

Soundoff!

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'Illuminating the Darkness'

All-night walk raises suicide awareness **PG 10**



Participants walk around the Gaffney Fitness Center track from dusk until dawn during the "Illuminating the Darkness Walk" for suicide awareness held Sept. 1. White paper bags, decorated with the names of loved ones who have been affected by suicide, were filled with purple and teal glow sticks and were used to line the track and form a remembrance ribbon to symbolize the walk from the darkness of suicide to the light of hope.

STEVE RUARK/BALTIMORE SUN MEDIA GROUP

FACING ADVERSITY

Overcoming illness to shape leadership

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UPCOMING EVENTS

Friday, 6:30 a.m.: Joint Service Wellness & Remembrance Run - Parade Field

Monday, 6 p.m.: Basketball: UK Vs. DMA - Murphy Field House

Wednesday, 6 p.m.: Basketball: UK Vs. KACC - Murphy Field House

Wednesday, 9 a.m.-2 p.m.: Community Job Fair - Club Meade

TOONING IN

'G.I. Low' comic portrays military life

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Soundoff!

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Friday, noon

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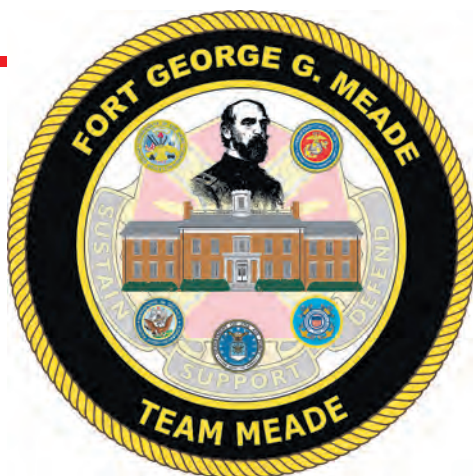
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COMMANDER'S COLUMN

TRUST in every aspect of life

Greetings, Team Meade.

This month is Suicide Prevention Month and the theme is "Be There." This year's theme emphasizes that small actions like calling up an old friend, checking in on a neighbor or inviting a colleague on a walk are thoughtful ways to show someone you care.

This is built on the foundation of "TRUST," the obligation or responsibility imposed on a person in whom confidence or authority is placed.

When I break down the letters of TRUST, this is what it means to me:

♦ **T: Team** - being connected with people as a productive member of a team

♦ **R: Respect** - a feeling or understanding that someone or something is important, serious, and should be treated in an appropriate way

♦ **U: United** - made up of people who share the same purpose, interest

♦ **S: Safety** - the condition of being safe from undergoing or causing hurt, injury or loss

♦ **T: Truth:** sincerity in action, character, and utterance

We can truly show how much we care by implementing TRUST in every aspect of our lives. It is a slow and steady process, but it is worth the effort.

Thanks to the Fort Meade team and the Navy for putting together an awesome event — "Illuminate the Darkness Walk" on Sept. 1. This event was held to promote a better understanding of individuals contemplating suicide or self-harm, and to raise community awareness.

Summertime has come to an end, and we have started the new school year. The first day of school is a new beginning for our students and teachers. The students walk through the classroom doors with a clean slate, a fresh attitude and new opportunities ahead of them.



**Garrison
Command
Sgt. Maj.
Rodwell L.
Forbes**

Although the military police will be at the schools to help direct traffic and ensure the safety of children on school grounds, getting them to school safely is an individual and community responsibility.

All motorists need to know how to safely share the road with school buses, pedestrians and bicyclists.

♦ **Passing school buses:** Stopping for school buses when they are loading or unloading is the law. Stop your vehicle far enough from the bus to allow children the necessary space to safely enter and

exit the bus.

♦ **Being aware of children:** Children are the least predictable pedestrians and the most difficult to see. Children walking to or from their bus stops or school are usually very comfortable with their surroundings. This makes them more likely to take risks, ignore hazards or fail to look both ways when crossing the street.

Take extra care to look out for children not only near schools, but also in residential areas, playgrounds and parks.

♦ **Watching out for bikes:** Bikes can come out of driveways or from behind parked cars and other obstructions. When passing a cyclist proceeding in the same direction, do so slowly and leave at least a 3-foot distance between you and the cyclist. Maintain this clearance until you have safely passed the bicycle.

Lastly, I would like to remind everyone about the 9/11 Joint Service Wellness and Remembrance Run on Friday at 6:30 a.m. at McGlachlin Parade Field. Fort Meade service members and civilians are welcome to participate in the run, which commemorates the 15th anniversary of the 9/11 attacks.

This will be an enormous team builder and esprit de corps event.

Thanks for all that you do here at Fort Meade and from "Team Forbes" to yours, have a blessed, fruitful and overcoming week.

Commander's Open Door

Garrison Commander Col. Thomas S. Rickard 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 Rickard'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.

Back-to-school safety for motorists, pedestrians

BY MADDIE ECKER
Staff Writer

Driving your kid to school? Passing through a school zone during the school day? Prepare to slow down or get fined.

Exceeding the speed limit posted in Fort Meade's school zones can result in a hefty fine and points against your state driver's license.

For example, 1 to 9 miles per hour over the speed limit costs \$120 and one point on your license, while 40 miles per hour over will have you paying \$1,000 and can earn you five points on your license.

On streets near schools, like MacArthur Road, the speed limit is 15 miles per hour. However, the speed limit on Rockenbach Road, where both Meade High School and MacArthur Middle School are located, is 25 miles per hour.

"Rockenbach's school zone is marked by school zone warning lights and the 25 mph speed limit is in effect when the lights are flashing," said Lt. Daniel Schismenos, traffic division chief of the Fort Meade Police Department.

MacArthur's school zone is marked with school speed limit signs and is in effect Monday through Friday 7:15-8:15 p.m. and 2-3 p.m.

"The Fort Meade Police Department has increased its presence in school zones and will conduct enhanced en-



PHOTO BY DANIEL KUCIN JR.

Children need to be careful around the school bus "danger zone," which is 10 feet in front, 10 feet behind and 10 feet on each side of the school bus.

forcement of aggressive drivers within those areas to ensure the safety of the community," said Schismenos.

Pedestrians, motorists and bicyclists are required to follow the directions of crossing guards.

For those biking or skateboarding to school or through school zones, the installation traffic laws state that riders must wear an American National Standard Institute or Snell Memorial Foundation helmet and brightly colored clothing during the day and reflective material when it's dark.

Bicyclists are required to obey all traffic signals, signs and devices. If they are dismounted, the rules pertaining to pedestrians apply.

