

THE PARAGLIDE

Telling the Fort Bragg Story™

April 11, 2019

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INSIDE THE 'GLIDE'

FOCUS - B



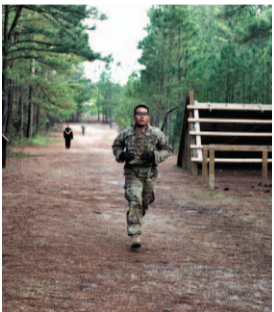
1st BCT Company CALFEX validates tactics: "The CALFEX is meant to help learn to control multiple formations, multiple assets in support of those formations, to synchronize them in time and space."

LIFE - C



Little things make a big difference: "This is a special month. Not only can we learn the ways to prevent child abuse, but this is the month we celebrate you, the military child."

SPORTS - D



Holistic health, fitness initiative put to test: The Army will optimize the holistic health and fitness of each Soldier. It achieves this by increased resilience, refining physical fitness, improving mental and emotional health, while managing stress.

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THE PARAGLIDE



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CEO of Corvias visits Fort Bragg

By ALYSON HANSEN
PARAGLIDE

John Picerne, the owner and Chief Executive Officer of Corvias, visited Fort Bragg, April 4, to discuss housing issues on the installation. Picerne met with Col. Kyle Reed, Fort Bragg Garrison Commander, and Sharon Shores, Corvias Director for Fort Bragg, as well as members of the Directorate of Public Works (DPW) Housing.

Picerne, a real estate developer from Rhode Island, has come under fire recently due to the housing issues Corvias has been experiencing Army wide. In late 2018 and into the beginning part of this year, rumors of mold and health issues possibly caused by military housing have been circulating, prompting media attention and a senate hearing with the Senate Armed Services subcommittees on Readiness and Management and Personnel in February.

At Fort Bragg, it has been determined that about one percent of housing is experiencing greater-than-normal amounts of mold for North Carolina. However, due to staff decreases with DPW and Corvias, normal work orders and other housing needs have not always been fulfilled



Photo by Lewis Perkins/Paraglide

John Picerne, CEO of Corvias, discusses installation housing issues during an April 4 interview at Fort Bragg.

as they should have been, resulting in homes falling in disrepair.

Picerne spoke at length about the need to see these work orders filled. He emphasized returning Corvias' customer service to the "gold standard."

"The gold standard is where we are communicating extremely well and working not only with our partner on the garrison side — DPW, the garrison commander, and their staff — but also on the ground with great relationships with our residents, as well

as at the higher level with our subcontractors and service providers, as well as at the higher level, making strategic decisions," Picerne said.

Corvias took over housing at Fort Bragg in 2003. At the time, their goal was to create a Family first atmosphere, and neighborhoods where people enjoyed living. Corvias built neighborhood centers where members of the community could gather and meet with resident specialists if they had issues. Due to staffing

decreases, however, community centers post-wide began losing their resident specialists. Communication between the residents and the housing corporation became difficult. Picerne hopes to return the neighborhood centers back to what they were intended to be: a focal point of the neighborhood and a place for communication to be achieved.

"I wanted our staff to not only know the Soldier's name, but the spouse's name, the children's names, the pet's names. On a very personal level, I wanted to know our Families. The intrinsic value of that is people feel good about where they live," he said.

Picerne also said the work orders need to be fulfilled. The next goal for Corvias is to get a handle on what repairs need to be made and to prioritize them. The company has seen a 500 percent increase in work order calls since the beginning of this year from Fort Bragg. Staff is being hired to work through these repairs, and in the meantime, a work order application is being developed for smart phones.

See Housing—Page A4

DHR makes changes to out-processing

By GENEVIEVE STORY
PARAGLIDE

The Directorate of Human Resources (DHR) at the Soldier Support Center (SSC) now has a new method of scheduling appointments for out-processing military personnel.

As of April 1, military personnel are directed to an online program called Time Tap to begin all orders for permanent change of station, separation and retirement.

"No longer will Soldiers visit the out-processing office or email, they will go to the Time Tap program, log-in and schedule their appointment," said Nancy Graves, chief, out-processing section, DHR.

The process begins once a Soldier receives his or her orders. Upon receipt of orders, the Soldier will be directed to Time Tap, <http://bookfbo.timetap.com>, to schedule an appointment to out-process Fort Bragg. Following additional instructions, the Soldier is required to enter all personal information and request a date to coordinate an appointment. Upon receipt of the time chosen, a message is sent to the Soldier to confirm.

See Change—Page A3

Fort Bragg educator named Mid-Atlantic District Teacher of the Year 2020

By ALYSON HANSEN
PARAGLIDE

Kari Dahl, a gifted resource teacher at Poole Elementary School in Linden Oaks, was named the Department of Defense Education Activity (DoDEA) Mid-Atlantic District Teacher of the Year for 2020.

The Mid-Atlantic District encompasses Fort Bragg; Marine Corps Base Camp Lejeune, North Carolina; West Point, New York; Quantico and Dahlgren in Virginia, and DoDEA schools in Cuba and Puerto Rico.

"Ms. Dahl embodies the character, drive, determination, and perseverance to do what is best for all students. She is a master at organization and managing multiple priorities, and strives to create a culture of respect and success that positively impacts student achievement. We are fortunate to have her as a teacher leader in the District," said Dr. Donato Cuadrado, the DoDEA Americas Mid-Atlantic District superintendent.

Dahl has been teaching for over 15 years. Originally from Ohio, Dahl was recruited to teach in Cumberland and Wake counties in 2004. She went on to teach at Shughart Middle and Irwin Intermediate schools in 2011.

At Irwin, Dahl took a staff development position, taking her away from the classroom.

"I took the staff development job because I thought I wanted to be at the district level. I missed being in the classroom and being with the kids," she said. "In staff development, you still had the interaction, but it was nothing like being in the classroom and having your students and your lessons that you are working on with them. So I asked to come back to the classroom."

Dahl pursued a gifted teaching license after she discovered that she enjoyed helping children think creatively and work through challenges. She visits classrooms in Poole Elementary to teach critical and creative thinking skills. Some students see her more frequently for enrichment.



Kari Dahl demonstrates one of many activities she uses to engage with students as a means of challenging them to think creatively.

"I teach small groups of kids and do enrichment projects based on the standards, but also based on their interests," Dahl said.

Her fourth and fifth graders are working on "Genius Hour" projects. Students picked topics they wanted to research, developed a research question, and began finding sources to back up their findings. Their final presentations on the project can vary from a website, PowerPoint presentation, dioramas and trifolds.

Dahl's third graders are working on a marketing project. The students are reading the book "The Lemonade War" to learn about economics. They will develop an invention that they have to market to their fellow students to finish the project.

"Fifteen years ago if you had told me I was going to teach elementary school, I probably would've laughed," Dahl said. "But I didn't know how much I'd like it, and how much I like teaching gifted students at this level."

Dahl doesn't know who nominated her for Mid-Atlantic Teacher of the Year. The nomination can come from a peer, a student or a parent. The district picks four teachers out of the applications they receive to interview.



Photos by Lewis Perkins/Paraglide

Dahl is a gifted resource teacher at Poole Elementary School located in Linden Oaks. Dahl has been named the DoDEA Mid-Atlantic District Teacher of the Year for 2020.

Dahl said she was shocked and excited that she had won.

"Dr. Diane Brown (the principal) told us, it was a Friday. She called a meeting right after the buses left. There were a couple of things she went over and then she started to get excited. I didn't know what it was about, I didn't know the announcement had been made," Dahl said. "Everyone has been so supportive and so excited. It's been very humbling. All of the words of encouragement and support have been inspiring. I'm excited to see where this is going to lead."

Dahl is now one of eight finalists who are competing for DoDEA Teacher of the Year for 2020.



Easter, as I remember

BY JENNIFER MORALES
PARAGLIDE

Holiday traditions are not always what they seem. Easter traditions usually entail decorating eggs, eating large meals and gathering with family and friends. When I look back on my holiday traditions, I think of a specific person rather than activities.

Easter always reminds me of my grandmother. She was the living embodiment of Easter. She loved spring colors, never did anything without a smile on her face and she was known for constantly having bags of M&M's on her for kids at church. As a child I used to sneak a few slices of bread to the lake for the geese. It was as if they could smell the gluten and would quickly surround me, in surprising numbers. This was what it was like to attend church with my grandmother. Children from all rows, even the balcony would come

encircle her as she handed out individual bags of M&M's. I can hear her laugh just thinking about it.

After church on Easter we would all head to our home. My mother always decorated the dining room table with appropriate themes for each holiday. While my mother and my aunts cooked, I would sit with my grandma in the living room. Often I could get away with stealing a roll or two, if I took one to my grandma as well.

My grandmother greeted everyone with her Easter catch-phrase of, "He is risen; He is risen indeed," from Good Friday through Easter Sunday of every year. As we sat to eat, my grandmother blessed the food with a lengthy prayer barely audible over the sound of our stomach growls.

