

# THE PARAGLIDE

Telling the Fort Bragg Story™

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### THE PARAGLIDE



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## Building dedication honors Gen. Clay

TROY SACQUETY  
USASOC HISTORY OFFICE

In the aftermath of World War II, Gen. Dwight D. Eisenhower wrote, "Gen. (Lucius D.) Clay is one of the ablest officers the Army has produced, particularly in the keenness of his intellect, his profound understanding of organization and the zeal with which he applies himself to every task. While his work has not brought him actual battle command experience, I believe that his work as the American administrator in Germany will come to be recognized, when that work is fully understood, as one of the outstanding contributions to our country."

Gen. Omar N. Bradley, in turn, described him as a "brilliant administrator."

On Jan. 11, Clay received another honor: The Special Warfare Education Group, U.S. Army John F. Kennedy Special Warfare Center and School dedicated its headquarters building in his memory.

Born April 23, 1897 in Marietta, Georgia, Clay graduated from the United States Military Academy (West Point) in June 1918 and received a commission as a second lieutenant of engineers. Promotions were slow between the wars; he



Courtesy photo by USASOC History Office

Gen. Lucius D. Clay at the Pentagon May 17, 1949. Clay retired after more than 30 years of service.

did not become a major until April 15, 1940.

However, the onset of WWII brought Clay escalating positions of responsibility. In 1941, he was promoted to lieutenant colonel and colonel and in 1942 to brigadier general and major general.

During the war, he primarily served stateside in a number of administrative positions centered on engineering and logistics. As the director of Material, Army Service Forces, Clay

deployed overseas in October 1944 to the European Theater of Operations to command the Normandy Base Section. He used his organizational skills to speed up the unloading of supplies through the newly-captured French port of Cherbourg. He then returned stateside to help shift combat units from Europe to the Pacific.

Clay returned to Europe, April 18, 1945, to begin his civil affairs/military government service. Promoted to lieutenant general, he was

appointed as deputy Military Governor, Germany, to transition U.S. combat forces to occupation duties. Five months later, Clay became the commanding general of the Office of Military Government for Germany. In this position, he oversaw denazification, reconstruction and governance.

Clay was promoted to a four-star general on March 17, 1947 to serve as commanding general, U.S. Army Forces (European Theater) and Military Governor of Germany. During his tenure, Clay solved his greatest challenge: The Soviet Blockade of Berlin, which was imposed in June 1948. Clay triggered the Berlin Airlift, which served the city residents during the harsh winter of 1948 to 1949.

Clay retired May 31, 1949, with more than 30 years of service. Having been awarded three Distinguished Service Medals and the Legion of Merit, he received a ticker tape parade in New York City. After military retirement, he served as ambassador in West Germany from 1961 to 1962. He passed away April 16, 1978 at the age of 80. He is buried at the West Point cemetery. Clay left a lasting legacy of administrative competence and true professionalism.



Lucius D. Clay III, grandson of Gen. Lucius D. Clay, and Col. William Rice, commander of the SWEG stand with the plaque in the newly dedicated Clay Hall following the Jan. 11 ceremony.



Photos by Lewis Perkins/Paraglide

Lucius D. Clay III speaks at the ceremony dedicating the SWEG, U.S. Army John F. Kennedy Special Warfare Center and School, headquarters building as Clay Hall.

## OLDEST AMERICAN MAN WWII veteran buried at historic cemetery

By SEAN KIMMONS  
ARMY.MIL

FORT MEADE, Md. — Richard Overton, a 112-year-old World War II veteran who lived to be the oldest American man, was laid to rest Jan. 12 in his hometown of Austin, Texas following days of tributes.

The grandson of slaves, Richard volunteered to join the Army in his 30s and served in the 1887th Engineer Aviation Battalion, an all-African American unit. He deployed to the Pacific Theater from 1942 to 1945 with stops in Guam, Palau and Iwo Jima.

Richard left the Army in 1945 at the rank of corporal. He went on to work in furniture sales and later in the state treasurer's office when future Texas Gov. Ann Richards headed the agency, according to a *Stars and Stripes* article.

He was buried at the Texas State Cemetery, the final resting place for many notable Texans, including Richards.

Before his death on Dec. 27, Richard was believed to be the second oldest living man in the world

at 112 years and 280 days old, according to data by the Gerontology Research Group.

On Jan. 9, both U.S. senators from Texas introduced a Senate resolution to honor Richard. The resolution called Richard an American hero who exemplified strength, sacrifice and service to the United States of America.

In recent years, the supercentenarian was honored at several ceremonies and sporting events.

He visited the White House multiple times and, in 2013, former President Barack Obama spoke of him during a Veterans Day ceremony at Arlington National Cemetery.

"When (WWII) ended, Richard headed home to Texas, to a nation bitterly divided by race," Obama said in his speech. "And his service on the battlefield was not always matched by the respect that he deserved at home. But this veteran held his head high."

Earlier that year, Obama said the veteran visited Washington, D.C., for the first time as part of an honor flight. During the trip, Richard paid his respects at the WWII



Photo by Sgt. 1st Class Brent C. Powell/Army.mil

Richard Overton, a WWII veteran who lived to be the oldest American man, shakes hands with former Undersecretary of the Army Patrick J. Murphy during the U.S. Army All-American Bowl in San Antonio, Texas, Jan. 9, 2016. Richard died Dec. 27 at the age of 112.

Memorial. He also saw the Martin Luther King Jr. Memorial.

"As Richard sat in a wheelchair beneath that great marble statue, he wept," Obama said. "The crowd that gathered around him wept, too — to see one of the oldest living veterans of World War II bear witness to a day, to the progress of a nation he thought might never come."

On Jan. 3, 2015, Richard represented the Greatest Generation at the U.S. Army All-American Bowl in San Antonio, Texas, where he presented the game ball before the annual high school football all-star game.

Then on March 23, 2017, the San Antonio Spurs brought a

110-year-old Richard down to the basketball court during one of their NBA games and gave him a personalized jersey with "110" on it.

In 2017, the City of Austin also officially renamed the street where Richard lived to "Richard Richard Avenue."

While in his 100s, Richard was still known to drive his own car and mow his lawn. In a 2013 interview with *CNN*, he credited God for living such a long life that included a few vices.

"I drink whiskey in my coffee," Richard said at the age of 107. "Sometimes I drink it straight. I smoke my cigars; blow the smoke out. I don't swallow it."

## Access control points change operating hours

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.

**Chicken, All American, Longstreet, Yarkin, Honeycutt, Randolph and Simmons Army Airfield ACPs:** Open 24/7

**Reilly ACP:** Open from 5 to 9 a.m. and 3 to 6 p.m. for in and out bound traffic. Closed on weekends.

**Knox ACP:** Knox ACP will be closed. Commercial vehicles are to use the truck plaza.

**Knox St. Truck Plaza:** Commercial vehicles are to use the Truck Plaza from 5 a.m. to 9 p.m. during the weekdays, and from 5 a.m. to 1 p.m. on the weekends.

**Knox East/MMD:** Open from 5 to 9 a.m. for in and out bound traffic; 3 to 6 p.m. for out bound traffic only. Closed on weekends.

**Butner ACP:** Open from 5 to 9 a.m. to in and out bound traffic; 3 to 6 p.m. for out bound traffic only. Closed on weekends.

**Manchester ACP:** Open from 5 to 9 a.m. for in and out bound traffic; 3 to 6 p.m. for out bound traffic only. Closed on weekends.

## Honor, sacrifice, Lovings



By **JENNIFER MORALES**  
PARAGLIDE

Growing up in Alaska, I had the privilege of living in a “world without race.” Where everyone was just an American and it was just us versus the weather and the harsh terrain Alaska imposed upon us.

You share everything you have from food and clothing, to firewood and snow machines. But when I moved from Alaska, I was faced with a reality harsher than anything Alaska had ever thrown at me.

My mother’s side is from a small town in South Carolina. I can specifically remember the first time I ever heard any racial slurs. I was visiting my grandfather when I was in 3rd grade. I was in a grocery store when a stranger began speaking about a man of another race in a way that would usually be reserved for a rabid animal.

I was so confused. I began looking at the adults I was with to see if they had heard it as well. Their faces showed that they had. Once we were out of the store, I asked my parents about it. They explained that some people dislike or even hate others based solely off of the color of their skin.

When growing up I was told you treat everyone with the same respect you want yourself treated with. This means you don’t bully anyone on the playground, even if they are mean to you and

call you names. Someone else’s actions should never validate your own bad behavior. It blew my mind that someone could be so hateful towards someone not because of an action they did or a thing that they said, but by something they had absolutely no control over.

Something as trivial as hair color, or eye color, would split playgrounds and restaurants.

When my father would deploy to war, I never sat back and worried about what race the men and women who fought next to him were. I worried about their training and their ability to defend our country. As I grew into adulthood, I continued to live with the beautiful freedoms Alaska provided. I had friends of all races and focused on the character of the person, rather than the pigment of their skin.

Then one day I fell in love.

My husband is Dominican and Cuban. His skin looks as if he has the perfect tan year round. He speaks multiple languages and defends our country with the courage and dignity I admire fiercely.

We were young when we married and began our Family shortly thereafter. I had no idea the ugliness that was in the world would have any repercussions on my Family.

When the nation was literally divided in half, a man roughly my age decided to stand up and make a difference. He decided enough was enough and fought the hatred with love, kindness and positivity through techniques from Gandhi and Christianity.

Martin Luther King Jr. would be celebrating his 90th birthday this year on Jan. 15. He organized numerous walks and organizations to support the civil

rights movement. None were as memorable as the march on Washington for Jobs and Freedom, from which he delivered his now famous “I Have a Dream” speech on Aug. 28, 1963.

