

THE PARAGLIDE

Telling the Fort Bragg Story™

February 21, 2019

VOLUME LV, NUMBER 1

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INSIDE THE 'GLIDE'

FOCUS - B



82nd Abn. Div. hones readiness, tests agility: For America's 82nd Abn. Div., maintaining one of their motto's "Fight Tonight, Win Tomorrow's Fight," is not just a philosophy, but also the way of the division.

LIFE - C



Equal in all ways: Their most important steps: "I think we were crying for two different reasons. We were glad that segregation was leaving the Army and we were sad we were losing our Triple Nickle colors."

SPORTS - D



MWR Unit Level Basketball League: Every weekday night from 6 to 9 p.m., between January and March, the courts light up for Fort Bragg's FMWR Unit Level Basketball Leagues.

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THE PARAGLIDE



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Fort Bragg, Forces Command leaders host Army Secretary



Photos by Pfc. Hubert D. Delany III/22nd MPAD

Above: Lt. Gen. Laura J. Richardson, acting commanding general of U.S. Army Forces Command and Secretary of the Army Dr. Mark T. Esper discuss the state of U.S. Army forces during a mission to review the Warfighter exercise at Fort Bragg, Feb. 9.

Left: Lt. Gen. Laura J. Richardson greets Secretary of the Army Dr. Mark T. Esper. Esper, Richardson and other Army leaders toured Fort Bragg to discuss ways to improve the lethality of the U.S. Army.



See page B1 in Focus for more on Warfighter exercise.



WAMC hosts chaplain MASCAL training

BY TWANA J. ATKINSON
 WAMC PAO

Chaplains from across Fort Bragg participated in a mass casualty training at Womack Army Medical Center, Feb. 6.

Mass casualty situations happen when an incident/accident creates a large number of casualties in a relatively short period of time.

In the event of a MASCAL, military religious supporters conduct spiritual triage, similar to medical triage, for casualties and Family members.

Dozens of chaplains and chaplains assistants listened to Col. Eddie Cook's, 82nd Airborne Division chaplain, first-hand experience of the March 1994 Green Ramp disaster.

"I remember seeing a billow of smoke and everyone, (emergency services and units) rushed to the crash location. There were Soldiers helping the victims and coming back with burns on their hands from trying to rescue people from the fire," said Cook.

While he wasn't a chaplain then, he states that's when he received his calling to become one.

"We are in the business of soul care in these types of situations. It's our job and a calling from God to perform this great and blessed responsibility," said Cook.

Everyone in attendance went through lectures of combatting compassion fatigue that could happen in these situations along with the familiarization of the hospital.

"When the balloon goes up, it's too late to figure out what's going on then," said Col. James Griffin, Fort Bragg Garrison chaplain.

The audience ended the training by watching a video from actual victims of the Green Ramp disaster and received encouragement from WAMC Chaplain, Lt. Col. Kenneth Godwin.

"You never know when or if this situation could happen. It could happen at a moment's notice. So, we need to ensure that we train for readiness of our pastoral teams," said Godwin.

The MASCAL training is one of a series of monthly training the unit ministry conducts for the entire installation.

Fort Bragg celebrates Black History



Courtesy of Library of Congress

Soldiers draw rations at the camp cook house at their station in Northern Ireland. Detachments of Negro troops were among the latest arrivals with the American forces in Northern Ireland, August 1942.

Tax Center open for business

BY SPC. SHATYRA REED
 22ND MPAD

The Fort Bragg Tax Center opened for business, Jan. 24, in the XVIII Airborne Corps Staff Judge Advocate building, on the corner of Macomb and Armistead streets. It will continue operating through April 15.

The garrison-run service provides free federal and state tax preparation for active-duty service members, eligible retirees and their Family members, including Gold Star Family members.

"The goal of the tax center is to provide accurate tax preparations for our service member population as well as retirees," said Capt. Trevor J. Harris, XVIII Abn. Corps and Fort Bragg legal assistance attorney and officer in charge. "We want them to be able to come and utilize our service for free, so they don't have to go out and pay to have their taxes prepared by someone else."

Harris said, as of Feb. 18, the tax center has filed nearly 3,860 tax returns and saved eligible personnel \$944,215 in preparer fees. Soldiers, eligible retirees and their Families are awaiting \$7,299,114 in state and federal refunds.

Thirty-five Soldiers from 15 different units across Fort Bragg have stepped outside their normal duties in various military occupational specialties to receive training on tax preparation and federal and state tax laws in order to provide full services to the Fort Bragg community.

"This is the most helpful thing I've done for other Soldiers since I joined the Army in 2015," said Pfc. Sean Cahill, an infantryman assigned to Company A, 325th Airborne Infantry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division. "We are providing a service that I genuinely believe in, and I encourage everyone to come take advantage of the free service."

In order to be serviced, eligible personnel will need to bring the following documents: Military identification card, W2 forms, a copy of last year's return (if available), routing and account number for direct deposit of refund and any additional tax forms or paperwork.

The deadline for filing taxes is April 15, but there are cases where Soldiers are eligible for an extension, including those who are deployed. The tax center can help with determining if someone qualifies for an extension and assist with filing the correct paperwork.

The Fort Bragg Tax Center is open weekdays from 9 a.m. to 3:30 p.m., excluding all training and federal holidays. For more information or to schedule an appointment, call (910) 396-TAXX (396-8299).

Homecoming videos: Tears of joy



JENNIFER MORALES
PARAGLIDE

Homecoming videos provide a source of encouragement and revitalization during long deployment nights. You watch the videos of kids being surprised by their dad at their graduation, or mothers having a surprise visit at their cubicles. These videos remind us of what is to come: A happy ending, a reunion and most importantly an end to the deployment.

Recently, I had the privilege to take part in my brother-in-law's surprise homecoming for my niece and nephew. I snuck my brother-in-law in behind the stage curtain, while my sister and I sat, awaiting my niece and nephew, who were being brought up from their class. It was nerve-wracking—even though I have been through numerous homecomings myself—but this was different. This time, I saw the homecoming from the outside.

I saw my sister fumbling with her phone; her nerves were visible. My brother-in-law nervously laughed from his hiding spot. It felt like forever we were sitting there. Finally, the gymnasium door opened and in came my niece and nephew with their backpacks, homework and lunch boxes. An overwhelming sense of joy flooded over me. They didn't know it yet, but their deployment was over.

I sat silently thinking about the past six months. Christmas was filled with activities in hopes that we could keep them busy enough that just maybe the empty chair at the table would be slightly less noticeable.



Award ceremonies at school included neighbors and other friends, to make up for the missing cheers from their father. They didn't know it yet, but these painful memories were behind them.

My niece and nephew sat down facing my sister and me. While we asked them what they did today, and why they thought we would be called down to the school, my brother-in-law snuck up behind them. With perfect timing, he spoke up, and the shock and recognition of his voice took hold. My niece ran around her chair throwing herself at her father. My nephew jumped over his chair as if he couldn't wait for even a second longer. The three clung

to each other, as the tears cascaded down their cheeks.

I turned to watch my sister, who sat back to take pictures and videos. My sister's smile was so intense you would assume she had never frowned a day in her life. You would never assume this was the same woman who had to spend six months filling the role of two parents. You would never assume she was the entrepreneur running her business while cuddling her two kids, who missed their dad tremendously. You would never assume that this was the same woman who had to cry alone, to ensure she didn't add to her children's already-heavy burden.

Sometimes, it's not about what you see. The emotion that hits home when watching homecoming videos often lies below the surface. It's the invisible sigh of relief, as your family is whole again. It's in the authenticity of the smile. It's in the slight difference between tears of sadness and tears of joy.

