In this issue:
Shop Local for the Holidays
ODR Passport Program
A Gift for the Holiday
New Year’s Eve in Pennsylvania
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

Each year Youth Services holds a Holiday Tree Lighting. This year the ceremony will be held on Wednesday, December 3 at 4:30pm. Holiday carols, cookies, and hot chocolate are available inside the chapel. Santa Claus will make an appearance as well.

Features

5 Shop Local for the Holidays
6 ODR Passport Program
12 A Gift for the Holiday
14 New Year’s Eve in Pennsylvania
18 Holidays with Special Needs Children

Regulars

4 Carlisle Autocare Service Tip of the Month
6 From the Kitchen of...
7 Carlisle Barracks Directory
8 Carlisle MWR Happenings
11 Thorpe Fitness Schedule
16 Fort Indiantown Gap MWR Happenings and Directory
20 Exploring Cumberland Valley
21 Letterkenny Army Depot Directory
Brakes really aren’t optional equipment. And taking care of them isn’t a choice either.

A regular brake inspection is on every car’s maintenance schedule. An inspection will check your brake system and let you know if there are any problems. Of course, if you’re having trouble with your brakes, get your car into a service center right away. And watch out for these problems:

- Low or spongy brake pedal
- Hard brake pedal
- A brake warning light that stays on
- Constantly squealing or grinding brakes
- Vibrations or clunking sounds when applying brakes

There are two types of brakes: disc and drum. Disc brakes have a rotor that’s attached to the axle. Calipers straddle the rotor, like the brakes on a bicycle. Drum brakes are more common on back wheels. Pads, called shoes, push against the inside of the drum to slow the vehicle.

There are several things that need to be serviced on the brake system. First, the brake pads and shoes wear out with use and become too thin to really help. If the brake pads wear away completely, you can damage the rotors. The calipers can grind grooves in the rotor. Then the rotor must either be resurfaced or replaced and that can be expensive. But putting it off is dangerous because your vehicle won’t stop as quickly. Sometimes rotors warp or crack and must be replaced.

Brake fluid is also important. When the brakes are applied, the pressure in the fluid activates the brake pads or shoes. Not enough fluid, not enough pressure to brake properly. Also, water builds up in the brake fluid over time, which leads to corrosion, leaks and brake damage, and with hard use, the brakes could severely fade or even fail. You should change the brake fluid when your manufacturer recommends it.

There are different grades of brake pads. There are regular, metallic and ceramic – higher grades cost more, but give better braking performance and smoother operation. It’s OK to upgrade your brake pads. But, never use a grade that’s lower than what the manufacturer recommends.

Be sure to properly maintain your brakes to stay safe on the road.
Looking for a unique gift for someone special this holiday season? Support small business in Central Pennsylvania this year and find an array of gifts for everyone on your list.

The Greatest Gift
117 North Hanover Street, Suite 100, Carlisle
717-243-5562
www.greatestgiftcarlisle.com

This downtown shop features the work of American artists and carries an assortment of goods varying from pottery to jewelry. A selection of handmade silver jewelry is made on-site.

Meadowbrooke Gourds
125 Potato Road, Carlisle
717-776-6029 www.gourdshop.com

Visit the largest gourd manufacturer in the country to see how the gourds are grown, cleaned, cut and painted to create unique home décor. There is a large variety of gourds to choose from and the showroom floor changes seasonally. Ornaments or their famous Snowmen make great hostess gifts.

History on High – The Shop
33 West High Street, Carlisle
717-249-7909
www.historicalsociety.com/History_on_High.html

Located in the historic district of Carlisle, this unique shop carries a selection of local artists’ works from paintings to clothing and food items. Dickinson College and the Carlisle Indian School items can be found as well.

Georgie Lou’s Retro Candy
56 West High Street, Carlisle
717-243-1002

Revisit your childhood as you step through the doors of this old-fashioned candy store. Named for the owner’s grandmothers, they offer flavored sodas, retro lunchboxes and collectibles, fudge, and candies from modern favorites like Lego and Harry Potter.

The ClothesVine
134 West High Street, Carlisle
717-249-7909

Owned by a mother-daughter team, this boutique carries a wide range of clothing from juniors to women’s and casual to dressy. It’s a great place to pick up a holiday party dress or unique accessories for everyday wear and they always carry the latest styles at reasonable prices.

Brittle Bark
33 West Main Street, Mechanicsburg
717-697-6950
www.brittlebark.com

Gourmet candy shop featuring handmade, local and fresh delicious brittles and other sweets. Made in Cumberland Valley: brittles, chocolates, chocolate covered pretzels, cookies and Jubilee Fudge. If you’re looking to make a gift basket for the holidays, including sweets from Brittle Bark is a must.

Whether selling or buying, I can assist you in a no pressure, no gimmick environment making your transition a smooth and comfortable one. I’ll provide the service and experience that’s been missing in the real estate business. I’m here to work for YOU!

Jeffery A. Miller
Realtor, E-PRO
“Your Carlisle Connection”
Office – 717-243-8080 x268
Cell – 717-870-7402
jeff.miller@cbhomes.com
1068 Harrisburg Pike
Carlisle, PA 17013

www.CentralPAHomes4You.com
facebook.com/Realtor.Jeff.Miller
linkedin.com/pub/jeff-miller/b/583/656/

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• Sellers Benefits
I’m a member of 3 different multi-list systems for maximum exposure. I’ll also leverage all of Coldwell Banker’s marketing materials in addition to my E-PRO training for a full service sales plan including a no obligation market analysis of your home.

• Buyers Benefits
I am committed, but not limited, to serve all of south central PA and surrounding areas. My strategic partnership with Veterans United Home Loans will ensure a smooth mortgage process.

