

THE PARAGLIDE

Telling the Fort Bragg Story™

April 18, 2019

VOLUME LV, NUMBER 15

WWW.PARAGLIDEONLINE.NET

INSIDE THE 'GLIDE'

FOCUS - B



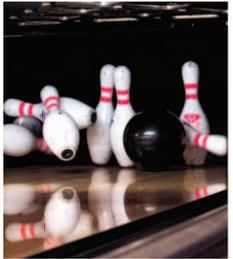
82nd competes in best sapper competition: Dripping with sweat and only able to muster enough energy for a slow jog, exhausted sapper teams made their way under the arch of a small red castle while friends, Family, Soldiers and paratroopers cheered.

LIFE - C



The heart of the Army community: Fort Bragg recognized volunteers from across the installation for their service at the National Volunteer's Appreciation Week Picnic, April 11, held at McKellar's Lodge.

SPORTS - D



Mid-Carolina Senior Games strikes Dragon Lanes: This is part of a network of 53 local communities, promoting health and wellness programs for adults ages 50 and better.

WHERE TO GO

FORT BRAGG VOICES.....	2A
GI JENN.....	2A
IN BRIEF.....	4A
FROM THE ARCHIVES.....	2B
LOCAL HAPPENINGS.....	2C
WORSHIP.....	3C
GET FIT.....	2D
RUNNERS' CORNER.....	2D
CLASSIFIEDS.....	3D

THE PARAGLIDE



Read online

www.paraglideonline.net

FIRST, SECOND LADIES VISIT FORT BRAGG Month of Military Child brings VIPs

By JELIA HEPNER
PARAGLIDE

"On behalf of this country, the President and I stand with each man and woman in uniform serving to defend all of us," said Melania Trump, First Lady of the United States.

On Monday morning, the First Lady and Second Lady Karen Pence arrived at Fort Bragg for a post tour and visit with service members in recognition of Month of the Military Child.

"... this is important because these are our future leaders," the First Lady said.

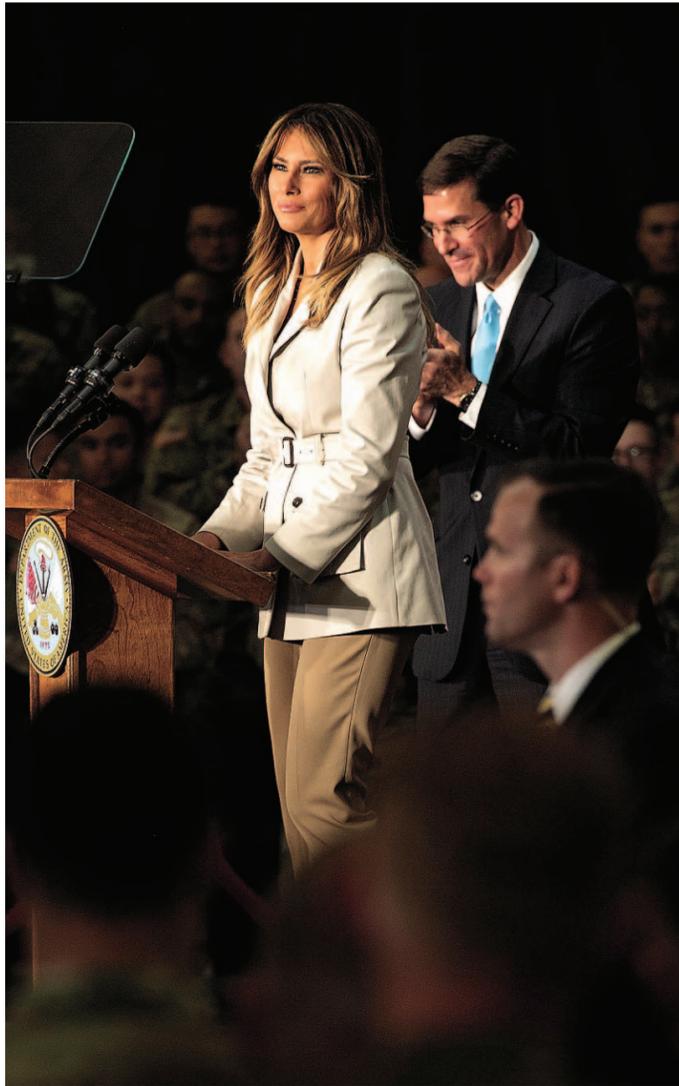
Upon arrival, Secretary of the Army Dr. Mark T. Esper, Trump and Pence were greeted by Gen. Michael Garrett, commanding general, U.S. Army Forces Command; his wife Lorette; Lt. Gen. Francis Beaudette, U.S. Army Special Operations Command's leader; his wife Elizabeth; Maj. Gen. Brian McKiernan, deputy commander of the XVIII Airborne Corps, and more.

During their duration at Bragg, both women received demonstrations of special operations capabilities, visited Albritton Middle School and Green Ramp Pax Shed.

"I heard the First Lady and the Second Lady were coming this past Friday; I was beyond excited because I knew this event would be amazing," said Handley Wright, 13, seventh-grader at Albritton Middle School.

At the middle school, Trump and Pence spoke with students, as well as participated in a questions and answers segment.

"The First Lady, the White House and I want you to know that not only do your parents serve, but you serve as well; we appreciate



Photos by Lewis Perkins/Paraglide

The First Lady of the United States Melania Trump speaks to Soldiers and Family members at Fort Bragg during her visit celebrating the Month of the Military Child. She was joined on-stage by the Secretary of the Army Dr. Mark T. Esper.

military children," Pence said. "You make sacrifices too."

During the questions and answers, a student asked Trump if she would be happy if her husband wanted to run for president again.

"I think my husband is doing a fantastic job," the First Lady said. "I support my husband. If he wishes to run again, I will stand by his side."

Students were able to get an

insight into various facts about the White House, including a 200-year-old George Washington painting that currently hangs in the president's residence.

"... this is important because these are our future leaders."

- Melania Trump,
First Lady of the United States

"I learned a lot, but mainly I learned as a military child you can feel underappreciated," said Warren Davidson, 14, eighth-grader, Albritton Middle School. "But when people like the First and Second Lady come to visit, you know you are appreciated."

The prologue of the tour, VIPs gave brief speeches to military men and women on their gratitude for their service and their Families at Green Ramp Pax Shed.

"The strength of our nation does not only come from men and women in uniform, but spouses and Families as well," Pence said.

Just last year, Pence launched her campaign to elevate, help and encourage military spouses.

After delivering speeches, both ladies greeted Soldiers and several spouses.

"I am thankful; it's an honor to be here and they took time out of their busy schedule to see us," said Sgt. Trevor Calfo, Company A, 1st Battalion, 504th Parachute Infantry Regiment, 1st Brigade Combat Team, 82nd Airborne Division. "I was a military child, so it means a lot for them to come and show their appreciation to us Soldiers."



The Second Lady of the United States Karen Pence poses with Soldiers after speaking about the Month of the Military Child.



The First Lady of the United States Melania Trump takes a selfie with a Soldier during her visit to Fort Bragg.

Law enforcement cracking down on Bragg regulations

By JELIA HEPNER
PARAGLIDE

Fort Bragg is one of the biggest military installations in the United States. With having such a large number of people, this can lead to obstacles when enforcing certain regulations.

"We are having issues with some Bragg residents and civilians trespassing in off-limit areas on the

installation," said Earl S. Britt, supervisor, Criminal Law Enforcement Online Law Enforcement Center. This has been an ongoing situation for Bragg law enforcement over the past years. They have been working to bring awareness, decrease citations and prevent the number of incidents happening around the post.

See Law — Page A3

Installation housing initiatives see way forward, residents speak up at town halls

By ELVIA KELLY
FORT BRAGG PUBLIC AFFAIRS

Fort Bragg leadership has heard the concerns of residents living in on-post Family housing and has implemented initiatives to improve communication efforts.

One of several initiatives is holding town halls at Fort Bragg neighborhood centers. The town halls began April 2 and provide an opportunity for Families living on the installation to voice their housing concerns.

"This is exactly a reason why we opened the community centers," said Col. Kyle Reed, Fort Bragg Garrison commander. "They are the connective tissue. A resident

now has the option to report their housing concern directly to their community center."

Fort Bragg Garrison leaders, along with representatives from Directorate of Public Works, including the chief of housing Greg Jackson, and Corvias representatives, were available to address questions during the town halls.

"It is an intimate opportunity to address concerns with the people who can change things at a macro level," said Pamela Drake, a Family member who attended a town hall. "I have attended three separate town halls, two were neighborhood specific."

See Town hall — Page A3



Little bravery

BY JENNIFER MORALES
PARAGLIDE

As a kid, I always found it weird when adults talked to me about being a military child and how brave I was. I would laugh-politely in my head-thinking I'm not doing anything brave. My father flew helicopters into actual war-time battles, rescuing the wounded and killed service members, while I sat on-post back home playing with my friends. As I grew older, my understanding grew as well. They weren't comparing me to the heroism of my father but rather a different type of bravery. The bravery to walk into a new school, in a new state, and be introduced to your class as a new student.

Often, we would move every two years, and those moves never seemed to coincide with the regular school calendar. This made my sister and I feel even more like outsiders. If these students hadn't known each other prior to the school year, surely four months into the new year they came to know each other well. Trying to fit into an already formed group of friends was like

trying to push two opposing sides of a magnet together.

Aside from always being the "new kid", we had to don the courage of saying goodbye. Within two years you can quickly become attached to your new environment. You learn to love your new room, your friends, your playground, your school, and even just the simple things like your routine. When moving, you have to schedule all your goodbyes while packing all your belongings. Sometimes it was easier not to say goodbye.

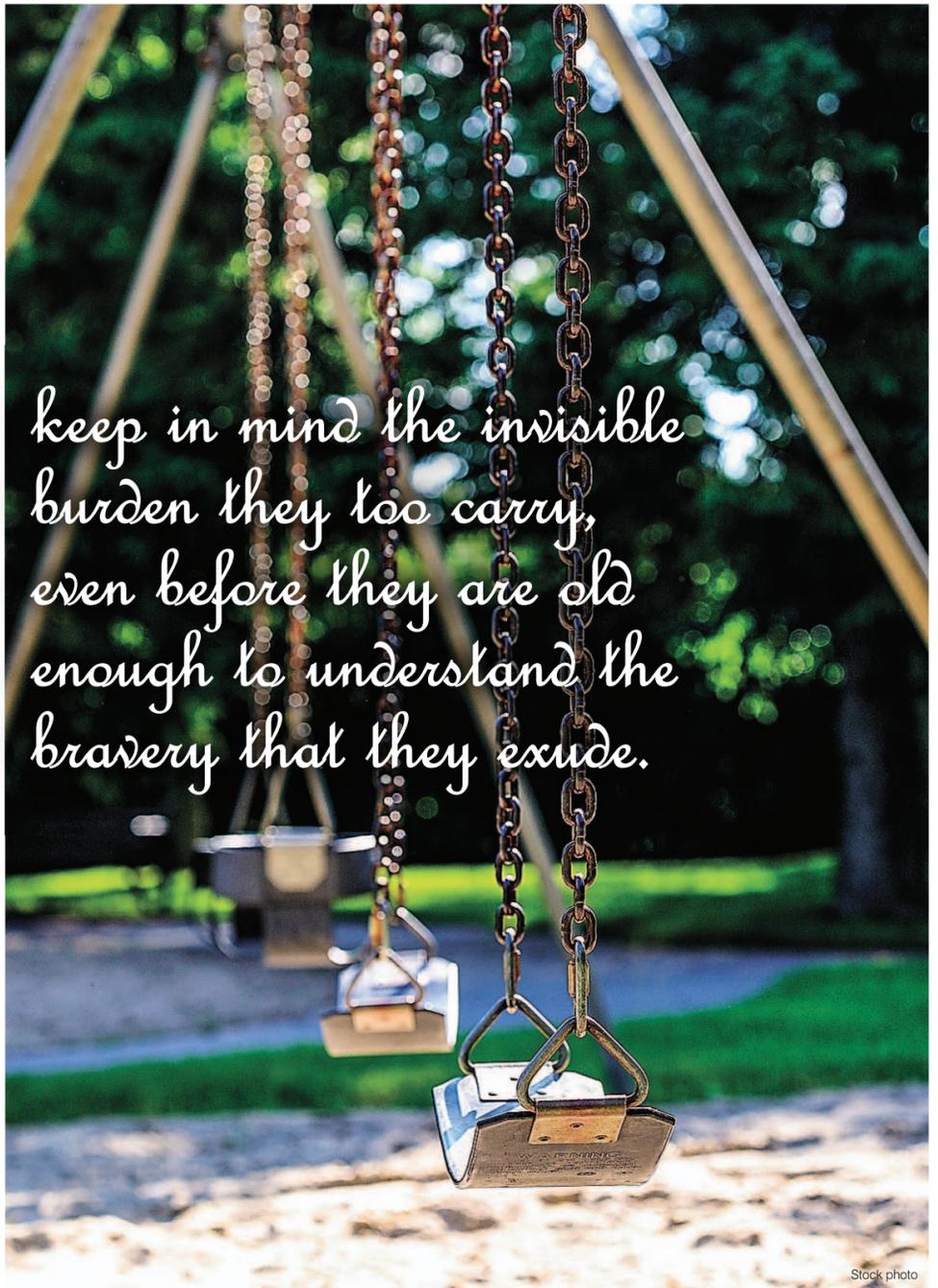
I found that each move changed my sister and I a little more. She would draw out her goodbyes, seeming to live in a state of grief, while I took the avoidance route. I would seclude myself, trying to focus on things I could control.