PARAGLIDE Fort Bragg Voices

This week, we asked:

What is your greatest accomplishment, and how did you achieve it?



"Getting into the military. It was a big step in my life because I wasn't really doing anything, and I didn't know where to go. I ended up joining the military. They gave me a place to stay and gave me some money to live. That is my greatest accomplishment."

Alexander Bairdridge,
Pvt., 50th Signal Bn.



"My accomplishment is getting my son out of high school and he decided to make that choice to go into the military. He is now succeeding in the military. And he is loving it so far."

Monica Owens,
Military Clothing Sales, Associate



"To keep lives safe. I pack parachutes so I need to make sure everything is good. Taking care of other Soldiers, it is my responsibility. That is my greatest accomplishment to date."

Bernard Zombrano,
Spc., 11th QM



"I got my own place; it's my first house and my first car. It is mine. Independence is what I am proud of."

Tanya Fuller,
Pfc., 403rd ICTC



"My greatest achievement to date is my children."

Brenda Lowery,
USASOC, Librarian

THE PARAGLIDE

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A civilian enterprise newspaper printed every Thursday by Gatehouse Media.

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E-mail address: paraglidebragg@gmail.com

Subscriptions: (910) 323-0701

Classified ads: (910) 678-9000

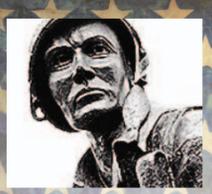
Advertising: Lynnie Guzman (910) 486-2726

Circulation is 30,000.

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IN BRIEF

Death Notices:

Sgt. 1st Class Daniel Morrison

Sgt. 1st Class Joshua Z. Beale

2nd Lt. Kaitlyn M. Velsvaag

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.

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.

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 Capt. James Berry, summary court martial officer, with all inquiries at (910) 243-3361 or email: james.n.berry16.mil@mail.mil.

Please contact 1st Lt. Alexander Ganz, summary court martial officer, with all inquiries at (910) 908-6765 or email: alexander.ganz@socom.mil.

Please contact 1st Lt. Zachary Stilwell, the summary court martial officer, with all inquiries at (540) 717-6429 or email: zachary.w.stilwell.mil@mail.mil.

Retirement Announcements



Lt. Gen. Paul J. LaCamera, commanding general, XVIII Airborne Corps and Fort Bragg will honor service members during the Fort Bragg Monthly Retirement Ceremony at 3:30 p.m. Feb. 28 at the Clark Auditorium, Fort Bragg Noncommissioned Officer Academy, A-4375 East Deglopper Street.

- The retirees for this month are:
- Lt. Col. Jesse D. Thomas - XVIII Airborne Corps
 - Maj. Chad M. Wendolek - 95th Civil Affairs Brigade
 - Sgt. 1st Class Otis Kilpatrick - 196th Support Battalion

MOH recipient speaks at prayer breakfast

By **SPC. SHATYRA REED**
22ND MPAD

Editor's note: This is the final part to last week's National Prayer Breakfast article.

Beikirch's bravery and commitment to his mission and his comrades was displayed April 1, 1970 when he risked his own life to rescue wounded Soldiers during an attack by the North Vietnamese on Camp Dak Seang, KonTum Province, Vietnam.

Throughout his own spiritual anecdotes, Beikirch shared a life lesson with the audience, the importance of having a vision.

"When I talk about a vision, I am not talking about a dream, I'm not talking about a personal goal you established for yourself. The vision I am talking about is formed when you go through the battles of life," said Beikirch.

Beikirch mentioned how over the years he learned the importance of needing a vision, because "in life, what you see is what you get."

Early in his life, Beikirch said he thought his vision was to become a Green Beret and serve in Vietnam.

"My vision at the time

did not include getting shot three times, it did not include being surrounded for 30 days by 10,000 enemies, it did not include fire fights and air strikes. I learned that life is not as it seems," he said.

Laying in a hospital bed, 24-year-old Beikirch asked himself, "how did I get here? This is not my vision, this is not what I was after, this is not what I was expecting." The greatest battle for Beikirch was not fighting 10,000 enemies but rather fighting death. Beikirch said he used every weapon and every talent he had learned during his training for Special Forces to fight the "hand-to-hand combat he shared with death."

"I would go to that place inside me where I used to go to find the strength, will power and the endurance to go one more mile, one more step, but it was empty. I couldn't find it anymore. It died at the hands of death. I had nothing to face the reality," said Beikirch.

One day, things changed for Beikirch and transformed his vision. The touch of someone's hand on his shoulder woke Beikirch from his sleep. When he opened his eyes, he saw the chaplain

who told Beikirch that he prayed over him every day while he slept.

The chaplain asked Beikirch to pray with him. Even though Beikirch didn't know how to pray or who to pray to, the chaplain assured him that God knows how to listen.

"With all that was left of me, which wasn't much, I made this simple prayer to God, 'God if you're real, I need you, I have nothing left,'" said Beikirch.

Something happened with that simple prayer, something that would change Beikirch's life. "My courage failed, but my faith was born. It was real and it was more real and more powerful than the death I was battling."

He concluded with a simple prayer for the audience. "On this day of prayer, it is my prayer that God will be your vision and the knowledge of His love for you will be your strength and your comfort. No matter where life takes you, no matter what battles you may face, you will be able to possess a vision that will strengthen you and guide you through the battles that you may face and through the storms that will undoubtedly come your way."

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82nd Airborne Division hones readiness, tests agility



Photo by Sgt. Gin-Sophie De Bellotte/82nd Airborne Division

Paratroopers secure constantine wire on a pallet for relocation during a Warfighter 19-3 exercise. WFX 19-3 was conducted to help components under III Corps Headquarters become accustomed to using Army battle drills in a computer-simulated combat environment. Warfighter exercises enable units to test management execution abilities.

BY SGT. GIN-SOPHIE DE BELLOTTE
82ND AIRBORNE DIVISION

The need to stay current and ready is crucial to the Army's success. For America's 82nd Airborne Division, maintaining one of their motto's "Fight Tonight, Win Tomorrow's Fight," is not just a philosophy, but also the way of the division. Maintaining the role as the Army's Joint Forcible Entry component of the Global Response Force to deploy within 18 hours of notification, conduct forcible entry parachute assaults and secure key objectives for follow-on military operations in support of U.S. national interests requires constant readiness.

To ensure paratroopers are ready for any contingency, the division conducted a two-week Warfighter Exercise (WFX 19-3) at Fort Bragg. From Feb. 4 through 15, III Corps Headquarters served as the higher command to subordinate unit training audiences.

"The goals that we had going into WFX 19-3 was to continue to improve some of our systems and processes from our last WFX 19-2," said the 82nd Airborne Division G3 Sergeant Major, Sgt. Maj. Jonny Resseguie. "Everything from the way we set up with the new

pieces in the D-Main and the actual internal planning processes and interactions between the division's brigades were goals for us."

Warfighter exercises are training events for units to assess readiness and the ability to deploy. It tests and evaluates a headquarters' reaction to its management execution abilities through a virtual battlefield.

The scenario involved the division as part of the U.S. Army's military force, made up of the 35th Infantry, 3rd Infantry and 82nd Abn. Div. It simulated their deployment to bolster a foreign nation's forces and to repel enemy forces with the use of ground artillery, air strikes and ground forces.

"I saw better communication across all the war fighting functions and getting information into the planning process, which led to a better execution this time around," said Resseguie.

For Army Reserve and National Guard units who have limited training time throughout the year, this exercise offered an opportunity for proficiency in their jobs.

"I get a chance to train like this once a year," said Staff Sgt. Xavier Ghee, a National Guard Soldier from the 82nd McPod, Main Command Post Operational Detachment.

