**Exercise**

Modify the ThreeDArrayExample class to include a method sumOfElements() that calculates and returns the sum of all elements in the 3D array. Print the sum in the main method after populating and printing the array.

**Hint**

* Create a method sumOfElements() that iterates over all elements of the 3D array and accumulates their values.
* Use nested loops similar to those used for assigning or printing elements to traverse the array.
* Call the sumOfElements() method from main() and print the result.

**Explanation**

In this exercise:

1. You will add a method that sums up all the elements in the 3D array and returns the total.
2. This will reinforce your understanding of iterating over multidimensional arrays and performing calculations within loops.
3. You will see how to add new functionality to an existing Java program and interact with it through the main method.