

# Soundoff!

PUBLISHED IN THE INTEREST OF THE FORT MEADE COMMUNITY

THURSDAY, MARCH 10, 2016 | 68th Year Number 9  
FTMEADE.ARMY.MIL



## Bok-wow!

Bokwa heats up exercise studio at Gaffney **PG 9**

Students of Bokwa Punch and Strike, a new group exercise with roots in South Africa, is led by instructor Toni Marsden on Thursday evenings at Gaffney Fitness Center. Bokwa is gaining popularity in the U.S., with classes currently available in about 30 states.

PHOTO BY PHIL GROUT

### SPECIAL VISIT

IMCOM commander  
tours Fort Meade

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### UPCOMING EVENTS

**Sunday, 2 a.m.:** Spring Forward - Daylight saving time begins

**Tuesday, noon:** Women's History Month Brown Bag Lunch - McGill

**March 17, 11:30 a.m.:** St. Patrick's Day Push-Pull - Murphy Field House

**March 24, 6-7 p.m.:** Access Control Procedures Town Hall - Post Theater

### HOOP DREAMS

Mustangs aim for  
sweet repeat tonight

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# Soundoff!

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**Community notices**  
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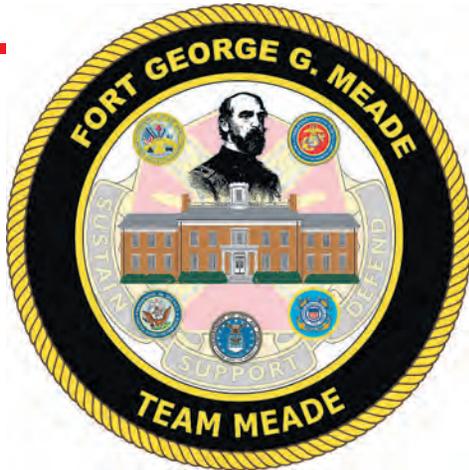
Office hours are Monday through Friday, 8 a.m. to 4 p.m., and Saturday through Sunday, 8 a.m. to noon.

Printed by offset method of reproduction as a civilian enterprise in the interest of the personnel at Fort George G. Meade, Maryland, by The Baltimore Sun Media Group, 501 N. Calvert St., Baltimore, MD 21278, every Thursday except the last Thursday of the year in conjunction with the Fort Meade Public Affairs Office. Requests for publication must reach the Public Affairs Office no later than Friday before the desired publication date. Mailing address: Post Public Affairs Office, Soundoff! IMME-MEA-PA, Bldg. 4409, Fort Meade, MD 20755-5025. Telephone: 301-677-5602; DSN: 622-5602.

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**Guaranteed circulation:** 11,285



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## COMMANDER'S COLUMN

# KACC, Meade medical facilities now tobacco-free

**By PAUL FARLEY**  
Public Affairs Officer  
Kimbrough Ambulatory Care Center

**K**imbrough Ambulatory Care Center and Fort Meade medical-related facilities became a tobacco-free medical campus on March 1.

This change adds Kimbrough to an ever-growing list of tobacco-free medical campuses throughout the Army, Department of Defense and the nation.

Patients, staff members and visitors to Kimbrough can no longer light up, chew or use any other tobacco product on the facility's campus.

The Fort Meade medical campus includes Kimbrough Ambulatory Care Center; Forensic Toxicology Drug Testing Laboratory; Veterans Administration Community-Based Outpatient Clinic; Epes Dental Clinic and Headquarters Dental Activity; Veterinary Treatment Facility; and the Army Wellness Center.

Parking lots at the facilities are also considered part of the medical campus, and tobacco use is not permitted in private vehicles on medical campus property.

Col. Laura R. Trinkle, commander of the Fort Meade Medical Department Activity, said in an email to staff personnel that the move is "in support of the Surgeon General's initiative to become a Tobacco Free Living (TFL) workforce. The use of all forms of tobacco products

during the duty day is prohibited including, but not limited to, cigarettes, cigars, pipes, smokeless tobacco, electronic cigarettes, personal vaporizers and electronic nicotine-delivery systems.

"Tobacco use is the leading cause of preventable death in the U.S., and there is no safe level of secondhand smoke exposure.

"Reducing tobacco use and exposure to secondhand smoke throughout our medical campus clearly promotes health and quality of life.

"This change demonstrates our active engagement and commitment to providing a tobacco-free environment for our patients, staff and guests that will help them to live a longer and healthier life."

To help staff comply with this policy, Kimbrough has expanded its tobacco-cessation support and services to its beneficiaries and civilian staff members.

Although pharmacological aids and other medical treatment are only available to eligible beneficiaries, civilians may inquire with their Federal Health Benefits Program plan for information on tobacco cessation including services that are available without co-pays or deductibles.

Eligible beneficiaries can access products and services through the Kimbrough Tobacco Cessation Program and their primary care manager.

Online resources also are available online at [ucanquit2.org](http://ucanquit2.org) and [smoke-free.gov/](http://smoke-free.gov/).



## SPRING FORWARD

Daylight savings time begins this Sunday at 2 a.m. Remember to move your clocks forward 1 hour.

## Commander's Open Door

Garrison Commander Col. Brian P. Foley has an open door policy.

All service members, retirees, government employees, family members and community members age 18 or older are invited to address issues or concerns to the commander directly by visiting Foley's office on Mondays from 4 to 6 p.m. at garrison headquarters in Hodges Hall, Bldg. 4551, Llewellyn Avenue.

Visitors are seen on a first-come, first-served basis. No appointment is necessary.

For more information, call 301-677-4844.

# New IMCOM commander visits Fort Meade

BY LISA R. RHODES  
Staff Writer

Installation Management Command's commanding general made his first visit to Fort Meade on March 3.

Lt. Gen. Kenneth Dahl spent the day with Garrison Commander Col. Brian P. Foley, Deputy Commander John M. Moeller and senior members of the garrison's leadership team for an overview of Fort Meade's growth and progress.

After an in-brief by Foley, Dahl took an aerial tour of the installation. The flight, provided by an Anne Arundel County Police helicopter, gave the general a firsthand view of the installation's growth. The flight included views of the Cyber Campus, the ongoing renovation of Hale Hall, and the new wing of the Defense Information School.

Mary Staab, director of the Directorate of Plans, Training, Mobilization and Security, briefed Dahl on Fort Meade's force protection efforts during a meeting at the Directorate of Emergency Services.

DES Director Lt. Col. Jeffrey Winegar, DES Deputy Director Robert L. Holmes and Fort Meade Fire Chief E.J. Rouvet also briefed Dahl on Fort Meade's progress with implementing upcoming changes to its access control procedures, Visitor Control Center operations and new badging requirements, which will take effect April 4.

They also discussed Fort Meade's ongoing implementation of its Automated Installation Entrance program.

During lunch at Club Meade, Dahl shared his command vision with the garrison's staff directors and senior leaders.

"Every single installation is unique," Dahl said during lunch. "They truly are. So I appreciate [staffing] models. But the application has to be tailored, and that translation happens at IMCOM."

Dahl explained his job is to make sure his staff can do the work it needs to do so that installations can do their job of supporting their partner commanders.

"Energy flows down so that we can support commands here," Dahl said.

The general then discussed some of the changes on the horizon for IMCOM and the services it provides.

"We have to recalculate and reset expectations for services," Dahl said. "Some things we'll have to stop, and we'll have to communicate it so our customers are not surprised and [they understand] why we are doing things."

