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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.
**Contents**

**FEBRUARY 2015**

**On the Cover**

Join us at The Letort View Community Center in Carlisle or the Fort Indiantown Gap Community Club for wonderful Valentine’s Day dinner dances. Also be sure they check out the teaser for the First Choice Weddings in this month issue before our March 1 First Choice Bridal Show.

**Regulars**

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**Features**

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**Photo Credits:**

p.18 - ring bearer, cake, rings: Shawna Noel Photography; bridge: Elaine Gate Photography; love note, flower girl: J Brooke Photography; army tank: Photograph Adventure; couple kissing: RJH Photography; seating plan and reserved sign, bridesmaids: Salty Lens Photography

p.19 - couple, b&w groomsmen: Shawna Noel Photography; hatchets: Summerhouse Photography; sign: Salty Lens Photography

p.20 - ballroom: Jeff Benzon Photography; gazebo: Elaine Gates Photography; chandelier, outside walkway: Revelation Photography

p.21 - water lilies, dancing, black table setup: Conte Photography; fireplace, centerpiece: Summerhouse Photography; purple: MWR

p.22 - cakes and dessert table: House of Clarendon
Car batteries, why they die and what we can do to lengthen their life. Most of us have had a dead battery at one time or another. In fact, it would be very unusual if you hadn’t. You may be surprised to learn that only 30 percent of vehicle batteries last for 48 months.

Now that’s an average. How long a battery lasts depends on many factors. You may not know that one of the biggest factors is the temperature where you live and drive. You might suppose that cold weather was harder on batteries because it takes more power to crank a cold engine, but the opposite is actually true. Batteries in very cold climates have a life expectancy of 51 months as opposed to 30 months in very warm climates. The reason is simple: batteries are chemically more active when they’re hot than when they’re cold.

A car battery will actually start to discharge on its own within 24 hours in hot weather. It takes several days in cold weather. When batteries are left too long in a state of partial discharge, the discharged portion of the battery plates actually, for the lack of a better word, ‘die’. Recharging the battery will not restore the dead part of the battery plate.

One of the big problems for the way most of us drive, is that our batteries are often partially discharged. The biggest job the battery does is to start the car. It takes some time for the alternator to recharge the battery after starting. If you’re driving short distances, especially if there are several starts and stops, your battery may not fully recharge.

Another issue is that vehicles are coming equipped with more and more electricity hungry accessories like navigation systems, DVD players, CD and MP3 players, heated seats, heated steering wheels and so on. And we often plug in cell phones, computers and other gadgets. Combine that with short trips and it’s no wonder that our batteries are partially discharged.

Experts say we can extend our battery life by topping off the charge periodically using a good quality battery charger. You may’ve heard these chargers referred to as ‘trickle chargers’. They’re attached to the battery and plugged into a wall outlet to slowly bring the battery up to full charge.

The suggestion is to charge once a month in warm weather and once every three months in cold weather.

Another thing to avoid is deeply discharging your battery. Something like running the headlights and stereo with the engine turned off. That’ll take months off the battery life every time you do it.

Carlisle Autocare can even test your battery and tell you if it’s time to replace it.

Batteries are fairly expensive, so taking a few steps to make them last longer is well worth it. Of course, the battery will eventually need to be replaced. Always make sure you get a new battery that meets the factory specifications for your vehicle. If you feel you need more battery capacity than what came with your vehicle, talk with one of our service advisor about appropriate upgrades.
USAG CARLISLE BARRACKS
MORALE WELFARE & RECREATION
DIRECTORY

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 am-4:30 pm 717-245-4322
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
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
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-3 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-3 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
Employment Readiness/Volunteer Manager/Transition Assistance Program/Army Family Action Plan 717-245-3684
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

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 6:30 am-5:30 pm 717-245-3701
Letort View Community Center
313 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-5:30 pm 717-245-3777
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 11 am-2 pm
Sun Noon-2 pm 717-245-3983
Fort Indiantown Gap Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
Fri-Sat 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

Tiki Bar Near Splash Zone pool. 717-245-4352
Joint Pub is open when Tiki Bar is closed due to inclement weather.

