

Soundoff!

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The band's all here

U.S. Army Field Band
celebrates seven decades
with anniversary concert **PG 10**

The U.S. Army Field Band is conducted by retired Col. Thomas Palmatier, the ninth commander of the Field Band, in a performance of "Summon The Heroes," a tribute to the Olympic athletes. The 90-minute concert, presented Saturday evening at Constitution Park, featured the participation of several Field Band alumni and past commanders who served as conductors for the Concert Band and Soldiers' Chorus.

PHOTO BY NATE PESCE

BACK TO SCHOOL

Insert helps kids,
parents be prepared

INSIDE

UPCOMING EVENTS

Today, 11:30 a.m.: Women's Equality Day observance - Club Meade
Wednesdays, 10 a.m.-2 p.m.: Fort Meade Farmers Market - Pavilion
Sept. 1, 10 a.m.-2 p.m.: Fort Meade Tech Expo - Club Meade
Sept. 1-2, 7 p.m.-6:30 a.m.: Suicide awareness walk/event - Gaffney

INSPIRING SUCCESS

CSM Forbes attends
youth learning event

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Soundoff!

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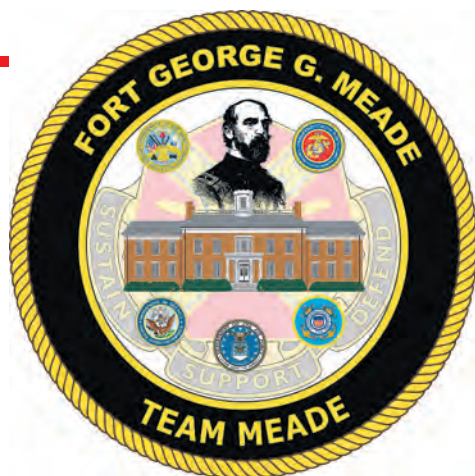
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COMMANDER'S COLUMN

'Leading change and overcoming obstacles' - Women's Equality Day

Fort Meade will welcome the new U.S. Army Assistant Chief of Staff for Installation Management Lt. Gen. Gwen Bingham for today's Women's Equality Day event at 11:30 a.m. at Club Meade.

The event sponsored by the U.S. Army Field Band will chronicle women's multiple contribution to our society and military.

Lt. Gen. Bingham personifies many of the achievements of American women throughout our nation's history and exemplifies the never-quit attitude of our greatest leaders of change. Lt. Gen. Bingham's career and life show great resilience in rising to one of the military's most powerful and influential positions.

One concept you will hear me speak about frequently is that of a crucible: A place or situation that forces people to change or make difficult decisions. Lt. Gen. Bingham's life and rise through the ranks personify what can happen when you face personal crucibles head-on and are willing to make tough decisions.

Our nation's history is rich with examples of female leaders who have overcome overwhelming cultural bias and ignorance to achieve success despite a lack of equality and fairness. Nationally renowned leaders like former Secretary of State Madeline Albright, and human rights activist, suffragette and veteran of the Civil War Harriet Tubman — to name a few — faced many crucibles and persevered through significant challenges to accomplish changes for the greater causes of equal and just treatment for woman and human kind.

Albright and Tubman, along with countless others, continue to fuel barrier-breaking achievements for greater equality and opportunities for women and everyone else in our military and government.

A recent achievement for our professional female service members occurred: Secretary of Defense Ash Carter's announcement late last year to open all military occupational specialties to women — including special operations occupations.

This historic change signifies great prog-



Garrison Commander Col. Thomas S. Rickard

ress and recognition of the sacrifices made by women in our most recent wars in Iraq and Afghanistan. The change comes as female service members have consistently demonstrated the ability to meet and exceed the standards set for our military forces.

Women deserve every opportunity to serve our nation in any capacity for which they are capable of meeting the requirements. Just recently, Maj. Lisa Jaster, an Army Reservist, became the third

woman to earn the Ranger tab. She joins two other women who have passed and exceeded the standards to wear the coveted tab. One of those women, Capt. Kristen Griest, is now assigned to one of our Ranger battalions and is the Army's first woman infantry officer.

These women personify the destruction of old barriers and allow women service members the ability to serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force parajumpers and every other job that was previously open only to men. There will be many more "firsts" exemplified by leaders such as Lt. Gen. Bingham, Air Force Gen. Lori Robinson, and Adm. Michelle Howard — leaders who continue to meet crucibles head-on and make us stronger in so many ways.

The sacrifices and courage of American women throughout our history inspire other women to conquer fears and conquer crucibles. That is the essence of the American spirit and the foundation of our military.

This is the kind of character we need to continue to have at Fort Meade as we strive to improve our ability to serve our nation. Never quit and always find a way to win. Let's share our thoughts, skills and abilities to strengthen our aptitude to achieve, despite the significant challenges in front of us.

We have a great road map for our way ahead and visibility from our higher headquarters. We maintain outstanding partnerships with our partner commands at Fort Meade and our community partners at the state, regional and local levels.

We are in a superior position to achieve great results for our nation and our families. What a great opportunity and responsibility to continue the legacies of those who came before us!

Team Meade!

CORRECTION

In last week's article on Vacation Bible School, Volunteer Marion Jordan, 101, was misidentified. *Soundoff!* regrets the error.

Suicide Prevention Month: Be There

FORT MEADE PUBLIC AFFAIRS OFFICE

September is Suicide Prevention Month.

Since 2012, total Army deaths by suicide and suicide incident rates have gradually decreased. In 2015 there were 274 deaths by suicide, and so far in 2016, this downward trend is continuing.

With the 2016 Department of Defense theme #BeThere, all members of the Army team have a duty and obligation to engage to strengthen the personal readiness of others and to #BeThere to connect fellow Soldiers in crisis with support.

The monthlong observance provides an opportunity for the Army to empha-

size its ongoing prevention actions, highlight the importance of developing protective factors, and raise awareness about available resources for Soldiers and their families.

As part of the observance, Fort Meade will host a series of events in partnership with other garrison organizations to raise community awareness about suicide.

The programs are open to all active-duty Soldiers, Army Reservists, Army National Guard, and Department of the Army civilians, as well as interested family members and members of other service branches.

♦ **"Illuminate the Darkness Walk":** Sept. 1 at 7:30 p.m. at Gaffney Track

Fort Meade's first annual walk in recognition of Suicide Awareness Month will feature a night of activities, education and hope from dusk till dawn.

