

THE PARAGLIDE

Telling the Fort Bragg Story™

May 9, 2019

VOLUME LV, NUMBER 17

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INSIDE THE 'GLIDE'

FOCUS - B



1st BCT completes Operation Devil Storm: "We knocked out company live fires and now it's time to bring all those capabilities from across the seven battalions into synchronization."

LIFE - C



Fair brings fun for families, service members: Screams of thrill and loud rumbles from rides roaring through their tracks could be heard Tuesday outside the gates of the 50th annual Fort Bragg Fair. Inside the Fort Bragg Fairgrounds, smiles were on almost every fairgoers' faces.

SPORTS - D



Corps sponsors Human Performance Optimization symposium: The XVIII Airborne Corps sponsored the first Human Performance Optimization (HPO) educational symposium.

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THE PARAGLIDE



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82nd Airborne Division hosts Holocaust Day of Remembrance: Never forget, never again

By JELIA HEPNER
PARAGLIDE

"I walked over dead bodies everywhere, you could smell the stench in the air," said Abe Piasek, Holocaust survivor.

Piasek was 12 years old when he was abducted by the Nazis and forced to separate from his family in 1940. He told his story of survival, May 2, at the XVIII Airborne Corps and Fort Bragg Noncommissioned Officer Academy.

"They told us not to talk about it, so for 60 years, I kept quiet," Piasek said. "But it's now time to tell my story."

The 3rd Brigade Combat Team, 82nd Airborne Division, hosted the Holocaust Day of Remembrance, in which Piasek shared details of his years in labor camps, the end of the war and coming to America.

Piasek, born in 1928, discussed how the German army invaded his country and set up garrison near his town.

While glancing at the audience, he also told a devastating story about his childhood friend.

"Without hesitation, one of the SS (a paramilitary organization under Adolf Hitler) took a pistol out and shot my friend in the head," he said. "I was so nervous that I ran away so fast while they were shooting at me."

Days later, Piasek was taken to a Jewish ghetto, then transferred to the labor camps of Auschwitz

"There is too much hatred in the world. If we can stop hating and start loving, maybe we could make the world a better place."

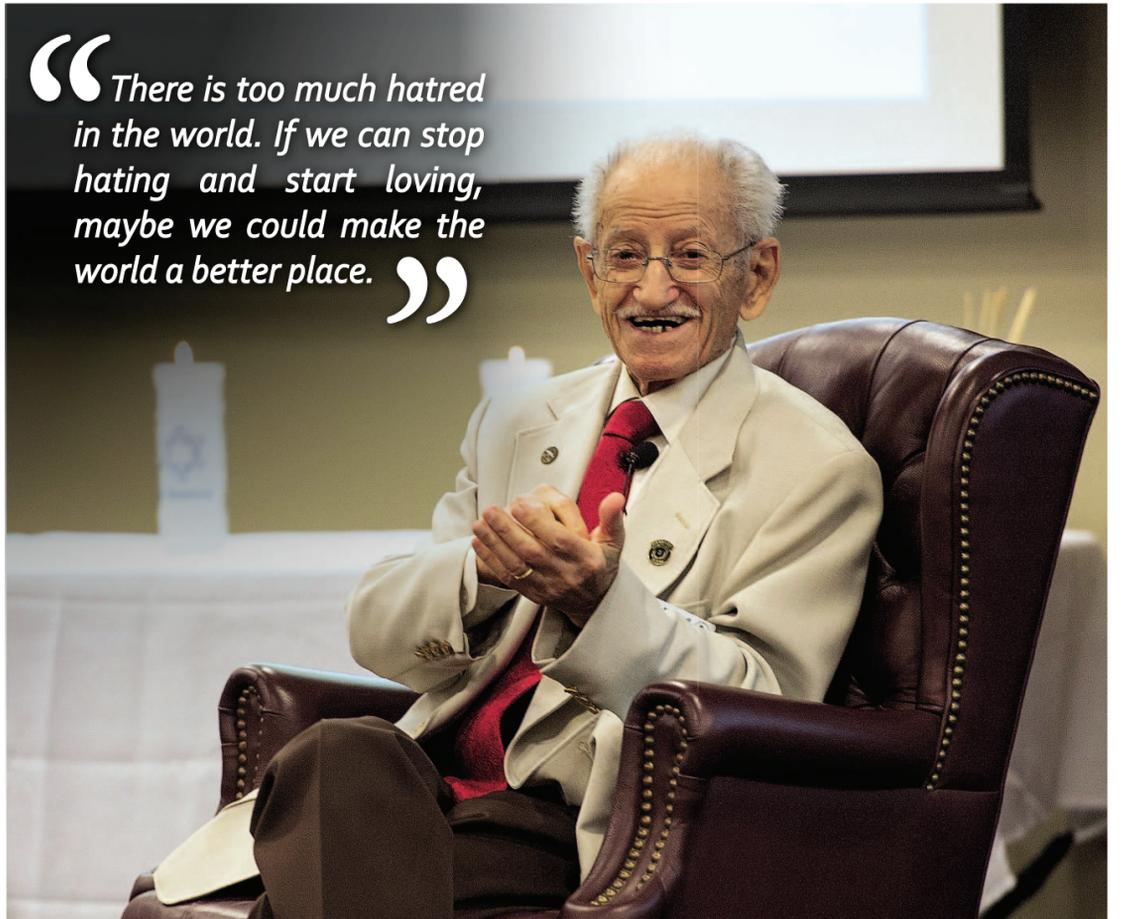


Photo by Lewis Perkins/Paraglide

Abe Piasek was born in Poland and sent to four Nazi work camps, including Auschwitz, before he was liberated in 1945. He immigrated to the U.S. and joined the Army in 1949. He spoke at the XVIII Abn. Corps NCO Academy.

and Weinhausen where he stayed until the end of the war in 1945. Upon his release, he moved to the United States, got married and joined the Army in 1949. He retired in 1955, after serving six years.

After speaking, members of the audience were able to ask Piasek questions. One of the questions asked was, "what were his darkest moments?"

"Having my wife die and losing my daughter to

cancer," he said. "I understand my wife because she lived a long life, but my daughter was only 40."

Piasek also discussed going to the United States Holocaust Memorial Museum (USHMM) in Washington, D.C. for the first time. He talked about how hard it was for him and that he almost passed out because it brought back painful memories.