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Outdoor Recreation (ODR) 717-245-4616
Tue-Fri 9am-5pm
Sat, Sun and Mon: Closed
860 Summer Road
Carlisle, PA 17013
LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)  
☎️ 245-4329

FREE Shuttle bus service available every Thu - call (717) 226-3985 for pick up. Areas Available:
- Keystone Arms - West Point Drive & Patton Drive Intersection
- Keystone Arms - 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 - 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 -- LVC

Valentine’s Dinner Dance: Fri, Feb 13. Bar opens at 5pm – Dinner at 5:30pm – Dancing at 7pm with DJ Bob Foltz. $80 per couple (gratuity not included). LIMITED SEATING. Open to the Public

SPORTS – ☎️ 245-4029

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

Upcoming Events:
- Push Up and Squat Challenge – Feb 3
- Strength for Wisdom Challenge – Mar 8
- Strength for Wisdom 5K – Mar 21

Fitness Classes:
- Thorpe Fitness Center. TRX, TRX (for Adults over 40), MMA Fitness Workout, Boot Camp, Zumba, Spinning, Aikido, Core Strength and Stretch, Jazzercise, LaBlast. All classes are FREE except Power Yoga, Tae Kwon Do. Tue and Thu from 4:30-6pm at Jim Thorpe Fitness Center. $15 per month.

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

New Classes:
- LaBlast - Fun filled, high energy dance class.
- Jazzercise - combines dance, strength training, yoga, pilates and kick boxing moves.

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 and Ann Peck, ACE Certified Group Fitness 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:
- Fridays at 9am. Explore the basics of yoga in this entry-level class.

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).

Adult Pastel Portrait Class: 4 Classes being offered on Thursdays 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.

February Framing and Engraving Special: Receive 10% off all framing, engraving and graphics.

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.

February Auto Service Special: FREE tire rotation with any oil change.

HARLEM GLOBE TROTTERS
$30 per ticket  
(save $9.00 + svc charge)
2PM
Giant Center
Hershey, PA
Section 104

SUNDAY, MARCH 15th
GET YOUR TICKETS NOW!

www.carlislemwr.com  
f PADiscountTickets

BOWLING PIZZA PINS POP
Every Sunday from 6-8 P.M. 
Special Runs Jan 4th - Apr 26th

INFO: 245-4109  
www.carlislemwr.com  
www.carlislebowling.com  
Call for Reservations (717) 245-4329  
LIMITED SEATING
Newcomer’s Orientation
March 2
1pm – 3pm
Room 202 Anne Ely Hall,
Information for new members
to the Carlisle Barracks
community. All newcomers
corrected to attend. Family
members are invited to attend
as well.

LEISURE TRAVEL SERVICES
245-4048/3309
GET YOUR TICKETS AT THREE
GREAT LOCATIONS: Carlisle
Barracks - 842 Sumner Road
(located beside the Commissary),
U.S. Army Heritage & Education
Center - 950 Soldiers Drive & Fort
Indiantown Gap Community Club
- 9-65 Fisher Ave
Harlem Globetrotters Discount
Tickets: Mar 15, $30 per ticket
(section 104). Giant Center,
Hershey, PA at 2pm. Save $9 +
service charges.
Stars on Ice/Skating’s Best
‘Dancing for Joy” in All-New
2015 Tour: Mar 18 at Giant Center,
Hershey, PA. $42 per person (3
and up). Save $14.85 (ticket + svc
charge). Show: 7pm/Section 104
Row L Seating.
Washington, DC Cherry Blossom
Festival: Mar 27 & Apr 11. $26
Adult/Child 5+.
NYC Statue of Liberty and Ellis
Island “On Your Own”: Apr 18.
Adult $55. Senior $62 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 Mar
27.
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:
Red Tickets $7 (Limited) and
Blue Tickets $8 (premium). Not
applicable to any 3D film. ($9.25
regular cost at door).

Baltimore Aquarium: Discount
tickets available.
Florida Vacations: Discount tickets
available.

BOWLING – 245-4109
Pizza, Pins & Pop: Jan 4-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: Jan 2 – Apr 25.
$2.25 per game/person (shoe rental
not included). 7-9pm, $5 cover
charge, first come first served and
no reservations allowed.
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.

One Ice
ON ICE PASSPORT ADVENTURE
Leisure Travel Services Locations:
842 Sumner Road
Gettysburg, PA 17325
245-4048/3309
www.carlislewmr.com
FriADiscountTickets

$24 per ticket (ages 2+ must have ticket)
$18 per adult

Giant Center
Hershey, PA
Discount Tickets available until March 25
April 10 – 7pm show
April 11 – 7pm show
April 12 – 4:30pm show
$24 per ticket

ARMY COMMUNITY SERVICE
245-4357
Relocation One Stop
Feb 24
11am – 2pm
Root Hall Gym
Start your PCS departure
process now! If you know
where you’re relocating to or
want resource material, there
will be subject matter experts
to assist and support you.

