

Soundoff!

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New leadership

Garrison welcomes new command sergeant major **PG 6**

Garrison Command Sgt. Maj. Brian S. Cullen addresses the audience during the change-of-responsibility ceremony on Friday morning at McGill Training Center. Cullen assumed the position of leadership from Garrison Command Sgt. Maj. Rodwell L. Forbes.

PHOTO BY PHIL GROUT



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UPCOMING EVENTS

Dec. 31, 5-8 p.m.: New Year's Eve Family Bowling Party - The Lanes
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Jan. 14, 10 a.m.-1 p.m.: Martin Luther King Jr. Aerobathon - Murphy
Jan. 19, 11:30 a.m.: Martin Luther King Jr. Observance - McGill

HAPPY HOLIDAYS!

Soundoff! will not publish Dec. 29 or Jan. 5 and will return Jan. 12.

Soundoff!

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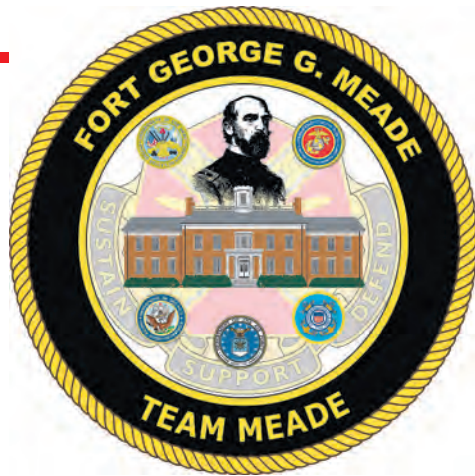
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COMMANDER'S COLUMN

Quo Vadis?

The holiday season marks the end of another year of growth and change at Fort George G. Meade and prompts each of us to ask where we are going in 2017.

The past year brought growth to Fort Meade — more professionals serving at the third most populous base in the Army, more roadways being paved and widened, more cyber-related structures being built, and more families needing support and community services.

As our post has grown, our funded capacity to support more than 55,000 service members, professional civilians, and their families has declined: The Army cut garrison staff in 2016, reduced the garrison budget, and has temporarily suspended further cuts to Morale, Welfare, and Recreation programs as it faces over \$100 million in shortfalls for those programs.

Leaders exhort me to "do less with less." My unscientific poll of Fort Meade citizens yielded exactly zero family members or service members favoring even less support or fewer resources as they support missions protecting our national security.

Given this schism between popular growth and Federal support, we ask ourselves: Quo vadis — where are we going?

We look forward to our centennial celebration in 2017. From saddles to cyberspace, Fort George G. Meade has been on the front lines of defending our national security. From our beginnings as one of the first deployment platforms for doughboys in World War I, to the birthplace of the Army Tank Corps, to our role as a Nike Missile Control Center in the Cold War, to becoming the national platform for intelligence, information, and cyber operations today, Fort Meade has a bright outlook for 2017 and beyond.

We look forward to US Cyber Command becoming a Combatant Command, with authorities and scope not unlike US Special Operations Command. We look forward to the outstanding support of our community partners who help us find libraries, child care facilities, exercise facilities, and excellent housing when we have outgrown our own.

We look forward to opening the Llewellyn Avenue gate this spring, continuing the widening of our roads and control points, and establishing a comprehensive readiness center for all in/out-processing actions at



Garrison Commander
Col. Tom Rickard

Pershing Hall, adjacent to the parade field.

We look forward to 2017 knowing that change presents opportunity and sometimes fear. Our garrison team has changed its Garrison Commander, Garrison CSM, Garrison Deputy Commander (deployed to Afghanistan), Headquarters Battalion Commander, Headquarters CSM, and Deputy Garrison Commander for Transformation — all within a six-month period.

Such change may be par for Brigade Combat Teams; such change is unprecedented for USAG Meade. We ask our community not to fear. The strength of the garrison team has always been, and will always be, the highly experienced and professional directorates of USAG Meade. We will continue to provide excellent service to the extremely talented community that is unique to Fort Meade.

We do not want to "do less with less." We must provide at least the same support in spite of fewer funds and personnel.

We will succeed only as a community — as Team Meade. Where we do not have staff for certain programs, we implore our community for volunteers. Where we cannot sustain certain services on post, we will seek comparable services off post with help from our gracious community partners. Where we find little demand for on-post services, we will shift resources to those services with strong demand.

However, each of us must be clear-eyed about what we truly need versus what we want or expect: We serve to support and defend our Constitution against all enemies, foreign and domestic. We accept hardship just as we enjoy our special status as professional civilians or service members.

We each have much to be thankful for in 2016, even if many of us experienced personal loss.

The garrison team is extremely grateful for all the outstanding volunteers and superb support from our generous community partners. We simply could not support this great post without your efforts.

We are especially thankful for the opportunity to serve the top talent in our nation here at Fort Meade — a wonderful place to serve, learn, and live. The garrison team is here to serve you, and we love what we do.

Merry Christmas and Happy Holidays from the US Army Garrison of Team Meade!

SFL-TAP recognizes lowest Army unemployment compensation since 2003

U.S. ARMY HUMAN RESOURCES
COMMAND PUBLIC AFFAIRS OFFICE

Fort Knox, Ky. — The Army closed out Fiscal Year 2016 with the lowest amount of unemployment compensation for ex-service members in 13 years at \$172.8 million, according to the Department of Labor.

Fiscal Year 2016 is the first time unemployment compensation has dipped below the \$200 million mark since 2003, where it closed out at \$152 million.

The decrease in unemployment compensation is encouraging to transitioning Soldiers and Army veterans seeking to find employment, pursue education or access other civilian opportunities.

Army unemployment compensation expenditures peaked in 2011 at \$515 million and have been decreasing since that time due to a combination of economic factors and Army efforts to better prepare Soldiers for the civilian sector.

Integrating Soldiers back into the civilian world successfully depends on a number of factors including civilian industry knowledge of valuable veteran skill sets, dispelling myths about veterans, and local economic conditions.

Soldiers and Army veterans must also be motivated and prepared to educate themselves on matching their career goals, skills, and location desires with the civilian sector.

"We are excited to see that more Army veterans are finding careers after they transition off of active-duty service and fewer are having to file for unemployment compensation," said retired Col. Walter Herd, director of the Soldier for Life-Transition Assistance Program based out of Fort Knox, Ky.

In the past few years, the Army has placed substantial efforts in assisting Soldiers with developing civilian career skills during their transition through a remodeled Army transition program. SFL-TAP is required to be completed by all Soldiers with at least 180 days of continuous active-duty service.

The program teaches Soldiers career skills such as resume writing, financial planning, benefits education, job application preparation and military skills translation, which has resulted in Sol-



diers becoming more prepared for civilian life.

"SFL-TAP works to provide opportunities to Soldiers who are looking to pursue an education, entrepreneurship or a career," Herd said. "We provide Soldiers a wide variety of resources, counseling, classes and skills programs to better prepare and connect them to the civilian sector."

The Army has partnered with the Department of Labor, Department of Veterans Affairs, Small Business Administration and various veteran service organizations to offer courses to transitioning Soldiers.

The Army also works with major employers across the country to educate companies on the value of hiring veterans and to connect Soldiers to civilian opportunities.

"Industries have found that Soldiers are adaptable leaders and make great employees," said Col. Adam Rocke, director of Soldier for Life in Crystal City, Va.

Soldier for Life is the Army's effort to connect and reintegrate Soldiers, retirees, veterans, and their families into local communities.

SFL-TAP is a commander's program that requires leaders to take an active role in a Soldier's transition. The program encourages Soldiers to attend early and often, starting 18 months prior to transition and 24 months prior to retirement from active duty.

"The earlier a Soldier starts SFL-TAP, the better prepared they are for finding a career, applying to school and pursuing other civilian goals," Herd said.

For more information on the Soldier for Life-Transition Assistance Program, visit www.sfl-tap.army.mil or call 301-677-9871.

Kimbrough announces changes to policies for emergency medical care

BY CHERYL JONES

Chief, Managed Care

Kimbrough Ambulatory Care Center announces important changes to the local policy and process for obtaining emergency room, urgent care and medical specialty services for prime beneficiaries enrolled with the Medical Treatment Facility.

Historically, beneficiaries have been able to call and get a referral after the fact. Effective Dec. 1, this option will no longer be available. Unless it is a true emergency, beneficiaries will require authorization from an MTF provider before seeking medical care.

♦ **Emergency room services:** Beneficiaries do not require a referral to obtain emergency services.

