provided. Camp out in the great outdoors for only $195 p/p. Mandatory pre-trip meeting will be held Jun 10 from 6-7pm at Outdoor Rec.

CHILD YOUTH AND SCHOOL SERVICES – ☎ 245-4555
School Liaison Office – 245-4638
Please see pages 18, 19, 23 and the back cover for a full list of Month of the Military Child Events!

CDC Month of the Military Child Kick Off Parade
Apr 1, 9-11am Parents & Children are invited to parade around Carlisle Barracks ending at the McConnell Youth center for a Month of the Military Child Kick-Off Celebration with Garrison Command.

CYSS McConnell Youth Center
Month of the Military Child Kick-Off Party
Apr 1, 4-6pm. K-12th grade & families, FREE! Come out and help us kick off the Month of the Military Child in style!

Purple UP for Military Kids
April 15, All Day
Wear Purple, dress your animals in purple or decorate your house or cubicle in purple to show support of Military Children.

School Age Care Programs – ☎ 245-4555
Summer Camp 2015 Register Now:
Must register in advance of week(s) desired/ by appointment only please! Call Carlisle Barracks CYSS 717-245-4555 for additional details.
Camp Runs June-Aug K-5th Grade, Includes all activities, field trips, meals and snack.

SKIES Programs – ☎ 245-4519
Register for all SKIES Classes on line https://webtrac.mwr.army.mil/ webtrac/carlislecyms.html or call CYSS

British Soccer Camp:
### Youth Sports & Fitness

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Description</th>
<th>Dates</th>
<th>Times</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 &amp; 6 years</td>
<td>Indian Field, FREE</td>
<td>June 3 – July 29</td>
<td>Ages 10-18</td>
<td>Every Fri night, 7-8:45pm, McCormick Youth Center, FREE</td>
</tr>
<tr>
<td>7 &amp; 8 years</td>
<td>Youth Paintball League: Pick-Up Paintball once a week</td>
<td>May 24-25</td>
<td>Ages 9-13 run 1 mile, ages 10-18, run 1/2 mile, ages 5 &amp; 6 run 1/4 mile</td>
<td>Monthly, Tues, 6-7pm, $40</td>
</tr>
<tr>
<td>9-13 years</td>
<td>Friday Night Dodgeball: Open to youth in grades 1-12. Please bring a clean pair of sneakers to wear.</td>
<td>April 24-25, 7pm-8pm</td>
<td>Ages 9-13 run 1 mile</td>
<td>Monthly, Thurs, 5-5:45pm, $40</td>
</tr>
<tr>
<td>14+ years</td>
<td>Monthly, Fri, 6-7pm, $45</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Middle School & Teen Programs

<table>
<thead>
<tr>
<th>Description</th>
<th>Dates</th>
<th>Times</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle School &amp; Teen Programs</td>
<td>Apr 24-25</td>
<td>7pm-8pm</td>
<td>FREE</td>
</tr>
<tr>
<td>Operation Megaphone Worldwide Lock-In: Open to Middle School &amp; Teen Members</td>
<td>Apr 24-25</td>
<td>7pm-7am</td>
<td>FREE</td>
</tr>
<tr>
<td>America’s Armed Forces Day – Kids Run (This is a worldwide Military Base event)</td>
<td>May 9</td>
<td>Registration opens Apr 6th</td>
<td>Ages 5 &amp; 6 run 1/4 mile, Ages 7 &amp; 8 run 1/2 mile, Ages 9-13 run 1 mile</td>
</tr>
</tbody>
</table>

### Thorpe Fitness Center Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 1</td>
<td>0600 - Performance Fitness (Brian)</td>
<td>9:00-10:00</td>
<td>Nicole</td>
</tr>
<tr>
<td></td>
<td>9:00 - Spin (Nicole)</td>
<td>9:00-10:00</td>
<td>Nicole</td>
</tr>
<tr>
<td></td>
<td>10:15 - Yoga Vinyasa (Flow) (Michelle)</td>
<td>10:15-11:15</td>
<td>Michelle</td>
</tr>
<tr>
<td></td>
<td>1200 - Dumbbell 30 Min Workout (Brian)</td>
<td>12:00-1:00</td>
<td>Nicole</td>
</tr>
<tr>
<td></td>
<td>1200 - Spin (Nicole)</td>
<td>12:00-1:00</td>
<td>Nicole</td>
</tr>
<tr>
<td></td>
<td>1500 - Insanity (Paul)</td>
<td>15:00-16:00</td>
<td>Paul</td>
</tr>
<tr>
<td></td>
<td>1630 - Hybrid boot camp (Brian/Kelly)</td>
<td>16:30-17:30</td>
<td>Brian/Kelly</td>
</tr>
<tr>
<td></td>
<td>1700 - Zumba Toning (Wendy)</td>
<td>17:00-18:00</td>
<td>Wendy</td>
</tr>
</tbody>
</table>