"We can't afford to do things on the peripheral. We need to be focused on the



PHOTOS BY SHAWN SALES, FORT MEADE VISUAL INFORMATION

**Lt. Gen. Kenneth Dahl (right), the new commanding general of the Installation Management Command, talks with Garrison Commander Col. Brian P. Foley and Scott Kotwas, business director at Corvias Military Living, during Dahl's tour of Reece Crossings on March 3. Dahl also toured Fort Meade by helicopter for a firsthand look at the installation's growth.**

mission."

Dahl explained installations will have to work more closely with the off-post community to provide services that have been provided by the installation. He praised the Fort for its partnerships with the local community.

After lunch, Dahl, Foley, Moeller and senior garrison leaders toured Reece Crossings, Fort Meade's housing for single service members.

The tour was led by Debra Faux, chief of the housing unit at the Directorate of Public Works; Scott Kotwas, business director for Corvias Military Living; and Jennifer Czumalowski, community manager for Reece Crossings.

Dahl visited the clubhouse, which includes a recreation room and 24/7 fitness center. He then toured a two-bedroom model apartment.

The general said he was impressed with housing, which ranges from \$925 per person for a shared two-bedroom apartment to \$1850 for an entire apartment that includes all utilities, basic cable and Internet service.

Dahl asked how much the market rent is for a one- or two-bedroom apartment in the area. Czumalowski said rent can range from \$1,500 to \$1,900.

"That's \$200 a month savings — just for cable. That's great," Dahl said.



**Lt. Gen. Kenneth Dahl discusses the amenities for Soldiers at Reece Crossings with Jennifer Czumalowski, community manager at Reece Crossings, while Garrison Commander Col. Brian P. Foley and Debra Faux, housing chief for the Directorate of Public Works, follow along during the tour.**

Foley said that privatized housing "is the way to go" for the Army.

Kotwas said that although the original demographic for Reece Crossings was single service members ranked E1 to E5, housing has been opened to service members E5 and above, as well as DoD civilians and contractors.

"I like that E4, E5, E6 demographic," Dahl said, noting the benefit to first-line leaders residing with junior service members.

"Awesome," he said.

*Editor's note: Fort Meade Public Affairs Director Chad T. Jones contributed to this article.*

# Risk reduction survey helps unit commanders

BY LISA R. RHODES  
Staff Writer

Fred Lockard is on a mission.

As Fort Meade's new Risk Reduction Program coordinator, Lockard is determined to get the word out to unit commanders that having Soldiers complete the Army's Unit Risk Inventory can potentially save a life.

"We can get a unit the help it needs before a problem blows up," Lockard said. "If we can potentially stop a suicide, that's a win in itself."

Lockard, who became the Risk Reduction Program coordinator last November, works as part of Fort Meade's Army Substance Abuse Program. Prior to his present position, he served as the garrison's Sexual Assault Response coordinator for nine months.

The Army's Unit Risk Inventory is a non-mandatory, anonymous questionnaire developed by the U.S. Army Center for Substance Abuse Programs that measures a unit's risk in regard to 14 high-risk behaviors. That includes deaths, accidents, suicide attempts, self-harm, drug and alcohol offenses, spousal and child abuse, and financial problems.

The two-part questionnaire lists 53 questions. Part One features 10 multiple choice questions that focus on alcohol consumption during the past 12 months.

The remaining yes-or-no-questions focus on issues such as illegal drug use, suicidal thoughts, sexual harassment, unit cohesion, spousal and child relationships, and depression within the past 12 months.

The URI is mandatory for troops



PHOTO BY LISA R. RHODES

**Fred Lockard, Fort Meade's Risk Reduction Program coordinator, chats with Torrie Olsterholm, Fort Meade's Suicide Prevention Program manager. Lockard is responsible for administering the Army's Unit Risk Inventory for unit commanders to identify high-risk behaviors among Soldiers.**

returning from deployment.

After units complete the survey, Lockard collects and submits them to the Risk Reduction Program at Installation Management Command on a monthly basis.

IMCOM collects the data and provides Lockard and commanders with a Unit Risk Inventory Summary, which gives them a snapshot of a unit's risk level compared to other Army units.

"If there is something we see such as a high risk for suicidal thoughts, we can provide commanders with the resources to get a plan for what needs to be done,"

Lockard said.

Commanders can gain online access to the URI Summary within two weeks of the survey's submission.

Lockard matches commanders with resources such as ASAP, Army Community Service, Religious Support Office, Kimbrough Ambulatory Care Center, Directorate of Emergency Services and Installation Safety Office to help reduce high-risk factors and place the emphasis on safety and prevention.

"I will make sure every risk area is addressed," he said.

The last time a Unit Risk Inventory was completed was last October. Lockard said although he has presented three briefings to the garrison's command teams and senior noncommissioned officers, there has been little interest in completing the survey.

"I'd be happy to come out to a unit and do a 15- to 30-minute briefing on URI and why it is needed," Lockard said. "I want to show commanders how important it is to them and to units and why it is valuable."

Lockard also collects data on high-risk behaviors from all of Fort Meade's directorates. The data is compiled on a monthly basis and is reviewed by the Installation Prevention Team, which is part of garrison's health promotion efforts.

Lockard is also co-chair of the team, which meets quarterly and is composed of representatives from ASAP, DES, ACS, RSO, ISO, Kimbrough and the Office of the Staff Judge Advocate.

Team members review the data to determine which risk factors are prominent at Fort Meade as a whole. Afterward, they devise a plan to reduce the risk factors and prevent increases in the future.

Lockard is hopeful. Several weeks ago, he spoke about the importance of the URI survey during the newcomers briefing at ACS.

A noncommissioned officer who attended the briefing later called Lockard and said she would ask her commander to contact him to administer the URI for her new unit.

Lockard said he hopes other Soldiers who learn about the URI survey will follow her lead.

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considering a deployment opportunity.

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# ACS reaccredited after 'perfect' inspection

BY LISA R. RHODES

Staff Writer

Fort Meade's Army Community Service was reaccredited by the Installation Management Command's Army Community Service Program on Feb. 17.

The reaccrediting process takes place every three years. ACS will be evaluated again in 2019.

"We should all be proud of this achievement," said Doris Tyler, director of ACS. "This is a community-wide success."

An accreditation team from IMCOM visited ACS and its garrison partners from Jan. 25 to Feb. 17 to evaluate ACS programs, staff and management.

The accreditation process is used to ensure that ACS at Army installations worldwide provide quality programs that meet Army and DoD standards and the regulations under federal law, Tyler said.

To be reaccredited, ACS must meet all Army and DoD standards.

Tyler said that ACS met all of its standards in both categories to "perfection" — despite understaffing.

Although ACS would be fully staffed at 37, the agency is currently operating with 22 staffers, six contractors and volunteers due to budget constraints.

"Even though we are not fully staffed, the dedication of our staff and volunteers and the support of our community partners made this possible," Tyler said.

"The accreditation process is all or nothing. ...There's not a whole lot of room for error. It's pretty intense."

ACS provides critical services and programs for active-duty service members, DoD civilians, retirees and their families. That includes core programs and a variety of services aimed at assisting unit commanders in maintaining the readiness of individuals, families and communities within the Army by promoting self-reliance, resiliency and stability during war and peace, according to an ACS brochure.

All of the programs and services are provided at no cost.

Each of ACS programs were evaluated for the accreditation. The programs include Family Advocacy, which intervenes in cases of family distress and promotes a health family life; Employment Readiness, which provides information and services in the area of career planning and job searches; and the Exceptional Family Member Program, a mandatory enrollment program that provides comprehensive services to families with special-needs dependents.