Later, after we were stuffed, my grandmother and I would retreat back to the living room. She had the most authentic laugh I have ever

heard. She listened intently regardless of who was talking or what the subject was.

When it was time to find the eggs, my grandma muffled her giggles as my sister, my cousin, and I frantically searched for our eggs. We had begun using plastic eggs after forgetting a few real eggs the year prior, and finding a rotten egg in the couch midsummer. I was the youngest and the most competitive, but I was definitely losing with only two eggs in my basket. My grandma winked as she pointed in the direction of an egg on the fireplace.

Now that my grandmother has passed, Easter still reminds me of her, just in a different way. I watch my children search for eggs, and laugh at their competitiveness. I sneak rolls before the meal is finished and I answer everyone's "He is risen" with "He is risen indeed" in her honor.



Stock photo

PARAGLIDE

Fort Bragg Voices

This week, we asked:

What are traditions that you have with your Family for Easter?



"I will be going to church and eating Sunday dinner with my Family. Traditions like cooking ham, going to church and taking pictures with the baby, my daughter, she is 17 months."
Sgt. 1st Class Brandon Lampley,
Fort Bragg Soldier



"I will actually be in school that weekend, Advanced Leaders Course (ALC) in Virginia Beach."
Sgt. Anthony Martinez,
82nd Abn. Div.



"On Easter morning, we hide Easter eggs in the house, and whoever finds the most eggs, wins a prize."
Eryn Mackey,
Family member



"For me, I like to spend time with Family, go to church and have the Easter egg hunt. Some years, we will get friends and Family together to do dinner or a nice lunch."
Sgt. Carlos Leandry,
North Carolina National Guard



"Since we have gotten into the military, our Easter traditions really depend on what country we are in or where we are stationed as a Family. We like to have dinner and invite the neighbors over. Tradition for us right now is whatever event is happening on base for the kids. We did an Easter egg hunt this year."
Staff Sgt. Derek Schmidt,
Fort Bragg Soldier

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

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

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

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

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IN BRIEF

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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.

Spc. Michael J. Faulkenberry
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Spc. Gabriel Pitahin
This notice serves as an advisory for all those in possession of the property of Spc. Gabriel Pitahin, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 2nd Lt. Erin Hesse, summary court martial officer, with all inquiries at (315) 783-8908 or email erin.m.hesse.mil@mail.mil.

Change

From Page A1

The out-processing section gives final authorization of the Soldier's request and the Soldier receives an email confirming the appointment. Service members are supplied with all the information they need to know to have a successful out-processing session.

"The system will save time and be more convenient. It is going to save the Soldiers from having to physically visit the building to schedule an appointment. Soldiers can schedule from the comfort of their home. Instead of two trips, the procedure would require one trip, to pick up their installation clearance

papers," said Antuenet Jones, chief, Personnel Services Branch, DHR. A requirement maintained with all service members, out-processing is the procedure to ensure a Soldier's reconciliation of clearance. Out-processing certifies that all finances and personnel affairs are in order before the Soldier leaves the post, either to the next duty station or to leave service.

The process is twofold in personnel readiness, to ensure there is no debt to the government and the Soldier is medically cleared to go to the next duty station. There are always exceptions to the rule. Soldiers going

through administrative separation, punitive and not normal expiration term of service (ETS), with the Army, or, those Soldiers coming down on short fuse notifications or compassionate reasons, are subject to the exception.

"We all go to the doctor's office. How would you feel if you had to go to your doctor's office just to make an appointment to see your doctor? As opposed to physically coming in, we are automating the process to alleviate the stress off the Soldier," said Mark Jordan, chief, Military Personnel Division, DHR, SSC.

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Thursday, April 18th
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Good Friday Service
Friday, April 19th
Cliffdale Site 6:30pm

Easter Services

Saturday April 20th

- Cliffdale Site • 4:30pm & 6:30pm
- Anderson Creek Site • 6:30pm
- Ramsey St. Site • 6:30pm
- Dream Center • 4:00pm

Sunday, April 21st
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Housing

From Page A1

The app, which will see a pilot program at Fort Rucker, Alabama in May, will be a way for residents to schedule and track work orders. Once a resident requests a work order, they will be given times to choose from for repairs to be made. They'll be able to see when the repairmen are on their way. After repairs are made, the residents can then fill out a short survey, creating data that Corvias and DPW will have access to to evaluate how they are doing in terms of customer service.

"It gives the residents a sense of control over the process and lets them visually see the process," Picerne said. He said he hopes the app will be available for Fort Bragg residents by the end of the summer.

Picerne talked about how the housing situation came to be what it currently is from the Corvias perspective. Corvias' housing program is predicated on occupancy and Basic Allowance for Housing (BAH). BAH pays for the houses and utilities, and any extra gets put into a reserve fund for repairs. When the Army began its drawback of troops, it decreased the number of Soldiers and Families living at Fort Bragg. With rates for BAH also being lowered, this resulted in a smaller reserve fund. The trend would result in millions of lost reserve money.

"We (Corvias) and the government

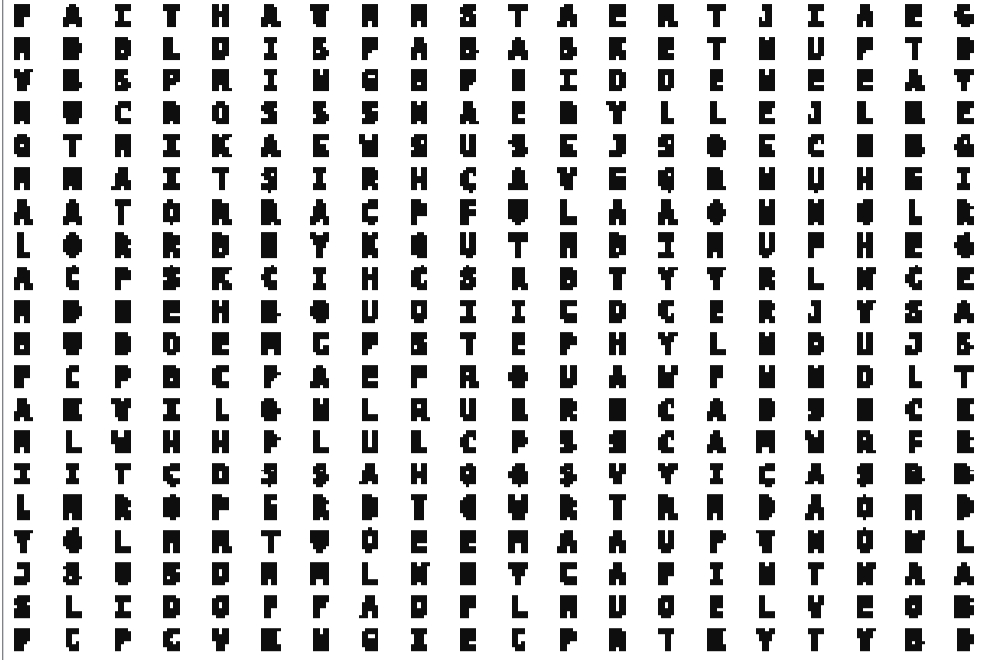
started over reacting to the trending," Picerne said. "The trending is what really drives decision making. What happens if you initially believe you had \$100 million to spend at Fort Bragg every five years and you only get \$40 million? That's how we get to the place where neighborhood centers aren't open, why we don't have residence service specialists. When you cut back like we did, you start cutting back higher wage people and people with higher skill sets."

Corvias is currently hiring to replace those skilled individuals. Picerne said they are finding it challenging to fill the positions. He said he was confident they could do it, however, and continue to bring Corvias' customer service back up to the "gold standard."

If residents are experiencing housing issues, they can reach out to Corvias via their website, or email Corvias at customerservice.bragg@corvias.com. They can also call the Corvias call center during business hours, or any of the local community center offices, several of which have been reopened over the last two weeks. Residents can also 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.

EASTER WORD SEARCH



Find the words hidden vertically, horizontally, diagonally, and backwards.

- | | | | | |
|-----------|------------|-------------|--------------|---------|
| Apostles | Chocolate | Faith | Miracle | Sunday |
| Basket | Christian | Family | Peep | Tomb |
| Bonnet | Church | Hidden | Prayer | Treats |
| Bunny | Cross | Jellybeans | Rabbit | Worship |
| Candy | Daffodiles | Jesus | Resurrection | |
| Carrot | Ducklings | Lamb | Risen | |
| Celebrate | Easter | Lent | Savior | |
| Chick | Eggs | Marshmallow | Spring | |

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| APRIL 19TH 11am-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

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1st BCT CALFEX validates tactics



Photos by Maj. Rich Foote/PAO, 1BCT, 82ND Abn. Div.

Blackhawk helicopters from the “Dust-off” team of the 82nd CAB provides air medical evacuation support and training to medics from the 127th Abn. Eng. Bn. during the 1st BCT Combined-Arms Live-Fire Exercises (CALFEX).

