Soundoff

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PHOTO BY STEVE BUARK

CHECKING IN

Candlewood hotel on post now open

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UPCOMING EVENTS

Wednesday, 10 a.m.: Honor Salute program training - 830 Chisholm Ave. Feb. 19, 5-8 p.m.: Brass Lounge grand opening - Club Meade Feb. 22-26: Military Saves Week - See Community News inside for events Feb. 25, 11:30 a.m.: Black History Month observance - McGill

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Soundoff!

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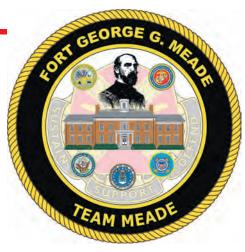
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COMMANDER'S COLUMN

Rendering the first salute

reetings, Team Meade.
In case you haven't noticed, it's truly winter at Fort Meade right now — especially after the last snowstorm and the frigid cold weather we are forced to deal with.

Now that we've cleared the roads and sidewalks and are almost back to a normal routine, I want to thank everyone for their flexibility, hard work, commitment, selfless team-

work and patience in dealing with the incredible blizzard and its aftermath.

Thank you to everyone who had a role in dealing with the storm. Our Directorate of Public Works planned and managed a massive snow removal effort with our contractor partners, who worked tirelessly to clear the substantial amounts of snow through uninviting conditions.

The garrison staff worked to provide outstanding customer support to all on the installation. Thanks to the Directorate of Emergency Services; Directorate of Plans, Training, Mobilization and Security; Public Affairs Office, AAFES, commissary, Candlewood Suites, Corvias Military Living and our 118 partner commands for pulling together to take care of the 53,608 people on Fort Meade.

Let's make sure we capture the lessons learned so we'll be better prepared the next time.

One week ago, I was coming from the Exchange and saw a second lieutenant and gave her the courteous greeting and salute of the day. Little did I know that she had just been commissioned and I was her first salute.

This was not only a first for her, but it was a first for me as well.



She contacted me the following day and said she had been on her way to Military Clothing Sales to purchase a coin she intended to give the enlisted Soldier that would render her the first salute. She came to the garrison on Monday with her sergeant major and presented me with the coin. I then introduced her to the garrison commander, and she was just amazed at how all of this came about.

As I thought about this more and more, I came to realize that this is what soldiering is all about. We must continue to maintain the customs, courtesies and traditions that our veterans have fought so hard to establish and maintain.

I am ever so grateful and thankful for moments like this. So 2nd Lt. Owens, I will cherish this coin as one of the most prominent ones I've ever received. I wish you the best in your future endeavors and I believe your future is bright.

Last month we celebrated Dr. Martin Luther King Jr. and we thank the Air Force's 70th Intelligence, Surveillance and Reconnaissance Wing for hosting the event at McGill Training Center. It was a time of recognition and reflection.

This month we will celebrate Black History Month, and I truly encourage everyone to come out and celebrate these events with us.

Thanks to all of our partners who have stepped up to help host the ethnic and cultural observance events. You bring so much depth, passion and energy to the Fort Meade team.

I saved the best for last. "Love is in the air." Happy Valentine's Day to each and every one of you, and I hope you find that someone special in your life.





Find us on Facebook at Facebook.com/ ftmeade

Guests check in at Fort Meade's new hotel

STORY AND PHOTOS BY BRYAN SPANNFort Meade Public Affairs Office

Candlewood Suites, the new Army Intercontinental Hotels Group (IHG) hotel located at 4690 Cooper Ave. across from McGlachlin Parade Field, is now open.

The grand opening was originally scheduled for Dec. 31, but the ceremony has been pushed to spring after the landscaping, signs and other outdoor work are completed.

As work on the exterior continues, the interior of the 243-room hotel is virtually finished. The hotel received its first guests during January's record-breaking snowstorm.

"During the snowstorm, the dining facility personnel stayed with us on site, the guards at the gate stayed with us, the police department was on site, American Water was on site, the snow removal teams were on site with us, so we kind of had a little bit of a snow party," said Brenda Stoner, hotel manager.

"It was a lot of fun, and we thought it was a great way to start introducing the hotel itself to the installation."

Stoner noted that the hotel is open to anyone who can get on post.

Personnel staying at the hotel during the storm were among the first to enjoy the new facility and its amenities. These include a business center featuring the latest generation Wi-Fi and a print command queue that enables users to print, using a command code from their wireless device.

There's also guest laundry facilities, one on each floor. The washers and dryers are complimentary, and laundry supplies are available at the "Sweet" shop. The "Sweet" shop also carries a variety of personal items and snacks that are available at the front desk.

Stoner also highlighted the distinguished visitor accommodations. The DV quarters are located on the top floor and feature their own visitor lounge and separate breakfast area.

The DV rooms are two-bedroom suites and Americans with Disabilities Act compliant bathrooms. For the hearing impaired, a wake-up feature shakes the bed at the appropriate time.

Breakfast for other hotel guests is offered in the lobby. Breakfast service, which is free, includes a full array of hot items including eggs, pancakes and sausage, as well as pastries.

The new hotel is also 100 percent



The view from the Distinguished Visitor lounge on the fourth floor of the new Candlewood Suites IHG Army Hotel.

pet-friendly. Pet owners pay a \$75 charge at check-in to cover the first five days for their pet. Costs after that are \$7 per day.

All-in-all, Ms. Stoner feels that the new hotel is a tremendous upgrade over previous billeting facilities, some which date back to World War II.

"By bringing this new product to life for everyone, even people that are coming to visit service members that are stationed here, it is absolutely an honor to be able to welcome people into this facility, and know that they have what they need without going off the installation," she said. "It gives us the ability to partner with organizations on post."

Plans include partnering with Club Meade for the facility to open in the evening to provide hotel guests with a dining option. The hotel is also working with the Directorate of Family and Morale, Welfare and Recreation to provide lodging in coordination with special events.

Editor's note: For a complete list of hotel features, amenities, prices and room availability, go to www.ihg.com/ArmyHotels or call 410-674-7700.



The new Candlewood Suites IHG Army hotel features kitchenettes. As work on the exterior continues, the interior of the 243-room hotel is virtually finished.

