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This month reminds us of the important relationships we celebrate on Valentine’s Day. The program managers of Family & MWR are constantly developing events and services focused on your family’s needs. On February 11, Letort View Community Center (LVCC) hosts a “Valentines Dinner & Dance”. If you missed out on the winter ballroom dance lessons through the LVCC (245-4352) don’t worry, they will be offered again in the spring.

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

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

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

At MWR we are always striving to provide activities, programs, classes and events that support the whole family. We want to be your “first choice” when it comes to child care, fitness, entertainment and fun! We welcome your suggestions and opportunities to offer our MWR family even more activities. As always, you can send us a suggestion by e-mail to marketing@1stchoicemag.com.

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
Philadelphia is the “City of Brotherly Love and its best known landmark besides the Liberty Bell is the LOVE sculpture in JFK Plaza. The park has come to be known as Love Park after the famous statue was installed in 1976. Philadelphia was founded by William Penn, a Quaker who envisioned a city where all people regardless of religion could worship freely and live together peacefully. He named the city from the Greek words, philos (love or friendship) and adelphos, (brother).

Features

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FAMILY AND MORALE, WELFARE & RECREATION
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
☎ 717-245-3319
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
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 4-11pm
☎ 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 Summer Road
Carlisle, PA 17013
Mon-Fri 9am-4:30pm
☎ 717-245-4048
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
Thu & Fri 9am - 1pm
☎ 717-861-3994
Outdoor Recreation (ODR)
860 Summer Road
Carlisle, PA 17013
Hours
Nov 1 - May 1
Tue-Fri 9am-5pm
☎ 717-245-4616
Sports Director
☎ 717-245-4343/3906
Thorp 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
☎ 717-245-4577
Army Family Action Plan/
Volunteer Manager
☎ 717-245-4577
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
☎ 717-245-4998
Motorcycle Registration
☎ 717-245-4115
Cleaning, Tailoring, Shoe Repair
☎ 717-258-1857
Vet Clinic
☎ 717-245-4168

www.chasemilitary.com/army
LEWTORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)  245-4329

Pershing Tavern: Open Wed-Thur from 4-10pm. Tavern Menu available from 5-9pm. Open to the Public.

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


Valentine’s Dinner Dance: Sat, Feb 11. $80 per couple. Reservations must be made by Feb 7. Bar opens at 5pm. Buffet Dinner at 5:30pm. Dancing at 7pm with DJ Bob Foltz.

St. Patrick’s Day Bash: Fri, Mar 17 at the Pershing Tavern.

SPORTS – 245-3906

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

Country Heat: High energy low impact dance workout! Wednesday’s 6:30pm at Jim Thorpe Fitness Center.

Wellbeats: Now available at the Thorpe Fitness Center! Wellbeats provides a personalized approach to group fitness – giving people the right tools they need to reach their goals, regardless of their schedule, fitness ability or workout preferences.

Tae Kwon Do: Tue & Thu from 4:30-6pm. Ages 13-Adult (11-12 w/ parent) $15 a month per person. Instructor John Cerifko, 7th Degree Black Belt.

Cardiovascular Workout with some Insanity: Tue & Thu from 6-7pm. $5 per person. Instructor John Cerifko, 7th Degree Black Belt.

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. All classes are FREE except Tae Kwon Do: Tue and Thu from 4:30-6pm at Thorpe Fitness Center. $15 per month.

Performance Fitness: Mon/Wed/Fri at 6am. Optimize your strength and performance by using varied functional movements at a high intensity. Classes utilize fitness equipment on the gym floor (barbells, kettlebells, plyoboxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor.

Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. Call 717-701-3040

BARRACKS CROSSING

AUTO SHOP – 245-3156

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 Summer Road (located beside Commissary)

Fort Indiantown Gap Community Club - 9-65 Fisher Ave

Harlem Globetrotters: Discount tickets available! Thu, Feb 16, 7pm show, seating section 119 rows U & W $30.00 (save $11.35) and seating section 112 Rows U & V $22.50 (save $5.85).

Disney on Ice “Passport to Adventure”: Discount tickets available! Apr 7 – 7pm show – Section 120; Apr 8 – 7pm Show – Section 120 and Apr 8 – 4:30pm Show – Section 121. $25 per seat (save $17+ on ticket, fee, service charges).


Ground Zero Memorial Museum: Sat, Mar 18. Adults $83; Active Duty/Retired Military/65+/College Students with ID $77 and Age 7-17 $73. Must register by Mar 1.