I focused on the thought of one day having a puppy of my own. This way, when I moved again, I wasn't starting over, I would have a friend that had been with me. A friend that knew when I was sad even before I did. A friend that felt the stress of the move and deployments just like I did.

Now my sister and I are grown, with military children of our own. You would think that our experiences would make us better at preparing our children for the bravery that they must obtain, but it doesn't.

Just as every move is different, so too is every military child. Our Soldiers courageously walk into the face of danger, and while our military children sit back on the home front and play on the playground, or make new friends.

May we always keep in mind the invisible burden they too carry, even before they are old enough to understand the bravery that they exude.



keep in mind the invisible burden they too carry, even before they are old enough to understand the bravery that they exude.

Stock photo

PARAGLIDE Fort Bragg Voices

This week, Womack asked:

What does this baby mean to you?



"This is our first baby. This baby is my joy, my world, my everything. It's my bundle of joy!"
Autumn Stephens and Vicente Tajeron-Vasquez



"This baby means everything to me. This is our first baby and I'm so happy that it's a boy!"
Rayon and Ashley Wright



"This is a new world. This is her first baby ... and Womack is great about giving out information."
Tamaki and Michael Sapp



"This baby means a lot to me because this is my rainbow baby. I just recently retired. I had a still-born a year ago so, this baby means a whole lot!"
Stacey Billups



"We love kids. We used to foster children and are now so excited to have our own little Family."
Tricia and Jeremy Derby

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 **Lynn 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: Lynn Guzman (910) 486-2726

Circulation is 30,000.

This newspaper is an authorized publication for members of the Army. Contents of the Paraglide are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or Fort Bragg. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Gatehouse Media of the products or

services advertised. Everything in this publication shall be made available for purchase without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from the source until the violation

is corrected. The Paraglide is an unofficial publication authorized by Army Regulation 360-1. Editorial content is prepared, edited and provided by the Fort Bragg Public Affairs Office. The Paraglide is printed by Gatehouse Media, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Bragg. All photos are U.S. Army unless otherwise credited.

Town hall

From Page A1

“The garrison command team, DPW, and Corvias seem to have a grip on what is happening at the lowest levels.”

Drake added that the “environment allows residents to speak freely and brainstorm with command and management to come up with a solution fitting for the issues concerning the neighborhoods.”

Krysta Blood, a Family member who attended a town hall, stated she made an observation about improved customer service with Corvias maintenance teams.

“Since February, I’ve noticed, and other residents have noticed, the difference in Corvias and the way they are handling everything as a whole,” Blood said. “That their work to improve hasn’t gone unnoticed.”

The town halls not only provided a platform for residents to share their concerns, but to discuss Corvias initiatives and ways forward.

“Can we bring back the Yard of the Month initiative?” asked Blood. “Because I’ve been working on my yard, and it provides Families incentive to take pride in their yard.”

Soldiers’ chains of command are conducting walkthroughs and inspections.

“I did walkthroughs to ensure my Soldiers’ quality of life is maintained and to



Photo by Elvia Kelly/Fort Bragg Public Affairs

A resident expresses her housing issues at the Normandy town hall at the Casablanca Community Center as Col. Kyle Reed, Fort Bragg garrison commander, listens to her concerns.

make sure they have a safe and comfortable place in which to live,” said 1st Sgt. Jeremy Crisp, 22nd Mobile Public Affairs Detachment. “It’s important to our Soldiers and Families that they are taken care of, and that allows us to have peace of mind that is happening.”

Along with neighborhood center town halls and command walkthroughs, the DPW Housing Division launched a new web platform, which is accessible on the Fort Bragg website.

“We are the advocates between the service member and Corvias, but we learned that residents thought housing and Corvias are synonymous,” said Greg Jackson, DPW Housing Division chief. “In an effort to help distinguish Housing from Corvias, we built a new website not only as

a tool for information, but as another avenue for residents to contact us if they experience issues with their housing.”

To visit the website, go to the Fort Bragg homepage at <https://home.army.mil/bragg> and click on “DPW Housing Division” or visit <https://home.army.mil/bragg/index.php/about/garrison/directorate-public-works/dpw-ho>.

If you are having issues after placing a work order request, contact the DPW Housing advocate line at (910) 908-4504.

The next neighborhood town halls are scheduled from noon to 1 p.m. and from 6 to 7 p.m., April 25 at the Linden Oaks Clubhouse for the Linden Oaks community, and from noon to 1 p.m., May 2, at the Ardennes Community Center for the Ardennes/ Pope communities.

Law

From Page A1

Some of the issues stem from individuals ignoring “No Trespassing” signs around certain areas and using these off-limit spaces for personal gun ranges or hunting.

“People are setting up ranges and firing their weapons near the area on Vass Road,” Britt said. “This is a big problem because Soldiers also train in that area, so if people are shooting their personal firearms, this could lead to a dangerous situation.”

Britt also stated that some individuals, who have gotten citations, also had firearms not registered on post.

According to Fort Bragg weapons policy AR 190-11/FB Reg 190-11-1, privately owned firearms stored on the installation—whether in on-post quarters or in arms rooms—must be registered. Registration must be completed within five working days of reporting to Fort Bragg or within five working days of acquiring the weapon.

Weapon owners may register their firearms from 4 to 7 p.m., Wednesday through Friday, and from 8:30 a.m. to 4:30 p.m., Saturday and Sunday at the Hunting and Fishing Center on the installation.

Along with the issue of personal gun ranges, people are also using certain areas that are restricted to illegal dumping.

“This is another issue, dumping trash in unauthorized areas,” said Britt. We find a lot of trash, especially when a Family or Soldier is PCSing (permanent change of station). They leave their furniture, trash, unwanted toys and dump it all in one area.”

There are solutions to individuals who

need help in this area. People can visit <https://fayettevillenc.gov/government/city-departments/environmental-services-copy>. This website provides locations of dumping and recycling sites. There is no charge to take unwanted items or trash to any of the listed locations listed on the site.

Law enforcement is also trying to make residents and civilians aware of swimming and having parties in unauthorized areas.

“Mott Lake and Little River are the major areas of partying and drinking,” Britt said. “Drinking and swimming is always a bad combination, we want people to know this is dangerous and can equal to a disaster.”

Mott Lake has had its incidents of safety issues. Last summer, a 24-year-old civilian drowned when the victim and a friend decided to go for a swim.

Fort Bragg has regulation signs posted on Mott Lake to advise against swimming, fishing and boating.

When it comes to looking for a recreational area to swim, Smith Lake is the only lake open for use. All other lakes are restricted.

“We want people to pay attention to the “No Trespassing” signs around the installation,” Britt said. “We want you to have fun, but in authorized areas — our job is to keep you safe.”

There are ranges of consequences for those who do not abide by policies at Bragg. The first offense for civilians is a \$250 fine, the second is \$350 and the third offense is a mandatory court appearance.

Soldiers automatically face The Uniform Code of Military Justice, whether or not it is their first offense.

For more information on the Fort Bragg policies, contact the provost marshal’s office at (910) 396-0391.

JOHN ALLEN SHOES

10% OFF

FOR ALL PATRONS

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

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

The best festival around!

FREE Concerts : Street Fair : Fireworks
Midway : Classic Car Show : Kidstuff

APR 26-28

Downtown Fayetteville

presented by: **HEAVY**
HEAVY WHOLESALE CO. INC.

FayDogwoodFestival.com

Hard of Hearing? Tinnitus?

These defective 3M earplugs could be at fault.

If you served in the U.S. Armed Forces between 2003 and 2015 and were issued these two-toned 3M Combat Arms Ear Plugs, your hearing loss could be linked to these defective earplugs. If you were issued these defective earplugs during your service and then suffered from hearing loss or tinnitus, you could be eligible for a cash award.

Call now to see if you are eligible for a Cash Award!
1-800-501-0983

The Call and Consultation are FREE!
We don't get paid unless you get paid.

DAVIS & CRUMP, P.C.

ATTORNEYS AT LAW

Your claim will be against 3M, not the US Government
Lawyer advertisement. Hiring a lawyer is an important decision and should not be based solely on advertisements.

FN000514073001

Culverhouse
College of Business

Earn your MBA from
The University of Alabama
...Where Legends Are Made

Join us in Fayetteville
at one of our events!

Event dates:
April 30, May 1 & 2

To register to attend
an event visit
emba.ua.edu or call
205.348.4501

EXECUTIVE MBA

EMBA.UA.EDU | 205-348-4501

GMAT/GRE typically not required.

THE UNIVERSITY OF ALABAMA®

FN000513894001



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.

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. 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.

Spc. Michael J. Faulkenberry

This notice serves as an advisory for all those in possession of the property of Spc. Michael J. Faulkenberry, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Tom Loudenslager, summary court martial officer, with all inquiries at (952) 270-0749 or email thomas.a.loudenslager.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.

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.

Register Today

Womack Army Medical Center XIII Annual Research Symposium

May 2, 2019

9 a.m. to 4 p.m.
Iron Mike Conference Center
Fort Bragg, N.C.



For more information, visit wamcsymposium.submittable.com/submit

PROUDLY INTRODUCING
PRIORITY APPROVAL

We're here to spring into action for you!

Before you start shopping for a home this season, you can get fully approved in less than 24 hours with our Priority Approval!

Our company is built on relationships of integrity and trust. We can make home happen for you!

CONTACT US TODAY!