Hiring event streamlines federal jobs process

By Alan H. Feiler

Staff Writer

For Mari Lingad, the Non-Appropriated Funds Hiring Event held Feb. 3 at Club Meade was a breath of fresh air in her search for a federal job.

"I've been going on *usajobs.gov* for a long time. Even after you're selected [for a job], it takes forever," said the Air Force veteran, who lives in Potomac Place with her husband, Sgt. Shawn Senner of the 742nd Military Intelligence Battalion, and their four daughters.

"This is a really good idea," said Lingad, 36, who is seeking a flextime child care position. "I like the flexibility and that it's all on post. This is perfect for me."

The first of its kind ever held on post, the five-hour, invitation-only event was designed to help expedite the hiring process for nearly 70 flextime federal government positions at Club Meade, The Lanes at Fort Meade, and the four Child Development Centers on the installation.

The openings included food service workers, child care providers, custodians and recreation aides. The positions were posted on usajobs.gov three weeks ago, as well as on Fort Meade's Facebook page and the website for the Directorate of Family and Morale, Welfare and Recreation.

NAF human resources specialists initially screened approximately 150 applications. More than 70 selected applicants were invited to attend the event, where they were interviewed by officials of the hiring facilities.

Candidates were asked to bring resumes and references. Most of the applicants dressed in professional attire and were between ages 18 and 35.

The positions offered at the event were for less than 20 hours a week and without employee benefits and regular schedules, but applicants were notified that the jobs could lead to full-time work.

After meeting in the main ballroom with a dozen representatives of the Lanes, Club Meade, and Child, Youth and School Services, applicants waited for NAF human resources specialists to bring them into the lounge area to learn whether they were hired. If not, they were informed their application would remain in the government's job database for 90 days.

If tentative job offers were made, applicants proceeded to fill out paperwork, made arrangements to undergo health assessments at Kimbrough Ambulatory Care Center, and were fingerprinted by a Directorate of Plans, Train-



PHOTO BY ALAN H. FEILER

Krista Chapman (left), human resources assistant at Fort Meade's Non-Appropriated Funds Human Resources Office, consults with NAF Human Resources Specialist Judit Sandor about a job applicant at the Hiring Event held Feb. 3 at Club Meade.

ing, Mobilization and Security officer to start the background check process.

Scott Myers, chief of the FMWR's Business Operations Division, said the "one-stop shopping" event could eliminate several weeks of the hiring process, which in some cases can take months.

He said the majority of the applicants never previously held federal jobs.

"It's difficult to get into the system, so this is one of our efforts to streamline the process," Myers said. "Other installations have done things like this, but not a lot of them. This gets it all started sooner for people." If deemed successful by FMWR, NAF and the garrison, Myers said the event will be held quarterly.

"We want it to become a model," he said.

Judit Sandor, NAF human resources specialist, said the event was conceived by Garrison Commander Brian P. Foley and his office because of the volume of vacancies at the FMWR facilities.

"These tend to be high-turnover positions," she said. "We want the right people for these jobs, and this saves the applicants a couple of trips."

Sandor said she was impressed with

the caliber of the applicants.

"Everyone has been very nice and professional," she said.

Sandor said the planning of the event started in December.

"It was a lot of coordination and pre-planning and brainstorming," she said. "Without the support of the garrison commander, this would have been a lot harder to coordinate."

Tameka Mackey, assistant director at CDCI, said she and her colleague Dominque Unthanks, assistant director of School-Age Services for CYSS, were pleased with the crop of candidates.

"When I applied here, it took me six months to get onboard," Mackey said. "Here, they get a yes-or-no answer. I think it's really great. My son is going to be 17 and will be interviewing next year, and this is the kind of venue I'd like for him.

"You get one-on-one time [with applicants] and can pull more out of people for what you're looking for," she said. "And with HR here, everything gets started earlier"

Evelyn Barton, snack bar business manager at the Lanes, also gave the event high marks.

"We usually don't come face to face with applicants — HR does," she said. "This way, you get to see them and pick who you want, and it all goes faster. It's a good idea."

Among the candidates was Jonathan Duncan, 29, a Baltimore resident with a child development background.

"Usually you go someplace [to apply for a job] and they call you later on at home. Or sometimes, you have to call and call them just to get an answer," he said. "I prefer this because it's pretty open and receptive and straightforward.

"I feel good about it and I hope the job comes through."

Prevent cervical cancer with vaccine, screening

By Tanya Chew

Public Health Nurse

Kimbrough Ambulatory Care Center's Public Health Nursing Department can provide information to service members and DoD civilians about how to prevent cervical cancer.

The HPV (human papillomavirus) is a common infection that is sexually transmitted. It's also a major cause of cervical cancer.

About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news is that the HPV vaccine (shot) can prevent HPV. Cervical cancer can often be prevented with regular screening tests, called Pap tests, and follow-up care.

Women should start getting regular Pap tests at age 21. Parents should make sure their pre-teen daughters and sons get the HPV vaccine at age 11 or 12. Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teenagers.

Women up to age 26 and men up to age 21 can still get the vaccine.

Taking these small steps can help keep service members and DoD civilian employees safe and healthy.

Editor's note: For more information, call Kimbrough Ambulatory Care Center, Public Health Nursing at 301-677-8435.

'Don't ever quit'

IMCOM chaplain speaks at post's National Prayer Breakfast

By Lisa R. Rhodes

Staff Writer

In his speech at Fort Meade's annual National Prayer Breakfast, Chaplain (Col.) David J. Giammona of Installation Management Command encouraged the gathering to endure, preserve and have faith in God.

About 225 people attended the hourlong event hosted by Fort Meade's Religious Support Office on Feb. 4 at 7 a.m. at Club Meade.

"He was inspirational and down to earth," said Connie Robinson, a congregant in the Argonne Hills Chapel Center's Gospel Service.

The official National Prayer Breakfast was established in 1953 when President Dwight D. Eisenhower was invited to join an already-existing prayer circle. Since then, the first Thursday in February has been designated by the president, members of Congress and evangelical Christians to acknowledge the role of faith in public life, according to an article in *USA Today*.

