In this issue:

Dear Legal Eagle...
Holiday Spending Survival Guide
What’s the Story with Armstrong Hall?
Transferring your prescriptions is easy. Stop by the pharmacy – we’ll take care of everything.

Proudly Accepting
TRICARE
Prescription Insurance

let us fill your next prescription

Transferring your prescriptions is easy. Stop by the pharmacy – we’ll take care of everything.
Falling leaves in central Pennsylvania can only mean one thing – the holidays are coming quickly! The leaves this season are a spectacular array of colors. I am certain winter will be just as beautiful! As we approach the holiday season, our attention turns increasingly toward connecting with our family and friends. As always, Family and MWR provides exciting ways to celebrate the holidays and the winter season in Central Pennsylvania.

Knowing you will probably enjoy a harvest of the summer’s bounty, why not stay fit with one of our holiday themed events like the 5k Drumstick Dash/Kids Run? Participants are encouraged to bring a non-perishable holiday food item that will go to a needy family in our military community to Indian Field on November 12th.

Could you do without one more giant holiday meal to prepare? Why not let Letort View Community Center treat you and your family to a Traditional Pennsylvania Thanksgiving Feast and leave all the worry (and dishes) to us? Please call 717-245-3960 or 717-245-4049 to reserve your family’s table today! Don’t forget about our elegant catering services over the holidays. We can provide on-site or delivery for those holiday trays, cookies, and even full dinners for both those large office and small festivities.

While we are talking about the holidays, mark your calendars for the Annual Old Fashioned Christmas Tree Lighting on Post. December 7th marks the day Santa comes to Carlisle as we sing Christmas Carols, enjoy hot chocolate, and ride in our horse drawn carriages throughout Post. It is a magical evening every family should plan to attend!

Lastly, our Christkindlemarkt on December 3rd provides local, quality artists an opportunity to sell their wares with holiday flare. This much anticipated event has become an annual tradition for those looking to buy something special only a local artisan can create. Come by the Army Heritage and Education Center from 9am-2pm and get a taste of holiday spirit!

Thank you for your patronage to MWR and all our programs. I wish you a very Happy Thanksgiving filled with family and friends.

Liz

Employee Spotlight

Mike Freundel

Mike has been in the bowling business for 26 years, and the manager at the Bowling Center for 7 years. In his free time he enjoys rooting for all of the Philadelphia sports teams, bowling competitively, and watching his daughters Chloe and Joscelyn cheer at both football games and cheer competitions. Please be sure to check out the Bowling Center’s party packages for your holiday party, and look for some great specials and short season bowling leagues early in the New Year!

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.
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On the Cover
Don’t let the fall and winter seasons prevent you from remaining active. Start the Holiday Season with our annual Drumstick Dash, a family-oriented run through historic and picturesque Carlisle Barracks. Remember to take full advantage of the extensive fitness classes offered by MWR as well.

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USAG CARLISLE BARRACKS

MORALE WELFARE & RECREATION

DIRECTORY

MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Drive
Carlisle, PA 17013
Mon-Fri 7:30am-4:30pm
717-245-4332

Marketing
717-245-4533

Sponsorship and Advertising
717-245-3777

Finance
717-245-4696

Barracks Crossing
870 Jim Thorpe Road
Carlisle, PA 17013
Tue, Wed & Fri 10am-5pm
Thu 10am-8pm
Sat 9am-4pm
Closed Sat prior to a Mon Holiday

Auto Crafts
Mon-Fri 8am-5pm
717-245-3156

Auto Self Service
Mon-Wed, Fri 8am-5pm
Thu 8am-8pm
Sat 9am-4pm
717-245-3156

Frame & Engraving
717-245-4519

Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-4pm
Sat 9am-4pm
717-245-3319

Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Bowling Hours of Operation:
(Winter Hours)
Sep 6, 2016 - May 30, 2017
Mon-Fri 8:30am-9pm
Sat 1-9pm (except during Youth
Bowling Nov-Mar 9am-9pm)
Sun 1-8pm
717-245-4109

Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm
717-243-3262

19th Hole Snack Bar
Closes for Winter Nov 23rd
Mon-Fri 10am-2pm
717-245-3267

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

CYS Division Chief
717-245-4283

CYS Central Registration
717-245-3801

School Liaison Officer
717-245-4555/4638

Youth Center
717-245-4555

Youth Sports
717-245-4519

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

Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013
Tue-Fri 9am-4pm
717-245-3960/4049

Pershing Tavern
Wed-Thu 4-10pm
717-245-4450

Letort View Catering
Tue-Fri 9am-4pm
717-245-3960/4049

Joint Deli (Army War College)
Mon-Fri 7am-2pm
717-245-4883

USAHEC Catering
717-243-3099

Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10am-2pm
717-245-3377

Leisure Travel Services
842 Sumner Road
Carlisle, PA 17013
Mon-Fri 9am-4:30pm
717-245-4048

Outdoor Recreation (ODR)
860 Sumner Road
Carlisle, PA 17013
Hours
Nov 1 - May 1
Tue-Fri 9am-5pm
717-245-4616

Sports Director
717-245-4343/3906

Thorpe Hall Fitness
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-3pm
717-245-3418

Root Hall Gymnasium
Mon-Fri 5:30am-8:30pm
Sat, Sun & Holidays Closed
717-245-3433/3906

Indian Field Fitness Center
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays Closed
717-245-3535

Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm
717-245-4357

Family Advocacy Manager/ Exceptional Family Member
717-245-3777

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

Employee Readiness/Transition Assistance Program
717-245-3684

Army Family Action Plan/ Volunteer Manager
717-245-4555

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
717-448-1067

Motorcycle Registration
717-245-4115

Cleaning, Tailoring, Shoe Repair
717-258-1857

Vet Clinic
717-245-4168

The Army MWR Credit Card
from CHASE

www.chasemilitary.com/army
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FREE WINTER VEHICLE INSPECTION
WITH PURCHASE OF OIL CHANGE AND TIRE ROTATION

MIDDLE SCHOOL & TEEN HERSEY PARK CHRISTMAS CANDYLANE
Nov 19 • 10:45 A.M. to 10:00 P.M.
Rides! Lights! Friends! FUN! • Only $10!
Register no later than November 14 at 7 P.M.
McConnell Youth Center • 45 Shagbark Rd • 717-555-5555
Carlisle Barracks CYSS • www.CarlisleMWR.com

Koziar’s Christmas Village
Fri, Nov 18
Ages 11+: $19 | Ages 65+: $18 | Ages 4-10 $17 | Ages 3 & Under $8
Register with Lower Level Services by Nov 7
Carlisle Barracks (717) 243-4041, 3309 • Fort Indiantown Gap (717) 860-3999

AllBetterCare.com
Better Care For A Better You

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

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

OPEN NOW: Linglestown Road – Harrisburg, PA
Dear Legal Eagle:

What is the difference between a will, a living will, and a living trust? Do I have to have all of them?

None of those documents are required, but you might find it better to have some of them depending on your individual situation. A will is a document which directs the court how to dispose of your property when you die. If you do not have a will, the court will follow a set of standard rules for the state of which you are a resident, and it may not divide the property the way you want. By contrast, a living will has nothing to do with your property; rather it tells the hospital your wishes concerning life support—basically, that if you are in a vegetative state, you do not want to be kept on life support. It may contain more specific instructions in some cases. A living will is a type of advanced medical directive and is sometimes executed along with a healthcare power of attorney (POA). A healthcare power of attorney tells people who you want to make medical decisions for you if you cannot make/communicate those decisions yourself. Without one, your loved ones make the decision when to stop life support. Finally, a living trust allows you to place assets into a separate legal entity called a trust, during your lifetime, for your benefit. Upon death, the assets transfer to beneficiaries you designate, outside of the probate process.