Opening ceremonies start at 7 p.m. The walk begins at 7:30 p.m. and ends the following morning at 6:30 a.m.

The event will include an illumination ceremony by candlelight as a remembrance for those who have lost loved ones to suicide, and survivors sharing their message of hope.

The event also will feature information booths, music, food trucks and giveaways.

♦ **Baltimore VET Center Tour of**

the Fort Meade Museum: Sept. 16 from 10 a.m. to noon at 4674 Griffin Ave.

Fort Meade welcomes area combat veterans from the Baltimore VET Center for a guided tour of the Fort Meade Museum as part of the suicide-prevention outreach program.

The presentation will include a guest speaker from the International Critical Incident Stress Foundation. Light refreshments will be served.

♦ **Applied Suicide Intervention Skills Training two-day workshops:** Sept. 21-22 and Oct. 19-20 from 8:20 a.m. to 4 p.m. at Calvary Chapel, 8465 Simonds Street and 6th Cavalry Road.

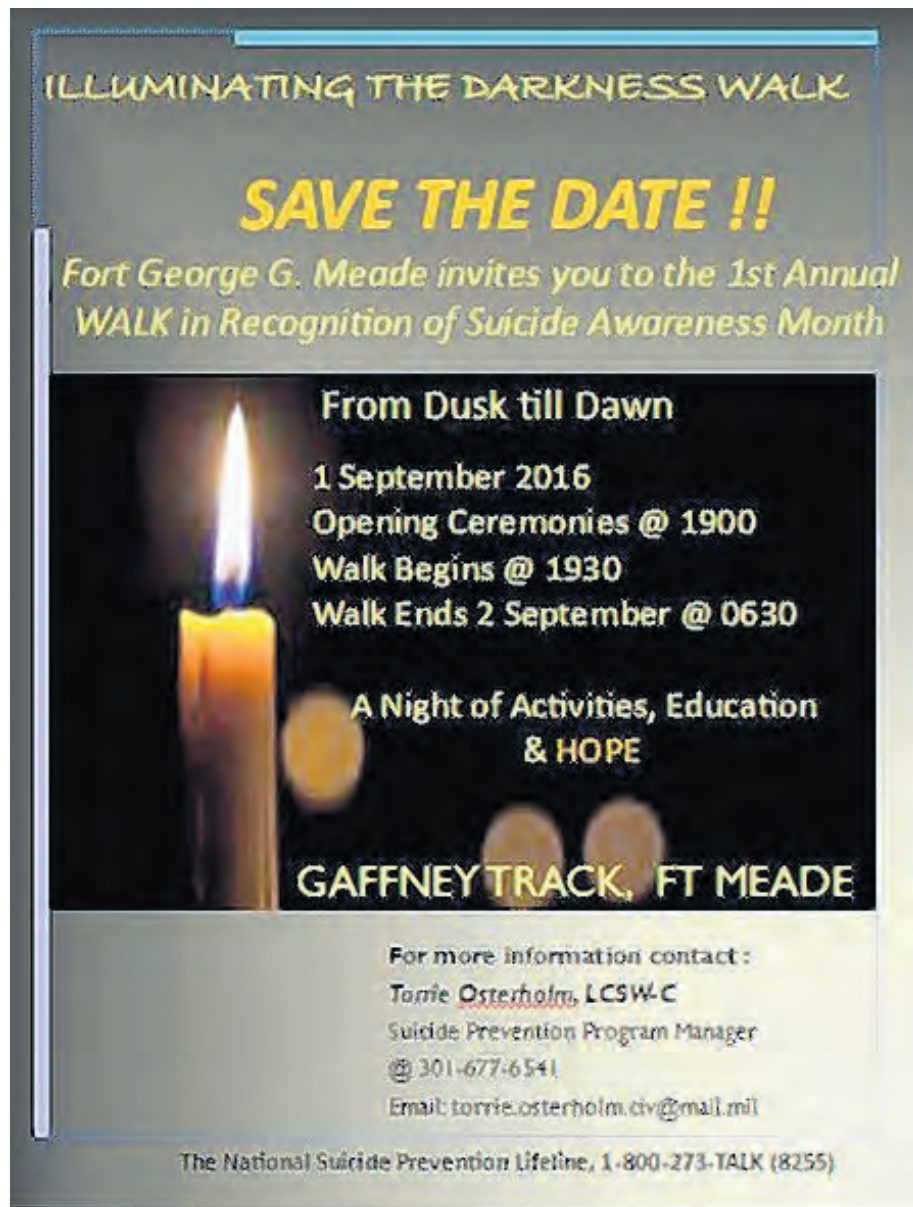
ASIST training includes powerful video clips, presentations, group discussion sessions and interactive role-playing.

Learn to recognize invitations for help, reach out and offer support, review the risk of suicide, apply a suicide intervention model, and link people with command and community resources.

Participation in the full, two-day workshop is required. No uniforms.

Due to limited seating, preregistration is required.

For more information on these events, call Torrie Osterholm, Fort Meade Suicide Prevention Program manager, at 301-677-6541 or email torrie.Osterholm.civ@mail.mil.



ILLUMINATING THE DARKNESS WALK

SAVE THE DATE !!

Fort George G. Meade invites you to the 1st Annual WALK in Recognition of Suicide Awareness Month

From Dusk till Dawn

1 September 2016
Opening Ceremonies @ 1900
Walk Begins @ 1930
Walk Ends 2 September @ 0630

A Night of Activities, Education & HOPE

GAFFNEY TRACK, FT MEADE

For more information contact:
Torrie Osterholm, LCSW-C
 Suicide Prevention Program Manager
 @ 301-677-6541
 Email: torrie.osterholm.civ@mail.mil

The National Suicide Prevention Lifeline, 1-800-273-TALK (8255)



#BeThere
for Veterans and Service members

☒ **Try a new activity with a friend.**

Veterans Crisis Line
1-800-273-8255 PRESS 1

Veterans Crisis Line
1-800-273-8255 PRESS 1

Be There
for someone in your life.



SEPTEMBER IS SUICIDE PREVENTION MONTH

Connect fellow Veterans and Service members in crisis with support.

FIRST DAY: Youths head back to school



Meade High School Principal John Yore helps a freshman student during the first day of school Monday at Meade High School.



PHOTOS BY DANIEL KUCIN JR.

Freshman students file in for their first day of school at Meade High School.