Soldier for Life: Transition
Assistance Program
Mar 2-6
8:30am – 4:30pm
108th National Guard Armory
502 Calvary Road, Carlisle
For service members and
spouses who are retiring or
separating from the Military.
Congressionally mandated
Pre-Separation Briefing. This
is a five day workshop to
create a resume, practice interview
skills and receive VA Benefits
entitlements information.
Dress is business casual. Please
bring a draft resume and note
taking materials.
Golf Lessons: Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Terry Myers.

**OUTDOOR REC – 245-4616**

Basic Bike Maintenance: The basic bicycle maintenance clinic is an information class to learn the basics of how to extend the life of your bike and keep it running smoothly. Topics include how to lube a chain, fix a flat tire in record time, do minor adjustments to your bicycle, and more. Informational session only, no bikes please.

Feb 18; Mar 1, 14 & 18, 6-7pm, $20 p/p Must register one week prior to clinic

How to go Ultralight Backpacking Clinic: Learn how to choose and pack gear that lets you go fast and light.

Mar 11 & 21, 6-7pm, $20 p/p. Must register one week prior to clinic

Interpretive Prisoner War Camp Hiking: Come tour the remains of an interrogation camp used during World War II. All abilities welcome.

Mar 25, 10am-2pm, $20 p/p (transportation provided) Must register one week prior to event

Cross Country Skiing: Bring a lunch and water and dress for the weather. Location will be based on snow conditions. All abilities welcome.

Feb 3 & 24, 8am–4pm, $25 p/p (transportation and skis provided), Must register one week prior to event

Snowshoeing Trips: Follow us on a trip in the great outdoors and enjoy the snow. Bring a lunch and water and dress for the weather. Location will be based on snow conditions. All abilities welcome.

Feb 12, 17, 21 & 28, 8am-4pm, $25 p/p (transportation and snowshoes provided), Must register one week prior to event

Sledding Trips: Sledding trips for the whole family. Sledding is what makes winter a wonderland. Bring a lunch, water and dress for the weather. Location based on snow conditions. All abilities welcome.

Feb 22, 9am-4pm, $20 p/p (transportation and sleds provided), Must register one week prior to event

Appalachian Trail Prep Clinic: Learn about AT culture and customs and how to stay safe.

Learn what to pack and what to leave at home. Clinic will be held at Outdoor Recreation.

Feb 11, 6-7pm, $20 p/p, Must register one week prior to clinic

Geocaching: Treasure hunting game where you use a GPS to hide and seek containers, called geocaches, with other participants in the activity. All abilities welcome.

Mar 7 and Mar 15, 10am-2pm, $20 p/p (transportation and GPS provided), Must register one week prior to event

Day Hiking Trips: Outdoor Recreation offers the following section hikes on the Appalachian and Tuscarora trails. Learn the history of the trails, enjoy great company and nature nuggets. All abilities welcome.

Halfway point of the Appalachian Trail Mar 8, 10am-2pm, $20 p/p

Waterfall Hike – Ricketts Glen Mar 4 & 22, 7am-5pm, $20 p/p

PA High Point – Mount Davis A lofty height of 3000 ft., Mar 29, 7am-5pm, $20 p/p. Must register one week prior to event

Bike Rides: Pennsylvania is home to countless rail trails. Come with Outdoor Recreation and explore more on two wheels. All abilities welcome.

Half-Day Rides: Mar 28 & 31, 10am-3pm, $20 p/p (transportation and bikes provided), Must register one week prior to event

**CHILD YOUTH AND SCHOOL SERVICES – 245-4555**

**School Liaison Office 245-4638**

Support for Student NYC Trip: CYSS McConnell Youth Center will support the New York City Trip for AWC Students by offering Open Rec Time, Dinner, Games and Crafts for children K-6th grades who are being cared by relatives. Mar 11-14, Call the CYSS for further details, FREE

**School Age Care Programs 245-4555**

SAC Super Bowl Party: Choose to watch the Super Bowl in the creation station or play group games in the gym.

Feb 1, 6-10pm, FREE

SAC Valentine Luncheon: Parents can enjoy lunch prepared by the children.

Feb 13, 11:30am-12:30pm, FREE

SAC Cupcake Wars: The children will decorate cupcakes and the winner will receive a special prize.

