

Soundoff!

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Food for thought

Sen. Barbara A. Mikulski strolls among shoppers, store officials, employees, vendors, post leaders and others during a tour of the Fort Meade Commissary on Monday afternoon. The retiring legislator from Baltimore, who met with Garrison Commander Col. Brian P. Foley, has been a longtime supporter and advocate for Fort Meade and military installation commissaries. *For the story, see Page 10.*

PHOTO BY NATE PESCE

SUPER BOWL FUN

Three ways to watch the game on post

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UPCOMING EVENTS

Today, 11:30 a.m.: USO 75th Anniversary - USO Metro-Fort Meade Center
Sunday, 5:30 p.m.: Super Bowl party - The Lounge at The Lanes
Sunday, 6 p.m.: Super Bowl party - Freedom Inn Dining Facility
Sunday, 6:30 p.m.: Super Bowl party - USO Metro-Fort Meade Center

THE TAXMAN COMETH

Tax center officially open for business

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Soundoff!

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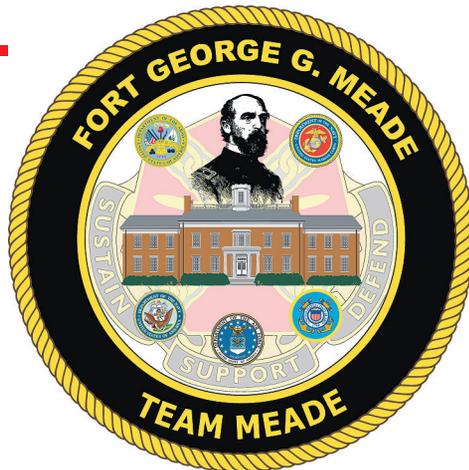
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COMMANDER'S COLUMN

A message from the under secretary

I want to provide another quick update.

When writing last, I mentioned traveling to Dover Air Force base for the dignified transfer of Staff Sgt. Matt McClintock, a noncommissioned officer killed during a firefight with the Taliban while coming to the aid of another Soldier.

I met with his wife, Alli, and 3-month-old son Declan and let them both know their Army family will always be there for them — and that Declan would know his daddy was one of our nation's heroes.

I called Alli on Jan. 26 to let her know Matt was posthumously promoted to sergeant first class.

Last week I had the opportunity to visit and PT with some great Soldiers and civilians at Fort Hood and Fort Sam Houston. They definitely smoked me, but it also gave me a chance to experience our physical readiness training and



Patrick Murphy

UNDER
SECRETARY
OF THE ARMY

to even call a little cadence.

I saw firsthand the great work of our brigade-embedded behavioral health teams and their success ensuring our Soldiers' physical and mental readiness.

I also met with industry leaders who are partnering with our Soldier for Life program, an initiative highlighting Soldiers as leaders of character even after they transition and hang up the uniform.

Lastly, we had a great opportunity to hold a town hall for Soldiers and family members from 1st Cavalry Division before their rotation to South Korea.

Looking forward to getting out there and engaging with you all soon.

Keep up the great work.

We're so proud of the difference you make every day — including the 2,300 National Guard Soldiers who responded to those stranded and in need of help during Winter Storm Jonas.

Paid military maternity leave expanded

By LISA FERDINANDO
DoD News, Defense Media Activity

The Defense Department is increasing military maternity leave and instituting other changes in an effort to support military families, improve retention and strengthen the force of the future, Defense Secretary Ash Carter said Jan. 28.

Women across the joint force can now take 12 weeks of fully paid maternity leave, Carter told reporters at the Pentagon. The 12-week benefit is double the amount of time for paid maternity leave from when he became defense chief nearly a year ago, he noted.

"This puts DoD in the top tier of institutions nationwide and will have significant influence on decision-making for our military family members," Carter said.

While being an incentive for attracting and retaining talent, the secretary said, the benefit also promotes the health and wellness of mothers through facilitating recovery and promoting feeding and bonding with the infant.

"Our calculation is quite simple. We

want our people to be able to balance two of the most solemn commitments they can ever make: a commitment to serve their country and a commitment to start and support a family," he said.

The maternity-leave decision applies to all service members in the active-duty component and to Reserve-component members serving in a full-time status or on definite active-duty recall or mobilization orders in excess of 12 months.

The 12 weeks is less than the Navy's decision last year to institute 18 weeks of fully paid maternity leave, Carter noted.

Sailors and Marines, who currently are pregnant or who become pregnant within 30 days of the enactment of the policy, can still take the full 18 weeks of paid leave, he said.

To better support new mothers when they return to work, Carter said, he is requiring that a mothers' room be made available in every DoD facility with more than 50 women.

In addition, the Defense Department is seeking legislation to expand military paternity leave from the current 10-day leave benefit to a 14-day, noncontinuous leave benefit, he said.

Super Fun

Super Bowl parties on post offer food, prizes, camaraderie

BY LISA R. RHODES
Staff Writer

Fort Meade's football fans can cheer on their favorite team over chicken wings and other delicacies at any one of three Super Bowl 50 parties on post.

The USO Metro-Fort Meade Center, located at 8612 6th Armored Cavalry Road, is hosting a party for all service members and military dependents. The event starts at 6:30 p.m.

"It's a great way to relax and watch a great game and have fun," said Shawn Sabia, Fort Meade USO Center supervisor. The free party will include a tailgate

buffet of pizza, chicken wings, chips and dip, and beverages.

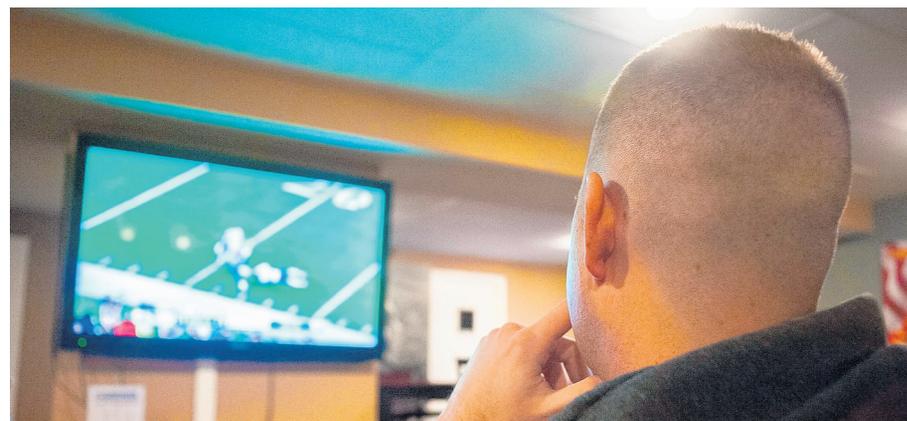
About 40 to 60 fans are expected to attend and watch the game on two full-screen televisions. At halftime, a raffle will be held for gift cards to local restaurants and department stores.

Enlisted and single service members are invited to the Super Bowl party at the Freedom Inn Dining Facility.

The party, which starts at 6 p.m., is free to meal-cardholders. For everyone else, admission is \$4.85, the cost of a regular dinner. The party is only open to service members.

The menu includes mini-burgers with blue cheese, hot wings, potato skins with bacon and cheese, onion straws, onion rings, and assorted chips and cheese dip.

"It's a great way to get out of the barracks and get together with friends to watch the game and enjoy the camaraderie," said Christine Griggs, food program manager at the Freedom Inn.



