

THE PARAGLIDE

Telling the Fort Bragg Story™

February 7, 2019

VOLUME LV, NUMBER 5

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Fury paratroopers off-post training: Harsh terrain and frigid temperatures at Camp Atterbury challenged the Fury paratroopers and leaders, forcing them to contend with a near-peer simulated enemy.

LIFE - C



Equal in all ways, but not treated equal: In 1944, the first officers of the all African American unit graduated parachute school where, due to the camaraderie of the airborne community, they faced a measure of equality from the all-white cadre.

SPORTS - D



Super Bowl Sunday at Sports USA: The 6:30 p.m. kick-off at Sports USA hosted a large crowd of football fans from far and wide and every affiliation watching the game on the many jumbo screens.

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THE PARAGLIDE



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Fort Bragg troops win FORSCOM competition

By EVE MEINHARDT
FORSCOM PAO

Nine career counselors representing units from across the U.S. Army Forces Command (FORSCOM) came to Fort Bragg, for the FORSCOM Career Counselor of the Year competition, Jan. 29 through 31.

The event tested each competitor's knowledge with board interviews, a written exam and an informative essay, as well as their physical fitness with an early morning Army Physical Fitness Test (APFT).

While the challenges during the competition tested their abilities and resulted in two counselors being named the best of the best, Command Sgt. Maj. Michael Grinston, FORSCOM command sergeant major, said that it's the jobs all of the career counselors do at their units that really makes a difference.

"I'm proud of what each and every one of you do every day," said Grinston. "You have a hard mission. I truly believe the Army is the best place to be and that we have a lot of great things to offer. You have to understand what folks want to do, and that's your job. It's not an easy one and I really appreciate what you do to help our Soldiers."

Sgt. 1st Class Justin Sweat, 82nd Airborne Division, who received the highest score on the essay and the board appearance, was recognized as the FORSCOM Active Component Career Counselor of the Year.



Command Sgt. Maj. Michael Grinston, left, command sergeant major, FORSCOM, poses with Sgt. 1st Class Justin Sweat, 82nd Abn. Div., and Sgt. 1st Class Eric Ramos, XVIII Abn. Corps, and their sponsors at the FORSCOM Career Counselor of the Year awards ceremony, Jan 31.

Sgt. 1st Class Eric Ramos, XVIII Airborne Corps, had the highest score on the APFT and was named the FORSCOM Reserve Component Career Counselor of the Year.

Staff Sgt. Juan Sanchez, 32nd Army Air and Missile Defense Command, had the highest score on the written exam.

Sweat and Ramos will go on to represent FORSCOM at the U.S. Army Career Counselor competition later this year. They both said that it is an honor to

represent their units and the command at the next level.

"A lot of hard work goes into preparing for the competition and your physical and mental toughness is challenged throughout," said Ramos. "Being recognized for our efforts is humbling and moving forward, it is important to live up to the expectations that the title brings. I know I need to keep getting better and increase my knowledge every day."

Sweat said that he will continue working hard

and that he is proud of the opportunity to represent the 82nd Abn. Div. and FORSCOM.

"This is a huge honor," said Sweat. "It really means a lot to me to be able to move forward and represent my fellow Soldiers."

Grinston presented retention excellence awards to I Corps, 20th Chemical, Biological, Radiological, Nuclear, Explosives (CBRNE), 32nd AAMDC and the Joint Readiness Training Center 82nd Airborne Division for the Fiscal Year 2018

Cohort Mission. He also presented retention awards to FORSCOM's top producing active and Reserve component corps, divisions and direct reporting units.

Receiving awards for best retention rates for the active component were: XVIII Abn. Corps, 101st Airborne Division and 20th CBRNE. Receiving awards for best retention rates for the Reserve component were: I Corps, 4th Infantry Division and 20th CBRNE.

Fort Bragg celebrates Black History



Courtesy of Library of Congress

On parade, the 41st Engineers at Fort Bragg standing at attention in color guard ceremony. The 41st was first activated for U.S. Army service April 1, 1917, just five days before the American entry into World War I. The Soldiers were primarily from Guard units of the northwestern U.S. and trained at Camp Greene, North Carolina. It consisted of the 81st and the 82nd Infantry brigades.

Womack Soldiers strive to be the best warrior



Photo by Robert Haynes/FORSCOM PAO

Staff Sgt. Arjim Auto and four other Soldiers from WAMC participate in weapons simulation training during the Womack Best Warrior Competition Jan. 28.

By TWANA J. ATKINSON
WAMC PAO

Soldiers from Womack Army Medical Center arrived at Towle Stadium at dawn to participate in this year's Womack Best Warrior competition, Jan. 28.

The two-day competition challenged Soldiers' mental and physical agility through a variety of events. During the first day, Soldiers were tested in their ability to conduct and complete the new Army Combat Fitness Test. This is a six-event assessment designed to

reduce injuries and replace today's physical fitness test.

The competitors also endured a combat swim event, a nine-mile road march, weapons simulation training, map reading, combat medic training, and an oral board to test their overall Army knowledge.

"The idea of having the uncertainty that we put into these events is to prepare you for the uncertainty that the Army is going through every day," said the WAMC Deputy Commander, Col. David Hamilton.

See Warrior—Page 4



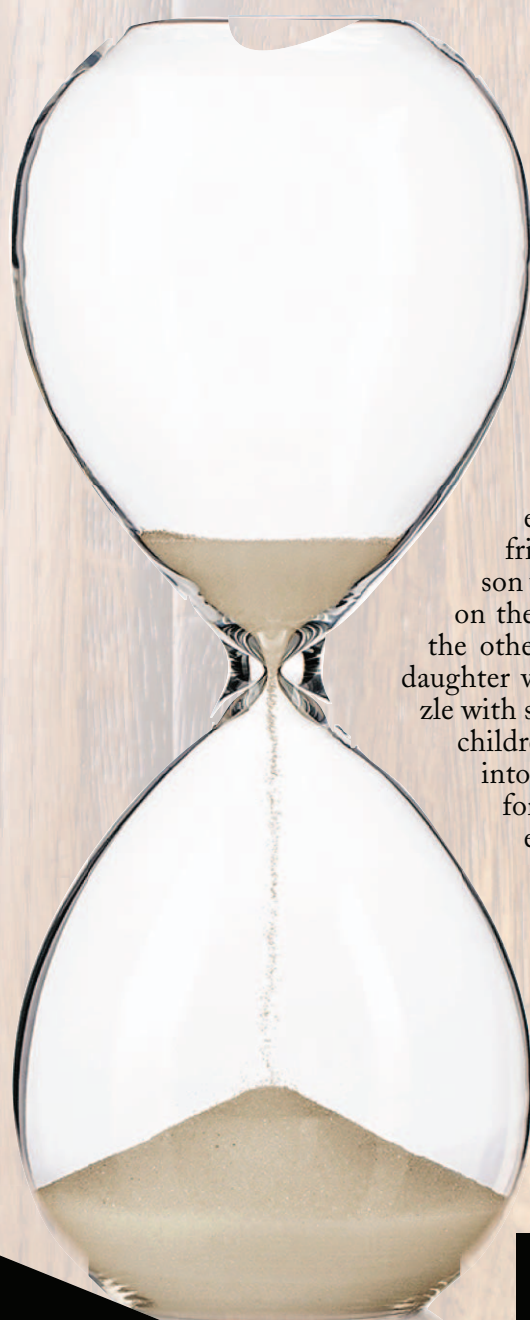
JENNIFER MORALES
PARAGLIDE

G.I. Jenn: Soaking up each minute

I have a great love of sports. With that said, football is not one of my great loves. I have tried to love it. I have tried to study it, but as the old saying goes, “you can lead a horse to water, but you can’t make it drink.”

So, each year when the Super Bowl rears its head, I celebrate along with everyone else. I cheer just as loud, but not for the same reason. I cheer for the end of the football season, while everyone else cheers for their team.

While football doesn’t intrigue me, there is still much to be celebrated. I love the holiday-like feel of the Super Bowl. You sit in a room filled with friends and Family of all walks of life. You snack on great food and revel in the company. There’s a sense of camaraderie that sports bring out in people. You see bridges



form between a 10-year-old and his uncle as he is explained the intricate rulings of football. As each rule is explained more and more questions arise.

My husband and I spent the evening at our friends’ house. Our son was busy jumping on the trampoline with the other kids, while my daughter worked on a puzzle with some friends. The children had all split into various groups for most of the evening, but they became a united force when the cupcakes came out.

We all lounged on the couch after eating a near

Thanksgiving-sized meal. At halftime, many of us barely could keep our eyes open. The -itis had officially kicked in. Small playful bickers were tossed about each time a team would score.

At the end of the game, the score is not one that would be remembered for years to come. The plays aren’t what will stand out. What I will remember looking back is the sound of my husband’s laugh at one of the infamous commercials, or the squeal-like laughter as my friend’s 4-year old swung her swinging as high as the fence.

I will remember the children sitting silently for the first time all night as they quickly devoured their cupcakes leaving a trail of crumbs and sprinkles in their wake as they returned to their established play areas. Those are the moments that let us get the most out of our weekend and our lives. So, while I don’t like football, I still greatly enjoyed the game and all that came with it.

After Christmas break, we struggle to make it through each workweek. Each weekend seems to fly by far faster than any weekday ever has. Sometimes we have the opportunity to soak in the weekend literally to the last minute. This past weekend was one of those weekends.

I am super competitive, and



“I work with Special Olympics. We have the Senior Games coming up and I help with that.”

Patrick Davis,
Recreation Assistant
Hercules Fitness Center



“As a framer and engraver, I’ve supported members of chapters of my motorcycle club in various functions in this local community and in other states.”

Kate Dalton,
Frame and Design Arts



“I do Resilience Through Art here at Fort Bragg. It’s a program that allows Soldiers and Families to come in and relieve stress through art.”