MAJ. RICH FOOTE

1st BCT PAO, 82ND ABN. DIV.

The 1st Brigade Combat Team, 82nd Airborne Division conducted company-level Combined-Arms Live-Fire Exercises (CALFEX) on Observation Point 13 (OP 13) from March 25 through April 6.

The CALFEX validates company commanders ability to plan and conduct a tactically sound, safe and realistic live fire, and apply the principles of maneuver tactics within a combat environment.

“The CALFEX is meant to help learn to control multiple formations, multiple assets in support of those formations, to synchronize them in time and space,” said Col. Andrew Saslav, commander, 1st BCT, 82nd Abn. Div. “To that extent I think this has done a great job in preparing our platoon and company leadership for combined arms operations.”

Over the course of two weeks, every 1st BCT infantry company took the opportunity to work, day and night, to plan and execute missions which required coordinated support from engineer, artillery and aviation assets. This allowed paratroopers on the ground to maneuver to and seize their objectives.

“CALFEX was a great time to synchronize assets, utilize enablers and defeat a near-peer threat postured in an area defense,” said Capt. George Fletcher, commander, of Company A, 1st Battalion, 504th Parachute Infantry Regiment. “Live fires force the assaulting element to crosstalk with the support by fire, then close with and destroy the enemy.”

Combat engineer platoon members, known as sappers, played an integral role in the maneuver space, and provided breaching capabilities to the ground forces. Sappers breached wire obstacles



An M240B machine gunner keeps watch from a security position as part of an infantry company lane during the 1st BCT CALFEX on Operation Post 13.

with Brashier charges, blew through doors with Flex Linear and Water Impulse charges and allowed the infantry platoons to maintain their tempo.

“Reducing enemy obstacles played a vital role to the company’s success as the enemy attempted to retain the objective,” Fletcher said, recognizing the importance of the enabler-unit paratroopers.

3rd Battalion 319th, Airborne Field Artillery Regiment provided supporting

fires with 105mm and 155mm howitzers, shooting planned targets and responding to calls for fire from the companies on the ground. Incorporating fires is critical to ground operations, from preparatory fires as forces move toward an objective to engaging targets of opportunity that present themselves during the fight.

The CALFEX was also supported by aviation elements of the 82nd Combat Aviation Brigade. AH-64 Apaches

provided fires to ground units moving against objectives, and HH-60s performed air medical evacuation missions with combat medics from the infantry companies and from the Charlie Medical Company of the 127th Airborne Engineer Battalion.

Coordinating aircraft and fires is no easy task. Paratroopers must be skilled at talking attack pilots onto targets and rescue pilots onto landing zones with proper patient information, as well as synchronizing artillery fires for airspace de-confliction, in order to keep the battle moving forward safely and evacuating casualties efficiently.

“The ability for my platoon leaders to synchronize and integrate multiple assets both stressed their abilities to manage multiple tasks simultaneously and to lead their formations effectively,” said Capt. David Adamic, commander, Company D, 2nd Battalion, 501st Parachute Infantry Regiment. “The amount of growth and organizational learning that occurred was readily apparent as each subsequent iteration was better than the last.”

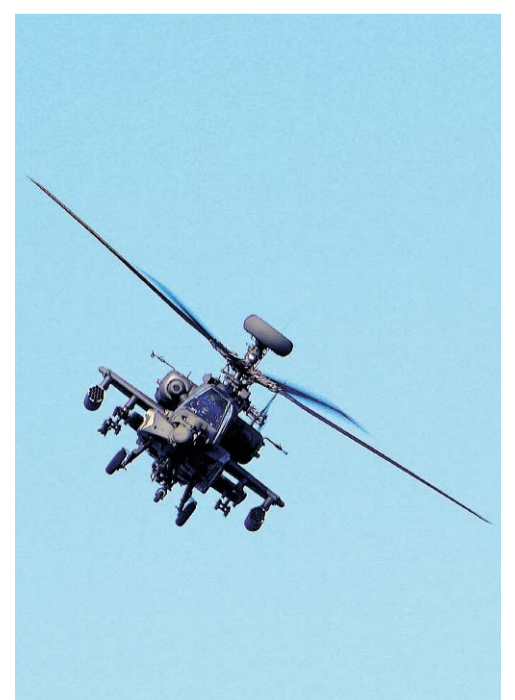
Every iteration was followed by an After-Action Review (AAR), with observer/controllers giving feedback to the companies, which allowed teams to both learn from mistakes and determine successful tactics to sustain. These AARs were crucial, as companies all showed constant improvement throughout the exercise.

“It’s clear that we are a learning organization,” Saslav said. “I think it’s clear, across the board, that our companies and our platoons have shown that they’re learning organizations.”

The brigade now quickly transitions to preparations for its Devil Storm II exercise in late April. This is followed by then for a rotation at the Joint Readiness Training Center in Fort Polk, Louisiana in late July.



Howitzers from 3rd Bn., 319th AFAR fires 105mm and 155mm rounds in support of infantry operations. Incorporating fires is critical to ground operations, from preparatory fires as forces move toward an objective to engaging targets of opportunity that present themselves during the fight.



AH-64 Apache helicopters from the 82nd CAB provide aviation support, including aerial observation and fires.

Robots to autocomplete Soldier tasks, new study suggests

By CCDC ARMY
RESEARCH LABORATORY
PUBLIC AFFAIRS

ABERDEEN, Md. — Smart phones autocorrect in texting, search engines autocompleting queries, and mapping applications redirect navigation in real-time to avoid slowed traffic. These ubiquitous Artificial Intelligence based technologies adapt to everyday needs and learn user habits by focusing on making

the algorithm better, but Army researchers want to enhance AI by providing more information about the intent of the user.

New research published in *Science Advances* looks at Soldier brain activity during specific tasks for ways to incorporate AI teaming to dynamically complete tasks.

The Army envisions a future battlefield wrought with teams of Soldiers and autonomous systems, and as part of this

future vision, the Army is looking to create technologies that can predict states and behaviors of the individual to create a more optimized team, said Dr. Jean Vettel, a senior neuroscientist at the Combat Capabilities Development Command (CCDC) Army Research Laboratory, the Army's corporate research laboratory also known as ARL.

Recent collaborative work between ARL and the University at Buffalo is looking at ways the dynam-

i c s

and architecture of the human brain may be coordinated to predict such behaviors and consequently optimize team performance.

"While this research focuses on a single person, the purpose is to understand how an individual's brain activity can be used to create novel strategies for a teaming environment, both for teams with Soldiers as well as teams with autonomy" said Vettel, a co-author of the recent paper.

"In military operations, Soldiers perform multiple tasks at once," he said. "They're analyzing information from multiple sources, navigating environments while simultaneously assessing threats, sharing situational awareness, and communicating with a distributed team. This requires Soldiers to constantly switch among these tasks, which means that the brain is also rapidly shifting among the different brain regions needed for these different tasks."

"If we can use

brain data in the moment to indicate what task they're doing, AI could dynamically respond and adapt to assist the Soldier in completing the task."

To achieve this future capability, the researchers first sought to understand how the brain coordinates its different regions while executing a particular task. They used a computational approach to understand how this may be characterized to inform the behavioral prediction.

To complete the study, researchers mapped how different regions of the brain were connected to one another in 30 different people via tracts of tissue called white matter, the specific connectivity pattern linking different brain regions varies between individuals.

Next, the scientists converted these maps into computational models of each subject's brain, and used computers to simulate what would happen when a single region of a person's brain was stimulated. The researchers then used a mathematical framework, which they developed, to measure how brain activity became synchronized across various cognitive systems in the simulations.

"The brain is very dynamic," Dr. Kanika Bansal, lead author on the work, says. "Connections between different regions of the brain can change with learning or deteriorate with age or neurological disease. Connectivity also varies between people. Our research helps us understand this variability and assess how small changes in the organization of the brain can affect large-scale patterns of brain activity related to various cognitive systems."

While Bansal points out the foundational principles of brain coordination this research describes, the method described in

the work could potentially be extended outside the brain, as well, creating dynamic teaming assignments in the future.

"While the work has been deployed on individual brains of a finite brain structure, it would be very interesting to see if coordination of Soldiers and autonomous systems may also be described with this method, too," Dr. Javier Garcia, ARL neuroscientist and co-author pointed out. "Much how the brain coordinates regions that carry out specific functions, you can think of how this method may describe coordinated teams of individuals and autonomous systems of varied skills work together to complete a mission."

This research was a collaboration between UB, ARL, Columbia University, the University of Pennsylvania, Carnegie Mellon University and the University of California, Santa Barbara. Other authors include Sarah F. Muldoon, University at Buffalo; Steve Tompson, ARL, Timothy Verstynen, Carnegie Mellon University. The study was funded under an Army Collaborative Technology Alliance (cancta.net).