There are a number of safety mea-



PHOTO COURTESY FORT MEADE DIRECTORATE OF EMERGENCY SERVICES

Police Officer Anthony Roberts directs pedestrians safely across the street. Always follow the crossing guards instructions whether you are a pedestrian or motorist.

sures motorists should be aware of now that school is back in session, said Schismenos.

• **The main guideline is to slow down and obey all traffic laws and speed limits in school zones.** Make sure to comply with school drop-off and pick-up procedures, and do not double park or stop within 20 feet of crosswalks to drop off children. This causes visibility problems for other children and motorists.

• **Watch for children walking or bicycling in areas near a school or gathering near bus stops.** Regardless of the direction your car is located from the bus, make sure to stop when the bus has its red overhead lights flashing.

• **When approaching crosswalks, make sure to obey the crossing guard's instructions.**

The safety measures differ slightly for pedestrians walking to or near school zones.

• **Pedestrians should not wear headphones while walking, or text and walk.** In order to safely cross the road, make eye contact with the driver before crossing in front of a vehicle.

• **Only cross if you are certain drivers will stop and that they have seen you.** If you are at a crosswalk, obey

the crossing guard.

• **If you are walking on a road without a sidewalk, walk facing traffic to see oncoming motorists.** The oldest rule for crossing the street safely: always look left, right and left before making your way to the other side.

Parents can help their child stay safe by practicing safe pedestrian techniques, being a good role model while walking outside, and reminding them that vehicles take longer to stop, especially in rainy weather.

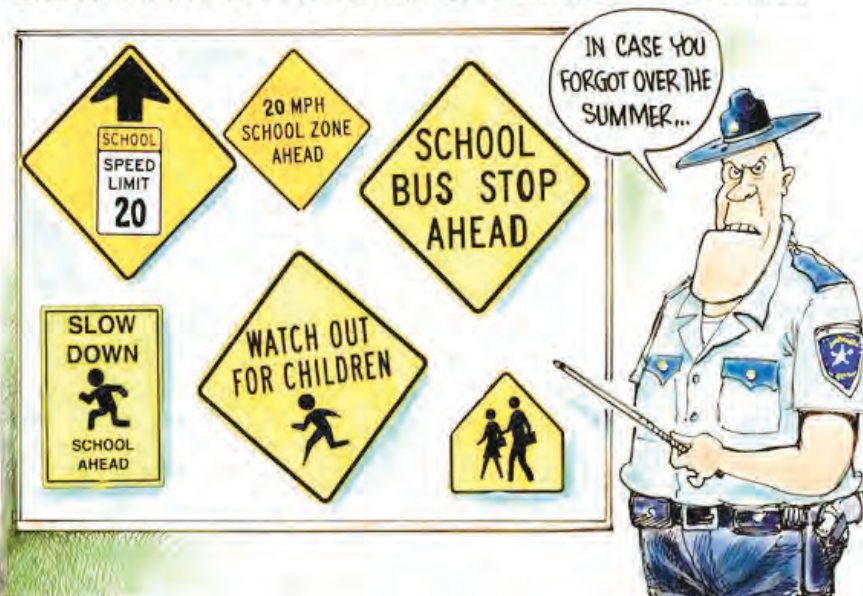
It is the parent's responsibility to make sure their child follows the installation traffic regulations.

Parents should also make sure their children know about school bus safety. Children need to be careful around the school bus "danger zone," which is 10 feet in front, 10 feet behind and 10 feet on each side of the school bus.

Children waiting for the bus should stand five steps away from the road and wait until the driver tells them to board. When exiting the bus, take five steps away and look left, right, then left again before crossing the road.

While aboard the bus, find a seat, sit facing the front and listen to the bus driver.

Back to School refresher course ... for drivers ...



GRAPHIC COURTESY FORT MEADE DIRECTORATE OF EMERGENCY SERVICES

Know your rights, responsibilities as a tenant

BY TANNER C. JAMESON
Legal Assistance Intern

The process of leasing property can be very stressful. There are many questions concerning the responsibilities of both the landlord (owner) and the tenant (renter).

Prior to signing a lease, a person should always visually inspect the property, if possible. However, even after visual inspection, issues can arise. When renting property, tenants should find comfort in knowing there are certain nonnegotiable rights afforded to them. Below are the nonnegotiable duties of the landlord:

The landlord must deliver possession of the premises.

The majority of countries follow what is known as the “English rule” for delivering possession. This requires the landlord to put the tenant in legal as well as actual physical possession of the premises at the start of the lease.

However, the “American rule” requires the landlord to provide the tenant with legal possession. If you show up to your newly rented home or apartment in the United States and someone is currently living there, it is up to you to initiate court proceedings to acquire rightful possession even if you have a signed lease.

The landlord has the duty to satisfy the implied covenant of quiet enjoyment of the property.

The covenant of quiet enjoyment refers to the right of a tenant to enjoy, without disturbance, all portions of the rented property. There are two ways landlords commonly breach this duty:

First, landlords can breach their duty by actually and wrongfully excluding the tenant from possession of all or any part of the premises.

Second, landlords violate their duty by committing what is known as constructive eviction. In order to prevail against a landlord for violation of this duty, a tenant

must prove there is:

♦ **Substantial interference**

This means the tenant’s use and enjoyment must be substantially interfered with because of some act or failure to act, attributable to the landlord. Additionally, the problem must be reoccurring.

♦ **Notice**

The tenant must give the landlord notice of the problem, and the landlord must fail to act on that notice within a reasonable amount of time.

♦ **Leave**

In order to successfully prove that constructive eviction has occurred and to break the lease, the tenant must vacate the property.

It is important to remember that a third party’s behavior does not allow a tenant to claim that constructive eviction has occurred. In other words, if you have noisy neighbors who disturb you, you will not prevail under the doctrine of constructive

eviction. If this occurs, call the police and report a noise violation or disturbance.

Implied Warranty of Habitability

The landlord has the responsibility of ensuring the property is fit for human habitation. It requires only that the very basic living requirements be met. The specific details are supplied by the housing code of the area or independent judicial conclusion. Examples of violations include lack of plumbing, running water or heat.

If a violation has occurred, the tenant has four options: move out and terminate the lease, repair the problem and deduct it from rent, reduce the rent to the equal value of the premises with the defects, or remain in possession and sue for damages.

For more information about the responsibilities of landlords and your rights as a tenant, including specific state requirements, schedule an appointment with a Legal Assistance Division attorney at 301-667-9504 or 301-667-9536.

Fort Meade holds Tech Expo



PHOTO BY MADDIE ECKER

The Tech Expo took place at Club Meade on Sept. 1 as 30 organizations came to exhibit their products and put on informational seminars for prospective employees. Exhibitors included Dell, Oracle and Cisco Systems.