Emergency services are those services needed to prevent the loss of life, limb or eyesight. Should any prime beneficiary seek emergency room services for non-emergent issues, they may incur point-of-service charges, which include a \$300 deductible and 50 percent cost share.

If you are having a true emergency, dial 911 or go to the closest emergency room.

If you are unsure if your situation is a true emergency, call the Nurse Advice Line or your primary care provider 24 hours a day, seven days a week at 301-677-8800. You will be directed to appropriate care.

Active-duty service members must always contact their primary care manager by calling 301-677-8800 as soon as possible after an emergency room visit so appropriate authorization can be coordinated.

♦ **Urgent care:** All beneficiaries must contact the clinic or the Nurse Advice Line prior to seeking urgent care services.

If you are experiencing medical symptoms after duty hours that you feel could progress into an emergency situation, call 301-677-8800. Failure to do so may result in the point-of-service charges. Your primary care manager or the Nurse Advice Line will direct you to the appropriate care.

Remember: If you are directed to a specialty care follow-up appointment from an emergency room visit or urgent care facility visit, you must obtain authorization for this specialty care before care is rendered outside the emergency room or urgent care setting. This can be accomplished by contacting your primary care manager team at 301-677-8800.

♦ **Retroactive specialty care (non-emergent or urgent):** Effective Dec. 1, Kimbrough will no longer authorize retroactive specialty care referral requests. Beneficiaries must have prior authorization before seeking specialty care in the network.

This local change is in compliance with Chapter 1, Section 91 of the Tricare Policy Manual 6010.54M, which states: "Failure to obtain a primary care manager referral when one is required will result in the service being paid under point-of-service procedures with a deductible for outpatient services and cost-shares for in and outpatient services."

Questions regarding covered benefits can be directed to the Tricare beneficiary counseling and assistance coordinator, located in the referral management office, by calling 301-677-8982.

Should you feel that you have extenuating circumstances regarding any denial of payment for emergency room, urgent care or specialty care services, a request for reconsideration should be submitted in writing and forwarded to:

Chief of Managed Care at Kimbrough Ambulatory Care Center, 2480 Llewellyn Ave., Suite 5800, Fort Meade, MD 20755-5129.

For more information, call 301-677-8841.

COMMUNITY CRIME WATCH

COMPILED BY FORT MEADE
DIRECTORATE OF EMERGENCY
SERVICES

Dec. 15, Shoplifting: Investigation at the Exchange revealed a male going into the fitting area and putting on two light hoodies and jogger pants, place a pair of shoes, perfume and a knife in his bag, and exit the store without rendering payment.

For week of Dec. 12-18

Moving violations: 67
Nonmoving violations: 1
Verbal warnings for traffic stops: 103
Traffic accidents: 3
Driving on suspended license: 0
Driving on suspended registration: 0
Driving without a license: 0



PHOTOS BY JEN RYNDA/BALTIMORE SUN MEDIA GROUP

WWE wrestler Bayley tells students about how she was bullied as a teenager for liking WWE during the "Be a STAR" rally at MacArthur Middle School on Dec. 13.

WWE stars smack down bullying at school rally

By MADDIE ECKER
Staff Writer

With an awe-struck smile on his face, Justin Williams stared up at the 6-foot-6-inch World Wrestling Entertainment superstar Titus O'Neil.

O'Neil wrapped an arm around the sixth-grader's shoulders and asked him to tell his peers the two best ways to stop bullying.

"Tell a trustworthy adult, like a principal or a teacher," Justin said. "And, tell the bully to stop and take the person [being bullied] away from the situation."

O'Neil and three other WWE superstars spoke about bullying during WWE's "Be a STAR" anti-bullying campaign at MacArthur Middle School on Dec. 13 during their visit to Fort Meade.

The initiative encourages "young people

to treat each other with respect through education and grass roots initiatives," according to the WWE community website.

During the hourlong event, WWE wrestlers Alicia Fox, Bayley and Sin Cara took turns telling personal stories about being bullied.

"I was bullied [as a kid] because I loved WWE," Bayley said. "Now, I'm here with WWE."

WWE personality Alicia Fox took the microphone to talk about the different types of bullying.

"There's verbal and physical bullying," Fox said. "But the No. 1 form of bullying is cyberbullying."

Fox asked the students to raise their hand if they had ever received a mean message. As hands shot up, she fired off another question.

"Has anyone ever sent a negative message?" she asked.

Hands, fewer than before, were grudgingly raised in the air.

"Social media is a tool," Fox said.

With help from students, she listed a couple of ways to respond to cyberbullying.

"Tell a parent, block the message and don't respond, and keep all passwords safe," Fox said.

Sin Cara, who wears a Lucha Libre mask, asked students to define what a bystander is and encouraged them to intervene when witnessing bullying.

To drive home the message of respect and tolerance, O'Neil led the students in a call and response.

"Don't be a bully," he shouted.

"Be a star!" the students responded gleefully.

O'Neil presented a certificate to Assistant Principal Laura Dudeck for the school's "continued commitment to bullying prevention."

"Here at MacArthur we take bullying seriously," Dudeck said during the rally. "We have a no-tolerance policy [on bullying] and



The WWE stars pose with students and chant "don't be a bully, be a star" after the anti-bullying rally. The rally was one of three events held on post as part of WWE's "Tribute to the Troops" show, which was held that night in Washington D.C.

"Here at MacArthur we take bullying seriously. We have a no-tolerance policy [on bullying] and it starts with you guys."

MacArthur Middle School Assistant Principal Laura Dudeck



Sixth-grader Justin Williams, 11, looks at Sin Cara (left) while on stage with Titus O'Neil to answer questions about the best ways to stop bullying.

it starts with you guys.”

Students selected by their teachers for being leaders were recognized during the rally with plaques of their own. Shyheim Lattimore, Kyle Chidester, Denekio Crowdy, Georgia Pickard and Karen Yang were called one by one to the stage to receive their plaques and take a picture with the wrestlers.

Seventh-grade school counselor Reba Miller handles bullying cases at the middle school. She agrees that the primary form of bullying is cyberbullying.

“It was wonderful to have WWE here to reinforce what we say about cyberbullying,” she said. “The rally was very helpful.”

Tackling Bullying At School

This year, Miller wanted to change the conversation around bullying.

“As school counselors, bullying is a part of our curriculum,” Miller said. “However, when we started planning for this coming school year, I wanted to change the focus from bullying to kindness. Thus the ‘Acts of Kindness, Inspire Kindness’ program began.”

The program is divided into three committees: the community committee, faculty committee and student committee. Each group focuses on different ways to

promote, show and encourage acts of kindness.

“The goal of [this initiative] is to decrease bullying at MacArthur Middle School through educating and informing the community,” Miller said. “We want to show our students what bullying looks like, how to report it and, eventually, how to eliminate it.”

From students to teachers to the custodial staff, members of each group are participating in a friendly Acts of Kindness Competition to see who can tally the most kind acts during the school year.

The schoolwide initiative encourages every individual at the school to record someone else being kind. Each month a different group in the school is in charge of recognizing the kind acts of others.

Anyone observing a member of the MacArthur community performing a kind act can fill out and submit a kindness-act tally sheet to Miller, who maintains all of the documented acts of kindness.

At the end of the month, the winner who has performed the most kind acts will be announced.

“It can be something as simple as a student dropping books and another kid picking them up,” Miller said.

To commemorate a year of kind acts, MacArthur will hold a kindness celebration in June.



Wrestlers Alicia Fox (far right) and Bayley listen as Assistant Principal Laura Dudeck discusses MacArthur Middle School's “No-Tolerance” policy on bullying during the WWE “Be a STAR” anti-bullying rally.



Anne Arundel County Public Schools

Upcoming Events

Dec 22	Meade Mustangs v. Chopticon Basketball Game Meade High School, 6:30 p.m.
Dec 23	Start of winter break for AACPS
Dec 27	Meade Mustangs v. High Point, 4 th Annual Rt. 175 Holiday Classic Meade High School, 4 p.m.
Dec 28	Register for Jan. 23 SAT, late registration by Jan. 12 <i>Visit MeadeSeniorHigh.org for more information.</i>
Jan 3	AACPS reopen
Jan 24	Beginning of 3 rd marking period for all AACPS
Jan 31	Report card distribution for all AACPS

Stay Informed!



For more information, visit www.aacps.org.