The CCDC ARL is an element of the U.S. Army Combat Capabilities Development Command. As the Army's corporate research laboratory, ARL discovers, innovates and transitions science and technology to ensure dominant strategic land power. Through collaboration across the command's core technical competencies, CCDC leads in the discovery, development and delivery of the technology-based capabilities required to make Soldiers more lethal to win our nation's wars and come home safely. CCDC is a major subordinate command of the U.S. Army Futures Command.

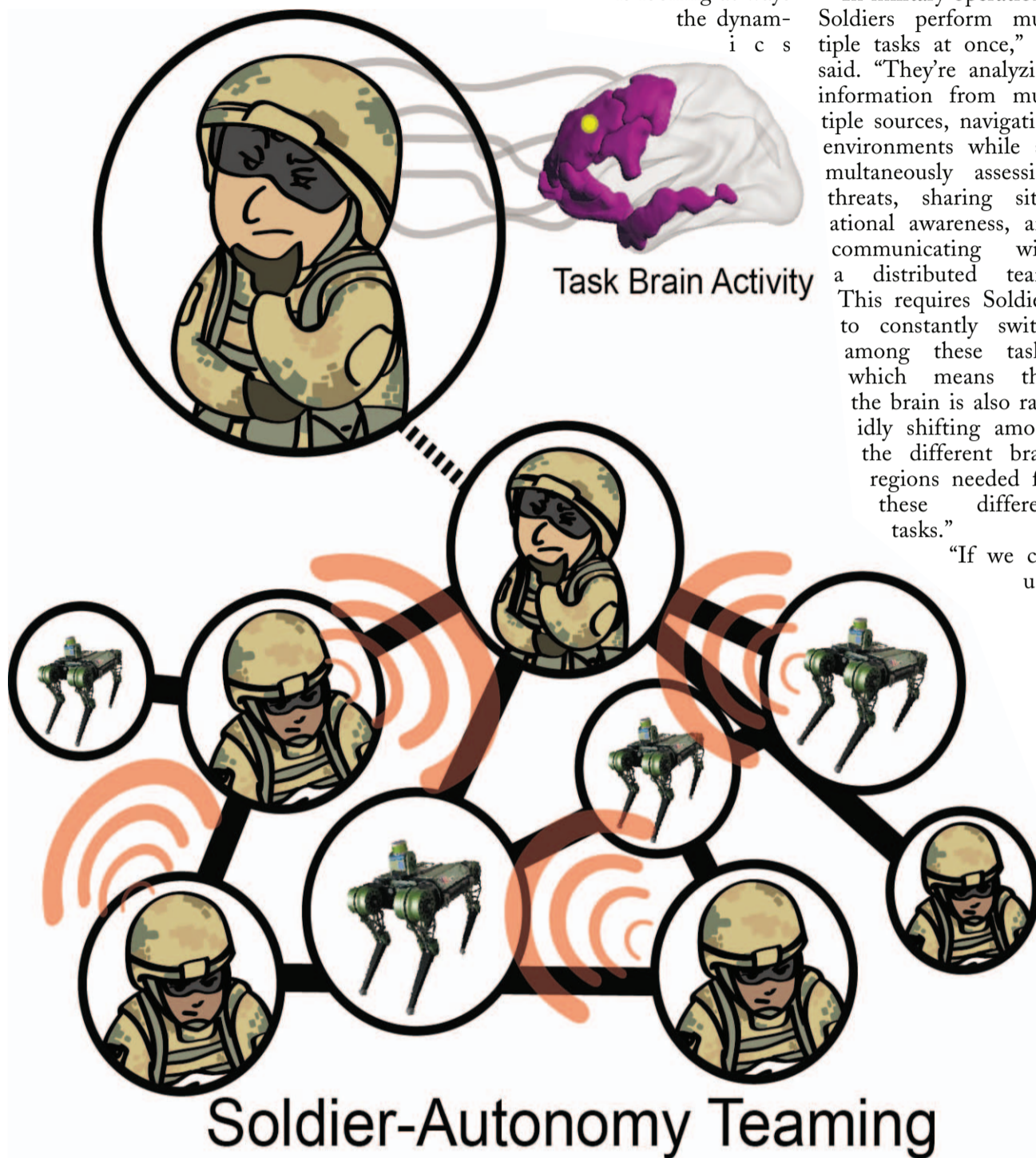


Photo by U.S. Army graphic

Army researchers are looking for ways to use brain data in the moment to indicate specific tasks Soldiers are performing. This knowledge, they say, will better enable artificial intelligence to dynamically respond and adapt to assist the Soldier in completing the task.



An Army Special Forces Soldier, left, briefs Donald H. Rumsfeld, Secretary of Defense (SECDEF), on a laser designation device during a visit to Fort Bragg, Nov. 21, 2001. The SECDEF was visiting Pope Air Force Base and Fort Bragg to attend briefings and demonstrations on the capabilities of the Special Forces, consisting of Army Rangers and Special Forces Soldiers, Navy Seals and Air Force Combat Control teams.

From the Archives



An Army Ranger, foreground, briefs Donald H. Rumsfeld, SECDEF, on an M3 Multi-Role Anti-Armor Anti-Personnel Weapon System (MAAWS) during a visit to Fort Bragg, Nov. 21, 2001.

Photos contributed by catalog archives.gov

1st Brigade staff completes command post exercise

By MAJ. RICH FOOTE
1ST BCT PAO, 82ND ABN. DIV.

The 1st Brigade Combat Team, 82nd Airborne Division successfully completed their final Command Post Exercise (CPX) March 25 through 29, in preparation for Devil Storm in April and the Joint Readiness Training Center (JRTC) in July.

This CPX was a full-scale test of every major system within the brigade staff. Physical structures, communication platforms, reporting systems and planning processes were all employed during

the week-long training. The CPX was conducted in conjunction with the first week of the brigade's Company-level Combined Arms Live Fire Exercise (CALFEX).

"The CPX was an important training event for the staff because it provided the opportunity to validate systems and processes of key command post functions," said Maj. Walter Gray, the 1st BCT executive officer.

Every staff section was put to work in the field environment, ensuring that every possible system was tested for efficiency and effectiveness.

Subject matter experts in every warfighting function were required to balance current operations with future planning.

One focus of the CPX was for the staff to provide battle tracking for the battalions conducting tactical lanes during the CALFEX.

"Battalion and subordinate unit command posts were able to exercise their processes by participating in key brigade battle rhythm events and ensuring shared information from the brigade headquarters to subordinate units," Gray said.

The second focus was to finish planning for the next major exercise, Devil

Storm II, occurring in April.

"Simultaneous to running the CALFEX, we were able to train the staff in the military decision making process, in order to produce the first draft order for the brigade Culminating Training Exercise (CTE) prior to our JRTC rotation," said Gray.

Balancing current operations with future planning in a tactical environment, while testing systems at every level, builds confidence and efficiency across the staff warfighting functions, better preparing them to accomplish future missions.



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

Primary staff members conduct a brigade update brief, giving the 1st BCT commander a daily synopsis of operations and activities across the brigade and battalions. This was part of the staff battle rhythm during the CPX, March 25 through 29.



Communications was established quickly in order to provide shared information between the 1st BCT staff and the battalions participating in the 1st BCT CPX. This exercise was a full-scale test of every major system within the brigade staff.

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Engaging with the industry: Acquisition reform requires culture shift

By DEVON L. SUITS
ARMY NEWS SERVICE

HUNTSVILLE, Ala. — A shift in Army culture is necessary to accelerate the fielding of new Army systems and improve industry collaboration, Army acquisition officials recently said.

“We have to fundamentally change some of our cultural biases and the ways we are used to doing business,” said Jeffrey White, principal deputy assistant secretary of the Army for acquisition, logistics, and technology.

White and other acquisition officials participated in a panel discussion about contracting, acquisition, logistics, and technology for integrated reform during the Association of the U.S. Army’s Global Force Symposium March 28.

“Twelve years is too long to get a major weapon system out in the field. We need to look at innovating at the speed of industry today, not the speed of industry in the (1970s),” he said. “We need to be able to get a solution that’s better than what we have now.”

Congress recently provided the Army with more acquisition flexibility to support an accelerated fielding process.

The Army can now leverage a middle-tier acquisition (MTA) authority under Section 804 of the fiscal year 2016 National Defense Authorization Act, White said.

MTA is a rapid acquisition process that focuses on delivering capability within two to five years.

“We have more of those going on than any other service, with eight of them right now,” White said. “I think we have about another four or five teed up that we are going to move forward on in the future.”

The force can also utilize its other transaction authority, or OTA, to accelerate necessary programs, he added.

“We have about 100 OTAs out there right now,” White said. “[OTAs] can cut six

months to a year off the acquisition process. It’s a great way to get prototyping and tech maturation into the cycle, so that we can have a full and open competition later down the road.”