At the end of the event, participants had the

opportunity to pay respects by lighting candles in honor of six million victims who died during the Holocaust.

Piasek had broken his silence by talking about his experience in 1992. He has since spoken at places including the University of Mount Olive, North Carolina, Marine Corps Base Camp Lejeune, North Carolina and students at Cary High

School, North Carolina.

Now living in Raleigh, he is a part of the North Carolina Council on the Holocaust, a state agency. Additionally, Piasek was interviewed by director Steven Spielberg for "Schindler's List," which is a part of the USHMM.

"There is too much hatred in the world. If we can stop hating and start loving, maybe we could make the world a better place," Piasek said.

WAMC partners with 1st Brigade to care for injured paratroopers

By PATRICIA BEAL
WAMC PAO

Womack Army Medical Center (WAMC) partnered with the 1st Brigade Combat Team, 82nd Airborne Division, to care for paratroopers injured during a mass-tactical airborne operation in the early hours of April 28.

The WAMC team surged after several Soldiers were transported to the hospital via land and air following the night jump.

"People who are not in the medical field often don't realize that something like this involves the whole hospital," said Dianne Bunch, chief nurse of the Department of Emergency Medicine and Urgent Care Clinic.

The surge required additional doctors, medics, nurses, radiology staff, lab staff, anesthesiologists and others as the emergency room and operating room jumped into action.

"We sent out a message for back up at 5 a.m., Sunday morning," said Maj. Jeannie Huh, chief of the department of orthopaedics and rehabilitation. "Within a minute, I received confirmation from my surgeons that they were heading in, no questions asked. Seven surgeons came in, ready and able to take Soldiers back to the operating room as needed."

Col. Andrew Saslav, commander of the 1st BCT, 82nd Abn. Div., visited WAMC May 2 to thank the staff and to see Pfc. Colton Murphy.

Murphy is the only Soldier still at the hospital. "Some Soldiers were calm," said Saslav about the injured paratroopers. "One was so calm he



Photo by Brenda Gutierrez/WAMC PAO

Col. Andrew Saslav, commander of the 1st BCT, 82nd Abn. Div., visits Pfc. Colton Murphy at WAMC, May 2. While at WAMC, he presented appreciation certificates to the emergency department, the department of orthopaedics and rehabilitation and the medical surge ward to thank them for their quick reaction in taking care of his injured paratroopers.

simply stated his foot wasn't facing in the right direction. Others were not so calm."

During his visit, he stopped by the emergency department, orthopaedics, and the 2 North surgical ward to present certificates and coins and to thank medical center staff for their effort and care.

"All my troopers who came here were thankful," said Saslav, who was impressed with how fast people were taken to surgery and with WAMC's care for details like keeping unit members together in rooms to boost morale. "The whole brigade knows about the wonderful service you provided."

Staff working in the surgical ward established a practice of placing unit members together to provide comfort for patients. They can relate to an injured fellow service member

and that helps with coping.

"I attribute our success that day to the fact that we take care of jump injuries frequently," said Huh. "That's what makes being a Fort Bragg and Womack orthopaedic surgeon special. Secondly, we were able to mobilize multiple OR teams and our ancillary staff in a swift manner with support from our hospital leadership."

The top-three services provided by WAMC are orthopaedics, obstetrics and primary care.

"In the end, we were all just doing our jobs," Huh said. "Our number one purpose is to serve our Soldiers and provide the most timely and quality care to our warfighters so that they can get back to the fight faster. We are incredibly privileged to play the role that we do, and we never take it for granted."

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**Fort Bragg
Voices**

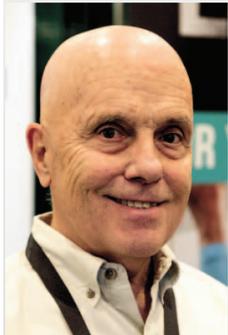
This week:

What does Mother's Day mean to you?



"Moms need to be recognized for everything they do, especially a military spouse. Sometimes the Soldiers are deployed, training or in school, and she is the one that holds everything together. My wife has been a rock star."

Brad Stobb



"Because I remember my mother and my wife is the most important person in my life."

Walter Aruger



"It's important to honor all mothers, there are all types of gifts and sacrifices that goes into being a mother."

Tammy Teague



"If it wasn't for mothers none of us would be here. Regardless of what we do, right or wrong, mothers support us."

Chris Gagliano



"The perfect act of selflessness."

Zach Moore



BY JELIA HEPNER
PARAGLIDE

Mother, let me first say that I love you. Without you, I could not have made it this far. Ever since I was little you have been my she-ro and someone I've always looked up to. You helped me develop into the successful person I am, and I thank you for that. As an adult watching my own children grow up, I often sit and reflect on my own childhood.

Growing up I did not understand your reasoning behind the choices you made. At times, as an adolescent, I felt the punishment I received was because you did not love me or — in my mind — you did not want me to be happy. As time passed and I grew older into a teenager, I felt you did understand me at times. Being a teenager, I thought I knew everything there is to know about life. I could not understand why I was unable to stay out late with certain kids or why you would question my whereabouts.

Yet you came to every game I played in, and you were the one cheering the loudest at every event.

You always helped me anytime I needed help with homework — even with last minute projects I had to do.

You taught me how to ride a bike, how to drive, took care of me while being sick and you even held me as I cried during my first heartbreak.

Once you told me, "As long as you have self-confidence and know that you are a queen, nobody can every tear you down."

Now looking back, watching and reflecting on all those years, I see your love. I see why you made certain decisions. I see why you did not permit me to do certain things. I notice the sacrifices you made just so I would be able to experience a good life, and I see it clearly.

I apologize for the headaches, arguments and, at times, making your life more difficult than it had to be — especially as a single mother. I see how hard you worked.

I always had food on the table, clothes on my back and love waiting for me every day at home.

Unfortunately, every child does not get the opportunity to have a mother like that. Therefore, I am grateful. Mother's Day

should not be celebrated just one day but for a whole year. This

letter is to say thank you, and I clearly understand the foundation of your love as a mother.

Before you leave this earth, I just want you to see my open letter.



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82nd Airborne Division announces 2019 All American Hall of Fame class inductees



The 82nd Airborne Division has announced the inductees for the 2019 All American Hall of Fame Class. The ceremony honoring the inductees will be held at 10 a.m., May 22, at Fort Bragg's Hall of Heroes during All American Week.

