

Secure: Keeping Fort Bragg safe



Photo by Jelia Hepner/Paraglide

At approximately 10:30 a.m. Tuesday, an 82nd Abn. Div. Soldier working the All American Access Control Point (ACP) stopped a foreign national from entering Fort Bragg. The individual had an expired visa, drivers license and out of date registration. Canine units reacted to the suspect's vehicle and as a precaution, the ACP was closed. After an inspection by the Explosive Ordnance Disposal team, no explosives were found. The ACP was reopened at approximately 2:45 p.m.

Achievement panel provides inspiration for young women

By EVE MEINHARDT
FORSCOM PAO

OKLAHOMA CITY, Okla. — The U.S. Army Oklahoma City West Recruiting Company hosted a Women's Achievement Panel at Southern Nazarene University on International Women's Day, March 8, for young women attending local middle and high schools.

The panel was comprised of six successful women who spoke about their experiences and answered questions to provide inspiration and guidance for the young women as they navigate the difficulties of their teenage years and start looking toward what they would like to accomplish in the future.

Lt. Gen. Laura Richardson, acting commanding general, U.S. Army Forces Command, provided the keynote address. As the first female combat helicopter battalion commander in the Army while deployed in Iraq to being the first female deputy commanding general and now acting commanding general of



Photo by U.S. Army

Lt. Gen. Laura Richardson, acting commanding general, FORSCOM, gives the keynote address during the 2019 Women's Achievement Panel at Southern Nazarene University in Oklahoma City, Okla., March 8.

FORSCOM today, she said she never imagined that all of this was possible, but that she's found her life's work very satisfying and that she feels like she's made a difference.

Richardson advised the young women that they own their own success and encouraged the adults in the room to help our youth find their dream and connect the pathway to that dream.

See Women-Page A3



Courtesy photo

An employer discusses job openings to a Soldier during a Fort Bragg Transition Expo.

Transition expo tailored for installation service members

By TOM MCCOLLUM
FORT BRAGG GARRISON PUBLIC AFFAIRS OFFICE

Service members and their Families who are considering leaving military service within the next 18 months have a great opportunity to begin looking for a professional life after their service at Fort Bragg's Transition Expo at the Iron Mike Conference Center, April 23 through 24. Throughout the two-day event, workshops and briefings will be offered on how to prepare for interviews, how to highlight talents and military skills for civilian jobs and how to separate veterans from their civilian counterparts.

Organizers of the expo, Fort Bragg's Soldier for Life-Transition Assistance Program (SFL-TAP) and the USO of North Carolina, are ensuring the prospective employers are seeking the type of skills Fort Bragg service members have.

"In the past, our Transition Expo was a collection of prospective employers who were seeking a wide variety of skills,

some of which are rare here," said Kelli Willoughby, USO of North Carolina Warrior and Family programs director. "Many of the service members who attended these events asked us to try to find employers who want what they offer. So we listened and adjusted who we were inviting."

The USO and SFL-TAP have also made other changes to help fit the needs of the Fort Bragg community. A networking cocktail social will be held the evening of April 23 while the majority of the Expo will be held April 24.

"We will now hold our breakout sessions the same time as the hiring fair. This way people can talk to prospective employers and then learn how to better prepare for their actual interview," said Willoughby. "With the training needs and operation tempo of Fort Bragg many service members said they could not take three days off to attend past expos."

See Expo ————— Page A3



Fort Bragg celebrates Women's History

Read more about Women's History on page 1C in Life.

Courtesy Photo

These four female pilots leaving their ship at the four engine school at Lockbourne are members of a group of Women Airforce Service Pilots (WASPS) who have been trained to ferry the B-17 Flying Fortresses.

PARAGLIDE

Fort Bragg Voices

This week, we asked:

“What woman has inspired you during your lifetime?”



“My stepmother. She is 5 feet tall but very powerful like a mighty Chihuahua. She is incredible and I don’t give her enough credit.”

Officer Nicole Burton,
Fayetteville Police Department



“I am inspired by Malala Yousafzai. She works for education for younger women. She been through a hard situation but she made herself stronger because of it.”

Olivia Garner,
Development and fundraiser manager for the Airborne and Special Operations Museum Foundation



“My grandmother. She was always very determined and hard working. She fought to the very end, she died of cancer 10 years ago. “

Spc. Devin Pruett,
550th Military Working Dog Detachment



“My grandmother who is battling cancer right now. Single mother of 3, so she pushed through pretty hard.”

Pfc. Cameron Roy,
550th Military Working Dog Detachment



“I would have to say my mom, her being a military spouse with four kids. She is a strong woman who always made time for us. My father did four tours, so she always kept us a Family and putting her heart into everything.”

Kim Lloyd,
Family Member

Message from XVIII Airborne Corps Command team

International Women’s Day 2019

Founded more than a century ago, International Women’s Day honors the social, economic, cultural, and political achievements of women. This year’s theme, *Balance for Better*, highlights gender parity as essential in all aspects of life — from thriving, global economies to vibrant, local communities. Furthermore, International Women’s Day strives to bridge the gender gap by addressing the needs of both women *and* men, equally.

The XVIII Airborne Corps’ mission requires a diversity of viewpoints to successfully operate in a dynamic and complex environment. International Women’s Day is about finding smart, practical, and *inclusive* solutions to the missions that our nation expects us to accomplish. All across the globe, our Corps protects citizens and creates opportunities for women to excel; which contributes to the stability, security, and prosperity of entire nations.

Today, we celebrate the contributions of women within XVIII Airborne Corps who serve in many diverse roles and leadership capacities. The success of our mission is contingent upon our ability and attitudes in addressing the needs of people, regardless of sex, race, creed, religion or social class. The diversity of our teammates makes us unified, stronger, and better.

Not every citizen of the world enjoys the privileges and rights of a free society — International Women’s Day is a call to action to combat gender inequality and violence against women. It takes all of us, working together, to make a difference; and, it starts now.

“One person alone cannot change the world, but they can cast a stone across the waters to create many ripples.” – Mother Teresa



Charles W. Albertson
Charles W. Albertson
Command Sergeant Major, U.S. Army
Command Sergeant Major



Paul A. LaCamera
Paul A. LaCamera
Lieutenant General, U.S. Army
Commanding General
For The Best in 2019
Thanks For your service & sacrifices.



The Lottery

By **JENNIFER MORALES**
PARAGLIDE

Every time we pass by the Powerball sign, and see the numbers growing each week, it has an almost automatic response of, “what would you do if you won?” As a military brat and spouse, there are many things that I would do.

Being military, we have the opportunity to meet amazing people, visit beautiful places and eat delicious food, all over the world. With that comes a great burden of sadness because that means that we have to divide amazing friendships, leave stunning scenery and say goodbye to favorite restaurants. If money could buy anything this is what I would spend it on.

In my family, I am known as the ‘crazy

dog lady’ vs the ‘crazy cat lady.’ At one point our family had 11 dogs at one time, seven of which were puppies from a dog we were told was fixed. From this, you can probably guess what I would do first if I won. I would adopt an ungodly amount of dogs, which would then force me to find a larger home.

Secondly, I would buy an island where I could move all of the amazing dogs and people we have met along the way. We have met such incredible people but they haven’t gotten to meet each other. If we could all live together, we could introduce our best friends from Alaska to our great friends in Georgia. This would also save our kids and ourselves from feeling the pain that military PCSing often brings.

Thirdly, I would buy all of the restaurants that we have grown attached to along the way. That would mean that pizza place in Italy and the Vietnamese place in Augusta would always be an option. No longer would we have to deal with the frustration of food just not hitting the spot. Instead, our hardest choice would be which one to choose.

While others dream of expensive homes, closets full of purses and shoes, my dream is a bit more thoughtful. It would be hard for any of the stresses of life to be able to have any sort of stronghold with puppies all over the place, fresh Italian pizza on the table, and incredible friends surrounding us.

THE PARAGLIDE

Garrison Commander **Col. Kyle Reed**
..... kyle.a.reed4.mil@mail.mil
Public Affairs Officer..... **Tom McCollum**
..... thomas.d.mccollum2.civ@mail.mil
Production Manager **Lynnie Guzman**
..... lguzman@fayobserver.com
CI/Editor **Jackie M. Thomas**
..... jacqueline.m.thomas3.civ@mail.mil
Assistant Editor **Jennifer Morales**
..... jmorales@theparaglide.com

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Photo Manager **Lewis Perkins**
..... lperkins@theparaglide.com
Graphic Artist **Bryan K. Reed**
..... breed@theparaglide.com
Focus Editor **Jelia Hepner**
..... jhepner@theparaglide.com
Life Editor **Suet Lee-Growney**
..... cleegrowney@theparaglide.com
Staff Writer **Genevieve Story**
..... gstory@theparaglide.com

Mailing address: Fort Bragg Public Affairs Office, 901 Armistead St. Building 34, Pope Field, North Carolina 28310.