Preferred Lender/Partner
Veterans United
Home Loans
Many cultures eat a traditional food for good luck on New Year’s Day. In Central Pennsylvania the tradition of eating pork and sauerkraut stems back to the Pennsylvania Dutch or “Deutsch” German culture. According to Pennsylvania Dutch tradition, pork and sauerkraut will bring luck to you and your family in the year ahead when eaten as the first meal of the New Year. There are many ways to prepare pork, such as adding apples, brown sugar or caraway seeds. However, “straight” is often the best way.

Chef Kat from Fort Indiantown Gap Community Club shares her recipe with you.

Chef Kat likes to serve her pork and sauerkraut with mashed potatoes and molasses butter bread—Yummy!

**Chem Kat’s Pork and Sauerkraut**

5 lb. lean pork roast
1 large yellow onion (diced)
2 15oz. cans of sauerkraut
2 tsp pepper
2 cups water

Season roast with salt & pepper. Add roast, diced onion, sauerkraut and water to the roast pan. Put covered roasting pan in a 325 oven for 2-3 hours or until the pork is tender. Remove roast from the pan & let rest. While the roast is resting, remove the lid from the roast pan and cook the sauerkraut for an additional 20 min until it is golden.

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**ODR Passport Program**

This autumn, Outdoor Recreation launched a passport program to help military families experience scenic Pennsylvania. This passport is your ticket to not only experience backcountry Pennsylvania but to learn new outdoor skills, and socialize with your military counterparts. The passport is a year-round program, in which to complete, participants must attend a total of three outdoor events. These outings include, but are not limited to: Ultralight Backpacking, Snowshoeing, Cross-Country Skiing, Ultimate Sledding, Hiking, Biking, Kayaking, First Aid & CPR/AED Certifications, Bike Maintenance Clinics and many other Outdoor Clinics. The passport must be completed by May 22, 2015 with a limit of only one passport per person. Participants who complete the passport program receive a T-shirt with the Outdoor Recreation logo on the front; on the back, displayed is our challenge to you, “Do you have what it takes to complete the full Carlisle experience.”

Recently, five adventuresome folks from Carlisle have proven that they in fact have “what it takes to complete the full Carlisle experience.” While completing the passport program, these individuals participated in outdoor adventure sports in which they were able to fully experience the great outdoors. The passport program is for everyone, regardless of age or skill level. By incorporating the passport program here at Outdoor Recreation our goal is for you, the customer, to experience a variety of year-round outdoor activities and have fun doing so. If you’re interested in participating in the passport program, please feel free to stop by Outdoor Recreation (Building 860) or contact us at 717-245-4616.
## 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  
Tel: 717-245-4332

**Marketing**  
Tel: 717-245-4533

**Sponsorship and Advertising**  
Tel: 717-245-3777

**Finance**  
Tel: 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  
Tel: 717-245-3156

**Auto Self Service**  
Mon-Fri 8 am-5 pm  
Thurs 8 am-8 pm  
Sat 9 am-4 pm  
Tel: 717-245-3156

**Frame & Engraving**  
Tel: 717-245-3319

**Frame Studio - Self Help**  
Thurs 1 pm-8 pm  
Fri 10 am-4 pm  
Sat 9 am-4 pm  
Tel: 717-245-3319

**Strike Zone Bowling Center**  
686 Letort Lane  
Carlisle, PA 17013  
Mon-Fri 8:30 am-9 pm  
Sat 1-8 pm  
Sun 1-8 pm  
Tel: 717-245-4109

**Carlisle Barracks Golf Course**  
901 Jim Thorpe Road  
Carlisle, PA 17013  
Mon-Sun 8 am-4 pm  
Tel: 717-243-2463

**Golf Course**  
Tel: 717-243-3262

**19th Hole Snack Bar**  
Tel: 717-245-3267

**Child, Youth & School Age Services**  
459 Bouquet Road  
Carlisle, PA 17013  
Mon-Fri 6:30 am-6 pm  
Tel: 717-245-3319