### GET A JOB WITH US USAJOBS.GOV

[www.usajobs.gov](http://www.usajobs.gov)
Teen Wins Youth of the Year Honor for the Carlisle Barracks Boys & Girls Club!

By: Meriah Swope

Selected among several local outstanding youths, William Hammer will compete against other Boys & Girls Club members for the Pennsylvania Military Youth of the Year title and a $5,000 college scholarship from Boys & Girls Clubs of America (BGCA). The Youth of the Year program honors our nation’s most inspiring young people on their path to great futures and encourages all kids to lead, succeed and inspire. As the new Youth of the Year for the Carlisle Barracks Boys & Girls Club, 16-year-old William Hammer is a true example of an extraordinary young man recognized by BGCA for his leadership, service, academic excellence and dedication to live a healthy lifestyle.

“Will is a natural born leader and is always willing to help out others when he can. He is a tremendous asset to the club!” said Meriah Swope, Lead Child & Youth Program Assistant at McConnell Youth Center.

“We are very proud of the young man Will is becoming. He has always been a kid full of compassion and laughter. His engaging personality and concern for others has naturally grown into solid leadership skills amongst his peers. Will is always ready with a joke, a laugh and a high five for a job well done.” said parents, Brian and Jennifer Hammer.

As a leader Will has the confidence to handle himself and others in any situation. Will has had a unique experience at Carlisle Barracks. Many of the youth that come to our youth center are here for 10 months to one year because they have a parent that attends the Army War College, and then they move on. However, Will has been at Carlisle Barracks for 3 years and has seen friends come and go many times. Not only has he helped new youth acclimate to the community, but he befriends the youth each year and tries to introduce them into groups that have lived here for many years. In extension of this ability Will has been a Boy Scout for the last seven years. As a Boy Scout Will has worked with children with special needs, served as a chaplain's aid, a patrol leader and a troop guide. In these leadership positions he has been a role model for younger scouts and gained an understanding of what it takes to not only lead, but to follow as well.

Finally, Will has also been an assistant section leader in the trumpet section of his high school marching band. Will’s personality is self-reliant yet caring and compassionate. He shows this compassion through his volunteer work. In the past year Will has accumulated over 80 hours of community service at our youth center on Post, and in the local community. At the youth center Will is our resident DJ. He volunteers his time to assist in running the music for our Welcome Jam events, elementary socials and teen dances. Within the Carlisle Barracks community, Will volunteers at the chapel to help with Vacation Bible School and geographical bachelor’s dinners for which he helps cook, serve, and clean up after the meal. Finally, he also volunteers with local food bank, Project Share. When donating his time to Project Share Will he helps out at the farm stand and at the warehouse to get goods ready for distribution. He also aids in keeping the food organized and the warehouse clean.

As a military youth, Will has developed a resilient character. He knows what is necessary be a productive member of our society. He dreams of attending Texas A&M University to major in Secondary Science Education with a concentration in Chemistry.

The Youth of the Year recognition program is presented by Disney, who has supported BGCA for more than 50 years, empowering young people to reach their full potential and providing access to the tools they need to build the great futures they imagine. Toyota, the Signature Sponsor, is committed to helping improve the quality of life in our communities and has demonstrated a strong commitment to ensuring access to a quality education. Additional support is provided by University of Phoenix, a committed partner who has worked with BGCA on many Academic Success initiatives, and the Taco Bell Foundation for Teens, BGCA’s premier partner for teen empowerment.

If Will wins at the state competition, he will compete for the title of Regional Youth of the Year and an additional $10,000 college scholarship, renewable for four years up to $40,000. Five regional winners will advance to Washington, D.C., in September 2015, to compete for the title of BGCA’s National Youth of the Year. The National Youth of the Year will receive an additional scholarship of $25,000, renewable each year up to $100,000 and will have the opportunity to meet with the President of the United States in the White House.

