

THE PARAGLIDE

Telling the Fort Bragg Story™

March 7, 2019

VOLUME LV, NUMBER 9

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INSIDE THE 'GLIDE'

FOCUS - B



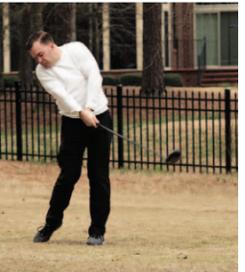
Bravo 2-505 PIR Company Live Fire: The live-fire was part of the brigade's Combined Arms Live Fire Exercise designed to test the paratroopers' tactical prowess and their leaders' ability to conduct Mission-Command.

LIFE - C



Seuss-tacular events take place at Fort Bragg: The grant helped Bailey and other Gordon educators bring in Scooter Hayes, a storyYELLER, international library hip hop superstar and children's librarian as part of their literacy week activities.

SPORTS - D



Fort Bragg CG's Pay Day Golf Scramble drives in season at Ryder: A captain's choice event open to all skill levels.

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THE PARAGLIDE



Read online

www.paraglideonline.net

Army Secretary visits Fort Bragg, speaks with Soldiers, Family members

By JELIA HEPNER
PARAGLIDE

The Secretary of the Army Dr. Mark T. Esper visited Fort Bragg during a two-day tour, Feb. 28 to March 1. During his visit, Esper participated in a physical training workout with Soldiers, had lunch with spouses discussing Family programs, and addressed housing concerns during a town hall.

Concerns about residents' on-post housing conditions have the attention of Fort Bragg leaders, as well as the U.S. Army and Congress.

Esper spoke with members of the media, March 1, during a press conference at Womack Army Medical Center, where he addressed various questions concerning the Army in general to on-post housing.

Residents on Fort Bragg encountered issues including lead paint, mold, backed-up ventilation systems and falling ceilings in their quarters.

"We are trying to take immediate action on this problem in the homes and give residents different options," said Esper. "We have to fix the problem and the Army has to make



Photo by Lewis Perkins/Paraglide

Secretary of the Army Dr. Mark T. Esper addresses the media during a press conference at Womack Army Medical Center.

changes as well on how we interact with the contractors."

The Secretary of the Army stated that Families were offered to move and get some of their housing problems fixed immediately.

Corvias is a private military

housing, construction, and property management firm. It is partnered with the Army in the ownership of approximately 24,000 homes on various installations including Fort Bragg.

"I will take the trip back to D.C with a lot of information and ideas on how to move forward on a lot of issues, especially the housing issue," said Esper.

He explained that short-term and long-term plans would be put in place to resolve this issue, including a 90-day follow-up on the installation.

During these two days, Esper acknowledged the concerns on Fort Bragg, not with just living conditions, but spousal employment opportunities and childcare as well.

Fort Bragg leaders continue to stay committed in hearing the concerns of on-post residents and working toward addressing their issues.

If on-post residents are experiencing a housing emergency, contact the 24/7 emergency hotline at (866) 206-1365.

EFMB Road Closures



File Photo

On March 12, roads will be closed from the intersection of Pratt and Kellam streets to the intersection of Pratt Street and Range Road from 8 to 11 a.m. to conduct the Expert Field Medical Badge (EFMB) Army Physical Fitness Test.

On March 18, roads will be closed from the intersections of Pratt and Ogden streets to Pratt Street and Rifle Range Road and Manchester Road to the end of Manchester Road from 3 to 8 a.m. for the EFMB 12-mile foot march.

2018 Good Neighbor Program welcomes new inductees

By JELIA HEPNER
PARAGLIDE

Three outstanding local community members were recognized at the Fort Bragg Good Neighbor induction dinner Monday night at the Iron Mike Conference Center.

The Good Neighbor Program is designed to annually recognize exceptional individuals from Fort Bragg's surrounding communities who have enhanced the quality of life for Fort Bragg Soldiers, civilians and their Families.

The event opened up with the 82nd Airborne

Division Chorus singing the national anthem, followed by dinner, entertainment and the announcement of the 2018 Good Neighbors made by Maj. Gen. Brian J. McKiernan, deputy commander, XVIII Airborne Corps, and acting senior commander for Fort Bragg.

This year's ceremony recognized Charles Anderson, Andy Anderson and Cristino Nunez.

Charles Anderson, a retired sergeant first class, who goes by the motto: "Always be of service to someone," has been giving back to the community

since 1988. Anderson has been volunteering at Womack Army Medical Center since the late '80s. He has devoted his time assisting in the pediatric department with various tasks including transporting labs, assisting parents with their children and administrative duties throughout the clinic.

"I have been doing this for years, I don't like to talk about it," said Anderson. "I just thank God for putting me in a position where I can help others."

Andy Anderson, who retired after a 30-year career in special operations,



Photos by Lewis Perkins/Paraglide

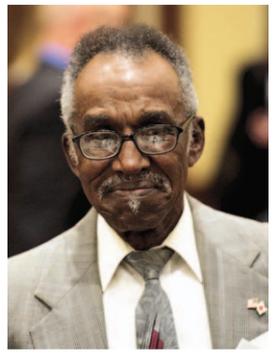
The Fort Bragg Good Neighbor Program recognizes outstanding individuals from the installation's surrounding communities. Three awards were given during the March 4 ceremony at the Iron Mike Conference Center.

was also inducted into the program. He is a part of numerous organizations including serving on the board of the Special Operations Warrior Foundation, Independent Light Infantry Division and Special Forces Association. He is currently focused on assisting the Friends of American Veterans Association in preparations for the 75th anniversary of D-Day and the liberation of Normandy celebrations.

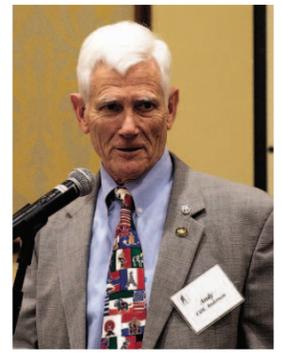
"I am very humbled and very honored," said Andy Anderson, while accepting his award.

The final award went to Cristino Nunez, a retired command sergeant major who has been giving back since he retired from the Army in 2008. Nunez is a member of the Veterans United Home Loans Foundation who dedicated all their funds to support Soldiers, veterans and their Families. Last year, the organization built a home for a double amputee in Rocky Mountain worth \$400,000.

"I thank everyone so much for being here, I am glad I can do this for Soldiers and their Families," said Nunez.



Charles Anderson
WAMC volunteer



Andy Anderson
30 years in SF community



Cristino Nunez
Retired Command Sgt. Maj.



Fort Bragg celebrates Women's History

Read more about Women's History on page 3C in Life.

Courtesy of Library of Congress

In 1948, women were able to fill permanent and regular status in the military, 31 years after they were officially permitted to join the military.

PARAGLIDE



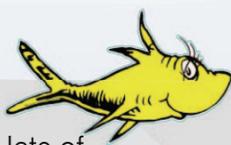
Fort Bragg Voices

This week, we asked:

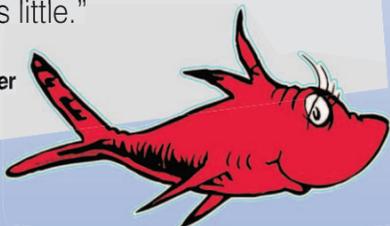
“What is your favorite Dr. Seuss book?”



“My favorite is the “500 Hats of Bartholomew Cubbins.”
Ron Gardner,
Education technology teacher, Gordon Elementary



“My favorite Dr. Seuss book is “One Fish, Two Fish, Red Fish, Blue Fish.” I read it all the time when I was little.”
Alexis Nolen,
Family member



“Horton Hears a Who.” It’s a very good story about sticking to your guns when everyone else looks at you funny. As someone who likes to wear costumes a lot, I can relate to it.”
Sgt. Sean-Michael Ryan,
A Co., 2nd Bn. 504th PIR, 1st BCT, 82nd Abn. Div.