### CYS Programs

**CYS Division Chief**  
Tel: 717-245-4283

**CYS Central Registration**  
Tel: 717-245-3801

**School Liaison Officer**  
Tel: 717-245-4638

**Youth Center**  
Tel: 717-245-4555

**Youth Sports**  
Tel: 717-245-4519

**Child Development Center**  
455 Fletcher Road  
Carlisle, PA 17013  
Mon-Fri 6:30 am-5:30 pm  
Tel: 717-245-3701

**Letort View Community Center**  
315 Lovell Avenue  
Carlisle, PA 17013  
Tel: 717-245-4329

**Letort View Catering**  
Tue-Thurs 9 am-5 pm  
Tel: 717-245-3960/4049

**Joint Deli (Army War College)**  
Mon-Fri 7 am-2 pm  
Tel: 717-245-3883

**USAHFC Catering**  
Tel: 717-243-3099

**Café Cumberland**  
950 Soldiers Drive  
Carlisle, PA 17013  
Mon-Sat 10 am-2 pm  
Tel: 717-245-3900

**Leisure Travel Services**  
842 Summer Road  
Carlisle, PA 17013  
Mon-Fri 9 am-4 pm  
Tel: 717-245-4048

**Army Heritage Center LTS Desk**  
Fri-Sat 11 am-2 pm  
Sun Noon-2 pm  
Tel: 717-245-3883

**Fort Indiantown Gap Community Club**  
Bldg. 9-65 Fisher Avenue  
Annville, PA  
Fri-Sat 9 am-1 pm  
Tel: 717-861-3994

**Outdoor Recreation (ODR)**  
Tel: 717-245-4616

**Tiki Bar**  
Near Splash Zone pool.  
Tel: 717-245-4352

**Joint Pub**  
Open when Tiki Bar is closed due to inclement weather.

### Army Community Service

**Family Advocacy Manager/Exceptional Family Member**  
Tel: 717-245-3775

**Consumer Affairs**  
Financial Asst./AFTB/Army Emergency Relief  
Tel: 717-245-4720

**Employment Readiness/Volunteer Manager/Transition Assistance Program/Army Family Action Plan**  
Tel: 717-245-3684

**Relocation, Mobilization & Deployment**  
Tel: 717-245-3685

### KEY POST NUMBERS

**Emergency**  
Tel: 911

**Post Operator**  
Tel: 717-245-3131

**Chapel**  
Tel: 717-245-3318

**Civilian Personnel / Jobs**  
Tel: 717-245-3923

**Commissary**  
Tel: 717-245-3105

**Members 1st Credit Union**  
Tel: 717-245-3900

**Dental Clinic**  
Tel: 717-245-4542

**Dunham Health Clinic**  
Tel: 717-245-3400

**Education Center**  
Tel: 717-245-3943

**ID Card Center, Military**  
Tel: 717-245-3533

**Legal Office**  
Tel: 717-245-4940

**Army Community Service**  
632 Wright Ave, Carlisle, PA 17013  
Mon-Fri 8 am-4:30 pm  
Tel: 717-245-3775

**Post Exchange/Class VI**  
Tel: 717-243-2463

**Post Office, USPS**  
Tel: 717-258-1930

**Sexual Assault Hotline**  
Tel: 717-961-2045

**Motorcycle Registration**  
Tel: 717-245-4115

**Cleaning, Tailoring, Shoe Repair**  
Tel: 717-258-1857

**Veterinary Clinic**  
Tel: 717-245-4168

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**Letort View Catering**

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Tel: 717-245-4115

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Tel: 717-258-1857

**Veterinary Clinic**
Tel: 717-245-4168
**LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)**

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

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

**SPORTS -- 245-4029**

**Dinner and a Movie:** Dec 17 from 6-9pm. Sergeant York: Moderated by Colonel Doug Mastriano. Held at U.S. Army Heritage and Education Center. $35 p/p (Dinner & Complimentary Glass of Wine). Dinner served by MWR Catering. Please call for reservations and to arrange for ticket purchase at (717) 245-3099/4329. Must RSVP by Dec 10.

**Breakfast with Santa:** Dec 20 at 9am. Adults $12, Children 5-12 $6 and 4 & under Free. Reservations required by noon on Dec 16. Call 245-4329. Get your picture taken with Santa and Mrs. Claus.

**New Year’s Eve:** The Ultimate Motown New Year’s Eve Party. Live music with DC’s #1 Motown and Variety Dance Band. The Original Moonlighters’ playing your favorite Motown Classics. 9PM-1AM. $50 per person. Classic hors d’oeuvres stations 9PM-midnight, champagne toast at midnight and party favors. Limited seating – Make your reservations today! Deadline for reservations: Dec 19.

**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 Jim 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:** Jim Thorpe Fitness Center. Appointments available Mon-Sat. Call (717) 701-3040

**Vinyasa Flow Yoga:** Mon & Wed at 10:15am. 60 minute class.

**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

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**U.S. ARMY HERITAGE AND EDUCATION CENTER**

**Dinner & a Movie: Sergeant York**

DEC 17 - 6-9 P.M.  

Col. Doug Mastriano

Must RSVP by DEC 10

MWR CATERING $35 P/P

FOR RESERVATIONS AND TICKET PURCHASES, CALL (717) 245-3099/4329  

www.carlisllemwr.com / @carlisllemwr

**BOWLING PIZZA PINS POP**

Every Sunday from 6-8 P.M.  

Special Runs Jan 4th - Apr 26th

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Are you a Government Employee?  

As an employer, the government offers a tax-free commuter subsidy as a fringe benefit. You can use this subsidy to save on your commuting costs by joining a Blue Mountain vanpool.

Traffic, long commutes, the cost of gas, insurance, and wear and tear on your vehicle can add up.

Join a vanpool, share the costs, share the driving, some stories, ideas, and laughs. It’s a more pleasant way to commute.

Life’s a journey, share the ride.

1-888-592-2583

INFO@BLUEMOUNTAINTRANSPORT.COM

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**FAMILY AND MORALE, WELFARE & RECREATION**
AUTO SHOP – 245-3156
Automotive Detailing: Stop by and try out our new auto detailing service with three packages to choose from. Call for an appointment.

ARMY COMMUNITY SERVICE 245-4357
Resume Class: Dec 4, 9am-3pm. ACS classroom. Learn guidelines to structure your resume in both federal and civilian formats.

Education Tract: Dec 10-11, 8am-4pm. ACS classroom. For those transitioning from the military and are considering continuing to go to school. Help with navigating educational resources and programs available.

Soldier for Life: Transition Assistance Program: Jan 5-8, 8-4:30pm. PA National Guard Armory, 504 Cavalry Road, Carlisle. Resume and interview prep and VA benefit entitlement workshop.

Newcomers Brief: Jan 12, 1-3pm. Anne Ely Hall, 46 Ashburn Drive, room 202. Information for new members in the Carlisle Barracks community.

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) Fort Indiantown Gap Community Club (9-65 Fisher Ave)


Longwood Gardens Christmas: Dec 19. $59 Adults, $57 Seniors 62+ and $49 Child 5-18. $20 Dinner voucher for anywhere at the Terrace facility and transportation included in price. Registration required by Dec 5.

REGAL CINEMA DISCOUNT TICKETS:
Red Tickets $7 (Limited) and Blue Tickets $8 (premium). Not applicable to any 3D film. ($9.25 regular cost at door).

Baltimore Aquarium: Discount tickets available.
Discount Tickets for your Florida Vacation.

BOWLING – 245-4109
Holiday Party Early Bird Special: Book your holiday party by Dec 5 and receive $2 OFF p/p.