Dear Legal Eagle:

We are getting ready to host a large gathering for the upcoming holidays, our largest yet—over 30 people. With the meal prep, decorations and other planning, we didn't have time to repair the rotting steps leading up our front porch. What duty do I have to our guests when they come visit?

You want your guests to have a good time at the party, right? That includes not breaking their leg coming into the house. If you cannot fix the steps in time, ensure you tell your guests about them; perhaps you could post a sign or tape it off. You could provide an alternate entrance to the party. Social guests who are invited to your premises are owed a high standard of care, but they assume ordinary risks associated with the property, i.e. tripping over the carpet. Ideally, you should repair the steps. I’d say it’s more important than getting the perfect decorations up because it is a safety issue.

Legal Eagle is brought to you this month by the Carlisle Barracks Legal Assistance Office (717) 245-4940; Alycia Marie Stokes, intern, and CPT Katie Dang, Judge Advocate. The information contained herein is provided for informational purposes only and should not be construed as legal advice.
Buy your tickets online now! www.amuseduncorked.com/events - classes

Seafood Dinner Dance: Nov 4. Dinner buffet 5:30-7:00pm. Entertainment provided by “DJ Bob Foiltz” 7-10pm. $29.95 per person. Reservations by Oct 30.

Traditional Thanksgiving Feast: Nov 24. Seating from 11am-2:30pm. Adults $26.95, Kids (ages 5-12) $12.95 & 4 and under FREE. Reservations required by Nov 16.

Army v Navy: Dec 10 from 1-8pm at the Pershing Tavern. Open to the public. Select menu, drink specials, giveaways.

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

Sip and Paint: Nov 3 and Dec 1.

SPORTS – 245-3906
Strength for Wisdom. U.S. Army War College and Carlisle Barracks

Automotive Detailing: Stop by and try our auto detailing service with three packages to choose from. Call for an appointment.
LEISURE TRAVEL SERVICES
☎ 245-4048/3309
GET YOUR TICKETS AT THESE GREAT LOCATIONS:
Carlisle Barracks - 842 Sumner Road (located beside Commissary)
Fort Indiantown Gap Community Club - 9-65 Fisher Ave

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

Baltimore Aquarium Discount Tickets: $27.95 Active Duty Military, $33.95 Adults, $20.95 Children (3-11) and $29.95 Senior (65+).
Koziars Christmas Village: Nov 18. Children 3 and under $8.00, Children (4-10) $17.00, Adults (11-64) $19.00 and Seniors 65+ $18.00. Must register by Nov 7.
NYC Radio City Christmas Spectacular "Rockets" or Day on Your Own: Dec 3. Transportation & Show $189. Transportation Only $60. Register by Nov 28.

GOLF – ☏ 243-3262
Play & Ride/Weekday Special: Mon-Thur. 12-4 pm. $24 p/p. 18 Holes. Must call for tee time.
Open Golf and Driving Range: Open Mon-Fri, 7am-dusk and Sat-Sun 9am-dusk.
Golf Lessons: Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Terry Myers.

OUTDOOR REC – ☏ 245-4616
MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS
CPR/AED Training: Nov 3 from 5-7pm at the Post Chapel.
Bike Maintenance Clinic: Nov 30 from 6-7pm at ODR. $20 per person.
Hike and Lunch: Nov 4 from 10am-2pm. $25 per person.
Mountain Biking: Nov 5 from 10am-3pm. $30 per person.
Training Hikes: Nov 1, 6, 12, 16 & 19 and Dec 1 & 6 from 10am-2pm. $10 per trip or get a Hiking Club Membership for $45 per month.
Ultralight Backpacking Clinic: Nov 10 and Dec 7 from 5-6pm at ODR. $20 per person.
Bike Trip: Nov 13 from 10am-2pm. $25 per person.
Geocaching on Bikes: Dec 10 and 13 from 10am-2pm. $10 per person. Come learn how to find secret treasures with a GPS receiver. Great activity for the whole family. We will use bikes to ride between geocaches. Bikes and transportation provided.