“I like “Hop on Pop,” because I like all the rhyming. I appreciate that it’s short because they tend to be tongue twisters and I don’t like getting tripped up.”
Emily Kimm,
Library technician, children’s programming



“My favorite Dr. Seuss book is “Go, Dogs, Go.” And I like it because beside the depictions of the different dogs and it being funny, when I read it, it made my son giggle, always at the same spot.”
Staff Sgt. Sharon Matthias,
49th PAD, 82nd Abn. Div.

GI SEUSS: Hats off to Dr. Seuss™

By **JENNIFER MORALES**
PARAGLIDE

We all grew up reading at least one of Dr. Seuss’ books. While attending undergrad, I had the opportunity to study the now world famous Dr. Seuss. During my study I found out a few interesting facts about him. The first that stood out to me is that Dr. Seuss wasn’t really a doctor. His father had dreams of him practicing medicine, so when he began writing he added the “Dr.” to his pen name in 1956.

The second fact that I will never forget, is that while his books seem humorous and silly there was a hidden meaning behind them. Before kindergarten, each child needs to know a certain number of words. Books are expensive and often we don’t have time to read lengthy novels to our children. Dr. Seuss put each of these words

into every book. This way, pre-schoolers had the opportunity to hear these words, and subconsciously memorize them, giving them a slight head start on their education.

The third and probably most inspiring is that Dr. Seuss was not one to turn away from defeat. His first book was rejected more than 27 times. Turns out the 28th time was the charm, as he now has sold over 600 million books worldwide. This is especially astonishing as it is nearly 30 years after his death.

While I am on my 13th book of the year, I know that reading books is not always everyone’s favorite pastime. To most, such as my children, reading is almost a painful necessity. With the help of iconic authors such as Dr. Seuss, reading and literacy have improved drastically, and for that I am thankful.



It’s a pretty good fort,
Here at Fort Bragg,
We are proud of our Soldiers,
and proud of our flag.

Our flag has three colors,
With red, white and blue,
When anyone is in need,
Our Soldiers know just what to do.

It’s a pretty good fort,
Even our Families think so,
We know our kids are safe,
No matter our foe.

No matter the enemy,
We are well protected,
Our Soldiers don’t rest,
And are talented at going undetected.

It’s a pretty good fort,
We have forces that defend,
And airbornes that jump,
For those that depend.

Dr. Seuss and Cat In The Hat clip art used with permission.

THE PARAGLIDE

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Photo by Staff Sgt. Terrance Payton/3rd ESC PAO

HOME SWEET HOME

More than 140 Soldiers from the 3rd Expeditionary Sustainment Command returned to Fort Bragg Feb. 10. The 659th Support Maintenance Company and 25th Quartermaster Company field feeding team were welcomed by Family members and friends after a nine-month deployment to four countries that included Iraq and Syria.

GOING GREEN WORD SEARCH

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

WORDS

- ABATEMENT
- ACID
- AMENITIES
- ATMOSPHERE
- BIODEGRADABLE
- BIODIVERSITY
- BIOENERGY
- BUILDING
- CARBON
- CARPPOOLING
- CLIMATE
- COMPOST
- CONSERVE
- DEFORESTATION
- DOMESTIC
- ECOSYSTEM
- EFFLUENT
- EMISSIONS
- FOOTPRINT
- FOSSIL
- FUEL
- GASES
- GREENHOUSE
- HABITAT
- HOUSEHOLD
- INSULATION
- LANDFILL
- LITTER
- NOXIOUS
- ORGANIC
- OZONE
- PARTICULATE
- POLLUTION
- PROTECT
- QUALITY
- WASTE

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Army Emergency Relief: Soldiers helping Soldiers

By ALYSON HANSEN
PARAGLIDE

Army Emergency Relief (AER) began its annual fundraising campaign March 1. The campaign raises AER funds for Soldiers to use throughout the year and will be open until May 15.

The AER program was established in 1942 by the Secretary of War and the Chief of Staff of the Army. Their goal was to financially help Soldiers who would otherwise turn to predatory lenders during times of unexpected financial distress. AER has since provided \$1.9 billion in assistance.

The campaign gives the Soldiers the opportunity to give back to one another. AER is funded by Soldiers giving donations, with 88 cents of every dollar donated going back to the Soldier community.

"All of the Soldiers' money goes back to the Soldiers," said Darla Cureton,

AER officer. "My salary is paid by the garrison, so we don't use any of the Soldiers' money to run the operation.

AER has earned a four-star rating from Charity Navigator, which is the highest rating possible. The funds donated during the campaign help AER hold its high charity status. During the campaign, Soldiers trained by AER staff talk to their units about what AER is and how to donate funds.

"AER is a garrison commander program. It's owned by the installation. It's their (the Soldiers') program," said Cureton. "We get some borrowed man power that I give guidance to and the Soldiers run the campaign."

AER helps military members and their families through a variety of ways. Families can apply to receive funds for a car seat, up to \$250, for each child. AER also helps with cranial helmets and medical necessities not covered by TRICARE. Necessary dental work is also covered. Once a patient has a dental plan from a

dentist, the patient can submit whatever insurance doesn't cover to AER for financial help.

"Let's make life easier for the Soldiers. Let's make sure we take care of their immediate needs," Cureton said.

AER will also provide a bridge loan for funeral costs. In the past, the loan was \$10,000, but this year they upped the loan amount to \$15,000. The bridge loan will cover funeral home costs until insurance can be paid out.

Emergency travel can be covered by AER as well. Soldiers will immediately get half of their emergency travel costs covered by a grant from AER. Officers used to be excluded from the emergency travel grant, but that has changed this year. Now, all Soldiers are eligible.

AER helps with immigration costs. A grant is available for I-130, Petition for Alien Relative, which is the initial process for immigrating a spouse into the U.S. A loan can be taken out for the rest of the immigration process.

"The only exception is social unrest. If a Soldier's Family has been killed, we can help that way. That would be a grant. Those are emergencies, hence the 'emergency' in Army Emergency Relief," Cureton said.

Two scholarships are available for Families and Soldiers through AER, too. The Spouse Education and Assistance Program accepts applications throughout the year. In 2018, 27 Fort Bragg spouses received \$75,000 in scholarship funds. The Maj. Gen. James Ursano Scholarship Program is provided to dependent children of Soldiers. Applications are due April 1. Fort Bragg students received \$623,000 in 2018.

To apply for both scholarships, visit www.aerhq.org.

The AER office is open Monday through Friday, 9 a.m. to 4:30 p.m. The office is located on the third floor of the Soldier Support Center, within Army Community Service.



Notices of Estate:

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 email: zachary.w.stilwell.mil@mail.mil.

Guard, and Reserve members are invited to learn about a unique opportunity to put military skills to use in public schools.

Specifically, the briefing will inform participants about the teaching profession, the steps required to earn a teaching license, and employment opportunities in public education.

For more information, please contact the Bragg Training and Education Center at (910) 396-6721.

The Association of Bragg Spouses scholarship and welfare grant

The ABS Scholarship season is open for high school seniors and continuing education students. Applicants must be members of ABS or dependents of members of ABS and reside in the local area. All applications must be post marked no later than March 30.

Scholarship applications can be found at www.fortbraggabs.org under the "Our Programs" tab. Any questions should be emailed to ABSScholarships@gmail.com

The ABS Welfare Committee is now accepting applications from nonprofit organizations for its annual distribution. Applications can be picked up at the Bragg Unique Boutique, located at the Soldier Support Center.

Applications can also be downloaded from the ABS website, www.fortbraggabs.org, under the Welfare tab.

All applications must be postmarked by March 30.

The Association of Bragg Spouses to host 19th Annual Spring Fundraiser

The Association of Bragg Spouses is honored to host the 19th Annual Spring Fundraiser, named Very Important Charity Event at the Iron Mike Conference Center, April 6, at 6 p.m. This year's theme is Saturday Night Fever, a

'70s disco! DJ Magic Mola is returning this year to entertain with music from the '70s.

