

# Soundoff!

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PHOTO BY NATE PESCE

## HEALTHY EATING

Famous chef shares tips with spouses

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## UPCOMING EVENTS

Today, 11:30 a.m.: Holocaust Remembrance Day event - McGill

Saturday, 8 a.m.: Earth Day 5K & 1-Mile Walk - Burba Lake

April 28, 10 a.m.-2 p.m.: Fort Meade Earth Day event - The Pavilion

April 30, 7 a.m.-1:30 p.m.: Prescription Drug Take-Back Day - Exchange

## ON THE RUN

Run Series set to kick off Saturday

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# Soundoff!

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Friday, noon

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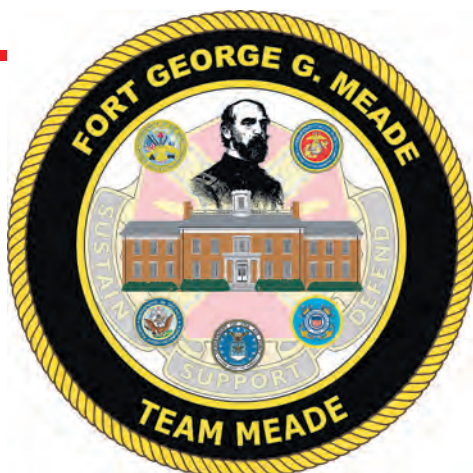
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## COMMANDER'S COLUMN - GUEST

# Thanks for your service

**T**he Fort Meade community can boast of having one of the most vibrant volunteer corps in the region.

More than 2,600 volunteers comprised of almost every demographic have generously donated thousands of hours in volunteer service, saving the Fort Meade community more than \$5 million in revenue.

Fort Meade's volunteers will be honored this evening at the annual Volunteer Awards Banquet at Club Meade. The event is from 6 to 8 p.m.

Our elite volunteers can be found within our units, organizations, schools, youth programs and many more areas in and around the community. You can be sure to find volunteers partnering with agencies outside the gates, such as Sarah's House, the Volunteer Fire Department and the Honor Salute program. Volunteers provide much-needed assistance while forging a bond between the military community and our neighbors.

Many programs, whether on or off post, would not be possible if it were not for the assistance of our volunteers.

One of my favorite quotes, written by Bill Wilson, is:

*"To the world you may be one person but to one person, you may be the world."*



**Marie Miles**

ARMY  
VOLUNTEER  
CORPS  
PROGRAM  
MANAGER

Those sentiments are reflected in the eyes of the children, senior civilians, veterans, deployed service members and many others when they encounter the unconditional love and caring hearts of our volunteers.

While our volunteers do have the opportunity to earn promotion points toward increasing their military ranks, they are able to gain experience toward new career fields.

Our volunteers know that there are no limits to the possibilities before them when they

tackle a job with a positive attitude. It is also no accident that possibility and the positive share a root: the former depends on the latter for growth and blossoming.

It has been my pleasure to witness the caring hearts of our volunteers for more than six years. Together we have grown, learned, laughed, cried over our losses and learned to celebrate each other.

I genuinely appreciate and value the commitment of time and energy that volunteers give to better our community.

As a military spouse for more than 32 years, I appreciate the positive changes that I've seen in our the nation because of the combined efforts of volunteers. I look forward with anticipation because I know that the best is yet to come.



# ACCESS GRANTED

## Question of the Week

**Q** I am a Fort Meade volunteer. Do I need to get an access pass every time I come to the post?

**A** Volunteers are eligible for long-term passes to access the installation. The authorized sponsoring organization will have to sponsor you. For more info, call 301-677-1064.

## 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.



# Saturday Scholars celebrate 12th spring session graduation

BY NAVY MASS COMMUNICATIONS  
SPC. 3RD CLASS TAYLOR DiMARTINO  
Navy Information Operations Command Maryland

**T**wenty-two elementary school students graduated from Saturday Scholars, a Fort Meade Child, Youth and School Services weekend tutor program, on Saturday.

Saturday Scholars, which began in 2004, is a six-week, joint-military program that seeks to improve children's comprehension in reading, math and English by pairing students with military and civilian volunteer tutors. The free program has been credited with helping boost students' Maryland School Assessment Test scores.

The graduation, held at School Age Services on Reece Road, marked an end to the program's 12th spring session. The event was attended by Garrison Command Sgt. Maj. Rodwell L. Forbes and Navy Information Operations Command Maryland Executive Officer Cmdr. Kurtis Mole.

Students in second, third, fourth and fifth grades tossed their graduation caps into the air after receiving certificates recognizing their achievement.

Alongside them were their mentors — 10 Navy volunteers from NIOC Maryland and two garrison DoD civilian employees.

"It's one of the most important programs in our community," said NIOC Maryland's Chief Petty Officer Jaime DeJesus who began volunteering with the program in 2009. "Without this program, students wouldn't have a place where they can excel academically."

"A lot of these students have difficulty with subjects like math and reading, but I believe that our volunteers do more than just teach academics. They are helping build character in these kids. A one-on-one tutor is an incredibly important connection for a child."

Antoinette Parker, school liaison officer for CYSS, said that by using fun and inventive teaching methods, many children come away from the program with a renewed motivation to learn — traits some students don't start out with.

"These service members are bringing their unique skills and experiences to the table when they're tutoring these kids, and they are reminding each child that he or she matters," Parker said. "This program is part of the glue that holds our community together and it's also the military's way of showing that they are committed to the next generation."



PHOTOS BY NAVY MASS COMMUNICATION SPECIALIST 3RD CLASS TAYLOR DIMARTINO

**Students celebrate at the conclusion of the 12th spring session graduation for the Saturday Scholars program at Fort Meade's School Age Services. Saturday Scholars is a free, six-week program that seeks to improve children's comprehension in reading and math by pairing them with military and civilian volunteer tutors.**

"We are always looking for volunteers who want to make a difference. Making an impact on a child is an opportunity to allow that kid to grow up and make things better for future children."

Petty Officer 1st Class Krystina Marshall, NIOC Maryland's Saturday Scholars military liaison, said that of all the volunteer programs she has participated with in the past, Saturday Scholars has made the most impact on her.

"There's nothing like seeing a child get excited to grasp a concept for the first time," Marshall said. "We couldn't do the job we do without the dedication of our volunteers — active duty and civilian alike. It's a twice-a-year program, so every six months there are opportunities to get involved."

The next session of Saturday Scholars will take place Oct. 15 through Nov. 19.

To enroll your child, call Antoinette Parker at 301-677-1227 or email antoinette.d.parker.naf@mail.mil.

For volunteer opportunities, call Petty Officer 1st Class Krystina Marshall at 443-479-9471 or email kmmars3@nsa.gov.