FILE PHOTO

Super Bowl 50 parties will be hosted Sunday at the USO-Fort Meade Center, the Freedom Inn Dining Facility, and The Lanes.

The Lanes is hosting its party for the entire Fort Meade community. The festivities, which start at 5:30 p.m., costs \$20 for ages 13 and older, and \$10 for children ages 4 to 12.

Free bowling and shoe rental are included for those who pay the entrance fee.

The Super Bowl will play on eight to 10 televisions throughout the Lanes.

A free buffet of finger food and beverages will be available. Door prizes are also part of the event.

About 30 to 40 people are expected to attend this year, about the same number of partygoers as last year, said Cherelle Coombs, operations assistant at the Lanes.

"We hope people have a great time," she said.

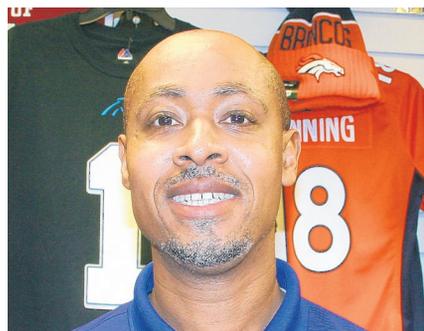
MY TWO CENTS

Who Will Win Super Bowl 50?



"I'm going for the Carolina Panthers. Their offense is unstoppable. Denver doesn't have a chance."

Master Sgt. Kyong Kim, Equal Opportunity advisor, 704th Military Intelligence Brigade



"I'm for the Carolina Panthers. The team is younger, and Peyton Manning's throwing arm isn't as strong as it used to be, which is a liability."

Irving Thomas, manager, Pro Image Sports at the Exchange



"The Panthers. I want Cam Newton to win. He'll be the third black quarterback to win the Super Bowl after Russell Wilson in 2014. Plus, it's Black History Month."

Wendell Reed, freshman at Anne Arundel Community College and Severn resident



"I'm for the Panthers all the way. I think they've done a great job as an up-and-coming team over the years. They have a fairly young quarterback who has been nurtured and is ready to take the next step."

Master Sgt. Princecilla Ridley, 290th Military Police Brigade

Second deer cull begins on post

FORT MEADE PUBLIC AFFAIRS OFFICE

In an effort to reduce Fort Meade's deer population to acceptable levels, the U.S. Department of Agriculture, Animal and Plant Health Inspection Service, Wildlife Services scheduled a second deer cull on the installation.

The cull started Jan. 28. The objective for this year is 182 deer.

"We knew this would take several years," Garrison Commander Col. Brian P. Foley said. "Last year, 200 deer were culled on the installation, but according to surveys, the white-tailed deer population is still too large, and culling is the safest, most humane way to reduce the numbers."

The target goal for a herd is approximately 18 deer per square mile. Fort Meade's population is currently measured at 52 deer per square mile.

Overpopulation is detrimental to the deer and the installation. Damage to forest regeneration and impacts to landscaping caused by the deer are evident throughout Fort Meade.

Driving on the installation is also a concern.



FILE PHOTO

The objective for this year's deer cull is 182. Hours of the cull, which ends March 31, are Monday through Thursday, after dark until approximately 1 a.m.

"Despite the slow speeds on post, we've still had 11 collisions involving deer this year — fewer than last year, but we can do

better," Foley said. "The overpopulation impacts both safety and our environment."

Safety is also why hunters are not allowed on the installation to reduce the deer population. Hunting has not been allowed on Fort Meade for more than 20 years.

Two USDA marksmen teamed with a representative from the Directorate of Emergency Services are conducting the cull through March 31.

Hours of the deer cull are Monday through Thursday, after dark until approximately 1 a.m. These times will help ensure the cull will not impact rush hour traffic.

Shooting zones will be directed away from structures, vehicles, equipment and bodies of water and focused on areas defined as having more than one deer.

The USDA Wildlife Services has a record of zero accidents and a 100 percent drop rate.

Like last year, a deer processor will prepare the meat for donation to the Maryland Food Bank.

More than 5,000 pounds of venison was donated to the Maryland Food Bank last year. Most of the meat was distributed to veteran-oriented charitable organizations.

Special needs parents learn about financial planning

BY LISA R. RHODES

Staff Writer

Fort Meade's Exceptional Family Member Program held a financial-planning seminar for parents with special needs children on Jan. 21 at the Community Readiness Center.

The two-hour seminar, which was organized in collaboration with Army Community Service's Financial Readiness Program, focused on how parents with special needs children can prepare for retirement while making the best financial arrangements for the care of their child in adulthood.

Portia Jackson, an EFMP specialist who organized the seminar, said her hope was to educate parents on "how to navigate the financial system for their special needs child."

Deborah Emerson, a personal Financial Readiness counselor, and LeAnna Lesfeka, a Survivor Outreach Services financial counselor, led the seminar.

During the program, the counselors said there were three important points for

parents to think about when planning their own financial security and for that of their child: establish a special needs trust or an Achieving a Better Life Experience trust; apply for government benefits; and plan for your own retirement.

Emerson said that a special needs trust allows caregivers with a means to "provide for their dependent's care and quality of life, without disqualifying them for federal assistance."

She said the funds can be contributed gradually over the years, or the trust can be designated as the beneficiary of an inheritance or life insurance policy.

Lesfeka said an ABLE trust, which was made legal in 2014, is owned by the beneficiary of the trust and allows up to \$100,000 without disqualifying the beneficiary from receiving federal government benefits. The earnings and distributions from the trust that are used for approved disability expenses do not count as taxable income.

Parents should also consider applying for Medicaid and Social Security, which may help pay for a child's medical

treatment, supplies and equipment as well as provide financial assistance.

Emerson said parents should not delay in planning for their own retirement. Parents should try to estimate their monthly retirement income, which could include Social Security benefits, private and government pensions, IRAs, 401Ks and the Thrift Savings Plan.

"Parents who have children with special needs devote so much of their time managing the health care system, that they often have little time to plan their finances," Emerson said. "And many of them [who have] financial resources, assume that they won't qualify for assistance to help care for a disabled child."

"But if you have a special needs child, you are entitled to benefits and programs that can help relieve the costs of your child's care."

Natalie Lee, wife of Staff Sgt. Chandler Lee of the 902 Military Intelligence Group, said she attended the seminar to keep herself informed about the resources available for her special needs son in the future and to plan ahead for her

family.

The couple's 3-year-old son Jack was born with thoracic spina bifida.

Lee said she learned about a community resource program for her son available through Medicaid that her family may qualify for.

"I think this kind of seminar is important for many special needs parents because, depending on the need of the child, there can be out-of-pocket expenses and a need to plan for the care of that child into adulthood," Lee said. "Having a thorough understanding of special needs trusts is important for any family with a child who may qualify for supplemental security income, whether that be now or when they turn 18."

Lesfeka said financial planning is critical for everyone but especially for parents with special needs children.

"It is a clear call to action and a challenge to take an opportunity to get your ducks in a row," she said. "Every family is just a tragedy away from having these needs, since accidents and illnesses can happen at any time."

Joint Installation Tax Center opens for business



PHOTO BY DANIEL KUCIN JR.

Kim Bateman, a DoD civilian tax preparer, cuts the ceremonial cake at the Joint Installation Tax Center's grand opening and ribbon-cutting Tuesday afternoon.