34th IS wins intramural title



PHOTO BY AIR FORCE STAFF SGT. AJ HYATT

The 34th Intelligence Squadron pose for a group photo after beating the Navy Information Operations Command softball team 31-25 for the Division One Fort Meade Intramural Softball Championship Aug. 3. In the double-elimination tournament, the 34th IS came into the championship game with zero losses, while NIOC had one. NIOC forced a Game 2 by defeating the 34th IS 19-9 earlier that night.

SEPTEMBER IS SUICIDE PREVENTION MONTH
Help prevent suicide.



Follow us on Twitter @ftmeademd
Join the conversation using
the hashtag #soundoff

USAF master sergeant uses illness to shape her leadership

BY AIR FORCE STAFF SGT. AJ HYATT
70th ISR Wing Public Affairs

In September 2003, Angel McKenzie was a healthy senior Airman who had a line number for staff sergeant.

She was working on the flight line as an aircraft maintenance Airman at Fairchild Air Force Base in Washington, when all of sudden she was plagued with a weakness on one side of her body that could not be explained.

A month later, she lost vision in one eye and was struggling to pick up a tool box. After seeing a few doctors, she received a diagnosis that would change her life forever.

She was diagnosed with MS — Multiple Sclerosis.

According to the National Multiple Sclerosis Society website, MS is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and the body. The cause of MS is still unknown.

The Louisiana native, who is now a master sergeant with a line number for senior master sergeant, is the operations superintendent for the 707th Communications Squadron at Fort Meade.

Within her job, McKenzie is responsible for advising the commander and director of operations on the security and maintenance of more than 10,000 communication circuits. She also oversees operations for a 209-person unit, executing information assurance monitoring, analysis, reporting and training for network configuration and sustainment.

"I honestly thought my career was over and I would be separated [from the Air Force]," McKenzie said. "But to my surprise, the Air Force elected to let me stay in."

When she received the results from the screening for MS, her first question was: "What does that mean and what medicine do I take to cure it?"

Her neurologist replied, "Well, there is no cure."

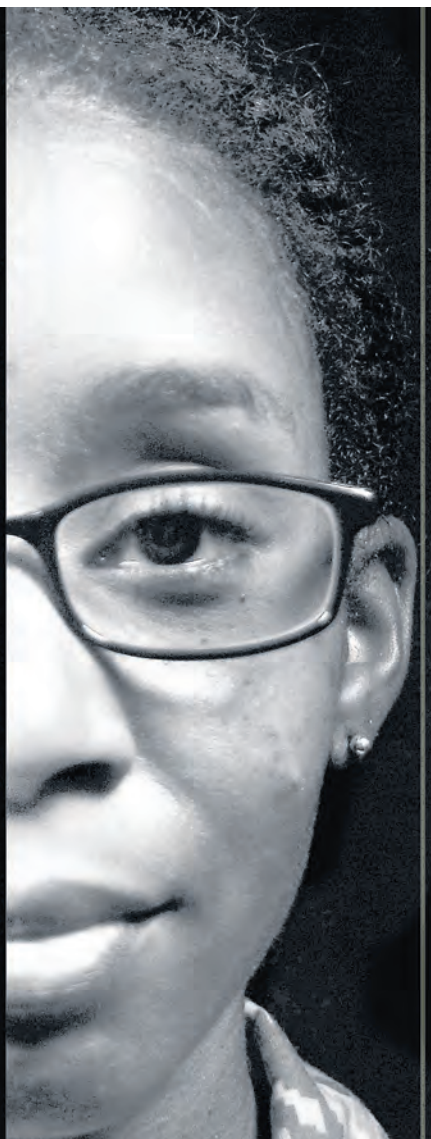
"Whenever you hear you have something, you quickly Google and start figuring out what 'it' is," she said. "When you first look up MS, you see people in wheelchairs, people who have lost the ability to feed themselves or can't see."

McKenzie began to picture herself in a wheelchair for the rest of her life.

"There's not a cure, but there are medicines we can give you to help slow down the progressions so you don't have as many exacerbations," the neurologist said.

MS is considered a "snowflake disease" because nobody's symptoms are the same.

**we
are all
going
through
situations
that you
cannot
see on
the
outside.
-MSgt
McKenzie**



Air Force Master Sgt. Angel McKenzie, 707th Communications Squadron operations superintendent, was diagnosed with multiple sclerosis in 2003. For the first nine years of her diagnosis, she didn't tell anyone except her leadership. Now she is using her illness to shape the way she leads her troops.

Everyone's can be completely different, said McKenzie.

"You have some people with MS who can go out and run marathons, while you have some people with MS who are in hospice needs," she said. "Everyone's different."

The first three years included an injection into her leg every Friday night.

"The effects of the injection were flu-like, so every Saturday and Sunday I was sick like I had the flu," McKenzie said. "I was in pain and I used to wake up crying because everything hurt. After a few months of the medication, the pain started to calm down."

McKenzie stayed on this medicine until she had her first son Kai. A year later, the McKenzies welcomed their second son, Jayden.

Today, her medication only includes two pills a day.

"Luckily, treatments have progressed in MS therapy," McKenzie said. "The worst side effect of these pills are the itching and burning, which only last a couple of hours. I have to take fatigue medicine every morning to help me get through the day. The fatigue is probably the worst side effect of MS for me."

As she got older and lived with MS, McKenzie learned what triggered her

symptoms. Whether the temperature was too hot or too cold, she had to be aware of made her sick.

"There were days in Texas [at Lackland Air Force Base] where the temperature reached 100-plus degrees outside, and during walks to my car I had to stop and sit down to wait for feeling to come back to my legs," she said.

As time passed, McKenzie started participating in Walk MS, a charity walk series that takes place in over 550 locations with more than 330,000 people participating annually.

"Sometimes I get the squadron together to participate in the [MS] walks, but they never know why I do it," McKenzie said. "They just think I'm volunteering. I told one of my commanders why I walked, and he replied 'We are going to get everyone out there! I want max participation to be out there to support you even if they don't know they are supporting you.'"

For the first nine years of her diagnosis, McKenzie did not tell anyone.

"I kept a close hold and only mentioned it to leadership simply because it was need-to-know information," she said. "I looked at my diagnosis as a weakness that would not be understood."

Staying quiet created a persona that everything was perfect for McKenzie.

"This caused my troops to be less forthcoming with me simply because they felt I did not understand trials or problems, which was the complete opposite," she said.

But McKenzie is now using her illness to shape the way she leads.

