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letter from the director

Elizabeth Knouse - Director

“Young Lives, Big Stories” is the theme of the 2014 Month of the Military Child, which is celebrated throughout April on U.S. Army installations. The Month of the Military Child creates awareness of the sacrifices military children make and the service they provide. This year’s theme, “Young Lives, Big Stories” also highlights the unique lifestyles and contributions military children make to our nation. Michaela Coplen is a military kid with a big story. Winner of the prestigious National Student Poet award, Michaela is sharing her love of the written word as a year-long ambassador of the program. She also shares the poignant “The Things We Carry” with our readers, an amazing, insightful look into the life of a military child through her own experience.

Family and Morale, Welfare and Recreation is celebrating military kids and their families in a big way. Be sure to join us on April 12th for the Family Fun Fair presented by CYSS and ACS at Carlisle Barracks. It’s sure to be a morning of fun for the whole family with activities for kids of all ages. Remember to bring a basket to collect eggs during the annual Easter Egg Hunt. Get the word out to wear purple on April 15. We wear purple to show support and thank military children for their strength and sacrifices. Purple represents the mixing of all the service branch uniform colors. Turn to page 11 to see an inclusive list of all the activities planned throughout the month.

Please join me in thanking our children for their resilience, strength, and enthusiasm for their family, the Army, and of course, our country. Enjoy the warmer weather and your family!

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.

employee spotlight

Yekatherina Castro
Training and Curriculum Specialist
Kathy began working with kids as a Family Child Care provider in Grafenwoehr, Germany. Having been a military mom, she understands that our children’s experiences and military life make them unique. She says it’s an honor to be part of a team that understands their needs and provides quality care on a daily basis.
on the cover
April is Month of the Military Child. Your child can join the celebration by sharing their story through words, drawings, photos or video and have a chance to win great prizes.

For complete contest details visit armymwr.com/momc.

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At Carlisle Autocare Center we’ve had a lot of people asking how they can make their vehicles last longer. These questions are a reflection of a trend that’s been building for several years. The average age of personal vehicles is now over nine years. And 33 percent of all vehicles on the road have over 75,000 miles on them. With high fuel prices a lot of people are putting off buying a new car.

So let’s say you’re one of the average vehicle owners; you’ve got a nine year old car with 80,000 miles on the odometer. What can you do make it last another year or two?

Let’s start with the premise that there’s no reason that a modern car can’t run for 200,000 miles with proper care. The engineering and manufacturing quality is there. Of course, some parts will wear out along the way, but there’s no reason for a catastrophic meltdown if you stay on top of your recommended maintenance.

It is a challenge, for example: If a service is recommended every 15,000 miles for the first 60,000 miles you can just keep getting it done at least every 15,000 miles after you hit 60,000 miles. But, it gets more complicated because older engines lose some efficiency, are dirtier inside and are just more stressed. That means it’s very important to not miss any scheduled services. Skipping just one oil change, for example, leaves an opportunity for harmful sludge to build up.

So all the usual things like oil changes, transmission service, coolant service, brakes, power steering, fuel system cleaning – all that stuff needs to be maintained. People responsible for fleet vehicles are very strict about scheduled maintenance. They know that money spent on maintenance saves them three ways:

1. It saves fuel
2. It prevents costly repairs
3. They can postpone purchasing new vehicles

Having the oil changed may be the most important thing. A full service oil change means that all of your other fluids get topped off so they are never low enough to cause damage. It also gives your technician a chance to spot problems in the early stages so that you can fix them before they get expensive. And it gives you a touch point with a professional along the way to remind you of things that aren’t scheduled as often – things like differential service and timing belt replacement.

If you live in the Harrisburg area and have an older vehicle, you may need to follow the severe service maintenance schedule. Check your owner’s manual and talk with your service advisor. Conditions inside an older engine, transmission and cooling system can arguably be considered severe – so shorter intervals could well be called for.
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Private Guitar Lessons taught by Forrest Brown
Schedule weekly half hour lessons
Choose from Tuesday or Wednesday between 3:30-5:30pm
Classes Run: 3/25-5/28
10 Week Session - Cost $200

Register for Music lessons online:
https://webtrac.mwr.army.mil/webtrac/carlisleyns.html
or call: 717-245-4556

Music lessons meet at the Carlisle Barracks Youth Services in the SKIES Classroom!
637 Liggett Rd, Carlisle PA