Earlier this year, subordinate units within the division submitted nominations for inclusion into the All American Hall of Fame. Those recommendations were presented before a board of senior leaders within the division. The board selected 15 legendary figures, from the 82nd's 102-year history, for enshrinement this year.

Inductees were selected based on their service within the division, their lifelong commitment to the 82nd's values, valorous combat action or contributions to their chosen field outside of the division. Nominees will have been awarded the Medal of Honor or served a minimum of two years within the division. While nominees may still be serving in the Army, they must not be eligible for further service within the 82nd and must be five years removed from their last service in the division.

This is the list of legendary paratroopers to be inducted into the All American Hall of Fame:

Command Sergeant Major Joseph R. Allen distinguished himself as a 13-year All American and a career paratrooper who went on to serve as the Command Sgt. Maj. of the 82nd Abn. Div. Support Command from 1999 to 2002. While transitioning to the Post 9/11 period of the Global War on Terrorism, Command Sgt. Maj. Allen upheld the unit's readiness during OPERATIONS ALLIED FORCE and JOINT GUARDIAN. From 2006 to 2010, he was the first sustainer to serve as the XVIII Airborne Corps Command Sergeant Major.

General Lloyd J. Austin commanded the 2nd Battalion, 505th Parachute Infantry Regiment during OPERATION SAFE HAVEN in Panama. He went on to serve as the division's Assistant Chief of Staff, G3 (Operations), and commanded the 3rd Brigade, 82nd Abn. Div.

Gen. Austin later commanded the 10th Mountain Division (Light) during OPERATION ENDURING FREEDOM, the XVIII Airborne Corps while deployed in support of OPERATION IRAQI FREEDOM, US Forces-Iraq during OPERATION NEW DAWN, and US Central Command. While commanding US and Coalition Forces in Iraq, Gen. Austin led the successful transition from OPERATION IRAQI FREEDOM to OPERATION NEW DAWN. As the United States Central Command Commander, Gen. Austin oversaw the development and execution of OPERATION INHERENT RESOLVE, the military campaign to counter the Islamic State of Iraq and the Levant.

Major T. Moffatt Burriss (Sept. 22, 1919 to Jan. 4, 2019) led Company I, 504th Parachute Infantry Regiment in combat during the famed Waal River Crossing as part of OPERATION MARKET GARDEN and fought with the division in North Africa, at Anzio Beach, Sicily, and the Battle of the Bulge. As the division advanced towards Berlin, Maj. Burriss convinced a German

general to surrender his entire Corps — approximately 15,000 German Soldiers — to himself and two other paratroopers. For his actions during the war, he was awarded the Silver Star, three Bronze Stars, and the Purple Heart. Maj. Burriss also served in the South Carolina House of Representatives from 1977 to 1992 where he was awarded the "Order of the Palmetto" from the governor of South Carolina.

Lieutenant Colonel Robert E. Chisolm was the only noncommissioned officer in his regiment to receive the Legion of Merit for his service during World War II. While serving as an enlisted paratrooper in the 508th Parachute Infantry Regiment, then-Cpl. Chisolm jumped into combat as part of OPERATIONS NEPTUNE and MARKET GARDEN, and participated in the Battle of the Bulge.

He earned the Legion of Merit for his actions during OPERATION MARKET GARDEN, where, in the absence of officer or additional non-commissioned officer leadership, he took charge of 83 paratroopers and led an orderly withdrawal, while in enemy contact, to the forested high ground at Berg-en-Dal. Following the war, he received a commission and later served in both the Korean and Vietnam Wars.

Lieutenant General George A. Crocker commanded the 1st Battalion, 505th Parachute Infantry Regiment and deployed to Grenada as part of OPERATION URGENT FURY in 1983. He commanded the division's 1st Brigade, deploying to Honduras in response to a Nicaraguan incursion and later served as the division's operations officer and Chief of Staff, where he supervised the planning and execution of OPERATION JUST CAUSE. Lt. Gen. Cocker concluded his time in the 82nd Abn. Div. as the division's 38th commander from 1995 to 1996. He is a Silver Star Medal recipient and completed his service as the Commanding General for I Corps.

Lieutenant Colonel Gordon "Duke" Dewey served with distinction, discipline, and professionalism during the Division's short-notice deployments to support OPERATION POWER PACK and as part of Task Force Detroit. Then-Staff Sgt. Dewey also deployed with Recon Platoon, 1st Battalion, 505th Parachute Infantry Regiment to Vietnam where he organized and trained the "Golden Brigade's" Long Range Reconnaissance Patrol team and was a chief planner for OPERATION MOT, a combat operation where the Brigade wiped out the 22nd North Vietnamese Army Regiment. After his service in the division, he assisted in founding the Headquarters, Joint Casualty Resolution Command, where he trained and instructed search and recovery teams to search for missing Americans in Vietnam.

Private First Class Robert W. Dodson (Feb. 3, 1921 to Oct. 25, 1943) served with distinction in the 456th Parachute Field Artillery Battalion in Sicily during World War II. His heroic actions on Biazza Ridge as part of OPERATION HUSKY helped stop a key German counter-attack against the Sicily beachhead.

Pfc. Dodson used his 75mm Pack Howitzer to destroy a German "Tiger" tank, disable another, and destroy a number of enemy gun positions, turning the Battle of Biazza Ridge in favor of his fellow Paratroopers. Pfc. Dodson's initiative, aggressiveness and disregard for his own safety in support of the mission and his fellow paratroopers, shaped the outcome of an entire campaign, demonstrating the highest standards and one of the greatest personal impacts ever displayed in the division. For his heroism at Biazza Ridge, Pfc. Dodson was awarded the Silver Star.

Command Sergeant Major Steven R. England served 36 years in Uniformed Service, deployed many times, and led paratroopers at every level a non-commissioned officer could possibly lead. As a sergeant major in the 82nd Abn. Div., from 1991 to 2000, he served as the 4th Battalion, 325th Airborne

Infantry Regiment Operations sergeant major during OPERATION DESERT STORM; the Command Sgt. Maj. of the 3rd Battalion, 505th Parachute Infantry Regiment; the Brigade Command Sgt. Maj. for the 2nd Brigade; and finally as the Division Command Sgt. Major. Command Sgt. Maj. England later became the XVIII Airborne Corps Command Sergeant Major, earning the Distinguished Service Medal.