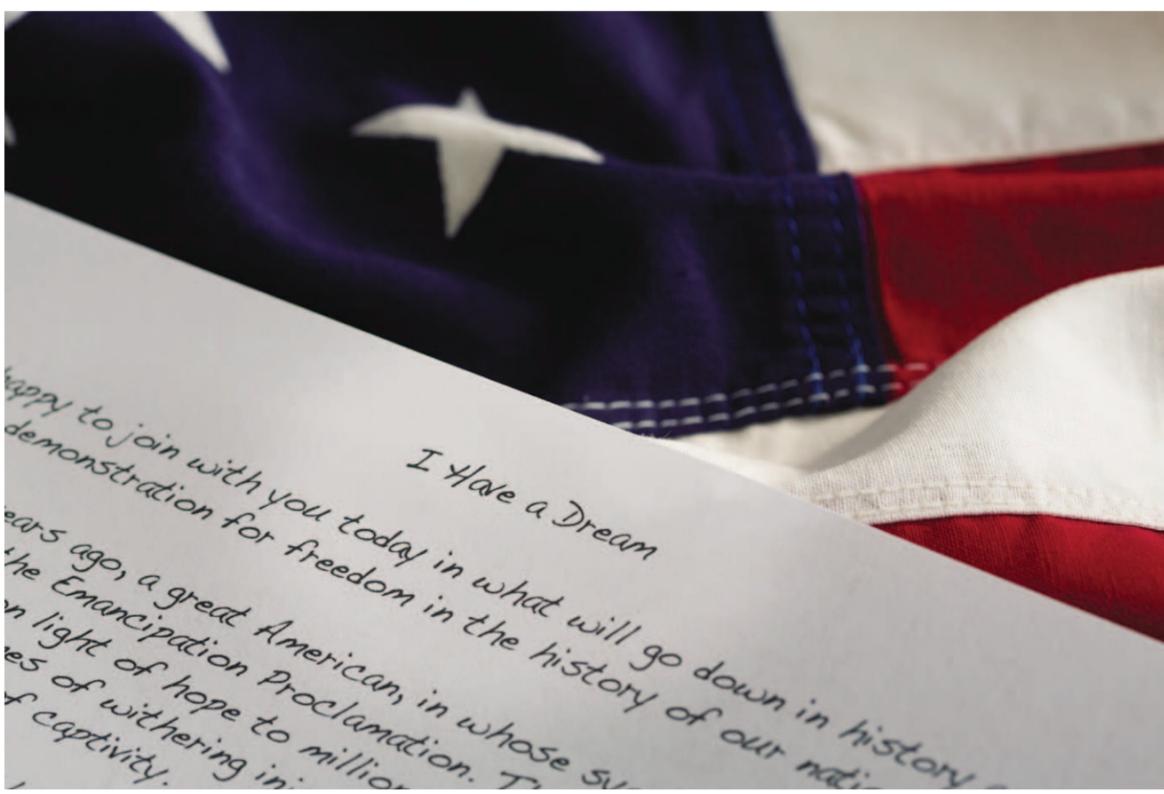
Elsewhere others were picking up their torches and joining the fight as well. For Richard and Mildred Loving, the fight would be brought inside their home and into the sanctity of their own bed.

Police broke into their home at 2 a.m. on July 11, 1958, arresting the two for violating the Racial Integrity Act of 1924. This action sparked a nationwide nine-year legal fight. Finally, on June 12, 1967, in a unanimous decision, laws banning interracial marriage were deemed unconstitutional and were overturned in 16 states.

A year later, shortly after his 39th birthday, Martin Luther King Jr. was shot and killed in an attempt to stop the movement he was so dedicated to. The funny thing is, his assassination only inspired the world more.

St. Francis of Assisi explained it best when he wrote “all the darkness in the world cannot extinguish the light of a single candle.”

If it weren’t for the actions of so many Soldiers, I wouldn’t celebrate the freedoms in which I enjoy today. If it weren’t for the bravery and dedication of Martin Luther King Jr. and the Lovings, I wouldn’t be able to have the Family I have today. When I hold hands with the husband I adore, or watch my children grow each day, I am reminded of all the racial sacrifices made so we could be here and not a moment goes by in which I am not thankful.



## PARAGLIDE Fort Bragg Voices

### “What does Martin Luther King Jr. Day mean to you?”



“MLK day means to me equality amongst all, regardless of race, sex or religion.”  
**Sgt. Steven Mann,**  
127th Quartermaster Co.



“Equality among all men and women regardless of age, gender, ethnicity or religion.”  
**2nd Lt. Michael Vercellone,**  
127th Quartermaster Co.



“Perseverance, in everything you do in keeping with what he wanted in his dream. I think that’s fulfilling his dream, so perseverance.”  
**Command Sgt. Maj. Kwamea Pettus,**  
188th BSB



“It means a lot to me, he sacrificed a lot for us to be able to serve without injustice.”  
**Sgt. Takila Ashley,**  
10th MP CID



“It’s an important day for me, it’s a symbol of hope. It’s the very core of equality in my opinion. It is one of the reasons I chose the job that I do. It gives me inspiration to try to spread equality.”  
**Sgt. 1st Class Shawn Cupp,**  
FORSCOM

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Photos by Spc. Ryan Mercado/2nd BCT PAO

Paratroopers assigned to 2nd BCT, 82nd Abn Div. welcomed Command Sgt. Maj. William S. Stockard and bid farewell to Command Sgt. Maj. Randolph Delapena during a change of responsibility ceremony Jan. 10. The change of responsibility is a traditional event enriched with symbolism and heritage. The key highlight of the ceremony was the passing of the 2nd BCT colors, which represents the unit's honors.

Under new leadership:

# 2nd Brigade Combat Team conducts change of responsibility



**Right:** Command Sgt. Maj. William S. Stockard joins the 2nd BCT after serving as battalion command sergeant major for 1st BCT, 82nd Abn Div. Command Sgt. Maj. Randolph Delapena's next assignment will be at Transatlantic Division and Middle East District, U.S. Army Corps of Engineers.



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Photos by Sgt. Gin-Sophie De Bellotte/82nd Abn. Div. POA

With the assistance of the 502nd Multi-Role Bridge Co., 19th Engr. Bn., paratroopers from 1st BCT, 82nd Abn. Div. were able to successfully complete a wet gap crossing operation at MacArthur Lake, Jan. 9. The wet gap crossing allowed military support vehicles to successfully cross, moving combat power forward.



A Soldier from the 502nd Multi-Role Bridging Co., 19th Engr. Bn., sets up the ribbon bridge for connection using a crowbar for a wet gap crossing exercise at MacArthur Lake.



Soldiers from 1st BCT, 82nd Abn. Div. and the 502nd Multi-Role Bridge Co., 19th Engr. Bn. work together to conduct final checks on the connection of a ribbon bridge during a wet gap crossing exercise at MacArthur Lake, Jan. 9. This is to ensure safety of the vehicles and Soldiers during the crossing.

## Fort Bragg's wet gap operation creates new training objective

By SGT. GIN-SOPHIE DE BELLOTTE  
82ND ABN DIV. PAO

Paratroopers from 1st Brigade Combat Team, 82nd Airborne Division successfully performed a wet gap crossing with the help of the 502nd Multi-Role Bridge Company (MRBC), 19th Engineer Battalion, at MacArthur Lake Jan. 9.

A wet gap crossing involves rapidly building a bridge over a body of water to allow for a unit to advance its equipment, thereby extending its operational reach during a fight. The exercise provided training opportunities for the leaders in the 82nd Abn. Div. regarding the complexity, synchronization and coordination required to accomplish an operation of this scale.

In order to execute this type of operation, the U.S. Army uses 23-foot segments of an improvised ribbon bridge that weighs approximately 20,000 pounds. These floating bridges are connected together to make a bridge spanning the width of the body of water.

"It's been a long time since something like this has happened," said Lt. Col. Michael Lay, 412th Theater Engineer Command. "I believe it's about 20-plus years since we've put bridges down in Fort Bragg."

Due to the lack of MRBC assets available on Fort Bragg, the division staff networked and coordinated with multiple agencies to complete the exercise.

"The reason we need float bridging is because we can't swim our vehicles," Lay said.

Each Soldier played a key role in ensuring the crossing was conducted efficiently and safely throughout the operation.

"The operation showcased the complexity of a wet gap crossing," said Lt. Col. Douglas Massie, commander of the 127th Airborne Engineer Battalion, 1st BCT, 82nd Abn. Div. "The wet gap crossing is something I consider a non-standard event; we don't do it a lot."

Massie also said they don't always get a maneuver force to train with a MRBC that often and this is a new thing for the 1st BCT.

Since the division does not have a MRBC, Maj. Gen. James Mingus, commanding general of the 82nd Abn. Div., identified this as a gap in the division's training objectives.

"This operation allowed battalion and brigade command team operational planners to see and understand what it takes and how complex it is to do a wet gap crossing," Lay said. "They're a lot of important factors to consider, so when these planners do their planning they need to understand what really happens right here at the water and that's what this operation gives them."

The 82nd Abn. Div. hopes to build upon this training and further enhance its capabilities during future training events.



Soldiers from 1st BCT, 82nd Abn. Div. and the 502nd Multi-Role Bridge Co., 19th Engr. Bn. successfully complete a wet gap crossing operation at MacArthur Lake.

# Virtual battlefield represents future of training

By JACQUELINE M. HAMES  
AND MARGARET C. ROTH  
ARMY.MIL

FORT BELVOIR, Va. -- A four-man team of Soldiers sits in a nondescript building on Fort Belvoir, Va., each at his own desk, surrounded by three monitors that provide them individual, 3D views of an abandoned city.

On screen, they gather at the corner of a crumbling building to meet another team-represented by avatars-who are actually on the ground in a live-training area, a mock-up of the abandoned city. They're all training together, in real time, to prepare for battles in dense urban terrain.

That's the central goal of the Synthetic Training Environment (STE)-immersive, integrated virtual training-presented during a Warriors Corner session at the 2018 Association of the United States Army (AUSA) Annual Meeting and Exposition in Washington. The Army has been working toward this kind of fully immersive training experience for decades, and leadership hopes to have it operational as early as 2025.

In May 1993, Army RD&A Bulletin dedicated several articles to the concept and execution of distributed interactive simulation (DIS), "a time and space coherent representation of a virtual battlefield environment" that allowed warfighters across the globe to interact with one another as well as computer-generated forces, according to John S. Yuhas, author of the article "Distributed Interactive Simulation."

While the name of the program seems to emphasize individual simulation units, its overarching purpose was to bring together thousands of individuals and teams virtually in real time. Central to DIS was the idea of interoperable standards and protocol, allowing each community-"trainer, tester, developer and acquisitioner"-to use the others' concepts and products, Maj. David W. Vaden wrote in "Vision for the Next Decade."

The article explained that "distributed" referred to geographically separated simulations networked together to create a synthetic environment; "interactive" to different simulations linked electronically to act together and upon each other; and "simulation" to three categories-live, virtual and constructive. Live simulations involved real people and equipment; virtual referred to manned simulators; and constructive referred to war games and models, with or without human interaction.

DIS has much in common with STE. Both provide training and mission rehearsal capability to the operational and institutional sides of the Army (i.e., Soldiers and civilians). They even share the same training philosophy: to reduce support requirements, increase realism and help deliver capabilities to the warfighter faster.