Further, Army Futures

“Twelve years is too long to get a major weapon system out in the field. We need to look at innovating at the speed of industry today, not the speed of industry in the (1970s),”

— Jeffrey White, principal deputy assistant secretary of the Army for acquisition, logistics, and technology.

Command has made improvements to its requirements process, which helps define what products the Army will acquire.

“They are trying to drive it down from a five-year process ... to less than a year — sometimes 12 weeks,” said White, indicating that this is a shift from the current Army culture.

Similarly, the Army seeks better ways to collaborate with industry, he added.

For the past decade, Army officials avoided engaging with industry, in fear of providing them with a competitive advantage. In turn, the Army has become more “risk averse,” he said.

“That has led us to believe we should not engage with industry, and nothing could be further from the truth,” White said.

“We have to engage with industry. We have to do it as often ... and as frequently as possible,” he added. “If you don’t talk to industry, how do you expect them to know what you want?”



Photo by Pat Molnar/ARNEWS

Congress recently provided the Army with more acquisition flexibility to support an accelerated fielding process. The Army can now leverage a middle-tier acquisition authority under Section 804 of the fiscal year 2016 National Defense Authorization Act.



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Little things make a big difference

ACS hosts Child Abuse Prevention Pinwheel Planting Ceremony

By **JELIA HEPNER**
PARAGLIDE

A group of children planted blue and silver pinwheels in front of Fort Bragg's Rodriguez Child Development Center (CDC) April 5, in recognition of Child Abuse Prevention Month.

During the ceremony, Justin Mitchell, deputy garrison commander, Fort Bragg, spoke with the youth about ways to prevent child abuse.

"If someone does something bad to you, hurts you, or makes you feel uncomfortable, make sure to tell your teacher," said Mitchell. "Anything that does not seem right to you, let an adult know right away."

April is not only Child Abuse Prevention Month but the Month of the Military Child.

"This is a special month. Not only can we learn the ways to prevent child abuse, but this is the month we celebrate you, the military child," said Mitchell.

During this event, children listened to Mitchell's encouraging words and engaged in an active sing-along. Participants happily sang to various children melodies including "Itsy Bitsy Spider," "Twinkle Twinkle Little Star" and the very popular song "Baby Shark."

"Little things make a very big difference," said Mitchell ending his speech. "The little things like being nice to your friends, even being nice to people who have bad attitudes, can make a big difference."

Following the event, each child was given a blue and silver pinwheel to plant in front of the CDC and offered cupcakes along with food.

According to *Preventchildabuse.org*, Prevent Child Abuse America introduced the pinwheel as the new national symbol for child abuse prevention in 2008.

"If you find somebody that needs help and they are not sure where to go, make sure you tell them to go to Army Community Service," said Thomas Hill, Family Advocacy Program Manager, ACS. "We are here to help."



Photos by Jelia Hepner/Paraglide

Above: Justin Mitchell, Fort Bragg deputy garrison commander, speaks with youth at the Rodriguez CDC April 5, in recognition of Child Abuse Prevention Month.

Left: One by one, children place blue and silver pinwheels in a place holder in front of the CDC. April is also the Month of the Military Child.

Below: Teachers hand out individual pinwheels to participants after Mitchell's speech. Food and cupcakes were also served at the end of the event.



Use a licensed provider for child care needs

By **FAP STAFF**
ACS

April is Child Abuse Prevention Month during which the focus is on strengthening Families to help protect children. Child safety is a shared community responsibility and it doesn't take a huge act of selflessness to make a difference in someone's life.

Learning everyday ways to keep children safe and healthy can lend a helping hand to parents in need. Little things truly do make a big difference.

With that in mind, when it comes to choosing child care, the choice is no little thing. Even though choosing the right childcare provider can be an overwhelming experience, it is a very important one.

Every parent wants to ensure their children are safe and nurtured when in the care of someone else. But have you ever questioned whether or not a child care provider is licensed before considering them for hire, and what that means?

Do you know what to look for in a qualified provider? Do you know what questions to ask when meeting with a potential child care provider?

Knowing that children are in a safe and healthy environment when parents are not with them, makes this tedious and sometimes overwhelming process of researching providers worth a peace of mind.

When looking for a provider

You wouldn't leave her in *just anyone's care?* would you?

Use a licensed provider for all your child care needs!

- Required to meet state standards for operating a child care program
- Receive training in health and safety procedures
- Receive regular inspections
- Have clear background checks

Keep your child safe!
<https://Militarychildcare.com>



to care for children, always choose a quality, state licensed program or provider to keep children safe. This starts with knowing the difference between a child care license and a business license.

A business license simply permits individuals or companies to conduct business within a geographical area. Having a valid state child care license means the provider has met state health and safety standards for operating a child care program within the area.

To meet the state standards for operating a child care program, the licensed provider receives training in health and safety procedures to prevent

injuries and illnesses such as safe infant sleep practices, teacher to child ratios, hand-washing, emergency preparedness plans, and cleaning and disinfecting materials and surfaces.

The state license also shows that a provider has and maintains a background check clear of any disqualifying history, and they receive regular, unannounced site inspections for continued physical safety of all children in their care.

Finding a qualified, licensed provider could literally make the difference between leaving a child in the safe and capable hands of a trained professional compared to just leaving a little one with someone who is simply

willing and available.

Here are some tips to consider when searching for a licensed child care provider:

■ Parents should meet with several prospective licensed providers or multiple licensed facilities to find the best match for their child.

Visiting facilities and providers will give parents a firsthand look at the kind of interaction that goes on among the staff, as well as how the providers interact with and tend to the children in their care.

■ Have a checklist ready. Parents should find out details such as the type of license the provider holds, the cost of care, and the child to provider ratio

— it is important that there is adequate staff to care for the number of children in attendance. Ask about the training that the providers obtain and what their emergency preparedness plans are.

Also make notes about their general operational policies. Ensure to choose a provider who follows policies.

■ Ask others for recommendations. Ask Family, friends, and coworkers what their experience was like with different child care providers and if they have any concerns or recommendations.

To find a licensed provider on Fort Bragg, visit <https://militarychildcare.com>

Children are the future of the nation. Therefore, they must be protected them home and while in the care of others.

If anyone sees child abuse or neglect, contact law enforcement (dial 911), the DOD Child Abuse and Safety Hotline at (877) 790-1197 or the National Child Abuse Hotline at (800) 4-A-CHILD.

Little things make a big difference. For more information, to gain additional insights on child safety, or to register for parenting classes, call the Fort Bragg Army Community Service Family Advocacy Program at (910) 396-5521.

More information is also available on Facebook at www.Facebook.com/FortBraggFAP, and via the free mobile app, "Fort Bragg ACS."

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

THE ALL-AMERICAN TATTOO CONVENTION

Where: Crown Expo Center

When: Friday, 2 to 11 p.m., Saturday, noon to 11 p.m., Sunday, 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.

22ND ANNUAL MISS FAYETTEVILLE DOGWOOD FESTIVAL PAGEANT

Where: Crown Theater

When: Saturday, 7 to 10 p.m.

Cost: Free to attend

Four young ladies will be chosen to serve as ambassadors and represent the Dogwood Festival and the City of Fayetteville throughout the Southeastern region. They also participate in many local events with the Arts Council of Fayetteville/Cumberland County, The Cape Fear Botanical Gardens, The Downtown Alliance and the downtown Dogwood Festival events.

Winners are chosen in four age groups: Junior Miss (ages 6 to 9), Young Miss (ages 10 to 12), Teen Miss (ages 13 to 16), and Miss Fayetteville Dogwood Festival (ages 17 to 22). Contestants compete in three categories: a private interview, evening gown competition and on-stage interview.

The Miss Fayetteville Dogwood Festival winner receives a \$1,000 cash scholarship as well as scholarships to Methodist University, Fayetteville State University, and Fayetteville Technical Community College.

Contestants also compete for the Shirley Stallings Community Service Award. To compete, the contestant must present an essay explaining her community service and how it has made a difference in the lives of others.

Visit www.thedogwoodfestival.com/miss-dogwood-festival-pageant-2019/2019/4/13/the-miss-fayetteville-dogwood-pageant for more information.

SPRING FLING

Where: Downtown Spring Lake

When: Saturday, 10 a.m. to 5 p.m.

Cost: Free

Spring Lake's Spring Fling is back for its 18th year! This time, the event will be celebrated "street festival" style. Join town residents in Downtown Spring Lake for a day filled with live music, food trucks, brews, car show, art, bounce house, games, vendors, rides, activities, and history. Contact the Spring Lake Recreation and Parks Department at (910) 436-0011 for more information.

SPRING MOVIES IN THE SWAMP

Where: J.P. Riddle Stadium

When: Saturday, 3:30 to 8:45 p.m., May 11, 3:30 to 8:45 p.m.

Cost: \$10

The Fayetteville SwampDogs are inviting fans — big and small — and movie buffs to enjoy two big-screen movies on the field this summer. All tickets include one popcorn and drink and entry to both movies.