Tyler said the Soldier and Family Assistance Center, which provided support to



FILE PHOTO

**Children play with Legos during Romp 'n Stomp, a playgroup for children ages 5 and younger and their parents that meets Tuesdays from 9:30 to 11:30 a.m. at the Youth Center gym. The weekly program is sponsored by Army Community Service.**

Soldiers and family members in coordination with the Warrior Transition Unit, was not included in the evaluation process because Fort Meade's WTU was inactivated on Feb. 3.

"The 200 Soldiers in the WTU either transitioned back to active duty or were processed into the civilian sector," Tyler said. "I see that as a mission success."

The Survivor Outreach Services Program, which provides long-term support to the surviving families of fallen service members, also was not evaluated, but may be included in the accreditation process in 2019.

"Even though ACS is graded, we could not do this without the Fort Meade community assisting us," Tyler said. "The accreditation process brings the community together to ensure all our programs meet quality standards."

As an example, Tyler said in order for the EFMP to meet its Army standards, Kimbrough Ambulatory Care Center's EFMP must be evaluated and meet the required Army standards since the two programs work in partnership with each other.

Other Fort Meade programs and agencies such as Child, Youth and School Services, the Civilian Personnel Advisory Center, the Directorate of Public Works, sister services and many others assisted in the accreditation process.



PHOTO BY LISA R. RHODES

**Avery Hastings, 3, shows her mother Laura Hastings a Q-Tip she dipped in paint during Army Community Service's A to Z group on Monday morning. The weekly interactive parent-child playgroup, held from 10:30 to 11:30 a.m., helps build social, cognitive and motor skills for children ages 18 months to 4 years old.**

ACS clients as well as unit commanders who are served by ACS programs were interviewed by the accreditation team.

Tyler said the partnerships with other

programs and agencies was particularly important because of the understaffing.

"What a great accomplishment!" she said.

# Be cautious of political activity on social media

BY CARRIE E. DAVID

U.S. Army Space and Missile Defense Command/Armed Forces Strategic Command

Civilian government employees and Soldiers must be cautious of political activity on social media.

Most federal employees — military and civilian — who have served through at least one election cycle know of the limits on political activity imposed by the Hatch Act and service-specific rules. But the ever-growing popularity of social media has raised many new questions over what political activity is permissible.

The Hatch Act, passed in 1939, restricts the political activity of civilian employees serving in a variety of federally funded programs. But it was amended in 1993 to allow most employees to engage in certain types of political activity while in their personal capacity.

“While the Hatch Act allows most federal employees to participate in some types of political activity, the act prohibits political activity while on duty, while wearing an official uniform or insignia, while using a government vehicle, and in any federal workplace,” said Sarah Green, senior ethics attorney, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command.

“The ease of accessing one’s personal social media and email, though, have made it



FILE PHOTO

**Federal employees may not like, friend or follow the social media page of a partisan group or candidate in a partisan race while on duty or in the workplace.**

much easier for federal employees to unknowingly violate the law.”

Political activity in this case is defined as any activity directed at the success or failure of a political party or partisan political group or candidate in a partisan race.

Complying with the act is possible if employees remember a few guidelines, Green said.

Receiving political or partisan emails or invitations to fundraisers at work is not inherently a problem if employees keep the guidelines in mind.

“Federal employees may receive a political email at work, and they may forward that email to their personal accounts,” Green

said. “They may not forward that email to others and definitely not to subordinates. And under no circumstance can a federal employee solicit or receive political contributions at any time, nor invite individuals to political fundraising events.”

Social media with its likes, shares, tweets, profile pictures and posts creates its own minefields.

“Federal employees may not like, friend or follow the social media page of a partisan group or candidate in a partisan race while on duty or in the workplace,” Green said.

“If a federal employee displays a political party or campaign logo or candidate photograph as his profile picture, then he cannot

post, share, like or tweet anything while on duty or in the workplace, even if the item is nonpolitical.”

Service members’ social media activity is further restricted.

“Service members may express their personal views on public issues or political candidates on social media, much as they would be permitted to write a letter to the editor,” Green said.

“If the service member is identified in any way as being active duty, then the entry must clearly and prominently state that the view is not that of the Department of Defense.

“In addition, Soldiers may friend, like or follow the social media page of a political party or partisan candidate, campaign, group or cause,” Green said. “They cannot, however, engage in any partisan political activity. They cannot link to, share posts, or encourage others to like or follow said entity.”

For more information, view the Political Activity Guidance for Senate Confirmed Officials at DoD and The Hatch Act: Frequently Asked Questions on Federal Employees and the Use of Social Media links to the right.

If federal civilian employees or Soldiers have further questions, they should contact the SMDC ethics counselors at 256-955-2181 or 719-554-2126 or email the U.S. Office of Special Counsel at [hatchact@osc.gov](mailto:hatchact@osc.gov).

## Know your options during financial difficulties

BY JANE M. WINAND

Chief, Fort Meade Legal Assistance Division

In these uncertain financial times, it has never been more important to know your options in working through financial difficulties.

With the volatile economy, weak job-creation numbers, and layoffs, events can impact monthly budgets and even retirement savings.

Despite these dangers, problems can be mitigated through proper financial planning and preparation. These tips should help you weather a financial storm:

**Take a look at your budget immediately.**

Not only do you need to look at your monthly budget and see where you can cut down on expenses and increase your savings, but you need to start looking immediately. It is human nature to simply ignore a problem in hopes it will go away.

Summon your strength, realize that difficult financial times may occur and

start planning right now. Nothing is gained from waiting.

**Differentiate between want and need.**

Once you’ve gotten over the hurdle of opening up your bank account and adjusting your budget, it is important to distinguish between what you want and what you need. Start reducing the amount of money you spend each month on things you simply want. Stash the money you save on these items in your savings.

**Contact your creditors right away.**

If you anticipate being laid off or having some other substantial decrease in pay, call your loan holders, mortgage companies and other financial entities that you owe money to and let them know that you might be facing a reduction in income that will affect your ability to repay these items.

Many lenders have loan modification programs or refinancing options that will lower your interest rate and make it easier for you to make monthly payments. The only way to know if your lender has these

programs is to ask.

**Build up your credit options.**

It is never advisable to pay bills or other expenses on credit when you don’t have the liquid assets to pay off that purchase when it comes due.

For some, however, such financial liquidity is not an option. Some day you may no longer have cash or other options to pay for what you need. When this occurs, you must have access to credit, but more importantly, access to the right credit.

While certain options like payday advances and car title loans might look attractive, the fine print reveals that the interest rates on these borrowed monies are astronomical. These options are almost always bad credit options.

Better credit options are available, such as a fixed low-interest loan from your bank or a Thrift Savings Plan secured loan. One of the most attractive aspects about a TSP loan is that all of the interest you pay on the loan goes back into your TSP account.

For TSP loan information, visit <https://www.tsp.gov/PlanParticipation/LoansAndWithdrawals/loans/index.html>.

**Know your rights against creditors.**

If you do find yourself in financial difficulties and are having trouble paying your bills on time, you need to make sure you understand your rights.

The Fair Debt Collections Practices Act establishes certain legal protections against abusive debt collection practices. Immediately see a Legal Assistance attorney if you’re being harassed by creditors.

If you have any questions or concerns about financial planning, contact the Army Community Service Financial Readiness Program at 301-677-5590 or schedule an appointment online at [FortMeadeAC-S.checkappointments.com](http://FortMeadeAC-S.checkappointments.com).

