

# THE PARAGLIDE

Telling the Fort Bragg Story™

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January 24, 2019

## INSIDE THE 'GLIDE'

FOCUS - B



**'Gun Devils' conduct Field Artillery Training:** This certification training enables Soldiers to gain proficiency and combat readiness to rapidly assemble, disassemble and position the artillery gun piece.

### BY FORT BRAGG TAX CENTER

On Dec. 31 2018, the President signed into law the Veterans Benefits and Transition Act of 2018. Section 302 contains a notable amendment to the service member's Civil Relief Act that will impact this year's tax filing season. For tax and voting purposes, spouses can now elect to have the same residence as the service member. This change is effective for 2018 and forward, however, it is not retroactive for prior years.

Previously, under the Military Spouse Residency Relief Act, a military spouse must have been from the same

## NEW TAX BENEFIT FOR MILITARY SPOUSES

state as the service member, prior to PCS-ing, to elect the same state of residence as the service member for tax purposes. Now, under the VBTA, the service member's spouse can elect to file their taxes in the same state as the

service member, on the basis their service member spouse files their taxes in that state.

For example: A military spouse works in North Carolina and is from Virginia and the service

member is from Florida. The military spouse can elect the same residence as the service member, get a refund of all North Carolina taxes withheld and not pay state taxes (Florida has no state income taxes). On the other hand, if the service member is from

Indiana and the military spouse elects to adopt Indiana, the military spouse can elect to pay North Carolina taxes or Indiana taxes.

If the service member is from a state that has state income taxes but exempts the service member, like Ohio, the military spouse is not exempt from that state if he/she elects to adopt that state.

For clarification on how the VBTA can impact your taxes, visit the Fort Bragg Tax Center. The tax center has moved from the Soldier Support Center to the XVIII Airborne Corps, Office of the Staff Judge Advocate, building 2-1133, located on the corner of Macomb and Armistead streets in the basement.

LIFE - C



**A day on, not a day off:** "Dr. King's speech taught me to dream big, to lead and to know that you can do anything that you set your mind to," said Maj. Gen. Scott Dingle, Jan. 15 at the Iron Mike Conference Center.

Womack hosts:

## Operation healthy mindset

BY TWANA J. ATKINSON  
WAMC PAO

Womack Army Medical Center hosted an Operation Healthy Mindset event to promote a state of complete physical, mental and social well-being, Jan. 17.

Womack employees and guests took advantage of the displays and information tables set up in front of the dining facility during the lunch break.

"It is an approach to personal health that emphasizes individual responsibility for wellbeing through the practice of health promoting lifestyle behaviors," according to Maj. Alexander Ragan, chief of Family Advocacy Program.

The intent was to present information to staff and guests of the Womack dining facility with healthy food options and information on how to improve and sustain a healthy lifestyle, said Ragan.

The chief of outpatient nutrition services,



Photo by Twana J. Atkinson/WAMC PAO

1st Lt. Savanah Gideon explains how to make a healthy plate to participants during the Operation Healthy Mindset event at WAMC, Jan. 17.

1st Lt. Savanah Gideon had a 'healthy plate' display to encourage better food choices by using food models of each food group and allowing the participants to build their own plate.

"Eating should be fun," explained Gideon. "As long as you have a half of a plate of vegetables, a quarter of a plate of protein and a quarter of a plate of fiber then you are making good choices."

The Fort Bragg Ready and Resilient Performance Center's information table explained the mixture of resilience training and sport psychology it offers to the Fort Bragg community through group or one-on-one training.

"Our main focus is to help people learn how to be more self-aware, self-motivated, optimistic, mentally agile, and learn better connections with other people," said

Valerie Alston, a Master Resilient Trainer of Performance expert at the Ready and Resilience Performance Center.

The event also had information tables from the medical center's Smoking Cessation and the Public Health Body Composition Army Wellness Center.

Kahlilah Majied, a management analyst at Womack, participated in the event and left with a new refreshed goal to start the year.

"I think the information tables were a good thing to have to encourage those making New Year's resolutions to stay committed to a healthy lifestyle," said Majied. "The 'Building a healthy plate' demonstration really helped me put things in perspective and stay motivated on my new journey to fitness."

All services highlighted in the event are available to all TRICARE beneficiaries.

SPORTS - D



**Fayetteville Marksmen vs. Roanoke Rail Yard Dawgs:** The team is veteran-owned and operated, so it should come as no surprise that they offer military appreciation nights.