For more information about the Youth of the Year program, visit www.bgca.org/foy.

About Boys & Girls Clubs of America

For more than 100 years, Boys & Girls Clubs of America (http://www.GreatFutures.org) has enabled young people most in need to achieve great futures as productive, caring, responsible citizens. Today, more than 4,100 Clubs serve nearly 4 million young people annually through Club membership and community outreach. Clubs are located in cities, towns, public housing and on Native lands throughout the country, and serve military families in BGCA-affiliated Youth Centers on U.S. military installations worldwide. They provide a safe place, caring adult mentors, fun, friendship, and high-impact youth development programs on a daily basis during critical non-school hours. Priority programs emphasize academic success, good character and citizenship, and healthy lifestyles. In a Harris Survey of alumni, 57 percent said the Club saved their lives. National headquarters are located in Atlanta. Learn more at http://www.bgca.org/facebook and http://bgca.org/twitter.

Contact:
Meriah Swope, Carlisle Barracks Boys & Girls Club,
717-245-4555

First Choice Magazine | Find us on Facebook: MWR First Choice

10
SPECIAL MILITARY OFFER

Sunday, April 19, 2015 ★ 10 AM – 6 PM
FREE PARKING ★ Gates open at 9:30 AM

This is a semi-private event. Military and other select groups invited.
This event is not open to the general public.

ADVANCE TICKET PURCHASE:
Ages 3 and older $25*
(excludes $0.75 per ticket processing fee)

WALK-UP TICKET PURCHASE:
Ages 3 and older $30**
Active & Retired/DoD/Civilian

*You MUST present your Military ID at the Hersheypark Ticketing Services Building at Tram Circle to purchase. This event is rain or shine and tickets are non-refundable.
**Check with your base for pre-purchase details or call Hersheypark® Group Sales at 1-800-242-4236. This event is rain or shine and tickets are non-refundable.

Register Now!
June - August
Letterkenny Summer Camp
267-5219 ❍ LetterkennyCYSS

LETTERKENNY ARMY DEPOT
MORALE WELFARE & RECREATION

D I R E C T O R Y

Letterkenny Army Depot Operator (Information) ☏ 717-267-8111
Driver Hotline Number ☏ 717-267-5220
Office of the Commander ☏ 717-267-8300
Tieman Child Development Center ☏ 717-267-5219
Parent Central Registration ☏ 717-245-3801
Public Affairs Office ☏ 717-267-9741
Police, Fire, Ambulance: Emergency ☏ 911
Police, Fire, Ambulance: Non-Emergency ☏ 717-267-9101
Security Office ☏ 717-267-8800

DOIM Technical/Hardware Support ☏ 717-267-8000
LEAD Quality Hotline ☏ 717-267-9693 or DSN 570-9693
CAC and Military ID Office ☏ 717-267-8751
EEO office and Sexual Harassment Hotline ☏ 717-267-8324
Letterkenny Munitions Center ☏ 717-267-8400
US Army Occupational Health Clinic ☏ 717-267-8017

U.S. ARMY WAR COLLEGE
CARLISLE BARRACKS, PA

The “STRATEGIC THINKERS” BREW

Drink responsibly.

Staying Over?
The Hotel Hershey® and Hershey® Lodge are offering special military rates starting at $149. Reserve 20% off rates and cabins at Hersheypark® SMC Camping Resort from April 17-19, 2015. For more information and to make your reservation, please call 717-508-1956 and refer to MILITARY DAY AT HERSEYPARK ROOMS.

Proudly Brewed

No government endorsement implied. ©2015 Hershey Entertainment & Resorts Company. All words, designs, and phrases appearing in italics and/or with the symbol ®, SM, or TM are trademarks used under license or with permission. 15HP18086
NEW HOURS
Arrowheads Bar & Grill
Sun-Thur, 11am – 10pm
Fri & Sat, 11am – Midnight
OPEN TO THE PUBLIC
717-861-9481

Elvis Tribute
Apr 4, 7-11pm, please call 717-861-2450 for reservations

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

Wednesday Trivia Nights
Apr 1, 8, 15, 22, 29, 7-9pm
No cover, prizes, open to the public, full menu available

Line Dancing
every Tuesday & every other Sunday
Apr 7, 14, 19, 21, 28,
$3 per person
6-7pm – Lesson
7-9pm – All request dance party
open to the public & all ages
Dancing held in the Community Club ballroom.

