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freedom on the mountaintop
snowshoeing
february family fun
LETTER FROM THE DIRECTOR

Elizabeth Knouse - Director

This month reminds us of the important relationships we celebrate on Valentine’s Day. The program managers of Family & MWR are constantly developing events and services focused on your family’s needs. On February 14, Letort View Community Center (LVCC) hosts a “Valentines Dinner & Dance” (pg 19). If you missed out on the winter ballroom dance lessons through the LVCC (245-4352) don’t worry, they will be offered again in the spring.

For our passionate teen sports fans the Middle School and Teen Program with host their annual Super Bowl Party at the Youth Services Building. “Get Winter Fit” with Family & MWR (245-3418) and don’t let the cold weather slow you down. Take advantage of these frigid temperatures to get in shape to ensure you will continue to be there for you loved ones.

For those who love the outdoors, MWR Outdoor Recreation (245-3657) will be providing a series of winter themed family friendly events to include ski and snowshoe trips. Leisure Travel Services (245-4048) offers trips throughout the next few months to great destinations like New York City, Washington DC, Philadelphia and Lancaster.

While Valentine’s Day is often the largest focus of February, MWR has something for everyone.

employee spotlight

Emily McCune
Recreation Aid at Carlisle Barracks Outdoor Recreation

Emily is a recent graduate of Ithaca College with a degree in Outdoor Adventure Leadership. She is looking forward to planning a full itinerary of trips in the upcoming months. Emily’s favorite outdoor activities are backpacking and white water rafting. Stop by to visit Emily at Outdoor Recreation to plan your next outdoor adventure!

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

Zach Koneffko enjoying fresh snow on Upper Ultra trail at Liberty Mountain Resort! Winter With a number of ski resorts within a short drive it’s possible for everyone in Central PA to get outside and enjoy the snow. Inside this issue read about the Blue Ridge Adaptive Snow Sports program at Liberty Mountain Resort which is enabling wounded warriors and others with special needs to experience the thrill and freedom of the mountain. Cover photo and additional photos courtesy of Liberty Mountain resort.

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When all of your vehicle's wheels are lined up exactly with each other, your wheels are in alignment. Hitting a road hazard or even just the normal bumps and bounces of everyday driving in Carlisle can cause your wheels to be out of alignment. Driving for an extended period of time in Carlisle when your wheels are out of alignment results in uneven wear on your tires. This is dangerous...and expensive. Worst case scenario, you have a blowout on a crowded Pennsylvania freeway. It can also cause premature wear to your suspension system, which can be really expensive to repair. At the very least, you may have to replace your tires years too early.

Here are some alignment basics from Carlisle Autocare Center:

- The first adjustment is called toe or do the wheels point in towards each other or away from each other at the front of the tire.
- The next adjustment is called camber or do the wheels tip in or out at the top.
- And finally, there is castor. Castor measures the angle where the front axles attach to the vehicle.

The ideal alignment for your vehicle was designed by its engineers. Alignment service starts with an inspection of the steering and suspension – to see if anything's bent or broken before your technician will look at the tire's condition.

From there, the vehicle is put on an alignment rack and an initial alignment reading is taken. The wheels are then aligned to the maker’s specifications. Your owner’s manual probably has a recommendation for how often your alignment should be checked – usually every couple of years. If you suspect an alignment problem, get it checked at before you suffer expensive tire or suspension damage.
This Valentine’s Day
Charm her with Pandora!

Sterling silver charms from $25
INTRODUCING PANDORA’S 2014 VALENTINE’S DAY COLLECTION.
**Family and Morale, Welfare & Recreation at Carlisle Barracks**

### Children's Art Class

A wonderfully comprehensive course taught by Connie Barr

This class exposes the children to many different mediums: charcoal, pastels, watercolors, acrylics, ceramics & sculpture. Open to 15 member's ages 8 and up.