Lengriam Ferrell,
Manager, Frame and Design Arts



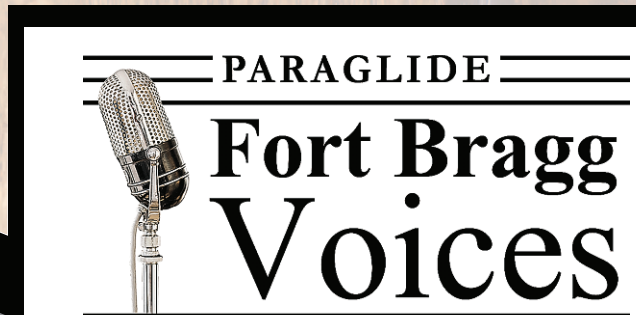
“I’m a mentor. I mentor young kids and show them how to work with power tools and various mechanical instruments.”

Patrick Fry,
Owner/operator, Hot Dog Central, Soldier Support Center



“I help out with bringing awareness to spouse abuse and talk about equality versus power and control to educate people on what domestic violence is.”

Angielina Wilson,
Victim Advocate
Coordinator, FAP, ACS



This week we asked:

How can you make a difference in your community?

THE PARAGLIDE

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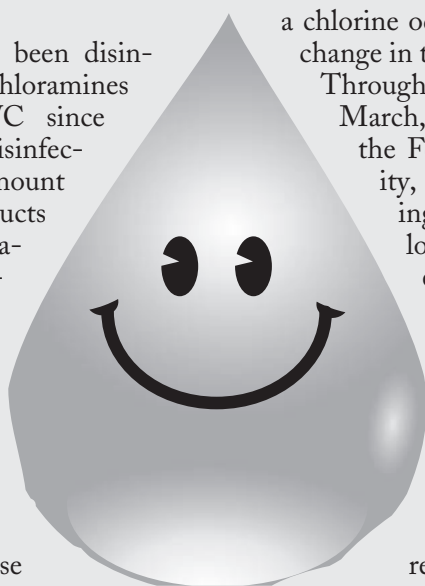
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Notice of change in drinking water disinfection method

MEAGHAN TILL
ASUS ENVIRONMENTAL COORDINATOR

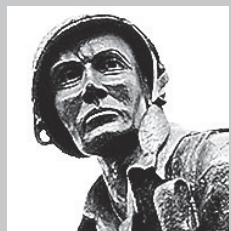
Beginning, **March 1, 2019**, Fort Bragg's water suppliers, Harnett County and Fayetteville Public Works Commission, will temporarily change their disinfection method from chloramines (free chlorine with ammonia added) to free chlorine only. The North Carolina Department of Environmental Quality requires all water systems that add ammonia to their drinking water to discontinue its use for a one-month period annually to ensure that any biological growth that may have occurred within the distribution system is controlled. Both suppliers will resume adding ammonia to the water treatment disinfection process, **April 1,**

2019. Harnett County has been disinfecting water with chloramines since 1993 and PWC since 2003. Chloramine disinfection minimizes the amount of disinfection by-products that can form in a water system. The one-month switch to free chlorine disinfection is not expected to cause any significant increase in DBPs. Both suppliers have been in compliance with all state-set limits since they began the use of chloramines. Some water users may notice



a chlorine odor as a result of this change in the treatment process. Throughout the month of March, ASUS – Fort Bragg, the Fort Bragg water utility, will perform flushing at multiple hydrant locations in order to expedite the change of chloramine to chlorine residual throughout the system. Some customers may also experience periods of discolored water as a result of the required distribution-system flushing that will accompany this change back to

chlorine-only disinfection. Discoloration can be mitigated by allowing faucets to run until the water clears. If your water does not clear up within a reasonable time, please submit a service order request through Fort Bragg DPW at (910) 396-0321. Water customers should be aware that during this time, traces of ammonia may still be in the water. Therefore, ASUS recommends that water customers who pre-treat to remove chloramines prior to the water being used, should continue to do so. If you have any questions about this temporary change in disinfection processes, please contact *ASUS Environmental Coordinator, Meaghan Till, by phone at (910) 495-1311 ext. 102 or by email at Meaghan.Till@asusinc.com.*



IN BRIEF

Notices of Estate

Death Notices:

Sgt. 1st Class Daniel Morrison

This notice serves as an advisory for all those in possession of the property of Sgt. 1st Class Daniel Morrison, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Capt. James Berry, summary court martial officer, with all inquiries at (910) 243-3361 or email: james.n.berry16.mil@mail.mil.

Sgt. 1st Class Joshua Z. Beale

This notice serves as an advisory for all those in possession of the property of Sgt. 1st Class Joshua Z. Beale, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Alexander Ganz, summary court martial officer, with all inquiries at (910) 908-6765 or email: alexander.ganz@socom.mil.

2nd Lt. Kaitlyn M. Velsvaag

This notice serves as an advisory for all those in possession of the property of 2nd Lt. Kaitlyn M. Velsvaag, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Zachary Stilwell, the summary court martial officer, with all inquiries at (540) 717-6429 or e-mail: zachary.w.stilwell.mil@mail.mil.

Retirement Announcements



Lt. Gen. Paul J. LaCamera, commanding general, XVIII Airborne Corps and Fort Bragg, honored the below service members during the Jan. 31 Fort Bragg Monthly Retirement Ceremony held at the Command Sgt. Maj. David L. Clark Auditorium, Fort Bragg Noncommissioned Officer Academy:

- *Command Sgt. Maj. Matthew McCready - XVIII Abn. Corps NCOA*
- *1st Sgt. Kevin Shepard- Furman University ROTC*
- *Sgt. 1st Class Jesse Doran- 519th Military Intelligence Battalion*
- *Sgt. 1st Class Derek E. Salley- 3rd Bn., 4th ADA Regt.*

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SUDOKU

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2								
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		5		2	3			4
	1		7			6	5	3
7			4	9				

Level: Advanced

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	2	1	6	4	5	9	7	3
3	9	6	8	7	2	1	4	5
7	4	9	4	7	8	5	2	1
4	6	4	7	6	3	2	9	5
9	8	9	8	9	2	5	6	1
5	1	5	3	1	5	2	6	9
4	1	5	3	1	5	2	6	9
6	9	6	8	9	6	8	9	6
2	3	2	1	4	3	2	1	4
6	2	8	3	9	4	5	7	1

ANSWER:

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13
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CLUES ACROSS

- 1. Public broadcaster
- 4. The media
- 9. Manila hemp
- 14. Not just "play"
- 15. Trailblazing German historian
- 16. Type of puzzle
- 17. Plant in the daisy family
- 18. Not young
- 20. Dennis is one
- 22. Revealed
- 23. But goodie
- 24. Absurd
- 28. Commercials
- 29. University of Dayton
- 30. Expression of annoyance
- 31. Stories
- 33. More critical
- 37. Of I
- 38. Time units (abbr.)
- 39. Arousing intense feeling
- 41. High schoolers' test
- 42. Trauma center
- 43. Astronomical period
- 44. Fights
- 46. Italian Lake
- 49. Rhenium
- 50. Baseball stat
- 51. State of consciousness
- 55. Some is dietary
- 58. Stringed instrument
- 59. ___ Kidman, actress
- 60. Orator
- 64. Ottoman military commander
- 65. Makes known
- 66. Type of font
- 67. Cool!
- 68. Short musical composition
- 69. Porticos
- 70. Not wet

CLUES DOWN

- 1. The upper part of a duet
- 2. Carpenter's tool
- 3. Outrageous events
- 4. Procedures
- 5. Type of party
- 6. Between northeast and east
- 7. Sanskrit (abbr.)
- 8. NJ college ___ Hall
- 9. Sharp mountain ridge
- 10. Observed something remarkable
- 11. One who obeys
- 12. ___ de sac
- 13. Sign language
- 19. Predecessor to Protestantism
- 21. Right-hand man
- 24. ___ anglicus: sweating sickness
- 25. People who proof
- 26. Israeli Defence Forces sergeant
- 27. Remains as is
- 31. Receptacle
- 32. Archers' tool
- 34. Gets up
- 35. Unit of energy
- 36. Explains again
- 40. Pa's partner
- 41. Region bordering the sea
- 45. Type of acid
- 47. Lesotho capital
- 48. Gave a speech
- 52. Irregular as though nibbled away
- 53. Neither
- 54. Copyreads
- 56. Edward ___, British composer
- 57. Prepared
- 59. Launched Apollo
- 60. Relative biological effectiveness (abbr.)
- 61. Protects from weather
- 62. Feline
- 63. Equal

A	R	D	S	V	O	T	S	E	D	U	T	E
D	V	R	E	S	S	V	T	S	E	R	V	B
V	G	A	N	V	I	C	I	R	O	T	E	H
E	L	O	C	I	N	D	O	R	A	S		
R	E	B	F	I	S	S	E	N	R	A	W	V
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T	V	S	E	V	I	O	M	E	S	R	H	
E	M											
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L	L	H	E	H	T	R	E	V	O	V	A	
S	U	B	R	E	K	E	R	A	N	C	R	E
A	B	A	C	A	S	S	P	R	E	S	P	B

PUZZLE SOLUTION

Warrior

From Page A1

The participants earned points from their placing in each event. During the competition, the points are unknown by the participants until the awards ceremony.

Spc. Dane Stirrat, Company A, Troop Battalion, WAMC, was excited to have a change of pace in his two-year military career.

"So far it's fun. I like getting out and performing these Soldier tasks. It's a good change from the normal hospital duties," said Stirrat.

At the awards ceremony, Sgt. Chendary Johanson and Spc. Andy Herrera

were both named Best Warrior for the noncommissioned officer and junior enlisted categories. Both Soldiers were presented an award and numerous gifts for winning the competition, but Johanson wanted to remind everyone why she competed.

"I did this for my Soldiers. They make me want to challenge myself, so that I can always do better for them and my leaders," she said.

