

# Soundoff!

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FTMEADE.ARMY.MIL

## Taking Flight

Parachute Suicide Awareness  
Program combines education  
with fun **PG 10**



Participants of Fort Meade's first Parachute Suicide Awareness Program try to keep a beach ball up in the air as part of an exercise to demonstrate a tandem jump. The innovative event, held Feb. 11 at McGill Training Center, combined suicide awareness education with fun.

PHOTO BY DANIEL KUCIN JR.

### THE ROAD AHEAD

Mapes/Route 175  
gate to open Feb. 29

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### UPCOMING EVENTS

**Friday, 5-8 p.m.:** Brass Lounge grand opening - Club Meade  
**Monday-Feb. 26::** Military Saves Week - see Page 13 for events  
**Feb. 25, 11:30 a.m.:** Black History Month observance - McGill  
**Feb. 26, 6 p.m.:** Llewellyn Avenue gate closes for rush hour traffic

### SPRING IS IN THE AIR

Changes coming to  
spring Youth Sports

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# Soundoff!

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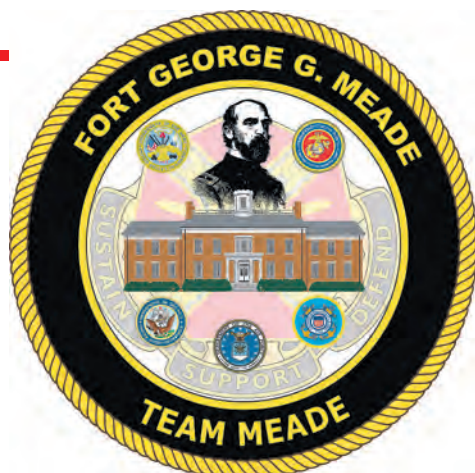
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## COMMANDER'S COLUMN

# Black History Month — so what?

So here it is, February, the month that Black History is remembered and highlighted for those within this particular ethnic group who have made contributions and achieved success within our society here in America.

That being said, I absolutely had no idea what I wanted to write about due to the dark history of our beginnings in this society and the current injustices and troubles that surround the African-American community — despite the many great successes and triumphs that we've shared since.

I took to social media to ask: "What topic would be interesting to read about: achievements, pioneers, fight for civil rights, racial equality, Black Lives Matter, Black Panthers?"

Growing up in the small, predominantly black town of Green Level, N.C., life was about family, community, love, respect and decent living.

I was raised by a single parent for the majority of my childhood with a sister. My mother was hard-working and raised me to work hard, respect adults, appreciate what you have and take care of your responsibilities — period. Represent your family the best you can.

She grew up in the '60s and declined an opportunity to attend college due to having me a few years later while living with her grandmother. She has worked hard all of her life and throughout her struggles, I'm sure she's proud of the man I've become with the great blessing provided by the U.S. Army.

In my recent revelation of what it means to serve my country, I have been enlightened on those who came before me and the challenges that racism brought to them during times of conflict — a concept called the 3R Syndrome: Reject, Recruit and Reject.

Minorities from the Colonial period through World War II were allowed to serve during manpower demands, high casualty numbers, supported segregation, poor training, and low levels/



**Sgt. 1st Class  
Derrick L. Chambers**

SENIOR EQUAL  
OPPORTUNITY  
ADVISOR

hazardous jobs.

However, prior and after, they were rejected to enlist and denied VA assistance. <https://www.loc.gov/vets/stories/afam-pioneers.html>

This understanding prompted my pride and dignity that I now serve with and the sacrifice, humility and courage displayed by those before me, whose shoulders I now stand on, to improve a future life for myself and my children's children.

There have been countless champions in the fight for civil rights, and we as Americans owe our absolute best efforts to help heal and improve the hurting communities of our citizens.

In the same spirit of those ancestors, slaves, freedom fighters, Tuskegee Airmen, Buffalo Soldiers, peaceful protesters, loving and caring citizens who stood up for civil rights in the '50s and '60s, we now have the torch to strive "for a day when no person is judged by anything but the content of their character." — President Barack Obama, Presidential Proclamation

<https://www.whitehouse.gov/the-press-office/2016/01/29/>

presidential-proclamation-national-african-american-history-month-2016

• Founders of Black Lives Matter, Alicia Garza, Patrisse Cullors, Opal Tometi

[www.theguardian.com/world/2015/jul/19/blacklivesmatter-birth-civil-rights-movement](http://www.theguardian.com/world/2015/jul/19/blacklivesmatter-birth-civil-rights-movement)

• greatblackheroes.com

Fort Meade's next observances:

• Black History Month: Feb. 25, 11:30 a.m. to 1 p.m., McGill Training Center

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.

• Women's History Month: March 18

For a schedule on upcoming observances, go to [www.ftmeade.army.mil/staff/eo/index.html](http://www.ftmeade.army.mil/staff/eo/index.html).

# Rockenbach gate construction to be completed by summer

Access control point will feature new gatehouse and inspection station

BY ALAN H. FEILER

Staff Writer

If Transformation Director Bert L. Rice has his way, construction of a new access control point at Rockenbach Road will be completed this summer — July or August at the latest.

“They’ve got a lot of work to do still, but we’re going to make this happen,” said Rice, who oversees garrison matters related to transportation. “When the weather breaks, they’re really going to have to get in there. They’ve got a good start.”

A groundbreaking ceremony was held in June to begin construction of the new ACP at Rockenbach. The yearlong, \$10 million project will feature a state-of-the-art, bullet-resistant gatehouse and inspection station for security personnel.

To enhance traffic flow and management, the ACP will have four inbound and two outbound lanes.

One inbound lane will be divided into four identification-check lanes. Two lanes will be used to check privately owned vehicles that have DoD-authorized credentials. A separate lane will be used to inspect buses and trucks.

The ACP area will be elevated by 12 feet from its current ground level. In the first phase of the project, soil will be used to elevate the roadway. Bedrock and asphalt will be added to pave the lanes.

“To build this ACP, the roads must be elevated to make use of all the property here,” said Rice, noting that wetlands on the north side of Rockenbach necessitated the reconfiguration of the area.

“You have to have space for the ACP and the inspection station, so you have to

make good use of the area,” he said. “This system will work.”

An inbound lane and an outbound lane have remained open during the construction. The current guardhouse and entry point-overhang structure will eventually be dismantled.

A connector road, adjacent to MacArthur Middle School and the Patriot Ridge neighborhood, was recently paved to connect 27th Street with Rockenbach Road. The road will allow emergency vehicles to access Rockenbach from a temporary fire station on Clark Road that is scheduled to open in the spring.

The connector road will eventually be lengthened to reach Ernie Pyle Street.