Meade partners treat kids to free backpacks, school supplies



PHOTOS BY MADDIE ECKER



Lynn Nichols, chairperson of Military Affairs for the West County Chamber of Commerce, works with volunteers to distribute about 220 free backpacks stuffed with school supplies on Aug. 18 at the Fort USO Center.

Various companies and organizations supported the event, which was hosted by the Military Affairs Committee of the West County Chamber.

LEFT: Eight-year-old Sophia Williams of Veterans Elementary School chooses her free backpack from volunteer Lindsay Kahler of the Marriott and West County Chamber of Commerce during the event.

Look inside this issue of Soundoff! for our annual Back to School special insert!



Armore Clark, 10, of the Northwood Recreation Center plays with a robot during the 2nd Annual BWI Summer Youth Initiative. The weeklong program, which ended Friday, exposes Baltimore City youths to various career opportunities.



PHOTOS BY DANIEL KUCIN JR.

Garrison Command Sgt. Maj. Rodwell L. Forbes Jr. works with children from Carroll Cook Recreation Center on robotic equipment during the BWI Summer Youth Initiative's Military Day on Aug. 18 at the Maritime Institute in Linthicum.

Summer youth program inspires youths to succeed

By LISA R. RHODES
Staff Write

A group of nine Baltimore City youths stood around the control panel of a maritime full-mission simulator, listening intently as Victor Tuft commanded his control officer in another room to start the 32-foot-tall simulator.

Suddenly, the floor of the bridge room seemed to shift as the simulator, which recreates the real-life motions of a ship, moved through a 3-D illustration of the waters of Baltimore's Inner Harbor.

Tuft, a maritime credential specialist, allowed several youths to take turns steering the simulator from the bridge during the 30-minute demonstration. The youths responded excitedly as they looked out the window of the bridge room and watched as the simulator/ship moved along the 3-D illustrations of a coast line.

"It really seemed like we were on a boat," said Elijah Thompson, 12, who attends the Fred B. Leidig Recreation Center in Baltimore. "When I steered it, it felt like the whole, entire room was

moving with me."

Elijah was one of 50 boys and girls ages 10 to 15 who participated in the 2nd Annual Baltimore-Washington International Thurgood Marshall Airport Summer Youth Initiative. The event was held Aug. 18 at the Maritime Institute of Technology and Graduate Studies at the Conference Center in Linthicum.

A collaboration between BWI Airport and the BWI Business Partnership, the weeklong program started Aug. 15 and ended Friday. Fort Meade is a partner with the BWI Business Partnership.

Career opportunities

The Summer Youth Initiative exposes Baltimore City youths from local city recreation and park centers to careers in airport management, airline operations, aviation security, transportation logistics, engineering, the maritime industry, the military, hospitality/tourism, and logistics.

"This program helps support and encourages these students to embrace the proper work ethic and consider future

careers in the aviation industry,” said Ricky Smith, CEO for BWI Airport in a written statement.

“Exposure to the rich variety of employment opportunities in the BWI-Fort Meade region can demonstrate to these young people that prospects for a good career are bright if they work hard and stay in school,” said Greg Pecoraro, executive director of the BWI Business Partnership.

On Aug. 18 — Military Day — the focus was careers in the military with Fort Meade being one of the sponsors. For the second consecutive year, Garrison Command Sgt. Maj. Rodwell L. Forbes Jr. was the program’s guest speaker.

Delphia Outlaw, co-chair and co-founder of the program and a manager with the Maryland Aviation Administration, said the purpose of Summer Youth Initiative is to introduce inner city youths to careers they may not have imagined or known were available to them.

“We’re hoping to inspire them to dream big and get an interest in coming into careers in our industry,” Outlaw said.

Raglin Wells, director of Ground Transportation for the Maryland Aviation Administration and co-founder of the program, said he hopes they “understand what it takes — drive and making good choices.”

Outlaw said the program focuses on interactive activities to demonstrate how professionals do their jobs every day.

The professionals who volunteer their time to mentor the youths during the week stress the importance of positive life skills and making good decisions, said Outlaw.

“It’s not just about talking about careers, but how to actually secure a job,” she said.

The DIME method

In his remarks during the program’s luncheon, Forbes spoke about how he grew up in the housing projects in New Orleans to become second in command at Fort Meade, the Army’s third largest installation.

He recalled how his mother encouraged him to succeed and how he persisted in a career in both the Marines and the Army, despite his father’s doubts.

Forbes said he has learned the importance of striving toward a goal and giving back to others.

As a result, he said, he encourages others to live according to the “DIME” method: desire, inspiration, motivation and empowerment.

“You can do it, you have to press, you have to pursue what’s in your heart,” Forbes said. “Do not despise the day of



Asher Kosack, 12, of Carroll Cook Recreation Center tips his hat to the robotic unit during the BWI Summer Youth Initiative, a collaboration between BWI Airport and the BWI Business Partnership.

small beginnings. ... This journey is not easy, but it is well worth the ability to keep pushing through. Every time I fell down, there was someone to pick me back up.”

Before his presentation, Forbes said he looked forward to speaking to the youths.

“I believe that every leader should have a part in sharing their story,” he said. “If it’s just one seed that is sown into the lives of young people and takes root, and they share that message in their communities and at home, that’s how it can spread.”

Once-in-a-lifetime opportunity

Throughout the day, the group learned about careers in the military, engineering, the maritime industry, and hospitality and tourism.

Twelve-year-old Natayjah Johnson, who also attends Leidig Recreation Center, said she wants to either be a pediatrician or a Soldier.

“My mom is a nurse and I like working with kids,” Natayjah said. “I also want to be like him [Forbes]. His job seems fun, like helping people and going to war to save people so no bad things come.”

Octavio Landeros, 11, also of Fred B. Leidig, said he is now thinking about joining the Army after high school.

“It doesn’t take a lot of experience, except good grades,” he said.

Ryan Murphy, 13, who attends the Collington Square Recreation Center, said although his dream is to become a professional baseball player, he now wants to become an engineer as a backup career.

“I like math and I like to try to use technology to fix things,” Ryan said. “I want people to see that I can make a difference.”

Ryan said he wants people to see that although he lives in the inner city, he “can speak proper English” and that he can “make it and make a change in the world.”

Eleven-year-old Joy Brown, who also participated in last year’s program, said learning about careers in aviation, engineering and the military is a “once-in-a-lifetime opportunity,” especially because “many girls aren’t interested in this kind of stuff.”

Joy plans to pursue a career with the BWI Airport canine unit.

“I love animals,” said Joy, who also attends Collington Square. “[The dogs] do important things. They sniff out drugs and make sure nothing bad happens.”