If you have issues with creditors or other legal concerns, schedule an appointment with a Legal Assistance attorney at the Office of the Staff Judge Advocate at 301-677-9504 or 301-677-9536.

# White Sands Missile Range to host annual Bataan Memorial Death March

BY WHITE SANDS MISSILE RANGE  
Public Affairs

WHITE SANDS MISSILE RANGE, N.M. — The 27th annual Bataan Memorial Death March is gearing up to step into another record-breaking year at White Sands Missile Range in New Mexico on March 20.

The event is an active history lesson and a true test of endurance.

Considered one of the hardest marathon-length routes in the United States, participants come from all over the world to honor the Bataan fallen and World War II survivors.

“They stand as a living testament to the memory of Bataan,” said White Sands Missile Range Commander Brig. Gen. Timothy Coffin during the 2015 opening ceremony. “They faced physical and spiritual hardships that for many were too great to bear.

“The legacy of the march, which has brought us here today, keeps its history alive and ensures the sacrifices made and lessons learned are not forgotten.”

The story of the Bataan Death March began April 9, 1942, when around 75,000 Filipino and U.S. Soldiers were surrendered to Japanese forces. U.S. service members were from the Army, Army Air Corp, Navy and Marines.

Among those seized were members of the 200th Coast Artillery, New Mexico National Guard. The prisoners were forced to march approximately 100 kilometers north to Nueva Ecija to Camp O'Donnell prison camp in the scorching heat through the Philippine jungles.

One of those brave men who survived the march is retired Col. Ben Skardon, 97, who has marched 8.5 miles for the last eight years during the Bataan Memorial Death March.

“Coming to WSMR [White Sands Missile Range] is now my pilgrimage,” Skardon said. “I’m privileged to be able to make my eighth trip to White Sands. I learned how easy it is to die when you lose the will to live.”

Skardon was 24 years old and weighed 90 pounds at the time of rescue. He attributes his survival to two fellow Soldiers and graduates of Clemson University, S.C., — Henry Leitner and Otis Morgan — who cared for him when he fell ill during the march.

Before they were forced to march, Skardon said he hid away a can of condensed milk and his Clemson ring in a piece of cloth. He would take sips of the condensed milk



PHOTO BY LUCIANO VERA

**A survivor of the Bataan Death March during World War II shakes hands with a participant of the Bataan Memorial Death March. This year, seven Bataan survivors plan to attend the memorial march on March 20 at White Sands Missile Range in New Mexico. Marchers can select between two routes: the full 26.2 miles or 14.2 miles.**

during the march and traded his ring for a chicken and a can of ham.

In his honor, every year some of the participants carry cans of condensed milk signed by Skardon.

The prisoners of war were randomly beaten and denied food and water for days. Thousands died, and those who fell behind were executed.

Those who survived the march faced the hardships of a prisoner of war camp. The march became known as the Bataan Death March.

“They disrupted the enemy’s timetable,” said Margaret Garcia, daughter of deceased Bataan Memorial Death March survivor Evans Garcia. “They crippled the Japanese war efforts. They kept the faith.

“They held on, dug deep, and found a reservation of strength and courage.”

During the 2015 memorial march, 10 Bataan survivors shook every participant’s

hand at the start and finish line.

Seven Bataan survivors plan to attend the 2016 Bataan Memorial Death March.

One of the participants in 2015 was Cadet Sgt. Juan Carlos Estremadoyro-Fort. The 18-year-old cadet sergeant from the New Mexico Military Institute shook hands with Bataan survivors after he finished his first marathon-length run in a little over three hours.

Thirsty, hungry and with a slight cramp in his right leg, he walked straight to the Bataan survivors to say thank you.

“For me, it’s a reminder of those a long time ago who sacrificed so much for their country, and today for those still serving all over the world,” Estremadoyro-Fort said.

Since its inception in 1989, the Bataan Memorial Death March has grown from about 100 to more than 12,000 marchers, spectators and volunteers from around the world.

The march is a military event, but many civilians and athletes come to WSMR to take the challenge or volunteer.

Lisa Frankson, director of the Family and Morale, Welfare and Recreation Bataan March, said that without the battalion of more than 1,200 volunteers, the annual Bataan Memorial Death March would not exist.

“We don’t have enough staff to support this size event,” she said. “It is critical that we have volunteers. It wouldn’t happen without them. The amount of support and hours they give can’t be measured.”

The 2015 Bataan Memorial Death March also raised 21,679 pounds of nonperishable food donated by marchers in the heavy category, who carried the nonperishable food in their packs.

Every year the food is donated to the Las Cruces Roadrunner Food Bank.

Marchers can select between two routes: the full 26.2 miles or 14.2 miles. Participants can choose to participate in the heavy category, which requires carrying a pack that weighs more than 35 pounds, or the light category that has no weight requirements.

Participants in the runners category state every year how much of an endurance test the 1,400-foot elevation climb and the “Sand Pit” are to accomplish.

Military or civilian teams of five can also take on the challenge. Staff Sgt. David Esquivel, Army combat engineer, participated in the 2015 march with his 13-year-old son Andrew.

“He just asked me one day if he could do it, and I started training him up for it,” Esquivel said. “My wife was on board, so my family is fully supportive. I’m proud of him that at such a young age, he wants to do something like this.”

Esquivel began training for the event months before and highly encouraged participants to do some form of preparation.

“Be prepared mentally and physically. Go into it knowing you will finish, and think of those who actually went through it,” he said. “As with everything in the Army, preparation is key.”

The 2016 Bataan Memorial Death March will feature a new timing system that will allow marchers and their family members to receive accurate times throughout the course through the use of a mobile application. Participants can download the “ITS YOUR RACE” application for mobile devices.

# Bokwa heats up exercise studio at Gaffney

BY JEROME ALIOTTA

U.S. Army Tank Automotive Research,  
Development and Engineering Center

With fitness shoes blinking on and off when she moved, instructor Toni Marsden hand-signaled simple choreography to class participants, who followed along behind.

Rhythmic beats of Top-40 tunes boomed from two giant speakers as the room of people moved as one across the mirror-lined studio in the basement of Gaffney Fitness Center.

This new group exercise, with roots in South Africa, is called Bokwa. What's different about Bokwa is it's more about cardio movement and less about dance, said Marsden, whose multicolored, animal-print bandanna and dangling earrings are the ultimate counterpart to her Mohawk hybrid hairstyle.

"There's no dancing involved, no equipment, and no experience necessary," she said.

Marsden is cool, she's hip, and she has enough battery power to energize a class to stay with it for a 60-minute session.

"I want them to see the power of what \$5 can do for them," said Marsden, a certified Bokwa instructor.

Bokwa Punch and Strike is offered Thursdays from 5:30-6:30 p.m. at Gaffney. Cost is \$5 for a drop-in class; \$40 for 10 classes; and \$60 for 20 classes.

With Bokwa, participants follow steps that literally form letters and numbers with their feet, for example L, J and C, and numbers such as 1, 2 and 3.

Once participants have the steps down, Marsden jazzes up moves with shakes and shimmies, hip bumps and uppercuts.

"If you can spell, you can Bokwa," she said. "If you can count, you can Bokwa."

Paul Mavi, a Los Angeles-based fitness guru, developed Bokwa about eight years ago and launched the exercise concept in the United Kingdom. It has quickly spread around the globe to places like France and Germany as well as Japan and Korea.

Bokwa is gaining popularity in the U.S., with classes currently available in about 30 states.

Unlike other aerobic workouts such as Zumba, where choreography sets depend on instructor preferences, the beauty of Bokwa is that no matter what studio you go to, the steps never change, Marsden said.