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www.CarlisleMWR.com

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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.
MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 a.m.-4:30 p.m. 717-245-4332
Marketing
717-245-4533
Sponsorship and Advertising
717-245-3777
Finance
717-245-4696
Barracks Crossing
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Carlisle, PA 17013
Auto Shop Service
Mon-Fri 8:00 a.m.-5:00 p.m. 717-245-3156
Auto Self Service
Monday-Friday (space available): 8:00 a.m.-5 p.m.
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Saturday 9:00 a.m.-4:00 p.m. 717-245-3156
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Closed Sat. prior to a Monday Holiday
717-245-3319
Frame Studio - Self Help
Thursday 1:00 p.m.-8:00 p.m.
Friday 10:00 a.m.-5:00 p.m.
Saturday 9:00 a.m.-4:00 p.m. 717-245-3319
Self-Help Pottery
Tues/Wed/Fri: 10:00 a.m.-5:00 p.m.
Thursday 10:00 a.m.-8:00 p.m.
Saturday 9:00 a.m.-4:00 p.m.
Closed Sat. prior to a Monday Holiday
717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Fri 8:30 a.m.-9:00 p.m.
League from 6:00-9:00 p.m.
Sat 1:00-9:00 p.m.
(Except during youth bowling Nov-Mar 9:00 a.m.-9:00 p.m.)
Sun 1:00-8:00 p.m. 717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8:00 a.m.-4:00 p.m.
Golf Course
717-243-3262
19th Hole Snack Bar
717-245-3267
Child, Youth & School Age Services
637 Liggett Road
Carlisle, PA 17013
Mon-Fri 8:00 a.m.-6:00 p.m.
CYS Division Chief
717-245-4283
CYS Central Registration
717-245-3801
School Liaison Officer
717-245-4638
Youth Center
717-245-4555
Youth Sports
717-245-4519
Child Development Center
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:15 a.m.-5:30 p.m.
Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013
717-245-4329
Letort View Catering
Tue-Thurs 9:00 a.m.-5:00 p.m.
717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7 a.m.-2 p.m.
717-245-4883
USAHEC Catering
717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10:00 a.m.-2:00 p.m.
717-245-3377
Leisure Travel Services
842 Summer Road
Carlisle, PA 17013
October - April
Mon-Fri 9:00 a.m.-4:30 p.m.
717-245-4048
Army Heritage Center LTS Desk
Fri-Sun 11:00 a.m.-2:00 p.m.
717-245-3883
Fort Indiantown Gap Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
Fri, Sat 9:00 a.m.-1:00 pm
717-861-3994
Outdoor Recreation (ODR)
717-245-3657/4616
Tues-Fri 9:00 a.m.-5:00 p.m.
860 Summer Road
Carlisle, PA 17013
Sports Branch
120 Forbes Avenue
Carlisle, PA 17013
Sports Director
717-245-3435/3906/4029
Thorpe Hall Fitness
Mon-Fri 5:00 a.m.-8:30 p.m.
Sat 7:00 a.m.-5:00 p.m.
Sun 8:00 a.m.-5:00 p.m.
Holidays 10:00 a.m.-3:00 p.m.
717-245-3418
Root Hall Gymnasium
Mon-Fri 5:00 a.m.-8:30 p.m.
Sat, Sun & Holidays Closed
717-245-3435/3906/4029
Indian Field Fitness Center
Mon-Fri 5:00 a.m.-8:30 p.m.
Sat 7:00 a.m.-5:00 p.m.
Sun 8:00 a.m.-5:00 p.m.
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Joint Pub
Open when Tiki Bar is closed for inclement weather.
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Visit www.1stCHOICEmag.com | APRIL 2014
Michaela Coplen is a military kid with a big story. A self-described actor, farm girl, Mexican-American, lifelong Army brat, and poetry lover, Michaela is a senior at Carlisle High School. The daughter of COL Lorelei Coplen and LTC Richard Coplen (retired), Michaela lived the typical military kids’ life, moving around a lot before settling down in Carlisle, Pennsylvania, where her parents both work at the U.S. Army War College. Michaela was one of five students selected from among the national medalists in the 2013 Scholastic Art & Writing Awards to serve one year as a Literary Ambassador for the National Student Poets Program. Ambassadors receive scholarships and opportunities to present their work at writing and poetry events throughout their term.

I sat down to speak with Michaela recently as she was preparing a six-week workshop to be held at Carlisle Barracks in conjunction with National Poetry Month and the Month of the Military Child celebration. Michaela said that her goal for the youth poetry workshop is “for everyone to walk away with a poem they’ve read that they really connect with and a poem they wrote that they’re really proud of.” As an ambassador for the National Student Poets Program (NSPP), Michaela is asked to bring the appreciation of poetry to people of all ages and to nurture creativity in young people. She represents the Northeast Region where her impact reaches from Washington, D.C. to Maine. Michaela has already presented a workshop in New Jersey and spoke at a Blue Star Family event in Baltimore, MD.

Michaela says that poetry helped her find her “community,” an especially difficult task when moving from location to location as a military kid. She advises other military kids that staying busy with extracurricular activities can help during transitions, “if you’re moving around from place to place, usually every school has a sports team that you can join and every school has a debate club or quiz bowl team.” However, finding access to the arts, especially poetry, can be difficult depending where you land as a military kid so Michaela is especially excited to share her love of writing and poetry with youth. She hopes the workshop at Carlisle Barracks will help introduce kids to reading poetry and finding ways to make it a part of their daily life. She says that “poetry has the ability to tie down a memory with language.” Michaela particularly enjoys the mental challenge poetry presents whether reading, writing, or hearing it. “Poetry has lessons to teach all of us: patience and problem solving and creative thinking as well as exploration and even empathy” she says.