Joy said the summer program has encouraged her to live her dreams.

“I’m like a caterpillar that wants to explore the world as a butterfly,” she said.



Ryan Tudor, 10, of Carroll Cook Recreation Center is amazed by the robotics.

Youth Sports takes off for fall season

BY BRYAN C. SPANN

Fort Meade Public Affairs Office

Kids of all ages are settling back into school this week. Child, Youth and School Services Youth Sports programs are gearing up for the fall season as well.

Hundreds of Fort Meade youth will soon be playing soccer, NFL Flag Football, NFL Flag Cheer, tennis and volleyball.

But if you haven't already signed up, you'll probably end up on a waiting list. According to CYSS Sports, there are only a few spots left open in league volleyball. The big message from CYSS: Sign up early!

Registration for the fall season starts in May. Why so far in advance?

"There are certain sports that play in the Anne Arundel County leagues that start practicing earlier than some other sports," said CYSS Sports Director Hunter Davis. "They have roster maximums that we can't exceed. We have to abide by county rules for certain sports, so that early registration plays a big part."

Davis said a lot of lead time is also needed because it can be difficult to find volunteer coaches.

"Our whole program is dependent on volunteer coaches, so the earlier that we can get kids and coaches in, we can go ahead and form these teams and see how everything's shaping up," he said.

"As people start to come in late, you're kind of stuck trying to fill some spots here and there, and eventually they get put on the wait list. If we can get more coaches, we can get these kids off the wait list. But it's always dependent on how many coaches we can get."

CYSS offers a variety of resources to help volunteer coaches. Davis said most volunteers don't have any experience.

"As part of the Army requirements, they get training [at no cost] through the National Alliance of Youth Sports, as well as some CYSS guidance, procedures, training, things like that," he said. "We also have resources we can provide, for whichever sports."

"If it's NFL Flag, we have playbooks and drills. Same thing with U.S. Soccer. We try to offer as much guidance as we can to our volunteers. Most of them don't have experience, which is fine. That's why we're here, to help them along the way."

On top of local resources, Davis said that a lot of sports governing bodies offer free resources as an incentive.



FILE PHOTO

A Youth Sports coach gives instruction before a practice scrimmage. To register for CYSS Youth Sports, stop by the office at 1900 Reece Road or call 301-677-1179.

"It's kind of the way it's going," he said. "USA Basketball and US Soccer are trying to grow at the grassroots level — anything they can do to attach their brand with your program and get these coaches resources. USA Basketball, for example, is really pushing to get [youth coaches] certified."

How does the rest of the year shape up? The winter season runs November

through February, with registration starting in October.

Winter sports include basketball — one of the most popular participation sports at CYSS. Dodgeball, futsal (indoor soccer) and possibly wrestling will round out the winter lineup.

Again, Davis urges early registration, even for the really little ones.

"Basketball, we start as early as 3 years

old. Our 3- to 5-year-olds play in a developmental league. Then we have [age groups] up to 14 years old."

Spring is the busiest season with baseball, girl's softball, soccer, NFL Flag Football, track, tennis and lacrosse. Sign-up for the spring season starts in January.

"People have roughly three months to get signed up [for the spring season], but it's just that during the winter season, they're not thinking about spring sports," Davis said. "And then we get this big rush toward the end of March, early April, and a lot of people get disappointed because they're left on a wait list."

Turning to summer, the 2016 summer sports season was the first of its kind for CYSS. Autobahn indoor go-kart racing proved to be extremely popular, and Davis plans to bring it back next summer.

However, he said that they'll probably look to do even more indoors.

"The summer season is shorter, so you hate having to cancel because it's too hot or thunderstorms are coming," Davis said.

The final lineup for a possible second summer season hasn't been determined.

Editor's note: For more information on the summer season and registration information for CYSS Youth Sports, stop by the office at 1900 Reece Road or call 301-677-1179.

A full lineup of Youth Sports, registration deadlines and health forms are available at www.meade.armymwr.com/us/meade/programs/youth-sports.

OLYMPICS ROUNDUP



PHOTO BY TIM HIPPS

Secretary of the Army Eric Fanning admires the silver medal won by Spc. Paul Chelimo of the U.S. Army World Class Athlete Program on the morning after Chelimo's 5,000-meter race second-place finish at the Rio Olympic Games.



PHOTO BY TIM HIPPS

Sgt. Nathan Schrimsher of the U.S. Army World Class Athlete Program salutes his leadership group after finishing 11th in the men's Modern Pentathlon on Aug. 20 at the Rio Olympic Games.

See www.armymwr.com/olympians/ for more stories.



PHOTOS BY NATE PESCE
Retired Col. Hal Gibson, the fourth commander of the U.S. Army Field Band and a veteran of World War II, guest conducts "American Overture."

The band's all here



Members of the Soldiers' Chorus have a laugh in between songs during the 70th anniversary concert.

U.S. Army Field Band anniversary concert celebrates seven decades of performing

By LISA R. RHODES
Staff Writer

The 70th anniversary summer concert of the U.S. Army Field Band presented the audience with a wide range of musical genres — from patriotic and swing to 1970s pop — that was capped by cannon fire.

The 90-minute concert, held Saturday evening at Constitution Park, included the participation of several Field Band alumni and past commanders who served as conductors for the Concert Band and Soldiers' Chorus.



The Presidential Salute Battery of the 3rd U.S. Infantry Regiment ("The Old Guard") fires off cannons during the "1812 Overture," topping off the U.S. Army Field Band's 70th anniversary concert Saturday evening at Constitution Park.

"This is my first time here and they are amazing," said Joyce Prepis, a resident of Dumont, N.J., after the concert. "I didn't realize that they are such skilled musicians."

The concert paid homage to the Field Band, which was established in 1946 by Gen. Jacob L. Devers, commanding general of the U.S. Army Ground Forces. Devers believed, following World War II, a band of active-duty Soldiers would help maintain a relationship between the Army and the American people.

Since then, the Field Band has come to be known as the Musical Ambassadors of the Army.

The event began with a musical prelude of "America" performed by the Concert Band and conducted by Deputy Commander Lt. Col. Paul Bamonte. The Continental Color Guard of the 3rd U.S. Infantry Regiment ("The Old guard") then posted the colors.

Staff Sgt. Heath Sorensen and Staff Sgt. Becky McLaughlin, both vocalists with the Field Band, served as narrators.