- Brian Canady**
BRANCH MANAGE
NMLS# 115484
(910) 988-4705
- Mitch Guy**
LOAN OFFICER
NMLS# 1730633
(910) 964-7390
- Abby Guadalupe**
LOAN OFFICER
NMLS# 109945
(910) 273-9925
- Marilyn Mikan**
LOAN OFFICER
NMLS# 589352
(931) 801-2284
- Laura Glasby**
LOAN OFFICER
NMLS# 450352
(910) 850-7194
- Jeremy White**
LOAN OFFICER
NMLS# 451115
(910) 872-1362



SOUTHERN TRUST MORTGAGE

APPLY ONLINE:
SouthernTrust.com/Fayetteville

Fayetteville Branch
4187 SYCAMORE DAIRY RD | SUITE 101
FAYETTEVILLE, NC 28303
(910) 429-0181

South Trust Mortgage, L.L.C. is proud to be an Equal Housing Lender and Equal Opportunity Lender - NMLS#2921

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

The SMART choice for education!

www.faytechcc.edu
(910) 678-8400

82nd competes in best sapper competition

13th Annual Lt. Gen. Robert B. Flowers event tests mental agility, fortitude



Photos by Spc. Justin Stafford/49th PAD

Staff Sgt. John Maxwell and Sgt. Thomas Barone, 127th Abn. Eng. Bn., 1st BCT, 82nd Abn. Div., climb an obstacle. The months prior to the competition, teams conducted strength and classroom training.



Army sappers leap out of a Chinook helicopter into the Lake of the Ozarks during a helocast exercise at the 13th Annual Lt. Gen. Robert B. Flowers Best Sapper Competition at Fort Leonard Wood, Missouri, April 8.

BY SPC. JUSTIN STAFFORD
49TH PAD

FORT LEONARD WOOD, Mo. — Dripping with sweat and only able to muster enough energy for a slow jog, exhausted sapper teams made their way under the arch of a small red castle while friends, Family, Soldiers and paratroopers cheered at Gammon Field Fort Leonard Wood, Missouri, April 10.

The 13th Annual Lt. Gen. Robert B. Flowers Best Sapper Competition began with opening ceremonies April 7 and concluded with an awards ceremony April 11.

Only 26 of 48 teams that took on the challenge of completing 50 miles in 50 hours, while conducting sapper tasks, finished.

Two teams, 22 and 43, from the 37th Brigade Engineer Battalion (BEB), 2nd Brigade Combat Team, 82nd Airborne Division completed the physically and mentally strenuous competition.

“It feels great,” said 1st Sgt. Robert De Lira, from team 22, with his battalion’s flag draped across his shoulders. “The best part about it is how the

teams trained up within division, across all three battalions came together and worked together. We pushed each other to go harder.”

De Lira said he was proud to see his three guys complete the competition.

Crossing under the red brick facade is a rite of passage in the sapper community because of the difficulty of the competition. The event is meant to test the mental agility and intestinal fortitude of sappers in bulk with emphasis on mobility, counter-mobility and survivability.

Instructors work year round to ensure the next competition is better than the previous one.

Sgt. 1st Class Michael Casto, an instructor assigned to the Sapper Training Company on Fort Leonard Wood, said the tasks at this year’s competition came straight out of the sapper handbook.

Over the three days of the competition, teams were tested on knot tying proficiency, wall ascension, weapons assembly and disassembly, single-point sling loading and land navigation. Competitors also conducted a helocast into the Lake of the Ozarks followed by a poncho swim.

“I think the most challenging task is the ability to have the mental stamina

to keep going,” Casto said. “A lot of miles have been covered on their feet. The movement from station to station was great. If they didn’t have the mental strength to tell their body to keep going, they were going to be dead on the spot.”

The grueling rucks and tiring tasks took an obvious toll on competitors. On the morning of the final day, sappers sat in a cement parking lot while medics and instructors diligently banded bleeding blisters and treated other wounds brought on as a result of the strenuous miles they had moved in such a short period.

However, this is what sappers train for.

“Sappers have been training their entire military career, especially a paratrooper in the 82nd,” said Lt. Col. Dan Herlihy, commander of the 37th BEB. “Our Sappers have built on a legacy of 102 years of excellence.”

Herlihy said being a sapper is a combination of physical prowess and technical knowledge. It allows them to fight through hard physical tasks and apply sapper skills to solve some of the toughest problems for the Army and increases the readiness of the 82nd Abn. Div.

“The best sapper competition

enhances the 82nd Airborne Division’s readiness,” Herlihy said. “That’s what is happening here this week and in the months prior as these sappers have worked hard on their physical fitness and technical skills.”

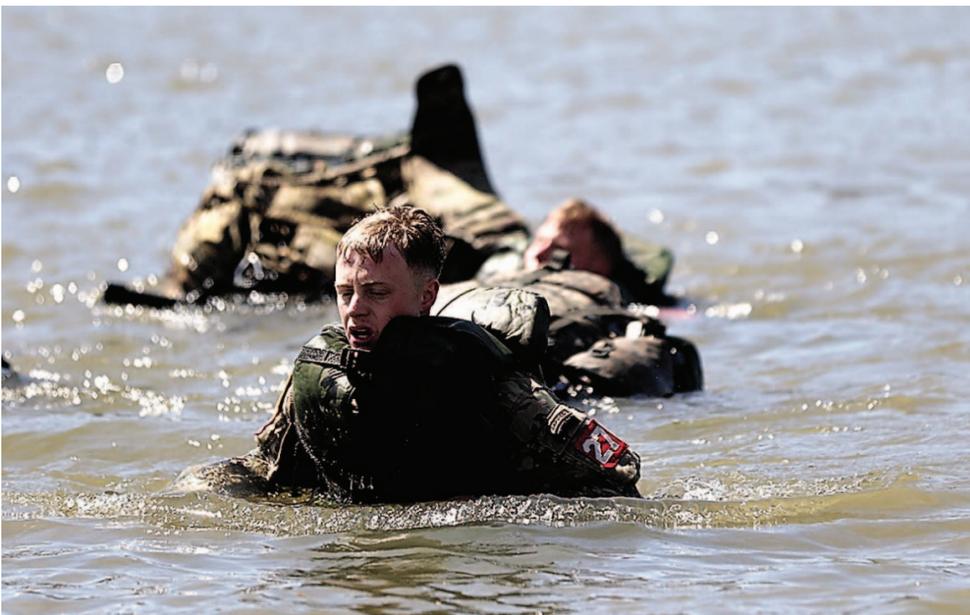
In the months prior, the teams from the 82nd Abn. Div. trained under the division coach, 1st Sgt. Jonathan Patten, from Company A, 127th Airborne Engineer Battalion, 1st Brigade Combat Team, 82nd Abn. Div.

“The type of training we did for the best sapper competition was a lot of strength training and classroom portions; doing demolition calculations, demolition tests, knot tying tests and honing our skills as sappers,” Patten said.

Patten said training and competing prepares sappers from the 82nd Abn. Div for a no notice deployment.

Retired Lt. Gen. Robert B. Flowers, who the competition is named after, spoke at the awards ceremony reminding attendees and competitors of the rich sapper history, legacy and role.

“When the nation needs help, they call on the Army,” Flowers said. “When the Army needs help, they call on the sappers.”



Above left: Sappers carry their teammates during the competition. The 13th Annual Lt. Gen. Robert B. Flowers Best Sapper Competition began with opening ceremonies April 7 and concluded with an awards ceremony April 11.

Above right: A sapper team conducts an in-stride demolition during exercise. Only 26 of 48 teams that took on the challenge of completing 50 miles in 50 hours, while conducting sapper tasks, finished.

Left: Sgt. Thomas Barone, a paratrooper assigned to the 127th Abn. Eng. Br., 82nd Abn. Div., swims to shore after a helocast exercise during the 13th Annual Lt. Gen. Robert B. Flowers Best Sapper Competition at Fort Leonard Wood, Missouri, April 8. Competitors also conducted a helocast into the Lake of the Ozarks followed by a poncho swim.

Proposed budget balances current, future readiness

By SEAN KIMMONS
ARMY NEWS SERVICE

WASHINGTON — Budget plans strive to balance current and future readiness by maxing out combat training center (CTC) rotations and funding new technology, senior leaders told lawmakers.

At \$182.3 billion, the proposed fiscal year 2020 budget shifted funds to support 32 CTC rotations, four of which will go to National Guard units — twice as many as in recent years.

Efforts to extend One Station Unit Training (OSUT) from 14 to 22 weeks for combat arms Soldiers will also continue. Besides extensive training on weapons, the new OSUT increases medical skills allowing graduates to come out certified as emergency medical technicians.

"It's now, I like to say, the longest and toughest in the world," said Army Secretary Mark T. Esper about infantry OSUT while testifying before the House Appropriations Committee's defense subcommittee on Capitol Hill.

The budget has funds to sustain 58 brigade combat teams and six security force assistance brigades.

Prepositioned stocks, which include equipment like fighting vehicles and tanks in Europe, South Korea and other locations around the world, see a boost as well as other readiness initiatives.

"We're looking at some adjustments based on what the National Defense Strategy tells us to do to make sure we are in locations that allow us the highest degree of readiness should a conflict happen," Esper said.

By 2022, the Army expects to reach its highest levels of readiness in at least 66 percent of its regular Army and 33 percent of Guard and Reserve units.

"With continued, consistent, predictable Congressional support, we can reach those levels of readiness," said Army Chief of Staff Gen. Mark A. Milley.

Much of the budget is geared toward the Army's six modernization priorities after senior leaders freed up \$30 billion over five years from nearly 200 legacy programs.

"In short, this budget will increase the Army's lethality in the near term and set conditions for increased lethality of the Army in the future," Milley said.

The top modernization priority — Long-Range Precision Fires — is heavily focused on to reclaim overmatch against near-peer competitors.

"We are a fires-based Army," Milley said. "In order to gain freedom of maneuver, you have to have fires and movement."

Plans are to develop a long-range hypersonic weapon, extended range cannon artillery, long-range cannon and precision strike missile, also known as Prism.

"All of those programs in combination,



Photo by Staff Sgt. Armando R. Limon/ARNews

Spc. Hayden Harnek, left, mans a M240B machine gun while Spc. Josh Rowe helps with aiming at a defensive position during a rotation at the Joint Readiness Training Center (JRTC) at Fort Polk, Louisiana. The proposed fiscal year 2020 budget shifted funds to support 32 combat training center (CTC) rotations, including ones at JRTC and other training centers.

both the acquisition piece of it and the fires piece of it, will reestablish U.S. dominance in fires" Milley said.

The Army plans to invest \$1.2 billion over the next five years toward a hypersonic weapon, which is being developed in collaboration with the Air Force and Navy.

A flight test of a land-based hypersonic missile, which can travel five times the speed of sound, is expected in fiscal 2023, Esper said.

"It's a game-changer," he said. "It is a very difficult system to defend against due to its maneuverability and due to its speed and profile."

To speed up the time it takes to get new technology in Soldiers' hands, the Army is moving from an industrial-based model to one that is more tailored to its needs.

"Not everyone needs everything at the same time," Milley said. "It's contrary to the Army instinct. Army instinct is everyone has got the same uniform, same haircut, everything is the same."

Last summer, the Army Futures Command was stood up as part of the Army's largest reorganization in decades to oversee modernization efforts. The command's cross-functional teams are now streamlining an outdated acquisition process to quickly procure new gear.

An example of how the Army may buy equipment in the future is the next-generation squad weapon. Only about 100,000 of those rifles — enough for roughly 10 percent of the total force — will initially



Photo by Bill Roche/ARNews

Army Chief of Staff Gen. Mark A. Milley, center, speaks with Spc. Steve McAadoo of the 780th MI Bde. about cyber tools during a rotation at the National Training Center (NTC) at Fort Irwin, California. The proposed fiscal year 2020 budget shifted funds to support 32 CTC rotations, including several at NTC and other training centers.

be purchased for Soldiers who engage in close-quarters combat, Milley said.

"By the time you field an entire Army, that may be 10, 20, 30 years and that technology is no longer valid for the original need, but yet we keep buying it," the general said. "We're shifting to a different acquisition and procurement model."