Telephone: (910) 396-6991; DSN 236-6817; Fax 396-2178;

Office location: 901 Armistead St. Building 34, Pope Field, North Carolina 28310.

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Michael Quinn, LinkedIn's 2018's Top Voice in Management and Workplace will be the guest speaker at the networking cocktail. He will also present at one of the breakout sessions.

Quinn is a world-known expert in workforce planning, training and employee relations and has worked with companies in more than 45 countries. In his LinkedIn account, Quinn notes that his understanding of military transition programs enables him to tailor innovative talent acquisition and marketing programs to meet employers' requirements.

The expo will offer an array of options for attendees to take an advantage of. Representatives on hand will vary from government positions, to law enforcement, IT, manufacturing, agriculture and various other careers. Service members have shown an interest in. Employers will provide booth displays for job openings, material about their organizations and a chance for job seekers to communicate in-depth with employers.

"These are not just local jobs, nor entry positions, these are jobs available throughout the U.S. that can lead to a career," said

Mr. William McMillian, the Fort Bragg SFL-TAP transition services manager. "There is a wide variety of employers coming here looking for potential employees who know how to lead, are task oriented, have a good work ethic and can be counted on, exactly what Fort Bragg service members have to offer."

In addition to service members, the summit is open to veterans and military spouses looking for a better job or new career.

While the hiring fair is taking place, three breakout sessions will be held to help Service members prepare for interviews.

Quinn will discuss how to build a strong LinkedIn account and how to brand yourself to attract employers. Team Addo, an organization established to assist veterans, will help service members on how to properly dress for interviews. A third session will help individuals prepare resumes and how to quickly establish themselves to employers.

"The whole intent of the Expo is focused on improving competitive employment, not just getting 'Joes and Janes' hired for minimum wages," said McMillian. "Everyone who attends should not expect to leave with a job offer but with a contact who is truly interested in talking to them because they are interested in hiring them."

For more information and to register for the workshops and training sessions go to bit.ly/braggtransitionexpo or if you have any questions contact Bridgett Byrd at bridgett.m.byrd.civ@mail.mil.

"If you don't know where you're going, it will be hard to get there," she said. "There are so many opportunities out there in our country for military service, for public service, for national service. Our teachers, coaches and parents are our guides to those opportunities. Those opportunities are fleeting. If you're not ready to reach and grab them in high school, there's a good chance they won't come around again and they will pass you by."

After her speech, Richardson answered questions as part of the panel of women, which included 1st Sgt. Danielle Balson, U.S. Army Tulsa Recruiting Company; Col. Lisa Bartel, commander, 31st Air Defense Artillery Brigade; Dr. Jeanette Mendez, dean of Arts and Sciences, Oklahoma State University; Judge Barbara Swinton, Oklahoma Court of Appeals; and Avilla Williams, president of Integris Health Edmond.

All of the panel members spoke about their journey and encouraged each of the young women present to find their passion and not be afraid to pursue their dreams. When the student began to ask questions of the women, the recurring themes were how to balance your career with family obligations and how to overcome adversity. The panel members addressed each of the questions the students posed, being

honest about some of the challenges they've faced while also stressing that it is possible to have it all and successfully manage a career while also being a loving mother and role model to your children.

Swinton, who shared a story about an opponent's political ads about her while she was running for a judicial post, reminded the audience that there's always someone who has experienced what you're going through or who can provide sound advice that you can reach out to when things get tough. She said one of her colleagues provided her with the best piece of advice during a difficult moment for her and that she still tries to apply it to situations today.

"Don't take it personally," said Swinton. "It sounds easy to say and hard to do, but it's the best piece of advice I ever got. You will get through it. It might not be comfortable, but you will learn from it and grow from it."

After the panel, the students were able to have lunch with some women drill sergeants visiting from Fort Sill and other role models who were able to answer questions and provide individual advice. Before the breakout discussion, Richardson offered some final advice to the attendees.

"Don't think too hard about some things," she said. "Just get up and go do it."

SUDOKU

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Level: Intermediate

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Here's How It Works:

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



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Fort Bragg, command oversight for Army Family Housing

By ELVIA KELLY

FORT BRAGG GARRISON PUBLIC AFFAIRS OFFICE

Fort Bragg leadership, the Directorate of Public Works Housing with command oversight has implemented the following with our Residential Communities Initiative provider Corvias.

Based upon feedback and concerns during Town Halls, through emails, phone calls and social media, Corvias is implementing the following customer service improvements:

- In the last two months, Corvias added to its maintenance and resident service teams:
 - 18 Resident Service Specialist
 - Four Assistant Resident Managers
 - One Family Services Manager
 - Two Service Center Coordinators
 - 10 Temporary employees to patch, pot holes, pressure wash and perform grounds clean up.
 - 10 Temporary employees to perform gutter cleaning
 - Six Temporary employees between occupancy maintenance teams to allow seasoned technicians to assist with service orders
 - Currently hiring 23 maintenance technicians
- Contracted Service Pro to assist in preventive maintenance. As to date, 69 duct cleaning have been completed with 99 scheduled.
- Reopened Casablanca and Nijmegen Community Centers with St. Mere Eglise scheduled to open mid-March.

During the month of January 2019, 91.2 percent of 957 total emergency work orders were responded to within eight hours and completed within 24 hours, and 82.8 percent of the 3,161 routine work orders were completed within the benchmark of six days.

Along with the implementations, the Corvias Call Center opened Feb. 4. Residents are able to contact the Call Center at (866) 206-1365 for all maintenance questions and concerns.

Also, based on residents’ feedback, Fort Bragg garrison command wants to recognize Corvias maintenance technicians like William “Bill” Danforth, James Gagnon, and Robert Habarak.

“We’re excited to have team members on-site who understand our residents, homes and community,” said Sharon Shores, Vice President of Property Operations. “Having local team members with this intimate knowledge answering maintenance calls will mean work orders are created with the most accurate information and our maintenance technicians show up prepared.”

If residents see maintenance workers doing great things, let the command know. If a team member is not meeting expectations, leadership wants to know that experience, as well. By residents informing leadership about satisfactory work or about issues, it provides an open communication between residents and leadership to address concerns.

“Residents have a unique asset that is not available in the rest of society. The chains of command act as advocates to ensure their quality of life is maintained,” said Col. Kyle Reed, Fort Bragg Garrison Commander. “Our current housing issues has reemphasized this and spurred them into action.”

If on-post residents are experiencing housing concerns that Corvias is unable to address, the resident should contact the DPW Housing hotline at (910) 908-4504 or the Housing Office at (910) 394-5334.

Residents are encouraged to make contact with Corvias if they have questions or concerns regarding their homes.

- Website: bragg.corviasmilitaryliving.com/contact-us
- Email: CustomerService.Bragg@corvias.com
- Call Center: (866) 206-1365
- Local Community Offices:
 - Ardennes/Bataan/Pope: (910) 436-6054
 - Corregidor /Bougainville: (910) 497-6255
 - Hammond Hills/Nijmegen/St Mere: (910) 436-4066
 - The Lodge at Linden Oaks & Clubhouse: (910) 764-5000
 - Normandy/Bastogne: (910) 436-3125
 - Randolph Pointe: (910) 764-5008
 - Casablanca Community Center: (910) 495-0120
- Corporate Office: (401) 228-2800
- Corporate Email: Service@Corvias.com



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 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

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.



Mass casualty exercise at Womack Army Medical Center

Womack Army Medical Center (WAMC) is conducting a mass casualty exercise, from 11:30 a.m. to 6:30 p.m. March 21.

The entire medical center will be involved in the exercise and patients may see role players with simulated injuries being transported throughout Womack.

The exercise is scheduled to cause minimal impact to patient care. The primary care and urgent care clinics will remain open during the exercise.

For more information, contact the WAMC Public Affairs Office at (910) 907-7247.



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Photos by Sgt. Solomon Abanda/1st BCT, 82nd Abn. Div.

One hundred fifty-nine paratroopers stand in formation as they wait to be pinned with their Expert Infantryman's Badge (EIB) for successfully completing the EIB exercise. Out of 650 paratroopers who started March 1, 159 were successful in completing all 30 lanes of testing, finishing with a 12-mile road march.