Cherry Blossom Festival/ Washington, DC (On-Your-Own): Sat, Apr 8. $27 per person ages 3 & up and 2 and under FREE. Children 2 and under may sit on an adults lap free of cost. If a seat is required, a ticket must be purchased for $27. Must register by Mar 17.

Cherry Blossom Festival/ Washington, DC (On-Your-Own): Sat, Apr 8. $27 per person ages 3 & up and 2 and under FREE. Children 2 and under may sit on an adults lap free of cost. If a seat is required, a ticket must be purchased for $27. Must register by Mar 24.

Tickets available: Baltimore Aquarium, Disney Military Salute, Legoland buy 1 day get 2nd day FREE, Busch Gardens, Seaworld and 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+).

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!

Quartermania Bowling: Fri & Sat from Jan 6 – Apr 15. 7-9pm First-Come-First-Served. $5 Cover Charge...25 Cents per game/per person (shoe rental not included).

Bowling – Pizza – Pins – Pop: Every Sunday from 1-6pm. Special runs from Jan 8 – Apr 16. Only $28.95 per lane. $10 each additional person. (2 hours of bowling for 4 people. Shoe Rental, One Plain Pizza and One Pitcher of Soda).

Monday Night Mixed League: Jan 16-Apr 17 from 6:30-9:00pm. 3 Games Semi-Competitive. $11 per person. Organizational meeting on Jan 9 at 6:30pm.

Thursday Night “Happy Hour” Fun League: Jan 12-Apr 6 from 5-7pm. 2 Games- Fun Competition – Music. $8.25 per person. Organizational meeting on Jan 5 at 5pm.
**FAMILY AND MORALE, WELFARE & RECREATION**

**GOLF – 📞 243-3262**

Play & Ride/Weekday Special: Mon-Thu, 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 6am-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

Training Hikes: Mar 4, 8 from 10am-2pm. $10 per trip or get a Hiking Club Membership for $45 per month.

Bike Maintenance Clinic: Feb 2, Mar 3 & 23, Apr 6 & 20 from 5-6pm at ODR. $20 per person.

Waterfall Hike and Lunch: Mar 11 from 10am-3pm. $25 per person (transportation and box lunch provided). Come experience the largest waterfall in Maryland.

Intro to Snowshoeing: Feb 8, 15 & 21 from 10am-12pm. $10 per person (snowshoes and transportation included).

Snowshoeing Trips: Feb 4, 11, 12 & 25 from 10am-5pm. $25 per person (snowshoes and transportation included).

Cross Country Skiing: Feb 5 from 8am-4pm. $40 per person (skis and transportation provided). A great way to stay physically fit during the winter.

Snow Kayaking: Feb 26 from 10am-Noon. $10 per person (transportation and kayak provided).

Ultralight Backpacking Clinic: Feb 16 from 5-6pm at ODR. $20 per person. Learn the foundations of ultralight hiking.

Valley Forge Bike Trip: Mar 19 from 8am-5pm. $40 per person (transportation and bikes included).

Geocaching on Bikes: Mar 12 & 18 from 12am-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.

Bike Touring 101: Mar 16 from 5-6pm. A local expert will be teaching you how to plan your next bike touring trip.

Bike Riding Trips: Mar 29, Apr 4 & 26 from 10am-2pm. $25 per person.

Ultralight Hiking Clinic: Apr 13 from 5-6pm at ODR. $20 per person.

White Water Rafting Trip: Apr 1 from 11am-9pm. $105 per person. Must register by Mar 23. Pre-trip meeting on Mar 30 at 5:30pm at ODR.

Family Friendly Kayaking Trips: Apr 8, 9, 15, 16, 23, 28 & 30 from 10am-3pm. $30 per person.

**GET A JOB WITH US USAJOBS.GOV**

**CHILD & YOUTH SERVICES**

McConnell Youth Services – 📞 245-4555,
Moore CDC – 📞 245-3701

**Dr. Seuss Week:** Mar 1-3

**School Liaison Office – 📞 245-4638**

Parents Night Out: Feb 10, 5:30-11pm, in support of the Chili Cook-off. Must register, includes dinner, snack, games & movie, $45/child.

Parents Night Out: Feb 16, 5-10:30pm, in support of the CBSC Auction. Includes dinner, snack, games & movie Must Register, $45/child.

