

# THE PARAGLIDE

Telling the Fort Bragg Story™

VOLUME LV, NUMBER 1

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January 10, 2019

INSIDE THE 'GLIDE'

FOCUS - B



**EDRE:** Members of the 1st Brigade Combat Team, 82nd Airborne Division participated in an Emergency Deployment Readiness Exercise (EDRE) at the National Training Center (NTC).

LIFE - C



**18th FA Brigade Family focus on bonding in time of deployment:** "It's going to be hard staying back with the kids, but this is what we signed up for, so we knew it was going to come eventually."

SPORTS - D



**The value of Army training:** ... our active and reserve component Soldiers and the civilians, contractors and Family members who support them must all steadily move in the same direction.

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THE PARAGLIDE



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## Contracting brigade returns home, uncases colors during ceremony

By DANIEL P. ELKINS  
MICC PAO

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Leaders from the 419th Contracting Support Brigade (CSB) uncased their organization colors during a ceremony Jan. 4 at Fort Bragg signaling the end of their nine-month deployment to Afghanistan.

Col. Brad Hodge and Command Sgt. Maj. Cynthia Perryman uncased the brigade colors in a ceremony officiated by Brig. Gen. Bill Boruff, the commanding general for the Mission and Installation Contracting Command (MICC) at Joint Base San Antonio (JBSA)-Fort Sam Houston, Texas.

The 419th CSB served as the command and control element of Army Contracting Command-Afghanistan in support of Operation Freedom's Sentinel.

"Although this is a simple, short ceremony, it does mark another major milestone in the history of the 419th CSB," Hodge said. "This team of acquisition professionals successfully executed the responsibility of contracting support across the Combined Joint Operation Area (CJOA)-Afghanistan as the senior contracting office ... in support of the U.S. and coalition partner nation's mission to strengthen the Afghanistan National Defense Force (and) to allow for a political solution to the war in Afghanistan."

Deployed contracting efforts by the 419th CSB improved contingency contracting administration services support for



Col. Brad Hodge, left, and Command Sgt. Maj. Cynthia Perryman, middle, uncased the 419th Contracting Support Brigade colors as Staff Sgt. Natoya Bojunjoko, right, looks on during a ceremony Jan. 4 at Fort Bragg.

the Logistics Civil Augmentation Program and Enhanced Army Global Logistics Enterprise Program. In addition to managing a \$19 billion portfolio contract, key acquisitions executed by the brigade included a \$74 million aviation fuels contract in support of operations across the CJOA-Afghanistan as well as contracts to provide security to the Kabul Security Zone.

After commending the 419th CSB's contributions to the warfighter, Boruff praised the work by those remaining behind making up the brigade's rear detachment who continued to support their mission partners on Fort Bragg and elsewhere. That support included contract awards to bolster an advanced unit training environment at the Joint Readiness Training Center in Fort Polk, Louisiana, installation

food service requirements at eight dining facilities as well as mobile gym equipment and strength and conditioning coach services.

The MICC commanding general also took the time to recognize the gratitude owed to the Family members left behind having to delay celebrations for birthdays, anniversaries and other special occasions.

"This deployment was successful due to not only the efforts of our deployed forces, but also to those who remained behind here at Fort Bragg," Boruff said. "So to the Families of our deployed Soldiers, thank you very much for your sacrifice, your strength and the love you've shown supporting your deployed Soldier."

Activated in June 2013, the 419th CSB is responsible for the oversight of installation and operational contracting support to

Army commands through its seven installation-level contracting offices and four battalions. Headquartered at JBSA-Fort Sam Houston, Texas, the MICC consists of about 1,500 military and civilian members who are responsible for contracting goods and services in support of Soldiers as well as readying trained contracting units for the operating force and contingency environment when called

upon. MICC contracts are vital in feeding more than 200,000 Soldiers every day, providing many daily base operations support services at installations, facilitating training in the preparation of more than 100,000 conventional force members annually, training more than 500,000 students each year and maintaining more than 14.4 million acres of land and 170,000 structures.



The brigade deployed to Afghanistan for nine months as the lead Army element for Army Contracting Command-Afghanistan.

## Changes to Fort Bragg's access control points

The changes to Fort Bragg's access control points are intended to increase mission and Soldier readiness. This will allow the Soldiers to hone their skills for training and real-world deployments.

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## New Year's babies



Photos by Twana Atkinson/WAMC PAO

Christine Mixon and Family delivered their third baby girl, Maci, at 11:11 a.m. Jan. 1 at Womack Army Medical Center.



Rebecca and Brandon Kiss welcome their first baby boy, Easton, at 12:57 a.m. Jan. 1. Easton was the first baby born in 2019 at the Womack Army Medical Center. His sisters Molly and Kennedy closely watch over their new addition to the family.

## New year, new challenges, new achievements

This year i will...



By **JENNIFER MORALES**  
PARAGLIDE

With each new year, we make new resolutions. It's a clean break. A fresh start. We look back on what we have done and see where we are. For some, resolutions are to lose weight, or finish their education, while others want to start a new career, or mend friendships.

For me, looking back to see where I have been is a daunting task within itself. I have weathered numerous deployments, flown Space A across multiple countries, graduated with my masters, and survived five Permanent Change of Stations (PCS). When looking back, it's amazing to see the things that we have been through and overcome.

Each PCS brings new challenges with it. You have to say goodbye to friends, family and the community that you had just begun to connect with. It's not all bad though. There's excitement in the new adventure as well. We get to find a new house, meet new people and try new foods. The PCS to Italy proved to be a challenging one. I knew it would be a culture shock, but was unaware of how great that shock would be. Simple things seemed to constantly remind me that I wasn't home. For example, restaurants seldom had ice, and rarely served cold drinks of any kind. While this seems incredibly minute, it proved to be a comfort that I had taken for granted, especially on extremely hot summer days.

In 2013, while stationed in Italy, I decided that my children and myself would use Space A to fly home for the holidays while my husband was deployed. For Thanksgiving we took Space A from Italy to Germany, then Germany to Washington

and then finished here in Fort Bragg. After the nearly 5,000-mile journey, we were beat. For Christmas, we flew from Fort Bragg up to Alaska. I remember feeling overwhelmed when looking at the trip as a whole. I had to deal with 10 hours of jetlag, hotel reservations, weeks spent in the airport, finishing my graduate school courses, all while taking care of my 8-year-old daughter and my 5-year-old son.

When your kids are that young, they're constantly watching and absorbing all that you do. If you work on the computer, they want to work on a computer. If you say a bad word, they want to say a bad word. (As a military spouse the latter proves a common occurrence.) Jobs were limited while we were in Italy, and I knew with my kids watching, I needed to make smart choices. I worked whatever job I could to fill my time and help pay bills. I didn't want those three years to be wasted. As soon as I graduated with my bachelor's degree, I jumped right into graduate school. Working during the day; then shuffling the kids to their afterschool programs, I grew to be all-but-attached to my laptop to do coursework anytime I could fit it in. Then before I knew it, I was graduating, and all that stress was over.

When I catch myself feeling overwhelmed at what I hope to accomplish in the future, I remind myself of the tasks I've already completed that I had once felt were near impossible. So now when I look to my future, and plan out my new year's resolutions, I will keep in mind what I have already proved to be capable of. I will stretch what I view as limitations and look back a year from now humbled at what I was able to accomplish.

# 2019

## PARAGLIDE Fort Bragg Voices

### "What are your goals for 2019?"



"To be debt free and to get our Family closer together."  
**Angela L. Vance,**  
Military spouse



"Travel all around Europe, stay healthy and help others."  
**Kershin Riley,**  
Military spouse



"Start college and progress in my military career."  
**Pvt. Bella Filchuk,**  
98th CA Bn.



"I just want to be a better person."  
**June Prough,**  
Gold Star Family member



"Spend more time with Family."  
**Lynn and Robert Wynn,**  
Retired military Family



"Do better than last year and help other people."  
**Larry Smith,**  
DPW quality surveillance tech

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# 2019 brings changes to military justice system

By GARY SHEFTICK  
ARMY NEWS SERVICE

FORT MEADE, Md. — A host of changes to the Uniform Code of Military Justice (UCMJ) became effective Jan. 1. They include modernizing definitions for many offenses, adjusting maximum penalties, standardizing court-martial panels, creating new computer-crime laws and more.

The changes strike a balance between protecting the rights of the accused and empowering commanders to affect good order and discipline, said Col. Sara Root, chief of the Army's Military Justice Legislation Training Team.

"We're pretty excited," Root said. "It's a healthy growth of our military justice system."

Root and three members of her team spent the last year traveling to 48 installations to train 6,000 legal personnel and law-enforcement agents about the changes. She said the two-day class included everyone from judges to law clerks, and privates to generals and even 600 people from other military services.

## Codifying changes

Many of the changes came about after a review by the Military Justice Review Group (MJRG), which consists of military and criminal justice experts whose report made recommendations to Congress.

"We've had a lot of changes to our system (over the years), but piecemeal," Root said. She explained the review group convened to take a thorough and holistic look at the system to standardize military law and update the Manual for Courts Martial.

Many of the MJRG's changes were incorporated into the Military Justice Act of 2016, the 2017 National Defense Authorization Act and then Executive Order 13825 which was signed by the president March 8. Additionally, Secretary of the Army Mark Esper signed a directive Dec. 20 clarifying definitions for dozens of offenses.

"We've really needed that much time," Root said.

It took them from 2017 until now to train all members of the Army Judge Advocate General's Corps. Those who

attended her classes then needed time to train commanders and others on the installations, she added.