The winners will move on to compete in the Regional Health Command - Atlantic Best Warrior competition in a month.

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Fury paratroopers conduct live-fire exercises: 3rd BCT continues off-post training at Camp Atterbury



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

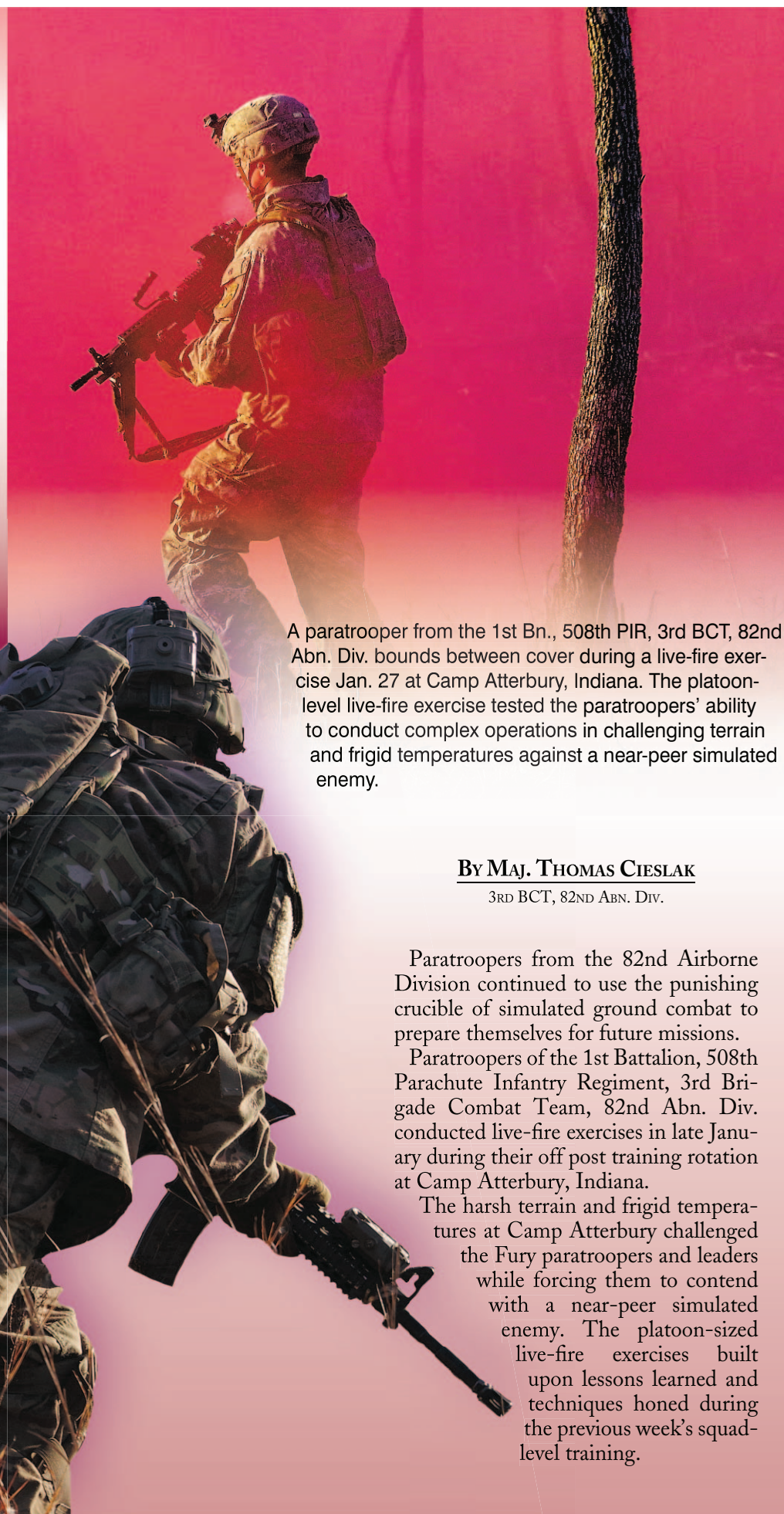
Paratroopers from the 1st Bn., 508th PIR, 3rd BCT, 82nd Abn. Div. clear a simulated enemy compound Jan. 26.



A paratrooper from the 1st Bn., 508th PIR, 3rd BCT, 82nd Abn. Div. pulls security while others bound between cover during a live-fire exercise Jan. 27.



A paratrooper from the 1st Bn., 508th PIR, 3rd BCT, 82nd Abn. Div. shouts orders while others engage a simulated enemy during a live-fire exercise Jan. 25.



A paratrooper from the 1st Bn., 508th PIR, 3rd BCT, 82nd Abn. Div. bounds between cover during a live-fire exercise Jan. 27 at Camp Atterbury, Indiana. The platoon-level live-fire exercise tested the paratroopers' ability to conduct complex operations in challenging terrain and frigid temperatures against a near-peer simulated enemy.

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

Paratroopers from the 82nd Airborne Division continued to use the punishing crucible of simulated ground combat to prepare themselves for future missions.

Paratroopers of the 1st Battalion, 508th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Abn. Div. conducted live-fire exercises in late January during their off post training rotation at Camp Atterbury, Indiana.

The harsh terrain and frigid temperatures at Camp Atterbury challenged the Fury paratroopers and leaders while forcing them to contend with a near-peer simulated enemy. The platoon-sized live-fire exercises built upon lessons learned and techniques honed during the previous week's squad-level training.

Steel Brigade assumes mission at Al Minhad

By CAPT. NATASHA FULTZ-CASTRO
18TH FAB PAO

AL MINHAD AIRBASE, United Arab Emirates — Soldiers with 18th Field Artillery Brigade (FAB), 65th Field Artillery Brigade (FAB), Emirati Artillery Corps and other coalition forces assembled for the transfer of authority ceremony, Jan. 17, at Al Minhad Air Base, United Arab Emirates.

The ceremony solidified the transfer of authority as the U.S. Army Central Force Field Artillery Headquarters from the 65th FAB to the 18th FAB.

As Col. Adam Robinson, 65th FAB commander, reflected on his mission end-state, he spoke about the relationships built, and the partnerships strengthened within the region.

Robinson looked around the auditorium and told the Soldiers of his unit that he was humbled by their dedication to the mission, the U.S. Army and the nation.

Maj. Gen. Benjamin Corell, the 34th Infantry Division commanding general, highlighted 65th FAB, America's Thunder, and its success in the region.

"The role of our field artillery brigade in Task Force Spartan is to provide targeting capabilities, precision lethal fire options and provide key subject matter expertise as we work with our regional partners," he said.

The 65th FAB has performed at a high level from start to finish, taking the value of Task Force Spartan's field artillery brigade to the next level during their time in theater, said Corell.

Corell welcomed Col. Joseph Roller, 18th FAB commander, and the Steel Brigade while challenging them to the task that lies ahead.

The responsibility for this important mission, one that has been carefully and successfully managed by the 65th FAB, is now placed squarely on the shoulders of the 18th FAB, he said. Corell expressed his confidence in the brigade and its leadership by stating that he knows the unit is prepared for the challenge.

"We look forward to working alongside our allies and

friends in the coming months and further building partnerships and camaraderie," said Roller during the ceremony. "The troopers of the Steel Brigade are excited for the challenges and opportunities that come with this diverse and critical mission."

Leading up to the deployment, the 18th FAB conducted multiple training exercises to prepare the unit for its mission in support of Operation Spartan Shield. Operation Spartan Shield is the U.S. effort to strengthen defense relationships, build partner capacity, maintain readiness and when necessary, execute contingency plans.

These efforts are facilitated through theater security cooperation activities, such as key leader engagements, exercises, conferences, symposiums and humanitarian assistance and disaster response planning.



Col. Joseph Roller, 18th FAB commander, and Command Sgt. Maj. William Phelps, 18th FAB command sergeant major, unfurl the brigade colors during the transfer of authority ceremony Jan. 17.



Photos by Capt. Natasha Fultz-Castro/18th FAB PAO

Col. Joseph Roller, 18th FAB commander, and Command Sgt. Maj. William Phelps are standing at attention with their brigade colors during the transfer of authority ceremony Jan. 17, at Al Minhad Air Base, United Arab Emirates. The transfer of authority ceremony marked the 18th FAB's assumption of the ARCENT Force Field Artillery Headquarters mission.



Paratroopers conduct sunset static line jump

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

Fort Bragg-based paratroopers conducted a static-line jump, Feb. 1, to maintain their proficiency at airborne operations and follow-on missions.

Paratroopers from Headquarters, Headquarters Company and the 307th Airborne

Engineer Battalion conducted a combat-equipment static-line airborne operation onto Fort Bragg's Normandy Drop Zone and rehearsed their roles as part of an Assault Command Post afterwards.



Paratroopers jump from a U.S. Air Force C-17 Globemaster for the sunset static line jump.

Photos by Spc. Darius Knight-Elliott/3rd BCT, 82nd Abn. Div.

Paratroopers assigned to the 3rd BCT, 82nd Abn. Div. move to an assembly area Feb. 1, at Normandy Drop-Zone. The Soldiers rehearsed their roles as part of an Assault Command Post.