BOWLING – ☏ 245-4109
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!
Cosmic Bowling: Every Saturday from 7-9pm. $9 per person. Top 40 Hits – Bowling - Cosmic Lights! Call to reserve your lane(s).
Fall Saver Card: Sep 1 – Nov 30. 25 games for $25 + one pair of rental shoes! Each additional shoe rental will be $2 per pair.
Book Your Holiday Bowling Party: 3 Hours Only $15 per person or 2 Hours Only $13 per person. Parties include bowling, shoes, pizza, snacks and soda! Book your party by December 5 for a discount!
New Year’s Eve Family Party: Dec 31 from 7-9pm. $16.95 per person. 2 hours of Cosmic Bowling, Shoes, Chips, Pretzels and Party Favors. 8pm Mock Countdown with Sparkling Cider and/or Champagne Toast.

CHILD YOUTH AND SCHOOL SERVICES
McConnell Youth Services – ☏ 245-4555
Moore CDC – ☏ 245-3701
School Liaison Office – ☏ 245-4638
School Age Care Programs – ☏ 245-4555
Middle School & Teen Programs ☏ 245-4642

Art Club – Every Wednesday through December 28, 5-6pm, canvas work, free hand drawing, bead work and more.
Hershey Park Christmas Candy Lane - November 19, 10:45am-10pm, Ride the Rides, See the Lights, Hang out with Friends, Only $10, Includes Transportation & Admission to park, Meals on your own, Register No Later Than November 14, 7pm.

Youth Sports & Fitness – ☏ 245-3354

UPCOMING EVENTS:
Christkindlesmarkt: Dec 3 at U.S. Army Heritage and Education Center.
Tree Lighting: Dec 7 at 4:30pm.
EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

COMMITTED TO TAKING CARE OF THE BEST CUSTOMERS IN THE WORLD.

Carlisle Post Exchange is made up of a diverse group of individuals that are dedicated to the mission of supporting each service member both active and retired, as well as the loyal family members that quietly serve with these members.

UPCOMING EVENTS

• Hour of Power from 11:00am-1:00pm daily.

• Veterans Day Sales (The New Black Friday) November 11, 2016, Store will open at 8:00am.

• Thanksgiving Day store will be closed to enjoy family time

• Black Friday - November 25 store will open at 4:00am.

SOME OF THE BRANDS AVAILABLE IN THE EXCHANGE

Michael Kors    Columbia
Nike           Alexander London
Adidas         North Face

We continue to offer deals both in the store and online and as always, we thank you for your dedication to the Exchange!

Personal Training
Boot Camp
Sports Performance

CALL 717.462.4733 TO SCHEDULE YOUR FREE WORKOUT!
November

- **Nov 4 from 5-7pm. First Friday Art Walk through Lebanon and Mt. Gretna:** Download your map at Lebanonartscouncil.org

- **Nov 11 from 7-9pm. Wounded Warriors Paint Fundraiser:**
  Paint with us tonight and we will give $5 for every ticket sold to either Wounded Warriors or Wounded Veterans. Paint a step-by-step amateur painting on canvas while drinking your BYOB wine, beer, or our complimentary cold beverages. Bring your snacks, doors open 30 minutes prior to the event and we have bottle openers, ice, cups, plates, napkins, and utensils for your use. Brushstrokes on Canvas, 720 Quentin Rd - Lebanon, PA 17042. Register at Brushstrokesoncanvas.com

- **Nov 12 at 12pm. Pottery Party at the Lebanon Farmer’s Market:** A portion of the proceeds benefit the American Heart Association. Registration required, please RSVP to joyatobias@yahoo.com

- **Nov 12 at 12pm. 6th Annual Palmyra Christmas Parade:**
  Parade begins at Maple Street and Railroad Street. The parade route will proceed east on Maple Street to Green Street, north on Green Street to Main Street, west on Main Street to Horstick Avenue, south on Horstick Avenue to Cherry Street, east on Cherry Street to the Middle School

- **Nov 18 at 6pm. City of Lebanon Holiday Tree Lighting:** At the corner of 9th and Cumberland Streets. Santa arrives after the tree lighting, the children will have time to visit with Santa.