UPCOMING EVENTS
Last Days In Vietnam
Apr, more information on www.gapmwr.com

Mother’s Day Brunch
May 10, 11am-2pm, please call 717-861-2450 for reservations

Earl David Reed
May 23, 7-11pm, please call 717-861-2450 for reservations

Pool
Opening in June. hiring lifeguards,
visit usajobs.gov for more info.

Cigar Social
July 18, 2-4pm

Ongoing Events
Shown on 13 HDTVs’s
NASCAR, NFL Sunday Ticket, Hockey and much more!
2015 ALL ARMY
Men’s Volleyball
INVITATIONAL TOURNAMENT

Saturday, May 16, 2015

Blue Mountain Sports Complex
FORT INDIANTOWN GAP • ANNVILLE, PA

USA Certified Officials

FEE: $150 Per Team

ALL teams receive t-shirts
(12 max per team)

CHAMPION TEAM RECEIVES $150

FOR MORE INFORMATION OR TO REGISTER
CONTACT MIKE PUZAUSKIE
P: 717-861-2860
E: michael.w.puzauskie.nfg@mail.mil

FORT INDIANTOWN GAP
717-861-9481
facebook.com/FTIGCommunityClub

YUENGS & WINGS TUESDAYS

Starts at 4pm
48 oz pitcher & 8 wings

Just $10

FORT INDIANTOWN GAP

Facebook.com/FTIGCommunityClub

LINE DANCING
& ALL REQUEST OPEN DANCE PARTY
By Carrie Apperson • Every Tuesday & Every Other Sunday • 7-9 p.m.

facebook.com/FTIGCommunityClub

BOXCAR COFFEE SHOP
FORT INDIANTOWN GAP, COMMUNITY CLUB

Seattle’s Best Coffee • Breakfast Sandwiches • Freshly Baked Goods
Free WiFi • HDTV

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

BUILDING 9-65 • 717-861-2619 • M-F 6-10 A.M.

STUMPS GARAGE, INC.
GAP DIVISION

EMISSION & STATE INSPECTION • OIL CHANGE • DISCOUNTED TIRES
ALIGNMENT • BRAKES • EXHAUST • COMPUTER SERVICE

FORT INDIANTOWN GAP
Bldg. 7-31 • 717-861-5440

A PORTION OF ALL SALES FUNDS MWR AND ITS PROGRAMS

FORT INDIANTOWN GAP
BLUE MOUNTAIN SPORTS ARENA

Building 4-117 • 717-861-2711
Spring is the perfect time to get out and explore with the whole family. Find family fun throughout the Valley with hands-on exhibits, unique museums, outdoor recreation and special events.

If you’re looking to get outside, head to Children’s Lake for a scenic walk around the lake. Kids will love feeding the ducks that make this charming lake their hangout. You can also plan for a day of hiking at the Valley’s nearby state parks, state forests and other trails. Find our top 10 recommended hikes at visitcumberlandvalley.com/10hikes.

When the kids need to blow off some steam, take them to the Carlisle Sports Emporium. Options range from rock climbing and laser tag to mini-golf and go-karts.

For an experience that will get you outdoors, and is also educational, visit the Army Heritage Trail at the US Army Heritage & Education Center. This one-mile loop has full-scale interactive exhibits including a section of the Antietam battlefield, a Civil War winter encampment, a WWI trench system, an interpretation of the Vietnam helicopter air assault at la Drang and more.

Find more educational fun at the Oakes Museum at Messiah College. This museum is dedicated to natural history with exhibits that take you back thousands of years to America and Africa. This spot is only open on Saturdays, but features 75 full mounts including a zebra, giraffe and elephant. Another fun spot is Paulus Farm Market. Browse for farm-fresh produce, baked goods and flowers while the kids enjoy the barnyard animals and play area.

The month of April also offers a variety of fun-filled events the whole family will enjoy. View a sampling below and find other exciting things to see and do this month at visitcumberlandvalley.com/events-calendar.

**Sustainable Gardening Series @ Penn State Ag Extension – April 1st-22nd**
Four sessions focusing on perennials -- selection, care and maintenance, new perennials, and naturalistic plantings. Presented by the Penn State Master Gardeners in Cumberland County.

**Camp Michaux Walking Tour @ Pine Grove Furnace State Park – April 11th**
David Smith will lead the popular Camp Michaux walking tour of the old Bunker Hill Farm; Pine Grove Furnace CCC Camp; Pine Grove Furnace POW Interrogation Camp; and finally the United Church of Christ & United Presbyterian Church Camp.