The series of workshops continues into the third week of April. The 6th grade and up group meets on Tuesdays from 3:30 to 4:00, and the Kindergarten to 5th grade group meets on Thursdays from 4:00 to 4:30. Both workshops culminate in a reading of students' work, open to the public, at 4:30 on the 18th of April at the Child & Youth Services building. Students, their families, and attendees will receive a printed compilation of student work.
The Things We Carry

(Inspired by Tim O’Brien's short story “The Things They Carried”)

We carry their letters in our backpacks. We encase them in plastic, try to catch grains of sand that slip from the seams under stamps. In the late afternoon, after slogging through school, we dig through our homework for these buried deserts, spend an hour or two sifting through layers of cursive undertones. They never speak of war, except in missyous and behomesoons—instead they offer poetry and platitudes, advice that arrives a week too late. We press the gritty envelope flaps to our tongues, wonder if this is what they taste before they brush their teeth at night. We carry the “Love” they use to sign their letters, hold it like a Bible to our chests and dare God to intervene.

We carry what we have been taught to carry. Batteries. Sewing kits. Pens, pencils, erasers. A palm-sized journal. Wristwatches. Maps. Shoelaces and duct tape. We carry paranoia. The back-to-the-wall, where-are-the-exits, how-many-people-are-in-this-room, stay-out-of-crowds twitching that clutters cheap diner tables. We carry pocket knives and twine. We carry Run, Hide, Fight like a tattoo on our wrists. We carry an eye for anomaly, an ear for alarm, and a survivalist instinct that burrows itself into our guts.

We carry walkie-talkies and the NATO phonetic alphabet through the dark night of a gated base. Code names. Flashlights. We force our feet to be silent as we slip past MP stations and through curfew’s closing fist. We carry each other, holding on to friendships with the ferocity of knowing that we carry even more goodbyes. We camouflage ourselves in black and set up command centers in empty playgrounds. We borrow strategies from the History Channel and our parents’ dinner party conversations. We steal hidden flags, swear they’ll never touch the ground. We laugh and run and carry the pretending that these elaborate games of manhunt are not our way of practicing for Whiskey-Alph Romeo.

We carry our bag and shoes to the gym, where people say “have a good workout” like it’s “have a good Christmas.” A water bottle. A sweat towel. A playlist labeled “workout warrior.” We unpack the gifts of our bodies on machines and tracks and benches, carrying the weight of the knowledge that self-sufficiency is strength. We carry our biceps and six-packs like a sign on the lawn reading “Security System Installed Here.” Gatorade. Deodorant. Hair ties, sports bras, transience and the nomadic need to move. We compete with ourselves and carry a list of our shortcomings like a splinter in our sole.

Textbooks. Calculators. Honor Rolls and transcripts. We carry libraries from house to house, making the smallest cardboard boxes the heaviest ones. Notebooks and binders and mugs of late night coffee. We carry hours of study in bags under our eyes. We work so that our parents will have one less thing to worry about. We work so we’ll have time to see them when they come home on leave. We carry the wanting to do more than make them proud—the harder, sharper wanting to make ourselves proud. We carry that pride. We carry intimate knowledge of the biology of transplantation and the physics of a bullet.

We carry the practice of statistics. The rate of increase from one thousand to two thousand to three thousand. Percentage times three tours times thirty years equals x before retirement. The probability that it will be somebody we know. The probability that it will be our somebody. The knowing that there are things worse than death. We carry coffins and couches in mouths chewed raw from lack of speaking.

We carry questions. More than the paradox of a countdown clock that keeps adding time, or the problem of a map without title or key. We carry whowhatwhenwherewhy like a piercing on our tongue, use it to tap out messages against our teeth (the things we’re afraid to ask: How many movie-theater-discounts does it take to buy back a childhood?). We carry our silence in mouths chewed raw from lack of speaking.

We carry stones—smooth and flat, picked up along the road—to place on grandpa’s grave. It’s hard to find him, another uniform white slab among rows of thousands (pristine and regimented as ever). He is black-lettered and not yet fading, sandwiched between an immigrant and an eighteen-year-old. We walk home carrying the need to write a poem for every gravestone. We carry the aunts and sons, the coaches and dog-lovers, book worms and runners, the painters and preachers, politicians and pacifists, the tough guys, philosophers, sweethearts, the parents who lie here. We carry the veterans lying on city street corners, and those who never made it home. We carry the sisters and cousins that stand in their place. When the time comes, we too will carry the torch. We wear helmets made of stoic steel and lined with hope.

We carry safety pins like bad habits and dog tags like talismans. We carry dandelions in our hands and countries on our backs. We carry on.
family and morale, welfare & recreation ■ carlisle barracks

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Open to Carlisle Barracks MST Members
APRIL 4, 6 PM TO APRIL 5, 7 AM

Join us for a progressive Neon Glow Lock-In!

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Olympic Gold Medalists Meryl Davis & Charlie White
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April 10
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CHERRY BLOSSOM FESTIVAL

Saturday April 05
Must register by March 31st

Saturday April 12
Must register by April 7th

$26 per person
 inkludes transportation
(minimum of 20 passengers required)

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

WASHINGTON DC Field Trip

April 12
12:30PM - 6PM

Washington DC Cherry Blossom Festival

Register No Later Than April 4, 6PM

facebook.com/carlislebarracksMSTMembers

AllBetterCare.com

formats vary by location, please visit AllBetterCare.com for more information.
Month of the Military Child

Events

**Bowling Special**
All April Sat & Sun – Strike Zone Bowling Center
Children bowl FREE up to 3 games, when adult pays the same. Shoe rental not included.
More Information 717-243-3027

**Golf Special**
All April – CBKS Golf Course
Child receives a FREE bucket of balls at the driving range with adults purchase of a bucket.