Feb 28, Noon-4pm, FREE

SAC Spring Fling: The SAC program is having a dance!

Groove to the beat in the gym and/or make spring crafts in the art room, snack provided.

Mar 28, Noon-4pm, FREE

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

Pre-School Dance 3-4 years

Tuesdays, Feb 10 – Mar 5, 5-5:30pm, $35

Pre-Ballet 5-6 years

Tuesdays, Feb 10 – Mar 5, 5:45-6:30pm, $40

Beginner Hip Hop Dance 6-9 years

Thursdays, Feb 10 – Mar 5, 5-5:45pm, $40

Hip Hop Dance 10-12 years

Thursdays, Feb 10 – Mar 5, 6-7pm, $40

Bricks4Kidz – Lego Bricks educational creation program

Tuesdays Feb 3 – 24, 5-6pm, $40 (includes supplies)

**Middle School & Teen Programs – 245-4642**

**MST Super Bowl Party:** Feb 1, 6-10pm, FREE

**MST Tropical Lock-In:** Enjoy bowling, dodgeball, open gym and a Luau. Late dinner, snack and breakfast provided.

Feb 6, 7pm-7am, FREE, Register by Feb 5, 7pm

**MST Sky Zone Trip:** Includes 2 hours of jump time, jump socks and transportation. Bring extra cash for dinner on the way home.

Feb 21, 1-6pm, FREE, Register by Feb 19, 7pm

**MST St. Patrick’s Day Social:**

Mar 7, Noon – 4pm, FREE

**MST March Madness Lock-In:** Enjoy bowling, dodgeball and 3 on 3 basketball tournament. Late dinner, snack and breakfast provided

Mar 20-21, 7pm-7am, FREE, Register by Mar 20, 7pm.

**Youth Sports & Fitness 245-3354**

**Youth T-Ball** Ages 3-6 years

Registration: Feb 2 – Mar 27, Season: Mar 31 – May 9

Volunteer coaches receive free T-Ball registrations.

**Youth Spring Soccer** Ages 3-18

Registration Feb 2 – Mar 27, Season: Mar 30 to May 13 (all leagues are co-ed)

Preschool: Ages 3-5, not yet in Kindergarten, Bantam: K-2nd grade, Elementary: 3rd-5th grade

Middle School: 6th-8th grade, High School: 9th-12th grade

**Youth Running Club – Co-Ed Ages 10-18**

Registration: Feb 2 – Mar 27, Season: Mar 30 to May 16

Learn warm-up, cool-down and running techniques / Improve overall health and wellness

Volunteer coaches needed to lead and supervise runs.

**America’s Armed Forces Day – Kids Run** (This is a worldwide Military Base event) May 16th, Registration opens April 6th. Open to the public

Ages 5 & 6 run 1/4 mile, Ages 7 & 8 run 1/2 mile, Ages 9-13 run 1 mile – Indian Field, FREE

Online Registration: www.americaskidsrun.org/

**Friday Night Dodgeball:** Open to youth in grades 1-12. Please bring a clean pair of sneakers to wear.

Every Fri night, 7-8:45pm, McConnell Youth Center, FREE

**UPCOMING EVENTS**

**First Choice Bridal Show:**

Mar 1, Noon-3pm, U.S. Army Heritage and Education Center, 950 Soldiers Drive FREE. Open to the Public

www.1stchoicemag.com/ weddings for information and registration.

**Easter Egg Hunt and Family Fun Fair:**

Mar 29, 9am start, FREE, Moore CDC Field

**Month of the Military Child Events:** April
Purple UP for Military Kids: Wear Purple, dress your animals in purple or decorate your house or cubicle in purple to show support of Military Children. April 15