**School Age Care Programs – 📞 245-4555**

**Socials:** Mar 4, Noon-4pm

Open Rec: Feb 11, Feb 18, Mar 11, Mar 18, Mar 25, Noon-4pm

Super Bowl Party: Feb 5, 6-10pm

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

Super Bowl Social: Feb 5, 6-10pm

March Madness Social: Mar 25, 5-10pm

Open Rec: Feb 11, Feb 18, Feb 25, Mar 11, Mar 18, Noon-4pm

**Youth Sports & Fitness – 📞 245-3354**

**Spring Soccer Registration:** Feb-Mar. **Season:** April – May. Ages 3-19, call for pricing.

**T-Ball Registration:** Feb-Mar. **Season:** April – May. Ages 3-6, $20/child.

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Realtor

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Carlisle, PA 17013

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Exploring Cumberland Valley

BY: KRISTEN ROWE

Whether you are looking to celebrate Valentine’s Day with a special someone, enjoy some time spent with the family or meet new friends this February, the collection of events will get you out of the house and exploring Cumberland Valley.

2nd Annual Sweetheart Stroll @ Downtown Carlisle – Feb. 4
This event is geared towards grown-ups who will enjoy a brisk walk around downtown Carlisle to discover the small business gems it has to offer.

“Live Creatively” Workshop: Make Some Friends @ Carlisle Arts Learning Center – Feb. 8
These fun, informal art classes are designed specifically for all of us who need a creative outlet but don’t have much time.

iLuminate @ The Luhrs Center – Feb. 8
iLuminate combines state-of-the-art technology with electrifying entertainers who perform dance moves in the dark to create the ultimate performing arts experience

Carlisle Ice Art Festival @ Downtown Carlisle – Feb. 10-12
Spend a weekend exploring Carlisle’s first annual Ice Art Festival, featuring extended merchant hours and family-friendly activities including: Food Trucks, Indoor Art Show, Ice Sculptures, Carriage Rides, Glass Blowing Demos and more.

Disenchanted @ Carlisle Theatre – Feb. 10-12
Poisoned apples. Glass slippers. Who needs ‘em? Not Snow White and her posse of disenchanted princesses in the hilarious hit musical that is anything but Grimm.

Who’s Bad: The Ultimate Michael Jackson Tribute Band @ The Luhrs Center – Feb. 10
Who’s Bad’s live performance is an unrivaled celebration of pop music’s one true King.

Valentine Teddy Bear Gourd Class @ Meadowbrooke Gourds – Feb. 11
Bring your special Valentine and come out to make an adorable Valentine Teddy Bear gourd.

Couples Valentine’s Dinner @ The Kitchen Shoppe – Feb. 11
Enjoy this fabulous meal with your Valentine including Beef & Mushroom Bruschetta, Rainbow Thai Chicken Salad, Shrimp, Scallop and Chorizo Alfredo, Prime Rib Roast, Crab Risotto Milanese and Creamy Lemon Squares.

The Doo Wop Project @ The Luhrs Center – Feb. 18
The Doo Wop Project begins tracing the evolution of Doo Wop from the classic sound of five guys singing tight harmonies on a street corner to the biggest hits on the radio today.

Terrarium Workshop @ Ashcombe – Feb. 18
Each participant will make their own terrarium to take home. Fee is $5.00 plus plants and supplies.

A Creative Night Out: Craft Beer & Clay @ Carlisle Arts Learning Center – Feb. 24
A fun night out at CALC. Cost includes all materials and instruction as well as beverages and snacks.

Paisley the Bunny Basket Gourd Class @ Meadowbrooke Gourds – Feb. 25
Come out and enjoy painting and accessorizing Paisley the bunny.

Find more things to see and do at VisitCumberlandValley.com.

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Operator (Information)
☎ 717-267-8111
Driver Hotline Number
☎ 717-267-5220
Office of the Commander
☎ 717-267-8300
Tieman Child Development Center
☎ 717-267-5219
Parent Central Registration
☎ 717-245-3801
Public Affairs Office
☎ 717-267-9741
Police, Fire, Ambulance: Emergency
☎ 911
Police, Fire, Ambulance: Non-Emergency
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Security Office
☎ 717-267-8800
DOIM Technical/Hardware Support
☎ 717-267-8000
LEAD Quality Hotline
☎ 717-267-9693
or DSN 570-9693
CAC and Military ID Office
☎ 717-267-8751
EEO office and Sexual Harassment Hotline
☎ 717-267-8324
Letterkenny Munitions Center
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US Army Occupational Health Clinic
☎ 717-267-8017