Earning the Expert Infantryman Badge

SGT. SOLOMON ABANDA

1ST BCT, 82ND ABN. DIV.

1st Brigade Combat Team, 82nd Airborne Division conducted an Expert Infantryman's Badge (EIB) exercise on post to test the fundamental skills of 650 paratroopers from across the division, and outside organizations.

This five-day exercise, which started March 1, consisted of a fitness test of 49 push-ups and 59 sit-ups, each done in two minutes, and a four-mile run in 32 minutes. The fitness test was followed by 30 lanes of assessing on skills such as land navigation, knowledge and operation of various weapon systems, explosive devices identification, medical and patrol lanes and a 12-mile road march.

"The EIB exercise is designed to be mentally and physical challenging," said Sgt. Maj. Shawn Rost, noncommissioned officer in charge of operations for 1st BCT.

Rost said the paratroopers began their hands-on training with the EIB cadres two weeks earlier, where they received step-by-step classes on all 30 testing lanes.

"This exercise proves that a paratrooper can learn a set of tasks quickly over a short amount of time and perform under extreme

conditions," said 1st Lt. Bart Jeffrey, executive officer for Company A, 2nd battalion 504th Parachute Infantry Regiment, 1st BCT.

Jeffrey said earning an EIB is extremely important to him because it proves that he can be an expert in various weapon systems, patrolling lanes and providing immediate medical care on the battlefield.

Rost said the exercise offered paratroopers the opportunity to enhance their fundamental warrior skills necessary to be successful in their profession. It was also a satisfying experience seeing how all of the hard work from all members of the 1st BCT team culminated in a world-class training event which got the attention of distinguished guests, such as Secretary of the Army Dr. Mark T. Esper. Out of the 650 paratroopers who started, 159 successfully completed the grueling week-long event.

"This exercise is significantly important to all paratroopers, but imperative more so to noncommissioned officers," said Capt. George Fletcher, commander, Company A, 1st Battalion, 504th PIR, 1st BCT. "What EIB really means is for a paratrooper to master the basics and fundamentals, at the lowest level, in order to be able to accomplish the Army's mission."



The Secretary of the Army Dr. Mark T. Esper visited 650 paratroopers as they prepared to test their basic infantryman skills. The exercise consisted of a fitness test with candidates performing a minimum of 49 push-ups and 59 sit-ups, each done in two minutes, and a four-mile run in 32 minutes or less. The fitness test was followed by 30 lanes of assessing skills such as land navigation, knowledge and operation of various weapon systems, explosive devices identification, medical and patrol lanes and a 12-mile road march.

Soon-to-be sergeants participate in BLC Commandant's Cup



Soldiers attending the Basic Leader Course at the XVIII Airborne Corps and Fort Bragg Noncommissioned Officer Academy work as a team to move water jugs and weights to the next physical exercise of the BLC Commandant's Cup.



Photos by Pfc. Joshua Cowden / 22nd Mobile Public Affairs Detachment

Soldiers attending the Basic Leader Course at the XVIII Airborne Corps and Fort Bragg Noncommissioned Officer Academy participate in the pull-up portion of the BLC Commandant's Cup while teammates cheer them on. The Commandant's Cup is a rigorous PT event that tests the Soldiers' ability to work together and build esprit de corps prior to graduation.



Soldiers participate in the pull-up portion of the Commandant's Cup as teammates cheer.

1st BCT completes intelligence certification



Photos by Maj. Rich Foote/1st BCT, 82nd Abn. Div.

Col. Timothy Parker, FORSCOM G2 intelligence officer, receives a brief from the 1st BCT intelligence team during the Tier II MITS evaluation at the Foundry Site.

By Maj. Rich Foote
1st BCT, 82nd Abn. Div.

The 1st Brigade Combat Team, 82nd Airborne Division successfully completed the first Tier II certification under the Military Intelligence Training Strategy (MITS), March 4 through 8, at the Fort Bragg Foundry training site.

The MITS is a 4-tier training system, developed by the Intelligence Center of Excellence at Fort Huachuca, Arizona. It is a standardized, quantifiable evaluation system, which allows intelligence leaders and Soldiers to conduct focused training toward defined goals.

The tiers are sequenced in order from IV (individual training), III (intelligence crews), II (intelligence platforms) and finally I (BCT level exercises). The intent of the training cycle is to complete a Tier I certification immediately before a BCT combat training center (CTC) exercise, like those conducted at the Joint Readiness Training Center (JRTC) in Louisiana or the National Training Center in California.

The Military Intelligence Company from the 127th Airborne Engineer Battalion, along with the 1st BCT intelligence section, conducted the Tier III certification Feb. 25 through March 1, then immediately continued into the Tier II certification. The two-week field training exercise validated all nine crews within the warfighting function, which is no easy task in the high operational tempo of the 82nd Abn. Div.

“It is typically very difficult to conduct a training event

like this, where all intelligence personnel across the brigade are projected on the calendar to train and work together,” said Maj. William Denn, the 1st BCT S2 intelligence officer. “The ability to get working repetitions for all of our teams collaborating before our CTC this summer, is critical to our success.”

This training event had the attention of senior leaders and civilians throughout the military intelligence community. Foundry site managers from every major Army installation, senior leaders from INSCOM (Intelligence and Security Command) and G2 leaders from FORSCOM (Forces Command) were all in attendance over the past two weeks to observe the training and record best practices, as this 4-tier system will be refined and eventually put into practice across the Army.

Training on the many tactical intelligence systems, such as tactical ground station, Prophet sensors and the Trojan data networks, is vital to the overall success of the intelligence mission.

The Tier II training prepares the warfighting function to better support and collaborate with the other warfighting functions when 1st BCT conducts brigade-level training in the coming months, culminating for the intelligence section in a JRTC rotation later this year.

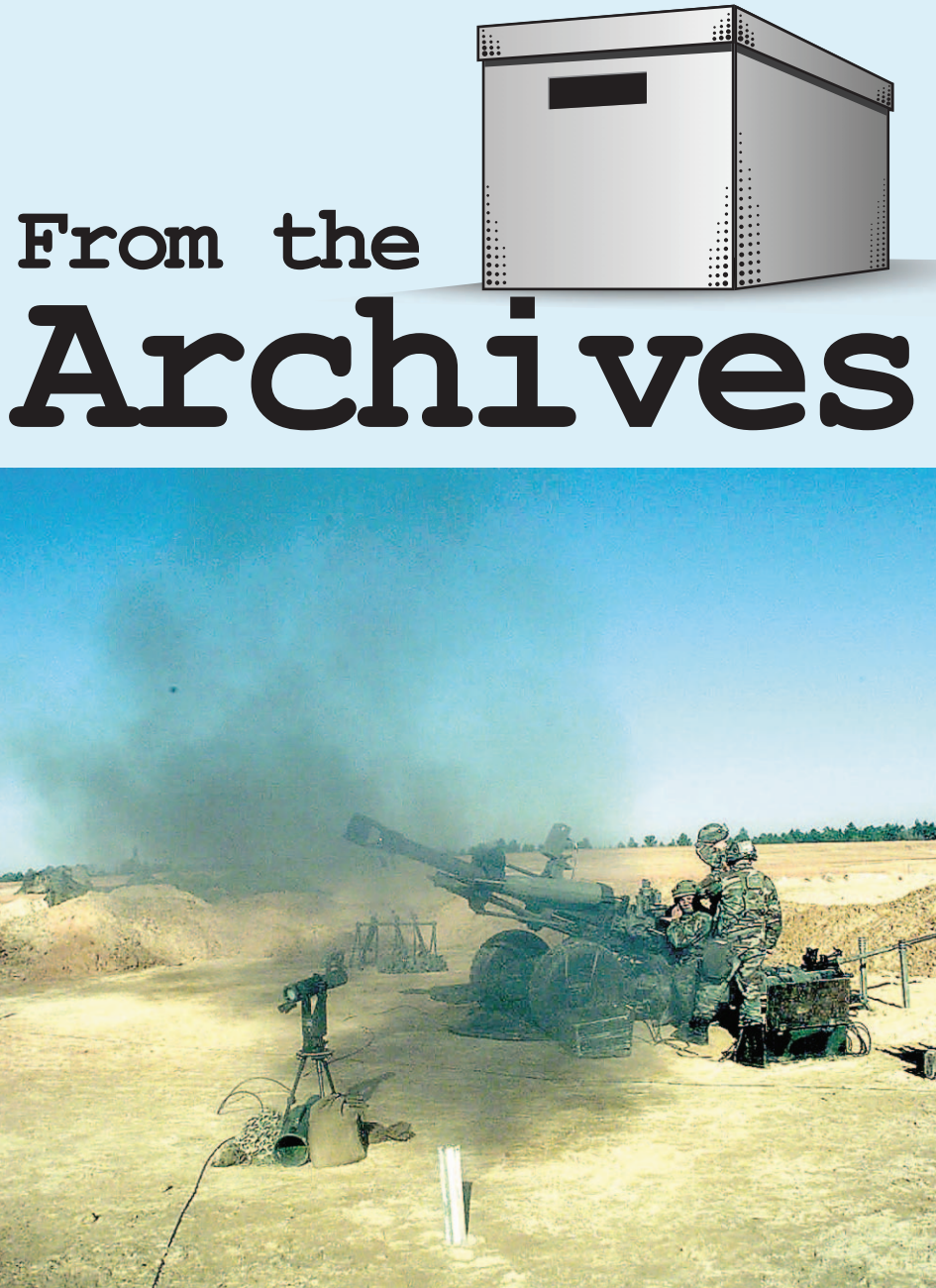
“The ability to exercise all of our personnel, from analysts to intelligence collectors to equipment maintainers, is critical as we train to win in large scale combat operations on austere and contested battlefields,” said Denn. He said it facilitates the learning process for all of the teams to work together as a more cohesive warfighting function.