CDC Month of the Military Child Kick Off Parade: April 1

GET A JOB WITH US USAJOBS.GOV

FEBRUARY 2015

November 17th: 0900 - Yoga Foundations
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 1
0600 - performance Fitness (Briana
0900 - Body Blast (Leigh)
1015 - Yoga Vinyasa (Flow) (Michelle)
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 3
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40 (Nicole)
1200 - Spin (Nicole)
1500 - Insanity (Paul)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
18:00 - Tae Bo (John Cerifko)
February 4
0600 - Performance Fitness
0900 - Spin (Nicole)
0900 - Body Blast (Leigh)
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 5
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40 (Nicole)
1200 - Spin (Nicole)
1500 - Insanity (Paul)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)
February 6
0600 - Performance Fitness
0900 - Yoga Foundations
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - Zumba Toning (Wendy)
February 7
0700 - Run CBKS (Nicole/Brian)
0900 - Zumba Toning (Wendy)
February 9
0600 - Performance Fitness (Briana
0900 - Spin (Nicole)
0900 - Body Blast (Leigh)
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 10
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40 (Nicole)
1200 - Spin (Nicole)
1500 - Insanity (Paul)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)
February 11
0600 - Performance Fitness (Briana
0900 - Spin (Nicole)
0900 - Body Blast (Leigh)
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 12
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40 (Nicole)
1200 - Spin (Nicole)
1200 - Zumba (Prudence)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)
February 13
0600 - Performance Fitness
0900 - Yoga Foundations
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - Zumba Toning (Wendy)
February 14
0600 - performance Fitness (Briana
0900 - Body Blast (Leigh)
1015 - Yoga Vinyasa (Flow) (Michelle)
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 16
President’s, Day
February 17
0600 Level 2 Combatives (Brian)
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40 (Nicole)
1200 - Spin (Nicole)
1500 - Insanity (Paul)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
18:00 - Tae Bo (John Cerifko)
February 18
0600 - Performance Fitness (Briana
0900 - Spin (Nicole)
0900 - Body Blast (Leigh)
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 19
0600 Level 2 Combatives (Brian)
1000 - TRX for Adults over 40 (Nicole)
1200 - Spin (Nicole)
1200 - Zumba (Prudence)
1500 - Insanity (Paul)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)
February 20
0600 - Performance Fitness
0900 - Yoga Foundations
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - Zumba Toning (Wendy)
February 21
0700 - Run CBKS (Nicole/Brian)
0900 - Zumba Toning (Wendy)
February 22
0600 - Performance Fitness (Briana
0900 - Body Blast (Leigh)
1015 - Yoga Vinyasa (Flow) (Michelle)
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 24
0600 Level 2 Combatives (Brian)
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40 (Nicole)
1500 - Insanity (Paul)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
18:00 - Tae Bo (John Cerifko)
February 25
0600 - Performance Fitness (Briana
0900 - Body Blast (Leigh)
1200 - Dumbbell 30 Min Workout (Prudence)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)
February 26
0600 - Level 2 Combatives (Brian)
1000 - TRX for Adults over 40 (Nicole)
1200 - Zumba (Prudence)
1500 - Insanity (Paul)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)
February 27
0600 - Performance Fitness
0900 - Yoga Foundations
1200 - Dumbbell 30 Min Workout (Prudence)
February 28
0700 - Run CBKS (Nicole/Brian)
SOLD OUT! Foreigner  
RAIN—A Tribute To The Beatles  
STOMP  
H.O.P.E. Diversity Scholarship Program  
Wil Haygood, Lecture: “The Butler: A Witness To History”  
Mnozil Brass  
Rhythm in the Night: The Irish Dance Spectacular  
Nitty Gritty Dirt Band  
Luhrs Circle of Friends Gala  
Disney’s Beauty and the Beast  
SU Spring Band Concert  
Pilobolus  
The Hit Men  
Jackie Evancho—Awakening Tour  
SU Community Orchestra Spring Concert  
NEW! Phil Vassar with special guest Lyndsey Highlander  
Johnny Rivers  
NEW! The Lettermen  
NEW! Ballroom With A Twist  
NEW! Shippensburg Symphony Festival Series  
Concert I: Shippensburg Festival Symphony  
Concert II: Shippensburg Festival Symphony  
Concert III: Shippensburg Festival Symphony & Chorus

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Child, Youth & School Services began the new year with an art show at the Dunham US Army Health Clinic. A whole semester’s worth of the students’ art was displayed for all to see. Such art mediums showcased included sculptures, monochromatic drawings, watercolors and printmaking. Anyone observing the art displays concluded that the children put in a lot of effort.

Sponsored through the Boys and Girls Club of America (BGCA), the art work was judged by the Clinic Commander and the Garrison Command Group. Judging was tough, but winners were eventually awarded. The top placed finishers will move onto the regional contest and regional winners move onto nationals. Constance Barr, the art instructor, taught the children throughout the semester and her hard work has paid off. Ms. Barr noted that “all of the children love their work displayed and enjoyed learning about the different art mediums.” The second semester of art class has recently began, so it will be interesting to see what the children will create next!