**Navy Petty Officer 2nd Class Christito Lopez signs Zhanay's graduation gift after the 12th spring session graduation for the Saturday Scholars program at Fort Meade's School Age Services.**



# Fort Meade Run Series kicks off Saturday

## The Fort Meade Run Series will include:

- The Earth Day 5K Run/1-Mile Walk: Saturday at 8 a.m. at the Burba Park Cottage area, off Llewellyn Avenue on McKay Street, behind the library
- The Patriot Pride 5K/10K Run/1-Mile Walk: May 21 at 8 a.m. at Murphy Field House, 8451 Zimborski Ave.
- The Army Birthday 5K Run/1-Mile Walk: June 11 at 8 a.m. at the Fort Meade Pavilion, near the Llewellyn Avenue gate
- The Football FanFair 5K Run/1-Mile Walk: Sept. 17 at 8 a.m. at Constitution Park, across from McGlathlin Parade Field
- The Ghosts, Ghouls and Goblins 5K Run/1-Mile Walk: Oct. 22 at 8 a.m. at the Fort Meade Pavilion
- The Turkey Trot 5K Run/1-Mile Walk: Nov. 18 at 8 a.m. at Murphy Field House
- The Reindeer 5K Run/1-Mile Walk: Dec. 10 at 8 a.m. at Murphy Field House

Preregistration for each run for individual runners is \$15. The family rate (three to six runners) is \$45. All runners get special T-shirts for the runs.

Preregistration group rate (seven to 10 runners) is \$85.

The preregistration cost for an individual to participate in all seven runs is \$80.

On the day of the run, registration rates are \$25 per individual and \$60 per family. There is no group rate. Runners who register on the day of the races are not guaranteed T-shirts.

For more information about the Fort Meade Run Series, visit [meade.armymwr.com/us/meade/programs/run-series](http://meade.armymwr.com/us/meade/programs/run-series).

BY ALAN H. FEILER  
Staff Writer

**I**t's time to get moving again. The Fort Meade Run Series is back.

Saturday morning's Earth Day 5K Run/1-Mile Walk will kick off the seven-run series, which is sponsored annually by the Directorate of Family and Morale, Welfare and Recreation.

The series, now in its seventh year, runs through December. Held every month — except July and August — each run is tied to a particular theme and includes a 1-mile walk, said Beth Downs, FMWR sports specialist.

May will feature the Patriot Pride 5K/10K Run. June is the Army Birthday 5K Run.

September is the Football FanFair 5K Run. October is the Ghosts, Ghouls and Goblins 5K Run.

November is the Turkey Trot 5K Run. December is the Reindeer 5K Run. (See accompanying box.)

Downs said the themed runs usually attract an average of 400 runners, in addition to well-wishers and onlookers.

Approximately 330 people are already preregistered for the Earth Day run, she said.

The route for this year's Earth Day run has changed. It will now begin and end at the Burba Park Cottage area off Llewellyn Avenue on McKay Street, behind the Fort Meade Library. In the past, the run started and ended at Burba Lake's Pavilion #3.

Although participants can register on the day of the runs, they are strongly urged to preregister online at least 10 business days prior to an event at [meade.armymwr.com/us/meade/programs/run-series](http://meade.armymwr.com/us/meade/programs/run-series).

"These are family-friendly runs to get everyone active and healthy, with friends and family members there," said Downs, who came to Fort Meade in September 2013.

"It's also good for people new to 5Ks to try them out before taking on more competitive races elsewhere. In general, runs are very popular. People like them, and they want different styles and challenges."

The most popular events, said Downs, tend to be the Turkey Trot and Reindeer Run.

FMWR works closely with the Directorate of Emergency Services to ensure runs are conducted in a safe, efficient and smooth manner, said Downs.

Road guards are placed at intersections along run routes to help direct runners and coordinate traffic.

Off-post businesses and organizations sponsor each run, and tables are stationed at events to promote products and services.

T-shirts are presented to runners at each race. FMWR also provides snacks and refreshments.

Medals are presented to top winners for each age category, as well as for overall winners.

"There's a lot of behind-the-scenes prep work — registration, assigning bibs and numbers, putting T-shirts and packets together — but we're in the routine now," Downs said. "It's a team effort, so we don't overlap with other MWR activities and events around post. We've always had great support from the garrison."

Proceeds from the runs benefit FMWR operations, she said.

"It's all about morale and promoting a healthy lifestyle with friends and family," Downs said. "It'll be a lot of fun."



FILE PHOTO

Runners take off from the starting line at last year's Earth Day 5K Run and 1-Mile Walk. This year's run will be held Saturday at 8 a.m. at Burba Lake.



# Running for her life

Marathon motivated  
Soldier with health issues

BY TINA MILES

780th MI Brigade Public Affairs Office

**W**ho would have thought that running could not only change your life but help save it?

When faced with a life-threatening medical issue, 1st Lt. Margaret Smith of the 780th Military Intelligence Brigade ran for her life — and it worked! Now she wants to inspire others.

At the age of 24, after several odd jobs and three years of college behind her, Smith enlisted into the Army.

"I saw an ad while watching a Red Sox — my favorite baseball team — game, and the next day I was in the recruiting office," she said.

Later in 2005, while assigned to the 22nd Signal Brigade in Darmstadt, Germany, Smith was preparing to deploy to Iraq when she found out her mother had BRCA2, a genetic mutation.

According to the National Cancer Institute, BRCA2 (Breast Cancer 2, Early Onset) is "a gene on chromosome 13 that normally helps to suppress cell growth. These proteins help repair damaged DNA and, therefore, play a role in ensuring the stability of the cell's genetic material."

"When either of these genes is mutated, or altered, such that its protein product either is not made or does not function correctly, DNA damage may not be repaired properly. As a result, cells are more likely to develop additional genetic alterations that can lead to cancer."

Smith knew she should be tested, as she had a 50 percent chance of inheriting the harmful BRCA2 mutation from her mother. However, the genetic testing was put on hold until after her daughter, Emily, was born in 2008.

While Smith was assigned to the 742nd MI Battalion at Fort Meade, she decided to go to Walter Reed National Military Medical Center for genetic counseling. This decision was a result of her aunt dying of breast cancer.

Smith was diagnosed positive for BRCA2.

In 2009, at the age of 29, she underwent a bilateral prophylactic mastectomy. After very careful consideration — weighing all the options and deep discussions with her husband — Smith opted not to get reconstruction.

"The main reason to have the reconstruction surgery was to look normal in

clothes, and not having the surgery gave me a quicker healing time, which allowed the interaction I needed to care for my 11-month old," she said.

Then, at the age of 30, Smith had a total hysterectomy. As a much-needed, post-surgery motivation, her husband signed Smith up for a 2009 fall marathon.

"He said concentrating on the run and training would give me focus," she said.

It worked. The marathon motivated Smith to "get up, get out and get moving," she said.

