

THE PARAGLIDE

Telling the Fort Bragg Story™

March 28, 2019

VOLUME LV, NUMBER 12

WWW.PARAGLIDEONLINE.NET

INSIDE THE 'GLIDE'

FOCUS - B



International 2019 Sniper Competition: Instructors from the U.S. Army John F. Kennedy Special Warfare Center and School designed a series of events that challenged the two-person teams' ability to work together on the firing range for speed and accuracy in various types of environments.

LIFE - C



Women in Leadership: The city of Fayetteville appointed its first female police chief, Gina V. Hawkins, in 2017.

SPORTS - D



All American Marathon brings Fayetteville, Fort Bragg together: Runners gathered in downtown Fayetteville's Festival Park in the early morning of Sunday to participate in the sixth annual All American Marathon and Mike to Mike Half Marathon.

WHERE TO GO

FORT BRAGG VOICES.....2A
IN BRIEF.....4A
FROM THE ARCHIVES.....2B
LOCAL HAPPENINGS.....2C
GET FIT.....2D
RUNNERS' CORNER.....2D
CLASSIFIEDS.....4D

THE PARAGLIDE



Read online
www.paraglideonline.net

Gen. Garrett assumes FORSCOM



Photos by Sgt. Gregory Summers/22nd MPAD

Gen. Michael X. Garrett, incoming commanding general, U.S. Army Forces Command (FORSCOM), smiles at his family and friends during a ceremony at Fort Bragg, March 21. FORSCOM is the Army's largest command and provides expeditionary, campaign-capable land forces to combatant commanders.

By EVE MEINHARDT
FORSCOM PAO

The rainy skies cleared just in time for the March 21 ceremony as Gen. Michael X. Garrett assumed command of U.S. Army Forces Command at Fort Bragg's Main Post Flag Pole.

FORSCOM is the largest command in the U.S. Army with almost 750,000 Soldiers and serves as the Army's force provider to combatant commanders worldwide. Forces Command trains, mobilizes, deploys, sustains, transforms and reconstitutes conventional forces, providing relevant and ready land power in defense of the nation, both at home and abroad.

Garrett, who is returning to Fort Bragg for the third time in his military career, said it is good to be back in North Carolina and he looks forward to leading FORSCOM into the future.

"My last two positions were at CENTCOM and U.S. Army Central, so I have spent the last six years as an end-user of FORSCOM Soldiers and units," he said. "Those Soldiers, those units have universally been well-trained, well-equipped and well-led. So, I know first-hand the great work that FORSCOM does every day."

Army Chief of Staff Mark A. Milley passed the FORSCOM colors to Garrett during the assumption of command ceremony and praised Garrett's competence, leadership and his character during his remarks.

"Mike, you're the right officer to lead Forces Command and we expect that you're going to lead it with distinction, as you have in every single job you've ever done in our Army," Milley said. "You're leading the

most important command of our Army. The organizations you've lead in the past have always excelled and we expect no less from you in this assignment."

Both Milley and Garrett thanked Lt. Gen. Laura Richardson for her leadership as the acting commanding general of FORSCOM since October 2018 — all while continuing to maintain her duties as the deputy commanding general.

"Although it's Mike Garrett's day, I want to recognize and thank Lt. Gen. Laura Richardson," Milley said. "For the last six months, Laura's been leading Forces Command ... she has done an incredible job leading our nation's greatest command. She has absolutely been superb."

Garrett received his fourth star in a promotion ceremony preceding the assumption of command. He credited his father, who received the Silver Star for his actions in Vietnam, for setting the example of what a leader was supposed to be. He said that, like most sons, he has spent his life trying to live up to his father's expectations.

"I am the son of great parents," said Garrett. "My dad, Ed Garrett, was a Soldier; a command sergeant major in the United States Army. As I take command today, I am reminded of our time in the 24th Infantry Division when I was a second lieutenant and he was my division command sergeant major. He outranked me then and today, even with this promotion, he outranks me."

He said that, to him, leadership is very personal.

"What I promise you is my very best effort every day and that is all that I ask of each of you in return," said Garrett. "Together there is nothing that we cannot do."

Memorial ceremony honors fallen, injured

By STAFF SGT. SHARON MATTHIAS
49TH PAD

Twenty five years ago, the 82nd Airborne Division and Fort Bragg suffered its most deaths in a single day since World War II's Battle of the Bulge.

A jet fighter crashed into a fully fueled C-141 and both aircrafts exploded sending a debris-filled fireball into 500 Army paratroopers engaged in pre-jump activities.

The 82nd Abn. Div. hosted the Green Ramp Disaster Memorial Ceremony March 22, outside the Airborne Division War Memorial at Fort Bragg.

The memorial ceremony



Photos by Master Sgt. Andrew Kosterman/82nd Abn. Div

Paratroopers assigned to the 82nd Abn. Div. place a wreath March 22 in memory of fallen Soldiers during a memorial ceremony at Fort Bragg marking the 25th anniversary of the 1994 Green Ramp disaster.

commemorated the 24 paratroopers who died and over 100 who were injured on that catastrophic day.

The Commanding General, 82nd Abn. Div. Maj. Gen. James J. Mingus

opened the ceremony by recognizing the survivors and surviving Family members of the fallen paratroopers.

See Memorial—Page A3



Photos by Lewis Perkins/Paraglide

Fort Bragg Garrison Commander, Col. Kyle Reed, speaks at a media roundtable held in a Hammond Hills house to address housing concerns, Wednesday.

Leadership addresses housing on Fort Bragg

By ALYSON HANSEN
PARAGLIDE

Col. Kyle Reed, Fort Bragg garrison commander, hosted a housing media roundtable at a home in the Hammond Hills neighborhood, Wednesday, to discuss the current state of housing issues. The main focus of the discussion was how the garrison, Directorate of Public Works Housing (DPW), and Corvias are working together to create a resolution to mold and housing problems at Fort Bragg.

"A significant challenge has been understanding what is truly going on," said Reed. "That's where we were a month ago when this all arose. What are the significant impacts on Families' lives on a day-to-day basis that we need to address? We had to understand where we were to be able to formulate the way forward."

Since February, the Army directed command visits and inspections of residences, which Fort Bragg has conducted throughout the last month. The inspections highlighted areas of housing that needed to be fixed and updated, as well as, a place for leadership on the installation to start asking questions. As an example, houses in Hammond Hills have seen refurbishment in the last decade, but some of the electrical outlets are two-prong instead of three-prong.

"We had to have a consideration for that plug," Reed said. "Is this house grounded? This house was refurbished a few years ago, so why was that left out of the mix? That's what we are here to do now, understanding

what is going on in these residences before they are back for consideration for Families to move in."

The inspections have resulted in a significant increase in the workload for Corvias, who provides the privatized houses on the installation and addresses work orders, and DPW Housing, who provides oversight of Corvias, inspections, and is the Garrison advocate between service members and Corvias.

During the initial housing agreement with Corvias in 2003, DPW Housing had enough inspecting staff to conduct oversight on Corvias and housing concerns. Since 2012, the number of staff decreased significantly from 82 to nine in DPW Housing, and only two who work in the Residential Communities Initiative area (Family Housing). Corvias as well has seen a decrease in employee numbers.

"The project has had some economic challenges, including the rise of construction and utility costs," said Sharon Shores, Fort Bragg Corvias director. "In an effort to promote long-term sustainability, we [made decisions] to reduce expenses. This turned into fewer staff, less communication with the residents and a lower touch service. Unfortunately those things have consequences."

Shores added that Corvias is now adding 51 new staffing positions, in an effort to improve the current issues.

DPW Housing is also increasing its staff by adding seven permanent and 15 temporary positions. These positions include more inspection staff to oversee repairs Corvias is making to on-post housing.

See Housing—Page A4



WAMC Allergy Clinic physician, Lt. Col. (Dr.) Jacob Turnquist, center, addresses mold concerns during a media roundtable held in a Hammond Hills house. Fort Bragg Garrison Commander, Col. Kyle Reed, right, hosted the roundtable and Fort Bragg Corvias Director, Sharon Shores, left, addressed residents' concerns.

PARAGLIDE

Fort Bragg Voices

This week, we asked:

What race are you running for the All American Marathon and what is your goal for race day?

"I am running the Mike to Mike Half Marathon on Sunday. My goal is to finish. I am running the half marathon with my girlfriend."

Sgt. Joe Gonzales,
1st POB



"I am running the half marathon. My goal is to run under two hours. We have a team, the chaplains in our special forces group, from the 95th Civil Affairs Brigade. We have a group goal, and that is whenever you suffer in pursuit of a meaningful goal, it builds character."

Chaplain (Maj.) Nathan Kline,
95th Civil Affairs

"I am running the Mike to Mike Half Marathon and my goal is to run faster than my previous half marathon. I am shooting for two hours and 10 minutes in the half. This is my first time running the All American half this weekend."

PO1 Michael Bresnahan,
JSOC



"I am running the All American Marathon Sunday. My goal is that I am trying to run a marathon in all 50 states. This is my 14th state."

Emily Locher,
Civilian

"I am running the full marathon. This race is practice and preparation for the London Marathon which is April 28th."

Reggie Jacques,
Chemical Engineer



Army senior leaders send:

Don't be a bystander

As members of the United States Army, each of us has an obligation to promote a climate of trust-our profession's bedrock-throughout our organization. The way we do this is by living the Army Values: loyalty, duty, respect, selfless service, honor, integrity, and personal courage. From the newest Soldiers in basic training, to our most senior leaders, the Army Values bind us together as a profession. While much is changing for the Army right now, our Values will not. They are enduring and remain as relevant today as they were when first created. When it comes to living the Army Values, there can be no bystanders.

Across the Total Army, we continue to focus on eradicating sexual harassment and sexual assault from our ranks. We must do everything within our power to rid the Army of these crimes. This is a readiness issue that affects our ability to accomplish our mission. Over the past several years, we have placed a high priority on our prevention efforts, and although we are on the right trajectory, we still have significant room to improve. In all components, sexual assault reporting is increasing, which is an indication that our Soldiers trust their leaders to address the situation in a professional manner. We all have a responsibility to look out for one another - there can be no bystanders. Stay alert when the warning signs become present, and if you see something, ACT! Leaders and Soldiers have an ethical obligation to intervene to stop sexual harassment and sexual assault from happening. Those who do not, violate the Nation's trust and the trust of their peers.

The Army will continue to improve the effectiveness of our prevention efforts moving forward. In April, we will co-lead a Joint SHARP Conference hosted

by the Military Service Academies that will bring together college and university leaders from across the country to share best practices. As our society wrestles with this difficult problem, the Army will continue to take a leading role in developing solutions. This starts by ensuring that the perpetrators of sexual harassment and sexual assault are held accountable and that the victims are protected without fear of retribution.

Throughout the force, we must also continue to focus on preventing suicides. Although suicides fell by 1.3 percent across the Total Army in 2018, Regular Army suicides increased by a troubling 18 percent. Our most vulnerable population consists of our junior Soldiers. Leaders and teammates must watch attentively for indicators of suicides and inform their chain of command when they know trouble is on the horizon. Every loss of life from suicide is a tragedy that could have been prevented. Our NCOs are the first line of defense - we expect you to know your Soldiers, visit them in the barracks, and provide them the care and assistance they need and deserve.

We're counting on each of you to help solve these problems. Every instance of sexual assault or suicide has a moment when someone could have intervened to change the outcome. Have the courage to stand up and act when you see something wrong. Seize the opportunity to get your teammate help or to remove your battle buddy from the environment when warning signs become present. We need everyone on this team to be ready to fight when called upon, which can only happen if we look out for one another. Let us all reaffirm our commitment to our values and to one another. In doing so, we will remain the strongest army on the face of the earth.