The traditional guard unit drills every month on a weekend, but not for Ghee. Ghee's drill weekends fall every other month. He categorizes it as a hybrid National Guard unit.

"The information I've absorbed during this warfighter I can pass onto my Soldiers expanding their knowledge," said Ghee.

This type of exercise not only ensures systems and personnel are prepared for combat, but it instills confidence in Soldiers from all echelons and components who will rely on each other in the heat of battle.

"Having the National Guard guys participate in this exercise helped out a lot," said Resseguie. "They did a lot of heavy lifting for us and they definitely filled some gaps that we had that could've left us struggling."

This consistent and cohesive approach builds the readiness needed to face conditions today and for future conflicts.

"Overall, I'm happy with the growth that we showed and the progress we're making," said Resseguie. "We will continue to push ourselves improving in every weak area we still need to work on in the warfighting functions."

'Liberty Warriors' support exercise in preparation for deployment capability

BY GENEVIEVE STORY
PARAGLIDE

This year's Warfighter (19-3) exercise conducted at Fort Bragg, Feb. 4 through 15, supported U.S. Army Soldiers and personnel of varying units with the opportunity to hone their skills and test their readiness and adaptability to Army battle drills in a simulated combat environment and demanding mission of preparedness.

The 77th Sustainment Brigade, proudly known as the 'Liberty Warriors', an Army Reserve unit from joint base Fort McGuire-Dix-Lakehurst in New Jersey, "were the first of their kind to provide direct operational support at Warfighter," said Staff Sgt. David Clemenko, public affairs noncommissioned officer in charge for the 77th Sust. Bde. With approximately 250 Soldiers on-ground providing various specialties, the 77th Sust. Bde. was granted the opportunity to participate in a unique multi-component integrated exercise. They provided logistical support and trained directly with an active duty division while seamlessly integrating with a reserve and North Carolina National Guard training audience. This newly implemented construct at Warfighter provided all participating service members with realistic training values.

"The 77th commander's training objectives for this particular mission were picked due to the fact that we are deploying this summer," said Col. Jake Kwon, commander, 77th Sust. Bde. "So, this is

another step on our road to war, another one of those iterative training steps."

Kwon said, this situation was definitely injecting more stress, 24-hour operations, things that weren't necessarily in previous iterations of collective training, as the Soldiers were brought together to ensure the reality was intensified and that all skills was leveraged.

"We will have one more opportunity for Soldiers to train on their task, before we take our troops down range," Kwon said.

For every Warfighter exercise, there are two training audiences that simulate large scale combat operations and the reality of the fight if Soldiers were deployed and tested against their survivability. Every division has their own sustainment brigade and as they are employed in the scenario of Warfighter, there are multiple units that are fighting. As for this Warfighter exercise, those units were the 82nd Airborne Division and the XVIII Airborne Corps. Offering trainers out of the Mission Command Training Program and the Mission Command Center of Excellence, Warfighter provided Soldiers with the specific components necessary for mission readiness to support active duty, the guard, and even coalition formations.

Warfighter exercises allow for integration, so that when Soldiers face the reality of combat, it is almost as though they never left.

"The 82nd Airborne Division and XVIII Airborne Corps have been gracious hosts out here," said Kwon. "They have helped us whenever we have identified any

support challenges, they have stepped up and assisted to ensure that we have what we needed in order to provide our focus on the training itself rather than worrying about any sort of administrative tasks that need to be taken care of."

Kwon said it was great to come back home to Fort Bragg. He had the opportunity and honor to serve from 2004 to 2006 in the 82nd's 307th, then known as the Forward Support Battalion, where he received experience with the demands that come from the vigorous and fast paced combat operations.

It was a happenstance and a unique opportunity, to have the 77th Sust. Bde. serving alongside the 82nd Abn. Div. for Warfighter. Both historic units dating back over 100 years, when the 82nd Abn. Div. was one of the other supporting units on the battlefield alongside the 77th Sust. Bde. (previously the 77th Infantry Division), near the Argonne Forest, during World War I.

Similar to serving the nation, with deployments and combat, Warfighter and training missions like it, are a sacrifice. Soldiers from the reserves, the guard and active duty components commit to combat training in order to master their tactical and survival skills, enhance communication and cohesiveness, gain insight on the latest operational equipment and technology and successfully complete the mission objective when at war.

"We are very thankful to our Families, friends and support networks that are out there, because we couldn't do this without



Photo by Lewis Perkins/Paraglide

Staff Sgt. Silvel Hammel, center, commands the breakdown of the 77th Sust. Bde. in the breakdown and organization of camp at the Warfighter exercise at Fort Bragg. The 77th had been living in the field for two weeks during the exercise.

them back home," Kwon said, "As a reserve unit, we have Soldiers who have a balance to strike with a civilian job. We have lawyers, we have investment advisors, we have investigators, police and firefighters. It runs the whole table. It is a very unique and cherished capability that the reserve component brings to the table."

Kwon stated, if one of the Soldiers is taken out of their business for three weeks, it does affect them; it does affect their bottomline.

"It is a shared sacrifice between the employees and our Families and our communities, who are missing their husbands and wives, and their firefighters or policemen," he said "It is one that is definitely spread around. We thank them for everything they are enabling us to do."

Bragg prepares for launch of \$45 million aerial gunnery range



Photos by Lewis Perkins/Paraglide

The Fort Bragg aerial gunnery range has 460 moving and stationary targets that allow realistic training for helicopters. Previously, aircraft, pilots and support crews had to travel out of North Carolina to engage in live-fire training. Having an advanced aerial gunnery range on Fort Bragg increases the amount of training time the crews can receive and greatly reduces the costs.

By **JELIA HEPNER**
PARAGLIDE

Fort Bragg Soldiers will soon have access to an aerial gunnery range that will provide rotary wing aircraft bombing and target practice for aviators.

“Starting after the 15th of March, we should have a \$45 million dollar aerial gunnery range, in which every rotary wing aircraft here on Fort Bragg can conduct all of their gunnery requirements,” said Wolf Amacker, installation range officer.

The training complex, that began construction in 2016, is located south of the Sicily, Normandy, Salerno and Holland drop zones. The company, Caddell

Construction, completed the range 84 days ahead of schedule. It has over 700 acres, an estimated 460 automated targets and six observation towers with cameras.

Soldiers will be able to qualify on various military equipment including, the M240H machine gun and the UH-60M Black Hawk helicopter. This contributes to Soldier readiness when it comes to training for deployments.

In addition to aviators, the range will serve as a convoy live-fire and sniper range. Units will also use it to conduct their biannual combined arms live-fire exercises. The new range has the capabilities to score all Soldiers’ hits and misses when training accurately by radar.

Before this project was completed, Soldiers had to travel to different installations to complete their training, which was very expensive, said Amacker.

“Now, they can do all their gunnery tables here on Fort Bragg,” he said. “They do not have to go anywhere else, which is a huge time saver and money saver.”

Amacker added not having this local range was a huge hole in Fort Bragg’s training capabilities.

