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I’d like to extend a very Happy Holidays to your family from Family and Morale, Welfare and Recreation!

Over the past few months, filling in as the interim MWR Director, it has given me a deeper appreciation for MWR’s mission supporting amazing Soldiers, Families, Retirees and Army Civilians. I am extremely thankful for our customers and partners that make what we do here at Carlisle Barracks possible and allow us to provide a span of support that reaches from Letterkenny to Fort Indiantown Gap.

As I look back at the year for MWR and reflect on all the changes and exciting accomplishments we have seen, it reinforces that we have an amazing team. Whether it’s facilitating hugely successful events like Jim Thorpe Sports Days, the Welcome Expo and Oktoberfest or providing crucial service at the Child and Youth Services and Army Community Service; it takes special people to be successful. Please join me this season in expressing gratitude to the folks that provide MWR’s wonderful services day and night, in the inclement weather and on holidays. They are truly what keeps the MWR machine moving.

As you enjoy time with your family and friends this year, we will do what we do best! Don’t miss Christkindlesmarkt on December 2nd at the Army Heritage and Education Center; the Annual Tree Lighting at the post chapel on December 7th, which is running in conjunction with the Commandant’s open house this year; Breakfast with Santa on December 9th at the Letort View Community Center; New Year’s Eve (one of the largest parties in the area) also at the Letort View Community Center; or take in one of the many shows or trips available through Leisure Travel Services. Those are just a few of the upcoming events we have in store, so make sure to check out www.carlislemwr.com for more holiday fun!

This season, I will be enjoying time with my family and friends with an appreciation of the security that is provided every day by the uniformed men and women of this great nation. Thank you for what you do! I wish you all a very Happy Holiday!

Sincerely,
Christopher Reitman

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
The Annual Tree Lighting and visit with Santa is a time honored tradition on the Carlisle Barracks. This year it is in conjunction with the Commandant’s Holiday Open House. Come out and enjoy all of the Holiday festivities.

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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  
First Sat of each month 8am-Noon (except 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  
717-245-3156 First Sat of each month 8am-Noon (except prior to a Mon Holiday)

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

**Frame Studio - Self Help**  
Thu 1pm-8pm  
Fri 10am-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  
717-245-3387/3418

**Root Hall Gymnasium**  
Mon-Fri 5:00am-7:30pm  
Sat, Sun & Holidays Closed  
717-245-4343/3906

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

**Army Community Service**  
632 Wright Avenue  
Carlisle, PA 17013  
Mon-Fri 7:30am-4pm  
717-245-4357

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

**Consumer Affairs**  
717-245-4720

**Employee Readiness/Transition Assistance Program**  
717-245-3684

**Army Family Action Plan/ Volunteer Manager**  
717-245-4557

### Key Post Numbers

- **Emergency**  
  911

- **Post Operator**  
  717-245-3131

- **Chapel**  
  717-245-3318

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

- **Commissary**  
  717-245-3105

- **Navy Federal Credit Union**  
  888-842-6328

- **Dental Clinic**  
  717-245-4542

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

- **Education Center**  
  717-245-4135

- **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

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The Army MWR Credit Card from CHASE

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

Pershing Tavern: Open Wed-Thur 4-10pm. Tavern menu will be available 5-9pm. Open to the Public.

Army/Navy Game: Pershing Tavern on Dec 9. Open from 1-7pm with ala carte menu from 1-5pm.

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

Breakfast with Santa: Dec 9 from 8-11am. Adults $12, Kids (5-10) $6 & 4 and under free. Reservations required by Dec 1.

New Year’s Eve: Ring in the New Year – 70’s Dance Party. Dec 31 from 8pm-12:30am. $25 per person. Entertainment provided by DJ Bob Foltz. Reservations required by Dec 22.

SPORTS – 245-3906

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

Upcoming Events:

Intramural Basketball League: Jan 3-Apr 18. Must register by Dec 4.

Yoga Tune Up: Monday and Wednesday at 10:15am and 5:30pm with Certified Instructor Linda Arcuri.

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 (Sep thru May). 13-Adult (11-12 w/parent) $15 a month per person. Instructor William Beidel, 6th Degree Black Belt.

Cardiovascular Workout with some Insanity: Tue & Thu from 6-7pm (Sep thru May). $5 per person. Instructor William Beidel, 6th Degree Black Belt.