Smith ran the Marine Corps Marathon in October 2009, and qualified for the Boston Marathon, where she finished with a time of 3:24 in April 2010. After that, Smith was hooked.

As the weight of her emotional trauma lifted and an empowerment developed from having made tough medical choices, Smith's running improved.

"I became obsessed and started to race myself," she said.

The running contributed to her healing and health.

Smith now serves as an advocate at Walter Reed, talking to similar patients. Her experience has opened several avenues, allowing her to "represent the community."

She is also a spokesperson for breast cancer and genetic testing at local events, and is a member of a Facebook group called "Flat and Fabulous" that uses the popular social media outlet to spread the word.



PHOTO BY TINA MILES

**1st Lt. Margaret Smith, a breast cancer survivor and health advocate, participates in a timed ruck march. The event was part of the fitness portion of an Army Cyber Skills Challenge at Fort Meade in 2014, when she was a second lieutenant.**



COURTESY PHOTO

**1st Lt. Margaret Smith, 780th Military Intelligence Brigade, trains at the top of Squaw Peak in Squaw Valley, Calif., for the 2015 Reebok Spartan Race World Championships, at Lake Tahoe, Calif. Smith placed 31st in the women's race.**

Smith has no regrets.

"The last seven or eight years of my life have validated my choice," she said. "People still need to be educated. There are some out there who just don't get it."

"I've been asked to change in a stall at a gym so my scars don't 'offend' anyone, and others have made snide comments about my being flat-chested," Smith noted. "That hurt some, but it's all about education."

One of her most memorable moments as a result of her surgical decision and determination to keep in shape was the opportunity to be a body-double for actress Lyndsy Fonseca in Jennifer Anniston's 2011

production of "Five." The Lifetime movie was an anthology of five short films exploring the impact of breast cancer on people's lives.

Fonseca's role was an exotic dancer whose career would be affected by breast cancer.

"That opportunity validated everything," Smith said.

Running secured other empowering life decisions for Smith: she went on to finish college, graduating in May 2011 from Penn State University. Three months later she started working on her master's degree at Georgetown University with the Army's Green-to-Gold program, which enabled her to go from enlisted to officer.

Smith has continuously evolved as a runner, having competed in the Soulstice Mountain Trail Run, Rosaryville Veteran's Day 50K, Army 10-Miler, Vermont City Marathon, Mad Marathon, Blue Ridge Marathon and Laurel Highlands Ultra.

She is currently training for the upcoming 2016 Leadville Trail 100, an ultramarathon held annually on trails and dirt roads near Leadville, Colo. Smith considers this the "grand slam of running."

Smith passionately acts as a public servant, spreading the word about BRCA2 and its ripple-effect.

"I want women to get tested. ... I want them to know there are others out there experiencing the same thing, others who have been through it," Smith said. "Men are carriers, too. Get tested."

"When my daughter turns 21, hopefully she will be influenced by my decisions and will get tested."

Smith believes her message is important because she had little support avenues.

"Everyone needs at least one story to compare," she said.



# Military Spouse Job Fair offers wide range of employers

BY LISA R. RHODES

Staff Writer

**T**he unemployment rate for military spouses is nearly 26 percent, more than three times the national average, according to the Department of Defense.

However, when military spouses are employed, they earn 38 percent less than their civilian counterparts.

To help military spouses gain meaningful employment, Fort Meade is hosting its sixth annual Military Spouse Job Fair for military spouses in the National Capital Region. The purpose is to provide them with viable career options from a wide range of local employers.

The job fair is May 4 from 8 a.m. to noon at McGill Training Center.

"Ideally, we would like for military spouses to walk away with a job, or at least the opportunity to network with recruiters to get an idea of any potential job openings, and to answer their questions," said Susan Rosenfold, the job fair coordinator and a work and family consultant at Fort Meade's Fleet and Family Support Center.

The job fair is being held two days before Military Spouse Appreciation Day on May 6.

Fort Meade's Military Spouse Job Fair is a collaboration between the Fleet and Family Support Center; Army Community Service; the Maryland Department of Labor, Licensing and Regulation Anne Arundel One Stop Career Centers; Anne Arundel Workforce Development Corporation; Navy Transition Goals, Plans and Success Program; and Fort Meade's Directorate of Family and Morale, Welfare and



FILE PHOTO

**Fort Meade is hosting its sixth annual Military Spouse Job Fair on May 4 from 8 a.m. to noon at McGill Training Center.**

Recreation.

The job fair is open to military spouses, as well as active-duty service members, DoD civilian employees and DoD contractors.

Rosenfold said military spouses often have a hard time building a career because of the frequent reassignments of their active-duty spouses. Military spouses also often leave the workplace to raise children or work part-time.

"They [military spouses] are at a disadvantage," said Rosenfold, a military spouse. "Moving so often makes it very difficult to establish a career and move along at a pace that people in the civilian sector do. It's like having to start over and over again once we're reassigned to a new duty station."

Rosenfold said many military spouses are not able to firmly establish a career until their active-duty spouse retires.

"But by then you have to compete for jobs with younger graduates who have up to 20 more years of potential to offer an employer," she said.

However, the Military Spouse Preference program, established under the Military Family Act of 1985, offers employment placement preference in DoD civilian personnel positions to military spouses who meet certain criteria, according to the Military One Source website.

Ana Brown, the Employment Readiness Program manager at ACS, will be available at the job fair to provide spouses with information about the Military Spouse Preference Program, as well as job openings in the local area.

Several federal government agencies are among the 57 employers expected to participate in the job fair.

Jerome Duncan, a business consultant with DLLR Anne Arundel One Stop Career Center, is recruiting employers for the event.

The list of employers include the Anne Arundel County Police, BB&T Bank, Federal Bureau of Prisons, Johns Hopkins Health System, Maryland Department of

Public Safety and Correctional Services, National Security Agency, Starbucks Coffee Company, U.S. Department of Agriculture, U.S. Department of Treasury, Verizon, Towson University and University of Maryland, College Park.

"They have openings," Duncan said. "They're looking to hire."

Duncan said prospective job seekers should obtain the employer list for the job fair and research the companies that interest them. The list is available online at the Fort Meade website at [ftmeade.army.mil](http://ftmeade.army.mil) under the Directorate of Family and Morale, Welfare and Recreation link. Click the job fair link.

"Research the companies, go to their website and tailor yourself to what they are looking for," Duncan said.

Duncan said there are many highly skilled job seekers at Fort Meade. He said job seekers are oftentimes not successful at job fairs because they are not prepared to properly present their credentials and their talent for what a company's recruiter is looking for to fill a position.

"You have to do your homework," he said.

The Fort Meade Alliance is sponsoring a Spouse Appreciation Relaxation Station at the event for military spouses only.

A free lunch from Mission BBQ will be offered, as well as seated chair massages.