"I realized with the assistance from my husband, that my MS was not a weakness, but a mechanism that I can use to help others," McKenzie said. "Now, after being in the military for 16 years, I no longer hide my MS, but am more forthcoming and willing to be the listening ear for anyone that has invisible situations."

As a leader, MS has helped McKenzie to be more empathetic with her troops.

"I use this when dealing with everyone, regardless of rank, because I truly believe it helps me see the best in everyone," she said. "Everyone is going through situations that you cannot see on the outside."

"Regardless of what you can see, never judge someone because of what they can or cannot do because you don't know what struggles they have gone through or are going through."

McKenzie is scheduled to put on the rank of senior master sergeant in 2017, but in the meantime, she is focusing on staying active and living well with MS.

"As long as I can physically do stuff, I'll keep going," she said. "As long as I can walk, I'll walk as fast as I can."

Soldier creates 'G.I. Low' comic strip

BY MADDIE ECKER
Staff Writer

Since he was a child, Sgt. (P) Peter Barlow has been drawing comics and doodling in his notebook.

In 2010, his comics took a new direction, he said, when he found himself in South Carolina, "being shouted at by a drill sergeant" during basic training.

"G.I. Low" was born.

"G.I. Low is largely based on myself," said Barlow, whose character also wears black eyeglasses. "I try to make him his own standing character instead of making it completely autobiographical. His perspective is sort of a nerd's eye view of the Army."

Barlow, of the 741st Military Intelligence Battalion, serves in the U.S. Army Intelligence and Security Command as a signals intelligence analyst.

Barlow said that he, and G.I. Low, are not the stereotypical "alpha Soldiers that we see depicted in the media. I will never be someone's idea of a typical Soldier."

"At best, I think of myself as just average," he said. "I feel like we need some sort of representation for the guys who struggle to do 40 pushups when they got into the Army."

Barlow hopes that the "G.I. Low" comic will give those individuals a spotlight.

Filmmaker to Cartoonist

Barlow, who lived in Sidney, Ohio, attended Bowling Green State University, where he majored in film production.

"I got the sense that I was not cut out to be the next Steven Spielberg but always really enjoyed storyboarding, which is like comics for filmmakers," he said.

Six months after graduating, Barlow had a "quarter-life crisis." In 2009, both his

Video online

For a video about this story, visit [youtube.com/watch?v=irEfkiUBFso](https://www.youtube.com/watch?v=irEfkiUBFso)

parents were out of work. To "give back" to them, Barlow — whose grandfather served in the Navy and great-grandfather served in the Army — enlisted the following year.

During basic training, Barlow found himself feeling frazzled and tired. He had an hour of downtime during the day and instead of cleaning his weapons or organizing his locker, he drew comic strips.

"It was a very good way to clear my head," Barlow said. "Drawing was a good way to take a step back and process" everything going on.

When he was deployed to Germany, Barlow took his cartoons to a new level by using Microsoft Paint.

"Microsoft Paint is a very beginners tool, but I'm a beginner comic," Barlow said. "I do like the fact that I'm using a medium that's readily accessible to average Soldiers. I think it gives me a little more credibility, as opposed to spending hundreds of dollars on the best software."

For Barlow, it takes an average of eight hours to create a "G.I. Low" cartoon. He's learned that it pays to make multiple copies of one comic before posting to Facebook.

"I'll now make [the comics] weeks or months in advance and look them over constantly, and once I'm 99 percent sure that it's good, I'll post it," Barlow said. "Then, I'll notice a typo and have to take it down."

'G.I. Low' comic emerges

Barlow tries to incorporate iconic imagery, like World War II's Rosie the Riveter, and topical military subject matter when



PHOTOS BY MADDIE ECKER

Sgt. (P) Peter Barlow is the military cartoonist behind the "G.I. Low" series. He is working on a basic training saga that can be found on his Facebook page, "The Adventures of G.I. Low."

developing his comics. He hopes to cultivate an audience of both military members and civilians.

"My goal is to tow that line just right, where it's still funny for both [the military and civilians]," Barlow said. "I kind of did a nod to that in a comic strip where G.I. Low becomes part of Acronyms Anonymous because he can't stop speaking in Army acronyms and it's alienated him from his friends and family outside of the Army."

Right now, Barlow is working on a "Basic Training Saga." He has 20 cartoons that depict the 10-week process of basic training. From this saga, he hopes to make "G.I. Low" into more of an ensemble comic.

"G.I. Low introduces you to everything," Barlow said. "Then, once I establish his character and everyone else around him, he'll kind of blend in with this big ensemble, if I can pull that off."

Joining Miltoons

In the past year, Barlow has worked on building his comic strip portfolio. He created social media accounts for "G.I. Low," developed a Facebook following of about 2,000

and joined other military cartoonists in a group they call "Miltoons."

Miltoons is made up of five Soldiers, two Sailors, two Airmen and a Coast Guardsman. They are looking for a Marine comic to join the group. They have thought about seeking syndication or publishing a book together.

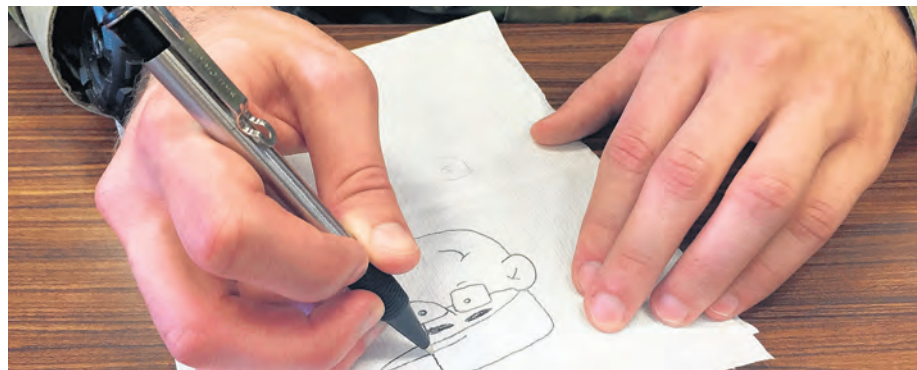
"We don't have any direct end in sight yet, but it's several brains working together with the same common goal and they're all really funny," Barlow said.

While he doesn't want to speak on the behalf of the members of Miltoons, Barlow said he thinks that their work strives to inject humor into the more serious matters of the military.

"I think one of the really important lessons to learn is that the military can be a very serious business and we're sort of taught to revere it," Barlow said.

"We all still do, but it's really important to never lose your sense of humor. It's a great coping mechanism, and if we can make people laugh through recognition, especially recognition of the more difficult moments, then I think we've accomplished our goal."