Chaplain (Brigadier General) Augustus F. Gearhard (April 18, 1893 to Mar. 19, 1974) was commissioned as an Army Chaplain in 1918 and assigned to the American Expeditionary Forces in France. He received the Distinguished Service Cross for his ministry while serving with the 328th Infantry Regiment.

After World War I, he served for 17 years in the Army Reserves, at which point he transitioned to the Army Air Force. Serving as the Fifth Air Force Chaplain in the South Pacific Theater during World War II, he received the Silver Star Medal for his ministry. In August 1950, after transitioning to the US Air Force Reserve, he was appointed the Air Force Deputy Chief of Chaplains.

Captain Kimberly N. Hampton (Aug. 18, 1976 to Jan. 2, 2004) embodied the "All American" spirit, serving as the Delta Troop Commander for 1st Squadron 17th Cavalry Regiment from 2002 to 2004. An OH-58D Kiowa pilot-in-command, Cpt. Hampton was the Army's first female combat pilot killed in action and the first female in the 82nd Abn. Div. to die from hostile fire.

Cpt. Hampton was awarded the Purple Heart, Bronze Star Medal, and Air Medal for her actions. Cpt. Hampton remains a beacon of support for military service, equality, female paratroopers and Soldiers in combat and the 82nd Abn. Div. Her many dedications and monuments continue to connect the Division with the States of North and South Carolina.

Lieutenant General James H. Johnson Jr. served in the 82nd Abn. Div. as a leader at almost every level. He was a platoon leader and company commander in the 501st Parachute Infantry Regiment, commanded 3rd Brigade for three years, and served as the Division Chief of Staff. As the Deputy Commanding General for Operations, then-Brig. Gen. Johnson commanded the Army component of OPERATION GOLDEN PHEASANT in Honduras. As the Division Commander, he was the first jumper during the invasion of Panama in OPERATION JUST CAUSE. He also commanded the Division during OPERATION DESERT SHIELD and DESERT STORM in the Persian Gulf, becoming the first commander to lead the division into combat in two separate conflicts. He commanded the division for 32 months, the longest command tour since 1948.

Brigadier General Dennis D. Kerr served in the division for a total of seven years spanning a timeframe from 1976 to 1991. He is credited with developing the Army's model for a Divisional Aviation Brigade, activating the 82nd Abn. Div. Aviation Brigade, and serving as its first commander from April 1987 to August 1989.

He also served as Assistant Division Commander from January 1990 to December 1991, ensuring the division's

successful deployment to Saudi Arabia in support of OPERATION DESERT STORM. He later commanded the Army Safety Center, developing "The Risk Management Process" which is used across all military services to this day.

General Carl W. Stiner began his service in the 82nd Abn. Div. in 1972 as the Commander of the 2nd Battalion, 325th Airborne Infantry Regiment and later served as the Assistant Chief of Staff, G3 (Operations). In 1982, he returned to the Division to serve as an Assistant Division Commander for Operations.

From 1987 to 1988, Gen. Stiner served as the Commanding General of the 82nd Abn. Div. Gen. Stiner also distinguished himself as the Joint Special Operations Commander from 1984 to 1987; the XVIII Airborne Corps Commander from 1988 to 1990; and the United States Army Special Operations Command Commander from 1990 to 1993.

Major General Reuben H. Tucker (Jan. 29, 1911 to Jan. 6, 1970) commanded the 504th Parachute Infantry Regiment in combat from 1942 to 1945 from Sicily to Germany and, at 31 years old, was the youngest Regimental Commander during World War II. During his command, while fighting at Anzio Beachhead, the 504th Parachute Infantry Regiment earned the nickname the "Devils in Baggy Pants." He also commanded the 504th during the famed Waal River Crossing, capturing the Nijmegen Bridge as part of OPERATION MARKET GARDEN. Then-Col. Tucker was one of the most decorated officers in the Army. For his actions during World War II, he was awarded two Distinguished Service Crosses and a Silver Star. Maj. Gen. Tucker later served as the Commanding General of Fort Dix and the Commandant of Cadets at the Citadel.

Lieutenant General John R. Vines commanded the 4th Battalion, 325th Airborne Infantry Regiment during OPERATION JUST CAUSE in Panama, where the Battalion executed a combat parachute assault onto Torrijos International Airport. He also commanded the Battalion when it deployed as part of OPERATIONS DESERT STORM and SHIELD. He later served as the Assistant Division Commander for Operations from 1996 to 1997 and distinguished himself as the Commanding General of the 82nd Abn. Div. from 2000 to 2003 where he also commanded Coalition Task Force-82 during OPERATION ENDURING FREEDOM in Afghanistan. Lt. Gen. Vines later served as the XVIII Airborne Corps Commander and Multi-National Corps - Iraq Commander.

Chief Warrant Officer 4 Johnathan A. Ward (Sept. 19, 1910 to Jan. 17, 1998) was an original member of the Army's Parachute Test Platoon and was integral to the formation of the 504th Parachute Battalion and the 504th Parachute Infantry Regiment.

He designed and fabricated the A-6 and A-7 aerial delivery containers and played a lead role in the development of the T-10 parachute assembly. Chief Warrant Officer 4 Ward served with the 504th Parachute Infantry Regiment throughout World War II in Sicily, Italy, Nijmegen, the Netherlands, and Germany and was the US Army's first Parachute Rigger Warrant Officer.

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IN BRIEF

Lt. Col. Christian Blevins

This notice serves as an advisory for all those in possession of the property of Lt. Col. Christian Blevins, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Maj. Terence Staples, summary court martial officer, with all inquiries at (910) 689-8799 or email terence.k.staples.mil@mail.mil.

Sgt. Jafet Rodriguez

This notice serves as an advisory for all those in possession of the property of Sgt. Jafet Rodriguez, as well as to persons to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Jes Fontanilla, summary court martial officer, with all inquiries at (813) 536-9919 or email jes.c.fontanilla.mil@so-com.mil

Sgt. 1st Class Justin L. Goff

This notice serves as an advisory for all those in possession of the property of Sgt. 1st Class Justin L. Goff, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Capt. Richard Mades, summary court martial officer, with all inquiries at (540) 903-0951 or email richard.mades@socom.mil.