Pia Morales, Fort Meade's Mobilization and Deployment Program manager at ACS, and liaison to the family readiness groups on post, is helping to organize the station.

"We are inviting senior spouses from every service branch to greet the military spouses as they come in," Morales said. "We want to welcome them and make them feel comfortable."

# Taking stock during Financial Literacy Month

BY HENRY MARTIN

Social Security District Manager, Glen Burnie

**A**pril is Financial Literacy Month, a perfect time to take stock of your retirement savings. Social Security is there to help secure your future, but savings should be the foundation of a bigger retirement plan.

The convenience and safety of doing business online is another way we're meeting the changing needs and lifestyles of our customers. You can open your own personal "my Social Security account" within a matter of minutes and have access to your information at any time of day.

With a my Social Security account,

you can:

- Keep track of your earnings and verify them every year, which is important because we use your earnings, along with other information, to help determine your benefit amount and eligibility.

- Get an estimate of your future benefits, if you are still working.

- Get a letter with proof of your benefits, if you currently receive them.

- Manage your benefits.
- Change your address.
- Start or change your direct deposit.
- Get a replacement Medicare card.
- Get a replacement SSA-1099 or SSA-1042S for tax season.

If you live in Washington, D.C., Michigan, Nebraska, Washington or Wisconsin,

you may be able to replace your Social Security card online using my Social Security. It's an easy, convenient, and secure way to request a replacement card online.

To take advantage of this new service option, you must:

- Have or create a my Social Security account

- Have a valid driver's license in a participating state or the District of Columbia (or a state-issued identification card in some states)

- Be age 18 or older and a U.S. citizen with a domestic U.S. mailing address (including APO, FPO, and DPO addresses)

- Not be requesting a name change or

any other changes to your card.

Social Security plans to add more states, so check [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber) throughout the year.

In April, Social Security celebrates National my Social Security Week. The biggest day in that week is "Check Your Statement Day."

It's important that you check your Social Security statement every year since future benefits are based on your earnings record. Your statement can help you plan for your financial future.

We encourage you to go online to my Social Security to access your statement whenever you wish to verify your earnings history or check your estimated future benefits.



# Chef Robert Irvine shares health tips for spouses

BY LISA R. RHODES  
Staff Writer

When celebrity chef Robert Irvine walked in the door at the Fort Meade USO Center on Tuesday morning, he was greeted by the screams and applause of adoring female fans.

"How is everybody?" asked Irvine, host of "Restaurant Impossible," one of the highest-rated shows on cable television's Food Network.

Irvine spent an hour with 131 Fort Meade military spouses and their children.

"Thank you all for your service — it's incredible," Irvine said.

The celebrity chef praised USO volunteers who "contribute to great folks like yourselves." He also hugged children and gave one boy a high-five.

Irvine spoke to the spouses about the importance of the Army's Performance Triad, which focuses on nutrition, sleep and activity to improve the readiness and resilience of Soldiers and their families. He also provided tips for cooking healthy meals.

The event was part of the USO's spouse breakfast club, which meets at 9 a.m. on the third Friday of the month.

The club is open to all Fort Meade military spouses and non-school-age children.

Shawn Sabia, supervisor of the USO Center, said the purpose of the club is to "show our appreciation to military spouses for their sacrifice" and to give military spouses an opportunity to relax and mingle with their peers.

Irvine's visit was held on Tuesday to accommodate his schedule. He arrived in the National Capital Region to prepare the dinner for the USO Metropolitan Washington-Baltimore's 34th Annual Awards Dinner on Tuesday evening at the Renaissance Arlington Capital View Hotel in Crystal City, Va.

Michelle Shortencarrier, communica-

***"I truly believe if you spend one hour a day to exercise, it's your space ... It doesn't have to be at a gym. You can take a walk."***

*Chef Robert Irvine*



PHOTO BY BRYAN SPANN/MEADE TV

**Celebrity chef Robert Irvine, host of "Restaurant Impossible," a popular show on the Food Network, gives a high-five to a young boy during his visit to Fort Meade's USO Center on Tuesday morning. Irvine spoke to military spouses about healthy lifestyle habits and cooking.**

tions manager for USO Metropolitan Washington-Baltimore, which is based at Fort Myer, Va., said the annual event honors military personnel and civilians for their contributions to the military and military families.

Irvine received a merit award from the organization in 2013.

The Robert Irvine Foundation, which he founded, is a nonprofit organization that supports military personnel and their families.

Shortencarrier said that Irvine has participated in several USO tours overseas and has traveled to Kuwait, Japan, Iraq and Afghanistan.

The chef, who is known for his fit physique and outgoing personality, advised Fort Meade's spouses to set aside one hour each day to exercise.

"I truly believe if you spend one hour a day to exercise, it's your space," Irvine said. "It doesn't have to be at a gym. You can take a walk."

Irvine said just 20 minutes of exercise at a moderate pace can lead to weight loss. He advised against running on hard pavement because it is hard on the joints, and he suggested using light weights with multiple repetition. This can lead to lean muscle mass.

Exercise, he said, reduces stress, which is

common for service members and their spouses.

Stress and lack of sleep can lead to "bad decisions," Irvine warned.

For healthy cooking, Irvine suggested using sea salt or kosher salt, turmeric and grapeseed oil. He also said butter is preferable to margarine.

"Eat every two hours or else you'll get cranky," Irvine said.

Small, frequent meals are best.

To encourage family members to eat more vegetables, Irvine said spouses should try slicing broccoli and cauliflower stalks, sauteing them in grapeseed oil and sprinkling them with spices.

He said children will love carrots baked in the oven.

Carolina Juday, a military spouse, said it was "awesome" to have the opportunity to meet Irvine.

"We watch the Food Network religiously in my house," Juday said. "He's [Irvine] passionate. He's a good cook and he's good with people."

Military spouse Carine Kajley also was impressed.

"I think it's always nice to meet celebrities," she said. "I'm not really starstruck, but it's good to get a break and have someone come out and show their appreciation for the military."

## Chef Robert Irvine's Tips for Healthy Eating

For healthy cooking, Irvine suggests:

- Using sea salt or kosher salt, turmeric and grapeseed oil
- Butter is preferable to margarine
- Eating every two hours
- Small, frequent meals are best
- Eating more vegetables
- Slicing broccoli and cauliflower stalks, sauteing them in grapeseed oil and sprinkling them with spices
- Children will love carrots baked in the oven

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Leila stands behind her brothers Christopher and Alexander as they proudly hold up the largemouth bass they caught during the Youth Fishing Rodeo at Burba Lake on Saturday.

PHOTOS BY NATE PESCE

# Hooked on a feeling

## Annual rodeo promotes love of fishing among youth

By ALAN H. FEILER  
Staff Writer

**P**erched on the grassy and muddy shores of Burba Lake on Saturday morning, Leslie Wightman found herself in constant motion.