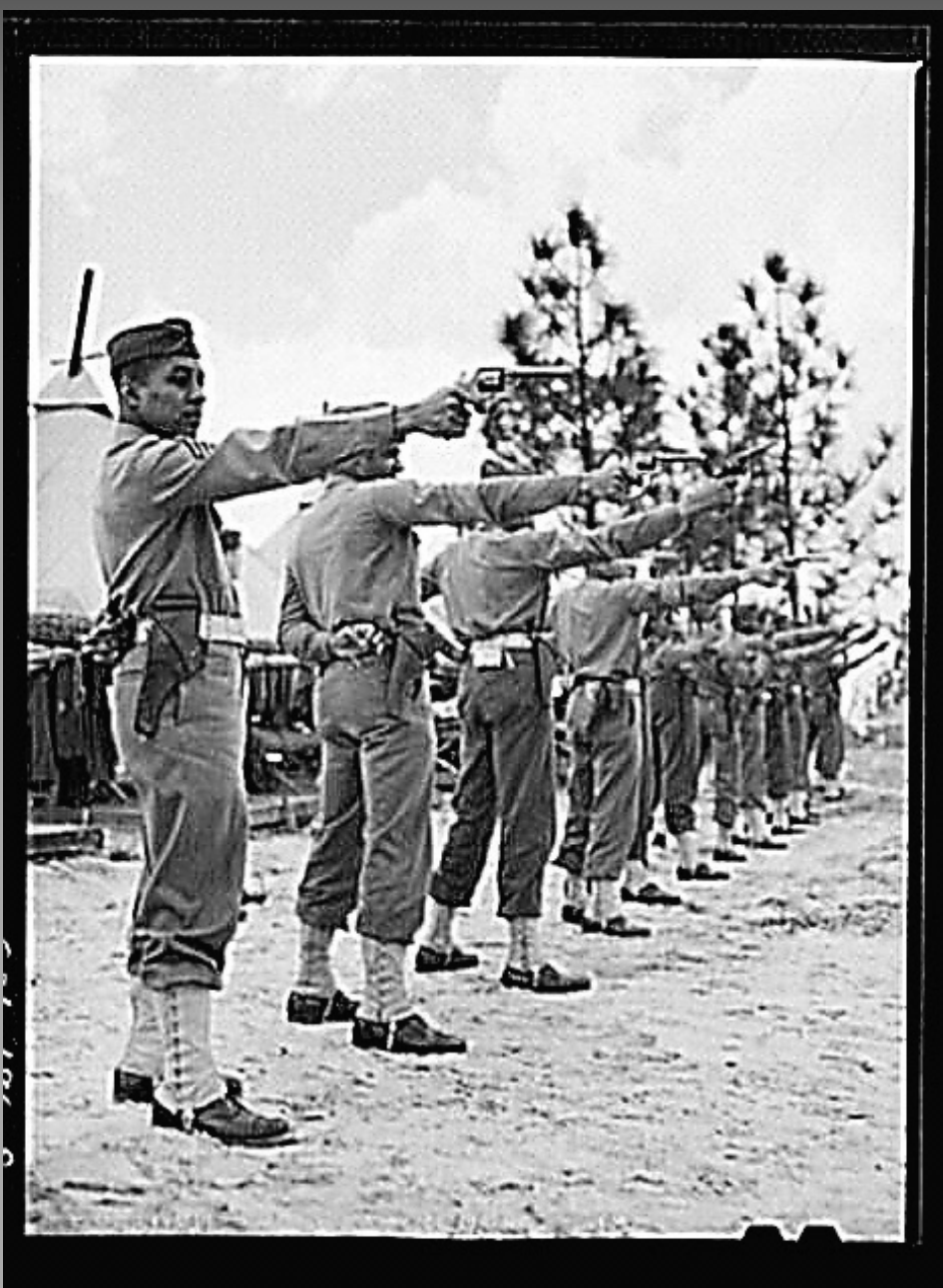


Photos by Sgt. Taylor Hoganson/3rd BCT, 82nd Abn. Div.

Paratroopers land on Normandy Drop Zone after jumping from a U.S. Air Force C-17 Globemaster.

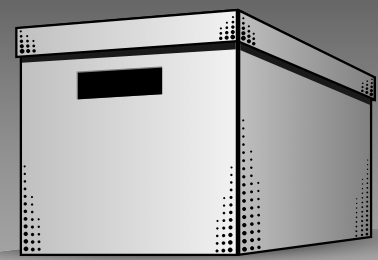


A jumpmaster from the 3rd BCT, 82nd Abn. Div. counts paratroopers as they board a U.S. Air Force C-17 Globemaster.



In March 1942, Sgt. Franklin Williams stands with the 41st Engineers during pistol practice at Fort Bragg.

From the Archives



Photos by Arthur Rothstein

In March 1942, Soldiers, a part of the 41st Engineers, build a bridge at Fort Bragg.

TRADOC commander emphasizes recruiting, maintaining professional, lethal force

By U.S. ARMY CYBER
COMMAND

ARLINGTON, Va. — A professional force that is lethal and representative of the American population is a vital strategic asset, and evolving to recruit and maintain that smart, fit, lethal all-volunteer Army is the most important thing that the Army's Training and Doctrine Command is working on, said TRADOC commander Gen. Stephen Townsend in remarks at a recent Association of the U.S. Army event in Arlington, Virginia.

To build a modern force to compete with near-peer adversaries in a Multi-Domain operations environment, Townsend said, TRADOC must evolve its talent management efforts into

a 21st century high-tech digital talent acquisition model.

He said to do that will require modernizing recruiting, exploring new methods, ideas and incentives, and finding out what the people the Army aims to attract want in a career, and developing ways to provide it that the "standard ... GI-issue career management system doesn't offer."

He used Army cyber as an example.

"Cyber is a growth industry, and very much so in the Army, and we are doing different things to attract folks into the cyber field and we are being successful at it," Townsend said. "But at the same time it's growing, and we've got to continue to be successful at attracting people."

The general pointed to successful Army efforts to recruit for cyber and other specialties that may be expanded to more career fields.

These include the cyber direct commissioning program to bring qualified civilian applicants into the Army as cyber officers, and the Army musician program that brings qualifying musicians into the Army at the staff sergeant level.

At the same time, Townsend said, recruiting efforts must appeal to Americans' sense of national service.

"We need to change the conversation about national service, not just service in the military, but the value and responsibility, even the obligation, I think, to serve your country, your community," he said.

"We need to change the conversation about national service ... the value and responsibility, even the obligation, I think, to serve your country, your community."

— Gen. Stephen J. Townsend
Commander, TRADOC



Photo by Michael Vernon Voss/AR News

Gen. Stephen J. Townsend shared his thoughts on recruiting and force lethality among other topics at a recent Association of the U.S. Army event in Arlington, Virginia. Townsend assumed duties as Commander, TRADOC on March 2, 2018, after serving as Commander, XVIII Abn. Corps.

Professional Development:

Retired general teaches leadership course

Retired Lt. Gen. Francis (Frank) H. Kearney teaches a leadership course to paratroopers at the 82nd Airborne Division Hall of Heroes on Feb. 1. He retired in 2012 from the Army after more than 35 years of service.



Photo by Jelia Hepner/Paraglide

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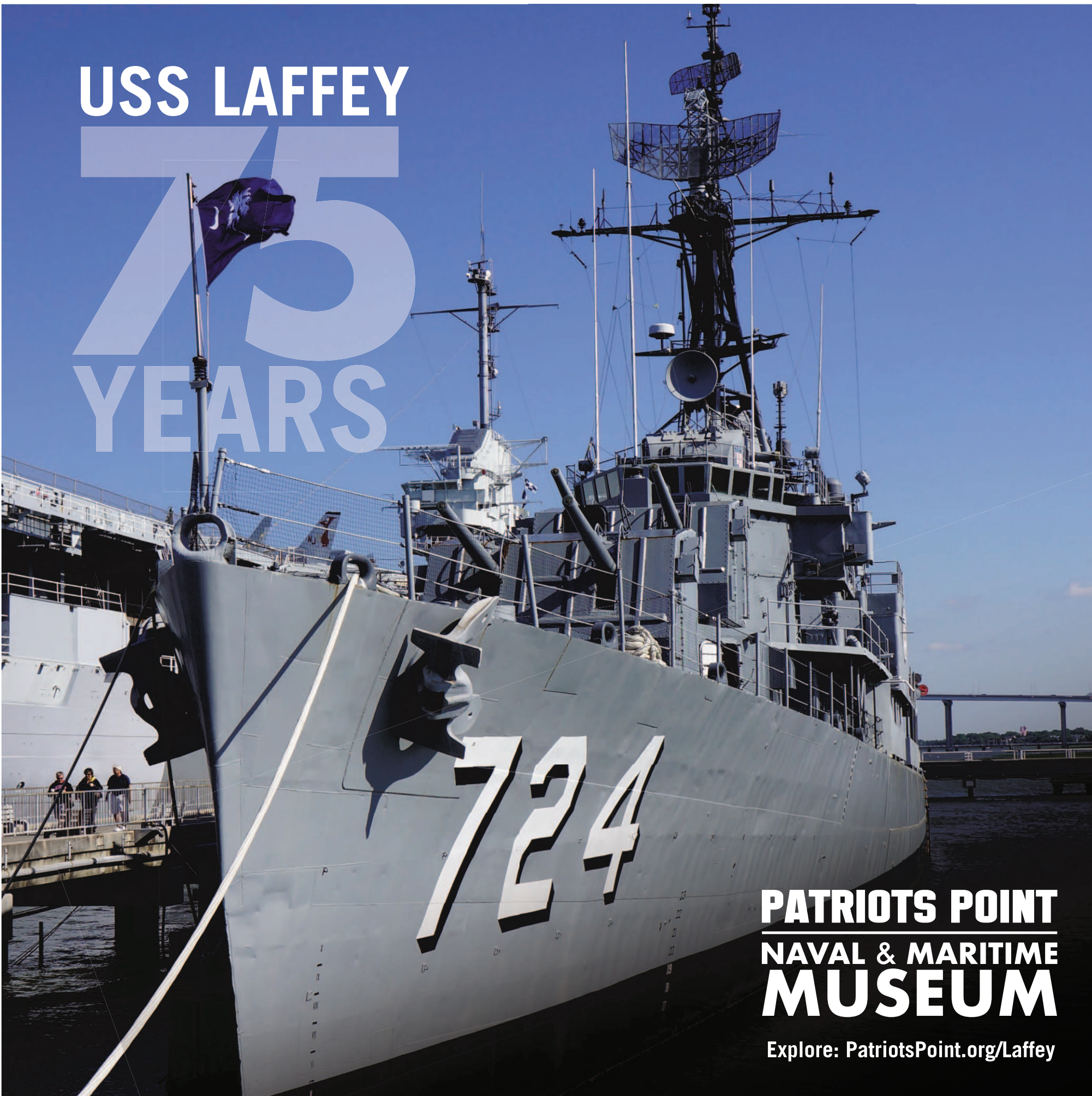


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A Dream Come True

Soldier graces the stage, nominated, at Carolina Country Music Awards

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

More than a decade ago, a small-town boy in America's heartland listened to country music on the radio with big dreams in his heart. These dreams came to fruition on stage during an annual music awards show.