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Driver Hotline Number
☎ 717-267-5220
Office of the Commander
☎ 717-267-8300
Tieman Child Development Center
☎ 717-267-5219
Parent Central Registration
☎ 717-245-3801
Public Affairs Office
☎ 717-267-9741
Police, Fire, Ambulance: Emergency
☎ 911
Police, Fire, Ambulance: Non-Emergency
☎ 717-267-9101
Security Office
☎ 717-267-8800
DOIM Technical/Hardware Support
☎ 717-267-8000
LEAD Quality Hotline
☎ 717-267-9693
or DSN 570-9693
CAC and Military ID Office
☎ 717-267-8751
EEO office and Sexual Harassment Hotline
☎ 717-267-8324
Letterkenny Munitions Center
☎ 717-267-8400
US Army Occupational Health Clinic
☎ 717-267-8017

Letterkenny Army Depot
Operator (Information)
☎ 717-267-8111
Driver Hotline Number
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☎ 717-267-8300
Tieman Child Development Center
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US Army Occupational Health Clinic
☎ 717-267-8017
Dear Legal Eagle:

Besides the warm fuzzy feeling in my heart, are there benefits to donating to a charity? Particularly, tax benefits? I heard of something like a credit or maybe a deduction?

If you itemize your deductions on your taxes, then charitable contributions would be considered a deduction you could take in the year it was made. A deduction lowers your taxable income and amounts to a reduction of your tax bill that is equal to the percentage of your marginal tax bracket (for example, a $100 donation may reduce your tax bill by $33 if you are in the 33% tax bracket). This is different from a tax credit, which is a dollar-for-dollar reduction of your income tax liability. Document all donations you give. Some organizations are not considered charities and contributions to them cannot be deducted. If you plan on contributing more than 20% of your adjusted gross income (AGI) to charity then there are certain limits you should investigate.

Dear Legal Eagle: When we watch the game, the crew and I like to have a beer or two, but I want to drive home afterwards. I know the PA drunk driving limit is .08. Does this mean that if I only have one drink, am I good to drive?

No. Pennsylvania has strict DUI (driving under the influence) laws. A police officer only needs a suspicion you are DUI to pull you over, or you may get pulled over if the officer observes you breaking any other laws, including traffic laws like speeding. In Pennsylvania, you may be convicted of General Impairment if either: (1) your Blood Alcohol Content (BAC) is between 0.08% to 0.099%, or (2) you are found to be incapable of safely driving, operating or being in actual physical control of the movement of the vehicle. The punishment for a first offense includes a mandatory $300 fine, six months of probation, attendance at an alcohol highway safety school, and undergoing drug and alcohol treatment. The penalties get worse for higher BACs, multiple offenses, and for drivers under age 21. Refusing a blood or breath test will also result in jail for 72 hours and a one-year license suspension. Bottom line: crash on the couch or have a soda with the game.

Legal Eagle is brought to you this month by the Carlisle Barracks Legal Assistance Office, (717) 245-4940; CPT Katie T. Dang, Judge Advocate and former intern 1LT Alycia Stokes, Judge Advocate. The information contained herein is provided for informational purposes only and should not be construed as legal advice.
Bowling Pinz Pop

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- 2 Hours of Bowling for 4 People
- Shoe Rental
- One Plain Pizza
- One Pitcher of Soda
ONLY $28.95 per lane
$10 each additional person
First-Come-First-Served - No Reservations Allowed

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- Wash Windows Inside & Out
- Wipe Dash
CAR $49.95
TRUCK OR SUV $59.95
CUSTOM VAN $89.95

BASIC
- Hand Wash
- Hand Wax w/ McGuire’s
- Ultimate Liquid Wax
- Dress Tires & Wheels
- Wash Windows Inside & Out
- Spot Clean Front Anks & Carpets
CAR $99.95
TRUCK OR SUV $109.95
CUSTOM VAN $129.95

DELUXE
- Hand Wash
- #56 Hi-Tech Carnuba Paste Wax w/ McGuire’s
- Dress Tires & Wheels
- Wash Windows Inside & Out
- Spot Clean Front Anks & Carpets
- Clean Carpets Throughout
CAR $159.95
TRUCK OR SUV $179.95
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Military family on the move or not, it is always hard to find that salon that is the perfect salon for you. I tried several places in Carlisle before I found a stylist I liked at one salon in town. Unfortunately, after two years, my stylist left for another salon. I liked the salon, but I liked the stylist more. I followed her to her new salon in Mechanicsburg, SPAtacular Escapes. I had a chance to talk to the owner, Shelly Wendeln, about the spa.

SPAtacular Escapes offers an organic approach to their products and services. Wendeln believes that wellness and health can be a part of our beauty and relaxation time. Designed to make the customer’s experience the best one, SPAtacular Escapes has a comfortable, quiet environment as soon as you walk in the door.

SPAtacular Escapes is a full-service salon offering everything from color and cut with Moroccan Organics hair products, to body treatments, facials, massages, and nail service. Hair products are not ammonia based like most products and all are certified organic from an Italian company named O-Way.

