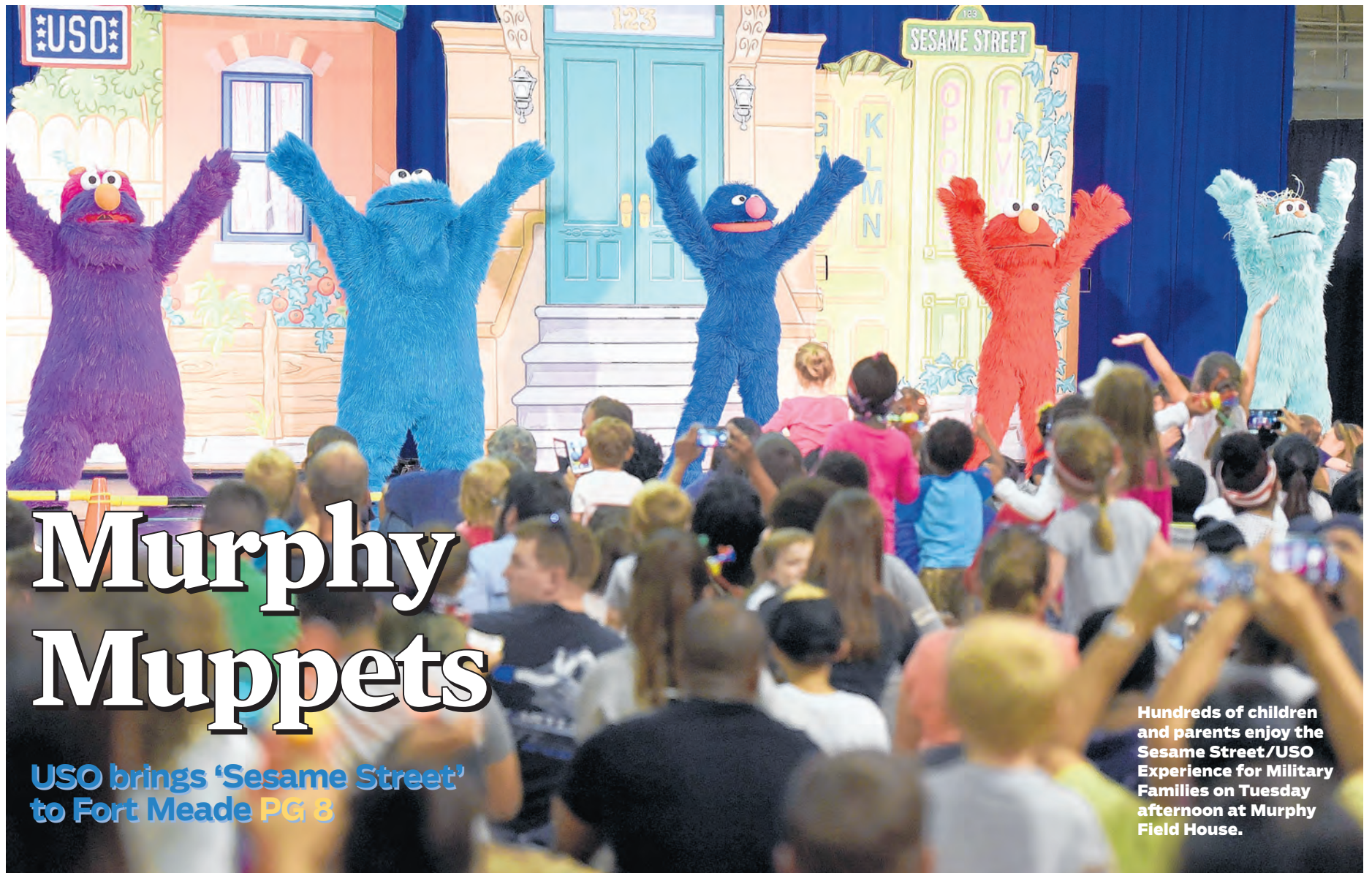


Soundoff!

PUBLISHED IN THE INTEREST OF THE FORT MEADE COMMUNITY

THURSDAY, SEPT. 29, 2016 | 68th Year Number 38
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Murphy Muppets

USO brings 'Sesame Street'
to Fort Meade PG 3

Hundreds of children and parents enjoy the Sesame Street/USO Experience for Military Families on Tuesday afternoon at Murphy Field House.

PHOTO BY STEVE RUARK

GOLD STAR MEMORIAL

Monarchs released
in memory of fallen

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UPCOMING EVENTS

Today, 11 a.m.-1 p.m.: SFL-TAP Employer Day, McGill Training Center

Saturday, 9 a.m.-1 p.m.: Post Thrift Shop grand opening

Wednesday, 10 a.m.-2 p.m.: Fort Meade Farmers Market, Pavilion

Wednesday, 9-10 a.m.: Domestic violence coffee discussion, Exchange

HONORED

Visiting veterans say
thanks for hospitality

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Soundoff!

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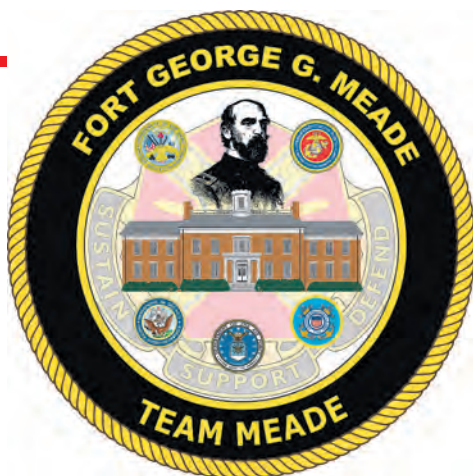
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COMMANDER'S COLUMN - GUEST

Finding real estate agent

As a real estate agent, I get plenty of questions: How do I know if now is the right time to buy? Should I buy or rent? How much can I get for my house?

All of these questions can be answered with the help of a real estate agent. But there are so many out there, how will you know whom to choose?