Editor's note: "G.I. Low" will be featured periodically in SoundOff! Make sure to look for the comic in future papers.



Sgt. (P) Peter Barlow does a sketch of "G.I. Low" on a napkin at the Exchange food court on Sept. 1.



U.S. ARMY GRAPHIC

NEWS YOU CAN USE

Deadline approaching for gender relations survey

BY CHERYL PELLERIN

DoD News, Defense Media Activity

The deadline is approaching for service members to participate in the 2016 Workplace and Gender Relations Survey.

Selected active-duty service members have until Sept. 28 to take the online or paper survey.

The survey's results will inform the Defense Department's future prevention and response efforts, said Defense Department spokesman Eric Pahon.

The survey is conducted by the Defense Manpower Data Center as part of a biennial cycle of health and resilience surveys outlined in Title 10 USC 481. Its results will provide information on service members' experiences of unwanted, gender-related behavior.

"For over a decade this survey has been used by the service chiefs and the department to understand the scope and context of the unwanted behaviors of sexual assault and sexual harassment," Dr. Elizabeth Van Winkle of the Defense Manpower Data Center said.

The survey includes 735,329 active-duty service members — 158,893 women and 576,436 men — as part of a scientifically designed sample. It's the largest survey fielded on this topic for active-duty service members, according to DoD Sexual Assault Prevention and Response Office documents.

Results from the congressionally mandated survey also will be briefed to service leadership, DoD leadership, the DoD SAPRO and Congress, Pahon said.

"We know everyone gets a lot of requests to take surveys, but this is one

that makes a very big difference," said Dr. Nate Galbreath of the DoD SAPRO.

The secretary of defense, the service secretaries, Congress — and even the president himself — see the overall results of this survey.

"Much of the legislation that Congress has passed over the past few years to address sexual assault and sexual harassment in the military has grown out of the feedback that people share with us," Galbreath added. "If there is ever a survey that lets your voice be heard, it's this one."

The survey is voluntary and completely confidential. Active-duty service members can check to see if they have been chosen to participate at <http://www.dodsurveys.mil>.

The final report will be released as part of the 2016 SAPRO Annual Report in spring 2017.



PHOTOS BY STEVE RUARK

A tear runs down the cheek of Seaman Josiah David Trombley, a Defense Information School student assigned to the Navy Center for Service Support Detachment, during the 11-hour event. Trombley lost a military friend to suicide this summer.

‘Illuminating the Darkness’

All-night walk raises suicide awareness

By **LISA R. RHODES**
Staff Writer

Fort Meade’s first “Illuminating the Darkness Walk,” held in observance of Suicide Prevention Month, featured an illumination ceremony with colored glow sticks, a dramatic skit by a local high school theater group, and group yoga sessions.

The 11-hour walk, organized to raise the Fort Meade community’s awareness of suicide, was held during the night of Sept. 1 at the Gaffney Fitness Center track and drew nearly 300 people throughout the event.

A joint Team Meade activity, the event was a collaboration between the suicide prevention programs at the Naval Information Operations Command Maryland and the Fort Meade garrison. Assistance was provided by Air Force Capt. Matt Babcock, a suicide survivor, suicide prevention advocate and operations officer of the command center at the Defense Information Systems Agency.

The DoD’s theme for Suicide Prevention

Month is “Be There — Your Action Could Save A Life.”

Torrie Osterholm, Fort Meade’s Suicide Prevention Program manager, said the theme is perfect for the event.

“We want people to be present — to care enough to listen and ask someone how they’re doing,” said Osterholm during an interview after the event. “Someone may give you an invitation into their life. They may say ‘I’m not feeling well today.’ And you can let them know ‘I’m here and I’m not going anywhere.’”

The organizers also emphasized the Army’s five pillars of resiliency — physical, social, emotional, family and spiritual — and the importance of being grounded in all five areas.

Participants walked around the Gaffney track from dusk until dawn and took part in a range of activities, from relay races and pushups to dancing to a DJ and guitarist.

The evening began with a posting of the colors by the Fort McHenry Naval Sea Cadet Color Guard and a rendition of the national anthem by the NIOC choir.



Participants of “Illuminating the Darkness Walk” walk along the Gaffney Fitness Center track. The 11-hour event began at dusk on Sept. 1 and ended at dawn.

Air Force Chaplain (Capt.) Manuel Duarte of the 70th Intelligence, Surveillance and Reconnaissance Wing gave the invocation.

Navy Chief Petty Officer Patrice Washington, Suicide Prevention Program coordinator of NIOC Maryland, served as the emcee for the opening ceremony and DJ for the event.

“What better way to symbolize what we, who are passionate about suicide, what we do,” said Laurie Hanley, NIOC Maryland’s Suicide Prevention Program manager, during the opening ceremony. “We walk with people through the dark to the light.”

Hanley said she and her colleagues came up with the idea for a walk years ago, but weren’t able to pull it off before teaming up with the Army and Air Force.

In his brief remarks during the opening ceremony, Garrison Commander Col. Tom Rickard set the tone for the event.

“We recognize the somber nature of this particular event, but it is also a good opportunity for us to enjoy the lives that we have,” he said.

Rickard, who said he has lost a close friend and knew Soldiers who had died by suicide, encouraged participants to “think of yourselves as a first responder. Each of us may have the chance to reach out and help someone and save a life.”

Rickard acknowledged Hanley, Osterholm and Babcock for their efforts in organizing the event. He also recognized Navy Cryptologic Technician Network’s Mary Racicot, Petty Officer 1st Class Heather Melia, Petty Officer 2nd Class Jason Cowens and Petty Officer 1st Class Jenny Martinez, all suicide prevention advocates with NIOC Maryland, for their volunteer work.

Navy Cmdr. Robert Cadena, executive

officer for NIOC Maryland, also praised the joint-force collaboration.

“Together we can do great things,” Cadena said.

Dana Hendrickson, director of outreach for the Maryland Department of Veterans Affairs, read a Suicide Awareness Month proclamation from Gov. Larry Hogan.

Susan Citro, a suicide prevention advocate and social worker, shared the story of her nephew who died by suicide in 2011. Citro said she asked her nephew if he had thoughts of harming himself. He always said no.

Citro said it is imperative to always ask the more direct question, “Are you thinking of killing yourself?” to someone who is in distress, no matter how difficult it may be.

Retired Navy Chief Petty Officer Ella Baker shared how she struggled with thoughts of suicide five years ago when she returned from

a deployment to Iraq. She was transitioning to her assignment at Fort Meade and met with Hanley at the Fort Meade Fleet and Family Support Center.