Tickets can be purchased on the Association of Bragg Spouses website or at the Bragg Unique Boutique (Bldg 2-2211 Woodruff Street). There will be three ticket options available: \$30 for a single ticket, \$200 for a table of eight (\$25 a ticket), or new this year, a VIP table for eight at \$400. VIP guests will receive priority check-in and out, two drink tickets, primo seating, and more. There are a limited number of VIP tables!

Tickets are currently on sale. All proceeds benefit the community through scholarships and welfare grants.

Last year over \$32,000 was distributed to college students and non-profit organizations by the Association of Bragg Spouses.

This year's event silent auction is going online and there are great features that make bidding super easy on your smart phone or tablet. Last year this event alone raised \$24,000!

For more information and tickets, visit the ABS webpage at www.fortbraggabs.org. Vendors looking to participate in this

year's auction can email the event chair Ashley Fletcher at fortbraggabspringfundraiser@gmail.com for additional information.



The North Carolina Troops to Teachers (TTT) program

The North Carolina Troops to Teachers program coordinator is offering an information briefing 1 to 3 p.m., March 13, at the Bragg Training and Education Center (BTEC, 4520 Knox St., Building 1-3571). Military members, National

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Skyview on Hay

AMERICAN WARRIOR 5K
| Saturday, March 9, 8am start

Fayetteville Art & Wine Walk
| Saturday, March 16, 3pm-9pm

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

Arts Council
FAYETTEVILLE/CUMBERLAND COUNTY

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

CLUEVILLE

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NEXT 4TH FRIDAY DOWNTOWN

MARCH 22 6-9PM

MARCH 23 10AM-6PM

Your favorite board game comes to life in Downtown. Move from business to business, gather clues, solve the crime. Right or wrong you have a chance to win prizes!
Game maps will be available in local business and for download soon.

Follow our event on Facebook under Fayetteville Fourth Friday

FN0005127556-01

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

Paratroopers from Company B, 2nd Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, conducted a company-level live-fire range Feb. 26.

The live-fire was part of the brigade's Combined Arms Live Fire Exercise designed to test the paratroopers' tactical prowess and their leaders' ability to conduct Mission-Command.



Bravo 2-505 PIR Company Live Fire

Photos by Maj. Thomas Cieslak/3rd BCT, 82nd Abn. Div.

Paratroopers from Co. B, 2nd Bn., 505th PIR, 3rd BCT, 82nd Abn. Div. emerge from obscuration smoke during the brigade's Combined Arms Live Fire Exercise conducted Feb 26.



Paratroopers run through yellow obscuration smoke during their company live fire exercise. The unit was testing its tactical skills.



A paratrooper applies a tourniquet to his leg to treat a simulated wound while another paratrooper provides security during the company's live-fire exercise.

Soldiers, Airmen partner for joint contracting exercise

By MAJ. GARY CROSTON

900TH CONTRACTING BATTALION CONTRACTING SUPPORT OFFICER

Soldiers and Airmen partnered to conduct the second annual Joint Contracting Exercise spanning 30 unique scenarios centered on a Panamanian drug interdiction operation Feb. 11-13 at Fort Bragg.

Service members from the 900th Contracting Battalion, 4th Contracting Squadron, 3rd Expeditionary Sustainment Command and 905th Contracting Battalion made up teams composed and led by a mixture of both Airmen and Soldiers.

Lt. Col. Jason Miles, the 900th CBN commander, and Lt. Col. Stephanie Myers, 4th CONS commander, charged their staffs to create and conduct what has now become a joint contracting exercise.

The joint integration created a realistic environment that all personnel will likely experience at some point in their career.

Those making up the units' operational contract support integration cell, or OCSIC, are no strangers to deployment, and all four organizations are prepared to deploy worldwide to provide contracting support across a full range of operations. To build upon that, training stressed the importance of integrating contracting teams with the OCSIC and customer.

For the Air Force, this was an introduction to the role of the OCSIC in requirement generation and validation. Recent operations in support of Hurricanes Harvey, Irma, Maria and Florence have proven that sharing joint operational environments can be expected going forward.

"This was yet another great JCX. This exercise really got after enhancing each Soldiers confidence to excel and work as a team in a joint environment," said Col. Brad Hodge, commander of the 419th Contracting Support Brigade.

The 900th CBN along with three additional contracting battalions make up the 419th CSB, located at Fort Bragg.

"This year's scenarios made each team think through operationalizing contracting and work collectively with an OCSIC to improve planning and execution," Hodge added. "To better support warfighter requirements, it's necessary for our contracting teams to train and be nested with operational contract support personnel so that they have the tools, techniques and procedures necessary to deploy and execute contracting support with confidence."

Participants worked through operational phases facing unique challenges. Those included procuring hypothetical supplies such as machetes, tarpaulin and lumber; services such as donkeys to transport cargo through jungle terrain; and construction. Teams also faced local payment issues, unauthorized commitments, disgruntled contractors and aggressive customers. Contracting professionals not only needed to determine an appropriate method of procurement but also advise supported commanders and their staff on capabilities and proper operational contract support in the joint operations area.



Photos by Sgt. 1st Class Jacob Derry/Airmen

Army Capt. Stephanie Ciabotti, center, explains the challenges her team faced during Joint Contracting Exercise-19 to leadership from Seymour Johnson Air Force Base and Fort Bragg, Feb. 11 at Fort Bragg. Four regional contracting centers took part in the exercise with two Army-led teams and two Air Force-led teams. Ciabotti is a contracting officer with the 900th Contracting Bn. at Bragg who served as a team lead for an exercise regional contracting center.

During stabilization in the final phase, teams focused on contingency contract administration services for multiple base camps that were incorporated into the exercise in order to perform administration of complex services.

Organizers said great effort was put forth to cover the four operational phases in just three days.

"I'd like to thank our Army teammates from the 900th Contracting Battalion for inviting us down for the second annual joint contracting exercise. I was very impressed by the level of collaboration taking place during the exercise," said Col. R. Ryan Messer, vice commander of the 4th Fighter Wing, at Seymour Johnson Air Force Base, North Carolina. "The synergistic sharing of knowledge between the Air Force and the Army was incredible. Each group worked seamlessly together sharing ideas, information and teaching each other new ways

to accomplish the mission."

Messer added that the officers and non-commissioned officers in charge "were able to take a group of people, some of whom they've never worked with before, and create one cohesive team focused on providing sound military advice and accomplishing the task at hand."

Miles said JCX-19 was every bit as successful as the previous year and pushed the standard of contracting to new levels by incorporating Air Force and sustainment partners into the process. He added this incorporation creates a long-term planning consideration for all organizations to emulate across the Department of Defense. As such, the planning for next year's event will incorporate actual Fort Bragg tenant unit customers that will generate requirements.

"If we plan, train and exercise together, tactical and operational success shall follow," Miles said.



Teams composed of Soldiers and Airmen work together to solve complex contracting problems and fulfill commanders' requirements during the second annual Joint Contracting Exercise-19.

Air assault school Soldiers master rappelling skills

By GENEVIEVE STORY
PARAGLIDE

The Charles DeGlopper Air Assault School has a proven record for success in leadership, teamwork and attention to detail. When the school is not in a class cycle, it dedicates resources to cultivate and maintain the rappelling skillsets of its cadre. On Feb. 19, instructors conducted internal sustainment training at the school's obstacle course and tower by Pike Field.

"We are doing some tactical rappelling during the day, and then for the evening, we will be night repelling," said Lt. Jessica Deaton, rappel safety officer and executive officer for the DeGlopper Air Assault School. "You have to do your sustainment training and make sure all of your equipment works. We do our night rappelling at All-American DZ, from two UH-60 Black Hawks."