Outgoing Garrison Command Sgt. Maj. Rodwell L. Forbes hands over the garrison guidon to Garrison Commander Col. Tom Rickard to relinquish his duties as Fort Meade's senior enlisted adviser.



PHOTOS BY PHIL GROUT

Incoming Command Sgt. Maj. Brian S. Cullen (left) receives the garrison guidon from Garrison Commander Col. Tom Rickard as he assumes the duties as Fort Meade's senior enlisted adviser on Friday at McGill Training Center.

Garrison welcomes new command sergeant major



Garrison Command Sgt. Maj. Brian S. Cullen chats with Lisa Rickard, wife of Garrison Commander Col. Tom Rickard, after officially joining the garrison command team on Friday.

By LISA R. RHODES
Staff Writer

Command Sgt. Maj. Brian S. Cullen assumed a top leadership position as Fort Meade's senior enlisted adviser in a change-of-responsibility ceremony Friday at McGill Training Center.

Cullen succeeds Command Sgt. Maj. Rodwell L. Forbes who served for more than two years.

In his brief remarks, Cullen said Forbes "set the bar high" and that he looks forward to the challenge of building on the foundation that Forbes established in the Fort Meade community and outside the installation's gates with community partners and organizations.

"I'm honored for the opportunity to serve the Fort Meade community," Cullen said.

The 30-minute ceremony began with a musical prelude by the U.S. Army Field Band's Brass Quintet and the invocation by Garrison Chaplain (Col.) Warren E. Kirby. Master Sgt. Rose Ryon of the Field Band sang the national anthem.

Bouquets were given to Forbes' wife, Patricia, and family members, and to Cullen's wife, Connie.

For the change of responsibility, Sgt. 1st Class Byron E. Coffee assisted in the

transfer of the colors.

After the exchange of leadership, Garrison Commander Col. Tom Rickard called Cullen a "seasoned military intelligence leader" who has "led expertly in top tactical, operational and strategic-level positions."

"I am very confident that Fort Meade will benefit from your leadership," Rickard said.

Cullen, who previously served with the 500th Intelligence Brigade at Schofield Barracks in Hawaii, has been in the Army for more than 27 years.

He has held leadership positions as a section leader, platoon sergeant, first sergeant, detachment noncommissioned officer in charge, and battalion and brigade command sergeant major.

Cullen, a native of Washington state, enlisted in 1989 and attended Advance Individual Training at Fort Huachuca, Ariz., where he trained as an All-Source Analyst.

He earned a Bachelor of Arts in intelligence studies and a master's degree in international relations, both from American Military University.

His military education includes the battle staff NCO course, basic instructor course and all levels of the noncommissioned officer education system. He is also a graduate of the Army Sergeants Major Academy.



Garrison Commander Col. Tom Rickard and outgoing Garrison Command Sgt. Maj. Rodwell L. Forbes shake hands at the change-of-responsibility ceremony.



Garrison Command Sgt. Maj. Brian S. Cullen and his wife, Connie, join Team Meade from an assignment with the 500th Intelligence Brigade, Schofield Barracks, Hawaii.

Cullen has deployed in support of Desert/Shield Storm, Operation Joint Endeavor in Bosnia-Herzegovina, Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom.

Rickard praised Forbes for his "leadership, wisdom and compassion," describing him as the "epitome of the concept of servant leader."

He also thanked Forbes for being "an outstanding leader, team member and man of character."

In his remarks, Forbes thanked both the community and his wife, and expressed gratitude for the partnership he

helped form with the Hospice of the Chesapeake in rendering Honor Salutes for the organization's veterans.

"It has truly been an honor to serve with each and every one of you," he said.

Forbes acknowledged the garrison's executive team and gave its members a commander's coin of excellence.

To his successor, Forbes said: "This will be the best adventure of your life. Embrace it and live in it."

After the ceremony, a reception for Cullen and his wife was held at McGill Training Center.

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Consider long-term commitment before buying a pet

BY SGT. 1ST CLASS JEFF SMITH
Defense Information School

Walk by a pet store on any given day and try not to be sucked in by that doggie in the window.

Cute kittens, puppies, ferrets, and all different types and sorts of little, furry bundles of love, right?

Impulsive thoughts run through your mind: "Ooh, I want one!"

Stop right there!

Pet ownership is a commitment, a long-term commitment and not just a commitment in time. Pets are costly and require attention. Take the time to make an educated decision before you get a pet.

Things to consider: What happens to this animal if I buy it and can't commit to it? Am I willing to commit a couple of decades to pet ownership? Can I afford regular veterinarian visits, and what if this animal gets sick? What if I have to move? How do I maintain military readiness and own a pet at the same time? Am I or any of my family members allergic to animals?

All these considerations should be thought out with pros and cons weighed and long-term commitment made before military personnel — or anyone — purchases or adopts a pet.

According to one animal control professional in Maryland, many pet owners don't invest time in research. So they don't know the requirements of pet ownership, which leads to surrender of animals to shelters.

"People surrender their animals for various reasons," said Angel Robinson, office manager at Anne Arundel County Animal Control. "The most common reason why people bring in their pets is because they are moving or their landlords will not let them have the animal."

Robinson's office is filled with employees and volunteers dedicated to helping animals. The shelter is a busy place with customers going in and out. One lady brings in a crate of four 12-week-old kittens with hopes of finding them homes with the help of the shelter's staff and volunteers.

Inside the office is a very energetic little dog named Rabbit. Rabbit has a broken hind leg, but you wouldn't know it. Rabbit eagerly awaits the next opportunity at attention, licking its whiskers, waving its little body side to side, wagging its tail. You would think it was perfectly



PHOTO BY SGT. 1ST CLASS JEFF SMITH

Angel Robinson, office manager at Anne Arundel County Animal Control, holds a dog named Rabbit who is being cared for at the Anne Arundel County Animal Control headquarters in Millersville. Robinson advises people to research animal ownership before getting pets, but is proud of her shelter's accomplishments in adopting out more than 1,000 animals this year.

fine, but Robinson said Rabbit is due for surgery to fix the broken leg.

Abandoned Pets

Dogs and cats are not the only types of animals owners surrender, said Robinson.

"Right now we have pigeons," she said. "We recently had turtles, we have a bearded dragon. In the past we've had alligators, chinchillas, guinea pigs. We had a kinkajou. We get pigs a lot. We've had horses, all kinds of snakes. We get rats, we get mice and all kinds of fish."

Regardless of the type of pet you want, Robinson said the most important part of the pet ownership process is in the research.

"There's a ton of information on the internet, or you can go to the library," Robinson said. "Look it up and make sure you know what it entails to take care of that animal. Definitely figure out what type of pet will work for you before you start looking. Know what you want

before you go out there."

Support Organizations

Throughout the U.S. there are many animal rehabilitation and support organizations.

In Eastern Maryland is Rude Ranch Animal Rescue, a no-kill, no-cage sanctuary shelter with six separated areas for cats and a couple of areas reserved for dogs.

Katherine Evans, the president of Rude Ranch Animal Rescue, said people don't consider the long-term commitment requirement of pet ownership.

"We get requests and emails from people saying their kids went to college, and with the kids gone, they don't need the pets anymore," she said. "We had five domesticated rabbits abandoned about a mile down the road, just sitting on the side of the road, frozen in fear."

Evans has many stories of poor decisions made by people in pet ownership.

"We ended up with a dog here several

years ago," she said. "The grandparents had their grandkids coming for the summer, so they got a puppy for the kids to play with. Then, when the kids went back home for school, they were done with the dog, so they just turned it out. They put it out on the street."

The rescue's environment features sectioned-off areas throughout for cats and dogs. There are cat shelves and walkways installed on the walls and throughout the home. Perched on a shelf in the main living area is an elderly cat named Tommy Tomcat, a Rude Ranch favorite.

"Tommy is actually almost 20 years old now," Evans said. "He can be so loving. He has this certain personality."

Tommy is one of about 60 animals at the rescue.

Benefits To Ownership

Evans said there are a lot of benefits to pet ownership as pets can bring a sense of purpose to people who want something to take care of, and pets can be beneficial to a person's overall fitness.

"In terms of dogs, if you need exercise, well that's a good excuse to own one, because dogs need to be walked, or they can be a jogging buddy," Evans said.

Human health can be a deterrent to pet ownership for people allergic to animals.

"Allergies are another reason for animals being surrendered," Robinson said.

"I would say the top three reasons people surrender their pets is moving and they can't take the pet with them; someone in the family has allergies; and that they can't afford to take care of the animal.

"Usually, cost is the biggest shocker to people."