Users of STE will train with live participants and computer simulations, with some units training remotely. However, STE takes virtual reality training to a new level altogether by incorporating advances in artificial intelligence, big data analysis and three-dimensional terrain representation.

Current training simulations are based

on technologies from the 1980s and '90s that can't replicate the complex operational environment Soldiers will fight in. They operate on closed, restrictive networks, are facilities-based and have high overhead costs for personnel, Maj. Gen. Maria R. Gervais, commanding general for the U.S. Army Combined Arms Training Center and director of the STE Cross-Functional Team, said in an August 2018 article, "The Synthetic Training Environment Revolutionizes Sustainment Training."

Those older technologies also can't support electronic warfare, cyberspace and megacities, the article explained. For example, Soldiers in the 1990s could conduct training using computers and physical simulators-like the ones showcased in Charles Burdick, Jorge Cadiz and Gordon Sayre's 1993 "Industry Applications of Distributed Interactive Simulation" article in the Army RD&A Bulletin-but the training was limited to a single facility and only a few networked groups; the technology wasn't yet able to support worldwide training with multiple groups of users in real time, like the Army proposes to do with the STE.

Gervais presented a promotional video during "Warriors Corner #13: Synthetic Training Environment Cross-Functional Team Update," which said the STE will provide intuitive and immersive capabilities to keep pace with the changing operational environment. The STE is a Soldier lethality modernization priority of the U.S. Army Futures Command.

"With the STE, commanders will conduct tough, realistic training at home stations, the combat training centers and at deployed locations. The STE will increase readiness through repetition, multi-echelon, multidomain, combined arms maneuver and mission command training. And most importantly, the STE will train Soldiers for where they will fight," said Gen. Robert B. Abrams, then-commanding general of U.S. Army Forces Command, in the same video. Abrams is now commander of United Nations Command, Combined Forces Command, U.S. Forces Korea.

Today, simulations in the integrated training environment do not provide the realism, interoperability, affordability and availability necessary for the breadth of training that the Army envisions for the future. The STE will be able to do all that-it will be flexible, affordable and available at the point of need.

"This video helps us get to shared understanding, and also awareness of what we're trying to achieve with the synthetic training environment," Gervais said during the AUSA presentation. "But it also allows us to understand the challenges that we're going to face as we try to deliver this."

"We don't have the right training capability to set the exercises up," said Mike Enloe, chief engineer for the STE Cross-Functional Team, during the presentation. "What I mean by that is that it takes more time to set up the systems that are disparate to talk to each other, to get the terrains together, than it does to actually have the exercise go."

The Army's One World Terrain, a 3D database launched in 2013 that collects, processes, stores and executes global



Photo by Bob Potter

Soldiers prepare to operate training technologies during the STE User Assessment in Orlando, Florida, in March 2018. The assessment was part of an approach implemented by Maj. Gen. Maria R. Gervais to put industry prototypes in Soldiers' hands at the beginning of the capability development process.

terrain simulations, has been the "Achilles' heel" of STE from the start, Enloe said. The Army lacks well-formed 3D terrain data and therefore the ability to run different echelons of training to respond to the threat. The database is still being developed as part of the STE, and what the Army needs most "right now from industry is content ... we need a lot of 3D content and rapid ways to get them built," Enloe said. That means the capability to process terrain on 3D engines so that it can move across platforms, he said, and steering clear of proprietary technologies. The STE is based on modules that can be changed to keep up with emerging technologies.

The Army also needs the ability to write the code to develop the artificial intelligence that will meet STE's needs-that can, to some extent, learn and challenge the weaknesses of participants, he said.

Retired Gen. Peter W. Chiarelli, 32nd vice chief of staff of the Army, emphasized during the presentation that the Army needs to move away from the materiel development of the STE and focus on training as a service. "I believe that a training environment should have two critical aspects to it," he said: It should be a maneuver trainer, and it should be a gunnery trainer.

Brig. Gen. Michael E. Sloane, program executive officer for Simulation, Training, and Instrumentation (PEO STRI), said the leadership philosophy of STE's development is about fostering culture change and getting Soldiers capabilities faster. "We have to be proactive; the [cross-functional teams] have to work together with the PEOs, and we're doing that," he said. "Collectively, we're going to deliver real value to the Soldier, I think, in doing this under the cross-functional teams and the leadership of the Army Futures Command."

Many organizations are involved with STE's development. The U.S. Army Combined Arms Center - Training and the U.S. Army Training and Doctrine Command capability managers are working requirements and represent users. PEO STRI is the materiel developer. The U.S. Army Maneuver Center of Excellence is responsible for the infantry, armor and combined arms requirement. And finally, the assistant secretary of the Army for acquisition, logistics and technology (ASA(ALT))

serves as the approval authority for long-range investing and requirements.

With the Futures Command and ASA(ALT) collaborating throughout the development of STE, Sloane believes the Army will be able to reduce and streamline acquisition documentation, leverage rapid prototyping, deliver capabilities and get it all right the first time.

Gervais reminded the AUSA audience in October that she had spoken about STE at the annual meeting two years ago, explaining that the Army intends to use the commercial gaming industry to accelerate the development of STE. "I did not believe that it couldn't be delivered until 2030. I absolutely refused to believe that," she said. In 2017, the chief of staff designated STE as one of the eight cross-functional teams for Army modernization, aligning it with Soldier lethality.

Since then, STE has made quite a bit of progress, Gervais said. The initial capability document for the Army collective training environment-which lays the foundation for STE-was approved in 2018. The Army increased its industry engagement to accelerate the development of STE, according to Chief of Staff of the Army Gen. Mark A. Milley's direction, which led to the awarding of seven other transaction authority agreements for One World Terrain, followed by a user assessment in March 2018. In June, Secretary of the Army Dr. Mark T. Esper and Milley codified STE in their vision statement. "We're postured to execute quickly," Gervais said.

In the meantime, she said, there has been a focused effort to increase lethality with a squad marksmanship trainer in the field to allow close combat Soldiers to train immediately. The Army also developed a squad immersive virtual trainer. "We believe we can deliver that [squad immersive trainer] much quicker than the 2025 timeframe," she said.

STE is focused on establishing common data, standards and terrain to maximize interoperability, ease of integration and cost savings, Gervais said. With the right team effort and coordination, she believes STE can be delivered quickly. Perhaps in a few short years, STE can achieve the lofty goal that DIS had for itself, according to Yuhas: Revolutionize the training and acquisition process for new weapon systems.

## From the Archives



Photo by Sgt. Jessica M. Kuhn, XVIII Abn Corps PAO

Maj. Gen. Rodney O. Anderson, the deputy commanding general, XVIII Abn. Corps, welcomes home Lt. Gen. Frank Helmick, XVIII Abn. Corps commander, along with more than 300 Soldiers from the XVIII Abn. Corps and 82nd Abn. Div. after a year-long deployment to Iraq during a ceremony at Pope Army Airfield Dec. 22, 2011.



Photo by Staff Sgt. JaJuan S. Broadnax/49th PAD Abn.

Lt. Gen. Frank Helmick, XVIII Abn. Corps commander and Command Sgt. Maj. Earl L. Rice, XVIII Abn. Corps command sergeant major, lead more than 300 Soldiers into the hangar at Pope Army Airfield marking the end of their year-long deployment to Iraq during a ceremony Dec. 22, 2011.

# New graphic novellas educate on cyber threats

By **DEVON L. SUITS**  
ARMY.MIL

FORT MEADE, Md. — Since World War II, the Army has used comic books to train Soldiers on specific duties and reduce casualties through improved situational awareness.

The trend continued through the Vietnam War. At that time, the Army discovered a training deficiency and produced a comic book to educate Soldiers about proper weapon maintenance.

Fast forward to today; the Army is facing a new challenge.

Advancements in cyber and smart technologies have the potential to alter the landscape of future military operations, according to Lt. Col. Robert Ross, threatcasting project lead at the Army Cyber Institute (ACI), West Point, New York.

The U.S. military, allied partners and their adversaries are finding new ways to leverage networked devices on the battlefield, Ross said.

“The use of networked technology is ubiquitous throughout society and the leveraging of these devices on future battlefields will become more prevalent,” he said. “There is just no escape from this trend. Technology is integrated at every level of our Army.”

Keeping with the Army's legacy of producing visual literature to improve readiness, the ACI has partnered with Arizona State University Threat Casting Lab to produce a series of graphic novellas, Ross said.

The lab brought together military, government, industry and academic experts to envision possible future threats. Through their research, the workshop developed potential cyber threat scenarios, and then explored options to disrupt, mitigate and recover from these future threats.

Each graphic novella considers what cyber threats are plausible in the next 10 years based on a combination of scientific facts and the imagination of those involved, Ross explained.

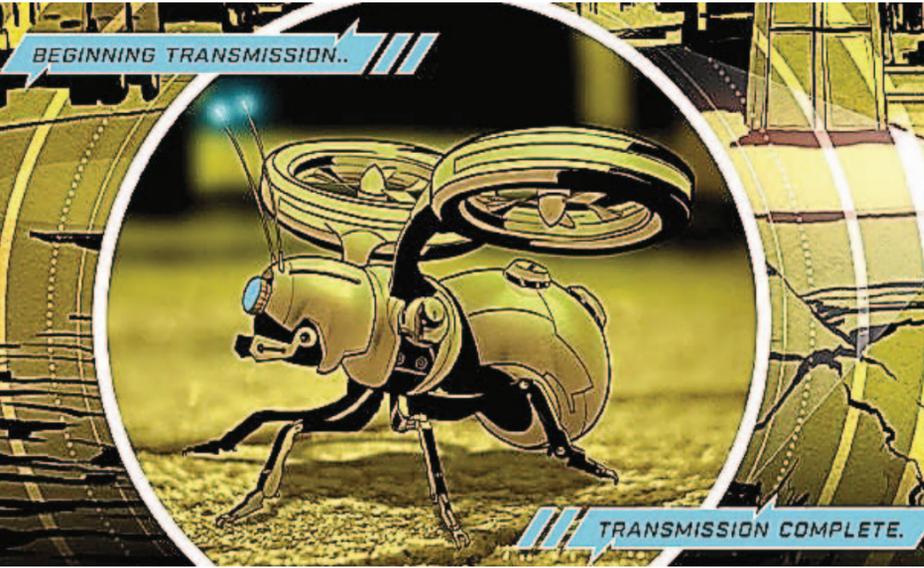
“This project is designed to deliver that understanding through visual narrative,” he said. “Technical reports and research papers do not translate as well to the audiences we are looking to influence. Graphic novellas are more influential of a medium for conveying future threats to not only Army organizations at large, but down to the Soldier level.”