- **Nov 19 at 10am. City of Lebanon Holiday Parade:** Starts at Lincoln Avenue at 10:00 AM and travels west on Cumberland Street to Ninth Street, Lebanon.

- **Nov 19-20 - Nov 19, 10am-5pm, Nov 20, 11am-4pm. Gem Miner’s Holiday Show:** Gift, Gem, Bead, Jewelry, Mineral, Fossil & Craft Show. Lebanon Expo & Fairgrounds, 80 Rocherty Rd, Lebanon PA 17042.

- **Nov 25-27 - Nov 25, 2-6pm; Nov 26, 8am-4pm; Nov 27, 10am-4pm. Christmas at the Expo:** The Lebanon Valley’s largest holiday gift show and shopping event! Admission to the show is just $3 per person. You will find something for everyone on your Christmas list with up to 150 vendors under one roof. Plus, enjoy Christmas music, holiday foods, and an appearance by Santa Claus. $3 admission per person. Free Parking. Lebexpo.org

- **Nov 26th at 3:30 pm. Myerstown Holiday Parade:** Tree lighting immediately following parade. Main Street, Myerstown.

- **Nov 26 - Small Business Saturday:** Shop small, shop local. Did you know that when you spend money at local retailers, 80% of the money stays in your community? Keep an eye out for special Small Business Saturday steals and deals throughout the entire Lebanon Valley.
Are you crazy for the holidays, spending thousands of dollars on holiday gifts, lights, entertaining, food and decorations each year? If so, you’re not alone. Many Americans feel the sting of holiday spending well into the New Year. If you love to celebrate the holidays but don’t love the financial pinch you experience afterward, there are several great tricks for giving and celebrating, without breaking the bank.

So when you’re out battling the holiday crowds and heading to social commitments with family and friends, consider your wallet and protect your budget with these simple tips:

1. Know your limit. Sit down and plan out your holiday budget before you head to the malls this year. Gifts, large or small, can really add up, leaving you with a hefty bill at the end of the season. Use a free holiday budget calculator to estimate how much you plan to spend on presents. Then keep track of your spending using gift logs.

2. Plan ahead. You’ve done your budget and you’re ready to tackle the crowds. Here are a few ways to save on shopping, whether online or in the stores:
   - Look for special “savings days” at your favorite retail stores.
   - Use coupons from your newspaper, online or in-store.
   - Take advantage of free shipping with online purchases.
   - Buy gifts throughout the year, not just during the peak season.

3. Trim your list. Do you really need to exchange gifts with everyone in your family? Consider cutting your list back this year. Or suggest giving a group gift to certain members of your family rather than individual gifts. Just because you had a long gift list last year doesn’t mean you need to repeat it this year. You may find that other members of your family love the idea.

4. Reduce your stress. The holiday season is stressful enough with demands from family and friends, not to mention social commitments for work or other groups. Try to plan ahead as much as possible, avoiding last-minute buys will impact your budget. Also remember to maintain your daily routines to keep stress levels low. If you usually take a walk or go to the gym every day, take the time to continue the habit during the hectic holiday months.

5. Enjoy the season. In the end, the holidays are all about enjoying friends and family. Staying focused on time with loved ones and other joys of the season can help you to keep stress in perspective. If you are hosting holiday parties at your home, use an entertainment planner to plan for the costs. Rather than feeling obligated to host an event every year, suggest a rotation for who will host holiday gatherings. And remember that it’s much better to keep spending down and stick to your budget. It’s a great feeling to start off the New Year on the right financial foot.

For More Info contact the Army Community Service Financial Program Manager
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.