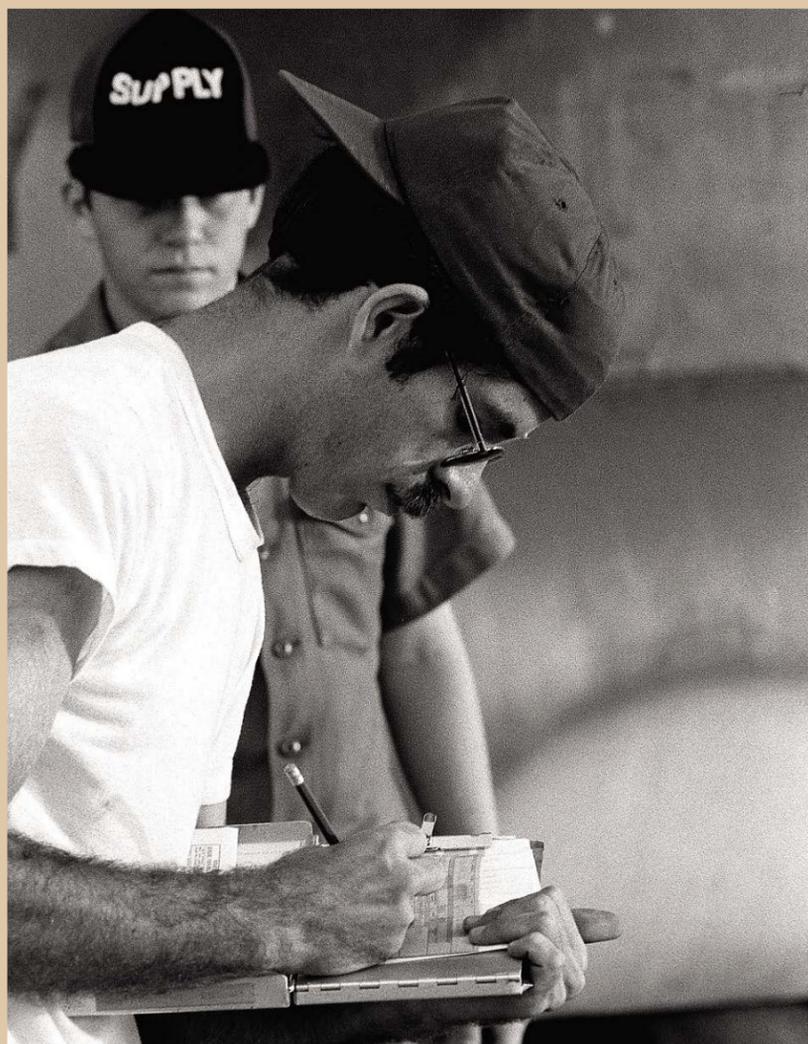
The range must go through three different testing phases. It is in the final testing phase, the Government Acceptance Test. Amacker said the phase will take place March 11 through 14. If the range passes the qualifications, Soldiers could be training as early as the week of March 16.



Soldiers will be able to qualify on various military equipment including, the M240H machine gun and the UH-60M Black Hawk helicopter. Currently, the range is in its final testing phase.

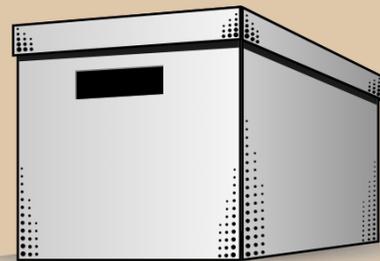


Wolf Amacker, Fort Bragg installation range officer, inspects the nose cone of a 2.75 inch rocket that was fired on the new aerial gunnery range. The rocket contained approximately 2,200 20 grain flechettes. Flechettes are small steel darts that disperse in front of a target and then penetrate vehicles and light armor.



A ground crewman writes down information on a note pad as equipment is off loaded from a C-130 Hercules aircraft during Exercise Neptune II, Aug. 20, 1977.

From the Archives



Photos by catalog archives.gov

A member of Company B, 2nd Bde., 82nd Abn. Div., prepares for a troop drop during Exercise Neptune II, Aug. 20, 1977.



Photos by Lewis Perkins/Paraglide

Civic leaders toured the Aeromedical Evacuation Squadron simulation lab. Air Force members demonstrated how to care for a patient on an aircraft.



Civic leaders tour Pope Army Airfield

By **JELIA HEPNER**
PARAGLIDE

On Jan. 31, 25 civic leaders had the opportunity to tour Pope Army Airfield as part of the Community Civic Leaders Tour.

Participants were able to eat lunch, tour the flight line, heavy drop rigging facility and view two capabilities demonstrations from the Air Force operations and air evacuation teams.

This tour demonstrated how the Air Force supports the Global Readiness Force and the 82nd Airborne Division.



Leaders watch Air Force crew members showcase how different equipment functions at the Pope Army Airfield control tower.

1st BCT conducts CPX

By **SGT. SOLOMON A. ABANDA**
1ST BRIGADE COMBAT TEAM

Paratroopers of the 1st Brigade Combat Team, 82nd Airborne Division, conducted a week-long Command Post Exercise, Jan. 28 through Feb. 1.

“The exercise was the second brigade CPX to refine the staff processes for both current and future operations,” said Maj. Walter Gray, the brigade executive officer.

“This exercise helped brigade leaders finalize the command post layout, validated the brigade’s mission command systems for tactical operation command, tactical action center, and mobile command post.”

This exercise was designed

to train brigade staff and subordinate leaders on how to successfully plan, coordinate, and synchronize operations during mission execution.

During the training exercise, they were able to focus all the brigade combat team warfighting functions toward the initial planning of the brigade’s “Devil Storm II” field training exercise.

This exercise is one of many which the brigade will conduct this year to ensure mission readiness as they prepare to enter the Global Response Force cycle.

“This was a fantastic opportunity to train our systems and paratroopers for upcoming training events,” said Gray. “It better prepares us to deploy and win as part of a Global Response Force.”



Photo by Sgt. Solomon A. Abanda/1st BCT PAO

Col. Andrew O. Saslav, commander, 1st BCT, 82nd Abn. Div., advises the command staff during the command post exercise Jan. 28 through Feb. 1. This exercise is one of many to ensure mission readiness.



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Gordon Elementary shows its green side

By **ALYSON HANSEN**
PARAGLIDE

Students at Gordon Elementary School are creating a culture of sustainability.

It started with a gardening club. Teachers, Jennifer Lubba and Victoria Padonis, wanted to teach the students about eating healthy, where fruits and vegetables come from and how to identify them.

The idea was so popular that the teachers found they had to split the club into two sessions. The first session was opened up to third and fourth graders, and 25 students signed up to learn about fruits and vegetables and how to “eat the rainbow.” Lubba had students group fruits and vegetables by color to create a well-rounded diet.

The students learned about herbs and how to cook with them. They studied the life cycle of plants and discovered that not all fruits and vegetables come from seeds by planting potatoes.

The second session of the club was opened up to second graders, and they have begun to prepare flower beds in front of the school for spring plantings. The 25 second graders in this second session are growing plants and vegetables in the school’s STEAM (Science, Technology, Engineering, the Arts and Math) lab, and these will be transplanted in the flower beds once the weather is warmer.

The gardening club has been a huge success at Gordon, and plans to construct a sustainable garden to commemorate the school’s 10th anniversary are well under way. Lubba, a STEM and Math support teacher, said they hope to break ground for this garden in March and to start planting in April.

The true culture of sustainability at Gordon comes from the Green Team. Comprised of 15 third and fourth graders, the

Green Team has lofty goals for sustainability at their school, goals that they work towards completing every day.

“They are very motivated to work on their Green Team mission,” Lubba said.

That mission is to educate, empower and engage military Families and school staff about sustainability. Their motto is “Gordon Goes Green.” The students practice what they preach.

“They came up with an inventory sheet to inventory trash and recycling bins around the school,” Lubba said.

The inventory sheet, able to be electronically accessed by the students throughout the day, details what areas of the school need more recycling bins, and where bins can be shared.

The team began to do their own research into the U.N.’s 17 Sustainable Development Goals and how to implement them into their lives at Gordon. They identified four goals they hope to accomplish at school. Their main focus is the first goal they identified: quality education. The students hope to educate their peers and staff at the school about sustainability in their lives.