Inspired by country music artists like Zakk Wylde, Vince Gill and Brent Mason, Sgt. Chris Munson, a paratrooper in the 82nd Airborne Division, displayed his talent on the stage of the Carolina Country Music Awards (CCMA) at Myrtle Beach, South Carolina, Jan. 26.

Munson, a Kellyville, Oklahoma native currently serving in 2nd Battalion, 501st Parachute Infantry Regiment, 1st Brigade Combat Team, 82nd Abn. Div., was nominated for two categories, male artist of the year and for country single of the year at the CCMA.

The CCMA is a program that is designed to help new and upcoming artists whose work must be authentic in nature. The purpose is to help the artists get to major radio stations and potential record label signing, leading to a career with their craft.

"As early as I can remember I fell in love with country music," said Munson.

In Munson's early childhood, his mother's radio beamed classic rock and a hearty serving of country music.

"It was always on the radio, you just couldn't escape it," said Munson. "You'd get out of the car and hear country singers from the 1990's era of music."

When Munson was 11 years old, his 16-year-old brother received and began playing their grandfather's guitar.

"Of course, being the little brother, I followed him everywhere and when he would set the guitar down I'd play it," said Munson. "He'd yell at me 'Quit playing my guitar!' but eventually he got distracted



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

Sgt. Chris Munson, assigned to 2nd Bn., 501st PIR, 1st BCT, 82nd Abn. Div., performs at the House of Blues in Myrtle Beach, South Carolina, Jan. 26, for the first time to secure his chances of winning male artist of the year and country single of the year.

with other things."

Each ingredient, the music on the radio, his grandfather's guitar and an intrinsic interest in music, fueled Munson's current recipe for success. He began to self-teach himself on music theory, diving through the pages of Guitar World and studying DVDs of his favorite artists.

"Country guitar players are some of the most technically skilled musicians on the planet," said Munson. "You learn to appreciate that when you start to learn about some of the legends."

When he was 19, Munson befriended a man named Chance Anderson. Together they formed a band and Munson started singing during regional performances.

"I have always kind of dabbled with singing, but I never tried to step out and do it until I met my friend Chance Anderson in the band that I was in back in the day," said Munson.

The group started small, but eventually expanded the areas where they played. This included part of Oklahoma and Texas, eventually landing the group performances in Nashville.

Munson's passion as an artist took a backseat when he enlisted in the U.S. Army.

"My family actually has a huge history of military service, all my uncles served in the various branches and I'm the first one to really do any combat arms stuff," said Munson.

See Munson — Page C4



Sgt. Chris Munson, from 2nd Bn., 501st PIR, 1st BCT, 82nd Abn. Div., shares a smile on stage with Christy Androlonis, executive producer of the Carolina Country Music Awards, Jan. 26. Munson was nominated in the competition as male artist of the year and for country single of the year.

CELEBRATING

BLACK HISTORY MONTH

Equal in all ways, but not treated equal

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

"When I got my (paratrooper) wings, MPs stopped me and said 'You are out of uniform Soldier.' The paratrooper uniform was distinct with a special insignia on the cap, the pants bloused into jump boots (instead of regular dress shoes). I think a lot of it was the Army didn't put out that it had black paratroopers," said Sgt. Jordan J. Corbett, a member of the 555th Parachute Infantry Regiment (PIR), in a 2010 interview with Bill Ruffy of The Ledger.

Though paratroopers in every way, men of the 555th PIR faced fierce discrimination in 1944 as they trained at jump school at Fort Benning, Georgia and conducted drills at Camp Mackall and Fort Bragg in anticipation of World War II combat missions.

"We as colored Soldiers in Fort Benning could not go into the main Post Exchange. We looked in (and) could see the German and Italian prisoners of war sitting down at the same table with white Soldiers," said 2nd Lt. Walter Morris.

On March 4, 1944, the first officers of the all African American unit graduated parachute school where, due to the camaraderie of the airborne community, they faced a measure of equality from the all-white cadre.

In a review before Brig. Gen. Ridgely Gaither, 1st Lt. Jasper Ross, 2nd Lts. Bradley Biggs, Clifford Allen, Edward Baker, Warren Cornelius and Edin Wills, along with the enlisted African-American paratroopers who graduated before them, would form the cadre in charge of receiving and training the men of the "Triple Nickles."

The African-American

"We looked in (and) could see the German and Italian prisoners of war sitting down at the same table with white Soldiers."

-2nd Lt. Walter Morris
555th PIR

paratroopers had to use separate facilities for "Colored" people and had to use extreme caution whenever they went off-post; police would incarcerate them at the slightest provocation instead of fining them.

Racism was also present on-post; the paratroopers could use the theater in the airborne area at Fort Bragg, but they were not welcome in the noncommissioned or officer's clubs said a March 1990 study published by the U.S. Army War College.

However, the all-volunteer 555th PIR faced problems trying to grow to its authorized strength of 29

officers, one warrant officer and 600 enlisted.

With many of the recruits not meeting the demanding expectations or vigorous physical requirements of the four-week long parachute school, the battalion never reached more than 66 percent of its authorized strength.

It was this reason why the "Triple Nickles" would receive orders for a top-secret mission on America's West Coast.

Author's Note: This article is the second in a multi-part series honoring the brave paratroopers of the 555th PIR.



Photo courtesy of the National Archives

Walter Morris prepares for his first jump as a paratrooper with the 555th PIR. Morris was the first sergeant of the Triple Nickles, and was later promoted to second lieutenant.

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

SPRING SPORTS REGISTRATION:

When: Now 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 and 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 located at Parent Central Services, building 1-4157 Knox St. and have a current sports physical on file. Appointments are 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 are needed. For more info call (910) 396-9123.

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

ANNIE:

When: Now 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 with 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.

VALENTINE'S DAY MARKET:

When: Saturday, 11 a.m. to 4 p.m.

Where: Sports USA

Cost: Free

A great way to pick up last minute gifts! The market will feature jewelry, flowers, art and more. Food will be available for purchase throughout the day.

FORT BRAGG WEDDING EXPO:

When: Saturday, 11 a.m. to 4 p.m.

Where: Iron Mike Conference Center

Cost: Free

Come to Fort Bragg to plan your wedding! The Iron Mike Conference Center is hosting a wedding expo. Come by to view the venue and sample the food. There will be various vendors offering services from photographers, to bakeries and more. All attendees are required to register.

Register online at <https://bragg.armymwr.com/calendar/event/fort-bragg-wedding-expo/2633562/31995>. There is no cost associated with attending this event. This event is open to the public.

LOVE IS IN THE AIR:

When: Saturday, 7:30 p.m.

Where: Huff Concert Hall, Methodist University on Ramsey Street

Cost: \$28 for adults, \$25 for military and seniors, \$11 for children ages 6 to 18, free for children 5 and under

"If music be the food of love, play on," said William Shakespeare. Join the Fayetteville Symphony Orchestra as they embrace this love-themed program of passionate music, including selections from Prokofiev's colorful and descriptive Romeo and Juliet, plus iconic music from Casablanca and West Side Story.

This program also features world-renowned piano virtuoso Anton Nel, performing Rachmaninov's impassioned Piano Concerto No. 2. With Valentine's Day just around the corner, this performance is the perfect way to musically express how you feel about that special someone. Call (910) 433-4690 for more information and tickets.

A pre-concert talk with the Fayetteville Symphony Orchestra "Music Nerd" will begin at 6:45 p.m.

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

NICK COLIONNE VALENTINE'S DAY CONCERT:

When: Feb. 14, 7:30 p.m.

Where: J.W. Seabrook Auditorium, Fayetteville State University

Cost: \$20 to \$75

Celebrate Valentine's Day with live romantic, jazzy, soulful serenades as Fayetteville State University's Seabrook Performance Series presents a lover's night to remember with popular contemporary urban jazz guitarist Nick Colionne. Experience a romantic Valentine's evening you won't forget with jazz star Colionne. Call (910) 672-1724 to buy tickets.

FAYETTEVILLE WINE AND CHOCOLATE FESTIVAL:

When: Feb. 16, 1 to 4 p.m., 5 to 8 p.m.

Where: Crown Coliseum

Cost: \$35 for wine enthusiasts, \$10 for designated drivers

Celebrate great wine and sweets from down the street and around North Carolina.

Wineries and wine enthusiasts from across the region will gather for an unlimited sampling of dozens of fabulous North Carolina wines of all styles and tastes. Buy glasses and bottles of your favorite wines, all for great prices.

Enjoy a fabulous selection of tasty nibbles and treats, chocolates, cheeses and sweets. Food available for purchase.

Take a stroll through the candy bar. Browse through fantastic mini boutiques featuring purses, jewelry, clothing and more.

Tickets to this event are on sale now! To purchase tickets, visit <http://wineandchocolatefestivals.com/events/fayetteville-nc-wine-and-chocolate-festival/> and click on the "buy tickets" button. Military discount available at the box office.

OUTHOUSE RACES AT SAPPHIRE:

When: Feb. 22, 11 a.m. to 3 p.m.

Where: Sapphire Valley Resort, Sapphire, North Carolina

Cost: Free

Join spectators for the exciting Outhouse Races.