Carlisle Barracks Youth Services - Art Room
Sign Up Today!
Classes Begin January 14 - May 22, 2014
8:15, choose either Tuesday or Thursday (non-refundable payment due at registration)
717-245-4555 • www.carlislemwr.com • facebook.com/CarlisleBarracksCYSS

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### Strike Zone Cosmic Bowling

$9 per person

Top 40 Hits

At Carlisle Barracks
Every Saturday 7-9 pm
Call to reserve your lane(s)

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### Youth Guitar Lessons

Private guitar lessons taught by Forrest Brown

1/7 - 3/12

1/2 Hour Lessons, Choose Tuesday or Wednesday from 3:30 through 5:30 pm

Sign Up On Line Today!
or call Youth Services 717-245-4555

Class held in the Youth Services Building 637 Liggett Rd, Carlisle Barracks

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### Carlisle Barracks Youth Services Events

**February 2014**

For more information and to register for trips, sports or events contact Youth Services
737-245-4555

Come spend time with kids your age!

Learn a new skill, take a trip or just hang out!

- **Super Bowl Party**
  - February 2, 6-10pm
  - Open to 15 members 1st-12th grade

- **Middle School Teen Indoor Swimming**
  - February 15, 1-5pm

- **Volunteer Opportunity**
  - February 12

- **Spring T-Ball**
  - Register February 24-March 28
  - Season starts April 1

- **Spring Soccer**
  - Register February 24-March 28
  - Season starts April 7

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### Pizza Pins Pop

25¢ per game/person (additional pins not required)

Strike Zone Bowling Center
Carlisle Barracks
(717) 245-4109

- 2 hours of bowling for 2 people
- Shoe rental
- One pizza & 1 topping
- One pitcher of soda

Jan 5 - Mar 30

Every Sunday
1 - 5 pm

$24.95 per lane
$5 each additional person

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Future MWR First Choice events will be available online at www.carlisleMWR.com and on Facebook at Facebook/CarlisleBarracksCYSS.
Blue Ridge Adaptive Snow Sports is making fun in the outdoors possible for people who never thought they could ski or snowboard. A chapter of the Disabled Sports USA program, the volunteer group is led and run by skiing/snowboarding enthusiasts dedicated to creating opportunities for people with disabilities to enjoy freedom of movement and the outdoors. Blue Ridge Adaptive Snow Sports (BRASS) hosts the War Fighter Sports Development Program, a season long program that enables warriors to become great skiers and riders, at Liberty Mountain Resort in Fairfield, PA.

The War Fighter Sports Development Program runs from January through March. BRASS provides everything needed for participants to enjoy the excitement on the mountain. BRASS welcomes warriors who are severely wounded, either active duty or veterans. The military personnel spend the season learning to ski and snowboard. Their success with snow sports is both fun and empowering. The goal of the program is to offer developmental opportunities to service men and women. Fundraising offsets the cost of lodging, meals, adaptive equipment and individualized instruction which are offered free of charge to skiers with adaptive needs.

Each adaptive student comes to the program with unique challenges so the BRASS program uses a positive approach to determine the type of teaching style and equipment that is best suited for each individual. Certified volunteer instructors focus on what the student can do, not what they cannot do. In both skiing and snowboarding classes, once the level of physical and mental ability is assessed, instructors can work with groups that may be visually impaired or intellectually disabled, those that may be able to work on stand up skiing, and those where sit-down skiing is a better match.

BRASS provides opportunities for members of the entire community who may have various intellectual challenges including Autism, Aspergers Syndrome, Down Syndrome or Mental Retardation. This also includes people with visual impairments, because the key to training for this group is discovering how their disabilities may affect the processing of information for coordination and control. Persons with a spinal cord injury, cerebral palsy, multiple sclerosis, arthritis or amputation may have success with stand-up skiing/snowboarding. Various types of adaptive equipment is available to aid in the learning process and the key to success for these participants is their ability to support their body weight while standing. Non-ambulatory skiers including double-leg amputees or those who’ve suffered traumatic brain injuries are able to ski while sitting down in adaptive equipment. The bi-ski, mono-ski and twin ski provide the opportunity to enjoy the skiing experience for those who cannot stand or maintain balance for an extended period of time or who are unable to stand at all.
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.