The 1st BCT Brigade Intelligence Support Element was set up and tested during the Tier II MITS evaluation at the Foundry Site, March 4 through 8. The training event had the attention of senior leaders and civilians throughout the military intelligence community.



Sgt. Jared Reesor, 3rd Section, A Battery, 1st Bn., 319th Field Artillery Regt. (Airborne), walks away carrying the empty shell of a 105mm artillery round fired from a M119 Howitzer, Feb. 1, 1998.



Contributed photos catalog archives.gov

Members of 3rd Section, A Battery, 1st Bn., 319th Field Artillery Regt. (Airborne), fire a 105mm artillery round from a M119 Howitzer Feb. 1, 1998.

Protecting warfighters' vision: Safety eyewear



Courtesy photo

The simple act of putting a transparent impact-resistant shield between your eyes can make a difference.

concept applies. MCEP should be used in all training, just like it would during actual combat or deployment.

Off duty. Many warfighters do not realize the danger of an eye injury doesn't end when they leave their deployment or training area. Many activities that military members do routinely - grounds-keeping, maintenance and shop work - all present significant potential for eye injury.

These activities occur both at work and home. Common home tasks like lawn mowing, weed whacking, auto maintenance and working with power tools are some of the most common sources for eye injuries in U.S. households. In fact, according to an analysis of emergency department visits for eye injuries, home is where 44.6 percent of serious eye injuries now occur, with work-related injuries at 20.3 percent.

Meeting safety needs

With the exception of racket sports and paintball, which have specific protective eyewear requirements specified by ASTM International, and some work activities like welding, MCEP eyewear meets the eye protection needs for most other eye hazards. They are even available with laser

protection when missions require it. All MCEP lenses (even the clear lenses) also provide at least 99.9 percent UV protection for an added health benefit.

The Tri-Service Vision Conservation and Readiness Program strongly encourages warfighters to use their MCEP for non-combat, non-deployment and non-training activities where eye hazards exist. That includes home and work. Remember, an eye injury at home is just as much of a threat to your vision as one that happens in the field. Protect the sight to fight!

Did You Know?

The main difference between safety glasses and regular glasses is their resistance to impact. The American National Standards Institute, which sets standards for safety glasses, requires them to withstand the impact of a quarter-inch steel ball traveling 150 feet per second.

You can't depend on prescription glasses for that kind of protection. Frames stamped with the imprint "Z87" meet stringent standards for strength and heat resistance. Program Executive Office Soldier has an approved list of eye protection for Soldier use at <http://www.peosoldier.army.mil/equipment/eyewear>.

ARMY.MIL

FORT RUCKER, Ala. — Eyesight is a critical factor that enables us to successfully perform mission tasks during deployments, training or maintenance. The Military Combat Eye Protection (MCEP) Program provides the means to protect our warfighters' eyesight.

Your eyesight is at stake

Although they make up less than one percent of the body's surface, our eyes are disproportionately injured when unprotected. Something as simple as sand blowing in your eyes can take you out of the fight temporarily, while shrapnel from improvised explosive devices and other blast effects to the eyes can make you combat ineffective for a much longer duration and leave you blinded for life.

The simple act of putting a transparent impact-resistant shield between your eyes and what's coming at them can make all the difference in the world and prevent or limit the severity of 90 percent of eye injuries. You wouldn't go into the fight without body armor and a helmet, so be sure to use your MCEP as well.

World-class eye armor

All safety eyewear is not the same. The Army's Program Executive Office - Soldier certifies all MCEP items to meet or exceed the American National Standards Institute Z87 safety eyewear standard and U.S. military ballistic fragmentation standards, which provides five

to seven times greater ballistic fragmentation protection for the eyes than standard Z87-approved eyewear. You need eyewear that has been proven to meet ballistic fragmentation standards. MCEP items meet or exceed these standards, and MCEP-approved eyewear is authorized for use in deployments and military training for ground troops.

The APEL logo and stamp

All MCEP-approved eyewear can be found on the Authorized Protective Eyewear List (APEL). The distinctive neon green APEL logo is required to be on all MCEP packaging. In addition, since June 2011, all new MCEP eyewear has the APEL name stamped, printed, embossed or stitched on the left temple or strap. This makes it easy to identify approved eyewear. APEL approval certifies that eyewear has been tested to meet the standard you need to protect your eyes while performing your mission. While some non-APEL eyewear may meet this standard, most of it does not. You have no way to know, so why risk your eyes and your sight? Use only APEL eyewear for your deployments, training and eye-hazardous military duties.

Prescription glasses

If you don't need glasses to see well, you can use any MCEP device. Warfighters who need glasses require an MCEP device with an approved prescription insert. MCEP devices are tested with prescription inserts to meet the same ballistic fragmentation

protection standards. Inserts can be ordered through your local military eye clinic. If you are at an approved deployed location, you can re-order glasses and inserts using G-eyes at <https://srts-web.amedd.army.mil/WebForms/GEyes/Forms/GEyesHomePage.aspx>.

Since 2014, all MCEP devices use a single, universal insert. This means you don't have to order a new insert if you decide to change to a different MCEP model. Only approved MCEP prescription inserts can be used in MCEP eyewear. Using non-approved inserts or taping/gluing lenses into the eyewear puts you at significant risk of an eye injury.

Purchase from approved sources

If you buy your own MCEP device, you should purchase it from military clothing sales stores only. In the Army, MCEP is issued in basic training, at central issuing facilities and can be requisitioned through standard supply channels. In current deployments, MCEP is also issued through the rapid fielding initiative.

Use MCEP on and off duty

MCEP provides eye protection both on and off duty.

On duty. While deployed, the rule of thumb is, "Any time your helmet is on, your MCEP should be on." The Tri-Service Vision Conservation and Readiness Program advocates taking that a step further when deployed: "Any time you are outdoors, your MCEP should be on." Furthermore, beyond deployment, the train-as-you-fight