Crazy? Maybe. Dangerous? Perhaps. Fun? Without a doubt! You won't find Outhouse Races on snow anywhere else in North Carolina. Dozens of outhouses race to compete for the throne. Spectators come from throughout the southeast to line the course and cheer on those brave enough to see if the outhouse crashes and burns or sails across the finish line.

This event is as exciting as drag racing if you use your imagination. Outhouses can be very simple, or as elaborate as anyone wants them to be. For more information about this exciting, one-of-a-kind race, visit <https://test.skisapphirevalley.com/great-outhouse-races-ski-sapphire.html>.

SHINEDOWN: ATTENTION ATTENTION TOUR:

When: Feb. 22, 7 p.m.

Where: Crown Coliseum

Cost: \$33 to \$78.50

Multi-platinum rock band Shinedown will play the Crown Coliseum with feature support from Papa Roach and Asking Alexandria as part of its 2019 ATTENTION ATTENTION World Tour. For tickets and more information, visit <http://www.crowncomplexnc.com/events/detail/shinedownpapa-roach>.

DEATH OF A GANGSTER DINNER THEATER:

When: Feb. 22, 6 to 9:30 p.m.

Where: Iron Mike Conference Center

Cost: \$40 per person

Dinner theater is coming to the Iron Mike Conference Center. Hors d' oeuvres and bar service begins at 6 p.m. followed by a buffet dinner at 6:30 p.m.

This event is open to the public ages 18 and over. Pre-paid reservations are required.

Purchase tickets in-person at the Iron Mike Conference Center, via phone at (910) 907-1945, or online at <https://bragg.armymwr.com/calendar/event/death-gangster-dinner-theater/2674725/32456>. Deadline to purchase tickets is Feb. 20.

BREW HORIZONS BEER FESTIVAL:

When: Feb. 23, 2 to 6 p.m.

Where: U.S. Cellular Center's Exhibit Hall, Asheville, North Carolina

Cost: \$40 to \$55

Ticket price includes a souvenir tasting stein for sampling from 20 to 25 regional craft breweries and cideries. There will be food tastings and local catering, two live music performances, local artisan vendors and educational information about empowering every community member to do their part in creating our region's clean-energy future. For more information, visit <http://brewhorizonsbeerfest.com/>.

CINCH WORLD'S TOUGHEST RODEO:

When: Feb. 23, 6 p.m.

Where: PNC Arena, Raleigh, North Carolina

Cost: ticket prices vary

In 2019, Cinch World's Toughest Rodeo celebrates 40 years of bringing the Ol' West to cities across the country.

Fans can expect the absolute best of the best among cowboy and livestock competitors to be the "Toughest in the World." These tough individuals clash for the ultimate opportunity to compete at the National Finals Rodeo in Las Vegas, Nevada for the World Champion title.

Cinch World's Toughest Rodeo features three fan-favorite events: bareback riding, saddle bronc riding, and the most extreme sport, bull riding.

Twelve contestants will compete for the chance to return for a second ride in the thrilling "Winner Take All Showdown Round," as well as women's barrel racing.

For tickets and more information, visit <https://www.thepncarena.com/events/detail/cinch-worlds-toughest-rodeo-2>.

SEUSS-A-PALOOZA STORY TIME:

When: March 1, 10 to 10:45 a.m.

Where: Throckmorton Library

Cost: Free

Celebrate Dr. Seuss's 109th birthday with a 'Seuss-tastic' story time of books, music and dance.

This event is open to the public. No registration required. Call (910) 396-2665 for more information.

Gold Star spouse, author, speaks at FRG Center



Photos by Lewis Perkins/Paraglide



Above and left: Wesley Hobbs Bauguess, author of "God, Country, Golf: Reflections of an Army Widow," speaks at the Family Readiness Group Center, Feb. 2. Bauguess, an Army veteran and a Gold Star spouse, lost her husband in May, 2017 in Afghanistan. Bauguess was invited to speak about the tragedy and triumph in her life by the 3rd BCT, 82nd Abn. Div.

Family Readiness Group Center to hold Super Saturday event

By **ALYSON HANSEN**
PARAGLIDE

The Family Readiness Group Center (FRGC) will hold a Super Saturday Family Readiness Group event, Saturday.

The FRG is a command sponsored organization of Family members, volunteers and Soldiers that provide support and assistance through a network of communications among Family members, the chain of command and community resources.

According to Cynthia Thomas, mobilization and deployment specialist, FRGC, Super Saturdays bring in about 20 people each session. The Saturday events focus on FRG Leader courses and Care Team Training.

The event will cover five FRG

trainings throughout the day beginning at 8 a.m. Attendees can pick and choose which classes they wish to attend. Classes include:

- Care Team Training from 8 to 10 a.m.;
- Command Team Training from 10 a.m. to noon;
- Key Contact or Key Caller class from 1 to 3 p.m.;
- Fund Custodian or Treasurer from 3 to 5 p.m.

A FRG Leader Training Course will also take place from 8 a.m. to noon.

The cost is free to attend. The FRGC is located at building 236 on Interceptor Street at Pope Army Airfield.

For more information about Super Saturday or to register, call the FRGC at (910) 432-3742.

Worship Guide

CATHOLIC

Mass

All American Chapel

Sat. 5 p.m.
Sun. 9 a.m., 5 p.m.

WAMC Chapel

Sun. 10:30 a.m.
Wed. 11:30 a.m.

Pope Chapel

Sun. 1:30 p.m. (Spanish/English)
Mon.- Fri. Noon

Main Post Chapel

Sun. 11:30 a.m.

Rosary

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

Eucharistic Adoration

Wed. 11:30 a.m. Pope Chapel

Reconciliation

40 minutes prior to every Mass and by appointment with *susan.l.kroll.ctr@mail.mil*

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

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

PROTESTANT

Worship Services

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

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)

Additional Protestant

Religious Education Program

Sun. 6:15 p.m. Postwide Family Program, Airborne Artillery Chapel*

Tues. 2:45 p.m. Good News Club at Bowley Elementary*

Tues. 6:30 p.m. Navigator Bible Study, JFK Chapel

Tues. 6:30 p.m. Navigator Bible Study, Airborne Artillery Chapel

Thurs. 3 p.m. Good News Club at Shughart Elementary*

JEWISH SERVICES

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

BUDDHIST

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

ISLAMIC

Pope Chapel Annex

Fri. 12:15 p.m. Islamic Service

Fri. 1:15 p.m. Islamic Service

WICCAN

Thurs. 7 p.m. Open Circle, Watters Family Life Center

FOR MORE INFORMATION

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

FAYETTEVILLE'S DESTINATION FOR ARTS & ENTERTAINMENT

unique shops | galleries | restaurants | concerts
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Valentine's Day Carriage Rides Through Downtown Fayetteville!

Saturday, February 16th 1pm-8pm
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WHAT IS COOL SPRING DOWNTOWN DISTRICT?

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Munson

Munson started off by joining the Army Reserve. As his own family grew, so did his passion for serving others. He joined the active duty force, which led to an assignment at Fort Bragg.

Even with the changes in his career, Munson says he never lost the desire to perform music. Balancing his responsibilities and his desires became a challenge.

"If my wife wasn't as supportive and tolerant of my addiction with my music, I don't know how I would balance everything," said Munson. "I can't stop thinking about music or guitars. I'm always pitching a song to her."

Even with past success, Munson said his music really didn't kick start until after his last deployment in 2017.

Munson said he would compose songs whenever he had personal time during the deployment. It was during this deployment where he wrote his song "Keep Me Saying Yes," a song dedicated to his wife.

"My wife sent me a book while I was deployed because she proofreads books for authors and she said 'You'll like this, read this,'" explained Munson. "There was a line in the book that said 'keep me saying yes and I won't tell you no,' and from there that's when I brought my experience into it and wrote my song."

When Munson returned from his

deployment, he was networking his way around when he met a retired veteran and Fayetteville bar owner named Bear.

After a few conversations with Bear, Munson had a place to play his music again. On the third Friday of every month, Munson performed at Bear's bar.

It was through his performances and Bear's connections that Munson was linked up with Christy Andronolis, the executive producer of the CCMA, also known as "Sweet Tea." She told Munson about the CCMA and asked him to send whatever music he had recorded.

At the time Munson hadn't spent any time in a recording studio. He was apprehensive that his lack of recorded songs would be a problem.

"After getting off the phone with Sweet Tea, Bear looked at me and said 'Don't worry about the studio time, I'll take care of it,' and he sponsored me to go into the studio," said Munson.

Fighting a tight deadline, Munson recorded his song and sent to it Sweet Tea. A short time afterward, his song was on the radio.

"I almost jumped out of my car!" said Munson excitedly.

Shortly after his song began playing on the radio, Munson was nominated for CCMA's Male Artist of the Year and Country Single of the Year.

Sweet Tea learned of Munson's talent through a tip and a YouTube video of Munson singing in his garage. Distracted by other projects, Sweet Tea did not follow up on Munson.

It wasn't until she visited Fayetteville and Bear reintroduced Sweet Tea to Munson's talent that she reached out to Munson.

"With Chris' music there is a story that can be relatable and we do look for that," said Sweet Tea. "He has a pure-toned country sound to more of a traditional-country sound, and he's cute!"

Sitting in the House of Blues in Myrtle Beach, South Carolina before his performance at the end of January, Munson said that he couldn't believe that he was about to perform for thousands, including his Family members, wife and kids.

"As a dad this is how you want your kids to see you, as a hero, and I hope that they do," said Munson.

Going forward, Munson plans to work on his music and intends on producing more songs.

"Being in the military helped with my music," said Munson. "Believe it or not, the Army Values are something you can apply to every area of your life and being in the Army has allowed me to develop that discipline, work ethic and the ability to adapt to anything without complaining."



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

Sgt. Chris Munson performs his country single of the year "Keep Me Saying Yes" at the House of Blues in the Carolina Country Music Awards in Myrtle Beach, Jan. 26. Munson was nominated for two categories of the competition as male artist of the year and country single of the year.