**Outdoor Recreation Special**
½ price youth with adult purchase on:
April 13 kayaking trip and/or April 19 Appalachian Trail hike. More information 717-245-4616.

**MST Neon Glow Lock-In**
April 4, 6pm to April 5, 7am – Carlisle Barracks Youth Services (CBKS YS)

**Family Fun Festival & Easter Egg Hunt**
April 12, 9am – 12n – Moore CDC Field

**MST Paintball Field Trip**
April 12, 1-6pm – Wanna Play Paintball, Dillsburg
Bus leaves from CBKS YS @ 1pm

**Purple Up for Military Kids**
All Day April 15, Wear Purple to show support & thank military children for their strength & sacrifices. Feel Free to be creative!!!

**Military Child Poetry Reading & Reception**
April 18, 4:30pm – CBKS YS – Come honor our talented youth

**Easter Sunday Brunch Buffet**
April 20, Two Seating’s 11am or 1:30pm, Letort View Community Center

**Youth of the Year & Youth Volunteer of the Year Recognition Ceremony**
April 22, 4:30pm – Come Celebrate Our Youth – CBKS YS

**Jim Thorpe Sports Days**
April 24-25, Indian Field

**Parents Night Out**
April 25, 6-11pm – CBKS YS & Moore CDC

**MST Operation Megaphone Worldwide Lock-In**
April 25, 6pm to April 26, 7am – CBKS YS

**Family Movie Night**
April 26, 7-9pm – Root Hall Gym - FREE

(April is Child Abuse Prevention Month)
Kathy Chambers, LPGA teaching professional, is beginning her second year at Carlisle Barracks Golf Course. Last year Kathy helped many golfers improve their skills and increase their enjoyment of the game. This year’s programs will provide many more opportunities for further development of golfers’ abilities.

In 2013 Kathy introduced the PGA of America Get Golf Ready program to Carlisle Barracks Golf Course. The Level 1 class teaches the new or returning golfers the fundamentals of the swing and the game of golf. Each of the six classes provides an opportunity to experience on-course play. Level 2 is for graduates of Level 1 and those who have already been playing. These are 6-week classes.

Kathy conducts a variety of 5-week classes. These classes either cover special topics or are organized for special groups:

- The Short Game Challenge is a class offering golfers opportunities to sharpen their skills from 100 yards from the green and in to the hole. Each participant will discover their short game weaknesses and work towards turning them into strengths through appropriate instruction and practice drills. Many matches are won or lost on the last putt!

Our special classes for the spouses of the Army War College students are offered throughout the golf season. These classes are always popular and full of fun and laughter!

In addition to these scheduled classes, you and your friends may organize classes designed to meet your particular golf goals. For instance, Kathy is always willing to organize classes with flexible scheduling to meet the needs of War College students.

You may prefer to work on a specific golf skill and decide to schedule a private lesson with Kathy. Playing lessons are also available for those who are interested in learning about game strategy or mental and/or physical state management.
LESSON RATES

PRIVATE LESSONS
$40 per half hour

PLAYING LESSONS
$160 for 2 hours on-course instruction (can be divided by number of players with a maximum of four players)

5-WEEK CLASSES
$70

GET GOLF READY – LEVEL 1
$99
1 1/2 hours per week for 6 weeks

GET GOLF READY – LEVEL 2
$129
1 1/2 hours per week for 6 weeks

Are you a beginner, an avid golfer, or an Advil golfer? Whatever your level of expertise, Kathy Chambers has something to offer you.

For new class notification, please “Like” Carlisle Barracks Golf Course on Facebook or share your email address the next time you visit us.

To register for classes or schedule private and playing lessons email Kathy at kat4birdies@gmail.com or phone her at 703-628-8837.
LERTOS VIEW COMMUNITY CENTER
☎️ 245-4329

Joint Pub: Open Thursday/Friday from 4-10 p.m. Pub Menu available from 4-9 p.m. Shuttle bus service available every Thursday - call (717) 226-3985 for pick up. Areas Available: -- Keystone Arms - West Point Drive & Patton Drive Intersection -- Keystone Arms - Taylor Avenue & MacArthur Drive intersection -- 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 -- LVCC

Easter Sunday Brunch Buffet: April 20, 2014, Seatings: 11 a.m. and 1:30 p.m. $21.95 Adults $8.95 Kids (5-12) & 4 and under Free (does not include gratuity). Cash Bar Available. Reservations required by April 18. OPEN TO THE PUBLIC

SPORTS – ☎️ 245-4029

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

- Run Club: March-November - Saturdays at 7 am.
- 5K Fun Run: May 10
- 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 and Tae Bo.
- Tae Kwon Do: Tuesdays and Thursdays from 4:30 - 6:00 pm at Jim Thorpe Fitness Center. $15 per month.
- Tae Bo Cardiovascular Workout: Tuesdays and Thursdays from 6 - 7 pm at Jim Thorpe Fitness Center. $15 per month.
- Get Fit: New Classes being offered. LaBlast - Fun filled, high energy dance class. Jazzercise - Combines Dance, Strength Training, Yoga, Pilates and Kick Boxing moves.