"You can be here in Maryland, you can go to China, Italy, Germany or anywhere else in the world, and all the steps are exactly the same," she said.



PHOTO BY PHIL GROUT

**Toni Marsden leads her Bokwa Punch and Strike class on March 3 in the lower level of Gaffney Fitness Center. No dancing or equipment is involved.**

Bokwa gets fitness enthusiasts out of their regular, individual workout routines and drops them in an almost club-like atmosphere, where Marsden cajoles participants into shouting out "whoops" and "hiyas" to punctuate moves.

"I don't really like to engage in group classes, but as soon as I tried this, I decided it was for me," said Clara Sagoe, an education specialist with the Baltimore Recruiting Battalion at Fort Meade. "I've met some great people, and the instructor, she's definitely the right person to teach this class. She's got a lot of energy."

Sagoe, who on Feb. 11 completed her fifth Bokwa session, said she quickly adjusted to Bokwa moves.

"My first day if I missed a step, I just kind of put my own little rhythm in there," she said. "Now as you can see, I'm moving along with the beats. I wouldn't say I'm a pro, but I know what I'm doing."

Basic Bokwa moves can be modified to adjust to age and fitness level, so anyone can do it, Marsden said.

"You really just have to be able to follow

instructions," she said.

Kimberly Gavlas, who was taking part in Bokwa for the first time Feb. 11, admitted there's a slight learning curve to figuring out Bokwa moves as there is in any step class. But Marsden, she said, eases participants into the groove by keeping steps basic, then varying the pattern.

"It's a little easier to follow than Zumba," said Gavlas, a Zumba instructor at Gaffney.

From basic Bokwa, participants jump up a level to Bokwa Punch and Strike. This is where participants incorporate hand punches and knee strikes into their routine for an even more intense workout.

"It's definitely high energy," Gavlas said, "but I have to work on my punches a little bit."

Knee strikes and punches mimic mixed martial arts-style hits. So with this more advanced Bokwa, there's the added value of self-protection, Marsden said.

"Bokwa gives women the ability to empower themselves," she said. "Gener-

ally, we're not fighters, but if we get into a situation where someone is coming toward us, some of the key movements in Bokwa Punch and Strike can really help you defend yourself."

Although right now, more women than men participate in Bokwa, Marsden said she's seeing an increased interest from males.

"Initially, men think classes taught by women are girlie classes until they come and see what we do," she said. "Then they understand that Bokwa is about endurance, strength and power — all of the same aspects they have when they're pumping weights — except they're also doing heart-pumping cardio. Not so girlie anymore."

The appeal of Bokwa is participants don't even notice all the steps they're getting in during a workout because they're having so much fun, Sagoe said.

"I like the fact that I get my sweat on," she said.

*Editor's note: For more information about classes at Gaffney Fitness Center, call 301-677-3716 or 301-677-2349.*



PHOTOS BY NATE PESCE

Mustangs point guard Keith Duffin (center) celebrates with fans and well-wishers after Meade's 62-59 victory over Annapolis High.



Meade shooting guard Tristan Easton (center) drives to the basket under heavy defense from Annapolis's Dazhuan Cornish (left) and Trey Gross.



In a timeout huddle during the March 4 game against the Annapolis High Panthers, Mustangs coach Pete Corriero strategizes with his team.

**BOYS BASKETBALL** MEADE 62, ANNAPOLIS 59

# Mustangs squeak by Panthers in region final

Meade set for semifinals Thursday in College Park, aim for Saturday's championship game

By **ALAN H. FEILER**  
Staff Writer

Nothing seems to stand in the way of these 'Stangs.

On March 4, the Meade High Mustangs boys varsity basketball team defeated the Annapolis High Panthers 62-59 in the

Class 4A East Region final at Meade High School.

The Mustangs (22-3) are now headed to the state semifinals for the second straight year.

Last March, the team beat the Bethesda-Chevy Chase Barons 80-45 to win the 4A Boys State Basketball Championship. It was the first time since 1990 that an Anne Arundel County high school team won a state championship.

Meade High will face Bethesda's Walt Whitman High School Vikings (17-9), winners of the West Region final, tonight at 7 at the Xfinity Center at the University of Maryland, College Park.

The winning team of that matchup will play against either the Eleanor Roosevelt High Raiders or the Perry Hall High Gators in the 2016 Boys State Finals on Saturday at 8 p.m. at the Xfinity Center.

If the Mustangs win the finals, it would mark the first time that an Anne Arundel County team won a second straight title.

"It was a great win for us," Mustangs coach Pete Corriero said about the March



Meade High point guard Joshua Qualls (right) goes in for a layup against Annapolis point guard Walter Tolliver.

4 victory. "I'm very proud of my guys."

The star of that game was Meade shooting guard Tristan Easton, who scored 20 points and snagged seven rebounds.

With one minute and 36 seconds left in the game, the Mustangs trailed the Panthers 59-56. But the team scored the final 6 points to become the first county team since the Old Mill High Patriots in 2005-2006 to win two straight East Region finals.

Ten of Easton's points were scored in the fourth quarter, including a layup that started the 6-0 run that ended the game.

Point guard Keith Duffin scored 16 points for Meade, including a pair of free throws with 45 seconds left in the game. He also grabbed 10 rebounds.

"Nothing has come easy to us this season," Corriero said. "We've had a lot of close games. It's been a different kind of year for us."

"Last year, we won games by a lot of points. This year, the games have been much closer. But that's OK. It keeps things interesting."

Corriero offered high praise for the Panthers.

"They have a lot of pride and played really well. They're the New York Yankees of the Anne Arundel league," he said. "But my guys didn't give up. A lot of people would have given up, but we've been here before and we know what it takes."

"When your back is against the wall,



Meade fans cheer wildly after a Mustang makes a crucial 3-point shot.



A euphoric Joshua Qualls jumps up and celebrates with fellow Mustang Esmond Williams (center) and Clyburn Cunningham (right) while Meade fans rush the floor in the aftermath of the team's victory.

you have to execute. But they didn't panic, and I'm proud of them."

Corriero refused to make predictions about how the Mustangs will fare against Walt Whitman High tonight.

"At this point in the season, you're playing against the best teams out there, so there is no favorable matchup," he said. "If you got this far, you're a very good

team. "We're just excited to be playing against them. It should be a good game"

Similarly, Corriero refrained from predicting if his team will win its second consecutive state championship.

"Right now," he said, "we just want to win on Thursday night. That's all we're focusing on right now."

JIBBER JABBER - OPINION

# Being better, Team Meade

**T**here is a kid I coached. His name is Will.

A strong, strapping child with wispy blond hair and an infectious smile, Will didn't run everywhere he was going.

In fact, one of my fondest memories is how he'd mosey over to first for defensive drills.

For those of you unfamiliar with coach pitch, the person who plays first is usually there because he can catch. That was certainly the case with Will.

One game early in the season, Will surprised himself when he snagged a legit line drive out of the air.

On offense, Will was our cleanup hitter, and our strategy was basically Yusuf getting on base, Michael Montgomery hitting the ball real hard somewhere, and then Will cleaning up anything left.

But being only 8, Will did have his struggles.

He'd get over-excited and swing so hard at horrible pitches that I could feel the breeze from the mound. Other times, he let my best pitch go without the bat leaving his shoulder.

He'd get frustrated, and I, or sometimes his mom — a wonderful parent who was at every game and practice — would remind him to have fun.

Defensively, Will did drop a few easy tosses, and was out of position a few times because baseball is a hard game — especially when you are learning.