Mark A. Milley
Mark A. Milley
General, United States Army
Chief of Staff

Mark T. Esper
Mark T. Esper
Secretary of the Army

A weekend without alcohol

BY **KATRINA KILMARTIN**

ASAP

Alcohol-Free Weekend, traditionally observed during Alcohol Awareness Month in April, is scheduled for April 5 through 7.

Alcohol Awareness Month, founded and sponsored by Facing Addiction with the National Council on Alcoholism and Drug Dependence Inc. (NCADD) since 1987, is a national grassroots effort observed by communities throughout the United States to support prevention, research,

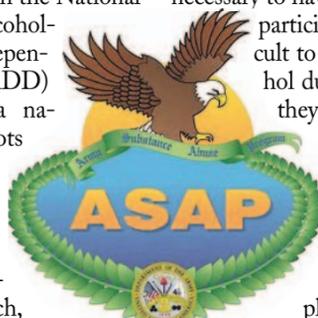
education, intervention, treatment and recovery from alcoholism and alcohol-related problems.

During Alcohol-Free Weekend, Fort Bragg encourages community members to abstain from drinking alcoholic beverages for a 72-hour period to demonstrate that alcohol isn't necessary to have a good time. If participants find it difficult to go without alcohol during this period, they are urged to call their Substance Use Disorder Care Clinic (SUDCC), primary care physician, or Employee Assistance

Program for information about alcoholism.

Throughout the month of April, there will be several alcohol-related displays, events, trainings, media messages, and outreach efforts focused on the awareness of alcohol and the importance of making low-risk choices in regards to using alcohol.

Alcohol Awareness Month offers community organizations concerned about individuals, families and children an opportunity to work together to not only raise awareness and understand about the negative consequences of alcohol, but to highlight the need for local action and services focused on prevention, treatment and recovery.



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

Telling the Fort Bragg Story™

A civilian enterprise newspaper printed every Thursday by Gatehouse Media.

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.

E-mail address: paraglidebragg@gmail.com

Subscriptions: (910) 323-0701

Classified ads: (910) 678-9000

Advertising: Lynnie Guzman (910) 486-2726

Circulation is 30,000.



Photos by Master Sgt. Andrew Kosterman/82nd Abn. Div.

Paratroopers assigned to 1st BCT, 82nd Abn. Div. fire a volley March 22 in memory of fallen Soldiers during a memorial ceremony at Fort Bragg marking the 25th anniversary of the 1994 Green Ramp disaster. Hundreds of 82nd Abn. Div. paratroopers were preparing to conduct airborne training on March 23, 1994 when an F-16 collided with a C-130 over Green Ramp and then crashed into a parked C-141, ultimately killing 24 paratroopers.

"Learn from Soldiers, they will do what they were trained to do and we wonder why we do battle drills" said Mingus. "Soldiers had no regards for their personal safety but only for others."

Afterward, Mingus recounted the events of the day as he remembered them. He described it as the perfect day for a jump before the Green Ramp disaster turned the 82nd Airborne Division's world upside down.

Out of the disaster strong bonds grew and paratroopers supported each other.

"We were all in Capt. James J. Mingus' company, he was our company commander," said Kevin Wilson, a former 2nd Battalion, 505th Parachute Infantry Regiment paratrooper. "Four of our NCOs were lost that day and several were wounded but we stayed connected, formed (a) bond and began doing fun events together."

Retired Lt. Col. Jay Nelson, a Green

Ramp disaster survivor and the event guest speaker, wanted audience members to walk away with a greater sense of why the memorial was necessary.

"I hope this day to remember helps to heal some of the wounds that may not have healed in these past years, said Nelson. "It is not just important, it is crucial to the survival of organizations such as the 82nd to remember their dead."

"Not just for the immediate families of the fallen, but for the larger family of paratroopers that it is," he added.

During Nelson's speech he thanked the audience for joining him in honoring the memories of the fallen paratroopers.

"Then, as now, I only wish I had the words to comfort them" said Nelson. "But what I can do is honor the memories of the paratroopers we lost here, by never forgetting their sacrifice and pausing to remember it every year at this time, thanks for helping me do that today."



Attention: Military spouses change is here April 1

President Donald Trump declared in 2018 that the White House is taking action to expand employment opportunities for military spouses. Less than a year after the president made that declaration, a major change related to these expanded opportunities will go into effect April 1.

What does this mean for military spouses?

It means the federal government has placed special emphasis on hiring military spouses, and unlike previous efforts, this expansion effort puts the power in spouses' hands.

Spouses no longer have to visit the local Civilian Personnel Advisory Center (CPAC) to register and no longer need to wait for a permanent change of station (PCS) move to be eligible. Most importantly, spouses are not restricted to a set number of occupations. April 1 begins a streamlined

process that allows spouses to apply for jobs they determine are of interest to them. Simply upload the required documentation during the application process.

Military spouses who need help with resume writing or the application process can contact the Employment Readiness Program

at (910) 396-1425/2390 or by scheduling an appointment at www.braggerp.checkappointments.com. CPAC is still available to answer questions pertaining to military spouse preference eligibility. Email us-army.bragg.hqda-cpac.mbx.spousal-preference@mail.mil to request an appointment.



JOHN ALLEN SHOES

214 Owen Drive • Hours: Mon.-Fri. 9:30-6:00 Sat. 9:30-5:00
910-484-3161 • www.johnallenshoes.com

10% OFF FOR ALL PATRONS

3rd Wednesday of every month.
Not valid on previous purchases.

Stay Informed!

Sign up for Breaking News email alerts at
FayObserver.com/BreakingNews

Sign up for Breaking News
Get Breaking News Alerts Delivered To Your Inbox

SUBSCRIBE

The Fayetteville Observer

fayobserver.com

REPORTERS, EDITORS AND PHOTOGRAPHERS CREATE REAL NEWS. JOURNALISM YOU CAN TRUST.

Follow the conversation at [#SupportRealNews](https://twitter.com/SupportRealNews)

Help show your support for the journalists - in local communities and across the country - who are working tirelessly to bring you real news.

Subscribe to your local newspaper today.

THIS PUBLICATION SUPPORTS REAL NEWS.

Real, Reputable, Trusted. Your News Media.

newsmediaalliance.org



The Fayetteville Observer
fayobserver.com

Housing

From Page A1

Industrial Hygiene from Womack has also been working to improve housing concerns. Mold testing on houses began in February and are currently still on going. So far, 23 residents have requested mold testing at their homes, and an additional 60 homes have been identified as having issues including potential mold.

"We have a total inventory of 6,150 Family homes, we have 432 one-and-two-bedroom apartments that Corvias manages," said Greg Jackson, DPW Housing manager. "While we do have issues in homes with mold, it hasn't been wide spread across all of them. Often, when we have mold conditions, we've found that things have happened to the home."

Jackson added of the damaged houses, 40 percent of them can be attributed to the hurricanes from last fall. Last year, 1,300 homes on post were impacted by Hurricanes Florence and Michael. The damage from those storms overwhelmed the Corvias and DPW Housing staffs.

"In a lot of ways, we still hadn't recovered from Hurricane Matthew," Reed said. "We are attempting to recover from all of that and to put systems in place, so this doesn't happen again. We don't want to make fixes now and, in five years, we're sitting together here and doing the same thing."

Some of the improvements Garrison initiated include building a DPW Housing website as another communication tool for on-post residents to get more information and to contact members from DPW Housing, the DPW Housing Advocate 24/7 line at (910) 908-4504 for service members and their Families, and conducting home inspections to ensure the

quality control and quality assurance of every home before it is occupied is underway.

If Soldiers and Families are experiencing issues and concerns in reference to their home, they should contact Corvias and place a work order.

"We are committed to being accessible, and we want people to reach out," Shores said. "There are five ways to reach Corvias. Residents can go online to the Corvias website or email Corvias at customerservice.bragg@corvias.com. Calling the internal Corvias call center during business hours will connect residents to a Fort Bragg Corvias representative, someone who knows the installation. Residents can visit or call any of the local community center offices, five more of which will be open beginning Friday, or they can contact the Corvias corporate office in Rhode Island."

If residents continue to have issues after placing a work order to Corvias, they can contact the DPW Housing Office at (910) 394-5334.

"Corvias had become synonymous with housing," Jackson said. "When residents say, 'I went to housing,' they were really talking about going to Corvias, instead of coming to the Housing office on the installation, which works for the Garrison. DPW Housing is all things housing for service members, and we are the Soldiers' advocate for their relationship with Corvias."

Twenty-seven Families have been displaced from their homes since February. Of those, four Families have elected to move off post, 10 moved into newer homes, and 13 are currently in temporary housing.

IN BRIEF

Spc. Julian S. Kim

This notice serves as an advisory for all those in possession of the property of Spc. Julian S. Kim, as well as persons to whom the deceased indebted, or those indebted to the deceased. Please contact 2nd Lt. Seth Larson, summary court martial officer, with all inquiries at (910) 734-3645 or email seth.t.larson2.mil@mail.mil

Spc. Patrick McDill

This notice serves as an advisory for all those in possession of the property of Spc. Patrick McDill, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Alfred Abramson, summary court martial officer, with all inquiries at (443) 616-1540 or email alfred.f.abramson2.mil@mail.mil.

Staff Sgt. Tyler B. Latta

This notice serves as an advisory for all those in possession of the property of Staff Sgt. Tyler B. Latta, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Capt. Robert Krueger, summary court martial officer, with all inquiries at (910) 908-1725 or email robert.krueger@socom.mil.

Sgt. 1st Class Darren J. Mikos

This notice serves as an advisory for all those in possession of the property of Sgt. 1st Class Darren J. Mikos, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Esther Oh, summary court martial officer, with all inquiries at (845)263-4348 or email esther.oh.mil@mail.mil.

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

The Association of Bragg Spouses (ABS) 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 ABS 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 ABS.

This year's 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.

WE HONOR OUR VETERANS

10% OFF

ON OUR CURRENT APARTMENT RATES

- Two meals, weekly housekeeping and cable included
- Studios, 1 bedroom and 2 bedroom apartments with a kitchen or kitchenette and a balcony
- Social activities calendar
- Free transportation to medical appointments and shopping

Call Today to Learn More! (910) 323-4925

A MERIDIAN SENIOR LIVING COMMUNITY

HERITAGE PLACE

Independent Living & Assisted Living

Everyone Deserves a Great Life!

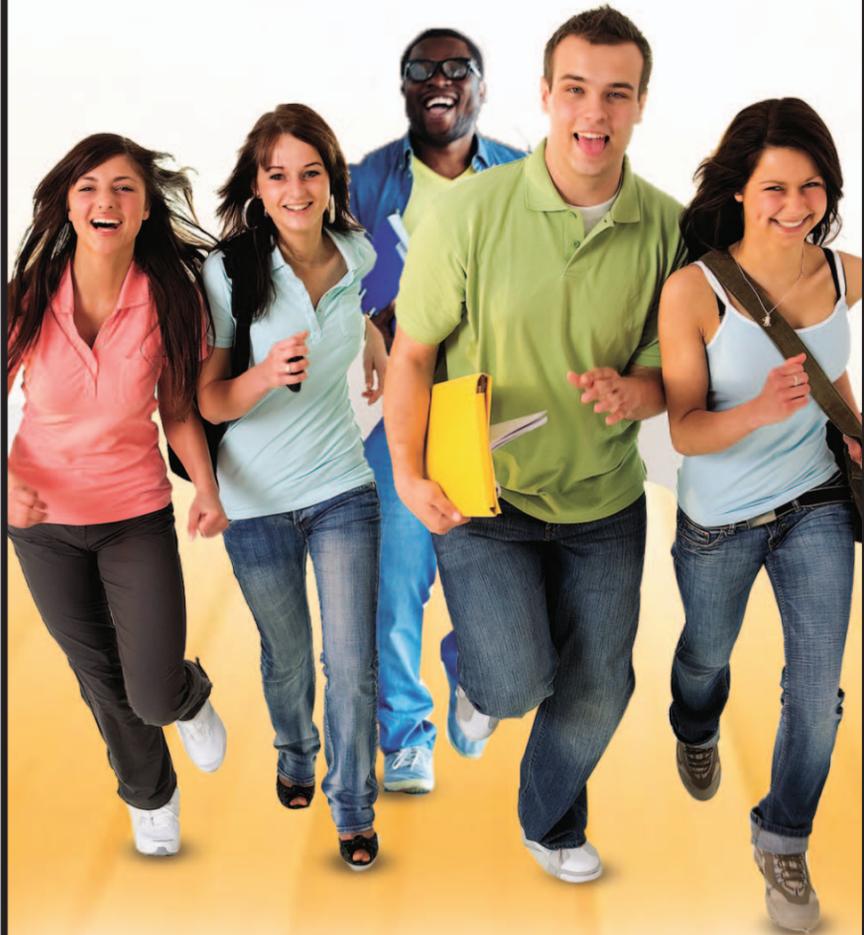
325 N Cool Spring Street, Fayetteville, NC 28301

www.meridiansenior.com/heritageplace

FN400513613401

USE YOUR TIME wisely this Summer!