BARRACKS CROSSING FRAMING/ ENGRAVING AND AUTO SHOP
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New hours of operation:
Beginning April 1, 2014

- Framing/Engraving/Sublimation Shop
  - Custom Service: 245-3319
  - Tuesday/Wednesday: 10:00 a.m.-5:00 p.m.
  - Thursday: 10:00 a.m. - 8:00 p.m.
  - Saturday: 9:00 a.m. - 4:00 p.m.
  - Closed Sat. prior to a Monday Holiday

- Self-Help Pottery:
  - Tuesday/Wednesday: 10:00 a.m.-5:00 p.m.
  - Thursday: 10:00 a.m. - 8:00 p.m.
  - Saturday: 9:00 a.m. - 4:00 p.m.
  - Closed Sat. prior to a Monday Holiday

- Auto Shop Service Hours: 245-3156
  - Monday-Friday: 8:00 a.m.-5:00 p.m.

- Auto Shop Self-Help hours:
  - Monday-Friday: 8:00 a.m.-5:00 p.m.

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

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

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

- Adult Pastel Portrait Class: 4 Classes being offered on Thursdays from 5-7 pm. $150 (all supplies included in price).

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)

STARS ON ICE America’s Premier Figure Skating 2014 Tour:

- Giant Center, Hershey, PA. Olympic Gold Medalists Meryl Davis & Charlie White and Olympic Bronze Medal Team straight from Sochi. April 10 with show time at 7 pm/100 Level Seating: $42.85 per person (3 and up). Save $10 (ticket + svc charge).

Washington DC Cherry Blossom Festival:
- Saturday, April 5. $26 p/p. Must register by Mar 31.

Washington DC Cherry Blossom Festival:
- Saturday, April 12. $26 p/p. Must register by Apr 7.

Gettysburg Outlet Shopping and Adams County Winery:
- May 3. $35 Adults. Must register by Apr 16.

New York City “On Your Own”:
- May 10. $57 Adults & Children 5+. Must register by May 2.

New York City/ Ground Zero:

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

All April, Sat & Sun - Children bowl FREE up to 3 games, when adult pays the same. Shoe rental not included.

Summer Fun League: Begins May 15, 2014 and runs for 14 weeks every Thursday Night. 3 games 9 pin bowling fun! There will be a short organizational meeting May 8, 2014 at 6:30 pm.

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

CHILD YOUTH AND SCHOOL SERVICES ☎️ 245-4555

MONTH OF THE MILITARY CHILD
April 2014

Through April 18 Military Child Poetry Workshop: Tuesdays, 3:30 – 4pm, MST

THURSDAYS, 4 – 4:30 pm (SAC)
April 4-5 Middle School & Teen (MST) Lock-In: 6:00 PM – 7:00 AM, $10 refundable deposit required.

April 12 Family Fun Fair & Easter Egg Hunt: 9:00 AM – 12 noon Easter Egg Hunt starts 9am SHARP.

April 12, MST Paintball @ “Wanna Play” Paintball, Dillsburg: 1– 6, 6th – 12th graders

$30 per person

April 15, “Purple Up! for Military Kids”:

Wear purple as a visible way to show support and thank military children for their strength and sacrifices.

April 18, Military Child Poetry Reading & Reception: 4:30 PM, Poetry readings by SAC & MST students Light refreshments served

April 22, Youth of the Year & Youth Volunteer of the Year Recognition Ceremony: 4:30 PM, Light refreshments will be served.

April 25, Parents’ Night Out: 6-11pm, Dinner and snack provided. Arts & Crafts; Movie; Free Play. Register by: April 18.

April 25-26 Operation Megaphone Worldwide Lock-In: 6:00 PM to 7:00 AM, Grades 6-12 Register by: April 18.

April 26, Month of the Military Child Family Movie Night: 7:00 – 9:00 PM, Root Hall Gym, family friendly movie event. FREE!!!

Spring T-Ball & Soccer: Sign up today, Seasons start first week of April. Soccer leagues- Ages 3-18, T-Ball Ages 3-6.


OUTDOOR REC ☎️ 245-4616

Half price youth with adult purchase on: April 13 kayaking trip and/or April 19 Appalachian Trail hike.

Half Day Kayaking Trip: Juniata River. April 26, 10 am-2 pm. Register by: Apr 18

Spring White Water Rafting Trip: Youghiogheny River. May 3, 6 am-4 pm. Register by: Apr 8

Dinner and a Kayak: May 16 from 3-6 pm. Kayak the Yellow Breaches with a Western Style Dinner served at the end of the trip. Menu includes Chicken, Potatoes, Salad and Beverage. Only $35. Register by: May 2

Basic Orienteering: Come learn the lost skill of map and compass use! Saturday, March 22 from 10 am – 1 pm. Kings Gap State Park

$15 p/p. Enjoy a basic lesson and then test out your skills.

Family Rafting Trip: Youghiogheny River. July 26 from 6 am - 4 pm. Register by: Jul 8

GOLF – ☎️ 243-3262

All April Child receives a FREE bucket of balls at the driving range with adult purchase of a bucket.

Play & Ride/April Weekday Special: Monday-Thursday from 12-4 pm. ONLY $24 p/p. 18 Holes. Must call for a tee time.