There is an informal café offering vegan choices and indulgences, all from a Lancaster based company. It is a self-checkout café. The kitchen is still under construction but they hope to have it up and running soon. Their goal is to have a personal chef making soups and quiches. Until then, they also are working with several Mechanicsburg restaurants in case you want a hot meal while you are having a spa day.

Also, a work in progress, the spa will begin offering yoga and Zumba classes through Ethos, a Carlisle based fitness studio. Classes will be offered imorning and evening, Monday–Thursday.

The spa also offers free use of an infrared sauna and a steam sauna when you come in for a salon purchase. Infrared saunas have been proved to help a body detox for weight loss and general health.

The spa is just a quick drive to Silver Spring and offers a wonderful environment with a full staff to accommodate a customer’s needs. I liked the fact that the hair salon and nail salon were separate; almost like two different businesses in one. As I was getting my hair done and chatting with my stylist, she also mentioned that there is a kids’ room in the salon. The spa understands that things come up, but there is no reason to miss your appointment. Bring your kids and they can stay in the kids’ room.

Finding a salon is a very personable experience and one that is the right fit for one person isn’t the right fit for another. However, I will suggest that you give SPAtacular Escapes a try. Treat yourself to a day of pampering. Tell your spouse about SPAtacular Escape; the February special is a couple’s massage.
OUTDOOR RECREATION

TRAINING HIKES

MARCH 4, 8 | APRIL 2, 5, 11, 25 10 A.M. - 2 P.M.
Hiking is a great way to stay physically fit and make new friends.
All abilities welcome.
$10 per trip (transportation included)
Dr. etta hiking club membership for $45 per month
MUST REGISTER ONE WEEK PRIOR TO TRIP
245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

WATERFALL HIKE AND LUNCH

ALL ABILITIES WELCOME

MARCH 11 10 A.M. - 3 P.M. $25 PER PERSON
Come experience the tallest waterfall in Maryland.
All abilities welcome, transportation and box lunch provided.
MUST REGISTER ONE WEEK PRIOR TO TRIP
245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

GEOCACHING ON BIKES

ALL ABILITIES WELCOME | MARCH 12 & 16 | 12 PM - 2 PM | $10 PER PERSON
"REGISTERS AT LEAST ONE WEEK PRIOR TO EVENT" | 245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

BIKE TOURING 101

MARCH 16 | 5 P.M. - 6:30 P.M.
A local expert will be teaching you how to plan your next bike touring trip.
All abilities welcome. Held at Outdoor Recreation.
$10 per trip
(Must register one week prior to event)
245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

VALLEY FORGE BIKE TRIP

MARCH 19 | 8AM-5PM
$40 per person (transportation & bikes included)
Come experience the breathtaking beauty of Valley Forge National Park.
We will ride 27 miles of trails through the park.
All abilities welcome.
Register by Mar 12. 245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

2017 BIKE RIDING TRIPS

ALL ABILITIES WELCOME

MAR 29 | APR 4 & 26
ALL TRIPS 10 A.M. - 2 P.M.
$25 p/p (transportation & bikes included)
MUST REGISTER ONE WEEK PRIOR TO TRIP
245-3857 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

BASIC BIKE MAINTENANCE CLINICS

AT OUTDOOR RECREATION

Join us for this information class on basic bike maintenance and adjustments for only $20 per person!
One class each month through December. Check our website or Facebook page for clinic dates and times.
245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

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at Jim Thorpe Fitness Center

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FAMILY AND MORALE, WELFARE & RECREATION

The Soldier For Life mindset is a holistic approach to the military life cycle career of a Soldier. The Army aims to take care of teammates by ensuring Soldiers start strong, serve strong, and reintegrate strong so they remain Army Strong serving their communities after they leave the Army.

The Chief of Staff of the Army created the Soldier For Life office to enable Army, government and community efforts to facilitate successful reintegration of our Soldiers, veterans, and their families in order to keep them Army Strong and instill their values, ethos and leadership within communities.

At Carlisle Barracks this program assists transitioning service members in a variety of ways. One of the most visible are the Soldier For Life-Transition Assistance Programs, a five-day workshop hosted by Jeff Hanks, the Army Community Service Employment Readiness Employment Manager. As part of the workshop there are presentations made by the Department of Veterans Affairs, Pennsylvania Job Service, Veterans Employment Representative and the Career Link.