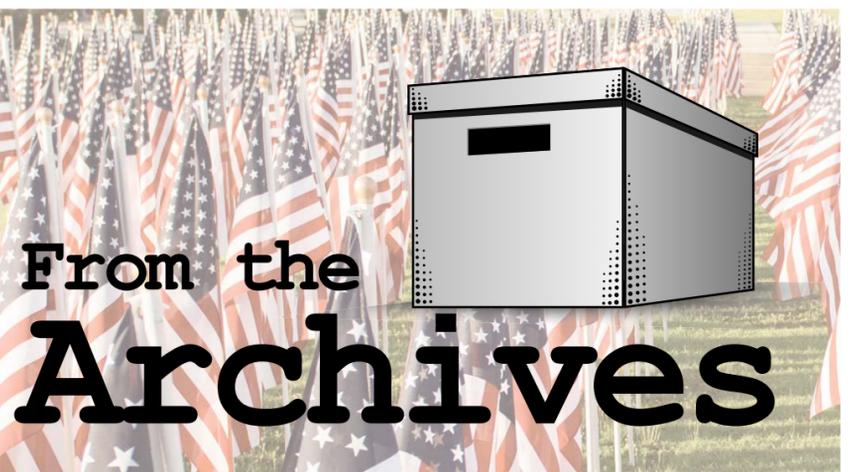
With the emergence of near-peer

threats, the secretary said the Army must start moving on these new technologies and continue those efforts with consistent funding.

"This is not a one-year FY 20 and we're done," he said. "It's going to occur for many, many years to shift this big ship called the U.S. Army to where we need to be."



A Mil Mi-8 Hip C helicopter flies over a training range, Sept. 15, 2000. Central Asian Peacekeeping Battalion (CENTRASBAT) 2000 started with a hostage scenario demonstration. CENTRASBAT 2000 was a multi-national peacekeeping and humanitarian relief exercise sponsored by United States Central Command (USCENTCOM) and hosted by the former Soviet Republic Kazakhstan in Central Asia, Sept. 11 through 20, 2000. Exercise participants included approximately 300 U.S. troops including personnel from USCENTCOM, the 82nd Abn. Div., and 5th SF Group, Fort Campbell, Kentucky, and 300 Kazakhstan soldiers.



Photos contributed by catalog archives.gov

A cloud of smoke can be seen from an explosion on a training range, Sept. 15, 2000. Central Asian Peacekeeping Battalion (CENTRASBAT) 2000 started with a hostage scenario demonstration.

USARAF MEDREX begins in Senegal

STAFF SGT. CHARLES STEFAN
U.S. ARMY AFRICA

Senegalese and American military medical professionals kicked off Medical Readiness Exercise (MEDREX) 19-2 with an informal ceremony at the Ouakam Military Hospital in Dakar, Senegal, April 8.

After introductions and a brief guided tour of the facility, the service members from the partner nations gathered into groups broken down by specialties.

"This is not the first time the U.S. and Senegal have joined forces to execute an effective medical readiness exercise," said U.S. Army Africa Deputy Commanding General, Brig. Gen. Lapthe C. Flora, during his remarks.

"Every year, we build new friendships, establish stronger bonds and learn from one another. The lessons we learn from sharing our best practices help save lives and improve the quality of life for deserving citizens."

The U.S. Army, in partnership with the Senegalese military, will conduct the MEDREX in Dakar and Tambacounda, Senegal, through April 26.

The exercise provides a real-world environment where medical professionals from both militaries can build and strengthen medical treatment capability and capacity by honing their medical skills in alternative conditions while also learning different protocols from their counterparts.

It is a combined effort between the Senegalese government, U.S. Army Africa, Medical Command (MEDCOM), the 44th Medical Brigade, the 410th Hospital Center, the 14th Combat Support Hospital and the Vermont Army National Guard. This is the fifth USARAF-led medical exercise in Senegal.

Through the course of the 20-day exercise, the combined team members will collaborate with their Senegalese counterparts within various specialties at the medical facilities in Dakar and Tambacounda.

"It is an opportunity for our two armies to work together and share experiences to

improve medical readiness," said Senegal Administer of Health, Col. Ibrahima Diouf.

"It is important to share these experiences because you know we don't work in the same environments, for the Senegalese you have to be familiar with these new technologies and for the U.S. handle these harsh conditions which will prepare them to work in the battle field."

While the exercise allows U.S. forces to train in an alternatively-resourced environment, share medical procedures, and build lasting relationships with Senegalese medical professionals, the Senegalese medical professionals enhance the Senegalese healthcare system's ability to deliver effective general surgery and trauma response in support of regional U.N. and African Union missions.

Once the exercise is complete, U.S. participants will return to their home stations.

This is the second medical readiness training exercise this year of an annual series that USARAF facilitates within a variety of countries on the African continent, providing opportunities for the partnered militaries to train shoulder to shoulder.



Photo by Staff Sgt. Charles Stefan/U.S. Army Africa

U.S. Army Africa Deputy Commanding General Brig. Gen. Lapthe Flora and U.S. Embassy of Senegal Defense Attache' Col. Gwyn Carver prepare to observe a surgery at the Hospital Military De Ouakam, Senegal, during Medical Readiness Exercise 19-2, April, 8. Medical Readiness Exercises provide a real-world environment where medical professionals from both militaries can build and strengthen medical treatment capability and capacity by honing their medical skills in alternative conditions while also learning different protocols from their counterparts.

82ND PARATROOPERS EARN RANGER TAB



Left: Paratroopers assigned to 82nd Abn. Div. graduate from the Army Infantry School Ranger Course 4-19 April 5, at Fort Benning, Georgia. **Bottom left:** An 82nd Abn. Div. Family member pins the Ranger Tab on the paratrooper's left sleeve during the U.S. Army Infantry School Ranger Course.

Photos by Staff Sgt. Sharon Matthias/U.S. Army

ECU Online

North Carolina's Leader in Distance Education



Tens of thousands of students attend East Carolina University®. Some never set foot on our Greenville campus.

ECU leads the way in North Carolina for adult students seeking flexible online degree and certificate programs, top-quality instruction, and brighter futures.

With the largest online learning community in North Carolina, ECU serves a student body that spans statewide and beyond. As members of the Pirate Nation™, our online students are connected to their university. They learn from the same professional faculty who teach in our classrooms. They collaborate with classmates. They benefit from the same resources available to on-campus students.

Choosing from more than 100 online programs – many of them unique to ECU – more students than ever before are making East Carolina University their online destination.

online.ecu.edu

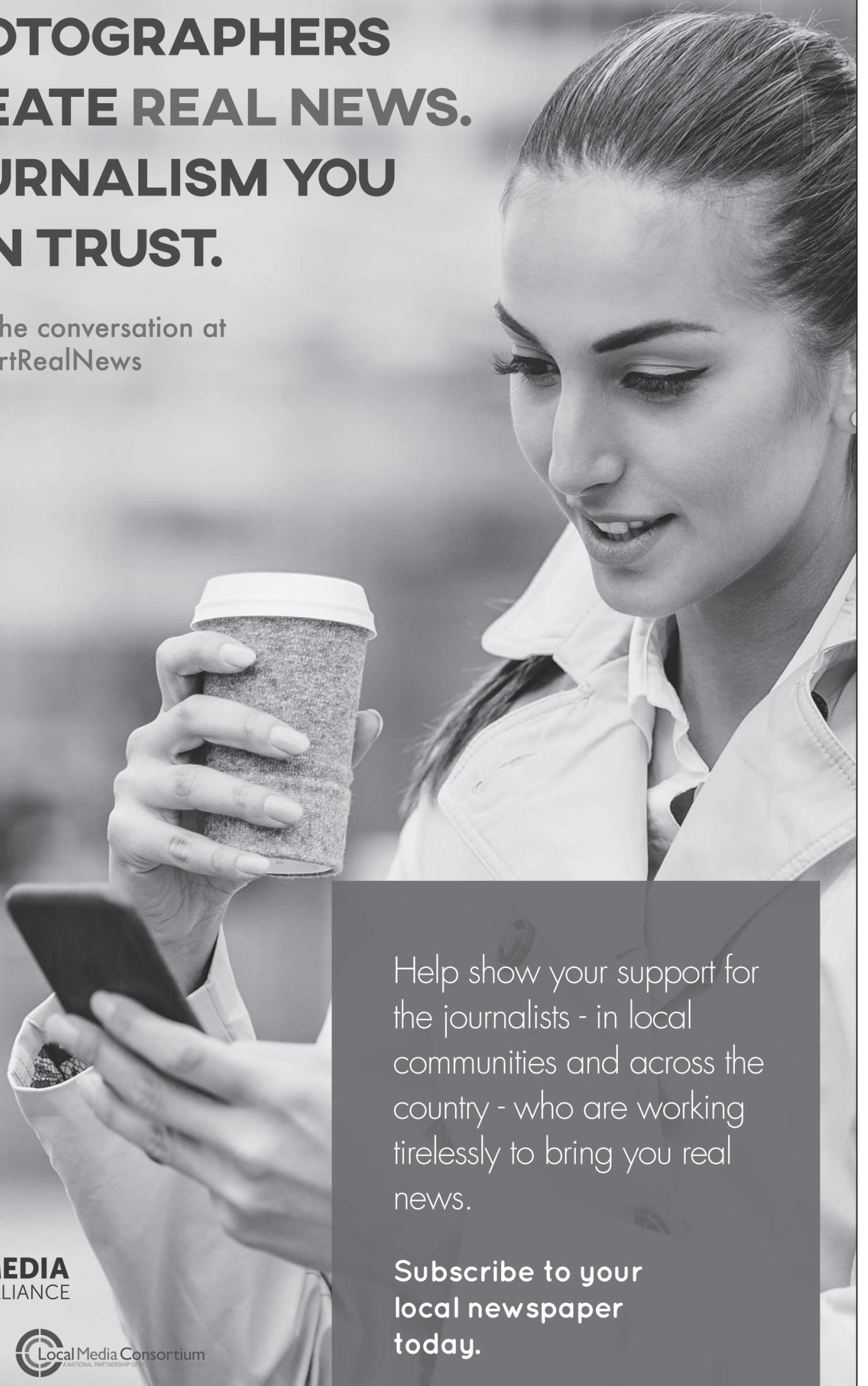


For more information, please scan this code with your smart device.



**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.



THIS PUBLICATION
SUPPORTS REAL NEWS.

Real, Reputable, Trusted.
Your News Media.

newsmediaalliance.org



The Fayetteville
Observer
fayobserver.com

The heart of the Army community

Volunteers recognized at National Volunteer Week Picnic

By GENEVIEVE STORY
PARAGLIDE

Fort Bragg recognized volunteers from across the installation for their service at the National Volunteer's Appreciation Week Picnic, April 11, held at McKellar's Lodge.

The 82nd Airborne Division Band All-American welcomed volunteers and guests alike with a jazz ensemble and various melodies.

"The picnic is a unique and growing installment for the community," said Alice Stephens, Army Volunteer Corps Coordinator. "It is a small way to show big appreciation. Those who attend really enjoy the atmosphere and the tribute to the volunteers' efforts. It is an opportunity for volunteers to connect with other like-minded people."

The volunteer picnic, hosted by Army Volunteer Corps with various sponsors, offered guests outdoor dining, fishing accommodations at McKellar's Pond, raffle drawings and a buffet. The buffet menu included fried chicken, pulled pork, baked beans, cornbread, potato salad and cupcakes.

With Family and community as the focal point of the event, Army Community Service (ACS) also offered outdoor activities for children such as a bounce house, face painting courtesy of ACS New Parent Support Program, cotton candy and a trackless train.

Special guest speaker, Col. Kyle Reed, Fort Bragg garrison commander, addressed the lodge of volunteers and their support systems.

On behalf of Lt. Gen. Paul J. LaCamera, commander, XVIII Airborne Corps and senior commander of Fort Bragg, and Command Sgt. Maj. Charles Albertson, command sergeant major of the XVIII Airborne Corps, Reed expressed gratitude for the volunteer efforts, and distinguished the impact the volunteer contributions have made to the installation.