Spc. Joselyn J. Britton

This notice serves as an advisory for all those in possession of the property of Spc. Joselyn J. Britton, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Olivia Staff, summary court martial officer, with all inquiries at (434) 806-5926 or email olivia.j.staff.mil@mail.mil.

Spc. Tyona S. Williams

This notice serves as an advisory for all those in possession of the property of Spc. Tyona S. Williams, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Myles Hoponick, summary court martial officer, with all inquiries at (203) 814-0967 or email myles.w.hoponick.mil@mail.mil.

Spc. Julian S. Kim

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

Spc. Patrick McDill

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

Staff Sgt. Tyler B. Latta

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

Sgt. 1st Class Darren J. Mikos

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

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.

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.

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1st BCT completes Operation Devil Storm



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

1st BCT, 82nd Abn. Div., paratroopers wait to board a C-17 Globemaster, April 27, at Pope Field prior to conducting a Joint Forcible Entry during Operation Devil Storm II.

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

The 1st Brigade Combat Team “Devils” of the 82nd Airborne Division completed their 10-day mission readiness exercise April 23 through May 3. The exercise, Devil Storm, took place on Holland Drop Zone and across the entire training area at Fort Bragg.

“Over the last six months, we’ve gone through an echeloned approach to training,” said Col. Andrew Saslav, commander, 1st BCT, 82nd Abn. Div. “We’ve trained our squads and our platoons about a month and a half ago. We knocked out company live fires and now it’s time to bring all those capabilities from across the seven battalions into synchronization.”

Devil Storm began April 23, when the brigade received its mission from the 82nd Abn Div. operations center. This order initiated the 96-hour sequence, a regimented system of preparation that allowed the brigade to coordinate and ready its personnel and equipment for a combat airborne operation.

The four-day prep included brigade and battalion staffs conducting the Military Decision Making Process (MDMP). This method was used to determine the best courses of action for the mission, sustainment nodes inspections, preparing vehicles and equipment for transport along with administrative offices updating records and planning manifests for airborne and ground movements.

“The outload went extremely well,” Saslav said. “The

Black Devils of the 307th Brigade Support Battalion and elements from across the brigade came together and did an outstanding job getting our paratroopers out the door.”

On the night of April 27, more than 1,500 paratroopers donned parachutes and equipment. They conducted a mass-tactical static-line airborne operation onto Holland Drop Zone, officially beginning the operation.

Over the next five days, the Devil Brigade coordinated with a wide variety of enabler units and conducted offensive combat operations across the training areas of Fort Bragg. Each battalion was tested by Opposition Forces (OPFOR) from the 2nd Brigade Combat Team.

Major events during the operations included air-land equipment delivery from an Air Force C-17 Globemaster aircraft, aviation support from the 82nd Combat Aviation Brigade, a wet gap crossing with bridging assets from the 299th Multi-Role Bridge Company and clearing enemy forces from multiple urban objectives performed by the 1st BCT parachute infantry battalions.

“A brigade combat team like the Devil Brigade is an incredibly capable organization, but we can’t do it alone,” Saslav said. “So we bring in our Multifunction Aviation Task Force, engineer assets, chemical capabilities and military police assisting us all across the battlefield. I’m extremely pleased with the way the brigade staff has handed them out and the battalions have utilized them to their full potential.”

These operations couldn’t be executed without proper planning. The brigade and battalion staffs were constantly

busy in some portion of the MDMP, analyzing information and issuing orders to subordinate units with plans to engage with and destroy the enemy.

Once plans were finalized and operations were underway, the current operations teams conducted battle-tracking to maintain accountability of personnel and equipment to ensure real-time situational updates to battalion and brigade leadership.

“The operations staff got consistently better at battle tracking, understanding and developing situations and coordinating war-fighting functions,” said Capt. Steven Pashko, chief of operations, 1st BCT, 82nd Abn. Div.. “The constant improvement shows that we are ready for whatever mission comes next.”

By the time the Devil Brigade received its change of mission order May 2, it had successfully maneuvered across its area of operations and defeated a tough near-peer enemy opposition force. The brigade’s ability to coordinate and maneuver artillery, aviation and engineer assets across time and space, with the support of skilled sustainment, lead to victory in a fast-paced exercise.

Saslav was proud of the performance and progress of the Devil Brigade as it moves forward into further training, prior to assuming the responsibility of the Global Response Force late this summer.

“Overall our paratroopers have performed amazingly and I’m extremely proud,” he said. “They have proven that they are lethal, they are disciplined, and most importantly that they are a learning organization.”

USASOC joins ROTC 2019 cadet summer training

By CAPT. VERONICA AGUILA
USASOC

U.S. Army Special Operations Command (USASOC) Soldiers are joining U.S. Army Cadet Command’s 2019 cadet summer training at Fort Knox, Kentucky, June 26 to Aug. 15.

Cadet summer training at is part of the ROTC program and encompasses both a basic camp and advanced camp to prepare cadets for a career as an officer in the U.S. Army. Included in summer training is a branch orientation for ROTC cadets to explore different career branches before commissioning as an officer in their initial branch specialty.

This year’s branch orientation includes USASOC Soldiers, representing Special Forces, civil affairs, psychological operations, and aviation, assigned to 1st Special Forces Command (Airborne) and the 160th Special

Operations Aviation Regiment. In addition, Rangers from the 75th Ranger Regiment will be available to discuss opportunities in the regiment for various branches.

Soldiers interested in applying to an Army Special Operations Forces (ARSOF) specialty, typically apply for consideration after completing their qualification and training in their initial branch. Soldiers will then complete an assessment and, if selected, proceed to specialized training.

Cadets will have an opportunity to learn about the different ARSOF branches, the different selection and qualification pathways, assignments, and opportunities for specialized units and training. ARSOF equipment and gear will be on display during branch orientation.

USASOC is slated to participate in 17 branch orientation days across 11 summer training rotations.



Photo by Sgt. 1st Class Thomas Collins/Army

A Soldier assigned to the 95th CA Bde., (Special Operations) (Airborne) instructs a cadet from the University of Florida ROTC program on basic rifle marksmanship and M4 carbine familiarization at Camp Blanding Joint Training Center, Stark, Florida. The partnered training allowed civil affairs Soldiers to strengthen their instructing skills while assimilating cadets with active duty to prepare them for a career as a U.S. Army officer.