“We partnered with Fort Bragg’s recycling management. They came out and did a presentation and showed the kids sorted materials to determine what they could reuse, recycle or trash. The kids were thinking critically about what they could do with their items,” Lubba said.

The presentation also included information about biodegradable items and single use plastics.

“(The student’s) short term goal is to inform other students and staff about single use plastics and the harm they are to the environment,” she said.

The Green Team educates students by appearing on the “Patriot Show,” a live school broadcast the students and faculty watch in the mornings.

Lubba and the Green Team are also working towards composting



Photos courtesy of Jennifer Lubba/Gordon Elementary School

Above: Several members of the Green Team from Gordon Elementary pose with teacher Jennifer Lubba. Lubba has helped facilitate the students to reach their going green goals at the school.

Right: Members of the Green Team plant seeds for the school gardens.



for the gardening club. There is currently one composting tumbler at Gordon Elementary, with plans to acquire more.

Lubba said she and the students hope to one day be able to use the scraps from the cafeteria to create compost. This compost will then be used on the kids’ fruit and vegetable gardens, completing a full circle of sustainability at Gordon Elementary School.

(Author’s note: If you’d like to donate items to the gardening club and Green Team, please contact the Gordon Elementary School PTA at gordonpta@gmail.com.)

CELEBRATING

BLACK HISTORY MONTH

Equal in all ways: Their most important steps

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

“Everybody was crying,” said Charles Stevens, a onetime member of the 555th Parachute Infantry Regiment in a 2010 interview with the Fort Jackson Leader. “I think we were crying for two different reasons. We were glad that segregation was leaving the Army and we were sad we were losing our Triple Nickle colors.”

Their mission of combating Japanese balloon-bombs and wildfires complete in the Pacific Northwest, the paratroopers of the 555th PIR returned to Fort Bragg in October 1945. There, they conducted base and mission support operations while conducting very little military training.

Back at Fort Bragg, the men of the 555th PIR and their Families continued to experience racism. African American Soldiers and their Families lived in converted barracks in a region known as Spring Lake, had to ride at the back of the bus and could only use the balcony area of the Fayetteville theater.

Recognizing their contributions and potential while holding a strong belief in racial integration, Maj. Gen. Jim Gavin, onetime commander of the 505th Parachute Infantry Regiment, ensured the “Triple Nickles” marched in the New York City Victory Parade held Jan. 12, 1946 and that they wore the symbols and patches of the 82nd Airborne Division.

“I think we were crying for two different reasons. We were glad that segregation was leaving the Army and we were sad we were losing our Triple Nickle colors.”

— **Charles Stevens**
555th PIR

“We were the only black outfit in the parade in New York,” he said, “but they cut off the movie cameras before they got to us. We only have still photos,” said Jordon J. Corbett, a “Triple Nickle” in a 2016 interview with The Ledger.

As developments in rocketry made World War II airborne tactics obsolete, Gavin used the 555th PIR to test new methods of insertion, dispersion and marshalling techniques.

In July 1947, the 555th PIR was attached to the 504th PIR to conduct a training exercise known as “Operation Combine” at Fort Benning, Georgia. The joint exercise incorporated elements from the Army, Navy and Air Force and included four parachute jumps.

In October of that year, the “Triple Nickles” were attached to the 505th PIR and on Dec. 9, 1947, the 555th PIR was



Courtesy photo

The men of the 555th PIR march in the New York City Victory Parade Jan. 12, 1946. Maj. Gen. Jim Gavin, commander of the 505th PIR, ensured the “Triple Nickles” not only marched in the parade, but wore the insignia of the 82nd Abn. Div.

redesignated as the 3rd Battalion, 505th Parachute Infantry Regiment of the 82nd Abn. Div. In one bold move, Gavin formally ended segregation in the Army by integrating African American troops into the division’s formation and ended the battalion’s all-African American status by placing Lt. Col. Frank Linnell as their first white commander.

Seven months later, President Harry Truman signed Executive Order 9981, granting the African American

paratroopers full rights as American Soldiers as it established equality of treatment and opportunity in the Armed Services for everyone, regardless of their race, religion or national origin.

From the 82nd Abn. Div.’s lead, the Army would take another five years to fully integrate. Racism and segregation, in different forms and degrees, still lingered. Yet, the brave men of the 555th PIR set in motion events leading to the strength and diversity of today’s Army.

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.

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 www.crowncomplexnc.com/events/detail/shinedownpapa-roach.

BREWERY BUS TOUR: PARTY FOR A PURPOSE:

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

Where: Tour begins at the Fayetteville Symphony Orchestra office in downtown Fayetteville

Cost: \$75 (group prices available)

Party for a purpose and support the Fayetteville Symphony Orchestra Education Programs. Tour departs from the Fayetteville Symphony Orchestra office at 7 p.m. Dinner is included in the price. The tour ends at Paddy's Irish Pub at midnight. The route includes Bright Light Brewery Co., Dirtbag Ales Brewery and Taproom, Mash House Brewery Co. and World of Beer. For tickets and more information, visit www.fayettevillesymphony.org/events/.

FAYETTEVILLE MARKSMEN PRESENTS STAR WARS NIGHT VS. PENSACOLA ICE FLYERS:

When: Feb. 23, 6 p.m.

Where: Crown Coliseum

Cost: \$12 to \$30

The Force is strong in Fayetteville as our battalion of Marksmen Stormtroopers look to defend the Crown against the invading rebel-scum of the Pensacola Ice Flyers.

Joining us for the night will be all of your favorite heroes and villains from the epic Star Wars saga, as they're brought to life by the Carolina Garrison of the 501st Legion.

Visit marksmenhockey.com/tickets/ for tickets.

TRUE TO YOURSELF: A BLACK HISTORY MONTH FILM TALK:

When: Feb. 23, 7 p.m.

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

Cost: \$10 to \$20

What is the definitive moment when you commit to remaining true to yourself while attaining a goal that seems out of reach? When you reach rock bottom and are tempted to give up, what stops you?

Join noted actor Boris Kodjoe — starring in ABC's TV drama "Station 19" and Netflix's "House of Cards" as he guides the audience through his careers, life, challenges and so much more.

For tickets, call (910) 323-1776.

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 Co.

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

BRIGHT LIGHT BREWING CO. PRESENTS N.C. DRAMA TRIVIA:

When: Feb. 28, 7 to 9:30 p.m.

Where: Bright Light Brewing Co.

Cost: Free

Y'all ready to revive these beloved television shows?

These were our favorites to follow back in the day and they were filmed in the great state of North Carolina!

"Dawson's Creek" and "One Tree Hill" are back to make you love them all over again. And also make you wonder why we believed that these 30-year-olds were accurately portraying high school students.

TRUMBO:

When: Feb. 28 through March 17, times vary

Where: Cape Fear Regional Theatre

Cost: \$20 to \$25

Legendary screenwriter Dalton Trumbo stood up to the House Un-American Activities Committee in 1947, was thrown in prison and blacklisted as one of the "Hollywood Ten." This two character play uses his own razor-sharp letters to reveal how one man took on Congress, Hollywood and the Red Scare — and won.

See www.cfrt.org/project/trumbo/ for showtimes.

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.

MARDI GRAS SOIREE:

When: March 2, 8 p.m. to midnight

Where: Cape Fear Botanical Garden

Cost: \$50 single ticket, \$85 for couples

Join Cape Fear Botanical Garden for their first Mardi Gras Soirée, an evening of fun, frolic, food and libations. From beads to doubloons, coconuts to king cakes, the evening will be full of music, dancing and the spirit of Carnival. Enjoy live entertainment, heavy appetizers and a beer and wine cash bar.