On Saturday, they will be screening "Rookie of the Year" on a big screen in the outfield. Hosting this event is special guest Thomas Ian Nicholas, who played Rowegartner in the 1993 feature. While at The Swamp, Nicholas will be available to sign autographs, take pictures, conduct a Q&A with fans, and introduce the movie.

On May 11, they will be screening the "Sandlot" on a big screen in the outfield.

For more information and for tickets to the event, call (910) 426-5900.

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

FAYETTEVILLE WOODPECKERS VS. CAROLINA MUDCATS

Where: Segra Stadium, downtown Fayetteville

When: April 19, 7 p.m.

Cost: \$9 to \$16

Experience an inaugural game of the Fayetteville Woodpeckers baseball team at the brand new Segra Stadium in downtown Fayetteville. This Class A-Advanced affiliate of the Houston Astros is taking flight in central North Carolina, bringing family fun and professional baseball during 70 home games, which feature daily promotions and special theme nights.

For more information, visit the Fayetteville Woodpeckers' website at <https://www.milb.com/fayetteville>.

HOP IN THE PARK

Where: Festival Park, downtown Fayetteville

When: April 19, 6 to 10 p.m.

Cost: Free, registration is requested

Hosted by Epicenter Church, Hop in the Park is all about Families, fun and a fantastic time. Everything about this event is 100 percent free, from the food to the rides to the egg hunts and everything in between.

Featuring a sky-diving Easter bunny, continuous egg hunts broken up by age group, huge inflatables, carnival rides, a movie in the park, live music, vendors, food and so much more, this event is designed to be fun for all ages.

Though admission is free, Epicenter does ask that attendees pre-register participants in advance at www.eventbrite.com/e/hop-in-the-park-2019-tickets-58216540239?aff=efbeventix&fbclid=IwAR3PVhuSB672D0GSdbyxlzqzqxw_UurWWyQTP_1ZRbFtboZv5bMJTWCEzOw.

SOUTHEASTERN REGIONAL NC POETRY FESTIVAL

Where: Downtown Fayetteville, multiple venues

When: April 24 through April 27

Cost: Free

Get ready for the 2019 Southeastern Regional North Carolina (SERNC) Poetry Festival. SERNC is a four-day festival that takes place in downtown Fayetteville every spring. This festival will have workshops, open mics, themed events, and plenty more. Below is this year's schedule of events:

■ April 24, 5:30 to 7:45 p.m.: Creative Writing Workshop/Open Mic at the Cumberland County Public Library and Information Center

■ April 25, 6:30 to 9:30 p.m.: LGBTQ Open Mic at Winterbloom Tea

■ April 26, 7:30 to 9:30 p.m.: NERD Slam at The Sweet Palette

■ April 27, 3:30 to 5:30 p.m.: Worst Poem Slam at The Sweet Palette

■ April 27, 7:30 to 10 p.m.: \$300 Youth Slam at Volta Space

For more information, visit <https://www.facebook.com/southeasternregionalslam/>.

FAYETTEVILLE DOGWOOD FESTIVAL

Where: Downtown Fayetteville

When: Concert series, April 25 through April 28, 6 to 9 p.m., other downtown events, April 24 through April 28, noon to 9 p.m.

Cost: Cork and Fork food and wine event, \$40 per ticket, all other events are free

Join a four-day yearly event held the last weekend of April. Start off the weekend with the annual exclusive Cork and Fork food and wine event. Next, join in the concert series starting Friday night. Saturday morning arrive to an array of vendors including arts and crafts, commercial products, food and services. Join in the midway of carnival rides and anchored attractions throughout the festival footprint. Gather in Festival Park, for more free concerts Saturday and Sunday.

For more information, or for tickets to the Cork and Fork event, visit <https://www.thedogwoodfestival.com/new-events>.

NC COMBAT VETERANS MOTORCYCLE ASSOCIATION SPRING EVENT AND MEMORIAL RIDE

Where: Ride starts at 82nd Airborne Association, 606 Johnson St. in Fayetteville

When: April 27, 7 a.m. to 5 p.m.

Cost: \$25 per rider, \$15 per passenger

The N.C. Combat Veterans Motorcycle Association Chapter 15-1 invites you to its inaugural Spring Event and Memorial Ride. The annual Memorial Ride will be begin at the 82nd Airborne Association in Fayetteville. Staff will be onsite from 7 until 8:45 a.m. for departure. Registration will be conducted at the end point, after the conclusion of the ride.

The ride will move to the Harnett County Veteran's Memorial, in Lillington, North Carolina, where a ceremony will be held at approximately 10 a.m. Riders will depart from the memorial at about 10:45 a.m. and ride to Cox's Double Eagle Harley Davidson, in Pinehurst, North Carolina.

Food, beer, prizes and fun will continue until the final prize raffle at 4 p.m. Music will be provided by Dark Horse. Proceeds from ticket sales, T-shirts, and raffles will be donated to Project Duffle Bag, a Harnett County veterans assistance organization. Food will be provided by Jazzy Jo's Catering. Additional meal tickets are \$5 each.

For more information, visit <https://www.eventbee.com/v/nccvma151/event?eid=106474614#/tickets>.

DERBY DAY

Where: Cape Fear Botanical Gardens

When: May 4, 5 to 9 p.m.

Cost: \$100 per ticket

This Kentucky Derby-inspired party and social event will be the right mix of fun and flair for those who want to get "down and derby." Derby Day will be held in the beautiful Cape Fear Botanical Garden, with amazing views of flora and fauna, just two miles from downtown Fayetteville. Expect the finest in fashion, food and entertainment while taking in "The Most Exciting Two Minutes in Sports" (the 145th Run for the Roses will be streamed live). Be sure to dress to impress for the Derby Hat and Dapper Dan contests.

Ticket price includes southern appetizers and desserts, mint juleps, beer and wine, entertainment, Derby Hat and Dapper Dan contests, show raffle and lawn games.

Register for this event at <https://www.capefearbg.org/event/derby-day-2/?fbclid=IwAR2Ppc4A-NCai9sCEPUZVJlJpEiUiYqvN8C1iehBWSch6OKWSgP4IzEIU8>.

Army G-4 offers tips to prepare for peak moving season

By U.S. ARMY G-4

WASHINGTON — Up to 60,000 household goods (HHG) shipments for Soldiers, civilians and Family members are expected to be moved this summer, and U.S. Army Logistics, HQDA G-4, is providing some tips to help make your move less stressful.

Move planning and execution

Peak season for Permanent Change of Station (PCS) begins May 15 and runs through Aug. 31, with the busiest weeks being May 15 through July 4.

Soldiers, civilians and Families should avoid moving around the holidays and during the last week of May and June, if possible. Avoiding this time frame will help prevent late pick-ups and changes to deliveries.

Advanced planning and preparation is key to a successful move. Upon receipt of orders, Soldiers should immediately create an account or login into Defense Personal Property System, via www.move.mil; upload orders and complete all shipment applications for the move.

The next step is to contact or visit the transportation office to ensure all preparatory steps were successful. By getting to the transportation office quickly, customers will have a better chance of scheduling the move convenient for them.

Scheduling movers is done on a first come, first serve basis and during the peak season, there may be limited availability of packing and shipping dates.

After logging in or creating an account, service members can view customer satisfaction scores for moving companies.

On the day of the move, Soldiers, civilians and Families should do the following:

- Refrain from scheduling other activities during moving days, as the packing and moving process can take the entire day. Make it your priority.

- Monitor how packers and movers are performing. If you have a question, call the transportation office. The Army is working to improve the HHG movement process by increasing the number of quality assurance inspections.

- Save the contact information for the moving company and quality assurance inspectors.

- Obtain a copy of the inventory and



Photo by Tyler Gourley/Army.mil

Peak season for Permanent Change of Station begins May 15 and runs through Aug. 31, with the busiest weeks being May 15 through July 4.

make sure to identify and annotate high-value items.

A 24/7 U.S. Transportation Command toll free hotline will be operational and published in May for Soldier and Family HHG problem resolution.

Additional information and detailed tips can be found in "It's Your Move" located at www.move.mil.

Storage of HHG

After a Soldier's shipment arrives at the destination, they are authorized short term storage for 90 days. Short term storage provides enough time to secure a new home. If necessary, a Soldier can request an additional 90 days through the transportation office.

Long-term storage is authorized for overseas tours, retirement or separations, and training courses that are longer than 20 weeks. In some cases, single Soldiers and dual military couples can use long-term storage during a deployment.

Move entitlements

If conducting a first PCS move, moving to or from a foreign country, or making a final retirement or separation move, Soldiers must schedule a counseling appointment with the transportation office to review entitlements.

The moving process begins with orders, which identifies a Soldier's entitlements based on their rank, dependent status, basic information on their tour, and restrictions on what can be brought to the next duty station.