WHERE TO GO

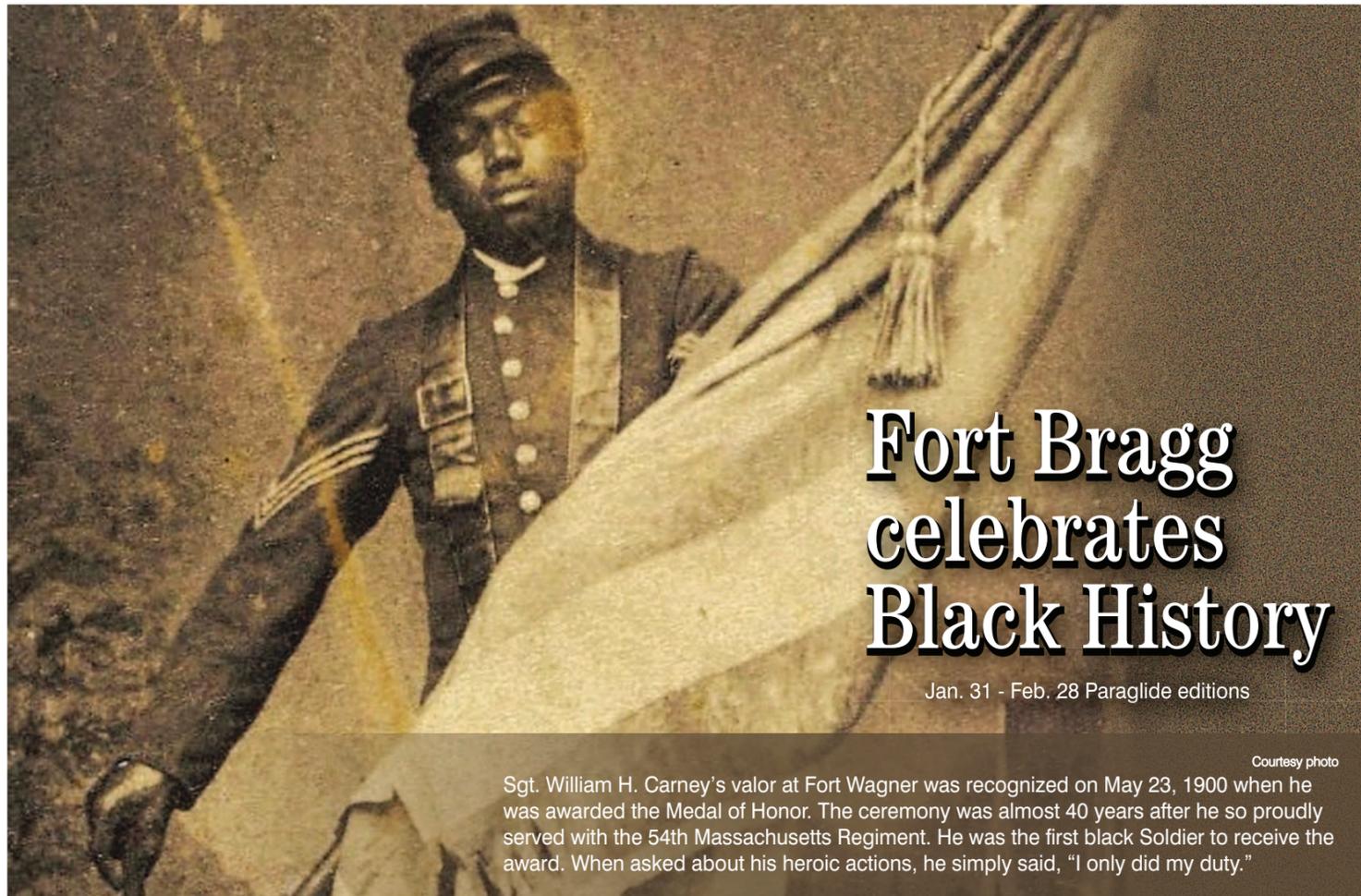
- FORT BRAGG VOICES.....2A
- GI JENN.....2A
- FROM THE ARCHIVES .....2B
- LOCAL HAPPENINGS.....2C
- WORSHIP.....3C
- BOTTOMLINE.....2D
- RUNNERS' CORNER .....2D
- CLASSIFIEDS.....4D

THE PARAGLIDE



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## Fort Bragg celebrates Black History

Jan. 31 - Feb. 28 Paraglide editions

Courtesy photo  
Sgt. William H. Carney's valor at Fort Wagner was recognized on May 23, 1900 when he was awarded the Medal of Honor. The ceremony was almost 40 years after he so proudly served with the 54th Massachusetts Regiment. He was the first black Soldier to receive the award. When asked about his heroic actions, he simply said, "I only did my duty."



# Winter is here

By **JENNIFER MORALES**  
PARAGLIDE

Winter is here. Not in the Game-of-Thrones sense, but more in the literal sense of the phrase. While it is January and winter has technically been here since at least November, we just now got hit with the cold. Most dread the winter months, but I, along with many other Alaskans, soak in its wonder.

You would think that Alaska has a lot of snow days. While it does have a lot of days full of snow, we were seldom fortunate enough to get to stay home from school.

Two snowflakes in North Carolina would shut down school systems for days, while in Alaska you have to have more than 36 inches in less than three hours. I can count on one hand how many times that happened.

Once when I was pregnant with my daughter, we had such a day. It was a complete whiteout, which is similar to a sandstorm. You cannot see

the hood of your car, let alone farther from it.

The roads are covered in ice and the only sound is that of the snow removal trucks scouring the seemingly apocalyptic streets.

I raised the blinds and sipped on my coffee, soaking in the beautiful and mesmerizing snowfall. Snow has the power to work miracles.

Before the snow, the grounds are laced with dead leaves, grass in all shades of brown. All are replaced with trees that seem to have each branch painted with glitter to a level that would even Bob Ross would be proud of.

As children, we couldn't wait to get out and build castles and igloos in the snow. One year, we opened the front door to a wall of snow, which forced us to literally dig a tunnel to our vehicle. Through these tunnels, we made rooms and hallways all of which were equipped with furniture made out of snow.

I thought nothing could be better than laying in a room I created, as the sun lit up the glittery snow-covered roof. I was wrong. Now that I am

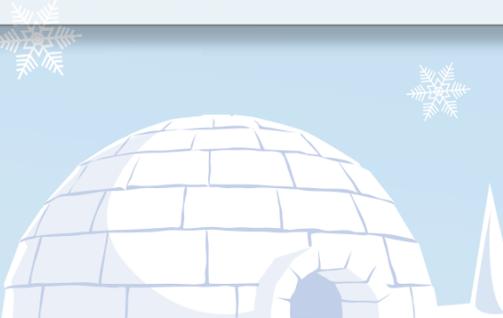
all grown up, I watch as my children get to make their own castles.

On Christmas day, we were blanketed with almost four feet of snow, which was more than enough to build a decent igloo. My two children were thrilled with the idea. We formed each block and slowly built our igloo.

Halfway done, my father and I realized that we were the only workers still working. My two children had snuck inside of the half-built igloo perfectly content with its imperfections.

The two sat with their rosy cheeks, pretending to have a tea party. When my father and I joined them, they clarified that the cups didn't have tea, but instead were full of imaginary hot chocolate. The four of us toasted with imaginary cups while surrounded by snow and the gorgeous Alaskan landscapes.

So when winter sneaks up on us seemingly overnight, I don't fret over the cold. I soak it in. I relive the nostalgia and toast the beauty that winter brings with my hot chocolate.



## PARAGLIDE Fort Bragg Voices

**“What do you do to prepare for the winter weather?”**



“The preparedness is minimal because I am from Ohio, as long as my tires are good.”  
**Bethany Morgan-Taylor,**  
Lead Military Pay Tech (Finance), Soldier Support Center



“I look at the forecast and take all the appropriate actions for the weather ... I also stay stocked up on food, so I don't have to make too many trips out to the store for food.”  
**CW2 Robert Reynolds,**  
HHC, 82nd CAB, 82nd Abn. Div.