Open Golf and Driving Range: Open Mon-Fri, 7:00 a.m.-dusk and Sat & Sun, 6:00 a.m.-dusk.

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

UPCOMING EVENTS

Spring Yard Sale/Flea Market May 17th.

www.carlislemwr.com

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It was a sunny but chilly morning on September 19, 2008. I remember all I wanted was a hot cup of coffee – one, to help keep me warm and two, to help wake me up. I didn’t sleep well the previous night. Anxious thoughts flooded my mind. They kept me awake, drifting in and out between thoughts and dreams.

How would I handle it? Would he show any emotion? Would I show too much emotion? Would our 12-week baby girl miss her daddy? Know her daddy? Remember her daddy? The last thing I wanted was to see my husband be worried or upset, or for me to come unglued and not be strong for him.

For her.

For me.

On that morning six year’s ago, a year’s long deployment to Iraq seemed like an eternity to this first-time mom and dad. And although deployments are certainly hard for our children, having a Reservist mommy or an overtime-working daddy can be equally hard in different ways. It’s a matter of finding the joy in the negative. A bit of peace in those anxious moments. It’s about making the best out of a challenging situation. Not just for the mommy or daddy who is gone, but for our children.

During this month’s recognition of “The Military’s Child”, I would like to share with you a few things that I found that helped me to honor both my husband and my child; and along the way, I found they helped me cope with the distance, too.

Writing in a journal, blogging about our daughter, London and snapping pictures of every little thing helped. Sure, it got a tad annoying lugging around a camera every.single.place I went, but I certainly don’t regret it today, and my husband definitely appreciated that gesture. It made him feel connected to London and allowed him to feel like he didn’t miss out on the every day things.

Recording moments with your child while you or your spouse are gone, regardless if it’s working late nights, being gone one weekend a month, or having a year-long deployment can open important dialogs between you and your child. Taking snapshots of soccer games mommy or daddy missed, or a bike ride you took together can be turned into a fun family project where you sit down and create a collage, all the while discussing those missed moments.

If you are a military family, volunteering for organizations that support military families may be a “no brainer” but can be such an amazing experience. While my husband was deployed, I found out about Soldiers Angels.Org, a non-profit organization that supports our troops who are away from home, as well as the families they left behind.

I signed up to be a Letter Writer, and also adopted a solider. Although it took a bit of time, it was well worth it when I started receiving letters back from these soldiers! They wrote how much they appreciated the correspondence, and how they loved hearing about things as simple as the weather, or how much gas cost back home in the states. Although our daughter was too little to understand the concept back then, that experience has affected her today. We sit down together and discuss what other military families are experiencing, and write letters or make Christmas Cards for soldiers who are away from home. I think giving our children a sense of empathy for others is such an important role in parents’ lives. At times, I struggle with this, but I do know making the time to show her that there will always be someone else who has it a bit harder is a lesson that will serve her well as she grows into an adult.

finding the joy: honoring our military (and civilian) children

By: SASHA COLEMAN ARNETT
I am sure you all have heard of the USO, but I have to say that I didn’t realize all of the wonderful work they do for our troops and their families. One of the best memories I have while my husband was in Iraq, was receiving a huge and colorful children’s book with a DVD in the mail. Tears streamed down my face when I read the attached card. On that DVD, there was a video recording of London’s daddy reading her that very book.

As she was too little to sit up by herself for long periods of time, I placed London in her highchair and clumsily set the laptop computer on top of it’s tray. I couldn’t move fast enough to get that DVD playing! As it started, I watched in awe as London’s face was soon covered with the biggest smile. Her blue eyes so wide, watching her daddy mouth the words to that beautiful book. That moment will be one that I will forever cherish, one that I will never forget. Those precious moments that my daughter had with her daddy were truly a gift to us from the USO. The USO’s United Through Reading Program provided the picture book, DVD and covered the shipping costs.

As a parent, it can be very challenging when your spouse is working that late shift again, or at drill again (wasn’t he JUST there?), or deployed for months on end. And it can be just as hard on our children. Frustrations take over, feelings get hurt, and children may not know exactly how to express their feelings, or even know what they are feeling; but planning activities for them, recording little moments in their lives and sharing them with their family may just help with the transitions and emotions that they face.

During this month, the month of The Military Child, I encourage you to reach out to organizations for inspirational ideas: activities you can do with your child that build bonds, that help them learn empathy for other military families, that assist them with their own feelings. Organizations like the USO, Soldiers Angels and your local MWR (Morale, Welfare and Recreation) can provide you with many opportunities to get involved with your family.

Our London is now five years old. We have since added our son Roman, three, to the mix. Today, daddy has monthly drills here in Pennsylvania: no more stressful nights alone for months on end; but when we get to that point again in the future, I will be armed and ready with the knowledge I started learning six years ago; that the time period when daddy was away provided unique opportunities for me and my child to explore, to grow and to learn how to honor others.

May God continue to bless our Military and Civilian Children and their families.

