

Soundoff!

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Story Time

Garrison Command Sgt. Maj. Rodwell L. Forbes reads to (from left to right) Kortni Hopkins, Aidan Rose, Liam Fowler and Emy Amaya during "Storytime with Condi and Shea," sponsored by the Exceptional Family Member Program, on June 9 at the Potomac Place library. See more on Page 8.

PHOTO BY SGT. 1ST CLASS FRANK INMAN

'FIRST CLASS'

Post honors WWII,
Korean War vets

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UPCOMING EVENTS

Wednesdays, 10 a.m.-2 p.m.: Fort Meade Farmers Market - Pavilion
Today, 1-7 p.m.: Teen Center 10th Anniversary Party - Teen Center
Friday, 7:30 p.m.: Fort Meade Ramadan Iftar dinner - Chapel Center
July 1: Red, White & Blue Celebration - McGlachlin Parade Field

HAPPY BIRTHDAY!

Meade celebrates
Army's 241st birthday

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Soundoff!

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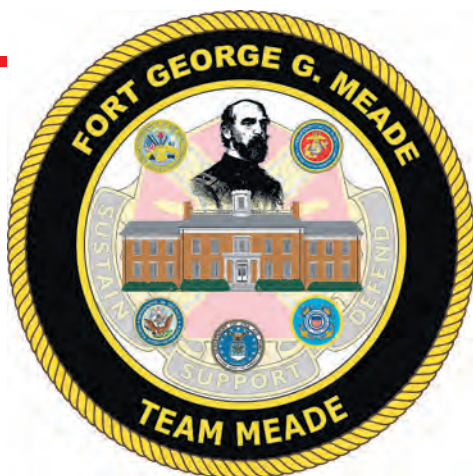
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COMMANDER'S COLUMN - GUEST

LGBT Pride Month

This month is Lesbian, Gay, Bisexual and Transgender Pride Month, an occasion that brings the LGBT community together with their family, friends and allies to take pride in themselves and their many achievements.

The Department of Defense recognizes lesbian, gay, bisexual and transgender service members and civilians for their dedicated service to the DoD and the nation.

Throughout our history, brave LGBT Soldiers, Sailors, Airmen, Coast Guardsmen and Marines have served and fought for our nation. Their readiness and willingness to serve has made our military stronger and our nation safer.

We continue to take great pride in all that these men and women contribute to the DoD and our mission. Their hard work, courage and sacrifices make them



Ashton B. Carter

SECRETARY OF DEFENSE

respected members of our diverse DoD family.

Through their service, these Americans help ensure that we as a force embody the values we're sworn to uphold. And that our republic, born from the idea that all are created equal, endowed with unalienable rights to life, liberty and the pursuit of happiness, will remain strong and secure.

These words are more than a pinnacle to strive for; they are principles we must promote every day.

As we celebrate LGBT Pride Month together, let us take pride in all who step forward to serve our country.

All who answer the call to service are doing the noblest thing they can do with their lives: to provide the security for others so they can dream their dreams, raise their children and live full lives.

Editor's note: The Department of Defense will celebrate LGBT Pride Month all month long with events around the world.



Commander's Open Door

Garrison Commander Col. Brian P. Foley has an open door policy.

All service members, retirees, government employees, family members and community members age 18 or older are invited to address issues or concerns to the commander directly by visiting Foley's office on Mondays from 4 to 6 p.m. at garrison headquarters in Hodges Hall, Bldg. 4551, Llewellyn Avenue.

Visitors are seen on a first-come, first-served basis. No appointment is necessary.

For more information, call 301-677-4844.

'First class'

Meade pays tribute to WWII and Korean War veterans in Honor Flight visit

BY LISA R. RHODES

Staff Writer

Edward K. Browne was a staff sergeant with the Army Air Corps in 1944 when his B-17 was shot down by the Germans.

He was captured as a prisoner of war and released by the Russians in April 1945.

Browne, who turns 97 on June 25, refused to accept the Purple Heart during captivity because he said he was not wounded.

Browne was among 25 other veterans of World War II and the Korean War to visit Fort Meade on Friday as part of the Honor Flight of Maine.

The nonprofit pays tribute to veterans by transporting them to Washington, D.C., to visit the nation's war memorials.

The group arrived at Baltimore-Washington Thurgood Marshall International Airport before coming to Fort Meade as part of the weekend excursion.

The visit to Fort Meade included a tour of the installation and dinner at Club Meade to honor the veterans for their sacrifice and dedication to the nation.

Garrison Commander Col. Brian P. Foley and Garrison Command Sgt. Maj. Rodwell L. Forbes welcomed the group to Fort Meade.

Deep Gratitude

"I just want to express my deep gratitude and thanks, and welcome you all here to Fort George G. Meade, our nation's senior operational platform for 21st-century national defense — cyber defense."

On Saturday, the Honor Flight of Maine was scheduled to visit the National World War II Memorial, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Marine Corps Memorial and the Tomb of the Unknowns.

A visit from Sen. Susan Collins of Maine was planned, as well as a tour of Fort McHenry in Baltimore.

In his remarks, Foley spoke about Fort Meade's workforce of 55,000 and its prominence as the nation's center for information, intelligence and cyber operations.

"You know better than most that the world is not a safe place," he said. "There are individuals and nations out there that



PHOTO BY BOB LANE

Garrison Command Sgt. Maj. Rodwell L. Forbes greets Edward K. Browne, a veteran of World War II who was held as a prisoner of war, before presenting him with the Commander's Coin of Excellence.

will do our country harm."

Foley spoke of the diligence of the military personnel at Fort Meade who protect the nation in cyberspace.

He also said that protecting the nation is a legacy that began with prior generations of service members.

"I pledge to you on behalf of all those who are currently serving today that we will not forget the legacy that you have created for us," Foley said. "We will not forget the history. We will not forget the hard lessons that you all learned for our nation through your blood, sweat, tears and sacrifice."

Forbes thanked the veterans for their commitment to the nation and acknowledged Browne for his valor by presenting him with a Commander's Coin of Excellence.

"He didn't want the accolades," Forbes said. "He had the heart to serve. ... We wish you the best in your future endeavors. Happy birthday."

Browne said he refused to accept the Purple Heart "because I was so grateful to survive aerial combat."

To accept the medal, he said, would be "an infringement on those who really deserved it."

The Honor Flight of Maine is part of the larger Honor Flight Network, which was



PHOTO BY PHIL GROUT

World War II veteran Charles Beach prepares to take a bite of carrot cake offered by Honor Flight guardian Linda Tripp during their visit to Fort Meade on Friday.

founded 11 years ago by Earl Morse, a retired Air Force captain.

Morse came up with the idea to transport veterans to visit the nation's war memorials while he was working as a physician's assistant in a veteran's hospital in Springfield, Ohio.

He said many of the patients never had the chance to visit the memorials that were built to pay tribute to their service. He wanted to change that.

"Many had been waiting 60 years to have a memorial," Morse said. "Many said their kids would be able to see it. That just broke my heart."

Not Forgotten

A member of a flying club, Morse enlisted the help of volunteer pilots who began transporting veterans to Washington, D.C.

Since then, the Honor Flight Network has grown to 130 flight hubs in 44 states. Since its founding, the organization has flown 159,703 veterans.

About 200 veterans have been served by Honor Flight of Maine since it was established two years ago.

"No veteran wants to be forgotten," Morse said. "We want them to know that at Fort Meade, they will never be forgotten."

Laurie Sidelinger, a board chairperson and trip leader, called Fort Meade "a wonderful place."

"I'm thrilled we are able to bring everyone here to Fort Meade. It's a treat and it's an honor to pay tribute to them."

The veterans traveled to Fort Meade with guardians — family members and friends — some of whom have also served in the military.

Robie B. Robbins, 91, who served as a private in the U.S. Air Corps in World War II, was accompanied by his grandson Peter Emerson, a product support specialist in the diesel engine industry.

Robbins said he found the tour of Fort Meade interesting.

"You don't know anything about places like this until you come and visit," he said.

Emerson said he wanted to tour the nation's military monuments with his grandfather because of the great influence he had on his life.

"I would not be where I am today if I did not spend time with him as a child," Emerson said. "He was never afraid of a challenge and he was a good role model."

First Class

Emerson said the visit to Fort Meade was a distinct honor for his grandfather and all the veterans.

"We will be in debt to this generation for a very long time. ... It is fantastic that they're being acknowledged," he said.