New Years Eve: Family party from 7-9pm. Cosmic bowling, shoes, chips, pretzels and party favors. 9pm mock countdown with sparkling cider and/or champagne toast for ONLY $16 p/p. Late Party from 10pm-1am. Cosmic bowling, shoes, hors d’oeuvres buffet, chips, pretzels, and party favors. Midnight toast with sparkling cider and/or champagne toast. Watch the ball drop at NYC on the big screens for ONLY $24.95 p/p. Make your reservations now!

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. $.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-Thur 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.

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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

Basic Bike Maintenance: If you ride a bicycle, then you need this class! 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. Classes will be held at Outdoor Recreation. Dates: Dec 4 & 12; Jan 21; Feb 18; Mar 1, 14 & 18 Time: 6-7pm Cost: $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. Clinics will be held at Outdoor Recreation. Dates: Jan 17; Mar 11 & 21 Time: 6-7pm Cost: $20 p/p Must register one week prior to clinic.

Outdoors for the Weather. Location will be based on snow conditions. All abilities welcome. Dates: Jan 25 and Feb 22 Time: 9am-4pm Cost: $20 p/p (transportation and sleds provided) Must register one week prior to event.

Red Cross CPR and AED Training: Training will be held at Outdoor Recreation. Date: Jan 31 Time: 10am-2pm Cost: $70/p Must register by Dec 18.

Field Hockey Clinics: Open to boys and girls, registered in grades K-12. All ability levels welcome. Dates: Jan 5-17 Time: 4-6pm Cost: $60 p/p Must register by Dec 4.

Biking Clinics: Must register one week prior to event.

Bike Rides:
- Feb 11 Time: 6-7pm Cost: $20 p/p Must register one week prior to event.
- Feb 3 & 24 Time: 8am-9pm Cost: $20 p/p Must register one week prior to event.
- Feb 28 Time: 8am-9pm Cost: $20 p/p Must register one week prior to event.
- Mar 11 & 21 Time: 6-7pm Cost: $20 p/p Must register one week prior to event.

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

Winter Camps:
- Dec 14 & 29; Feb 3 & 24 Time: 8am-–4pm Cost: $25 p/p (transportation and snowshoes provided) Must register one week prior to event.

WINTER CAMPS – ☏️ 245-4421

Holiday Tree Lighting & Visit with Santa: 4:30pm Tree Lighting & Carols, 5pm Santa arrives by fire truck, 5-7pm free carriage rides. Enjoy cookies, punch, hot chocolate and coffee inside the chapel while visiting Santa Claus. Wed. Dec. 3, 4:30-7pm, Post Chapel, FREE.

CHILD YOUTH AND SCHOOL SERVICES – ☏️ 245-4555

HOLIDAY CARE PROGRAMS – ☏️ 245-4544

BRICKS 4 KIDZ:
- Youth Basketball League Register
- 245-4555
- Winter Piano Lessons: Private lessons taught by Dana Brenneis, Choose weekly hour lessons Tues or Weds between 3:30 – 6pm Nov 5, 2014 - Jan 22, 2015; McConnell Youth Center, Nine half-hour session $155

MIDDLE SCHOOL & TEEN PROGRAMS – ☏️ 245-4462

MST Totally 80’s Lock-In: Pity the fool who misses 80’s movie viewing, videogames, board games, sports activities and dodgeball. Like you are totally encouraged to come dressed in you most ‘rad’ 80’s outfit and get ready for the most bodacious time!! Don’t be ‘square’, register by Dec 3, 7pm. Dinner, snack & breakfast provided. Dec 5, 7pm – Dec 6, 7am, McConnell Youth Center, FREE.

Ugly Holiday Sweater Party: Wear your ugliest holiday sweater or just an ugly sweater. Enjoy games, music, food and more. Dec 13, 6-9pm, McConnell Youth Center, FREE.

YOUTH SPORTS & FITNESS – ☏️ 245-3354

Youth Basketball League Register

Youth Speed, Strength & Agility Boot Camp: Improve your overall speed, strength and agility, prepare for upcoming winter sports seasons. Receive weekly sports nutrition tips to improve performance. Attend 7 of the 10 classes and receive a FREE Speed, Strength & Agility 1-shirt Classes: Nov 3 – Dec 3, (Ages 8-11, 4-5pm), (Ages 12-18, 5-6pm), CBKS McConnell Youth Center Gym, FREE.
UPCOMING EVENTS

Family Advisory Board Meeting
Jan 6, 11am –Noon, Delaney Field House, FREE

Middle School & Teen NFL Lock-In
Jan 9-10, 6pm-7am, McConnell Youth Center, FREE (register by Jan. 7)

Middle School & Teen Round Top Mountain Ski Trip
Jan 17, 6pm-7am, Details TBD

Parents Night Out
Jan 23, 5:30 – 10:30pm, Details TBD

UPCOMING EVENTS

Family Advisory Board Meeting
Jan 6, 11am –Noon, Delaney Field House, FREE

Middle School & Teen NFL Lock-In
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Jan 17, 6pm-7am, Details TBD

Parents Night Out
Jan 23, 5:30 – 10:30pm, Details TBD

FAMILY AND MORALE, WELFARE & RECREATION

GET A JOB WITH US USAJOBS.GOV

TERNAL GREETINGS

National Drinking, Drugged Driving Prevention Month

HAVE A SAFE HOLIDAY PARTY:

- Always choose a drive: make sure the designated drivers have plenty of
  - Save food
- Stay sober
- Choose a sober driver even if your friends are 21 or old enough to drive.
- Signs of impairment - can include lack of coordination, aggressive behavior,
  - Very common
- Use a safe ride service, and never drive if you’ve been drinking.
  For additional information contact Army Substance Abuse at 245-4567