**Genealogy Workshop @ Cumberland County Historical Society – April 13th**
Join local genealogist, Deborah Sweaney, and CCHS librarian, Cara Curtis, to learn more about genealogy. Do you have questions or just need a little guidance with your research? Come to Deborah and Cara’s workshop for the help you need.

**Mechanicsburg’s 7th Annual Earth Day Festival – April 18th**
A fun day for the entire family. The festival will feature live music, fresh locally-grown food, exhibitors, games and family-friendly activities, a silent auction and more. This event will be held rain or shine.

**9th Annual Race, Run, Ride & Ramble @ Cumberland Valley Rail Trail – April 19th**
The Cumberland Valley Race Series present the Race, Run, Ride or Ramble on the Cumberland Valley Rail Trail.
Be Healthy with PinnacleHealth

Wednesday, April 15, 7 p.m.

Sprains, Strains and Pains
Everyday Injuries to Playing in the Big Game

GIANT Super Food Store
3301 Trindle Road • Camp Hill

Learn how the primary care sports medicine approach can benefit the average person with everyday injuries.

Presenter: Michael Cordas, DO, FAOASM, FAAFP

Tuesday, April 28, 7 p.m.

Vein Treatment
ClariVein® Technique

GIANT Super Food Store
2300 Linglestown Road • Harrisburg

Whether you have a noticeable cosmetic concern or serious medical condition, PinnacleHealth Vein Center offers you the resources and treatments necessary to regain your confidence and improve your quality of life. The latest technology in treating peripheral vascular disease includes ClariVein®, a minimally invasive approach that shortens procedure and recovery time, is less painful and provides successful results. This specialty infusion catheter system does not use thermal energy and, as a result, multiple needle-stick injections of anesthesia are unnecessary. This means you can resume your daily activities sooner, without limitations or discomfort.

Presenter: Stuart Pink, MD, FACC, FSCAI, RPVI

Classes are FREE. Light refreshments will be served. Space is limited. Please register online or by calling PinnacleHealth oneLine (717) 231-8900 or toll-free (877) 499-3299.
Five Steps to Get Your Bike Ready for Spring
By: Bruce Nielson

1. Braking System
Good braking power is essential for biking. Check brake pads for uneven wear. Brake pads that are glazed or unevenly worn decrease braking power and should be promptly replaced.

2. Shift and Brake Cables
Cables are used to control the braking system and shifting system. Any cable showing signs of fraying should be replaced. Waiting too long to replace shift cables will lead to decreased shifting performance.

3. Cable Housing
Cable housing allows shift and brake cables to bend around corners while maintaining tension. Check cable housing for cracks or splintered wires. Any cable housing with cracks should be replaced.

4. Chain
The chain transfers power from the drive train to the drive wheel. Typically the chains wear out every 1,500 miles and this can vary depending on riding conditions. Shifting will be less smooth if the chain is worn out. Waiting too long to replace the chain will cause the chain rings and the cassette to wear out prematurely.

5. Tires
Tires protect the wheels and improve rolling efficiency. Check the tires for cracks or bald spots in the tread. Defective tires should be replaced. Worn-out tires could potentially cause a blowout.

Want to learn how to work on your bike? Outdoor Recreation is here to help!
Join Outdoor Recreation for a spring bike ride (bikes are provided).
Cumberland Valley Rail Trail: Apr 4, 10:00-2:00pm $20 p/p
Basic Bike Maintenance Clinic: May 13, 6:00-8:00pm $20 p/p
RAFT & BIKE TOUR

All equipment and food will be provided. Must register by April 3rd. All abilities welcome. No experience necessary. Must be 12+ years.
245-4616 • www.carlisleemwr.com • carlisleoutdoorrec

Bike Rides (Half-Day)
April 4 & 8 | May 20 | June 7 & 28
10 A.M. - 2 P.M. $25 p/p
(Transportation and bikes included)

Law Offices of
Saidis Sullivan & Rogers
Trust Matters
Delivering comprehensive, cost-effective legal services to individuals and businesses throughout Central Pennsylvania

Carlisle
26 West High Street
Carlisle, PA 17013
717-245-4616

West Shore
635 North 12th Street, Ste. 400
Leesport, PA 17043
717-612-5800

www.ssr-attorneys.com
MONTH OF THE MILITARY CHILD

School Age Children Events: K-5th Grade

All events meet at McConnell YS and are FREE unless otherwise stated

SUMMER CAMP 2015 REGISTRATION
Open April 1, Camp Runs June - August
Call CYSS to register and for pricing

MONTH OF THE MILITARY CHILD
KICK-OFF PARTY
April 1, 4:30 - 6 P.M.