The novella “1000 Cuts” depicts the psychological impact a cyber-attack could have on Soldiers and their Families. In the story, these attacks were enough to disrupt a deployed unit, leaving them open to an organized attack, Ross said.

“Given the exponential growth in Soldiers' use of (networked) devices ... ‘1000 Cuts’ presents an extremely plausible threat,” he said. “It demonstrates how non-state actors

can leverage technical vulnerabilities within the cyber domain to their advantage in the land domain.

“The visual conveyance of a graphic novella enables leaders to not only envision these scenarios but retain the lessons that can be drawn from them as well.”



Photos by U.S. Army

Advancements in cyber and smart technologies have the potential to alter the landscape of future military operations. To help educate Soldiers about these future threats, the ACI at West Point, New York has partnered with Arizona State University Threatcasting Lab to produce a series of graphic novellas. The graphic seen here is from the novella titled “Insider Threat.”



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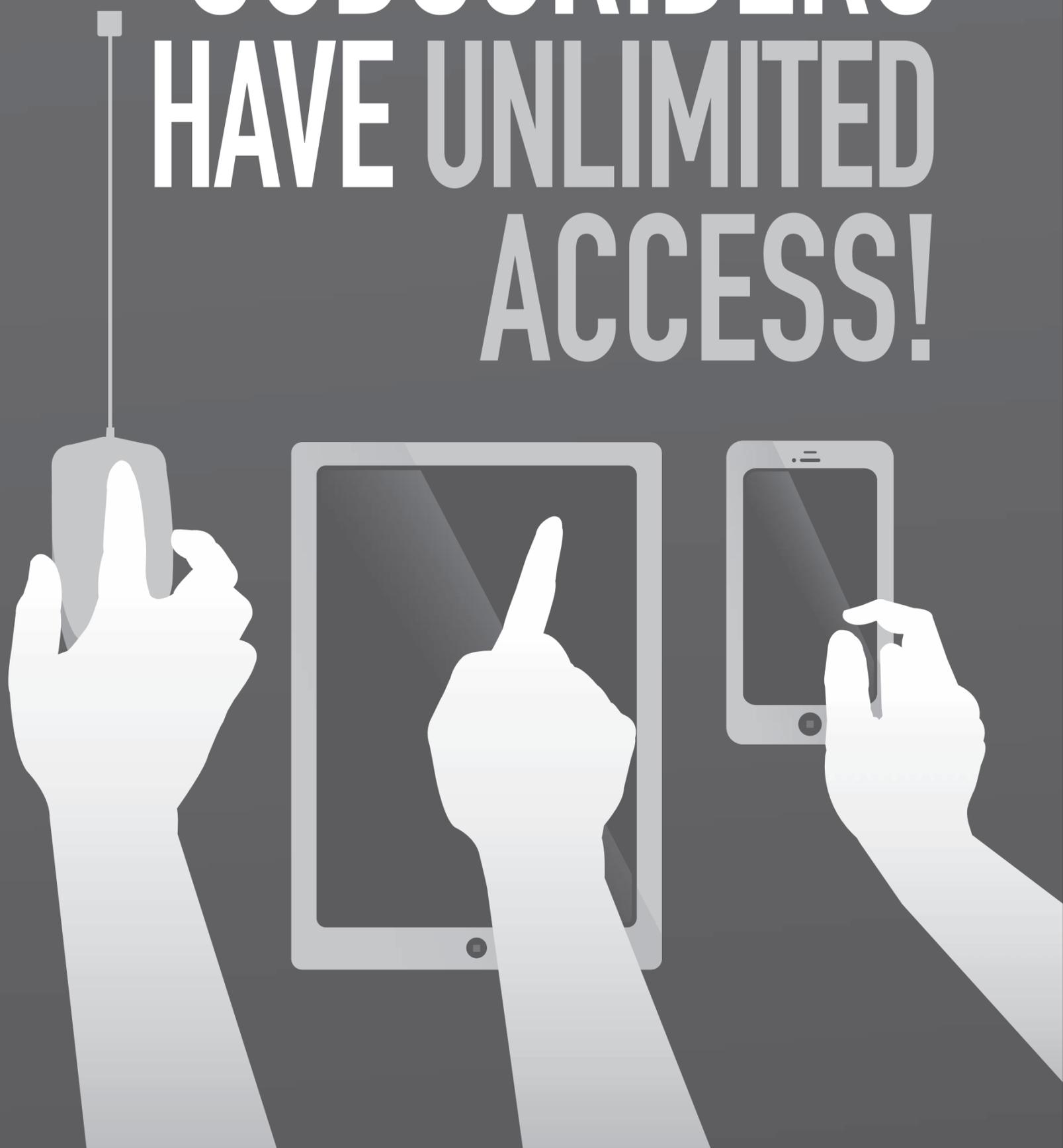
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\*Source: "Cybersecurity Market Report," Cybersecurity Ventures, May 31, 2017.

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# Resolution Solutions: Get physical



Stock Photo

Runners take off from the starting line of the Fourth Annual Firecracker 4-miler in downtown Fayetteville, Jun. 27, 2017. The new year is a typical time for most to make exercising more a goal. The Army Wellness Center provides a plethora of tailored support and resources to help those seeking to improve on their physique.

**SUET LEE-GROWNEY**  
PARAGLIDE

*Editor's note: This is part two of the Resolution Solutions series on 2019 goals. The topics encompass the seven dimensions of wellness and this week's subject is physical wellness.*

The new year is a good time to hit the restart button on fitness goals, according to Andrea Navarro, Fort Bragg Army Wellness Center (AWC) health educator.

"When they're already in that 'change' mindset, it's a good time to think about changing their physical health as well," Navarro said.

Joshua Fridley, AWC health educator, echoed Navarro's statement and added by reflecting on what one accomplished or didn't get to achieve in the past year, he or she can use that as a launch pad to set their fitness goals for 2019 because there are plenty of health benefits for doing so.

"(On) the clinical side, we see improved blood pressure, and cholesterol levels, and long-term health factors of longevity and just a better quality of life," Fridley said.

Here are several doable and sustainable steps anyone can take to help achieve their fitness goals for 2019.

## Identify short- and long-term fitness goals

To start, Navarro suggests knowing what needs to change and then creating small, but realistic, goals in order to set oneself up for success.

"It can be as simple as walking daily for some time as

short as 15 minutes, setting aside time to be alone and work on stress management and declutter your mind, and taking time to decide what it is you want to eat for the week so that you can make a grocery list," she said. "And always keep a stocked fridge and pantry."

## Plan a routine during a low-energy time of day

Fridley advised against cramming, exercise sessions in during peak hours of the day. Setting a window aside for physical activity in the morning or after work would be the best.

An area most people go wrong while planning their routine is being overly ambitious in their exercise habits, Navarro said.

"You might not be exercising currently and then give yourself a goal to do it four or five times a week," she said. "When you have such an ambitious goal, it's difficult to achieve it on a regular basis and that's when people end up falling off the wagon. Just by starting small and doing something you know you're capable of, you can end up building on that throughout the year."

## Setting up a support system

After setting time aside, communicate that routine and goals to those around you so they know not to disrupt you during that time, said Navarro.

Additionally, Fridley encouraged everyone to visit the AWC so the experienced staff can help facilitate those goals by creating functional and sustainable workouts tailored to each person's unique fitness needs and levels.

"A lot of the times we see people have that idea of (wanting) to exercise and they have got time to, but (when) they walk into the gym they're like 'I don't know; do I do this or do I do that?'" he said.

## Consistency is key

"On exercise, nutrition, stress management, sleep — whatever it is — try to stay consistent on those habits and routines," Fridley said.

Erratic routines that yo-yo back and forth the path to success can bring results, but will not yield a desired change as soon as one desires, he added.

However, missing a day is alright.

"Just don't throw the whole plan out the window just because you missed one day," Navarro said.

The AWC provides a plethora of resources and options for those seeking to reach their goals for 2019. Some of these services include a physical fitness assessment, VO2 max testing and training, muscular strength and flexibility, metabolic testing to measure resting metabolic rate and total energy expenditure, tracking body composition with the BOD POD, stress management programs and many other educational classes on a walk-in basis.

These services are available to all active-duty service members and their dependents over the age of 18, retirees and their dependents over the age of 18, DOD civilians and anyone in the Defense Enrollment Eligibility Reporting System (DEERS).

*Editor's note: Next week's Resolution Solution covers how to volunteer more and give back to the community.*

# Corvias Foundation awards scholarships to two Fort Bragg spouses

**CORVIAS**

Corvias Foundation, a private foundation and the charitable arm of Corvias, has been committed to supporting military Families in the pursuit of higher education since 2006. Helping military spouses overcome economic hurdles by allowing them to equip themselves with the tools and accreditation to join the workforce has always been a key focus of the organization. This year, Corvias Foundation has awarded scholarships totaling \$100,000, each up to \$5,000, to spouses of active-duty service members across the country.

The following recipients are from Fort Bragg: Dagmar Lee is a senior pursuing a Bachelor's degree in accounting from the University of Phoenix. Her husband is 1st Sgt. Steven Lee, U.S. Army.

Michelle Spearman is pursuing a Master's degree in Nutrition Dietetics from Meredith College. Her husband is Spc. Stephen Lee Spearman Jr., U.S. Army.

"Each year, we are so impressed by all of our scholarship recipients and how they integrate their professional goals into the unique and complex challenges of military life," said Maria Montalvo, executive director of Corvias Foundation. "They seamlessly adapt to a spouse's changing assignments, schedules and locations, and we are privileged to play a small role as they pursue education, training and licensing, employment readiness and career connections."

While each spouse comes from a unique background and they all have their own individual goals, there is a strong common thread of those who need a champion. For example, several of the recipients will further their studies to pursue work that helps and supports military Families, a perfect encapsulation of the foundation's ripple-effect of giving. Among the scholarship recipients this year are aspiring lawyers, dental hygienists, accountants, nurses, social workers and teachers.

Since 2006, Corvias Foundation has awarded nearly



Courtesy photos

Dagmar Lee, a senior from the University of Phoenix, is one of two Fort Bragg scholarship recipients of the Corvias Foundation. Lee, the wife of 1st Sgt. Steven Lee, is pursuing a bachelor's degree in accounting.