This event is for people 21 and over. Masks are encouraged and cocktail dress is required.

Appetizers, admission to the garden, one complimentary drink ticket and live entertainment are all included with the price of admission. This event will take place rain or shine.

For more information, visit https://www.capefearbg.org/event/mardi-gras-soiree/?instance_id=3132.

CHARLOTTE BALLET PRESENTS PETER PAN:

When: March 8 through 17

Where: Knight Theater at Levine Center For The Arts

Cost: Tickets start at \$25

Let your imagination take flight on a spectacular journey to Neverland. Jean-Pierre Bonnefoux's gravity-defying Peter Pan promises high-flying adventure, extravagant sets and costumes and marvelous dance for an experience you'll never, never forget.

For tickets, visit <https://www.blumenthalarts.org/events-performances/coming-performances/detail/charlotte-ballet-peter-pan-1>.

BRICKUNIVERSE RALEIGH LEGO FAN CONVENTION:

When: March 9 and 10, 9 a.m. to 5 p.m.

Where: Raleigh Convention Center

Cost: \$14.99

Join thousands of fellow LEGO fans as they converge at the Raleigh Convention Center for BrickUniverse LEGO Fan Convention. BrickUniverse Raleigh LEGO Fan Convention brings it all: LEGO displays, art, building zones, special guests, merchants, experiences and more!

All admissions gain entry to BrickUniverse Raleigh LEGO Fan Convention. Bring your printed out e-Admissions or mobile ticket to the event to gain admittance.

Children 2 and under get in free when accompanied by a paid adult.

For more information and for tickets, visit <https://www.eventbrite.com/e/brickuniverse-raleigh-lego-fan-convention-tickets-48681802582?aff=ebdssbcitybrowse>.

WILMINGTON DESSERT MARKET

When: March 10, 12 to 4 p.m.

Where: Waterline Brewing Co.

Cost: Free

Waterline Brewing will be the sweetest place in Wilmington. Local dessert shops and bakeries will have desserts available for purchase. Select bakeries will have alternative options such as gluten-free, vegan, and sugar free desserts.

Wilmington Dessert Market is free to attend, but registering for tickets is encouraged. Visit <https://www.eventbrite.com/e/wilmington-dessert-market-tickets-54287191451?aff=ebdssbcitybrowse> to register for tickets.

Vendors accept cash and card, please ask beforehand to make sure. Eat your desserts onsite or take them home, most vendors will have take home boxes available.

This event is family friendly, dog friendly and wheelchair accessible. Event will be held indoors in multiple areas of the brewery and will happen rain or shine. Visit www.lovedessertsclt.com/wilmington-dessert-market.html for more information.

ELTON JOHN "FAREWELL YELLOW BRICK ROAD" TOUR:

When: March 12, 8 p.m.

Where: PNC Arena in Raleigh

Cost: \$77 to \$220

Elton John's final tour, "Farewell Yellow Brick Road" will be heading to Raleigh. Elton's new stage production will take his fans on a musical and highly visual journey spanning a 50-year career of hits like no one has ever seen before.



Photos by Alyson Hansen/Paraglide

Gabriele Maxfield, left, sorts through recently donated items as Tatiana Colletta helps a customer. The two work as consignment clerks at the Bragg N' Barn. The Bragg N' Barn is open Tuesday through Saturday, 9 a.m. to 2 p.m.

Bragg N' Barn thrift shop serves military community

BY ALYSON HANSEN
PARAGLIDE

The Bragg N' Barn Thrift Shop has been a Fort Bragg institution for decades. Located in one of the old mule barns on Woodruff Street in the historic district of Fort Bragg, the thrift shop houses clothing and household items sold at low prices to help military Families. These items are all donated or consigned from the community.

However, the Bragg N' Barn is more than a thrift shop. The 6,144-square-foot store is a self-supporting organization and the board of directors is made up of community volunteers. Their purpose, according to the Bragg N' Barn website, is to "distribute monetary aid to military service-related organizations and local off-post community organizations whose activities directly impact the welfare of troops and their Families ..."

The Bragg N' Barn fulfills their mission through a variety of ways. The shop holds Free Fridays for Soldiers, E-4 and below, and their Families. On the first Friday of each month, these lower enlisted service members can receive up to 10 donated clothing items.

"We support the lower enlisted," Cindy Lamb, manager, said.

Yard sales are held throughout the year as well. For \$5, shoppers can fill up paper grocery bags with items donated to the store. These "bag

sales" are important for the thrift shop.

"All of the money (from the yard sales) funds the scholarships for kids to go to school," Lamb said.

The scholarships are awarded every March for high school seniors and military spouses who are continuing their education into college. The scholarship opens up for applications beginning March 1. Applications can be downloaded at www.braggnbarn.com/scholarships.html. Applications are due March 31.

The Bragg N' Barn reaches into the community by giving away welfare grants twice a year. These grants are awarded to non-profit organizations in the area to help fund projects that directly serve service members and their Families.



The Bragg N' Barn thrift shop at Fort Bragg offers gently used items for low prices for military members and their Families.

Recipients of past grants include Fayetteville Urban Ministries, Bowley Elementary PTA and Gold Star Teen Adventures. In 2015, the Bragg N' Barn granted \$55,008.79 to the community it helps to support. The spring 2019 grant closes Feb. 28. For more information or to apply for the grant, visit www.braggnbarn.com/grants.html.

The Bragg N' Barn is open Tuesday through Saturday, 9 a.m. to 2 p.m. Donations and consignments can be dropped off Tuesday through Saturday, 9 a.m. to 1 p.m. Visit www.braggnbarn.com to find a list of prohibited items and the rules and policies of consignments.

Womack Army Medical Center

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Saturday, April 13

9 a.m. to 2 p.m.

All American entrance

— Patient Administration briefs every 15 minutes

— Labor/Delivery & Women/Newborn tours every 30 minutes

CLASSES OFFERED:

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- 10:30 a.m. Dads 101
- 11:30 a.m. Intro to Infant Massage
- 12:30 p.m. Baby Blues and Beyond

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- Women, Infants, and Children
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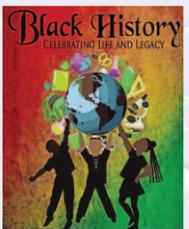
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**February 4th Friday
Black History Fact Walk:
Celebrating Life And Legacy**



**Friday, February 22nd 5pm-9pm and continuing Saturday,
February 23rd 11am-3:30pm**

Participating Downtown Merchants will have a photo and fact posted at their business. Citizens will receive maps and visit participating businesses to collect facts for a chance to win a gift basket! This is a family friendly event and we are sure you will learn facts you may not have already known!