When she wasn't rushing over to stop her 2-year-old son Isaac from tumbling into the water, Wightman, a mother of four, was helping another child with baiting a fish hook.

"This is a lot of fun, and it's also relaxing in a way," said the Severn resident, whose husband, Navy 1st Class Petty Officer Timothy Wightman, serves with Navy Information Operations Command Maryland. "My husband's currently deployed, but that's no reason to just stay in the house. So we came



Families gather on a small pier at Burba Lake to cast their lines during the Youth Fishing Rodeo on Saturday morning. About 60 children registered for the annual event.



Maj. Matt Ostergaard of the Asymmetric Warfare Group and his son Martin show off their catch after a day of fishing at Burba Lake.

here to have a good time.

"This is only my second time fishing ever; I bought some rods and watched a few YouTube videos yesterday. Anything to just give my kids multiple experiences. It's important for us to have fun and stay busy."

Wightman was among the more than 120 participants of the Youth Fishing Rodeo, which is sponsored every spring and fall by the Meade Rod & Gun Club and the Directorate of Family and Morale, Welfare and Recreation.

Based at Burba Lake Recreation Area #5, the free, six-hour event was open to youths ages 3-15 and their parents or guardians.

Prizes were awarded in the age categories

of 3-6; 7-11; and 12-15.

Fishing gear and bait were available to participants if needed, and beverages and potato chips were distributed at no charge by the club.

With a cloudless sky and moderate temperatures on Saturday, Burba Lake was an ideal setting for fishing and being outdoors, said Charisma Wooten, the club's secretary and events planner. She said 60 children were registered for the rodeo.

"It's a wonderful morning," she said. "People are having a very good time, and we're seeing a lot of first-time people."

Founded by the Odenton-based club in the mid-1960s, the rodeo is designed to foster a

love of fishing among youngsters, said Michael Rushanan, senior advisor to the group of approximately 300 members.

Rushanan, who joined the club in 1959, said the earliest rodeos were held at a pond near Sarah's House, a transitional housing program located off Route 175 on Fort Meade. He said the event was moved to Burba Lake, then known as Kelly Pool, around 1975.

"We've got a lot of children on this post, and we want to get those kids involved," said Rushanan, a military retiree who lives in Odenton.

Retired Air Force Col. Glenn Altshuld, the club's associate guns representative, said the rodeo's always a fun time for families.

"It's a wonderful event designed to intro-

duce children to fishing, as well as reintroduce it to adults who enjoyed it in their youth," said the Hanover resident whose grandson Jacob was in attendance.

"Fishing isn't really about fishing, but about spending time with people you care about. My best times fishing were spent with my grandfathers, brothers and other family members."

Nine-year-old Leila came to the rodeo with her parents and three brothers, as well as members of her church and her twin brother Alex's Cub Scouts troop. She proudly noted that Alex caught the first fish of the morning — a bass.

"I've done a lot of fishing with my daddy [Marine Staff Sgt. Aaron Beger of Marine

### Fishing Rodeo Results

#### Ages 3-6:

- 1st Place - Christopher Beger, 365 grams, bass
- 2nd Place - Martin Ostergaard, 335 grams, bass
- 3rd Place - Emery Martin, 275 grams, bass

#### Ages 7-11:

- 1st Place - Brooke Bincarowsky, 390 grams, bass
- 2nd Place - Kameron Smith, 360 grams, bass
- 3rd Place - Braden Woo, 235 grams, bass

#### Ages 12-15:

- 1st Place - Kerrion Smith, 285 grams, bluegill
- 2nd Place - Jacob Dunkum, 125 grams, bass

#### Top prize for largest fish:

- Brooke Bincarowsky - 390 grams, largemouth bass

#### Prize for smallest fish

(ages 3-6 only):

- Everett Lewis, 95 grams, bluegill

- No catfish were reported caught.
- One trout was caught and weighed 220 grams (One pound equals 453 grams)

Corps Cyberspace Warfare Group]," said Leila, a student at Pershing Hill Elementary School. "I really like catching the fish and holding them in my hands. Then, later on, we eat them with rice or make fish sticks.

"We've never fished here before, but it's a good place to fish," she said. "I caught two bass this morning. It's really a perfect day, not too hot or too cold."

Odenton resident Jose Bacasnot agreed. He attended the fishing rodeo with his daughter Olivia, 8, and son Xander, 5.

Bacasnot, a contractor for the federal government, reported that he and his family did not catch any fish Saturday.

"We caught just weeds and then more weeds," he said with a chuckle.

"But it's just great to be out here. I told the kids, 'No iPads while we're fishing' because the electronics are so ingrained in them.

"It was nice to get out in the sun and learn a skill beside using a joy stick," Bacasnot said. "It's just a great event, and we're grateful that they opened it to the public, especially with all the new security measures in place."

Kerrion, a Meade High School freshman, said he also was grateful to the event's organizers. The 15-year-old came in first place in his age category and won a fishing rod.

"It feels pretty good," he said. "I caught a brim. I'll put [the rod] to good use."

For information about the Meade Rod & Gun Club, visit [meaderodandgun.org/home//node/90](http://meaderodandgun.org/home//node/90).



A youngster at the Youth Fishing Rodeo holds up his lure and hook, preparing to cast his line into Burba Lake.



## SPORTS SHORTS

**24-hour fitness facility opens at Murphy Field House**

Murphy Field House is now offering unmanned extended hours after normal operating hours.

Murphy is open to authorized registered patrons ages 18 and older to utilize the cardio equipment and Nautilus weight machines.

The free weights, basketball and racquetball courts are NOT open during unmanned hours.

The facility is unmanned, so exercise responsibility and come with a buddy.

Murphy is fully equipped with surveillance cameras. All users will be monitored at all times while in the facility.

Registration is required to gain access to the facility by fingerprint reader.

Pick up a registration form at Gaffney Fitness Center or Murphy Field House and submit the completed form to the facility in advance so your information is in the system when you come for your appointment at Gaffney to enter your fingerprint for entrance to the facility.

Schedule an appointment for registration for 24/7 access.

For more information, call 301-677-3867.

**Fort Meade Run Series**

The 2016 Fort Meade Run Series begins Saturday with the Earth Day 5K at 8 a.m. at Burba Lake Park.

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.

Register online at [meade.armymwr.com/us/meade/programs/run-series](http://meade.armymwr.com/us/meade/programs/run-series).

All runs start at 8 a.m. and are open to the public.

- Patriot Pride: 5/10K: May 21, Murphy Field House

- Army Birthday 5K: June 11, Pavilion

- Football Fanfair 5K: Sept. 17, Constitution Park

- Ghosts, Ghouls & Goblins 5K: Oct. 22, Pavilion

- Turkey Trot 5K: Nov. 19, Murphy Field House

- Reindeer Run 5K: Dec. 10, Murphy Field House

For more information, call 301-677-3318 or see Page 4.