The patriotic theme continued with "America the Beautiful" conducted by former Field Band commander Col. Timothy Holtan, now commander of the U.S. Army Band "Pershing's Own."

Retired Col. Thomas H. Palamatier, also a former commander of the Field Band, led the Concert Band in "Summon the Heroes" as a tribute to the athletes who competed in the Rio Olympics.

Garrison Commander Col. Thomas S. Rickard then welcomed the audience of service members, veterans and community members. Rickard gave a note of thanks to family members whose "commitment and selfless service are the strength of our nation."

Rickard then presented Bamonte with a plaque of appreciation commemorating the 70th anniversary.

A highlight of the evening was the performance of the "Baritones of Broadway" by Sgt. 1st Class Mark Huseh, Staff Sgt. Ian Bowling, Staff Sgt. Keenan McCarter and Field Band alumnus Bob Hildreth.

The vocalists performed popular theatrical music that included "They Call The Wind Maria" from "Paint Your Wagon" and "The Impossible Dream" from "Man of La Mancha," featuring a stirring solo by Hildreth.

The concert also included a performance of "Scherzo X-Wings" from "Star Wars: The Force Awakens"; a cappella renditions of choral songs "O, Shenando-

ah" and "The Battle of Jericho"; and a 1970s medley of songs by Stevie Wonder and Three Dog Night.

Retired Col. Hal. J. Gibson, a former commander of the Field Band and a veteran of World War II, led the Concert Band in a performance of the "American Overture" before Bamonte led the band in "Sing, Sing, Sing," a jazz swing tune made popular by Benny Goodman.

In his remarks after the performance, Bamonte said the anniversary year was "real special" for the Field Band.

"We honor our veterans who continue to serve in their communities and our Army," he said. "We honor our families, who prop us up when we need them, and we honor our brothers and sisters in arms who continue to serve despite unprecedented and challenging times."

The concert finale and show-stopper was the Field Band's traditional performance of Tchaikovsky's "1812 Overture," complete with live cannon fire by the Presidential Salute Battery of "The Old Guard."

The Concert Band also performed the "Armed Forces Salute" before closing with "God Bless America."

Tom Sisca, who attended with his wife, Stephanie, and retired Senior Master Sgt.



The Continental Color Guard of the 3rd U.S. Infantry Regiment ("The Old Guard") presents the colors at the opening of the U.S. Army Field Band's 70th anniversary concert performed Saturday at Constitution Park featuring the Concert Band and Soldiers' Chorus joined by band alumni and past commanders.



Two-year-old Henry Zaffke of Columbia gets a good view of the concert atop the shoulders of his dad Andrew.

Dallas Pope and his wife, Phylis, said the patriotic ending was well worth the ride from the Eastern Shore.

"That's why we come," he said, "for the goose bumps."



Mia Bilen, 4, of Waterford, Va., runs through Constitution Park during the 70th anniversary concert that featured a broad repertoire ranging from patriotic music and show tunes to Stevie Wonder and Benny Goodman.

JIBBER JABBER - OPINION

NFC 2016 season preview

Four years from now, the world's eyes will turn to Tokyo for the 32nd Olympiad. In preparation, this week's dose will start with the Orient's greatest export: The haiku, recapping the 31st Olympiad in Rio.

*Usain Bolt ran fast
USA kicked the world's urrrrr!
Lochte's a buffoon*

On to the NFC!

NORTH

Best Offensive Player: Aaron Rodgers, QB, Green Bay

With "Megatron" gone and Jordy Nelson back, the man with the golden arm and Olivia Munn bit.ly/2beKYR4 has everything he needs to win at life and on the field.

Best Defensive Player: Harrison Smith, Safety, Minnesota Vikings

Most of you are asking: "Harrison who?" But receivers and running backs know who their apparent to Troy Polamalu is. Smith will lead a very stout Vikings defense.

Best Unit: Minnesota Vikings Linebackers

Veteran Chad Greenway and second-year middle linebacker Eric Kendricks will join All-Pro candidate Anthony Barr in the heart of Mike Zimmer's defense.

Worst Unit: Chicago Bears Offense: The best player on Chicago's offense is tight end Zack Miller. In 2010 that would have been OK. Too bad it is 2016.

Biggest Addition: Marvin Jones, WR, Detroit

Marvin Jones is not Calvin Johnson, but he should give Matthew Stafford a good second receiver, which should keep the Lions' offense just good enough to miss the playoffs.

Final Standings: Green Bay 12-4; Minnesota 10-5 (Wildcard); Detroit 7-9; Chicago 3-13.

SOUTH

Best Offensive Player: Cam Newton, QB, Carolina

Last year, Cam dabbled on the league. This year he may just own it. bit.ly/2bDMYX3 You're welcome for the Designer.

Best Defensive Player: Luke Kuechly, LB, Carolina

If Luke's healthy, Carolina's D will be tough to beat.

Best unit: Atlanta's wide receivers

Julio Jones is enough. Add Mohamed Sanu and Jacob Tamme, and QB Matt Ryan has plenty of hands to throw, too. Not to mention, RB Devonta Freeman caught 73 passes last year.

Tampa's duo of Vincent Jackson and Mike Evans are pretty good, too.

Worst Unit: New Orleans Defense

The Saints gave up a league-high 29.8 points per game last year. They may be worse this season.

Biggest Addition: Nick Fairley, New Orleans, DT

Lions fans rank Nick as one of the team's biggest flops ever, which really says something. But if the former first-round pick finds his potential, the Saints may actually stop some people this season.



Chad T. Jones

PUBLIC AFFAIRS
OFFICER

Final Standings: Carolina 12-4; Tampa Bay 9-7; Atlanta 6-10; New Orleans 5-11

EAST

Best Offensive Player: Dez Bryant, WR, Dallas

Call him crazy. Call him a jerk. But do not doubt Dez's game. Now with Tony Romo back and Madden 17's "Ludicrous" rating, watch Dez go for about 1,500 yards and 18 TDs. bit.ly/2c44N3j

Best Unit: Dallas Cowboys Offensive Line

The group mauled teams last year and the year before that. With Ezekiel Elliott running the ball, there is a good chance they will maul

people this year, too.

Worst Unit: Philadelphia Eagles Offense

Sam Bradford, Chase Daniels, Ryan Mathews, Nelson Agholor ... stop me when you have heard a name that's relevant.

Biggest Addition: Ezekiel Elliott RB and Tony Romo QB, Dallas

Call me a homer, but Elliott could be a 1,500-yard back, and we all know what Romo will do through December. January is when I'll get worried.