When the team came off the field after a tough inning, Coach Mike or Will's dad — another great CYSS parent — would coach him up and get him ready to take the field, which Will always did.

He'd fix his hat, grab his glove and take the field determined to try and be better.

So with all the stuff going on in sports — March Madness, Peyton Manning and Megatron's retirements, UFC upsets and MLB Spring Training — why am I talking about Will? After all, he's one of many great kids I've coached.

Well, a few weeks back at a CYSS basketball game, I met up with Coach Mike, and we started talking about the upcoming season, which begins Monday.



**Chad T. Jones**

PUBLIC AFFAIRS OFFICER

"So is Will playing?" I asked Mike. His son Michael and Will play on the same CYSS basketball team.

"I'm not sure. He may be too old," Mike replied. "I think he turned 9 in September."

The prospect of no Will was a bit disappointing, but getting older and moving up to older leagues is what kids do.

I assumed Will would be playing for Fort Meade's CYSS 9- to 10-year-old, player-pitch league.

At least that's what I thought.

I spoke with Youth Sports Director Hunter Davis the following week. Hunter not only confirmed Will was too old for my team, but that Will, a kid I first met two years ago while he was playing CYSS flag football, wouldn't be able to play CYSS baseball because there wasn't enough kids registered to play.

That really stinks.

Hunter did tell me that Will and a few other children who signed up for the player-pitch team are playing flag football this spring, but the point is they wanted to play baseball first.

I'm sure some parents will say, "My kid didn't want to play, and I'm not going to make them."

Well, when your kid is 9 or 10, they don't know what they want, but we as parents should know what they need. And in this case, it is getting our children outside and learning how to be part of a team. More than that, it is about the community supporting its CYSS team.

CYSS is here for us!

The program provides our children the opportunity to learn, try, fail and try again. Our kids deserve to have fun, be part of a team and celebrate a big win, or get over a tough loss, while eating a post-game snack with their friends.

So, when registration opens back up for our sports, we need to be like Will and try to be better.

To register, go to the Youth Sports & Fitness Office at 1900 Reece Road or call 301-677-1179.

*If you have comments on this or anything 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

### St. Patty's Push-Pull Meet

The 2016 St. Patrick's Day Push-Pull Competition will be held March 17 at Murphy Field House.

The morale-boosting power event is open to eligible patrons of Fort Meade's fitness centers.

Registration and weigh-ins will be conducted from 9-11 a.m.

Registration costs \$25 and includes a T-shirt.

A mandatory safety briefing will be held 10:30-10:50 a.m.

Start-time and lift-off starts at 11:30 a.m.

Starting attempts for both lifts must be declared at the weigh-in. One change on the first attempt may occur up to five minutes prior to the starting time for each flight.

For details on weight class and attire, go to [meade.armymwr.com](http://meade.armymwr.com) or email Sylvia Garcia, Gaffney fitness coordinator, at [sylvia.l.garcia.naf@mail.mil](mailto:sylvia.l.garcia.naf@mail.mil).

### Lifeguard, recertification courses

Gaffney Fitness Center is offering two American Red Cross lifeguard courses:

- Lifeguard Training: April 2, 3, 9 and 10.

The full course includes lifeguarding, first aid and CPR/AED.

Registration fee is \$250.

Registration is required in-person by March 30.

- Lifeguard Recertification Course: April 30 to May 1.

Participants must present current, valid certification at registration.

Registration fee is \$150.

Registration is required in-person by April 27.

For more information, call 301-677-7916 or go to [meade.armymwr.com](http://meade.armymwr.com).

### Fort Meade Run Series

The 2016 Fort Meade Run Series kicks off April 23 with the Earth Day 5K.

The annual Run Series, sponsored by Fort Meade's Directorate of Family and Morale, Welfare and Recreation, features seven

themed races.

Each race includes a 1-mile walk.

All runs are open to the public. Registration begins in March.

- Earth Day 5K: April 23
- Patriot Pride: 5/10K: May 21
- Army Birthday 5K: June 11
- Football Fanfare 5K: Sept. 17
- Ghosts, Ghouls & Goblins 5K: Oct. 22
- Turkey Trot 5K: Nov. 19
- Reindeer Run 5K: Dec. 10

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

### Intramural Ultimate Frisbee

Fort Meade Intramural Ultimate Frisbee will be offered Monday and Thursday evenings from April through June.

The free program is open to all active-duty service members assigned to Fort Meade.

Participants will meet on the soccer field in the Mullins Field area, across from Gaffney Fitness Center.

A coaches meeting will be held Tuesday at 1 p.m. at Murphy Field House.

For more information, call 301-677-3318 or go to [meade.armymwr.com](http://meade.armymwr.com).

Parent Central Services new hours Beginning March 16, Parent Central Services' new hours of operation are Monday to Friday from 8 a.m. to 5:30 p.m.

Late openings are held every third Wednesday of each month from 10 a.m. to 5:30 p.m. for training and staff meetings.

The last walk-in and appointment is 5 p.m.

For more information, call 301-677-1149/1156/1104.

### 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).

## Team Meade 2016 NCAA Challenge

It's March Madness and for the eighth straight year, Meade TV and the Fort Meade Public Affairs Office are teaming up for our annual NCAA pick'em contest. It's easy. Make the most correct picks in the upcoming NCAA basketball tournament and you could win a \$100 VISA gift certificate..

Look for details next week on the Fort Meade Facebook page and *Soundoff!*

## 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](http://ftmeade.army.mil) and the Fort Meade Facebook page at [facebook.com/ftmeade](https://www.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](http://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.

### Town hall

The Fort Meade community is invited to a town hall meeting on upcoming changes to access control procedures onto the installation.

The town hall will be held March 24 at 6 p.m. at the Post Theater.

The Fort Meade community is invited.

### New VCC hours

Beginning April 4, operating hours at the Demps Visitor Control Center will be extended.

The new hours will be Monday to Friday from 7:30 a.m. to 9 p.m.

All individuals who do not have a DoD-issued identification card must go to the VCC for a day pass.

Individuals interested in obtaining a long-term access pass must apply at the VCC 10 days in advance of their visit.

Visitors who arrive on post when the VCC is closed must be escorted on post by an authorized DoD cardholder. This includes weekends and federal holidays.

For more information, call the VCC at 301-677-1064.

### 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.

The RAB is a key element of the Fort

Meade environmental program, which enables the community and representatives of government agencies to meet and exchange information about Fort Meade's environmental cleanup and restoration program and to provide opportunities for public involvement.

Fort Meade is soliciting new RAB members from the community.

RAB members are expected to provide advice on environmental restoration issues; attend regular meetings; review and comment on environmental restoration documents; assist in identifying project requirements; and recommend priorities among sites or projects.

For more information, call George Knight at 301-677-7999, email [george.b.knight7.civ@mail.mil](mailto:george.b.knight7.civ@mail.mil), or visit the Fort Meade website at [www.ftmeade.army.mil/directorates/dpw/environment/](http://www.ftmeade.army.mil/directorates/dpw/environment/) (Click on the RAB link).



SUBMITTED PHOTO

### Scale model exhibit

A scale model exhibit, hosted by the Central Maryland International Plastic Modelers and the Armor Modeling and Preservation Society, will be displayed March 20 from noon to 4 p.m. at the Fort Meade Museum.

The display will include aircraft, armor, vehicles and figures.

Modelers will demonstrate scale modeling techniques.

For more information, call the museum at 301-677-6966.

### Technical Job Fair

The Fort Meade Technical Job Fair will be held March 23 from 9 a.m. to 2 p.m. at Club Meade, 6600 Mapes Road.