**See you this upcoming 4th Friday!
Winners announced at Volta Space at 5pm**

For our full calendar of Downtown events, visit our Facebook page: [f downtownfayetteville](https://www.facebook.com/downtownfayetteville)



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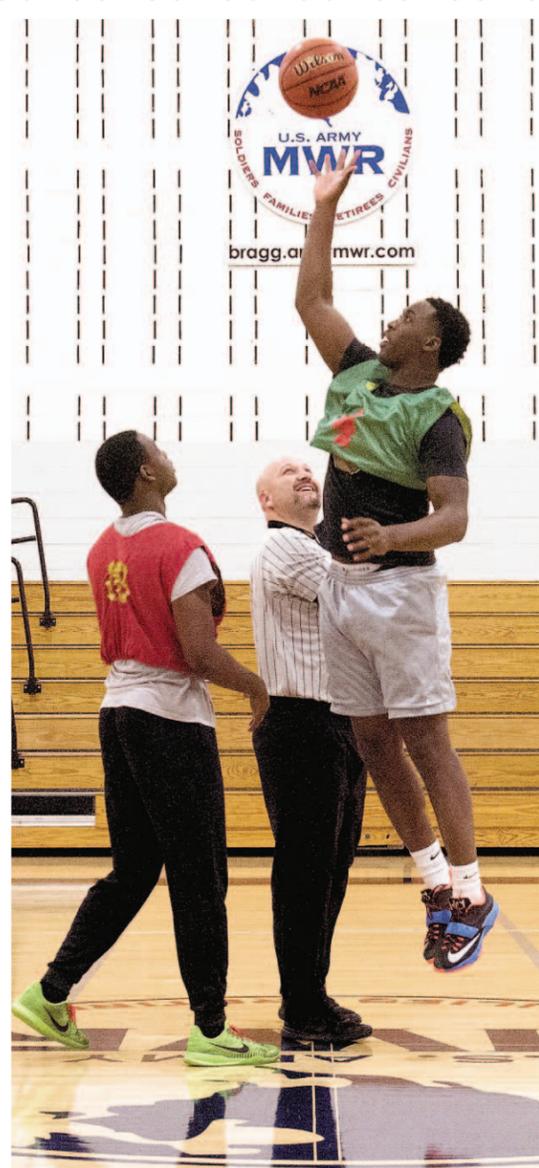
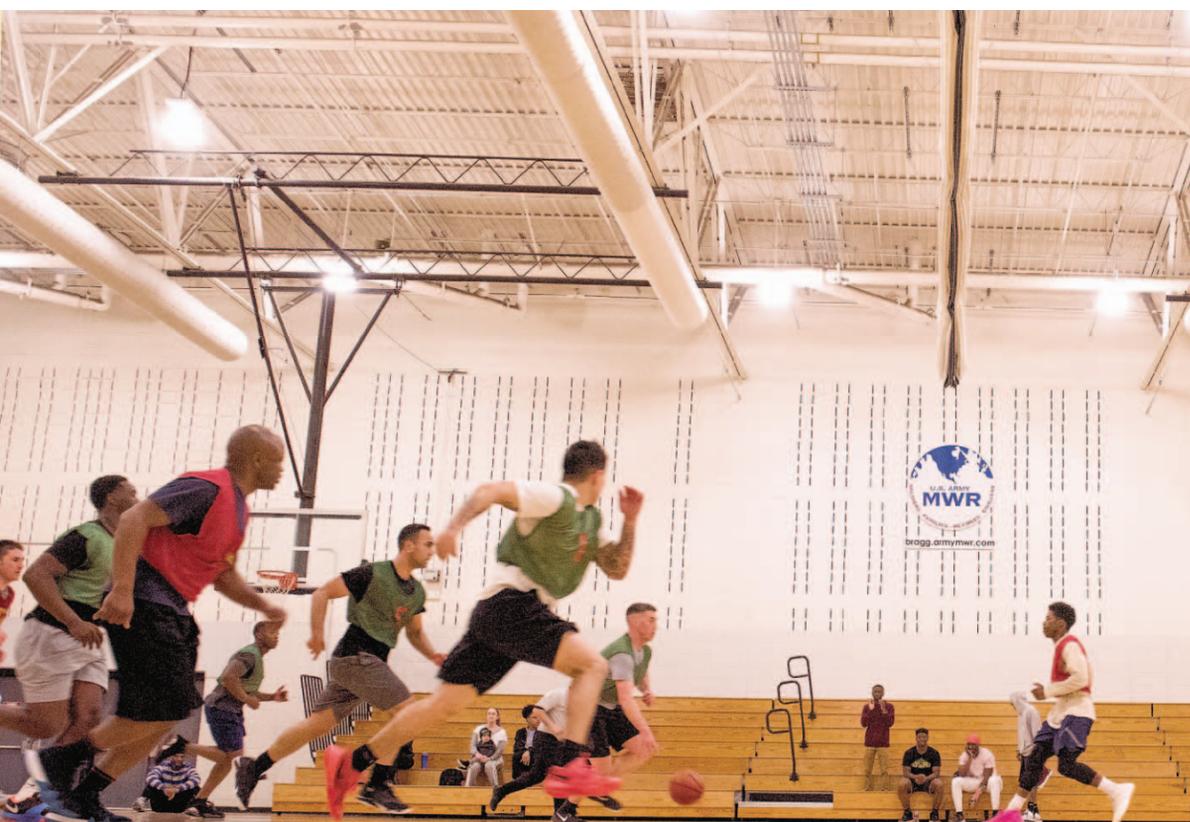
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MWR Unit Level Basketball League:

Teams hoop it up at fitness centers



Photos by Lewis Perkins/Paraglide

Spc. Jamel Bates of the 21st MP's takes control of the jump ball. The game was tied 33-33 at the half, but the 43rd AMS pulled ahead in the last half for the win.

Unit level basketball at the Hercules Fitness Center pitted the 21st MP Co. (Abn.) in green against the last minute back up team the 43rd AMS, in red. The team scheduled to challenge the 21st MP's had to cancel for a training exercise. The 43rd AMS made up for the last second change by bringing game and keeping the hard fought score close. The 43rd AMS claimed victory with a score of 61-52.

BY GENEVIEVE STORY
PARAGLIDE

Every weekday night from 6 to 9 p.m., between January and March, the courts light up for Fort Bragg's Family and Morale, Welfare and Recreation (FMWR) Unit Level Basketball Leagues.

Active duty military personnel showcase their handles and jump shots after-hours on the courts of on-post physical fitness centers (PFC) such as Pope, Hosking, Funk and Ritz-Epps.

On the evening of Feb. 11, Pope welcomed the 21st Military Police Company

(Airborne) and the 43rd Air Mobility Squadron (AMS) unit teams for a court side contest.

The 43rd AMS stepped in to challenge the 21st MP Co., after the team who was scheduled to play the MP's, had to cancel for a night jump training exercise. Both teams battled back and forth to keep the game tight.

At the half, the teams were tied at 33 apiece. However, the 43rd AMS pulled ahead in the last half to win 61-52.

"Each gym runs their own leagues and players take a lot of pride in their games. Tonight we have a 6:15 (p.m.), 7:15 (p.m.) and 8:15 (p.m.) game," said Art Rimberty,

sports specialist for FMWR Recreation Division.

Intramural leagues such as these hold immense value. With the overarching mission to honor and serve the military and foster well-rounded Soldiers both on and off the court, these programs equip the participants with mental and physical wellness.

"The FMWR Unit Level Basketball Leagues warrant unit fellowship, conditioning athletes with lifelong lessons through victory and defeat and personal growth," said Rimberty. They provide an avenue for the continued development and discipline in the areas of readiness,

camaraderie, trust, leadership and teamwork within their units and the broader military community.

"Teams are working towards Feb. 26, which is the start of the league tournament, a single elimination series. All league teams will play," said Rimberty.

He added, the last two nights determine who advances to the post tournament where each league plays one another.

"We will be utilizing Hosking PFC and Hercules PFC for the post basketball tournament, starting Tuesday, March 12 through March 19," said Harold Stallworth, sports specialist, FMWR Recreation Division.



Photo by Capt. Jessica Donnelly

Soldiers conduct the deadlift event of the new Army Combat Fitness Test in Georgetown, South Carolina, Feb. 9. The 1-178th Field Artillery is one of six battalions in the National Guard and 63 Armywide selected for the pilot program to help validate scoring and administration of the ACFT.