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. There is a fee for all classes.

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, plyo boxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor.

Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. 717-701-3040 (Text Only).

Personal Training: Thorpe Fitness Center. Contact Sheila Goddard 816-616-7671.

BARRACKS CROSSING FRAME STUDIO – 245-3319

Beginner Framing Classes: Call for dates and times. Learn to frame your artwork (max. four per class). Cost: $50 (all supplies included)

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

Baltimore Aquarium Discount Tickets: $28.25 Active Duty Military, $34.75 Adults, $21.75 Children (3-11) and $30.25 Senior (65+).

New York City Rockettes Show or “Day on Your Own” Dec 15. 2pm show. $149 p/p (orchestra seating & roundtrip transportation). Transportation only $60. Must register by Dec 8.

Tickets available: Baltimore Aquarium, Disney Military Salute, Universal Studios, Legoland buy 1 day get 2nd day FREE, Busch Gardens, Sea World and more all over the US available.
BOWLING — ☏ 245-4109
Birthday Parties: Celebrate your birthday with us! Enjoy bowling, food and friendship while leaving the set-up and cleaning to us.
Cosmic Bowling: Every Sat from 7-9pm. Top 40 Hits! Bowling! Cosmic Lights! $9 per person. Call to reserve your lanes.
Thursday Night “Happy Hour” Winter Fun League: Jan 11-Apr 12 from 5:30-7:30pm. $8.25 per person. 2 Games – Fun Competition – Music. Brief organizational meeting on Jan 4 at 5:30pm.
Monday Night Winter Mixed League: Jan 15-Apr 16 from 6:30-9pm. 3 Games semi-competitive. $8.25 per person. Organizational meeting on Jan 8 at 6:30pm.
Friday and Saturday Cosmic Quartermania: Jan 5-Apr 28, 2018 from 7-9pm. Bowl for $.25 per game/person. $5 cover charge.
Pizza – Pins – Pop: Every Sunday from 2-5pm. Special Runs from Jan 7 – Mar 25, 2018. 2 Hours of bowling for 4 people, shoe rental, one plain pizza and one pitcher of soda for ONLY $28.95 per lane. $5 each additional person. No reservations allowed.

GOLF — ☏ 243-3262
Play & Ride/Weekday Special: Mon-Thur, 12-4 pm. $24 p/p. 18 Holes. Must call for tee time.
Play & Ride/Weekend Special: Fri-Sun, after 12pm. $31 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 Matt Hoffman.

OUTDOOR REC — ☏ 245-4616
MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS
CHILD & YOUTH SERVICES
McConnell Youth Services ☏ 245-4555
Moore Child Development Center ☏ 245-3701
School Liaison Office ☏ 245-4638
School Age Care Programs ☏ 245-4555

Middle School & Teen Programs ☏ 245-4642
Lancaster Archery Tag: Dec 9 10am-3pm. Meet at McConnell YC. Must register prior to event, 20 people max. $10
Youth Sports & Fitness ☏ 245-3354
Friday Night Dodgeball: 1st-12th grade, 7-8:45pm
Winter Youth Basketball League: Basketball is currently OPEN for registration! Practices and Games begin the first week of January.

Cost is $45 per player, with a multi-sibling discount available if you’re looking to register additional children. Open to those 1st grade through 12th grade; specific divisions for each

Volunteer Youth Basketball Coaches Needed: Head coaches will receive a FREE LEAGUE FEE.

GET A JOB WITH US USAJOBS.GOV
Exploring Cumberland Valley
BY KRISTEN ROWE

Cumberland Valley’s Top Events for December 2017

It’s holiday season in Cumberland Valley! Celebrate with friends and family while enjoying seasonal performances, open houses and shopping events. Check out the Top Events below and find more details at VisitCumberlandValley.com.

Carlisle’s Wonderland Weekend @ Various Location – December 1-3
Join Downtown Carlisle for a weekend filled with holiday cheer and seasonal shopping. Two big holiday shopping events on Saturday anchor this weekend (Market of Curiosities and Christkindlesmarkt) with family-friendly events, movies and Santa sightings rounding out the weekend.