## Adultery changed

One of the changes replaces the offense of adultery with "extra-marital sexual conduct." The new offense broadens the definition of sexual intercourse, which now includes same-sex affairs. The amendments also now provide legal separation as a defense.

In the past, service members could be charged with adultery even if they had been legally separated for years but were not divorced. Now legal separation from a court of competent jurisdiction can be used as an affirmative defense, Root said.

Also in the past, prosecutors had to prove traditional intercourse to obtain a conviction for adultery, she said. Now oral sex and other types of sexual intercourse are included.

## Protecting junior Soldiers

UCMJ Article 93a provides stiffer penalties for recruiters, drill sergeants and others in "positions of special trust" convicted of abusing their authority over recruits or trainees.

The maximum sentence was increased from two years to five years of confinement for those in authority engaging in prohibited sexual activities with junior Soldiers. It doesn't matter if the sex is consensual or not, Root said — it's still a crime.

Article 132 also protects victims and those reporting crimes from

retaliation. An adverse personnel action, such as a bad NCO Evaluation Report, if determined to be solely for reprisal, can get the person in authority up to three years confinement without pay and a dishonorable discharge.

## Computer crimes

Article 123 provides stiff penalties for Soldiers who wrongfully access unauthorized information on government computers. Distributing classified information can earn a maximum

sentence of 10 years confinement, but even wrongfully accessing it can get up to five years in jail. Unauthorized access of personally identifiable information is also a crime. Intentionally damaging government computers or installing a virus can also bring five years in the clinker.

Article 121a updates offenses involving the fraudulent use of credit cards, debit cards or other access devices to acquire anything of

value. The penalty for such crimes has been increased to a maximum of 15 years confinement if the theft is more than \$1,000.

If the theft is fewer than \$1,000, the maximum penalty was increased from five to 10 years confinement, and this crime also includes exceeding one's authorization to use the access device, for example, misusing a Government Travel Card.

Cyberstalking is also now included as a stalking offense under Article 130 of the UCMJ.

## Courts-martial

A "bench trial" by a judge alone can now determine guilt or innocence for many offenses. Almost any charge can be referred to such a forum — except for rape and sexual assault, which requires referral to a general court-martial. However, if the offense has a sentence of more than two years, the accused has a right to object to such charges being referred to a bench trial and could request a special or general court-martial.

If found guilty at a bench trial, Root said a Soldier cannot be given a punitive discharge and the max sentence would be limited to no more than six months forfeiture of pay and no more than six months confinement. The judge can still adjudge a reduction in rank.

"It's a great tool that we're really excited to see how commanders use it out in the formations," she said.

More than half of the cases in the Army are settled by plea agreements in lieu

of a contested trial, Root added. Commanders have always had the authority to limit the max sentence with a plea agreement, but she said now they can agree to a minimum sentence as well. This might result in a range for the judge to sentence within, for example, no less than one year confinement, but no more than five years confinement.

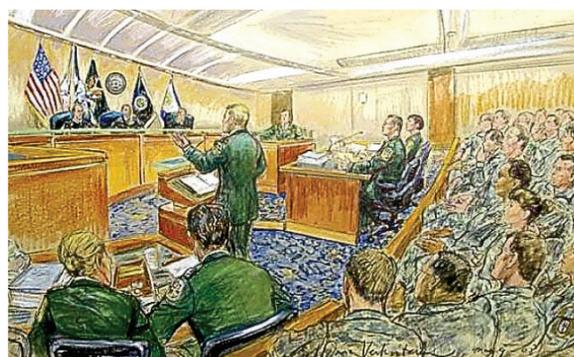
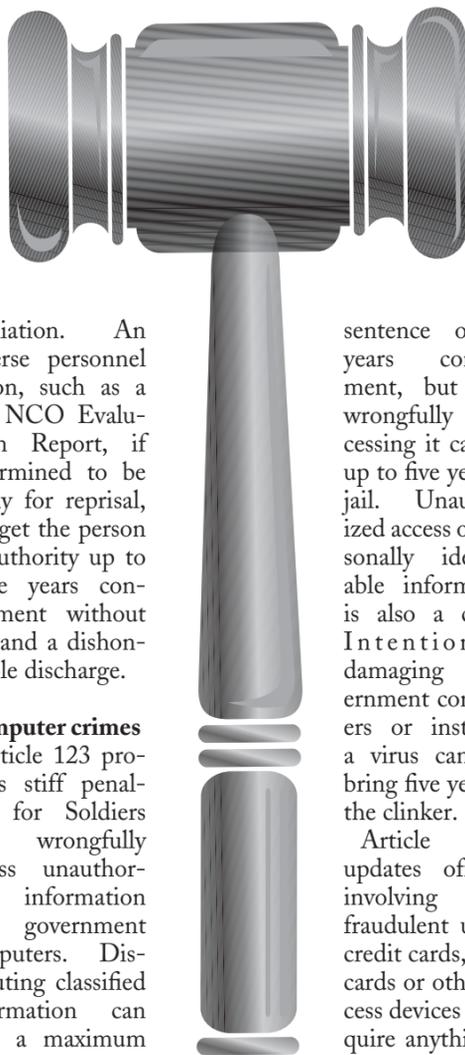
If a case goes to a non-capital general court-martial, the panel has now been standardized to eight members. In the past the size of the panel could vary from five to an unlimited number, but often around 10 to 12 members. Now each general court-martial must begin with eight panel members, she said, but could continue if one panel member must leave due to an emergency during trial.

Special courts-martial will now be set at four panel members. A court-martial convening authority can also authorize alternate members to be on a special or a general court-martial, she said.

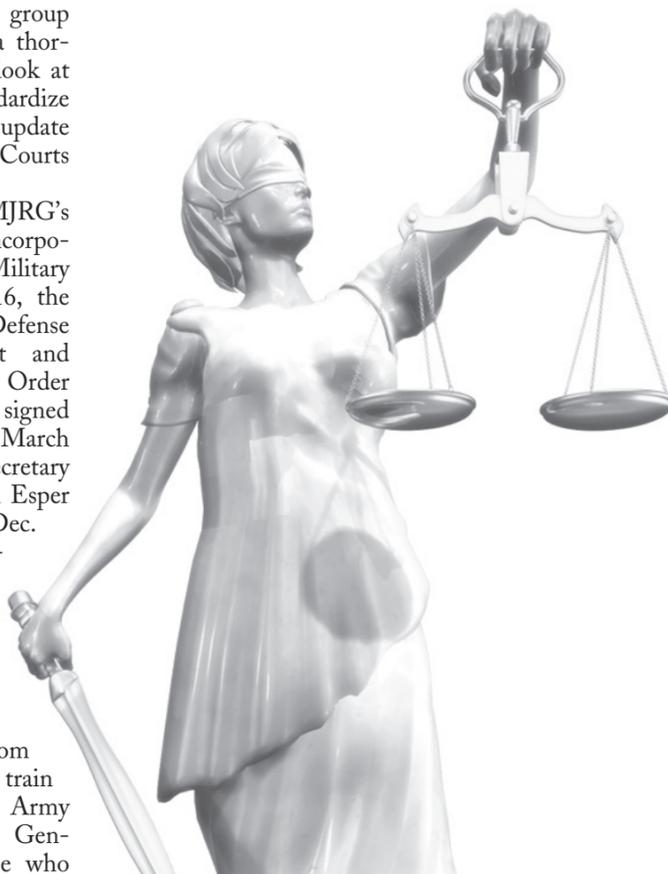
Capital offenses such as murder require a 12-member panel.

For a non-capital court-martial, 3/4 of the panel members must agree with the prosecution to convict the accused, she said. For instance, if only five members of an eight-member panel vote guilty, then the accused is acquitted. A conviction for a capital offense still requires a unanimous verdict.

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The most sweeping changes to the Uniform Code of Military Justice since it was enacted in 1950 took effect Jan. 1. One of the changes standardizes panels for court-martial proceedings.



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Photos by Jelia Hepner/Paraglide

On Dec. 15 volunteers placed wreaths on each grave at the Sandhills State Veterans Cemetery for National Wreaths Across America Day, which was founded in 2007.

# National Wreaths Across America Day

By **JELIA HEPNER**  
PARAGLIDE

Hundreds of volunteers showed up to the Sandhills State Veterans Cemetery for National Wreaths Across America Day, Dec. 15.

“We do this every year,” said Jim Hollister, retired Air Force. “We try to lay wreaths on each graveside to show loved ones, even though they are gone, they are not forgotten — especially during the holiday season.”

Through misty and rainy weather conditions, participants were able to lay an estimated 4,388 wreaths throughout the cemetery.

“My father is buried here,” Chrystal McCray said. “I have been participating in this for over three years and this shows how the community can

come together and support each other during the holidays.”

McCray’s father, a veteran, passed away in 2012 and she stated she has developed many friends because of this event. She also talked about how sad the holidays can be for someone who has lost a relative. McCray said programs like this bring souls together to help each other heal.

National Wreaths Across America Day takes place every year and was founded in 2007. The mission each year is to cover all veterans grave markers with a Christmas wreath. Wreaths Across America coordinates wreath-laying ceremonies at more than 1,400 locations across the United States, at sea and abroad. For more information or to volunteer visit [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org).



Approximately 4,388 wreaths were laid on veterans’ graves to show that they are not forgotten.

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Photos by 1st BCT PAO

A machine-gunner provides suppressive fire to teammates moving through the city as part of a defensive operation during an EDRE at the National Training Center in Fort Irwin, California Nov. 20 through Dec. 4.