Rene L. Therriault, 91, who served as a private in the 1st Infantry, was part of the first wave of Allied troops on Omaha Beach on D-Day. He said the weekend visit was "quite an experience."

"I'm not an emotional guy, but the welcome we had when we got off the plane wasn't something I expected," he said.

Therriault said he was impressed with Fort Meade and that he did not realize all the important work being done here.

Most of all, Therriault said, he was thankful for Fort Meade's hospitality.

"This has been very good — first class, all the way from the beginning to the end," he said. "All the way."

Combat-related PTSD can be treated

BY LISA R. RHODES
Staff Writer

Steven Berkowitz, a clinical psychologist at Kimbrough Ambulatory Care Center, once treated a Soldier diagnosed with post-traumatic stress disorder who came to him for treatment for nightmares.

Berkowitz said the Soldier complained that a war buddy, who had died in combat, was visiting him in nightmares.

The Soldier had been tasked with taking care of his buddy's body and was now afraid of the recurring dream.

"I told him, 'Maybe you, as the only one who took care of him, you were the one who helped keep his body sacred,'" said Berkowitz, who works at Kimbrough's Behavioral Health Clinic. "He's thanking you. That's why he comes back to you in your dream."

Berkowitz said that in treating Soldiers with combat-related PTSD, it is often effective to help Soldiers gain a new perception of their experience in battle.

"This was helpful to this service member to think of [the dream] in this way," Berkowitz said.

Although it is not uncommon for active-duty service members to experience a mental health condition, many avoid seeking treatment because of the stigma and perceived risk to their career.

However, Berkowitz said, both the stigma and fear of losing one's career are not a reality.

"The stigma exists, but it isn't accurate," Berkowitz said. "... The fact that a person has been to [a] mental health [provider] doesn't mean they're going to lose their clearance."

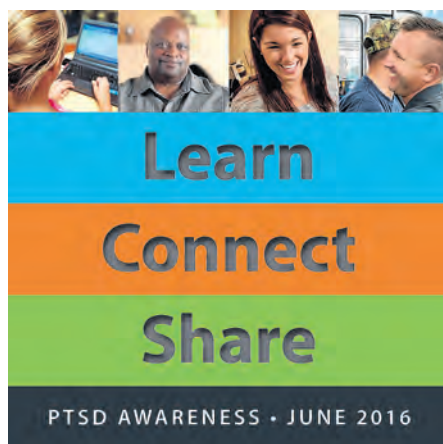
The mental health team at the Behavioral Health Clinic provides psychotherapy and medication management to active-duty service members of all service branches. Forty-percent of the active-duty service members who receive treatment experience some symptoms of PTSD.

Aftermath of Trauma

In order to bring greater awareness to the issue of post-traumatic stress disorder, the Senate designated June 27 as National PTSD Awareness Day. In addition, June has been designated as PTSD Awareness Month by the National Center for PTSD.

According to the center, which is part of the U.S. Department of Veterans Affairs, PTSD can occur after a traumatic event such as combat exposure, child abuse, sexual abuse or a serious accident.

The Office of the U.S. Army Surgeon General reports that 15 percent of Soldiers



who have deployed to either Iraq or Afghanistan meet the diagnostic criteria for PTSD. Another 10-15 percent will experience other behavioral health problems that could benefit from treatment.

In addition to PTSD, anxiety, depression, stress and concentration problems are also treated at the clinic. Patients who suffer from chronic pain receive treatment as well.

In his role as a clinical psychologist, Berkowitz is the embedded behavioral health consultant for Army units on post.

Commanders refer to Berkowitz's expertise when they are concerned that a mental health issue may be interfering with a service member's ability to perform his or her mission.

Berkowitz said he works in consultation with commanders when there is a question of whether service members may be unfit for duty, deployment, a special-duty assignment, carrying weapons or access to classified materials.

He also provides psychological consults for security clearance and safety evaluations.

The mental health team at Kimbrough is composed of psychiatrists, psychologists, clinical social workers, psychiatric technicians and support staff.

You Can Still Function

Another clinic, the Child and Family Behavioral Health Clinic, provides services to family members and retirees.

Berkowitz said that, contrary to popular belief, a mental health diagnosis does not equal dysfunction.

"Essentially, a person can have a diagnosis and be very functional," he said.

There are times when the debilitating effects of a mental health condition are limited — similar to breaking a leg and not being able to walk for six weeks.

"Most of the people who come in here are doing pretty well. It's kind of like having the common cold," Berkowitz said of some

Knowing the symptoms of PTSD

According to the National Center for PTSD, symptoms can start immediately after the traumatic event, or several months or even years later.

There are four main symptoms of PTSD that mental health professionals recognize to make a possible diagnosis. They are:

- Reliving the past event — A person can experience bad memories or nightmares that are called flashbacks.
- Avoiding situations that remind the person of the event — A person may avoid a holiday celebration that includes fireworks because the sound reminds him of combat.
- Negative changes in beliefs and feelings — A person may develop feelings of guilt, shame or fear.
- Feelings of hyperarousal — A person may feel jittery or always be on alert, or is looking out for danger.

If you are experiencing any of these symptoms or feel you need help for another mental health issue, contact the Behavioral Health Clinic at Kimbrough at 301-677-8895.

mental health disorders. "You know anxiety and depression are kind of like the mental health equivalent of a common cold."

However, there are times when a diagnosis is more serious.

"When someone is imminently dangerous to themselves or someone else, we have to protect them or others," Berkowitz said.

In regard to high-level security clearances, Berkowitz said if a Soldier's condition "adversely affects their judgment, reliability or stability so much that we think they are a risk to national security, then we are required to make a report. But it's pretty rare."

If a service member reports being involved in child abuse, spousal abuse, or the abuse of the elderly or the disabled, the mental health team must also make a formal report.

"Lots of people walk around with mental health symptoms and never need help. They may have sufficient support from friends and family and they may be able to resolve things on their own," Berkowitz said.

"If the problem interferes with your life, if it interferes with your job, school or with your home life, or if you don't feel like you can connect with people like you used to, then it's probably a good idea to come in."

Seeking Treatment

In most cases of command-directed mental health evaluations, Berkowitz said the commander is simply concerned about the well-being of a service member.

"They just want to make sure that the person gets the right care," Berkowitz said. "If the person isn't performing very well, the command will want to make sure if there's a mental health condition that's affecting performance, that we get it fixed."

Berkowitz said if a service member has a

mental health condition and doesn't seek treatment, there is more of a likelihood that a problem may arise that will cause his or her leadership to become concerned.

"The reality is, if you have a problem and you don't seek help, that's when people say 'well that person has poor judgment,' and that can become a problem," Berkowitz said.

For service members with PTSD, there are three empirically validated forms of treatment used at the clinic:

- Cognitive processing therapy
- Prolonged exposure therapy
- Eye-movement desensitization

Berkowitz most commonly uses cognitive processing therapy, which helps patients process the thoughts and feelings they have about the traumatic event.

This is the form of therapy that was used to help the Soldier with the nightmares.

Prolonged exposure therapy helps patients by desensitizing them to their traumatic events.

"By avoiding it, you never process it. You never resolve it," Berkowitz said.

According to the Naval Center for Combat and Operations Stress Center, eye-movement desensitization utilizes a patient's eye movements as he focuses on positive thoughts to deal with any tension or discomfort from the traumatic event.

Berkowitz said service members who feel they need help should not be afraid to reach out.

"Just like physical health, almost everyone will experience some sort of emotional challenge sometime in their lives," Berkowitz said. "The key becomes when they have the opportunity to seek support to help them resolve whatever that difficulty is."

The Behavioral Health Clinic is dedicated to serving those in need.

"We are here for that reason," Berkowitz said. "That's our mission in life."

NEWS YOU CAN USE

Army launches new website on 241st birthday

BY C. TODD LOPEZ

Army News Service

Deep within the Pentagon, a team of programmers and web designers have been working for over a year now to bring the Army's award-winning flagship website, Army.mil, up to the latest web standards and to add some much-needed gloss to the site.

"Our Soldiers, civilians, family members and those who support our Army deserve a website that represents them and the greatest team on earth — the United States Army," said Brig. Gen. Malcolm Frost, the chief of Army Public Affairs.

"The new Army.mil website was built with this goal foremost on our mind. The Office of the Chief of Public Affairs has put together a modern site, viewable over all mobile devices, that clearly and simply shares the Army's story with the American people."

Most striking among the changes, which went live on the Army's birthday — June 14 — is the implementation of a "responsive grid" design.