Rank, dependent status, and sometimes location determine a Soldier's weight allowance. Soldiers are responsible for staying within that weight allowance. If the shipment weight is close to their weight allowance, the Soldier can request a reweigh at the destination with the transportation office.

Professional books, papers, and equipment, also known as pro-gear, is defined by the Joint Travel Regulations as items needed for the performance of official duties.

The maximum weight authorization for pro-gear, regardless of rank, is 2,000 pounds. Spouses may request an additional weight allowance up to 500 pounds if the pro-gear is required for employment or community service. Pro-gear does not include homeschooling supplies.

A spouse's pro-gear request must be submitted to the transportation office for approval before the scheduled pick up. Before a Soldier's pack and pick-up date, they should separate all their pro-gear from HHG, as it must be weighed separately and annotated on the inventory sheets.

If a Soldier's HHG is not picked up or delivered on the agreed upon dates, he/she can file an inconvenience claim with the moving company for out of pocket expense supported by paid receipts.

Soldiers can contact their transportation office for additional information.

Personally procured move — also known as do-it-yourself move

Soldiers must obtain PCS orders before they are authorized to conduct a personally procured move (PPM) or do-it-yourself (DITY) move.

Before conducting a PPM or DITY move, Soldiers must receive counseling and approval from their transportation office. Soldiers will have the option of moving HHG with a privately owned vehicle, rental truck or hiring a commercial moving company, but all methods require full and empty weight tickets.

Upon move completion, a Soldier must submit receipts, weight tickets, and contracts. All paperwork must be dated after the published date of their orders, or they will not be reimbursed. Additionally, taxes and insurance are non-reimbursable for equipment rental contracts and receipts.

As an incentive, the Soldier receives 95 percent of the maximum amount the government would pay to have the HHG moved. If it costs less for Soldiers to move personal property themselves, they will keep the difference. This incentive is based on the weight that a Soldier transports, not to exceed their authorized weight allowance.

The PPM or DITY estimator tool, found on www.move.mil, under the helpful links section, calculates an estimate of the maximum amount the government would pay to have a member's HHG moved.

Final step

Once any move is complete, Soldiers should complete the online customer satisfaction survey to rate the moving company. The survey rating results keep the moving companies accountable; it helps everyone in the moving process — the Army, personal property offices, moving companies, and U.S. Transportation Command — improve the process for the Soldier and civilian.

A list of customer satisfaction survey scores for all moving companies are on the Defense Personal Property System customer landing page, accessed via www.move.mil.

If a Soldier cannot complete the survey, the U.S. Transportation Command Help Desk should be contacted at (800) 462-2176.

After dialing the toll-free number, Soldiers should select option 5 and option 1.

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WAMC, Red Cross accepting applications for Summer Youth Program

By WAMC

Womack Army Medical Center (WAMC) in partnership with the Red Cross seeks to provide meaningful youth volunteer opportunities which raise awareness of service in health-related fields.

Who should apply?

This program is open to students for five weeks, from July 15 through Aug. 16, in departments of the WAMC to observe and learn about the various aspects of medicine, medical research and health care delivery. Each student is required to participate at a minimum level of eight hours per week — two shifts of four hours each. We expect this program to be highly competitive.

In order to qualify for the Summer Youth Program (SYP), applicants must be:

- Between the ages of 14 and 17 — be 14 by the start of the program and not turn 18 before the program ends
- A U.S. citizen,
- Available to work eight hours per week for a minimum of five weeks,
- Able to commit to being here for the whole program.

When and where?

Our youth volunteers support the Red Cross mission through Service to the Armed Forces at WAMC. Our program will begin with a hospital orientation at WAMC scheduled for July 9, promptly at 9:30 a.m. The program starts July 15 and ends with a Recognition Ceremony the week of Aug. 16.

What responsibilities will we have?

Most volunteers will perform clerical or administrative tasks such as answering phones, greeting clients, making copies, assisting with office projects, filing or other duties as assigned. This program must be viewed as important as a job — which requires time, dedication, enthusiasm and energy.

The WAMC command emphasizes values of dignity and respect for all, and summer youth volunteers must demonstrate these through their words and actions.



SYP volunteers are expected to attend the training sessions provided by the medical staff. These may or may not be during your scheduled shift.

Application Information

Applications are available now. Space is limited. Applications must be turned in no later than 1 p.m. on April 25.

No late applications will be accepted. No exceptions will be made. If necessary, we will wait list applicants.

The following items will be required along with your completed application:

■ Two letters of recommendation, one from a teacher and another individual of your choice — not family.

■ A personal statement that answers the following questions: *What interested you in the Summer Youth Program? How will this opportunity benefit you in the future? Why are you a good candidate for the Summer Youth Program?*

Applications must be submitted in a sealed manila envelope to the WAMC Red Cross office located in Room 1209, on the ground floor of WAMC. Packets can be submitted to any American Red Cross volunteer in the office.

If the office door is closed or unmanned, please slide the packets under the door. Applicants will be emailed a receipt confirmation.

Interviews will be conducted May 8 through 10. You will be contacted via telephone with your interview time and location. Please arrive 10 minutes prior to your scheduled interview time.

You will be notified via phone if you have been selected into the program, and via email if not selected. Acceptance and dismissal decisions rests with the American Red Cross Manager, Cindy Taylor at WAMC.

For more information, contact Cindy Taylor, Service to the Armed Forces Manager, at (910) 907-7124 or via email at cindy.taylor3@redcross.org. You can also reach out to Reginald Harvey, Service to the Armed Forces Hospital Administrative Lead, at (910) 907-7124 or email at reginald.harvey@redcross.org.

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Holistic health, fitness initiative put to test

BY GENEVIEVE STORY
PARAGLIDE

Task Force Thunder, a three-day test phase for readiness of the Army-wide Holistic Health and Fitness (H2F) initiative, the Army Combat Fitness Test (ACFT), occurred April 1 through April 9, at Fort Bragg.

The Company A, 519th Military Intelligence Battalion, 525th Military Intelligence Brigade, was tasked to 1st Sgt. Christopher C. Rafferty Memorial Field, April 4, to conduct the H2F Light event, an assessment training event piloting the three phase ACFT embedded fitness test, to gain a baseline of knowledge on the new drive in total Soldier fitness.

Through this program, the Army will optimize the holistic health and fitness of each Soldier. It achieves this by increased resilience, refining physical fitness, improving mental and emotional health, while managing stress. With a mission to build and sustain Soldier readiness, the ACFT, formally known as the Soldier Readiness Test (SRT), is a gender-neutral assessment, with six-events, measuring a Soldier's skill set, mimicking warrior tasks and battle drills.

"This test provides Soldiers with new knowledge and tailored training to compete against expectations," said Staff Sergeant Jared Campbell, Company A, 519th MI Bn., 525th MI Bde., H2F Light assessment Master Fitness Trainer. "It will improve physical performance, education on preparedness, and the Soldier selection process."

Phase one consists of a 225-pound tire flip, an agility drill and a 240-pound casualty drag. Each event in phase one should be completed in two minutes. Phase two consists of a 40-pound sandbag lift and stack followed by a 35-pound sandbag toss over a 66 inch-high obstacle. Each event in phase two should be completed in three minutes. Phase 3 is a one-and-a-half mile movement over unimproved terrain with two 4-foot over obstacles and two 4-foot under obstacles, completed in 18 minutes. To successfully complete the



Spc. Gerome J. Cagayan, Co. A, 519th MI Bn., 525th MI Bde., completes the 1.5 mile movement over unimproved terrain in phase three of the H2F assessment, April 1 through 9 at Rafferty Memorial Field.



Pfc. Jared Wood of Co. A, 519th MI Bn., 525th MI Bde., following an agility drill, bears the weight of a 240-pound casualty drag during phase one of the H2F assessment.

ACFT, a Soldier must execute all events in all three phases of the assessment in totality. Soldiers must complete the assessment in 23 minutes, wearing Operational Camouflage Pattern (OCP) with Improved Outer Tactical Vest (IOTV) and tactical gloves.

Soldiers of the 519th MI Bn., 525th MI Bde. began the H2F Light assessment with a demonstration and preparatory drill. Sgt. Maj. Harold Sampson, Task Force Thunder Sergeant Major, provided perspective on the tests, mission and goals for injury prevention and readiness.

"The H2F will work in conjunction with the Army Combat Fitness Test (ACFT). This new ACFT assessment really is

about Soldier overall fitness and well-being, and making sure that Soldiers are fit and prepared to do their job while deployed in combat," Sampson said.

"The Army will progress forward and move away from the traditional Army Physical Fitness Test (APFT). This particular training assessment gives a measure of effectiveness in the new holistic health and fitness initiative, as well as a measure of the Soldier in a combat environment, providing us with a bulls-eye of what to shoot for."

Sampson described the newly implemented H2F, in collaboration with the ACFT, as a "real smoker and physically demanding", projecting the initiative

would allow deployable units, such as United States Army Forces Command (FORSCOM), the ability to assess what they should be doing while deployed. A deployable unit adds an additional level of challenge, providing forces for the combatant commanders. The assessment would allow commanders a supplementary indicator of Soldier fitness and capabilities.