As a result of the ACP construction, Clark Road was closed off and will not be reopened.

It is envisioned that a pedestrian bridge will eventually be built over — or a tunnel under — Rockenbach Road to enable students from nearby neighborhoods to access MacArthur Middle, Meade High and other schools.

Located near Rockenbach Road’s intersection with Route 175, the Rockenbach gate currently operates on weekdays from 5:30 a.m. to 9 p.m.

Funding for the ACP project was provided by the Maryland State Highway Administration, which is part of the Maryland Department of Transportation.

Another \$10 million in state funding was allotted for other roadway and logistical improvements on post.

Rice said the goal of the upgraded ACP is to increase traffic flow and alleviate congestion.

The volume in traffic is expected to increase with the growth of U.S. Cyber Command and construction on the National Security Agency’s east campus.

Prior to last summer’s groundbreaking ceremony, Garrison Commander Col. Brian P. Foley said, “Fort Meade is our nation’s primary operational platform for



PHOTO BY ALAN H. FEILER

**The volume in traffic at the Rockenbach Road gate is expected to increase with the growth of U.S. Cyber Command and construction on the National Security Agency’s east campus.**

cyber defense. ... Every piece of work that is being done on this installation to improve the workforce’s ability to get to their places of duty early in the morning and then home again at night safely, quickly and securely [is] well-deserved for our nation.”

Rice said the Army Corps of Engineers’ Center of Standardization is monitoring the ACP construction. When completed, he said, the ACP will be the first at Fort Meade to meet the standards of the Center of Standardization.

The Federal Highway Administration’s Eastern Federal Lands Highway Division is project manager, while the Valdosta, Ga.-based Slone Associates Inc. is the contractor.

“It’s an unusual collaboration,” Rice said. “We’re using state dollars and getting assistance from the Federal Highway Administration to oversee the project.”

Rice noted that the ACPs at the Reece Road and Mapes Road gates at Route 175 are now undergoing redesigns for future upgrades.

## 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

## Mapes Road/Route 175 gate to reopen Feb. 29

### **FORT MEADE PUBLIC AFFAIRS OFFICE**

The Fort Meade access control point located on Mapes Road and Route 175 will reopen Feb. 29.

Once open, gate hours will be Monday to Friday from 6 a.m. to 6 p.m. and closed weekends.

“After two-and-a-half years of hard work, we are pleased to finally make this

announcement,” said Garrison Commander Col. Brian P. Foley. “The available strength of our security guards is finally high enough to reopen the gate, and I want to thank all involved in the effort to hire and retain these valuable employees.

“The guards work hard 24 hours a day in all-weather to keep us safe, and we owe them a great deal of gratitude.”

With the permanent reopening of the

Mapes Road gate during business hours, the gate located at Llewellyn Avenue and Route 175, which was open to ease the increased traffic burden during rush hour, will close Feb. 26.

The gate located at Reece Road and Route 175 remains open 24 hours daily.

For details on the operating hours for all of the access control points on Fort Meade, go to the Fort Meade website at [ftmeade.army.mil](http://ftmeade.army.mil).



# Counselors prepare for latest round of officer separations

BY MAJ. KYLE KEY

U.S. Army Human Resources Command

FORT KNOX, Ky. — With notifications from last fall's Officer Separation Boards looming like clouds on the horizon, Soldiers from the Reserve Component Transition team and Reserve Component Career Counselors trained to prepare a silver lining for officers being involuntarily separated from the Army.

A total of 15 captains and warrant officers from the Silver Siege Program, part of the RCCC, trained at the Army Reserve Readiness Training Center from Jan. 25-27 at Fort Knox, Ky. The intent of the event was to bring Silver Siege Officers up to speed on current U.S. Army Reserve and Army National Guard incentives, stabilization policies, programs and opportunities available to Soldiers selected for release from active duty.

The Silver Siege Program was launched in 2006 to augment RCT's mission of increasing the number of company grade officers transitioning to the Reserve components, and is the primary face of the officer Active Component to Reserve Component (AC2RC) process.

According to U.S. Army Human Resources Command, notifications are being sent this month stating eligibility for continuation of service in the Reserve components. The OSB reviewed the files of more than 3,500 basic-branch and Army Medical Department captains in September 2015.

However, it is not known how many officers will be involuntarily separated this year. The reductions are part of the Army's plan to achieve Congress' mandate to meet an end strength of 450,000 active component Soldiers by the end of fiscal year 2018.

Keeping those eligible officers in the Total Army family is the goal of the SSO program. Training was tailored to ensure SSOs would walk away with the right tools to provide a smooth transition. Civilian personnel from HRC's Officer Accessions Branch instructed a portion of the training to reinforce proper processing of paperwork and knowledge of personnel systems, applicable laws and regulations.

According to the Officer Accessions Branch team, avoidable mistakes not only "add insult to injury" to separating Soldiers, but can also lead to missed



SUBMITTED PHOTO

**Capt. Jeremy Cobb, an Army Reserve officer assigned with the Military District of Washington at Fort McNair, trained at the Army Reserve Readiness Training Center from Jan. 25-27 at Fort Knox, Ky., to learn about Army Reserve and Army National Guard incentives, stabilization policies, programs and opportunities available to officers selected for release from active duty.**

opportunities for the Guard and Reserve to receive quality officers into their ranks.

SSOs practiced honing their briefing and counseling skills through role play scenarios, question and answer sessions and hands-on systems instruction. Like drill sergeants hovering around the room, the Officer Accessions team conducted on-the-spot corrections and drilled participants on finding common errors on forms and procedural mistakes.

But it is not just clerical errors that present challenges. The Reserve and National Guard conduct business differently, and each state has separate policies, procedures and programs. To add to the complexity, SSOs are on one-year, Title 10 Active Duty for Operational Support orders from the Guard and Reserve, requiring the RCT team to perform a delicate balancing act.

"A challenge we have working with our ADOS personnel is timing of training," said Chief Warrant Officer 2 Christina Bolen, SSO coordinator for the RCT Branch.

"Getting an ADOS SSO trained up and proficient is a two- to four-month

process. Having the overlap of experienced SSOs in the field is the key to smooth transitions. This training was imperative to ensure the RCT Branch, the Officer Accessions Branch and the SSOs are all in sync for this board."

During the training, experienced SSOs assisted their colleagues on practical assignments and participated in discussions, which helped clarify material being presented.

"[The training] allowed a seasoned person like me to refresh on basics while allowing me to mentor my peers," said Capt. Jeremy Cobb, an Army Reserve officer assigned with the Military District of Washington at Fort McNair. "Plus, it's always good to meet with your counterparts and people you speak to every day."