“Being from the north, I ensure I have cold weather gear for those days that we do get winter weather. I ensure my kids are prepared.”  
**Rachael Sosa,**  
ACS Finance Readiness Advisor,  
Soldier Support Center



“Drinking water, staying hydrated and staying warm.”  
**Spc. Eduardo Reyes,**  
122nd ASB, 82nd Abn. Div.



“Buy a lot of long coats to stay warm. I am from New York, so I am used to the cold temperatures!”  
**Spc. Kofi SireBour,**  
108th ADA Brigade

## THE PARAGLIDE

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# Distinguished World War II hero dies at 99



Photos by U.S. Army Sgt. Solomon Abanda

**Above:** U.S. Army Lt. Col. Scott N. McKay, commander of 2nd Battalion, 504th PIR, 82nd Abn. Div., pays respect to Louise Burriss, daughter of Thomas Moffatt Burriss, Jan. 13. Burriss, a WW II veteran, passed away Jan. 11. He was 99 years old.

**Left:** A photograph of the late Thomas Moffatt Burriss is displayed in the main sanctuary of Lake Murray Presbyterian Church, Chapin, South Carolina, Jan. 13. Burriss served as commanding officer of Company I, 504th PIR, 82nd Abn., Div., during WW II. He was recognized for his bravery during the war, notably during Operation Market Garden. For his service, Burriss was awarded the Silver Star, three Bronze Stars for valor, the Purple Heart and three Presidential Citations.



## Devil Brigade welcomes new commander

By SGT. SOLOMON ABANDA  
82ND ABN. DIV.

The 1st Brigade Combat Team, 82nd Airborne Division, held a change of command ceremony on Jan. 15. The brigade welcomed Col. Andrew O. Saslav and bid farewell to Col. Tobin A. Magsig. Magsig served as the brigade commander from March 2017 to January 2019.

Family members, friends and paratroopers from across the installation attended the ceremony as well as distinguished guests to include retired Gen. Raymond T. Odierno, former U.S. Army Chief of Staff.

Magsig, the 54th commander of the brigade, said it had been incredibly rewarding to be a part of such an incredibly, talented and committed team. The paratroopers of the Devil Brigade are resilient in every circumstance.

"My wife and I have known the Saslav's for years," said Magsig. "We are tremendously excited they are taking over and we wish them the best during their time in the Devil Brigade."

Incoming commander Saslav said he

believes his purpose as the brigade commander is to set conditions that allow the paratroopers to focus on training for large-scale ground combat operations as well as allowing them to have quality time with their families.

The brigade formed in May 1942, during World War II as part of the 82nd Abn. Div. and has served in war time missions such as Sicily, Italy, Anzio, the Netherlands, Belgium and Germany.

The 1st Brigade Combat Team, also known as the "Devils in Baggy Pants," gained its nickname from a German Officer that was killed in action.

"American parachutists, devils in baggy pants, are less than a 100 meters from my outpost line," wrote the officer. "I can't sleep at night. They pop up from nowhere, and we never know when or how they will strike next. It seems like the black-hearted devils are everywhere."

"I am humbled to join their ranks," said Saslav. "I have studied the brigade's history, and watched the paratroopers perform on the modern battlefield and I look forward to serving alongside the paratroopers of this historic brigade Combat Team."



Col. Andrew Saslav takes command of the 1st BCT, 82nd Abn. Div., Jan. 15.

Photos courtesy of 1st BCT, 82nd ABN Facebook

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# Call for Abstracts

## Womack Army Medical Center XIII Annual Research Symposium

May 2, 2019

9 AM - 4 PM

Iron Mike Conference &  
Catering Center  
Fort Bragg, NC



Abstracts due by March 1, 2019. For more information, visit [wamcsymposium.submittable.com/submit](http://wamcsymposium.submittable.com/submit)

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    - (i) the employee reasonably believes that the examination may result in disciplinary action against the employee; and
    - (ii) the employee requests representation.



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## ‘Gun Devils’ conduct field artillery training

By GENEVIEVE STORY  
PARAGLIDE

Soldiers with Bravo Battery, 3rd Battalion, 319th Airborne Field Artillery Regiment work as a team to train and conduct timed crew gun drills with their 105 mm Howitzer at Pike Field on Jan. 17. This day long training for certification enables the Soldiers to gain proficiency and combat readiness to rapidly assemble, disassemble, and position the artillery gun piece.

“The mission for this readiness training is troops leading timed gun drills,

assembling and dismantling artillery, and Soldiers mastering their stations by the setting up and taking down of artillery within Army standards,” said Staff Sgt. Alphra Johnson.

Certification requires Soldiers complete the task under six minutes. This unit, directly supporting the 1st Brigade Combat Team in the 82nd Airborne Division, were successful in their efforts of achieving a time 15 seconds under the standard.

“I am very proud of these Soldiers, they began at nine minutes for readiness and their time excelled to now 5:45” said Staff Sgt. Kyle France.



Photos by Lewis Perkins/Paraglide

Staff Sgt. Kyle France, top, and Pfc. Logan Mitchell, bottom, with 3rd Battalion, 319th Abn. Field Artillery Regt. work as a team, to conduct timed-crew gun drills with their 105 mm Howitzer.



Soldiers trained to gain proficiency and combat readiness to rapidly assemble, disassemble, and position artillery during a training exercise at Pike Field on Jan. 17.

## 2nd SFAB goes through JRTC crucible

By CHUCK CANNON  
FORT POLK PUBLIC AFFAIRS OFFICE

FORT POLK, La. — As the 2nd Security Force Assistance Brigade goes through its paces at the crucible known as the Joint Readiness Training Center at Fort Polk, the goal is to prepare 2nd SFAB Soldiers to handle situations that might — or will — arise during their deployment to Afghanistan later this year.

The Security Force Assistance Brigades are specialized units with the core mission to conduct training, advising, assisting, enabling and accompanying operations with allied and partner nations.

The 1st SFAB recently redeployed from Afghanistan to be replaced by the 2nd SFAB.

Lt. Col. Javier Lopez, commander 353rd Infantry Regiment, commands many of the trainers who have worked to prep the advisors and security forces — Guardian Angels — for their mission to provide assistance and guidance to their counterparts in the Afghan National Army.