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<th>MONDAY</th>
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**MONDAY**
- 0900- Boot camp (Leigh/Trisha)
- 0900- Indoor Cycle (Trisha)
- 0900- Zumba (Leigh/Trisha)
- 1000- TRX for Adults over 40 (Angela)
- 1200- TRX (Brian)
- 1630- Boot Camp (Brian)
- 1800- Tae Bo (John Cerifko)
- 1800- Tae Bo (John Cerifko)

**TUESDAY**
- 0900- Boot camp (Leigh/Trisha)
- 0900- Indoor Cycle (Trisha)
- 0900- Zumba (Leigh/Trisha)
- 1000- TRX for Adults over 40 (Angela)
- 1200- TRX (Brian)
- 1630- Boot Camp (Brian)
- 1800- Tae Bo (John Cerifko)
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**WEDNESDAY**
- 0900- Boot camp (Leigh/Trisha)
- 0900- Indoor Cycle (Trisha)
- 0900- Zumba (Leigh/Trisha)
- 1000- TRX for Adults over 40 (Angela)
- 1200- TRX (Brian)
- 1630- Boot Camp (Brian)
- 1800- Tae Bo (John Cerifko)
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**THURSDAY**
- 0900- Boot camp (Leigh/Trisha)
- 0900- Indoor Cycle (Trisha)
- 0900- Zumba (Leigh/Trisha)
- 1000- TRX for Adults over 40 (Angela)
- 1200- TRX (Brian)
- 1630- Boot Camp (Brian)
- 1800- Tae Bo (John Cerifko)
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**FRIDAY**
- 0900- Boot camp (Leigh/Trisha)
- 0900- Indoor Cycle (Trisha)
- 0900- Zumba (Leigh/Trisha)
- 1000- TRX for Adults over 40 (Angela)
- 1200- TRX (Brian)
- 1630- Boot Camp (Brian)
- 1800- Tae Bo (John Cerifko)
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**SATURDAY**
- 0900- Boot camp (Leigh/Trisha)
- 0900- Indoor Cycle (Trisha)
- 0900- Zumba (Leigh/Trisha)
- 1000- TRX for Adults over 40 (Angela)
- 1200- TRX (Brian)
- 1630- Boot Camp (Brian)
- 1800- Tae Bo (John Cerifko)
MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 a.m.-4:30 p.m.
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 10:00 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-Fri 8:30 a.m.-9:00 p.m.
(Legume from 6:00-9:00 p.m.)
Sat 1:00-9:00 p.m.
(Except during youth bowling Nov-Mar from 9:00 a.m.-9:00 p.m.)
Sun 1:00-8:00 p.m.
717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8:00 a.m.-4:00 p.m.
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
717-245-4519
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
313 Lovell Avenue
Carlisle, PA 17013
717-245-4329
Letort View Catering
Tue-Thurs 9:00 a.m.-5:00 p.m.
717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7 a.m.-2 p.m.
717-245-4883
USAHEC Catering
717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10:00 a.m.-2:00 p.m.
717-245-3377
Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
October - April
Mon-Fri 9:00 a.m.-4:30 p.m.
717-245-4048
Army Heritage Center LTS Desk
Fri-Sun 11:00 a.m.-2:00 p.m.
717-245-3383
Fort Indiantown Gap
Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
Fri, Sat 9:00 a.m.-1:00 p.m.
717-861-3994
Letort View Community Center
located upstairs in the Tiki Bar
717-245-3535
Closed for the season
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
Tiki Bar
Closed for the season
Located next to the Splash Zone pool.
717-245-4352
Joint Pub
Closed for the season
Located in the Letort View Community Center
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
717-245-3775
Consumer Affairs
Financial Asst./AFTB/Army Emergency Relief
717-245-4720
Employment Readiness/Volunteer Manager/Transition Assistance Program/Amy Family Action Plan
717-245-3684
Relocation, Mobilization & Deployment
717-245-3685
Reynolds Legal Office
717-245-4940
Optical Shop, PX
717-249-5150
Police Desk
717-245-4115
Post Exchange/Class VI
717-243-2463
Post Lodging
717-243-4245
Post Office, USPS
717-258-1930
Thrifty Shop
717-243-1434
Motorcycle Registration
717-245-4115
Veterans Care
717-245-4168
870 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8:00 a.m.-4:00 p.m.
717-243-3262
19th Hole Snack Bar
717-245-3267
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8:00 a.m.-4:00 p.m.
911 Emergency
717-245-3131
Chapel
717-245-3318
Civilian Personnel/Jobs
717-245-3923
Commissary
717-245-3105
Members 1st Credit Union
717-245-3900
Post Operator
717-245-4940
Optical Shop, PX
717-249-5150
Police Desk
717-245-4115
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717-243-1434
Motorcycle Registration
717-245-4115
Veterans Care
717-245-4168
Snowshoeing has a unique history within North America. While the origins of snowshoes date back to Asia approximately 6,000 years ago the ancestor of today’s snowshoe started with Native Americans. They were used for hunting, fishing, travel and trading during winter months. European immigrants quickly learned the benefits of snowshoes and adapted them for many of the same purposes during early settlements. They were even used during some of the battles of the French and Indian War.