Not all agents are created equal, so it is a good idea to interview at least three prospective agents who are experienced working with the unique needs of service members and the VA loan requirements.

I have provided tips and material to research to help you find the right agent, the one who will help you obtain your goals and make your dreams become a reality.

♦ **Research the agent.** Use a search engine to do research on the agent.

If the agent has an online presence, you should be able to locate the agent's current and past listings, customer reviews and houses sold. Websites such as Zillow provide this type of information.

If you can't locate this online, don't be afraid to ask for a list of the agent's past 12 months of real estate activity.

♦ **Find out which geographic areas they work and price range.**

Location, location, location. Typically, families PCS to locations that may be unfamiliar to them. Having an agent who knows the area can make the process easier and allows you to ask questions that may be as simple as: Where are the area grocery stores and parks?

You want to be sure that your agent works with homes within your price range.

I also recommend finding out where the agent is licensed. You can go to your state's real estate licensing commission.



Lynn Nichols

CHAIRPERSON,
MILITARY
AFFAIRS
COMMITTEE,
WEST ANNE
ARUNDEL
COUNTY
CHAMBER

It will also inform you if there have been any disciplinary actions or complaints.

Also, if you're living in a metropolitan area such as the Baltimore-Washington, D.C., region, you may want to find out if the agent is licensed in Maryland, the District of Columbia and Virginia.

♦ **Make sure the agent has the right experience.**

As a service member, you not only want an experienced agent. You want to choose a real estate professional who's knowledgeable about military benefits such as the VA loan process.

VA mortgages come with a host of benefits including no down-payment, low interest rates and no private mortgage insurance. These benefits come with unique loan requirements. Ask your prospective agents if they have an MRP (Military Relocation Professional) certification.

Working with military-friendly agents who have an understanding of military moves and quick timetables, and can dedicate the time necessary toward finding a home during this compressed period of time will make the transfer easier and less stressful.

♦ **Ask about their preferred communication methods.**

In today's world, it is so important to keep up with the latest technology. So whether you are stateside or deployed, you should be able to communicate efficiently with your agent. In real estate an inability to connect with your agent for a day or two can be the difference between buying of missing out on your dream home.

Editors note: For more information on housing, contact Housing Services Office at 301-677-7748.

Commander's Open Door

Garrison Commander Col. Tom 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.

MacArthur students 'walk the talk' against suicide

School partners with post to heighten awareness of bullying, depression

BY MADDIE ECKER
Staff Writer

Last week, cars driving down Rockenbach Road may have witnessed all 1,150 MacArthur Middle School students pouring out of the building.

It was MacArthur's first-ever Suicide Awareness Walk. The 1.5-mile route started at MacArthur, hit Manor View Elementary and looped back around. Both students and faculty participated in the walk to raise awareness for Suicide Prevention Month.

The walk was suggested by retired Air Force Chief Master Sgt. Hank Branch, the school's guidance counselor for the past 15 years. Branch, who works with sixth-grade students, came up with the idea during the summer while preparing for the school year.

"I wanted to bring awareness about suicide prevention and bullying to our students and faculty," he said. "Today, when students go home, they can tell their parents they participated in this walk to show people how important this topic is."

"I wanted to 'walk the talk' and turn the conversation [about suicide prevention and bullying] into action."

Conversation to Action

Branch partnered with Barbara Sanchez, a language arts teacher, and Brittany Marshall, a social worker at the Navy Fleet and Family Support Center, to help organize the event.

He also contacted Linda Diaz and Kelley Flanders, advocates with the American Foundation of Suicide Prevention (AFSP) who organize suicide awareness walks in the area.

Diaz, who lost her 15-year-old daughter to suicide, now works with children to help them identify the five signs of depression.

"We like to encourage kids to recognize the difference between being sad and being depressed," Diaz said. "The best thing you can do for someone is talk to them and help remove the stigma associated with depression."

The AFSP's current campaign is "Be the Voice," which encourages people to speak out, reach out and be an advocate for those who need help.

"Our message today is, 'If a friend isn't texting you back, talk to an adult,'" Flanders said.



PHOTOS BY MADDIE ECKER

Students at MacArthur Middle School walk 1.5 miles to raise awareness for Suicide Prevention Month and bullying.



COURTESY CHANGEDIRECTION.ORG

Preventing Bullying

In addition to the walk, students viewed the TV special "Words Can Kill," which was followed by a classroom conversation about suicide prevention and bullying.

The faculty at MacArthur Middle School participated in a suicide and bullying prevention training at the beginning of the school year. The training focused on how to report bullying and take statements from students, and the different triggers to look for in students who are being bullied or seem

withdrawn.

As a guidance counselor, Branch's day stops once a child says he is going to harm himself.

"The kid will stay with me so that I can take a statement," Branch said. "Then based on what they tell me, I'll ask them to identify whether they think it was an incident, conflict or bullying."

A poster with the definitions for incidents, conflicts and bullying hangs in Branch's office. Letting students pick what they think happened helps Branch under-

stand their situation.

The administration will then launch an investigation to determine the seriousness of the issue. So far, MacArthur has had five possible cases this school year but none have proven substantive.

Branch is hopeful that last week's walk will yield positive results.

The walk was planned to take "physical steps to do something rather than just talking about [suicide prevention and bullying]," he said. "The community knows we care about them. I think lots of positive things can come out of this kind of event."

"If we save one life because of this walk, that would be awesome."

Sheri Wingate, a guidance counselor for eighth-graders at MacArthur, helped keep students off the road during the walk.

"I'm hoping that we make [this walk] annual," Wingate said during the event. "This was great."

Branch is seeking additional support from post organizations.

"We're looking for post sponsors and business to help donate T-shirts and water bottles," he said. "We want to get the community involved [in future walks]."

Events such as this also help students get to know and support each other in times of need.

For new student Sania Ross, a sixth-grader with cerebral palsy, the walk was a fun way to connect with her classmates.

"[This] helped me get used to doing things with the school," the 12-year-old said.