**Half-Marathon**

The Annual Joint Base Andrews Half-Marathon is taking place May 14.

Registration is now open to all DoD ID cardholders at the Facebook page: [Facebook.com/JBAHalfMarathon](https://www.facebook.com/JBAHalfMarathon).

**Golf tournament**

The 2nd Annual Golf Scramble, sponsored by the Military District of Washington's Sergeant Audie Murphy Club, will be held April 29 at the Bowie Golf and Country Club, 7420 Laurel Bowie Road, Bowie.

Registration deadline is Wednesday.

Check-in is at 7 a.m. Shotgun start is at 8 p.m.

The awards ceremony will begin at 1 p.m.

Fee is \$70 for service members and \$65 for civilians and retirees.

Proceeds will benefit research for Epithelial Hemangioendothelioma, a rare vascular cancer that primarily affects adolescents and young adults.

Donations will be accepted to sponsor wounded warriors and military players.

Four-person scramble includes 18 holes of golf, cart and range balls.

To register, email [dawnanb@gmail.com](mailto:dawnanb@gmail.com) or call Dawna at 719-640-1724.

**Lifeguard, recertification courses**

Gaffney Fitness Center is offering an American Red Cross Lifeguard Recertification Course from April 30 to May 1.

Participants must present current, valid certification at registration.

Registration fee is \$150.

Registration is required in-person by Wednesday.

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

**Intramural Ultimate Frisbee**

Fort Meade Intramural Ultimate Frisbee is 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 meet on the soccer field in the Mullins Field area, across from Gaffney Fitness Center.

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

**Parent Central Services hours**

Parent Central Services' 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).

**Youth Sports spring registration**

Registration is ongoing for spring Youth Sports.

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).

**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:

- 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).

**JIBBER-LESS**

Jibber Jabber will return next week.

Until then, if you have comments on anything to do with sports, contact Public Affairs Officer Chad T. Jones at [chad.t-jones.civ@mail.mil](mailto:chad.t-jones.civ@mail.mil) or find him on Twitter @CTJibber.

**COMMUNITY CRIME WATCH****FORT MEADE DIRECTORATE OF EMERGENCY SERVICES**

**April 13, Shoplifting:** Investigation revealed that the subject concealed Exchange items on her person after leaving the women's dressing room and exited the store without rendering payment.

**April 13, Domestic disturbance:** Police met with the victim who stated that during an argument with her fiancé, he became physical and pushed her into a dresser as she was walking away from the argument.

**April 17, Assaulting, resisting or impeding certain officers or employers:** Police were contacted about a verbal altercation in the parking lot of the Directorate of Emergency Services. During this altercation, the subject walked away toward Club Meade. Police attempted to make contact with the subject, who refused to cooperate and continued to walk away. After repeated attempts to get the subject to cooperate, the police attempted to detain the subject, who then punched a police officer in the face.

**For week of April 4-10**

Moving violations: 35

Nonmoving violations: 0

Verbal warnings for traffic stops: 57

Traffic accidents: 8

Driving on suspended license: 3

Driving on suspended registration: 0

Driving without a license: 1

**For week of April 11-17**

Moving violations: 25

Nonmoving violations: 0

Verbal warnings for traffic stops: 46

Traffic accidents: 3

Driving on suspended license: 0

Driving on suspended registration: 0

Driving without a license: 0



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Join the conversation using the hashtag **#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://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 [www.ftmeade.army.mil](http://www.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.

### New VCC hours

The new operating hours at the Demps

Visitor Control Center are 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.

Visit the VCC at least 10 business days in advance to apply for a long-term access pass.

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.

To find out how to preregister, go to [goo.gl/xyTzhg](http://goo.gl/xyTzhg).

### Holocaust observance

Fort Meade garrison's annual Holocaust Days of Remembrance observance is today from 11:30 a.m. to 1 p.m. at McGill Training Center, 8452 Zimborski Ave.

The free event is hosted by the 902nd Military Intelligence Group.

This year's theme is "Learning From The Holocaust: Acts of Courage."

The guest speaker is Holocaust survivor Rubin Sztajer.

All Fort Meade service members and civilians are encouraged to attend with supervisory approval and without charge

to annual leave.

Administrative leave is authorized.

For more information, call the 902nd MI at 301-677-2162 or the Fort Meade Equal Opportunity Office at 301-677-6687.

### Electronic Recycling Event

The Fort Meade Environmental Electronic Recycling Data Destruction Event for personal equipment only will be held April 28 at the installation's Earth Day celebration from 10 a.m. to 2 p.m. at the Pavilion.

The following items will be accepted at no charge:

Desktop computers, laptops, tablets, servers, cellphones, iPods, MP3 players, printers, fax machines, audio/video equipment, radios, tape decks, amplifiers, phones, answering machines, AC adapters and wiring, electronic gaming systems, VCRs, DVD players, LCD monitors, and computer equipment including keyboards, power supplies and cables.

Disposal fees will be charged for the following items:

- CRT monitors and TVs: \$15
- Backup batteries: \$5 for small and \$10 for large
- Hard drives for \$10
- CDs, floppies, tapes — shredded and recycled: \$1 per pound

For more information, call 301-677-9170 or 301-677-9648.

### 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).

### Flea Market

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

Vendors who are DoD cardholders can preregister until April 29.

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

Vendor cost on April 30 is \$20.

For more information, call 301-677-3579.

### OCS celebration and reunion

A special 75th United States Army Officer Candidate School Diamond Anniversary Celebration and Reunion will be celebrated Sunday through April 28 at the DoubleTree Hotel in Columbus, Ga.

See **NEWS & NOTES**, page 14

## Prescription Drug Take-Back Day

Fort Meade is hosting a Community Prescription Drug Take-Back Day on April 30 from 7 a.m. to 1:30 p.m. in front of the Exchange.

The event is in support of the National Prescription Drug Take-Back Day, sponsored by the Drug Enforcement Agency. Fort Meade's Army Substance Abuse Program staff, in conjunction with the Fort Meade Pharmacy and the Directorate of Emergency Services, is collecting unneeded, unused and expired medications. This is an opportunity to help protect the environment by not flushing your medications down the drain. Unused medicine must be disposed of properly to avoid harm to wildlife, pets and humans.

- Do not flush unused medications and do not pour them down a sink or drain.
- To dispose in household trash, pour medication into a sealed, plastic bag. If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it.
- Add kitty litter, sawdust or coffee

grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) in the plastic bag.

- Seal the plastic bag and put it in the trash.
- Remove and destroy all identifying personal information (prescription label) from all medication containers before recycling them or throwing them away.

For more information, call Samson Robinson, ASAP prevention coordinator, at 301- 677- 7983.