The event is free and open to all job-seekers.

More than 60 employers are expected to attend. Bring plenty of resumes.

A "resume doctor" will provide free resume evaluation and preparation assistance.

Free parking and a shuttle bus from Smallwood Hall parking lot to Club Meade are available.

For a complete list of employers, go to [meade.armymwr.com](http://meade.armymwr.com) and click on Job Fair.

### 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

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

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

### Right Arm Night

The next Joint Services Right Arm Night is March 17 from 4-6 p.m. at Club Meade.

The event features free food, music, dancing and prizes and is open to all services, military and civilian.

Bring the entire unit or office and reserve unit tables.

To reserve a table, call 301-677-6969.

Unit table reservations will not be held past 4:30 p.m. unless a representative is present at the table prior to deadline.

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

### Flea Market

The Fort Meade Flea Market will be held April 30 from 7 a.m. to noon. at the Pavilion, rain or shine.

The event is open to the public. Admission and parking are free.

Sell your unwanted and unused items. Cost is \$15 in advance each 8-foot by 8-foot space and includes one table and two chairs. Cost for each additional table is \$5.

Pre-registration ends April 29 at 3 p.m. Vendor cost at the door is \$20 for each 8-foot by 8-foot space.

To reserve a spot or for more information, call Angie Sangirardi at 301-677-3579 or Jean Jordan at 301-252-8688 at MWR Special Events.

### Vendors wanted

The Fort Meade Farmer's Market is looking for a variety of vendors to attend the weekly farmer's market that will be

held every Wednesday from May 18 to Oct. 12.

Vendors of produce, specialty foods, flowers, crafters and lunch trucks are wanted.

### Latin Night

Latin Night at the Brass Lounge in Club Meade will be held March 25 from 7 p.m. to midnight.

There is no cover charge.

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

### Easter Sunday Brunch

Club Meade is serving Easter Sunday Brunch on March 27.

The two seating times are: 11 a.m. to 1 p.m. or 2:30-4:30 p.m.

The event is open to all ranks and services. Membership is not required.

Reservations are recommended.

For more information, call 301-677-5959.

### Genealogy programs

The Anne Arundel Genealogical Society is offering several programs at Severna Park United Methodist Church, 731 Benfield Road, Severna Park.

Social time begins at 7 p.m. Program follows at 7:30 p.m.

• April 7: "A Low, Dirty Place: The Parole Camps of Annapolis, 1862-1865" presented by Rebecca Morris

• June 2: "Lost Faces, Forgotten Heroes: Finding Photos for Marylanders on the Vietnam Wall" presented by Glenn Johnson

For more information, go to [aagenso-c.org](http://aagenso-c.org).

## EDUCATION

### 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).

• Ten Steps to a Federal Job: Tuesday, 9

See **NEWS & NOTES**, page 14

**NEWS & NOTES**, *From page 13*

a.m. to noon at the Navy Fleet & Family Center, 2212 Chisholm Ave.

- Starting a Business Franchise: March 18, 9 a.m. to noon at McGill Training Center, Room 6
- 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.
- Transition Assistance Program (TAP) Workshop: March 21-24, from 7:30 a.m. to 4 p.m., McGill Training Center, Room 1
- Career Technical Training: March 30-31, 8 a.m. to 4 p.m. at McGill Training Center, Room 1
- 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.

**Warrant officer professional development**

The 902nd Military Intelligence Group and Army Field Support Center are co-sponsoring a seminar on Warrant Officer Professional Development on Tuesday from 3-5 p.m. in the main ballroom at McGill Training Center.

The seminar will address the Warrant Officer 2025 Strategy, warrant officer promotions and retention, and other Army issues impacting the warrant officer cohort.

All active-duty, Army Guard, and Reserve warrants are invited to attend.

ARSTAF Senior Warrant Officer CW5 Dave Williams will lead the discussion.

Williams, advisor to Chief of Staff of the Army Gen. Mark A. Milley, travels around the world to Army installations and meeting with assembled warrant officers.

The Army staff senior warrant officer provides the chief of staff of the Army with subject matter expertise on all aspects of warrant officer training and development; communicates with commanders, senior leaders and warrant officers throughout the Army to ensure their concerns and recommendations are considered; and synchronizes warrant officer policies and management actions to ensure the Warrant Officer Cohort is fully prepared to support the Army and Joint Force of the future.

For more information, call CW5 Michael Dye, 902d MI command chief or CW3 Michael Sexton, assistant to the ARSTAF SWO, at 703-697-6889.

**ASIST workshop**

Applied Suicide Intervention Skills

**2016 Holy Week Religious Services Schedule**

POSTWIDE ECUMENICAL EASTER SUNRISE SERVICE:  
March 27, 7 a.m. – Chapel Center

**CATHOLIC SERVICES AND ACTIVITIES**

- March 11, 18: Stations of the Cross & Soup Supper, 5:30 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 (Tenebrae) service, 6 p.m. – Post Chapel

Training is offering a workshop on suicide "first aid" on Wednesday and March 17; April 20-21; and May 18-19 from 8:20 a.m. to 4 p.m. at Cavalry Chapel, 8465 Simonds St. and 6th Armored Cavalry Road.

The workshop is open to service members, civilian employees and family members ages 18 and older.

There is no fee, but a two-day commitment is required. Civilian attire, no uniforms.

Learn to:

- Recognize opportunities for help
  - Reach out and offer support
  - Develop a safety plan that neutralizes risks
  - Apply the "Pathway for Assisting Life"
  - Link people with community resources
- To register, call Capt. Paul Kunnas at 301-677-7778 or email paul.e.kunnas.mil@mail.mil.

**ESC scholarships**

The Fort Meade Enlisted Spouses' Club is accepting applications for its annual scholarship programs for military youth for the 2016-2017 academic year.

Applicants must be graduating high school seniors or enrolled as full-time college students.

Applications must be received by the ESC by March 25.

Applications and detailed criteria are available at [www.ftmeadeesc.org/scholarships-2016](http://www.ftmeadeesc.org/scholarships-2016) < Caution-<http://www.ftmeadeesc.org/scholarships-2016>.

**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 Chis-

holm Ave.

**Financial:**

- Car Buying: Tuesday, 9-11 a.m.
  - Gambling Awareness: March 22, 9-11 a.m.
  - First-Term Financial Readiness (online): March 22, 8 a.m. to 4 p.m.
  - Women Building Wealth: March 29, 9-11 a.m.
- To register, go to [fortmeadeacs.checkappointments.com](http://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: Today, 9-11 a.m.
- Retiree Brief: Monday, 8 a.m. to noon
- Ten Steps to a Federal Job: Tuesday, 9 a.m. to noon
- Pre-Separation Brief: March 17, 9-11:30 a.m.
- TGPS Workshop (Transition, Goals, Plans, Success): March 21-25, 8 a.m. to 4 p.m.
- Deployment Brief: March 24, 10-11:30 a.m.
- Budgeting for Baby: March 25, 11 a.m. to 12:30 p.m.
- Career Technical Training: March 30-31, 8 a.m. to 4 p.m.
- Medical Records Review: Appointment required

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

**YOUTH****'Legally Blonde' at Meade High**

Meade High School's Way Off-Broadway Players will present "Legally Blonde: The Musical" from April 7-9 at 7 p.m. in the school auditorium.

Tickets will be sold at the door.

Cost is \$8, or \$7 with the donation of a canned good.

For more information, call 410-674-6526.

**Teen Center events**

The Teen Center is offering several and Easter Egg Flash Light Hunt on Friday from 7:30-8 p.m.