\$8 million through 417 scholarships to military spouses and children at 13 different Army and Air Force installations.



Michelle Spearman, wife of Spc. Stephen Spearman Jr., one of two Fort Bragg scholarship recipients of the Corvias Foundation. Spearman is pursuing a master's degree in Nutrition Dietetics from Meredith College.

Online applications for the 2019 scholarships for children and spouses of active-duty service members are available now at [corviasfoundation.org](http://corviasfoundation.org).

# LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE



## THIS WEEKEND

### BEECH MOUNTAIN SKI TRIP:

**When:** Friday and Jan. 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.

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:** Saturday, 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 Street to Hay Street, ending on Winslow Avenue. The Grand Marshalls will be Wes and Sandy Cookman. Arrive early to secure your spot along the route.

### COMBAT CROSS-COUNTRY MEET:

**When:** Saturday, 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 competitions. Open to active-duty service members.

### MAMA WE MADE IT! COMEDY TOUR:

**When:** Saturday, 7:30 p.m. and 10 p.m.

**Where:** Sports USA

**Cost:** \$25 advance tickets, \$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:** Saturday, 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. Watch 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.

## 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

### SWEENEY TODD:

**When:** Jan. 17 through Feb. 3

**Where:** Fayetteville Pie Company

**Cost:** \$45

Sweet Tea Shakespeare is serving up a rich and saucy production of this flavorful and "full-bodied" Broadway classic at Fayetteville Pie Company. Expect notes of peppery revenge, despair and cat to linger on your palate as you savor the experience of this show. Ticket price includes a savory pie, a sweet pie and a soft drink or tea. Beer and wine will be available for purchase. See <https://www.facebook.com/events/1154601578048290/> for show times.

### SPRING SPORTS REGISTRATION:

**When:** Jan. 22 through March 15

**Where:** Youth Sports and Fitness - Fort Bragg Soldier Support Center

**Cost:** Teeball, coach pitch, baseball, softball, soccer, track and field for \$45, lacrosse for \$65

**Open to:** CYS card holders with current sports physical

**Spring Youth Sports:**

- Soccer, ages 5 to 17, Main Post and Linden Oaks
- Tee-ball, ages 5 to 6. Coach pitch, ages 7 to 8. Baseball, ages 9 to 17. Main Post & Linden Oaks
- Girls softball, ages 9 to 17, Main Post and Linden Oaks
- Track and field, ages 7 to 18, Main Post only
- Lacrosse, ages 8 to 16 (grades 3 through 10), Main Post only

Youth must be registered with CYS (Parent Central Services, Bldg. 1-4157 Knox St.) and have a current sports physical on file. Appointment required, walk-ins only on Tuesday and Thursday from noon to 2 p.m., call (910) 396-8110 for more info or visit <https://webtrac.mwr.army.mil>.

Volunteer coaches needed. For more info call (910) 396-9123.

Discounts and waivers are available for coaches and multiple children playing same sport. Youth will be put on a waiting list until cleared coaches are in place.

### THE LAUGHING DONKEY COMEDY SHOW:

**When:** Jan. 24, 9 p.m.

**Where:** The Drunk Horse Pub

**Cost:** Free

Free open mic and stand-up comedy show! Head over to Drunk Horse Pub to see some amazing local comedians, as well as a couple of hacks. You don't want to miss this night of entertainment.

### FAYETTEVILLE MARKSMEN HOCKEY GAME:

**When:** Jan. 25, 7 p.m.

**Where:** Crown Coliseum

**Cost:** \$7 to \$25

Watch the Fayetteville Marksmen, a professional minor-league hockey team, battle it out against one of their Southern Professional Hockey League rivals. Enjoy great food, drinks and hockey with family and friends.

### SUGAR MOUNTAIN SKI TRIP:

**When:** 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. Similar to the Beech Mountain trip, the excursion 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.

### 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.

### SPOKEN WORDS/POETRY OPEN MIC:

**When:** Jan. 26, 1 to 3 p.m.

**Where:** Throckmorton Library

**Cost:** Free

Open to all ages! Children ages 7 through 13 will have their superstar session at 1 p.m. Adults will get their time in the spotlight at 2 p.m. Come give the world your time and shine by dropping those lines with your fine rhymes. P.S. Poetry does not actually have to rhyme; just bust a flow however you choose to express yourself cool kat! Open to the public. No registration required.

### ANNIE:

**When:** Jan. 31 through Feb. 24, 7:30 p.m.

**Where:** Cape Fear Regional Theatre

**Cost:** \$17 to \$32

Leapin' Lizards! In adventure after fun-filled adventure, little orphan Annie finds a new home and family in Daddy Warbucks and a lovable mutt named Sandy. "Tomorrow, tomorrow, I love you tomorrow!" A musical treat for the entire family. See <http://www.cfrt.org/project/annie/> for show times.

### SUPER BOWL LIII WATCH PARTY:

**When:** Feb. 3, 6:30 p.m.

**Where:** Sports USA

**Cost:** None

Free buffet at half-time while supplies last.

# Lost and found

BY GENEVIEVE STORY  
PARAGLIDE

Animals have a remarkable and lasting impact on the lives of humans. Equally as invaluable as an animal's companionship is a human's ability to be responsible animal owners, embody animal welfare and support the efforts of the local community, and their dedication to making a difference in both the lives of animals and humans.

Nestled in the western part of the coastal plain region of North Carolina, and immersed in U.S. Army history, is Fayetteville's Cumberland County Animal Control Department. CCAC stands to their mission to protect pets and wild animals from the many dangers they may face in the wild and on the streets, as well as protect the people and property of Cumberland County from the dangers and nuisance of uncontrolled roaming animals, striving to help people and animals live in harmony.

"The best part about my job is supporting the local community and knowing I am making a difference in the lives of animals," said Elaine Smith, director of the CCAC Department. "This kind of dedication is a calling."

Smith has been with the department since 2012, with a promotion to director in June of 2018. Through her evolution and advancement to various roles within the CCAC sector, she has witnessed and played a key role in the department's ability to maintain its mission of safety, shelter and adoption.

"We pride ourselves on maintaining the highest quality of services to the community, relieving the pain and suffering of animals, encouraging responsible pet ownership, increasing public awareness of animal issues and continuing the effort to train and educate the management, staff and community," Smith said.

The ongoing preparedness and mission of the CCAC Department ensures the handling of complaint investigation, cruelty investigation, animal quarantine and animal rescue and shelter within the county. The CCAC enforces North Carolina state and local laws, by highly trained, professional and loving personnel, providing quality service to citizens while dedicating themselves to improving the co-existence of animals and humans.

Pet ownership requirements remain consistent for both on Fort Bragg and off post in Cumberland County, requiring that "all dogs and cats must have a current pet privilege license," said Smith. "The cost is \$7 per animal if the pet has been spayed/neutered. However, if the pet is not spayed/neutered the fee for each animal is \$25."

Licenses are available at the Cumberland County Animal Control Office or most veterinary clinics. Additionally, North Carolina law requires all dogs and cats over four months of age to be vaccinated against rabies.

The CCAC strongly promotes identification and population control by spay, neuter and microchipping.

"Identification is a must," Smith said. "Microchipping is currently only a requirement on post, but is still an inexpensive way to ensure safety and security of your pet. There is no county ordinance currently in place requiring pet owners off post to spay and neuter. But if a pet is found stray and taken under CCAC supervision, it will be returned spayed or neutered under local law requirements or adopted with similar stipulations."

In the unfortunate circumstance of discovering a stray animal, help is just a phone call away. Contact information does vary between Fort Bragg and off post locations.

"If an individual finds a stray

animal on post, their questions and concerns are required to be called into the Fort Bragg Military Police dispatch on post," said Geneve Mankel, communications and outreach coordinator for the Cumberland County Public Information Office. "Do not call Animal Control first."

Off post stray animals calls are to be directed to the CCAC at (910) 321-6852 or emergency related calls can be directed to the local sheriff's office or 911.

Animal control protocol that does remain the same between on- and off-post locations is the recovery of a pet from a shelter.

**"We pride ourselves on maintaining the highest quality of services to the community, relieving the pain and suffering of animals, encouraging responsible pet ownership, increasing public awareness of animal issues and continuing the effort to train and educate the management, staff and community."**

*-Elaine Smith, Cumberland County Animal Control Department*

If a person's animal is taken to Animal Control, they can pick up their pet during normal business hours. "It is best to come in person to the shelter and do a walk through of the pets," Mankel said. "Owner's will need a valid form of identification to reclaim a pet. If available, they should also provide proof of spay/neuter, rabies vaccination and pet license." There may be fees and stipulations associated with reclaiming a pet.

"We all love animals and understand the community does as well," Smith said. "The CCAC encourages responsible pet ownership and a community free of conflicts. The Cumberland County Animal Control Department is an advocate for animal and their rights and we want to make sure that pets have what they need. It is important for us to do our very best and find these animals good homes in comfort and in happiness."

The CCAC offers pet adoption services as well as volunteer and foster programs to give back and save a life. To consider making a difference in the Cumberland County community. Call (910) 321-6852 or visit the Cumberland County website at [www.co.cumberland.nc.us/departments/animal-control-group/animal-control](http://www.co.cumberland.nc.us/departments/animal-control-group/animal-control).



Stock photo

According to Cumberland County Animal Control, pet identification is a must. Currently, microchipping is the only requirement for pet ownership for those living in Fort Bragg.



## Direction toward contraception

Womack implements new perception for access of care in specialty clinic

BY TWANA J. ATKINSON  
WAMC PAO

Fifty percent of the pregnancies in the U.S. are unplanned. The military community's statistics are about the same, according to Womack Army Medical Center's Contraception clinic officer-in-charge Maj. Ludrena Rodriguez.

Beginning last November, the Contraception Clinic opened up a walk-in clinic for all female TRICARE beneficiaries.

The Contraception Clinic has now taken away the long process of receiving contraception by ridding referrals and replacing it with walk-in hours and educating more primary care providers.

"We've taken away barriers and provided training for all forms of contraception and placements," said Rodriguez. "This allows the patient to either walk-in to our clinic without a referral or be seen at their PCM. This increases the opportunity for women to be in control of their Family planning."

Female TRICARE beneficiaries previously had to receive a referral for the Contraception Clinic from their primary care provider. The referred appointment could take four to six weeks to be scheduled.

"A female Soldier that has an unplanned pregnancy could affect the unit readiness for up to 18 months," said Rodriguez. "Improving access and decreasing barriers is our goal in supporting such an elite community of Soldiers."