Visiting vets say thanks for hospitality

Honor Flight group dines at Freedom Inn, presents plaques of appreciation



PHOTOS BY PHIL GROUT

The Middle Tennessee Honor Flight veterans and their guardians get ready to head to BWI Airport for their flight home.

BY LISA R. RHODES

Staff Writer

After touring war memorials in Washington, D.C., a group of 27 veterans from the Honor Flight of Middle Tennessee visited the Freedom Inn Dining Facility on Sept. 21 for dinner and to give thanks to the agencies on post that support the organization's frequent trips to Fort Meade.

Rob Moreland, a member of the Honor Flight of Middle Tennessee's board of directors and the coordinator of the trip, said the group has visited Fort Meade twice a year for the past four years.

"The reception [here] has always been good," Moreland said.

Enjoying dinner at the Freedom Inn is a highlight for the veterans whenever they visit, he said.

Last week's group included veterans from World War II, the Korean War and the Vietnam War.

"It's a treat for these guys to see a dining facility," Moreland said. "They've

all used mess halls. If they served in World War II or Korea, they never ate in a facility — it was a tent."

The group is part of the Honor Flight Network, which was founded 11 years ago and transports veterans from 44 states to visit the nation's war memorials.

They dined at the Freedom Inn after touring the World War II, Korean War and Vietnam War memorials in Washington, D.C. They also visited Arlington National Cemetery to see the changing of the guard at the Tomb of the Unknown Soldier.

"It was good," said Ronald Smith said of the trip to Washington, D.C. "I enjoyed it."

Smith, a former sergeant who served in the Vietnam War for a year, survived a land mine explosion in 1967 and carried three of his fellow Soldiers to safety during the attack. He later was awarded an Army Commendation Medal for heroism.

Smith said he first visited the Vietnam



Honor Flight coordinator Rob Moreland expresses his appreciation to Lt. Col. Seamus Garrett, director of DES.

gabbro (a type of coarse-grained) wall.

During the group's 45-minute visit at Fort Meade, Moreland presented a plaque of appreciation to Lt. Col. Seamus Garrett, director of the Directorate of Emergency Services, and Dwight Wongus, director of the Logistics Readiness Center, for their support of the Honor Flight organization.

"It's very unexpected, an honor and appreciated," Garrett said after receiving the award. "They are national treasures."

Each time the group visits, the bus is escorted on and off post by the Fort Meade military police and state troopers, said Garrett.

Wongus said he accepted the plaque on behalf of the 56 employees of the Freedom Inn.

"I'm somewhat excited and surprised at the same time," Wongus said. "I never thought we warranted any type of award for doing our job."

The Fort Meade Public Affairs Office also received a plaque of appreciation for helping to arrange the group's visits.

On behalf of Garrison Commander Col. Tom Rickard, Garrett thanked the veterans for their commitment to the nation.

"The jobs that you all did and the sacrifices that you made allow us and the kids that you saw here tonight to enjoy the freedoms that we have today," he said.

Garrett said all who wear the uniform do not take the veterans' sacrifices for granted.

"From everybody in the Fort Meade community, thank you for coming here tonight," he said.

As the veterans finished their dinner and boarded their bus to catch a flight back to Tennessee, Moreland said the trip will be a fond memory for them.

"This is just a different kind of experience for the veterans," he said. "They will talk about it on the bus on the way home."



World War II Navy cook John Stafford is greeted by Staff Sgt. Justin Taggerty. Stafford recently turned 95.

Veterans Memorial Wall about a decade ago and saw the names of several comrades engraved in the memorial's

Lowry leads health effort for Military District of Washington

Former post employee
tapped to run council for
MDW, Ready and Resilient

BY LISA R. RHODES

Staff Writer

Nicole “Nicky” Lowry is the new health promotion officer for the Military District of Washington.

Lowry, Fort Meade’s former health promotion assistant, replaces Taleeta Jackson, who served in the position for two years.

Jackson resigned from her post Sept. 9. She is now a sexual assault response coordinator at the Washington Navy Yard.

“Taleeta set up a fantastic program. She’s left me some really big shoes to fill,” Lowry said. “I’m very excited and a little overwhelmed.”

In her new post, Lowry will facilitate the Community Health Promotion Council for MDW and the Army’s Ready and Resilient Campaign.

Lowry is now based at Fort Lesley J. McNair in Washington, D.C.

She is also a special staff member to Maj. Gen. Bradley A. Becker, commanding general of MDW/Joint Force Headquarters/National Capital Region, who is the chair of the CHPC.

“My experience with General Becker has shown he is a strong advocate for health promotion, so that’s great,” Lowry said.

The Army’s requirements for health promotion are outlined in Army Regulation 600-63, stipulating the establishment of the CHPC.

In a *Soundoff!* article published in February, Jackson described the CHPC as “a multidisciplinary forum that provides a comprehensive and holistic approach to health promotion, and integrates medical, unit and garrison programs and services as outlined in the [Army] regulation.”

The Army’s Ready and Resilient Campaign aims to build upon the mental, physical, emotional, behavioral and spiritual resilience in service members, their families and civilian employees to enhance their ability to manage the rigors and challenges of a demanding profession, according to the campaign’s website.

Lowry also has oversight of the community health promotion efforts at Fort Meade, as well as Fort Belvoir, Joint Base Myer-Henderson Hall and Fort A.P. Hill in Virginia.

A new health promotion assistant will



PHOTO BY LISA R. RHODES

Nicole Lowry, the new health promotion officer for the Military District of Washington, talks about health promotion initiatives at Fort Meade with Fred Lockard, the acting director of the Army Substance Abuse Program and a member of the installation prevention team. In her new position, Lowry will oversee the health promotion efforts at Fort Meade and three other Army installations within MDW.

be hired at Fort Meade.

In her role as Fort Meade’s health promotion assistant, Lowry stood up the installation’s Community Health Promotion Team, which is made up of five working groups: spiritual, social/environment, physical fitness, behavioral health and an installation prevention team.