This particular round of sustainment training did not involve students, just a core group of the most advanced

instructors rappelling to hone and validate their tactical proficiencies. Typically, 14 NCOs comprise the team, including air assault instructors rappelling, the commander leading rappel master duties and the rappel safety officer providing overwatch.

"The Soldiers rappelling today are skilled cadre. We have aircraft helping to recertify a couple of pilots in the Combined Arms Training (CAT). We are training together, the pilots are getting some extra training and we are also getting some extra advanced rappelling," Deaton said.

The school's purpose is to discipline Soldiers in the conduct of air assault, sling load and rappelling operations from an aircraft. The instructors teach air assault, rappel master and Fast Rope Insertion/Extraction System (FRIES) master courses.

"Right now, we are doing some combat rappels into the wheel line," said Staff Sgt. Jason Jones from the 503rd Military Police Battalion, 65th MP Company.

"I am here to provide operational support at the air

assault school."

Jones said, in training, they want to make sure that every time they go out to rappel, they descend down and do three controlled breaks off the towers, followed by rappelling beyond the lock end.

Sustainment training requires the Soldiers to perform two variations of rappel — combat and hollywood — to demonstrate readiness.

"When the Soldiers perform rappels with a backpack and they are carrying a weapon, that is called a combat rappel," Deaton said. "Hollywood rappels are when the Soldiers are not wearing equipment."

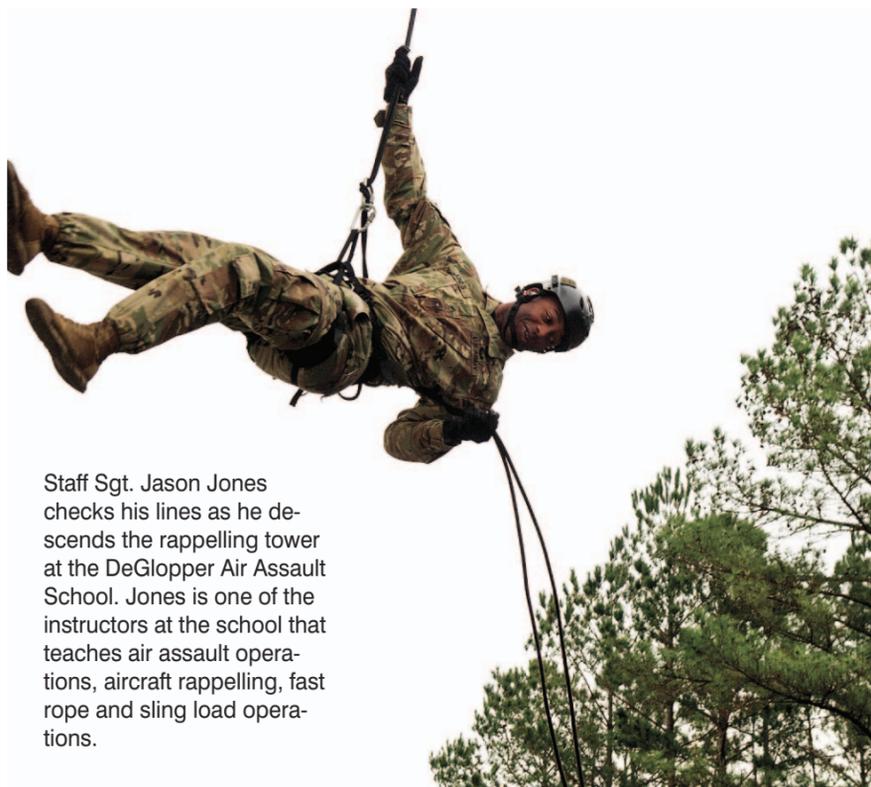
Most rappels performed in sustainment training from an aircraft are done to simulate a combat situation, so Soldiers are required to rappel in their full tactical gear.

"Today has been a fun day out here. You can see the advancement in the instructors rappelling. There is leadership, self-confidence and an aggressive spirit," said Capt. Joseph Adams, rappel master, DeGlopper Air Assault School.



Photos By Lewis Perkins/Paraglide

At the DeGlopper Air Assault School tower Staff Sgts. Eric O'Brien, top, and Deric Burnett, practice their rappelling skills before working with students. The school trains other units in specialty skills that are needed to complete missions.



Staff Sgt. Jason Jones checks his lines as he descends the rappelling tower at the DeGlopper Air Assault School. Jones is one of the instructors at the school that teaches air assault operations, aircraft rappelling, fast rope and sling load operations.



Instructors from the DeGlopper Air Assault School check the harness and equipment of Staff Sgt. Raymundo Ortiz, center. The instructors have a refresher session before working with new students.



Army personnel from the 82nd Abn. Div. out of Fort Bragg, defending their checkpoint, capture terrorists who attacked their position, during checkpoint training held at Chrichik Army Training Center, in the Republic of Uzbekistan. On Sept. 19, 1997, the personnel were participating in a training exercise, during Exercise Central Asian Battalion (CENTRAZBAT) 97. The main goal of the exercise was to increase the ability of mutual interaction of CENTRAZBAT with the units of the North Atlantic Treaty Organization (NATO) states and other partners through practical work out of the common mission of peace-keeping and humanitarian operations.

From the Archives



Contributed photos catalog archives.gov

Sgt. Gerald Anderson from the 82nd Abn. Div. out of Fort Bragg, inspects the driver of a truck for possible weapons, during checkpoint training held at Chrichik Army Training Center, in the Republic of Uzbekistan. The personnel were participating in a training exercise, during Exercise Central Asian Battalion (CENTRAZBAT) 97 on Sept. 19, 1997.

Fort Hood Soldiers put the Army's latest robot to the test

By **STAFF SGT. FELIX FIMBRES**
U.S. ARMY RESERVE COMMAND

FORT HOOD, Texas — Chemical, engineer, and explosive ordnance disposal unit Soldiers are joining a National Guard Civil Support Team to put the Army's latest robotic system to the test.

The Man Transportable Robotic System (MTRS) Increment II is designed to provide Soldiers with increased stand-off capability to detect, confirm, identify and dispose of hazards in a variety of missions and environments, according to Edward Jagodzinski, test officer with the Army Operational Test Command's Maneuver Support and Sustainment Test Directorate (MS2TD).

MTRS is a medium-sized robotic system with modular mission payloads capable of supporting Chemical, Biological, Radiological and Nuclear (CBRN) Soldiers, engineers, EOD, and Special Operations Forces.

"The III Corps and 20th CBRNE Command has embraced this combined operational test venue with units from the 36th Engineer Brigade, 48th CBRN Brigade, and the 79th EOD Battalion located here at Fort Hood to ensure the MTRS can perform their unique mission on the battlefield," said Jagodzinski.

MS2TD designed each unit's test mission to be operationally realistic using input from the units and from each branch's training and doctrine proponents.

He said by the end of these test events, the units will have employed the various systems under test in typical, tactical environments in both daylight and darkness, resulting in realistic training for the units and candid feedback for materiel developers.

"Since operational testing is about Soldiers and unit missions," he said, "these test events are about making sure the system is — and remains — effective in a Soldier's hands and is suitable for the environments in which they will train and fight."

Soldiers from the 181st Chemical Company's Hazard Assessment Platoon and the National Guard CST deployed



Photos by Tad Browning

Soldiers from the 181st Chemical, Biological, Radiological and Nuclear Co. "Double Dragons" and the National Guard Bureau Weapons of Mass Destruction — Civil Support Team participate in Operator New Equipment Training for the Man-Transportable Robotic System Increment II. Soldiers were instructed how to remotely control the MTRS Increment II with various CBRN detection equipment installed as part of the MTRS Increment II operational test at Fort Hood, Texas.

the MTRS in urban, interior and underground terrain in a variety of likely tactical scenarios over eight days.

The goal is to evaluate the robot's usefulness in performing their wartime and homeland defense missions, said Jagodzinski.