The Contraception Clinic trained more than 25 civilian and military primary care providers on this new initiative at Fort Bragg and Pope and Shaw Air Force Bases.

The Womack Contraception Clinic is the first in the Army to implement walk-in options. clinical nurse officer-in-charge Natalie Ferguson touts on the success of the walk-in clinic and the effect it has on the patients.

"We have Soldiers that want to ensure that they can take advantage of promotion opportunities or schools," Ferguson said. "Now she has the power to take charge of her career and Family."

The Contraception Clinic provides service for all types of contraception including, long-acting, intrauterine, implantable, short-acting, condoms and pills.

Walk-in hours for TRICARE beneficiaries are on Tuesday, Thursday and Friday from 8 to 11 a.m. and Wednesday from 1 to 3 p.m.



For more photos each week  
by The Paraglide,  
check out  
[www.flickr.com/photos/fortbragpparaglide/](http://www.flickr.com/photos/fortbragpparaglide/)

## FAYETTEVILLE'S DESTINATION FOR ARTS & ENTERTAINMENT

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MARTIN LUTHER KING JR PARADE  
Starts at Noon Saturday, Jan 19.  
Downtown Fayetteville



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CSSD is supported through funding provided by the Arts Council of Fayetteville/Cumberland County



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COOL  
SPRING  
DOWNTOWN DISTRICT

Skating Rink on Green Street  
Jan. 25th, 26th, 27th



# PCSing with pets

By CAPT. RACHEL POLLARD  
PUBLIC HEALTH ACTIVITY-FORT BRAGG

## Schedule a health certificate appointment for your pet

Most countries require an international health certificate to be issued by a USDA-accredited veterinarian within 10 days of travel. Some countries, such as England, also require dewormers or other medications to be administered by a veterinarian within a specific timeframe.

In some cases, USDA Animal Plant and Health Inspection Service (APHIS) endorsement of your pet's health certificate is required, which usually means the paperwork has to be submitted to an endorsement office. Many veterinarians at the Fort Bragg VETCEN are authorized to sign the USDA APHIS paperwork as the endorsing veterinarian on health certificates because they have advanced training. This lets you skip the step of sending your pet's paperwork to an endorsement office and saves you time and money.

When your pet's appointment is completed, the clerks at the VETCEN will make copies of all of your pet's paperwork to ensure that you have the necessary documentation.

## Be prepared to travel

In the days leading up to your departure date, make sure that all of your documentation is in order and that you have refills of any medications your pet requires. Be sure to take pictures of important documents, like your pet's rabies and health certificates. These documents are also uploaded to your pet's electronic medical record, which is accessible by any U.S. Army veterinarian.

Things can get hectic before a big move, but try to keep your pet's environment as stable as possible to minimize stress or excitement.

## Relax and enjoy your new home

Be sure to stop by your new veterinary clinic to establish care for your pet.

For questions, or to schedule an appointment, please call the Fort Bragg VETCEN at (910) 396-9120.

Planning to move for a Permanent Change of Station (PCS) overseas this summer? Feeling overwhelmed? The Fort Bragg Veterinary Center (VETCEN) is here to help with five easy steps:

### Start planning early

Start researching travel requirements as soon as you know you will be PCSing overseas (including Alaska and Hawaii). The U.S. Department of Agriculture (USDA) website (<https://www.aphis.usda.gov/aphis/pet-travel>) contains the most updated information for pet export requirements. Don't forget to check for airline-specific requirements, too.

Most countries require at least an international health certificate for your pet. For some locations, additional months of planning are necessary to ensure your pet receive the required vaccinations, microchipping and blood tests in the correct periodic order. Some countries even require pre-notification of your pet's arrival. Check the USDA website for detailed country-specific requirements.

Early planning is crucial to avoid expensive quarantines or other difficulties upon arrival to your new home.

### Schedule a health certificate consult for your pet

At this appointment, veterinary staff will review your pet's medical history, vaccinations and perform a thorough physical examination. This is the time to bring up any concerns you have about traveling with your pet, especially if you know he or she gets nervous on long trips. Ask your veterinarian for tips on acclimatizing your pet to his or her travel kennel.

You will then work with your veterinary team to create a schedule for your pet's necessary appointments. This will ensure that all requirements are met prior to your departure.

# WORSHIP

## CATHOLIC MASS

Sat. 5 p.m. All American Chapel  
Sun. 9 a.m. All American Chapel  
Sun. 10:30 a.m. WAMC Chapel  
Sun. 11:30 a.m. Main Post Chapel  
Sun. 1:30 p.m. Pope Chapel (Spanish/English)  
Sun. 5 p.m. All American Chapel  
Mon.- Fri. Noon Pope Chapel  
Wed. 11:30 a.m. WAMC Chapel

## ROSARY

Mon.- Fri. 12:30 p.m. Pope Chapel

## EUCCHARISTIC ADORATION

Wed. 11:30 a.m. Pope Chapel

## RECONCILIATION

Sun. 4:30 p.m. All American Chapel  
Mon.- Fri. 11:30 p.m. Pope Chapel  
Sat. 4:30 p.m. All American Chapel  
(30 minutes prior to every Mass and by appointment)

## CATHOLIC EDUCATION

Sun. 10:45 a.m. Faith Formation Bowley School\* Faith Formation (Adults)  
Sun. 3 p.m. Youth of the Chapel (All American)  
Tues. 6:30 p.m. Rite of Catholic Initiation for Adults (Pope Chapel)  
Thurs. 6:45 p.m. Bible Study  
Fri. 6:30 p.m. Theology on Tap (3rd Fri. each month)

## CATHOLIC WOMEN OF THE CHAPEL (CWOC)

Thurs. 9:30 a.m. Noon at All American Chapel\*\*

## ADDITIONAL PROTESTANT RELIGIOUS EDUCATION PROGRAM

Sun. 6:15 p.m. Postwide Family Program (AAC)\*  
Tues. 2:45 p.m. Good News Club at Bowley Elementary\*  
Tues. 6:30 p.m. Navigator Bible Study (JFK)  
Tues. 6:30 p.m. Navigator Bible Study (AAC)  
Thurs. 3 p.m. Good News Club at Shughart Elementary\*

## PROTESTANT

All American Chapel  
Sun. 10 a.m. Sunday School  
Sun. 11 a.m. Worship Service\*\*  
Airborne Artillery Chapel  
Sun. 9:30 a.m. Adult Bible Study  
Sun. 11 a.m. Worship Service\*\*  
Wed. 6 p.m. Adult Bible Study

## CHAPEL NEXT, DIVISION MEMORIAL CHAPEL

Sun. 11 a.m. Worship Service\*\*

## OUTDOOR LIFE, SMITH LAKE MWR PARK (OUTSIDE)

Sun. 10 a.m. Outdoor Church  
Winter hours Dec. 1-April 30 11 a.m.

## JFK CHAPEL

Sun. 10 a.m. Worship Service\*\*  
Sun. 11:30 a.m. Sunday School  
Wed. 11:45 a.m. Chapel Ancient (Liturgical)

## MAIN POST CHAPEL

Sun. 10 a.m. Worship Service\*\*  
Sun. 11:30 a.m. Sunday School

## POPE CHAPEL

Sun. 9 a.m. Christ the King Fellowship\*\*  
Wed. 6 p.m. Mid-week Bible Study

## WOOD MEMORIAL CHAPEL GOSPEL CONGREGATION

Sun. 10 a.m. Gospel Service\*\*  
Tues. 7 p.m. Adult Bible Study  
Tues. 7:30 p.m. Youth Group

## WAMC

Sun. 9 a.m. Chapel located on 3rd floor  
Tues. 11:30 a.m. Bible Study  
Thurs. 11:30 a.m. Bible Study

## PROTESTANT WOMEN OF THE CHAPEL (PWOC)

Tues. 9:30 a.m. All American Chapel\*  
Tues. Noon 9th floor of SSC\*  
Tues. 7 p.m. All American Chapel\*

Wed. 9 a.m. Linden Oaks Clubhouse\*  
Wed. Noon WAMC Chapel\* (3rd floor)  
Thurs. Noon Main Post Chapel Annex\*  
Thurs. Noon Wood Memorial Chapel

## YOUTH OF THE CHAPEL

Sun. 3 p.m. Middle/High School at All American Chapel (Catholic)  
Sun. 6:15 p.m. Middle/High School at Division Memorial Chapel (Protestant)

## JEWISH SERVICES

Fri. 6:30 p.m. Friday Night Shabbat (Watters Family Life Center)

## DISTINCTIVE RELIGIOUS FAITH GROUPS

## BUDDHIST

Sat. 1 p.m. Pope Chapel (3rd Sat. each month)

## ISLAMIC

Fri. 12:15 p.m. Islamic Service (Pope Chapel Annex)  
Fri. 1:15 p.m. Islamic Service (Pope Chapel Annex)

## WICCAN

Thurs. 7 p.m. Open Circle (Watters Family Life Center)

## FOR MORE INFORMATION

[www.bragg.army.mil/index.php/about/garrison/chaplain](http://www.bragg.army.mil/index.php/about/garrison/chaplain)

## LEGEND

\* Indicated study groups are scheduled to complement school year.  
\*\* Children's church/watch-care provided

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# 17 YEARS AT WAR

## General Stanley McChrystal

IN CONVERSATION WITH SANFORD PROFESSOR DAVID SCHANZER

THURS., JAN. 24, 5 PM

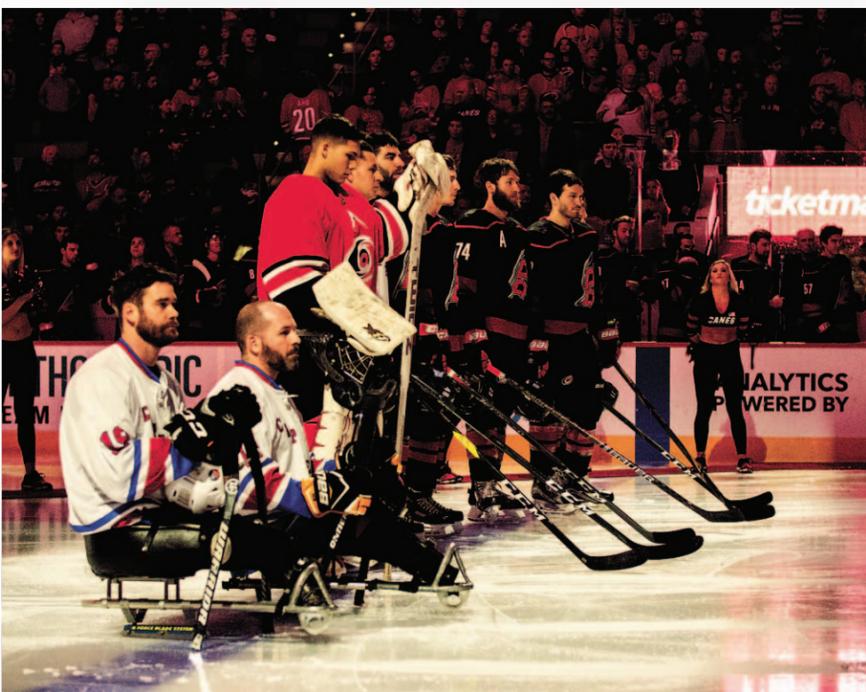
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## Carolina Hurricanes host military appreciation day



Photos by Sgt. Jesse Leger/1st BCT PAO

Players wore special jerseys honoring the military during pregame warm-ups. The event honored military members and allowed civilians the opportunity to interact with military organizations. The Hurricanes defeated the Nashville Predators with a score of 6 to 3.