## Devil Brigade conducts Emergency Deployment Readiness Exercise

By MAJ. RICH FOOTE  
1ST BCT PAO

FORT IRWIN, Calif — Members of the 1st Brigade Combat Team, 82nd Airborne Division participated in an Emergency Deployment Readiness Exercise (EDRE) at the National Training Center (NTC) in Fort Irwin, California Nov. 30 through Dec. 4.

The EDRE is an exercise designed to test a unit's ability to alert, recall and deploy under emergency conditions.

The Army routinely conducts deployment readiness exercises to assess their ability to provide the National Command Authority with Army ground forces with little to no notice.

"Alert, marshal, deploy — these aren't just words, they represent a mindset and a way of

life for every paratrooper in the 82nd Abn. Div.," said Col. Tobin Magsig, commander of 1st BCT.

Successful execution of the EDRE takes a total team effort.

It exercises the unit and all the associated installation support agencies and processes, building readiness from Fort Bragg to whatever destination is required — in this case, NTC.

"This was a great opportunity for our BCT to showcase our abilities to respond to our nation's call and conduct a no-notice alert and deployment," said Command Sgt. Maj. Brian Otero, the senior enlisted paratrooper of the 1st BCT. "Our organization has a unique capability and mission; these types of exercises allow us the opportunity to sharpen our abilities as well as work alongside our sister services."

Upon receiving the official notification of the mission from the 82nd Abn. Div. Headquarters, the brigade started two parallel sequences to deploy personnel to their destination.

Once the clock started, one team had 18 hours to complete its pre-mission processes, the other had 96.

The Advance Party (ADVON) strictly followed the 18-hour sequence.

This team of personnel went ahead of the main body in order to set conditions for the primary mission. In this case, 190 paratroopers were responsible for preparing vehicles, setting up communications capabilities and establishing relationships for the coming operation.

In a real-world event, the ADVON would be responsible for actions such as making initial contacts with host-location



A scout sniper team keeps overwatch on a nearby town as their unit conducts movement through the foothills below them during an EDRE at the National Training Center in Fort Irwin.

representatives, determining operational objectives, establishing communications channels and preparing for the arrival of the bulk of the unit.

As with any major operation, the process unfolds in phases.

While the exercise lasted only about 96 hours on the ground, preparations were made for several days before the arrival of the main force.

This EDRE was a joint operation, as Air Force C-130 and C-17 aircrafts were employed to deliver more than 800 paratroopers from Fort Bragg to Fort Irwin.

The C-130s left Fort Bragg one day ahead of the C-17s, as they had to stop at Fort Campbell, Kentucky for refueling

prior to the final destination. This kind of cooperation is common in major military operations and is critical to the overall success of the forces.

"This was a great operation that showcased the readiness of the entire joint team," Magsig said. "We can't do what we do as an airborne division without the professional Airmen of the 18th Air Force."

The ADVON spent the day of the JFE preparing their vehicles and equipment for entry into the training area, where they pre-positioned themselves near the drop zone.

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## Fort Bragg Signal Activity sets standard for DUI-free days



Photo by Suet Lee-Growney/Paraglide

Command Sgt. Maj. Jennifer Taylor, NETCOM command sergeant major, presents a plaque with coins and a photo to the Soldiers of USASA Fort Bragg for achieving more than three years of DUI-free days. The unit has only gotten two DUIs in the last nine years.

By SUET LEE-GROWNEY  
PARAGLIDE

U.S. Army Signal Activity-Fort Bragg (USASA) hosted a presentation ceremony Dec. 17 to recognize the company's effort of achieving 1,250 days free of driving under the influence (DUI) charges as of Dec. 5.

Capt. Jason Bennett, USASA commander, said this milestone was a big achievement for not only his Soldiers, but also the Army. The company consists of 57 active-duty service members, nine Department of

the Army civilians and 24 contractors. The last DUI in the company was in July 4, 2015. In the last nine years, the company only has had two DUIs.

"I've been in a lot of Army organizations and generally the goal is 30 days DUI-free and then I know that at 100 days, you get a four-day pass — that's the Bragg standard," Bennett said. "So if you look at 1,250 days, we've crushed that for a CONUS-based (contiguous United States) organization."

Bennett's first sergeant, 1st Sgt. Rachel Terrell, echoed Bennett's comments. She's

been stationed at large Army installations similar to Bragg like Fort Campbell, Kentucky and said the units she's encountered typically did not reach the 100-day mark.

"So 1,250 (days) is showing that the Soldiers are actually doing what they're supposed to," Terrell said. "They're taking care of each other; they're taking to heart when we say don't drink and drive, don't do dumb stuff (because) your career is more important than that."

There to present the achievement and recognize USASA Soldiers were, Command Sgt. Maj. Jennifer Taylor, U.S. Army Network Enterprise Technology Command (NETCOM) command sergeant major, and Chief Warrant Officer 5 Tammy Surratt, NETCOM command chief warrant officer.

Taylor said she was truly honored to be at Fort Bragg to present the recognition to USASA. During the presentation, she quoted Mark Twain and said physical courage is in great demand, but moral courage is often absent.

"Why do I say that? Because moral courage is what it takes to be where you're at today," she said to the USASA team. "To be at 1,250 days DUI-free, you all should be immensely proud of yourselves."

Terrell said it is important for senior command to recognize the Soldiers who helped the unit reach more than 1,000 DUI-free days because the men and women need to know that their efforts are seen.

"You always want to give them a pat on the back because most of the time they think 'hey, we've been doing this and nobody cares,'" she said. "It shows them that

they've done a great thing for the company and we are going to take steps to recognize you for it."

Recognizing Soldiers for doing the right thing often gets overlooked, said Bennett. One thing he realized USASA has is a career-oriented group of Soldiers.

"They're young, but they're very mature," he said. "What allow our Soldiers to be adults. A lot of other units micromanage down to the lowest levels, they treat Soldiers like children — we don't do that here."

Apart from taking advantage of the various ride applications and ride-share programs out there, USASA also has their own a drag-and-ride program for their Soldiers in the event they are unable to get a safe ride home. They are able to call someone in the unit for a lift. Each USASA Soldier has Bennett and Terrell's phone numbers as a last resort for a safe ride home, but they said so far no one has taken them up on that offer. Bennett also added some of this Soldiers drive for Uber during their time off.

During the ceremony, Taylor also presented a coin to three individuals for their commitment to USASA. Patrick Cater, USASA regional hub node information assurance manager, was recognized for his efforts in revamping and organizing the security room; 1st Lt. Shuang Liu, USASA executive officer, was recognized for being the go-to for all things participating and handling events for and participation of USASA, and Spc. Ty Thompson, satellite communication system operator/maintainer, who is starting the unit's maintenance program.

# From the Archives

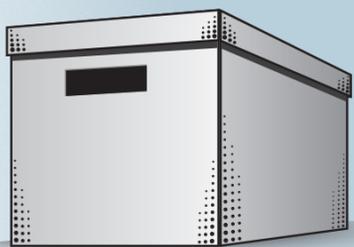


Photo by Kathy Willens

**Above:** A Black Hawk helicopter hovers over two members of the 49th Quartermaster Detachment from Fort Bragg as they attach a slingload to it, carrying supplies for victims of Hurricane Andrew Sept. 11, 1992, at the Homestead Humanitarian Depot.

**Left:** Black Hawk helicopters land on training ranges during an air-assault, live-fire training exercise on Fort Bragg February 2015.

## USASOC hosts artificial intelligence, machine learning workshop

BY USASOC PUBLIC AFFAIRS AND USASOC G9

The U.S. Army Special Operations Command (USASOC) recently hosted a USASOC Artificial Intelligence and Machine Learning (AI/ML) Futures Workshop at Fort Bragg.

The purpose of the workshop was to help USASOC determine how it can use artificial intelligence and machine learning to support future operations in the physical, virtual and cognitive realms as envisioned by the Army Special Operations Forces Operating Concept (ARSOF OC).

The ARSOF OC is an innovation-driven platform that supports the USASOC Force Modernization Campaign and USASOC's vision to invest in new ideas, concepts, technologies and capabilities in order to maintain an enduring, competitive advantage over the nation's adversaries.

Specifically, the ARSOF OC asserts that the force must acquire the means to rapidly identify innovative ideas from across the ARSOF enterprise and effectively implement them to increase the lethality, mobility, survivability, protection and influence of the ARSOF operator in all operating environments.

Workshop attendees included industry experts and leaders from across the defense enterprise, and from USASOC's own commands, units and staff. Participants such as Steven Debrecey, chief, Technology Office, U.S. Air Force; Greg Michaelson, vice president, Data Robot; Gary Bloomberg, chief executive officer, SES2; Scott Chastain, SaS; Larry Brown, NVIDIA Corporation; Brandon Tseng, CO, Shield AI; and David Stepp, director, Army Research Office were in attendance.

Participants provided valuable insights and contributions.

"The ability to put focus on data and analytics, particularly Machine Learning and Artificial Intelligence, as an input to future battle space is a great opportunity. It's great to see a good number of people, both military and industry, to collaborate on those initiatives," Scott Chastain, global technology practice director, SAS, said.

USASOC Public Affairs spoke with Robert Warburg, USASOC's G9 directorate, (responsible for developing new ideas, concepts, technologies and capabilities) deputy chief of staff, who shared his expectations and thoughts before and after the workshop.

### Why is USASOC hosting an AI/ML workshop?

**Warburg:** The workshop will further our understanding of how USASOC might best employ artificial intelligence and machine learning to deliver unmatched special operations capabilities for joint force commanders.

This concept is important because the December 2017, National Security Strategy, stipulates: To maintain our competitive advantage, the U.S. will prioritize emerging technologies critical to economic growth and security, such as data science, encryption, autonomous technologies, gene editing, new materials, nanotechnology, advanced computing technologies and artificial intelligence. From self-driving cars to autonomous weapons, the field of artificial intelligence, in particular, is progressing rapidly.