Enroll in Summer Classes



First-session Summer classes begin May 28/end July 23.

Second-session Summer classes begin June 17/end August 12.

Additional Summer classes available!

Registration locations:

Tony Rand Student Center at the Fayetteville campus,
The Spring Lake campus, and
The Fort Bragg Training & Education Center

Choose classes from program areas including Arts & Humanities, Business, Computer Technology, Engineering/Applied Technology, Health, Math & Sciences, and Public Service



Fayetteville Technical Community College
The SMART choice for education!

www.faytechcc.edu
(910) 678-8400

United States Army Special Operations Command



Photos by Ken Kassens /John F. Kennedy Special Warfare Center and School

A competitor in the U.S. Army Special Operations Command (USASOC) International Sniper Competition fires his weapon, March 18. Twenty-one teams competed in the USASOC International Sniper Competition where instructors from the U.S. Army John F. Kennedy Special Warfare Center and School designed a series of events that challenged the two-person teams' ability to work together on the firing range for speed and accuracy in various types of environments.

International 2019 Sniper Competition



A competitor scans for targets downrange during the International Sniper Competition.



Competitors drag a simulated casualty across a range during the live fire event.

A deeper insight into U.S. Marines Operation Rolling Thunder

By **JELIA HEPNER**
PARAGLIDE

After shaking up Fort Bragg, the U.S. Marines ended their annual training, Operation Rolling Thunder, March 22. During this exercise, Marines and Sailors were able to train for deployment-like scenarios by shooting machine guns, participating in squad attacks and becoming proficient in their skills with artillery training.

"There are people out there right now training to hurt us, and we need to always be prepared for that," said Lance Cpl. Benjamin Strube, Mike Battery, 3rd Battalion, 14th Marine Regiment, 4th Marine Division.

In preparation for Soldier readiness, there are different components that have to blend in order for a live fire mission to be successful. The three major components are the forward observer (FO), the fire direction center (FDC) and the cannoners.

The first component, the FO, is also known as the "eye" of the operation.

"It's our job to find the targets, get direction, distance and to pull up grid coordinates on them," said Strube. "The FO probably has one of the most stressful jobs in the Marine Corps just because you have so much going on. There is so much information being thrown at you all at once."

The second component, the FDC, comes into play when Marines are under attack and need fast and accurate fire support. It is the "brains" of the operation and responsible for computing

how wind, air pressure, temperature, humidity and other weather conditions will affect an artillery round so it will have an accurate impact.

"We have a weather report we get every day because the weather can affect the rounds," said 1st Sgt. Howard R. Reece, India Battery, 3rd Bn., 14th Marine Regt., 4th Marine Div.

To control the FDC, the fire direction officer, operations chief and box operators must work together. The support of the FDC is crucial for the artillery to aim their howitzers and choose the correct explosive charge for the mission.

The final component, the cannoners, inspect and prepare ammunition and the howitzer for firing. This includes laying for elevation, deflection and loading the piece.

"I am in charge of the rounds, making sure every round is sent downrange correctly," said Lance Cpl. Shane Ross, an ammunition technician with India Battery, 3rd Bn., 14th Marine Regt., 4th Marine Div. "The rounds vary in weight. Some can be 90 pounds. They go up to 115."

Ross talked about his role in the live fire, teamwork and how communication is vital for their job field.

"Communication is the biggest part of artillery. Without communication, we wouldn't be able to send rounds down range," he said. These components must work together as "one body" in order to have a successful live fire mission when it comes to training or deployments.



Photos by Lewis Perkins/Paraglide

Marine cannoners use 155 rounds for the howitzer during the Rolling Thunder exercise that ended March 22. Rounds can weigh from 90 to 115 pounds.



Lance Cpl. Benjamin Strube, Mike Battery, 3rd Bn., 14th Marine Regt., 4th Marine Div. is a forward observer calling out grid coordinates to his team members.



Ammunition fired from a howitzer hits a target during part of a live fire exercise, March 16. During this exercise, Marines and Sailors were able to train for deployment-like scenarios by shooting machine guns, participate in squad attacks and artillery training.

USACAPOC(A) CG: Command must adapt, prepare for the future



Maj. Gen. Darrell Guthrie, United States Army Civil Affairs and Psychological Operations Command (USACAPOC(A)) commanding general, listens to a question during the yearly training brief Monday, March 4, at the headquarters building.



Maj. Gen. Darrell Guthrie, USACAPOC(A) commanding general, speaks to senior leaders.

outstanding missions, we must be ready and not asked to get ready," Trotter said. "Everyone needs to be accountable for their own actions. If we are all doing what's expected each day, we don't have to 'get' ready, we are always 'ready' to action and move the mission forward."

Guthrie stressed that in order to make changes, the current crop of leaders will have to show grit, because new ideas do not always succeed and are only realized with great determination. This process starts with generating a culture of innovation in the ranks at all levels.

"The question is, are you going to keep trying?" Guthrie said. "We'll be required to do that over the next few years."

The general expects the next five to 10 years to be challenging for USACAPOC(A).

"Personally, I think you're up to that challenge, but you've got to keep pushing that rock each and every day," Guthrie said.

One way to make the change last is to put in place systems and processes that institutionalize the way the command does business and Guthrie plans to continue developing new systems and processes to make the command a modern, learning organization.

Innovation was one of the changes Guthrie saw as another piece of the puzzle in creating a cultural shift within the organization. He presented a clip to the audience where civilian industries openly collaborated, shared their visions, engaged in a creative process and engaged in weekly cross-talk.

"The commander's vision makes everyone better," Trotter said. "The future brings about change and as Soldiers and NCOs, we must be willing to embrace change, adapt and overcome."

Bringing leaders together to collaborate is a worthwhile expense for the command, Cooley said.

"There's no other better opportunity than to sit with my peers from the other civil affairs commands and the Psychological Operations Group commanders and the entire staff," he said. "Clearly, this is an opportunity for us to talk face-to-face and make sure we collectively get smarter."

USACAPOC(A), which includes civil affairs, psychological operations and information operations units, has about 13,000 Soldiers and 1,000 civilian employees in 29 states. It is the most globally-engaged command in the Army Reserve, with Soldiers and units serving across the globe.

Photos by Lt. Col. Jefferson Wolfe / U.S. Army Civil Affairs and Psychological Operations Command

By Lt. Col. Jefferson Wolfe

U.S. Army Civil Affairs and Psychological Operations Command

The United States Army Civil Affairs and Psychological Operations Command (USACAPOC(A)) is moving into the future.

Maj. Gen. Darrell Guthrie, USACAPOC(A) commanding general, outlined his approach to moving the Army Reserve's third-largest command forward at the start of the yearly training brief for all of his major subordinate commands.

USACAPOC(A) has to build readiness and make sure it stays relevant to the Army and total force commanders it supports, he said. The command must become an adaptable, agile, learning organization or will be replaced by one that is.

In his opening remarks, Guthrie outlined his seven-year command strategy to man, equip, train and transform the command into the Army's premier influence headquarters of the future. During the multi-media presentation, he unveiled his new vision, "Best People, Best Mission and Bright Future — harnessing our collective influence."

"We have to acknowledge our past and move on to something different," he added.

While the command is the Army Reserve's home for influence and information capabilities, Guthrie said he doesn't want leaders to forget the command is also home to the best people, with the best mission and a bright future.

"General Guthrie provided and painted a great picture for us about what our future needs are," said Brig. Gen. Rob Cooley, commanding general of the 353rd Civil Affairs Command in Staten Island, New York

"Things are changing. We operate in a very dynamic and uncertain environment and if we're not prepared to meet our current day requirements and needs, and think smartly about the future then we're going to become irrelevant."

For example, the Army Reserve's Ready Force requirements are planned to grow, requiring the commitment of more resources and personnel, he said.

"USACAPOC(A) units need to determine how to modify current processes and systems to meet the new requirements, now and in the future," he added.

One key requirement is people.

"Manning the force is now my number one priority," Guthrie said.

The command's force of young officers — specifically captains and junior noncommissioned officers — must be trained, qualified and ready to lead, he said. In addition, they need to gain relevant experience now in order to prepare them to lead the command.

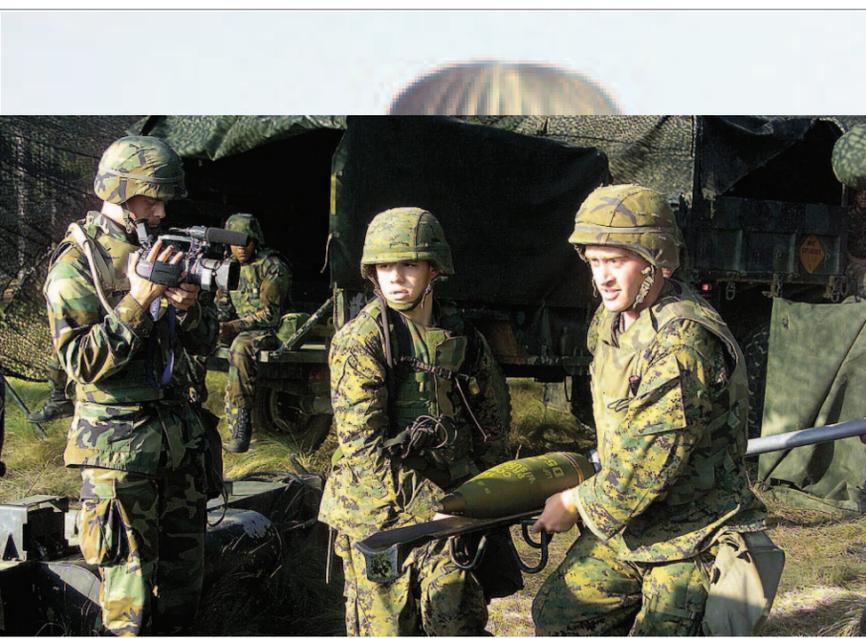
"Captains are the future of USACAPOC," Guthrie said. "They are needed to lead our organization in the future."

According to the numbers being reported across the command, only 35 percent of the required captains are Duty Military Occupational Specialty Qualified.

Guthrie challenged the senior leaders to ensure junior officers get through their schooling to become fully qualified as civil affairs and psychological operations officers.

NCOs and Soldiers must complete all required training to be promoted to meet Guthrie's vision, said Command Sgt. Maj. Peter Trotter, the USACAPOC(A) senior enlisted leader.

"If we are going to provide the best Soldiers for



U.S. Marine Corps personnel with the 10th Marines, 2nd Marine Div., are busy ramming a round into the tube of an M198 towed howitzer, during Exercise Rolling Thunder Oct. 11, 2003 at Fort Bragg.



A U.S. Marine Corps member, is shown here during Exercise Rolling Thunder Oct. 11, 2003, receiving training on operating a FNMI 5.56mm M249 squad automatic weapon (SAW).