Spc. Devin Pruett, and Sgt. Helen, a 7-year-old Belgian malinois with the 550th Military Working Dog Detachment, 16th MP Bde. drop the puck for the opening of the Carolina Hurricanes versus Nashville Predators Jan. 13 at PNC arena.

By **SPC. ADAM MANTERNACH**  
22ND MPAD

RALEIGH, N.C. — At the end of a bright red carpet, a military working dog and a young military policeman (MP) drew the attention of hushed fans and veterans to center ice. Sgt. Helen, a military working dog, dropped the ceremonial puck to start the afternoon's match and the crowd roared, while two opposing team captains faced-off at center ice.

The MP, from Fort Bragg's 16th Military Police Brigade shook hands with the captains before coming to the position of attention for the national anthem. And so began the National Hockey League's Carolina Hurricanes' 16th annual Military Appreciation Day game at PNC Arena, in Raleigh, Jan. 13.

The event honored service members and offered the community a chance to engage the military and local military organizations.

"It's hard to put into words just how much we appreciate our military and the partnership they have with our communities and our team," said Rod Brind'Amour, the Hurricanes headcoach.

Before the puck drop, Soldiers greeted game-goers as they arrived, and showed off Army capabilities via displays and equipment.

Fort Bragg Soldiers helped to give hockey fans an Army experience by explaining and demonstrating some of their gear. Displays included parachute rigging, tourniquet usage, strapping on body armor and the U.S. Army Special Operations' Parachute Demonstration Team allowed fans to take a virtual reality jump.

"What we really wanted to do today and every time we have this event, is try to give our fans real faces to the heroes that protect us every day," Brind'Amour said. "That's what today's game represents."

The XVIII Airborne Corps unit patch adorned the team's helmets and the team wore camouflaged practice jerseys before the game. Photographs with brief biographies of deployed Soldiers lined the Hurricanes' locker room in addition to military involvement throughout the game.

The 82nd Airborne Division's All-American Chorus performed the national anthem and other patriotic numbers throughout the televised event.

The 449th Combat Aviation Brigade, North Carolina Army National Guard, was recognized by the Hurricanes, as they recently returned from a deployment to the Middle East.

"Today was much more about the

Soldiers than it was about us," said Jacob Slavin, Carolina Hurricanes defenseman. "From the people who were carrying our country's flag, to the Soldiers singing the national anthem, having this representation here was great, not only for our team but for everyone. All of the fans who came to this game were able to see what the people serving our country do."

"It's an honor as a Soldier to be able to represent and display what we do for the community," said Spc. Devin Pruett, a Cleveland, Tennessee native and a military working dog handler with the 503rd

Military Police Battalion, 16th MP Bde. "From the veterans, to the public, this was our chance to show our military professionalism."

Pruett, who dropped the ceremonial puck along with, Sgt. Helen, said he believes more events like this would help bridge the gap between the U.S. military and the American people.

"What we did today really helped create a stronger bond between everyone in uniform and the people who support them," Pruett said. "Everyone came together very well, and we all left with a positive experience."



Photo by Pfc Hubert Delany/22nd MPAD

Sgt. Jon Watters, left, an infantryman with the 82nd Abn. Div., helps put on an Improved Outer Tactical Vest on a young man during the Hurricanes' 16th annual Military Appreciation Day.

## 'Lightning' brigade runs ACFT field trials

By **MAJ. GARY LOTEN-BECKFORD**  
525TH MI BDE. PAO

Last year, the Army unveiled the Army Combat Fitness Test (ACFT) as a way to better connect fitness with combat readiness for all Soldiers. It is currently being field tested at military installations and units.

The 519th Military Intelligence Battalion, 525th Military Intelligence Brigade field tested the ACFT. The training, led by the ACFT mobile training team from Fort Jackson, South Carolina, instructed level-three certified Soldiers in order for them to train the unit on the proper form, technique, scoring and evaluation of the six-event test.

Beginning October 2020, all Soldiers will be required to take the new test.

As of now, field testing allows the Army to refine the test with initial plans for up to 40,000 Soldiers from all three components to see it.

"Now the current test, I would argue, there are many folks that find it easy to do the maximum standard," said Maj. Gen. Malcolm Frost, commander of the Army's Center of Initial Military Training. "In the new test, the Army Combat Fitness Test, it is gender and age neutral. It is harder to do, but it's not undoable and it's a better test of fitness for what we do, our occupation, which is Soldiers on the battlefield in combat."

More than 2,000 Soldiers have taken the test, previously called the Army Combat Readiness Test. They also provided feedback as part of the Army Training and Doctrine Command and Forces Command pilots that began last year at several installations.

"The Army Combat Fitness Test is approximately an 80-percent predictor of performance based on our ability to test the physical components of combat fitness," said Lt. Col. Eric Haas, commander of the 519th MI Bn., 525th MI Bde. "The current PT test is a 40-percent predictor of success."

The Army's current physical fitness test has three events

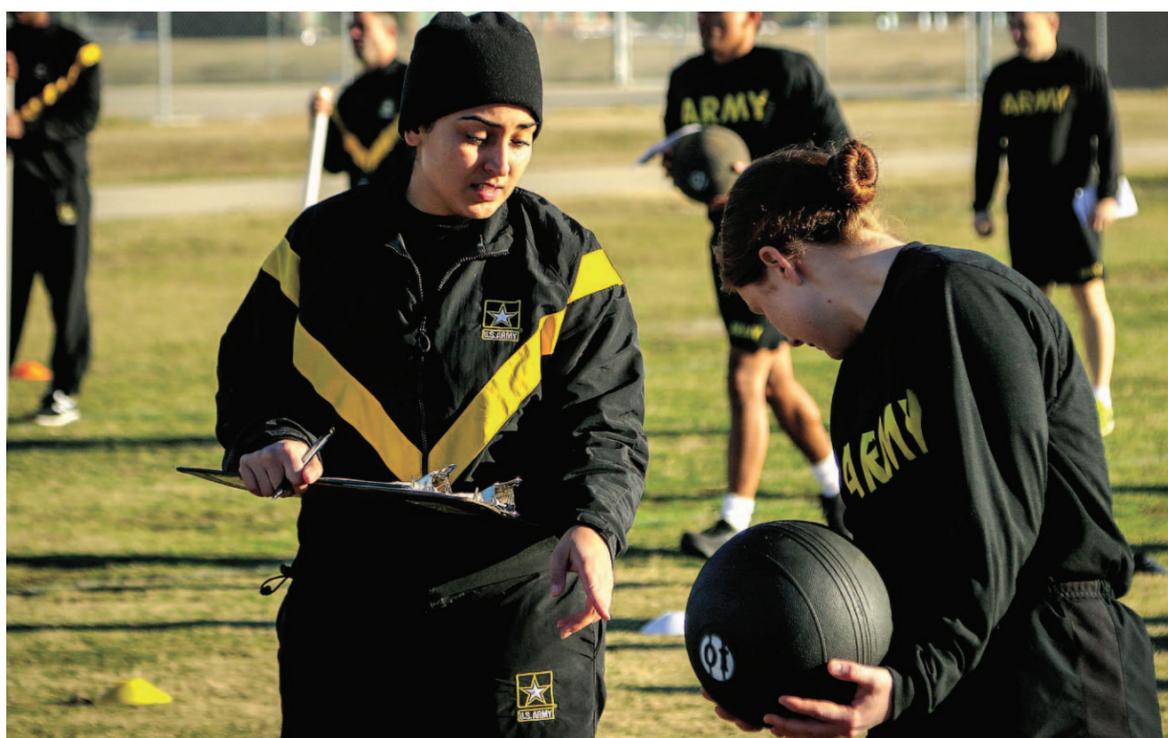


Photo by Sgt. Jeremiah Meaney/525th MI Bde. PAO

Staff Sgt. Idis Arroyo, left, assigned to Co. A, 519th MI Bn., 525th MI Bde., grades and explains the standing power throw event during the field testing of the ACFT Jan. 9.

that has to be completed in two hours: sit-ups, push-ups and a 2-mile run. The new test will feature six events that must be completed in 50 minutes: the sprint, drag and carry; strength deadlift; standing power throw; hand release push-up; leg tuck and a 2-mile run. The maximum score a Soldier could possibly receive is 600 points under the ACFT versus 300 points under the current physical fitness test.

"The goal of the Army Combat Fitness Test is to get Soldiers out of their comfort zone," said Command Sgt. Maj. Harold Sampson, senior enlisted advisor for the 519th MI Bn., 525th MI Bde.

After the first year, the entire active-duty Army, Army Reserve and National Guard units will be involved in a diagnostic phase to provide more data on whether adjustments are needed, either to equipment, space or grading standards.

Final adjustments to the test are expected to be made no later than Oct. 1, 2020.

"This Army Combat Fitness Test is intense," said Capt. Aaron Lopez, logistics officer for Headquarters and Headquarters Detachment, 519th MI Bn., 525th MI Bde. "It is far more challenging than our current physical fitness test, but with proper training, standards can be met."

The 525th MI Bde. and Expeditionary Force conduct multi-discipline intelligence operations in support of corps-level echelons and below, as well as provide downward reinforcing capabilities to the division, brigade combat teams and other formations. The brigade and battalion headquarters are designed to receive, integrate, employ and sustain intelligence enterprise capabilities in support of corps, division and joint task force commanders.