The SSO program currently consists of 15 officers and one warrant officer. Cobb is one of four Army Reserve officers assigned to the SSO program. The other 12 SSOs are from the Army National Guard. But despite where they may originate, the SSOs are component neutral and are missioned to match the needs of the separating Soldier.

Knowledge, experience and proficiency in the job are important. But according to Linda Hepler, an HRC human resources analyst, it's critical for SSOs to demonstrate compassion and empathy as well — especially considering the circumstances.

"All of these officers have served their country honorably just like you," Hepler stressed to the class. "They just are not fortunate enough to continue in their current capacity. That does not make them bad officers. That does not make them bad people, and neither should we look at them that way. Treat them with respect, brief them and guide them as if it were you standing there."

No list or roster of Soldiers selected by the Officer Separation Board is maintained. Once notified, they must seek out a counselor at their installation's Transition Center to plan the next chapter of their military service.

Lt. Col. Chris Hill, chief for the RCT branch, said since there is no way to know who they are or when they are coming, his team has to be at the ready.

"Our RCCCs and SSOs meet the needs of transitioning Soldiers, who are voluntarily leaving the active Army every day," Hill said. "But when an officer learns their career or dream in the active Army is over, it can be a devastating and emotional event."

"The good news is that there are options in the Army National Guard and Reserve. We are ready to discuss those possibilities, help chart a new path and provide them with a ray of hope of continued service."

The RCT team is focused on preserving the overall strength of the Total Army by transferring highly qualified enlisted Soldiers and officers into the Reserve components. RCT is a component-neutral team, responsible for training, policy management, manning and oversight of the RCCC and Silver Siege programs.

In fiscal year 2015 alone, RCT helped transfer 10,837 service members, saving more than \$900 million in taxpayer dollars, which were otherwise invested to develop and train professional Soldiers. RCT provides support to 16 SSOs and more than 140 RCCCs at 48 installations worldwide.

*Editor's note: For more information about U.S. Army Human Resources Command, visit: [www.hrc.army.mil](http://www.hrc.army.mil).*



# Kimbrough project helps Scout fly like an Eagle

BY ALAN H. FEILER  
Staff Writer

Not even a stubborn underground stump could deter Zach Garrigus from achieving his goal of becoming an Eagle Scout.

A member of the Savage-based Boy Scout Troop 424, Zach was working last September on his Eagle Scout project, the building of a four-way outdoor climbing bars station for rehabilitation patients at Kimbrough Ambulatory Care Center's musculoskeletal unit.

The 15-year-old was drilling 3-foot holes into the ground when he encountered the stump.

"We tried breaking through and getting it up, but nothing worked," said Zach, who lives in North Laurel. "It set us back about an hour or more. A stump removal expert told us we couldn't move it, so we spun the whole construction plan around. Luckily there weren't any other stumps, and those holes went in fine."

Zach, whose parents Lisa and Robert Garrigus are DoD employees on post, first became interested in pursuing the project when Staff Sgt. Blake C. Lansford, senior enlisted leader for Kimbrough's musculoskeletal clinic, spoke to his troop last spring about building exercise areas for patients.

"He had a plan to build [the climbing bars], but not the workforce yet," recalled Zach, a freshman at Atholton High School in Columbia. "I'd gotten my rank of Life, which is right before Eagle Scout, and was looking for a project for Eagle Scout."

"It was the nature of the project that

attracted me," he said. "I wanted to build something tangible, that I would be able to see the results afterward."

Eagle Scout is the highest achievement or rank in the Boy Scouts of America program.

"Once I became a First Class Scout, I started really enjoying scouting and wanted to become an Eagle Scout," said Zach, who joined the Webelos in 2010. "I wanted to be a model for other Scouts, but I also thought it would look good on resumes."

Although he doesn't consider himself particularly handy, Zach said he tends to be meticulous, studious and details-oriented.

"I've had some experience building model cars and have been told I have an aptitude for engineering, but that's not really what I want to go into," he said. "I'd like to eventually be a film director and do some writing on the side."

Initially, Zach spoke to Lansford about the planning of the climbing bars on Kimbrough's grounds and acquiring the blueprints according to military standards. He then went about the process of creating a thorough plan for the 144-square-foot station and obtaining approval from the Baltimore Area Council of the BSA, Kimbrough, Fort Meade's Legal Assistance Division, the Directorate of Public Works and the garrison.

The proposal required examining the amount of time and costs needed for the project, as well as a timeline and plan for avoiding injuries during the construction.

"I'd never done anything like this, so there was quite a bit of learning involved,"



PHOTOS BY ALAN H. FEILER

**Although told that he has an aptitude for engineering, Zach Garrigus, a freshman at Columbia's Atholton High School, says he wants to become a filmmaker and writer.**

Zach said. "It took a few months to get the process together and get all the approvals. We couldn't just drill into the ground."

By early August, Zach received approval from all of the post organizations and the BSA. He then went about the process of soliciting donations and discounts for supplies and materials from different merchants and corporations.

"I had to go to a lot of businesses in my [Scout] uniform and ask for help," Zach said.

While SimplexGrinnell in Linthicum Heights donated the two 12-by-12 climbing bars, Kendall Hardware in Clarksville waived the rental of an auger drilling device and offered a discount on 6-by-6 and 4-by-4 posts for the structure.

Lowe's in Laurel donated 20 bags of Quikrete cement, and The Home Depot in Columbia sold screws, levels and reinforcement bars at a 50 percent discount.

For the six-hour build on Sept. 26, Dunkin' Donuts in Jessup provided donuts at no charge, the Subway at the AAFES Exchange donated subs, and Chick-fil-A in Laurel donated coffee and iced tea for the project's 10 volunteers.

Among the volunteers were some of Zach's fellow Scouts, Troop Scoutmaster Matt Cook, Zach's parents and younger sister Madison, and his grandfather retired

Col. James H. Evans, who lives in Gambrills.

"It was a pretty fun day," Zach said. "Everyone there was determined to get the project done. It was exciting to see it all come together right in front of us."

After presenting photos and Lansford's letter of approval to the BSA, Zach was required to undergo an oral interview about the process and a full review from the Eagle Scout Board of Review.

He learned by mail on Dec. 21 that he was officially an Eagle Scout.

"I was really glad to get the rank," Zach said. "I put a lot of work in, and it was a great feeling of satisfaction."

Lisa Garrigus said she was thrilled to help her son reach his goal.

"We had to chauffeur him around a lot," she said. "But he did it all. He was the lead. He was the one who delegated on the day [of the build] and made the decisions. We're very proud of him."

Lansford echoed that sentiment.

"He jumped onboard and made this happen," he said. "Zach set up some ambitious deadlines and did it even before the deadlines. It wasn't easy, but he really took the initiative."

"I just told him what needed to be done. He took care of it all."