### What is the purpose of the AI/ML workshop?

**Warburg:** The AI/ML workshop will deliver actionable outcomes that support the ARSOF vision as well

as the Multi-Domain Operations (MDO) concept and U.S. Special Operations Command (USSOCOM) initiatives related to the hyper-enabled Special Operations Forces (SOF) operator.

"The Army special operations vision, as released in August 2018 states, "ARSOF will be globally postured and ready to compete, respond, fight, and win against adversaries across the range of military operations, anytime and anywhere, as part of a joint force. ARSOF will leverage adaptive and innovative institutions, empowered Soldiers and integrate units capable of delivering unmatched special operations capabilities in order to provide joint force commanders operational options and advantage over our Nation's adversaries."

The MDO concept describes how the U.S. Army, as part of the Joint Force, counter and defeat a peer adversary capable of contesting the U.S. in both competition and armed conflict in all domains. The way MDO will counter near-peer challenges is by applying three tenets. The force will calibrate its force posture to maneuver across strategic distances. It will operate across multiple domains with multi-domain formations. Additionally, the force will converge its capabilities in all domains create synergy that overmatches the enemy.

We will include the perspectives from industry and from the government. The AI/ML capabilities will be considered through three frames of analysis: (1) Implementing the ARSOF vision in terms of the empowered ARSOF Soldier, the integrated ARSOF unit and institutional agility; (2) helping the U.S. Army with advancing the (MDO) concept version 1.5 and (3) addressing USSOCOM's interests with the 12 USSOCOM investment areas to support the hyper-enabled SOF operator.

### Is there an organizing thought behind this exploration of AI/ML?

**Warburg:** We will explore opportunities in artificial intelligence and machine learning to operationalize the ARSOF operating concept in support of the ARSOF vision to provide ARSOF with cutting edge capabilities.

The ARSOF OC also states, "Artificial intelligence and automation increase capacity to harness the power of information into the hands of individuals, social groups, private organizations and businesses. Consequently, the rapid pace and scale of these functions are difficult for public organizations to comprehend. A critical implication of this driver is that decision-making speeds will accelerate as actors apply the predictive and analytic power available through automation and AI. ARSOF must keep pace with these advances and procure innovative technology in order to maintain the edge over adversaries. We know that AI and autonomy will sharply bend the forward operating environment arc toward both unimagined efficiencies and surprising challenges."

### Are there any specific outcomes that you seek to gain from this AI/ML workshop?

**Warburg:** The Workshop is a step in framing how AI/ML will enable USASOC. We think the relationships we establish and the conversations we have in our two days together will provide very useful insights for USASOC.

Specifically, the desired outcomes include setting the conditions for further institutional exploration to: (1) Identify game changing technologies and/or cutting edge material solutions, (2) foster innovation, (3) deliver actionable outcomes that align with the 12 USSOCOM investment areas and (4) continue to advance

USASOC's upstream force modernization campaign to deliver increased innovation opportunities for the ARSOF warfighter.

### Does this AI/ML workshop fit into a larger picture or a vision for how to advance force modernization for the ARSOF community?

**Warburg:** Artificial intelligence and machine learning are technologies with great potential. They've been called "game changing" and "disruptive." However they are described, we do know that they can provide advantages. We know that this workshop will contribute to a larger picture for force modernization. The ARSOF vision prioritizes a line of effort to "accelerate organizational capabilities, providing quick access to emerging technologies. This workshop is one way to operationalize that priority in the ARSOF vision.

### Is there a way ahead for the AI/ML initiative at USASOC?

**Warburg:** The AI/ML workshop will give us insights and identify potential opportunities to move forward. The AI/ML initiative supports our Capabilities Based Assessments, which culminate prior to Program Objective Memoranda 22-26 development. Additionally, we know that artificial intelligence and machine learning initiatives can help us rapidly advance the development of a wide variety of capability solutions in the near and midterm.

### Now that the workshop is over, did you achieve your intent?

**Warburg:** The desired outcomes were met. The workgroups discussed how ARSOF could adapt its operating practices as new technologies evolve. For example, the teams discussed: AI-enabled sensitive site exploitation and processing, exploitation and dissemination; rapid target prioritization to enhance Android Tactical Application Kit (ATAK) to reduce operator cognitive load; multidimensional operational environment visualization for interactive multipurpose range; multi-modal situational analysis; AI-enabled partner force selection; and secure application store for AI technologies. These capabilities could significantly improve overall force effectiveness. Over 50 potential AI-related capabilities were discussed.

Technologies that use artificial intelligence and machine learning technologies have the potential to change the way our units operate in the current security environment. These technologies are not for the distant future, but are prevalent today. DOD has the potential to seize opportunities against our would-be adversaries by capitalizing upon these capabilities in artificial intelligence and machine learning.

ARSOF intends to remain nested with The National Security Strategy and National Defense Strategy (NDS). The Summary of NDS, January 2018, explains that the military's effort needs to remain consistent with the direction established in the security environment and it is also affected by rapid technological advancements and the changing character of war. The drive to develop new technologies is relentless, expanding to more actors with lower barriers of entry, and moving at accelerating speed. New technologies include advanced computing, "big data" analytics, artificial intelligence, autonomy, robotics, directed energy, hypersonics, and biotechnology—the very technologies that ensure we will be able to fight and win the wars of the future.

# Fort Bragg Soldier, breast cancer survivor, fights on

By **SPC. ANDREW MCNEIL**  
22<sup>nd</sup> MPAD

While going through her daily routine before physical readiness training, preparing her children for school and then readying herself for the rigors of Army life, Staff Sgt. Tikkora Dixon didn't think much about the lump she felt during her monthly breast exam.

"I thought it was just my breast tissue," said Dixon, a Newburgh, New York native, assigned to the Warrior Transition Battalion, Fort Bragg.

She found the lump in 2017. She continued living with it without giving much thought to the situation for about a year and a half. Then, while assigned to the operations section of the 10<sup>th</sup> Military Police Battalion at Fort Leavenworth, Kansas, she decided to get the lump checked out.

She saw a radiologist who took images of her chest. He gave her a disk of the images and told her to schedule a follow-up appointment with a doctor.

The radiologist did not tell her anything was wrong, so she went on leave and didn't see a doctor for another month and a half, she said.

When she was at her appointment, the doctor told her she had breast cancer.

"I just stopped breathing," Dixon said.

The news hit her hard. As the diagnosis settled in her mind, she began to think, "Why me?"

She first thought of her own mortality, then how this would affect her children. These thoughts, she said, brought a flood of tears. It also brought a sense of urgency.

With no time to waste, her doctor started setting up appointments to running additional tests. She was diagnosed on a Thursday, and the next day she was

at the Cancer Center of Kansas with her records.

"They started moving very quickly," Dixon said. "I was getting biopsies, mammograms and MRIs."

She said the fast pace scared her, but she knew it was necessary because the MRI scans showed a second tumor in her breast. The doctors offered her two options: remove the cancerous tissue or remove the whole breast.

"I opted to get both breasts removed," Dixon said.

She chose the double mastectomy to prevent any further development of cancer cells in her breasts.

The diagnosis and surgeries took their toll on Dixon physically, mentally and emotionally. From the time she found out she had cancer to rushing through treatment almost immediately, the small window of time gave her little space to process and prepare, she said. But her children gave her the fuel and drive to push through the surgeries and treatments.

And like all great fighters, Dixon was surrounded by a team who stepped in to help.

"My unit was very supportive," she said. "They cooked meals for my Family for two weeks straight."

Staff Sgt. Sharon McNear, one of Dixon's friends and fellow Soldiers, helped her by regularly taking her two young children to the park. McNear would also host sleepovers at her house, allowing Dixon to focus on her recovery.

"Staff Sgt. Dixon is the most resilient cancer survivor I have ever seen," McNear said. "Among other things, she is a strong woman, mother and Soldier."

Although the cancer has been removed, Dixon's fight is not over. She will have to continue treatment and perform routine doctor's visits to ensure she stays on top of her health.



Photo by Sgt. Liem Huynh/22nd MPAD

Staff Sgt. Tikkora Dixon, a native of Newburgh, New York, assigned to the Warrior Transition Battalion, Fort Bragg, stands in a fighting position at her home here in Fayetteville to show that she is a breast cancer fighter and survivor.



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## 18th FA Brigade Family focus on bonding in time of deployment

By Suet Lee-Growney  
PARAGLIDE

During the few hours left with his Family, 1st Lt. Pablo Arroyo, 18th Field Artillery Brigade (FA Bde.), XVIII Airborne Corps, holds his son, Leo, 1, as the little boy high-fives his father and giggles.

Leo is too young to understand the breadth of a nine-month deployment, but his mother Jordan, who was beaming at her Family and soaking up the final memories together, did.

"It's going to be hard staying back with the kids, but this is what we signed up for, so we knew it was going to come eventually," Jordan said. "I feel good about it. I'm proud that he's going."

Jordan, who grew up as a military child and in the National Guard, said though she's not a stranger to having to adapt to constant change and understands the culture of the military lifestyle, going through it as a mother and wife is not the same. Pablo, who had a similar upbringing, shared her sentiments.

"Experiencing my mother's deployment, it's a very different adjustment seeing it from this point of view (as a father and husband)," Pablo said. "Seeing my mom leaving me, and now it's me leaving my kids."