BY ALAN H. FEILER
Staff Writer

“Snowzilla,” last week’s blizzard otherwise known as Winter Storm Jonas, may have prevented Fort Meade’s Joint Installation Tax Center from conducting its annual grand opening and ribbon-cutting ceremony on Jan. 25.

But life – and tax season – goes on, so the center held the rescheduled event Tuesday afternoon on the first floor of the Office of the Staff Judge Advocate at 4217 Morrison St.

Approximately 25 people came out to hear Garrison Commander Col. Brian P. Foley, Lt. Col. Jonathan E. Cheney, the garrison’s staff judge advocate, and JITC Officer-In-Charge Capt. Benjamin L. Zeskind speak about the center’s mission and cut the ceremonial red ribbon to kick off operations for the 2015 tax year.

Garrison Command Sgt. Maj. Rodwell L. Forbes was also in attendance at the brief event, which featured cake and beverages afterward.

“This service is invaluable,” Foley said.

Last year, the tax center served – at no cost to its patrons – 1,430 active-duty service members, retirees and their family members, resulting in savings of \$500,000 in tax preparation fees and \$3.4 million in refunds.

“These highly trained service members and civilians that form this center get that money back into the hands of us as taxpayers, because we shouldn’t be giving it to the government based on tax codes,” Foley said.

“We thank each and every one of you for that service. It’s really valuable what you do, helping us out as a community.”

The JITC cannot prepare taxes for Department of the Army civilians or contractors, but DA civilians who are deploying or classified as mission essential can be served.

The center is open Mondays through Fridays from 8:30 a.m. 5 p.m., preferably by appointment, until April 15. Walk-in clients are accepted on a first-come, first-served basis.

The center operates under the Internal Revenue Service’s Volunteer Income Tax Assistance program. More than 20 temporary employees, civilian volunteers and borrowed military manpower from units of all branches based at Fort Meade staff the JITC, said Zeskind.

The center opened unofficially on Jan. 27.

“This is a joint tax center – Soldiers,

Sailors, Airmen, Marines and civilians – that is serving this most joint, nonjoint base in the Department of Defense,” Foley said. “This service where we all come together and support the community is valued.”

Glancing over at tax center workers standing behind the ceremonial ribbon, Cheney said, “You all are going to be doing a lot of work.”

He noted that JITC staffers are all certified in income tax preparation services.

“They have been working a lot,” Cheney said. “They’ve worked hard to get trained up. We provide them the training, but they actually have to do all the work.”

“Thank you all for being here,” he said. “We’re excited to provide this service once again.”

Cheney noted that the JITC and the Legal Assistance Division office can provide tax advice for personal property and income tax preparation services to file for federal and state tax returns, “not just in Maryland but in any of our states. And they are ready to provide that service.”

This year, Cheney said, the tax center has added walk-in service for the 1040-EZ form. Because the JITC staff is smaller this year, he said, fewer appointments are available.

Cheney recommended that patrons come to the JITC early in the tax season because “the end of March might be too late.”

Cheney warned that the center cannot serve clients who have more than one rental property, own a private business, or have 10 or more capital asset transfers. Those individuals will need to go to commercial tax preparers, he said.

“I think this is the best service available for income tax preparation for the vast majority of our patrons,” Cheney said. “I don’t think anyone does it better, especially in the military community. We’re excited to open this up.”

Zeskind commended JITC staffers, whom he said, undertook intensive training.

“[They’ve] done a remarkable job,” he said. “While we’re opening here today, this work has been going on since the beginning of January where they had four days of VITA training, sitting down with PowerPoints and a series of exercises.

“Then the following week, they all

came in and continued working on exercises in our office to learn how to use the tax software.

“The motivation level has really been remarkable from Day One. It’s really been steady up to this point,” he said. “I’m just lucky to have such a great group.”

Among the JITC staffers attending the ceremony was Airman 1st Class Alessia Sciuolo of the 94th Intelligence Squadron.

“I heard about this volunteer opportunity and decided to do it,” said the native of Yonkers, N.Y., who lives in Columbia. “I have an accounting background, so I wanted to do this. Just helping out folks is good.”

Marine Lance Cpl. Stormy Mendez of the Marine Corps Detachment Fort Meade agreed.

“My gunnery sergeant suggested it,” Mendez, a Texas native who lives on post, said about volunteering at the JITC. “It’s just a great knowledge to learn and a chance to help service members and their families.”

Editor’s note: To schedule an appointment at the tax center, call 301-677-9366 or 301-677-9762. During inclement weather, the center will follow the Fort Meade garrison adverse weather status.



PHOTO BY DANIEL KUCIN JR.

Listening to Garrison Commander Col. Brian P. Foley (right) speak at the ribbon-cutting ceremony Tuesday are Lt. Col. Jonathan E. Cheney (far left), the garrison’s staff judge advocate, and Joint Installation Tax Center Officer-In-Charge Capt. Benjamin L. Zeskind.

14 Years of Active Duty

3 Years Enlisted

7 PCSs

1 Auto Claim

2 Grade Schoolers

11 Years of Marriage

8 Road Trips

Member: Jay Rodriguez
U.S. Navy Reserve

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Military Saves Week begins Feb. 22

BY LISA R. RHODES
Staff Writer

In an effort to encourage service members to save money and reduce debt, Fort Meade Military Saves Week is set to begin this month.

Military Saves Week is a component of the nonprofit America Saves and a partner in the DoD's Financial Readiness Campaign.

America Saves seeks to motivate, encourage, and support low- to moderate-income households to save money, reduce debt and build wealth, according to the organization's website. The DoD's Financial Readiness Campaign seeks to motivate, support and encourage military families as well.

This year's theme for Military Saves Week is "Make Savings Automatic."

Service members are encouraged to make automatic contributions to their Thrift Savings Plan by allotting a portion of their paycheck to their retirement account.

Faith Barnes, Fort Meade's Financial Readiness Program manager, said the campaign "encourages good financial habits."

Fort Meade Military Saves Week runs from Feb. 22 to Feb. 26.

During the week, DoD cardholders can attend any one of a series of free Financial

Military Saves Week Classes

• Transitioning to Retirement

Feb. 22, 9 a.m. to noon, Community Readiness Center, 830 Chisholm Ave.
Learn to determine when to retire and optimize streams of income.

• Getting Out of Debt

Feb. 23, 9 a.m. to noon, Community Readiness Center
Learn strategies to systematically wipe out bad debt.

• Raising Money-Smart Kids

Feb. 24, 9 a.m. to 11 a.m., Fleet & Family Support Center, 2212 Chisholm Ave.
Learn ways to instill financial literacy in children.

• Credit Management

Feb. 25, 9 a.m. to 11 a.m., Fleet & Family Support Center
Learn how to build good credit and use it responsibly.

• Financial Planning for Care Givers

Feb. 26, 9 a.m. to 11 a.m., Community Readiness Center
Learn to overcome some of the financial obstacles involved in providing care to a loved one.

For more information, call the Community Readiness Center at 301-677-5590 or the Fleet & Family Support Center at 301-677-9012.

Readiness classes, which will be held at the Community Readiness Center or the Fleet & Family Support Center.

Classes will be taught by Army Community Service financial counselors. (See sidebar for class listing.)