SEASON GREETINGS

December is

National Drinking, Drugged Driving Prevention Month

GET A JOB WITH US USAJOBS.GOV

thorpe fitness center schedule

December 1.
0600 - performance Fitness (Brian)
0900 - spinach (Nicole)
1015 - Yoga Vinyasa (Flow)
(Michelle)
1200 - Dumbbell 30 Min
Workout/Prudence
1630 - TRX (Prudence)
1700 - Zumba (Prudence)

December 2.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 3.
0600 - performance Fitness (Brian)
0900 - spinach (Nicole)
1015 - Yoga Vinyasa (Flow)
(Michelle)
1200 - Dumbbell 30 Min
Workout/Prudence
1630 - TRX (Prudence)
1700 - Zumba (Prudence)

December 4.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 5.
0600 - performance Fitness (Brian)
0900 - spinach (Nicole)
1015 - Yoga Vinyasa (Flow)
(Michelle)
1200 - Dumbbell 30 Min
Workout/Prudence
1630 - TRX (Prudence)
1700 - Zumba (Prudence)

December 6.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 7.
0600 - performance Fitness (Brian)
0900 - spinach (Nicole)
1015 - Yoga Vinyasa (Flow)
(Michelle)
1200 - Dumbbell 30 Min
Workout/Prudence
1630 - TRX (Prudence)
1700 - Zumba (Prudence)

December 8.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 9.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 10.
0600 - Performance Fitness (Brian)
0900 - Spin (Nicole)
1015 - Yoga Vinyasa (Flow)
(Michelle)
1200 - Dumbbell 30 Min
Workout/Prudence
1630 - TRX (Prudence)
1700 - Zumba (Prudence)

December 11.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 12.
0600 - Performance Fitness (Brian)
0900 - Yoga Foundations
(Michelle)
1200 - Dumbbell 30 Min
Workout/Prudence

December 13.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Lablast (Allison)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 14.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 15.
0900 - Spin (Nicole)
1200 - Lablast (Allison)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 16.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)

December 17.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 18.
0600 - performance Fitness (Brian)
0900 - Spin (Nicole)
1200 - Spin (Nicole)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 19.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - TRX (Prudence)
1700 - Zumba (Prudence)

December 20.
0900 - Zumba (Prudence)
1000 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 21.
0600 - Performance Fitness (Brian)
0900 - Spin (Nicole)
1015 - Yoga Vinyasa (Flow)
(Michelle)
1200 - Dumbbell 30 Min
Workout/Prudence
1630 - TRX (Prudence)
1700 - Zumba (Prudence)

December 22.
0900 - Zumba (Prudence)
1000 - TRX for Adults over 40
(Nicole)
1200 - Spin (Nicole)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 23.
0900 - Zumba (Prudence)
1000 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (John Cerifko)
17:30 - Tae Bo (John Cerifko)

December 24.
Christmas Eve

December 25.
Christmas

December 26.
Training Holiday

December 27.
New Year’s Eve

thorpe fitness center schedule

717-245-3418

Thorpe Hall is available for use by active duty, retired military and their authorized family members, DA civilians, Reserve and National Guard personnel, DoD contracted employees, technical representatives, and employees of military banking facilities and credit unions. Classes subject to change without notice.

-cafe cumberland

HOURS OF OPERATION

TUESDAY-SATURDAY
10 AM - 2 PM

Located at
US Army Heritage and Education Center

www.carlislemwr.com

www.1stchoicemag.com | DECEMBER 2014 11
It’s the most wonderful time of the year! That is unless you’re having trouble coming up with a gift idea for that special person in your life. If this season has become the most stressful time of the year, and you’re delaying purchasing a holiday gift until the night before so that you don’t have to think about it, we have some ideas.

Whether you’re looking for a gift for your girlfriend, long-time love, wife, child, or mom, jewelry is a gift that nearly every woman wants (we promise). According to the National Retail Federation, a quarter of women listed ‘jewelry’ as the number one gift that they want to receive for the holiday.

Now that you know what she wants, it’s time to consider your budget. If you plan on spending $100 or less, you may want to consider a hand-selected gift customized to fit her personality. You could choose an Alex and Ani charm bangle which fits her style or charm her with a Pandora bracelet and a charm the color of her birthstone.

If you have a little more budgeted, you may consider a timepiece like the American-built Shinola watch, a bracelet from an eco-friendly brand like John Hardy, a feminine look from Ippolita, or a diamond necklace from Hearts On Fire, The World’s Most Perfectly Cut Diamond.

If you’re looking for a one-of-a-kind way to express your love, you may consider a hand-stamped Heather Moore custom pendant with the coordinates of where you met or your children’s names.

If you have been thinking of getting engaged, this may be the year to make her holiday unforgettable with a customized engagement ring. You have the option to hand-select your diamond for the ring setting to be expertly placed in the setting by a jeweler, or you can choose a ‘complete’ ring, meaning the center diamond is pre-set in the ring and ready for the proposal.

To receive guidance uncovering what style jewelry she would like, ask one of her friends, look at the styles in her jewelry box, or check out her Pinterest boards. You can find out what she’s been hoping to see under the tree this holiday.

For more ideas like these, visit a locally owned jeweler you can trust. Mountz Jeweler has three locations in Carlisle, Camp Hill and Colonial Park/Harrisburg and their expert jewelry consultants and on-site jewelers are ready to help you choose a gift she’ll be talking about in 2015.
Three, two, one…Happy New Year! People all over the world celebrate New Year’s Eve, but no one drops more unusual items than Pennsylvania. From a strawberry in Harrisburg to a pickle in Dillsburg, come celebrate Dec. 31 in Pennsylvania and experience all the unique drops in the best place to ring in the New Year.