However, like many Army Families, resilience and readiness are the center of their household. Jordan



Photos by Suet Lee-Growney/Paraglide

Leo Arroyo, right, 1, plays with his father 1st Lt. Pablo Arroyo, 18th FA Bde., XVIII Abn. Corps., outside the unit's headquarters building right before the service member and his unit deploy to CENTCOM AOR Jan. 5. Pablo's Family including his wife, Jordan; daughter, Aña; father, Pablo Arroyo; mother, Martha Arroyo, and stepmother, Jay Arroyo, were all present to bid him farewell. The 18th FA Bde. will assume the mission of Operation Spartan Shield in mid-January.

said as a Family unit, they had the opportunity to spend time bonding, communicating and connecting, particularly during the Christmas holidays. Hours before parting with her husband, she spoke and managed her son and 3-month-old baby daughter, Aña, without losing composure. The strength she exuded helped her husband focus on his duty and mission. Pablo said he's proud of his wife.

"I'm not really worried about her at all; she's really good," Pablo said. "I'm just ready to get over there, get into the correct battle rhythm."

Maj. Anthony Allen, 18th FA Bde., XVIII Abn. Corps, said within the unit, only Headquarters and Headquarters Brigade is deploying to Central Command Area of Responsibility (CENTCOM AOR) to assume the mission of Operation Spartan Shield in mid-January.

Over the course of a year leading up to the deployment, the brigade has gone through a full execution of tables and multiple field problems to train for the mission. Allen said they participated in three field training exercises, two warfighters and a culminating exercise called Arctic Anvil in Alaska.

During the season of temporary separation, Pablo will miss many important milestones with his wife and children. But the couple have worked up plans to stay bonded despite the distance and time difference.

**"Seeing my mom leaving me (for deployment), and now it's me leaving my kids."**

- 1st Lt. Pablo Arroyo, 18th FA Bde., XVIII Abn. Corps.

"I love taking pictures of the kids," Jordan said. "(Aña) gets a month picture (taken) every single month so we will send him that. And just so I can update her baby book so when he comes home he can look through and see what happened throughout the months that he was gone."

Jordan also has a YouTube channel and plans on starting a series for their children to speak with Pablo called "Hello Daddy."

"The kids can get on and say things like 'Hi Daddy,' and talk about different things that happened that week," she said.

Apart from focusing on her kids, Jordan will take this time apart to grow as an individual.

"I definitely want to start working out more, keep my mind off him being gone all the time and I'm hopefully going to be in a (Licensed Practical Nurse) program in the end of the year," she said.



Soldiers from 18th FA Bde., XVIII Abn. Corps, load up a truck with their personal belongings they are to bring with them on deployment at the 18th FA Bde. headquarters building Jan. 5. They have been training over the past year in multiple locations across the U.S. to assume the mission of Operation Spartan Shield in mid-January.

Not long ago in a library far, far away ...

# JEDI TRAINING CAMP



Above: Children participated in the Jedi Training camp at the Throckmorton Library on Dec. 15.

Below: Students used the "Force" to push instructor Sean-Michael Ryan, 504th PIR, 1st BCT, 82nd Abn. Div., down to the ground during a training session.



Photos by Jelia Hepner/Paraglide

Character Darth Vader made an appearance at the camp along with other characters from the Star Wars movies.

# LOCAL HAPPENINGS

## EVENTS AROUND POST & THE STATE

### THIS WEEKEND

#### DIVE-IN MOVIE NIGHT:

**When:** Friday, 8 p.m.

**Where:** Tolson Indoor Pool

**Cost:** \$4 DOD ID cardholders, \$6 guests

Come watch the "Incredibles 2" at this Family-friendly event. Movies are shown on an inflatable projector screen so you can watch while you swim, stay on deck or do a mix of both. No flotation devices are permitted except Coast Guard approved life jackets. Outside food and drinks are permitted but must be consumed in a designated area. No food permitted on the swim deck. Benches and folding chairs are available for use.

#### SUGAR MOUNTAIN SKI TRIP:

**When:** Friday and Jan. 26, 4:30 a.m.

**Where:** Sugar Mountain, North Carolina

**Cost:** \$109 for just the lift ticket, which includes transportation to Sugar Mountain and snacks. \$129 for lift and ski rental, \$139 for lift and snowboard rental and \$19 for the lesson if added to any of the above.

Each trip will depart from Smith Lake Recreation Area at 5 a.m. and return at 11 p.m. Those interested must register two days before date of departure. Open to DOD ID card holders and up to two guests. Children ages 12 and older are welcome. Any participants under the age of 18 must be accompanied by an adult.

#### BOSS ICE SKATING:

**When:** Saturday, 3 to 5 p.m.

**Where:** Cleland Ice Rink

**Cost:** Free

BOSS will be taking single Soldiers to Cleland Ice Rink. Those attending are welcome to bring their own food and drinks. Registration deadline is Friday and only 20 spots are available. Transportation provided. To sign up, call (910) 396-7751, stop by the BOSS office or sign up via Facebook.

#### RODNEY CARRINGTON LIVE:

**When:** Saturday, 7 p.m.

**Where:** The Crown Center Theatre

**Cost:** \$44.75

Rodney Carrington is a multitalented comedian, actor and writer who has recorded eight major record label comedy albums selling more than three million copies. Rodney starred in his own TV sitcom "Rodney," which ran for two seasons on ABC. He co-wrote and co-starred with Toby Keith in the feature film "Beer for My Horses." Mature audiences only.

### RECURRING EVENTS

#### FAYETTEVILLE "OVER THERE" CENTENNIAL OF WWI:

**When:** Tuesdays through Saturdays, 10 a.m. to 4 p.m.

**Where:** Fayetteville Area Transportation and Local History Museum

**Cost:** Free

The Fayetteville Area Transportation and Local History Museum opened its newest exhibit, "Fayetteville 'Over There'-Centennial of World War I."

#### BRAINS AND BREWS WEEKLY TRIVIA:

**When:** Wednesdays, 7 p.m.

**Where:** Mash House Brewing Company

**Cost:** Free

Brains and Brews trivia. Trivia topics are general, but once a month there will be a special theme night.

#### BREWERY TOUR:

**When:** Sundays, 4 to 5 p.m.

**Where:** Dirtbag Ales Brewery and Taproom, Hope Mills

**Cost:** Free to attend

Join the head brewer for an informative tour of the brewery at Dirtbag Ales Brewery and Taproom in Hope Mills. No reservation is required.

#### CITY MARKET AT THE MUSEUM:

**When:** Mondays through Sundays, 9 a.m. to 1 p.m.

**Where:** City Market at the Museum

**Cost:** Free to attend

The City Market at the Museum is a farmers' and crafters' market in the heart of downtown Fayetteville.

### UPCOMING EVENTS

#### FAMILY AND MWR AUCTION:

**When:** Jan. 17, registration starts at 8 a.m., auction starts at 10 a.m.

**Where:** Bldg. 2-2818 Jackson St.

**Cost:** Free to attend

Furniture, tools, antiques, electronics and Family and Morale, Welfare and Fitness property will be sold to the highest bidder. Items may be previewed between 8 a.m. through 4:30 p.m. the week of the auction (weekdays only). A 10 percent buyer's fee will be charged. The auction is open to the public and accepts cash, money orders, credit cards and certified personal checks.

#### MAGICAL MOZART CONCERT:

**When:** Jan. 17, 7:30 p.m.

**Where:** St. John's Episcopal Church

**Cost:** \$28 for adults, \$25 for seniors and military, \$11 for children ages 6 to 18.

The Fayetteville Symphony Orchestra will perform Mozart's three most popular operas: "The Magic Flute," "The Marriage of Figaro," "Don Giovanni" and "Serenade No. 12 in C minor." This program reveals the wide range of character and emotion Mozart was able to convey in his music; a perfect blend of unforgettable melodies and virtuostic artistry.

#### BEECH MOUNTAIN SKI TRIP:

**When:** Jan. 18 and 26, 4:30 a.m.

**Where:** Beech Mountain, North Carolina

**Cost:** \$99 for just the lift ticket, which includes transportation to Sugar Mountain and snacks. \$119 for lift and ski rental, \$129 for lift and snowboard rental and \$15 for the lesson if added to any of the above.

Similar to the Sugar Mountain Ski Trip, each of these trips will depart from Smith Lake Recreation Area at 5 a.m. and return at 11 p.m. Those interested must register two days before date of departure. Open to DOD ID card holders and up to two guests. Children ages 12 and older are welcome. Any participants under the age of 18 must be accompanied by an adult.

#### DR. MARTIN LUTHER KING JR. PARADE:

**When:** Jan. 19, 7:30 p.m.

**Where:** Downtown Fayetteville

**Cost:** Free

Join in the celebration of Dr. Martin Luther King Jr.'s life at this annual downtown parade, which will proceed from Person to Hay streets, ending on Winslow Avenue. The Grand Marshall will be Wes and Sandy Cookman. Arrive early to secure your spot along the route.

#### COMBAT CROSS-COUNTRY MEET:

**When:** Jan. 19, 9 a.m.

**Where:** Smith Lake Recreation Area

**Cost:** \$15 before Jan. 12, \$20 after Jan. 12

The course distance is approximately 11 miles. All competitors are required to carry a ruck weighing 35 pounds. The meet will involve both team and individual competition. Open to active-duty service members.

#### MAMA WE MADE IT! COMEDY TOUR:

**When:** Jan. 19, 7:30 p.m. and 10 p.m.

**Where:** Sports USA

**Cost:** \$25, \$35 at the door

This comedy show features comedians such as JoJo, Burpie and Headliner Fig. The show will be hosted by Capone and music will be brought to you by DJ Ty Brand.