PARENTS LUNCHEON & FAMILY PICTURES
April 3, Family Pictures 11 - 1 P.M. & 4 - 6 P.M.
Luncheon with Parents 11:30 A.M. - 12:30 P.M.

FRIDAY NIGHT FUN NIGHT
4:30 - 6 P.M.
April 3, Family Trivia
April 10, Center Stage (Talent Show)
April 17, Art
April 24, Games

Their Lives, Their Stories
4:30 - 6 P.M.
April 7, Picture Wall, Bring in family pictures
April 8, Family Heritage
April 9, Places I’ve Lived
April 13, Story Writing – All About Me!
April 16, Poetry Writing
April 20, Life of a Military Child A-Z Book Sharing
April 21, Trading Cards
April 29, All About ME!
April 30, Family Tree

BREAKFAST WITH PARENTS
Pancakes & Sausage
April 14, 7 - 8 A.M.

LOCK-IN
April 18, 7 P.M. - Midnight, Register by April 16 - 6 P.M.

EARTH DAY ACTIVITIES
April 22, 4:30 - 6 P.M.

CUPCAKE BAKE & DESIGN
April 23, 4:30 - 6 P.M.

FAMILY SPAGHETTI DINNER NIGHT
April 27, 5 - 6 P.M.

DDR DANCE OFF
April 28, 4:30 - 6 P.M.
Middle School & Teen Events

All events meet at McConnell YS and are FREE unless otherwise stated.

SERVICE PROJECTS
- April 2, After school - Reading to SAC children, Flat Stanley
- April 8, 4:30 P.M. - CYS Clean Up Day

PAINTBALL
- April 6, 1-4 P.M. - Paintball Tent
- April 18, 12:30-6 P.M. - Wanna Play Paintball Field Trip, register by 4/16, $20

ART PROJECTS
- April 7, 4:30 P.M. - Popsicle Stick Portraits
- April 28, 4:30 P.M. - Plastic Cups or Fine Art?
- April 14, 5:30 P.M. - Map Our Lives

CLUBS
- April 13, 3:30 - 4:30 P.M. - Bike Club
- April 20, 5 P.M. - Boys & Girls Club Triple Play - Healthy Habits
- April 21, 5:30 P.M. - Tech Lab - Robots
- April 23, 4:30 P.M. - Keystone Club Meeting
- April 29, 5:30 P.M. - Photography Club - What I Have Seen

LOCK-INS
- April 10, 9 P.M. - Midnight - Girls Night In, register by 4/9
- April 16, 4:30 P.M. - YOUTH COUNCIL - Operation Megaphone Planning Meeting
- April 17, 9 P.M. - Midnight - Guys Night In, register by 4/16
- April 24-25, 7 P.M. - 7 A.M. - Operation Megaphone Worldwide Lock-In, register by 4/23

EVENTS
- April 3, 4 - 6 P.M. - Rock-N-Bowl
- April 9, 4:30 - 5:30 P.M. - Zero Tolerance Policy Awareness Presentation
- April 11, Noon - 4 P.M. - Dodgeball Tournament, register by 4/10
- April 22, 4 - 6 P.M. - Garden Project
- April 27, 4 P.M. - Outside Obstacle Course
- April 27, 5 - 6 P.M. - Family Spaghetti Dinner Night
April is Child Abuse Prevention Month!

Child abuse prevention programs work to raise awareness among the public, service providers and policy makers about child abuse. There are also prevention programs that target specific populations that face one or more risk factors for child maltreatment. Other prevention programs also exist for families where abuse and maltreatment have already occurred to help prevent it from reoccurring and diminish the impact.

Child abuse can be in the form of sexual, physical or emotional abuse and neglect. Some states even consider abandonment and parental substance abuse as child abuse or neglect. The Federal Child Abuse Prevention and Treatment Act (CAPTA) of 2012 defines child abuse and neglect as; “Any act or failure to act, on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act which presents an imminent risk of serious harm.” Within the standards of CAPTA, each state provides its own definitions of child abuse and neglect.