"The classes are available at no cost to provide increased self-knowledge and awareness that is designed to improve or sustain a person's financial resilience,"

Barnes said.

Military Saves Week, she said, is a time when service members can set financial goals and make a plan to reach those goals.

"We want to ignite passion and enthusiasm to adjust poor financial behavior, while also building an awareness of the benefits associated with making good financial choices," Barnes said.

COMMUNITY CRIME WATCH

COMPILED BY THE FORT MEADE
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SERVICES

Jan. 30, Shoplifting: AAFES loss prevention personnel at the Exchange stated that she observed, via video surveillance, the subject take a nail product from a fixture, force the package open, and conceal the product in her jacket. The subject passed the point of sale without rendering payment.

Jan. 30, Shoplifting: AAFES loss prevention personnel at the Exchange stated she witnessed the subject conceal clothing and leave the store without rendering payment.

For week of Jan. 25-31

Moving violations: 13

Nonmoving violations: 10

Verbal warnings for traffic stops: 32

Traffic accidents: 5

Driving on suspended license: 0

Driving on suspended registration: 0

Driving without a license: 0

Driving without insurance: 1

Losing weight is just an arm's length away

BY CLAUDIA DRUM

U.S. Army Public Health Command

Each of us makes over 200 subconscious decisions about what and how much to eat every single day. Which do you prefer, coffee or tea? Select the supersize or medium size? Skip the cookie or eat the cookie?

According to researchers at Cornell University, these unconscious food decisions are driven more by our "eating environment" and less by our deliberate choices. In other words, subtle cues in your environment that range from the size of your plate to the distance between you and that candy dish all play a role in nudging you to overeat and make it more difficult to lose weight.

Even those of us with the best intentions will find it difficult to lose weight when food is visible, plentiful and acces-

sible.

But there is no need to despair. You are just an arm's length away from making it easier to eat healthy and lose weight. Follow these five tips to rearrange your food environment and start losing weight today.

1. Reach for smaller plates, cups and cereal bowls.

We eat about 92 percent of the food on our plate. Make it easier to control your portions and your calorie intake by serving your food on a smaller plate or into a smaller bowl. Pour beverages into a taller, thinner cup instead of a shorter, wider cup. You will think you are getting more food, but you are not.

2. Store healthy and wholesome foods within reach.

Replace the cookie/candy/junk food jar that currently resides on your kitchen counter with a bowl of fresh fruits:

Clementine, oranges, apples, bananas. Keep pre-prepped and cut-fresh veggies at eye level in your refrigerator.

3. Keep a small stash of healthy and convenient staples on hand.

Stock your cabinet and refrigerator with healthy ingredients to make cooking at home a breeze. Try frozen veggies/fruits and pre-packaged salads to increase your fruit and vegetable intake.

Keep a supply of whole-grain cereals, baking potatoes and dried spices on hand. Healthy protein staples include low-sodium canned beans, eggs, boneless/skinless chicken breasts, nut butter, hummus and Greek yogurt. For work, pack a small bag of almonds and eat them as your afternoon snack.

4. Make unhealthy food inconvenient.

Move that bag of candy to the basement or tuck it into a cabinet you cannot easily

reach. Wrap unhealthy leftovers — that piece of decadent pie — in aluminum foil and store it in the bottom drawer of your refrigerator.

If you work with someone who has a candy dish on his desk, walk a different route so you can avoid the temptation.

5. Pre-portion your favorite snack foods, rather than eating directly out of a large bag or box.

Pre-portioning your snack into a smaller serving size will help you eat less. You will be more aware of how much you have eaten. Purchase single-serve snacks, less than 1 ounce, or pre-portion your favorite snacks into a small baggie or bowl.

Editor's note: To learn more about how to control your weight through healthy eating, activities and sleep during 2016, visit the Army's Performance Triad at <http://armymedicine.mil/Pages/performance-triad.aspx>.



PHOTOS BY NATE PESCE

(Left to right) Speaking to well-wishers before embarking on a tour of the Fort Meade Commissary are Commissary Officer John T. Blythe, Garrison Commander Col. Brian P. Foley, Sen. Barbara A. Mikulski, Assistant Commissary Officer Frank M. Macias, and Mary Williams, area zone manager for Defense Commissary Agency East.

Food for thought

Maryland's senior senator tours commissary, promotes healthy living

By ALAN H. FEILER
Staff Writer

Vincent Marski was determined to personally welcome Sen. Barbara A. Mikulski when the veteran Maryland legislator toured the Fort Meade Commissary on Monday.

Shortly after Mikulski's arrival, Marski thanked her for helping his grandfather William Owens a dozen years ago with receiving veteran benefits.

Owens, now 91 and living in Crofton with his wife, Mildred, served in the Merchant Marine during World War II and was stranded at sea for a few days after a German submarine torpedoed his ship off the coast of Italy.

"I just introduced myself and thanked her for what she did for my grandfather," said Marski, the commissary's assistant customer service manager. "She was very warm and appreciative, and I broke down.

"She's a caring person," the Arnold, Md., resident said. "It's a shame she's retiring, but she has certainly earned it."

Mikulski, 79, who announced last winter she will retire after serving five terms in office, met with Garrison Commander Col. Brian P. Foley and other garrison leaders for a private conference before receiving a full tour of the commissary.

"Senator Mikulski's dedication and effort to help preserve this benefit that supports our service members, military retirees and their families cannot be overstated," Foley said. "The senator has always recognized the valuable contribution to our nation made by the men and women of Fort Meade, and by all military service members, retirees, civilians, and their families. We truly appreciate her past, present and future advocacy."

As vice chairwoman of the Senate Appropriations Committee, Mikulski was instrumental in securing \$34.5 million in federal funding through the Consolidated Appropriations Act of 2016 to widen and modernize access control points into Fort Meade, as well as reduce area and post congestion, improve security, and create safer and more efficient roadways.



A strong advocate of the Healthy Base Initiative, Sen. Barbara A. Mikulski holds up a bowl of kale salad with a commissary employee during her visit at the facility.

In addition, the Baltimore-based senator, who has served in Congress longer than any woman in history, has been an advocate for commissaries on military installations. Mikulski is a member of the Senate Military Family Caucus.

"As a United States senator, I support not only members of the military but military families as well," Mikulski said. "We want to make sure their needs are taken care of, so I've made sure that commissaries stayed open despite budget cuts by the Pentagon. "A military isn't just tanks and guns. The best weapon we have are our military members and their families."

Mikulski said she also visited the commissary to observe how the Healthy Base Initiative, which she strongly supported, has helped service members, retirees and their families eat healthier — particularly regarding organic and natural foods — while remaining within their budgetary constraints.

Mikulski praised the commissary, which attracts approximately 85,000 customers per month and last year earned \$73 million

in sales, for being "clean as a whistle," well-organized for shoppers, and providing excellent customer service.

"This is really working well here, really first-class," Mikulski said. "I'm a grocer's daughter, so I know my food. Talking to the seniors and young people here has shown me [the commissary] is a very impressive option. I'm glad I fought for it, and I will continue to fight for it."

"We believe it's an earned benefit that should be undeniable and reliable, with good food and good prices to stay good and healthy."

Fort Meade Commissary Officer John T. Blythe, members of the Defense Commissary Agency leadership, vendors, store employees and others — many of them with cameras — were on hand to greet Mikulski and escort her around the 120,000-square-foot facility, which opened in 1986 and employs approximately 125 workers.