Graphic Illustration by Bryan K. Reed

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

This **Saturday** 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. For more information visit [www.Eventbrite.com](http://www.Eventbrite.com)

## 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.** 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.** For more information visit [www.Eventbrite.com](http://www.Eventbrite.com).

## Fum Run 5K:

The Fum Run will kick off on **Feb. 23** and the race is a 3.01-mile route in Hope Mills. The route has a total ascent of 42.63 feet and has a maximum elevation of 172.57 feet. The run will begin at **8:30 a.m.** at Camping World of Fayetteville with an exhilarating straightaway along **Highway 95 on State Road 2275** followed by a quick right onto Marracco Drive. This route leads racers into a bucolic little neighborhood where smooth straightaways and wide corners provide a comfortable, but competitive, course. Ultimately, participants will weave back around to Marracco Drive before coming to a crescendo with a mad dash, walk, waddle or run to the finish line at Camping World of Fayetteville where it all began.



# Hercules Physical Fitness Center group fitness schedule

## January 2019

TIME	MON	TUE	WED	THURS	FRI	SAT
6:30 am	Cycle Stacy	Cycle Luisa 29th Stacey B	Cycle Stacy	Cycle Stacy/Luisa	Cycle Leonard	
8:30 am		Yoga Hatha Beau		Yoga Hatha Beau		
9:30 am	Sculpted Rachel	Kickboxing Wellbeats <b>(FREE)</b>	Sculpted Elleen	Step/Stomp Wellbeats <b>(FREE)</b>	Sculpted Rachel	
10:45am	Bootcamp Stacey B	Vibe Dance Wellbeats <b>(FREE)</b>	Butts & Guts Stacey B	Vibe Dance Wellbeats <b>(FREE)</b>		
Noon	Cycle Ex Leonard		Cycle Ex Stacey B			
4:30 pm	Sculpted Elleen	Cycle Rachel	Cycle Leonard 23rd Stacey B Sculpted Rachel	Cycle Rachel Pilates Wendy		
5:30 pm	Zumba Jermarie	Ultimate Workout Ruby	Zumba Zorayada 2nd Rachel	Ultimate Workout Ruby		

*Editor's note: Each week this section will include different schedules of various fitness centers around the installation. For more informatin vist [Bragg.armymwr.com](http://Bragg.armymwr.com)*



## 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](http://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 trainers. 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).

# CLASSIFIEDS

Classifications	Deadlines
Employment.....	100s
Service Directory .....	200s
Merchandise .....	300s
Announcements .....	400s
Financial .....	500s
Real Estate - Rentals/Sales.....	600/700s
Transportation.....	800s

Sunday, Monday, Tuesday  
3:45 p.m. Friday  
Wednesday  
8:45 a.m. Tuesday  
Friday, Saturday  
3:45 p.m. Thursday  
Saturday Real Estate  
3:45 p.m. Wednesday

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[www.fayacademy.org](http://www.fayacademy.org)

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**COOK'S TREE REMOVAL** specializing in topping, pruning, hauling debris, stump gring & more. There's no tree too small nor too tall. If you want it gone GIVE us a CALL!  
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CNA staff for the Cumberland & Hoke areas, Call 910-904-2377 or Apply online @ [www.divinehomecare.net](http://www.divinehomecare.net) EOE

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**FTCC**  
Fayetteville Technical Community College is now accepting applications for the following positions:  
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**Part-time Barber Instructor**  
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Phone: (910) 678-7342  
Internet: <http://www.faytechcc.edu>  
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**PEKINGESE/ YORKIE:** 2 males, super sweet, 10 months looking their forever home. 910-985-2386 \$250.00 ea.

**YORKSHIRE TERRIER:** AKC Yorkshire Terrier Puppies 1st and 2nd shots etc. Vet checked. Tails docked, dewclaws removed. Small. Parents on site. Serious inquiries only. \$800 each. Firm. 910-364-3294

**LABRADOR:** Black and Chocolate AKC LAB puppies, call or text 919-606-3062, Wilson, NC.

**MORKIEPOO:** Puppies 1 boy/1 girl, taking deposits \$1000 each 910-568-6008

**SIBERIAN HUSKY:** Christmas siberian husky puppies ready to go! Santa can pick one up on the way there! Utd shots/wormer perfect mask & markings text /call anytime Josh 9108279225 more info available 550\$+

**GOLDENDOODLES:** CKC registered; 3 males; 2 females ready for their new home Feb 9. \$850 credit/debit. 919-705-9554

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**AUSTRALIAN SHEPHERDS:** (mini & toy). Born Sept. & Nov. Champion Bloodline. Visit [www.BroadMeadowFarm.com](http://www.BroadMeadowFarm.com) or call 704-747-7441.

**JACK RUSSELLS:** 2 FEMALES. TAKING RESERVATIONS CALL 910-354-9064.



BOXER PUPS: AKC, M/F, POS, HLTH. GUAR, MED RECORD, NEW BORN TO 6 MTHS. PET PRICING \$475.00 TO \$850.00. 910-214-2025



PEKINGESE/ YORKIE: 2 males, super sweet, 10 months looking their forever home. 910-985-2386 \$250.00 ea.



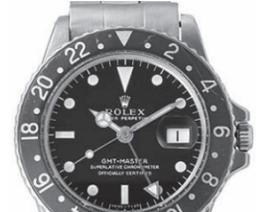
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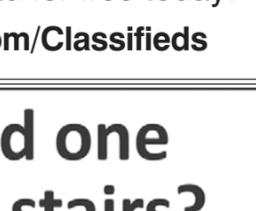
SIBERIAN HUSKY: Christmas siberian husky puppies ready to go! Santa can pick one up on the way there! Utd shots/wormer perfect mask & markings text /call anytime Josh 9108279225 more info available 550\$+



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FRENCH BULL DOG PUPS: 10 wks 1F/ 2M UTD Shots, Purebred, PARENTS ON SITE: \$800 EA Call 910-868-6802 or email davidtaylor283@aol.com



TOY MALTIPOOS: 1 Black & red female 1800. 1 champagne & white male 1500. All shots and wormed. Kennel & pad trained. 901-988-7135



AUSTRALIAN SHEPHERDS: (mini & toy). Born Sept. & Nov. Champion Bloodline. Visit [www.BroadMeadowFarm.com](http://www.BroadMeadowFarm.com) or call 704-747-7441.



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**425** General Announcements

**12 WEEKS**  
FOCUSING THE SPIRITUAL ASPECTS OF COMBAT RECOVERY  
REBOOT is a 12-week course...  
STARTING JANUARY 22  
REGISTER NOW AT [REBOOTRECOVERY.COM](http://REBOOTRECOVERY.COM)

**JOIN US FOR THE REBOOT COMBAT RECOVERY**  
12-week course, which focuses on the spiritual aspects of Combat Recovery for combat veterans and their spouses. It will be held at the First Presbyterian Church fellowship hall at 101 Spring Ave, Spring Lake, NC 28390. The course is free, dinner is free and childcare provided, so register at <https://rebootalliance.com/reboot> and choose the Spring Lake location, or call (910) 574-5019 for more info.

**647** Apartments for Rent  
2 BR/ 2BA: All One Level Apartments Close to I-95 \$725 Rent \$725 Dep 910-425-8151

**653** Houses for Rent  
Cottonade 4 br 2 1/2 ba, new hrdwd & carpet, over 2,000 sqft. 18 x 23 den, outside 12 x 20 workshop w/ electric \$1250. DANIELS REAL ESTATE (910) 867-7156

**BRAGG AREA/FAY:** 2 BR House, \$410, 1BR MH, \$335. Certain pets okay. We do criminal bkgd check. Call: 910-574-6654  
**SPRING LAKE:** 3Br 2Ba, garage, W/D hkup, fireplace, C/H/A, new appl, new flooring, Military disc. \$800/mo. 910-309-6585

**656** Mfg. Homes for Rent  
2 & 3 BR SINGLE-WIDE MOBILE HOMES: \$450-\$525 Rent Dep Same as Rent 910-425-8151  
SOUTHVIEW SCHOOL DISTRICT: 3 BR/ 2 BA Doublewide \$650 rent \$650 Dep. 910-425-8151

**BRAGG AREA/FAY:** 1BR MH, \$335, 2 BR House, \$410. Certain pets okay. We do criminal bkgd check. Call: 910-574-6654  
**PARKTON:** 3Br 2Ba. Singlewides Country Living 910-858-3231 or Call 910-850-9831

**659** Rooms/Efficiencies  
BROADDELL AREA: Furnished Room for Rent. Security deposit, proof of income and police check required. \$ 400 per month. Call 301-655-3413.  
BINGHAM: Studio. No Pets. Cable, Wi-Fi, Wa/Dr, Furnished. \$195 per wk + \$200 dep. Call: 910-527-0713

**880** Wanted To Buy  
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Preferred Qualifications: Minimum qualifications with teaching experience preferably NC community college teaching experience. All applicants must submit a RCC application, resume, and a copy of unofficial transcripts.  
For a listing of duties and an application, visit [www.robeson.edu](http://www.robeson.edu) or contact Personnel Services at 910.272.3531.  
Closing date: Friday, January 18, 2019 by 3:00 p.m.  
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**DRIVERS WANTED -**  
Immediate opening, F/T, Local, Home each night, OTR, Home on Weekends, Class A CDL, with 2 yrs exp. Call Curtis or Garry (910) 865-8400 St. Pauls

**HOUSEKEEPER, PART-TIME,** in medical facility - evening hours. Personal transp. a must. Expr necessary. Call for more info from 8am - 5pm 910-309-6952

**145** General Employment  
**Anderson Creek Academy Charter School** in Spring Lake, NC is seeking a **Elementary School Teacher**. Excellent compensation package. Please contact us at (910) 814-9001 or [employment@acacharter.com](mailto:employment@acacharter.com) for additional information.

**DRIVERS CDL, A & B pref'd, or C** Deliveries NC & SC. w/benefits, 401K, apply @ Atlantic Dominion Distribute, 3641 Legion Rd. Hope Mills Mon-Wed 8-3, EOE.

**TAXI DRIVERS NEEDED Fayetteville.** Call to apply between 9am-4pm Mon-Fri Ph: 910-690-4282

**249** Home Additions/Improvement  
**HANDY MAN SERVICE:** moisture damage, carpentry, painting, sheetrock repair, light plumbing, ceiling fans, light fixtures, floors, doors, tile. 910-574-4683

**251** Home Repair  
**HANDYMAN SERVICE:** Inside /out large,small. Moving, hauling clean outs. Tree cutting. 910 703 4533

**374** Wanted to Buy



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