By: Robert V. Suskie III, SKIES Specialist
NEW HOURS
Arrowheads Bar & Grill
Sun-Thu, 11am – 10pm
Fri & Sat, 11am - Midnight

Events
Line Dancing
Every Tuesday & Every Other Sunday
Feb, 3, 8, 10, 17, 24
$3 per person
6:30pm – Lesson
7:30pm – All request dance party
Open to the public & all ages
Dancing held in the Community Club Ballroom

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

Wednesday Trivia Nights
Feb. 4, 11, 18, 25 - 7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

Super Bowl Party
Sun, Feb 1
Great Food, Great Seats, Giveaways

Valentine’s Day Cupid’s Dinner Dance
Bring your sweetheart for a 4-course meal and dancing to the sound of Ryan Miller Entertainment
Sat, Feb 14
Call for Reservations: 717-861-2450
(see our ad on page 19)

St Patty’s Day Events
Mar 6, Fire in the Glen, mug-thumping Irish, Scottish & maritimes music, 8pm-Midnight
Mar 17, DJ, Drink specials, shenanigans, giveaways and so much more, admission at the door

NASCAR Daytona 500 – Party
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Drill Weekends 6-9 am
Arrowheads Bar and Grill
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4 pm-Midnight
Fri: 11 am-1 pm,
4 pm-2 am
Sat: 5 pm-2 am
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Mon-Fri 11 am-1 pm
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AVAILING'S DAY
SATURDAY, FEBRUARY 14, 2015
7PM – 11PM
Dancing to the sounds of Ryan Miller Entertainment

SOUP
Minestrone or Cream of Broccoli

SALAD
Spring Salad
Fresh Greens, Strawberries, Blue Cheese, Candied Walnuts & Vinaigrette or Caesar Salad

MAIN COURSE
Choose one per person:
- Chicken Marsala with Mashed Potatoes
- Sirloin Steak with Baked Potato
- Stuffed Tilapia with Wild Rice
All meals include Fresh Vegetable and Warm Rolls

DESSERT
Chocolate Mousse or Crème Brûlée

PRÉ-PAYED RESERVATIONS, NO REFUNDS
$60 per couple*
$35 per person*

PRICE AT THE DOOR
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DANCING TO THE SOUNDS OF RYAN MILLER ENTERTAINMENT

SOUP
Minestrone or Cream of Broccoli

SALAD
Spring Salad
Fresh Greens, Strawberries, Blue Cheese, Candied Walnuts & Vinaigrette or Caesar Salad

MAIN COURSE
Choose one per person:
- Chicken Marsala with Mashed Potatoes
- Sirloin Steak with Baked Potato
- Stuffed Tilapia with Wild Rice
All meals include Fresh Vegetable and Warm Rolls

DESSERT
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OPEN TO THE PUBLIC!
February has many of us thinking about Valentine’s Day so it’s the perfect month to set aside some time for a date night in Cumberland Valley. Below are a few suggestions. For even more fun things to see and do visit www.visitcumberlandvalley.com.

Murder Mystery Weekend (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 in a cozy setting 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, and then show your knowledge of craft beers at Appalachian Brewing Company.

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

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.

The month of February also hosts a collection of events perfect to enjoy with your special someone or the entire family. View a sampling below and find other exciting things to see and do this month at visitcumberlandvalley.com/events-calendar.

Valentine’s Weekend Specials @ Castlerigg Wine Shop – February 13-15
Take advantage of Castlerigg’s Valentine’s weekend special and bring your sweetheart to enjoy 2 appetizers (select menu) and 2 glasses of wine for $20.

RAIN - A Tribute to The Beatles @ The Luhrs Center – February 18
Live multi-media spectacular that takes you on a musical journey through the life and times of the world’s most celebrated band.

Animals of Kings Gap Hike – February 21
Park staff will be leading a guided walk to look for wildlife in the park. The walk will be easy paced and begins at the Pine Plantation parking lot.

(Creative) Night Out: Vino & VanGogh @ Carlisle Arts Learning Center – February 26
The evening includes all materials and instruction, as well as refreshments, in a supportive and enjoyable atmosphere suitable for every experience level.
More than 100,000 patients trusted the nation’s leading heart and vascular specialists at PinnacleHealth CardioVascular Institute for screenings, diagnosis and surgeries last year.

Each heart benefits from our vast experience and knowledge, including comprehensive, individualized treatment plans, rehabilitation services and options for traditional or minimally invasive surgeries.