"It is truly telling, the support, of all of our volunteers," Reed said. "When you look at the overall requirements on the installation, and understand the



Photos by Lewis Perkins/Paraglide

Fort Bragg Garrison Commander Kyle Reed and Garrison Command Sgt. Maj. William D. Lohmeyer receive a "check" for \$16,466,833.74 in savings based on the work contributed by volunteers in hours and services in the last year.

support that is needed, the efforts of our volunteers have not only helped the installation take care of Families, and the organizations, but also contribute to the overall community. We thank you for that."

During National Volunteer Week, Fort Bragg units, garrison and agencies alike, celebrated the dedication and sacrifice of its volunteers. The Army's theme this year is "the heart of the Army community."

Volunteers play a vital and important role in keeping the programs on Fort Bragg running, in light of Army-wide cutbacks, as stated by Reed. Organizations such as the Red Cross, Airborne and Special Operations Museum, USO North Carolina at Fort Bragg, Womack Army Medical Center and Family Readiness Groups are just a few of the organizations that benefit from the volunteer commitment.

"If you look at the volunteer hours across the country right now, about eight billion hours are contributed by volunteers," Reed said. "Here on this installation, the volunteer efforts were

just shy of 4,000 people contributing their time last year. All of those people and hours added up equates to 580,000 hours of volunteer time, and significant support to the Fort Bragg community."

As a symbol of the volunteer impact, Raymond Lacy, director of Family and Morale, Welfare and Recreation, presented Reed and Command Sgt. Maj. William Lohmeyer, garrison command sergeant major, with a U.S. Army Volunteer Corps check to ACS and the Fort Bragg community, in the figurative dollar amount of \$16,466,833.74 — an amount representative of the volunteers equivalent in time contributions.

"If volunteers were paid at the national rate of \$24.14 per hour for their efforts, it would compare to the \$16,466,833.74 monetary value," Stephens said.

With 54,000 service members assigned to the installation and a deployment on the horizon, Reed reinforced the effect military Families and the community experience due to the Global War on Terrorism. He distinguished



The Fort Bragg volunteer picnic is held yearly to honor the many people who tirelessly give their time to keep Fort Bragg going. The picnic had a train ride, a bouncy house and lots of food for all.

the command staff's understanding of the sacrifice, commitment and support from the Families and community, and the significant nature in taking care of your own, reaching out across the community and helping others who help you.

"The heart of giving and the heart of this community is because of you," Reed said. "This whole week is dedicated to you,

the volunteers, not only for what you have done, and all the time you have spent away from your Families but contributing to the greater good of the community, this installation and to our nation."

For more information on volunteering at Fort Bragg, visit <https://bragg.armymwr.com/us/bragg/programs/acs-volunteer-program>.

Gordon Elementary celebrates 10th year anniversary

By GORDON ELEMENTARY

Gordon Elementary School commemorated its 10th anniversary with a ceremony April 3, in the school's cafeteria. The ceremony, "Celebrating 10 Years of Extraordinary Academics," included remarks by principal Dr. Lisa McGee, songs by students, essay readings of grade level contest winners, and a rendition of the "ABCs of Gordon."

Gordon Elementary School is named in honor of Master Sgt. Gary Ivan Gordon who was one of 18 U.S. Army Special Forces troops killed in a firefight with militiamen in Mogadishu, Somalia, in October 1993.

In addition to students and staff, the ceremony was attended by Department of Defense Education Activities Mid-Atlantic District Superintendent Dr. Donato Cuadrado, and former interim Principal Dr. Mary Majors.

A commemorative quilt was made to present to Gordon's widow, however, she was unable to attend the event. The quilt will be sent to her along with the respect and admiration of students, staff and community members for her husband's sacrifice.



Contributed photos

The celebration for Gordon included a cake with a photo of students creating a number "10."

Above and left: Dr. Lisa McGee, principal, Gordon Elementary, presents a commemorative quilt to mark the 10th year anniversary of Gordon Elementary School.

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

FAYETTEVILLE WOODPECKERS VS. CAROLINA MUDCATS

Where: Segra Stadium, downtown Fayetteville

When: Friday, 7 p.m.

Cost: \$9 to \$16

Experience the 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: Friday, 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, inflatables, carnival rides, a movie in the park, live music, vendors, food and more, this event is designed to be fun for all ages.

Though admission is free, Epicenter does ask that attendees pre-register in advance at www.eventbrite.com/e/hop-in-the-park-2019-tickets-58216540239?aff=efbeventtix&fbclid=IwAR3PVhuSB672D0GSdbylxqzqxw_UurWWyQTP_1ZRbFtboZv5bMJTWCEzOw.

BLBC TWO YEAR ANNIVERSARY

Where: Bright Light Brewing Company

When: Saturday, noon to 10:30 p.m.

Cost: Free

Bright Light Brewing Company's (BLBC) two-year anniversary bash will include live music from the bands Open Road and Lotus Sun. There will be multiple food trucks, vendors, a bounce house, and an axe-throwing range. BLBC will have all of their favorite brews on tap, plus wine, cider and non-alcoholic drinks for sale.

The parking lot will be opened up and used as event space, with extra tables, chairs, and — weather permitting — live music.

Call (910) 339-0464 for more information.

ANNUAL EASTER EGG HUNT

Where: Mendoza Park, Spring Lake

When: Saturday, 10 a.m. to 2 p.m.

Cost: Free

Join us once again for our annual Easter Egg Hunt at Mendoza Park in Spring Lake.

The kids can try to find all the eggs they can in their age group, and then jump around in the bounce house. They can also listen to music, and try to win prizes throughout the event.

Kids can bring their baskets, their bags, or their pillowcases to hold all the eggs they can try to pick up before they are all gone.

Visit <https://www.spring-lake.org/event/annual-easter-egg-hunt-2/> for more information.

CARRIAGE TOURS OF OLDE FAYETTEVILLE

Where: Cool Spring Downtown District

When: Saturday, 1 to 6 p.m.

Cost: \$25 for adults; \$20 for military; \$15 for children under age 12

Cool Spring Downtown District (CSDD) and S and S Carriage Rides host guided tours throughout downtown Fayetteville.

The tours leave hourly from the CSDD office and include historic sites from Fayetteville's colorful 250-year history, to include some from the Revolutionary War era.

Tickets may be purchased by phone, at the CSDD office, on the CSDD website, or at City Center Gallery and Books. Walk-ups are also welcome, though seats are not guaranteed.

A 45-minute tour is offered on the hour, every hour, from 1 to 6 p.m., with the last scheduled tour departing at 5 p.m.

For more information, call (910) 223-1089.

RECURRING EVENTS

FAYETTEVILLE BASEBALL FEVER

When: Tuesdays through Saturdays, 10 a.m. to 4 p.m.

Where: Fayetteville Area Transportation and Local History Museum

Cost: Free

Don't miss out on your spring training in local history. "Baseball in Fayetteville" is the museum's newest exhibit. This exhibit highlights the community's love of the game. As Fayetteville embarks on the newest chapter of baseball here, learn about the nearly 150 years of homerun hitting heritage. "Baseball in Fayetteville" will be open through 2019 and part of 2020.

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

SOUTHEASTERN REGIONAL NC POETRY FESTIVAL

Where: Downtown Fayetteville, multiple venues

When: April 24 through 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 more. Below is this year's schedule of events, including venues:

- 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, Festival Park

When: Concert series, April 25 through 28, 6 to 9 p.m., other downtown events, April 24 through 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: Memorial ride starts at the 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 association. 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>.

WOMEN'S EMPOWERMENT 2019

Where: PNC Arena, Raleigh

When: April 27, 11 a.m.

Cost: Tickets start at \$39

Over the past 25 years, Women's Empowerment has built a legacy of excellence by celebrating the heritage, culture, impact and influence of African-American women. This year's theme, "Preserving Our Legacy," will speak to the legacy that African-American women have built for themselves, their children, community and the world.

Throughout the event, multiple speakers, panelists, forums and seminars will educate attendees on the importance of building and preserving their legacies.

The legendary Patti LaBelle will close out the show with a crowd moving performance.

For tickets, visit www.pncarena.com/events/detail/womens-empowerment-2019.

7TH ANNUAL MILITARY VEHICLE AND GUN SHOW

Where: Denton Farm Park, Denton, North Carolina

When: April 27 and 28, 9 a.m. to 7 p.m.

Cost: \$10 for day pass, \$15 for weekend pass; half price pass for anyone with a military ID

This annual event will feature a military vehicle show and a gun and collectors show. Attendees can sign up to shoot a machine gun.

Take a ride in a Huey helicopter for an additional \$85. Veterans can register at the gate for a chance at a free helicopter ride.

For more information and for updates, visit www.dentonfarmpark.com.

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 2 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-NCai9sCEPUZVJjJpEiUiYqvN8C1iehBWSCh6OKWSGp4IzEIU8>.

Worship Guide



CATHOLIC Mass

All American Chapel
Sat. 5 p.m.
Sun. 9 a.m., 5 p.m.
WAMC Chapel
Sun. 10:30 a.m.
Wed. 11:30 a.m.
Pope Chapel
Sun. 1:30 p.m. (Spanish/English)
Mon.- Fri. Noon
Main Post Chapel
Sun. 11:30 a.m.
Rosary
Mon. - Fri. 12:30 p.m.
Pope Chapel Eucharistic Adoration
Wed. 11:30 a.m.
Pope Chapel
Reconciliation
40 minutes prior to every Mass and by appointment with susan.l.kroll.ctr@mail.mil
Catholic Education
Sun. 10:45 a.m. Faith Formation Bowley School* Faith Formation (Adults)
Sun. 3 p.m. Youth of the Chapel (All American)
Tues. 6:30 p.m. Rite of Catholic Initiation for Adults (Pope Chapel)

Thurs. 6:45 p.m. Bible Study
Fri. 6:30 p.m. Theology on Tap
(3rd Fri. each month)
Catholic Women of the Chapel
Thurs. 9:30 a.m. to noon at All American Chapel**

PROTESTANT Worship Services

All American Chapel
Sun. 10 a.m. Sunday School
Sun. 11 a.m. Worship Service**
Airborne Artillery Chapel
Sun. 9:30 a.m. Adult Bible Study
Sun. 11 a.m. Worship Service**
Wed. 6 p.m. Adult Bible Study
Chapel Next, Division Memorial Chapel
Sun. 11 a.m. Worship Service**
Outdoor Life, Smith Lake MWR Park (outside)
Sun. 10 a.m. Outdoor Church
Winter hours Dec. 1 through April 30, 11 a.m.

JFK Chapel
Sun. 10 a.m. Worship Service**
Sun. 11:30 a.m. Sunday School
Wed. 11:45 a.m. Chapel Ancient (Liturgical)
Main Post Chapel
Sun. 10 a.m. Worship Service**
Sun. 11:30 a.m. Sunday School
Pope Chapel
Sun. 9 a.m. Christ the King Fellowship**
Wed. 6 p.m. Mid-week Bible Study
Wood Memorial Chapel Gospel Congregation
Sun. 10 a.m. Gospel Service**
Tues. 7 p.m. Adult Bible Study
Tues. 7:30 p.m. Youth Group
WAMC
Sun. 9 a.m. Chapel located on 3rd floor
Tues. 11:30 a.m. Bible Study
Thurs. 11:30 a.m. Bible Study
Holy Trinity Anglican Chapel
Sun. 8:30 a.m. JFK Memorial Chapel

Protestant Women of the Chapel
Tues. 9:30 a.m. All American Chapel*
Tues. Noon 9th floor of SSC*
Tues. 7 p.m. All American Chapel*
Wed. 9 a.m. Linden Oaks Clubhouse*
Wed. Noon WAMC Chapel* (3rd floor)
Thurs. Noon Main Post Chapel Annex*
Thurs. Noon Wood Memorial Chapel
Youth of the Chapel
Sun. 3 p.m. middle/high school at All American Chapel (Catholic)
Sun. 6:15 p.m. middle/high school at Division Memorial Chapel (Protestant)
Additional Protestant Religious Education Program
Sun. 6:15 p.m. Postwide Family Program, Airborne Artillery Chapel*
Tues. 2:45 p.m. Good News Club at Bowley Elementary*
Tues. 6:30 p.m.