The 48th CBRN's brigade commander gave his opinion about the importance of supporting the test and the potential new capability for his Soldiers.

"We want to ensure the right forces are provided for the right missions with the right capabilities to support this test mission," said Col. Christopher Hoffman. "The equipment we use to accomplish our mission is too important not to put the appropriate emphasis on the task."

After the CBRN and CST complete their phase of testing, the engineers and EOD units will get their chance to put the MTRS to task.

A route clearance platoon from the 20th Engineer Battalion's 937th Engineer Company (Route Clearance) and EOD teams from the 797th Ordnance Company (EOD) will spend four days executing their core missions, using MTRS in place of their currently fielded TALON II robots.

The Soldiers will use the MTRS to locate, identify and neutralize a variety of simulated explosive hazards such as improvised explosive devices, mines, unexploded ordnance and weapons caches in a wide variety of terrain and tactical situations.

Test Soldier feedback — both positive and negative — gathered during the test will provide vital information to the capability developer and the Army Test and Evaluation Command, informing a future decision to field the system to the force.



Soldiers from the 181st CBRN Company "Double Dragons" use the MTRS to conduct a CBRN quartering party mission with attached CBRN detection equipment.



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Army returns life-saving helmet to Soldier

By **DEVON L. SUITS**
ARMY NEWS SERVICE

FORT BELVOIR, Va. — It was around lunchtime on Sept. 3 when the shots rang out across Camp Maiwand in eastern Afghanistan.

Two gunmen — one armed with an AK-47 assault rifle and the other operating a mounted PKM machine gun in the rear of a pickup truck — had just opened fire on a group of Soldiers from the 1st Security Force Assistance Brigade visiting the Afghan base.

“The plan was the fully automatic machine gun was going to open up on us, and the AK was going to pick us off one by one,” said Staff Sgt. Steven McQueen, assigned to the brigade’s Charlie Company, 1st Battalion, 28th Infantry Regiment.

“It just so happened that the terrain we were operating in, there was a choke point that we were walking through — it was a perfect opportunity to attack us,” he added.

During the insider attack, McQueen was struck in the back of the helmet with a 7.62x54mm Russian round at a distance of about 20 feet, knocking him off his feet, he said. Understanding the gravity of the situation, McQueen quickly recovered and started checking on his Soldiers as they worked to secure their position.

“It’s nothing that I’ve experienced in my life that I can relate it to,” McQueen said. “If I had to guess, (it would feel like) you stood there and let a horse kick you in the back of the head.”

“I was surprised that I was able to react as quickly as I did because I knew what had happened ... I knew I was shot,” he added.

The attack lasted about 10 minutes before Afghan National Army forces moved in to apprehend the rogue policemen, McQueen said.

Command Sgt. Maj. Timothy Bolyard was fatally shot in the attack and was laid to rest at the West Virginia National Cemetery later that month. McQueen was sent to Germany and treated for a traumatic brain injury.

“I had no surgeries. Basically, the eight days that it

took me to get (from Germany) to Fort Benning (in Georgia), the brain bleed was healed,” he said. “Other than some physical therapy to correct some balance issues, that’s the only treatment I’ve had.”

On Monday, leaders at Program Executive Office Soldier presented McQueen with his damaged Enhanced Combat Helmet during a personal protective equipment return ceremony.

“My dad used to have this saying. He would say, ‘Son, Superman is not brave,’ Brig. Gen. Anthony Potts, head of PEO Soldier, said at the ceremony. “My dad was telling me (that) Superman was invincible. He couldn’t be hurt. The reality is our servicemen and women can be hurt.”

Affixed to a plaque, the section of McQueen’s damaged headgear shows clear signs of distress with a portion ripped open to expose layers of shredded padding underneath.

“I want our equipment to make our Soldiers invincible,” Potts added. “We’re going to do our best to provide you the equipment that you need to go out there and fight and return.”

After the presentation, PEO Soldier officials met with the media to discuss the new Soldier Protection System, or SPS. The new system provides Soldiers with a modular, scalable integrated system that can be tailored to meet their mission requirements.

The fact that McQueen is still alive today is “a testament to what we do as acquisition professionals, in terms of providing capabilities that will bring our Soldiers home safely,” said Col. Stephen Thomas, Soldier protection and individual equipment project manager.

The Enhanced Combat Helmet, he noted, resulted from collaboration between the services after it was procured by the Marine Corps.

This allowed us to provide the highest level of capability to our warfighters going into harm’s way,” Thomas added.

The 3rd Brigade Combat Team, 82nd Airborne Division, at Fort Bragg, North Carolina, will be the first conventional force to receive the upgraded personal protective equipment.



Photo by Devon L. Suits/ARNEWS

Program Executive Office Soldier officials presented Staff Sgt. Steven McQueen with his damaged Enhanced Combat Helmet during a ceremony on Fort Belvoir, Virginia, March 3, 2019. During the insider attack on Sept. 3, 2018, McQueen was struck in the back of the helmet at a distance of about 20 feet. The helmet protected him from the shot, and he was able to recover and help secure the team’s position.



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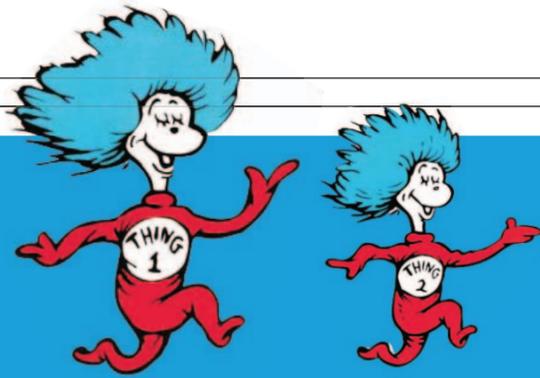
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Seuss-tacular

events take place at Fort Bragg

By ALYSON HANSEN
PARAGLIDE

Gordon Elementary celebrated Read Across America Feb. 25 through March 1 with a Dr. Seuss themed literacy spirit week.

Each day was themed after a different Dr. Seuss book with a culminating event Friday.

"I liked Wednesday because I got to wear my mom's hat," said Victoria, 7, a first-grader. Wednesday was "The 500 Hats of Bartholomew Cubbins" day and students got to wear their favorite hats.

"My favorite Dr. Seuss book is the 'Sneetches,' because they go back and forth and back and forth and then they finally understand," she said.

Bailey, 6, said she liked Thursday the best, because she got to dress in her favorite color, pink. Thursday was titled "My Many Colored Days," and kids got to wear outfits entirely in their favorite color.

Edward, 7, said Tuesday, "Maybe You Should Fly a Jet! Maybe You Should be a Vet!" day, was his favorite because he got to wear a firefighter shirt. Children spent the day dressed up as what they want to be when they grow up.

"This is a time for kids to celebrate reading in conjunction with Dr. Seuss' birthday on March 2. The theme this year is 'Celebrating a Nation of Readers,' so all the spirit activities this year are focused around diversity," said Pamela Bailey, librarian at Gordon Elementary.

It is something Gordon Elementary does every year, but this year was a bit different. The Fort Bragg Association of Educators obtained a grant from the National Education and Federal Education associations. The grant helped Bailey and other Gordon educators bring in Scooter Hayes, a storyYELLER, international library hip hop superstar and children's librarian as part of their literacy week activities. The grant also covered reading themed prizes for the children throughout the week.

The assembly Friday morning kicked off with three first-graders delivering the National Education Association's Readers' Oath. Scooter Hayes then took the stage with a hip hop song about getting a library card.

"Libraries create communities and that's what is so important about them," he told the kids.