Early recreation use started in Canada and progressed from military training to a leisurely winter activity. Today, snowshoes are still evolving and are used across the United States. Park Rangers use them to assist in reaching remote snowy locations and gym classes are incorporating them into curriculum. Snowshoeing is growing in popularity still today as it is a fun, and easy to learn winter activity.

The benefits of snowshoeing are innumerable. Snowshoeing is a low impact winter cardiovascular activity. It easily combats the dreaded winter weight by increasing heart rate for a long duration of time, tones all leg muscle and works the core and stabilizing muscles. It is a great alternative to road running or spending time on cardio machines in the gym.

Snowshoeing also has low environmental impact. One of the seven principles of Leave No Trace Environmental Ethics is travel on durable surfaces. Snow is a durable and renewable surface to walk on. The snow also protects any plants or ecosystems that are dormant below for the winter. Because snowshoeing does not require a trail it allows for more access to remote areas.

Any outdoor activity comes with a few safety concerns. Dehydration is always a concern with winter activities. In colder weather, it is harder to detect thirst than it is in hot weather. However, the same amount of water is required to keep the body hydrated in both conditions. It is important to take regular water breaks and consume salty snacks to replenish electrolytes while out on snowshoeing adventures. Hydration is also important in regulating body temperature. Heat loss is another medical and safety concern for snowshoeing.

Wearing appropriate weather gear and watching the forecast will help maintain a safe and comfortable experience. Starting cold is key to a day of snowshoeing. It is counterproductive to wear several layers of clothing because it will cause sweating. Extra moisture in clothes makes it more difficult for the body to maintain proper temperature. Always carry extra layers for breaks and to add on if the weather changes.

Proper equipment can make or break a day of snowshoeing. Hiking boots are the best shoe option and easily fit into snowshoe bindings. However, snow boots also work. Trekking poles with snow baskets assist with balance and climbing steeper terrain. A daypack is essential for carrying water, snacks and extra clothing.