“I felt so inadequate,” she said. “I felt I would be a burden to ask for help.”

Hanley asked her the difficult question and worked to help get her the assistance she needed. As a result, Baker said, she is alive today.

Babcock recounted how nearly six years ago, he was a newly trained fighter pilot stationed at Davis-Monthan Air Force Base in Tucson, Ariz., and was slipping into despair.

“I was not eating or sleeping, not enjoying the things in my life,” he said.

When his mother learned that he had not slept in three straight days, she threatened to call his commander if Babcock did not approach him for help.



Participants bow their heads in prayer during the “Illuminating the Darkness Walk” for suicide awareness that featured a dramatic skit and an illumination ceremony using glow sticks.



Laurie Hanley, NIOC Maryland’s Suicide Prevention Program manager, speaks during the opening ceremony.



Torrie Osterholm, Fort Meade’s Suicide Prevention Program manager, speaks about suicide prevention.

Babcock relented and told his commander that he was thinking of killing himself.

“He didn’t panic. He didn’t scoff at me. He didn’t clip my wings off my chest. ... He said the No. 1 priority was for me to be safe and that I got help,” Babcock said.

Representatives in attendance included NIOC Maryland’s Suicide Prevention Program, the Wounded Warrior Project Inc., Veterans of Foreign Wars of the United States, Army Community Service, Fort Meade’s Army Substance Abuse Program, and Fort Meade trainers for the Applied Suicide Intervention Skills Training course.

Free food, beverages and “Illuminating the Darkness Walk” T-shirts were provided.

The walk formally started at 7:37 p.m. with survivors of suicide and those who have been affected by suicide walking a lap around the track.

A dramatic skit titled “Illuminating the Darkness,” was performed by the Performing Arts and Visual Arts Magnet High Program at

Annapolis High School.

An early highlight of the event was an illumination ceremony, where participants opened purple and teal — the colors of suicide prevention — glow sticks and placed them inside white paper bags. Earlier in the evening, participants were given a bag to write the name of a loved one affected by suicide. The bags were then placed around the track and a faint colored light from the bags pierced the darkness.

The walk ended Friday morning at 6:37. A closing ceremony was held and breakfast was served.

Among those who attended was Spc. Jonathan Woods of the 780th Military Intelligence Brigade.

“I came out to try to understand what walking through the darkness of suicide means,” Woods said. “I know someone else has done it and felt the pain. But you have to keep on going until the light, which is right around the corner.”

JIBBER JABBER - OPINION

When sitting is taking a stand

Note to all Jabber Nation: If you ever plan to drive to Arkansas and back, make sure you plan more than four days. It wasn't until Lexington, Ky., that I realized I was driving half way around the country.

I tried to sneak over to the Razorback state for my first-ever Jones family reunion. It was in the town of Calico Rock. Nestled in the Ozarks, Calico has a population somewhere between 22 and 991. While there I found out some interesting facts: The Joneses have their own cemetery, road and mountain; my great-great-great grandfather is Geronimo (Yes, the real one. wikipedia.org/wiki/Geronimo); and as I watched my kids playing with cousins they never knew they had, and my Muslim wife of Asian-Indian descent eating fried chicken in a Baptist Church with her new in-laws, I realized that for the most part, people are people.

Our new boss, Col. Tom Rickard, made that point to me when I shared my apprehension introducing my mixed children to a region of the country purportedly known for racism, and to my kin that was part of that tradition.

Sure, there were a few more Confederate flags than I'm used to, and the closest mosque to Calico Rock was about two hours away in Little Rock, but the people were welcoming. We didn't get shoved into the back corner of restaurants, people weren't whispering behind our backs, and as I said, we had a great time.

None of this is to say race isn't an issue in our country or that there are not serious, deep-seated issues left unresolved. The criminal justice system isn't always just; employers still look at the name on a resume instead of its content; and many in the general public still find ways to get offended when people of color exercise their Constitutional rights, e.g. Colin Kaepernick.

I glanced over the controversy of him sitting down during the national anthem in last week's column, but in doing so, I left



Chad T. Jones

PUBLIC AFFAIRS
OFFICER

out the one part of his stance that I find offensive, and quite frankly, racially motivated.

The number of people on Facebook who haven't spent a day in uniform complaining about how Colin's actions are insulting to the military is as ridiculous as the number of shapes and decals people contorted the "stars and bars" were contorted onto bumper stickers. There was a brahma bull logo, a fish, a few different kinds of cars

and at least one tree of life.

But at least people with the logo pasted on their car have some context to their beliefs. The people crying foul on behalf of those who have served have zero context or actual empathy for those they are "defending."

That's because they obviously have no clue why we served (outside of free college, or loan repayment, or some other necessity). We served so that Colin could sit during the national anthem without fear of going to jail or worse.

Some may even go as far to say that Colin sitting down was every bit as patriotic, courageous and American as standing. It certainly isn't as respectful, but it does show a deeper understanding of his rights and responsibilities as a citizen.

Now I'll be the first to scoff at those who are comparing Colin's stance to Rosa Parks refusing to go to the back of the bus. But I will say that the acts are in the same line of peaceful protest that has moved our country forward from slavery to Jim Crow to now mass incarceration.

It is another example of a citizen fulfilling his responsibility to move our country closer to the "more perfect union" our founding fathers challenged us to create. A union that I proudly serve. A union that respects and allows for people to be people.

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.

SPORTS SHORTS

British basketball team to play

Ten members of the British Army Medical Services will arrive at Fort Meade on Friday to take part in Exercise Serpent Dunk, a Basketball Sports tour of the United States.

They will be hosted by the command staff from Friday until Sept. 20.

The team also will play three basketball games at Murphy Field House. Each game starts at 6 p.m.

Monday: Defense Media Activity
Wednesday: Kimbrough Ambulatory Care Center

Sept. 16: Fort Meade Patriots

For more information, call 301-677-3318.

Group Walk/Volksmarch

The Freestate Happy Wanderers is hosting a Group Walk/Volksmarch of Laurel commemorating 9/11 on Sunday at 10 a.m.

The walk will start at 9 a.m. Alice B. McCullough Field on 8th Street and Montgomery Street in Laurel. Participants may walk the 5K or 10K.

The one-hour sign-up will be held at McCullough Field, one block south of St. Vincent Pallotti High School. Parking is available on the street and in the parking lot.

A patch is available for \$4.

All service members and military families walk for free (IVV credit included). Just mention this announcement from the *Soundoff!*

The FHP is a nonprofit organization under the American Volkssport Association.