From the Archives



U.S. Marine Corps personnel with the 10th Marines, 2nd Marine Div., fire a 96 pound artillery round from an M198 towed howitzer, during Exercise Rolling Thunder Oct. 11, 2003.

Photos contributed by catalog archives.gov

Transporting lethality, new crane increases readiness

SGT. LASHAWNA CUSTOM
32ND ARMY AIR AND MISSILE
DEFENSE COMMAND

Soldiers from 3rd Battalion, 4th Air Defense Artillery Regiment, 108th Air Defense Artillery Brigade, Fort Bragg, conducted new equipment training on the latest A4 Guided Missile Transporter (GMT) that outfits the new Hydrauliska Industri AB cranes in preparation for deployment.

Chief Warrant Officer 5 Clayton Doane, the senior air defense technician for 32d Army Air and Missile Defense Command, noted that 3rd Bn., 4th ADAR is the second unit in the Army to receive the new GMT's which replaced the old cranes that date back to 1901.

"The new cranes improve readiness because maintenance will be better and it will be easier to keep them going," said Doane.

Allen Peterson, a fielding team chief for heavy tactical vehicles who coordinates and conducts new fielding equipment and training, observed the Soldiers eight-hour operator training that teaches them how to operate the new system.

"It is imperative that we provide Soldiers with new systems to

conduct their mission," said Peterson. "The old GMT cranes are out of date and you can no longer order parts for them. This is the new and improved model. It functions as the old one with the same three-way movement as it loads patriot missiles. It has new controls and a new computer system."

"I feel pretty good about this new equipment," said Sgt. Charles Jurgel, a Patriot launching station enhanced operator/maintainer. "The operating system functions very well. It is similar to our older system but they have added more safety precautions into the equipment."

Another Soldier from 3rd Bn., 4th ADAR expressed the importance of having these new efficient resources before they excel in their upcoming mission.

"I'm glad they are fielding us with new equipment," said Sgt. 1st Class Labronze Wilkins, a Patriot launching station enhanced operator/maintainer. "The training has been good because we can get hands-on with the equipment before taking on a challenging mission outside of garrison. Anything that will allow us to perform better at our jobs is always highly recommended."



Photos By Sgt. LaShawna Custom/32nd Army Air and Missile Defense Command

Sgt. 1st Class Labronze Wilkins, a Patriot launching station enhanced operator/maintainer from 3rd Bn., 4th ADAR, 108th ADA Bde., reads the Guided Missile Transporter (GMT) manual to his Soldiers as they conducted the steps during the new equipment training March 19, in Fort Bliss, Texas. 3rd Bn., 4th ADAR is the second unit in the Army to receive the new GMT's which replaced the old cranes that date back to 1901.



A new equipment trainer contractor from KBRwyle teaches Soldiers how to properly function the latest A4 Guided Missile Transporter.



A Soldier from 3rd Bn., 4th ADAR, 108th ADA Bde., conducted new equipment training on the latest A4 Guided Missile Transporter (GMT) March 19.



LIVE NOW at

fayobserver.com/digitaljobfair



Featuring opportunities with these employers:















and More!

Brought to you by The Fayetteville Observer



1912 SKIBO ROAD
FAYETTEVILLE, NC • 910-487-4036

Anniversary Sale!

Celebrate the Savings
March 25-31 with these
Limited-Time Offers!



\$50 OFF
Coleman X-Cursion Propane grill for camping tailgating & more.
\$149.99 REG. \$199.99

MEMBERS-ONLY SPECIAL

CLUB MEMBERS **SAVE 50%** WHILE SUPPLIES LAST!



CLUB SALE **\$19.94** Limit 2 per customer
Remington .380 100ct. REG. \$39.89



25% OFF FISHING LINE

MEMBERS-ONLY SPECIALS

CLUB MEMBERS **SAVE 35%**

CLUB SALE **\$7.77**



Porta-Pak® Tank Deodorizers, 10-pack
• Breaks down waste and paper
Lavender #69990 Fresh N Clean #23913
REG. \$11.99

—PLUS—

FREE Lunch Sat., 3/30 from 11am-1pm!

Register to win one of three \$100 Gift Cards!

FREE hats to the first 100 customers on Sun., 3/31!

PLUS MORE DEALS IN STORE!

GANDER OUTDOORS.

\$10 OFF YOUR PURCHASE OF \$50 OR MORE!

Offer valid on merchandise at Gander Outdoors retail locations only March 25-31, 2019. Not redeemable on purchases of gift cards, memberships, service and installation fees, governmental licenses and fees (e.g. fishing and hunting licenses). We reserve the right to exclude certain products from the promotion. Offer may not be redeemable for cash and must be surrendered upon redemption. One time use only. Offer is not retroactive and cannot be combined with any other promotions or sale offers.



CC219414

REPORTERS, EDITORS AND PHOTOGRAPHERS CREATE REAL NEWS. JOURNALISM YOU CAN TRUST.

Follow the conversation at
#SupportRealNews



Help show your support for the journalists - in local communities and across the country - who are working tirelessly to bring you real news.

**Subscribe to your
local newspaper
today.**

NEWS MEDIA
ALLIANCE

INLAND
PRESS ASSOCIATION

Local Media Consortium
A NATIONAL PARTNERSHIP OF

THIS PUBLICATION
SUPPORTS REAL NEWS.

Real, Reputable, Trusted.
Your News Media.

newsmediaalliance.org



The Fayetteville
Observer
fayobserver.com

Soldiers visit school for career fair

By ALYSON HANSEN
PARAGLIDE

Soldiers from the 18th Field Artillery Brigade (FA Bde.) visited 71st Classical Middle School for a career fair, March 22. The career fair brought in members of the community to talk to the students about various job and career options for the future.

Sgt. 1st Class Merry Zadra and 1st Lt. Krystal Casimir were on hand to speak to the students about what the Army could offer them. Their message for the day centered around the students using the Army as a vehicle to create a career.

“Everyone sees Soldiers and think ‘oh that’s just a Soldier.’ They don’t look at a Soldier and see a marine biologist or a mechanic,” said Zadra, career counselor, 18th FA Bde. “There are so many jobs. We just want to let them know there are options. Anything you want to do outside, you can do in the Army.”

Casimir, an adjutant general officer, agreed.

“It’s not just going to war,” she said. “We want to put our story out there.”

Casimir and Zadra handed out Army pins, lanyards, T-shirts and water bottles to the students. Special Operations Recruiting Battalion (SORB) provided compression sleeves to hand out as well. While handing out items to the students, Casimir and Zadra talked to them about what being in the Army meant.

“What do you think we do in the Army?” Casimir asked students.



1st. Lt. Krystal Casimir, left, and Sgt. 1st Class Merry Zadra, 18th FA Bde., visit with middle school children at the 71st Classical Middle School career fair, March 22.



Photos by Alyson Hansen/Paraglide

“Kill bad guys,” one student answered.

“Protect us and the U.S.,” answered another.

Zadra told the students there was more to the Army than going after bad guys.

“The wonderful thing about the Army is that there is so much you can do,” she said. Zadra had joined with dreams

to be an airborne ranger.

At the time, women weren’t allowed in the U.S. Army Ranger School, so she focused instead on becoming a combat medic. Through the Army, she was able to go to college and now holds three degrees. She grew up not thinking that college was going to be an option for her.

Students were given Army-branded freebies to take home. Casimir and Zadra handed out pins, lanyards and T-shirts.

“When I got to basic, it was the first time I had a bed,” she said. “So for me, it was like, ‘you’re going to pay me to go to college and give me a bed?’”

Casimir grew up in a military Family, and had thought about going to college. She ended up

going to senior military college.

“It was the greatest thing I could have done because it taught me how to be an adult and go straight into a career,” she said. “It gave me a whole life plan ... There are so many opportunities the Army offers.”

Women’s HISTORY MONTH

Women in leadership

By MAJ. GARY LOTEN-BECKFORD
525TH MI BDE. PAO

The city of Fayetteville appointed its first female police chief in 2017. Chief Gina V. Hawkins is a graduate of North Carolina Central University and Georgia State University.

Hawkins assumed her post as police chief with a wealth of experience in law enforcement; she entered law enforcement with the Atlanta Police Department in September 1988. She worked various divisions with the Atlanta Police Department including patrol, crime analysis, investigations and internal affairs. Hawkins later retired from the Atlanta Police Department in 2006 as an Assistant Zone Commander.

“When you enjoy what it is you do it’s not work, it becomes your purpose,” said Hawkins. “I love the problem-solving aspect of what I do, my biggest mentor would be my faith in God,” added Hawkins.

Hawkins in her capacity links bridges of communication between officers of her department and special divisions to the local community. She understands the importance of leader engagements with business owners, local officials and residents alike for community outreach enhancement.

“My most rewarding experience as a female leader is seeing people I lead and supervise grow (both internally and externally), seeing people overcome obstacles and challenges that brings me a lot of joy,” said Hawkins. “The most challenging experience was trying to figure out my holistic ‘work-life balance,’ my family has always been inclusive in my life. My profession, my life, who I am is everything that I do and I’ve incorporated it in all I do,” added Hawkins.



Courtesy photo

Chief Gina V. Hawkins, Fayetteville Police Department, is the first woman appointed to the position. Hawkins became chief in 2017. She is one of four police chiefs in the Triangle area.

It should be noted that Hawkins entered the position as one of four female police chiefs in the Triangle Area — Raleigh Police Chief Cassandra Deck-Brown, Durham Police Chief Cerelyn Davis and Morrisville Police Chief Patricia Andrews.

The 525th Military Intelligence Brigade is composed of women in key leadership positions. There are commanders, first sergeants, platoon leaders and staff officers within the ranks. These leaders plan, prepare and

resource training for contingency and world wide deployment operations.

Capt. Jessica Masters is a native of Des Moines, Iowa, commander of Company A, 519th Military Intelligence Battalion, 525th MI Bde. Masters has been in the Army for 13 years as a military intelligence officer.

“My most rewarding experience is serving as a company commander and the biggest challenge centers on the impact of toxic leaders who continue to permeate various positions of authority

and influence within the military,” said Masters. “Such personnel put lack of faith in the overall organization and cause Soldiers to question military culture and values.”

Masters commands her company as an even keeled, methodical and conscientious leader. She is ever mindful of maintaining readiness, training and ensuring her Soldiers are effectively trained within their warfighting missions.

In the midst of providing leadership and mentorship there are two major influencers in her life who guide her decisions.

“I have two main influences that guide my decisions, first is God as His teachings directly apply to how leaders must act nonjudgmental, continually seek wisdom, and serve as a positive example to others and my husband (Command Sgt. Maj. Mike Masters) is the second biggest influence as a military leader. He provides support, candid advice and is an excellent example of how leaders effectively interact with Soldiers, families and the community as a whole,” said Masters.

Both influences have guided Masters through difficult times and continually push her to be the best leader for her Soldiers and unit as a whole.

The 525th MI Bde. and Expeditionary Force conduct multidiscipline intelligence operations in support of echelons corps and below, providing downward reinforcing capabilities to the division, brigade combat teams and other formations. The brigade and battalion headquarters are designed to receive, integrate, employ and sustain intelligence enterprise capabilities in support of corps, division and joint task force commanders.

Editor’s note: This is the final part of a two-part series on Women in Leadership.

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

THE LAST BATTLEGROUNDS: THE CIVIL WAR COMES TO NORTH CAROLINA

When: Thursday, 6 to 7:30 p.m.

Where: Pate Room, Headquarters Library, Cumberland County Public Library

Cost: Free

The North Carolina Civil War and Reconstruction History Center is sponsoring a presentation by Philip Gerard, author of the book "The Last Battleground: The Civil War Comes to North Carolina."

The presentation, which is free and open to the public, focuses on the long march of events in North Carolina, from secession to surrender. It allows one to understand the entire Civil War — a personal war waged by Confederates and Unionists, free blacks and the enslaved, farm women and plantation belles, Cherokees and mountaineers, conscripts and volunteers, gentleman officers and poor privates.