Wrench - Mechanicsburg
The town celebrates the New Year from 10:30 p.m. to 12:30 a.m. with the annual dropping of a wrench on Main Street. The tradition commemorates the borough’s founders — mechanics who settled in the area to make and repair wagons in the early 19th century.

www.mechanicsburgchamber.org

Giant Shoe – Palmyra
Bring in the New Year at Palmyra’s town square with the giant shoe drop at midnight in recognition of the borough’s once-booming shoe manufacturing industry. The celebration also features entertainment and family-friendly activities.

www.palmyraheritage.org/index.html

Anchor – Shippensburg
Bring the whole family out to Shippensburg for the annual Drop the Anchor event. Activities include carriage rides, live music, and inflatable games. As the anchor, a traditional town symbol, drops to the countdown to midnight, expect to get covered in confetti!

www.shippensburgrotary.org

Hershey Kiss – Hershey
Begin the New Year at the “Sweetest Place on Earth!” The Hershey Kiss Raise is ranked second by USA Today Travel for great places for a family-friendly New Year’s Eve. This well-known chocolate town pulls out all the stops for its New Year’s Eve in Hershey event. At 11:59 p.m., a Hershey Kiss is raised amongst a sweet-toothed crowd and the midnight fireworks display completes a family-friendly night in beautiful downtown Hershey.

www.hersheynewyears.org
Indy Car – Carlisle
As a destination for car shows, sprint car racing, and its antique car museum, it’s no surprise that at the stroke of midnight Carlisle will celebrate the New Year by dropping its iconic Indy Car. The theme for the 17th annual downtown celebration is “First Night 2014: Lite up the Nite.” Beginning at 6 p.m., the First Night Carlisle celebration will include live music performances and art exhibits and close with a fantastic fireworks display.
www.firstnightcarlisle.org

Strawberry – Harrisburg
The New Year’s Eve celebration in Harrisburg hosts a crowd of thousands in the state’s capital. At 60 seconds before midnight, a giant lit strawberry starts its descent from the top of the downtown Hilton Harrisburg to ring in the New Year. The evening includes live entertainment, dancing, arts and crafts for children, and fireworks.
www.harrisburgrec.com/info

Yuengling Beer Bottle – Pottsville
New Year’s Eve in Pottsville is marked by the raising of the Yuengling beer bottle to the top of the flagpole at Garfield Square. Ring in the New Year with a toast to the oldest brewery in America.
www.city.pottsville.pa.us/html/ccoe.htm

Pickle – Dillsburg
Although Dillsburg has nothing to do with pickles, the town sure does know how to have fun with its name. Get into a real “pickle” as Dillsburg celebrates its annual Pickle Drop at the stroke of midnight on New Year’s Eve. Once the delicious dill has descended into the barrel, the party continues with a fireworks display lasting until 12:30 a.m.
www.dillsburg.com/events.html

Bologna – Lebanon
It wouldn’t be New Year’s Eve in central Pennsylvania without a famous Pennsylvania Dutch treat descending from the sky. Join the excitement in Lebanon as crowds count down the seconds with the famous 16-foot Lebanon Bologna coming to a stop at the stroke of midnight. Start off the year right by being amazed, amused and maybe even hungry.
www.lebanonpa.org/Pages/UpcomingEvents.aspx3

NEW YEARS EVE
AT THE STRIKE ZONE BOWLING CENTER
FAMILY PARTY
7:00 P.M. - 9:00 P.M.
- Cosmic Bowling
- Free Shoe Rental
- Light Refreshments
- Party Favors!
$16.95 PER PERSON
Make your reservation NOW! (717) 245-4109
www.CarlisleMWR.com

LATE PARTY
10:00 P.M. - 1:00 A.M.
- Midnight Countdown
- Countdown with a Toast
$24.95 PER PERSON

OPEN TO THE PUBLIC
FREE Admission & Parking
Dec 6th, 10 am - 2 pm
www.CarlisleMWR.com

Provided by VisitPA.com, the Official Tourism Website of the State of Pennsylvania
New Year’s Eve:
Fort Indiantown Gap Community Club. Dancing thru the decades. Costumes encouraged, dress as your favorite decade! DJ Rich spinning all your favorite decade dance anthems. 7pm-1am. Champagne toast at midnight, pork and sauerkraut at 12:01. Make your reservations today! Deadline for reservations: Dec 29.

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

Wednesday Trivia Nights
Dec. 3, 10, 17 - 7-9pm
No cover, prizes, open to the public, full menu available

Sporting Events
Shown on 13 HDTV’s

NFL Sunday Ticket
Hockey
...and much more!

Yuengs & Wings Tuesday Nights
Starts at 4pm
48 oz pitcher & 8 wings
Just $10
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NASCAR • Full Menu • Karaoke • Bar Trivia
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OPEN TO THE PUBLIC!

Lunch
Mon-Fri, 11am-1pm

Dinner
Mon-Thu, 3-11pm
Fri, 3pm-Midnight
Sat, 4-Midnight
Sun, 3-8pm

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

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BLDG. 7-31
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A PORTION OF ALL SALES FUNDS MWR AND ITS PROGRAMS

Food Specials 13 HDTV's Giveaways

THE RIVALRY CONTINUES!

SATURDAY, DEC. 13
3PM
Doors Open 2pm

OPEN TO THE PUBLIC

Register to win 2015 Army Navy Game Tickets

Fort Indiantown Gap Community Club

9-65 Fisher Avenue • Annville, PA • 717-861-9481 • facebook.com/FTIGCommunityClub

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LINE DANCING
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By Carrie Apperson • Every Tuesday & Every Other Sunday • 7-9 P.M.