Emotional abuse and neglect are often under-recognized. This is because these forms of abuse can be hard to identify and tricky for professionals to operationally define. Emotional abuse has also proven to be difficult to legally prosecute. Emotional abuse is commonly defined as a pattern of behavior by parents or caregiver that can seriously interfere with a child’s cognitive, emotional, psychological, or social development. It is a pattern of degrading, insulting, belittling, disparaging, and/or demeaning behavior that impacts a child’s self-esteem. It includes name calling, chronic yelling, swearing, inattention and/or chronic negative interactions that impair a child’s mental wellbeing.

There are multiple warning signs of emotional abuse in children. They include children who are excessively withdrawn, fearful, or anxious of doing something wrong. Emotional abuse can also be indicated by lack of attachment to a parent or guardian, rebellion, depression and lack of motivation. Extreme hyperactivity, hyper-sexuality and verbally abusive behavior toward siblings or peers are also strong signs of abuse. Emotional abuse of children can include ignoring, rejecting, isolating, exploiting or corrupting, verbally assaulting and terrorizing. Emotional abuse that exists independently of other forms of abuse is the most difficult form of child abuse to identify and stop.

We all can play a part in identifying child abuse and stopping it. The majority of parents or guardians who abuse do not abuse intentionally, they merely lack coping skills to more effectively manage behavior. Help take an active role in child abuse prevention, if you see it stop it. Say something, and feel comfortable that just one intervention can stop the cycle. Kids don’t come with manuals, if you see it, say something.
Sexual Assault in the Military
By: Gina Beck, SARC, AWC

Sexual assault in the military goes against everything for which the Army Values stand for; it degrades its victims, it divides team members, it shows no loyalty, honor, or integrity to or for oneself or anyone else in the organization. Sexual assault has no place in the military, yet too many times has found its way in. The military does not condone sexual assault and does not want anyone in their ranks who is capable of causing such harm to their fellow service members. Since its inception, the Army SHARP Program has grown into a program so comprehensive and so respectable that civilian agencies, including colleges and universities, are looking at their model to gain momentum for their own programs. We have Sexual Assault Response Coordinators (SARCs), Sexual Assault Prevention and Response Victim Advocates (SAPR/VAs), Behavioral Health Specialists, Clinical Social Workers, Special Victims Counsel, Staff Judge Advocates, Local Law Enforcement Agencies, the Criminal Investigation Division, the Office of Complex Investigations, and many local resources. When all of these entities work in conjunction with one another, there is little that cannot be accomplished on behalf of a victim’s well-being.

The military and its sexual assault cases are often in the limelight, but we encourage victims to report these incidents to the SARCs or SAPR/VAs and continue to strive for professionally-led chains of command who will support the program and, in turn, contribute to the readiness of the force. The military is leading the way when it comes to sexual assaults in regards to prevention, training, and education; victim care; and offender accountability. Having something like sexual assault out in the open means that we are taking ownership of it and holding ourselves accountable for these incidents. Very few organizations have put the time and resources into a sexual assault program like the military.

Next time you are sitting in that grueling mandatory training, think about what you have done over the past year to make everyone in your work environment feel safe; what you could have done that you didn’t do; and what difference you can make in the lives of others. Sometimes, it only takes one person to speak up and make that difference. Let that person be you.

Army Emergency Relief Campaign Kicks-Off

Army Emergency Relief (AER) announced the 2015 campaign theme, Army Emergency Relief – Making a Difference. The campaign runs through May 15th with the goal of creating greater awareness of the benefits of AER, as well as providing Soldiers the opportunity to donate to their fellow Soldiers.

“Making a difference is a great theme at many levels for this year’s campaign,” said AER’s Director, retired Army LTG Robert Foley. “For leaders it provides incentive for creating an environment that encourages Soldiers to embrace AER when faced with an unexpected financial emergency. For Soldiers it provides reinforcement that AER will always be there when needed for financial assistance.”

Army Emergency Relief is a private, non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their Families. Since it was founded in 1942, AER has provided more than $1.7 billion to more than 3.6 million Soldiers, Families and Retirees. Last year AER provided nearly $74 million in assistance to more than 51,000 Soldiers and Families, which includes $8.8 million for 3,500 scholarships to Spouses and Children of Soldiers.