“We’ve integrated with and dispersed our expert trainers and instructors within Operations Group,” Lopez said. “It’s a challenging mission and we’re happy to support Operations Group. It helps us beyond this rotation as we develop additional training for SFABs.”

Lopez said there have been improvements in training since the 1st SFAB visited JRTC.

“We always look at how we can do better,” he said. “When Operations Group and JRTC looked holistically at how we improved from the 1st SFAB, we connected the highest level of the SFAB brigade all the way down to the lowest advisor teams, improving communication.”

Another improvement was scenarios that more closely mirror what is currently happening in Afghanistan, Lopez said. “We connect with Afghanistan on a daily basis with our LNO (liaison officer), and pull information on what is going on right now,” he said. “The goal is not to duplicate, but to replicate. We

were able to integrate into the design certain scenarios that are relevant today and thus prepare the SFAB when they go into theater to deal with those situations.

A third improvement in training was the integration of the ANET — Afghan Network Tool.

“The ANET is used today in Afghanistan in support of Operation Resolute Support and is the official means to communicate laterally and vertically by advisors to capture reports and engagements,” Lopez said. “Anyone at any echelon can get information and help an adjacent unit or advisor. It’s new for this rotation that we implemented with the help of Operations Group and NATO.”

In preparation for the 2nd SFAB rotation, Lopez said his Soldiers provided training for the Guardian Angels — those tasked with protecting advisors — and the advisors themselves on how to relate to their counterparts.

“Abraham Lincoln was once asked how he would prepare if he was given nine hours to chop down a tree,” Lopez said. “He supposedly answered he would spend six months sharpening his axe.”

“What we have done is incrementally connect with the 2nd SFAB and the 2nd Battalion, 127th Infantry Regiment, (the Wisconsin National Guard unit providing Guardian Angel support) and gave them training, teaching them to protect the advisor teams in October. It was successful. We see a huge difference today.”

Next, security force assistance advisor training took place in November at Fort Bragg.

“We taught them how to reinforce advisor fundamentals collectively,” Lopez said.

Then in December, 2nd SFAB senior leaders came to Fort Polk and were given theater-specific advisor training.

“We brought in 1st SFAB veterans who shared their experience with them,” Lopez said. “Now they are here, all together. We have dispersed our trainers across every task force. It’s taken some time, but we see improvement every day. They are very good tactically, and we want to give them advisor fundamentals

to make them balanced. Being an advisor in a different country isn’t black and white, it’s gray. It’s a huge team effort.”

Additionally, Lopez said his unit is sending 10 linguists, with the 2nd SFAB when it deploys. The Soldiers, each native Dari Pashtu speakers from Afghanistan, are attached to the 2nd SFAB during the current rotation.

“Ten of our 09L (linguists) are attached for the rotation and will deploy with them. These Soldiers are physically fit, and include the first Ranger qualified 09L,” Lopez said “With the 1st SFAB we deployed four, that was increased to ten based on the Army agreeing this was a great program.”

Capt. Miguel Moyeno, commander, Alpha Company, 3rd Battalion, 353rd Infantry Regiment, said that while the rotation has been a challenge, it has proven the point of the JRTC crucible experience.

“It’s a replication of Afghanistan by design,” he said. “It’s what they’ll be doing in Afghanistan. The cultural role players they see here will resemble what they see in Afghanistan. We offer them the expertise on what happens in the room when advisor teams and Guardian Angels meet with their counterparts.”

That includes little things like cultural differences, such as Afghani versus Afghan.

“Afghan is what you call someone from Afghanistan,” Moyeno said. “Afghani is their currency. We point out those cultural differences.”

As readiness remains the Army’s top priority, JRTC rotations prepare units like the 2nd SFAB to meet global demands while remaining postured for major contingencies that require the ability to conduct the full range of military operations.

The rotation has also allowed the 2-127th Guardian Angels to test standard operation procedures developed in the wake of their training at Fort McCoy, Wisconsin in October.

“We’re testing the leadership all the way down to the lowest level,” Moyeno said. “The Guardian Angels are able to implement their Standard Operating Procedure with the 2nd SFAB here at

the JRTC, instead of waiting until they go down range.”

Moyeno said the 2nd SFAB rotation differs from most JRTC rotations in another way — its detail.

“Most of our rotations don’t actually execute the mission the unit is headed to” he said. “It could be completely different than what they see when they deploy.”

“This one is unique: We’re training them specifically on with where they’re going and who they’ll deploy with. It will probably be the most specific rotation ever designed to mimic exactly what environment they will see when they deploy in the next 30 to 60 days.”

Staff Sgt. Christopher Manuel is part of an observer/controller/trainer team observing one of the 2nd SFAB teams interacting with their ANA counterparts.

“Things have gone pretty well,” Manuel said. “The first day was a little rough, but they’ve improved by leaps and bounds since then.”

He said part of his focus has been explaining how the same word can mean different things in different cultures.

“They’re taking the advice and keying on the things we’re pointing out,” Manuel said. “I think they are going to do just fine.”

Jan. 16 found Sgt. Major Scott Thomas, Operations Sergeant Major for 3rd Squadron, 2nd SFAB, observing a team deploying an AeroVironment RQ-11 Raven unmanned aircraft.

“We have a Raven to look for point of origin sites,” Thomas said. “We took some indirect fire today so we launched the Raven in the direction we think the fire came from and it will give us a bird’s eye view of the site.”

The team consisted of Staff Sgt. Anthony Williams, Staff Sgt. Christopher Holmstadt and Staff Sgt. Joseph Meadows.

“Sometimes, it’s hard getting flight clearance out here (in the JRTC training area), but we’re getting better and better the more we use it,” Thomas said.

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# Army helps thwart illegal trafficking networks

By DESTINEE SWEENEY  
ARNEWS

DARIEN PROVINCE, Republic of Panama — Deep in the jungles of Panama, National Border Service agents, also known as SENAFRONT, await in a clearing, anticipating construction supplies that will help them as they prepare to take down illicit drug and human trafficking networks that span the Americas.

The dense wilderness surrounding the agents seems alive — the breeze rustles the trees making them dance, the mountains stand tall in the distance guarding over the valley below, and the air is filled with the sounds of nature.