In the state's complex loyalties, its sprawling and diverse geography, and its dual role as a home front and a battlefield, North Carolina embodies the essence of the whole epic struggle in all its terrible glory.

For more information, call (336) 416-4530.

THE BREWERY COMEDY TOUR

When: Friday, 8 to 9:45 p.m.

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-819eed5b3f5>.

ROCK THE RINK BLOCK PARTY

Where: Cleland Ice Rink

When: Saturday, 3 to 6 p.m.

Cost: Free

Come to Cleland for a public ice and in-line skating, and skateboarding block party. There will be free 15 minute Learn to Skate lessons, demonstrations from hockey players, figure skaters, sled hockey players and broomball teams.

The event will also include a free public ice skating session with free ice skate rentals. Dress up warm, grab your gloves and head to the ice rink. For more information, visit bragg.armymwr.com/calendar/event/rock-rink-block-party/2962148/18821.

HERB AND GARDEN FAIR

Where: Poplar Grove Plantation, Wilmington, North Carolina

When: Saturday, 9 a.m. to 5 p.m. and Sunday, 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://poplargrove.org/festivals/herb-garden-fair/>.

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."

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

NORTH CAROLINA AZALEA FESTIVAL

Where: Historic Downtown Wilmington, North Carolina

When: April 3 through 7

Cost: Free admission, cost varies per event

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/>

AMERICA 50TH ANNIVERSARY CONCERT

Where: Crown Theatre

When: April 4, 7:30 p.m.

Cost: \$39.75 to \$84.75

Iconic classic-rock favorite America will be performing live at the Crown Theatre, April 4 as a part of Community Concerts' 83rd season.

America has amassed six certified gold and/or platinum albums, with their first greatest hits collection, "History," hitting four million plus in sales.

The Grammy Award winners' widely renowned singles — including "Horse With No Name," "Sister Golden Hair," "I Need You," "Ventura Highway," "Don't Cross the River," "Tin Man," and "Lonely People" — were considered cornerstones of the 1970s Top 40 and FM rock radio.

For tickets visit www.crowncomplexnc.com/events/detail/america.

BASEBALL AND FAYETTEVILLE TRIVIA

Where: Bright Light Brewing Company

When: April 4, 7 to 9 p.m.

Cost: Free

Batter up! Bright Light is kicking off the season by hosting a Baseball and Fayetteville Trivia combo night at the brewery. They'll have xQuisito International Foods and Catering parked out back, and the beer will be flowing. Get ready for every question you can think of about baseball itself and baseball movies, as well as some good ole Fayetteville questions to celebrate the start of the season of America's favorite pastime. Make sure you arrive early to get seats.

For more information, call (910) 339-0464

BEER AND BACON FEST

Where: Booth Amphitheater in Cary, North Carolina

When: April 6, noon to 6 p.m.

Cost: \$40 to \$69

Join us and sample 75 craft beers, wines, spirits and ciders. There will be 16 macaroni and cheese styles from 12 restaurants and lots of bacon.

twelve restaurants and food trucks will feature awesome bacon dishes. These stations are open until 3 p.m. Each guest gets a souvenir glass plus 75 of their favorite craft beers, wine, spirits and ciders.

There will be a new macaroni and cheese pavilion for our VIP ticket holders. Try everybody's favorite dish from Cary's best food trucks and restaurants. These station are open until 2 p.m.

The Bacon Griddles will be cooking two tons of gourmet bacon right on-site.

We will have great music on the main stage all day, a whole hog butchering demo and fun foodie exhibits and so much more.

For tickets and more information, visit <http://beerandbacon.com/show-info>.

THE ALL-AMERICAN TATTOO CONVENTION

Where: Crown Expo Center

When: April 12, 2 to 11 p.m., April 13, noon to 11p.m., April 14, noon to 8 p.m.

Cost: Single day \$25, 3-day pass \$40, VIP 3-day pass \$65

This convention is in its third year and has been named a featured show twice by World Tattoo Events. Only 20 shows in the world have been given this honor so far for 2019.

Advance single-day ticket prices start at \$25 and are available now online at CapeFearTix.com, by phone at (888) 257-6208 and in person at the Crown Complex Box Office and the Leisure Travel and Ticket Office located at Fort Bragg. Multi-day passes are available and military discounts are also available in advance at the box office.

With up to 90 percent of infantry having at least one tattoo, the home of Fort Bragg was a natural fit to host the convention. The goal is to give some of the best tattoo artists in the world the opportunity to showcase their talents to some of the nation's bravest heroes. A portion of the ticket sales raised from this event will go to assist Soldiers with PTSD and other combat related injuries.

The All Veteran Parachute team will also be jumping in to kick off the show and again on Saturday. This is the largest tattoo convention in North Carolina and one of the largest on the east coast right here in Fayetteville.

For more information on featured artists and additional activities, please visit allamericantattooconvention.com.

PIRATEFEST 2019

Where: Uptown Greenville, North Carolina

When: April 12, 5 to 9 p.m., April 13, 11 a.m. to 8 p.m.

Cost: Festival events are free, carnival wristbands available for purchase

Swashbucklers of all ages will converge on the banks of the Tar River, a pirate's paradise located in Uptown Greenville. Returning for its 13th year, the festival will kick off Friday with a free concert featuring rising country music star Jimmie Allen, tons of costumed pirates, street food vendors and a carnival. On Saturday, the festival expands along Evans Street, taking over eight city blocks. Featuring fine arts for sale, live music stages, BMX, beer and wine garden, sword fighting, a pirate encampment and much more. There will be plenty of piratical happenings for the whole family ending with the headlining concert at the Greenville Town Common from 6 to 8 p.m. featuring a throwback '90s hip-hop concert and dance party with Biz Markie and Tone Loc.

For more information, visit www.piratefestnc.com/.

Child Abuse Prevention Month: Little things matter

THOMAS M. HILL
ACS

April is Child Abuse Prevention Month and a great time to think about what we all can do to help Fort Bragg and our military community look out for our kids when they might be in harm's way and help out parents. The theme for the month is, Little Things Matter.

Our little ones — each one of our babies and children and even teenagers — all matter so very much. Every little thing we do or fail to do, can have an impact on whether they grow up to be healthy, and happy citizens.

There are several events planned during April to help everyone be more aware of the importance of our children, our parents, and everyone taking a part in keeping children safe and healthy.

Notice the blue pinwheels all over the place? Little "gardens" of these pinwheels will be "planted" at Womack Army Medical Center (WAMC), the Soldier Support Center and other places around the community. The pinwheel was introduced by Prevent Child Abuse America to stand for child abuse and neglect prevention nationwide.

The pinwheel represents nationwide efforts to draw attention to the way all of us think about prevention, focusing on community activities and public policies that prioritize prevention right from the start to make sure child abuse and neglect never occur.

Anyone wanting a pinwheel for their child can visit Army Community Service (ACS) on the third floor of the Soldier Support Center to pick up a free one.

On April 1 from 11 a.m. to noon, the Fayetteville Community Pinwheel Ceremony will be held at 222 Rowan St. On April 5, from 11 a.m. to noon, the Fort Bragg Pinwheel Ceremony will be held

at the Fernandez Child Development Center. These two events will mark the planting of pinwheel gardens by children at both these locations.

Throughout April, people can participate in Wear Blue Fridays, to commemorate the month.

Check out the Fort Bragg Facebook page as well as the Family Advocacy Program Facebook, Twitter and Instagram pages, closed circuit TV around post. Also local radio stations for announcements, easy parenting tips to help keep kids safe, and to learn about six parenting workshops offered every month at ACS, with free childcare.

These workshops include active parenting the first five years, active parenting for teens, scream free parenting, positive discipline, co-parenting when parents are divorced and separated, and the stewards of children sexual exploitation prevention workshop.

Look for child abuse awareness tables at the Pinehurst Children's Fair April 6, at the WAMC Maternity Fair April 13, and the Dogwood Festival April 27 to find out about all the support available for parents.

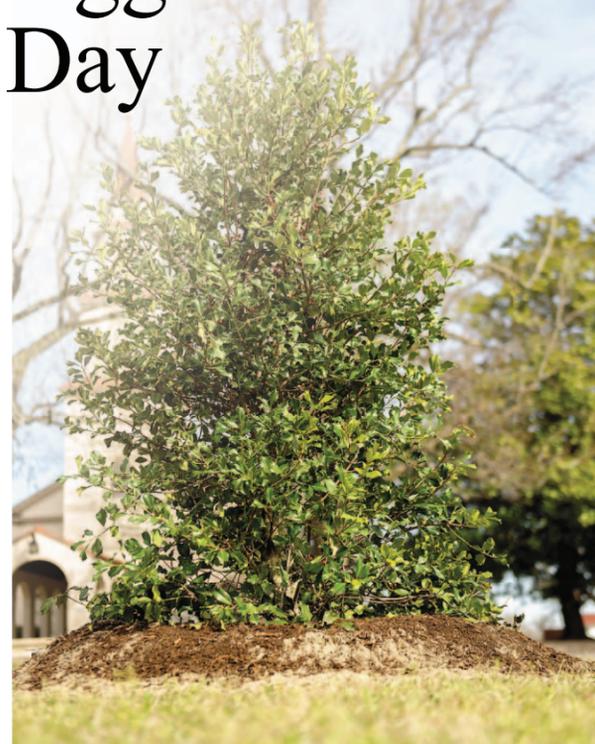
New and expecting parents can learn about the New Parent Support Program. Home visitors will visit parents anywhere in the community. They can schedule after hours or weekend visits so both parents can attend. Play Mornings are also offered for parents of 0 to 36-month-old children around post.

Call (910) 396-5521 for times and locations or visit <https://bragg.armymwr.com/programs/acs> for more information.



Fort Bragg celebrates Arbor Day

Right: A tree is planted on the Main Post Parade Field. Col. Kyle Reed, Fort Bragg Garrison Commander, said the tree had been planted in the location that the post Christmas tree is usually located and that in time this tree would grow large enough to be used every year as the Fort Bragg Christmas tree. Reed stated that about 200 trees had been planted around Fort Bragg so far this year.



Photos by Lewis Perkins/Paraglide



Above: Fort Bragg Garrison Command Sgt. Maj. William Lohmeyer, left, Monica Stephenson, DPW, Craig Gottfried, U.S. Forest Service ranger and Fort Bragg Garrison Commander Col. Kyle Reed, plant a tree on the Main Post Parade Field, March 22.

Right: Brian Vesely from the DPW Engineering Dept. reads the Arbor Day proclamation followed by remarks from Col. Kyle Reed, Fort Bragg Garrison Commander, March 22.