"The idea of a responsive website is that it displays correctly on every device, including smartphones, tablets and a variety of browsers," said Zack Kevit, the Army.mil project manager. "All of the design decisions, the layout decisions, the coding decisions, and the framework we use to display the content have been driven by the goal to make the site more mobile-friendly, because that's the direction our audience is moving."

About 40 percent of the site's visitors now come from mobile devices.

The redesign of Army.mil involved a complete re-write of all of the site's code, Kevit said.

"We took a deep look at the structure of everything, including the information architecture, the file structure, the corresponding sites and all the legacy data on there," Kevit said. "It's all new now. It's lighter and faster."

Johnathan Howard, the Army.mil technical director, added that two updates contributing to both increased speed and security on Army.mil is the enabling of HTTPS and HTTP/2.

"Policy mandates that all sites have HTTPS connectivity — and Army.mil is the first among its sister services to make

that happen," Howard said. "Enabling of the HTTP/2 protocol will also improve site performance. Pages will load more quickly."

Mosaic of Images

The version of Army.mil being replaced has existed since 2006 with only a few minor design refreshes over the past decade, according to the web team.

With the Army's need to highlight communication campaigns on the home page, we decided to create a flexible mosaic like framework to bring harmony and order to a large amount of diverse content, said Lia DiValentin, a web designer with the Army.mil team.

The new visual centerpiece functions as the Army's virtual "digital bulletin board," and allows the Army to easily promote different types of high priority content within one cohesive structure.

The team said the new site enables them to give more emphasis to Army communication campaigns that are promoted by the Army's public affairs staff at the request of Army senior leadership.

Army Branding

Another design element Burlovich said has been included in the new Army.mil is adherence to the Enterprise Army Brand. The Army has a marketing office that in addition to developing commercials and other advertising for the Army, also develops a branding strategy for the service so that magazine, television, web and newspaper advertising, for instance, all look the same in terms of colors, typefaces, graphics, and use of the Army logo and camouflage patterns.

"Previously, Army.mil had its own brand," she said. "Now it follows the look and feel of the overall Army brand. If somebody sees an Army commercial or poster, and then comes to Army.mil — they will associate the colors, typography and imagery more closely."

CORE: The Army's content management system

Much of what's on Army.mil — in particular, the print news stories, and



PHOTO BY FRANK CARTER (ONLINE AND SOCIAL MEDIA DIVISION)

The redesigned Army.mil website is now viewable over all mobile devices and features a "responsive grid."

most of the imagery — comes from a content management system called CORE. Redesign of that back-end is slated for this year.

CORE is a system that is used to share articles, videos and photos produced by public affairs officers from units across the Army.

Army.mil programmers have developed a new application programming interface, or API, to connect CORE to the new design. Howard said that documentation for the API will eventually be made available to other web developers, enabling them to use CORE-provided content.

"Other Army websites can utilize the content as well," Howard said. "They can do all the news management through CORE with minimal recoding of their pages."

Feature Microsites

The site also includes an array of feature microsites for various Army topics and themes. Chief among those are the "Valor" pages for individual

Army Medal of Honor recipients. There are more than 20 of those on the site.

Army.mil also hosts dozens of other microsites categorized as "Events" for things like the Best Ranger Competition, or Best Warrior Competition; "Heritage" for topics like D-Day, Battle of the Bulge, or the Korean War; and "Resources" for things like Army values; the Ready and Resilient campaign; and Army uniforms, symbols and insignia.

Great Teamwork

Maj. Charlene LaMountain, chief of the Army's Online and Social Media Division, manages both Army.mil and the Army's social media efforts. She said the Army.mil team has done an exceptional job of development of the new Army.mil site, all while keeping Army priorities at the forefront.

"They've done their research," LaMountain said. "The Army.mil team has put a lot of effort into delivering a great new website that shares the Army's story, and we are really proud of the result."

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PHOTO BY LISA R. RHODES

Capt. Justin Hosford of the 7th Intelligence Squadron works on a stationary bicycle at Murphy Field House. The facility offers 24-hour access for registered patrons.

Murphy Field House's 24/7 access a success

By LISA R. RHODES
Staff Writer

Since Murphy Field House launched 24/7 access in April, about 300 people have registered to use the facility. As of last week, 216 people have used the facility more than once a week.

Lauren Williams, director of sports, fitness and aquatics at Gaffney Fitness Center, said the tracking of patrons at the facility is done through the Brivo system, which reads patron's fingerprints for access. The tracking is conducted during the facility's unmanned hours from 9 p.m. to 5 a.m. The reader is able to track the time a patron enters the facility.

Murphy Field House is open to all eligible DoD ID cardholders ages 18 and older. Cameras are set up throughout the facility, except for locker rooms and restrooms.

Williams said that when the facility is manned during the hours of 5 a.m. to 9 p.m., IDs are checked by the eight-member staff.

"As the weeks have gone on, the majority of the users are return users," Williams said. "We don't know if they were also using the facility during the manned hours."

Murphy's move to a 24/7 access facility is due to Fort Meade's participation in the DoD's Healthy Base Initiative, which ended last summer.

HBI was a pilot project focusing on 14 Army installations throughout the DoD. The purpose of the project was to examine and evaluate specific initiatives and their ability to improve nutritional choices, increase

physical activity, reduce obesity and decrease tobacco use.

Round-the-clock access helps to accommodate patrons' duty schedules, said Williams. "There are many employees on Fort Meade who work shift work and are unable to utilize Gaffney Fitness Center or Murphy before the gyms close," she said. "Now that there is a facility where patrons can go after the main gyms close, many of the registered users have said that this is the reason that they are signing up."

Williams said the hours between 2:30 a.m. and 5 a.m. seem to be the busiest for the facility. "Many have said that they are registering so that they can work out earlier, they can get to work earlier," she said.

To reduce the risk of injuries and accidents, no sports or usage of free weights is allowed during the unmanned hours.

For safety reasons, Williams said an accordion locked door was installed to keep patrons out of the free weights area between 9 p.m. and 5 a.m.

To use the facility during 24/7 access, patrons must register at the administrative office at Gaffney Fitness Center.

"As word is spreading, more people are coming into the office to register," Williams said.

Spc. Kiandre Blunt of the 704th Military Intelligence Brigade said he usually works out at the facility between 4 and 8 p.m., but the 24/7 access is a definite benefit.

"As soon as people get off from work, they like to rush to the gym to workout," Blunt said. "But the fact that it's open 24 hours, you can come and workout whenever you want."

A MOMENT IN TIME

Military shares a sweet history with M&M's

BY ALAN H. FEILER
Staff Writer

"Melts in your mouth, not in your hand."

That catchphrase is familiar to generations of candy aficionados around the world as the quirky slogan for M&M's. Those tasty, colorful pellets of sweetness this year are celebrating their 75th anniversary.

But what a lot of people don't know is that the beloved M&M droplet got its big start on the eve of World War II, largely thanks to the U.S. military.

Forrest Mars Sr. was the son of Frank C. Mars, the man who invented the Milky Way bar and the proprietor of Mars Inc. After not seeing eye to eye with his dad on business matters, Mars relocated to Great Britain in the early '30s and began manufacturing for Mars for military personnel there.

During the Spanish Civil War, Mars reportedly met returning warriors who were consuming unusual rations — little chocolate beads encased in a solid sugar shell. At that time, chocolate sales usually plummeted during the sweltering summer months because of melting. (Remember, these were the days before air conditioning.)

So the enterprising Mars developed a similar product that defied hot temperatures. After returning to the U.S., he contacted Bruce Murrie, the son of a Hershey executive, to join him in a new business venture — the prototype for M&M's.

In retrospect, Mars and Murrie can be viewed as visionaries. Watching World War II raging in Europe and foreseeing a shortage of chocolate and sugar, they pursued an ongoing supply of resources for the new candy concept.

They called it M&M's, after Mars and Murrie. The chocolate used for the candies was originally manufactured by Hershey.

Eight months before the Japanese attack on Pearl Harbor, the candy entrepreneurs were granted a manufacturing patent and began producing M&M's in Newark, N.J. The button-shaped candies were originally sold in cardboard tubes, covered with red,



PHOTO BY STEVE ELLMORE

When the U.S. entered World War II, M&M's were sold exclusively to the military and were included in service members field rations.

orange, yellow, green, brown and violet coatings.

After the U.S. entered the war, M&M's — being heat-resistant, high-energy and easily transportable — were sold exclusively to the military and included in C-rations.

Needless to say, when the war was over, the returning Soldiers were highly addicted to the tiny, crunchy double-M fellas.