The Best Christmas Pageant Ever The Musical @ Allenberry Resort – December 1-3, 8-10 & 15-17
The Herdmans are the worst kids in the history of the world—so when they crash Sunday school and demand parts in the Christmas pageant, the whole town panics. It’s up to the director and the Reverend to help their community see the Christmas story and the Herdmans through new eyes in this buoyant musical adaptation of the funny and touching holiday classic.

Central Pennsylvania Youth Ballet presents George Balanchine’s The Nutcracker® @ Sunoco Theater & Hershey Theatre – Sunoco: December 9-10, Hershey: December 16-17
Be delighted by the dazzling costumes, charming sets and accomplished dancers as CPYB’s signature production unfolds before your eyes in this most beloved masterpiece. Set to the magical music of Tchaikovsky

Art for the Holidays @ Carlisle Arts Learning Center – Through December 30
CALC’s annual artist and designer boutique with a wide variety of works perfect for gift giving.

Holiday Exhibit “Holly Jolly Christmas” @ Cumberland County Historical Society – Through January 5
Christmas Carolers are coming to CCHS this December! Decorated storefronts are full of goodies spreading holiday cheer in Todd Hall.

Holiday Open House @ Kings Gap December 3-10
Join the Friends of Kings Gap and enjoy this once-a-year opportunity to explore the Cameron-Masland Mansion, a gracious mountain stone villa built in 1908 as a summer home. Take a self-guided tour of both floors of the mansion in seasonal decor.

The TEN Tenors “Home for the Holidays” Tour @ The Luhrs Center – December 9
With a generous mix of festive favorites and modern holiday hits, The Ten Tenors will walk you through a musical winter wonderland that truly captures the essence of the holidays for the whole family, as well as many of the rock and classical songs that have made this group world famous.

Adult DIY Class: Chocolate Covered Cookies @ Brittle Bark – December 20
Perfect to serve on Christmas Eve, we’ll be dipping in chocolate and decorating butter cookies, pizzelles, sugar cookies, merengues, and as well as Brittle Bark’s peanut butter cream sandwich cookies to create a holiday cookie plate.

The Oak Ridge Boys’ Christmas Celebration Tour @ The Luhrs Center – December 21
Every year The Oak Ridge Boys’ Christmas tour plays to packed houses. This year the group’s holiday show, will be coming to Shippensburg for an incredible night of holiday favorites and Oak Ridge Boys hits!

First Night Carlisle @ Downtown Carlisle – December 31
First Night is a family-oriented, non-alcoholic celebration of the arts held on New Year’s Eve on the streets of downtown Carlisle.

First Choice Magazine | Find us on Facebook: MWR First Choice
What’s Happening in Lebanon Valley?
by Mary Weigley

We love showing off all things Lebanon Valley! Tag us visitlebanonvalley to share what it is you love about our community. visitlebanonvalley.com

Christmas at Cornwall House Tour, Dec 2 8am-5pm

Holiday Moss Wreath Workshop, Dec 3, 2-4pm
Mt. Gretna Craft Brewery

Scrooge, Lebanon Community Theater, Dec 3, 2:30-5pm

Flashlight Candy Cane Hunt, Governor Dick Park, Mt. Gretna, Dec 6, 6:30-9pm

Greensburg’s Great Train and Toy Show, Lebanon Expo Center, Dec 9-10, Lebanon Valley Expo Center

Winter Forest, Friday Special, Brushstrokes on Canvas, Dec 15, 7-9pm

6 Vintage Christmas Shorts, Silent Film classics, Allen Theatre, Dec 17, 2-3:30pm

Home for the Holidays Concert, St. Luke’s Episcopal Church, Dec 17, 6-7:30pm

Creative Kids Club, Re.Create Arets Initiative, Dec 23, 10am-Noon

New Year’s Eve Bologna Drop, Community of Lebanon Association, Dec 31, 10

Christkindl Market, Historic Schaefferstown, Dec 9, 9-3pm

LETTERKENNY ARMY DEPOT
MORALE WELFARE & RECREATION
DIRECTORY

Letterkenny Army Depot 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
☎ 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

Leisure Travel Services
☎ 717-245-4048
Tuesdays
9-9:30am - Bldg 12
9:45-10:15am - Bldg 1
10:30-11am - Bldg 10
11:15-11:45am - The Hub
Noon-12:30pm - TRMD
12:45-1:15pm - LEMC