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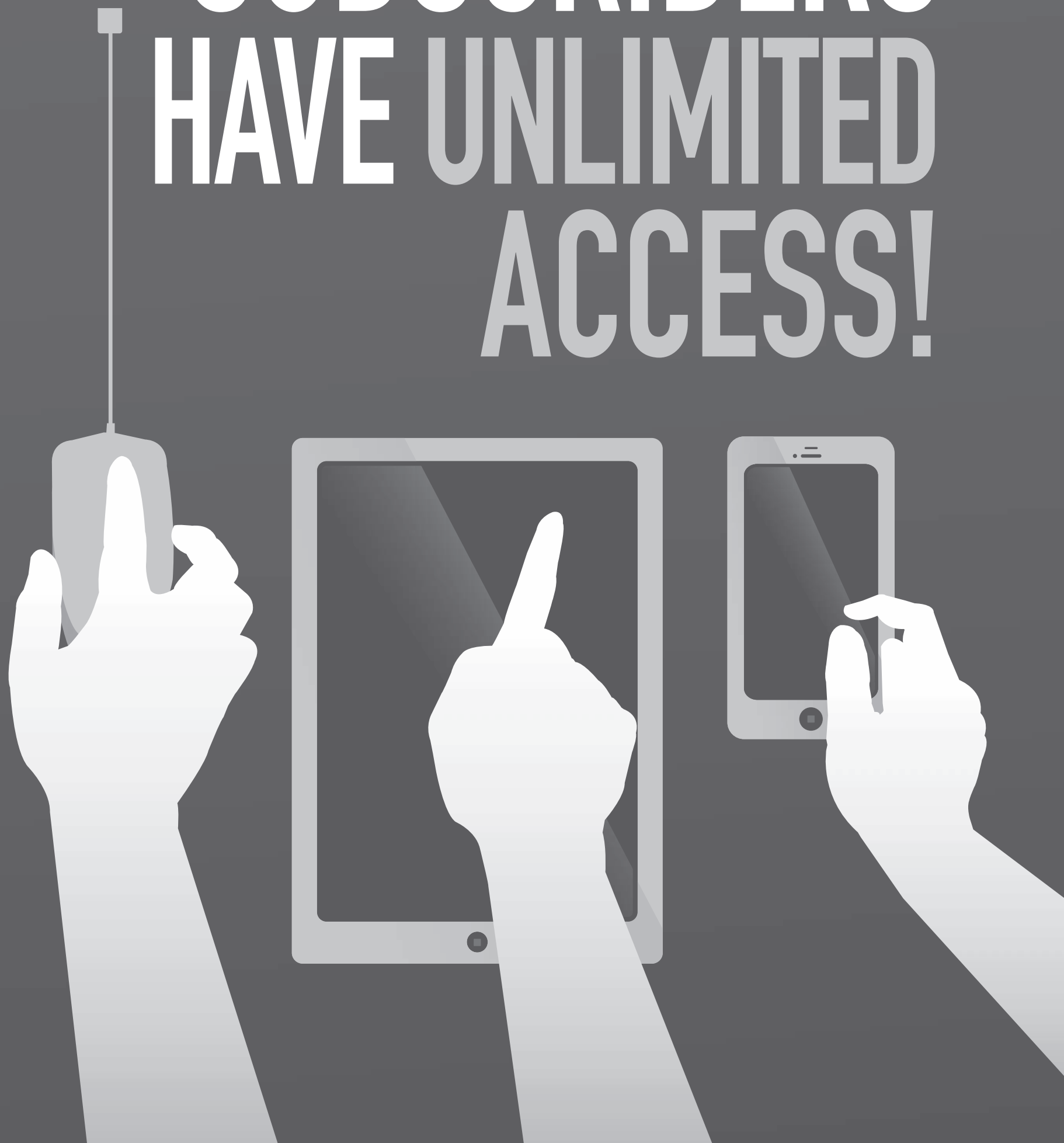
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Senior leader spouses tour Fort Bragg

By GENEVIEVE STORY

PARAGLIDE

The military spouses of Fort Bragg's senior leaders gathered Monday at Simmons Army Airfield to experience aviation flight simulation and conduct a post wide site visit to key locations.

Hosted by the community relations section of the Fort Bragg Public Affairs Office, spouses toured various on post facilities and were briefed on organizations that provide resources to Soldiers and their Families, and training venues that impact the readiness of the installation. The spouses visited the Soldier Support Center, Family, Morale, Welfare and Recreation facilities and agencies that support Families in garrison and deployed operations.

Amy Mingus, wife of 82nd Airborne Division Commanding General Maj. Gen. James J. Mingus, provided fellow military spouses a gateway into knowledge and leadership. She focused on readiness, Families and a connection with the military community in her outreach effort with the Fort Bragg Garrison Command.

"We are the spouses of battalion command teams and above, all with the 82nd Airborne Division. I wanted an avenue for us and future Families to get to know Fort Bragg, become educated on key agencies that we normally have Families reach out to and build a relationship with the military community," Mingus said.

Mingus mentioned that awareness translates to readiness, when spouses and Families are cognizant of on post events, offerings, faces and services. Garrison reciprocated promptly to the request and enabled the spouses to own the educational event. It has transcended expectations and has been a real success.

The thrill of the tour for the senior leaders spouses was their



Photos by Lewis Perkins/Paraglide

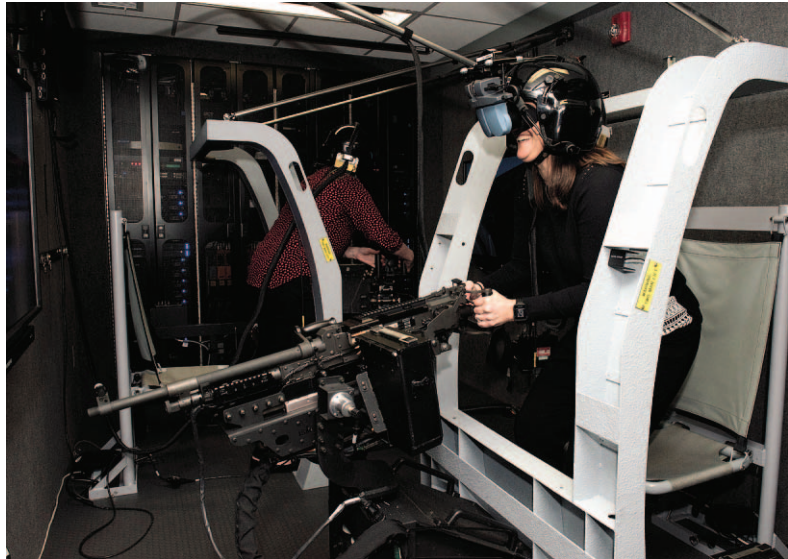
Heather Hallows, a Fort Bragg senior leader spouse, visits the flight simulators on Simmons Army Airfield as part of an installation tour.

interaction at the Simmons AAF aviation flight simulator. Spouses were introduced to aviation simulation training, fully equipped with multimedia capabilities and a front row seat into the pilot and co-pilot's vision on an aircraft. Simulators visited were the Longbow Crew Trainer (LCT AH-64D), Transportable Flight Proficiency Simulator (TFPS CH-47F), Aviation Combined Arms Tactical Trainer (AVCATT), Transportable Black Hawk Operational System (TBOS) and Non-Rated Crewmember Trainer (NCM3).

According to the aviation flight simulation mission, the organization provides rotary wing contingency operations training for day and night and all meteorological conditions and altitudes to Fort Bragg trained units. Aviation simulation is as much a combat

multiplier for aviation as range firing is for other combat arms. It provides a realistic training environment that helps Soldiers develop proficiencies and replicates what pilots and air crews would see in a real-world environment. Aviation flight simulation emulates weather conditions, combat operations and air mission requests (AMR) spanning troop transport to cargo lift, providing a cost benefit and reduction in risk to their respective organization.

"This tour has been so great, very fun, eye opening and educational," Mingus said. "My Family and I have been with Fort Bragg since August. Before that it has been about 14 years since we have been here. So much has changed. We appreciate being in the know, seeing innovation and comprehending the locations and their accessibility to Families and service members."



Heather Hallows, left, and Kelly Wright, visit the flight simulators on Simmons Army Airfield, Monday.

The spouses conveyed that it is not lost on the Soldiers the sacrifice made by their Families and loved ones to support their vocation. In light of this enduring commitment, resources

such as the Senior Leader Spouses tour has been inherently valuable, giving back to these Families and supporting them in their effort to stay educated and connected.

Women's HISTORY MONTH

Females breaking barriers, making mark in military, society

By SPC. SHATYRA REED

22ND MPAD

"Because you are women, people will force their thinking on you, their boundaries on you. They will tell you how to dress, how to behave, who you can meet and where you can go. Don't live in the shadows of people's judgement. Make your own choices in the light of your own wisdom," quoted Amitabh Bachchan, a politician and film producer.

For centuries, women have worked behind and alongside men with little to no recognition or equality, but they have constantly pushed boundaries and exceeded expectations throughout history.

In 2019, women have continued to break glass ceilings by extending their roles in society and in the military as Soldiers, heroes, fighters, champions, paratroopers, commanding generals, Silver Star recipients and infantrywomen.

International Women's Day began as a local celebration in 1971 and evolved into Women's History Week in 1980 with a push from President Jimmy Carter. Since 1987, March is recognized nationally as Women's History Month.

The Army has set aside March as a time for reflection and celebration of



Photo courtesy of Army.mil

Fort Des Moines, Iowa opens as the first Women's Army Auxiliary Corps training center in July 1942. Training at Fort Des Moines involved primarily drill and ceremonies, military customs and courtesies, map reading, company administration, supply and mess management.

the many achievements of women in military history who have selflessly served, protected, and defended the country since the Revolutionary War. Women have risked their lives to support operations throughout every major military conflict, some even became prisoners of war or made the ultimate sacrifice.