Final Standings: Dallas 11-5; Washington 9-7; New York Giants 8-8; Philadelphia 4-12

WEST

Best Offensive Player: Todd Gurley, RB, LA Rams
Bottom line: this Gurley is all man bit.ly/2bNgAj8, and Rams head coach Jeff Fisher will run him until his legs fall off.

Best Defensive Player: Richard Sherman CB, Seattle

It is good to be the king, and even though NFC West is one of the best defensive conferences in recent memory, Richard Sherman is still the man. on.nfl.com/VNWjUS

Best Unit: Seattle Seahawks Defense and Arizona Cardinals Offense

Pete Carroll still has the best defense in the league. The issue is, Arizona has the best offense.

Worst Unit: San Francisco's Quarterbacks

New coach Chip Kelly may be a genius, but there is only so much you can do with Blaine Gabbert and a worn-out Colin Kaepernick.

Biggest Addition: Chip Kelly, San Francisco, head coach

It will be interesting to see if Kelly's up-tempo style can keep his team competitive.

Final Standings: Seattle 12-4; Arizona 11-5 (Wildcard); St. Louis 7-9; San Francisco 2-14

NFC Championship game: Dallas vs. Arizona

We will have the AFC and Super Bowl predictions next week.

Until then, if you have comments on this or anything to do with sports, contact me at chad.t.jones.civ@mail.mil or hit me up on twitter @ctjibber.

If you disagree, hit me up on Twitter @ctjibber. And of course, if you want to talk to me about this or anything to do with sports, contact me at chad.t.jones.civ@mail.mil.

SPORTS SHORTS

Baysox Military Heroes Cards

The Bowie Baysox will celebrate Military Heroes Appreciation Night with a special card set giveaway featuring local military heroes on Friday, as the team takes on the Binghamton Mets at 7:05 p.m.

The first 1,000 fans ages 18 and older will receive the 18-card set, filled with current and former members of the military who were nominated by family and friends earlier this year.

The cards feature photographs and information about the military careers of the selected individuals. The Baysox will honor these veterans and/or their families in special ceremonies before, during and after the game.

The night will be capped off by a cannon display from The Old Guard during the "1812 Overture" and a fireworks display presented by Anne Arundel Medical Center.

Tickets for this event are available at baysox.com.

Get Fit and Bowl

The Lanes at Fort Meade is offering free bowling and shoe rental on Friday from noon to 5 p.m.

For more information, call 301-677-5541 or go to meade.armymwr.com.

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 at Constitution Park
Support your favorite NFL team at the Football Fanfare.

Preregistration fee is \$15 for individuals and \$85 for groups of seven to 10.

Preregistration ends Sept. 6. All pre-registered runners will receive a T-shirt.

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

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

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

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

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

For more information, call 301-677-3318.

Cosmic Bowling

The Lanes at Fort Meade offers Cosmic Bowling on Saturday nights from 7-11 p.m.

For more information, call 301-677-5541.

Tae kwon do

Child, Youth and School Services offers tae kwon do classes for youths of all ages Tuesdays and Thursdays at the Youth Center.

Classes are broken into different age groups. Cost is \$45 for ages 4 to 6 and \$85 for ages 7-17.

For more information, call 301-677-1149.

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.

How 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.

NEWS & EVENTS

NEW VCC hours

Operating hours at the Demps Visitor Control Center are Monday to Friday from 7:30 a.m. to 6 p.m. The VCC is closed week-ends.

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 or visit the Fort Meade Facebook page for announcements on temporary changes to operating hours.

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

Tech Expo

The Fort Meade Tech Expo, hosted by U.S. Army Intelligence and Security Command, will be held Sept. 1 from 10 a.m. to 2 p.m. at Club Meade.

The free event is open to all personnel.

Exhibitors will provide hands-on demonstrations of various technologies including: big data, client server technology, cloud technologies, data protection, data security, information assurance, information security, Cloud PC Endpoint devices, desktop virtualization, high-performance oscilloscopes, and Fiber NICs and switches.



FILE PHOTO

The Fort Meade community is invited to celebrate Women's Equality Day today from 11:30 a.m. to 1 p.m. at Club Meade, 6600 Mapes Road. The free event is open to the public and celebrates women's right to vote. The keynote speaker is Lt. Gen. Gwen Bingham, assistant chief of staff for Installation Management. The event is hosted by the U.S. Army Field Band and will feature a performance by the Women's Ensemble of the Soldiers' Chorus. All Fort Meade service members and employees are encouraged to attend with supervisory approval and without charge to annual leave. Administrative leave is authorized. For more information, call Sgt. 1st Class Derrick Chambers, Equal Opportunity advisor, at 301-677-6687 or Master Sgt. Laura Lesche at 301-677-5334.

Training seminars will be available. To reserve a seat, go to www.FederalEvents.com/FortMeade.

The expo provides an opportunity to gain firsthand knowledge on specific technologies from the exhibitors.

Light refreshments and giveaways will be available while supplies last.

For more information, call Rachael Bennett at 443-561-2410 or email Bennett@ncsi.com.

Freedom Inn open to post employees

The Freedom Inn Dining Facility, located at 8502 Simonds St., is now open to all active-duty service members, military retirees, DoD civilians, contractors, and Department of the Army security guards and firefighters on Monday through Friday.

Active-duty service members on Basic Allowance for Subsistence are also authorized for meals on the weekend. Family members of military personnel may purchase meals on weekdays if they are accompanied by the service member.

All other categories of customers may purchase meals as the garrison commander

deems appropriate. These categories include youth groups, MEPS candidates, civilian dignitaries, guests and other visitors.

Service members with a meal card will continue to have priority over cash-paying customers.

For more information, call 301-677-5503.

OSC Super Sign-Up

The Fort Meade Officers' Spouses' Club Super Sign Up is today from 10 a.m. to noon and from 6-8 p.m. at Heritage Park Community Center.

OSC registration is open to new, returning and prospective members: spouses and widows of officers (active-duty, warrant, Reserve, Guard and retired service members) and spouses of DoD civilians (GS9 and above) assigned to the Military District of Washington.

There is no cost.

For more information, email Annie at membership.ftmosc@gmail.com.

Latin Night

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

Doors open at 4 p.m.

The Brass Lounge offers food and drink specials. There is no cover charge.

The nightclub ambience features a disc jockey playing salsa, bachata, merengue, cumbia and reggaeton.