These working groups and the prevention team collaborate to establish short- and long-term goals and initiatives to support the general well-being of Fort Meade service members, their families, DoD civilians and retirees. The groups also work to prevent and manage high-risk behaviors in the Fort Meade community.

Each of the installations under Lowry’s supervision as the health promotion officer have its own CHPT and five working groups. Lowry called the CHPTs a “well-oiled machine.”

“For the next year to two years, we want to make sure that the health promotion process is achieving positive outcomes, meeting each community’s

needs and positively influencing the health of the force,” she said.

Fort Meade’s CHPT is currently reviewing the results of a two-month, online survey, the Community Strengths and Themes Assessment, conducted by the Public Health Center, formerly the Public Health Command.

The CSTA, which measured the concerns of the Fort Meade community in regard to issues of health and well-being, was administered late last year. The Public Health Center tallied the 102 survey responses and sent the results to the five working groups in March.

The survey showed that the top concerns for the Fort Meade community are:

- Stress, poor diet and obesity
- Financial concerns
- Lack of connectedness in the community
- Use of off-post religious organizations for spiritual support

The members of the working groups are examining the survey results and are

devising action plans for fiscal year 2017 to determine whether garrison programs that are already in place to meet these concerns should be improved, or if new programs need to be developed.

“Overall, the results of the survey were very positive,” Lowry said.

The health and financial concerns that came up in the survey are common at military installations nationwide, she said.

Because Fort Meade is a “commuter” post with many people working here but living off post, there is a perception that there is a lack of connectedness in the community and explains why many people attend religious services off post, Lowry said.

The CHPT reports to Garrison Commander Col. Tom Rickard, who will also have input into any new initiatives that will be developed as a result of the survey.

Becker will be briefed by the CHPTs of the four Army installations when the CHCP convenes for its quarterly meeting in December.



PHOTO BY LISA R. RHODES

The PNC Bank at 2792 Reece Road is closing Oct. 21 to consolidate with the PNC bank at the Russett Center in Laurel. Two PNC ATMs located on post will remain active.

PNC Bank on Reece to close after customer evaluation

BY LISA R. RHODES

Staff Writer

Customers of the PNC Bank on Reece Road will no longer be able to conduct their business at the bank after Oct. 21.

The bank, located at 2792 Reece Road, is closing to consolidate with the PNC Bank at the Russett Center in Laurel.

Marcey Zwiebel, a spokesperson for PNC Bank's corporate headquarters in Pittsburgh, said the Fort Meade branch is closing due to the company's evaluation of customers' banking preferences.

"PNC has been going through an evaluation of our branch networks, and the way customers are using banks has changed," Zwiebel said. "There has been a significant increase in mobile, online and ATM banking."

Customer accounts will be transferred Oct. 21 to the PNC Bank at 3386 Laurel

Fort Meade Road.

"Customers do not need to take any action, and there will be no disruption in service," Zwiebel said. "No steps need to be taken."

Zwiebel said Fort Meade customers can bank at the Russett Center branch, or any other PNC Bank branch that is convenient for them.

She said although customers are using alternative methods of banking for convenience, the company is aware that there are customers who prefer to use bank branches for their transactions.

"We expect the Russett Center location to provide the same level of quality service to customers," Zwiebel said.

Fort Meade customers were notified of the closing in July in a letter from the corporate headquarters.

The two PNC Bank ATMs on Fort Meade will remain active.

Flu vaccinations offered at Kimbrough through October

BY TANYA CHEW

Public Health Nursing
Kimbrough Ambulatory Care Center

Children are back in school and germs are beginning to invade — now is the time to start thinking about flu prevention. You owe it to yourself, your family and your co-workers to be protected with vaccination.

Influenza is a serious disease that causes more than 25 million illnesses, more than 150,000 hospitalizations and over 30,000 deaths every year in the U.S. alone. Prevention is key.

The single best prevention available is an annual flu vaccine for everyone ages 6 months and older.

Frequent hand washing helps. In addition, staying home and away from groups of people when you are sick with fever and cough or runny nose also may reduce the spread. Yearly vaccination is necessary because the flu vaccine you received last season won't protect you this current flu season.

This year the CDC has recommended that FluMist, a nasal spray flu vaccine, not be used. The recommendation is based on data showing poor or relatively lower effectiveness of FluMist from 2013 through 2016.

For active-duty service members, this means that FluMist will not count to meet the annual flu immunization requirement this year. It also means Anne Arundel County will not give your elementary school children the vaccine during school this year.

Kimbrough Ambulatory Care Center will offer free flu vaccinations to active-duty service members, retirees and their family members, and to DoD civilian employees who are Tricare beneficiaries (and not primed to Johns Hopkins).

The vaccines will be given at McGill Training Center, 8452 Zimborski Ave., on the following dates:

◆ Retiree Appreciation Day: Oct 21, 8 a.m. to 12:30 p.m.

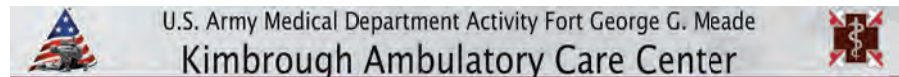
◆ Air Force, Navy and Marines: Oct. 24-28, 8 a.m. to 3:30 p.m.

◆ General population: Oct. 24-28, noon to 3:30 p.m.

◆ General population: Oct. 31-Nov. 4, 8 a.m. to 3:30 p.m.

Eligible beneficiaries may also get their flu shot at a participating network pharmacy.

Editor's note: For more information, go to TRICARE.mil/flu/ or visit the Centers for Disease Prevention and Control's flu website at <http://www.cdc.gov/flu>.



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AIR FORCE - NAVY - MARINES, OCT 24-28, 8 A.M.-3:30 P.M.

GENERAL POPULATION, OCT 24-28, NOON-3:30 P.M.

GENERAL POPULATION, OCT 31-NOV 04, 8 A.M.-3:30 P.M.

Flu shots will be provided to all beneficiaries who are not primed to Johns Hopkins.

Eligible beneficiaries can also get their flu shot at a participating network pharmacy.