#### BOLSHOI BALLET - LIVE IN HD:

**When:** Jan. 20, 12:55 p.m.

**Where:** Sunrise Theater, Southern Pines

**Cost:** \$25 for adults, \$15 for children

See the "La Bayadere," one of the greatest works in classical ballet history — a story of love, death and vengeful judgment set in India. Dazzling sets and costumes, with one of the most iconic scenes in ballet. Come watch the tragic tale of the temple dancer Nikiya's doomed love for the warrior Solor, and their ultimate redemption.

#### MASSEY HILL OYSTER ROAST:

**When:** Jan. 26, 11 a.m. to 5 p.m.

**Where:** The Massey Hill Lions Club

**Cost:** \$35 advance, \$40 at the door

The Massey Hill Lions Club is hosting their 45th annual all-you-can-eat oyster roast. Tickets are available at Massey Hill Drug Store in Fayetteville or from any Massey Hill Lions Club member. Proceeds from this fundraiser will go toward helping the visually impaired.





Photo by Lewis Perkins/Paraglide

Single service members get their plates topped and bellies filled during the 45th annual Single Soldier Holiday Luncheon at the USO of North Carolina-Fort Bragg Center Dec. 11. This year, the event was attended by 150 service members.

# No place like USO for the holidays

By Suet Lee-Growney  
PARAGLIDE

The mix of smoky, sweet barbecue aroma permeated the air as 150 single service members made a beeline to the food at the USO of North Carolina-Fort Bragg Center Dec. 11.

In the background, the ubiquitous "All I Want For Christmas Is You" by Mariah Carey blared while volunteers at the annual USO single service-member holiday lunch greeted Soldiers, Airmen, Marines and Sailors with smiles and handshakes.

Among those who attended was Pvt. Laura Lavery. She walked to an empty seat with her meal and a manila envelope clutched in her armpit. Fresh to the Army and recently assigned to 3rd Expeditionary Sustainment Command right out of advanced individual training, Lavery is a single mother who had only been at Bragg for five days.

"So far I've actually just been getting my house ready," she said. "I have two kids. I'm getting ready for them to come

live with me."

Attending an event like this during the holidays meant a lot to single Soldiers like Lavery because she said it made them feel more at home and situated in the community she will be living in for the next few years.

"If you're new here, you're nervous, you don't know where to go and you don't know what to do," she said. "It gives you that little piece of 'somebody cares about you.'"

And caring for the Soldiers was what the luncheon was all about. Also at the event were members from the Anderson Creek Women's Club (ACWC) from Spring Lake. They donated 150 Christmas stockings filled with chips, beef jerky, a deck of cards, candycane, more loose candy and a handwritten Christmas card.

"We support the USO at Fort Bragg ... because it's hard to be away from home," said Bobbi Ylunker, ACWC head of public issues committee. "It's to say thank you for their service and what they've given up in order

to protect our country."

For Ylunker, she said it was ACWC's honor to be able to provide support and show their appreciation to the Soldiers through the USO.

Renee Lane, USO Sand Hills director, said with this lunch, the USO wanted to show their appreciation to service members every day of the year, especially during the holidays. It is the USO's way of connecting Bragg's service members to Family, home and country.

"We might not be Family, but we are like family to them," Lane said. "We have so many community partners here today who want to wish them a Merry Christmas and give the assurance that we do care here."

Lane said it's important for service members, particularly those who are missing the holidays with their Families for the first time, to feel the support of the community.

"We want them to understand that there are people here who care for them and looking out for them no matter what."

## 2019 Resolution Solutions

### Conserve energy, go greener

By Suet Lee-Growney  
PARAGLIDE

*Editor's note: This is part one of the Resolution Solution series on 2019 New Year's goals. The topics encompass the seven dimensions of wellness and this week's subject is environmental awareness.*

In 2018, Fort Bragg's utility bill was \$40 million, according to Dave Heins, Directorate of Public Works-Environmental Division (DPW-ED) chief. This figure, which is a reduction from the year before, excludes various private businesses and the residential areas on post.

"That's a large bill," Heins said. DPW-ED is doing what they can to conserve energy to keep the annual bill low or lower.

It is important for the Bragg community to realize and take active steps to be more energy efficient and environmentally conscious because the natural resources available are dwindling, according to Lynda Pfau, DPW-ED sustainability training and outreach contractor.

"As we continue to grow on Fort Bragg, as we continue to add square footage and population, those resources start to get strained," Pfau said.

Here are several ways the community can go green and conserve energy and natural resources.

#### Leave the thermostat, stat

"Messing with the thermostat may mess with the system that is not going to recover fast, so it costs more energy to cool it down (or) warm it up," Heins said.

This goes the same with propping doors open to regulate indoor temperature, he added.

Pfau noted almost all of the government buildings on Fort Bragg have a large rock near the front door for the purpose of propping the door open. But letting outdoor air in brings in moisture, which in turn is going to feel cooler when the temperature inside goes down or more hotter and humid when the temperature goes up. In warmer situations, this could even cause mold to grow.

"Keeping the door open to let the fresh air in is not the way we operate," Heins said.

#### Sneaky peak-hour costs

On Fort Bragg and the city of Fayetteville, there is an extra cost for using energy during peak hours to encourage the community to conserve. Therefore reducing the use during these hours will not only save consumers money, but also aid energy wastage.

According to Heins, peak consumption on post happens between 9 a.m. to 3 p.m.

Off post, summer peak hours from April to October are 3 to 7 p.m., Monday through Friday; and winter peak hours are 6 to 10 a.m., Monday through Friday, according to Fayetteville Public Works Commission.

"This is the carrot and the stick ... if I charge you more during the peak hour and you're paying the bill, hopefully you'll turn it down," Heins said.

#### Kick the plastic

Small preventative steps from the get-go are more effective than finding solutions to handling the after effects of recyclable waste. Heins and Pfau suggested a simple step of reducing waste by first owning a reusable water container instead of purchasing drinking water.

"We pay for convenience a lot, but now we have a waste stream we have to (deal) with," he said.

Curbing the plastic use a step further is being conscious of how much plastic

packaging consumers go through. When purchasing a product or produce, consider if it's necessary for it to have excessive plastic wrapping.

"Reusable bags are one way to reduce that waste stream, which is not large, but you have a floating mountain of plastic in the ocean," Heins said.

Fort Bragg does not recycle plastic bags, Pfau said. Although several supermarkets in the surrounding towns off post will collect them, she said there is no sure way of knowing if they're getting recycled because there is no market for them.

"With those plastic bags, sometimes it's cheaper for them to make new ones than to recycle them," she said, adding the cost is much greater to recycle single-use plastic because of the cost of cleaning them is too high. Contamination from one-bag can cause a whole batch of plastic to be unrecyclable.

#### Wasting water

"Water is (a) natural resource we take for granted," Pfau said. "There are places in the world that are running out of water."

She listed several water issues in the U.S. that occurred in the last several years, such as a Tennessee and Georgia border dispute over water and the 2013 southeastern major drought. Pfau then added the importance of water not only for human consumption, but also to irrigate agricultural, support recreation revenue and drive the economy.

"(Water) is something we take for granted when we have an abundance of it, but when we don't then it's 'how did we get here; why should we be doing this,'" Heins said.

Little steps everyone can do that make a big difference starts at home, such as not letting water run when brushing teeth or washing face, Pfau said. Additionally, choosing what types of plants to garden with can also help conserve water.

"Use drought tolerant native plants," she said. "They don't draw in the water so much."

Interestingly, this past year has been the wettest year on record, so a drought is not an issue in the present.

Another step people can take is to deal with leaky water systems as soon as possible whether they are the ones footing the bill or not.

"Every gallon of water that goes through our system costs money, so not repairing a faucet is sending money down the drain," he said. "Since 95 percent of our (on post) facilities are not occupied 100 percent of the time, when you see something wrong, report it so that somebody can fix it."

If a fix needs to be made on post, contact DPW to file a demand maintenance order to get it resolved.

#### The extra steps

Apart from the four top lifestyle changes people can make to reduce waste, conserve energy and go greener, Pfau and Heins had three additional tips to a greener 2019: keep the storm drains clear of debris, throw flushable wipes in the trash and don't pour grease down the sink.

"You'd be surprised what they put down the drain," Pfau said.

Grease goes into the trash. If it goes down the pipe systems, it will cause a back-up, which increases maintenance costs and impacts the environment, Heins said.

As for flushable wipes, Pfau said they clog the drains because they never dissolve even if labeled biodegradable.

*Editor's note: Next week's Resolution Solution covers how to create sustainable habits to promote physical wellness.*

## I saw Santa coming to Throckmorton Library



Photos by Suet Lee-Growney/Paraglide

**Above:** From left: Axel Durk, 3, smiles for the camera with Santa Claus, but his brother Ronin Durk, 1, is not as enthused about the idea during the "Santa Claus is comin' to...the Library" event at Throckmorton Library Dec. 12.

**Left:** Cassandra Callahan, right, performs the Viennese waltz with her ballroom dance partner Roland Bersch to "Carol of the Bells" holiday tune during the event.

**Below:** Liah Sophi Lopez, 3, daughter of Pfc. Joshua Lopez, receives a book and candy cane as a Christmas gift during her meet with Santa. Children who attended received presents and got to take photos with Santa.



