

## THE USAWC STUDENT POCKET GUIDE

### POST SERVICES & USAWC ACTIVITIES OPEN TO ALL PROGRAM PARTICIPANTS

#### LODGING

- [IHG Army Hotel on Carlisle Barracks](#) with 45 rooms (microwaves, refrigerators, internet, business center, laundry, continental breakfast, some rooms with kitchens) 36 Garrison Lane, 717.245.4245

BUS, REGIONAL: Bus service: Route 81 - Shippensburg - Newville - Carlisle - Harrisburg Express  
Route C - Carlisle Local and Commuter Express Carlisle Circulator  
Route 82 - Shippensburg / Newville / Mechanicsburg NSA Express

Serving: Shippensburg Walmart Park & Ride, Newville Park & Ride, Carlisle Commons Park & Ride, Mechanicsburg Naval Support Activity (NSA)

#### FOOD

- Commissary, full-service with deli, bakery, sushi: Tue – Sat 9 a.m. to 6 pm, Sun 11 a.m. to 4 p.m. (closed Mondays)
- Subway, co-located with the Exchange
- Food operations of Family, Morale, Welfare & Recreation services (proceeds to Soldiers & Families)
  - Bowling Center, near Collins Hall, address, hours
    - Mon. - Wed. 8:30 a.m. - 8 p.m.
    - Thru. - Fri. 8 a.m. - 9 p.m.
    - Sat. 1 p.m. - 9 p.m.
  - Root Hall Joint Deli in Root Hall, Mon-Fri breakfast & lunch
    - Mon. - Fri. 7 a.m. - 2 p.m.
  - Golf Course 19<sup>th</sup> Hole Snack Bar
    - Mon. - Fri. 9:30 a.m. - 3 p.m.
    - Sat. - Sun. 9 a.m. - 4 p.m.
  - Pershing Pub @ Letort View Community Center, open Wed-Thurs, 5-9 pm for dinner

#### MEDICAL/DENTAL

- EMERGENCY service: call 911 or go to closest Emergency Room at UPMC Pinnacle Carlisle, 361 Alexander Spring Road, 717.249.1212
- DUNHAM ARMY HEALTH CLINIC: outpatient services, optometry, pharmacy, laboratory, radiology, immunizations. Open weekdays except Thursday afternoon, 450 Gibner Road, 717.245.3400
- Tricare: Tricare link: <https://www.humanamilitary.com/>
- ARMY WELLNESS CENTER: Health/wellness assessments and individualized education plans, available to all DoD ID-card holders: military (Active/Reserve components), family members, retirees and DOD civilians), 315 Lovell Avenue, call for appointments 717.245.4004
- DENTAL: Military only; copy of orders needed in dental emergencies. Sick Call: 7:30 – 8:30 a.m.; 450 Gibner Road, call 245-4542, emergencies call 245-4115

## RELIGIOUS SERVICES

- MEMORIAL CHAPEL, 452 Mara Circle
- Catholic Mass: Mon -Fri at noon; Sat 5:30 p.m., Sun 9:15 a.m. (reconciliation Sat 4:30 p.m.)
- Protestant Worship: Sun 11 a.m.
- Muslim Prayer Room: Upton Hall Room 21

For more on Memorial Chapel and area religious referrals:

<https://www.localprayers.com/US/Carlisle/119842311404239/U.S.-Army-War-College-Memorial-Chapel>

## EDUCATIONAL OPTIONS

- **Army War College Library** – one collection/ two locations. Academic library is in Root Hall basement with full library assistance, open daily to USAWC students; Army Heritage & Education Center houses the military archives collection with expert assistance in accessing historical documents, open Mo-Sa, 10 am to 5 pm and Su noon to 5 pm .... One search engine puts the collection at your fingertips: <https://usawc.libguides.com/current>
- **Army Heritage & Education Center**, 950 Soldiers Drive
  - One-mile circular Outdoor Museum, open daylight hours, with equipment, weapons, fortifications, buildings evoking the span of American military history
  - Perspectives in Military History, monthly, and Kleber Readings, occasional: military history authors share insights with public audiences in free events: see schedule at [USAHEC Events](#)
  - Visit The [Soldiers Experience Gallery](#) and rotating photo exhibits (extraordinary Civil War imagery) and museum displays, e.g., Treasures of the USAHEC open Mo-Sa, 10 am to 5 pm and Su noon to 5 pm
- **USAWC Strategic Art Film program**
  - August – May, the local AUSA chapter sponsors Snacks 'n' a Movie 'n' a Faculty guide to share the 'rest of the story' behind classic stories in A Bridge Too Far, Pentagon Wars and SGT York, Tuesday nights 4:30 p.m., in Root Hall's Wil Washcoe Auditorium

## FITNESS

- Thorpe Hall Fitness Center – TRX and MMA Fitness, Spinning, boot camp classes, cardio room, sauna; indoor track. 245-3418 , 23 Lovell Avenue
  - Hours of Operation
  - Mon – Fri 5 a.m. – 7:30 p.m.
  - Sat. 7 a.m. – 4 p.m.
  - Sun. 8 a.m. – 4 p.m.
  - Holidays: 10 a.m. – 3 p.m.
- Indian Field Fitness Center –treadmills, elliptical machines, stationary cycles, strength equipment and free weights. 119 Forbes Avenue.
  - Hours of Operation
  - Mon - Fri 5 a.m. - 7:30 p.m.
- Root Hall Gym – basketball, volleyball, racquetball/handball; sauna; lockers; 120 Forbes Avenue , 245-4343