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

Latin Nights will be held on the last Friday of each month.

For more information, call 301-677-6969.

R&B Night

Enjoy a night of dancing at R&B Night on Sept. 9 from 7 p.m. to midnight at Club Meade.

Doors open at 4 p.m.

The event features food and drink specials. There is no cover charge.

R&B Nights are held on the second Friday of every month.

For more information, call 301-677-6969.

Community Job Fair

The Fort Meade Community Job Fair will be held Sept. 14 from 9 a.m. to 2 p.m. at Club Meade, 6600 Mapes Road.

The free event is open to all job seekers and will host more than 60 employers and companies. Bring plenty of resumes.

The event also will feature a "Resume Doctor Service" that provides free resume evaluations and preparation assistance.

A free shuttle will transport attendees to the entrance of Club Meade.

Free ASL interpreter services will be available and must be scheduled by Sept. 1.

For more information and a complete list of employers, go to meade.armymwr.com and click on "Job Fair."

Welcome Garden Party

The Meade Area Garden Club will hold its opening Welcome Garden Party on Sept. 16 at 10 a.m. at the Jessup Community Center located at the corner of Route 175 and Wigley Avenue.

Suzy Provine, owner of A Blooming Basket in Millersville, will present a demonstration and the program "Bringing Your Garden Inside."

Refreshments will be served. No reservations are required.

The club sponsors nine informative and fun programs throughout the year. That includes trips such as the annual Philadelphia Flower Show, gardening-related activities, and a bake sale in the fall.

Annual membership is \$20. You may attend one meeting before you are required to join.

For more information, call Jennifer Garcia, membership chair, at 443-949-8348 or Sharon Durney, club president, at 410-761-5019.

See **NEWS & NOTES**, page 14

NEWS & NOTES, From page 13**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. Individuals without DoD-issued ID cards must obtain a Fort Meade gate access pass from the Demps 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.

Outdoor Barbecue Wednesdays

The Lanes at Fort Meade offers Outdoor Barbecue Wednesdays.

Cost is \$9.

Menu features hot dogs, hamburgers or bratwurst on Wednesday.

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

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 offers a variety of international-themed buffets that vary daily.

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

Menu includes:

Today: Stir-fry Buffet: chicken, beef, vegetables, rice and noodles; Tuesday: Italian Buffet: Chicken Marsala and vegetable lasagna; and Aug. 31: End-of-summer Buffet: Baked chicken, peppers and onions, zucchini and squash, and salad bar.

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**Homeschool Group**

The Fort Meade Homeschool Group

meets throughout the year for field trips and social outings.

For information on upcoming events, visit the "Fort Meade Homeschool Group" on Facebook. Go to facebook.com/groups/FortMeadeHomeschoolGroup.

New Employee Orientation

The next Fort Meade New Employee Orientation briefing is scheduled for Sept. 14 from 8 a.m. to 3 p.m. at McGill Training Center, Classroom 2.

All new employees who have not attended the training should do so.

For more information, call 301-677-4719.

Citizenship Seminar

The U.S. Citizen & Immigration Services Office will present the United States Citizenship Seminar on Oct. 6 from 4:30 to 6 p.m. at Army Community Service, 830 Chisholm Ave.

The free seminar is open to all service members, retirees, DoD civilian employees and their family members.

During the information seminar, speakers will address immigration forms, the process in creating USCIS packets, points of contact within Immigration Services, and Green Cards.

Immediately following the session, individual private sessions will be available for those seeking information.

For more information, call 301-677-5590 or visit meade.armymwr.com.

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.

Military

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

Financial

• Transitioning To Retirement: Tuesday, 8:30 a.m. to 12:30 p.m., ACS

• Dollars and Sense: Sept. 6, 9 a.m. to noon, ACS

Topics include: basic budgeting, financial goals and priorities, saving and investing, and managing your credit.

Education

• Assessing Higher Education: Wednesday-Sept. 1, 8 a.m. to 4 p.m., FFSC

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

For more information, call 301-677-9871.

Living

• Stress Management: Sept. 1, 9-11 a.m., FFSC

• Anger Management: Sept. 6, 9-11 a.m., FFSC

YOUTH**Storytime**

The Children's Library at Kuhn Hall will offer pre-kindergarten Storytime on Sept. 1 at 9:30 a.m. and 10:30 a.m. at Kuhn Hall, 4415 Llewellyn Ave.

The topic is "Silly Stories."

For more information, call 301-677-5677.

Youth Fishing Rodeo

Fort Meade's Youth Fishing Rodeo Children for ages 3 to 15 will be held Sept. 17 from 8 a.m. to 1 p.m. at Burba Lake Recreation Area. Registration for the free event is required on the day of the event and will begin at 8 a.m. at Burba Cottage.

Youths will be divided into three age divisions. Prizes will be awarded in each age division.

Snacks will be available for purchase.

For more information, call 301-677-6196.

Father Daughter Ball

Fort Meade's annual Father Daughter Ball will be held Oct. 1 from 5-8:30 p.m. at Club Meade.

The event will be a special night featuring food, a magic show, crafts, photos and dancing.

Formal attire is required.

Tickets cost \$50 per couple and \$20 for each additional daughter.

Tickets will be available for purchase at Club Meade beginning Sept. 1. Limited tickets are available.

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

CYSS Shuttle Service

Beginning Sept. 6, Child, Youth and School Services will provide a free shuttle for all CYSS registered members from the Youth Center and Teen Center to various Fort Meade community centers.

For more information, call 301-677-1437 or go to meade.army.mwr.com.

Driver's Ed

A certified Driver's Education Course will be offered Sept. 19-30 from 3-6:15 p.m. at the Teen Center.

Cost is \$320 per student. Fee includes 30 hours of classroom education and six hours of behind-the-wheel training.

Participants must be registered with Child, Youth and School Services prior to enrolling.

Registration is open until Sept. 9. Spots are limited, register early.

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

RECREATION**Out & About****• Baltimore Art, Antique and Jewelry Show**

will be held today from noon to 8 p.m.; Friday and Saturday from 11 a.m. to 7 p.m.; and Sunday from 11 a.m. to 6 p.m. at the Baltimore Convention Center, 1 W. Pratt St. General admission is \$20. The annual event features hundreds of exhibits from around the world. For more information, call 561-822-5440.

• **Maryland Renaissance Festival** will be held Saturday through Oct. 23 on Saturdays, Sundays and Labor Day Monday in Crownsville.

Hours are 10 a.m. to 7 p.m., rain or shine.