**Zach Garrigus, 15, a member of Boy Scout Troop 424 in Savage, stands by the four-way outdoor climbing bars station that he helped build on the grounds of Kimbrough Ambulatory Care Center for his Eagle Scout project.**



# Taxability of military retired pay with a VA Award

BY JANE WINAND

Legal Assistance Attorney

Are you receiving both VA disability compensation and retirement pay?

When a military retiree receives a VA award for disability pay, the VA award will determine a certain percentage of retirement pay to be recharacterized as disability pay. The portion of military retired pay that is reduced due to receiving the VA disability pay is called the "VA Waiver."

The total amount of pay remains the same as if the retiree did not have a VA award. What is significant is that the federal government taxes only the amount of pay that is still characterized as retirement pay. The VA Waiver amount is not taxed.

Because the VA award may be issued

many months after its effective date, the military retiree may be entitled to tax benefits on the amount of pay already received as retirement pay that is now recharacterized as VA disability pay.

According to the Strickland Decision (Internal Revenue Service Ruling 78-161), military retirees may receive the tax benefit that comes from these retroactive awards of VA disability pay.

When a retiree receives either an initial VA award or a retroactive increase in disability pay from the VA, the retroactive portion of the pay may be excluded from the retiree's taxable retired pay.

For the first VA award, the retroactive portion is the VA Waiver portion from the effective date shown on the VA award letter through the day before the reduction of retired pay. For VA award in-

creases, the retroactive portion is the amount the VA Waiver has increased. This includes payments from the effective date of the increased award, as shown on the VA award letter, through the day before the new reduction of retired pay.

The amount of retroactive pay you exclude may not exceed your monthly taxable retired military pay for any given month.

If your retired pay was reduced after the effective date of the award, you may exclude the retroactive portion when you file your annual federal income tax return.

You should attach copies of the VA award letter(s), along with your Form 1099-R, to your tax return to substantiate your entitlement to the exclusion.

In addition, it may benefit you to file

amended tax returns for any previous years in which retroactive disability pay was awarded. You can contact the IRS directly to determine for which years you may file amended returns.

For more information, go to [www.dfas.mil/retiredmilitary](http://www.dfas.mil/retiredmilitary) or call DFAS at 800-321-1080.

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.

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. Appointments are limited.

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

## Social Security Benefit Statement needed to file taxes

BY HENRY MARTIN

Social Security District Manager, Glen Burnie

Your annual tax filing deadline is fast approaching. If you receive Social Security benefits, one of the documents you need to file your federal income tax return is your Social Security Benefit Statement (Form SSA-1099/1042S).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor and disability benefits.

About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens if you have other substantial income such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return — in addition to your Social Security benefits.

You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099/1042S) that you automatically receive in the mail each January.

The statement shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS

on your tax return. The benefit statement is not available for people who receive Supplemental Security Income because SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement benefit statement if you didn't receive one or misplaced it. You can get an instant replacement by using your secure online "my Social Security" account. If you don't already have an account, you can create one in minutes.

Follow the link at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to the my Social Security page, and select "Sign In or Create an Account."

Once you are logged in, select the "Replacement Documents" tab to obtain your replacement 1099 or 1042S benefit statement. You can also use your personal my Social Security account to keep track of your earnings each year and manage your benefits.

You can also obtain a replacement benefit statement by calling 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security Office. If you live outside of the United States, contact your nearest U.S. Embassy or Consulate.

But by going online, you can print your replacement benefit statement immediately and not have to wait to receive it in the mail.

## Training course for handling, disposal of hazardous material

The 2016 Hazardous Material and Hazardous Waste Handling/Spill Response Training Course will be offered to Fort Meade's DoD employees (including tenant organizations) as well as oil-handling contract personnel.

High priority will be given to the unit's designated, hazardous waste coordinators and their alternates; environmental officers and their alternates; and employees who routinely handle hazardous waste and hazardous material, and petroleum, oil and lubricant discharges.

Classes will be held in the Environmental Training Room located at 2250 Rock Ave. (recycling facility)

- 40-Hour Initial HM/HW Handling Course: May 2-6 and July 25-29 from 8 a.m. to 4 p.m.

- 8-Hour Recertification (Refresher): March 3, April 21, July 21 and Sept. 15 from 8 a.m. to 4 p.m.

The EPA Office of Solid Waste regulates hazardous waste under authority of the Resource Conservation and Recovery Act, or RCRA.

RCRA tightly regulates all hazardous waste from "cradle to grave."

The subject training is designed to ensure the safe handling and proper management of hazardous material and hazardous waste in related activities and to provide awareness for transporting hazardous waste and hazardous material.

The course also provides guidance on initial spill response actions related to petroleum, oil and lubricant discharges

onto the ground surface or surface waters.

This course meets the EPA-RCRA and the Maryland Department of Environment training requirements for owners and operators of hazardous waste treatment, storage and disposal facilities.

To request a training slot, submit a completed and signed copy of Standard Form 182 (Authorization, Agreement and Certification of Training) — the first two pages only — to the DPW Environmental Division, ATTN: Jim Ayers, 4216 Roberts Ave., 3rd Floor, Environmental Division, Fort Meade, MD 20755-5115, or email [james.r.ayers30.civ@mail.mil](mailto:james.r.ayers30.civ@mail.mil).

Organizations that require a signed SF 182 be returned to them after training should advise their members to bring the original SF 182 form to the classroom and have it signed by the instructor at completion of the course.

Students must return the signed, original copy to their organization's administrative office to obtain proper credit for the training.

These training courses are centrally funded by the DPW Environmental Division. Notify the Environmental Division if you cannot attend your scheduled training at least one week prior to the training date, or as soon as possible to allow for a replacement from the waiting list.

For more information, call Jim Ayers at the Environmental Division at 301-677-9170; fax 301-677-9001; or email [james.r.ayers30.civ@mail.mil](mailto:james.r.ayers30.civ@mail.mil).



# Game changers

Changes in store for spring Youth Sports program

BY BRYAN SPANN  
Public Affairs Office

Registration for Child, Youth and School Services' spring sports is underway.

During the spring, the Youth Sports Complex will be filled with children playing soccer, baseball, softball and NFL Flag Football.

Beyond the spring, the full 2016 sports lineup is undergoing several changes. Some sports are expanding, while others have seen sharp drops in participation.

The biggest change, arguably, is the dropping of youth tackle football.

"We've just seen a major shift in kids playing flag football, so we're just going to go forward with flag football," said Youth Sports Director Hunter Davis.

"It's not just here, it's across the country. The sport [tackle football] has seen a significant drop. Last year, excluding Fort Meade, Anne Arundel County saw a 30 percent drop [in participation]."