"She's been a strong supporter of commissary benefits and wants to hear from staff and patrons about what she's been fighting for," Blythe said. "It's a great

"Talking to the seniors and young people here has shown me [the commissary] is a very impressive option. I'm glad I fought for it, and I will continue to fight for it."

— Sen. Barbara A. Mikulski

smile. "I'm a veteran of the budget wars and a veteran of the filibuster wars."

At one point, Rosemary Shomler, a shopper who lives in Brooklyn Park, approached Mikulski, held her hand, and thanked her for helping her family and others over the years.

"God bless you," an emotional Shomler said.

After looking at displays of kale, protein bars, cakes and other items, Mikulski stopped by the DeCA healthy foods information table manned by Nissa Lazenby-Wilson, a commissary nutritionist. The senator thanked her for educating consumers about eating healthier diets.

"I'm a Weight Watcher, just like Oprah. I watch my weight go up and down," Mikulski said to gales of laughter.

Afterward, Lazenby-Wilson said, "I didn't really know what to expect, but she's very personable and asked great questions."

Mikulski greeted shoppers while touring the commissary's bakery, prepared foods, deli, salad, meat, organic vegetables and general areas. She spoke with store employees and others about the importance of reading ingredients on labels and eating fresh vegetables and whole grain foods.

"You want to watch your waist and stretch your budget," she said.

Quirt Schneider, the commissary's meat manager, said he enjoyed giving Mikulski a tour of his department.

"She asked me about different types of meat here and what sells best, which is ground beef," he said. "I told her we sell *Hallal* meat here and she said, 'Oh, I know what that is. It's like kosher.'"

One vendor, Maria Blanco, regional sales manager for Military Resale Solutions based in Chesapeake, Va., said it was a "great thrill" to meet Mikulski and take a selfie with her.

"I told her that my husband and I see her on TV all the time," Blanco said. "We know what she's done for equal pay and equal rights in this country. In my book, she's a real superstar."



Maria Blanco (right), regional sales manager for Military Resale Solutions, takes a selfie with Sen. Barbara A. Mikulski in the commissary's produce section.



An inquisitive Sen. Barbara A. Mikulski inspects some fresh produce at the commissary during her tour of the 120,000-square-foot facility Monday afternoon.

JIBBER JABBER - OPINION

Dabin' on 'em at SB 50

Before we get to Super Bowl 50 predictions, Sgt. 1st Class Chamber's ramblings, the Fort Meade Thunders' "sneeze and dab" or even a plea for my annual Super Bowl Party recipe, I am compelled to start this week's dose with some sad news.

Anyone who has read this column more than a few times knows how much I love professional wrestling. TBH, if you are a middle-aged man, gangsta or not, you can't be considered a sports fan without knowing the greatness that is Ric Flair, Hulk Hogan, "Macho Man" Randy Savage, maybe "Double A" Arn Anderson, but certainly Bret "The Hitman" Hart.

The "Excellence of Execution" wasn't necessarily my favorite wrestler. I always rooted against the Hart Foundation, and nearly cried when Bret blasted "Stone Cold" Steve Austin with the ring bell in WrestleMania 13. But there is no doubt I'm rooting for Bret now.

The self-proclaimed "best there is, best there was, and the best there ever will be" revealed he's now in the fight for his life against prostate cancer, and here's hoping he makes that dreadful disease tap out like he did so many opponents after he locked in the "Sharpshooter." bit.ly/1md28TN

On to Super Sunday.

Unfortunately, we will not be able to have the annual Jones family Super Bowl Party this year. My youngest is having dental surgery that will have him a bit too cranky for company. That doesn't mean we won't be feasting on Super Sunday.

Au contraire mon freres!

YJ3's sore teeth just means more food for me and the family, and per tradition, I'm asking you for your best Super Sunday recipes. Send me your best recipes via the email or Fort Meade Facebook page, and I'll post the one that will be on my table before kickoff, so you can do the same. The only rules are no pork or booze.

As for the game, picking a favorite is pretty tough. I really like the Panthers team. I'm a big Cam Newton fan. Rookie wide receiver and Michigan Man Devin Funchess is making his mark, and linebacker Luke Kuechly is a beast.

On the other hand, I can be a bit sentimental at times. "Field of Dreams" makes me cry, I like fluffy kittens, and I cheer when the hero rides off in the



Chad T. Jones

PUBLIC AFFAIRS
OFFICER

sunset — most of the time. So that part of me is rooting hard for Broncos' linebacker and all-time Cowboys great DeMarcus Ware and yes, even Peyton Manning.

Ware is one of my favorite football players ever, and no one deserves a Super Bowl more than he does. As for Peyton, I know I've been hard on him, but there is zero doubt that he is an all-time great who has served as the face league for more than a decade, and he's done it well.

So me, and the "Pumpkin Girl" BTW, are reserved to hoping for a good game.

I'm scared we are going to see anything but on Sunday: Carolina is rolling folks, right now. Even though Denver's top-ranked defense is playing lights out, the Panthers' running game goes against what the Broncos do best, which is rushing the passer from the edge and covering receivers.

Cam Newton will not stand in the pocket for six seconds like Tom Brady did in the AFC Championship. Additionally, the read-option will slow down Denver's pursuit enough to either let tight end Greg Olson get open down field or let running back Jonathan Stewart find room between the tackles.

On the other side of the ball, Manning's biggest weakness has always been defensive linemen collapsing his pocket before his receivers get open. The Panthers' pass run will get Manning off his spot, which will lead to interceptions, which will lead to Carolina points.

Final score: Carolina 34 – Denver 17 MVP Cam Newton

Or as SFC Chambers puts it:

"So to end all of the hoopla over African-American QBs, The Thug references, the arrogant, blatant over-the-top TD dances, and first-down celebrations, Cam will put on his greatest show on the biggest stage and #Dabonem again."

Final score: CAR 35 - DEN 24

Our good sergeant is also looking forward to the Coldplay SB halftime performance, and this being his first Super Sunday in the States since serving in Germany, the SB commercials.

Apologies for the Creed in the "Hitman" clip.

If you'd like to file a complaint, or talk about anything to do with sports, contact me at chad.t.jones.civ@mail.mil, or hit me up on Twitter @CTJibber.

SPORTS SHORTS

Super Bowl Party at The Lanes

Watch the big game on multiple screens at the Super Bowl 50 Party on Sunday beginning 5:30 p.m. at The Lounge at The Lanes.

The party will feature a tailgate buffet, free bowling and shoe rental, and door prizes.

Cost is \$20 for ages 13 and older, and \$10 for ages 4-12.

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

Youth Sports spring registration

Registration for spring Youth Sports is ongoing.

Spring sports include: baseball, softball, tennis, lacrosse, basketball, track, NFL flag football and soccer.

Volunteer coaches are needed.

To register, go to Child, Youth and School Services' Youth Sports & Fitness Office, 1900 Reece Road.

For more information, call 301-677-1179 or go to 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.

Volunteer coaches needed

Volunteer Youth Sports coaches are needed in the various sports programs offered throughout the year.

All volunteers will receive free training and will be certified through the National Alliance of Youth Sports.

All volunteers must complete a background check.

To submit an application, visit the CYSS Youth Sports & Fitness Office at 1900 Reece Road. Office hours are Monday through Friday from 8:30 a.m. to 4 p.m.