1. 0600 - Intro to Performance Fitness (Jess/ Brian)  
   0900 - Zumba (Regina)  
   1000 - TRX for Adults over 40 (Brian)  
   1200 - Spin (Brian)  
   1630 - Hybrid boot camp (Brian)  
   1630 - Tae Kwon Do (John Cerifko)  
   1800 - Cardiovascular (John Cerifko)  
2. 0600 - Performance Fitness (Brian)  
   0900 - Body Blast (Brian)  
   1015 - Yoga Tune Up (Linda)  
   1200 - Barbell 30 Min Workout (Brian)  
   1630 - Spin (Kelli)  
   1730 - Yoga Tune Up (Linda)  
   1830 - Country Heat (Valentina)  
3. 0600 - Intro to Performance Fitness (Jess/ Brian)  
   0900 - Zumba (Regina)  
   1000 - TRX for Adults over 40 (Brian)  
   1200 - Spin (Brian)  
   1630 - Hybrid boot camp (Brian)  
   1630 - Tae Kwon Do (John Cerifko)  
   1800 - Cardiovascular (John Cerifko)  
4. 0600 - Performance Fitness (Brian/Jess)  
   0900 - Yoga Tune Up (Linda)  
   0900 - Zumba (Valentina)  
5. 0900 - Zumba (Valentina)  
6. 0600 - Performance Fitness (Brian)  
   0900 - Body Blast (Brian)  
   1015 - Yoga Tune Up (Linda)  
   1200 - Barbell 30 Min Workout (Brian)  
   1630 - Spin (Kelli)  
7. 0600 - Performance Fitness (Brian)  
   0900 - Body Blast (Brian)  
   1015 - Yoga Tune Up (Linda)  
8. 0600 - Intro to Performance Fitness (Jess/ Brian)  
   0900 - Zumba (Regina)  
   1000 - TRX for Adults over 40 (Brian)  
   1200 - Spin (Brian)  
   1630 - Hybrid boot camp (Brian)  
   1630 - Tae Kwon Do (John Cerifko)  
   1800 - Cardiovascular (John Cerifko)  
9. 0600 - Performance Fitness (Brian)  
   0900 - Body Blast (Brian)  
   1015 - Yoga Tune Up (Linda)  
   1200 - Barbell 30 Min Workout (Brian)  
   1630 - Spin (Kelli)  
10. 0600 - Intro to Performance Fitness (Jess/ Brian)  
    0900 - Zumba (Regina)  
    1000 - TRX for Adults over 40 (Brian)  
    1200 - Spin (Brian)  
    1630 - Hybrid boot camp (Brian)  
    1630 - Tae Kwon Do (John Cerifko)  
    1800 - Cardiovascular (John Cerifko)  
11. Veterans Day  
12. 0600 - Performance Fitness (Brian)  
    0900 - Body Blast (Brian)  
    1015 - Yoga Tune Up (Linda)  
    1200 - Barbell 30 Min Workout (Brian)  
    1630 - Spin (Kelli)  
13. 0600 - Intro to Performance Fitness (Jess/ Brian)  
    0900 - Zumba (Regina)  
    1000 - TRX for Adults over 40 (Brian)  
    1200 - Spin (Brian)  
    1630 - Hybrid boot camp (Brian)  
14. 0600 - Performance Fitness (Brian)  
    0900 - Body Blast (Brian)  
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    1015 - Yoga Tune Up (Linda)  
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    1800 - Cardiovascular (John Cerifko)  
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    1200 - Barbell 30 Min Workout (Brian)  
    1630 - Spin (Kelli)  
23. 0600 - Performance Fitness (Brian)  
    0900 - Body Blast (Brian)  
    1015 - Yoga Tune Up (Linda)  
    1200 - Barbell 30 Min Workout (Brian)  
    1630 - Spin (Kelli)  
24. Thanksgiving Day  
25. Training Holiday  
26. 0600 - Performance Fitness (Brian)  
    0900 - Body Blast (Brian)  
    1015 - Yoga Tune Up (Linda)  
    1200 - Barbell 30 Min Workout (Brian)  
    1630 - Spin (Kelli)  
27. 0900 - Zumba (Valentina)  
28. 0600 - Performance Fitness (Brian)  
    0900 - Body Blast (Brian)  
    1015 - Yoga Tune Up (Linda)  
    1200 - Barbell 30 Min Workout (Brian)  
    1700 Spin (Kelli)  
29. 0600 - Intro to Performance Fitness (Jess/ Brian)  
    0900 - Zumba (Regina)  
    1000 - TRX for Adults over 40 (Brian)  
    1200 - Spin (Brian)  
    1630 - Hybrid boot camp (Brian)  
    1630 - Tae Kwon Do (John Cerifko)  
    1800 - Cardiovascular (John Cerifko)  
30. 0600 - Performance Fitness (Brian)  
    0900 - Body Blast (Brian)  
    1015 - Yoga Tune Up (Linda)  
    1200 - Barbell 30 Min Workout (Brian)  
    1630 - Spin (Kelli)  
    1730 - Yoga Tune Up (Linda)  
    1830 - Country Heat (Valentina)
'What's the story with...?' is a phrase commonly heard at Carlisle Barracks. With more than 50 buildings in the National Historic Register, the post has a history unlike many others.