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GRAPHIC COURTESY KIMBROUGH AMBULATORY CARE CENTER

USO brings 'Sesame Street' to Fort Meade to help military kids adapt to change

BY MADDIE ECKER
Staff Writer

Beloved "Sesame Street" Muppets Elmo, Grover, Cookie Monster and Rosita introduced the Fort Meade community to Katie, a military child character, during the Sesame Street/USO Experience for Military Families.

The show was presented in two free performances on Tuesday afternoon at Murphy Field House.

Over 300 children and parents lined up to see Katie and her "Sesame Street" friends talk about the challenges of change as a military child. As families entered the building, they were given American flag bandannas and a spinning, light-up Elmo toy.

One of the main themes of the show was the importance of family.

"With my USO family, my military family and my family family, I think I'm going to be OK," Katie said after talking about how to cope with change and transition with the rest of the "Sesame Street" gang.

During the show, Katie told Elmo and Cookie Monster that she's scared of change. They reassuringly told her that she is not alone and that they'll always have her back.

The Sesame Street/USO show has been running since 2008 and is the longest running entertainment tour in



PHOTOS BY STEVE RUARK

Seven-year-old Jeremiah Soto of Heritage Park hugs a Honker during Sesame Street/USO Experience for Military Families at Murphy Field House.

USO history, according to USO.org. The six-month tour travels to military installations and performs free shows about the unique challenges military

families face.

Nicole McClendon is going on her fourth year as tour manager.

"We're spreading happiness from base to base," said McClendon, who has family members and friends in the military. "This show is like a singing, dancing thank you card for our military. Kids walk away having learned something without knowing it, and parents can pick up talking points."

Sesame Street/USO playfully addresses challenging thoughts and feelings military youth might have during a move to a new installation and school.

"It's important to let the youngest military family members know that we're here for them," McClendon said. "We care about them."

Last year, Sesame Street/USO launched a new production about transition from military to civilian life, in addition to its original show about moving. The shows performed at Fort Meade were about that transition.

However, from the dancing Muppets, twirling lights and clapping children, the



Wilmer Acevedo, an intelligence analyst from Glen Burnie, and his grandson, Julian, 2, enjoy the show.

show easily addressed the challenges of change and transition in just 40 minutes.

"We hope that we can give [military families] an afternoon of fun," McClendon said. "Hopefully, they leave with some great memories."

Lindsay Myers, an administrative assistant at Child, Youth and School Services and a volunteer for the event, helped find hotels for the staff and performers, rounded up volunteers and set up the stage for the event.

Myers and her husband, Staff Sgt. Anthony Myers, took their children to the 2014 show and found the story relatable.

"As someone who is a military spouse, these topics are familiar to me," Myers said. "The reality of kids having to move, transition and deal with deployments — this makes it fun."

Retired Air Force Senior Master Sgt. Donna Lopez, a USO volunteer, helped guide children and their parents toward floor space in front of the makeshift stage.

"It's always good to give back to children and the military," she said.

Air Force Staff Sgt. Kelia Bemley brought her daughter Madisyn to the performance because of the youngster's love for Elmo but left thinking about the show's message.

"It's nice that [the production] reiterates that friends and family are so important," Bemley said. "My husband, Senior Chief Michael Bemley, is in the



"Sesame Street" Muppets Grover and Elmo greet awe-struck fans during the popular show.



Katie, a “Sesame Street” character who is a child of a military family, greets children during one of two free performances of the Sesame Street/USO Experience for Military Families on Tuesday afternoon at Murphy Field House.

Navy so it’s good this show is talking to children about how to deal with certain issues.”

The popular show serves as a reminder that while moving to a new installation can be tough, other children are going through the same process and everyone is looking to make new friends.

Eleven-year old Jeremy Amaya, whose favorite character is Cookie Monster, related to the show’s message.

“I like that they were talking about moving,” he said. “They showed how it feels when things change.”

For Jeremy’s mother Rebeca, wife of Air Force Tech. Sgt. Gerson Amaya, the theme of the show was perfect.

“We’re moving tomorrow,” she said. “So it was really good for the kids to see a show [about moving].”



Hundreds of families enjoy the antics of Cookie Monster and a honker during the performance that focused on the challenges that military children face when moving to a new installation.



Staff Sgt. Stephen Kiger of the 780th Military Intelligence Brigade carries his 15-month-old son Emerson before the start of the show.



PHOTO BY MILDRED MENDEZ

A monarch butterfly lands on the dog tags of a departed son at the Gold Star Mother's and Family's Day remembrance ceremony and butterfly release concludes.



PHOTO BY PHIL GROUT

Rosemarie Ceo speaks about her loss during the Gold Star Mother's and Family's Day remembrance ceremony on Saturday morning at Burba Lake. She is flanked by Janice Chance (left) president of the Maryland Gold Star Mothers, and Michelle Murphy.

Monarch memorial

Butterfly release honors Gold Star Mothers and Families

By MADDIE ECKER
Staff Writer

In an instant, 200 Monarch butterflies drifted across Burba Lake, released Saturday morning by teary-eyed families in memory of their loved one.

Despite the wave of colorful orange and black wings, an overcast sky set the tone for the Gold Star Mother's and Family's Day remembrance ceremony.

Over 150 community members gathered at

Burba Lake to honor survivors and remember fallen service members.

This was the second year that Army Survivor Outreach Services at Fort Meade organized the ceremony.

SOS offers survivors access to support, information and services. The organization also provides support coordinators, financial counselors and Gold Star advocates to reassure survivors that they remain valued members of the Army family, according to the SOS website.

This year's remembrance ceremony drew a much larger crowd, which included Fort Meade Scout troops.

"[The significance of this event is] to make sure survivors have a tie-in to remembering and honoring their family member," said Voncile Farmer, the SOS coordinator. "It's

very important to keep that memory alive. Even if someone dies ... you have them in your heart and memory."

The American Gold Star Mothers organization was founded before the end of World War II for mothers whose children died during their military service.