### Turn in the following items:

- Prescription and over-the-counter medications that are unwanted, expired, discontinued, unidentifiable or not used any longer
- Medications for deceased family members
- You may leave all medications in original containers, but remove all patient information.

### Do NOT turn in the following items:

- Thermometers
- Sharps (syringes, needles, etc.)
- Medical devices
- Hazardous liquids
- Medical waste



# Job Fair

**Rocky Gorge Animal Hospital will be hosting a Job Fair intended to discover qualified and enthusiastic employees to join our family. We are seeking candidates for all of our departments - marketing, hospital administration, client relations, veterinary technician, as well as resort attendants. Come explore our 24-hour, state of the art facility and meet our talented team members.**

**Saturday, April 23rd 3:00 – 6:00pm**

**7515 Brooklyn Bridge Road, Laurel MD 20707**

**Please bring your resume**



## NEWS & NOTES, *From page 13*

The United States Army Alumni Association represents all Army officers commissioned through the Officer Candidate School, regardless of previous school locations and branches.

The Medal of Honor has been awarded to 43 graduates. Many will be in attendance.

This reunion will feature several prominent speakers including retired Lt. Gen. Joe Kinzer, former 5th Army Commander; retired Lt. Gen. John Brown, former USARPAC commander; Capt. Florent Groberg, recent MOH recipient; and retired Lt. Col. Ralph Peters, author and Fox News military analyst.

Demonstrations, briefings, special events and tours related to OCS are scheduled.

For more information, call Nancy Ionoff at 813-917-4309 or go to [ocsalumni.org](http://ocsalumni.org).

## Mother's Day Brunch

Club Meade is serving a Mother's Day Brunch on May 8 at Club Meade.

There will be two seating times: 11 a.m. to 1 p.m. or 2:30-4:30 p.m.

Reservations are recommended. Membership is not required.

Cost for adults is \$24.95 for members and \$28.95 for nonmembers.

Cost for youths ages 4-12 is \$12 for members and \$14 for nonmembers.

Ages 3 and under attend free.

Menu includes omelet station, waffle station, and hand-carved meat station; shrimp and other seafood dishes; chicken

and other meat dishes; assorted pasta, rice and potato.

The brunch is open to all DoD ID cardholders and their guests.

All others should visit the Fort Meade website for access details.

For reservations or more information, call 301-677-6969.

## Vendors wanted

The Fort Meade Farmer's Market is seeking 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.

For more information, call 301-677-3579 or 301-252-8688.

## Latin Night

Latin Night at the Brass Lounge in Club Meade is April 29 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).

## Free lunch for Military Spouse Appreciation

In honor of Military Spouse Appreciation, a free lunch buffet will be offered May 5 from 11 a.m. to 1:30 p.m. at Club Meade.

The free lunch is open to spouses of

active-duty and retired service members with valid ID.

The buffet will feature baked chicken breast with lemon cream sauce, angel hair pasta with lemon infused Alfredo sauce, fresh vegetables, rice pilaf, salad bar and dessert bar.

Reservations are required for groups of eight or more. Children's pricing is available.

Club Meade will remain open to the community for lunch.

For more information, call 301-677-6969.

## Team Trivia

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

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

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

Weekly prizes will be awarded to the top three winners.

For more information, call 301-677-5541.

## Earth Day

Earth Day will be celebrated on Fort Meade on April 28 from 10 a.m. to 2 p.m. at the Pavilion.

The event will feature educational and fun exhibits for all ages.

Free lunch starts at 11 a.m.

Bring your personal electronic equipment for Fort Meade's second recycling and data destruction event.

Donate your lightly used laptops, tablets, smart phones and flat-screen monitors to a program that prepares youth for careers in information technology.

For more event information, call 301-677-9185 or 301-677-9170 or email [suzanne.m.teague.civ@mail.mil](mailto:suzanne.m.teague.civ@mail.mil) or [james.r.ayers30.civ@mail.mil](mailto:james.r.ayers30.civ@mail.mil).

For updates, go to [ftmeade.army.mil](http://ftmeade.army.mil).

## Change of command

Bravo Company, 53rd Signal Battalion (SATCON) will host a change-of-command ceremony May 13 at 10 a.m. at 8910 Love Road.

Capt. Jeremy D. Haines will relinquish command to Capt. Brandon Tuell.

For more information, call 1st Lt. Angelos Katsaitis at 301-833-9103 or email [angelos.a.katsaitis@mail.mil](mailto:angelos.a.katsaitis@mail.mil).

## Community Job Fair

A Community Job Fair will be held May 25 from 9 a.m. to 2 p.m. at Club Meade, 6600 Mapes Road.

A free, frequent shuttle service will be available to take attendees from the Demps Visitor Control Center to Club Meade.

Individuals who not have a Department of Defense ID card must go to the Demps Visitor Control at Reece Road and present a valid photo ID card or driver's license, and Social Security number.

Meet employers. Bring resumes. Dress for success!

Arrive early and anticipate lines at the Reece Road gate and job fair.

Free resume evaluation and preparation assistance service will be available.

To schedule reasonable accommodations with an American Sign Language interpreter, email [jerome.duncan@maryland.gov](mailto:jerome.duncan@maryland.gov) by May 13.

The job fair is hosted by the Fort Meade Directorate of Family and Morale, Welfare and Recreation; DLLR/American Job Center; Anne Arundel Workforce Development Corporation; Army Community Service; Navy Fleet & Family Support Center; and Soldier For Life - Transition Assistance Program.

For more information, go to [dlr.maryland.gov](http://dlr.maryland.gov) or [meade.armymwr.com](http://meade.armymwr.com), or email [jerome.duncan@maryland.gov](mailto:jerome.duncan@maryland.gov).

## Bike gate pass

To obtain a bike gate pass for the Pepper Road gate, call Joseph R. Shinskie, chief of physical security at the Directorate of Emergency Services, at 301-677-6618 to schedule a date to pick up the pass.

Passes will be available for pickup within two days.

## EDUCATION

### Financial, Employment Readiness

Joint Services offers workshops and briefings by Army Community Service at the Community Readiness Center, 830 Chisholm Ave., and the Navy Fleet and Family Support Center at 2212 Chisholm Ave., unless otherwise noted.

The free classes are open to active-duty service members and family members, DoD civilian employees and retirees.

Registration is required for each class.

To register, go to [fortmeadeacs.checkappointments.com](http://fortmeadeacs.checkappointments.com) or call 301-677-5590.

#### Military

• Deployment Brief: Today, 10-11:30 a.m. at FFSC

#### Financial

• Basics of Investing: Tuesday, 9 a.m. to noon at ACS

• 1st Term Financial Readiness: Tuesday, 8 a.m. to 4 p.m. at ACS

#### Employment

• Salary Negotiation: Today, 9 a.m. to noon at ACS

• Social Media for Job Seekers: Tuesday,

# EARTH DAY IS APRIL 28th!

**at Fort Meade PAVILION from 10:00 am to 2:00 pm**

An Event for ALL Ages & Open to the Public  
Awesome Educational and Fun Exhibits!