Carlisle Barracks Outdoor Recreation is offering several snowshoeing trips in February. ODR is traveling to beautiful areas in Pennsylvania including a visit to the Poconos. Going on a guided snowshoeing trip provides more safety, proper instruction, fun nature lessons and not to mention wonderful company. ODR also has snowshoes of all sizes to rent in the Outdoor Recreation Center on post.
outdoor recreation ski and snowshoeing trips

This February MWR Outdoor Recreation has numerous ski and snowshoeing trips available. Leave all the logistics and planning in the hands of qualified outdoor professionals and join us for historic and scenic trips to local ski mountains and the beautiful Poconos! Take a snooze on the van ride there then spend a full day swooshing on the slopes or hiking through the deep snow of Promise Land State Park. Please register a week in advance for the trips!

Please Note:

Carlisle Barracks MWR Outdoor Recreation provides its clients with a fun and safe environment. The guides are all Wilderness First Responders and Leave No Trace Master Educators. Come join us for days of fun and outdoor adventure!

Any minors participating in Outdoor Recreation activities must be accompanied by a legal guardian age 18 or over. ID card holder 18+ may sponsor up to 5 guests per activity.

To register and for more information about each event please contact: Outdoor Recreation 860 Sumner Road 717-245-4616 www.carlislemwr.com facebook.com/CarlisleOutdoorRec

Photo provided courtesy of Liberty Mountain Resort
BARRACKS CROSSING FRAME STUDIO
☎️ 245-3319

Beginner Framing Classes: Call for dates and times. Learn to frame your artwork in a small group environment (max. 4 per class). Cost: $50 (all supplies included).

Automotive Detailing Service at Barracks Crossing Auto Shop: Stop by and try our new auto detailing service with three packages to choose from. Make an appointment at 245-3156.

Display of Framing Packages: Pre-Order Sales for Diploma & Masters Certificates. Root Hall Cafeteria. Wednesdays Feb 5-May 21 from 11 am - 1 pm.

LETORT VIEW COMMUNITY CENTER
☎️ 245-4329

Joint Pub: Open Thursday/Friday from 4-10 p.m. Pub Menu available from 4-9 p.m. Shuttle bus service available every Thursday - call (717) 226-3985 for pick up. Areas Available: -- Keystone Arms - West Point Drive & Patton Drive Intersection -- Keystone Arms - Taylor Avenue & MacArthur Drive Intersection -- Carlywnn Apartments -- On the Square Corner of Hanover & High Streets near 1st Presbyterian Church -- Seven Gables - Corner of Rush Drive & Veterans Way -- The Meadows - Thomas Drive & Chickamauga Drive Corner (east Corner) -- The Meadows - Chickamauga Drive (west corner) -- Exchange (corner of Sumner & Delaney near stop sign) -- Marshall Ridge 2 stops East End and West End -- Root Hall Gym Corner of Forbes & Barry Drive -- LVCC

Valentine’s Dinner & Dance: Feb 14. Doors open at 5:30 pm for Dinner Buffet. Dancing from 7-10 pm. $27.95 per person. Reservations required by Feb 10.

SPORTS – ☎️ 245-4029

Fitness Classes: Thorpe Fitness Center, 3rd Floor. Step and Strength, Combatives, Zumba, Yoga, Yoga for Athletes, Fitness Boxing, Tae Kwon Do, Tae Bo, Body Blast, and Pilates. All classes are FREE except Tae Kwon Do and Tae Bo.

Tae Kwon Do: Tuesdays and Thursdays from 4:30 - 6:00 pm at Jim Thorpe Fitness Center. $15 per month.

Tae Bo Cardiovascular Workout: Tuesdays and Thursdays from 6 - 7 pm at Jim Thorpe Fitness Center. $15 per month.

Get Winter Fit: New Classes being offered. LaBlast - Fun filled, high energy dance class. Jazzercise - Combines Dance, Strength Training, Yoga, Pilates and Kick Boxing moves.

BOWLING
☎️ 245-4109

Friday & Saturday Night Cosmic Quartermia: Jan 3 - Mar 29 from 7 - 9 p.m. $5 cover charge. 25 cents per game/person. First-Come-First-Served. Bowling, Cosmic Lights and Top 40 Hits.