Navigator Bible Study, JFK Chapel
Tues. 6:30 p.m.
Navigator Bible Study, Airborne Artillery Chapel
Thurs. 3 p.m. Good News Club at Shughart Elementary*

JEWISH SERVICES

Fri. 6:30 p.m. Friday Night Shabbat, Watters Family Life Center

BUDDHIST
Sat. 1 p.m. Pope Chapel (3rd Sat. each month)
ISLAMIC
Pope Chapel Annex
Fri. 12:15 p.m. Islamic Service
Fri. 1:15 p.m. Islamic Service

WICCAN
Thurs. 7 p.m. Open Circle, Watters Family Life Center

FOR MORE INFORMATION

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

LEGEND

* Indicated study groups are scheduled to complement school year.
** Children's Church/Watch-care provided

Read The Paraglide online!
www.paraglideoonline.net

FREE Pre-K
for children turning four (4) on or before Aug. 31, 2019

Taking applications NOW for the 2019/2020 school year.

The NC Pre-K program provides FREE high-quality pre-kindergarten education for families who qualify.

Download the application online at ccpfc.org/families or call 910-867-9700 for an appointment and application assistance.

910-867-9700 • 351 Wagoner Drive, Suite 200, Fayetteville • ccpfc.org

PFC is a 501(c)(3) non-profit organization supported by public and private funds through Smart Start, NC Pre-K, tax-deductible donations and grants.

THE ALL-NEW APP.

fo The Fayetteville Observer

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

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

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...

- OPENING DAY WOODPECKERS BASEBALL**
I APRIL 18TH 7pm
- EASTER BUNNY CARRIAGE RIDES**
I APRIL 19TH 11am-7pm
- CARRIAGE TOURS OF OLD FAYETTEVILLE**
I April 20TH 1pm-6pm
- 4TH FRIDAY - DANCING IN THE STREETS**
I April 26TH 6pm-9pm
- FAYETTEVILLE DOGWOOD FESTIVAL**
I APRIL 26TH-28TH

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

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

DANCING
in the streets

PH000517256201

Fort Bragg embraces Alcohol Awareness Month

By **KATRINA KILMARTIN**
ASAP PREVENTION COORDINATOR

All around us in the Fort Bragg community, numerous people are in recovery from alcoholism. They may not be seen or known, but are contributing to our mission, connecting with their Families and giving back to the community.

Alcoholism does not discriminate — it affects people of all ages, ethnicities, genders, geographic regions, and socioeconomic levels. Too many people are still unaware that alcoholism is a disease that can be treated, just like other health disorders such as diabetes and hypertension.

An estimated 500 people sought alcohol-related treatment last year at Fort Bragg. Civilians and military personnel who have faced alcoholism and addiction have benefited from recovery. Individuals who embrace recovery achieve improved mental and physical health, as well as stronger relationships and a sense of self-worth.

Alcohol is a drug — a powerful, mood-altering drug — and alcoholism is a chronic disease, from which people can and do recover. Alcoholism and alcohol-related problems touch all Americans, directly or indirectly, as the nation's number one public health problem.

Currently, nearly 15.1 million Americans have alcohol use disorder (AUD) or are alcoholic. People ages 12 to 20 years drink 13 percent of all alcohol consumed in the

U.S. and more than 90 percent is in the form of binge drinking.

Everyone has an investment in reducing the devastating impact that alcohol has on individuals, Family members and members of the communities.

Education is needed to include parents, teachers, service members, employers, counselors, friends and neighbors about the devastating power of alcohol misuse and the healing power of treatment and recovery.

The good news is that progress is being made, and it is now estimated that more than 20 million Americans are living lives in recovery. These individuals have achieved healthy lifestyles, both physically and emotionally, and contribute in positive ways to their communities.

To this end, every April, people across America observe Alcohol Awareness Month, an initiative sponsored by Facing Addiction with North Carolina Against Drunk Driving (NCADD). The theme of this year's celebration is "Help for Today, Hope for Tomorrow."

Alcohol Awareness Month recognizes the damaging effects of alcohol and alcoholism support is renewed for individuals battling to overcome addiction.

"Help for Today, Hope for Tomorrow" urges all Americans to promote treatment and recovery options and support those whose lives have been affected.

Fort Bragg Army Substance Abuse Program (ASAP) is observing Alcohol Awareness Month by holding a variety of informational and educational events throughout the installation to raise public awareness and to reduce the stigma often associated with alcoholism, a stigma that prevents millions of individuals and Families from seeking help.

A large turn-out and participation by leadership and units at these events and discussions regarding alcohol use will send a signal that Fort Bragg embraces recovery and wants to provide much-needed support.

Leadership personnel, units, community organizations, schools, Families and other community members are urged to get involved in these activities.

These are small and easy steps to take, and can make a difference in the lives of many in the community.

Efforts must continue to reach out to those who are suffering and to help the community avoid the many problems associated with alcohol use disorder.

To contact ASAP, call (910) 396-4100.



Photo by Katrina Kilmartin/ASAP

The "Choose Your Ride" car shows people how expensive drinking and driving can be. Fort Bragg's Army Substance Abuse Program uses the car to demonstrate the monetary damage of drinking and driving.

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

FN0005140280-01

Experience Our Knowledgeable Staff in a Comfortable Environment Dedicated to CBD Products

Some individuals experience the following benefits with use of quality CBD products like SunMed
Pain & Inflammation Relief • Reduce Nausea & Anxiety • Lower Incidence of Diabetes • Relief from Seizures & Other Neurological Disorders • Promote Cardiovascular Health • Cancer Fighting Properties • Anti-Psychotic Effects



Senior Citizen & Military Appreciation Week
April 18th - 23rd



Visit Our Location for a Free Sample
2637 Raeford Rd., Fayetteville, NC 28303
Located Between Tangles & Sacks
(910) 391-3609



Your CBD Store

The statements have not been evaluated by the Food and Drug Administration. The products are not intended for the cure, diagnosis, mitigation, treatment, or prevention of disease in man or animal.

FN000514078501



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

Mid-Carolina Senior Games strikes Dragon Lanes



Photos by Lewis Perkins/Paraglide

Left: Tom Higdon masters his timing and approach as a left-handed bowler at the Mid-Carolina Senior Games bowling event, at Dragon Lanes April 12. The Mid-Carolina Council of Governments work together with the National Senior Games Association to host the three county regional senior games championship every year in the spring.

By GENEVIEVE STORY
PARAGLIDE

In a celebration of fitness, fellowship and fun, the Mid-Carolina Senior Games hosted its 33rd annual local competition to senior residents for the 2019 season in Fayetteville, April 10 through 29.

The Mid-Carolina Senior Games is a local branch under the state of North Carolina and the National Senior Games Association. It is part of a network of 53 local communities, promoting health and wellness programs for adults ages 50 and better. The games are held annually every spring for the Mid-Carolina region.

Hundreds of athletes from three counties — Cumberland, Harnett and Sampson — come together to compete in 25 various sporting events and participate in the Silver Arts, an artistic competition with categories in visual, literary, heritage and performing arts. All three counties that participate in the games are members of the Mid-Carolina Council of Governments, which is one of 17 councils formed to provide programs and services to local governments and citizens.

The opening ceremony for the Mid-Carolina Senior Games kicked off April 9 at Hercules Physical Fitness Center. Day three of the games brought rain. However, that did not dampen the spirits of some 61 registered bowlers at Dragon Lanes April 12.

The bowlers, including military veterans and civilians between the ages of 50 and 90, played at two-round bowling event which began at 9 a.m.

Tracey Honeycutt said the three days of bowling tournament opportunities for senior athletes are April 12, 22 and 29. Honeycutt is the director of the Area

Agency on Aging for the Mid-Carolina Council of Governments, the division that coordinates the annual senior games.

"We are expecting a good turnout," Honeycutt said. "The bowling event is always a lot of fun, the participants have a great time. Athletes compete in their event, turn in their scores and then we award medals in a ceremony that takes place at the event's conclusion."

Singles, doubles, mixed and team sports were offered to the senior athletes at the games. Some of the events include basketball shooting, billiards, tennis, swimming, shuffleboard, badminton and various track and field events such as sprints and shot put.

"It is inspiring to witness the senior athletes participate," said Catherine Oler, local coordinator for the Mid-Carolina Senior Games. "One of the more impressive events may be track and field. The torch bearer from the opening day ceremony is 90 and still competes in track and field."

In addition to athletic and arts activities, seniors will have the opportunity to

participate in wellness workshops, health fairs, exercise classes, the Silver Striders Walking Clubs and special social events throughout the year.

Mid-Carolina Senior Games challenges participants to "Reach Out to New Horizons" and join in the celebration of the human spirit.

Medal winners qualify for the North Carolina Senior Games State Finals held each fall in Raleigh, North Carolina.



Douglas Hepner, 90, and legally blind, bowls at the Mid-Carolina Senior Games bowling event at Dragon Lanes April 12.



Sam Mathis, 90, follows through with an opportunity to throw a strike in competition. Mathis was one of 61 registered bowlers at the senior games event.

Performance experts help wounded warriors at Army Trials

By ANTONIETA RICO
SR2 STRATEGIC COMMUNICATIONS

FORT BLISS, Texas — After almost 20 years of soldiering, Sgt. First Class Ian Crawley must now live with the physical limitations imposed on him by a series of medical issues that have left him unable to run.

Besides three herniated discs in his lower back, he's had three surgeries for ruptured diverticula in his intestines. "My core has basically been torn apart three times," he said.

Currently assigned to a Warrior Transition Battalion and about to leave the Army and enter the civilian world, he is focusing on adaptive sports as a means of figuring out his "new normal."

And although he can't run, at the Army Trials on Fort Bliss, Texas, March 6 through 15, Crawley competed in rowing, wheelchair tennis, discus and shot and cycling.

"My new normal is to figure out what I can do, see where I'm at and improve upon that. And once I know my new normal, push past that," Crawley said.

Which is why he was happy to learn that performance experts from the Army's Ready and Resilient or R2 Performance Centers (R2PC) would be working with athletes at the Army Trials.

"They are there to help you with your mental game, getting you into the right mindset to be an elite athlete," Crawley said.

The more than 100 wounded, ill, or injured athletes who attended the Army Trials were hoping to earn a spot on Team Army, and get the chance to compete against athletes from other services during the 2019 Department of Defense Warrior Games in Tampa, Florida, June 21 through 30.

The performance experts, who arrived at the Army Trials from the Fort Riley, Kansas; Fort Stewart, Georgia; Fort Jackson, South Carolina; Fort Gordon, Georgia; Fort Bragg, Camp Parks, California; and Fort Bliss, Texas R2 Performance Centers, worked with both the sports teams and with individual athletes.

Susan Goodman, a performance expert with the Fort

Bragg R2PC said she attended team practices and did one-on-one coaching. She started with some team building exercises for the teams and then taught the athletes mental skills to achieve optimum performance.

In this competitive sports setting, Goodman said the Performance Experts (PE) focused on teaching skills that will enable the athletes to perform consistently under pressure. With her athletes, she focused on helping them manage their nerves before an event.

"When they start thinking about the competition, they get the butterflies in their stomach," Goodman said. "We tell them it's not a bad thing to think: 'I'm nervous, it's just my body getting ready to perform. I'm going to make those butterflies fly in the formation I want them to.'"

She also worked with her athletes to improve their mental focus. One technique she taught was mental imagery. Retired Sgt. 1st Class Joshua Olson, already a top-rated Paralympic shooter, was still able to use the skills taught by the PEs.