CYSS Youth Sports Program:

- Spring season: March through June
- Season registration begins in January for: track & field, baseball, softball, tennis, NFL Flag Football, lacrosse, and soccer
- Fall season: August through October
- Season registration begins in May for: soccer, NFL Flag Football, tennis, volleyball and cheerleading
- Winter season: November through February

Season registration begins in October for: basketball, futsal and wrestling

For more information, call 301-677-1179 or 301-677-1329 or go to meade.armymwr.com.

Line dance classes

Gaffney Fitness Center offers line dance classes on Mondays, Wednesdays and Fridays from 1-2 p.m.

This class teaches line dancing for beginners using a variety of music and simple choreography.

Cost is \$5.

Classes are open to all authorized users ages 18 and older. For more information, call 310-677-2349.

Gaffney fitness classes

Gaffney Fitness center offers a variety of fitness classes.

Classes are open to authorized users ages 18 and older.

Cost is \$5 per drop-in class; \$40 for 10 classes; and \$60 for 20 classes.

- Never Too Late stretch and strengthening for ages 48-90: Mondays and Wednesdays, 10-11:15 a.m.
- Step-Cardio Blast: Thursdays, 8:45-9:45 a.m.

- Turn & Burn Cycle: Integral-based spin class: Tuesdays, 8:45-9:45 a.m.

- Hip-Hop Spin: Wednesdays, 5:15-6:15 p.m.

- Xplosive Boot Camp head-to-toe workout: Wednesdays, 6:35-7:35 p.m. and Saturday, 9-10 a.m.

- Bokwa Punch and Strike kick boxing: Thursdays, 5:30-6:30 p.m.

- Line dancing: Mondays and Wednesdays, 1-2 p.m.

- Power Core classes: Mondays, 8:45-9:45 a.m.

This is a fast-paced, high-energy class using a variety of exercise equipment.

- Vinyasa yoga: Mondays and Wednesdays, 4:30-5:30 p.m. and Saturdays, 8-9 a.m.

Vinyasa focuses on breathing techniques, flowing poses, increased balance, stretching and relaxation.

All levels welcome.

- Metabolic Effect: Tuesdays and Thursdays, 11:45 a.m. to 12:15 p.m.

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

- Interval Cycling: Tuesdays, 8:45-9:45 a.m.

The program is designed to increase cardiovascular fitness while delivering an incredible calorie burn.

- Body Tone: Full-body resistance-training: Tuesdays, 5:15-6:15 p.m.

- Zumba: Wednesdays, noon to 1 p.m. and 5:30-6:30 p.m.

The class incorporates Latin dance.

- Zumba Gold for seniors: Tuesdays and Thursdays, 10-11:15 a.m.

For more information, call 301-677-2349.

NEWS & NOTES

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

NEWS & EVENTS

New way to submit announcements

Community members can advertise their upcoming event, meeting or class on the *Soundoff!* community announcements page by visiting 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.

Tax center open

The Fort Meade Joint Installation Tax Center is open weekdays from 8:30 a.m. to 5 p.m.

The tax center is located on the first floor of the Fort Meade Office of the Staff Judge Advocate, 4217 Morrison St.

To schedule an appointment, call 301-677-9366 or 301-677-9763.

Procedures for visiting Fort Meade

Community members who wish to visit a resident of Fort Meade must follow certain procedures to gain entry onto the installation.

Non-DoD ID card holders must visit the Demps Visitor Control Center adjacent to the Reece Road gate prior to entering the installation.

If the VCC is closed, guests must go through the inspection station with the phone number and address of the individual they are visiting.

Security guards will call the resident and verify that they are expecting or know the guests. Once the resident has verified the visitor, guards will validate the guest's ID and search the vehicle.

If guests pass inspection, they will be allowed to travel onto the installation to the residence. Guests who do not pass inspection or do not have proper ID will not be allowed on post.

Individuals without ID must be escorted onto post by a valid resident/DoD

ID card holder.

Prescription disposal at Kimbrough

Kimbrough Ambulatory Care Center has added a new option for medication disposal for its beneficiaries.

Located in the pharmacy lobby, the new MedSafe drop box allows patients to safely dispose of any expired, unused or unwanted medications.

The MedSafe is always accessible and can accept most medications.

Medications should be left in the original packaging when possible.

Report potholes

If you notice a pothole, large or small, email alice.m.price10.civ@mail.mil and Nedra.s.beale.civ@mail.mil with the following information:

- Date
- Location of potholes: Street, building, intersection, cross-road
- Approximate size (best guess)

National Prayer Breakfast

Fort Meade's National Prayer Breakfast, hosted by the Garrison Chaplain's Office, is today at 7 a.m. at Club Meade.

There is no cost for the buffet. Donations are optional.

The guest speaker is Chaplain (Col.) David Giammona of Installation Management Command.

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

USO lunch celebration

The USO's 75th Anniversary Celebration will be held today from 11:30 a.m. to 1 p.m. at the USO Metro-Fort Meade Center, 8612 6th Armored Cavalry Road.

The luncheon is open to USO volunteers, service members and their families.

Chick-fil-A is donating 150 meals.

For more information, call Shawn Sabia, USO Center supervisor, at 410-305-0660.

Brass Lounge grand opening

The grand opening for the Brass Lounge at Club Meade will be held Feb. 19 from 5-8 p.m.

Doors open at 4 p.m.

The event is open to all ranks and services and civilian employees, and will feature a disc jockey and free appetizers and beverages.

The Brass Lounge is open every Thursday, Friday and Saturday from 5-8 p.m.

For more information, go to ftmeade-demwr.com.

Black History Month observance

Fort Meade's annual observance of Black History Month will be held Feb. 25 from 11:30 a.m. to 1 p.m. at McGill Training Center, 8452 Zimborski Ave.

The theme is: "Hallowed Grounds: Sites of African American Memories."

Dr. E. Faye Williams, the national chairwoman of the National Congress of Black Women, is the guest speaker.

The event is hosted by the Defense Media Activity.

All Fort Meade community members are encouraged to attend with supervisory approval and without charge to annual leave.

For more information, call Sgt. 1st Class Derrick L. Chambers at 301-677-6687 or Staff Sgt. Megan E. Garcia at 301-675-6523.

Genealogical Society

The Anne Arundel Genealogical Society will sponsor the program "Coming to the Table to Address the History and Legacy of Slavery" tonight from 7-9:30 p.m. at Severna Park United Methodist Church, 731 Benfield Road, Severna Park.

The program will be presented by Lynda Davis, Jane Carrigan and Ruty Vaughan, who will discuss how their genealogical pursuits led them to this national program.

For more information, call the Kuethe Library at 410-760-9679 or go to aagenso-c.org.

Team Trivia

Trivia Maryland, Team Trivia Night is held every Thursday from 7-9 p.m. at The Lounge at The Lanes.

Registration begins at 6:30 p.m. Game starts at 7 p.m.

Teams must have a minimum of two people and a maximum of 10.

Weekly prizes will be awarded to the top three winners.

For more information, call 301-677-5541.

EDUCATION

EFMP 101 workshop

A workshop about the Exceptional Family Member Program will be held Friday from noon to 1:30 p.m. at the Heritage Park Community Center.

For more information, call 301-677-5590.

"Honor Salute" training

"Honor Salute" Program Training will be

held Feb. 17 from 10-11 a.m. at the Community Resource Center, 830 Chisholm Ave.