Sasha Coleman Arnett is the owner of Pretty Faces By Sasha, a natural light photographer and makeup artist in South-Central Pennsylvania. She is a wife of a PAARNG Captain, a mother of two kiddos (ages 3 and 5) and lover of all things creative. You can see her work at www.prettyfacesbysasha.com.
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Dancing held in the Community Club Ballroom
Kids 12 & Under Eat FREE Every Monday (some restrictions apply)
UPCOMING EVENTS:
UFC:
UFC 172 Jones vs Teixeira – Saturday, April 26
UFC 173 Weidman vs Belfort – Saturday, May 24

NCAA March Madness
April 5: National Semifinals
April 7: Championship Game
Ask us about Drink & Menu Specials

NASCAR
Every Sunday during the Season

Karaoke & Dancing
April 4, 4-7
May 2, 4-7
May 5 & 6, 8-Midnight
May 8-9, 9pm-1am

Easter Sunday
April 20 – We are closed to be with our families!

Cinco de Mayo Party
May 2, 4pm-1am
Ask us about our menu specials
Join us for Karaoke & Dancing, plenty of fun and giveaways!

Ricky and the Ricardo’s
May 10, 9pm-12M
Ricky and the Ricardo’s are a band that plays some of the biggest hits of all genres in a way that few have ever heard.
These debonair gentlemen always provide the most elegant experiences known to the music world.

Join us every evening starting at 4pm for your favorite sporting event. We have 13 HDTV’s. Not a bad seat in the house!
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☎ 717-861-8902

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☎ 717-861-2402

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☎ 717-861-8693

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☎ 717-861-8891

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A PORTION OF ALL SALES FUNDS MWR AND ITS PROGRAMS

Friday May 2
Cinco de Mayo celebration
Giveaways!
Drink & Menu Specials
Karaoke & Dancing
Starts 4pm
Open to the Public

Fort Indiantown Gap Community Club
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Email: mary.ruehl@cbmove.com
They were the grand prize winners of a vacation for two at the recent First Choice Bridal Show held at the Letort View Community Center at Carlisle Barracks. An August wedding is planned for these two who met while in Army ROTC at Shippensburg University. According to Amanda “all those weekends in the woods” helped them get to know each other. The couple have a strong connection to the Army. Amanda’s dad is a West Point graduate who now serves with the Army Reserve. Jared is proud to carry on the military tradition of his two grandfathers who served in World War II. The couple will be married in the gazebo on the grounds of Carlisle Barracks with a reception to follow at Letort View Community Center. Congratulations Amanda and Jared.
While families gear up for trips to the beach, picnics or outdoor fun this summer, some military families face an even bigger adventure — relocating to a new community. Permanent change of station (PCS) transitions from one duty station to another, many of which happen during summer, are a part of military life. Yet saying goodbye to friends and support networks, making new friends or fitting in at a new school are experiences that can be stressful on a military family, particularly children.

Cmdr. Wanda Finch, Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury family and community program manager, provided these tips on how families can communicate and prepare for a move, stay resilient and adjust successfully.

Prepare children to say goodbye
Be creative when getting children excited about moving, such as making a scrapbook of your new town or making a local favorite dish. Come up with creative ways to say goodbye to people and places you’ll miss, such as taking a tour of favorite sites. Tell children if the move involves a change in daily routine and listen to their concerns about moving. Open and honest communication can help prepare children for a potential separation. Communicate in a manner that is age-appropriate for your child, and seek psychological health support when needed.

Set up a support network
Transitioning from your family readiness centers and child services can add stress to your move, and setting up support systems and health care in your new town is critical. Military Homefront helps find resources available at your new installation or town. Providers can be essential for a successful transition for those receiving psychological health care. InTransition connects families going through transitions with personal coaches that help them find new providers. Children may find support through new connections with other military kids at MilitaryKidsConnect.org.

Moving day teamwork
Encourage children to be involved with the packing and moving process and assign them a certain role to help out. Make sure to monitor your own behavior throughout the moving process. Many children can sense a change in their parent’s behavior and can develop emotional strain as a result, which could make moving day unpleasant for the whole family. Check out communication tips for military families from Sesame Street at familiesnearandfar.org.

Settling in to new surroundings
Children might be apprehensive to meet new friends at first, so talk to them about what activities they’d like to get involved in to socialize. When transitioning to a new school, monitor your children’s school work and personality because uncharacteristic behavior may be an indicator of a psychological concern. The Military Child Education Coalition offers resources for military parents and students, including support educational opportunities and peer-based programs. Try to maintain routines and family structure while settling down and make family meetings a priority.

Perhaps most importantly, treat your move as an opportunity for adventure and an exciting part of military life.
Some of the best things in the Valley are free! In Cumberland Valley, you don’t need to spend a ton of money to have a lot of fun. Enjoy these free historical and outdoor recreation activities with the whole family in Cumberland Valley this spring. For more family-friendly things to see and do visit www.VisitCumberlandValley.com.

FREE HISTORICAL ATTRACTIONS

- U.S. Army Heritage & Education Center - This primary facility for U.S. Army research is also home to the world’s largest collection of Civil War photographs and over 15 million military items.
- Army Heritage Trail - The outdoor interpretive mile-long trail, features a massive Huey helicopter and full-scale exhibits from the Revolutionary War through modern times.
- Cumberland County Historical Society - This museum breathes life into the products and people that have shaped the Cumberland Valley over the past 250 years.
- Union Fire Company No. 1 Museum - Historical museum of the oldest, continuously operating volunteer fire company in Pennsylvania.
- Mechanicsburg Museum Association - The museum collects items of Mechanicsburg history and presents educational programs, exhibits and restored antiques. Historic buildings include The Passenger Station, The Stationmaster’s House, The Frankeberger Tavern, Freight Station and the Union Church.
- Rolls Royce Museum - Restored and preserved Rolls Royce and Bentley automobiles are researched and on display.