A whirring noise appears in the distance, seeming at first to be a trick of the senses. Gradually, the whisper evolves into a roar, overtaking the area as a CH-47 Chinook peeks over the jungle canopy and the clearing erupts into chaos as the strength of the aircraft blades whips up the dust and debris that previously lay stagnant.

“Bravo Company of the 1st (Battalion) 228th Aviation (Regiment) assigned to Joint Task Force-Bravo is part of a broader U.S. effort to assist the Panamanian government and their national border police with setting up a remote operating base out in the Darien jungle,” said Capt. Jennifer West, 1-228th Avn. Regt., Bravo company commander and Chinook pilot.

The 1-228th Avn. Regt. Chinook crews provided air transportation assistance from Jan. 4-12 for the first phase of the operation, named “Darien Lift.”

“A SENAFRONT installation is under construction and a lot of equipment must be moved to build it,” said Juan Carlos Varela, President of the Republic of Panama.

“We do not have the equipment to transfer that amount of cargo in order to install this new SENAFRONT station, they are cooperating in that.”

Due to the outpost being located far past where the road ends, JTF-Bravo’s maneuverable rotary wing-assets can carry more weight in a faster manner than the alternative, which is to either backpack the nearly two million pounds of needed supplies, such as concrete and cinderblocks, or to navigate them through the jungle waterways via boats.

West described the mission as one that would be extremely challenging without the airlift support and considers it “satisfying to know we’re actually making an impact and helping



Photos by Destinee Sweeney/ARNEWS

Agents from Panama’s National Border Service wait to load slings onto a U.S. Army CH-47 Chinook headed to the Darien Province in the Republic of Panama, Jan. 11. The agents loaded construction supplies such as cinderblocks, concrete and rebar onto the aircraft which then carried the supplies into the jungle.

the Panamanians establish a security presence in the Darien, where there’s really nothing out there but jungle.”

She explained the presence will help SENAFRONT combat narco-drug traffickers and prevent their smuggled contraband from getting onto the Pan-American Highway, the transcontinental road exploited by well-financed and heavily-armed transnational criminal groups who fuel insecurity and instability as they continue their trafficking operations towards countries north of Panama.

Last year alone, the Panamanian Security Services confiscated more than 72 metric tons of narcotics, keeping them off the streets of the Americas.

“With this being a binational issue that also has regional effects, the U.S. government has kindly offered to support us in this effort,” said Jonattan Del Rosario, Public Security Minister of Panama.

“It is closely related to the binational posts that we are building in collaboration with Colombia, mainly because of the phenomenon of drug trafficking, although the irregular flow of migrants is also monitored from these centers. That is why we have developed an important effort to also pursue human trafficking networks in



A U.S. Army CH-47 Chinook carries supplies to the Darien Province in the Republic of Panama, Jan. 9, 2019. The supplies were for the National Border Service, who are building a new outpost in the jungle to stop drug trafficking networks.

this administration, resulting in the effective dismantling of 22 of these networks.”

JTF-Bravo operates out of Soto Cano Air Base, Honduras, supporting its Central American neighbors as the partner of choice and helping allies to develop capabilities and improve regional security.

This year will mark the fourth Darien Lift the U.S.

Army has supported. So far, the crews have been able to transport 305,000 pounds of materials and are scheduled to return to continue the operation.

The Chinook is a multi-role helicopter used in a variety of situations from carrying Soldiers to their destinations to aiding combat missions. Aside from supporting this operation,

the CH-47 was also used to combat Darien wildfires in 2016.

“The relationship between Panama and the United States is certainly a strong one, (us) being the partner of choice,” said West. “When the Panamanians request help from the United States government I think it hits home that we are here to help.”



Photo by U.S. Army Signal Corps



## From the Archives

**Left:** Members of the French Resistance and the U.S. 82nd Airborne Division discuss the situation during the Battle of Normandy in June, 1944.

Codenamed Operation Overlord, the Battle of Normandy was an Allied operation that launched the invasion of German occupied France during World War II. Operation Overlord launched on June 6, 1944. The D-Day assault involved 1,200 airplanes and 5,000 amphibious vessels.

Resistance groups throughout German occupied France helped to contribute to the invasion through intelligence networks. During the invasion, resistance groups worked to carry out acts of sabotage such as disabling train stations and disrupting communications and power networks.

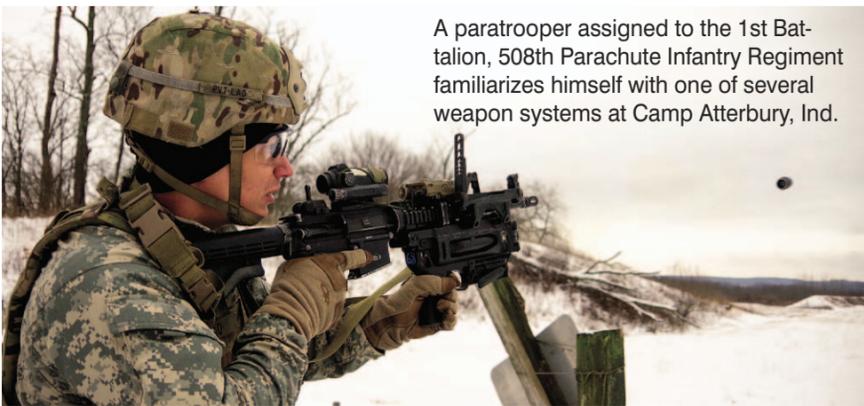
The 82nd Airborne Division was among 22 other U.S. divisions and battalions during the seige of France’s beaches.

# Fury paratroopers conduct off-post training



Photos by Spc. John Lytle/3rd BCT, 82nd Abn. Div.

A paratrooper assigned to the 1st Battalion, 508th Parachute Infantry Regiment fires a shotgun while conducting a live-fire range, Jan. 17, at Camp Atterbury, Ind. The battalion conducted the off-post training cycle at Camp Atterbury to give paratroopers and leaders the opportunity to conduct tough, complex training in a realistic environment.



A paratrooper assigned to the 1st Battalion, 508th Parachute Infantry Regiment familiarizes himself with one of several weapon systems at Camp Atterbury, Ind.