- Mon - Fri: 5:30 a.m. - 7:30 p.m.
  - Racquetball/Handball Court
  - Mon - Fri: 5:30 a.m. - 7:30 p.m.
- Bowling Center, 686 Letort Lane, 245-4109
    - (Summer Hours) Memorial Day - Labor Day
    - Mon-Tue-Wed 8:30 a.m. – 8 p.m.
    - Thur - Fri 8:30 a.m. – 9 p.m.
    - Sat 1 – 9 p.m. and Sun CLOSED
    - (Winter Hours) Labor Day - Memorial Day
    - Mon - Fri 8:30 a.m. – 9 p.m.
    - Sat 1- 9 p.m. (except during Youth Bowling Nov-Mar 9 a.m. - 9 p.m.)
    - Sun 1 – 8 p.m.
  - Golf Course, 901 Jim Thorpe Road, 243-3262
    - Mon - Fri 8 a.m. – dusk
    - Sat & Sun 6 a.m. – dusk
  - Indian Field running track – oval track ¼ mile, behind Indian Field Fitness Center
  - Golf Course running track – 1.9 miles begin at Rail Road crossing
  - Tennis Courts, next to Thorpe Hall
  - Intramural sports. TDY personnel may also participate, contact Thorpe Gym for details.
    - Flag football, Sept. – Nov.
    - Basketball, Dec. – March
    - Softball, May – Aug.

#### SERVICES/ SHOPPING

- Barber: Root Hall Room B6, weekdays walk-in or by appointments, 245-3277, and at the Exchange, 249-4958
  - Mon - Fri 9 a.m. – 5 p.m.
  - Sat 9 a.m. – 4 p.m.
- US POST OFFICE: 46 Ashburn Drive, Mon - Fri, 10 a.m. to 2 p.m.
- [ID CARD OFFICE: DEERS/ CAC/ ID cards](#), 46 Ashburn Drive, 717.245.3533. call ahead to confirm schedule
- LEGAL OFFICE: legal assistance, claims, etc. 22 Ashburn Drive, 717.245.4940.
- EXCHANGE: on base, the Exchange inventory includes some clothing, home products, televisions & associated goods, **Class VI** and convenience items, Bldg. 844 Sumner Rd
  - Mon - Sat 8 a.m. – 6 p.m.
  - Sun 11 a.m. – 5 p.m.
- MILITARY CLOTHING SALES: Military Clothing and Sales located on Fort Indiantown Gap, Building 9-120. Mon - Sat, 9 a.m. to 6 p.m. 717.861.2490. [http://www.mybaseguide.com/army/83-1848/fort\\_indiantown\\_gap\\_facilities\\_services](http://www.mybaseguide.com/army/83-1848/fort_indiantown_gap_facilities_services)
- CLEANERS/ALTERATIONS: 842 Sumner, next to Commissary
  - Mon - Fri 9 a.m. to 5:30 p.m.
  - Sat 9 a.m. to 3 p.m.
- AUTO CENTER: 870 Jim Thorpe Road, 245-3156
  - Mon – Fri (space available): 8:00 a.m. - 5 p.m.

- ENGRAVING STUDIO: gifts, trophies, custom-design or ready-to-go, 870 Jim Thorpe Road ,245-3319
  - Custom Service: 245-3319
  - Tues/Wed/Fri: 10 a.m. - 5 p.m.
  - Thurs: 10 a.m. - 8 p.m.
  - 1st Saturday of the month: 8 a.m. – 5 p.m.
  - Closed Sat. prior to a Monday Holiday

## SOCIAL, RECREATION, OUTDOOR RECREATION

- GEO/BACHELOR DINNER: On 2<sup>nd</sup> Wednesday of each month, starting at 5: 30 p.m., open to ALL students, at Chapel Annex, 452 Mara Circle, 245 - 3400 sponsored by chapel community, non-denominational, RSVP **not** required
- Planning GROUP SOCIALS: try [LVCC Catering](#), your place on post or theirs: pool, Tiki Bar, outdoor pavilion, indoor banquet space, Pershing Pub
- OUTDOOR RECREATION SERVICES: mountain biking, camping equipment rental, banquet rentals and other adventure activities such as: skiing, hiking, and fishing trips.
- On your own in Carlisle
  - Cumberland County Historical society
  - [Carlisle Events Car Shows](#): most weekends in summer months
  - [Carlisle: tourism](#) options
- On your own in Harrisburg:
  - National Civil War Museum
  - Harrisburg Senators Baseball at City Island (affiliate of Washington Nationals)
  - [Hershey Bear Hockey](#) at Hershey (farm team to Washington Capitals)
- On a rollercoaster: [Hershey Park](#), with 13 coasters, 20+ rides for kids, live entertainment, and nine water-play attractions,
- On the trail:
  - [Appalachian Trail](#)
  - [Central Pa hikers](#)
  - [Harry Happy Hikers](#)
  - [Road Bikes](#)
  - [Mountain Bikes](#)
- On the slopes, and close by:
  - [Ski Roundtop](#)
  - [Ski Whitetail](#)
  - [Ski Liberty](#)
  - [Tussey](#)
- Fly fishing
  - [Yellow Breeches](#), most popular catch and release section is in Boiling Springs
- Steeped in history:
  - [Gettysburg](#): 30 miles southeast of Carlisle Barracks. Consider Battlefield tours on your own, on a bus, or with a Licensed Battlefield Guide (arranged at the Center: 8 a.m. to 5 pm – 8 am to 6 pm from APR 1 to SEP 30)

- [Antietam](#): 67 miles south of Carlisle Barracks. Consider 8 1/2 mile auto tour on your own, with an audio CD, or with a Park Ranger (arranged at the Center: 9 am to 5 pm daily.)
- [Pennsylvania tourism](#)