Beginning in 1775, women served in the military in selective roles as nurses, seamstresses and cooks for troops in camps. Fewer females served in combat either alongside their husbands or disguised as men, while others served as spies.

During World War II, their roles were expanded to noncombat roles,

including mechanics, pilots, clerks, and ambulance drivers. More than 400,000 women served in WWII, 88 were taken prisoner of war and 16 were killed in action.

With the congressional passing of the Women's Armed Services Integration Act in 1948, they were allowed to serve as members of the military during peace and war times.

Women are no longer only serving the country by filling noncombative, support roles as cooks, nurses, and administrators, but they are on the front lines, fighting with their male counterparts and defending the country. Today, women can openly serve as leaders in all jobs, in all branches of the military.

In a Sept. 25, 2018 interview, the Army's Deputy Chief of Staff for Personnel said since the Army opened infantry, armor, fire support and special operator jobs in 2015, there have been 783 women serving across five divisions.

While countless numbers of pioneering women have come already, the females serving today are breaking barriers and making their mark on modern military history.

Throughout the month of March, the Paraglide will highlight trailblazing Soldiers who are currently serving in the Fort Bragg community.

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

ST. PATTY'S DAY FESTIVAL OF CUMBERLAND COUNTY

When: Friday, Saturday and Sunday, 1 p.m. to 1 a.m.

Where: Evolution Athletics in Spring Lake

Cost: Free to \$22.50

Join Evolution Athletics for this Saint Patrick's Day Festival featuring Full On Fear's Haunted Pub, live music, and of course, local breweries.

This festival is sporting extensive lineups of entertainment on the main stage, including bands, magic acts, solo performers and DJ Fame Douglas.

Wildly Impressive Entertainment will bring balloon twisting, face painting and more. There will also be a giant obstacle course, 70 feet long and 16 feet tall.

For more information, visit <https://www.eventbrite.com/e/st-pattys-day-festival-of-cumberland-county-tickets-56992216253?aff=ebdssbdestsearch>.

22-13 VETERANS' SUICIDE AWARENESS MEMORIAL

When: Friday, 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 Friday 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 Friday through Sunday.

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: Saturday, 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: Saturday, 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=IwAR0K4o3HLmrRX55NED3LrVifPsVNsCaRD2AtdZFhRnmglZ8N4nZSISkXY0.

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 personnel can purchase tickets at www.thefayettevillemarksmen.com/item/military-appreciation-march-th?fbclid=IwAR0-BoAG42VEJCrKA5aXUbcmoewQkxg_uXZZNZs-JNwKjWo9fDf0TDLpGyk.

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

RODGERS AND HAMMERSTEIN'S THE KING AND I

When: March 19 through March 24 7:30 p.m.; 2 p.m. matinee Saturdays and Sundays

Where: Memorial Auditorium at Duke Energy Center for the Performing Arts, Raleigh, North Carolina

Cost: Tickets start at \$25

Two worlds collide in this "breathtaking and exquisite" (The New York Times) musical, based on the 2015 Tony Award®-winning Lincoln Center Theater production. One of Rodgers and Hammerstein's finest works, The King and I

boasts a score that features such beloved classics as "Getting To Know You," "I Whistle a Happy Tune," "Hello Young Lovers," "Shall We Dance" and "Something Wonderful."

Set in 1860s Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British schoolteacher whom the modernist King, in an imperialistic world, brings to Siam to teach his many wives and children.

For more information and for tickets, visit <https://www.dukeenergycenterraleigh.com/events/rodgers-hammersteins-king-and-i>.

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.

THE BREWERY COMEDY TOUR

When: March 29, 8 pm

Where: The TapHouse

Cost: \$10 to \$20

Laughs are on tap for this nationwide tour that has already hit over 900 breweries across the U.S. More than a dozen New York and Los Angeles stand-

ups are currently on the road, sampling the local fare, local brews and providing the finest and funniest in comedy entertainment. This stop at The Taphouse in

Fayetteville is set to feature a lineup whose credits include top festivals, TV and major club appearances.

For tickets, visit <https://herronentertainment.com/#universe-e7362b6d-5041-4e9a-8a4d-819eed5bf3f5>.

HERB AND GARDEN FAIR

Where: Poplar Grove Plantation, Wilmington, North Carolina

When: March 30, 9 a.m. to 5 p.m. and March 31, 10 a.m. to 4 p.m.

Cost: \$5, children 12 and under are free

The grounds of Poplar Grove will be filled with a wonderful selection of locally grown plants of all types — herbs, perennials, annuals, hanging baskets,

shrubs, native plants, vegetable starts and houseplants, plus garden art and accessories, herbal and all-natural products, artisan crafts and local foods.

Included in your admission price is live music by artist and musician, Mark Herbert from Broccoli Brother Circus and Stained Glass Canoe featuring Andrea

Templon. There will be kids activities for the little ones, and free classes and nature trail walks for the young and the young-at-heart throughout the two-day event.

Learn from your neighbors and some of the community's best local historians, herbalists and basket-makers.

There will be Greek food samplings, wraps, seafood, hamburgers, hotdogs, smoothies and baked goods available for purchase.

For the kids, The Stables at Poplar Grove will be open for tours — closed toes shoes required — from 10 a.m. until 2 p.m.

For more information about the Herb and Garden Fair, visit <http://poplargo.org/festivals/herb-garden-fair/>.

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://ncazaleafestival.org/>.

Worship Guide

CATHOLIC Mass

All American Chapel

Sat. 5 p.m.

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

WAMC Chapel

Sun. 10:30 a.m.

Wed. 11:30 a.m.

Pope Chapel

Sun. 1:30 p.m. (Spanish/English)

Mon.- Fri. Noon

Main Post Chapel

Sun. 11:30 a.m.

Rosary

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

Eucharistic Adoration

Wed. 11:30 a.m. Pope Chapel

Reconciliation

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

Catholic Education

Sun. 10:45 a.m. Faith Formation

Bowley School* Faith Formation

(Adults)

Sun. 3 p.m. Youth of the Chapel

(All American)

Tues. 6:30 p.m. Rite of Catholic

Initiation for Adults (Pope Chapel)

Thurs. 6:45 p.m. Bible Study

Fri. 6:30 p.m. Theology on Tap

(3rd Fri. each month)

Catholic Women of the Chapel

Thurs. 9:30 a.m. to Noon. at All

American Chapel**

PROTESTANT

Worship Services

All American Chapel

Sun. 10 a.m. Sunday School

Sun. 11 a.m. Worship Service**

Airborne Artillery Chapel

Sun. 9:30 a.m. Adult Bible Study

Sun. 11 a.m. Worship Service**

Wed. 6 p.m. Adult Bible Study

Chapel Next, Division

Memorial Chapel

Sun. 11 a.m. Worship Service**

Outdoor Life, Smith Lake MWR Park

(outside)

Sun. 10 a.m. Outdoor Church

Winter hours Dec. 1 - April 30 11 a.m.

JFK Chapel

Sun. 10 a.m. Worship Service**

Sun. 11:30 a.m. Sunday School

Wed. 11:45 a.m. Chapel Ancient

(Liturgical)

Main Post Chapel

Sun. 10 a.m. Worship Service**

Sun. 11:30 a.m. Sunday School

Pope Chapel

Sun. 9 a.m. Christ the King

Fellowship**

Wed. 6 p.m. Mid-week Bible Study

Wood Memorial Chapel Gospel

Congregation

Sun. 10 a.m. Gospel Service**

Tues. 7 p.m. Adult Bible Study

Tues. 7:30 p.m. Youth Group

WAMC

Sun. 9 a.m. Chapel located on 3rd

floor

Tues. 11:30 a.m. Bible Study

Thurs. 11:30 a.m. Bible Study

Protestant Women of the

Chapel

Tues. 9:30 a.m. All American Chapel*

Tues. Noon 9th floor of SSC*

Tues. 7 p.m. All American Chapel*

Wed. 9 a.m. Linden Oaks Clubhouse*

Wed. Noon WAMC Chapel* (3rd floor)

Thurs. Noon Main Post Chapel Annex*

Thurs. Noon Wood Memorial Chapel

Youth of the Chapel

Sun. 3 p.m. Middle/High School at All

American Chapel (Catholic)

Sun. 6:15 p.m. Middle/High School at

Division Memorial Chapel (Protestant)

Additional Protestant

Religious Education Program

Sun. 6:15 p.m. Postwide Family

Program, Airborne Artillery Chapel*

Tues. 2:45 p.m. Good News Club at

Bowley Elementary*

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

JFK Chapel

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

Airborne Artillery Chapel

Thurs. 3 p.m. Good News Club at

Shughart Elementary*

JEWISH SERVICES

Fri. 6:30 p.m. Friday Night Shabbat,

Watters Family Life Center

BUDDHIST

Sat. 1 p.m. Pope Chapel (3rd Sat.

each month)

ISLAMIC

Pope Chapel Annex

Fri. 12:15 p.m. Islamic Service

Fri. 1:15 p.m. Islamic Service

WICCAN

Thurs. 7 p.m. Open Circle, Watters

Family Life Center

FOR MORE INFORMATION

www.bragg.army.mil/index.php/about/garrison/chaplain

LEGEND

* Indicated study groups are scheduled to complement school year.