"We owe a lot to the military because when a lot the Soldiers came back home, they missed the M&M chocolate candies," Tim LeBel, sales head of Mars Chocolate North America, recently told *Military Times*. "They were looking for it in the States, so we started to begin to sell to consumers in 1947."

With the cessation of wartime quotas, M&M's were made available to the general public, Mars eventually bought out Murrie's shares in the company and became sole owner of the brand.

The ubiquitous brown bag packaging with the "M" imprint was produced in 1948. Peanut M&M's were introduced six years later.

By 1956, M&M's were the most popular candy brand in the U.S. Eight years later, Mars absorbed the M&M's line into his family's principal company.

M&M's became the first candy to rocket into space when the brand was taken aboard NASA's maiden space shuttle Columbia in 1981, as requested by

the crew. M&M's were also the official snack of the 1984 Olympics in Los Angeles.

Today, M&M's are universally popular and beloved by consumers of all ages, with sales exceeding \$30 billion. They are sold in as many as 100 countries, and more than 400 million M&M's — in a multitude of flavors and colors — are produced daily in the U.S.

(By the way, in case you're remotely curious, an average bag of plain M&M's is reportedly 30 percent browns; 20 percent yellows and reds; and 10 percent greens, oranges and blues.)

M&M's World specialty shops thrive in New York, Las Vegas, and London, as well as other locations, promoting the brand and its products (and TV "spokescandy" characters) to new generations of sweets lovers.

In addition, several M&M's-themed video games have been created since the early 1980s.

When he died in 1999 at the age of 95, Forrest Mars Sr. amassed a fortune of \$4 billion and was ranked 30th on *Forbes'* annual list of the richest Americans. (His sons Forrest Jr. and John were listed 29th and 31st, respectively.)

This year, in light of its diamond anniversary, M&M's introduced 12 lines of retro packaging reminiscent of the WWII-era tubes. The company is also donating \$750,000 to Operation Gratitude for inclusion in care packages to service members, veterans and military families.

"For 75 years, our fans have made M&M's the iconic and beloved chocolate brand it is today," said Berta de Pablos-Barbier, vice president of marketing for Mars Chocolate North America. "We aren't satisfied with solely looking back on our history as America's favorite chocolate candies."

"We are looking to the next 75 years of innovation and transformation to engage, entice and excite consumers of today and tomorrow."

Editor's note: For more information about M&M's and Operation Gratitude, visit signup.operationgratitude.com/mars.

Five fun facts

- When approached by Steven Spielberg about product placement in his 1982 classic "E.T.," Mars passed on M&M's being featured in the scene in which young Elliott lures the reticent alien out of a forest.

- Instead, Reese's Pieces were used in the scene. It's still not clear why Mars opted out, but sales of Reese's Pieces skyrocketed after the film's debut.

- Van Halen singer David Lee Roth once revealed that the rock band used to insist in their contracts that venues provide M&M's backstage with all of the brown ones removed. Roth said the stipulation was not a case of rock star indulgence, but a test to determine if venues were organized or attentive enough to the band's needs that security and sound specifications were met. If the band found any brown M&M's, they would immediately vacate the venue, sometimes not before trashing the joint;

- M&M's have been used in dietary studies aimed at exploring Americans' eating habits. One study showed that participants given a wider range of colors ate more than those given a limited range. Another study showed that imagining eating M&M's before having access to the candies reduced the quantity consumed.

- M&M's beloved phrase "Melts in your mouth, not in your hand" is the fourth most popular commercial slogan ever, according to a May 2014 study. It trails behind "Have it your way" (Burger King); "I'm lovin' it!" (McDonald's); and Nike's "Just do it!"

- In the 1970s, production of red M&M's was discontinued because Red #2, a particular type of dye, was linked to cancer and banned by the Food and Drug Administration. M&M's never actually used Red #2, but Mars stopped including red M&M's to avoid controversy. In the 1980s, a satirical campaign gained international attention and support, and red M&M's were eventually reintroduced by Mars.

--A.H.F.

Respecting 'Old Glory'



PHOTO COURTESY DEFENSE INFORMATION SCHOOL

Marines from Marine Detachment Fort Meade secure the flag during a Retreat ceremony at McGlachlin Parade Field. The Marines are students at the Defense Information School who take charge of Reveille and Retreat ceremonies for Fort Meade. The flag is raised every morning on the first note of Reveille and lowered in the evening at the first note of Retreat.

Story Time



PHOTO BY ANGIE STREETS

Garrison Command Sgt. Maj. Rodwell L. Forbes meets with therapy dogs at "Storytime with Condi and Shea" June 9 at the Potomac Place library. The program, sponsored by the Exceptional Family Member Program, includes books with interactive elements, making the story more accessible for children of all ages. "Storytime" will resume Sept. 8.

Stop telemarketers with Do Not Call Registry

BY JANE M. WINAND
Legal Assistance Attorney

You had a hard day at work and you settle in front of the TV to relax. The phone rings and you have a pleasant gentleman on the line offering you solar panels. You politely decline and hang up.

As you settle back in your easy chair, the phone rings again and a person starts a sales pitch for carpet cleaning. Once more you politely refuse and hang up.

You barely get the phone in the cradle before it rings again. This time the offer is for computer repair.

What does it take to make these telemarketers stop calling you?

You can reduce the number of unwanted sales calls by signing up for the National Do Not Call Registry. Most legitimate companies will not call your phone number after it is on the registry.

If a company is ignoring the registry, you may file a complaint with the Federal Trade Commission.

Add your phone number to the registry online or free at donotcall.gov or by calling 1-888-382-1222 from the phone that you want to register.

If you register online, a confirmation email will be sent to you. Within 72 hours you must click on the link in the email to complete your registration. Your phone number will show up on the registry the next day. Most sales calls will stop once your number has been on the registry for 31 days.

You can verify that your number is on the registry by visiting donotcall.gov or calling 1-888-382-1222.

However, entering your phone number into the registry will only stop sales calls. You will still receive calls concerning debt collection, charitable solicitations, political campaigns and telephone surveys. Also, companies with which you have recently done business may still call you.

If you sign up for the registry and continue to get unwanted sales calls, the FTC recommends that you not interact in any way such as by pressing buttons to talk to a live person. Simply hang up and file a complaint with the FTC at ftc.gov or call 1-888-382-1222.

Because of the high volume of complaints, the FTC is not able to respond directly to every consumer.

The last few years have seen an increase in illegal calls directed at phone numbers included in the registry. Phone systems

operated through the internet may allow scammers to make illegal calls from anywhere in the world and to display fake call identification. These scammers are difficult for law enforcement to trace.

Despite the enforcement challenges, the FTC has sued hundreds of individuals and companies for violating the registry and has obtained more than one billion dollars in judgments against these violators. Those who violate the registry can be fined up to \$16,000 per call.

Telephone numbers on the registry do not expire. However, if a phone is disconnected or reassigned to a new user, the number is automatically removed from the registry.

You also may take your phone number off of the registry by calling 1-888-382-1222 from the telephone number that you want to delete. Your number will be off the registry the next day, and telemarketing lists will be updated within 31 days.

For more information about the Do Not Call Registry, email the FTC at dncconsumersinquiry2@ftc.gov.

For assistance with legal matters, schedule an appointment with a Fort Meade Legal Assistance attorney at 301-677-9504 or 301-677-9536.

COMMUNITY CRIME WATCH

COMPILED BY FORT MEADE
DIRECTORATE OF EMERGENCY
SERVICES

June 2, Larceny of private property: Person(s) unknown removed a blue-green, 24-inch, 18-speed Roadmaster girl's mountain bike, while it was unattended and unsecured, from the front porch of the victim.

June 7, Larceny of private property: An unknown person by unknown means took two bicycles, which were unattended and unsecured in the victim's backyard. The bicycles taken were a silver and purple Schwinn GTX 3 Hybrid, and a black and orange Lespo mountain bike.

For week of June 6-12

Moving violations: 22
Nonmoving violations: 0
Verbal warnings for traffic stops: 59
Traffic accidents: 5
Driving on suspended license: 1
Driving on suspended registration: 0
Driving without a license: 0

'Earn Your Cake' campaign commemorates 241-year-old heritage

BY ARMY PUBLIC AFFAIRS

The U.S. Army kicked off the "Earn Your Cake" campaign on June 7, with Sgt. Maj. of the Army Daniel A. Dailey encouraging troops to join him in celebrating the Army's 241st birthday by completing a physical fitness activity and posting it on social media to highlight the importance of a healthy lifestyle in the Army.