Due to increased demand, Carlisle Barracks will be offering monthly seminars starting in January. All SFL-TAP classes are held in from 8 a.m. – 4 p.m. unless otherwise noted. Location of the class is posted on the agenda when you receive your SFL-TAP Welcome letter and Agenda. These services are extended to spouses accompanied by their sponsors but must register also. For more information contact Army Community Service at (717) 245-4357 / 3684 or register at http://carlislebarracks.carlisle.army.mil/MWR/ACSEventRegistration.cfm.

This program is for all service members who are retiring or who will be ETS’ing in the next two years. Information on the civilian job market and military career alternatives will be discussed along with following topics:

- Unemployment Compensation
- Stress Management
- Analyzing your Skills
- Preparing the Right Resume
- Interviewing
- V.A. Education
- Vocational Rehabilitation Benefits (to include completion of V.A. Forms)
- State Employment Applications
- Army Community Service Resource Center
- Employer Panel

Also, available as part of the programs for Soldiers is the ACS Employment Readiness Program. The program aims to assist families with the challenges associated with the job search, particularly as they are impacted by the Army’s mobile lifestyle. Carlisle Barracks ERP provides a full range of information and referral services and assistance in the areas of employment, training and volunteer opportunities. The services are designed to give all active duty, retired military personnel, DoD employees, and their Family members the competitive edge necessary to secure employment. For more information contact Jeffrey Hanks at 245-3684.
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 - Performance Fitness (Brian)  15. 0600 - Performance Fitness (Brian)
   0900 - Body Blast (Brian)       0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)    1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
2. 0600 - Intro to Performance Fitness (Jess)  19. 0600 - Intro to Performance Fitness (Jess)
   0830 - Intro to Performance Fitness (Jess)   0830 - Intro to Performance Fitness (Jess)
   0900 - Zumba (Regina)  0900 - Zumba (Regina)
   1000 - TRX for Adults over 40 (Brian)  1000 - TRX for Adults over 40 (Brian)
   1200 - Spin (Brian)  1200 - Spin (Brian)
   1630 - Hybrid boot camp (Brian)  1630 - Hybrid boot camp (Brian)
   1630 - Tae Kwon Do (John Cerifko)  1630 - Tae Kwon Do (John Cerifko)
   1800 - Cardiovascular (John Cerifko)
3. 0600 - Performance Fitness (Brian/Jess)  20. 0600 - Performance Fitness (Brian/Jess)
   0900 - Body Blast (Brian/Jess)  0900 - Body Blast (Brian/Jess)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
4. 0600 - Intro to Performance Fitness (Jess)  23. 0600 - Intro to Performance Fitness (Jess)
   0830 - Intro to Performance Fitness (Jess)   0830 - Intro to Performance Fitness (Jess)
   0900 - Zumba (Regina)  0900 - Zumba (Regina)
   1015 - Yoga Tune Up (Linda)  1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
5. 0600 - Performance Fitness (Brian)  24. 0600 - Intro to Performance Fitness (Jess)
   0900 - Body Blast (Brian)  0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)  1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
6. 0600 - Intro to Performance Fitness (Jess)  25. 0600 - Performance Fitness (Brian)
   0830 - Intro to Performance Fitness (Jess)   0830 - Intro to Performance Fitness (Jess)
   0900 - Zumba (Regina)  0900 - Zumba (Regina)
   1000 - TRX for Adults over 40 (Brian)  1000 - TRX for Adults over 40 (Brian)
   1200 - Spin (Brian)  1200 - Spin (Brian)
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   1630 - Tae Kwon Do (John Cerifko)  1630 - Tae Kwon Do (John Cerifko)
   1800 - Cardiovascular (John Cerifko)
7. 0600 - Performance Fitness (Brian/Jess)  26. 0600 - Intro to Performance Fitness (Jess)
   0900 - Body Blast (Brian/Jess)  0900 - Body Blast (Brian/Jess)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
8. 0600 - Performance Fitness (Brian)  27. 0600 - Performance Fitness (Brian/Jess)
   0900 - Body Blast (Brian)  0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)  1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
9. 0600 - Performance Fitness (Brian)  28. 0600 - Performance Fitness (Brian/Jess)
   0900 - Body Blast (Brian)  0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)  1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
10. 0600 - Intro to Performance Fitness (Jess)  29. 0600 - Performance Fitness (Brian)
    0830 - Intro to Performance Fitness (Jess)  0830 - Intro to Performance Fitness (Jess)
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    1000 - TRX for Adults over 40 (Brian)  1000 - TRX for Adults over 40 (Brian)
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    1630 - Tae Kwon Do (John Cerifko)  1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)
11. 0600 - Performance Fitness (Brian)  30. 0600 - Performance Fitness (Brian)
   0900 - Body Blast (Brian)  0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)  1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
12. 0600 - Intro to Performance Fitness (Jess)  31. 0600 - Intro to Performance Fitness (Jess)
   0830 - Intro to Performance Fitness (Jess)   0830 - Intro to Performance Fitness (Jess)
   0900 - Zumba (Regina)  0900 - Zumba (Regina)
   1000 - TRX for Adults over 40 (Brian)  1000 - TRX for Adults over 40 (Brian)
   1200 - Spin (Brian)  1200 - Spin (Brian)
   1630 - Hybrid boot camp (Brian)  1630 - Hybrid boot camp (Brian)
   1630 - Tae Kwon Do (John Cerifko)  1630 - Tae Kwon Do (John Cerifko)
   1800 - Cardiovascular (John Cerifko)
13. 0600 - Performance Fitness (Brian/Jess)  32. 0600 - Performance Fitness (Brian/Jess)
   0900 - Body Blast (Brian/Jess)  0900 - Body Blast (Brian/Jess)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
14. 0600 - Performance Fitness (Brian)  33. 0600 - Performance Fitness (Brian)
   0900 - Body Blast (Brian)  0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)  1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
15. 0600 - Performance Fitness (Brian)  34. 0600 - Performance Fitness (Brian)
   0900 - Body Blast (Brian)  0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)  1015 - Yoga Tune Up (Linda)
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   1630 - Spin (Kelli)  1630 - Spin (Kelli)
16. 0600 - Performance Fitness (Brian)  35. 0600 - Performance Fitness (Brian)
   0900 - Body Blast (Brian)  0900 - Body Blast (Brian)
   1200 - Barbell 30 Min Workout (Brian)  1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli)  1630 - Spin (Kelli)
17. 0600 - Intro to Performance Fitness (Jess)  36. 0600 - Intro to Performance Fitness (Jess)
   0830 - Intro to Performance Fitness (Jess)   0830 - Intro to Performance Fitness (Jess)
   0900 - Zumba (Regina)  0900 - Zumba (Regina)
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   1630 - Hybrid boot camp (Brian)  1630 - Hybrid boot camp (Brian)
   1630 - Tae Kwon Do (John Cerifko)  1630 - Tae Kwon Do (John Cerifko)
   1800 - Cardiovascular (John Cerifko)
Feb. 2 - 5 – Disney’s The Little Mermaid, Jr.
Lebanon Community Theatre presents this show as a fundraiser for the theatre. Evening shows begin at 7:30 pm, Saturday and Sunday matinees at 2:30 pm. 717-833-4528 info@lebanoncommunitytheatre.org.