NYC Radio City Christmas Spectacular Starring the Rockettes
OR NYC On Your Own
FRIDAY, DECEMBER 15
TRANSPORTATION & SHOW $139 • TRANSPORTATION ONLY $59
REGISTER WITH LEISURE TRAVEL SERVICES BY DEC 8
CARLISLE BARRACKS: (717) 245-4048 • FORT INDIANTOWN GAP: (717) 861-3994
WWW.CARLISLEMWK.COM • PA DISCOUNT TICKETS
CONTEST RULES: Entries for the Carlisle Barracks Family and Morale, Welfare and Recreation (MWR) Holiday Coloring Contest must be submitted by Friday, December 22, 2017. The contest is sponsored by MWR and all submissions are subject to and governed by the MWR contest rules. By entering, contestants agree to abide by the terms of the contest.

HOW TO ENTER: Select a page to color according to your age group. Entrants can use any medium (paint, crayons, marker, etc.) to color their page. Entries can be mailed to or dropped off at: MWR Holiday Coloring Contest, 46 Ashburn Drive, Carlisle, PA 17013.

ELIGIBILITY: The contest is open to children and adults and includes the following age groups: (Children: 4-6 & 7-9) (Adolescents: 10-12) (Teens: 13-17) (Adults: 18+). Children 17 and younger must have parental consent.

WINNER NOTIFICATION: One winner from each age group will be selected by a panel. All entrants must provide a phone number and email address. Winners will be notified no later than Friday, January 7, 2018.

PRIZES: The winner from each age category will receive a gift card and their winning entry will be published on the MWR Facebook page, 1stchoicemag.com, and the January 2018 edition of First Choice Magazine.

PRIVACY: Entrants agree that any personal data submitted with an entry may be collected, processed, stored and otherwise used by MWR for the purpose of conducting and administering this contest. The Entrant’s personal data (name and age category) will appear on one or more of the MWR social media sites, websites and First Choice Magazine.

QUESTIONS: If you have any questions regarding the contest, please call MWR at 717-245-4332.
Carlisle Barracks FMWR Holiday Coloring Contest
Ages 4-6 and 7-9

Name: ___________________________ Age: ___________________________

Parent or Guardian: ____________________________________________________

Email: ___________________________ Phone: ____________________________
Carlisle Barracks FMWR Holiday Coloring Contest
Ages 13-17

Name: ___________________________________________ Age: _______________________________________________

Parent or Guardian: __________________________________________________________________________________

Email: _________________________________________ Phone: _______________________________________________
Carlisle Barracks FMWR Holiday Coloring Contest

Ages 18+

Name: ___________________________________________ Age: ___________________________________________

Parent or Guardian: __________________________________________________________________________________

Email: _________________________________________ Phone: ___________________________________________
Members of the Carlisle Barracks/Army War College team pose with the check after the conclusion of the ceremony. Carlisle High School was selected as one of the national recipients because of its high number of military children in the student body.

Carlisle Area High School formally received a check for $700,000 donated by the Defense Department for the school’s advanced placement courses in recognition of their support to the children of military families during a ceremony at the school Oct. 31.

In 2015 the Military Families Mission, overseen by the Office of the Assistant Secretary of Defense for Research & Engineering, runs the National Math + Science Initiative’s College Readiness Program that this grant is a part of. At Carlisle High School, 219 students are taking at least one AP course in science, math or English. One of the primary goals of this grant is to help increase enrollment in the courses, allowing students to challenge themselves with more rigorous coursework.

The objective of the College Readiness Program as implemented under the Military Families Mission is:

- Provide consistent and rigorous K12 STEM education offerings at the public schools educating the overwhelming majority of DoD children
- Document and validate the student learning outcomes of those offerings via reliable third-party measure such as the Advanced Placement (AP) framework and assessment
- Enhance the K12 STEM education pipeline necessary to supply the future DoD scientist & engineer (S&E) workforce – both uniformed and civilian.
- Each year, Carlisle Area School District goes above and beyond in support of the educational transitions of our military family members, US and international,” said Kristy Cormier, School Liaison Officer for Carlisle Barracks and the Army War College.
- Carlisle High School was selected as one of the national recipients because of its high number of military children in the student body. The presence of military kids is linked to the Army War College mission, which draws 385 senior military leaders and their families to Carlisle for a 10-month graduate school education.