Conversely, a couple of sports are going to be expanded.

"We offered volleyball last fall and had a great turnout with the amount of girls, and



PHOTO BY BRYAN SPANN

**Youth Sports Director Hunter Davis said the 2016 sports lineup is undergoing several changes. Youth tackle football will be dropped, while lacrosse and tennis will be expanded. A beach volleyball league also may be added.**

they were just asking for more volleyball when the season was over," Davis said. "The parents have been asking for it."

"So we're going to look to start a beach volleyball league this summer. It'll be a six-week session, and that'll lead into the [indoor] volleyball season in the fall."

Two sports added last summer — lacrosse and tennis — are expanding and in need of more participants.

"Last year, we offered [lacrosse] clinics to get kids interested," Davis said. "This

year, we're hoping to get more kids to play so we can form some teams, put them out in the county leagues and build a lacrosse program."

Davis noted that participation in county leagues is entirely dependent on having enough volunteer coaches.

"The more coaches we have, the more teams we can field to participate in local competition," he said.

No experience is necessary and CYSS provides all the training and ensures all

coaches are properly cleared.

"Many of the [volunteer] coaches are first-timers," Davis said.

Fort Meade Youth Sports partners with the National Alliance of Youth Sports to certify volunteer coaches. They provide all the training materials and supplies needed for certification.

*Editor's note: For more information on CYSS Youth Sports or to volunteer as a youth coach, go to Parent Central Services at 1900 Reece Road or call 301-677-1179.*



FILE PHOTO

**Ezra De Leon, 9, of Fort Meade, tries to block the ball while playing goalie at soccer practice. Spring sports is starting up with teams practicing on the fields at the Youth Sports Complex.**



FILE PHOTO

**Four-year-old Ysabella Corralejo throws a pitch during the baseball clinic hosted by the Baltimore Orioles for Fort Meade children on May 16, 2015.**





PHOTOS BY DANIEL KUCIN JR.

Service members and DoD civilian employees sign in for Fort Meade's first Parachute Suicide Awareness Program. The two-hour event featured suicide awareness education, music and games.

# 'Wake me up'

Parachute Suicide Awareness Program combines education with fun

By LISA R. RHODES  
Staff Writer

Fort Meade's first Parachute Suicide Awareness Program was not a typical suicide-prevention training event.

The two-hour seminar, held Feb. 11 at McGill Training Center, featured a guitarist, two games of catch and music by Adele.

"I thought it was really good," said Joy Koger, a management analyst at the Resource Management Office. "I liked the entertainment. The music was good, and it was full of life and energy. It was a lot better than taking a suicide-prevention course online."

Torrie Osterholm, Fort Meade's Suicide Prevention Program manager, organized the event in collaboration with volunteers from Fort Meade and the local community.

Osterholm and her team encouraged the audience to become active participants in the seminar and urged the Fort Meade community to help those who may be at risk for suicide.

"We're trying to do a formal program informally," Osterholm told the audience of more than 200 people during her opening remarks, "because it's really time that we remember it's not how we learn, it's that we



**Guitarist Nathan Scott Holland performs during the garrison's suicide awareness program on Feb. 11. The two-hour event encouraged participants to become gatekeepers in the Fort Meade community to help people who may be at risk for suicide.**

learn."

Osterholm said the seminar was not "another check-your-box [on a form] kind of program."

While educating service members and DoD civilian employees about suicide and suicide prevention was the goal of the seminar, having fun was also part of the agenda.

Nathen Scott Holland, a musician from Washington, D.C., opened the event with an



**More than 200 service members and DoD civilians stand on their feet and cheer during Fort Meade's first Parachute Suicide Awareness Program on Feb. 11.**

acoustic guitar performance of "Wake Me Up," the popular pop song by Aloe Blacc.

Sgt. Maj. Sharon O'Peka, the command sergeant major at the Defense Information School, shared statistics about suicide in the military. In 2014, 269 active-duty troops and 169 Reserve and National Guard members died by suicide, she said.

"The Army has the highest rate of suicide among all of the services," O'Peka said. "... This is a serious problem. Our brothers and sisters in arms are killing themselves."

To demonstrate the concept of a parachute and tandem jump and how it applies to suicide prevention, Osterholm took a beach ball and tossed it into the audience. She asked the audience members to stand on their feet and toss the ball to a neighbor to keep the ball from touching the floor.

Osterholm said she got the idea for the beach ball toss from a Grateful Dead concert, but the purpose of the exercise was to illustrate the idea of a tandem jump in sky diving and the military. In a tandem jump

**"We're trying to do a formal program informally because it's really time that we remember it's not how we learn, it's that we learn."**

*Torrie Osterholm, Fort Meade's Suicide Prevention Program manager*

from an aircraft, the student jumper is connected to the harness of the instructor, who guides the student during the jump from the beginning to the end to ensure the jumper's safety.

That is how a suicide-prevention gatekeeper can help a person at risk, Osterholm said.

"There is a community of people, some who you don't even know, who can support you," she said.

After the exercise, Capt. Paul Kunas, the prevention trainer for Headquarters Command Battalion, gave a brief description of the Army's Applied Suicide Intervention Skills Training Program.

Chaplain (Capt.) Michael White, chaplain for the 308th Military Intelligence Battalion, gave a brief description of the Army's Ask, Care and Escort Suicide Intervention Program and also discussed the role of unit chaplains.

Bill Lennon, Fort Meade's Employee Assistance Program manager, described how EAP helps service members and DoD civilians who are facing stress in the workplace.

To demonstrate a fun way to alleviate stress, Wendy Messick, chief of Fort Meade's Directorate of Human Resources, and 1st Sgt. Andrew Roff of the U.S. Army Signal School Detachment at DINFOS, participat-

ed in a game of catch using stress balls.

An improvisational skit highlighting the benefits of ASIST followed, featuring Sgt. Steven Tyler of the U.S. Army Signal School Detachment and Susan Citro, a licensed certified social worker from the Housing Commission of Anne Arundel County. Tyler portrayed an employee who is thinking of taking his life with an overdose of pain pills due to the anniversary of his son's death. Citro played his boss, who convinces him to give her his pain pills and seek help.

Both Tyler and Citro have completed ASIST training.

Osterholm said that like Citro, audience members can make a difference in the lives of their peers by being a gatekeeper.

"Can we promise, and raise our right hand, to be a gatekeeper for our brothers and sisters?" Osterholm asked. "Can we just watch out for them?"