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- HDTV -

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BLDG. 7-31
M-F 8:00 A.M.-5:00 P.M. 717-861-9448

A PORTION OF ALL SALES FUNDS MWR AND ITS PROGRAMS
The holidays are upon us again with twinkling lights, talking toys, strangers, hugging, visits, changes in routines and sensory overload. Ability Path, an online hub and special needs community for parents and professionals to learn and connect, reminds us that every child is different and there is no flowchart for how this works. Here are some simple ways to minimize the stress and reduce the frustration associated with emotional overload.

As a parent of special needs children, one of the biggest hassles of the holidays can be going to the store. Prepare for this by stockpiling supplies during late November and the early part of December. For example, call in prescriptions ahead of time and keep medical supplies stocked. Plan your time so that you are not shopping with special needs children at peak shopping times. For children who have difficulty with strangers or new settings, look at pictures of the places you will be going and the folks you will be visiting with ahead of time so the seed of familiarity is planted ahead of time. Consider playing matching games of names with faces. This can make things seem less scary if your child already knows who to expect. Practice relaxation techniques that can be incorporated in the event of emotional overload in the mall.

With all of the holiday excitement sometimes we need to take a step back and learn to say “no”. Be okay with saying no to events that may be too overwhelming. A visit with family members who are not familiar with autism may simply be more stressful for mom and dad than saying no and enjoying the day at home with a few activities the kids enjoy. Putting up 30 sets of lights could take all day and overwhelm the other parent care-giving inside. Consider saying no to anything that does not benefit well-being and provide fun for you and your child. Sometimes a five hour drive for a three hour visit may just be too much. Friends and family will understand if you let them know in advance you cannot attend.

Don’t forget to sleep. Most days are hectic but many caregivers seem to never stop moving during December as they try to accomplish the perfect holiday. A lack of sleep only exacerbates irritability and moodiness, which doesn’t make things easier for anyone. Forgo that extra present and go to bed. Turn that last present into an activity where your child can earn it as a prize January or February.

Have outlets for extra energy. If you go shopping with the kids be sure to fit in extra time to play at the mall playground or stop by a children’s museum afterwards. Try to keep in mind that it is okay to be flexible and call it a day even if all the objectives are not met. There will always be a way to regroup and get the objective accomplished. Sometimes its best just to go home and have just one parent go back out and finish at a later time.

Most of all remember, there is no such thing as a perfect holiday. Strive for realistic expectations and enjoy what works. “Holidays are about the kids; it’s a successful holiday if the kids are happy” says Ability Path.
First Choice
Bridal Show

Sunday, March 1, 2015 • noon - 3 pm
US Army Heritage and Education Center
950 Soldiers Drive • Carlisle, PA

*Booth spaces are available now for businesses. Call us to reserve your space.
717-245-3777 or marketing@1stchoicemag.com
The holiday season is in full swing. Cumberland Valley’s collection of boutique shops, antique stores, and other shopping hotspots can help you find something for everyone on your list.

Uncover a one-of-a-kind gift at the Valley’s antique shops. Enjoy browsing through stores like Bedford Street Antiques, Northgate Antiques and the Antique Marketplace of Lemoyne to find the perfect gift for even the hardest to shop for.

Stay out of the crowded mall and find clothing for the women on your list at a local hidden gem, like the clothes Vine in Carlisle, Creative Elegance in Camp Hill, or East Meets West in Shippensburg.

Shop for accessories and home goods at the boutique shops on the second floor of the West Shore Farmers Market in Lemoyne or find a new cooking gadget for your culinary friend at the Kitchen Shoppe in Carlisle.

Cumberland Valley’s book stores are another great place to find an authentic gift for anyone on your list. Civil War & More in Mechanicsburg, and Whistlestop Bookshop and Canaday’s Book Barn in Carlisle are great places to start.

You can still find something for yourself on a holiday budget. Stop by places like Stacked in Carlisle, Hello Gorgeous in Camp Hill, and Wears Like New in Lemoyne for gently-used trendy clothing and accessories at affordable prices.

Don’t forget to shop local this holiday season! Find more fun stores, made in Cumberland Valley items, and retail therapy trip ideas at VisitCumberlandValley.com.

This is also the season for fun holiday events. Browse the Official Cumberland Valley Events Calendar for downtown Christmas celebrations, special shopping events, and New Year’s Eve parties. View a sampling below and find other Christmas performances, shopping events, and New Year’s Eve celebrations at visitcumberlandvalley.com/events-calendar.

The Sounds of Christmas with Elisabeth Von Trapp and the Carolian Brass - Carlisle Theatre
Elisabeth, Maria and Baron’s granddaughter, and the critically-acclaimed Carolian Brass “will send a thrill of pleasure through your nervous system” (The Boston Globe) as they move from the stirring Edelweiss to a mesmerizing rendition of Stille Nacht... a classical Christmas memory for the whole family. Plan to catch this show at the Carlisle Theatre on December 4th at 7:30pm.

Holiday Exhibit – Cumberland County Historical Society
The historical society presents “In Hopes that St. Nicholas Soon Will Be There...” featuring old children’s books from the CCHS archives and offer newer books to share with your family in a Christmas storybook setting. Bring your imagination, a camera, and extra time to spend reading with your family. Exhibit open December 5th-January 10th.

Holiday Fine Art & Craft Show – Art Center School & Galleries
Shop for fine Arts, Crafts, holiday centerpieces/wreaths and more. All profits go to the Art Center, a non-profit organization promoting the visual arts in South Central PA through classes, exhibits, and more. The show will include work by local artists in mediums that include clay, glass, paint, drawings, photography, wood carving, jewelry, and more. Stop by on December 6th and 7th.

The Oak Ridge Boys’ Christmas Night Out - The Luhrs Center
Every year The Oak Ridge Boys’ Christmas Tour plays to packed houses across North America. This year the group’s widely acclaimed holiday show, “The Oak Ridge Boys’ Christmas Night Out,” will be coming to Shippensburg for an incredible night of holiday favorites and Oak Ridge Boys hits. The nearly two-hour extravaganza will feature a mixture of traditional and contemporary songs-religious, romantic, and fun holiday tunes. Show Date - December 11th at 8pm.