Pizza Pins Pop: Jan 5-Mar 30. Every Sunday 1-5 pm. $24.95 per lane. $5 each additional person. First-Come-First-Served. No Reservations Allowed.

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

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!

Before and After School Program: School age children in grades K-5. Includes breakfast and afternoon snack and placement on correct school bus. Registration by appointment with Parent Central Services. 245-3801

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.

SKIES Classes: All SKIES Classes, Sign Up On Line Today!


Middle School Teen Events (Grades 6-12):

Superbowl Party - Sunday, February 2.

Indoor Swimming - Saturday, February 8.

Dodgeball Fridays: Every Friday, 7-9pm, CYSS Members Grades 1-12, Root Hall Gym.
OUTDOOR REC  
☎ 245-4616

Snowshoeing at Blue Knob State Park: February 8 from 6 am-8 pm. Tubing and Downhill Sking also available. $25 w/shoes & $20 w/o shoes (includes transportation). Must register by: Jan 31.

Ski Trip to Roundtop Mountain Resort: February 15 from 8 am-5 pm. $79 (Includes Ski Lift & Transportation). Must register by: Feb 4.

Snowshoeing at Pocono Mountains: February 22 from 6 am-4 pm. $25 (Transportation & Shoes). Must register by: Feb 14.

Spring Ski Trip Whitetail Ski Resort: March 1 from 4-9 pm. $58 (Includes Ski Lift & Transportation). Must register by: Feb 21.

Introduction to Kayaking/ Yellow Breeches: March 29 from 10 am - 2 pm. $10 p/p. Must register by: March 21.

GOLF – ☏ 243-3262

Open Golf 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.

UPCOMING EVENTS

Pastel Portrait Class at Barracks Crossing
Thursdays March 6, 13, 20, 27
Time: 5:00-7:00
Price: $150.00 (supplies included)
Must be 18 yrs or older.

www.carlislemwr.com

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Leisure Travel Services: 245-4048/3309

North of the Military Child

Art & Poetry Contest

The Contest is open to students in grades K-8.
The Poetry Contest is open to students in grades 9-12.

Contact Categories
- One winner will be selected from each of the following two categories: grades K-5 and grades 6-8.
- Three winners will be selected from the category of grades 5-8.
- The winner’s artwork or poetry will be featured on the cover of First Choice Magazine with an accompanying article.

Contestants will be notified via phone on Friday, March 14 if they are selected as a winner.

Please call 717-245-6098 with any questions!
Star Stories of the Native Americans
The Planetarium in Harrisburg - Now through February 23, 2014
This traditional show explores the night sky legends of the Native Americans. Discover how these tales helped to develop an understanding of the night sky and its importance to the Native American people. Take an up close view of the modern astronomy behind the legends including the cardinal directions, circumpolar motion, Pleiades, and the seasons. Grade 2 and up
- Wednesday, Thursday, & Friday: 11:00 am
- Saturday: 11:00 am & 1:00 pm
- Sunday: 1:00 pm

Born to be Wild 3D
Select Medical Imax Theater – Harrisburg Through March 31, 2014
Explore amazing villages in Borneo and Kenya. Discover the heartwarming story of orphaned orangutans and elephants, and the extraordinary people who rescue and raise them. Stunningly captured in IMAX® 3D, guests are transported into the exotic and lush rainforests of Borneo with world-renowned primatologist Dr. Birute Galdikas, and across the Kenyan savannah with celebrated elephant authority Dame Daphne Sheldrick. Through this captivating film, audiences will witness how these incredible creatures are rescued, rehabilitated and ultimately returned back to the wild.
MPAA Rating: G
Running Time: Approx. 40 min.
Call 717-214-ARTS (2787) for tickets.