The final speaker was Michelle Warshauer of the International Critical Incident



**Capt. Paul Kunas, prevention trainer for Headquarters Command Battalion, briefly describes the Army's Applied Suicide Intervention Skills Training Program to an audience of more than 200 people during the suicide awareness program held Feb. 11 at McGill Training Center.**



**1st Sgt. Andrew Roff of the U.S. Army Signal School Detachment dances with Torrie Osterholm, Fort Meade's Suicide Prevention Program manager and organizer of the suicide awareness program.**

Stress Foundation, an organization that provides comprehensive crisis intervention and disaster behavioral health services to emergency response professionals and other organizations.

The seminar ended with raffle prizes and a recording of the hit song "Hello" by Adele. The off-beat program was praised by several participants.

"It was spontaneous. That's how people are," said Calvino Stafford, an electrical technician with the Directorate of Public Works. "I thought it was very interactive and also showed that you should be a gatekeeper

for your co-workers... I learned more in this seminar than in all the suicide training that came before."

Osterholm, an Air Force veteran and licensed certified social worker, has 17 years of experience teaching at universities and community colleges. She said teaching manuals and PowerPoint presentations are not the only ways of imparting information to adult audiences.

"I'm trying to change that kind of climate at Fort Meade and take the professionalism up a notch, to make it informative and fun," Osterholm said.



## JIBBER JABBER - OPINION

# The case of unfair vs. unjust

Some things in life aren't fair.

How else can you explain graduated income taxes, being born in Michigan as opposed to Ohio, or someone snaking the last piece of cake at the Freedom Inn so you have to settle for Jell-O?

I remember way back when I was Pvt. Jones at Student Detachment on Fort Meade. Drill Sgt. Parlor gave me the 7 to 10 p.m. night-guard shift two Saturdays in a row.

Then, of course, there's the complete inequity of my wife having to settle for me while lesser ladies bag men like Prince William or David Beckham.

There's also things in life people claim to be unfair, but are really unjust. The two words can mean the same thing, but for this article unfair is an inequity caused by being unlucky or circumstance, AND the person getting the short end of the stick made some choice that led them to their fate. My wife didn't have to fall in love with me.

Unjust is an inequity caused by a deliberate action, oftentimes with malice, and the person getting the benefit didn't do anything special to earn it.

For example, it is unfair if a cop pulls you over for speeding down Llewellyn but lets the speeding car in front of you slip by because the officer was charging his radar gun, or talking on his CB, or whatever else our law enforcement may do.

It doesn't seem fair you got stopped. At the same time, you were speeding, so it doesn't really matter what the car in front of you was doing.

However, if you're driving the speed limit and the cop pulls you over because he doesn't like the make of your vehicle, or the window flag, or the color of your skin, that is unjust.

With sports, those of us who watched the slam dunk contest on Saturday may think it's unfair that Aaron Gordon and Zach LaVine are able to jump so high. [bit.ly/1oJSYAb](http://bit.ly/1oJSYAb)

Whereas the pass Peyton Manning has been getting by media and the pundits for the better part of 20 years is clearly unjust.

On Saturday, anyone with a social media feed, or who gets their sports news from anywhere other than ESPN, probably saw the link to Shawn King's article in the *New York Daily News*.

Its headline began: *Peyton Manning's squeaky-clean image was built on lies.* [nydn.us/1U7XjZL](http://nydn.us/1U7XjZL)



**Chad T. Jones**

PUBLIC AFFAIRS  
OFFICER

The story outlines multiple incidents involving Manning and a former female trainer at the University of Tennessee — actions that have been described as sexual assault and slander, incidents that were mostly glossed over by the media when they occurred (or became public).

It would be unfair to claim Peyton is guilty of some of the more serious charges raised in the article. That's what judges and courts are for, but there's no denying the media's lack of coverage is unjust.

The media has taken pleasure over the years saddling players accused of similar, or many times lesser, things with labels and stereotypes that have lasted entire careers. And I'm fine with that because outing bad behavior and individuals is part of the media's job.

The real question is, why didn't they do their job with Manning?

Before Saturday, I had no clue of Manning's involvement in such incidents.

Apparently, *USA Today* ran a few articles back in 2003, but we just spent two weeks covering every aspect of the Super Bowl and its participants. We learned who gives to charity, how much shrimp an offensive line can eat in one sitting and, of course, Cam Newton overcoming his off-the-field issues and that he stole laptops.

We heard a lot about Manning, too: Is his last Super Bowl? Is this going to be his last game? And how he's been nothing but a great ambassador for football.

There were a few references to him potentially having HGH sent to his wife, but not much. Yet through all of that coverage, not to mention all the coverage football's biggest star has received during the last 20 years, not a single reference to accusations about Manning sexually assaulting a trainer at Tennessee, or later breaking a court order and destroying the career of the same woman.

You can read King's article for full details, but the accusations are far worse than taking a computer, or stealing crab legs as is the case of Jameis Winston, or deflating footballs like Tom Brady.

Yet after a few initial tirades on the subject Monday, we're still hearing more about Newton's post-game interview than about Manning's potential felonies.

If that's not unjust, tell me what is.

*If you have comments on this or anything to do with sports, contact me at [chad.t.jones.civ@mail.mil](mailto: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.

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](http://meade.armymwr.com).



PHOTO BY NATE PESCE

## 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](http://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](http://meade.armymwr.com).

## 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.



## NEWS & NOTES

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## NEWS & EVENTS

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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/ Llewellyn 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.

### Museum closed for repairs

Due to ongoing ceiling repairs, the Fort Meade Museum is closed until further notice.

### NAF Property Sale

The Fort Meade NAF Property Sale inventory is now available on a government liquidation website.

View item photos, payment options, terms and condition agreement, and contact information.

To check out what is available, go to [meade.armymwr.com](http://meade.armymwr.com).

### RAB meeting

The next Fort Meade environmental Restoration Advisory Board meeting is March 17 at 7 p.m. at the Courtyard Marriott, 2700 Hercules Road, Annapolis Junction.

Community members are invited to attend.

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

Members of the public who would like to

learn more about the restoration program or to become a RAB member are encouraged to attend.

For more information, call 301-677-7999 or visit [www.ftmeade.army.mil/directories/dpw/environment](http://www.ftmeade.army.mil/directories/dpw/environment). Click on RAB link.

### 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](mailto:alice.m.price10.civ@mail.mil) and [Nedra.s.beale.civ@mail.mil](mailto: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 is Friday from 5-8 p.m.

Doors open at 4 p.m.

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

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

For more information, go to [meade.armymwr.com](http://meade.armymwr.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.

### Salute to Rep. Parren Mitchell

Celebrate Black History Month on Feb. 26 at 7 p.m. at Club Meade for the inaugural "Salute Congressman Parren J. Mitchell Day Dinner."

The late Maryland Rep. Parren J. Mitchell was the first African-American elected to

Congress south of the Mason-Dixon Line since Reconstruction and was a founding member of the Congressional Black Caucus.