FREE OUTDOOR ADVENTURE

- Pine Grove Furnace State Park - Two lakes allow for swimming and fishing, the Pole Steeple Trail overlooks the whole park. This state park is also home to the Appalachian Trail Museum, Ironmaster’s Mansion and the midway point of the A.T.
- Kings Gap Environmental Education Center - Well known for the four-mile road that winds through its 1,454 acres to the historic stone mansion atop South Mountain. Kings Gap features educational programming, retreats, mansion, garden and beautiful trails.
- Colonel Denning State Park - This state park features a lakeside beach for relaxing. A rocky climb leads to a 180-degree view of the Valley and an outstanding lookout.
- Cumberland Valley Rail Trail - Once a stretch of railroad tracks, the 11-mile Cumberland Valley Rail Trail, from Shippensburg to Newville, features a two-tread trail for equestrians and hikers/bikers. The trail now includes interpretive history and agriculture signage telling the story of the area.
- Appalachian Trail - This famous trail runs right through Cumberland Valley, the midway point is located in the area and hikers stop and honor tradition by eating a half-gallon of ice cream in Pine Grove Furnace State Park.
- Self-Guided Walking Tours - Take a stroll around one of the charming downtowns that make up the Cumberland Valley. The historic districts of Boiling Springs, Carlisle, Mechanicsburg and Shippensburg are registered on the National Register of Historic Places.
- Children’s Lake - Charming and scenic seven-acre, man-made lake with perfectly clear water that literally bubbles. The lake features boating, fishing, biking, picnic areas and trails.
- Bent Pine Alpaca Farm - Learn about the rare, beautiful alpaca and shop for unique alpaca fashions at this farm.
- Adams-Ricci Community Park - 82-acre park including baseball and soccer fields, tennis, basketball and volleyball courts, batting cages, trails and a massive imagination Station children’s play structure.

Experiencing a Spring Night @ Kings Gap – April 11th
Spring is a season of frantic activity in the natural world but especially after the sun sets. The nocturnal forest is alive with the sounds of spring peepers and other shadowy creatures. Join us to experience the mysteries and wonders of a spring evening. Before the hike, we’ll spend some time learning about amphibians while darkness falls and our night vision adjusts. Wear footwear suitable for walking in wet areas and long pants to protect your legs.

Underground Railroad Walking Tour in Boiling Springs – April 12th
This walking tour will focus on the role of abolitionists and freedom seekers in Boiling Springs. Meet in parking lot at the Iron Furnace. Reservations are required at 717-249-7610.

Art in Action Events @ Village Artisans Gallery – Every Saturday in April
April 5: Clare Klaum – Animal portraits,
April 12: Beth Aten – Wall Quilts, April 19: Jan Urey – Memory Mosaics & April 26: Maureen Joyce – Face Pottery

South Mountain Speaker Series: Hallowed Grounds, Endangered History @ Shippensburg University – April 17th
In collaboration with the Pennsylvania Hallowed Grounds, the South Mountain Partnership is pleased to present a public talk by Dr. Steven Burg, Professor of History at Shippensburg University, discussing the ways that the historical burial grounds of the South Mountain can be used to discover the region’s rich African American history.

Mechanicsburg Earth Day Festival in Downtown Mechanicsburg – April 26th
A fun day for the entire family. Festival activities include live music, exhibitors, kids’ activities, workshops and more. Join us for a fun-filled day caring for our planet.

8th Annual Race, Run, Ride & Ramble @ Cumberland Valley Rail Trail – April 27th
The Cumberland Valley Race Series present the Race, Run, Ride or Ramble on the Cumberland Valley Rail Trail. The trail has a smooth crushed stone surface with long sweeping turns through beautiful farmland.

For more event information and collections of things to see and do visit www.VisitCumberlandValley.com or stop by the Cumberland Valley Visitors Center, 33 W. High St., Carlisle, inside History on High – The Shop.
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**Easter Egg Hunt**

Join us at the Child Development Center  
Saturday, April 12 at 9AM  
Kids can join the hunt from 9-10AM  
Children of all ages are welcome  
Meet the Easter Bunny and have a chance to win a prize!

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Letort View Community Center

April 20, 2014
Seatings: 11 AM & 1:30 PM

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Reservations are required by April 18
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Menu
Assorted Breakfast Sweets
Fresh Fruit Display
Assorted Cereals
Made to Order Omelet Station
Scrambled Eggs
French Toast Sticks
Bacon and Sausage
Home Style Potatoes
Tossed Salad
Pasta Salad and Cucumber Tomato Salad
Chicken Marsala
Potato Encrusted Cod
Mashed Yukon Golds
Wild Rice Blend
Garlic Green Beans
Roasted Parsnips with Carrots

Carved to Order:
Oven Roasted Rosemary Leg of Lamb
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