The upfront cost of an animal is only a portion of its overall cost, as food and vet bills contribute significantly. According to petplace.com, a dog or cat can cost more than \$10,000 over the course of its lifetime.

Long-term considerations for the animal itself is another point to ponder. What if you do have to surrender for reasons out of your control? What will ever happen to that cute little animal you once wanted so much, your beloved pet?

Before you impulsively convince yourself that you must have that cute little doggie in the window, take the time to research and consider the long-term investment.

Running on holiday spirit

Reindeer Run brings 2016 run series to a close

BY MADDIE ECKER

Staff Writer

Frigid temperatures and strong winds didn't deter 201 people from participating in Fort Meade's Reindeer Run 5K and 1-Mile Walk on Dec. 10 at Murphy Field House.

Runners donned antlers and bells provided by the Fort Meade Directorate of Family and Morale, Welfare and Recreation to show their holiday spirit.

"Fun runs, such as the ones we do here, are a great way to get families and members of the community together," said Beth Downs, sports specialist for FMWR. "The runs are designed to get everyone out there — from those who are completing their first 5K to the more experienced runners."

The overall and first-place male winner was Bukhari Abdul-Salaam with a time of 17:37.

The first-place female winner was Halaina Demba at 20:40.

The first- and second-place finishers in each age group received medals. The top overall male and female runners were given the additional prize of an Under Armour long-sleeve shirt.

"Fun runs, such as the ones we do here, are a great way to get families and members of the community together."

*Beth Downs,
Family and Morale, Welfare and
Recreation sports specialist*

This was the final event of the 2016 Fort Meade Run Series sponsored by FMWR.

"This year's series went very well," Downs said. "The weather impacted more runs this year than in the past such as the rain for the April and May runs, high winds for the October run and the cold temperature for this past run."

"But runners still came out to participate. We saw many returning runners from past years, but also numerous new participants. We hope they continue to participate in future runs."

The Fort Meade Run Series will start again in April. To participate, check the Fort Meade MWR website in March.



PHOTOS BY STEVE RUARK

Halaina Demba of Odenton finishes first among all women in the final run of the FMWR Run Series on Dec. 10.



Bukhari Abdus-Salaam, 17, a senior at Meade High School, runs to a first-place overall finish with a time of 17:37.



Severn resident Capt. Phelisha McArthur (left), of Asymmetric Warfare Group, her 2-year-old son Ricky and Sgt. Moana Ameperosa of the 741st Military Intelligence Battalion bundle up for the Reindeer Run 5K Run and 1-Mile Walk.



PHOTOS BY JEN RYNDA/BALTIMORE SUN MEDIA GROUP
Sin Cara and Bayley pose for a photo with Siena Hernandez, 6, of Odenton and her sister Olivia, 3, after the wrestlers completed the rappelling challenge at AWG.

Out of the ring

Two WWE teams visit Fort Meade to meet with service members, students

By MADDIE ECKER
Staff Writer

Far from her home in the wrestling ring, World Wrestling Entertainment superstar Alicia Fox was trying to rappel down the highest wall of the Asymmetric Warfare Group rappelling tower.

Dressed in black, knee-length high-heel boots and a red hard hat, Fox looked over her shoulder to the ground below.

Cheers of encouragement rang out from bundled up AWG Soldiers and their families. “You got it!” shouted one spectator. “Keep your knees straight and lean out.”

Fox and five other WWE superstars came to Fort Meade on Dec. 13 as part of WWE’s 14th annual “Tribute to the Troops” show, which was held that evening at the Verizon Center in Washington, D.C.

The first event of the day was a weapons and rappelling challenge at AWG.

WWE wrestlers the Big Show, Sasha Banks and Titus O’Neil learned how to shoot M4 assault rifles and 9 mm pistols at paper targets, while Bayley, Sin Cara and Fox tried their hand at rappelling and rock climbing.

“It was really fun,” Bayley said after making her way down the highest wall. “I’ve watched WWE since I was 10 years old.



Daniel Briggs, 10, of Crofton, interviews Sin Cara for his YouTube channel during the wrestler’s trip to Fort Meade.

“Tribute to the Troops” was always something I looked forward to watching.”

For Bayley, spending time with the troops was a humbling experience.

“[I] just saw the smiles on those troops’ faces,” she said. “They’re genuinely happy and excited and having fun. The troops were the main event today. It’s not about the wrestlers.”

This was Bayley’s first time performing at



WWE wrestler Alicia Fox is surrounded by students during the “Be a STAR” anti-bullying rally at MacArthur Middle School on Dec. 13.

“Tribute to the Troops.”

“I’m excited to spread the hug life to the military and all of the troops,” Bayley said, referencing her WWE bubbly character.

Helping the wrestlers stay safe during the rappelling challenge was Paul Gump, an operational adviser and consultant for B Squadron at AWG.

“It was an immense amount of fun,” Gump said. “Having them come to AWG means a lot. It’s not often that people come out and really appreciate what we do.”

The AWG Family Readiness Group gave each wrestler a Christmas ornament.

“We just wanted to show them that we appreciate what they’re giving back to our community,” said Leslie Burks, the FRG adviser.

Aspen Farmer, FRG treasurer, brought her 9-month-old daughter Harper to the event. They spent the morning at AWG meeting the superstars and getting autographs.

“I watch the show ‘Total Divas,’ ” Farmer said. “I really like Nikki and Brie Bella.”

Burks and Farmer, along with other spectators, cheered as Fox rappelled down the tower.

“We really liked how Foxy overcame her fear and went down that wall,” Burks said.

Tribute To The Troops

As a way to celebrate its 75th anniversary, the USO helped organize trips for WWE superstars to visit Fort Meade and Naval Support Academy Bethesda on Dec. 13.

“WWE has been a great partner for USO-Metro,” said Shawn Sabia, Virginia Centers manager for the USO Metropolitan Washington-Baltimore. “We’re grateful they chose to work with us to bring the [WWE] to service members.”

The visit to Fort Meade was planned so the wrestling teams could spend as much time as possible with service members and their families.

“We thought this would be an awesome experience for the stars,” Sabia said, gesturing to the rappelling tower. “Coming to AWG was a little bit of showcasing and a little bit of fun. It’s an awesome opportunity to do this with some of the most well-trained individuals in the world.”

The USO-Metro and WWE have been partners for more than 15 years, working together to organize local handshake tours and award dinners honoring troops.

This year, WWE donated more than 7,000

tickets to USO-Metro for service members and families to attend the WWE “Tribute to the Troops” show, according to the USO-Metro website.

After their visit at AWG, O’Neil, Bayley, Fox and Sin Cara spoke at MacArthur Middle School about bullying.

The WWE’s “Be a STAR” anti-bullying rally aims to help youngsters practice respect and tolerance with the mission of reducing bullying in schools.

A Shot With the Big Show

The final event of the day was a meet and greet at the Exchange. Service members had the opportunity to get a picture and autograph from the Big Show and reigning Raw women’s champion Sasha Banks.

Navy Petty Officer 2nd Class Margarita Baez was one of the service members in line for an autograph.

“When I was growing up, the Big Show was a big name,” Baez said.

Baez, who hasn’t tuned in to a WWE show in a few years, said there’s one fight she’s looking forward to.

“The Big Show is fighting [Shaquille



WWE wrestler Bayley smiles as she rappels down the AWG tower.

O’Neal] in April,” she said. “I wish him luck. If he’s fighting Shaq and I can find it playing on TV, I can see myself watching [the match].”

Spc. Zachary Culver set his sights on taking a photograph with The Big Show.

“I originally came to [the Exchange] to get lunch,” Culver said. “I’ve never gotten my picture taken with pro wrestlers, so I thought checking this out would be nice.”



Tech Sgt. Patrick Harrower poses for a photo with WWE wrestlers Big Show and Sasha Banks at the Exchange. Six WWE superstars visited Fort Meade on Dec. 13 as part of WWE’s 14th annual “Tribute to the Troops” show.



Alicia Fox laughs as she and Paul Gump, an operational adviser and consultant at B Squadron, rappel down a wall at the Asymmetric Warfare Group tower.

JIBBER JABBER - OPINION

Christmas Time

So this is Xmas. It's Christmas time at old Fort Meade. I don't do pork, so I'm not eating collard greens. Nor is there a Christmas tree because our presents get opened on Eid.

However, those minor details didn't keep me from dressing up as Santa this year for the neighborhood kids. Only two kids cried, none of them did bathroom on my lap, and a few youngins actually brought me doughnuts.