Fort Meade's prayer breakfast began with a welcome and invocation by Chaplain (Maj.) E. Mark Godshall, project officer for the RSO, and the national anthem sung by Sgt. 1st Class Jeremy Stewart, a chaplain assistant with Headquarters Company, Fort Meade Garrison, on keyboard.

The buffet included scrambled eggs, pork sausage, bacon, fried potatoes with onions and green peppers, grits, biscuits, fruit, coffee and orange juice.

Chaplain (Maj.) James P. Covey, the Family Life Ministry chaplain, sang "America the Beautiful," accompanied on piano by Sonho Nelson, the organist for the Post Main Chapel. Covey also later sang "God Bless America."

Scripture from Il Timothy 4:1-8 in the New Testament was read by Marcia Eastland, the Protestant Religion Education coordinator at Argonne Hills.

Before his speech, Giammona and Stewart performed a soulful rendition of "Amazing Grace." Giammona, who has a bachelor's degree in saxophone performance from California State University, played the alto saxophone, while Stewart played keyboard.

In his brief remarks, Garrison Chaplain (Col.) Warren E. Kirby Jr. described Giammona as "my friend and a friend to the Army."

Giammona's message, which he said was "more needed than we realize," was based on 11 Timothy 4:1-8.

"I want to talk to you about endurance and perseverance," Giammona said. "We've gone through tough times recently as a nation. Wars are breaking out. Economies are collapsing in some places, rogue nations. A lot of things are going on in the news. ... I don't know anyone who can talk about endurance more elegantly than the Apostle Paul."

In 11 Timothy, Paul writes to Timothy, the bishop of Ephesus in the early Christian church. At that time, Paul was imprisoned



Chaplain (Capt) Damian Ilokaba, the garrison's Catholic priest, prays during Fort Meade's National Prayer Breakfast hosted Feb. 4 at Club Meade by the Fort Meade Religious Support Office.



PHOTOS BY STEVE RUARI

Installation Management Command Chaplain (Col.) David J. Giammona (left) greets Garrison Commander Col. Brian P. Foley after delivering the keynote address at the garrision's National Prayer Breakfast on Feb. 4.

in Rome and facing execution.

Giammona said that Paul mentors Timothy, telling him "These are my last days. ... I've fought the fight. ... I've gone the extra mile, and that's what you're going to have to do, Timothy."

The apostle, said Giammona, encourages Timothy to persevere and have faith.

"You're going to have to endure to the end," Giammona said. "It doesn't do any good to start out well without finishing well."

Giammona said that Paul writes to Timothy that there will be a "righteousness" and a "crown" if he keeps up the fight to, as the Scripture says, "Endure hardship, do the work of an evangelist."

As an example, Giammona told the story of R.U. Darby, who, along with his uncle, secured financing to mine for gold in Colorado. The returns proved that Darby and his uncle had discovered one of the richest mines in the state.

"For months and months they were making good money," Giammona said. "They were almost out of debt. Then one day, there was no more gold. They kept digging, but at the end of the day, they stopped. Darby ended his journey in disappointment."

But a junkman purchased Darby's mining equipment and rights to the mine. He also hired an engineer who discovered there was still gold in the mine.

"They just stopped too soon," Giammona said. "... They were 3 feet from gold."

The junkman later became a multimillionaire

"You may be 3 feet from gold in your own life," Giammona said, noting that people may be facing struggles in their relationships, finances or career.

"Don't ever quit," he said. "Sometimes we quit before it's time to quit. ... God is for you; who can be against you?"

"When we put our eyes on the circumstances, there is no hope. When we focus on the impossible, God says 'Look, it is your job to believe. I'll take care of the rest, if you just trust in me. I will make things happen."

Giammona said his message was particularly important for Soldiers and family members who despair and may think of hurting themselves.

"There's always hope," he said. " ... God will never let you down. He is always faithful."

After the speech, Garrison Commander Col. Brian P. Foley presented Giammona with a Commander's Coin.

"What a wonderful message," Foley said.
"I can't think of a better way to start off a
great day for the National Prayer Breakfast
— a message of optimism and perseverance."

To close the event, Chaplain (Capt.) Damian O. Ilokaba, the garrison's Catholic priest, read a prayer for the nation that he composed, to ask for blessings for the nation's service members.

Garrison Deputy Chaplain (Lt. Col.) David E. Cooper delivered the benediction.

"I think it was great," said Odalys Durate, wife of Chaplain (Capt.) Manuel Durate of the 70th Intelligence, Surveillance and Reconnaissance Wing, of the event.

She attended with her daughters, Twila, 16, and Kalise, 5.

"I think I needed to hear this. Sometimes as a military spouse, things can get hard," Durate said, noting that Giammona's message reminded her of the importance of moving forward.

"You'll feel a little better," she said.



Sgt. Nikki Woods of the Fort Meade Dental Activity (center) leads Sgt. Cedric Roberts of the 1st Recruiting Brigade, (left) and Staff Sgt. Jerry Sikes of the 741st Military Intelligence Battalion (right) in a stretching exercise during the Army Pregnancy/Postpartum Physical Training Program Exercise Leader course on Friday at McGill Training Center.

Shaping up

NCOs, junior officers learn to lead exercise sessions for pregnant, postpartum Soldiers

By Lisa R. Rhodes

Staff Writer

Five years ago, Sgt. Nikki Woods enrolled in the Army's Pregnancy/Postpartum Physical Training Program at Fort Benning, Ga., while pregnant with her son.

When Woods completed the training, she had lost the 35 pounds she gained during her pregnancy.

On Friday, Woods was one of five Soldiers to participate in the Army Pregnancy/Postpartum Physical Training Program Exercise Leader course.

The three-day leader course, held Feb. 3-5 at McGill Training Center, is designed to train noncommissioned officers and junior officers to develop and lead safe and effective exercise sessions for service members who are pregnant and up to six months postpartum.

After completing the course, the NCOs and officers will lead ongoing, 60-minute exercise sessions at Gaffney Fitness Center.