The training is open to active-duty service members who volunteer to perform an "Honor Salute" tribute to a deserving veteran patient.

To register or for more information, call 301-677-5590.

Military Saves Week

Fort Meade's Military Saves Week will be held Feb. 22-26.

The free classes are offered to DoD ID cardholders in the entire Fort Meade community.

The following classes will be held at Army Community Service, 830 Chisholm Ave., or the Fleet and Family Support Center, 2212 Chisholm Ave.

- Feb. 22, 9 a.m. to noon: "Transitioning to Retirement"

- Feb. 23, 9 a.m. to noon: "Getting Out Of Debt"

- Feb. 24, 9-11 a.m.: "Raising Money-Smart Kids"

- Feb. 25, 9-11 a.m.: "Credit Management"

- Feb. 26, 9-11 a.m.: "Financial Planning for Care Givers"

Registration is required.

For more information, call ACS at 301-677-5590 or FFSC at 301-677-9014.

Voting Assistance Officer Training

The Directorate of Human Resources is offering Unit Voting Assistance Officer Training on Feb. 24 from 1-3 p.m. at 2234 Huber Road in Start Right Classroom 004.

Richard Lee and Sarah Ballard are the installation's voting assistance officers.

For more information, call DHR at 301-677-2506.

OSC applications

The Army Human Resources Command Officer Candidate School Board is scheduled May 9-13.

The Fort Meade local OCS Board is tentatively scheduled for Feb. 18.

OCS packets must be submitted by Feb. 12 to the Military Personnel Division, Personnel Actions Office, 2234 Huber Road, Room 203, Fort Meade, MD 20755.

For units not physically on or near Fort Meade, OCS packets will be accepted until Feb. 16.

Point of contact for this action is Jo-Lynda Thompson, Personnel Actions officer, at 301-677-7036 (DSN: 622-7036).

Financial, Employment Readiness

Army Community Service offers Fi-

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financial Readiness and Employment Readiness classes to all ranks and services and to DoD civilian employees at the Community Readiness Center, 830 Chisholm Ave.

Registration is required for each class.

Financial Readiness:

• “Slaying the Tax Dragon: Effective Planning to Reduce Taxes”: Today, 8:30 a.m. to 12:30 p.m.

Learn about taxes and how to legally pay less.

• Thrift Savings Plan Overview: Feb. 16, 9-noon

• Home Buying: Feb. 16, 9 a.m. to noon
Learn what you need to know before

you buy: credit reports, mortgage process and the appraisal process.

Military:

• Pre-Deployment Brief: Friday or Feb. 19, 9:30-11 a.m.

• Family Readiness Group Leader Basics: Feb. 26, 9-11 a.m.

• Family Resiliency Training: Feb. 26, 11 a.m. to noon

Employment:

• Ten Steps To A Federal Job: Tuesday, 9 a.m. to noon

Learn to understand job vacancy announcements, write a federal and electronic resume, and track applications.

• How To Work A Job Fair: Feb. 16, 9 a.m. to noon

• Job Search Strategies: Feb. 18, 9 a.m. to noon

• Social Media For Job Seekers: Feb. 23, 9 a.m. to noon

• Salary Negotiation: Feb. 25, 9 a.m. to noon

To register, go to fortmeadeacs.checkappointments.com.

Free classes

The Navy Fleet and Family Support Center offers a variety of classes at its facility at 2212 Chisholm Ave.

The free classes are open to DoD ID cardholders including active-duty service members, retirees and their family members, DoD civilian employees and contractors.

Registration is required for each class.

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

• Anger Management: Tuesday, 9-11 a.m.

• Building Healthy Relationships: Feb. 16, 9-11 a.m.

• Assessing Higher Education: Feb. 17-18, 8 a.m. to 4 p.m.

• Stress Management: Feb. 18, 9-11 a.m.

• Young Women's Enrichment: Thursdays, 9:30-11 a.m.

The group is designed to help empower, promote and support female, active-duty

2016 Holy Week Religious Services Schedule**POSTWIDE ECUMENICAL EASTER SUNRISE SERVICE:**

March 27, 7 a.m. – Chapel Center

Catholic Services and Activities

■ Feb. 10: Ash Wednesday Mass, Noon – Post Chapel

■ Feb. 10: Ash Wednesday Mass, 6:30 p.m. – Chapel Center

■ Feb. 12, 19, 26 & March 4, 11, 18: Stations of the Cross & Soup Supper, 5:30 p.m. – Chapel Center

■ March 5: Lenten Retreat, 8 a.m.-3:30 p.m. – Chapel Center

■ March 24: Holy Thursday Mass, 6 p.m. – Chapel Center

■ March 25: Stations of the Cross, Noon – Chapel Center parking lot

■ March 25: Good Friday, Celebration of the Lord's Passion, 6 p.m. – Chapel Center

■ March 26: The Great Easter Vigil Mass, 8 p.m. – Chapel Center

Protestant Services and Activities

■ March 24: Maundy Thursday service, 6 p.m. – Post Chapel

■ March 25: Good Friday (Tenebrare) service, 6 p.m. – Post Chapel

service members under age 22.

Military retirement

• TGPS (Transition, Goals, Plans, Success) Workshop: Feb. 22-26, 8 a.m. to 4 p.m.

• Medical Records Review: Appointment required

To register or for more information, call 301-677-9017 or 301-677-9018.

YOUTH**Youth Center events**

The Youth Center is offering several events for grades six to eight:

• Celebrate Black History Month with a trip to the National Great Blacks in Wax Museum in Baltimore on Friday from 4-7:30 p.m.

Participants will meet at the Youth Center.

Bring a camera to take photos with wax figures, participate in a scavenger hunt and unwind afterward with a trip to Chick-fil-A.

This event is free. Permission slips are required.

• Overnight Winter Wonderland Dance and Lock-In: Feb. 12-13, from 6:30 p.m. to 6:30 a.m. at the Youth Center.

Stay after the dance for the lock-in that will be filled with activities including cooking, scavenger hunts, midnight basketball and movie time.

Registration is required. Space is limited.

• Spelling bee contest: Feb. 25, from 5:30-6:30 p.m. at the Youth Center.

The free event will feature a pizza party for participants and parents.

Prizes will be awarded for first, second and third place.

For reservations or more information, call 301-677 1437.

Valentine's Day Party

The Teen Center is sponsoring a Valentine's Day Party for grades nine to 12 on Feb. 12.

The event will feature music, food and dancing.

For more information, call 301-677-6054.

Kuhn Hall closed Saturdays

The Children's Library at Kuhn Hall, 4415 Llewellyn Ave., is closed Saturdays.

All remaining hours of operation will remain the same.

For more information, call 301-677-5522 or 301-677-4509.

Storytime

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

• Today: “Smile!” Dental Health Month — Storytime about the importance of going to the dentist. Event will feature a special guest.

• Feb. 11: “Love Is In The Air” — Celebrate Valentine's Day with stories about love and friendship.

• Feb. 18: “Zoom! Zoom! Zoom!” — Storytime about things that “go”

• Feb. 25: “Quiet As A Mouse!” — stories about mice

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

Music club

The Teen Center Music Club is open to

students in grades nine to 12 on Wednesdays at 4 p.m.

This club provides instrument lessons and focus on improvising, instrument maintenance and care, and musical creativity and song composition.