TBH, I love the holiday season: Government employees have three, three-day weekends in the next month. No matter how cruddy your cable is, "Die Hard," bit.ly/1LaEQti "How The Grinch Stole Christmas" bit.ly/2tYsOs and "Christmas Vacation" will be on TV.

And, of course, the sports will be great: The NFL will be on four days per week, there will be 40 college football games, and the Warriors vs. Cavs on Christmas Day is must-see.

And even though sugar and gingerbread cookies are gross, what's there not to love about eggnog and lists? With that, here's what the #middleagedgangsta wants under his proverbial tree:

■ A year's supply of Carlson's doughnuts. I understand this wouldn't be good for my health. (Thanks for all the well-wishes, by the way. As the doc suspected, the ticker is fine, but my acid reflux has my body in flux.)

However, to bite a rhyme from M.C. Hammer, Carlson's Boston cream and apple fritters are too legit for me to quit.

■ I want Steve Ellmore and Tony Romo to find success in their future endeavors.

Steve is heading up to the Pentagon after a three-year stint running Fort Meade's Facebook page and sending out our text alerts — text, "Follow FtMeadeAlert" to 40404 (no quotation marks).

I don't know where Cowboys QB Tony Romo will be playing next year, but after Dak Prescott's 32-for-36 performance against Tampa Bay Sunday and the team's 12-2 start, it is clear Tony's future will not be in Big D.

■ I want people to stop fighting so much: Ever since ESPN started running "First Take" however many years ago, people have been taking the phrase "agree to disagree" to a whole new, depressing level.

Now you can't even post facts like, "It's cold outside" or "Michigan is the coolest looking state on the map" without starting an argument about global warming or imperialism. We all just need to take a pill



Chad T. Jones

PUBLIC AFFAIRS
OFFICER

and stop looking to be offended.

■ I want athletes to stop taking games off to avoid injuries or to rest.

I sort of understood why a team like the San Antonio Spurs rested players in March or April when they depended on then-ancient players like Tim Duncan and Manu Ginóbili to win a championship, but "Boogie" Cousins? The dude is only 26, and barring a miracle bigger than anything Santa could pull off, Sacramento won't be playing playoff basketball any time soon.

There is also a rash of college football players skipping their bowl games so they can "prepare for the 2017 NFL Draft." That's so millennial.

I get it, Christian McCaffery. Nobody wants to play in the Sun Bowl. But dude, what about the team? Same goes for LSU's Leonard Fournette, though he, at least, is currently injured.

■ I want to stop being such an old geezer. See the last two issues on my list.

■ I want everyone to experience at least one Ric Flair clip, so here you go: bit.ly/1mu6QNe

■ I want more parents to volunteer for Child and Youth Services and at least 12, 9- and 10-year olds to play for the Fort Meade Cougars baseball team this spring. For more information, call 301-677-1179.

■ I want Ohio fans to admit Michigan stopped J.T. Barrett on fourth down.

■ I want Justin Verlander and Miguel Cabrera to stay as Detroit Tigers.

It's only right that the best pitcher and hitter in Tigers history stays with the Tigers, and nothing would make me happier than another decade of Miggy bashing doubles to the gap, opposing batters whiffing on JV's 12-6 curve ball and random cutaway shots of the future Mrs. Verlander, Kate Upton.

■ I want you, Jabber Nation, to have a happy, safe holiday.

It's humbling how many of you actually take the time to read my nonsense. Just the other day, I was picking up a person at the VCC for a meeting and the DINFOS commandant himself, Col. Martin Downie, wished me well and said he enjoyed my style.

He added that my opinions were sometimes annoying, but even a man of Col. Downie's stature can't be right all the time.

Here's wishing you all a happy and safe holiday and a Merry Christmas. We'll see you in 2017, but until then ...

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

SPORTS SHORTS

New Year's Eve cosmic bowling parties

The Lanes is hosting cosmic bowling parties on Dec. 31.

◆ Family Party: 5-8 p.m.

Package for up to six people includes:

One lane rental and shoe rental for all; one bottle of sparkling cider; one large single-topping pizza; one pitcher of soda; snacks and party favors; and games and prize drawings.

◆ Prime Time Party: 9 p.m. to 1 a.m.

Package for up to six people includes:

One lane rental and shoe rental for all; one bottle of sparkling cider or one bottle of Champagne; one large single-topping pizza; one pitcher of soda; snacks and party favors; and games and prize drawings.

Families with children under age 21 will only be served sparkling cider. All others will be served Champagne only upon request.

Advanced reservations are recommended.

To reserve a lane, call 301-677-5541.

Pigskin Pick'em Contest

Take part in the NFL Football contest at The Lanes that runs through December.

Participants can pick up a free entry form and select the anticipated game winners of all Sunday NFL games.

Entry forms will be available every Tuesday beginning at 4 p.m. for that Sunday's game.

Entry forms must be submitted by 1 p.m. Sunday at The Lanes.

Weekly winners will receive a prize pack and be entered for a chance to win the grand prize.

The free contest is open to the Fort Meade community.

Watch Sunday games on The Lounge's large TV screens, and enjoy food and beverage specials.

For additional contest guidelines and rules, visit meade.armymwr.com.

EFMP Bowling

The Exceptional Family Member Program offers bowling for exceptional families on the third Wednesday of every month from 5:30-7 p.m. at The Lanes.

The next event is Jan. 18.

Exceptional family members can bowl one free game with free shoe rental.

Discounted games and shoes are available for \$2 each to other family members.

To register, call Sonya Zoller at 301-677-4779.

Lifeguarding classes

The American Red Cross is offering full

courses in lifeguarding, first aid and CPR/AED.

◆ Lifeguard training will be offered Jan. 21, 22, 28 and 29; Feb. 4, 5, 11 and 12; March 4, 5, 11 and 12; March 4, 5, 11 and 12; April 11-14; and May 13, 14, 20 and 21. Classes meet 8 a.m. to 3 p.m.

Registration fee is \$250.

◆ The Lifeguard Recertification Course will be offered Feb. 25 and 26, and March 25 and 26.

You must present current, valid certification at registration.

Registration fee is \$150.

For more information, call 301-677-7916 or go to meade.armymwr.com.

Dollar Day

Dollar Day is offered at The Lanes every Thursday from 10 a.m. to 4 p.m.

Bowling, shoe rental and food specials each cost \$1.

For more information, call 301-677-5541.

Tae Kwon Do

Child and Youth Services offers a Tae Kwon Do class Tuesdays and Thursdays at the Youth Center.

Classes for ages 4 to 6 cost \$45 per month. Classes for ages 7-17 cost \$85 per month.

For more information, call 301-677-1149.

Gaffney fitness classes

Gaffney Fitness center offers a variety of fitness classes.

Classes are open to authorized users ages 18 and older.

Cost is \$3 per drop-in class; \$20 for a 10-class pass; and \$40 for a 20-class pass.

- Boxing Circuit Training
- Water Aerobics
- Spin
- Belly Dancing
- Vinyasa yoga
- Pilates

- Metabolic Effect
- Strength and Core
- Rip and Roll Cyle + Abs
- Zumba
- Zumba Gold for seniors

For more information, call 301-677-2349 or 301-677-3716.

Coaches needed

Youth Sports is seeking volunteer coaches for futsal or basketball.

No experience is necessary. Training is provided.

For more information, call 301-677-1329 or 301-677-1179.

NEWS & NOTES

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

How to submit announcements

Community members can advertise their upcoming event, meeting or class on the Soundoff! community announcements page by visiting ftmeade.army.mil and clicking on the Press Center tab.

Once you are in the Fort Meade Press Center, click on PA services, story or promotion request and electronic inquiry form.

Inquiry forms should be submitted at least two weeks before the date of the event, meeting or class.

ACP, VCC holiday operating hours

Operating hours for the installation access control points will be reduced during the following holiday periods:

- ◆ Friday-Monday
- ◆ Dec. 30-Jan. 2

Access Control Points holiday schedule:

- Reece Road: Open daily 24 hours
- Mapes Road and Route 32: Open daily, 9 a.m. to 9 p.m.
- Rockenbach Road: Closed
- Mapes Road and Route 175: Closed

For more information, call Joseph Shinskie, chief of Physical Security, at 301-677-6618 or email joseph.r.shinskie.civ@mail.mil.

Visitor Control Center holiday schedule:

- Friday and Saturday: VCC will close at 1 p.m. each day.
 - Monday: Closed in observance of the federal holiday
 - Jan. 2: Closed in observance of the federal holiday
- For more information, call the VCC at 301-677-1064 or 301-677-1065.