"PT might not be the most important thing you do that day, but it is the most important thing you do every day in the Army," Dailey said.

The #EarnYourCake campaign is a social media-based effort to encourage physical fitness activities among Soldiers, their families, civilians and supporters in conjunction with the Army's birthday celebrated Tuesday.

"Functional fitness is an integral part of Army readiness and contributes to the successful execution of our missions," Undersecretary of the Army Patrick J. Murphy said.

All members of the Army family are encouraged to upload photos, videos and comments using the #EarnYourCake on Facebook, Instagram, and Twitter to show how they will earn their cake in celebration of the Army's 241st Birthday.

"In the Army, we don't just get to eat cake. You got to earn it," Dailey said. "And you do that through good, realistic, tough, demanding physical fitness training."

An average piece of chocolate cake with chocolate frosting contains roughly 240 calories, and would require about 25 minutes of running at a 10-minute per mile pace to burn off that piece of



DON WATKINS

Soldiers are encouraged to celebrate the Army birthday by completing a physical fitness activity and posting it on social media to promote the importance of a healthy lifestyle.

cake.

For more information about the history of the Army and Army birthday events around the world, visit www.army.mil/birthday/ or contact Wayne Hall at wayne.v.hall.civ@mail.mil.

"In the Army, we don't just get to eat cake. You got to earn it. And you do that through good, realistic, tough, demanding physical fitness training."

Sgt. Maj. of the Army Daniel A. Dailey



NOAH SCIALOM

Service members run and chant PT songs during a Joint Services Installation Run at Fort Meade.

Happy birthday!

Post celebrates Army's 241st

BY LISA R. RHODES
Staff Writer

Fort Meade observed the Army's 241st birthday with reflections on the Vietnam War.

In his speech, retired Col. Bert Rice spoke about his two tours in Vietnam and how the anti-war sentiment affected those who served.

"This chance today and the chance I've had in recent years of getting up and to just talk about my experiences, deep down for me has been helpful," said Rice, who retired as Fort Meade's former director of transformation on May 31.

The 90-minute birthday breakfast, held Tuesday morning at Club Meade, was hosted by the Francis Scott Key chapter of the Association of the United States Army.

Retired Sgt. Maj. Jim Gilbert, president of the chapter, greeted the audience of service members and civilians.

"This is a special day," he said.

The Defense Information School Col- or Guard posted and retired the colors. Master Sgt. Laura Lesche of the U.S. Army Field Band sang the national anthem. Garrison Chaplain (Col.) Warren Kirby gave the invocation.

Following tradition, Fort Meade's oldest Soldier, retired Lt. Col. Alfred Shehab, 96, and Pfc. Daniel Perales, 19, of the U.S. Signal School Detachment and the youngest Soldier at the gathering, joined Garrison Commander Col. Brian P. Foley in cutting the Army birthday cake.

After wishing the Army a "happy birthday," Foley commented on the diversity of the military force at Fort Meade.

"When I look out into the crowd, I'm reminded of what a wonderful and diverse community that Team Meade really is," he said.

Foley noted Rice's decades of military and federal service as a decorated helicopter pilot in Vietnam, an elected official for Anne Arundel County and a public servant at Fort Meade.

Rice, who served in Vietnam from 1965 to 1966 and 1967 to 1969, shared how painful it was for veterans to return



PHOTOS BY PHIL GROUT

Celebrating the 241st birthday of the Army are retired Sgt. Maj. Jim Gilbert (left), Pfc. Daniel Perales of the U.S. Signal School Detachment, Garrison Commander Col. Brian P. Foley and retired Lt. Col. Alfred Shehab at the birthday breakfast held Tuesday morning at Club Meade.

home to a nation that seemed ungrateful.

"For many, it was difficult to accept this unusual treatment given the pride that we always had in our country," he said.

Rice emotionally recounted stories about the bravery and commitment of his war buddies and how sharing memories of the war is cathartic.

"I'm very proud of my service to the nation and during the Vietnam War," he said. "We were in Vietnam for the right reason — to control the spread of communism. ... Our nation is now providing much better support to our service members and their families as they should do."

After his speech, Gilbert presented Rice with a paper weight engraved with the words: "Once a Soldier, Always a Soldier."

Upon accepting the gift, Rice said: "To my dying day, I'm a Soldier. Hooah!"



Retired Col. Bert Rice, Fort Meade's former director of transformation, recounts his experiences as a helicopter pilot in Vietnam.

Fort Meade runs to celebrate Army Birthday

FORT MEADE PUBLIC AFFAIRS OFFICE

Fort Meade's annual Army Birthday 5K run was held Saturday morning starting at the Pavilion.

Sponsored by the Directorate of Family and Morale, Welfare and Recreation, the race included a 1-mile walk and was open to the public.

■ Top three male finishers:

Overall winner Garrison Commander Col. Brian P. Foley, 18:40; Nathan Tousley, 19:58; and Justin McDowell, 20:16.

■ Top female winners:

Nikki Pruett, 22:03; Alex Szkotnicki, 22:20; and Amy Runner, 22:30.

The next race in the Fort Meade Run Series is the Football Fanfare 5K on Sept. 17 at 8 a.m. at Constitution Park.



Garrison Commander Col. Brian P. Foley awards 40-year-old runner Nikki Pruett, the top female finisher, after the annual run.



Participants of all ages move along the route of the annual Army Birthday 5K run and 1-mile walk on Saturday morning.

PHOTOS BY DANIEL KUCIN JR.



Overall winner Garrison Commander Col. Brian P. Foley takes a bow as Command Sgt. Maj. Rodwell L. Forbes presents him with his award.



Runners Joel and Brooke Whiteside and their son Bryce get a helping hoof from the Chick-fil-A cow before the run.

SPORTS SHORTS

Fort Meade Run Series

The 2016 Fort Meade Run Series offers themed races through December.

Each race, sponsored by Fort Meade's Directorate of Family and Morale, Welfare and Recreation, includes a 1-mile walk.

All runs start at 8 a.m. and are open to the public.

- Football Fanfare 5K: Sept. 17, Constitution Park

- Ghosts, Ghouls & Goblins 5K: Oct. 22, Pavilion

- Turkey Trot 5K: Nov. 19, Murphy Field House

- Reindeer Run 5K: Dec. 10, Murphy Field House

Registration fee is \$25 per person and \$60 per family of three to six people.

Register online at meade.armymwr.com/us/meade/programs/run-series.

For more information, call 301-677-3318.

Gaffney lower level closed

The downstairs (basement) level at Gaffney Fitness Center is closed through Friday for flooring repairs.

The Combative room and punching bag room are closed during this time.

Spin classes are canceled during this time.

Several aerobics classes have relocated to Murphy Field House. Others are canceled per the instructor.

See the adjusted aerobics schedule for relocated classes and times.

During the duration of the project, classes relocated to Murphy Field House are free of charge.

For more information regarding the aerobics program, call Sylvia at 301-677-2349.

Construction notice for Gaffney

Due to a delay in contractor base access, the basement project at Gaffney Fitness Center has been postponed.

New dates will be posted.

Once the project begins, certain classes will be moved to Murphy Field House and will be offered at no charge during the duration of the basement project.

For more information, call 301-677-3716 or 301-677-3867.

Now hiring: lifeguards, water safety instructors

The Directorate of Family and Morale, Welfare and Recreation is hiring lifeguards at the rate of \$11 per hour and water safety instructors at \$13 per hour at Gaff-

ney Fitness Center.

DFMWR provides flexible schedules and offers year-round employment opportunities.

Apply online at usajobs.gov.

For more information, call 301-677-7916 or go to meade.armymwr.com.

Youth baseball camp

Baseball camp for ages 6 and older will be offered July 5-8 from 9 a.m. to noon at the Youth Sports Complex.

Cost is \$85.

Registration will be conducted through June 24 through Child, Youth and School Services.

For more information, call 301-677-1149.

Youth volleyball camp

Youth volleyball camp for children ages 6 and older will be offered July 11-15 from 9 a.m. to noon at the Youth Center.

Cost is \$85.

Registration will be held through July 1 through Child, Youth and School Services.

For more information, call 301-677-1149.

Youth Sports registration

Registration is underway for summer and fall Youth Sports.

Cost for each six-week session is \$20. Spaces are limited.