The last Sunday in September is observed throughout the country as Gold Star Mothers Day. On Sept. 23, President Barack Obama signed a presidential proclamation in honor of the annual observance.

Honoring Fallen Heroes

On Saturday, survivors lined up in front of the crowd to speak about their fallen Soldier. Gold Star Mother Tracy Savoy spoke about



PHOTO BY PHIL GROUT

Tracy Savoy, whose son Pfc. Thomas Simms was killed July 31, shows her new tattoo commemorating his life.

her son Pfc. Thomas Simms, who died in July. "I cannot imagine what it will be like in five years or 10 years for me," Savoy said through tears. "You don't know what it means to me to hear everyone's stories. I'm just very thankful for this service."

Kelly Swanson, the Gold Star Mother of Staff Sgt. Christopher Swanson who died 10 years ago, told the audience about her son's plan to take her sky diving.

While she initially didn't understand why anyone would want to jump out of a "perfectly good airplane," three years ago Swanson took the plunge with an organization called Leap of Faith.

"I know [my son] was with me and he was proud of me," she said.

The Swanson family just observed its "10-year angel-versary," Swanson said.

"It's hard every day, but we thank you for your prayers and your support, especially [Survivor] Outreach Services," Swanson said.

Among those in attendance was Janice Chance the president and chaplain for the American Gold Star Mothers Inc., Maryland Chapter. She works with SOS coordinators in welcoming mothers new to the area and to the program.

Chance is the Gold Star Mother of Marine Capt. Jesse Melton III, who was killed in Afghanistan on Sept. 9, 2008. Chance has a saying about how she stayed positive after losing her son.



PHOTO PHIL GROUT

A monarch butterfly lands on a child's hand before taking flight.

"Yes, I cry, but I do not drown in my tears and I refuse to be paralyzed by my pain," she said to the group. "I'm going to carry on the legacy of [my son's] service. Every day we have to make a decision: Do we become bitter or do we become better? I have chosen to become better."

Chance thinks of the Gold Star Mothers as her extended family and said their mission is to keep the memory and legacy of their children alive by serving veterans, active-duty service members and their families, and working within their communities.

After the Gold Star Mothers and Wives spoke, Lisa Rickard, wife of Garrison Commander Col. Tom Rickard, addressed the group.

"I would ask you to consider that although a butterfly is fragile and vulnerable, it is also extremely resilient," Rickard said. "Just like the butterflies, there are many days you feel fragile and vulnerable. But remember, you are actually extremely resilient."

'New Life'

After the Gold Star Mothers and Families received their butterfly, they made their way to the edge of Burba Lake. Chance read a poem before the group released the butterflies, all 200 of them drifting across the lake.

Gold Star Mother Mary Wiley, who lives in Odenton, said that the weekend is special to her for two reasons.

"My youngest son Spc. Ross E. Vogel III died in Iraq on Sept. 29, 2009," Wiley said. "This is Gold Star Mothers weekend, and it's always going to be close to the anniversary of his death. So that's special for me."

When Wiley's oldest son was stationed at Fort Meade in 2013, she came to help watch her grandchildren. One of the first things she



PHOTO BY PHIL GROUT

Voncile Farmer, Survivor Outreach Services coordinator, comforts Sara Keita, Navy Gold Star family member.

did when she arrived on post was to reach out to Fort Meade's SOS. There, she met Farmer.

"It was a very difficult time for me, and she helped me get through it," Wiley said. "The Fort Meade community has just been awesome."

"I'm just really excited to be here and to be a part of this. Fort Meade has been like a big hug."

For Wiley, who attended last year's butterfly release as well, the symbolism of the butterfly hit home.

"Butterflies signify that life continues, although there's a death," she said. "So there's the caterpillar and its process, but then there's a beautiful butterfly. It signifies new life and it can all happen, life after a tragic death."

"You just have to keep pushing forward to get through the darkness. But the whole process, of the caterpillar, the cocoon and then the butterfly — that's kind of how I feel, like I've gone through that metamorphose of change with the help of the people here."

JIBBER JABBER - OPINION

To be the man ...

The soundtrack for today's dose is courtesy of R.E.M. and their song, "It's The End Of The World As We Know It."

And no, it's not because of Monday's presidential debate. Though after 90 minutes of "What have you ..." I can see how the jam would be appropriate. <http://bit.ly/18WmMyb>

That, or maybe "Everybody Hurts."

I'm not even choosing it because of the pending government shutdown since that is more status quo nowadays and seems better represented by another R.E.M. classic, "What's the frequency, Kenneth?"

No, the part of my world that is ending is baseball season. Since April, I've been agonizing over the Detroit Tigers. And after 157 games (158 when the paper comes out), the fate of the Motor City Kitties will still be in limbo. The anxiety is literally impacting my insides.

Last Saturday, the team was in the playoffs. On Tuesday they were two games out, and who knows what things will look like on Sunday?

If things go bad, I'll be in a stupor until I'm finally able to move onto football. However, if they survive and make it to Game 163, I may be too sick to work Tuesday, and heaven forbid if they make the playoffs.

It stinks when the one thing the heart wants — the Tigers in the playoffs — is the one thing your heart physically can't take.

My guess is few care about the Tigers, but there are plenty of Orioles fans in the same boat — a barge filled with antacid, milk of magnesia and a few cases of Natty Boh. The Birds are currently one game ahead of the Tigers for the final Wild Card spot as of press time and looking at two more games at Toronto



Chad T. Jones

PUBLIC AFFAIRS
OFFICER

before finishing the season with three games in New York.

One of those oh-so-loyal O's fans is our longtime paginator/designer and pro wrestling aficionado, Tim Davis. To be honest, the previous six graphs were a drawn-out way of saying the real reason why it is the end of the world as we know it: Mr. Davis is leaving *Soundoff!* after more than a decade.

Apparently, the shot-callers at *The Baltimore Sun* need to fix a military publication up north and obviously, Tim is the person to do it.

I'm often amazed at the dedication of the fort's contract employers. In many ways they are treated like Chairborn Rangers at Fort Bragg. They are neither in uniform nor possess a CaC card. They do not get to bring people on post by using trusted traveler or get the 500 free Orioles tickets given out for every Sunday home game.