NEWS & EVENTS

VCC hours

Operating hours at the Demps Visitor Control Center are Monday to Friday from 7:30 a.m. to 6 p.m. at 902 Reece Road. The



PHOTO COURTESY CORVIAS MILITARY LIVING

Santa and Mrs. Claus pose with a youngster for a holiday photo. Elves, a snowman and chipmunk also entertained children at the two-hour event, which has become a Fort Meade tradition to usher in the holiday season.

Corvias spreads holiday cheer

BY LISA R. RHODES
Staff Writer

From elves and Santa to Christmas stories and a candy room, children and adults enjoyed 'Tis the Season holiday celebration on Dec. 9 at Potomac Place Neighborhood Center.

Corvias Military Living sponsored the annual event.

About 500 residents attended the two-hour celebration, which also featured entertainment by a chipmunk and snowman, and photos with Santa

and Mrs. Claus.

"It was a huge success," said Darla Humbles, resident relations manager for Corvias and event organizer. "We were very surprised at the turnout."

Children enjoyed decorating cupcakes, games, and selecting favorite treats from a candy room.

Refreshments included pizza, sandwiches, chips and drinks.

'Tis the Season has been a Fort Meade tradition for the past decade.

"We wanted to give residents that experience this year," Humbles said.

VCC is closed weekends and from 7 a.m.-noon on the third Wednesday of each month for training.

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 or visit the Fort Meade Facebook page for announcements on temporary changes to operating hours.

Newcomers Orientation

Army Community Service will now host the Newcomers Orientation briefing every

other week.

But during the months of May through September, which are considered high peak for service members who are undergoing a PCS move, the briefing will be held every week.

This will assist in eliminating a backlog and will provide a smooth transition for service members experiencing a PCS move.

The next Newcomers Orientation briefings are scheduled for: Jan. 11, Jan. 25, Feb. 1, Feb. 8, Feb. 22, April 5, April 19, May 3, May 10, May 17, May 24, May 31, June 7, June 14, June 21 and June 28.

For more information, call 301-677-4107.

Wing It Thursdays

The Brass Lounge at Club Meade offers wings for 50 cents every Thursday night from 4-8 p.m.

Dine-in only, no carry out.

For more information, call 301-677-6969.

Brass Lounge

The Brass Lounge is open every Wednesday, Thursday and Friday from 4-8 p.m. at Club Meade.

An assortment of beverages and appetizers are available.

Music and television entertainment will be provided.

The Brass Lounge is open to all military ranks and services, and civilians.

For more information, go to meade.armymwr.com for more details.

Thrift Shop hours

The Post Thrift Shop, located at 392 Llewellyn Ave., is open Tuesdays, Wednesdays and Thursdays from 9 a.m. to 2 p.m. and the first Saturday of the month from 9 a.m. to 1 p.m.

Consignments are taken by appointment only.

For more information, call 410-672-3575.

Child care providers needed

Fort Meade Family Child Care is in need of providers.

Providers will receive valuable training including: activity organization, USDA-approved meal planning, designing learning environments, child development, and becoming infant/child/adult first aid and CPR certified.

For more information, call the Family Child Care office at 301-677-1160.

Vehicle Resale Lot

Sell or buy all types of vehicles at the resale lot on Rock Avenue.

To place a vehicle on the lot, stop by Outdoor Recreation at 2300 Wilson St.

For more information, call 301-677-3810.

Freedom Inn open to post employees

The Freedom Inn Dining Facility, located at 8502 Simonds St., is open to all active-duty service members, military retirees, DoD civilians, contractors, and Department of the Army security guards and firefighters on Monday through Friday.

Active-duty service members on Basic Allowance for Subsistence are also authorized for meals on the weekend. Family members of military personnel may purchase meals on weekdays if they are accompanied by the service member.

All other categories of customers may purchase meals as the garrison commander deems appropriate. These categories include youth groups, MEPS candidates, civilian dignitaries, guests and other visitors.

Service members with a meal card will continue to have priority over cash-paying customers.

See **NEWS & NOTES**, page 14

NEWS & NOTES, *From page 13*

For more information, call 301-677-5503.

Open Mic Night

Show off your talents at Open Mic Night every Saturday from 6-11 p.m. at The Lounge at The Lanes.

Sing your favorite song or perform music, stand-up comedy, poetry or magic.

Youths under the age of 18 are permitted in The Lounge until 9 p.m. All youths must be accompanied by a parent or legal guardian.

For more information, call 301-677-5541.

Hometown Heroes game

As a thank you to the military, police, firefighters and EMTs who serve in our community, Maryland is hosting Hometown Heroes night dedicated to them and their families.

All active-duty service members and retirees, police, firefighters and EMTs will receive a pair of discounted tickets for \$55 and a \$10 food voucher to the Rutgers vs. Maryland Men's Basketball Game on Jan. 24 at 7 p.m.

For more information or to order tickets, call Meredith Pipkin at 301-405-8112 or email mpipkin@umd.edu

Symphony of Lights

Symphony of Lights, a 20-minute drive-through of more than 100 larger-than-life holiday light displays, is open through Jan. 1 on Wednesdays through Sundays from 5:30-10 p.m. at Merriweather Post Pavilion in Columbia.

Symphony of Lights features refurbished light displays and 20 new custom displays, a laser light show and a 3-D holiday video projected 50 feet high.

Tickets regularly cost \$20 per car except Saturdays, when the cost is \$25. Symphony of Lights is closed to vehicles on Dec. 31.

An ice skating rink also opened at Symphony of Lights — Howard County's only outdoor rink — through Jan. 8.

The rink, located near the corner of Little Patuxent Parkway and Broken Land Parkway, is open Tuesdays through Thursdays from 3 to 8 p.m. and Fridays through Sundays from noon to 9 p.m.

Two-hour admission tickets cost \$9 for adults and \$7 for children, with skate rentals for \$4.

Special-rate tickets cost \$7 for service members on Wednesdays, and for seniors on Tuesdays through Thursdays. Group rates, season passes and private rink rentals are also available.

For more information, call 410-740-7666 or visit www.hcgh.org/symphonyoflights.

2016 Holiday Religious Services

CATHOLIC SERVICES AND ACTIVITIES

Dec. 24: Christmas Eve Confessions (Blessed Sacrament Chapel) — 3 p.m., Chapel Center

Dec. 24: Christmas Eve Carol Service & Children's Christmas Pageant — 5 p.m., Chapel Center

Dec. 24: Christmas Eve Vigil Mass — 5:30 p.m., Chapel Center

Dec. 25: Christmas Day Mass — 9 a.m., Chapel Center

Dec. 25: Christmas Day Mass — 12:15 p.m., Post Chapel

Jan. 1: New Year's Mass/Solemnity of Mary, Mother of God — 9 a.m., Chapel Center

Jan. 1: New Year's Mass/Solemnity of Mary, Mother of God — 12:15 p.m., Post Chapel

PROTESTANT SERVICES AND ACTIVITIES

Dec. 24: Christmas Eve Candlelight Service — 7 p.m., Post Chapel

Dec. 25: Christmas Day Service (Traditional) — 10:30 a.m., Post Chapel

Dec. 25: Christmas Day Service (Contemporary) — 10:30 a.m., Cavalry Chapel

Dec. 25: Christmas Day Service (Gospel) — 11 a.m., Chapel Center

Dec. 31: Gospel Watch-Night Service — 10 p.m., Chapel Center

Jan. 1: (No Gospel Sunday Morning Service)

JEWISH CELEBRATION

Dec. 27: Menorah Lighting — 6:20 a.m., Chapel Center

Dec. 27: Hanukkah Observance & Lunch — Noon, Chapel Center

Dec. 27: Afternoon Service — 12:45 p.m., Chapel Center

Times of the regular weekend Catholic and Protestant services during the day will remain the same if not noted.

EDUCATION**Homeschool Group**

The Fort Meade Homeschool Group meets throughout the year for field trips and social outings.

For information on upcoming events, visit the "Fort Meade Homeschool Group" on Facebook. Go to facebook.com/groups/FortMeadeHomeschoolGroup.

YOUTH**Youth Center activities**

The Youth Center is offering the following events in December:

◆ Winter Camp: Friday to Dec. 30, 6 a.m. to 8 p.m.

◆ Power Hour: School days, 4:30 p.m.

◆ Lego Robotics Club: Fridays, 4:30 p.m.