NCO instructor spotlight: Master Sgt. Aaron Griffing



Photo by Staff Sgt. Courtney Smith / 22nd MPAD

Master Sgt. Aaron Griffing, a Master Leader Course instructor at the XVIII Airborne Corps and Fort Bragg Noncommissioned Officer (NCO) Academy, believes learning never stops, not even when students cross the graduation stage.

The Abilene, Texas native likes to tell dad jokes and admits he’s no good at them. However, one thing he is good at: his job. So said his leadership who chose him to be featured in this instructor spotlight:

What is the most fulfilling part about being an instructor?

I get the opportunity to stress how important it is for a senior NCO to remain relevant. This environment fosters and encourages us as implementers to get into the books and continue to learn. I get to take what I have learned and turn around and share it with the students I encounter every class.

How do leaders remain relevant?

Our counterparts, the commissioned officers, are counting on us as senior NCOs to have up-to-date knowledge to bring to the table in order to leverage our experience and speak the same language. To have that seat at the table is to maintain relevancy by getting into doctrine.

Why did you become an instructor?

I saw an opportunity to take lessons from my failures and successes as a first sergeant and to share them with those in the force on the brink of becoming first sergeants and operations sergeants. As a facilitator, I’m able to share those lessons and send these NCOs out to be relevant in shaping the force while remaining ready for a complex operation environment. We must be agile, adaptive leaders.

Do you feel like this course helps students understand that there is no such thing as the end of the road when it comes to becoming a leader?

Students have to take what they learn and apply it and share it with the force. We’re in a paradigm shift, the way we’re conducting NCO schools, and it can be a huge culture shock for those senior leaders. The course isn’t a walk in the park, and they have to come here and grind. Senior NCOs need to understand the responsibility that we have is an awesome responsibility.

What’s the most challenging part of being an instructor?

The most challenging part about being a facilitator here is that we’re in a paradigm shift. The way we conduct business now is different than how we did it before. It’s a challenge. We follow the experiential learning model, and it’s important for me as a facilitator to maintain that balance. I have to exercise sound judgment and try to remember that this isn’t a lecture, but it’s a group discussion and collaboration. At any moment I understand that as the topic changes, so too can the subject matter expert in the room change based on the topic. That’s another thing I appreciate with this course, I learn as much from the learners as they learn from me.

How has the NCO academy changed since you came through, to what it is now?

The biggest changes is we follow the adult learning model. They usually think they are going to learn from me or my fellow facilitator, but I push for group discussions. I’m looking for the learners to collaborate. When they finish and walk across that stage I confidently know, the responsibility lies with the individual.

DOD medical labs develop technologies to save lives, enhance performance

By DAVID VERGUN
DEFENSE.GOV

WASHINGTON — One of many areas Department of Defense research labs focus on is medicine. Some of their innovative work was on display April 25 during the third biennial DOD Lab Day at the Pentagon.

Mild traumatic brain injury (mTBI)

More than 92,000 service members sustained at least one traumatic brain injury between 2010 through 2012, with about 85 percent of those classified as mild, or mTBI, according to Anna E. Tschiffely, a researcher at the Naval Medical Research Center's (NMRC) neurotrauma department.

Of those with an mTBI, an average of 10 to 15 percent report chronic problems, such as post traumatic stress disorder or other systems continuing months or longer after the incident. This could significantly impact a service member's health and ability to function, she said.

The lab developed an assessment tool that could lead to earlier clinical diagnoses, which could result in increased treatment opportunities and improved overall quality of life, she said.

The assessment includes monitoring cortisol, luteinizing hormones and testosterone levels as well as other indicators.

Exposure to blast overpressure

TBI resulting from exposure to blast overpressure, or BOP, has been on the rise, said Usamah Kawoos, a researcher at NMRC's neurotrauma department. Blast overpressure is caused by shock waves, such as from explosions.

Kawoos and other researchers came up with an improved diagnostic method for BOP, which includes observing changes in endothelin ET-receptors, cerebrovascular responsiveness and monitoring blood-brain barrier permeability.

Long-range aeromedical evacuation

Rapid evacuation of combat casualties is paramount to survival, said Dr. Anke H. Scultetus, a researcher at NMRC. However, not much is known about the effects of long-range aeromedical evacuation on the injured in a hypobaric environment, which means low atmospheric pressure experienced at high altitudes, such as on flights.

Scultetus said she found, through a four-hour, 8,000-foot altitude pressure hypobaric chamber, significant damage to lung and kidney tissue occurs.

Disabled submarine rescue

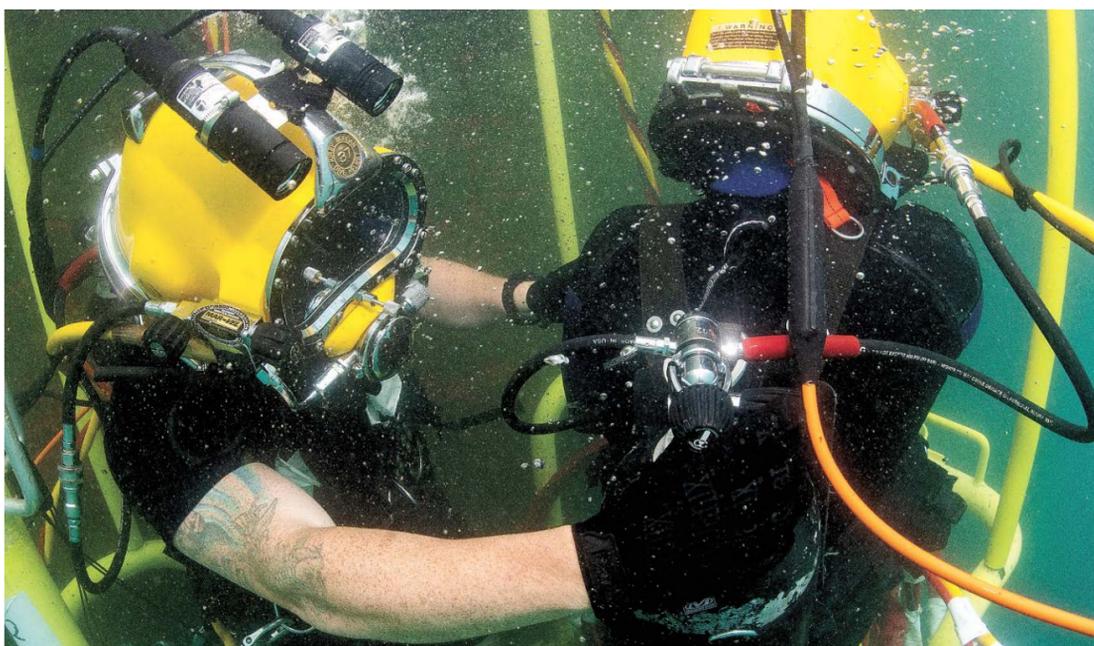
Should a sailor ever need to escape from a disabled submarine far below the surface, several problems could be encountered, said Navy Lt. Rainey Johnson, an undersea medical officer at NMRC.