So many patients now live healthier, fuller lives thanks to our patient-centered care and dedication to improving and saving lives. If you need cardiovascular care, join thousands of your friends and neighbors in trusting your heart to PinnacleHealth CardioVascular Institute.

Know us before you need us.
MiLiTARy SAVES WEEk

As part of Military Saves Week 2015, scheduled for February 23 - 28, Army Community Service (ACS) is spreading the saving message, and urging the community to participate and take the Military Saves pledge.

"Military Saves Week is a great opportunity to help service members and their families in our community set a goal, make a plan, and save automatically," said Becky Myers, Director of ACS at Carlisle Barracks.

To help people save more successfully and encourage more people to save, ACS is offering military families and DoD civilian employees one-on-one financial counseling sessions during Military Saves week where they can receive a free credit report and credit score. To make an appointment, contact ACS at 717-245-4357.

Cora Johnson, Financial Manager at ACS says "Having a fund for unplanned emergencies is a sound saving practice and could be your saving grace when you have no other means of funding an unexpected expense like a car repair or moving costs due to PCS."

RELOCATION ONE STOP

POC: Donna Jones, Relocation Manager, ACS 717-245-3685

The Relocation One Stop is designed to assist service members and family members with upcoming permanent change of station (PCS) moves. The event provides subject matter experts in one location who can assist families with the various details involved in relocating to a CONUS or OCONUS assignment. The event will be held at Root Hall Gym on February 24, March 24 and April 28 from 11am - 2pm.

The agencies involved include ACS, Transportation, Tri-Care, housing, Child Youth and School Age Services, Military Personnel, and the Post Judge Advocate office. Feedback from previous attendees indicates this event was positive and provided families an opportunity to address numerous issues in advance and thus reducing the stress on the family. For example, Tri-Care was able to provide valuable information to families who required specific medical support while traveling. The Post Judge Advocate provided information on special powers of attorney. Military pay provided guidance to service members if they required advanced pay. Military housing offered guidance and information regarding off post housing at their new duty location. ACS was able to assist families with special needs and resources at the new duty location.
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THE FIRST CHOICE WEDDING GUIDE
The Need to Know
Advice for Brides and Grooms

When you first get engaged and start meeting with potential vendors, you will quickly hear all the grand and glorious stories of how your wedding day will be your fairytale dream day. A lot of brides have already started planning and dreaming long before the question was even popped. We thought it would be fun to talk to actual brides and grooms about their personal experience and asked them to share some tidbits of what really to expect.

Don’t fret over the small stuff. No one remembers the little details except for you! Think about the past weddings you have been to, and try to remember what color the napkins were, what kind of flowers there were, what the table decorations were... I’m sure you won’t remember! What you do remember is the fun and the food! The small stuff creates added stress, and this is supposed to be a very fun and memorable time in your life!

Don’t focus on things that people will not remember. Little decorations that will cost a lot or take you a lot of work are likely not worth it. All of the last minute things you’re working on should be reevaluated because they could be wasteful and not many people will notice if any. If you’re worried about what people will think, make sure they have some type of alcohol to drink for free and you better have good food. Food is the number one complaint your friends will talk about the next day. Also vet your DJ because while they won’t make your reception a hit they can ruin it.

Don’t forget to have a moment with just you and the groom, we had a two day affair and I felt like I hadn’t seen him in years. Take a moment, before the reception, after the ceremony, after your first dance… anything.

Other than that I would tell any bride; if your answer is no then just say NO. You don’t need any other explanation, you are the bride. This day, if no other, you should be your most happy and content with the outcome of all of your decisions and opinions that you’ve planned and labored over.

Name: Mandi C
Wedding Date: 10/11/2014

Be prepared with a plan if your husband seems to be having a few too many the day of the wedding. If this does happen, get one of his groomsmen to start giving him red bull in place of bourbon, and he probably won’t know the difference. Your wedding day is pretty much a huge party for your friends and family, that you spend a year planning and just as long paying for. So brides, make sure you live it up! Cheers to all the fun weddings full of dancing, singing and grooms that steal the microphone from the band all night long.

Candice W
Wedding Date: 6/21/2014

Don’t sweat the little things. If there is something that can go wrong it probably will. Don’t worry so much about who you offend or inconvenience. It’s not their wedding. Do what makes you happy. That’s my wedding experience in a nutshell and I wouldn’t change a thing about it.

Dusty G
Wedding Date: 6/8/2014
Whether you are planning an extravagant celebration or the most intimate of gatherings, our venues and experienced staff will know how to make it a day you will remember forever.