For more information, call 301-677-1437.

Romp 'n Stomp

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

For more information, call 301-677-4118.

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**

• **Christmas Village** at the Inner Harbor, modeled after traditional German Christmas markets, is open today, Friday and Saturday at 11 a.m. at West Shore Park, 501 Light St.

The free event features gift vendors, food and visits from Santa. For more information, visit baltimore-christmas.com.

• **Antique & Collectible Market** will be held Dec. 31 from 9 a.m. to 4 p.m. at the Maryland State Fairgrounds, 2200 York Road, Timonium. The event will feature 100 dealers. For more information, call 443-841-8022 or go to marylandstatefair.com.

• **Six Flags Holiday in the Park** tickets is offered by Leisure Travel Services through Jan. 6. Admission only: \$26 each. For more information, call 301-677-7354.

• **Toby's Dinner Theatre** presents "A Christmas Carol" through Jan. 8 at 5900 Symphony Woods, Columbia. Reserve seats for the 2017 season: "Showboat," "Disney's Beauty and the Beast," "Joseph and the Amazing Technicolor Dreamcoat" and "Dreamgirls." Discounted tickets are available at Leisure Travel Services. For more information, call LTS at 301-677-7354 or Toby's at 410-730-8311.

• **Leisure Travel Services** will offer its next monthly bus trip to New York City on Saturday from 7 a.m. to 11 p.m. Cost is \$60. Discounted tickets to attractions will be provided. For more information, call 301-677-7354.

MEETINGS

• **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 Jan. 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.

• **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 Jan. 5. For more information, call 301-677-7823.

• **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 Jan. 5. All first class petty officers are invited. For more information, call PO1 Jennifer Wonch at 410-854-2763.

• **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 Jan. 5.

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.

• **Anne Arundel Genealogical Society's** next meeting and holiday gathering is Jan. 5 from 7-9:30 p.m. at Severna Park United Methodist Church (Fellowship Hall), 731 Benfield Road, Severna Park.

Guests are welcome.

Tom McCarriar, AAGS president, will discuss "Sarah Goldsborough: Civil War Widow — Persistence Pays Off."

Shelley Pollero, AAGS past president, will present on "Using Power Point to Share Your Family History Research."

Louis Sapienza, research volunteer for

AAGS, will share "Tips for Finding Maiden Names."

Refreshments and networking will follow the meeting.

For more information, visit aagensoc.org or call the group at the Kuethe Library at 410-760-9679 from Thursday to Saturday from 10 a.m. to 4 p.m.

• **Sip and Share**, hosted by the Exceptional Family Member Program, meets the first Thursday of every month from 9:30-10:30 a.m. at the Fort Meade USO, 8612 6th Armored Cavalry Road. The next get-together is Jan. 5.

For more information or to register, call 301-677-4779.

• **Meade Rod and Gun Club** meets the first Thursday of the month at 7 p.m. at Perry's Restaurant and Odie's Pub at 1210 Annapolis Road, Odenton, in the banquet hall in back of the building. The next meeting is Jan. 5. Dinner is served at 6 p.m. For more information, call Charisma Wooten at 240-568-6055.

• **National Alliance on Mental Illness of Anne Arundel County** offers a free support group for families with a loved one suffering from mental illness on the first Thursday of every month at 7 p.m. at the Odenton Library, 1325 Annapolis Road. The next meeting is Jan. 5. For more information, visit namiaac.org.

• **Marriage Enrichment Group**, sponsored by Army Community Service, meets the second and fourth Monday of every month from 3-4 p.m. at the Community Readiness Center, 830 Chisholm Ave. The next meeting is Jan. 9. 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 Jan. 9. 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. Next meeting is Jan. 9.

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.

• **Glen Burnie NARFE Chapter 1519** meets on the second Tuesday of each month at 1 p.m. at the Holy Trinity Parish Hall, 7436 Baltimore Annapolis Blvd., Glen Burnie.

The next meeting of the National Active and Retired Federal Employees is Jan. 10.

The speaker is Anne Healy from Blue Cross/Blue Shield, who will discuss health care changes.

Federal employees and retirees who are members of NARFE are welcome to attend.

For more information, call Barbara Jacobs at 410-969-5980.

• **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 Jan. 13. The association is open to active, retired, Reserve and National Guard E9s of any uniformed service. All E9s in this area are invited to attend a breakfast and meet the membership. For more information, go to e9association.org.

• **Meade Branch 212 of the Fleet Reserve Association** meets the second Saturday of each month at 10 a.m. at VFW Post 160, 2597 Dorsey Road, Glen Burnie. The next meeting is Jan. 14. 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.

• **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 Jan. 16.

Space is limited. Registration is required for each session. For more information, call 301-677-4118.

• **Society of Military Widows** meets for brunch the third Tuesday of the month at 11 a.m. at Club Meade. The next meeting is Jan. 17. For more information, call Betty Jones, 410-992-1123.

• **The Retired Enlisted Association (TREA)** Fort Meade chapter meets the third Tuesday of each month from 7:30-8:30 p.m. at the Potomac Place Neighborhood Center, 4998 2nd Corps Blvd. The next meeting is Jan. 17.

For more information, visit treas.org or call Charles Green, the local chapter president, at 443-610-4252 or Otis Whitaker Sr., chapter secretary, at 443-306-1104.

• **Military District of Washington Sergeant Audie Murphy Club** meets the third Wednesday of each month. The next meeting is Jan. 18. For more information, email Sgt. 1st Class Aaron Barfield, club vice president, at aaron.a.barfield.mil@mail.mil.

• **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 Jan. 18. For more information, call 831-521-9251 or go to AFSA254.org.

• **Prostate Cancer Support Group** meets at Walter Reed National Military Medical Center in Bethesda on the third Thursday of every month. The next meeting is Jan. 19 from 1-2 p.m. and 6:30-7:30 p.m. in the America Building, River Conference Room, 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@mail.mil.

• **Enlisted Spouses' Club** meets the third Thursday of each month at 6:30 p.m. at Potomac Place Community Center, 4998 Second Corps Blvd. Location and time subject to change. The next meeting is Jan. 19 at 6:30 p.m. For child care during ESC functions, email membership@FtMeadeESC.

For information, call 301-908-3773.

• **Couples Communication** meets 2:30-3:30 p.m. every Monday at the Family Advocacy Program Center, 2462 85th Medical Battalion Ave.

The session is aimed at helping couples develop tools to enhance their relationship, gain problem-solving strategies, and create a long-lasting relationship. For more information, call 301-677-4118.

• **Cub Scout Pack 377** invites boys in first through fifth grades, or ages 7 to 10, to attend its weekly Monday meetings at 6 p.m. at Argonne Hills Chapel Center.

For more information, email pack377_cc@yahoo.com.

• **Boy Scout Troop 377** meets Mondays at 6:30 p.m. at Argonne Hills Chapel Center on Rockenbach Road. For more information, refer to the troop's Facebook page www.facebook.com/bsa377 or call 443-542-0545.

• **Catholic Women of the Chapel** meets every Tuesday at 9:30 a.m. and 6:30 p.m. for fellowship, prayer and Bible study in the Main Post Chapel, 4419 Llewellyn Ave.

For more information, email ftmeadecwoc@gmail.com.

• **Women's Empowerment Group** meets Wednesdays from 2-3:30 p.m. to provide a safe, confidential arena for the support, education and empowerment of women who have experienced past or present family violence.

Location is only disclosed to participants. To register, call Samantha Herring, victim advocate, at 301-677-4124 or Katherine Lamourt, victim advocate, at 301-677-4117.

• **Parenting With A Purpose**, for parents of children of all ages, meets 1-3 p.m. Wednesdays at the Family Advocacy Center, 2462 85th Medical Battalion Ave.

To register, call 301-677-4118 or email colaina.townsend.ctr@mail.mil.

• **Protestant Women of the Chapel** invites the community to join in fellowship while learning together through interactive Bible study. The PWOC meets 9:30 a.m. Wednesdays at Argonne Hills Chapel Center. For more information, call 301-677-6703.

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

MOVIES

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

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

Today through Jan. 8

NO SHOWINGS DEC. 23-25



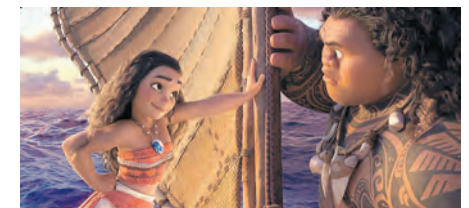
STX ENTERTAINMENT/TNS

Dec. 30: "The Edge of Seventeen" (R). High-school life gets even more unbearable for a teen when her best friend starts dating her older brother. With Hailee Steinfeld, Haley Lu Richardson, Woody Harrelson.