The exercise classes, which are held from 6:30 a.m. to 7:30 a.m., are open to pregnant Soldiers on Mondays, Wednesdays and Fridays. Monday sessions are

held in Gaffney's pool. Postpartum Soldiers attend Mondays, Tuesdays, Wednesdays and Fridays.

"I remember going through the program, and it helped me maintain my physical fitness and focus on nutrition," said Woods of the Fort Meade Dental Activity. "I really wanted to volunteer for the leader training. I know that the program really works and I wanted to pass along what it did for me."

The exercise leader training was led by Sgt. Nichole Knudson of Charlie Company, 741st Military Intelligence Battalion. Knudson is the instructor/trainer for the installation's Army Pregnancy/Postpartum Physical Training Program.

According to Army regulations, when a Soldier is pregnant, she is exempt from regular unit physical fitness training and Army Physical Fitness Test standards for the duration of her pregnancy and 180 days after the birth of the child.

After the Soldier receives a medical clearance from a health care provider to participate in physical training, her commander will enroll her in the PPPT program. This is done to maintain Soldiers' health and fitness levels so they are able to return to their unit's physical fitness training programs and achieve the required APFT test and weight standards.

Tanya Chew, a public health nurse at Kimbrough Ambulatory Care Center and the education coordinator for the pro-



PHOTOS BY STEVE ELLMORE

Sgt. Nichole Knudson (far right), instructor and trainer for the PPPT Exercise Leader course, demonstrates an exercise for Sgt. Nikki Woods (second from left), Staff Sgt. Jerry Sikes and Tanya Chew, a public health nurse at Kimbrough Ambulatory Care Center and education coordinator for the training program.

gram, enrolls Soldiers in PPPT. A medical expert from Kimbrough helps Soldiers with medical clearances to participate. Staff members at Kimbrough also participate as exercise leaders.

The PPPT Exercise Leader course teaches Soldiers how each trimester of pregnancy, as well as the postpartum period, affects the structure and functions of the body, Knudson said.

Soldiers also learn "how to adjust training so that is it safe and effective throughout this dynamic time," she said.

The training is comprehensive and includes a detailed manual, videos and lecture presentations. Trainees also participate in demonstrations of all the exercises and modifications, and attend exercise sessions with current and postpartum service members. They also must complete a practical and written exam.

As a part of the final qualifications, participants are required to create several exercise plans and receive feedback from the instructor.

To learn what a pregnant woman actually feels, participants in the leader training course are required to wear a 35-pound empathy belly, which simulates the weight and pressure of a pregnancy during the third trimester.

"The empathy belly helps Soldiers understand why we do the modifications in exercise that we do," Knudson said.

There are important concerns for pregnant and postpartum Soldiers during exercise. For pregnant women, maintaining balance and preventing falls is a safety concern, Knudson said.

"The intensity of exercise must be adjusted and extremes in temperature must be avoided," she said. "Soldiers work at their own pace, as opposed to exercising

in cadences, and are taught positional modifications as needed so they can exercise throughout pregnancy."

Exercise for pregnant Soldiers helps them maintain their muscular and cardiovascular conditioning, supports the healthy development of the baby and keeps their weight within normal parameters, Knudson said.

"Postpartum women must initially focus on supporting their bodies in settling back into alignment. ... Once her doctor approves her return to physical exercise, gradual reconditioning is the key to preventing injury," Knudson said.

For postpartum Soldiers, exercise helps to ensure a full recovery, body alignment, and helps them meet military fitness and body composition standards.

Staff Sgt. Jerry Sikes of the 741st MI Battalion said he volunteered to take the course "to do something out of my element. I like breaking stereotypes, and this will make me a more rounded leader."

Sikes said the most important thing he learned during the training was how a woman's body changes during and after a birth and why exercise is so important.

"I learned how much the uterus grows and pushes all those muscles and how the baby grows inside," he said. "It's a total body experience. Everything in the body changes."

Sikes said he previously served as a platoon sergeant at the 743rd MI Battalion in Colorado and led physical fitness training sessions for 20 to 30 Soldiers every day.

But the knowledge he gained in the PPT Exercise Leader course hits close to home.

"My wife is excited," Sikes said. "She said I can bring all this information back to her for when we decide to have kids."

Beware of commercial tax preparers who prey on service members

By ALAN H. FEILER Staff Writer

With tax season in full bloom, commercial tax preparation businesses tend to spring up around military installations, offering service members immediate refunds in exchange for high fees.

Soundoff! recently spoke with Capt. Benjamin L. Zeskind, officer-in-charge of Fort Meade's Joint Installation Tax Center, and Yosefi Seltzer, assistant chief of the Office of Legal Assistance, about commercial tax preparers.

Have you received reports of commercial tax preparers targeting service members based at Fort Meade?

Zeskind: I don't have any firsthand knowledge, but I wouldn't be surprised they exist. We know there are businesses that prey on service members, like loans with high interest rates. There are all sorts of things that people can do to prey on service members and their families

Our program speaks for itself. We saved over \$500,000 in preparation fees [last year], and over \$3.4 million in tax refunds. That's direct money in their pockets.

That's why we exist, to provide a free service that's thorough and accurate and readily accessible to all service members, retirees, dependents that are on Fort Meade and the surrounding area who are entitled to legal assistance under Regulation AR 27-3.

What would you say to service members who go to these commercial tax preparers to get quick refunds?

Seltzer: Basically, these commercial tax services are charging fees to try to express-deliver refunds to their clients.

Let's say you're getting a \$1,000 refund. They'd offer to give you the money immediately and take a fee for it, instead of waiting for the [Internal Revenue Service] to send your refund.

The IRS got involved and they basically restricted the way these commercial tax services could do things. They said you can't charge a percentage of the refunds. You can charge a fee, but it has to be a flat fee. So it's the refund



minus the fee.

Why would a service member do that?

Seltzer: I guess if you're living hand to mouth and can't wait. Normally, federal refunds take an average of seven to 10 days, assuming the IRS doesn't have any delay in issuing refunds.

The IRS and states are encouraging people to file electronically. It's just easier for them, less paper and less chance for human error.

Electronic filing and electronic direct deposit of refunds is the most efficient and quick way for people to get the refunds.