**By MAJ. THOMAS CIESLAK**  
3RD BCT, 82ND ABN. DIV.

Brigade Combat Team, 82nd Airborne Division conducted M9 Pistol, Shotgun and M320 Grenade Launcher ranges at Camp Atterbury, Ind.

The battalion conducted the off-post training cycle at Camp Atterbury to give paratroopers and leaders the opportunity to conduct tough, complex training in a realistic environment.

Fort Bragg-based paratroopers recently conducted live fire-ranges to familiarize themselves with various weapon systems.

Paratroopers from the 1st Battalion, 508th Parachute Infantry Regiment, 3rd



A paratrooper assigned to the 1st Battalion, 508th Parachute Infantry Regiment fires an M320 Grenade Launcher during training.

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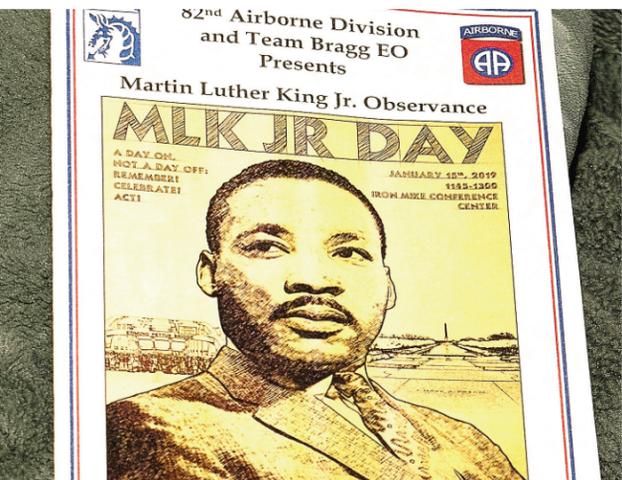
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Photos by Lewis Perkins/Paraglide

82nd Abn. Div. and Team Bragg EO's presentation program for the Martin Luther King Jr. Observance, Jan. 15 at the Iron Mike Conference Center.



Guest speaker, Maj. Gen. Scott Dingle delivers speech at Martin Luther King Jr. Observance, Jan. 15 at the Iron Mike Conference Center.

# A day on, not a day off

By GENEVIEVE STORY  
PARAGLIDE

Every year on Martin Luther King Jr. Day, the United States calls together its community to reflect on the gains won during the Civil Rights Movement, connect service to the social justice issues that King fought for throughout his life and to address contemporary issues facing our nation through act of volunteer service. We celebrate the distinguished mark that King made on our lives, that any definition of a successful life must include serving others. Our pursuit is to champion King's ideals, by committing to be a "King" every day, with the intent to demolish racism, poverty and violence and to keep moving towards our unconquerable, persistent and charitable values, unrelenting.

Maj. Gen. Scott Dingle, deputy surgeon general and deputy commanding general (Support) in the U.S. Army Medical Command, ignited an assembly filled to the brim at the Iron Mike Conference Center, Jan. 15. Attending Soldiers of all installations supported the 82nd Airborne Division and Team Bragg EO's observance in honor of King. The entirety of Fort Bragg military celebrated the

life and sacrifices of a man whose leadership left them all remembering and embracing, with a multi-media presentation of King's "I Have a Dream", cake cutting and down-home Southern cooking, in commemoration of King's love for good conversation, fellowship and fun.

"Our Monday of observance is a day on rather than a day off," said Dingle. Distinguishing that the pursuit of the American federal holiday is an opportunity to celebrate and act, and begin your year in the spirit of, volunteer and service, in accordance to King's legacy and mission to better the lives of others. How does his work inspire you?

As the values of equality, diversity and justice are at the national forefront, Martin Luther King Jr. Day offers us a moment to reflect on the legendary civil rights leader and electrifying preacher and his profound impact on our society. We are reminded of the daily opportunity we are granted to have a plan in life, to believe in yourself and to lay a solid foundation for determination despite our obstacles. That when life gives you opposition, you can't give up. You have got to keep moving.

"Dr. King's speech taught me to dream big, to lead and to know

that you can do anything that you set your mind to," said Dingle. "You need to keep moving towards core values, ideals, and objectives; towards life and success. He taught me that principal leadership and making a stand makes all the difference."

Indicative of the Army's embodiment of invictus and mission for unity, service and leadership, is King's transformational speech from Oct. 26, 1967 in Philadelphia, Pa., 'Your Life Blueprint', articulating the importance of constructing a strong framework built with a deep belief in your own dignity, worth and somebodiness, a determination for excellence in the field of your endeavor, and a commitment to principles of beauty, love and justice and not stop moving forward.

"This is the most important and crucial period of your lives, for what you do now and what you decide now at this age may well determine which way your life shall go. The question is, whether you have a proper, a solid, and a sound blueprint," said the late King.

"Don't allow anybody to make you feel that you are nobody. Always feel that you count. Always feel that you have worth, and always feel that your life has ultimate significance. Those words



Maj. Gen. Scott Dingle speaks to a crowd of Soldiers about the influences that Dr. King's life and teachings had on his career at the Martin Luther King Jr. Observance, Jan. 15, at the Iron Mike Conference Center.

## 2019 Resolution Solutions

# Giving back

By SUET LEE-GROWNEY  
PARAGLIDE

*Editor's note: This is part three 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 volunteering.*

When January rolled around, many turned the page to a new year and made time to do new things to feel more successful, such as volunteering more, said to Cathy Mansfield, Army Community Services (ACS) operations and support. "It's a fresh start," said Mansfield, who is also the volunteer services coordinator at ACS.

According to Alice Stephens, Army Volunteer Corps coordinator, many in the Fort Bragg community are eager to help.

All volunteers who come through their organization can come from any background, including spouses who are unable to gain employment in their line of work after relocating to the area due to state licensing, so they turn to volunteering to keep their skills sharp.

"It's hard to get jobs here," Stephens said. "(Volunteering) is actually helping them mentally and physically because it

helps them get out of the house to meet people, make new friends, make those connections and to give back to the community and Fort Bragg."

Some Soldiers make it a point to volunteer to earn promotion points, according to both Mansfield and Stephens.

"They can earn the Military Outstanding Volunteer Service Medal just from volunteering," Stephens said.