Problems include decompression sickness while surfacing, as well as oxygen toxicity to the central nervous system. Johnson said the lab came up with three mitigation strategies involving antiepileptic drugs, antiadrenergic drugs and ketone metabolic therapy.

Sleep deprivation/heat risk monitor

Sleep deprivation has a negative impact on cognitive and physical performance, impairing warfighter readiness, said Sam Hornby, program manager at the Army's Biotechnology High Performance Computing Software Applications Institute.

His team developed an electronic monitor that predicts



Photos by David Vergun/DOD

To enhance performance, Navy divers assigned to the Mobile Diving Salvage Unit train in the ocean off the coast of Hawaii.

an individual's alertness in real time, along with optimal countermeasures that are individual-specific, he said. The device also measures and predicts heat-injury risk.

Augmented reality forward surgical care

Telemedicine involves treatment of a patient in an area where there are no surgeons. Input from surgeons using audio/video conferencing allows nonsurgical doctors and medics to provide treatment.

Geoffrey Miller, a research scientist with the Army's Medical Modeling Simulation, Informatics and Visualization Telemedicine and Advanced Technology Research Center, said his lab has developed hardware and software facilitating long-distance communications that can be used in a training environment.

Rapid blood diagnosis at point of injury

It takes about four minutes to draw a blood sample and get diagnostic information in the aftermath of a chemical attack, said Shane Kasten, a researcher at the Army Medical Research Institute of Chemical Defense. That's a relatively long time, because treatment following the attack can't proceed without a diagnosis.

His lab has come up with the ChemDx Test System that has shortened the time to about 20 seconds. It involves application of a blood droplet to the sampling end of a test strip.

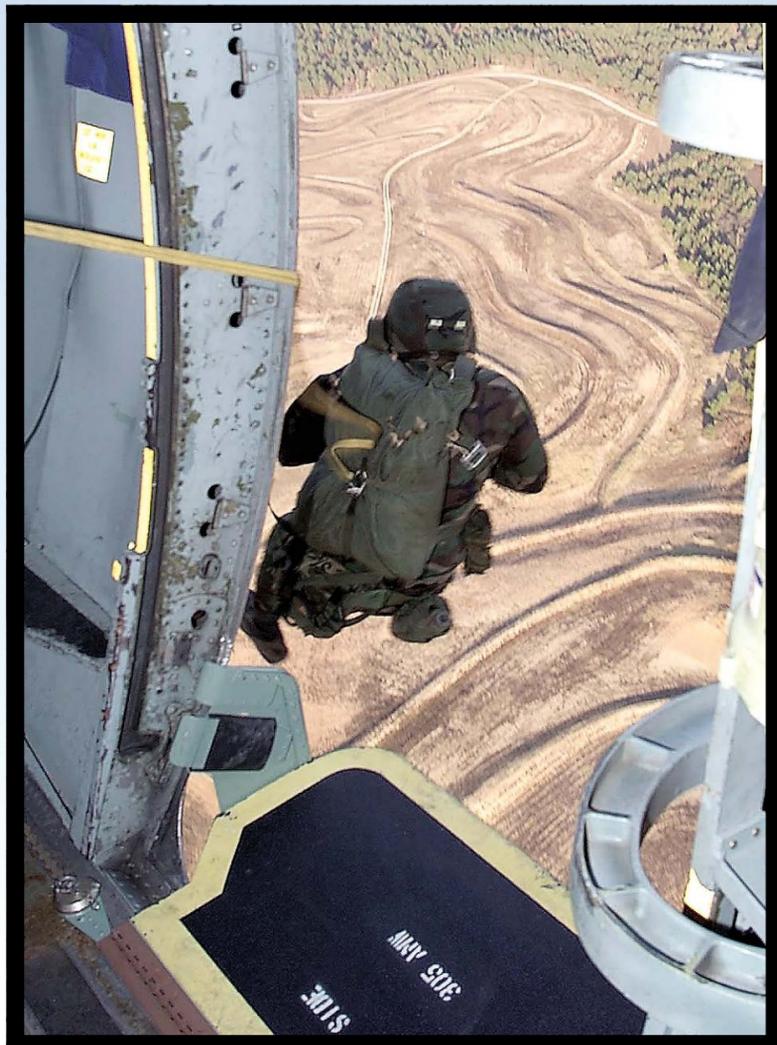
Reducing malaria worldwide

Due to their ability to carry and spread diseases like malaria, mosquitoes are one of the deadliest animals in the world, killing an average of 725,000 a year, said. Army Col. (Dr.) Deydre Teyhen, commander, Walter Reed Army Institute of Research (WRAIR). That surpasses combat deaths, 475,000; deadly snakebites, 50,000; crocodile attacks, 1,000; and, shark attacks, 10.

To reduce deaths caused by mosquitoes, WRAIR has acted on several fronts, she said: provided proactive medical diplomacy, provided vaccines and vector control, and has taken the role of world leader in malaria drug and vaccine development.