Sometimes, the states are taking a little longer. Each state has their own rules about how quick they will issue refunds. But like anything else in life, it's worth something if you have to wait for it.

But what if you're financially strapped and need money fast?

Seltzer: If there are families in serious financial difficulties, Army Community Service has financial counselors. [Clients] can set up an appointment and go there and get financial counseling and figure out ways to reduce their expenses and be more responsible in their borrowing habits, and figure out what you need versus what you want.

We have no financial incentive for our clients. We don't make more if they get a bigger refund or smaller refund. We don't charge them for any of the services. It's one of the military benefits they're entitled to

We just want to help clients and save them as much money as we're legally



PHOTO BY ALAN H. FEILER

Yosefi Seltzer (left), assistant chief of the Office of Legal Assistance, and Capt. Benjamin L. Zeskind, officer-in-charge of the Joint Installation Tax Center, feel that that JITC has an expertise in tax preparation for military personnel and their families.

allowed, and see that they get all the deductions they're entitled to claim under the law, to make sure they file accurate returns so they're not running into problems with the IRS or the states.

What's the difference between the Joint Installation Tax Center and a commercial tax preparer?

Seltzer: All those businesses are in it for a profit. They're not providing a public service. That's a huge distinction.

Also, we have expertise in military tax returns. They're not identical to the regular civilian population. We consider ourselves experts on dealing with multiple state returns for service members and spouses, or residents of different states.

Every state has its own rules for preparing tax returns. [Commercial preparers here] know Maryland and maybe Virginia and D.C., but they don't necessarily know New York or California or Kansas or Oklahoma. They don't take the time to research the rules.

Zeskind: [Service members] move around a lot, and make a lot of PCS moves. You may say that to a preparer on the outside and they may not know what that means. So there's terminology and different laws.

Is there anything that can be done to counter commercial preparers?

Zeskind: There's the Armed Forces

Disciplinary Control Board for businesses that prey upon service members. That's an avenue. This body has the ability to put companies or individuals on an off-limits list. There are things we can do if it's reported properly.

Seltzer: Maryland is a very consumer-friendly environment. The attorney general's office has a consumer protection division, as do many counties

You have the Federal Trade Commission, the Consumer Financial Protection Bureau, Better Business Bureau. If there's criminal misconduct going on or consumer fraud of some type related to fleecing service members, there are options to file complaints.

Some of those fly-by-night places pop up during tax season and then disappear. I've heard stories of people who worked with people who've prepared tax returns. And when there's a problem, they can't get them on the phone or they no longer work there.

We're here. We're not going anywhere. We're the Army and we're here to help them. If I move on for some reason, there'll be someone else who can step up and try to help them troubleshoot the problem.

Some of those commercial services may not be there or might want to wash their hands of responsibility if there's a problem down the road. We take responsibility.

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Beware of IRS telephone scams

BY JANE WINAND

Legal Assistance Division

As we gear up for tax season and start thinking about filing our tax returns, we must be vigilant of potential scams from people who claim to be from the Internal Revenue Service.

The latest scam involves an attempt by thieves, claiming to be from the IRS, to collect an alleged tax debt. The caller demands that you pay some amount owed and insist that you immediately pay through a pre-loaded debt card or wire transfer.

If you refuse, they threaten to arrest you, deport you, or even suspend your business or driver's license. The caller might get upset, hostile and start insulting you.

These thieves frequently use fake names and IRS badge numbers to fool you. Typically, the name and surname will be common names. They might even be able to recite your last four Social Security digits. These scam artists are even capable of faking an IRS toll-free number on your caller ID to make it seem even more believable.

They might even follow up with a fake email after the fake phone call. Sometimes they generate background noise so it sounds like they are calling from a call center.

Scammers take it one step further by following up with a call pretending to be from the local police or Department of Motor Vehicles after the original caller threatens to put you in jail or to suspend your driver's license. They can even spoof the caller IDs and have them appear to be from the police or the DMV.

The IRS will NEVER ask for credit card information over the phone or request that payment of a debt be made using a pre-paid debit card or wire transfer.

The first contact the IRS will make with you will most likely be through an email and not a telephone call. If you have never had an issue with the IRS, it is highly unlikely that agents will unexpectedly call you demanding pay-

ment and threaten jail time, deportation, or suspension of your license.

If you are allegedly contacted by the IRS, do the following:

1. If you think or know that you owe back taxes, call the IRS at 1-800-829-1040. An IRS agent will help you resolve the payment issue.

2. If you know that you do not owe back taxes (you have never received a bill from the IRS) or the caller or email made threats similar to the ones described above, call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484. In addition, contact the Federal Trade Commission and use the "FTC Complaint Assistant" online at FTC.gov. Make sure to add "IRS Telephone Scam" to the comments of your complaint.

The IRS will not initiate contact with you through an email to ask for personal or financial information. This also applies to text messages, social media channels, and any other type of electronic communication.

The IRS will never ask for PINS, passwords or other confidential information pertaining to access of credit cards or bank accounts.

If you do receive a suspicious email, do not click on any links or open any attachments. Forward the email immediately to phishing@irs.gov.

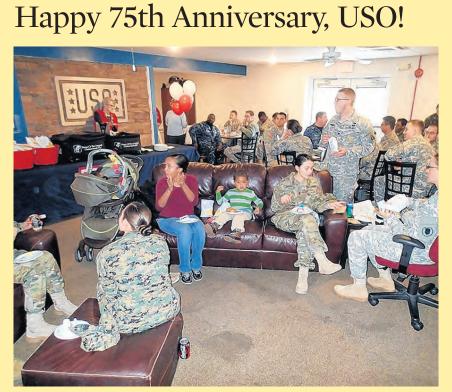
If you have a question about contact you have received from the IRS, call the Fort Meade Legal Assistance Office and schedule an appointment to speak with an attorney at 301-677-9504 or 301-677-9536.

Free income tax preparation services are available at the Fort Meade Joint Installation Tax Center at 4217 Roberts Ave. Staff members are specifically trained in military-unique tax issues. Appointments are limited.

The tax center serves active-duty service members, retirees and family dependents with ID Cards.