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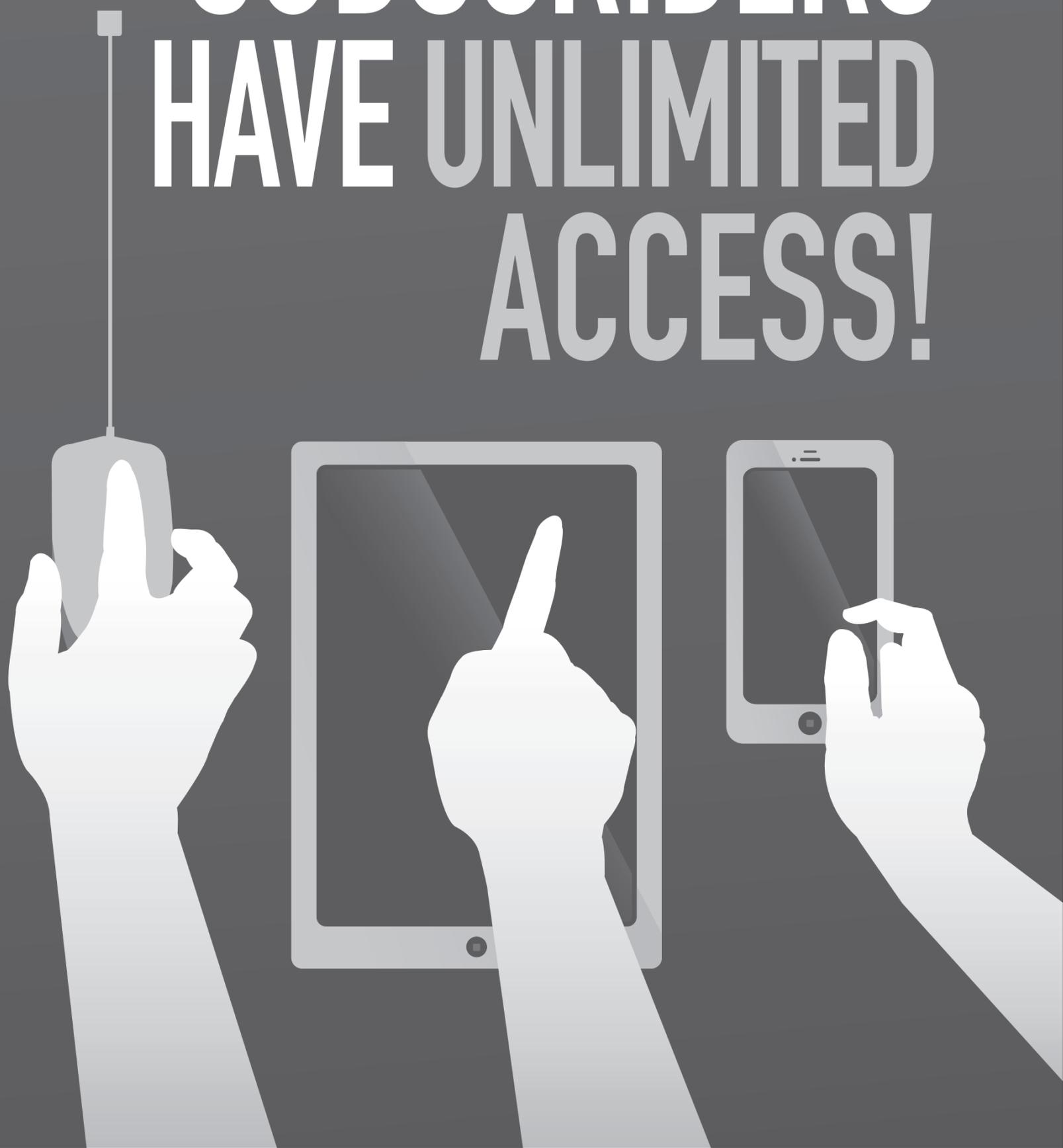


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# The value of Army physical training



BY **LT. GEN. BRADLEY BECKER**  
U.S. ARMY IMCOM CG

The mission of the United States Army is to deploy, fight and win our nation's wars by providing ready, prompt and sustained land dominance across the full spectrum of conflict as part of the joint force. While a concise and straightforward statement, accomplishing this mission involves hundreds of thousands of people doing millions of things in locations all around the world — a complex undertaking to say the least.

To reduce this complexity, our active and reserve component Soldiers and the civilians, contractors and Family members who support them must all steadily move in the same direction. But how do so many people doing so many different things remain focused on accomplishing the same mission? For one, our Army values. They serve as guideposts to help us cooperatively navigate vexing security challenges, identify and leverage opportunities to build readiness and lethality, develop our workforce, and take care of our Soldiers and Families.

Along with our values are two other aspects of Army culture that bind us together and keep us on the same

azimuth: physical training (PT) and teamwork. The Army is a team sport, and doing PT as part of a unit or team is intrinsic to our culture and key to our ability to accomplish the mission our nation has set before us.

Our values are present each morning as Soldiers assemble for PT around the world on our posts, camps, and stations. Showing up for reveille every day and giving it your all sends a signal to yourself and your unit that you are loyal and can be depended upon to do your duty.

Striving together, motivating one another, or going out of your way to help bring stragglers back into the formation all demonstrate the respect for others that is part of the fabric of our culture. On those mornings when it seems impossible to pull yourself out of bed before daybreak just to go push yourself, the act of going anyway exhibits the selfless service that may one day be the critical difference between life and death — or mission success and failure — on the battlefield. On the days you are entrusted to do PT "on your own" and you don't want to drag yourself out of bed before the sun rises, you do anyway, because you have integrity.

When the cramping is all you can think about during the extra-long formation run, it takes personal courage to continue on and you do it because your teammates are doing it and you honor them by pushing through the pain.

A current challenge facing the Army today is the number of non-deployable Soldiers. This is clearly opposed to the Army mission as "deploy" is the first verb in the mission statement. Being able to deploy is something our nation values in its Soldiers and a steady

and challenging physical training regimen helps each of us remain healthy and ready. It keeps us sharp and continually prepared to do our duty and builds in us the perseverance required to live a life of selfless service.

So this month as the Army considers the importance of and communicates about our values, look no further than your morning PT formation. It is the best way to remind yourself you are part of a team that is built on values; the kind of values that make us the premier ground force combat force and the bedrock of our nation's defense.



Photos by Brittany Nelson/IMCOM

Leaders at the 2018 Garrison Commanders conference participated in morning PT sessions.



During the 2018 BOSS Strong Championship, teams from various IMCOM directorates went through rigorous daily workouts.

## Staying fit with Dance and Tone Express



Photos by Lewis Perkins/Paraglide

Instructor April Perton, with high energy, leads the class with different dance moves.



Hercules Physical Fitness Center hosted a Dance and Tone Express fitness class Jan. 9. The class takes place every Monday and Wednesday at 8:45 a.m. Various fitness classes are offered at different locations around the installation to help maintain a healthy lifestyle. For more information visit [bragg.armymwr.com](http://bragg.armymwr.com).

## STRAIGHT FROM THE GRIDIRON GAME OF THE WEEK

**Dallas Cowboys**

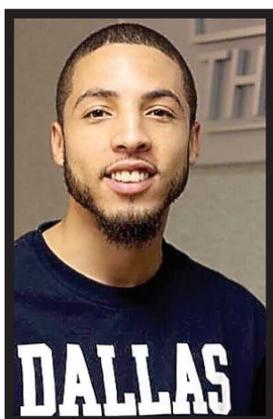
**VS**

**Los Angeles Rams**

**Marcus Thompson**  
WZFX radio personality

**Prediction:**

I believe the Cowboys will win based on their defensive line and linebackers to rush and hurry the Rams quarterback Jared Goff. The Rams weakness is stoping the run and they have the best running back in the league in Ezekiel Elliott. Warm weather in LA is a comfortable place to play so the Cowboys will be good.



**WHO WILL WIN?**



**Junious Smith III**  
Neuse News correspondent

**Prediction:**

I believe the Rams will win a shootout over the Cowboys. Although the Cowboys' defense has been very good, especially during the second half of the season, having a healthy Todd Gurley and a strong backup in C.J. Anderson will help immensely. Quarterback Jared Goff had his struggles lately, but if the ground attack is effective, it'll be easier for him to pinpoint targets like Robert Woods and Brandin Cooks.



Graphic Illustration by Bryan K. Reed

### Mutts and Marshmallows:

Back by popular demand for the sixth year, it's time to greet the new year again with a fun run with friends and a big mug of hot chocolate. As always, everyone who finishes the race gets a great mug, all the hot chocolate they can drink and proceeds from the "doggie dash" go to support the SPCA of Wake County. There are four races to choose from. The signature event is the 5K Doggie Dash but there's also a regular 5K, 8K and 1-mile fun run. The race will take place **Saturday at 201 Soccer Park Drive, Cary**. The first race will begin at **9 a.m.**

### New Year's Half Marathon and Best Friends Half Marathon Relay:

On **Jan. 19** starting at **9 a.m.** US Road Running is holding a 13.1-mile relay race. The course is a loop course. Each person runs/walks a 1.09-mile loop to the start and switch off with your best friend. Each person runs/walks a total of 6.54 miles. This total as a team is 13.1 miles. Both runners participating in the relay will sign up at the same time of registration. Teams may be male, female or co-ed. US Road Running is also offering a 13.1-mile single event for the New Year's medal. Entry fees are non-transferable, non-refundable, no exceptions. You may not wear someone else's bib. You must be in good health and physically prepared. Race numbers are required for participation. This event will occur rain or shine. The organizers reserve the right to cancel in extreme circumstances. Should the event be canceled, there are no refunds. No dogs on the course. Strollers are permitted. The race will be held at **4099 S 17th St., Wilmington**.