Army may use nutritionists, sports trainers to boost readiness

BY GARY SHEFTICK
ARMY NEWS SERVICE

WASHINGTON — The Army may soon place nutritionists, physical therapists and sports trainers at the unit level to improve individual readiness, said Secretary of the Army Mark T. Esper.

The idea is "to really start looking at Soldiers as professional athletes," Esper said Friday morning while speaking at the Center for Strategic and International Studies.

The athletic trainers and therapists are slated to be assigned to brigades and some battalions later this year as

part of a pilot program under the Army's holistic health and fitness system.

The H2F system is overseen by the Center for Initial Military Training and a spokesperson there confirmed that 130 military authorizations will be allocated to units by the end of fiscal year 2019 to "enhance personnel readiness."

Occupational therapists may also be in that mix, Esper said.

While most of the positions will go to brigades, some will be assigned to the 30 maneuver battalions that Army Forces Command selected last fall to train with health and fitness professionals in hopes of reducing Soldier injuries.

"In the future, once these take place and really take hold, we'll have a more deployable and more capable force," Esper said.

In 2016, the Army began placing athletic trainers at its initial-entry training centers. That year, 20 of them went to Fort Benning, Georgia, to work with Soldiers at all five of the post's training battalions. One goal was to prevent musculoskeletal injuries.

Athletic trainers were also brought into basic combat training sites at Fort Jackson, South Carolina; Fort Sill, Oklahoma; and Fort Leonard Wood, Missouri.

The sports trainers not only educated Soldiers on injury prevention, they also provided treatment to Soldiers following injuries to reduce their recovery time. Instead of sending injured Soldiers to hospitals, they were treated at their units and this saved a significant amount of training time, officials said.

The Army is also extending infantry initial-entry training to improve personnel readiness. A pilot program last year at Fort Benning, Georgia, extended the infantry one-station unit training, or OSUT, from 14 to 22 weeks.

Esper visited Benning to observe the extended OSUT training and said the results were dramatic.

"You're seeing Soldiers with much higher physical fitness scores," he said, adding that the infantry graduates were "much more competent, tactically and technically."

The Army has also developed a new fitness test that Esper said better prepares Soldiers for the rigors they will face in combat.

The Army Combat Fitness Test with its six events "for the first time really links physical fitness with the demands and rigors of the battlefield," he said.

In October, the Army selected 63 battalion-sized units to try out the ACFT as part of a pilot program. Mobile training teams went to the battalions to train NCOs how to conduct the tests. Now these 63 units will begin "field-testing" the ACFT.

Each of the battalions will need to conduct two ACFTs before October and space them about six months apart, according to the Center for Initial Military Training. The field tests will provide data to possibly adjust the ACFT grading standards before the test is adopted by the entire Army.

In October 2020, when the ACFT is implemented across the Army, officials expect it to further decrease injuries, improve personnel readiness and combat effectiveness.

"At the end of the day, the Army is a people business," Esper said, "and people are our most important asset."

The Story Report

Keep going, you haven't peaked

Stock Photo

By GENEVIEVE STORY
PARAGLIDE

It has been a few years, where I have struggled to see potential. I've shared my experiences, embraced my vulnerability, worked hard and worked on being better to myself. I've laid it all out there in an effort to still get after my fullest capacity. I have always tried to direct each and every situation in a positive light. To label it as a learning experience, proclaiming I have so much still in me and my bounce back despite falling down will be in an epic fashion. But what do you do when you don't rebound epically? When you've taken the steps and you fall short? Or your best still has yet to come?

I have fallen upon several instances where I have felt lost, helpless, hard on myself and scared I would never find an answer. One of those pinnacle and colossal recessions was when I came head to head with a pending 26.2-mile race and training. It seemed like every situation I was facing became compounded by the anticipation of this race. I am 35 years old, I have battled cancer;

I have overcome a stroke. I have leaped over and crawled through a myriad of barriers and nuances. Thus, is life! We face them, we embrace them, we overcome them, and we move forward. But I started asking myself, what is this all about? Am I ever going to get it together and figure it all out? Will that big beautiful door of my 'best work ever' open or will I constantly be swimming for the shore and trying to determine a way forward?

As I proceeded, every approach in training for this race was impossible. No matter what the pace, it felt wrong. My muscles were in a constant state of discomfort, my legs were heavy and my hope was waning. I was fearful of losing precious time, combating frustration, becoming soft and people seeing me struggle. All of this made me feel inadequate and out of control. The desire to maintain control and uniformity and success was outweighing my desire to look in the direction of deepening doubt. You go through these periods in life; we all do! Where we feel alone. And fearful. And uncertain. But truly, you are only alone if you choose to be.

There is a power in vulnerability, to be open, unguarded, honest, hopeful, restorative, resilient, and continuing to grow. Vulnerability represents a form of strength and

influence, both deep and subtle, beyond the misconception of something or someone destitute, doubtful and weak.

It seems simple to give up on trying, throw in the towel and drop out of a race. How can marathon training commence and somehow I'm already sidelined? Not really the impressive training kick-off I was hoping for. But, this shelving and doubt manifesting in my very own far-reaching capacity was only the stress I was putting on myself. The fact is, I was likely already paving the way to success just by not giving up! Progress isn't linear, it's never easy and it's not too late. No matter how naturally gifted or successful, when faced with adversity, the mantra goes a little like this, "At one point I wanted to quit, or did quit, or felt like quitting. But, I love this sport. And, I love working hard. I trust the process." Over and over and over again, repeat. And then, small victories! Your ceiling of success is so much higher than you think it is. You aren't grinding for nothing, your vision isn't unfounded or a mistaken, miscalculated conclusion. So be patient, be steadfast to a fault and believe in yourself. The journey, whatever it may be, is a long one and you're just at the beginning. Your best work is ahead of you.



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](https://www.facebook.com/ShadyAcresRodeo/).

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 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.

Individual Programs: One-on-one training with a certified personal trainer to meet your maximum fitness goals

Buddy Programs: Two clients train together with one personal trainer to meet their goals.

Class Programs: 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.



Pinehurst Half Marathon

The Pinehurst Half Marathon, 10K and 5K takes place Feb. 23, at 7a.m.. The Half Marathon, 10K, and 5K will run through the private grounds of the world-class Pinehurst Golf course, featuring scenic views of the breathtaking resort property and the quaint Village of Pinehurst before finishing with a finishers medal and post-race vineyard vines Champagne Brunch at the resort. <https://resorttraces.com/races/pinehurst-half-marathon/#experience>

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.

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. 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.

American Warrior 5K Walk/Run

The American Warrior 5K Walk/Run will take place March 9 at 9:30a.m., from 335 Ray Ave. in downtown Fayetteville, benefiting His Bread of Life, a Christian food bank ministry, working with area churches to help feed the children and families in need. Food donations will be accepted the morning of the race.

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.

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Classifications	Deadlines
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Human Resources Office
Phone: (910) 678-7342
Internet: <http://www.faytechcc.edu>

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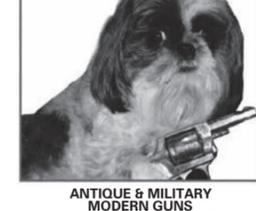
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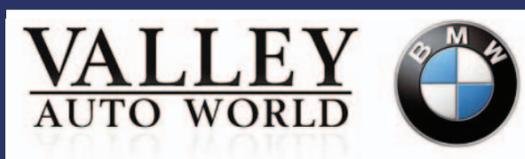
The Observer's Rising Star Award recognizes a young person, 21 or under, who demonstrates strong leadership potential, character and a genuine interest in making his or her community a better place.

Join us in recognizing this year's honorees at the 40 Under 40 Gala on Friday, March 8th.

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