For the 15th consecutive year, FHW will display memorial signs of the Pentagon and Flight 93 victims at Riverfront Park from 9 a.m. to 3 p.m.

Lunch is planned after the walk at the Red Hot & Blue on Main Street in Laurel. RSVP letfepugh@aol.com.

For more information, call Fred Pugh at 301-362-0591 or email fepugh@aol.com, or visit Caution-www.mdvolks.org/free-state.

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.

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

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

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

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

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.

For more information, call 301-677-3318.

Lifeguard recertification

The Directorate of Family and Morale, Welfare and Recreation is offering a Lifeguard Recertification Course on Oct. 8 and Oct. 9 from 8 a.m. to 3 p.m. at Gaffney Fitness Center.

Registration is required by Oct. 5. Fee is \$150.

All participants must register in person at Gaffney and present current, valid certification.

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

Metabolic Effect classes

Gaffney Fitness Center offers Metabolic Effect classes on Tuesdays and Thursdays from 11:45 a.m. to 12:15 p.m.

This high-intensity class can be modified to fit all fitness levels.

Cost per class is \$5.

Classes are open to authorized users ages 18 and older.

For more information, call 310-677-2349.

Volunteer coaches, referees needed

Youth Sports is seeking volunteer coaches and referees for the winter sports season that includes basketball and futsal.

Volunteers receive free training and coaches' discount for their children enrolled in the program.

For more information, call the Youth Sports office at 301-677-1329 or 301-677-1179.

Youth Bowling League

The Saturday Youth Bowling League will meet Saturday at 9 a.m. at The Lanes.

For more information, call 301-677-5541.

EFMP Bowling

The Exceptional Family Member Program's next bowling event is Sept. 21 at 5:30p.m. at The Lanes.

For more information, call 301-677-5541.

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.

9/11 Remembrance Run

The 9/11 Joint Service Wellness and Remembrance Run will be held Friday at 6:30 a.m. at McGlathlin Parade Field.

Fort Meade service members and civilians are welcome to participate in the run, which commemorates the 15th anniversary of the 9/11 attacks.

Children's Library closure

The Children's Library at Kuhn Hall will be closed Sept. 15 at noon and all day on Sept. 16 due to staff shortages.

The Post Library will remain open. For more information, call 301-677-5522 or 301-677-4509.

RAB meeting

The next Fort Meade Environmental Restoration Advisory Board meeting is Sept. 15 at 7 p.m. at the Courtyard Marriott, 2700 Hercules Road, Annapolis Junction.

Community members are invited. RAB meetings are held to keep the public informed of Fort Meade's environmental cleanup and restoration program, and to provide opportunities for public involvement and open discussion.

Members of the public who would like to learn more about the restoration program or to become a RAB member are encouraged to attend.

For more information, call 301-677-7999 or visit www.ftmeade.army.mil/directorates/dpw/environment. Click on RAB link.

ASIST training

Applied Suicide Intervention Skills Training two-day workshops will be offered 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, call Torrie Osterholm, Fort Meade Suicide Prevention Program manager, at 301-677-6541 or email torrie.osterholm.civ@mail.mil.

Vehicle Resale Lot

Sell or buy all types of vehicles at the resale lot on Rock Avenue.

To place a vehicle on the lot, stop by Outdoor Recreation at 2300 Wilson St.

For more information, call 301-677-3810.

Commissary baggers needed

The Fort Meade Commissary is accepting applications for 15 bagger positions.

The bagger positions are open to active-duty service members, family members of active-duty military, retirees and family members of retirees.

Monday to Friday positions are available for the morning shift of 8:30 a.m. to 3 p.m. and the afternoon shift of 2:45 p.m. to 9:30 p.m.

After applications are processed, inter-

views will be conducted Sept. 26 from 9 a.m. to noon at Club Meade, 6600 Mapes Road.

Applicants must come in person and present their current military/dependent I.D. card and Social Security number.

For more information, call 301-677-5502.

Sesame Street USO

Sesame Street USO Experience for military families will be held Sept. 27 at 2:30 p.m. and 5:30 p.m. at Murphy Field House.

The event is free.

For more information, go to meade.armymwr.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

See **NEWS & NOTES**, page 14



TRANSITION ASSISTANCE PROGRAM

SFL-TAP

September Events

Sept. 20	Understanding the GI Bill Tuesday 9:30 a.m.
Sept. 22	PMP Information Session Thursday 10 a.m.
Sept. 27	Understanding the GI Bill Tuesday 8 a.m.
Sept. 29	Employer Day (Mini Job Fair) Thursday 11 a.m. — 1 p.m. Classroom 6

To register, call: 301-677-9871

McGill Training Center
8452 Zimborski Ave., Classroom 1
Fort Meade, MD 20755

www.ftmeade.army.mil/directorates/dhr/sfl/

TRANSITION ASSISTANCE PROGRAM

Start Strong • Serve Strong • Reintegrate Strong • Remain Strong

NEWS & NOTES, From page 13

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.

R&B Night

Enjoy a night of dancing at R&B Night on Friday 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 Wednesday 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.

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

Gold Star Day

Gold Star Mothers and Families Day will be held Sept. 24 at 11 a.m. at Burba Lake, Pavilion No. 1.

The annual event, sponsored by the Fort Meade Army Community Service Survivor Outreach Services Program, will feature a Butterfly Release and Remembrance Ceremony.

For more information, call 301-677-5590.

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.

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 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.

International menu

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.

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

Menu: Today: Comfort Food Buffet: Stuffed pork chops, fried chicken, mac & cheese, and collard greens; Tuesday: Tex-Mex Buffet: Mojo pulled pork, quesadillas, pico de gallo, rice and beans, and fresh vegetables; Sept. 15: Mediterranean Buffet: Chicken with figs and apricots, couscous, lemon roasted potatoes, and fire-roasted green tomatoes.

For more information, call 301-677-6969.

EDUCATION**New Employee Orientation**

The next Fort Meade New Employee Orientation briefing is scheduled for Wednesday 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.

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.

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

• Retiree Brief: Monday, 8-11:30 a.m., FFSC

• TGPS (Transition, Goals, Plans, Success) Five-Day Workshops: Monday to Sept. 16 and Sept. 19-23 from 8 a.m. to 4 p.m., FFSC

• Pre-deployment Brief: Sept. 22, 10-11:30 a.m., FFSC

• Navy Family Orientation: Oct. 26, 5-7 p.m., FFSC

• Career Technical Training: Two-Day TGSP Workshop: Sept. 28-29, 8 a.m. to 4 p.m., FFSC

• Pre-Separation Brief: Sept. 29, 9-11:30 a.m., FFSC

Employment

• How to Work a Job Fair: Tuesday, 9 a.m. to noon, FFSC

Learn the tips to will help you strategize and make the most of a job fair opportunity.