For more information, call 301-677-6054.

**New hours for Parent Central Services**

Beginning March 16, the new hours of operation for Parent Central Services are Monday to Friday from 8 a.m. to 5:30 p.m.

Late openings are held every third Wednesday of each month from 10 a.m. to 5:30 p.m. for training and staff meetings.

The last walk-in and appointment is 5 p.m.

For more information, call 301-677-1149/1156/1104.

**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: "Reading Makes Us Hoppy!" — stories about bunnies
- March 17: "It's Easy Being Green" — stories about all things green
- March 24: "Spring Into A Good Book" — Storytime about spring
- March 31: "Ice Is Nice!" — Storytime about ice-loving animals

For more information, call 301-677-5522 or 301-677-4509 or go to [meade.armymwr.com](http://meade.armymwr.com).

**Spring Into Fun**

Spring Into Fun Egg-Stravaganza, sponsored by Corvias Military Living, will be held March 18 from 4-6 p.m. at Meuse Forest Community Center.

The free event is open to all on-post family housing residents.

Participants will enjoy games, photos with the Easter Bunny, prizes, crafts and refreshments.

For more information, call your neighborhood office.

**Brunch with the Easter Bunny**

Brunch with the Easter Bunny on March 19 from 10 a.m. to 1 p.m. at Club Meade

Buffet menu includes scrambled eggs, bacon, ham, turkey sausage, French toast, macaroni and cheese, fruit salad, pastries, juice and coffee.

Tickets cost \$16 for ages 12 and older and \$9 for ages 5-11. There is no cost for ages 4 and younger.

Advance tickets are only available at the Youth Center.

For more information, call 301-677-1437 or go to [meade.armymwr.com](http://meade.armymwr.com).

## Easter Egg Hunt

Omega Psi Phil Fraternity will host its annual Easter Egg Hunt on March 26 from noon to 3 p.m. at the Youth Center.

The free event is open to children up to age 13.

Special appearance by Ronald McDonald.

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

## RECREATION

### Out & About

• **The Maryland Home, Flower & Craft Show** will be presented Friday and Saturday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 9 p.m. at the Maryland State Fairgrounds, 2200 York Road, Timonium.

The event features landscaped gardens, home improvement contractors, plants and crafts.

Admission is \$12 for adults, \$10 for seniors age 62 and older, and \$3 for children ages 6-12.

Admission to craft show is \$6. (Craft show on Saturday closes at 8 p.m.)

Free admission for active-duty military, police and firefighters with identification.

For more information, call The Plummers at 410-863-1180, email [info@slprod.com](mailto:info@slprod.com) or go to [mdhomeandgarden.com](http://mdhomeandgarden.com).

• **Anne Arundel County Master Gardeners Series**, sponsored by the Anne Arundel County Library, is being offered at the Mountain Road Community Library, 4730 Mountain Road, Pasadena.

The free classes begin at 6:30 p.m.

Wednesday: Beekeeping

March 30: Planting Spring Vegetables

April 6: Bulbs

For more information on Anne Arundel County Public Library's list of events, visit [aacpl.net](http://aacpl.net).

• **Coloring sessions** for adults only will be held at several Anne Arundel County Public Libraries: Wednesday at 7 p.m. at Riviera Beach Community Library; April 13 at 7 p.m. at Eastport-Annapolis Neck Community Library; and May 2 at 7 p.m. at Edgewater Community Library for Mothers' Night Out Coloring. Celebrate

Mother's Day by coloring while enjoying soft music, tea and cookies.

Other coloring events will be May 16 at 7 p.m. in Maryland City at Russett Community Library and May 17 at 7 p.m. at Severna Park Community Library.

The library provides all materials including coloring sheets, pencils and light refreshments.

For more information, go to [aacpl.net](http://aacpl.net).

• **The Bowie Baysox** will sponsor its 17th annual Free Family FunFest on March 26 from 10 a.m. to 1:30 p.m. at Prince George's Stadium, rain or shine.

The event features free rides and games in Louie's Kids Park, music and activities on the concourse, and displays from local businesses and organizations.

Single game tickets for the Baysox 2016 season go on sale at FunFest. Tickets also may be purchased online at [baysox.com](http://baysox.com).

Prince George's County Fire/EMS Department will display fire engines in the parking lot along with cruisers and McGruff the Crime Dog.

Other activities include a Baysox scavenger hunt and an appearance by two horses from the Maryland National Capital Park Police Mounted Unit.

Fans also will meet the Easter Bunny and the Oriole Bird.

Bowie opens its 24th season as the Class AA affiliate of the Baltimore Orioles at home on April 7 at 6:35 p.m. against the Akron Rubber Ducks.

To order a 2016 season ticket plan, go to [baysox.com](http://baysox.com).

• **Leisure Travel Services** is offering its next monthly bus trip to New York City on March 19, with discounts to attractions.

Bus cost is \$60. For more information, call 301-677-7354.

## MEETINGS

• **Marriage Enrichment Group**, sponsored by Army Community Service, meets the second and fourth Monday of every month from 3-4 p.m. at the Community Readiness Center, 830 Chisholm Ave. The next meeting is Monday. For more information, call Celena Flowers or Jessica Hobgood at 301-677-5590.

• **Kritikos Toastmasters Club** meets on the first three Mondays of every month at 6:15 p.m. at Perry's Restaurant, 1210 Annapolis Road, Odenton. The next meeting is Monday.

The club offers an opportunity to service members and civilian residents in the Fort Meade community to improve their public speaking skills in a supportive environment.

For more information, go to [1686.toastmastersclubs.org](http://1686.toastmastersclubs.org) or call 410-305-9190.

• **Glen Burnie Chapter 1519, NARFE** (National Association of Retired and

Active Federal Employees) will meet Tuesday at 1 p.m. at the Holy Trinity Parish Hall, Glen Burnie.

This month's speaker is Cpl. Jim Shiloh from the Anne Arundel Police Department, Northern District, who will discuss identity theft.

Active and retired government employees are welcome.

• **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 [tre.org](http://tre.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 [tre.org](http://tre.org) or call Charles Green, the local chapter president, at 443-610-4252 or email [Cgreen151@verizon.net](mailto: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.army.mil](mailto:erica.lehmkuhl@us.army.mil) or 301-833-8415.

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

• **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](http://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.

## 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 March 25



CHUCK ZLOTNICK/TNS

**Friday: "The 5th Wave" (PG-13).** Four waves of increasingly deadly alien attacks have left most of Earth decimated. Cassie is on the run, desperately trying to save her younger brother. With Chloë Grace Moretz, Matthew Zuk, Gabriela Lopez.

**Saturday & March 18, 20: "Kung Fu Panda 3" (PG).** Continuing his "legendary adventures of awesomeness," Po must face two hugely epic, but different threats. With the voices of Jack Black, Bryan Cranston, Dustin Hoffman.

**Sunday: "Dirty Grandpa" (R).** Right before his wedding, an uptight guy is tricked into driving his grandfather, a lecherous former Army lieutenant colonel, to Florida for spring break. With Robert De Niro, Zac Efron, Zoey Deutch.

**March 19: "The Finest Hours" (PG-13).** The Coast Guard makes a daring rescue attempt off the coast of Cape Cod after a pair of oil tankers are destroyed during a blizzard in 1952. With Chris Pine, Casey Affleck, Eric Bana.

**March 25: "How To Be Single" (R).** Four women with vastly different ideas about love and relationships navigate the single life of New York City. With Dakota Johnson, Rebel Wilson, Alison Brie.