Jay Rauscher, Carlisle High School principal, said he hopes to increase enrollment in AP courses. Money from the grant is designed for teacher training, mentoring, materials, study sessions and assistance with exam fees for students. Carlisle now has nine AP courses, and hopes to add courses in geo-environmental science and physics next year.

Dr. James Breckenridge, Provost of the Army War College, said that the increased focus on STEM could pay dividends like it did during the 1960’s “space race.”

“Then we were looking at who would be the first person to walk on the moon,” he said. “Now, the first person to walk on mars could be in this very room.”

Marcus Lingnefelter, who represented NMSI credited the hard work of Cormier and Christina Spielbauber, Carlisle Area School District Superintendent, in bringing the grant to the district.

About NMSI

NMSI has been formally serving the schools educating the children of uniformed active-duty military personnel since 2010. As of the fall, 2017, the NMSI College Readiness Program will have been implemented in support of its Military Families Mission in 217 military-connected high schools across 31 states, serving 93 installations and all four military services. The mission has been funded by grants from the Department of Defense Education Activity (DODEA), Office of Naval Research (ONR), Army Education Opportunity Program (AEOP), and, most recently, the United States Air Force Academy Foundation. Numerous private sector partners such as Northrop Grumman, The Boeing Company, and BAE Systems have also generously contributed millions in matching grants to leverage and extend the significant federal investments.

WWW.1STCHOICEMAG.COM | DECEMBER 2017 15
Dear Legal Eagle,

I have a 17-year-old daughter with down syndrome. She is going to be turning 18 next month and my husband and I worried about taking care of her. What can we do so that we can continue to take care of her even though she will legally be an adult. Sincerely, A Concerned Parent

Dear Concerned,

The process for you is fairly simple to take care of your child. In Pennsylvania you will have to ask the court to appoint you as the guardian for your incapacitated adult child. To become your child’s guardian, you will need to submit a petition to the court to be appointed as guardian. It is important to start this process approximately 4 months before your daughter turns 18 so the guardianship is in place when she becomes an adult.

According to 20 Pa.C.S. § 5511 the petition must include:

- The name, age, address of your child.
- Your name and address, and/or the name and address for whoever else will be a guardian.
- A statement that you have no adverse interest in becoming the guardian of your child.
- Why you want to be a guardian.
- A description of your child’s functional limitations, physical condition, and mental condition.
- Steps you have taken to find a less restrictive alternative.
- The powers of guardianship you seek.
- Your qualifications as guardian.

If you are wanting to be a guardian for your child’s estate you will also need to include the gross value and net income of your child’s estate.

After submitting the petition to the court, a hearing will be held and your child will be given representation if they cannot afford it. You must provide evidence to the court showing:

- The extent of your child’s abilities.
- What is being done to improve their condition.
- If the condition will improve or not.

This process is not only for children but also for anyone seeking to become the guardian of an incapacitated person or family member.

Legal Eagle is brought to you each month by MAJ Julie McConnell, U.S. Army Judge Advocate. A special thank you goes out to Madison Hales of Dickinson Law School for his assistance on this months article.

The information contained herein is provided for informational purposes only and should not be construed as legal advice.
I Listen…

- Buyers Agent: $53,000 - $380,000
- Listing Agent: $52,000 - $575,000
- Client Ages: 28 - 83

I Understand…

- 12 Years Active Duty
- 14 Moves
- 21 Years at Carlisle Barracks
- Homeowner, Tenant, and Landlord

I Care…

Peter “Pete” Collins
Realtor

pete@PeteCollinsHomes.com
PeteCollinsHomes.com

Office: 717.243.8080
Cell: 717.226.4589
52 West Pomfret Street
Carlisle, PA 17013
The Holidays are upon us again with twinkling lights, talking toys, strangers, hugging, visits, changes in routines and sensory overload. Many individuals find the holidays stressful... For those with special needs children the holidays are twice the fun! Here are some simple ways to minimize the stress and reduce the frustration associated with emotional overload.

As a parent of special needs children the biggest hassle of the holidays is the stores. A simple trip to the “mart stores” that typically takes 20 minutes, could take an hour just to get a prescription filled.

Here are some tips to help make your holiday season less stressful.