** Children's Church/Watch-care provided



FTCC performs play in the dark at Pope Theater

By ALYSON HANSEN

PARAGLIDE

Fayetteville Technical Community College (FTCC) Arts and Humanities performed Black Comedy by Peter Shaffer, Saturday.

The play is a one-act comedy that involves the use of different lighting scenarios to help tell the story. Mark Davio played the main character, Brindsley Miller, who spends the play replacing items he "borrowed" from a neighbor's apartment before the neighbor discovers the items are missing.

Brindsley must move the objects in the dark, as a blown fuse has caused the power to go out in his building. Brindsley's attempts to move the objects are impeded by visits from friends and his girlfriend's father. The audience can see everything that is going on, while the characters remain "in the dark."

The play was sponsored by Fort Bragg Family and Morale, Welfare and Recreation (FMWR). Members of Better Opportunities for Single Soldiers (BOSS) sold concessions at the beginning of the event.

"I love working with FMWR because they help us out a lot. This helps the BOSS program because we are a nonprofit organization.



Photo by Alyson Hansen/Paraglide

FTCC Arts and Humanities set the stage for Black Comedy, a play by Peter Shaffer, Saturday at Pope Theater. The play is performed with a fully lit stage while the actors pretend to be in the dark.

Anything we raise, we get to put back into our program to help out with more events for the Soldiers," said Sgt. Rebecca Loveless, 1st Special Warfare Center and School Training Group and Support Battalion, BOSS president.

"We work with FTCC once a year. We've been doing this for 10 years. About 30 years ago, we had a playhouse on the garrison, we had

a full time director, producer and shows. Funding closed down and it went away," said Rhett Stroupe, special events coordinator, FMWR.

Stroupe said he would see ads from FTCC for productions and thought he'd poke them and see if they were interested in bringing their shows to Fort Bragg.

"They've been very gracious and very supportive," he said.

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CARRIAGE TOURS OF OLD FAYETTEVILLE

| Saturday, March 23, 1pm-6pm
Tickets & Start at 222 Hay Street

ALL AMERICAN MARATHON

| Sunday, March 24, 7am-2pm
Starts in Downtown Fayetteville

For our full calendar of Downtown events, visit our Facebook page:

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



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

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FN0005127559-01

Recruitment fair held at Iron Mike Conference Center

By **ALYSON HANSEN**
PARAGLIDE

Disabled American Veterans (DAV) held a veterans career fair at the Iron Mike Conference Center (IMCC), March 6 and 7. The event brought in businesses looking to hire Soldiers and veterans.

Participants spoke to representatives from Intel, Department of Veterans Affairs, the Forsyth County Sheriff's Office from Winston Salem, North Carolina, North Carolina Teachers of Tomorrow and the Pentagon Police. In all, over 20 businesses were represented at the hiring event.

"There are a lot of military background-type jobs that fit the type of person we are looking for," said Chad Jones, a process engineer for Intel from Portland, Oregon. Manufacture technicians were among the positions Intel had available at the fair.

Merle Jones, from Jones Investment Group and Freedom Protectors Life, spoke to interested parties about becoming an investment coach.

Jones, a retired command sergeant

major, hoped to find other veterans to help coach Soldiers transitioning out of the military with their financial needs.

"We've noticed over the years that (Soldiers) don't understand the benefits package; they don't understand how the military hierarchy with money works like survivor benefits and VA disability," Jones said. "We start coaching people early to make sure they align their benefits and understand them so when they transition they get to take advantage of the most of their benefits."

He added the companies' passion is to make sure veterans get everything they are entitled to and have earned.

DAV is a non profit charity that works to support veterans and their Families.

The next DAV hiring event will be held June 12 at the IMCC, and will be open to both spouses and Soldiers. The event will include a seminar presented by DeVry University.

To register for the event, visit <https://events.recruitmilitary.com/events/fort-bragg-job-fair-june-12-2019>.



Photo by Alyson Hansen/Paraglide

Merle Jones from Jones Investment Group talks to a Soldier during a DAV hiring event at the Iron Mike Conference Center, March 7.

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Photos by Lewis Perkins/Paraglide

Maj. Scott Kennaugh, chaplain, 16th MP Bde., utilizes proper posture, technique and athleticism to perform a deadlift in an advanced barbell strength and conditioning session.

By GENEVIEVE STORY
PARAGLIDE

Strength training is the origin and foundation of physical training development. A groundwork in strength permits every athlete to support other physical attributes and grow them into something stronger and more sustainable. Andrew Kingsley and the Tucker Performance Enhancement Center (PEC) provides Soldiers and Fort Bragg personnel with the tools they need to succeed in the range of strength. Kingsley, a seasoned powerlifter, veteran and experienced coach is also the instructor of the two barbell courses offered at Tucker PEC: The Basic Barbell Training Course, and the Advanced Barbell Training Program. The fundamental difference between the two courses is comprehensive knowledge base, in an effort to maintain injury prevention.

The Basic Barbell Course teaches proper movement patterns with a barbell. Athletes are taught seven movement patterns, 1st Hip Dominant: Hinging or Deadlift movements, 2nd Knee Dominant: Squat or Lung movements, 3rd Horizontal Press: Bench press or push up movements, 4th Horizontal Pull: Rowing movements, 5th Vertical Press: Overhead Press movements, 6th Horizontal Pull: Pull-ups movements, and 7th Bridging/Rotation: Planking and Hip Rotation movements.

The Barbell Strength and Conditioning Program provides each athlete with a



The Basic Barbell Training Course teaches athletes proper movement patterns with the barbell. From left to right, Mike Coffey, security and intel division, Garrison DPTMS, and Arron McIntyre, self-employed nurse, are instructed by Andrew Kingsley.

personalized and monitored strength training program. The program is designed to increase strength and power through the mechanism of the barbell and other apparatus in a functional fitness facility.

Athletes in the advanced program such as Maj. Scott Kennaugh, chaplain for the 16th Military Police Brigade, attends the program every Monday, Wednesday and Thursday at 6 a.m.

“Andrew sets a customized training plan for those in the program,” Kennaugh said. “It is a progressive plan, with a minimum

and maximum weight set at the beginning of the program and then increased in both weight and difficulty as the course progresses.”

Kennaugh began the Basic Barbell Training Course in January, where he was given detailed instruction by Kingsley on basic barbell movements and proficiencies before commencing the Advanced Barbell Strength and Conditioning Program. With limited barbell strength and conditioning experience, Kennaugh developed knowledge in basic movement patterns,

fostering injury prevention, proper recovery and gains.

“Andrew is a great instructor, very knowledgeable, he has been doing this for years,” Kennaugh said.

With Kingsley’s program, Kennaugh built a solid foundation by maintaining basic barbell training for one month, varying between lifts and focusing on technique and posture. Then graduated into the more advanced, progressive and specialized strength and conditioning program, which staggered challenge through it.”

For the Soldier, the Basic Barbell Course is the best first step in the direction of performing the new Army Combat Fitness Test (ACFT), says Kingsley. Progression into the Advanced Barbell Strength and Conditioning Course program and maintaining conditioning with this program can benefit ACFT success. Soldiers learning to execute the seven movement patterns will perform the test safely and effectively.

As for the general population, the Basic Barbell Course provides the foundation one needs to train for strength. The Barbell Strength and Conditioning Course provides the programming to a successful strength and conditioning journey.

As Kingsley explains, “With few exceptions, everyone can develop strength, regardless of limitations. Once a good foundation of strength and joint stability is achieved, power, speed, agility, endurance and mobility follow. A foundation must exist and it must be strong, first. Strength is inherent for growth in all other physical pursuits.”

All-Army Volleyball teams represent at US Armed Forces Championships

By GENEVIEVE STORY
PARAGLIDE

There is victory in the face of defeat for the All-Army Men’s and Women’s Volleyball teams. Experiencing loss in the 2019 Armed Forces Volleyball Championships, both teams gained from the tactical and tough championship experience.