Feb. 5 – Let’s Build Our Own Snowman 1:00 to 3:00 pm
Brushstrokes on Canvas provides the materials. brushstrokesoncanvas.com

Feb. 10 – Cabin Fever, Hike by the Light of the Moon 6 to 8 pm
Enjoy a moonlight walk in the wintry woods at Governor Dick Park, hot chocolate and cookies after hike. governordick@hotmail.com

Feb 17 & 18 – President’s Day Cherry Pie at the Market 8 am
Visit Lebanon Farmer’s Market and enjoy a piece of cherry pie while it lasts. lebanonpa.com

Feb 19 & 20 – Annual Great Backyard Bird Count 2 pm
Join the Quittapahilla Audubon Society at Union Canal Tunnel Park for flora and fauna observation and collecting information on birds. qasaudubon.org

Feb. 22 - 25 – Lebanon County Builders Show & Garden Faire
Saturday Feb. 25th is Family Day featuring a Zoo America presentation at 12:30 pm and a Lego Building Competition from 1:30 to 2:30 pm. lebexpo.org

Feb. 25 – Here I Come Sky! The Art of Reading 11 am
Local author, Wendy Lubell and illustrator, Archana Sehgal, will be at Splat Studio to show how to make a patterned bird. splatstudio.com

Feb. 26 – Snowman or Snow Family, Family Art 1 to 3:30 pm
A nice family painting project at Brushstrokes on Canvas. brushstrokesoncanvas.com
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PARENTS NIGHT OUT
THUR FEB 16™ | 5:00-10:30 P.M.
Are you going to the CBSC Auction
or need a night out? Let Carlisle Barracks OSS
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Certified child care, dinner, snacks, games, and a
movie provided $45 per child
Certified babysitter in available for house care

REGISTER BY FEB 3, 5PM
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MORALE WELFARE & RECREATION
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☎ 717-861-2450