Guitar and drums are available for use but all instruments are welcome.

For more information, call 301-677-6054.

Romp 'n Stomp

Romp 'n Stomp playgroup for children ages 5 and younger and their parents meets Tuesdays from 9:30 to 11:30 a.m. at the Youth Center gym at 909 Ernie Pyle St.

For more information, call 301-677-5590 or email colaina.townsend.ctr@mail.mil.

Weekly playgroup

Children ages 4 and younger are invited to the weekly playgroup, “A-Z Come Play With Me,” that is held every Monday and Friday from 10:30 a.m. to noon at the Family Advocacy Center, 2462 85th Medical Battalion Ave.

Space is limited. Registration is required for each session.

For more information, call 301-677-5590.

RECREATION**Out & About**

• **Anne Arundel County Library** is offering several Black History Month events:

“One Family One Planet”: Tonight at 7 p.m. at Annapolis Regional Library and Saturday at 1 p.m. at Maryland City at Russett Community Library

Family-friendly music and storytelling by Kim and Reggie Harris, who present combinations of folk and gospel traditions with classical, pop and rock music.

“Get Schooled with Mr. Root”: Feb. 16 at 7 p.m. at Severn Community Library

Jamaal 'Mr. Root' Collier, a professional hip-hop artist, will present an interactive, family-friendly concert. Learn about the history of hip-hop and try your hand at rapping, free styling and beatboxing.

For more information, call 410-222-7371 or go to aacpl.net.

• **Black History Month at the Reginald F. Lewis Museum** begins with a concert by the Morgan State University Choir performing traditional African American spirituals and gospel selections. The performance, “Rejoicing in the Spirit,” will be held Saturday at 3 p.m. in conjunction with the museum's current exhibition “Ruth Starr Rose (1887-1965): Revelations

of African American Life in Maryland and the World.”

Rose's illustrations of spirituals use African-Americans as the principal subjects in iconic biblical stories. A short discussion about the evolution of African-American spirituals precedes the concert.

General admission is \$30. To purchase tickets online, go to lewismuseum.org.

For more information, call 443-263-1875.

• **Timonium Motorcycle Show** will be held Feb. 12-14 from 10 a.m. to 9 p.m. at the Maryland State Fairgrounds, 2200 York Road, Timonium.

All the new 2016 models will be on display. The event also will feature a Motorcycle Aftermarket Presentation and Demonstration Area; an expanded Travel, Touring & Adventure Section featuring group tour leaders and equipment and gear companies; and the Custom & Antique Bike Competition Show.

For more information, go to cycleshow.net, email lisa@cycleshow.net or call 410-561-7323.

• **Anne Arundel Community College** will present the concert “Lift Every Voice: A Concert of African-American Composers” on Feb. 19 at 7:30 p.m. at the Robert E. Kauffman Theater in the Pascal Center for Performing Arts. (Snow date: Feb. 21 at 3 p.m.)

Anna Binneweg, associate professor of performing arts, will conduct the AACC Symphony Orchestra in a program comprised entirely of works by African-American composers.

General admission is \$10. Cost is \$7 for active-duty service members, seniors, groups and children under 10.

For tickets, call the AACC Box Office at 410-777-2457 or email boxoffice@aacc.edu.

For more information, go to <http://www.aacc.edu/music/orchestra.cfm>.

• **Better Opportunities for Single Service Members** is sponsoring a ski trip for single service members Feb. 26-28 at the Four Season Massanutten Resort, Va.

Cost is \$175 and includes transportation, lodging, lift tickets and equipment rental. Payment plans are available. Early registration is required.

For more information, contact your BOSS representative or email boss.ftmeade@gmail.com.

• **Leisure Travel Services** is offering discounted tickets to Monster Jam on Feb. 26 at 7:30 p.m., and Feb. 27 and Feb. 28 at 2 and 7:30 p.m. at the Royal Farms Arena in Baltimore.

Tickets are \$17. Pit pass costs \$11.

Patrons must have a pit pass for the 2 p.m. weekend shows.

LTS sales end Feb. 15.

For more information, call LTS at 301-677-7354.

• **Leisure Travel Services** is offering its next monthly bus trip to New York City on Feb. 20, with discounts to attractions. Bus cost is \$60. For more information, call 301-677-7354 or visit ftmeademwr.com.

MEETINGS

• **Monthly Prayer Breakfast**, hosted by the Garrison Chaplain's Office, is held the first Thursday of every month at 7 a.m. at Club Meade. The next prayer breakfast is today. 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 today. All first class petty officers are invited. For more information, call PO1 Jennifer Wonch at 410-854-2763.

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

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

• **Meade Rod and Gun Club** meets the first Thursday of the month at 7 p.m. at Perry's Restaurant and Odie's Pub at 1210 Annapolis Road, Odenton, in the banquet hall in back of the building. The next meeting is tonight. 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 tonight. For more information, visit na-miaac.org.

• **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.

• **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 Feb. 12.

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 Feb. 13. 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.

• **Society of Military Widows** meets for brunch the third Tuesday of the month at 11 a.m. at Club Meade. The next meeting is Feb. 16. For more information, call Betty Jones at 410-992-1123.

• **The Retired Enlisted Association** meets the third Tuesday of the month from 7:30-8:30 p.m. at Perry's Restaurant, 1210 Annapolis Road, Odenton. The next meeting is Feb. 16.

For more information, visit trea.org or call Elliott Phillips, local president, at 443-790-3805; Charles M. Green, local president at 443-610-4252; or Arthur R. Cooper, past national president, at 443-336-1230.

For more information about becoming a TREA member, go to trea.org or call Charles Green, the local chapter president, at 443-610-4252 or email Cgreen151@verizon.net.

• **Military District of Washington Sergeant Audie Murphy Club** meets the third Wednesday of each month from noon to 1 p.m. at the Joint Base Myer-Henderson Hall Dining Facility in Virginia. The next meeting is Feb. 17.

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

• **Air Force Sergeants Association Chapter 254** meets the third Wednesday of every month from 3-4 p.m. in the auditorium of the Airman Leadership School, 8470 Zimborski Ave. The next meeting is Feb. 17. For more information, call 831-521-9251 or go to AFSA254.org.

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 Feb. 20



FILM FRAME/AP

Friday, Sunday & Feb. 12 & 13: “Star Wars: The Force Awakens” (PG-13). Three decades after the defeat of the Galactic Empire, the First Order attempts to rule the galaxy and only a ragtag group of heroes can stop them. With Daisy Ridley, John Boyega, Harrison Ford.

Saturday & Feb. 14: “The Hunger Games: Mockingjay Part 2” (PG-13). As the war of Panem escalates to the destruction of other districts by the Capitol, Katniss Everdeen, the reluctant leader of the rebellion, must bring together an army against President Snow, while all she holds dear hangs in the balance. With Jennifer Lawrence, Josh Hutcherson, Julianne Moore.

Feb. 19: “Joy” (PG-13). The story of a woman who rose to become founder and matriarch of a powerful family business dynasty. With Jennifer Lawrence, Robert De Niro, Bradley Cooper.

Feb. 20: “Concussion” (PG-13). Accomplished pathologist Dr. Bennet Omalu uncovers the truth about brain damage in football players who suffer repeated concussions in the course of normal play. With Will Smith, Alec Baldwin, Albert Brooks.