This is the latest in a series that will take a look at historic buildings, photos and more that tell the story of Carlisle Barracks. Throughout nearly 260 years of history, the post has been home to many pioneering schools, events and leaders that have helped shape our Nation. Want to learn more? Check out the Carlisle Barracks history page at http://carlislebarracks.army.mil/history.htm or visit the U.S. Army Heritage and Education Center at http://www.carlisle.army.mil/ahec/index.cfm

This month’s entry focuses on Armstrong Hall.

Armstrong Hall, built in 1895, served as the school laundry for Carlisle Indian Industrial School students and staff and for Soldiers when the post came back under Army control. In the image below an electric trolley can be seen that provided transportation to and from Carlisle for Soldiers at the post. It entered the post through the Pratt Avenue Gate and could be boarded at Armstrong Hall for the short trip to Carlisle.

The building is named for Maj. Gen. John Armstrong, an American civil engineer and Soldier who served as a brigadier general in the Continental Army and as a major general in the Pennsylvania Militia during the Revolutionary War. He was also a delegate to the Continental Congress for Pennsylvania. Armstrong County, Pennsylvania is named in his honor. John died at home in Carlisle, Pennsylvania, on March 9, 1795, and is buried in the Old Carlisle Cemetery.

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Carlisle is a town rich in history and a town with delicious restaurants. When going out, most go for top favorites such as Café Bruges, Brick, Andalusia, however; if you look closer there are many restaurants in little nooks and crannies throughout Carlisle.

There is one restaurant in particular that has both history and a tasty menu, Scalles Restaurant. Scalles is located off Old York Road (aka Route 74). The building was constructed in 1867 and was used by Carlisle Iron Works. It became a grain warehouse and then a retail store of wood stoves. In 1983, the building was transformed into what is now Scalles.

Scalles is the perfect place to go for a lunch out as their sandwiches are delicious. If you are looking for advice on what to order from their menu, I suggest the rib eye steak sandwich, the Block Buster, the hefty BLT, the reuben, the club, or the hot veggie wrap. There is a wide variety of soups and the chicken corn soup is absolutely fantastic. Be sure to get the corn fritters with the honey dip.

They also sell a variety of craft beers for dining and carry out. The atmosphere is light and very casual with the prices reasonable. Make sure you don’t go right at the height of lunch or dinner as the dining space is limited. All in all, you are getting the diner experience but in a distinctive Carlisle atmosphere.

Scalles Restaurant
BY: BLYTHE BELENKY
FORT INDIANTOWN GAP
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