Summer sports include:

- Ready, Set, Run: 5K Training for boys and girls ages 8-13: meets Mondays and Wednesdays or Tuesdays and Thursdays through Sept. 17

- Autobahn Team indoor cart racing for boys and girls ages 8-14: meets Tuesdays beginning Tuesday to July 26

- Beach Volleyball for boys and girls ages 9-14: meets twice per week beginning Monday to July 25

- NFL Flag Football for boys and girls ages 6-13: meets Friday nights from June 24-July 29.

Fall sports include: NFL Flag Football, NFL Flag cheerleading, volleyball, soccer, tennis and "Ready, Set, Run."

To register, go to the Youth Sports & Fitness Office, 1900 Reece Road or go online to meade.armymwr.com.

For more information, call 301-677-1329 or 301-677-1179.

Intramural Ultimate Frisbee

Intramural Ultimate Frisbee is offered Monday to Thursday through June.

The free program is open to all active-duty service members assigned to Fort Meade.

Participants meet on the soccer field in the Mullins Field area, across from Gaffney Fitness Center.

For more information, call 301-677-3318 or go to meade.armymwr.com.

NEWS & NOTES

*The deadline for Soundoff! community "News and Notes" is **Friday at noon**. All submissions are posted at the editor's discretion and may be edited for space and grammar. Look for additional community events on the Fort Meade website at ftmeade.army.mil and the Fort Meade Facebook page at facebook.com/ftmeade.*

NEWS & EVENTS

New way to submit announcements

Community members can advertise their upcoming event, meeting or class on the *Soundoff!* community announcements page by visiting www.ftmeade.army.mil and clicking on the Press Center tab.

Once you are in the Fort Meade Press Center, click on PA services, story or promotion request and electronic inquiry form.

Inquiry forms should be submitted at

least two weeks before the date of the event, meeting or class.

VCC hours

The operating hours at the Delps Visitor Control Center are Monday to Friday from 7:30 a.m. to 9 p.m.

All individuals who do not have a DoD-issued identification card must go to the VCC for a day pass.

Visit the VCC at least 10 business days in advance to apply for a long-term access pass.

Visitors who arrive on post when the VCC is closed must be escorted on post by an authorized DoD cardholder. This includes weekends and federal holidays.

For more information, call the VCC at 301-677-1064.

To find out how to preregister, go to goo.gl/xyTzhg.

VCC closed Wednesday morning

The Delps Visitor Control Center will be closed for staff training on Wednesday

Ramadan Iftar Friday



FILE PHOTO

The 7th Annual Fort Meade Ramadan Iftar, hosted by the Fort Meade garrison commander and the Fort Meade Muslim community, will be celebrated Friday from 7:30-9:30 p.m. at Argonne Hills Chapel Center, 7100 Rockenbach Road.

The keynote speaker is Sandy Stanar-Johnson, director of the National Security Agency's Equal Employment Opportunity and Diversity office. Doors open at 7 p.m. Food will be served at 8:40 p.m.

RSVP via email to chad.t.jones.civ@mail.mil.

Families are invited. Provide full name of all attending family members. For more information, call Chad Jones at 301-677-1301; Hanif Sangi at 703-945-7172; or Hassaan Mansoor at 586-438-1985.

from 7:30 a.m. to 1 p.m.

If you require access during this time, proceed to the vehicle inspection station by following the perimeter road behind the VCC.

For more information, call the VCC at 301-677-1064.

Kimbrough/Tricare briefing

A Kimbrough/Tricare Community Education Outreach Brief will be held today at 11:30 a.m. at McGill Training Center, 8452 Zimborski Ave.

The discussion topic is "Tricare Choices for College Students and Young Adults."

For more information, call Kimbrough at 301-677-8800.

780th MI change of command

Col. William J. Hartman will relinquish command of the 780th Military Intelligence Brigade to Col. John D. Branch on Friday at 9:30 a.m.

The change-of-command ceremony will take place on Soccer Field #1, located at the corner of Chamberlin Avenue and 4th Street.

In inclement weather, the ceremony will be held at the DeKalb Reserve Center, 1251 Annapolis Road (Route 175).

48th CSH change of command

The 48th Combat Support Hospital, a Reserve unit at Fort Meade, will conduct a change of command on Saturday at 11 a.m. at McGlachlin Parade Field.

Col. Erik J. Kirchen will assume command from Col. Gregory A. Kolb, who has served as commander since June 2014.

MPT Vietnam Veteran Salute

Maryland Public TV "LZ Maryland" Vietnam Veteran Salute will be held Saturday from 10 a.m. to 10 p.m. and Sunday from 10 a.m. to 3 p.m. at the Maryland State Fairgrounds, 2200 York Road, Timonium.

The two-day event is a welcome home and salute to Vietnam-era veterans from the greater Maryland region.

The public is invited.

Admission cost \$5 for ages 12 and older, and is free for all veterans, active-duty service members and Gold Star families.

One ticket covers the entire weekend with admission to all ceremonies, display areas and concerts featuring The Association, The Lovin' Spoonful, The Motortown All-Stars & Bob Hope USO-style Show.

The event will feature a Memorial Chair Ceremony, Honor Ride, R&R Family Zone, Reunion Lounge, Writers Hooch of Vietnam authors, obstacle course and movie screening room.

The LZ Maryland Mess Hall features classical festival fare, traditional Vietnamese cuisine, and alcoholic and non-alcoholic beverages.

Red, White & Blue Celebration



FILE PHOTO

Fort Meade's annual Red, White, & Blue Celebration will be held July 1 from 4-9:30 p.m. at McGlachlin Parade Field.

The free event is open to the public.

The early Independence Day celebration features food and novelty vendors from 4-9 p.m., and free children's rides including a kiddie train, moon bounces and other inflatables, and a zip line. from 4-8 p.m.

Performers include acoustic guitarist Jared Mahone from 4-6:30 p.m., and the rock and pop band Til September from 7-9 p.m.

The fireworks spectacular, fired from Constitution Park, begins at 9:30 p.m. Pets, sparklers and glass containers are strictly prohibited. Grills only permitted on asphalt areas.

For more information. go to meade.armymwr.com.

For more information, go to vietnam.mpt.org/lzmaryland or call 410-581-4250.

Research study

Johns Hopkins University is researching individuals with military experience to assess performance on military-relevant training tasks.

Study location is at 11100 Johns Hopkins Road in Laurel.

Participants will complete computer-based, decision-making and military-relevant tasks. Sensors will be used to measure signals from your body like heart rate and skin conductance.

Total time commitment is approximately four to five hours for one day.

Participation is voluntary. No remuneration is provided.

Healthy adults ages 21-50 may participate if all of the following criteria are met:

■ Served within the past five years or are currently serving on active duty in the U.S. Army

■ Held or currently hold the rank of E-5 (sergeant), E-6 (staff sergeant) or E-7 (sergeant first class); O-2 (1st lieutenant), O-3 (captain) or O-4 (major)

■ Served or currently serve in an Army combat arms, military occupation specialty

■ Held a leadership position commensurate with rank

■ Have basic English proficiency

■ Can use a computer and type to communicate a message

■ Willing to participate in a telephone screen

For more information, call 240-228-2250 or 443-778-2250 or email SpearStudy@jhuapl.edu.

Latin Night

Celebrate Latin Night at the Brass Lounge on June 24 from 7 p.m. to midnight at Club Meade.

The Brass Lounge offers food and drink specials.

The nightclub ambience features a disc jockey playing salsa, bachata, merengue,

cumbia and reggaeton.

There is no cover charge.

The event is open to all ranks and services and civilian employees.

For more information, call 301-677-6969.

Water flushing continues

American Water's annual Water Main Flushing Program continues on post through June 24.

The purpose of the program is to provide the best quality water available to customers by removing any buildup of sediment that may have occurred in the water lines.

Flushing may result in some temporary discoloration and the presence of sediment in the water. These conditions are not harmful and should be of very short duration.

During the hours between 8 a.m. and 4 p.m., limit your use of water to help prevent discolored water reaching service lines to your residence.

If you notice an increase in discolored water at your residence, flush all faucets inside for 15 minutes. If the water does not clear up, contact the Water Treatment Plant at 443-591-0909.

This number is monitored daily 24/7.

Areas that may be affected from planned flushing through June 24 are:

- Llewellyn Avenue
- Cooper Avenue between Mapes Road and Llewellyn Avenue
- Mapes Road between Hawkins Drive and Cooper Avenue
- English Avenue
- Paradise Field Lane
- Upton Avenue
- Washington Avenue
- Buckner Avenue
- Butler Street
- McKay Street
- Croft Place
- Estridge Avenue
- Faith Drive
- Hartel Street
- Gardner Lane
- Shea Loop

Streets adjacent to Mapes Road and Llewellyn Avenue may see a temporary change in their water during flushing activities.