To qualify and earn up to 15 promotion points, Soldiers must earn either 500 volunteer hours or three years of volunteer service, she added. But that's not the only reason why Soldiers choose to volunteer. Some, especially younger single Soldiers, come from small towns and choose to do so to be plugged in to the community and learn more about the town they're stationed in, said Mansfield.

"It's something to get them involved in the community and gives them a better understand of what goes on around (town), that way they learn their way around," she said.

Small but impactful volunteering goals are the most feasible because people can stay on the path to their resolution much easier over the course of the year, said Mansfield.

Volunteers tell the coordinators what

they want to do and the staff will guide them, she added. Volunteering doesn't have to be a massive commitment.

"If somebody wants to give a couple of hours a week or a couple of hours a month, there's something out there for them," she said. "We don't want folks to think 'I don't want to volunteer because then I'll get roped into doing all of this stuff I don't have time to do.'"

The first step is to visit the ACS Volunteer Program office on the third floor of the Soldier Support Center. The staff will have all the resources setting those interested in giving back to a cause that caters to their availability and interest. ACS has a list of places looking for volunteers on post and off post. Additionally, they can get volunteers set up with logging their hours.

"Most of the Soldiers, especially the younger Soldiers, they want to volunteer on post because most don't have a car," Stephens said.

Soldiers get recognized for their volunteerism with the MOVSM award. Alternatively, so do those who are not green suiters.

Fort Bragg honors Department of the Army civilians with their own level award, Family members of the installation with the Iron Mike Awards and/

or Making A Difference award, Commander's Award for Public Service, and more, according to Stephens.

"We also have Braggin' Bucks," she said. "We try to recognize our volunteers ... It's just an incentive to say 'thank you for what you do.' Every hour they log represents a buck. So if they've got 500 hours, they've got 500 (Braggin') Bucks."

These bucks can be used to "purchase" merchandise, such as the parachute lapel pin for 250 Braggin' Bucks, at the volunteer office.

In 2017, volunteers have contributed \$17 million worth of hours just through their charitable time on post, Stephens added.

Volunteerism is a much celebrated service at Fort Bragg. The next quarterly Iron Mike Awards ceremony is 4 p.m., Jan. 30 at the Iron Mike Conference Center. In April, the installation will celebrate National Volunteer Week.

For more information on how to participate or volunteer opportunities, call (910) 396-2458 or email alicia.d.stephens.civ@mail.mil

*Editor's note: Next week's Resolution Solution is for those whose goal is to get back into the workforce.*

# LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

## THIS WEEKEND

### 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.

### LATIN SOCIAL:

**When:** Jan. 25, 8 p.m. Open dance from 9 - 11 p.m.

**Where:** Roland's Dance Studio

**Cost:** \$10/person

Join us for a Cha Cha lesson (beginner and advanced) at 8pm followed by variety open dancing 9-11! \$10 per person and, as always, open to anyone who wants to dance! Feel free to call us at (910)423-2623 with any questions or to set up a \$20 private introductory lesson to prepare you before the social!

### 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.

### THE HEART AND SOUL OF MAGIC:

**When:** Jan. 26, 7:30 p.m.

**Where:** Seabrook Auditorium on FSU campus

**Cost:** \$20 to \$75.

One of the nation's largest collection of magicians and comedians to assemble on one stage this year, the Heart and Soul of Magic features renowned artists Ran'D Shine, Jamahl Keyes, Kid Ace and the Hip Hop Juggler (Paris). The show combines upbeat and hilarious music, audience participation, sleight of hand and psychological illusions that will have one questioning reality in an intimate space. The Heart & Soul of magic is an unforgettable show that audiences of all ages can enjoy. Throughout the show the audience will get to participate in magic tricks and see objects appear, float in midair and disappear. Adults' minds will be blown, and children will be amazed.

### 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.

## 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

### SPRING SPORTS REGISTRATION:

**When:** Jan. 24 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.

### SCREAMFREE PARENTING:

**When:** Jan. 28 9 a.m. - 1 p.m.

**Where:** Soldier Support Center - 3rd Fl. Bldg. 4-2843

**Cost:** Free

ScreamFree Parenting is not just about lowering your voice but also raising your integrity as a parent. It's about learning to calm your emotional response and focus on your own behavior. By staying cool, calm and connected with your children, you begin to operate less through emotions and more from values and principles. This 3-session class is free and open to DOD ID Cardholders and their Family members. Registration is required. To register for this class, give us a call, (910)396-5521, or submit your information online via <https://bragg.armymwr.com/programs/register-acs-class>

### 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:** Free to attend

Free buffet at half-time while supplies last.

### FIRST-TERM PCS "MONEY AND MOVING" CLASS:

**When:** Feb. 5, 9 - 10:30 a.m.

**Where:** Soldier Support Center

**Cost:** None

This class is a must for all those first-term Soldiers who have never PCS'd before. Learn about all the benefits authorized and how to ensure a successful move. Registration is required. Call to register (910)907-3670 or (910)396-2507.

### ANGER MANAGEMENT:

**When:** Feb. 6, 9 a.m. - 12 p.m.

**Where:** Soldier Support Center

**Cost:** Free

This one-session class provides attendees with the skills necessary to help evaluate, understand and control their anger. This class is free and open to DOD ID Cardholders and their Family members. Classes are held on the 3rd floor of the Soldier Support Center, Bldg. 4-2843. Registration is required. To register for this class, give us a call, (910)396-5521, or submit your information online via <https://bragg.armymwr.com/programs/register-acs-class>.

### GAME NIGHT:

**When:** Feb. 8, 7 - 10 p.m.

**Where:** BOSS Office Bldg. H-4358

**Cost:** Free

Poker tournament, video game tournament, and food and drinks. Open to single Soldiers only.

### FORT BRAGG WEDDING EXPO:

**When:** Feb. 9, 11 a.m. - 4 p.m.

**Where:** Iron Mike Conference Center

**Cost:** Free

Come to Ft. Bragg to plan your wedding! The Iron Mike Conference Center is hosting a wedding expo. Come by to view the venue and sample their food. There will be various vendors offering services from photographers, to bakeries, and more. All attendees are required to register. Register online at WebTrac to reserve your spot today! There is no cost associated with attending this event. If you would like to be a vendor at this event, please call us. This event is open to the public.