George Balanchine’s The Nutcracker Performed by the Central Pennsylvania Youth Ballet
George Balanchine’s The Nutcracker has all the makings of a great family experience: traditions, dreams, and the gift of generosity. Toys come alive in Central Pennsylvania Youth Ballet’s (CPYB) enchanting production. Catch a performance of the Carlisle-based CPYB at the Whitaker Center on December 13th and 14th or the Hershey Theatre on December 20th and 21st.
**LETTERKENNY ARMY DEPOT DIRECTORY**

<table>
<thead>
<tr>
<th>Service/Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letterkenny Army Depot Operator (Information)</td>
<td>717-267-8111</td>
</tr>
<tr>
<td>Driver Hotline Number</td>
<td>717-267-5220</td>
</tr>
<tr>
<td>Office of the Commander</td>
<td>717-267-8300</td>
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<tr>
<td>Tieman Child Development Center</td>
<td>717-267-5219</td>
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<td>Parent Central Registration</td>
<td>717-245-3801</td>
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<td>Public Affairs Office</td>
<td>717-267-9741</td>
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<td>Police, Fire, Ambulance: Emergency</td>
<td>911</td>
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<td>Police, Fire, Ambulance: Non-Emergency</td>
<td>717-267-9101</td>
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<td>Security Office</td>
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<td>LEAD Quality Hotline</td>
<td>717-267-9693</td>
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<td>or DSN 570-9693</td>
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<tr>
<td>CAC and Military ID Office</td>
<td>717-267-8751</td>
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<tr>
<td>EEO office and Sexual Harassment Hotline</td>
<td>717-267-8324</td>
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<tr>
<td>Letterkenny Munitions Center</td>
<td>717-267-8400</td>
</tr>
<tr>
<td>US Army Occupational Health Clinic</td>
<td>717-267-8017</td>
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**AllBetterCare.com**

**Baltimore Aquarium Discount Tickets**

- **1 Day Admission**
  - $29.95 Active Duty Military
  - $32.95 Adults
  - $20.95 Children (3-11)
  - $27.95 (65+)

  **Carlisle Barracks**
  (717) 245-4048

  **U.S. Army Heritage & Education Center**
  (717) 245-3863

  **Fort Indiantown Gap**
  (717) 861-3994

- **Mechanicsburg**
  6481 Carlisle Pike
  Mechanicsburg, PA 17050

Walk-in • No Appointment Necessary • 7 Days a Week • 8am–8pm

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**LETTERKENNY ARMY DEPOT**

**Full-Day Program Enrollment**
Infants 6 weeks to 3 years
**Hourly Program**
2-5 year old: Call ahead to schedule times

**LETTERKENNY ARMY DEPOT**

**Tieman Child Development Center**

**QUALITY CHILD CARE PROGRAMS**

**Part Day Preschool Program Creative Curriculum**
The Creative Curriculum program offers a three day per week program on Monday, Wednesday, and Fridays, 8:30-11:30am. For children 3 years old. Children must be 3 years old by September 1st.

**Strong Beginnings Part Day**
The Pre-K Strong Beginnings program offers a five day per week program, from 8:30-11:30am. Children must be 4 years old by September 1st.

**2 and 3 Full Day Schedules**
Available for 2-5 years old only

Tieman CDC is fully accredited by the National Association for the Education of Young Children

Providing Child Care for Children of Active Duty Military, DOD Civilians, and DOD Contractors

**Hours of Operation**
5:30am–5:00pm

3301 Georgia Avenue • Letterkenny Army Depot • Chcombeburg PA
717-267-5219 • ﬁ/letterkennyccis • www.carlslemwr.com

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**AllBetterCare.com**

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

**Mechanicsburg**
6481 Carlisle Pike
Mechanicsburg, PA 17050
717-796-WELL (9355)
If buying or selling a home is something you’re ready to explore, count on my years of experience and market knowledge to bring you great results. I would love to talk about your needs. I can provide the information and guidance to help you succeed. Call me.”
With help, you can achieve your best weight.

When you have the support of an experienced team behind you, you can achieve your best weight. Our team will work closely with you to choose a medical or surgical weight loss program that works with your lifestyle and budget, enabling you to change your weight and change your life. Call (717) 231-8900 to register to attend a group information session.

Services offered include:

- Non-surgical weight loss programs, customizable to individual needs
- Bariatric surgery program designated as a Center of Excellence
- Weekly clinics and classes for on-going and professional support and education
- High-quality protein meal replacements to supplement weight loss plans
- “Better Plate. Better Weight.” demonstration cooking classes
- Support groups for continued success

PinnacleHealth Weight Loss Center, Harrisburg
4315 Londonderry Road, Harrisburg

PinnacleHealth Weight Loss Center, Silver Spring
21 Waterford Drive, Mechanicsburg

pinnaclehealth.org/wlc
NEW YEAR’S EVE
COSTUMES ENCOURAGED, DRESS AS YOUR FAVORITE DECADE!

7PM - 1AM
CALL FOR RESERVATIONS NO LATER THAN DECEMBER 29
717-861-2450
$15/PERSON OR $25/COUPLE

Dancing thru the Decades

FORT INDIANTOWN GAP COMMUNITY CLUB
55 Fisher Avenue, Fort Indiantown Gap

No federal endorsement intended.

Ring in the New Year at LeFort View Community Center

Motown
NEW YEAR'S EVE PARTY!
9PM - 1AM
$50 PER PERSON

Limited Seating — Make your Reservation Today!
Deadline for reservations: December 30th

Reservations (717) 245-4329
Shuttle Service will be available for Carlisle Barracks and Carlisle Area
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