Pet Dental Health Month: Dogs, cats, need oral health care too

CAPT. CASSIE LOTHERY
FORT BRAGG VET CENTER

February is National Pet Dental Health Month. What better time to talk about dental disease and your pet? If your dog or cat has bad breath, this may be a sign of dental disease.

Did you know that periodontal disease — infection of the tissues around the gumline — is the most common clinical condition in dogs and cats?

Periodontal Disease and Why It Matters

Periodontal disease is an infection of the tissues surrounding the base of the tooth.

This infection develops over time as bacteria in the mouth from plaque on the teeth. There are minerals in saliva that harden the plaque and form tartar.

Tartar can easily be seen on your pet's teeth as a discolored, hard buildup that is stuck to the teeth.

Tartar begins to cause damage to the tissues surrounding the tooth when it advances below the gumline. This leads to more inflammation of the gums and infection from the bacteria.

Bacteria below the gumline damage the structures that hold the tooth in place such as bone and ligaments.

Advanced periodontal disease can lead to recession of the gums, bone loss around the teeth, loose teeth, bone infection and fracture of the jaw.

Bacteria from the mouth can also get into the bloodstream and cause issues with other organs as well.

Signs of Dental Disease

Sometimes our pets give us very few or subtle clues that they are having a dental issue.

It is also not uncommon for cats to have a progressed or painful dental issue and it goes unnoticed.

Any of these signs may be an indication that your pet needs to see a veterinarian for an exam:

- Bad breath
- Abnormal amounts of drooling or dropping food from the mouth
- Shies away when the mouth or head is touched or doesn't tolerate the mouth or head being touched
- Decreased appetite or weight loss

- Loose, broken, or discolored teeth
- Facial swelling
- Prevention is Key**

There are many ways you can prevent your pet from developing periodontal disease:

- Yearly dental exams performed by your veterinarian
- Brush their teeth
- Professional dental cleaning under anesthesia performed by your veterinarian

■ Dental chews or treats
The Veterinary Oral Health Council (VOHC) has researched many dental products and has determined what products actually slow the accumulation of plaque and tartar.

Go to www.vohc.org for a list of VOHC-approved products or look for the silver and black VOHC registered seal while you are shopping.

Pay attention to the calories in dental chews and treats.

Often the serving suggestions on packaging overestimate the amount you should give your pet.

Remember, while dental chews and treats can help, there is no substitute for brushing.

■ Prescription dental diets

Ask your veterinarian if this type of food is appropriate for your pet.

It is available for dogs and cats.

These foods are typically formed in a way that cleans the teeth as the pet bites down on the kibble. If your pet scarfs down his/her



Photo courtesy of Metro Creative Connection

kibble whole, this may not be the best type of prevention for them.

■ Water additives, gels, wipes, and other products
Check with your veterinarian before using these products to ensure it is safe for your pet.

How to Brush Your Pet's Teeth

First of all, not every pet will tolerate their teeth being brushed, but, you may be surprised at the number of dogs and cats that actually do.

You will be most successful if you get your pet used to brushing by introducing it in small steps over time.

Always use a soft bristled toothbrush — either one with a handle or a finger brush.

There is evidence that using a toothbrush alone with water helps prevent plaque accumulation, but your pet may enjoy a flavored toothpaste formulated for dogs and cats — look for an enzymatic toothpaste.

Never use human toothpaste as the foaming agents and fluoride can cause an upset stomach. Daily

brushing is ideal, but anything is better than nothing at all.

Try following these steps:
■ Let your pet smell and taste the toothbrush and toothpaste daily for approximately one week. Do not put either in their mouth during this time. Even if they just smell them or give a tiny lick, that's great.

Give them a treat for this behavior. This begins to associate the toothbrush and toothpaste with something good.

■ Once your pet is consistently comfortable, put some of the toothpaste on your finger and gently apply a tiny amount to their lip or gums — depending on your pet's tolerance. Quickly offer them a treat for allowing you to do this.

If this is too much for your pet, try just touching their muzzle or lip and getting a treat or just lifting their lip and getting a treat. Then, you can work up to adding in the toothpaste. Work at this step for one to two weeks.

■ Introduce the toothbrush by placing toothpaste

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on the toothbrush and let your pet lick it off. As with the other steps, work on this for several days before putting the toothbrush on your pet's teeth.

Always give treats throughout the training to reward your pet.

Only focus on brushing the outside of your pet's teeth as these areas accumulate the most plaque. Keep brushing sessions short, about 30 seconds, to keep your pet from getting bored or losing their patience.

Professional Dental Cleaning

What can you expect if your pet needs a professional dental cleaning by your veterinarian? Unlike us, our pets need to go under general anesthesia to have their teeth cleaned.

Blood work should be performed prior to your pet going under anesthesia to look for signs of other underlying disease or organ dysfunction that may put them at higher risk of an anesthetic complication.

Once under anesthesia, your veterinarian will be able to perform a thorough exam of the whole mouth

including probing the gumline and performing dental X-rays to look for areas of disease that are below the gumline and difficult to detect otherwise.

If teeth need to be extracted, typically local anesthetic blocks are performed using drugs like lidocaine or bupivacaine — similar to how this is done in people — to prevent your pet from experiencing pain during and after the extraction.

Most pets go home the same day after their dental procedure and recover quickly.

If your pet had severe periodontal disease or fractured teeth, you may even notice them eating much better after the diseased or painful teeth are removed.

Surprisingly, pets can eat just fine missing some or all of their teeth.

For more information about your pet's dental health visit the American Veterinary Dental College website at www.avdc.org or visit your veterinarian. For questions, or to schedule an appointment, please call the Fort Bragg VETCEN at (910) 396-9120.

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Super Bowl Sunday at Sports USA



Massachusetts native and Patriots fan Chief Warrant Officer 4 Jim Slattery of the Massachusetts Army National Guard's 126th Cyber Bn. waves his flag in pride as the Patriots score a touchdown and take the lead in the second quarter.

BY GENEVIEVE STORY

PARAGLIDE

In the final game of the NFL season, rival fans gathered at Sports USA off Longstreet Road Sunday evening.

In a head-to-head football combat, the New England Patriots faced the Los Angeles Rams in Super Bowl LIII at the Mercedes-Benz Superdome in Atlanta, Georgia.

The 6:30 p.m. kick-off at Sports USA hosted a large crowd of football fans from far and wide and every affiliation watching the game on the many jumbo screens.

Fort Bragg brought their hospitality, pre-

paring the guests with game day food, beverages, ticket raffles and an exuberant ambiance.

Soldiers, retirees and civilians cheered on their respected teams and enjoyed the Pepsi Super Bowl LIII Halftime Show featuring entertainment by Maroon 5, Travis Scott and Outkast's Big Boi.

Soldiers from the Massachusetts Army National Guard and New Jersey's 77th Sustainment Brigade enjoyed time off with their unit from their annual

"It is a pleasure to be here, we are enjoying the game!"

- Sgt. David Clemenko, 77th Sust. Bde., Fort Dix, New Jersey

training on Fort Bragg to soak up the excitement of Super Bowl Sunday.

Douglas Cunningham, whose entertainment name is King Shark from Third World Sound System, shared his enthusiasm for the establishment.

"I was cast tonight to give out raffle tickets for the Super Bowl. Sports USA is a staple for me, I come here after work to unwind! I am rooting for the Patriots, and I am hoping for a blow-out, 40-10!"

Despite the Rams' offensive talent, the New England Patriots gained momentum in the second quarter, with a late game victory. A final score of 13-3 brought joy to those holding fast to a sixth Super Bowl win.

Regardless of the lackluster game featuring multiple interceptions and missed field goal attempts but only one touchdown, fans held tight to their optimism



The late game 13-3 victory of the New England Patriots over the Los Angeles Rams in Super Bowl LIII didn't dampen the spirit of the capacity crowd at Sports USA. Units from Massachusetts and New York took a break from their training schedule to enjoy the game and Fort Bragg hospitality.

and sportsmanship for the premier football event of the season.

"It is never too late to trade in that Philadelphia Eagles jersey for this Patriots sweatshirt and join the winners circle!" said Chief Warrant Officer 4 Jim Slattery, 126th Cyber Battalion, Massachusetts Army National Guard.



A crowd encompassing both Soldiers and civilians stand for the national anthem sung by Gladys Knight during the opening ceremony of Super Bowl LIII.

WTB boosts morale with Commander's Cup Challenge

BY PVT. DANIEL ALKANA
22ND MPAD

A blur of black and gold could be seen dashing and gliding on the wooden court. Roaring cheers from spectators could be heard throughout every square foot of the gymnasium.

Those on the court were Soldiers with the Fort Bragg Warrior Transition Battalion (WTB), who competed in the Commander's Cup Challenge, Jan. 25.

The battalion serves as a community of recovery for service members transitioning to the civilian sector or back to duty. Even through all the rigorous adversity the service members face, the spirit of competition and resiliency was on full display for the Soldiers with the WTB.

The Commander's Cup Challenge consisted of basketball, adaptive wheelchair basketball and a variety of team-building events and exercises.

"The Commander's Cup serves two purposes" said Lt. Col. Steven G. Robins, Fort Bragg WTB commander. "It keeps Soldiers who are wounded, ill and injured competitive and active with some sort of camaraderie. It helps bring their spirit back."

Participation in the challenge provided Soldiers facing barriers an opportunity to build confidence.

"Morale was high," said Capt. Ashley Wilkins, Company A commander, with the Fort Bragg WTB. "Soldiers



Soldiers with Company A, Fort Bragg Warrior Transition Battalion, gathered at the Commander's Cup Challenge at Fort Bragg, Jan. 25. The service members got together for a company photo at the end of the challenge.

here really enjoy having something to look forward to, working through physical ailments, and focusing on what they can do, not what they can't do."