"Through this new initiative, we have the tools we need to minimize injuries, having received more resources within the organizations," he said.

This model for the ideal team of fitness experts, would include strength and conditioning coaches, physical therapists, sports psychologists, occupational therapists, athletic trainers and registered dietitians, designed and equipped to rehab Soldiers who are injured and make them stronger and more capable of doing their job.

"When you get an injury, it is no longer about waiting it out and getting a profile," Sampson said. "Instead it is about taking an active role and rehabilitating the Soldiers to get them back into the fight even faster."

This comprehensive, integrated, human performance fitness program wraps in all the existing Army-wide programs with efficiency to improve physical, mental and emotional readiness, and

tools to minimize injury.

Capt. Matthew Richter, physical therapist and H2F coordinator for 519th MI Bn., supports the initiative and the ideology behind it, distinguishing that H2F assessment offers a practical application of ACFT in a combat environment and couldn't have come at a better time.

"The current healthcare system is a system where when someone gets hurt, then they get help. This flips that around where you get help before you get hurt," Richter said. "As a physical therapist, my go to rule is an in-depth, musculoskeletal evaluation, to smoke out things that are a little out of whack for the body before they manifest into an injury or pain."

Richter reinforced the value in medical providers on staff, stating that science has confirmed that early access to care enables a better rate of success and that the stigma attached to health and wellness and seeking care is unreasonable. Integrating the H2F program into habit, with the introduction of resources, will help reduce the rate of injury.

"The Army has a problem with a crazy high rate of medically non-deployable service members. The concerning trend is the health and fitness status of the Army as a whole. The initiative will doctor and govern Soldiers' health and readiness. That is the goal," Richter said.

Currently, the Army has done research studies, indicating that the present, established APFT measures about 40 percent of the Soldiers' ability to physically perform in combat. As a framework of reference, Richter said, "the NFL combine measures about 70 percent of football players to perform on the field. There has been a distinct deficit and need for growth in the testing executed."

These Army-wide studies have confirmed that the holistic health and fitness initiative, and ACFT, measures a radical change of about 80 percent of the Soldiers' ability to perform in combat. The ACFT will become the test of record by October 2019. As the Army's initiative continues to evolve, so will Soldiers' performance on the battlefield.

Soldier running 100th marathon

BY EVE MEINHARDT
FORSCOM

It all started when she was stationed in Virginia 12 years ago. That's when Chief Warrant Officer 4 Beofra Butler saw everyone training for the Marine Corps Marathon and decided to give the 26.2 mile race a try.

As a Soldier, running was already a part of her daily life and physical fitness routine. She had ran several other shorter races to include the Army 10-miler and a few half marathons, so the challenge of a full marathon appealed to her. She wasn't even afraid of the dreaded "wall" that everyone told her she would hit around mile 20 when her body would start shutting down as energy stores ran low and fatigue set in.

"I had never experienced the wall and was feeling pretty great," recalled Butler. "I saw the mile markers for mile 19, then mile 20, then 21. I was feeling good and thinking to myself that maybe I avoided the wall. Then at mile 22, everything from my waist down locked up — it felt like I really did hit a wall. My muscles were in knots, my toes were cramping and every time I took a step it just hurt."

A lady tapped her on the shoulder and encouraged her to move off to the side and stretch before resuming the race.

"I wanted to cry," she said. "I knew it was just four more miles. I wobbled to the finish along with a bunch of other people doing the exact same thing."

After the race later that night, with ice bags on her legs and a computer on her lap, Butler signed up for her next marathon.

"I just had to do it again for myself so I

could figure out how to do it without pain," she said.

Butler ran her second marathon during a deployment, followed by another and another and another. She's preparing to run her 100th marathon in Boston, April 15. The race will be her sixth Boston Marathon and she says that it is fitting because it's her favorite event.

"There's something special about running in Boston," she said. "It's the only race you have to qualify for to get in and after working so hard to be a part of it, you really enjoy the moment when you get there. The support of the crowds is amazing and it's just a great place to be."

She got there by figuring out how to avoid that wall of pain.

"For the most part, I don't hit a wall anymore," Butler said. "Now I know what that feels like and I never want to feel it again."

How does she do it? The way anyone in the Army does anything — with an abbreviation. According to Butler, the key to running a successful marathon comes down to the 3P's: pacing, patience and practice.

She says that you need to control your pace throughout the entire marathon and exercise patience as those around you start out fast or crowd the track. To refine your pacing and patience, you need to practice.

"It comes down to having time on your feet," said Butler. "You have to put in the time and stay positive."

Her time comes from running at least five days a week. She averages 10 miles a day with Saturdays being her long run day of anywhere from 13 to 20 miles. She does speed work on Wednesday's, often bringing others along with her to help them train to



Photo by Eve Meinhardt/FORSCOM PAO

Chief Warrant Officer 4 Beofra K. Butler, administrative executive officer to the commanding general, FORSCOM, poses with her marathon medals, March 22. Butler has ran 99 marathons since 2008. She will run her 100th race April 15 in Boston.

meet their goals.

As the administrative executive officer to the commanding general of U.S. Army Forces Command, her work schedule can often be hectic and conflict with her training time. To mitigate this, Butler is a conscientious meal planner, preparing all her meals, to include snacks, on the weekends. She says she often hits the pavement at 3 a.m. just so she can ensure she gets time to run.

"I just love the feeling of running," she said. "It's freedom. I don't listen to music. I listen to my heartbeat. My footsteps. My breathing. It's a meditation and I'm always trying to get better."

Butler says that running is wonderful because you can do it wherever you are and with no special equipment. For those aspiring to run in races of any distance, she said that it's important to find a training plan. "Training is a part of learning yourself,"

she said. "It helps you become more comfortable when you're out there. You need to trust your training and just enjoy the moment."

Despite the fact that Butler says she could probably roll out of bed and run an impromptu marathon, she still finds ways to challenge herself. Five of her marathons were ultra-marathons ranging from a 50K to a 100 mile race.

Butler's most recent race was her third All American Marathon here at Fort Bragg. She led the 4:15 pace group. Her pacing was right on point with her crossing the finish line at 4 hours, 14 minutes and 37 seconds and still placing first in her age group.

Her personal record is 3 hours and 34 minutes and she says that she would like to get that down to 3:30.

"After Boston, I'm not racing again until August," she said. "I'm going to be training for my PR and I'm going to get it."



Strength is built through training, experience

By **GENEVIEVE STORY**

PARAGLIDE

I used to think that strength was defined by one very particular mold. That power was only rooted in the body's ability to produce maximum force, and that the fine details rest only in the physical: how fast you could run a 5K, or how heavy the weight is on the bar. Strength is in fact, a state of mind. It is about experience and intelligence. It is about not breaking your body down while trying to build it up.

While observing Company A, 519th Military Intelligence Battalion, 525th Military Intelligence Brigade conduct 'Task Force Thunder,' the holistic health and fitness initiative in congruence with the Army Combat Fitness Test (ACFT), this notion was reinforced. Service men and women of two units came together in the early hours of a Thursday morning to pilot an eight day, three phase, nationwide task in Soldier fitness. This assessment afforded the Fort Bragg units a grasp on a baseline of knowledge towards building the future in Soldier preparedness. This particular Army initiative is bringing something more to the table than simply brute strength of the Soldier, or the lack thereof. Its purpose is to influence a culture — to train Soldiers, and civilians, in resiliency and readiness, and the layers of intellect behind those gains. Training to compete: no matter what the mission.

"The most powerful way is counterintuitive, through strength," said Staff Sgt. Jared Campbell, Co. A, 519th MI Bn., 525th MI Bde., and H2F Light assessment Master Fitness Trainer. "Strength is complex. You build strength through training and experience. It is mental and physical. It is what keeps you moving forward." This message resonated in me.

It is that simple. The way you train your body is the way you will perform. Your training needs to be in harmony with your desired outcome. This is the Specific Adaptation to Imposed Demands (SAID) principle. The human body is a powerful machine and adapts well to how it is exposed. The H2F initiative mimics combat related tasks, giving service men and women the knowledge on how to be smarter than any obstacle and overcome any challenge, combat related or civilian, training not just to compete but to complete, in the most efficient and effective way.

Strength is knowing what suffering feels like and learning how to rise above it. Cold, painful, raw experiences — without them, there is the absence of growth. For the Soldier and their adaptation to the new ACFT, it isn't about how well they perform against their peers. The test is about how well they perform against the Army caliber for excellence and themselves. It is a balance of mind and body — a taxing venture on the body and an even more demanding endeavor on the mind and spirit.





Runners Corner

Westover Spring Spirit 5K:

Saturday, 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://visitfayettevillenc.com/> for details.

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.

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.

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 is 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.

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

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