Chocolate Covered Children’s Tea
Hotel Hershey - Feb 1, 8 &15, 2014
Children will enjoy sipping hot chocolate and chocolate flavored teas, as well as a chocolate infused children's buffet! Each child will create their own decadent treats dipped in warm chocolate. (11:00am) The event wraps up with a chocolate themed story!
- Reservations are required.
- Recommended for families.
- $43.00 per adult and one child; each additional person costing $20.00 (plus tax and gratuity).
- Call 717-534-8601 for more details.

Chocolate Themed Animal Treats
Zoo America in Hershey, PA - Feb 1, 8 & 15, 2014
Visit Zoo America to see the otters enjoy a special "Chocolate-themed" treat. Recommended for families.
- Adults: $11.00*
- Juniors (3-8) and Seniors (55+): $9.00*
- *All tickets subject to an additional amusement tax not to exceed $8.50
- Call 717-534-3900 for more details

Great American Outdoor Show
PA Farm Show Complex, Harrisburg Feb 1-9, 2014
Sportsmen and women from across the country will see displays encompassing shooting, hunting, fishing, archery, camping and boating. Plus seminars, demonstrations, calling competitions and NRA’s educational and safety programs will be offered throughout the nine day show.

Day of Dance®
Radisson Hotel, Camp Hill - Feb 22, 2014
Health screening appointments are limited and are filled on a first come, first served basis. Screenings include blood pressure, cardiovascular risk assessment, non-fasting glucose & cholesterol, sleep assessment, and PAD (Peripheral Artery Disease). Complimentary health screenings also provided, by appointment only.
Admission: FREE! Open to anyone; children are encouraged to attend with adult supervision.
To Register: Call (717) 763-2100.
AGENDA
12:30pm - Registration Opens
1:00pm - 4:00pm
- Kick Off / Performance by the Asian Indian Americans of Central PA
- Warm Up with Inspire Female Athletic Training
- Body Vive with Momentum Female Fitness & Nutrition
- Belly Dancing with Egyptian Moon Dance
- “What Does the Fox Say” with Always Time for Dancing studio
- Hip Hop Hustle with the Harrisburg Area YMCA
- Zumba with the Harrisburg Area YMCA
- YogaRhythym with Om My Yoga
- Bokwa Group Dance with Art in Motion Fitness
- Recharge Your Battery with ‘T’ai Chi with Jose’ Johnson
- Martial Arts & Wellness Center
- “Stayin Alive’ Hands-Only CPR Dance with West Shore EMS
4:00pm - Final Remarks / Adjourn
ADVERTISE WITH US TODAY
CONTACT US NOW FOR THIS SPACE

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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.

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Certified Residential Specialist (CRS)
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Line dancing every Tuesday &
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$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
Kids 12 & Under Eat FREE Every
Monday (some restrictions apply)

UPCOMING EVENTS:
Super Bowl, February 2 – Come
out and watch the BIG GAME with
all your friends.
Wine & Chocolate, February 14

UFC:
Saturday, February 1 –
UFC 169 Live from Prudential
Center. Barao vs. Faber, 10pm
Saturday, February 15 –
Machida vs. Mousasi, 10:30pm
Saturday, February 22 –
UFC 170 Live from Las Vegas,
Rousey vs. McMann, 10pm
Saturday, March 1 –
Kim vs. Hathaway, Macao China,
TBD
Saturday, March 8 –
Gustafsson vs. Manuwa,
London England, TBD
Saturday, March 15 –
UFC 171 Live from Dallas,
Hendricks vs. Lawler, 10pm
Saturday, April 19 –
UFC 172 Live from Baltimore Md,
Jones vs. Teixeira, 10pm
Join us every evening starting at
4pm for your favorite sporting
event. Not a bad seat in the house!

MWR PROGRAMS
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717-245-4698
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Community Club
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Annville, PA 17003
717-861-2450
Community Club Catering
717-861-2450
Box Car Coffee Shop
717-861-2619 / 2450

UPCOMING EVENTS:
Super Bowl, February 2 – Come
out and watch the BIG GAME with
all your friends.