But make no mistake about it. Fort Meade would not be "The Nation's Center for Information, Intelligence and Cyber Operations" without its nearly 11,000 contract employees.

More specifically, your *Soundoff!* wouldn't be nearly the publication it is without Tim Davis. The man has been as dedicated to the fort and the public affairs mission as any employee or service member I've served with.

The hours of haggling over font sizes, photos, cutlines and everything else to ensure that our community has the best possible command information product possible would have to be measured with a calendar as opposed to a clock.

I can't thank him enough, but I can give him this — let's go O's!

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 Instagram @CTJibber.

SPORTS SHORTS

Patriots seek coach

The Fort Meade Patriots men's varsity basketball team is looking for a new coach.

To apply for this position, email your resume by Saturday to Beth Downs at beth.d.downs.naf@mail.mil.

For more information, call 301-677-3318.

Pigskin Pick'em Contest

Take part in the NFL Football contest at The Lanes that runs through December.

Participants can pick up a free entry form and select the anticipated game winners of all Sunday NFL games.

Entry forms will be available every Tuesday beginning at 4 p.m. for that Sunday's game.

Entry forms must be submitted by 1 p.m. Sunday at The Lanes.

Weekly winners will receive a prize pack and be entered for a chance to win the grand prize.

The contest is free and open to the entire Fort Meade community.

Watch Sunday games on The Lounge's large TV screens, and enjoy food and beverage specials.

For additional contest guidelines and rules, visit meade.armymwr.com.

Youth Sports winter registration

Registration for the 2016-2017 Youth Sports winter season will begin Monday.

Sports will include futsal and basketball.

Volunteer coaches are needed for all sports, and will receive free training and a coach's discount for their children.

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

The Navy Mile

The Navy Mile race will be held Sunday in Washington, D.C., to celebrate the start of the United States Navy birthday week.

The race course starts in front of the Navy Memorial and heads toward the Capitol, where runners will loop around and head back to the finish line.

Tickets are \$35 for the general public, \$20 for active-duty service members, \$10 for sea cadets and \$10 per family member for the Family Fun Navy Mile.

For more information or to register, go to navymile.com.

Vinyasa Yoga classes

Vinyasa Yoga is offered Mondays and Wednesdays from 4:30-5:30 p.m. and Saturdays from 8-9:30 a.m. at Gaffney Fitness Center.

This class emphasizes breathing techniques, flowing poses, increasing balance, stretching and relaxation.

All levels are welcome.

Try out a class for \$5. Classes are open to all authorized user ages 18 and older.

For more information call 310-677-2349.

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.

Hiring lifeguards, water safety instructors

The Directorate of Family and Morale, Welfare and Recreation is now hiring lifeguards for various lifeguard and water safety instructor positions at Gaffney Fitness Center.

For more information, call 301-677-6660 or 301-677-3716; email usar-my.meade.aglcp.mbx.fort-meade-naf-hro@mail.mil; or visit meade.armymwr.com.

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.

Free unit bowling

The Lanes at Fort Meade offers free bowling for all active-duty military units on Tuesdays, Wednesdays and Fridays from 11 a.m. to 2 p.m.

Free unit bowling is offered for one hour.

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



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hashtag #soundoff

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becued ribs, pulled barbecued chicken, baked beans and cole slaw. Wednesday: Past Bar Buffet: Angle hair and linguine with a variety of meat sauces, garlic bread and vegetables; Oct. 6: Mexican Buffet: Chicken fajitas, beef tacos, rice and beans; Oct. 11: Backyard Barbecue Buffet: Barbecued ribs, pulled pork, baked beans, coleslaw, potato salad and green beans.

For more information, call 301-677-6969.

EDUCATION**ASIST training**

Applied Suicide Intervention Skills Training two-day workshop will be offered 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.

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.

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, Job 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 retir-

ees.

Registration is required for each class.

Military

- Pre-Deployment Brief: Oct. 20, 10-11:30 a.m., FFSC
- Navy Family Orientation: Oct. 26, 5-7 p.m., FFSC

Employment

- Resume Writing Workshop: Tuesday, 9 a.m. to noon, ACS

This workshop will provide tips on winning resume styles, the importance of cover letters and tips on following up on your resume.

- Career Exploration: Oct. 6, 9 a.m. to noon, ACS
- Ten Steps to a Federal Job: Oct. 12, 8 a.m. to 4 p.m., McGill Training Center, 8452 Zimborski Ave.
- Social Media for Job Seekers: Oct. 25, 9 a.m. to noon, ACS

Life Skills

- Stress Management: Wednesday, 9-11 a.m., FFSC
- Anger Management: Oct. 11, 9-11 a.m., FFSC

Financial

- Dollars and Sense: Tuesday, 9 a.m. to noon, ACS

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

- Thrift Savings Plan: Oct. 11, 9-11 a.m., ACS

- Basics of Investing: Oct. 25, 9 a.m. to noon, ACS

- 1st Term Financial Readiness, Oct. 25, 8 a.m. to 4 p.m., ACS

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: "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.

RECREATION**Out & About**

- **Oktoberfest** at Fort Belvoir, Va., will be celebrated today through Sunday on Freemont Field.

The four-day festival highlights authentic German cuisine, beverages,

music and dancing. The free event also will feature a carnival, Volksmarch 10K walk, and a vendor market.

For more information, go to belvoir.armymwr.com.

- **The U.S. Navy Band's Commodes**, the Navy's premier jazz ensemble, will perform Friday at 8 p.m. at Howard Community College, 10901 Little Patuxent Parkway, Columbia.

For more information, visit navyband.navy.mil.

- **Sugarloaf Crafts Festival** will be held Oct. 7-8 from 10 a.m. to 6 p.m. and Oct. 9 from 10 a.m. to 5 p.m. at the Maryland State Fairgrounds, 2200 York Road, Timonium.