As you research and visit potential locations, consider how they meet and agree with you and your fiancé’s desired budget, catering options available, space availability and accessibility. When considering your venue, it’s important to be able to show off your style while pleasing your guests. Making small considerate choices in selecting food and drink options, music selection and fun features or photo opportunities show respect and gratitude to all your family and friends.

Located in central Pennsylvania, Army Catering offers four different venues that are all open to the public for you to choose from to meet your needs. Whether you’re looking for something with military flair or a lodge with a breathtaking view we have what you’re looking for.

Letort View Community Center

Letort View Community Center is nestled among the historic Carlisle Barracks and offers a charming, magnificent venue. It features over 15,000 square feet of flexible space with seating for up to 450 guests. In addition to the elegant ballroom, there are other features such as the historic gazebo, Wheelock Bandstand and an outside pavilion with a Tiki Bar. Regardless of what you choose, our dedicated professional catering staff, creative cuisine and superb service will ensure a night to remember.
Army Heritage and Education Center

The US Army Heritage and Education Center (AHEC) is an internationally recognized center of excellence for preservation and interpretation of US Army Heritage. Choosing a venue as memorable as AHEC will give you and your guests a once in a lifetime occasion. We offer spacious banquet rooms and a wide variety of culinary delights, boasting superb menus, spectacular buffets and food selections. All items are customizable and our professional catering staff will work closely with you to plan an event that is truly spectacular.

Fort Indiantown Gap Community Club and Keystone Conference Center

Fort Indiantown Gap Community Club offers plenty of flexible banquet space for a charming venue for your next wedding, anniversary or special occasion.

Fort Indiantown Gap Community Club provides the attention, service, flexibility, affordability and individualism you deserve. We also offer catering services in the historic Keystone Lodge.

The Keystone Conference Center (KCC) consists of the main lodge, a 10,000 square foot structure and the adjacent Sergeants’ Grove picnic area. Located on Blue Mountain, above Marquette Lake, the KCC offers the ideal location for brides to customize their backdrop.

The KCC has several options available to fit your personalized needs. The Great Hall is a beautiful 3,500 square foot hall featuring an imposing stone fireplace and is adorned with the unit crests of the Pennsylvania Army and Air Guard. It can seat up to 350 people with different styled seating to fit your customized needs. KCC also offers a Social area that holds up to 160 people and the Sergeants’ Grove picnic area which seats up to 165 people, a great option for an outdoor event.
At the House of Clarendon location, everyone encounters tall, beautiful layered cakes featuring either buttercream or thin, yet edible fondant. Your wedding cake is individually customizable to satisfy each bride. Since February 2008, designer Martine Cajas took ownership of the House of Clarendon and has brought style and sophistication to central PA. House of Clarendon is excited to share with you the current cake trends in the wedding industry.

To start, buttercream has become a huge trend, especially since the popularity rise of rustic barn weddings. Buttercream also has the ability to create a romantic, elegant look. It can be textured to add an extra flair and dressed up with tons of stunning florals. Succulents and other florals are décor examples of bringing some life to your wedding cake.

This brings us to the next huge trend with wedding cakes, the color. This year, it is all about the gold undertones, ivory, and of course, the pantone color of the year, which is marsala—a light burgundy. Décor options are available when it comes to your wedding cake. Currently, florals and pearls tend to be the most popular. Ivory is always considered to be a classically chic choice for your wedding cake design. However, it can be dressed up and glammed out to add a hint of sparkle and drama.

Traditional flowers and lace are also in style when it comes to wedding cakes. Some brides prefer to have an elegant cake made from fondant with gum paste or fresh flowers added. Not only is the décor stunning, but the gum paste flowers are edible too. Adding lace creates a beautiful, graceful and lean look.

When it comes to weddings, it isn’t in every bride’s interest to have an actual cake. Some would prefer cupcakes and/or a dessert bar. Cupcakes are commonly used with the rustic shabby chic look, but they can also be eloquent and beautiful with decorative details. Dessert bars can offer various candies, chocolates and even cake pops. Don’t forget to add various bite-sized desserts to your dessert bar.

There are many options when it comes to a bride creating her dream wedding cake. It’s all about the details and the flavor combinations. For more information about wedding cakes, visit the House of Clarendon’s website at www.houseofclarendon.com, as well as the House of Clarendon Facebook, Twitter, Pinterest and Instagram pages.
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