Olson, who served as an instructor in the Army marksmanship unit, competed in several sports, including archery, at the trials. While he did not have a lot of experience with archery, he said, but with the help of his PE, he did a lot of visual imagery practice.

Goodman said she encouraged him to visualize his event, picture what he did wrong, correct the errors in his mind and revisualize himself doing it correctly.

"It does become second nature, it does become muscle memory," Olson said. "You can still practice good habits using visual imagery."

Other useful techniques he learned from the PEs was using cue words to remind himself to go easy and engaging in positive self-talk when things didn't go right, he said.

On match day, when his mind kept trying to wander, Olson said his performance expert came up to him throughout the event and gave him little reminders to "go easy."

"She was able to get me back and focus and just worry about

what I was doing, one shot at a time," Olson said.

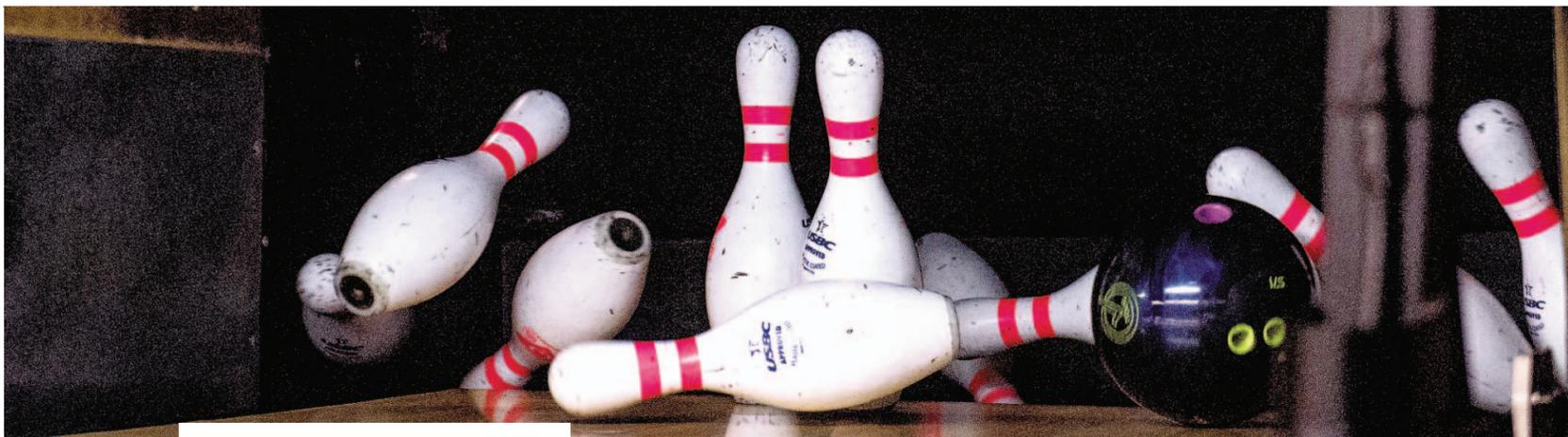
It worked; he made Team Army and is going to the Warrior Games.

Crawley, who also made Team Army, worked with a performance expert from the Fort Jackson, South Carolina R2PC and took gold in the cycling road race and the individual time trial at Fort Bliss, Texas. But he said the skills the wounded warriors learned from the performance experts go beyond sports at the Army Trials and the Warrior Games.

One technique he learned from his PE was finding his "why," his reason for doing what he is doing. He said he wrote down his "why" on a 3x5 card that he keeps in his room and looks at every morning.

"You can apply this in daily life, if you have a goal (that is) job oriented you can stay focused," Crawley said.

"(My why) is getting back to myself, and surpassing it exponentially. I read that multiple times a day. I think it will help me be able to focus on my next career and next set of goals."



SPOTLIGHT

Pin pals keep rolling together in life, on bowling lanes

BY GENEVIEVE STORY
PARAGLIDE

In the case of two men at the Mid-Carolina Senior Games, serving together is not just subject to the military, but also in the sport of bowling.

Two of the eldest bowlers at the games, Douglas Hepner and Sam Mathis, have been bowling together for over 20 years.

"Doug and I met at Pope (Field)," said Mathis, 90, registered athlete for the Mid-Carolina Senior Games. "We were both stationed at Bragg. We have been bowling together ever since we met."

Mathis began participating in the sport in 1968 when he was stationed in Germany. Alongside bowling competitively, as an individual and a team unit with Hepner in the Mid-Carolina Senior Games, Mathis participates in the track and field events. He has won four medals in track and field for the 2019 games: the long jump, shot put, power walk and sprint.

Hepner, 90, has been bowling for over 70 years since he was a teenager. Serving in the Army's military intelligence branch,

Hepner retired at Bragg in 1980. Like his bowling partner Mathis, Hepner participates in both the Mid-Carolina Senior Games and the Bragg-Pope United States Bowling Conference (USBC) association tournament every year.

"I was bowling before they had kingpins," Hepner said. "I started bowling in 1945."

Both Hepner and Mathis have been participating in the senior games together since 2006. Both veterans now compete in the 90 to 94 age category for their events.

Bowling consists of 10 frames. In each frame, the bowler has the chance to knock down as many pins as possible, the total being 10. Strength and endurance are at the forefront of the bowling skillsets. But technical nuances, consistency and resilience, developed through time and experience, are what set successful bowlers apart from the rest.

Legally blind since the age of 84, Hepner is assisted in the sport by his two daughters. He refers to them as "his eyes." They assist him with pins, scoring, and elements he cannot determine from a distance. A skilled bowler with years under

his belt, Hepner has developed an ability to predetermine his score in the game, merely by distinguishing his marks in the lanes directly in front of him.

Bowling three nights a week and constantly on the move, Hepner, like Mathis, does not like to sit and be idle, crediting the sport and his active lifestyle

for maintaining his youth.

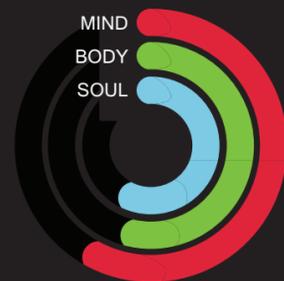
"The games promote an active lifestyle and keep us young," Mathis and Hepner said in unison.



Photo by Lewis Perkins/Paraglide

Douglas Hepner, left, and Sam Mathis, right, have been bowling together for over 20 years. At 90 years of age, both Hepner and Mathis competed as registered athletes in the Mid-Carolina Senior Games bowling event, held at Dragon Lanes, April 12.

TOTAL



WELLNESS

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.

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

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.

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

110 Administrative/Professional

UNIT DIRECTOR:
Boys & Girls Clubs of Cumberland County is seeking F/T Unit Director College Degree Preferred
Please forward resume to dwilliams@ccbq.org

OFFICE MANAGER - P/T
Boys & Girls Clubs of Cumberland County, hours: 8am-1pm. M-F knowledge in Quickbooks, Accounts Pay & Rec. Send Resume to dwilliams@ccbq.org

City of Fayetteville
For Job listings go to:
fayettevillenc.gov/jobs

135 Skilled Trades

MAINTENANCE PERSON, P/T
Seeking an experienced MAINTENANCE TECHNICIAN for an elderly apartment community in the Fayetteville area. This will be a Part-time position (25hr/wk). Qualified candidate must have their own tools, valid driver's license and vehicle. Painting, plumbing and electrical skills required. Must be motivated, organized and results oriented. Must pass criminal check and drug screening. Our company offers competitive salary and benefits. Please respond to: jobseeker4us@gmail.com.

145 General Employment

TAXI DRIVERS NEEDED Fayetteville.
Call to apply between 9am-4pm Mon-Fri
Ph: 910-690-4282

249 Home Additions/Improvement

SIX WISEMEN PAINTING CO: Free est.- free pressure wash. free rotten wood repair. vinyl siding labor neg. painting labor neg. call Lewis. 910-309-9102

HANDY MAN SERVICE: Lawn care, carpentry, painting, sheetrock repair, plumbing, floors, doors, tiles, light fixtures, ceiling fans. Call Oscar-910-574-4683

251 Home Repair

QUALITY HOME REPAIRS: Plumbing, electrical, carpentry, paint, drywall, water heaters, snake clogged drains, exterior house paint, both remodel. 30 yrs exp. Call David 910-929-2629

257 Lawn care



HIGH PRIORITY LAWN CARE

LAWN CARE SERVICE: We provide mowing, weed trimming, hedge/brush trimming, edging, and clean up afterwards. Prices start at \$65. 910 747 8021

279 Tree Services

COOK'S TREE REMOVAL: Specializing in tree & debris removal, stump grinding, pruning. No tree too small nor too tall. If you want it gone GIVE us a CALL!
Free \$ Fair Estimates!
Call 910.818.0394

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

306 Appliances



1.5 Ton Goodman Heat Pump System
\$1000 Call 910-875-4555 Leave a message

333 Food

STRAWBERRIES & Seasonal Produce
We Pick or U Pick. Bunce Brothers Farms
Stedman 6267 Blake Rd Stedman, 28391
(910) 483-0331, Mon-Sat., 8- 6p

336 Pets

CHIHUAHUA: pup, female, CKC, dewormed, shots, parents on site. Text for info. 910-818-0680 \$300.

AKC GERMAN SHEPHERD PUPS
CHAMPION BLOODLINE; BLACK AND RED
\$1200 EA 910-751-2222

342 Sporting Goods



GERMAN SHEPHERD: AKC German Shepherd pups. Male and female available. 8 wks. old Sable 100% Czech & German working lines. Sire *YASSO VOM HALS HALL, CGC,BH* is a son of a Czech import dual purpose K9 Dam *ECHO VON DER SUDEN* is a granddaughter of 3 x world champion. These are large confident pups with strong nerve. A \$100 discount does apply for military, LEO & Emergency service personnel. dawgkop@yahoo.com or call or text 910-658-6670
www.boragermanshepherds.com



ENGLISH BULLDOG: AKC Registered Mini Exotic English Bulldogs, Merle's, Tri's, and Seal, triple carriers, 6 weeks old, dam and sire less than 35 lbs. SHRINKABULL, COWBOY bloodlines. Will come up to date on shots and dewormed. No health issues. Priced from \$2500 to \$4500 negotiable, males and females available. Call or text (336)612-5616



GERMAN SHEPHERD: AKC German Shepherd Puppies, Working Lines, Sable, 6F, 1M, Shots, De-wormed, Parents listed on <http://www.pedigreedatabase.com>. SIRE: Sir Mikasi Askwheteau Chico. DAME: Lexus Vom Grimsley, very bold, confident, handled daily. Located in Bladenboro NC, call or text 910-876-7420



LOST: Black Male Cat. Approx 15 lbs. Name: Sully. Last seen in Raeford, NC on April 7th. Neutered, declawed, red collar, black tag. Call (910) 336-2299. Owner: Kristen



CHIHUAHUA: Home of the pocket pet, sweet as can be, shots/wormers UTD 495.00 \$up Stop by today for Puppy Kisses. 910-985-2386.