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
717-861- 2727

All-Army Sports Program
717-861-2647
Blue Mountain Sports Arena
Call for classes available
Bldg. 4-117
Annville, PA 17003
717-861-2711

NATIONAL GUARD TRAINING CENTER
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MORALE WELFARE & RECREATION
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717-861-5440

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717-861-2727

Museum
717-861-2402

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717-861-8693

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M-Th: 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.

FORT INDIANTOWN GAP
717-861-9481
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16 FIRST CHOICE MAGAZINE | FIND US ON FACEBOOK: MWR FIRST CHOICE
Celebrate Valentine’s Day all month long with these Date Night in the Valley suggestions. Find more romantic getaways and things to do at VisitCumberlandValley.com.

**A Romantic Rendezvous**
Impress your date with fine dining at RockBass Grill followed by a movie at the West Shore Theatre, a vintage, single-screen theatre.

**Laugh Out Loud**
This twist on the classic date includes a great dinner in an authentic Irish setting at Coakley’s Restaurant and Irish Pub, shopping at Oxford Hall Celtic Shop, and a three-act stand-up comedy routine at the Harrisburg Comedy Zone.

**Mountainside Adventure**
This is sure to be a date you won’t forget! Spend the day zipping down the picturesque mountainside on skies or a snowboard and enjoying the natural beauty of the Valley at Roundtop Mountain Resort.

**Murder Mystery Weekends (Various Weekends through April)**
Arrive at Allenberry Resort Inn & Playhouse on Friday night, and be prepared to be wined, dined, and entertained with drama, dance, music, mystery and murder. Solve the crime at brunch on Sunday, and then return home safe and sound.

**Classic Romance**
Enjoy traditional Italian cuisine at Trattoria Piatto before catching a show at the art-deco Carlisle Theatre. Finish with a Nutella filled crepe at Helena’s Chocolate Cafe & Creperie for a European flair.

**A Trip Down Memory Lane**
Pick out some nostalgic candy at Georgie Lou’s Retro Candy & Gifts and strap on your dancing shoes for a night of swing dancing at The Green Door Dance Studio.

**Show-Off**
Strut your stuff on a pair of ice skates at Twin Ponds, then show your knowledge of craft beers at Appalachian Brewing Company.

**Lover’s Lane**
Lace your fingers together for a winter walk around scenic Children’s Lake before settling in for a candlelit dinner at Boiling Springs Tavern.

**Morning/Afternoon Tavern Tours at Cumberland County Historical Society – February 4th**
This guided road tour will feature taverns west of Carlisle and include several visits inside former taverns. Lunch will be provided at the former Sheaf of Wheat Tavern. There is a maximum of 13 people per tour. To reserve your seat please call 717-249-7610. Price is all inclusive.

**Wednesdays in Winter at Cumberland County Historical Society – February 5th – March 12th**

**Re-enactor Recruiting Day at USAHEC – February 8th**
Meet and greet re-enactors from all eras of U.S. Army History at the 2014 USAHEC Re-enactor Recruiting Day. Learn how to join military re-enacting units and living history organizations. There will also be live demonstrations, special presentations and fun for all ages. The museum is free and all exhibits are open to the public.

**Sweetheart’s Week at Castlerigg Wine Shop – February 10th-13th**
Celebrate Valentine’s Day all week long. Special events are scheduled each day at Castlerigg Wine Shop including tastings, sweet treats, appetizers and special pampering.

**House of Laughs/Comedy Night @ Carlisle Theatre – February 21st**
First Choice Bridal Show

Sunday, March 23, 2014
Letort View Community Center
noon - 4 pm

Sunday, March 30, 2014
Fort Indiantown Gap Community Club
noon - 4 pm

Call for business opportunities.
Contact us at 717-245-3777 or marketing@1stchoicemag.com

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