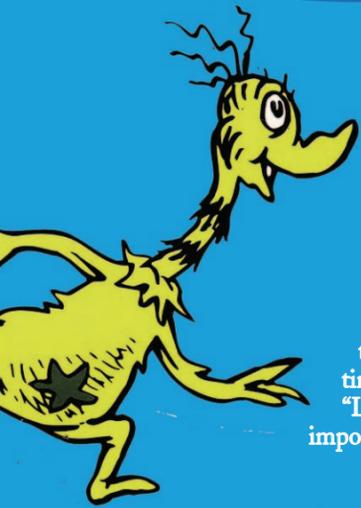


Photos by Alyson Hansen/Paraglide

Scooter Hayes, in a beautiful persona, performs for children at Gordon Elementary School, March 1. Hayes was invited to perform at the school in celebration of Read Across America.



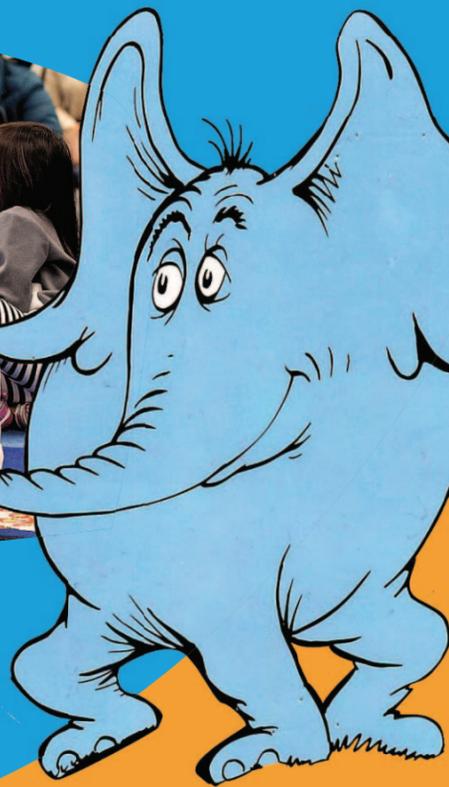
Gordon Elementary School children dance while watching Hayes perform on stage during an assembly, March 1. The assembly was the culminating event celebrating Read Across America and Gordon's literacy spirit week.



Sgt. Sean-Michael Ryan, Co. A, 2nd Bn., 504th PIR, 1st BCT, 82nd Abn. Div., who dressed up as the Cat in the Hat, reads "Green Eggs and Ham" by Dr. Seuss to Families at Throckmorton, March 1.



Families listen to "Green Eggs and Ham" at Throckmorton Library, March 1.



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.

TRUMBO:

When: Today 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.

HOOP SKIRTS AND GUNPOWDER: A WOMAN OF THE FAYETTEVILLE ARSENAL

When: March 10, 2 p.m.
Where: Cumberland County Headquarters Library — Pate Room
Cost: Free

When the Civil War broke out, men were needed in the frontlines, but they also needed ammunition, so the country looked to new workers — women. Hear from one of the women who took to the arsenal's work and away from her domestic life. Was the danger worth the freedom it gave her? The presentation will include describing what women did in the arsenals, the jobs women performed in the Civil War, and comparisons between the freedoms and dangers arsenal workers had with the confines of domestic life.

Call (910) 500-4240 for more information

BABYPALOOZA FAYETTEVILLE 2019

When: March 9, 9 a.m. to 3 p.m.
Where: SkyView on Hay
Cost: Free

It's time for Babypalooza to head back to its home-base of Fayetteville to bring together all the amazing services and products available locally for moms, moms-to-be, families and kids. You can get the best that Fayetteville has to offer in handmade items, baby services, mom services and family fun.

There will also be bouncy houses and activities scattered around the venue. Join in all the fun and good times during the event! Additionally, attendees will be able to learn more about baby and family-oriented services that give focus to babies and are offered in your community, receive baby consultations about 'need to know' baby information, find breastfeeding and cloth diapering support and education and more.

For more information, visit the website at www.gotobabypalooza.com/.

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

22-13 VETERANS' SUICIDE AWARENESS MEMORIAL

When: March 15, 6 to 9 p.m.
Where: Airborne and Special Operations Museum
Cost: Free

The Airborne and Special Operations Museum Foundation invites you to attend the opening ceremony and candlelight vigil March 15 for the "22-13" Veterans' Suicide Awareness Memorial.

Twenty-two Soldiers take their own lives every day. Artist Scott LoBaido has created an emotional memorial to bring awareness to this tragedy. Scheduled to travel to each of the original 13 colonial states, the memorial will stand in the ASOM Parade Field from March 15 through 17.

Join to show your support for the Families and Soldiers whose lives have been affected by suicide — the wounds we cannot see. For more information, call (910) 643-2778.

"MAMA, WE MADE IT!" COMEDY TOUR

When: March 16, 8 p.m.
Where: Sports USA Bar and Grill
Cost: \$25 in advance; \$35 at the door

It's going down again at Sports USA Bar and Grill on Fort Bragg: The "Mama, We Made It!" Comedy Tour, hosted by Gangster of Comedy "Capone." The lineup of comedians will include Marvin Hunter and Alfred Kanga. There will also be SGT (Soldiers Got Talent), with Fort Bragg Soldiers participating in showing off their talents. Doors open at 7 p.m., and the show kicks off at 8 p.m. Visit www.eventbrite.com/e/mama-we-made-it-comedy-tour-hosted-by-gangster-of-comedy-capone-tickets-55736512409 for more info and for tickets.

FAYETTEVILLE MARKSMEN MILITARY APPRECIATION AND PRINCESS/SUPERHERO NIGHT

When: March 16, 4:30 to 9 p.m.
Where: Crown Coliseum
Cost: Prices vary

Come one, come all for an awesome night for kids of all ages. Join the Marksmen before the game from 4:30 to 5:30 p.m. as we have Disney Princesses Anna and Elsa, Ariel and Moana for a royal meet-and-greet party. Ticket package includes the meet and greet and a ticket to the game, and can be purchased at www.thefayettevillemarksmen.com/item/march-th-princess-party-game?fbclid=IwAR2xjDh82HD3RcQBHSbTyZX8-exoP13vqNb2BwBoy6UQpoz4yFmB3BYsRps.

The Marksmen are also hosting a Super Baby Race. During an intermission, watch in awe and excitement as we suit up the fastest babies in the area for a crawl-'til-you-fall race. Register your baby to enter at www.marksmenhockey.com/enter-your-baby-for-our-super-baby-race/?fbclid=IwAR0K4o3HLmrRX55NE D3LrVifPsVNsCaRD2AtdZFhRmmgIz8N4nZSISkXY0.

Finally, join the Marksmen as they celebrate the real heroes in our community for Military Appreciation Night. All active duty and retired Military — from any branch — gets into the game for just \$10 as a way of saying "thank you." Military personell can purchase tickets at www.thefayettevillemarksmen.com/item/military-appreciation-march-th?fbclid=IwAR0-BoAG42VEJCrKA5aXUbcmoewQkxg_uXZZNZs-JNwKjWo9fDf0TDLpGyk.

SESAME STREET LIVE!

When: March 20, 10:30 a.m.; 6 p.m.
Where: Crown Coliseum
Cost: \$21.50 to and \$46.50

Jump to the beat with your friends on Sesame Street! Introducing an all-new, interactive show that unfolds on one of the world's most famous streets at the funniest, furriest party in the neighborhood.

Join in the fun as the Sesame Street community discovers choosing a party theme is more challenging than they could have ever imagined. Learn new songs and sing along to familiar favorites with Oscar and Cookie Monster; build a snowman with Elmo; flap your wings with Big Bird; marvel at Abby's magic; be amazed when Super Grover flies, and move to the rhythm with Rosita.