Hours are Monday through Friday from 8:30 a.m. to 5 p.m.

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





PHOTOS BY SHAWN SABIA, FORT MEADE USO CENTER

Barbara Groont and Rick Politte, volunteers for the Fort Meade USO Center, were among the volunteers and service members who attended Fort Meade's celebration of the 75th anniversary of the USO on Feb. 4.

Nearly 125 Fort Meade service members and their families enjoyed a lunch of sandwiches, chips and cookies donated by Chick-fil-A, along with a ceremonial cake. Several raffle prizes of gift cards also were distributed to participants.

Worldwide, the USO serves more than 10 million military personnel and their family members by providing hospitality lounges, entertainment tours and specialized programs.

PHOTOS BY STEVE RUARK

Pvt. Therell Frett (left) and Spc. Alicia Pennisi, students at the Defense Information School, react while watching Super Bowl 50 at the Fort Meade USO Center. The party included pizza, chips, dip and a halftime raffle.

Super Sunday

Meade celebrates Super Bowl with fun, food, camaraderie

By Lisa R. Rhodes Staff Writer

The Denver Broncos' eventual win over the Carolina Panthers at Levi's Stadium on Sunday evening would come as no surprise to the service members who watched their families enjoyed a buffet of finger the game at Fort Meade's annual Super food and beverages.

Super Bowl 50 parties were held at the Freedom Inn Dining Facility, Fort Meade he isn't really a football fan, but decided to USO Center and The Lounge at The attend the party at the USO to socialize Lanes, complete with wide-screen TVs, good food and plenty of camaraderie.

"I'm going for the Broncos," said Pvt. 2nd Class Dion Levi, a student at the my battle buddies and have a good time, Defense Information School who is studying to be a visual information equipment operator/maintainer. "Peyton [Manning] has to get one more [Super Bowl] before he

Nearly 50 service members attended the party at the Freedom Inn, which served a regular dinner followed at halftime with a tailgate buffet of hamburg-

ers, baked potatoes, chili lime chicken wings, fried string onions and onion rings. "I think this will be fun," said Howard

Mountain, the dining facility manager, at the start of the game before heading to the kitchen to prepare the buffet. "It's a good way to give back to some DINFOS kids." At both the Freedom Inn and the USO

Center, the majority of the football fans were DINFOS students. At the USO Metro, about 75 students gathered for cheese and pepperoni pizza and chips and dip. At the Lanes, about 40 service members and

Pfc. Derrick Maragh, a DINFOS student who is studying combat photography, said with friends.

"I wanted to be around the excitement," Maragh said. "I wanted to hang out with make new friends."

During the early part of the game at the Freedom Inn, service members enjoyed a dinner of Salisbury steak, corn and potarelaxed. Some Soldiers said they prefer it

"It's a little more relaxed, people aren't



THURSDAY, FEB. 11, 2016 | SOUNDOFF

on Sunday evening. Other Super Bowl parties were held at the Freedom Inn Dining Facility and at The Lounge at The Lanes at Fort Meade.

Miguel Pena, a DINFOS student studying combat photography. "You can relax while you watch the game."

Although Denver had a 10-point lead over Carolina for much of the second quarter. Pena. who hails from Colorado. said he was rooting for the Panthers.

"I like going against the odds," he said. Staff Sgt. Kyle Richardson, of U.S. Army Pacific and stationed at Fort Shafter in Hawaii, attends the Senior Leaders Course at the NCO Academy at Fort Meade. He

"You're always thinking 'Where can I go to watch the game?" Richardson said. "Do you want to go where it's rowdy and there's drinking, or do you want to stay close to home? This is close to my toes. The atmosphere was low-key and barracks, and it's one of the nice things that a Soldier can do while you're here."

Though a fan of the Indianapolis Colts, Richardson said he was placing his bet on screaming at the game," said Pvt. 2nd Class the Broncos and was throwing his support

behind Manning.

"He's a good quarterback," Richardson said. "I'd like to see him go out on top. This would be a good way for him to retire, a nice way to go out."

Before halftime, a raffle was held to distribute backpacks, movie tickets, gift cards and fast food coupons, all donated by the Fort Meade Community Credit Union, AAFES, and Sun Quality Company Foods and the Maryland Enterprise for the Blind - two contractors with the Freedom Inn.

decided to watch the game at the Freedom At the USO, fans cheered and booed their way through the second quarter. A few choice expletives could also be heard.

Fans jumped to their feet from lounge sofas and reclining chairs when a player was blocked from scoring a touchdown or when the ball was intercepted.

A small group of young women Soldiers who are students at DINFOS, shared a lounge sofa for the event.

The group — Spc. Alicia Pennisi, a public affairs broadcast student; Pvt. 2nd Class Lauren Ogburn, a public affairs student; and Pfc. Andrea Romberger, a visual information equipment operator/ maintainer student – said they came for the food, camaraderie and to support the

"It's a privilege [to have the USO], not a right," Pennisi said.

A Broncos fan, Pennisi called Manning "a really squared-away guy," and clapped each time the quarterback made his way to the field.

Ogburn, who hails from Florida, said that as a Southerner she was rooting for

"The game is pretty intense" Ogburn said with a big smile. "We just got a touchdown, so I'm feeling pretty confident. I think we're going to win."

Romberger spent most of the evening watching the game and texting friends.

"I'm from San Francisco. My team is the 49ers. It's their stadium so I have to watch," Romberger said. "I can go either



Before the halftime show, Shawn Sabia USO center supervisor, held a raffle and gave away donated gift cards for Chickfil-A, Starbucks, Walmart and Target. "Thank you everyone for coming out

and making this a great event," he said. "I know it's a horrible game 'cause the Panthers are playing, but you know how it

The halftime show featuring performances by Coldplay, Beyonce and Bruno Mars didn't quite capture the attention of many fans, but one USO volunteer watched with interest.

Dawnyale Davis, 19, said although she is not a fan of Beyonce, she enjoyed Coldplay.

"I dance to Coldplay for ballet," said Davis, who has been volunteering at the USO for a year and studying ballet for nearly as long. "My choreographer loves Coldplay. They're music is very rhythmic."