# 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.-12 p.m. 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**

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[downtownfayetteville](https://www.facebook.com/downtownfayetteville)

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

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## Honoring our service members

### Fayetteville Marksmen recognize military during game against Roanoke Rail Yard Dawgs

By JENNIFER MORALES  
PARAGLIDE

The Fayetteville Marksmen are the premier hockey team for southeastern North Carolina. The team was first established in 2017. The Fayetteville Marksmen are a professional hockey team that competes in the Southern Professional Hockey League, the most-elite independent hockey league in the United States. The team is veteran-owned and operated, so it should come as no surprise they offer military appreciation nights. Owner, Charles "Chuck" Norris is a former U.S. Army paratrooper who spent over

20 years in the Fayetteville area.

Whenever the Fayetteville Marksmen are in town they play all their home games at the Crown Coliseum. Which is where they hosted this year's military appreciation night Jan. 19. During the game, the Fayetteville Marksmen hockey team played a close game against their rivals the Roanoke Rail Yard Dawgs. The game ended with a score of 3 to 4, in favor of the Roanoke Rail Yard Dawgs. The two teams were evenly paired. During the game, the Marksmen defended their goal, blocking 28 of the 32 shots from the Railyard Dawgs. All the while they were busy taking 31 shots of their own, with three being successful.



Photos by Lewis Perkins/Paraglide

Cody Porter, Fayetteville Marksmen goalie, looks at the puck as Jordan Carvalho celebrates his goal in the first period



The 82nd Airborne Division Color Guard presents the colors while Sgt. Kiari Mhoon, 82nd Airborne Division Band and Chorus, performs the national anthem.



Brian Bowen, Fayetteville Marksmen, left, fires a long shot that threads through all the defenders for a goal in the second period.



Units from the 82nd Airborne Division along with Fayetteville first responders displayed vehicles in front of the Crown Coliseum during the Fayetteville Marksmen's Hometown hero and first responders night Jan 19.

# Runners Corner

Graphic Illustration by Bryan K. Reed

## 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 **Saturday 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).

## Greater Life Of Fayetteville Cupid 5K Fun Run/Walk

Greater Life of Fayetteville is a non-profit organization that educates and inspires at-risk and behaviorally challenged youth with innovative and culturally-sensitive programs in order for them to thrive academically, socially, and morally. Please help support our non-profit organization by signing up for the Cupid Fun Run/Walk. This event will take place **Feb. 9** starting at **7:30 a.m.** The location will be Hope Mills Municipal Park, **5770 Rock road, Hope Mills.**

## 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.

## 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).



# Towle Courts Physical Fitness Center group fitness schedule

## January 2019

TIME	MON	TUE	WED	THURS	FRI
6:30 a.m.	Cycle Stacy	Cycle Luisa 29th Stacey B	Cycle Stacy	Cycle Stacy/Luisa	Cycle Leonard
8:30 a.m.		Yoga Hatha Beau		Yoga Hatha Beau	
9:30 a.m.	Sculpted Rachel	Kickboxing Wellbeats (FREE)	Sculpted Elleen	Step/Stomp Wellbeats (FREE)	Sculpted Rachel
10:45 a.m.	Bootcamp Stacey B	Vibe Dance Wellbeats (FREE)	Butts & Guts Stacey B	Vibe Dance Wellbeats (FREE)	
Noon	Cycle Ex Leonard		Cycle Ex Stacey B		
4:30 p.m.	Sculpted Elleen	Cycle Rachel	Cycle Leonard 23rd Stacey B Sculpted Rachel	Cycle Rachel Pilates Wendy	
5:30 p.m.	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 information visit [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 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

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

## Deadlines

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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**110** Administrative/Professional  
COUNSELORS for troubled youth in a group home setting. At least 1 yr expr. 910-814-4243 [www.srsccounseling.com](http://www.srsccounseling.com)

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For Job listings go to:  
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**125** Medical/Dental  
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FAYETTEVILLE

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**Murphy Family Ventures LLC, Wallace, NC, SEEKING 12 TEMPORARY FARM LABORERS**  
from 02/22/19 to 12/01/19, for the construction of livestock buildings near Roseboro, NC.  
On farms, maintenance, repair, dismantling and remodeling of livestock buildings including, repairing and/or installing feed equipment, waterlines, gating, insulation, doors, ceilings and roofs and ventilation equipment, framing, tin sheeting and welding. Clean up site. One month of farm equipment installation/repair. Must be able to lift and carry 75 lbs for 75 yards.  
Wage is \$12.25/hr. Wage may vary based on experience and/or merit. Murphy Family Ventures LLC guarantees employment for a total number of work hours equal to at least three-fourths of the workdays from 02/22/19 to 12/01/19.  
Tools, supplies, and equipment provided by employer at no cost to employee. Housing provided at no cost to all workers who cannot reasonably return to their permanent residence at the end of the work day. Transportation and subsistence expenses to worksite will be paid by employer in the first week of employment.  
Apply at the nearest North Carolina Dept. of Commerce, or contact the state workforce agent at 313 Chapanoke Rd, Ste. 210 2nd FL, Raleigh, NC 27603 (919) 814-0544 using job order number 10815779.

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**DRIVER**  
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a leading provider of home oxygen and medical equipment, is seeking a Full Time Driver Technician. Great potential for an individual who is enthusiastic, organized, and desires advancement. We offer a great professional working environment with competitive salary and comprehensive benefits package which includes a 401K. Email resume to [cpiercy@familymedsupply.com](mailto:cpiercy@familymedsupply.com) No Phone Calls Please!

**JANITORIAL HELP:** Needed P/T, 7 days a wk, 6 AM START, 5 hrs/ day. Fayetteville location. Must have valid NCDL. (910) 303-1692, 705-6947 Call 3-6pm ONLY

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**279** Tree Services  
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**330** Firewood/Fuel  
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**425** General Announcements  
**12 WEEKS**  
FOCUSING ON THE SPIRITUAL ASPECTS OF COMBAT RECOVERY  
RECOVERY is a 12-week course, which focuses on the spiritual aspects of Combat Recovery for combat veterans and their spouses. It will be on Tuesdays from 6:30-8:30 pm starting on 22 Jan 2019, and 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.

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Crisp, clear sound  
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