Soldiers needing AER assistance can either contact their unit Chain of Command or go directly to one of the 78 AER sections at their nearest Army installation. Additionally, AER has reciprocal agreements in place with the other military aid societies. Soldiers and Families not near an Army installation can also receive AER assistance at the nearest Air Force, Navy, Marine Corps or Coast Guard installation with the respective Military Aid Society, or from the American Red Cross call center at 877-272-7337. Additional program information is available at www.aerhq.org.
Moore CDC
Month of the Military Child
Events

KICK-OFF PARADE
April 1, 9:15 – 11 A.M.
Parents & children will walk around Carlisle Barracks ending at the YS for a Month of the Military Child Kick-Off Celebration with Garrison Command.

CREATIVE ME DAYS
April 2, Dog Tags
April 7, Friendship Quilt
April 9, Military Mobile
April 13, Love for Your Country
April 16, My Favorite Things
April 26, Make a Mug Day

CREATIVE DRESS DAYS
April 3, Military Honor Shirt
April 8, Silly Hair
April 24, Sports Jersey
April 29, Menswear

ALL ABOUT ME WEEK
April 6 – 10

ICE CREAM SOCIAL
April 16, 2:30 – 3:00 P.M., open to parents & families

WHY I LOVE BEING A MILITARY CHILD INTERVIEWS
April 14, All Day

BIKE DAY
April 17, 9:30 – 11 A.M.

OH! THE PLACES YOU GO
(OR HAVE GONE!) April 20-21, All Day

EARTH DAY – Plant a Flower
April 21, All Day

MOVIE DAY
April 22, 9:30 – 11 A.M.

FIELD DAY
April 30, All Day

LETTERS TO CHILDREN
April 27, All Day

DIVERSITY DAY & LUNCHEON
April 29, 11:30 A.M.

Distribution of this announcement does not constitute endorsement by the Federal Government, the DoD or the Army.

Priority Registration presented by Navy Federal Credit Union
Registration Opens on May 5th  Visit Armytenmiler.com

RUN ARMY
RUN STRONG

All Race Proceeds Benefit Soldier MWR Programs

Lead Sponsors:

Major Sponsors:

Distribution of this announcement does not constitute endorsement by the Federal Government, the DoD or the Army.
General Events and Specials

MWR SPECIALS

**Bowling Special**
All April, Every Sunday – Strike Zone Bowling Center
Up to 2 FREE games for children under age 18 when adult pays the same. Shoe rental not included. More Information 717-245-4109

**Golf Special**
All April – Carlisle Barracks Golf Course
FREE bucket of range balls for children under 16 years of age with the purchase of a bucket by a supervising adult. More Information 717-243-3262

**Outdoor Recreation Special**
Half price youth with adult purchase on April 4 Bike trip or April 11 kayaking trip. More Information 717-245-4616

**Easter Sunday Buffet**
April 20, 11 A.M. - 2 P.M., Letort View Community Center.
Reservations required 717-245-4329

KICK-OFF EVENTS

**Kick-Off Parade**
April 1, 9:15 A.M. – Moore CDC

**Kick-Off Party**
April 1, 4 - 6 P.M., K-12th grade – Moore CDC, FREE

GENERAL EVENTS

**Military Children Art Display**
April 6 - 20, Carlisle Barracks Commissary, FREE

**Family Movie Night**
April 11, 7 - 9 P.M., How to Train Your Dragon 2, McConnell Youth Center,
FREE - Everyone welcome

**Family Advisory Board Meeting**
April 14, 11 A.M. - Noon, McConnell Youth Center, FREE

**Purple Up for Military Kids**
April 15, All day - Everyone is encouraged to wear purple or decorate in purple to show support & thank military children for their strength & sacrifices Post Wide

**Family Fun Fair**
April 25, 10 A.M. - Noon, Indian Field, FREE

**Jim Thorpe Sports Days**
April 23 - 25, Indian Field

**Youth Open Recreation**
April 23 & 24, 1 - 7 P.M., K - 12th grade, McConnell Youth Center, FREE

**Parents Night Out**
April 24, 6 - 11 P.M., Infants - Pre-K at CDC / K-5th grade at CYSS
$30 per child

**Youth of the Year & Youth Volunteer of the Year Recognition Ceremony**
April 30, 4:30 P.M., Come Celebrate Our Youth, McConnell Youth Center, FREE

**Ice Cream Social**
April 30, 2:30 P.M., Moore CDC, FREE