Youths ages 15 and younger will be admitted free Saturday and Sunday.

General admission through Sept. 11 for ages 16-61 costs \$19. Tickets for seniors ages 62 and older are \$16. Tickets for youths ages 7-15 cost \$8.

General admission from Sept. 17-Oct. 23 for ages 16-61 costs \$24. Tickets for seniors ages 62 and older are \$20. Tickets for youths ages 7-15 cost \$10.

Group rates begin at groups of 20 or more.

Active-duty service members with photo identification can purchase at the group discount price of \$17 through Sept. 11, and \$20 from Sept. 17-Oct. 23.

For a schedule of events or more information, call 800-296-7304 or visit marylandrenaissancefestival.com.

• **Maryland State Fair** runs through Sept. 5 at the Maryland State Fairgrounds, 2200 York Road, Timonium.

Main Midway hours are Labor Day Monday from 10 a.m. to 10 p.m., and weekdays at 2 p.m. to closing.

Kiddie Land rides hours are Saturdays through Sundays and Labor Day Monday, Sept. 5, from 10 a.m. to 10 p.m., and weekdays from noon to 10 p.m.

Charlie Puth headlines My unFAIRgettable MD State Fair Concert Series featuring Bobby Bones & The Raging Idiots and Jana Kramer.

General admission is \$8. Tickets cost \$6 for seniors ages 62 and older, and \$3 for children ages 6-11. Children 5 and younger are free (rides not included).

A ticket is required for concert-goers ages 3 and older for concerts held in the Racetrack Infield.

Pets are not permitted, except for service dogs and dogs participating in the 4-H/FFA portion of the Maryland State Fair.

Unlimited Rides Wristbands are only available Friday, and Monday through Sept. 1, and Labor Day Monday, Sept. 5. Fair admission is not included.

For more information and a complete schedule of events, go to marylandstatefair.com.

• **Leisure Travel Services** will offer its next monthly bus trip to New York City on Sept. 17 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.

MEETINGS

• **Fort Meade Chapter of the Military Officers Association of America** will hold its next luncheon meeting on Wednesday at 11:30 a.m. at Club Meade.

Guest speaker is George W. Owings III of the Maryland Secretary of Veteran Affairs.

Cost of luncheon is \$16. Reservations are required.

The public is invited. Guests do not need to be a member to attend. For reservations or more information, call Wayne Hobbs at 410-799-8331.

• **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 Sept. 1. 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.

• **Retired Officers' Wives' Club** will hold its September Welcome Brunch on Sept. 6 at 11 a.m. at Club Meade for another year of programs, trips and fellowship.

Cost of the brunch is \$20. Reservations are required by noon on Sept. 1.

Call your area representative or Betty Wade at 410-551-7082.

The opening program will feature information from other clubs, community organizations and the Office of the Garrison Commander.

Membership dues are \$25 per year. Members may bring guests to the luncheons, which are held on the first Tuesday of each month, except in June, July, August and January.

For more information, call Lianne Roberts, ROWC president, at 301-464-5498.

• **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 Sept. 1. All first class petty officers are invited. For more information, call PO1 Jennifer Wonch at 410-854-2763.

• **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 Sept. 1. 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 Sept. 1. For more information, visit namiaac.org.

• **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 Sept. 1.

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.

• **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 Sept. 1. For more information, call 301-677-7823.

• **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 Sept. 9.

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 Sept. 10. 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.

• **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 Sept. 12. 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 Sept. 12. For more information, call Celena Flowers or Jessica Hobgood at 301-677-5590.

• **Kritikos Toastmasters Club** meets on the first three Mondays of every month at 6:15 p.m. at Perry's Restaurant, 1210 Annapolis Road, Odenton. The next meeting is Sept. 12.

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.

• **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 Sept. 15 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.

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

• **Project Healing Waters** meets Thursdays at Burba Lake area No. 3 in the summer. Grilling begins at 5 p.m.

In the winter, the group meets at the Rascon Building, 2481 Llewellyn Ave.

The project is dedicated to the physical and emotional rehabilitation of wounded warriors and veterans through fly fishing, fly tying and outings.

For more information, call Larry Vawter, program leader, at 443-535-5074 or email thecaptman@msn.com.

• **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.

• **Dancing with the Heroes**, free ballroom dance lessons for the Warrior Transition Unit, meets Thursdays at 6 p.m. at Argonne Hills Chapel Center in the seminar room.

Participants should wear loose clothing, comfortable shoes with leather soles. No super high heels or flip-flops.

• **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 email colaina.townsend.ctr@mail.mil.

• **Couples Communication** meets every Monday from 2:30-3:30 p.m. at the Family Advocacy Program Center, 2462 85th Medical Battalion Ave.

The session is aimed at helping couples develop tools to enhance their relationship, gain problem-solving strategies, and create a long-lasting relationship. For more information, call 301-677-4118.

• **Cub Scout Pack 377** invites boys in first through fifth grades, or ages 7 to 10, to attend its weekly Monday meetings at 6 p.m. at Argonne Hills Chapel Center.

For more information, email Cubmaster Christopher Lassiter or Committee Chairperson Marco Cilibert at pack377_cc@yahoo.com.

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 Sept. 3

Friday: "Lights Out" (PG-13). When a woman's little brother experiences the same events that once tested her sanity, she works to unlock the truth behind the terror, which brings her face to face with an entity that has an attachment to their mother. With Teresa Palmer, Gabriel Bateman, Maria Bello.



20TH CENTURY FOX

Saturday: "Ice Age: Collision Course" (PG). Manny, Diego, and Sid join up with Buck to fend off a meteor strike that would destroy the world. With the voices of Ray Romano, Denis Leary, John Leguizamo.

Sunday: "Star Trek Beyond" (PG-13). The USS Enterprise crew explores the furthest reaches of uncharted space, where they encounter a new ruthless enemy who puts them and everything the Federation stands for to the test. With Chris Pine, Zachary Quinto, Karl Urban.

Sept. 2: "Nerve" (PG-13). A high school senior finds herself immersed in an online game of truth or dare, where her every move starts to become manipulated by an anonymous community of "watchers." With Emma Roberts, Dave Franco, Emily Meade.

Sept. 3: "Bad Moms" (R). When three overworked and under-appreciated moms are pushed beyond their limits, they ditch their conventional responsibilities for a jolt of long overdue freedom, fun, and comedic self-indulgence. With Mila Kunis, Kathryn Hahn, Kristen Bell.