Signs will be posted ahead of any flushing activities to notify customers of flushing activities.

Farmers market

The Fort Meade Farmers Market is open Wednesdays from 10 a.m. to 2 p.m. through Oct. 12 at the Pavilion.

Pick up local produce or fresh baked goods, eat lunch at one of the seven food trucks and browse the assortment of vendors.

The farmers market is open to the public.

See **NEWS & NOTES**, page 14

NEWS & NOTES, *From page 13*

Individuals without DoD-issued ID cards must obtain a Fort Meade gate access pass from the Dumps Visitor Control Center, 902 Reece Road.

Frequent visitors are encouraged to preregister for a long-term pass. You will need your driver's license or approved photo ID and be asked to provide your Social Security number at the VCC.

For more information, call 301-677-3579 or 301-252-8688.

'Wing-It Thursdays'

The Brass Lounge at Club Meade offers "Wing-It Thursdays" every Thursday in June from 4-8 p.m. to all ranks and services, and DoD ID cardholders.

Cost is 50 cents each. Dine-in only. Carry-out is not available.

For more information, call 301-677-6969 or go to meade.armymwr.com.

Outdoor Barbecue Wednesdays

The Lanes at Fort Meade offers Outdoor Barbecue Wednesdays.

Cost is \$9.

Menu features hog dogs, hamburgers or sausage on Wednesday and ribs or chicken on June 29.

For a complete menu or more information, call 301-677-5541 or go online at meade.armymwr.com.

LTS hours

Leisure Travel Services, located at 6530B York Ave. in the Arts & Crafts Center, has new operating hours.

LTS is now open Mondays through Fridays from 9 a.m. to 5 p.m. and Saturdays from 9 a.m. to 1 p.m., and does not close for lunch.

The office is closed on federal holidays.

For more information, call 301-677-7354.

International menu at Club Meade

Club Meade is open for lunch service on Tuesdays, Wednesdays and Thursdays from 11 a.m. to 1:30 p.m. and now offers a variety of international-themed buffets that vary daily.

Menu includes French buffet today.

Cost is \$7.95 for members and \$8.95 for nonmembers.

For more information, call 301-677-6969.

Bike gate pass

To obtain a bike gate pass for the Pepper Road gate, call Joseph R. Shinskie, chief of physical security at the Directorate of Emergency Services, at 301-677-6618 to schedule a date to pick up the pass.

Passes will be available for pickup within two days.

EDUCATION

Financial, Employment Readiness

Joint Services offers workshops and briefings by Army Community Service at the Community Readiness Center, 830 Chisholm Ave., and the Navy Fleet and Family Support Center at 2212 Chisholm Ave., unless otherwise noted.

The free classes are open to active-duty service members and family members, DoD civilian employees and retirees.

Registration is required for each class.

To register, go to fortmeadeacs.checkapointments.com or call 301-677-5590.

For more information, call 301-677-9871.

Military

• Pre-Separation Brief: Today, 9-11:30 a.m., FFSC

• Pre-Deployment Brief: Today, 10-11:30 a.m., FFSC

• TGPS (Transition, Goals, Plans, Success) Workshop: Mnday to June 24, 8 a.m. to 4 p.m., FFSC

• TGPS: Career Technical Training: Wednesday and June 23, 8 a.m. to 4 p.m., FFSC

Financial

• Home Buying: Tuesday, 9 a.m. to noon or 1-4 p.m., ACS

• Consumer Awareness: June 28, 9-11 a.m., ACS

Program focuses on deterring, detecting and defending against consumer fraud in the marketplace.

• First-Term Financial Readiness: June 28, 8 a.m. to 4 p.m., ACS

This online course is required for all first-term service members and can be completed at your own pace.

Employment

• Salary Negotiation: Today, 9 a.m. to noon, ACS

• Social Media for Job Seekers: June 28, 9 a.m. to noon, ACS

Find out ways to effectively use social media to find jobs and market yourself.

For more information, call ACS at 301-677-5590 or FFSC at 301-677-9017/9018.

YOUTH

Summer Reading Program

The Summer Reading Program runs from June 28 through Aug. 19 at the Children's and Young Adult Library at Kuhn Hall, 4415 Llewellyn Ave.

The free program, which is open to all ages, is held Tuesdays through Fridays at 10 a.m. or 2 p.m.

This year's theme is "Read For The Win."

The last day for turning in the "Reading Log" or to collect prizes is Aug. 19.

For more information, call 301-677-5677.

Vacation Bible School

Vacation Bible School, for ages 4 through sixth grade, will be held Aug. 8-12 from 9 a.m. to noon at Argonne Hills Chapel Center, 7100 Rockenbach and Grandea roads.

Registration is open to the first 130 children.

Registration closes July 1.

Register online or at registration tables set up at both the Chapel Center and the Main Post Chapel.

To register online, go to www.groupvbspro.com/vbs/ez/ftmeadevbs2016.

For more information, call Marcia Eastland at 301-677-0386 or 301-677-6035.

Missoula Children's Theatre

The Missoula Children's Theatre returns to Fort Meade Aug. 1-6.

This performing arts residency program, hosted by SKIES Unlimited, gives children the opportunity to audition, rehearse and perform on stage.

Cost is \$35 for ages 5-7 and \$55 for ages 8-18. T-shirt is included in the fee.

Registration is required and will take place through July 8 at Parent Central Services, 909 Reece Road.

For more information, call 301-677-1149.

Teen Center events

The Teen Center offers the following activities in June:

• Paint & Snack: Today, 4 p.m.

Learn to paint or practice your skill with a guest artist.

• For or Against Tug-o-War: Today, 4 p.m.

• Gaming Tournaments: Wednesdays, 4 p.m.

Each week's tournament features a different game.

For more information, call 301-677-6054.

Babysitter's Certification Course

A Babysitter's Certification Course will be offered June 30 and July 1 from 9 a.m. to 4 p.m. at the School Age Center.

The free course, for ages 12 and older, also will provide first aid and CPR certification.

Registration is required by Friday. Spaces are limited.

For more information or to register, call 301-677-1156 or 301-677-1149.

Youth Center events

The Youth Center offers a variety of activities for students in grades six to eight.

• 8th Grade End-of-Year Party: Today, 6 p.m.

Celebrate the completion of middle school with music, games, refreshments, door prizes, rewards and recognitions.

• Father Figure Day: Today, 6:30 p.m.

Dads are invited to an evening of wings, basketball games and contests.

• Young Leaders Club, for grades six to eight, begins June 20 and meets Mondays and Wednesdays from 3:30- 4:30 p.m.

This club provides learning experiences to build leadership skills. Participants will go on field trips, see guest speakers and help the community.

• Robotics Club, for grades six to eight, begins June 21 and meets every Tuesday and Thursday from 4:30- 5:30 p.m.

Learn to build your own robot. Go on field trips and celebrate accomplishments with a monthly party.

For more information, call 301-677-1437.

RECREATION

Out & About

• **Annapolis Shakespeare Company** performs parodies of the playwright's works Tuesdays at 7:30 p.m. through Sept. 27 in the Outdoor Courtyard at Reynolds Tavern, 7 Church Circle, Annapolis. Cost is \$30. For more information, call 410-752-8558.

• **Anne Arundel County Library** will offer several activities on Saturday for Father's Day:

"Father's Day Make and Take Craft" will be held at 10 a.m. at Broadneck Community Library.

"Happy Father's Day Storytime" will be held at 10 a.m. at Edgewater Community Library.

Dads and grandfathers are invited to a special storytime with books, songs and a craft in their honor.

"Dad and Me Storytime" will begin at 2 p.m. at Maryland City at Russett.

Dads, grandpas, other extraordinary men and their children will have fun while they read, laugh, play and craft together.

"Father's Day Crafts" will be held at 1 p.m. at Odenton Regional Library.

Make a card, paper picture frame or bookmark for dad, grandpa or someone special.

For a complete list of library events, go to www.aacpl.net/events.

• **Laurel Historical Society's Rube Goldberg Camp** for children entering third to fifth grade will be held July 25-28 from 9-11 a.m. at 817 Main St. in Laurel.

The free STEM-oriented summer camp will challenge youngsters to use recyclable materials to creatively solve a simple problem, such as turning off a light switch, through a series of steps in true Rube Goldberg fashion. The three best solutions receive prizes.

Preregistration is required. Spaces are limited.