For tickets and more information, visit www.crowncomplexnc.com/events/detail/sesame-street-live

CATAWBA VALLEY POTTERY AND ANTIQUES FESTIVAL

When: March 23, 9 a.m. to 5 p.m.
Where: Hickory Metro Convention Center, Hickory, North Carolina
Cost: \$6 for adults, \$2 for children under 12

The 22nd Annual Catawba Valley Pottery and Antiques Festival showcases the history of Catawba Valley alkaline-glazed stoneware and the potters who continually produce this traditional utilitarian ware. Since most potters utilize wood-fired kilns at home sites, information about sales was tenuous, with customers relying on word-of-mouth or post cards. The CVP and AF provided an annual sale where pottery made in Catawba Valley could be purchased. Over the years, development and growth have allowed the festival to include potters from across the state and the South, as well as dealers offering historical pottery and antiques, providing a context for understanding the history and use of pottery in the South. The festival is a juried event. More than 115 potters and vendors will offer their wares and antiques. Items include historical pottery, textiles, baskets, furniture and miniature items, with contemporary potters selling items ranging from coffee mugs to amazing works of art.

For more information, visit www.catawbavalleepotteryfestival.org/?utm_source=www.visitnc.com&utm_medium=referral&utm_campaign=downstream.

NORTH CAROLINA AZALEA FESTIVAL

Where: Historic Downtown Wilmington, North Carolina
When: April 3 through 7
Cost: Event costs vary

The North Carolina Azalea Festival is a celebration of Wilmington's exceptional artwork, gardens, rich history and culture during its five days of pageantry. Celebrate spring southern-style with colorful parades, bustling street fairs, charming Home and Garden tours and nationally-known entertainment performing concerts as well as the majestic coronation of a Festival Queen and Princess. For more information, visit <https://incazoleafestival.org/>.

Toastmasters host party at Throckmorton

By **ALYSON HANSEN**
PARAGLIDE

Every other week, members of All American Toastmasters meet at Throckmorton Library.

Toastmasters are individuals who want to better their public speaking and leadership skills.

"Toastmasters is a nonprofit organization where we help individuals with their public speaking and leadership skills. We have them join and we have meetings where we give speeches and good feedback. The meetings are a safe place to learn," said Ramona Baylor, club growth director for district 37 East and club president for All American Toastmasters.

All American Toastmasters has been an established chapter for a year. Members of the group were awarded with anniversary certificates in a chapter party, Feb. 28. The party was a celebration of everyone in the room, both toastmasters and guests alike. It was also an opportunity for members to practice their public speaking skills.

Justin Mitchell, deputy garrison commander, Fort Bragg, opened the meeting with an anecdote about the first recorded fear of public speaking in the historical record.

"Moses goes to the burning bush and he's told to go talk to the king and what does he say? I'm slow of speech, I don't talk very well, I think there is someone better at this than me," Mitchell said.

In the end, however, Moses goes and speaks to Pharaoh.

"Part of the mentorship and the programs and instruction that I do has a big part on communication. As a leader you have to be able to communicate sometimes sophisticated or complex issues succinctly but understandably so your workforce can execute them. I applaud you for taking on that mantle of responsibility," he said.

Toastmasters meetings are all about building each other up. Members clap after everyone is done speaking and positive feedback is given after speeches. Members call each other by formal titles. The emcee of the event, a different person each meeting, is called Mr., Mrs., or Ms. Toastmaster. A timer is appointed at each meeting, a person who gives a report



Photos by Alyson Hansen/Paraglide

Members of the All American Toastmasters clap for group members being recognized, Feb. 28, at Throckmorton Library. The club was celebrating its one-year anniversary. All American Toastmasters membership is open to everyone.

on how long everyone speaks. An "uh" counter and grammarian is appointed. This person counts filler words such as "uh" and "um" and also picks out words or phrases that speak to them.

Maj. Michelle Chillis, United States Army Reserve Command, was the "uh" counter and grammarian for the Feb. 28 event. She picked out the term "life force" as something that spoke to her during member Jean Snider's speech. Chillis spoke during the "table topics" portion of the meeting, where members are randomly called upon to speak on topics they don't know about beforehand. Chillis was asked what inspired her.

"I joined (the military) because I wanted to be with people who had values, who wanted to do the right thing. For me that was kind of the American dream. And then I had children, and you know that children can change your whole life. They are now my inspiration. In the morning when I don't want to get up, I know that I want more for them ... The joy we get



Justin Mitchell, deputy garrison commander, Fort Bragg, speaks during an All American Toastmasters party, Feb. 28.

from experiencing a life force, has become my inspiration," she said.

"Toastmasters has elevated my standard of speaking as well as making me more confident in a group setting with public speaking," said Eric Woody, secretary of All American Toastmasters and a human resources assistant at Womack Army

Medical Center.

All American Toastmasters membership is open to everyone. The meetings are held on the second and fourth Thursdays of the month, from 11:30 a.m. to 12:30 p.m. at Throckmorton Library. For more information on how to join, visit <https://6843645.toastmastersclubs.org/>.

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Fort Bragg CG's Pay Day Golf Scramble drives in season at Ryder



Photos by Lewis Perkins/Paraglide

The Fort Bragg Commanding General's Pay Day Golf Scramble commenced at Ryder Golf Course, March 1. The event offers participants 18 holes, a range of balls, carts and prizes and will continue through November. Todd McCliment, an information technology specialist at Fort Bragg, braces as the ball takes direction on the green after his stroke.

By **GENEVIEVE STORY**
PARAGLIDE

Golf enthusiasts gathered at Ryder Golf Course March 1 to commence the 2019 season of the Fort Bragg Commanding General's (CG) Pay Day Golf Scramble. Disregarding inclement weather conditions, golfers were greeted at the Ryder clubhouse by golf personnel and service members for morning registration.

"This is our first Fort Bragg Commanding General's Pay Day Golf Scramble of 2019," said Robert Taylor, head golf professional and business manager at Ryder Golf Course for the past 20 years. "Ryder had 64 people sign up, 16 teams. We had a few teams cancel with the pending storms. This golf tournament is due to draw people out."

A captain's choice event open to all skill levels, the CG's Pay Day Golf tournament will rotate from March through November, between Ryder and Stryker golf courses. The event offers participants a shotgun start, 18 holes, a range of balls,

carts and prizes. The field is limited to the first 25 eligible teams.

"We have closest-to-the-pin prizes today; as well as the four par-3 and the short holes," Taylor said. "When you hit your first shot on the green, whoever is closest to the hole will win a dozen balls."

Ryder Golf Course, a beautiful green among tall Carolina Pines and rolling hills, is making its comeback after an unseasonable rainy winter and a rebuild of several bridges on the course. With the certainty of fresh regrowth of turf, newly minted construction on the course, and state of the art irrigation, Ryder is ready for the golf season.

"We have six wooden bridges over creeks that we just had redone. The course is challenging for all skill levels," Taylor said.

With modest and rolling greens, tree lined fairways and well-positioned bunkers, the specialized course is sure to please for prospective golfers in competition at the CG's Pay Day Golf Scramble series.

April's edition of the CG's Pay Day Golf Scramble will take place at Stryker Golf Course.



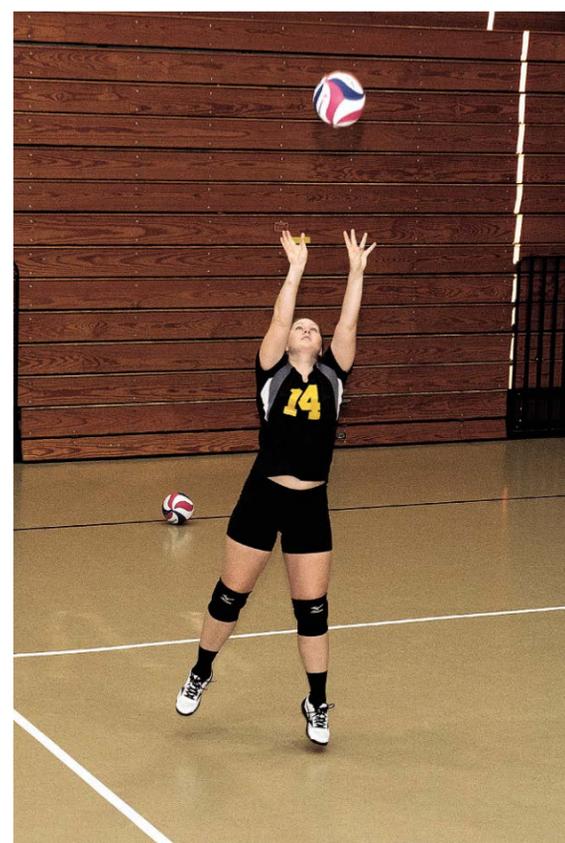
Capt. Sam Schreck, Co. F, 96th Civil Affairs Bn., makes his second shot to the green at the CG's Pay Day Golf Scramble, March 1.