NO SHOWINGS DEC. 31 & JAN. 1

Jan. 6: "Rules Don't Apply" (PG-13). An unconventional love story of an aspiring actress, her determined driver, and the eccentric billionaire who they work for. With Lily Collins, Haley Bennett, Taissa Farmiga.

Jan. 7: "Office Christmas Party" (R). A manager throws an epic Christmas party in order to land a big client and save his branch, but the party gets way out of hand. With Jason Bateman, Olivia Munn, T.J. Miller.



AP

Jan. 8: "Moana" (PG). In ancient Polynesia, when a terrible curse reaches an impetuous chieftain's daughter's island, she answers the ocean's call to seek out a demigod to set things right. With the voices of Dwayne Johnson, Auli'i Cravalho, Rachel House.

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MONDAY

Shacharit Service - ChaC - 6:20 a.m.
Catholic Mass - PoC- Noon

FRIDAY

Shacharit Service - 6:20 a.m.
Catholic Mass - PoC- Noon
Islamic Service - 1 p.m.

TUESDAY

Shacharit Service- ChaC - 6:20 a.m.
Catholic Mass - PoC- Noon
Rabbi' luncheon and Mincha Service - Noon

SATURDAY

Catholic Mass - CavC - 5 p.m.

WEDNESDAY

Shacharit Service- ChaC - 6:20 a.m.
Catholic Mass - PoC- Noon

THURSDAY

Shacharit Service - 6:20 a.m.
Catholic Mass - PoC- Noon

SUNDAY

Catholic Mass - ChaC - 9 a.m.
Trad. Protestant - PoC- 10:30 a.m.
Contemp. Protestant - CavC - 10:30 a.m.
Gospel Service- ChaC - 11 a.m.
Catholic Mass - PoC - 12:15 p.m.

Fort Meade Chapel Services

Locations:

PoC = Post Chapel
CavC = Cavalry Chapel
ChaC = Chapel Center

Main Post Chapel
4419 Llewellyn Ave
(301) 677 - 6703/7842

Cavalry Chapel
8465 Simonds St
(301) 677 - 6035

Argonne Hills Chapel Center
7100 Rockenbach Rd
(301) 677 - 6035

Muslim Prayer Room: The Fort Meade Islamic Community has a designated room (Room 120) at Argonne Hills Chapel Center for daily prayers during Ramadan and Jummah services. For more information contact Mr. Chad Jones, (301) 677-1301.

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THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

ALL THE TRIMMINGS: Of a timely sort

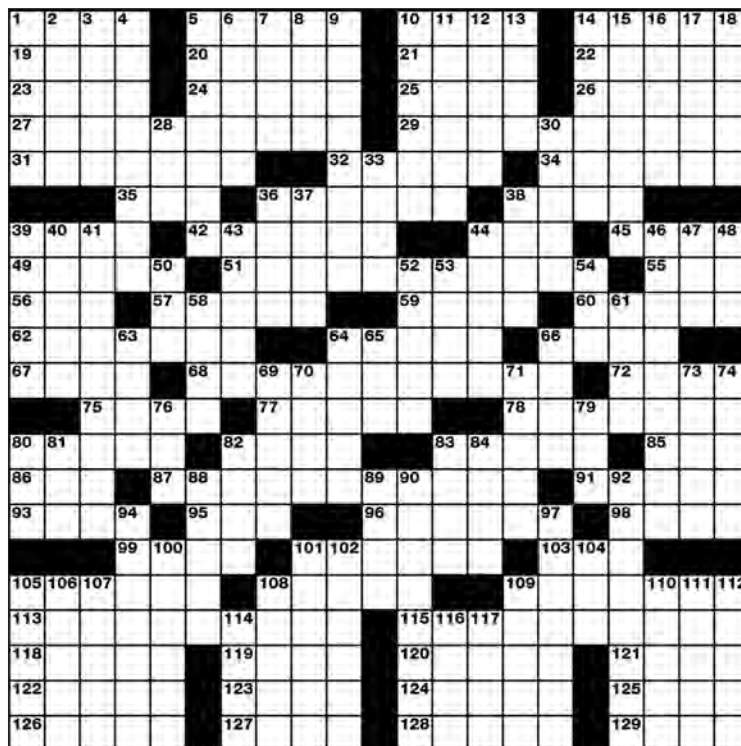
by Gail Grabowski

ACROSS

- 1 Falling-out
5 Make a mess of
10 Make a mess of
14 Aids in a crime
19 Natural skin soother
20 Licorice-flavored herb
21 Cannonballs, for instance
22 Morocco's capital
23 Textile factory
24 ___ one's time (waited)
25 Data in coll. transcripts
26 Playground assertion
27 Human dynamo
29 Forcefully attacks
31 Tortuous journey
32 Capture
34 Tried a new hue
35 Obstinate beast
36 Camper's stove fuel
38 Thorn in one's side
39 Bibliography abbr.
42 Basement racer, perhaps
44 Episodic story line
45 Scored 100% on
49 ___ Park (Edison lab site)
51 Hotel employee
55 *Aladdin* prince
56 Sra. Perón's homeland
57 Tibet's capital
59 Low-fat
60 Pulls suddenly
62 Darkened
64 Interior design
66 "Take this"
67 Rural storehouse
68 Original locale of Muscle Beach
72 Much of the Old World
75 Centers of activity
77 Major blood vessel
78 Rec-room scrape
80 Yellowish brown
82 Big brute
83 Parisian school
85 One-liner
86 Parisian "Cool!"
87 Archer's equipment
91 Complains, so to speak
93 Medieval drudge
95 Finish with
96 Be sorry about
98 Telly watcher
99 Essay page
101 Church officer
103 Half a figure eight
105 Ornamental shrub
108 Sweater size
109 Arm art
113 Hollywood nickname
115 Talent series once hosted by Ed McMahon
118 Turn out to be
119 Not minding one's manners
120 Sleepyhead in an Everlys tune
121 Nile queen, for short
122 Ripply fabric pattern
123 Isn't oneself
124 Formally establish
125 Part of S&L
126 Range rover
127 Track event
128 Many *Hamlet* characters
129 Ending like -trix

DOWN

- 1 Stallone's commando
2 Homeric epic
3 Imprudent activity
4 Blabs
5 Chatty get-together
6 Consolidate
7 Calf-length skirt
8 Tech support caller
9 Support for a statue
10 Loose overcoat
11 Tennis official
12 Celebrity's projection
13 Quick bite
14 Ascended
15 "You shouldn't do that"
16 Fine wood
17 Fashion sense
18 Gave up a seat
28 CIA forerunner
30 Bingham of *Baywatch*
33 Antidrug cop
36 Tournay passes
37 Golden St. campus
38 Wheat husk
39 Cyberzines
40 Country singer Gibbs
41 Thin pasta
43 2009 Peace Nobel
44 Video arcade pioneer
46 Domino product
47 Beast on
48 Michigan's flag
50 Belittle, so to speak
51 Long-established
52 Big name in wrap
53 Lowly worker
54 "Science Guy" of TV
58 Sound of steam
61 Syrian ___ Republic
63 *The Winds of War* author
64 Was bold
65 CPR expert
66 Transport by truck
69 Keep bothering
70 Struggling with choices
71 *A Beautiful Mind* star
73 Teheran native
74 Uneasy feeling



- 76 Preschooler's dinner wear
79 Masterpiece
80 Bout enders
81 Color-chart listing
82 Was indebted to
83 Hence
84 Edible ears
88 New Basketball Hall of Famer
89 Limp as ___
90 Took a trial break
92 Stumbling block
94 "Without a doubt!"
97 China-shop purchases
100 Baby bird
101 Take one's sweet time
102 Antarctic explorer
104 Canonized *femme*: Abbr.
105 Parts of mushrooms
106 Wine grape
107 Non-studio film
108 Nephew of Donald Duck
109 Brief moment
110 First acrylic fiber
111 Porthole view
112 Excelled
114 Airport shuttle
116 Sushi staple
117 Strong ___ ox

**Answers to
ALL THE TRIMMINGS:**
Of a timely sort

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You can contact puzzle editor Stanley Newman at www.StanXwords.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762. Please send a self-addressed, stamped envelope if you'd like a reply.

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