**REDUCE** your footprint by bringing in your personal Electronic Equipment for Fort Meade's 2nd Recycling and Data Destruction Event!

**REUSE** your lightly used Laptops, Tablets, Smart phones & Flat Screen Monitors by donating them to a program that prepares our youth for careers in IT.

For more Earth Day info, call: 301-677-9185/9170  
[suzanne.m.teague.civ@mail.mil](mailto:suzanne.m.teague.civ@mail.mil) or [james.r.ayers30.civ@mail.mil](mailto:james.r.ayers30.civ@mail.mil)  
and [www.ftmeade.army.mil](http://www.ftmeade.army.mil) for updates

**FREE LUNCH starting at 11:00 am!**



9 a.m. to noon at ACS

For more information, call ACS at 301-677-5590 or FFSC at 301-677-9017/9018.

## YOUTH

### Youth Center events

The Youth Center is offering several activities this month for grades six to eight.

- Month of the Military Child Cake-Cutting Ceremony: Friday, 3:30 p.m.
- Kickball Game: Youth Center vs. Teen Center: Friday, 4 p.m.
- Youth Lock-in: April 29-30, 6:30 p.m.

For list of fees or more information, call 301-677-1437.

### Teen Center events

The Teen Center is offering several activities this month:

- Month of the Military Child Cake-Cutting Ceremony: Friday, 3 p.m.
- Kickball Game: Teen Center vs. Youth Center: Friday, 4 p.m.
- Parents & Teens Ice Cream Social: Tuesday, 5:30 p.m.
- Teen Center Skate Park is open the first and third Friday of the month. Free to members and \$2 for nonmembers. Helmets are required.

For more information, call 301-677-6054.

### Discipline workshop

1-2-3 Magic Workshop, a parenting class on discipline for children, will be held April 28 from 9:30-11:30 a.m. at the Family Advocacy Program, 2462 85th Medical Battalion Ave.

To register, call 301-677-7823.

### Romp 'n Stomp

Romp 'n Stomp playgroup for children ages 5 and younger and their parents meets Tuesdays from 9:30 to 11:30 a.m. from September to June at the Youth Center gym at 909 Ernie Pyle St. and in August at the Boundless Playground on Llewellyn Avenue.

For more information, call 301-677-5590.

### A-Z playgroup

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

Interactive activities are designed to assist parents in learning developmentally appropriate play techniques to help children improve their social, cognitive and motor skills.

Space is limited. Registration is required for each session.

For more information, call 301-677-7823.

## RECREATION

### Out & About

• **BOSS Trap & Skeet Trip** for all single service members is May 14 from 10 a.m. to 3 p.m. at the Prince George's County Trap & Skeet Center.

Registration is required by Wednesday. Only 30 spaces are available.

Cost is \$30 and includes transportation, instruction, shotgun rental, ammunition, targets for two games, game play for two games, and hearing and eye protection gear.

To register or for more information, see your BOSS representative; call 301-915-5389; or email: boss.ftmeade@gmail.com

• **The 41st annual Sugarloaf Crafts Festival** will be held April 29-30 from 10 a.m. to 6 p.m. and May 1 from 10 a.m. to 5 p.m. at the Maryland State Fairgrounds, 2200 York Road, Timonium.

More than 250 American artisans will display and sell their handcrafted work.

The event also features small-batch foods and children's entertainment.

For more information, including admission discounts, exhibitor lists and directions, go to sugarloaforcrafts.com or call 800-210-9900.

## MEETINGS

• **Moms of Multiples Group** meets every first and third Thursday of the month from 1:30-2:30 p.m. at the Family Advocacy Program, 2462 85th Medical Battalion Ave. The next meeting is today. For more information, call 301-677-7823.

• **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.

• **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.

• **Single Parent Support Group** meets every second and fourth Monday of the month from 5:30-7 p.m. at School Age Services, 1900 Reece Road. Children welcome. The next meeting is Monday. For more information, call 301-677-7823.

• **Families Dealing with Deployment** meets the first and third Monday of every month from 5:30-6:30 p.m. at the Family Advocacy Program, 2462 85th Medical Battalion Ave. Children welcome. The next meeting is May 2.

The group is for families experiencing an upcoming or current deployment, or the service members who have recently returned from deployment. For more information, call 301-677-7823.

• **Daddy & Me** interactive playgroup for fathers with children ages 2-4 meets the first and third Monday of every month from 5-6 p.m. at the Family Advocacy Program, 2462 85th Medical Battalion Ave. The next meeting is May 2. For more information, call 301-677-7823.

• **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 May 2.

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

For more information, go to 1686.toastmastersclubs.org or call 410-305-9190.

• **Retired Officers' Wives' Club** will meet May 3 at 11 a.m. at Club Meade.

The ROWC's newly elected officers for next year will be installed at this end-of-year luncheon, which also will celebrate "Everybody's Birthday Party."

Cost of luncheon is \$18.

Reservations are required by April 28 at noon. Call your area representative or Betty Wade at 410-551-7082.

• **Monthly Prayer Breakfast**, hosted by the Religious Support Office, is held the first Thursday of every month at 7 a.m. at Club Meade. The next prayer breakfast is May 5. 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 May 5. All first class petty officers are invited. For more information, call PO1 Jennifer Wonch at 410-854-2763.

*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 May 8

**Friday: "The Brothers Grimsby" (R).** A new assignment forces a top spy to team up with his football hooligan brother. With Sacha Baron Cohen, Mark Strong, Rebel Wilson.

**Saturday: "Miracles From Heaven" (PG).** A young girl suffering from a rare digestive disorder finds herself miraculously cured after surviving a terrible accident. With Jennifer Garner, Kylie Rogers, Martin Henderson.



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**Sunday: "10 Cloverfield Lane" (PG-13).** After getting in a car accident, a woman is held in a shelter with two men, who claim the outside world is affected by a widespread chemical attack. With John Goodman, Mary Elizabeth Winstead.

**April 29, May 1 & 7: "Batman v Superman: Dawn of Justice" (PG-13).** Fearing that the actions of Superman are left unchecked, Batman takes on the Man of Steel, while the world wrestles with what kind of a hero it really needs. With Henry Cavill, Ben Affleck, Amy Adams.

**April 30 & May 8: "The Divergent Series: Allegiant" (PG-13).** After the earth-shattering revelations of "Insurgent," Tris must escape with Four beyond the wall that encircles Chicago, to finally discover the shocking truth of the world around them. With Shailene Woodley, Theo James, Jeff Daniels.