YORKIE: Gorgeous babies you must see, healthcare UTD, tiny Call 910-567-5573
Visitors Welcomed 795.00 \$uo

342 Sporting Goods



M1 GARAND RIFLE COLLECTION
SNIPER RIFLE COLLECTION
WARPATH Military Collectibles
819 Hope Mills Road
ED HICKS 910.425.7000

369 Miscellaneous

24 x 24 Above Ground Pool - Galvanized;
Motor & Sand Filter Included; Add'l Motor available; \$1,200 - Neg
Call: 910-624-2187 10 am - 5pm

374 Wanted to Buy



ALL FINE WATCHES WANTED
VINTAGE WATCH COLLECTOR
PAYING TOP \$\$\$ CASH
Buying Collections & Estates
Vietnam ROLEX SUBMARINER & GMT
SEIKO, OMEGA, TUDOR
MILITARY, DIVER, PILOT
Call Me If You Have A Watch To Sell
EVALUATION IS FREE
ED HICKS 910-977-5656



ALL SPECIAL FORCES
VIETNAM WAR ARTIFACTS
IRAQ & AFGHANISTAN
GREEN BERETS, PLAQUES
SOG KNIVES, WATCHES
GUNS, PHOTOS, PATCHES
MEDALS, DOCUMENTS
Collector Paying CASH
\$100-\$20,000 UP!
ED HICKS 910-425-7000
BATTLEFIELD MUSEUM
WARPATH Military Collectibles
819 Hope Mills Road



SINGLES OR COLLECTIONS!!
PATCHES - MEDALS - HELMETS - BERETS
UNIFORMS - SOG - SWORDS - KNIVES
DOCUMENTS - FLAGS - WATCHES
SPECIAL FORCES
Army - Navy - USMC
US - German - Japan - Vietnam
TOP PRICES PAID! FREE APPRAISALS
ROBERT WILSON
910-977-7207
tarbridge@earthlink.net



All SPECIAL FORCES-RANGER-
AIRBORNE-SEAL ITEMS WANTED!!
Singles and Collections
TOP CASH PAID!!
BERETS-SOG ITEMS-TIGER STRIPES-
PATCHES-KNIVES-UNIFORMS-PLAQUES-
WATCHES-HELMETS
ROBERT WILSON
910-977-7207



ALL MILITARY PATCHES
WW1-WWII-KOREAN WAR
VIETNAM-IRAQ-AFGHANISTAN
Buying COLLECTIONS
PAYING \$1-\$100,000
WARPATH Military Collectibles
819 Hope Mills Rd
ED HICKS 910-425-7000

410 Public Notice



ALL MILITARY ITEMS WANTED \$\$\$
CIVIL WAR, WW1 WW2, VIETNAM WAR,
IRAQ, AFGHAN WARS
PAYING \$100-\$100,000 UP.
FREE APPRAISALS.
WARPATH MILITARY COLLECTIBLES
819 Hope Mills Road
ED HICKS 910-425-7000



ANTIQUE & MILITARY
MODERN GUNS
Paying \$100-\$100,000 UP!
FREE APPRAISALS!
WARPATH MILITARY COLLECTIBLES
819 Hope Mills Rd
ED HICKS 425-7000



See Robert for the Best Militaria Deals
Great Sales Prices
Best Offers on your Collectibles!!
Robert Wilson
910-977-7207



ALL MEDALS ALL WARS
MEDALS-MEDALS-PLAQUES
PAYING TOP \$\$\$ CASH
\$100-\$100,000 UP
Buying COLLECTIONS
FREE APPRAISAL By Appointment
WARPATH Military Collectibles
819 Hope Mills Road
ED HICKS 910-425-7000



ALL MILITARY PATCHES!!
Singles and collections
Robert Wilson
910-977-7207

410 Public Notice

PUBLIC NOTICE
The Individuals with Disabilities Education Act (IDEA-Part B, Public Law 108.446) Project is presently being amended. The Project describes the special education programs that Alpha Academy proposes for Federal funding for the 2019-2020 School Year. Interested persons are encouraged to review amendments to the Project and make comments concerning the implementation of special education under this Federal Program. All comments will be considered prior to submission of the amended Project to the North Carolina Department of Public Instruction in Raleigh, North Carolina. The IDEA-Part B Project is open to the public for review and comments during the week of April 29, 2019 - May 10, 2019 in the office of Rao Chatla located at 8030 Raeford Road Fayetteville, N.C. 28304.

425 General Announcements

Motorcycle Blessing Service
College Heights
Presbyterian Church
April 20, 2019 - 11-AM
1801 Seabrook Road
Pastor Lesley L. Bligen
COME OUT AND ENJOY!!!!

525 Loans

MORTGAGE LENDING FOR VETERANS
PURCHASE YOUR HOME
WITH NO MONEY DOWN
CALL JAMES MILLER 704-222-4235
@ HAMILTON GROUP FUNDING
NMLS #1278914
GET A FREE PRE-APPROVAL!!!!

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: 910-867-8312.

Cottondale 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

Put on your TV Ears

...and hear TV with unmatched clarity

TV•Ears Original™
~~\$129.95~~
NEW SPECIAL OFFER
NOW \$59.95

Use promo code MB59
30-day risk free trial

Call 1-877-356-5090
M-F 6 am - 6 pm PST

656 Mfg. Homes for Rent

3 BEDROOM, 2 BATHS: Nice doublewide \$650Mth/\$650 Security Deposit. McDougal Downs Area (Raeford, NC), Hardwood floors in living room/family room. 3BRs, 2 Baths. Section 8 welcome. (910)779-5042

RIM RD AREA: 2BR 1BA, Fenced, Screen Porch & Workshop C/H/A. \$475+ Dep 910-644-5228 or 910-527-0713

BRAGG AREA/Fay: 1Br Mobile Hm \$335, Certain pets okay. We do criminal bkgd check. Call: 910-574-6654

659 Rooms/Efficiencies

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

703 Houses for Sale

REDUCED: Country Home on 2 acres. 1900 sq. ft. 3 BR, 2.5 Ba. Office. 9 ft. ceilings, crown molding. 1200 sq. ft. Bonus partially finished upstairs. \$215K. 910-988-2941 Additional Acreage Available.

717 Acreage

FOR SALE: 0.78 Acres 4422 River Rd Wades, NC, off exit 295. Commercial / Residential. \$50,000 Call 910-824-5574

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

VOLKSWAGEN FOR SALE
1968 KARMANN GHIA -
MOSTLY RESTORED \$3500
1966 DUN BUIGY DESIGNED BY
COKE \$6500 Call 910-590-7955

2002 Blue/Green Dodge Stratus for sale
92k miles, good cond. \$2300 Call for more info. 910-910-875-9352



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

NOW HIRING

Immediately seeking a LPN / RMA or CMA.
Do you desire to work Monday through Friday in an office setting... and work less than 40 hours a week, but at full-time pay and benefits? If you are, our office has an opening for someone who has pediatric experience, who understands vaccinations schedules,

who can work independently, who work diligently, take directions well, not prone to drama, child-friendly, parent-friendly, technologically savvy, can stay calm in chaotic situations, can properly triage calls, and work well with providers and co-workers. If interested, please send your resumes, with salary requirements.

Job Type: Full-time Salary: \$14.50 to \$19.00 /hour
Experience: Pediatrics:1 yr (Preferred)

License: CMA (Required) • LPN (Required) RMA (Required)

Work Location: One location



NOW HIRING

Construction company specializing in airfield paving is looking for Loader Operators and CDL Drivers. Moderate travel and some weekend work will be required. Top pay is being offered to local candidates.



RC CONSTRUCTION CO. INC.

Apply online www.rconst.net or in person
4417 Airborne Street, Pope AAF 28308 • Phone: 662-453-2424

Equal Opportunity Employer

Learn how to get a Galaxy S8 FREE!



SAMSUNG

Ask an associate for details.

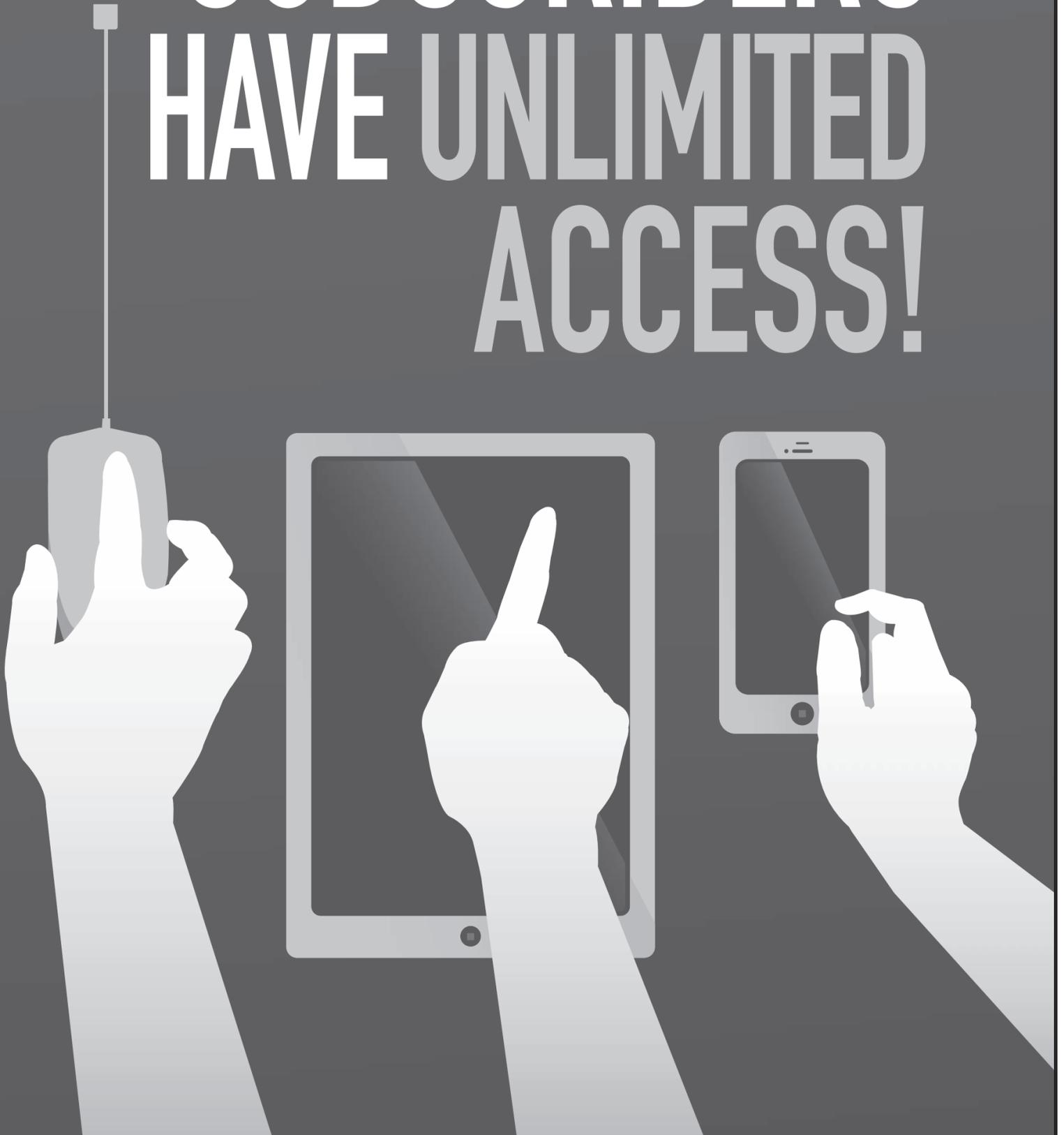
844-250-8526

Galaxy S8

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 lower that device balance to up to \$950. Activation Fee: up to \$45/mo. Return: Return w/in 14 days. Restocking fee up to \$45 each may apply. Advt 18000 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 acct must match. Req's elig. postpaid wireless voice & data svc on both devices. Combined min. elig wireless svc is \$75.50/mo. (\$28.50/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, wireless line must remain active, with eligible service, and on agmt for entire term. If you cancel service, upgrade or pay up/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/iphonexbogo for offer details. GEN. WIRELESS SVC: Svc. to Wireless Customer Acct. (att.com/wirel). Credit approval required. Svc not for resale. Deposit. Pay 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. IV Technologies Inc.

NRO PD 0118 5327 E

HOME DELIVERY SUBSCRIBERS HAVE UNLIMITED ACCESS!



As part of your home delivery subscription, you are entitled to all our online content at no additional cost. To continue to read unlimited stories, we will ask you to create a login using your email address and a password of your choosing. You'll see a prompt on the website that will walk you through the process. Register today at www.fayobserver.com



The Fayetteville
Observer
fayobserver.com