A few of the Super Bowl commercials made an impression as well.

Davis said she enjoyed a Coca-Cola commercial that featured R&B singer Janelle Monae. For her, Monae is an inspiration and a role model.

"I love how free-spirited she is," Davis

Pvt. Alec Bruggemann of 55th Signal Company (Combat Camera) said he loved the humorous Dorito commercial that featured a pregnant woman having an ultrasound with her husband by her side.

"It was hilarious," Bruggemann said. As soon as the halftime show ended,

Pfc. Jaerett Engeseth (left) and Pvt. Miguel Pena, students at the Defense Information School, watch the start of Super Bowl 50 at the Freedom Inn Dining Facility. At halftime, a tailgate buffet of baked potatoes, chili lime chicken wings and hamburger sliders was served.

Soldiers guickly left the USO Metro to among his peers. return to their barracks.

Pvt. Jonathan Mitchell, a multimedia illustration student at DINFOS, said alin this year's Super Bowl, he came out to be training. They're here."

"This is like the family that you make," Mitchell said of the gathering of DINFOS students. "It's your second family. It's the though he wasn't familiar with the teams family you make to get through basic **JIBBER JABBER - OPINION**

Losing like a loser

anthers quarterback Cam Newton wasn't the first athlete to act like a spoilsport after a loss. bit.ly/IWeapDz

If memory serves, Larry Bird and the Celtics were less than gracious when the Pistons beat them in 1988. The Bad Boys returned the favor a few years later when the Bulls knocked them out. bit.ly/1Q7cYm6

The winning quarterback on

Super Bowl Sunday, Peyton Manning, famously threw his offensive line under the bus after a loss to Pittsburgh bit.ly/1QrfQeb and also walked off the field after his team lost the Super Bowl a few years back.

Tiger Woods drops more F-bombs than putts when things aren't going well on the course, and tennis greats John McEnroe and Serena Williams have lost their minds on the court.

Then there's baseball. bit.ly/23WQGhh

Yours truly even got tossed from a Little League game in the Burnie last summer because I didn't think the ump was being fair to my kids.

So yeah, poor sportsmanship is a part of sports, and should be forgiven in most cases. Temporary petulance in the heat of competition should not be a scarlet letter that athletes have to carry with them throughout their career.

Stuff happens and people aren't perfect, so forgive them when they act up.

My issue with Newton, and the follow-on coverage, isn't that people are giving the quarterback a pass. My problem is that people are condoning his actions. Most notably Cam himself, who seemed fine with his behavior on Tuesday when he said, "If you show me a good loser, I'll show you a loser."

Every great athlete has lost, and my guess is none of them liked it. However, there is a difference between liking (or hating) to lose and losing poorly. Cam obviously doesn't know the difference yet, and worse, it seems he doesn't want to learn.

That attitude probably will not impact Cam's career because he's extremely talented, works hard and seems to be a great teammate.

Just don't complain when your attitude comes back to bite you. I love



JonesPUBLIC AFFAIRS
OFFICER

dabbin'. I love the Superman pose. I love the laughing and celebrating in front of the people who just got toasted. Like Cam says, if you don't like it, stop him from doing it.

The problem comes after someone does stop you, like the Broncos did Sunday, and you act like a baby.

The problem gets worse when analysts and fans decide that any denouncement of

Cam's actions is somehow racist. I was having a conversation with a few friends and the first thing that came out of their mouth was, "Why aren't you bringing up Peyton walking off the field in the Super Bowl?" or this, or that. "Why just Cam? People want Cam to lose."

First, read the preceding paragraphs if you do not know why people want Cam to lose.

Second, poor sportsmanship has always been frowned upon. Manning got raked over the coals for what he did. So did Tom Brady whenever he yelled at a coach. So did Serena, Tiger, McEnroe and the rest of them. My son lectured me for an hour when I got ejected.

In each of the previous cases, race had nothing to do with the criticism. It was all about the action. Cam's behavior deserves the same treatment. You look like a baby; you act like a baby; you should be called a baby.

Bottom line: Something as serious as racism shouldn't be used to shield poor behavior!

BTW NFL, why in the heck did you have the winners and losers interviewing right next to each other?

And Cam, if you ever get to the fourth quarter of the Super Bowl again, and you fumble — dive for the ball. #PunkMoves bit.lv/177z/d0

If you have comments on this or anything to do with sports, contact me at chad.t.jones.civ@mail.mil, or hit me up on Twitter @CTJibber.



SPORTS SHORTS

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 nour.

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 n 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 teachrs 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.

Dollar Days

Dollar Days at The Lanes is offered Thursdays from 10 a.m. to 4 p.m.

Bowlers receive a game of bowling, shoe rental, a hot dog, hamburger, small fries, pizza slice or medium soda for \$1 each.

For more information, call 301-677-5541.

COMMUNITY 13

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.

Mapes gate reopens/ Liewellyn to close

Beginning Feb. 29, the gate at Mapes Road and Route 175 will be open Mondays to Fridays from 6 a.m. to 6 p.m.

The Llewellyn Avenue gate will close permanently on Feb. 26 at 6 p.m.

See Page 15 for the regular access hours at the other gates.

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.

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 pothole: Street, building, intersection, cross-road
 - · Approximate size (best guess)

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 serv-

Taking the plunge



SUBMITTED PHOTO

Nine members of Headquarters and Headquarters Company, 780th Military Intelligence Brigade brave the 39-degree waters of the Chesapeake Bay during the 2016 Maryland State Police Polar Bear Plunge on Jan. 29 at Sandy Point State Park in Annapolis. The HHC participants, also known as "The Honey Badgers," raised \$1,230 for the 20th annual event that benefits the Maryland Special Olympics. This was the 780th MI's largest turnout of Plunge volunteers since first participating in 2012.

ices 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 ftmeademwr.com.

Latin Night

Latin Night at the Brass Lounge in Club Meade is held the last Friday of every month beginning Feb. 26 from 7 p.m. to midnight.

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

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

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

For more information, go to ftmeademwr.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.

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

'Honor Salute" training

"Honor Salute" Program Training will be held Wednesday 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 Friday 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 Tuesday.