Tickets cost \$8 online and \$10 at the door. Children 12 and younger attend free.

The festival features interactive demonstrations with master crafts people. Demonstrations include wheel-thrown pottery, wood turning and metal spinning. The event also includes live music and Middle Earth's costumed storytelling for children.

Dozens of specialty food providers will provide treats for sampling and purchasing including soup and drink mixes, syrups, jellies and jams, candy, freshly baked breads and desserts, and herbs and spices.

For more information, visit sugarloaf-crafts.com.

- **Anne Arundel County Library** offers the following events:

- ♦ Kenilworth Gardens: Where Botany Meets History: Today at 6:30 p.m. at Odenton Regional Library

- ♦ Film and Discussion: "Being Human - Being Mortal": Today at 7 p.m. at Annapolis Regional Library

The "Frontline" documentary explores what matters most to patients and families experiencing serious illness. For adults.

- ♦ Tour of Duty: Complexity of Police Work with Steve Danko: Today at 7 p.m. at Severna Park Community Library

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

- **Leisure Travel Services** will offer its next monthly bus trip to New York City on Oct. 15 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

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

The group is for families experiencing

an upcoming or current deployment, or the service members who have recently returned from deployment. For more information, call 301-677-7823.

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

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

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

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

- **Retired Officers' Wives' Club** will conduct its October luncheon meeting on Tuesday at 11 a.m. at Club Meade.

Cost of the luncheon is \$18. Reservations, or cancellations if you are on the permanent reservation list, must be received today by 5 p.m. Call your area representative or Betty Wade at 410-551-7082.

The luncheon will feature a musical program of classical, spiritual, jazz, Broadway tunes and more presented by violinist Robin Massie-Peghee.

Annual membership dues are \$25. Members may bring guests at any time to the luncheons, which are held on the first Tuesday of each month, except June, July, August and January.

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

- **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 Oct. 6. There is no cost for the buffet. Donations are optional.

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

All Fort Meade employees, civilian and military personnel, and family members are invited. For more information, call 301-677-6703.

- **Fort Meade First Class Petty Officer Association** meets the first Thursday of every month at 3 p.m. at The

Lanes. The next meeting is Oct. 6. 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 Oct. 6. 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 Oct. 6. 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 Oct. 6.

Share stories to encourage and inform each other 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 Oct. 6. For more information, call 301-677-7823.

• **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 Oct. 8. Active-duty, Reserve and retired members of the U.S. Navy, Marine Corps and Coast Guard are invited. For more information, call 443-604-2474 or 410-768-6288.

• **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 Oct. 10. For more information, call Celena Flowers or Jessica Hobgood at 301-677-5590.

• **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 Oct. 10. 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 Oct. 14.

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.

• **The Retired Enlisted Association (TREA)** meets the third Tuesday of each month from 7:30-8:30 p.m. at the Pottomac Place Neighborhood Center, 4998 2nd Corps Blvd. The next meeting is Oct. 18.

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

• **Society of Military Widows** meets for brunch the third Tuesday of the month at 11 a.m. at Club Meade. The next meeting is Oct. 18. For more information, call Betty Jones at 410-992-1123.

• **Military District of Washington Sergeant Audie Murphy Club** meets the third Wednesday of each month. The next meeting is Oct. 19. For more information, contact Sgt. 1st Class Aaron Barfield, club vice president, at aaron.a.barfield.mil@mail.mil.

• **Air Force Sergeants Association Chapter 254** meets the third Wednesday of every month from 3-4 p.m. in the auditorium of the Airman Leadership School, 8470 Zimborski Ave. The next meeting is Oct. 19. For more information, call 831-521-9251 or go to AFSA254.org.

• **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 Oct. 20 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 Bat-

talion 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.

• **Boy Scout Troop 377** meets Mondays at 6:30 p.m. at Argonne Hills Chapel Center on Rockenbach Road. For more information, refer to the troop's Facebook page www.facebook.com/bsa377 or contact Scoutmaster Eddie Smith at 443-542-0545 or eksmith91@hotmail.com, or Wendall Lawrence, the troop's committee chair, at 410-969-5308 or lawrencewendall@gmail.com.

• **Catholic Women of the Chapel** meets every Tuesday at 9:30 a.m. and 6:30 p.m. for fellowship, prayer and Bible study in the Main Post Chapel, 4419 Llewellyn Ave.

The CWOC is open to all women in the community ages 18 and older. For more information, email Jen Bosko, CWOC president, at ftmeadecwoc@gmail.com.

• **Women's Empowerment Group** meets Wednesdays from 2-3:30 p.m. to provide a safe, confidential arena for the support, education and empowerment of women who have experienced past or present family violence.

Location is only disclosed to participants. To register, call Samantha Her-ring, victim advocate, at 301-677-4124 or Katherine Lamourt, victim advocate, at 301-677-4117.

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. 3-D Movies: \$8 adults, \$5.50 children.

Today through Oct. 14



AP

Friday & Sunday: "Mechanic: Resurrection" (R). Arthur Bishop thought he had put his murderous past behind him when his most formidable foe kidnaps the love of his life. With Jason Statham, Jessica Alba, Tommy Lee Jones.

Saturday: "Hands of Stone" (R). Legendary boxer Roberto Duran and his equally legendary trainer Ray Arcel change each other's lives. With Edgar Ramirez, Usher Raymond, Robert De Niro.

Oct. 7 & 9: "Sully" (PG-13). The story of Chesley Sullenberger, who became a hero after gliding his plane along the water in the Hudson River, saving all of the 155 crew and passengers. With Tom Hanks, Aaron Eckhart, Laura Linney.

Oct. 8: "When the Bough Breaks" (R). A surrogate mom for a couple becomes dangerously obsessed with the soon-to-be father. With Morris Chestnut, Regina Hall, Romany Malco.

Oct. 14: "Snowden" (R). The NSA's illegal surveillance techniques are leaked to the public by one of the agency's employees in the form of thousands of classified documents distributed to the press. With Joseph Gordon-Levitt, Shailene Woodley, Melissa Leo.