Preparing for longer holiday shopping trips and family visits
Stockpile special needs supplies during late November and the early part of December.

• Call in prescriptions ahead of time and keep medical supplies stocked.
• For children who have difficulty with strangers or new settings, look at pictures of the places you will be going and the folks you will be visiting with ahead of time so the “seed of familiarity” is planted ahead of time.
• Consider playing matching games of names with faces. ‘Uncle Jerry’ won’t seem so scary when he bends down to greet your child if your child already knows who to expect.
• Practice relaxation techniques that can be incorporated in the event of emotional overload in the mall.
• Plan your time so that you are not shopping with special needs children at peak shopping times. The less people at the mall the less overload for “Little Janie.”
• Try to shop at strip malls rather than commercial malls as the decorations and music and attractions can prove a cocktail for sensory overload. Strip malls limit this type of activity and you can get in and out quickly.

Create activities and traditions in your home that are meaningful and supportive of your beliefs and practices

• It may be a far more productive ritual to bake cookies at home every year than to decorate with fragile ornaments.
• Consider using easy decorations in support of the holiday instead of stressing yourself out with an elaborate holiday display.
• Watch family holiday movies rather than try to go out to a fancy restaurant.
• Be ok with saying no to events that may be over stimulating and could set your children up for a failure.
• For example a visit with family members who are not familiar with Autism may simply be more stressful for mom and dad than saying no and enjoying the day at home.

Consider saying no to anything that does not benefit the wellbeing of you and your child
A 5 hour drive for a three hour visit may just be too much. Be ok with saying NO. Send a card instead.

Don’t forget to sleep
• Many Caregivers go and go during December trying to accomplish the perfect holiday without realizing that lack of sleep only exacerbates irritability and moodiness.
• Forgo that extra present and go to bed.
• Make that last present something your child can earn in January or February.

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

Try to stick to healthy snacks during your adventures
• Try not to allow children to overload on junk food and sugars during your outings.
• The more typical the expectations the less New excitement and the neurosensory stimulation you are building in. For example, take carrots in a baggie rather than buying cookies at the mall. The excitement surrounding the acquisition of the cookies alone might cause Jonny’s meltdown in Sears.

Most of all remember, there is no such thing as a perfect holiday. Strive for realistic expectations and enjoy what works.

Kids will remember the interactions with Family members more so that the toy obtained so keep it simple and above all enjoy one another.
FAMILY AND MORALE, WELFARE & RECREATION

Thorpe Fitness Center Schedule  ☏ 717-245-3418
Thorpe Hall is available for use by active duty, retired military and their authorized family members, DA civilians, Reserve and National Guard personnel, DoD contracted employees, technical representatives, and employees of military banking facilities and credit unions. Classes subject to change without notice.