• Ten Steps to a Federal Job: Sept. 27, 9 a.m. to noon, FFSC

Life Skills

• Building Healthy Relationships: Sunday, 9-11 a.m., FFSC

Learn to improve your personal and professional relationships.

Financial

• Banking Basics: Tuesday, 9-11 a.m., ACS
Learn to manage, balance and reconcile your bank accounts. Topics include: banking and credit union services, and checking account management.

This class serves as refresher training for personnel who have abused and misused check-cashing privileges.

• Car Buying: Sept. 20, 9-11 a.m., ACS
• 1st Term Financial Readiness: Sept. 27, 8 a.m. to 4 p.m., ACS
• Budgeting For Baby: Sept. 23, 11 a.m. to 12:30 p.m., FFSC

This class is open only to Navy and Marine Corps personnel.

To register, call FFSC at 301-677-9017 or ACS at 301-677-5590, or visit fortmeadeacs.checkappointments.com.

YOUTH**Storytime**

The Children's Library at Kuhn Hall offers free, pre-kindergarten Storytime on Thursdays with identical programs at 9:30 and 10:30 a.m. at Kuhn Hall, 4415 Llewellyn Ave.

• Today: "Back To School!" — Stories about going back to school

• Sept. 15: "Shaggy Dogs, Waggy Dogs!" — Celebrating American Kennel Club's "Responsible Dog Ownership Month" with stories about dogs.

• Sept. 22: "Hooray For Fall!" — An autumn-themed Storytime

• Sept. 29: "Books Are The Cat's Meow!" — Celebrate "National Cat Month"

For more information, call 301-677-5522 or 301-677-4509 or go to meade.armymwr.com.

Youth Fishing Rodeo

Fort Meade's Youth Fishing Rodeo for children ages 3 to 15 will be held Sept. 17 from 8 a.m. to 1 p.m. at Burba Lake Recreation Area.

The free event is sponsored by the Meade Rod & Gun Club and MWR-Outdoor Recreation.

Youths will be divided into three age divisions: 3 to 6; 7 to 11; and 12 to 15.

Prizes will be awarded in each age division.

Registration begins at 8 a.m. in Burba Cottage, Building 4424.

Limited fishing gear and bait will be available for participants who do not have their own.

Maryland fishing regulations are in effect, and no other fishing is permitted on Sept. 17 until after 1 p.m.

Snacks will be available for purchase.

For more information, call Charisma Wooten at 240-568-6055 or visit the Outdoor Recreation page at meade.armymwr.com.

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 are now available for purchase at Club Meade. Limited tickets are available.

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

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

• **Maryland Renaissance Festival** is running through Oct. 23 on Saturdays and Sundays from 10 a.m. to 7 p.m. 1821 Crownsville Road, Annapolis.

General admission through Sunday 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.

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

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

• **Anne Arundel County Library** is offering several activities:

◆ Today: "Music & Movement," for families with children ages 5 and younger, will be held at 6:30 p.m. at Glen Burnie Regional Library. Sing, chant, play instruments and move creatively as the program explores sounds, rhythms and patterns that make up language.

◆ Saturday: "The Great Marble Race" will be held at 2 p.m. at Maryland City at Russett Community Library. Building a marble run is a fun hands-on science activity and engineering challenge. Explore construction, design, engineering and principles of physics.

◆ Monday: "Star Wars: Jedi Academy"

will be held at 5:30 p.m. at Annapolis Regional Library. Make crafts, play games and read books from the Jedi Library. Costumes welcome.

◆ Tuesday: "Build with Strawbees!" for elementary school students will be held at 6 p.m. at Odenton Regional Library. Learn mechanical and building skills with low-tech Strawbees that encourage learning through play.

◆ Wednesday: "Healthy Cooking With Your Fall Harvest!" for adults will be held at 6:30 p.m. at the Mountain Road Community Library. Rick Stevens, executive chef of Genesis Health Care, will provide a cooking demo using fall harvest from the garden. Learn about healthy dishes and share recipes. Register at the library or call 410-222-6699.

◆ Sept. 16: Lung Health Seminar and Screening will be held at 10:30 a.m. at Annapolis Regional Library and at 1 p.m. at the Eastport-Annapolis Neck Community Library. The presentation will feature medical experts at Anne Arundel Medical Center. Take the lung health profiler to assess your risk.

◆ Sept. 17: Pokémon Club for elementary school students will meet at 3 p.m. at Brooklyn Park Community Library. Learn to build a deck for the Pokémon TCG. (Bring your own cards). Bring your video games to hang out, battle and trade.

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

• **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.

• **Leisure Travel Services** is offering tickets to "Disney On Ice: Follow Your Heart" on Oct. 28 at 7:30 p.m.; Oct. 29 at 11 a.m., 2:30 p.m. and 6:30 p.m.; and Oct. 30 at noon and 4 p.m.

Sale ends Oct. 21. For more information, call LTS at 301-677-7354.

MEETINGS

• **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 Friday.

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 Saturday. 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 Monday. 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 Monday. 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 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.

• **NARFE Chapter 1519**, Glen Burnie will meet Tuesday at 1 p.m. at the Holy Cross Catholic Church Parish Hall (on the parking lot side of the church).

The guest speaker is Dr. Stacy Samuels, who will speak about hearing.

All members of the National Active and Retired Federal Employee Association are invited.

For more information, call Don Bender, co-president, at 410-787-0390 or email the_benders1@verizon.net.

• **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.

• **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 Sept. 19.

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.

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. 18



CLAY ENOS/TNS

Friday & Sunday: "Suicide Squad" (PG-13). The government gives a team of supervillains a chance at redemption. The catch: their mission will probably kill them all. With Will Smith, Margot Robbie, Viola Davis.

Saturday: FREE SCREENING (PG). Tickets available at the Exchange Food Court. Seating open to non-ticket holders 15 minutes prior to showtime.

Sept. 16: "Operation Chromite" (R). A squad of Soldiers fight in the Korean War's crucial Battle of Incheon. With Liam Neeson, Jung-jae Lee, Beom-su Lee.

Sept. 17: "War Dogs" (R). Based on the true story of two young men who won a \$300 million contract from the Pentagon to arm America's allies in Afghanistan. With Jonah Hill, Miles Teller, Bradley Cooper.

Sept. 18: "Pete's Dragon" (PG). The adventures of an orphaned boy named Pete and his best friend Elliot, who just so happens to be a dragon. With Bryce Dallas Howard, Robert Redford, Karl Urban.