Box Car Coffee Shop
Mon-Fri 6-10 am
Drill Weekends 6-9 am
☎ 717-861-2619 / 2450

Arrowheads Bar and Grill
Mon-Thu, 11am-10pm
Fri, 11am-Midnight
Sat, 4pm-Midnight
Sun, 4-10pm
☎ 717-861-9481

Community Club Cafeteria
Mon-Fri 11 am-1 pm
☎ 717-861-9482

DMVA Cafe
☎ 717-861-2450

Recreation Center
Bldg. 13-190
Annville, PA 17003
Fri-Sun 6-10 pm
☎ 717-861-2296

Leisure Travel Services
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
Thu & Fri 9am - 1pm
☎ 717-861-3994

All-Army Sports Program
☎ 717-861-2647

Blue Mountain Sports Arena
Call for classes available
Bldg. 4-117
Annville, PA 17003
Winter Hours Start Oct 5:
Mon-Fri 6 am-8 pm
Sat-Sun 8:30 am-8 pm
☎ 717-861-2152

Warrior Fitness Center
Bldg. 12-99
Annville, PA 17003
Open 24/7 with access key
☎ 717-861-9611

Sports/Racquetball Courts
*Reservations required
☎ 717-861-2711

Outdoor Recreation
☎ 717-861-2711

Stumps Garage, Inc.
☎ 717-861-5440

KEY NUMBERS

Emergency
☎ 911

Chapel
☎ 717-861-2112

Credit Union
☎ 717-865-6641

Veterans Affairs
☎ 717-861-8902

Museum
☎ 717-861-2402

ID Card Center
☎ 717-861-8963

Judge Advocates
☎ 717-861-8991

HRO/Employment/Jobs
Federal:
☎ 717-861-8709

HRO/Employment/Jobs
State:
☎ 717-861-6993

SATO Travel
☎ 1-800-603-1993

Post Exchange
☎ 717-861-2058

Barber Shop
☎ 717-861-2058

Military Clothing
☎ 717-861-2976

Subway
☎ 717-865-1700

Tuition Assistance
☎ 717-861-9238

Public Affairs
☎ 717-861-8468

Police Department
☎ 717-861-2727

Fire Department
☎ 717-861-2111

Education Center
☎ 717-861-9341

Emergency Relief
☎ 717-861-8841

Medical Clinic
☎ 717-861-2091

Range Control Hunting & Fishing
☎ 717-861-2152

Warrior Fitness Center
Bldg. 12-99
Annville, PA 17003
Open 24/7 with access key
☎ 717-861-9611

Sports/Racquetball Courts
*Reservations required
☎ 717-861-2711

Fort Indiantown Gap Community Club
The Community Club at Fort Indiantown Gap is open to the public and offers a charming venue for your next wedding, anniversary, conference, retirement ceremony, or other special occasion. It features plenty of flexible meeting/banquet space with a dedicated professional catering staff, creative cuisine, and superb service.

We understand choice of venue is one of the most important decisions you will make in preparation for your event. Let the Fort Indiantown Gap Community Club provide the attention, service, flexibility, affordability, and individualism you deserve.

Call today to reserve your next function. ☎ 717-861-2450

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HOURS Arrowheads Bar & Grill
Mon-Thu, 11am-10pm
Fri, 11am-Midnight
Sat, 4pm-Midnight
Sun, 4-10pm
Call ahead eat-in or take-out
717-861-9481
OPEN TO THE PUBLIC

EVENTS Arrowheads Bar & Grill/FTIG Community Club
Super Bowl Party, Feb 5, Doors open at 3:30pm, $5 appetizers at half time, food specials.

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

Pizza Buffet Wednesday’s
11am-1pm
$7.95

Wednesday Trivia Nights
7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

Draught Friday’s
$2 off a pitcher
Domestic and Imported Draft Beer

Line Dancing
Every Tuesday & Every Other Sunday
$4 per person
6–7pm – Lesson
7-9pm – All Request Dance Party
Open to the public & all ages
Dancing held in the Community Club Ballroom

LIVE BROADCASTS
Shown on 13 HDTV’s
NASCAR
NFL Sunday Ticket
Basketball
Hockey
...and much more!

UPCOMING EVENTS
Fort Indiantown Gap Community Club: 717-861-2450

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USAJOBS.GOV

YUENGS & WINGS TUESDAYS

Starts at 4pm
48 oz pitcher & 8 wings
Just $10

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

Seattle’s Best Coffee
Breakfast Sandwiches
Freshly Baked Goods
Free WiFi
HDTV

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FORT INDIANTOWN GAP
8:00 A.M. - 5:00 P.M.
717-861-5440

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