April is National Child Abuse Prevention Month 2019

Wear blue every Friday in April to show your support and commitment to protecting our children

Community Events

<p>Break the Chain of Child Abuse March 22, 9 - 11 am and 11:30 am - 1:30 pm Crown Coliseum Agricultural Center</p> <p>Information Tables April 1, 10 am - 12 pm Womack Army Medical Center USASOC</p> <p>Pinwheel Planting Ceremony April 1, 11 am - 12 pm Child Development Center, Fayetteville</p> <p>Active Parenting of Teens Workshop April 2 and 4, 9 am - 12 pm Soldier Support Center, 3rd Floor</p> <p>Child Abuse Prevention Month Kick-Off Pinwheel Planting on Fort Bragg April 5, 11 am - 12 pm Rodriguez Child Development Center</p> <p>Celebration of the Month of the Military Child April 6, 3 pm The Village Arboretum (375 Magnolia Road, Pinehurst)</p> <p>Rick's Place Outdoor Fun Day Month of the Military Child Celebration April 6, 10 am - 3 pm</p> <p>Positive Discipline Workshop April 9 and 11, 1 - 4 pm Soldier Support Center, 3rd Floor</p> <p>Hidden Dangers of the Digital Age Internet Safety Workshop April 12, 9 am - 12 pm Soldier Support Center, 3rd Floor</p> <p>Womack Maternity Fair (including Dads 101 Workshop) April 13, 9 am - 2 pm Womack Army Medical Center</p>	<p>Co-Parenting Children of Divorce and Custody Workshop April 16 and 18, 9 am - 12 pm Soldier Support Center, 3rd Floor</p> <p>Parenting the First Five Years Workshop April 17 and 19, 9 am - 12 pm Soldier Support Center, 3rd Floor</p> <p>ScreamFree Parenting Class April 22, 24 and 26, 9 am - 1 pm Soldier Support Center, 3rd Floor</p> <p>Inauguration of New Parents Foundation Workshops April 26, 8 am - 4:30 pm Family Readiness Group center</p> <p>Dogwood Festival Kidstuff Area Support for Children and Parents April 27, 12 - 6 pm Green Street, Fayetteville</p> <p>Child Advocacy Center Conference: Building Community Pathways to Promote Resilient Families April 30, 8 am - 4:30 pm Manna Church</p> <p>Cumberland County Parks & Recreation Kidsfest May 4, 11 am - 3 pm Festival Park, Downtown Fayetteville</p>
--	---

Local Law Enforcement Dial 911
Child Protective Services (910) 677-2450
DOD Child Abuse And Safety Hotline 1 (877) 790-1197
National Child Abuse Hotline 1 (800) 4-A-CHILD

ARMY COMMUNITY SERVICE ACS
Real-Life Solutions for Successful Army Living

(910) 396-5521
Soldier Support Center, 3rd Floor
Fort Bragg, NC

www.Facebook.com/FortBraggFAP
Twitter and Instagram @FortBraggACS
Download the Fort Bragg ACS mobile app
www.Bragg.ArmyMWR.com/Programs/FAP

HIBACHI GRILL

supreme buffet

3308 Bragg Blvd. Fay | 910-323-8188
(next to Krispy Kreme)

SENIOR SPECIAL \$7.42
65 & UP Mon-Thurs Excluding Drink
2p.m. - 3:30p.m. Holidays Included

LUNCH \$8.25 **Dinner \$11.49**
Sat & Sun \$12.49 M-F

We Cater - Large Rooms Available for Parties

10% OFF Dine-in only with purchase of drink, 1 coupon per receipt, cannot be combined with other discounts or coupons.
Excluding Holidays

FN-0005132118-01

COOL SPRING DOWNTOWN DISTRICT

FAYETTEVILLE'S DESTINATION FOR ARTS & ENTERTAINMENT

unique shops | galleries | restaurants | concerts
coffeehouses | tea shops | wine bars | brew pubs

COMING IN APRIL...

- LUNCH WITH LAFAYETTE CROSS CREEK PARK | WEEKLY STARTING APRIL 17TH 11am-2pm
- OPENING DAY WOODPECKERS BASEBALL | APRIL 18TH 7pm
- CARRIAGE TOURS OF OLD FAYETTEVILLE | April 20TH 1pm-6pm
- 4TH FRIDAY - DANCING IN THE STREETS | April 26TH 6pm-9pm
- FAYETTEVILLE DOGWOOD FESTIVAL | APRIL 26TH-28TH

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

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

ARTS COUNCIL
FAYETTEVILLE/CUMBERLAND COUNTY

SHOP SMALL

IT'S DINING

IT'S SHOPPING

IT'S ADVENTURE

WHAT IS COOL SPRING DOWNTOWN DISTRICT?

IT'S YOUR FIRST STOP FOR FUN

Severe weather season: Be prepared for tornadoes

CALVIN MCKENZIE
DPTMS

Severe weather can happen anytime and in any part of the state. This weather causes hazardous conditions from thunderstorms, that include damaging winds, large hail, flooding, flash flooding and tornadoes.

Although these hazardous conditions can happen almost anytime, they usually occur from March through August.

If you see a tornado coming, you only have a short time to make life-or-death choices.

Basics of tornado safety

■ Build an Emergency Supply Kit - that will provide food, water and essentials for at least three days.

■ Be Informed — know how you will receive information, sign up for the Installation Mass Warning and Notification System.

■ Make a Plan — rehearse the plan. Know the terms and danger signs:

■ Watch — conditions are right for tornado formation.

■ Warning — a tornado has actually been sighted.

Before a Tornado

■ Listen to battery operated National Oceanic and Atmospheric Administration (NOAA) Weather

Radio, a radio or television newscasts for the latest updates. In any emergency, always listen to the orders given by local emergency management officials.

■ Know where to go. The safest place to be during a tornado is in a basement. If you have no basement, go to an inner hallway or smaller inner room without windows, such as a bathroom or closet. Go to the center of the room.

Try to find something sturdy you can get under and hold onto to shield you from flying debris and/or a collapsed roof. Use your arms to protect your head and neck.

■ Mobile homes, even those with tie-downs, are particularly open to damage from high winds. Go to a prearranged shelter when the weather turns bad.

■ If no shelter is available, go outside and lie on the ground, if possible in a ditch or depression. While waiting, be alert for the flash floods that sometimes come with tornadoes.

■ Never try to outrun a tornado in a car. A tornado can toss cars and trucks around like toys.

■ If outside, find the closest sturdy shelter. Do not get under an overpass or bridge. You are safer in a low, flat location. Flying debris from tornadoes causes the most deaths and injuries.

After a Tornado

Injuries may result from the tornado or after a tornado when people walk among and clean up debris. Watch out for sharp objects, especially nails and glass.

Look out for damaged power lines, gas lines or electrical systems. There may be a risk of fire, electrocution or an explosion.

■ Continue to use your battery-powered radio or television for emergency information.

■ Be careful when entering any structure that has been damaged.

■ Do not touch downed power lines or objects in contact with downed lines. Report electrical hazards to the police and utility company.

■ Use battery-powered lanterns, if possible, rather than candles to light homes without electrical power. If you use candles, make sure they are in safe holders away from curtains, paper, wood or other flammable items.

Never leave a candle burning when you are out of the room.

■ Never use generators, pressure washers, grills, camp stoves or other gas/

charcoal-burning devices inside your home, basement, garage or camper .

Carbon monoxide is an odorless, colorless gas that can cause sudden illness and death if you breathe it. These fumes can build up in your home, garage or camper and poison the people and animals inside. Seek prompt medical help if you feel dizzy, light-headed or nauseated.

For additional information visit these links:

■ <https://home.army.mil/bragg/application/files/8915/0515/7040/Tornado.pdf>

■ <https://www.fema.gov/media-library/assets/documents/162052>

■ <http://ready.army.mil/Tornado%20Fact%20Sheet.pdf>.



YOU CAN ALSO READ THE PARAGLIDE ONLINE AT WWW.PARAGLIDEONLINE.NET

Come Worship With Us



Call 910-609-0661 to Place Your Church Events and Services Here

CHURCH OF CHRIST
W. Fayetteville
Stan L. Caldwell, preacher

Sunday Bible Study, 9a.m. • Worship, 10a.m. • Evening Worship, 5p.m.
Wed. Bible Study, 7p.m. • Free Bible Correspondence Course by Mail
5272 Butternut Drive | Fayetteville, NC 28304 | 910.424.5162
wfcoc.preacher@gmail.com | www.westfaycoc.org

FN-0005135982-01

THE ALL-NEW APP.




CLEAN. ENGAGING. UP-TO-THE-MINUTE.

Look for the FO and download it today at your phone or tablet's app store




JOIN THE FUN!

Rugged Maniac is making playing outside with your friends a thing again! They've taken the concept of recess and added beer, music, & mechanical bulls, and amped up the playground with massive water slides, flaming fire jumps, gooey mud pits, and more!

Grab your friends, get your tickets, and get ready to act like a kid again!

MAY 18, 2019
NORTH CAROLINA



SIGN UP AT RUGGEDMANIAC.COM & GET 25% OFF WITH THE CODE: NC25

Discount code valid through 4/19/2019

All American Marathon brings Fayetteville, Fort Bragg together



BY ALYSON HANSEN
PARAGLIDE

Runners gathered in downtown Fayetteville's Festival Park in the early morning of Sunday to participate in the sixth annual All American Marathon and Mike to Mike Half Marathon. The morning started off cool. A mostly cloudless day with no wind provided ideal running conditions for the participants.

Col. Kyle Reed, garrison commander, Fort Bragg, and Fayetteville Mayor Mitch Colvin addressed the crowd of runners before the start of the race. They both spoke to the importance of the partnership between Fayetteville and Fort Bragg for the race.

"(The race) is starting to grow and expand the relationship (between Fayetteville and Fort Bragg) and I want to thank you for being a part of this," said Reed to the race participants.

Members of all 50 states were present to run the race. Colvin addressed those runners from other areas.

"Feel the warmth of our citizens as you run," he told them.

Around 3,800 people signed up for the marathon, half marathon and 5K race, up from 3,600 participants the previous year. This year's course also brought new challenges to the race.

With a minor league baseball stadium being constructed in downtown Fayetteville, organizers had to be creative with challenges such as parking. They also faced train schedules as the race course brought runners over train tracks. Coordination efforts with CSX transportation, a North America rail-based freight company, ensured the runners wouldn't be caught by a train during the race.

Chief Gina V. Hawkins, Fayetteville Police Department, stressed the importance of safety for everyone involved in the run. Race supervisors were set up along the course and members of the Fayetteville Police Department provided support to help block off streets.

"The most important thing is that the runners are safe on the track back to Fort Bragg," Hawkins said.

Raymond Lacey, director, Fort Bragg Family and Morale, Welfare and Recreation, talked about the medical coverage of the race, stating that there were nine medical doctors along the route. Ambulances were provided from both Cape Fear Valley and Womack Army Medical centers.

Packet pick-up this year took place at the Metropolitan Room in downtown Fayetteville, allowing the racers to see the start of the race course. Kevin Arata, representing the City of Fayetteville, talked about the importance of bringing people to downtown Fayetteville before the race.

"A whole lot of folks (will be) coming downtown and shopping downtown, interacting with downtown so that is really important on our side," he said. "It shows off our city and we really appreciate that."

Racers began the morning in downtown Fayetteville, passing the Airborne and Special Operations Museum before heading up Haymount Hill toward the All American Freeway. Mile seven to eight, dubbed the Blue Mile, showed photos of fallen Soldiers along with American flags.

The race concluded at the Main Post Parade Field at Fort Bragg.

Capt. Jacob Enke, 8th Psychological Operations Group, won the marathon with a time of 2:40:45. Maj. Sarah Day with the North Carolina National Guard was the top female finisher, with a time of 3:20:24. It was the second time she was the first female finisher of the marathon.

Sgt. Peter Koskey won the Mike to Mike Half Marathon for the third time, coming in at 1:11:58.



Photo by Lewis Perkins/Paraglide

Capt. Jacob Enke grasps his first place victory at the finish line of the All American Marathon with a time of 2:40:45.

Lidia LeMieux was the top female finisher of the half marathon with a time of 1:29.

"My husband and I are both avid runners. We thought it would be a great opportunity to come out and be a part of a great race. I've never run it before," said LeMieux.

Next year, the marathon organizers hope the race will begin at Segra Stadium, the home of the Fayetteville Woodpeckers minor league baseball team.

"This partnership is fantastic, we appreciate all of the work Fort Bragg has done to make this happen. It was absolutely a team effort," Arata said.



Photo by Lewis Perkins/Paraglide

Peter Koskey, Co. A, Womack Army Medical Center, breaks the tape to finish first place in the Mike to Mike Half Marathon with a time of 1:11:58. Peter is an avid runner and well known for his participation in Fort Bragg running events.



Photo by Lewis Perkins/Paraglide

Maj. Sara Day of the North Carolina National Guard was the first full marathon female finisher with a time of 3:20:25. She had been the first place female finisher in 2017 as well with a time of 3:13:14.