The U.S. Army's Warrior Care and Transition Program — of which the WTB is a major element — treats wounded, ill and injured Soldiers through a comprehensive, Soldier-centric process of medical care, rehabilitation, professional development and achievement of personal goals, according to the U.S. Army Warrior Care and Transition web site at www.wct.army.mil.

"Some Soldiers out there may not know a lot about the resources that we can provide for them," Wilkins said. "We can bring together a team to support their complex need

for care as they transition."

As the challenge came to an end, Robins, the battalion's commander, gave insight on how service members in the WTB can achieve short-term and long-term goals in each of the six domains of the Army Comprehensive Transition Plan.

"While we take care of Soldiers individually here," Robins said, "the true purpose at this moment in time is to enable the readiness of the units. We are able to do this, in order to allow them to do what they're supposed to do: Be ready to fight tonight."

For more information on the Fort Bragg Warrior Transition Battalion, go to www.wamc.amedd.army.mil/WTB.

Photo by Pvt. Daniel J. Alkana/22nd MPAD

Running is hard:

The Story Report

But me and running, we are in it for the long haul!

By GENEVIEVE STORY

PARAGLIDE

With the dawn of the New Year, I decided it was about time to stop thinking about who I have been, and start working toward who I want to become. It was time for me to let go of the things that weighed me down and get after those lofty goals and grow into the person I am.

I stopped worrying about if I would ever PR again, if I had lost my prime and need to stop 'toeing the line', or if this quest to cover the distance, of any measure, was a metaphorical boondoggle. I quit questioning my legitimacy as a runner, a competitor and even more importantly, as a human being.

It was all a farce. I immobilized the fight with circumstances of the past, fear of failure in the present and rationalizing my future. Instead, I began training to see what I was capable of now. I felt like I had finally turned the corner I had always longed for, where my strength of mind and my fitness were seeing eye to eye and I was fully armored to tackle my goals.

Six weeks remain until marathon number six, the All American Marathon at Fort Bragg, and two years since I have raced the distance. As Frank Shorter once said, "You must forget your last marathon before you train for another. Your mind can't know what's coming." But I know what's coming, I have run six marathons!

Comprehending my plan for the way ahead and establishing a foundation for conquering this feat once again was crucial. This isn't my first rodeo, but this is a new day, what am I doing here?

The marathon encompasses similar characteristics to the grueling military undertakings and expectations for Soldier peak performance and resilience at 6 a.m. physical training, Expert Field Medical Badge, Combat Cross Country and the Bataan Memorial Death March, Ranger school, Special Forces Qualification course, ruck marches and deployment. The marathon is profoundly irrationally and unapologetically hard. It is hard to train for, it is hard to race, and for some, it is hard to conceptualize. But this is my joy. This is who I am.

The mission is to maintain 60-mile weeks, cross train, strength train,

rest, recovery, preserve proper nutrition and hydration, give 110 percent to my full-time job at the local newspaper and maintain sanity, balance, intelligence, collectiveness and consistency in every aspect of my life. It has not been in vain, and I am capable. There is no exit strategy here!

An unequivocally strong concoction of six C's has helped this train stay on its track and see it all through: Commitment, compromise, confidence, camaraderie, strength of character and conservation. Or maybe in fact, this thing called running has gifted these qualities to me, through a lot of trial and error, in a complex little box, with a pretty little bow around it.

Success comes with hard work, and many hours, weeks and years behind you. It comes with determination over talent, thirst for knowledge over intelligence, maintaining grit over hesitation and not placing a ceiling on your capacity. To be devoid of the belief in anything less than what you are capable of.

This workhorse perseveres. So the individualized training plan I follow is a challenging and rational one, where focus is centered on the physiology of performance,

incorporating varied intensity training zones and just as hardcore as my training buddies and my hometown of Philadelphia. You can take the girl out of Philly, but not Philly out of the girl! I prefer to plan ahead, expose myself to the elements, start my days early and appreciate testing my limits.

Often combing the circumference of Fort Bragg or downtown Fayetteville, I come fully vested with the desire to go the distance on road and trail and do so swiftly. I have respected every mile in this beautiful state of North Carolina, I'm grateful for those who have embraced this 'new girl in town', for the support from those I hold close and I look forward to this next step at The All American Marathon.

Running has always given me purpose. And frankly, I believe that is what this pursuit in endurance is all about. We are all working towards something we are proud of and that is worth fighting for. So here is to working hard, showing up, having faith in the process and letting this be the year we stop putting limits on ourselves, whatever our dreams might be.

Stock photo



Graphic Illustration by Bryan K. Reed

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 **Saturday, 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 **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 four-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.

All American Marathon, Mike to Mike Half Marathon and All American 5K

Fort Bragg Family and MWR, in conjunction with the City of Fayetteville presents the Sixth Annual All American Marathon, the Mike to Mike Half Marathon, and the All American 5K. The All American Marathon and Mike to Mike Half Marathon start at **7 a.m.** in Festival Park in historic downtown Fayetteville and finish on Fort Bragg at the Main Post Parade Field. The All American 5K starts at **7:30 a.m.** and finishes at the Main Post Parade Field on Fort Bragg sharing the finish line with the full and half marathons.

The events will take place **March 24**. Every registered participant receives a performance T-shirt and customized finisher medal. Packet pick-up and The Health and Fitness Expo will be held at The Metropolitan Room, downtown Fayetteville March 22 and 23.

**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 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 Orangerie 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 for the 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 for the 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.



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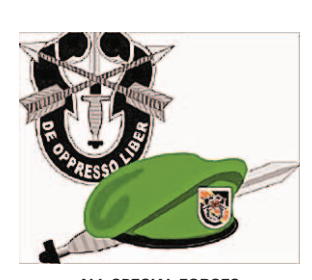
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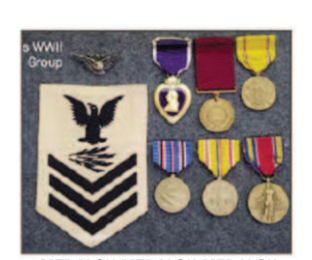
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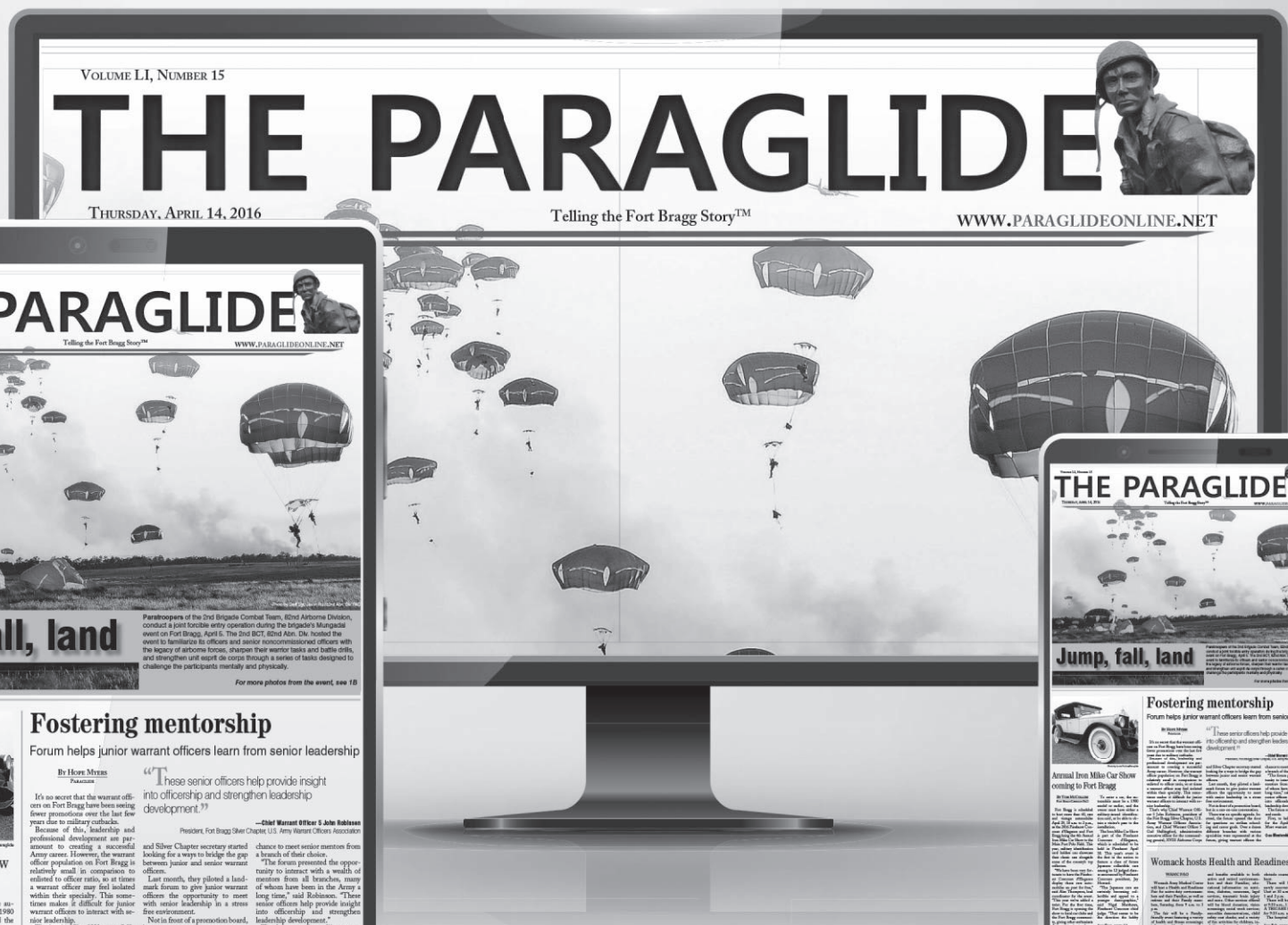
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