A graduate of Morgan State College, Mitchell was a member of the 92nd Infantry Division, a commissioned officer and company commander from 1942-1945.

Mitchell was awarded a Purple Heart and a field promotion from Gen. George S. Patton.

For more information, call 443-618-1750.

### National anthem auditions

The Bowie Baysox is conducting live auditions to sing the national anthem before a 2016 Baysox home game.

Auditions will be held March 12 at Prince George's Stadium. Gates open for registration at 9 a.m. Auditions begin at 9:30 a.m., rain or shine.

The team has a live performance of "The Star-Spangled Banner" before all 71 home games.

Registration is required.

No word sheets permitted during the audition. All auditions must be done in-person; no CDs, cassettes or videos are accepted for review. Instrumentalists are permitted.

Large church or school groups interested in performing the national anthem at a game should call the Baysox at 301-464-4880.

## EDUCATION

### Military Saves Week

Fort Meade's Military Saves Week will be held Monday to Feb. 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.

• Monday, 9 a.m. to noon: "Transitioning to Retirement"

• Tuesday, 9 a.m. to noon: "Getting Out Of Debt"

• Wednesday, 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 Wednesday 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.

### Soldier for Life TAP

The Fort Meade Soldier for Life-Transition Assistance Program Center provides transition and counseling services for pre-separation.

Transitioning service members also receive employment assistance, and relocation, education and training, health and life insurance, and retirement information.

Services are free and available to active-duty service members, retirees and their family members and DoD civilian employees (as required).

• Transition Assistance Program (TAP) Workshop: March 7-11 and March 21-25, 8 a.m. to 4 p.m.

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

• Understanding GI Bill: March 1, 9:30-11:30 a.m.

• Marketing Yourself: March 2, 9:30-11:30 a.m.

• Financial & Benefits Education: March 3, 12:30-2 p.m.

• Ten Steps to a Federal Job: March 15, 9 a.m. to noon

• Suiting Warriors Event: March 18, 9 a.m. to 3 p.m.

• Career Technical Training: March 30-31, 8 a.m. to 4 p.m.

• Medical Records Review: Appointment required

To begin the transition process or to register for upcoming classes, call the SFL-TAP Center at 301-677-9871 or visit the office at 8501 Simonds Street, first floor.

### 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.

#### Military:

• Pre-Deployment Brief: Friday, 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:

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

• Transitioning to Retirement: Monday, 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

See **NEWS & NOTES**, page 14



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### 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.

### Salute to Rep. Parren Mitchell

Celebrate Black History Month on Feb. 26 at 7 p.m. at Club Meade for the inaugural "Salute Congressman Parren J. Mitchell Day Dinner."

The late Maryland Rep. Parren J. Mitchell was the first African-American elected to

Congress south of the Mason-Dixon Line since Reconstruction and was a founding member of the Congressional Black Caucus.

A graduate of Morgan State College, Mitchell was a member of the 92nd Infantry Division, a commissioned officer and company commander from 1942-1945.

Mitchell was awarded a Purple Heart and a field promotion from Gen. George S. Patton.

For more information, call 443-618-1750.

### National anthem auditions

The Bowie Baysox is conducting live auditions to sing the national anthem before a 2016 Baysox home game.

Auditions will be held March 12 at Prince George's Stadium. Gates open for registration at 9 a.m. Auditions begin at 9:30 a.m., rain or shine.

The team has a live performance of "The Star-Spangled Banner" before all 71 home games.

Registration is required.

No word sheets permitted during the audition. All auditions must be done in-person; no CDs, cassettes or videos are accepted for review. Instrumentalists are permitted.

Large church or school groups interested in performing the national anthem at a game should call the Baysox at 301-464-4880.

## EDUCATION

### Military Saves Week

Fort Meade's Military Saves Week will be held Monday to Feb. 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.

• Monday, 9 a.m. to noon: "Transitioning to Retirement"

• Tuesday, 9 a.m. to noon: "Getting Out Of Debt"

• Wednesday, 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 Wednesday 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.

### Soldier for Life TAP

The Fort Meade Soldier for Life-Transition Assistance Program Center provides transition and counseling services for pre-separation.

Transitioning service members also receive employment assistance, and relocation, education and training, health and life insurance, and retirement information.

Services are free and available to active-duty service members, retirees and their family members and DoD civilian employees (as required).

• Transition Assistance Program (TAP) Workshop: March 7-11 and March 21-25, 8 a.m. to 4 p.m.

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

• Understanding GI Bill: March 1, 9:30-11:30 a.m.

• Marketing Yourself: March 2, 9:30-11:30 a.m.

• Financial & Benefits Education: March 3, 12:30-2 p.m.

• Ten Steps to a Federal Job: March 15, 9 a.m. to noon

• Suiting Warriors Event: March 18, 9 a.m. to 3 p.m.

• Career Technical Training: March 30-31, 8 a.m. to 4 p.m.

• Medical Records Review: Appointment required

To begin the transition process or to register for upcoming classes, call the SFL-TAP Center at 301-677-9871 or visit the office at 8501 Simonds Street, first floor.

### 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.

#### Military:

• Pre-Deployment Brief: Friday, 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:

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

• Transitioning to Retirement: Monday, 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

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income streams.

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

- Social Media For Job Seekers: Tuesday, 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](http://fortmeadeacs.checkappointments.com).

**MOAA scholarships**

The deadline for the Military Officers Association of America Scholarship Fund's online application for the 2016-17 school year is March 1 at noon.

Students can apply for interest-free loans and grants, which are awarded annually for up to five years of undergraduate study (or until a student graduates).

Eligibility guidelines:

- Students under age 24 who are children of former, currently serving or retired commissioned or warrant officers and children of currently serving or retired enlisted service members. Active-duty, National Guard, Reserve, retired and former commissioned officers and warrant officers of the seven uniformed services are eligible for MOAA membership.

- Graduating high school seniors or full-time college students working toward their first undergraduate degree. If a student served in a uniformed service before completing college, however, the maximum age for eligibility will be increased by the number of years he or she served, up to five years.

- Qualified students with a GPA of 3.0 or higher on a 4.0 scale are considered for selection based on their scholastic ability and participation in extracurricular and community activities, as well as financial need.

In 2015, the MOAA Scholarship Fund

distributed nearly \$9.3 million in grants and interest-free loans to more than 1,700 military families.

For more information on educational assistance or making a contribution to the MOAA Scholarship Fund, visit [www.moaa.org/scholarshipfund](http://www.moaa.org/scholarshipfund) or email [edassist@moaa.org](mailto:edassist@moaa.org).