Photo by Lewis Perkins/Paraglide

Lidia LeMieux of Southern Pines, North Carolina, finished as the first female Mike to Mike Half Marathon runner with a time of 1:29:00.



Photo by Alyson Hansen/Paraglide

Spectators hold up signs on Hay Street during the All American Marathon, March 24.



Photo by Lewis Perkins/Paraglide

Jesse Dickerson stops at the wear blue: run to remember memorial for Sgt. 1st Class Augusto "Tito" Pineiro, who was killed in a vehicle accident, Oct. 9, 2017. Pineiro was well known at Fort Bragg for his charity work for wounded veterans and his long distance running while wearing a gas mask.



Photo by Lewis Perkins/Paraglide

Runners stand to observe the singing of the national anthem prior to the marathon start.

Embrace the failures: They are fuel to the fire

By GENEVIEVE STORY

PARAGLIDE

Inevitably, there were setbacks and races where the result didn't seem to match the work I put in. I used to think I could set a personal record (PR) in every marathon, let alone race, I ran. I was distraught when I ruined my intentions or 'perfect streak' on a perfectly idealistic race day. But that disappointment, you need to let it fuel you.

Running has an incredible way of humbling you. I approached the All American Marathon in Fayetteville, like every race, with the best of intentions and expectations. Truly, I was on my way, I was hopeful. It's been a long road to come-back from layers of setback, but I took all the necessary steps for future success: A revered training plan, epic training buddies, substantial weekly mileage, a fixed routine, early to bed, early to rise, proper nutrition and hydration, diligence, determination and maintaining a positive mindset despite challenges along the way. Preparation meets opportunity, in its most conventional state.

The race disintegrated rapidly. It was one of those races where you grasp for your back up plan and comprehend 'this is not going to fall into place as I had originally intended', as in, right from the start. After several weeks of battling illness, self-doubt, humility and missed training opportunities, I made my peace with the situation and just metaphorically, 'went for it', come what may. My goal time quickly diminished, my 26.2-mile race turned into a 13.1 run, my morale was waning and I felt like a colossal disappointment. I was trying to make intelligent decisions despite an unideal situation. "Just keep going," I told myself. "Just keep going."

The road to success can be long. In 2002, I was diagnosed with stage III medullary thyroid cancer. This determination was then followed by relapse, remission and then an ischemic stroke in 2014. These circumstances came with the perfect combination of highest highs and lowest lows, including the feeling of failure. I had to



Stock Photo

refocus and rebuild over and over again, while keeping my eyes fixed in the right direction. Strength really is a decision. It can be raw and muscular and powerful. But the way we often remember it, and the times it inspires us, are when we witness strength as a response to despair, difficulty or defeat. Strength can be seen when people lift themselves up after falling down, when they ask more of themselves than they think they are capable of and when they are honest with their vulnerability. I recollect the past when facing present struggle. These experiences have redefined strong for me.

Failure is our greatest teacher. Sometimes we succeed, sometimes we fail, and

sometimes we get so lost along the way that we realize we don't even know what we're working towards. That's the beauty of our unique experiences, and a goal, it's not about the end result, but every step you take towards it — not giving up along the way.

There is something to be said about reframing your perspective; to embrace failure as not frowned upon but an inspiration. I'd like to think that human beings shouldn't need to experience all struggles first-hand to have empathy and respect for the struggles of others. With all the pain and suffering around us, pain is far more serious than a crisis of confidence in sports, we have to be able to respect

the infinite paths through darkness that are part of the human experience if we want a healthier Family, city and world. As runners, we all come together on the trail, road or track with our unique wounds, scars, and experiences that guide our understanding of the planet and the human condition. To pursue your individual potential as an athlete requires a willingness to face your shadow, to see things in yourself that are ugly or unideal before you are ready to, and to respect them. The repeated act of doing this for ourselves can help us develop the skill of abstract empathy for others.

Hard work doesn't evaporate with one bad race result. And tremendous dreams and goals are not achieved overnight. All American wasn't a failure, it was a foundation. So, here I am, back at it, putting races on the calendar and checking off the boxes; prepared to do whatever it takes to get back at it again for the next goal. The miles and paces are still there when the next season starts, combined with the armor and stronger determination to beat whatever demons had gotten me last time.

Elective hardship is the 'thing'. It's the thing that turns iron into steel, and humans into something greater than the sum of their parts. I am grateful to have a body that somehow withstands the torture I put it through. I am grateful to have like-minded friends. I am grateful for those who endlessly support my endeavors. I am grateful to toe the line next to thousands of other runners who are all reaching for their fullest potential. It's not something most human beings would give a moment of consideration to, that it is actually possible to be living for years in a constant state of betterment; to consider that you are better today than you were yesterday or even a year ago, and that you will be better still the next day. If you are doing it right, you will be constantly evolving toward some version of excellence, for you. And that's what we have to do. We have to get through whatever life deals us, dig deep for those silver linings and keep reaching for the best version of ourselves, even if we seemingly fail. Because in the end, it's not about what we go through, it's about how we come out of it.

TOTAL



WELLNESS

Runners Corner

Westover Spring Spirit 5K:

Saturday, April 6 at 8 a.m. at Westover High School Campus. 5K run/walk registration cost is \$25, which includes moisture wicking T-shirt. Awards ceremony at the stadium following the run/walk. Check <https://visit-fayettevillenc.com/> for details.

John E. Norman Cinco de Mayo 10K and 5K:

Saturday, May 3 at 8 a.m. at 101 Robeson St. Fun Family event celebrating Cinco de Mayo and promoting a healthy lifestyle. There will be activities for kids and a display of the Mexican culture. The event also features traditional dancers and costume contest. Cash prizes will be given to the top three overall men and women.

MWR's Fort Bragg 5K

Lace up those running shoes and join MWR every third **Saturday** of the month, April through August, for their family friendly, community 5K run. Kick off the season, **April 26** at 9 a.m. at Hedrick Stadium. Check <https://bragg.armymwr.com/> for details.

Get Fit

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.

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.

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 rink and private rentals and its facility is easily accessible for both military and civilian patrons. Six 30-minute classes are held once per week, on **Mondays** for six weeks. Visit <https://bragg.armymwr.com/programs/cleland-ice-and-inline-skating-rink> for more information or call (910) 396-5127.

Aqua 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 a.m. and 12 p.m. and **Saturdays** at 10 a.m.

Hatha Yoga:

This focuses on the breath (pranayama) and yoga poses. This class will be a gentle yoga. Slow and

great for beginners or students who prefer a more relaxed style. Poses are held longer. This class is held at Hercules and Towle Courts physical fitness centers. Classes vary, check MWR website www.bragg.armymwr.com for the schedule.

Sculpted:

For that lean, toned look with fast results sculpted is a total body strength and conditioning workout combining the benefits of traditional weight training and great music. The original barbell workout. This class is offered at **Hercules Physical Fitness Center on Mondays, Wednesdays and Fridays at 9:30 a.m.**

Boot Camp:

Interval training, alternating various body sculpting moves and aerobic exercises on the step, with barbells, bands or weights. This class is offered twice a month at Hercules Physical Fitness Center. Check the MWR website www.bragg.armymwr.com for the schedule.

Prenatal Yoga:

Join MWR for prenatal yoga on **Saturdays** at 1 p.m. at Hercules Physical Fitness Center. Open to DOD ID cardholders, ages 16 years and above. Max 20 participants. For details, please call (910) 394-4350.

Personal Training:

Reach your fitness goals with certified personal trainers. Training sessions are located at one of our **14 MWR fitness centers**.

Don't know where to start? Start with a fitness assessment done by one of our personal trainers for \$25.

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

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

Class Programs: Are open to DOD cardholders and their guests, ages 16 and older.

For more information on our personal trainers and and/or to sign up for this program or a personal assessment, visit our specialized training webpage at bragg.armymwr.com/programs/specialized-training.

CLASSIFIEDS

Classifications

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

Deadlines

Sunday, Monday, Tuesday	3:45 p.m. Friday
Wednesday	8:45 a.m. Tuesday
Friday, Saturday	3:45 p.m. Thursday
Saturday Real Estate	3:45 p.m. Wednesday

Proud Partner of
ZipRecruiter

Call 910-678-9000 or email
classifieds@fayobserver.com to place your ad.
Office Hours: Monday through Friday 8 a.m. to 5 p.m.

110 Administrative/Professional

CHILD CARE NOW HIRING
FT Lead Teacher for 1 Yr Olds
Must have Associates Degree in ECE & Min. 2 Yrs child care Exp
PT- Teachers & Substitutes- Must have NCECC & Child Care Exp
Apply in person: Wonder Years at ACC 216 Anderson Creek Dr Spring Lake NC 28390 5 Star Centers!
City of Fayetteville
For Job listings go to:
fayettevillenc.gov/jobs

135 Skilled Trades

2 ND CLASS LINE TECHNICIAN
The Town of Red Springs is looking for a 2nd Class Line Technician. Must be able to perform intermediate skilled trades work in the installation, maintenance and repair of the electric distribution system, related facilities and associated equipment and related work as apparent or assigned. This is a full-time position with benefits. You will be required to be on a on call rotating schedule. Salary depends on experience. Position is opened until filled. You may apply in person at Town Hall at 217 South Main St. Red Springs NC 28377. EOE

145 General Employment

Baseball Info Solutions (BIS) is looking for candidates to score Fayetteville Woodpeckers home games in Fayetteville, NC. You'll collect detailed data at the park before entering that data afterwards into our specialized scoring software. Scheduling is flexible based on when you're available, and there is no minimum number of games you need to score. BIS provides tickets to enter the park, and you will be reimbursed for any parking fees. The base pay is \$30 per game, and there is an incentive program that enables people to earn bonus money based on performance. If interested, please contact Jon Vreccis by emailing jov@baseballinfosolutions.com. You will need to provide your name, address, phone number, and email address and include "Fayetteville Scorer" in the subject line. Please do not call our office regarding the position. The position is NOT with the Fayetteville Woodpeckers club itself, so please do not contact them.
TAXI DRIVERS NEEDED Fayetteville.
Call to apply between 9am-4pm Mon-Fri Ph: 910-690-4282

249 Home Additions/Improvement

SIX WISEMEN PAINTING CO: Vinyl siding, labor neg., painting, labor neg., leaky roof, \$150.00, est free, pressure wash free, rotten wood repair free. Limited. Call Lewis, 910-489-6171
CALL NOW!!! General Contracting Remodels, Decks, Fences, Roofing, Windows, Siding, Paints Interior and Exterior or FREE ESTIMATES!!! 910-261-8877
HANDY MAN SERVICE: Lawn care, carpentry, painting, sheet rock repair, plumbing, light fixture, ceiling fans, floors, doors, tiles. Call Oscar-910-574-4683

251 Home Repair

QUALITY HOME REPAIRS: Plumbing, electrical, carpentry, painting, drywall. 30 yrs experience. Work guaranteed. Call David, 910.929.2629

257 Lawn care



HIGH PRIORITY LAWN CARE
LAWN CARE SERVICE: Mowing, weed eating, edging and bush trimming. Clean up once work is complete. Prices start at \$65. Call 910-747-8021

279 Tree Services

DIFFICULT TREE REMOVAL. Stump Grinding, Topping & Trimming. Bushes cut also. Ask for Kevin. Insured for your benefit. 910-249-0060

305 Furniture

SOFA: Brown Leather Reclining Sofa \$450.00. Call 910-733-9221.

327 Lawn/Garden



2004 JD LX280 LAWN TRACTOR: "LIKE NEW" condition; 50 hours; 18 HP Kawasaki engine, Tuff Torq - Hydrostatic Trans, 42 Inch Cutting Deck, Front Metal Bumper, 7-Bushel Rear Bagger, Rear Bagger Chute, Cruise Control, Cup Holder, Kept in the Garage, Protective Cover NIB, Comes with extra Oil & Fuel Filters. Asking \$2,650.00. Call (910) 964-8230, Please leave message if no answer.