### Racing Rings Around Saturn Running and Walking Challenge 2019 :

It's time to get moving! Are you ready for Racing Rings Around Saturn? Organizers of the event are looking for runners, walkers and joggers of all shapes, sizes and fitness levels to join them **Jan. 26 at 1 p.m.** for the race to Saturn. Log your miles and they will be added to the event's total miles as a group. Let's log enough miles to get to Saturn. It's a 746-million mile journey, so they need your help. They are gathering people around the world to join them. You will move up the moon jogger rankings as you log more and more miles. Thousands of people worldwide have joined the challenge. Will you? Sign up anytime. The event will take place in **Fayetteville**.

### Love Your Pet Day 5K and 10K:

We all know that Feb. 2 is Groundhog Day. So Love Your Pet Day is celebrating by running (or walking) 2.2 miles to celebrate 2.2.2019. The big question is: Will you see your shadow while you're out there completing your race? Will we get spring or more winter?

February is also heart month, so they are donating a portion of each registration to the International Children's Heart Foundation, whose mission is to bring the skills, technology and knowledge to cure and care for children with congenital heart disease in developing nations. For participating in this event you will get a fun, three-inch Groundhog Day medal.

This is a virtual race. You choose to complete the 2.2-mile race on your own and submit your time to us. We ship your medal directly to you. Complete your race on Groundhog Day, or any time during the month of February. Various races will be held throughout the month starting from **Feb. 1 through 28 at 1 p.m.** The races will take place in **Fayetteville**. For more information visit [www.Eventbrite.com](http://www.Eventbrite.com).

### Shamrocks and Shenanigans Virtual 4-Mile Run/Walk:

Leprechaun costumes, traditional Irish food and running, of course there's no better way to celebrate St. Patrick's Day than completing the inaugural Shamrocks and Shenanigans Virtual 4-miler event. Celebrate your race and the "Luck of the Irish" with runners from all 50 states and around the world. Complete each distance one at a time or if you're feeling lucky complete all 4 miles. Either way, we encourage you to wear your finest St. Patrick's Day attire and have fun. Your virtual event can be completed any time from March 1 through 31. The race will take place **March 1**, starting at **12 a.m.** A **location will soon be determined**.



# 122nd ASB wins basketball tourney



Team 122nd Aviation Support Battalion (ASB) has been named the Early Bird basketball tournament champions. Regular season Unit Level Basketball started Jan 3. For more information visit [bragg.armymwr.com](http://bragg.armymwr.com).

Courtesy photo



### Bull-Riding on the Farm:

Each **Sunday**, Shady Acres Rodeo, a self-sustaining farm, hosts a bull-riding event. Bring your friends and family out to enjoy watching some bull riding (or take your own turn on a bull).

**Event times fluctuate from week to week.** Call ahead at (919) 669-6820 or visit its Facebook page at [facebook.com/ShadyAcresRodeo/](https://facebook.com/ShadyAcresRodeo/) for times.

### Ambition Boxing Academy:

Ambition Boxing Academy and Ambition Athletics offers a unique approach to training. Coach Khalil combines fundamental performance through boxing.

Classes offered are for youth and adults. Adult classes are **Mondays through Thursdays from 7 to 8 p.m.** Youth classes are **6 to 7 p.m.** For more information contact (910) 987-0671.

### Yoga and Beer with Robin:

Enjoy yoga and then drink beer. Pinky Pig will be coming through to serve up some great barbecue. Come to the bar and enjoy any number of delicious post-yoga beers **Sundays from 11 a.m. to noon at Hugger Mugger Brewing in Sanford**.

### Shag Dance Lessons:

Learn to shag dance and have fun while exercising, no partner necessary. **Lessons are the first four Mondays of each month at the Elks Lodge** and are \$10 a night or \$30 a month. Classes are 45 minutes. **Beginners class begins at 6:45 p.m.; intermediate class at 7:30 p.m.** Call (910) 323-2526 for more information.

### Tai Chi for Health:

Practice this flowing Eastern exercise with instructor Rich Martin while overlooking the garden **every Tuesday at the Cape Fear Botanical Garden from 10 to 11:30 a.m.**

Tai Chi is best practiced in loose, comfortable clothing. Dress for the weather. Bring a water bottle. All levels and walk-ins are available. Admission is \$17 for non-garden members, \$15 for garden members.

### Yoga in the Garden:

Cape Fear Botanical Garden and the YMCA of the Sandhills have partnered together for Yoga in the Garden. Grab a yoga mat and rejuvenate at a yoga session in the Orangery at the **Cape Fear Botanical Garden from 6 to 7 p.m. every Wednesday**. Improve flexibility, build strength, ease tension and relax through posture and breathing techniques for beginners and experts alike.

Bring a yoga mat, a water bottle and an open mind to enjoy this all-levels class.

Pre-registration is required. Call (910) 486-0221, ext. 36 or stop by the garden to register. Free for CFBG members and YMCA of the Sandhills members; \$5 for guests.

### Ice and Inline Skating:

The Cleland Ice and Inline Skating Rinks facility offers year-round skating, not only as a form of exercise, but as an affordable and constructive family leisure activity. It is the only ice rink within a 60-mile radius that provides year-round ice skating.

This facility has a comprehensive ice skating program, to include open skating, group and private lessons, figure skating clubs, parties (schools, units, and special interest groups), and private rink rental.

This facility is easily accessible for both military and civilian patrons. Six 30-minute classes are held once per week, on **Mondays** for six weeks. Visit <https://bragg.armymwr.com/programs/cleland-ice-and-inline-skating-rink> for more information or call (910) 396-5127.

### Aqua Spin:

Tired of a normal spin class? If the answer is "yes," then join us for aqua spin. Classes take place at the **Tolson indoor pool on Tuesdays and Thursdays at 10:30 a.m.**

### Hatha Yoga:

This focuses on the breath (pranayama) and yoga poses. This class will be a gentle yoga. Slow and great for beginners or students who prefer a more relaxed style. Poses are held longer. This class

is held at **Hercules and Towle Courts physical fitness centers**. Classes vary, check MWR website [www.bragg.armymwr.com](http://www.bragg.armymwr.com) for schedule.

### Sculpted:

For that lean, toned look with fast results sculpted is a total body strength and conditioning workout combining the benefits of traditional weight training and great music. The original barbell workout. This class is offered at **Hercules Physical Fitness Center on Mondays, Wednesdays and Fridays at 9:30 a.m.**

### Boot Camp:

Interval training, alternating various body sculpting moves and aerobic exercises on the step, with barbells, bands or weights. This class is offered **twice a month at Hercules Physical Fitness Center**. Check the MWR website [www.bragg.armymwr.com](http://www.bragg.armymwr.com) for schedule.

### Prenatal Yoga:

Join MWR for prenatal yoga on **Saturdays at 1 p.m. at Hercules Physical Fitness Center**. Open to DOD ID cardholders, ages 16 years and above. Max 20 participants. For details, please call (910)394-4350.

### Personal Training:

Reach your fitness goals with a certified personal trainer. Training sessions are located at one of our **14 MWR fitness centers**.

Don't know where to start? Start with a fitness assessment done by one of our personal trainers for \$25.

### Programs:

Individual: one-on-one training with a certified personal trainer to meet your maximum fitness goals  
Buddy: two clients train together with one personal trainer to meet their goals.

Classes are open to DOD cardholders and their guests, ages 16 and older.

For more information on our personal trainers and and/or to sign up for this program or a personal assessment, visit our specialized training webpage at [bragg.armymwr.com/programs/specialized-training](http://bragg.armymwr.com/programs/specialized-training).



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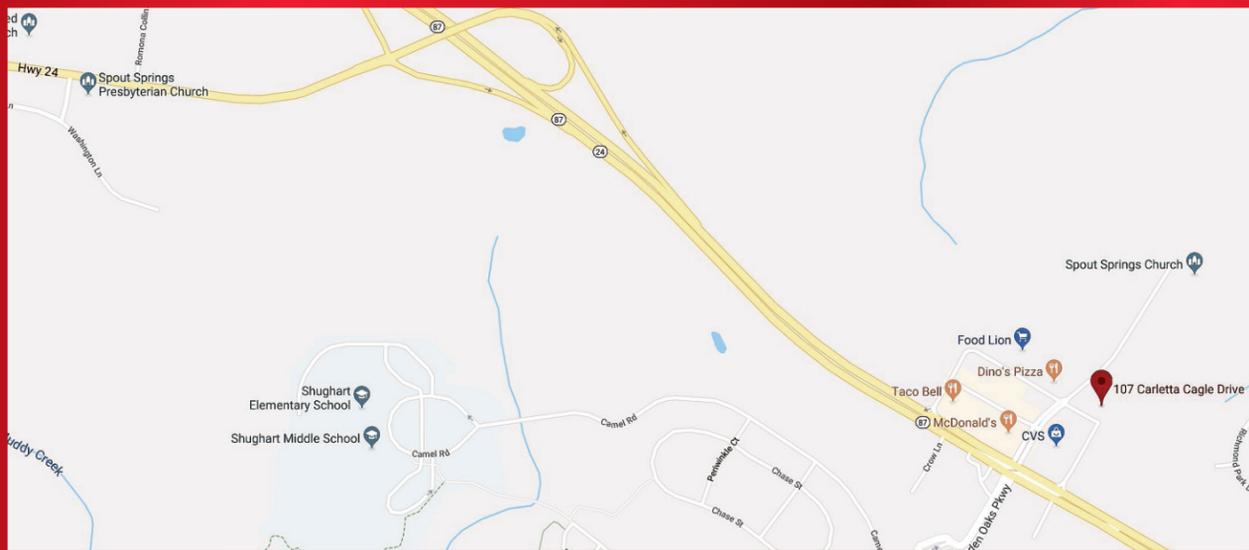
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