**OSC scholarships**

The Fort Meade Officers' Spouses' Club scholarship program acknowledges outstanding military dependents of the Fort 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](mailto:scholarships@fortmeadeosc.org) or go to [www.fortmeadeosc.org/scholarships](http://www.fortmeadeosc.org/scholarships).

**YOUTH****Teen weight study**

Do you worry about your teen's eating or weight?

Consider participating in the Eating and Attention Training Study at Uniformed Services University of the Health Sciences in Bethesda.

The study is testing whether attention training on a mobile phone will help change teens' eating habits.

Adolescents, ages 12-17, who are above average weight with loss of control over eating are needed to participate.

Visits take place at the Uniformed Services University of the Health Sciences.

Individuals who qualify will be compensated for their time.

For more information, call Marissa Barmine at 301-295-0864; email Dr. Monika Stojek at [monika.stojek.ctr@usuhs.edu](mailto:monika.stojek.ctr@usuhs.edu); or visit <https://www.facebook.com/projecteats>.

**Youth Center events**

The Youth Center is offering several events:

- Zumba Kids: New Zumba class for ages 7-11: Mondays and Wednesdays, 6-6:45 p.m.

Cost is \$32 for the whole session. Space is limited.

- Movie Night: Friday, 5-8 p.m. for grades six to eight

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. for grades six to eight

The free event will feature a pizza party

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**2016 Holy Week Religious Services Schedule**

POSTWIDE ECUMENICAL EASTER SUNRISE SERVICE:

March 27, 7 a.m. — Chapel Center

CATHOLIC SERVICES AND ACTIVITIES

- Feb. 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



for participants and parents.

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

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

## Youth of the Year

Apply now for the Youth of the Year, a Boys and Girls Clubs of America's premier recognition program for club members ages 14-18 promoting service to their club, community and family.

The ideal candidate embodies the values of leadership service, academic excellence and healthy lifestyles.

Each year the Teen Center chooses a teen to represent Fort Meade in this nationally recognized event.

Scholarships are awarded to state and regional winners.

Stop by the Teen Center to receive a scholarship competition package.

For more information, call 301-677-6054.

## 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: "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](http://meade.armymwr.com).

## RECREATION

### Out & About

• **Shen Yun**, a classical Chinese dance and music company, is performing today and Friday at 7 p.m.; Saturday at 1 and 7 p.m.; and Sunday at 1 p.m. at the Kennedy Center in Washington, D.C.

Tickets cost \$60-\$250. For more information, go to [shenyun.com/DC](http://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 Friday 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.)

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](mailto:boxoffice@aacc.edu).

• **Meade Area Garden Club** is sponsoring a bus trip to the Philadelphia Flower Show on March 7.

The bus will leave from the Ridgeview

Shopping Plaza on Route 175 at 8:45 a.m. and will return by 6 p.m.

Cost, including the bus and admission to the flower show, is \$67 for Meade Area Garden Club members and \$72 for non-members.

Reservations are required along with payment for the trip by March 1.

This year's theme is "National Parks," celebrating the 100th anniversary of the National Parks system.

For more information or reservations, call Beverly Durana at 410-551-2263.

• **Better Opportunities for Single Soldiers** is sponsoring a day trip to New York City on March 12 from 5:30 a.m. to 11 p.m.

The event is open to all single service members. Cost is \$5 and includes transportation and a visit to the 9/11 Memorial. Only 45 spaces are available.

For more information, call Spc. Derek Young at 301-915-5389.

• **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](mailto:boss.ftmeade@gmail.com).

• **B&O Railroad's** 189th birthday celebration will be held Feb. 27 from 10 a.m. to 4 p.m. and Feb. 28 from 11 a.m. to 4 p.m. at the B&O Railroad Museum, 901 W. Pratt St., Baltimore.

Admission costs \$18 for adults; \$16 for seniors ages 60 and older; and \$12 for children ages 2-12. Train rides cost an additional \$3 for adults and \$2 for children.

Highlights include:

• Debut of the York locomotive, a 1926 replica of the 1831 B&O Railroad locomotive, acquired at auction from the Chicago Museum of Science and Industry

• Narrated, 20-minute train rides along the first commercial mile of railroad right-of-way laid in America departs Feb. 27 at 11 a.m. and at 1 and 2:30 p.m.; and Feb. 28 at 12:30 and 2 p.m.

• C&O Canal Historical Society presentations of the Underground Railroad

• Saturday Birthday Bash for Kids on Feb. 27 that includes train and party games, and interactive education stations

For more information, call 410-752-2490 or go to [borail.org](http://borail.org).

• **Ringling Bros. & Barnum & Bailey Circus** tickets are on sale at Leisure Travel Services until March 9.

"The Greatest Show on Earth" will be presented March 16-27 at the Royal Farms Arena in Baltimore.

Tickets cost \$19.25. Numerous show times are available.

For more information, call 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 [meade.armymwr.com](http://meade.armymwr.com).

## MEETINGS

• **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 today from 1-2 p.m. and 6:30-7:30 p.m. in the America Building, River Conference Room (next to the Prostate Center), third floor.

Spouses/partners are invited. Military ID is required for base access. Men without a military ID should call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access.

For more information, call retired Col. Jane Hudak at 301-319-2918 or email [jane.l.hudak.ctr@health.mil](mailto:jane.l.hudak.ctr@health.mil).

• **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.

• **Retired Officers' Wives' Club** will conduct its next luncheon meeting on March 1 at 11 a.m. at Club Meade. The Lyric Opera will present "Tis the Wearin' of the Green," a lively rendition of St. Patrick's Day tunes.

Cost is \$18. Reservations are required by Feb. 25. Call your area representative or Betty Wade at 410-551-7082.

Anyone interested in joining the club should attend this luncheon to check it out.

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

• **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 March 3. 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 March 3. All first class petty officers are invited. For more information, call PO1 Jennifer Wonch at 410-854-2763.

## 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](http://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. 28

**Friday: "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.



MELINDA SUE GORDON/AP

**Saturday: "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.

**Sunday: "Daddy's Home" (PG-13).** Stepdad Brad Whitaker is a radio host trying to get his stepchildren to love him and call him Dad. But his plans turn upside down when the biological father returns. With Will Ferrell, Mark Wahlberg, Linda Cardellini.

**Feb. 26-27: "The Revenant" (R).** A frontiersman on a fur trading expedition in the 1820s fights for survival after being mauled by a bear and left for dead by members of his own hunting team. With Leonardo DiCaprio, Tom Hardy, Will Poulter.

**Feb. 28: "The Hateful Eight" (R).** In the dead of a Wyoming winter, a bounty hunter and his prisoner find shelter in a cabin currently inhabited by a collection of nefarious characters. With Samuel L. Jackson, Kurt Russell, Jennifer Jason Leigh.