336 Pets



ENGLISH BULLDOG: AKC English Bulldog Puppies for sale. 3 females, DOB 10/25/18, vaccines and vet checked. \$2000. If interested please call 843-877-0702.



SIBERIAN HUSKY: puppies. Shots, worked utd. \$400.00 Call Carey 910-738-7848 or 910-674-1477



GERMAN SHEPHERD: Puppies! AKC Championship Line. AKC Registered. Championship Pedigrees. Puppies Available Now! Call or text us at 828-455-4887. See Haus Sumpter German Shepherds Facebook and Official Site as well! We are in North Carolina



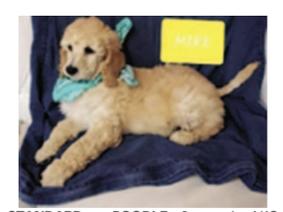
PEKINGESE/YORKIE: Absolutely adorable babies you must see, UTD on healthcare, "Visitors Welcomed" 910-567-5573

AUSTRALIAN SHEPHERD: Miniature and Toy Australian Shepherds. The Best Pet in America. New litters of puppies available. Price range of \$700 - \$1600. Visit us at www.BroadMeadowFarm.com or call 704-747-7441.

SIBERIAN HUSKY: We currently have 3 AKC registered Siberian Husky puppies available. Two females one brown/red and 1 grey. They will have been wormed at current age appropriate times. Any questions please call 252-230-1386 ask for johnny.



STANDARD POODLE: 3 x male AKC Poodles for sale. Born 3/20/18. Excellent health, shots, tails docked, Puppy Papers. \$1200 each, 919-770-4738



PEKINGESE/YORKIE: Absolutely adorable babies you must see, UTD on healthcare, "Visitors Welcomed" 910-567-5573

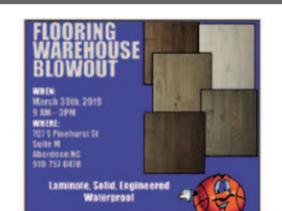


PEKINGESE/YORKIE: Absolutely adorable babies you must see, UTD on healthcare, "Visitors Welcomed" 910-567-5573

425 General Announcements



PMI METROLINA HOSTS 3rd ANNUAL VETERAN'S TRANSITION & SKILLFEST
PMI Metrolina, in conjunction with American Legion Post 230, VFW Post 4542 and the Town of Spring Lake - Recreation Center - 249 Ruth St., Spring Lake, NC, 28390. The event is free for veterans and open to all branches of the military, active, guard/reserve, veteran and retired and will feature potential employers, recruiters and direct hire companies, guest speakers and Q & A session with military veterans. A continental breakfast and lunch will be provided to attendees at no charge. Participants must register to attend by visiting <http://bit.ly/3rd-PMI-Veterans-Transition>. For additional information on this specific event contact: MilitaryLiaisonDirector@PMI-Metrolina.com.



FLOORING: LIQUIDATION SALE. SATURDAY 3/30 9AM-3PM. 707 S Pinehurst St., Suite M, Aberdeen NC 28315. 910-757-0478. Laminate starting @ \$.69 sqft, Engineered starting @ \$1.59 sqft, Solid starting @ \$3.39 sqft, Waterproof LVP starting at @ \$2.29 sqft

647 Apartments for Rent

BRAGG AREA/Fay: 2BR duplex \$410, Certain pets okay. We do criminal bkgd check. Call: 910-574-6654

653 Houses for Rent



HOUSES & APTS: available near Fort Bragg. 1 brm -3 brm. No pets. Application & proof of income required. Criminal and credit checked. For appointment: 919-867-8312.

Cottonade 4 br 2 1/2 ba, new hrdwd & carpet, over 2,000 sqft. 18 x 23 den, outside 12 x 20 workshop w/ electric \$1250. DANIELS REAL ESTATE (910) 867-7156

659 Rooms/Rooms

BINGHAM: Efficiency. \$125/wk Cable, utilities incld, fridge, microwave, W/D private pond on 4 acres \$200 dep 910-584-3530

703 Houses for Sale



DOWNTOWN SOUTHERN PINES: Well constructed brick beauty built in 1954 renovated 2014 - 3 BR, 2 1/2 BA with over 2200 sq ft on main level and a 350 sq ft partially finished, heated and cooled basement. \$375,000 LP. REALTOR® Mary Lou Vecchione Broker, (910) 639-1387 marylou@housesandhomeservices.com www.housesandhomeservices.com

Order your Postings
Fayetteville Observer Classifieds
online at
FayObserver.com/Classifieds

715 Building Lots



AMAZING LARGE LAKEFRONT WITH MOUNTAIN VIEWS: 220ft. Pristine Shoreline! Private 3 Acres of Land w/mature Hardwood Trees & Amazing Views! Located on the Clearest Lakes in the Heart of the Blue Ridge Mtn! Tax Season Sale! Was \$150K Sacrifice Price \$30,000 Must Go Now Call 828-229-5491

865 Antiques/Classics

FOR SALE-CLASSIC CARS- CHEVROLETS 1955 1956 1957 AND 9 OTHER VEHICLES FOR MORE INFO CALL 910-389-6184

875 Cars For Sale



ANTIQUE: 1972 Ford LTD "Fixer Upper" all original. 2D, 429 Engine, 54086 original miles to include 8 track tape player. No rust. Please contact (910) 322-0156 or email d.acrawford79@yahoo.com.

CHEVROLET, CAPRICE COUPE: 1987 Original 64k miles; 300 engine; \$4,500 Call: 910-705-1041

2006 HONDA CIVIC LX, 99,000 miles, ASKING PRICE \$4800. PLEASE CALL 910-574-3224

880 Wanted To Buy

TOP CASH FOR JUNK VEHICLES!! Cash on the spot for running and non running vehicles!! Top Away! please call 910-364-5762 for a quote today! No title OK!! for vehicles over 10yrs old!

FREE Postings!
Post your online ad for free today!
FayObserver.com/Classifieds

Portable Oxygen For The Way You Want to Live
Includes Everything You Need to Regain Your Freedom
At just 2.8* lbs, the Inogen One G4 is the ultralight portable oxygen concentrator you have been waiting for. The Inogen One G4 is approximately half the size of the Inogen One G3. Meets FAA Requirements for Travel



REQUEST YOUR FREE INFO KIT TODAY!
CALL TODAY! 1-844-342-4893

Call today to connect with a **SENIOR LIVING ADVISOR**
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

- UNDERSTAND YOUR OPTIONS** – Learn the different types of senior care available
- LOCAL KNOWLEDGE** – Our Advisors have the local knowledge to help you hand pick communities in your area
- SIMPLIFY** – Your dedicated Advisor will simplify your search and help schedule tours
- EXPERIENCE** – Our Advisors help thousands of families understand their options every day

There's no cost to you!
(888) 918-3873
*We're paid by our partner communities

A Place for Mom has helped over a million families find senior living solutions that meet their unique needs. Our Advisors are trusted, local experts who can help you understand your options.



a Place for Mom.

Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

SAMSUNG
Learn how to get a **Galaxy S8 FREE!**



Galaxy S8
Ask an associate for details.
844-250-8526

SMARTPHONE BOGO: Limited Time Offer. Select locations. Must buy each iPhone 8 64 GB (\$699.99) on 0% APR AT&T Next (30 mos. at \$23.34/mo.) or AT&T Next Every Year (24 mos. at \$29.17/mo.) with eligible service. Tax on full retail price of both due at sale. After all credits, get iPhone 8 64GB for free. Max credit may be applied towards other eligible iPhone 8/8 Plus models priced up to \$950, which will be discounted but not free. iPhone X is not eligible. Req'd Wireless: Eligible postpaid wireless voice & data svc on both devices (min. \$65/mo. for new svc with autopay and paperless bill discount. Pay \$75/mo. until discount starts w/in 2 bills. Existing customers can add to elig. current plans if you cancel wireless svc on one, will owe that device balance of up to \$950. Activation Fee: up to \$45/each. Return: Return w/in 14 days. Restocking fee up to \$45 each may apply. Add'l BOGO terms for customers w/consumer acct & Subscriber Paid User acct: Purchased device must be on Subscriber Paid User acct & free/discounted device must be on the consumer acct. Billing addresses for Subscriber Paid User & consumer accts must match. Req'd elig. postpaid wireless voice & data svc on both devices. Combined min. elig wireless svc is \$73.50/mo. (\$75.50/mo. on Subscriber Paid User acct + \$45/mo. on consumer acct after autopay & paperless bill discount. Pay \$83.50/mo. until discount starts on consumer acct w/in 2 bills.) Bill Credits: Applied in equal amounts to device over entire agmt term & will not exceed \$700. Both wireless lines must be on same acct, be active & in good standing for 30 days to qualify. To get all credits, free wireless line must remain active with eligible service, and on agmt for entire term. If you cancel service, upgrade or pay off/ agmt early your credits may cease. Limits: May not be combinable w/other offers, discounts or credits. Purchase, financing & other limits & restr's apply. Participation in this offer may make your wireless account ineligible for select other offers (including select bill credit offers) for a 12 month period. See store or att.com/iphonebogo for offer details. GEN. WIRELESS SVC: Subj. to Wireless Customer Agmt (att.com/wca). Credit approval required. Select not for resale. Deposit: May apply. Limits: Patch, & line limits apply. Prices may vary by location. Taxes, fees, monthly, other charges, usage, speed, coverage & other restr's apply per line. See att.com/additionalcharges for details on fees & charges. Promotions, terms & restr's subject to change & may be modified or terminated at any time without notice. AT&T service is subject to AT&T network management policies. See att.com/broadbandinfo for details. © 2015 Samsung Electronics Inc.

★★★★

CROWN FORD FAYETTEVILLE

Lowest Priced Fords
IN FAYETTEVILLE
GUARANTEED!



PUSHSTART
 THE NEW ERA OF CAR BUYING



Transparent Pricing & Features



Fastlane Checkout & Purchase



Paperwork & Delivery In Less Than 30 Minutes

256 Swain Street, Fayetteville | **910.920.9614** | www.FayettevilleFord.com

UP TO \$14,000 OFF!!!

2018 Ford F150 XLT
 Or 0% APR + \$2,000 Bonus Customer Cash



MSRP \$55,655
 Stock # JKF86236

Tax, title, license and dealer fees not included. Valid only at this location. Includes Crown Trade-in Bonus Cash of \$1,000. Must trade in a 2011 or newer with under 100,000 miles. Includes \$500 military rebate. 0% APR for 48 months. Offer ends 3/31/2019

\$299/mo 24 Months

2019 Ford F-150 XLT



24 month lease w/ \$3999 down. + 1st payment + tax, title, license and \$579 doc fee. 10,500 miles per year. Tax, title, license and dealer fees not included. Valid only at this location. Includes Crown Trade-in Bonus Cash of \$1,000. Must trade in a 2011 or newer with under 100,000 miles. Includes \$500 military rebate. No security deposit required. Offer ends 3/31/2019

STARTING AT ONLY \$19,999

2019 Ford Escape S



Tax, title, license and dealer fees not included. Valid only at this location. Includes Crown Trade-in Bonus Cash of \$1,000. Must trade in a 2011 or newer with under 100,000 miles. Includes \$500 military rebate Offer ends 3/31/2019

\$199/mo 24 Months

2019 Ford Escape SE



24 month lease w/ \$2999 down. + 1st payment + tax, title, license and \$579 doc fee. 10,500 miles/yr WOW!!! Tax, title, license and dealer fees not included. Valid only at this location. Includes Crown Trade-in Bonus Cash of \$1,000. Must trade in a 2011 or newer with under 100,000 miles. Includes \$500 military rebate. No security deposit required. Offer ends 3/31/2019

www.FayettevilleFord.com