1. 0600 - Performance Fitness (Brian) 
   0900 - Body Blast (Brian) 
   1200 - Barbell 30 Min (Brian)
2. 0600 - Performance Fitness (Brian) 
   0900 - Body Blast (Brian & Colton) 
   1200 - Barbell 30 Min Workout (Brian)
   1630 - Spin (Kelli) 
   1730 - Yoga Tune-up
3. 0600 - Performance Fitness (Brian & Colton) 
   0900 - Body Blast (Brian & Colton) 
   1015 - Yoga Tune-up (Linda) 
   1200 - Barbell 30 Min Workout (Brian) 
   1630 - Yoga Tune-up
4. 0600 - Performance Fitness (Brian & Colton) 
   0900 - Body Blast (Brian & Colton) 
   1015 - Yoga Tune-up (Linda) 
   1200 - Barbell 30 Min Workout (Brian) 
   1630 - Yoga Tune-up
5. 0900 - Zumba (Sonoko) 
   1000 - TRX (Brian & Colton) 
   1200 - Kickboxing (Brian) 
   1630 - Hybrid boot camp (Brian) 
   1800 - Cardiovascular (Bill)
6. 0600 - Performance Fitness (Brian & Colton) 
   0900 - Body Blast (Brian & Colton) 
   1015 - Yoga Tune-up (Linda) 
   1200 - Barbell 30 Min Workout (Brian) 
   1630 - Yoga Tune-up (Linda)
7. 0900 - Zumba (Sonoko) 
   1000 - TRX (Brian & Colton) 
   1200 - Kickboxing (Brian) 
   1630 - Tae Kwon Do (Bill) 
   1800 - Cardiovascular (Bill)
8. 0600 - Performance Fitness (Brian & Colton) 
   0900 - Body Blast (Brian) 
   1200 - Barbell 30 Min (Brian) 
   1630 - Yoga Tune-up (Linda)
9. 0900 - Zumba (Sonoko) 
   1000 - TRX (Brian & Colton) 
   1200 - Kickboxing (Brian) 
   1630 - Hybrid boot camp (Brian) 
   1800 - Cardiovascular (Bill)
10. 0600 - Performance Fitness (Brian & Colton) 
    0900 - Body Blast (Brian & Colton) 
    1015 - Yoga Tune-up (Linda) 
    1200 - Barbell 30 Min Workout (Brian) 
    1630 - Spin (Kelli) 
    1730 - Yoga Tune-up (Linda)
11. 0600 - Performance Fitness (Brian & Colton) 
    0900 - Body Blast (Brian & Colton) 
    1015 - Yoga Tune-up (Linda) 
    1200 - Barbell 30 Min Workout (Brian) 
    1630 - Spin (Kelli) 
    1730 - Yoga Tune-up (Linda)
12. 0900 - Zumba (Sonoko) 
    1000 - TRX (Brian & Colton) 
    1200 - Kickboxing (Brian) 
    1630 - Tae Kwon Do (Bill) 
    1800 - Cardiovascular (Bill)
13. 0600 - Performance Fitness (Brian & Colton) 
    0900 - Body Blast (Brian & Colton) 
    1015 - Yoga Tune-up (Linda) 
    1200 - Barbell 30 Min Workout (Brian) 
    1630 - Spin (Kelli) 
    1730 - Yoga Tune-up (Linda)
14. 0900 - Zumba (Sonoko) 
    1000 - TRX (Brian & Colton) 
    1200 - Kickboxing (Brian) 
    1630 - Tae Kwon Do (Bill) 
    1800 - Cardiovascular (Bill)
15. 0600 - Performance Fitness (Brian & Colton) 
    0900 - Body Blast (Brian & Colton) 
    1015 - Yoga Tune-up (Linda) 
    1200 - Barbell 30 Min Workout (Brian) 
    1630 - Spin (Kelli) 
    1730 - Yoga Tune-up (Linda)
16. 0900 - Zumba (Sonoko) 
    1000 - TRX (Brian & Colton) 
    1200 - Kickboxing (Brian) 
    1630 - Hybrid boot camp (Brian) 
    1800 - Cardiovascular (Bill)
17. 0600 - Performance Fitness (Brian & Colton) 
    0900 - Body Blast (Brian & Colton) 
    1015 - Yoga Tune-up (Linda) 
    1200 - Barbell 30 Min Workout (Brian) 
    1630 - Spin (Kelli) 
    1730 - Yoga Tune-up (Linda)
18. 0900 - Zumba (Sonoko) 
    1000 - TRX (Brian & Colton) 
    1200 - Kickboxing (Brian) 
    1630 - Hybrid boot camp (Brian) 
    1800 - Cardiovascular (Bill)
19. 0600 - Performance Fitness (Brian & Colton) 
    0900 - Body Blast (Brian & Colton) 
    1015 - Yoga Tune-up (Linda) 
    1200 - Barbell 30 Min Workout (Brian) 
    1630 - Spin (Kelli) 
    1730 - Yoga Tune-up (Linda)
20. 0600 - Performance Fitness (Brian & Colton) 
    0900 - Body Blast (Brian & Colton) 
    1015 - Yoga Tune-up (Linda) 
    1200 - Barbell 30 Min Workout (Brian) 
    1630 - Cardiovascular (Bill)
21. 0900 - Zumba (Sonoko) 
    1000 - TRX (Brian & Colton) 
    1200 - Kickboxing (Brian) 
    1630 - Hybrid boot camp (Brian) 
    1800 - Cardiovascular (Bill)
22. Training Holiday
23. Christmas Day
24. No Class
25. No Class
26. No Class
27. No Class
28. No Class
29. Training Holiday
FORT INDIANTOWN GAP
MORALE WELFARE & RECREATION
DIRECTORY

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Fri, 11am–Midnight
Sat, 4pm–Midnight
Sun, 4–10pm
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