For more information or to register, email info@laurelhistoricalsociety.org or call 301-725-7975.

• **Leisure Travel Services** will offer its

next monthly bus trip to New York City on July 23 from 7 a.m. to 11 p.m. Cost is \$60. Discounted tickets to attractions will be provided. For more information, call 301-677-7354.

• **Six Flags America** tickets are now available at Leisure Travel Services, located at 6530B York Ave.

For more information, call 301-677-7354.

• **BOSS Rehoboth Beach Weekend** in Delaware for all single service members will be held July 22-24. Only 30 spaces are available. Register early. Cost is \$75 and includes transportation and lodging.

To register or for more information, see your BOSS rep, call 301-915-5389 or email boss.ftmeade@gmail.com.

MEETINGS

• **Moms of Multiples Group** meets every first and third Thursday of the month from 1:30-2:30 p.m. at the Family Advocacy Program, 2462 85th Medical Battalion Ave. The next meeting is today. For more information, call 301-677-7823.

For more information, call retired Col. Jane Hudak at 301-319-2918 or email jane.l.hudak.ctr@health.mil.

• **Prostate Cancer Support Group** meets at Walter Reed National Military Medical Center in Bethesda on the third Thursday of every month. The next meeting is today from 1-2 p.m. and 6:30-7:30 p.m. in the America Building, River Conference Room (next to the Prostate Center), third floor.

Spouses/partners are invited. Military ID is required for base access. Men without a military ID should call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access.

• **Families Dealing with Deployment** meets the first and third Monday of every month from 5:30-6:30 p.m. at the Family Advocacy Program, 2462 85th Medical Battalion Ave. Children welcome. The next meeting is Monday.

The group is for families experiencing an upcoming or current deployment, or the service members who have recently returned from deployment. For more information, call 301-677-7823.

• **Daddy & Me** interactive playgroup for fathers with children ages 2-4 meets the first and third Monday of every month from 5-6 p.m. at the Family Advocacy Program, 2462 85th Medical Battalion Ave. The next meeting is Monday.

Children and their dads engage in activities conducive to improving social interaction, and cognitive and motor skills.

Space is limited. Registration is required for each session. For more information, call 301-677-4118.

• **Kritikos Toastmasters Club** meets on the first three Mondays of every month at 6:15 p.m. at Perry's Restaurant, 1210 Annap-

olis Road, Odenton. The next meeting is Monday.

The club offers an opportunity to service members and civilian residents in the Fort Meade community to improve their public speaking skills in a supportive environment.

For more information, go to 1686.toastmastersclubs.org or call 410-305-9190.

• **The Enlisted Association (TREA)** meets the third Tuesday of each month from 7:30-8:30 p.m. at the Potomac Place Neighborhood Center, 4998 2nd Corps Blvd. The next meeting is Tuesday.

For more information, visit trea.org or call Charles Green, the local chapter president, at 443-610-4252 or Otis Whitaker Sr., chapter secretary, at 443-306-1104.

• **Society of Military Widows** meets for brunch the third Tuesday of the month at 11 a.m. at Club Meade. The next meeting is Tuesday. For more information, call Betty Jones at 410-992-1123.

• **Single Parent Support Group** meets every second and fourth Monday of the month from 5:30-7 p.m. at School Age Services, 1900 Reece Road. Children welcome. The next meeting is June 27. For more information, call 301-677-7823.

• **Marriage Enrichment Group**, sponsored by Army Community Service, meets the second and fourth Monday of every month from 3-4 p.m. at the Community Readiness Center, 830 Chisholm Ave. The next meeting is June 27. For more information, call Celena Flowers or Jessica Hobgood at 301-677-5590.

• **Fort Meade E9 Association** meets the second Friday of every month at 7 a.m. in the Pin Deck Cafe at the Lanes. The next meeting is July 8.

The association is open to active, retired, Reserve and National Guard E9s of any uniformed service. All E9s in this area are invited to attend a breakfast and meet the membership. For more information, go to e9association.org.

• **Meade Branch 212 of the Fleet Reserve Association** meets the second Saturday of each month at 10 a.m. at VFW Post 160, 2597 Dorsey Road, Glen Burnie. The next meeting is July 8. Active-duty, Reserve and retired members of the U.S. Navy, Marine Corps and Coast Guard are invited. For more information, call 443-604-2474 or 410-768-6288.

• **Monthly Prayer Breakfast**, hosted by the Religious Support Office, is held the first Thursday of every month at 7 a.m. at Club Meade. The next prayer breakfast is July 7. There is no cost for the buffet. Donations are optional.

Menu features eggs, bacon, sausage, biscuits, gravy, grits, Danish pastries and fruit.

All Fort Meade employees, civilian and military personnel, and family members are invited. For more information, call 301-677-

6703.

• **Fort Meade First Class Petty Officer Association** meets the first Thursday of every month at 3 p.m. at The Lanes. The next meeting is July 7. All first class petty officers are invited. For more information, call PO1 Jennifer Wonch at 410-854-2763.

• **Exceptional Family Member Program** hosts "Sip and Share" on the first Thursday of every month from 9:30-10:30 a.m. at the Exchange coffee shop in the food court. The next get-together is July 7.

The event is designed to allow participants to share their stories to encourage and inform one another about resources available in the local community. For more information or to register, call 301-677-4779.

• **Meade Rod and Gun Club** meets the first Thursday of the month at 7 p.m. at Perry's Restaurant and Odie's Pub at 1210 Annapolis Road, Odenton, in the banquet hall in back of the building. The next meeting is July 7. Dinner is served at 6 p.m. For more information, call Charisma Wooten at 240-568-6055.

• **National Alliance on Mental Illness of Anne Arundel County** offers a free support group for families with a loved one suffering from mental illness on the first Thursday of every month at 7 p.m. at the Odenton (West County) Library, 1325 Annapolis Road. The next meeting is July 7. For more information, visit namiaac.org.

• **Military District of Washington Sergeant Audie Murphy Club** meets the third Wednesday of each month from noon to 1 p.m. at the Joint Base Myer-Henderson Hall Dining Facility in Virginia. The next meeting is July 20.

All members and those interested in joining the club are welcome. For more information, contact Master Sgt. Erica Lehmkuhl at erica.lehmkuhl@us.army.mil or 301-833-8415.

• **Air Force Sergeants Association Chapter 254** meets the third Wednesday of every month from 3-4 p.m. in the auditorium of the Airman Leadership School, 8470 Zimborski Ave. The next meeting is July 20. For more information, call 831-521-9251 or go to AFSA254.org.

• **Moms Support Group** meets Thursdays from 9:30-10:30 a.m. at the Family Advocacy Center, 2462 85th Medical Battalion Ave. The group is for mothers of young children up to age 3. Mini playgroup included.

Topics include potty training, stages and development. Children are welcome. Registration is required. For more information, call 301-677-4118 or or email colaina.townsend.ctr@mail.mil.

• **Moms Walking Group**, sponsored by Parent Support, meets Thursdays from 8:30-9:15 a.m. at the Family Advocacy Program, 2462 85th Medical Battalion Ave. To register, call 301-677-3617.

MOVIES

The movie schedule is subject to change. For a recorded announcement of showings, call 301-677-5324. Further listings are available on the Army and Air Force Exchange Service website at www.aafes.com.

Movies start Fridays at 6:30 p.m., Saturdays at 6 p.m. and Sundays at 2 p.m. PRICES: Tickets are \$6 for adults (12 and older) and \$3.50 for children. 3D Movies: \$8 adults, \$5.50 children.

Today through June 26

Friday & Sunday: "Money Monster" (R). A financial TV host and his producer are put in an extreme situation when an irate investor takes over their studio. With George Clooney, Julia Roberts, Jack O'Connell.



GRAMERCY PICTURES

Saturday: "Ratchet & Clank" (PG). When the galaxy comes under the threat of a nefarious space captain, a mechanic and his newfound robot ally join an elite squad of combatants to save the universe. With the voices of James Arnold Taylor, David Kaye, Sylvester Stallone.

June 24 & 26: "Neighbors 2: Sorority Rising" (R). When their new next-door neighbors turn out to be a sorority even more debaucherous than the fraternity previously living there, a married couple teams with their former enemy to bring the girls down. With Seth Rogen, Zac Efron, Rose Byrne.

June 25: "The Nice Guys" (R). A mismatched pair of private eyes investigate the apparent suicide of a fading porn star in 1970s Los Angeles. With Russell Crowe, Ryan Gosling, Angourie Rice.