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

Financial, Employment Readiness

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

Financial Readiness:

• Thrift Savings Plan Overview: Tuesday, See **NEWS & NOTES**, page 14



NEWS & NOTES, From page 13

9 a.m. to noon

Military:

- · Pre-Deployment Brief: 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:

- · How To Work A Job Fair: Tuesday, 9 a.m. to noon
- · Job Search Strategies: Feb. 18, 9 a.m. to noon
- Transitioning to Retirement: Feb. 22, 9 a.m. to noon

Learn the different financial concepts associated with retirement. Identify your priorities, manage trade-offs, determine when you can afford to retire and optimize income streams.

This is not an "understand your military or civilian retirement benefits" class. It is most appropriate for those who are midcareer, at or near retirement.

- Social Media For Job Seekers: Feb. 23, 9 a.m. to noon
- · Salary Negotiation: Feb. 25, 9 a.m. to noon

Registration is required for each class. 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.

- Building Healthy Relationships: Tuesday, 9-11 a.m.
- Assessing Higher Education: Wednesday, 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 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.

OSC scholarships

The Fort Meade Officers' Spouses' Club scholarship program acknowledges outstanding military dependents of the Fort

2016 Holy Week Religious Services Schedule

POSTWIDE ECUMENICAL EASTER SUNRISE SERVICE:

March 27, 7 a.m. – Chapel Center

Catholic Services and Activities

- 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

Meade community by offering financial assistance toward education in any field of their choice

All applications for 2016 must be postmarked by March 2.

· Merit Scholarships

Applicant must have a cumulative, unweighted grade point average of 3.0 or above on a 4.0 scale.

Applicant must be a candidate for graduation from high school in spring 2015 or currently enrolled in college prior to Jan 1.

· Etta Baker Memorial Scholarship

High school seniors who apply for the OSC Merit Scholarship will automatically be considered for the Etta Baker Memorial Scholarship, the club's highest merit scholarship, if they have an unweighted GPA of 3.0 or above on a 4.0 scale.

OSC Family Member Scholarship

This scholarship is awarded to one high school senior who is a family member of a member of the OSC in good standing as of Jan. 1. Scholarship is based highly on community service.

· Military Spouse Scholarship

This scholarship is awarded to an applicant enrolled in a two-year or four-year program of study at an accredited institution for the 2016-2017 academic school year and is completing an initial degree.

For more information, email the OSC scholarship chairperson at scholarships@fortmeadeosc.org or go to www.fortmeadeosc.org/scholarships.

YOUTH

Youth Center events

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

• Winter Wonderland Dance and Lock-In: Friday-Saturday, 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.
• Movie Night: Feb. 19, 5-8 p.m.

Enjoy movies related to significant events in African-American history. This event is free. Popcorn will be provided.

• Spelling Bee Contest: Feb. 25, 5:30-6:30 p.m.

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 Friday.

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

- Today: "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

• **Timonium Motorcycle Show** is Friday through Sunday from 10 a.m. to 9 p.m. at the Maryland State Fairgrounds, 2200 York Road. Timonium.

All 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.

• Shen Yun, a classical Chinese dance and music company, will perform Tuesday, Wednesday and Feb. 18-19 at 7 p.m.; Feb. 20 at 1 and 7 p.m.; and Feb. 21 at 1 p.m. at the Kennedy Center in Washington, D.C.

Tickets cost \$60-\$250. For more information, go to shenyun.com/DC or call 800-704-2040.

 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

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 Monday.

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

· 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 Friday.

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

- · Meade Branch 212 of the Fleet Reserve Association meets the second Saturday of each month at 10 a.m. at VFW Post 160, 2597 Dorsey Road, Glen Burnie. The next meeting is Saturday. Active-duty, Reserve and retired members of the U.S. Navy, Marine Corps and Coast Guard are invited. For more information, call 443-604-2474 or 410-768-6288.
- Society of Military Widows meets for brunch the third Tuesday of the month at 11 a.m. at Club Meade. The next meeting is Tuesday. For more information, call Betty Jones at 410-992-1123.
- · 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 Tuesday.

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 Wednesday.

All members and those interested in joining the club are welcome. For more information, contact Master Sgt. Erica Lehmkuhl at erica.lehmkuhl@us.armv.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 Wednesday. 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 Feb. 18 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

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@health.mil.

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

MOVIES

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

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

Today through Feb. 20



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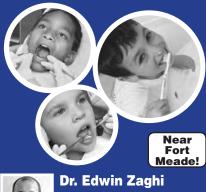
Friday & Saturday: "Star Wars: The Force Awakens" (PG-13). Three decades after the defeat of the Galactic Empire, the First Order attempts to rule the galaxy and only a ragtag group of heroes can stop them. With Daisy Ridley, John Boyega, Harrison Ford.

Sunday: "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.







- Board Certified Pediatric Dentistry; - American Board Pediatric Dentist; Fellow American Academy of **Pediatric Dentistry**

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Fort Meade Gate Access

Gate 1: Rockenbach Road

5:30 a.m. to 9 p.m. Monday - Friday 9 a.m. to 9 p.m., weekends, closed holidays

Gate 3: Reece Road & Route 175 24-hour access

Demps Visitor Control Center hours: 7:30 a.m. to 3:30 p.m. Monday - Friday

Gate 4: Mapes Road & Route 175 Will reopen Feb. 29, 6 a.m.-6 p.m., Monday-Friday

Gate 5: Llewellyn Avenue & Route 175 6 a.m. to 9 a.m.. Monday - Friday for inbound traffic, 3 to 6 p.m. for outbound traffic (scheduled to permanently close Feb. 26)

Gate 6: Pepper Road & Route 32 Open for construction vehicle traffic

from 6 a.m. to 1 p.m. Monday – Friday. Privately owned vehicles are not permitted entry at this gate. Authorized/ Registered users may enter and exit via the bicycle gate. Pedestrian traffic is not allowed on the road.

Gate 7: Mapes Road & Route 32 5:30 a.m. to 9 p.m., Monday - Friday, 9 a.m. to 9 p.m. weekends and holidays