Elite United States military volleyball players from around the world competed for dominance at Fort Bragg’s Ritz Epps Physical Fitness Center March 6 through 8. Branches of the armed forces — Army, Navy (with Coast Guard) and Air Force — squared off at the annual volleyball tournament through three days of round-robin competition, eventually crowning the best men and women volleyball players in the military.

“Both men and women’s teams fought hard to the end,” said Sgt. 1st Class Sherri Lagasse-Randall, head coach of the women’s All-Army Volleyball Team. “For the

women, height was not our strength. But heart certainly was, and nonetheless, these women, and men, played to win it.”

The Air Force Men’s and Women’s Volleyball teams swept the field to win the championships for the 2019 season, adapting their game for the tenacious competition.

In the case of the All-Army teams, losing the battle did not mean losing the war. Representing the All-Army Men’s Team, Spc. Luis Osorio of U.S. Army Garrison Rheinland-Pfalz picked up All-Tournament team honors at the 2019 United States Armed Forces Sports Volleyball championships.

For the All-Army Women’s Team, Capt. Justine Stremick of Fort Belvoir, Virginia and 1st Lt. Gabrielle Miller of the Texas Army National Guard were selected for the 2019 Armed Forces Volleyball All-Tournament Team. The Armed Forces team will be competing in the 7th annual International Military Sports Council (CISM) World Games in China this October.



Photo by Lewis Perkins/Paraglide

Spc. Joseph Ulrich, left, and Sgt. Eduardo Vasquez of the All-Army Men’s Volleyball team defend the Army side of the court with a spike of the ball, leading the team to a match win at the Armed Forces Championships.



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.

St. Patrick's Day 5K and 10K:

Get out into the spring air and join us for a St. Patrick's Day 5/10K and Kid's Shamrock Run in Fayetteville, NC with fun for the whole family! The race starts at 8:00am at St. Patrick Catholic School, and is professionally timed by Run the East on a USATF certified course. All participants receive a race bib and tech fabric t-shirt. May the luck of the Irish give us a sunny day; but the race runs on rain or shine!

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 Mugger Brewing in Sanford.**

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.

Aqua Cycle:

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 10:00 a.m. and 12:00pm and Saturdays at 10:00am.**

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.

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.

The Story Report

The gift of courage: Revolutionizing women's running

By GENEVIEVE STORY

PARAGLIDE

Few runners have the name recognition of Kathrine Switzer, an American marathon runner, activist, author and commentator. She is best known for being the first woman to run the Boston Marathon as a registered entrant.

Switzer revisited the Boston Marathon in 2017, marking the 50 year anniversary of changing the women's running landscape, in her historic run. In honor of the occasion, Switzer ran the race in 2017 with thousands of women behind her. Working for Runner's World Magazine at the time, I had the privilege of meeting her. Attending the Runner's World Pop-Up venue on April 15, 2017, I had the chance to see Switzer speak about her experience in Boston in 1967.

On an athletic level, Switzer launched her running career in Boston, Massachusetts at the Boston Marathon. This experience also lit a spark in Switzer to advocate for women's rights in sports.

Starting the race as a girl and finishing as a grown woman, running gave Switzer the sense of real magic. It was her secret weapon, discovering levels of her character she never knew existed and growing her confidence by the mile. What began as a challenge from her college coach to cover the 26.2-mile distance, surrounded in fear and shrouded in myth, became a reality. On April 19, 1967, with baggy sweats, knit gloves and pair of seasoned tennis shoes, Switzer ran the race under her assumed pen name, K.V. Switzer, blending right into the male crowd on that cold, marathon Monday.

At that very race, Boston 1967, Switzer became famous all over the world, in part thanks to an iconic photograph. That photo shows Jock Semple, Boston race co-director in 1967, defending his race, contesting Switzer and trying to pull her off the course because she was a female.

Switzer faced an epiphany over the course of those 26.2-miles, wrestling feelings of fear, anger, guilt and embarrassment. What began as discontent in women's pursuit to run the marathon distance quickly became an understanding that the fault lay in women not having the opportunity to do so. Switzer decided



Contributed photo

In 1967, Kathrine Switzer fights off Jock Semple, codirector of the Boston Marathon, who tried forcing her off the course. Switzer was the first registered woman to run the Boston Marathon.

that she was going to make the marathon happen for women, comprehending how unbelievably empowered running made her feel. Switzer developed a life plan over the progression of those four hours and 20 minutes, to develop her athletic prowess and to create opportunities for women.

Switzer's goal and direction came from the radicalization of being attacked and threatened during the race. Regardless of the negative encounter on the Boston Marathon course, the inspiration that emerged was the silver lining.

Social change takes time, so at first, the desired leap forward in Switzer's efforts maintained a reality of several steps back for several years. With focus, persistence and fearlessness, Switzer remained steadfast in the face of adversity, evolving her tragedy into permanent footprints globally. Starting at the local level, expanding globally and completing in over 30 marathons, Switzer has become a pioneer of women's rights, empowering women to connect and take control of their lives, through the freedom gained by running.

As a woman, Switzer's vision is empowering and as it took movement, created a global legacy in women's marathoning.

Society has learned that women are not deficient in endurance and stamina, and that running requires no fancy facilities or equipment. Running gives back. It gives you courage to try new things.

SPOTLIGHT

Soldier support in sports

By GENEVIEVE STORY

PARAGLIDE

Harold Stallworth has been with Fort Bragg Family, Morale, Welfare and Recreation (FMWR) since February 1992. A man of few words, quiet demeanor and dependability, this veteran, former multi-sport athlete, and recreation enthusiast is no stranger to the Army or athletics.

"I come from a background in sports, I played football, basketball, softball and volleyball," Stallworth said. "I went to a junior college in Greenville, Alabama, where I played two years there and then moved onto Albany State College. I played a year of sports there."

Beginning his active duty in the United States Army during the Iron Curtain, Stallworth devoted 27 years of service, in various locations including Fort Bragg. Stallworth supported a nuclear, biological, chemical (NBC) unit. After a medical discharge, Stallworth decided to pursue his degree in recreation.

"My wife and I began the lineage of military in the family. My wife also served in the Army, as a base leader in communications and information technology for 24 years," Stallworth said. "At the time, she was placed in Germany. So, as a family, we moved to Germany."

Residing in Illesheim Kaserne, Germany with his wife and three children, Stallworth worked four years as a sports specialist at Stork Barracks. A move back to Fort Bragg in 1992 opened up a door of opportunity with FMWR recreation and began Stallworth's journey amidst the Fort Bragg military community.

"My greatest joy in working with MWR has been meeting people and putting a smile on Soldiers faces," Stallworth said. "Men and women come to see me and

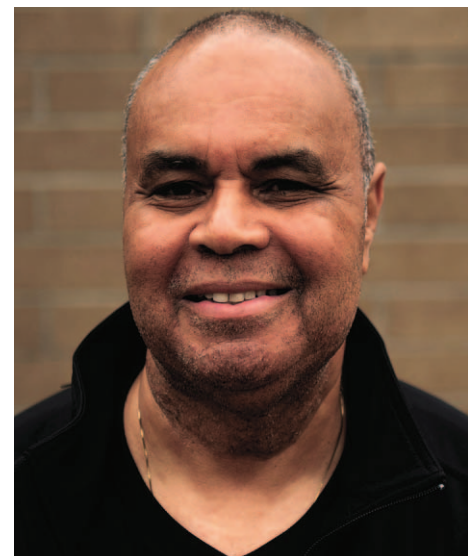


Photo by Lewis Perkins/Paraglide

Harold Stallworth, Family, Morale, Welfare and Recreation supervisor sports specialist, has been with the FMWR athletic community for over 27 years.

confide in me, and I just listen. Sometimes the Soldiers, they just want someone to listen to them, and that is what makes me happy. To make them happy and to give them that time."

In his most recent role as supervisor sports specialist, Stallworth recalls his honor in witnessing Soldiers immersed in their joy of sport, embracing roles as both a military serviceman and athlete, and watching them grow.

"These are real people," Stallworth said. "I have seen and met a lot of Soldiers and I have worn a lot of hats as a sports specialist for them. Over the years, I have seen a lot of men and women; they leave here a first lieutenant and return a colonel or general, they deploy, and experience casualties of war. I have seen a lot of growth and change at Fort Bragg. But I love it all and I wouldn't change a thing."

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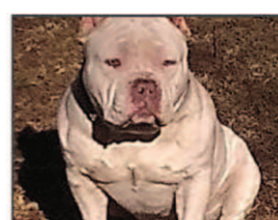
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