Ace, dig, spike!: All-Army Volleyball teams take on championships



Photos by Lewis Perkins/Paraglide

Members of the All Army Men's Volleyball team run drills during a practice session. Left to right, Pfc. Willie Richardson, Sgt. Eduardo Vazquez, Staff Sgt. Johnquinn Taitin, and Spc. Jean Agosto.



1st Lt. Abbey McConnell, and the All Army Women's Volleyball team, practice at Ritz-Epps Physical Fitness Center, in preparation for the Armed Forces Championships.

By **GENEVIEVE STORY**
PARAGLIDE

The post-season is upon the All-Army Men's and Women's Volleyball teams as they transition from training to tournament game play. On March 2, the All-Army Men's Volleyball Team arrived to Fort Bragg from their trial camp location of Fort Indian-town Gap, Pennsylvania. The All-Army Men's and Women's Volleyball teams made their final team player selections and both squads are gearing up at the Ritz-Epps Physical Fitness Center for the Armed Forces Men's and Women's Volleyball Championships, set for March 6 through 8.

"We arrived in town on Saturday and had a scrimmage on Sunday," said Chief Warrant Officer 4 Jorge Negron, 311th Signal Command, Fort Shafter, Hawaii, head coach of the All-Army Men's Volleyball Team. "We are preparing for Wednesday, the start of several days of round-robin competition, to eventually crown the best. The men's team is strong and ready. We wish everyone competing the best of luck."

The Armed Forces Volleyball Championships will bring men's and women's volleyball teams from four branches of the military — Army, Navy, Marines and Air Force — in a head-to-head championship, competing against one another to claim victory for its respectable

service branch. Volleyball matches will be held at Fort Bragg's Ritz-Epps Physical Fitness Center.

"We have regular practice this morning, where both men's and women's teams will work on passing and serving deep, in preparation for the start of the championships Wednesday morning," said Sgt. 1st Class Sherri Lagasse-Randall, Headquarters and Headquarters Company, 165th Military Police Company, 705th Military Police Battalion, Fort Leavenworth, Missouri, head coach of the All-Army Women's Volleyball Team. "Both teams had a great showing at their scrimmage games this past weekend. We are prepared and look forward to the championships."

The Story Report: Absolute Altitude

By GENEVIEVE STORY

PARAGLIDE

I have spent countless hours circling Pope Field, on training runs. I am perpetually enamored by aviation and the military aircrafts of C-130, C-17's, CASA 212 and UH-60 Black Hawks that fly directly overhead.

I had the unique opportunity on Jan. 31 during a civic leaders tour to receive an insider's perspective of the Pope Field flight line and air traffic control room. I also witnessed Air Force operations and the air medical evacuation team's training simulator and capability demonstration, as well as visited the Heavy Drop Rigging Facility on Fort Bragg.

Pope Field, named after early military aviator 1st Lt. Harley Halbert Pope, is home to the United States Air Force Mobility Command 43rd Airlift Wing, 23rd Fighter Wing and 18th Air Support Operations Group.

The field has played a leading role in the development of U.S. tactics and air-power. Missions at Pope Field range from airlift and close air support to the American armed forces, to humanitarian missions flown all over the world. Pope Field provides air transportation particularly for the U.S. Army's XVIII Airborne Corps and 82nd Airborne Division, based on Fort Bragg.

Flight is transient in its objective. Yet the feeling is freeing, and even if just for a moment in time, it allows you to rise above and go beyond what you thought you were capable of or knew was possible. Flying takes you up and over and away on a journey, filling you with excitement, exhilaration and fear. There is excitement for the prospect and possibilities of education and new places. And there is a desire to seek the unknown, to go past our comfort zones and face fear in the eye. Similar to the feeling I get when I am running around the undulating, secure and grand parameter of the field in the wee hours



DoD Photo

of the morning or at dusk when the sun is finally setting, I feel free. Flying, much like running, is a metaphor for life and its journey. You build a confidence and faith through it, and the ability to cope with situations that test you. You never stop learning, you never stop growing, you never stop chasing that feeling of freedom.

This tour demonstrated how the Air Force supports the Global Readiness Force (GRF) and the 82nd Airborne Division, reaffirming my admiration for aviation and my continued marvel in flight.

SPOTLIGHT

The strength of our Army is our Soldiers

By GENEVIEVE STORY

PARAGLIDE

Strength, support and self-discipline are three fundamentals that Andrew Kingsley lives by. As the facility manager for Fort Bragg's Family and Morale, Welfare and Recreation, and the Basic Barbell Training Course and Barbell Strength and Conditioning Program instructor at Tucker Performance Enhancement Center (PEC), Kingsley remains a creature of service.

"I served 10 years. I was active duty from 1997 to 2001 here on Fort Bragg with B Co., Support Battalion, Special Warfare Center and School," Kingsley said. "I served in Iraq in 2004 to 2005 with the North Carolina Army National Guard, A Co., 230th Support Battalion, 30th Brigade as a specialist/E-4." Kingsley said he now has the opportunity as a strength coach to give back to Soldiers and help them prepare for Army expectations."

Kingsley viewed fitness as a way to give back to both citizens and Soldiers in a

community that was in need of education on the importance of strength and conditioning. As the program coordinator for the Basic Barbell Training Course and Advanced Barbell Strength and Conditioning Program at Tucker PEC, Kingsley teaches primary barbell movements and exercises to develop an individual's strength and capacity, increase fitness and provide comprehensive plans focusing on injury prevention. With 15 years' experience coaching, a bachelor's degree in exercise and sports science, various specialist certifications in his discipline and a seasoned powerlifter, Kingsley is no stranger to the field or its importance.

"I recognized strength as a foundation due to my own body's wear and tear," Kingsley said. "If we don't have strength as a base and follow proper movement in the pursuit of strength, then we really can't do anything. Longevity in any pursuit is not possible without it."

Kingsley reminisced about his days in the Army and running the Army Ten-Miler race in Washington, D.C. every year.

"When I was active duty, I used to run the 10 mile race every year, and my joints would start hurting. I didn't know anything about strength," he said.

Serving in Iraq, Kingsley was a truck driver. With a 140 pounds of equipment on his back, he maneuvered every day, all day long with continuous and repetitious compression, pounding and twisting.

"The funny thing is, I fell into strength training when I was active duty because I was passing my PT test, but my body mass index was out of range," Kingsley said. "I was running like a mad man and I was losing muscle and holding onto fat. And I was hurting too. Implementing strength in to my routine is what turned me around," Kingsley said.

The new Army PT test standards require Soldiers to successfully complete five strength portions and one endurance portion. Strength and conditioning as part of a training regimen is one of the best and most efficient ways to accomplish your short-term PT goals.

"As a strength coach, my greatest accomplishment is providing civilian and



Photo by Lewis Perkins/Paraglide

Andrew Kingsley is the program coordinator of the Basic Barbell Training Course and Advanced Barbell Strength and Conditioning Program at Tucker Performance Enhancement Center.

military athletes with the tools they need to build a foundation of strength. Strength is the single most important physical attribute a person can improve upon. It is a vital support system and enhances everything else," Kingsley said.



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 9:30 a.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.



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 Muggger 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.

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-rinks> 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.

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For more information on our personal trainers 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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