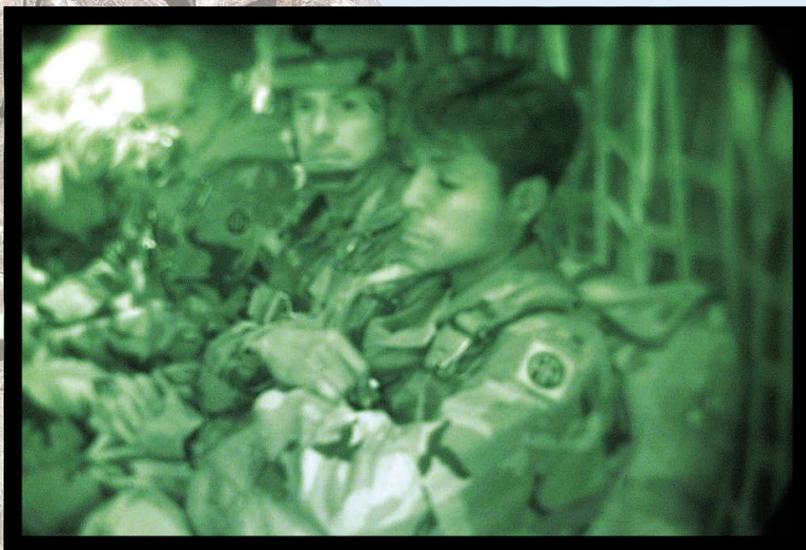


Researchers at the Army Medical Research Institute of Chemical Defense have invented a ChemDx Test System that reduces from four minutes to 20 seconds, the time it takes to get a blood sample and diagnosis. One side of a chip card has a pin that pricks the skin for a blood droplet. The other side of the chip goes into an electronic diagnostic device that prints out the results. The device was on display at the Pentagon during the 3rd biennial Lab Day, April, 25.



A jumptester from the 82nd Abn. jumps out of a McGuire Air Force Base C-141B Starlifter aircraft onto Sicily Drop Zone, Nov. 3, 2000. The jumptester was one of 5,000 82nd Abn. Div. paratroopers taking part in an aerial assault exercise called Large Package.

From the Archives



Photos contributed by catalog archives.gov

Sgt. 1st Class Tonya Griffin, a jumptester with Co. B, 82nd Abn., relaxes prior to jumping onto Sicily Drop Zone, Nov. 3, 2000. Griffin was one of 5,000 troops who took part in an aerial assault exercise called Large Package. The training exercise sharpened the airdrop capability of AMC and the 82nd Abn. Div. Aircraft participating in the exercise were from the 305th Air Mobility Wing, McGuire Air Force Base, New Jersey; the 62nd Airlift Wing, McChord Air Force Base, Washington; the 437th Airlift Wing, Charleston Air Force Base, South Carolina; the 97th Airlift Wing, Altus Air Force Base, Oklahoma; and the 43rd Airlift Wing, Pope Air Force Base, North Carolina.

Cavalry history, scout MOS take forefront during competition

By **BRYAN GATCHELL**

FORT BENNING

FORT BENNING, Ga.— As a showcase for the fourth biennial Gainey Cup International Best Scout Squad Competition, the U.S. Army Armor School hosted the Scouts in Action demonstration, April 29, at Red Cloud Range.

The Gainey Cup determines the best six-Soldier scout squad in the Army and internationally by testing squads on their scouting and cavalry skills, their physical stamina, and their cohesion as a team.

The Scouts in Action demonstration was an opportunity for the Armor School to tell the history of the U.S. Cavalry and to show the public what scout squads do for their units, said Capt. Tim Sweeney, Cavalry Leaders Course instructor.

“Part of what we do in the cavalry is really in the shadows and really hidden from the world to see, because that’s the nature of our business,” Sweeney said. “(Scouts in Action) was a demonstration of the different weapons platforms that we have and how they can be used to execute missions on the battlefield. So we’re just bringing what the cav does to light.”

During the historical portion of Scouts in Action, the spectators, which included Soldiers, civilians and Family members, saw how they would’ve appeared in their uniforms, riding and driving as they would have during that time period.

They rode horses as Army scouts would have during the Civil War and drove Jeeps as Army scouts would have during World War II. Then they drove the High Mobility Multipurpose Wheeled Vehicle (Humvee), the Bradley fighting vehicle and the Stryker armored vehicle, all from the latter part of the 20th century.

As part of the demonstration of scout skills for the audience, a scout squad performed aerial reconnaissance using a drone. After a notional enemy fired upon the scouts, the scouts fired back. Their Humvee got several rounds off in a one-second burst. Then a Bradley fighting vehicle joined the action and scouts in Abrams tanks fired at the enemy, each concussive thud knocking up dust.

“So today was the demonstration of the firepower they have,” Sweeney said. “Then over the next three days, they’ll use that firepower and use their dismounted capabilities to execute the missions and really achieve their commander’s end state.”

When the demonstration ended, the spectators had the opportunity to get refreshments, talk with Soldiers and explore some of the vehicles they had just seen in action. The demonstration served as a public entry point to the competition already in progress.

The scout squads arrived the week before and took part in knowledge tests, vehicle identification, a call for fire, a gunnery skills test and a land navigation course.

Units participating this year included the 1st Armored



Photo by Markeith Horace/Fort Benning

The Maneuver Center of Excellence and 316th Cav. Bde. hosted a Scouts in Action live-fire demonstration, April 29 at Red Cloud Range, Fort Benning, Georgia. They demonstrated the vehicle platforms and lethal capabilities scout squads bring to the battlefield. They performed a Humvee call-for-fire, a Stryker vehicle support-by-fire, a Bradley fighting vehicle and an Abrams main battle tank live-fire demonstration for Soldiers, Families, competitors and international military guests.

Division, 1st Cavalry Division, 1st, 3rd, 4th, 7th and 25th Infantry divisions, 2nd Stryker Brigade Combat Team, 10th Mountain Division, 82nd and 101st Airborne divisions, 2nd, 3rd and 134th Cavalry regiments, 11th Armored Cavalry Regiment, U.S. Army Alaska, 509th Parachute Infantry Regiment, and the Canadian, Great Britain, Netherlands and German armies.

The squads began the second week of competition with an early morning reconnaissance run at Brave Rifles Parade Field at Harmony Church. During the reconnaissance run, the six-person scout squads ran in uniform and gear over a set course with an unknown distance. The course was completed once every member of a squad crossed the finish line back at Brave Rifles Parade Field.

Over three days, the squads performed exercises that synthesized skills they were evaluated on during the first week. A scout squad proficiency exercise required the scout squads to orient on a reconnaissance objective while performing reconnaissance on 20 kilometers of

terrain occupied by enemy forces.

During the scout skills event, the squads maneuvered in their vehicle while collecting and reporting information. As part of a lethality exercise, the squads conducted a tactical mission under live fire, and received a grade according to their ability to report and engage the enemy force. Besides drawing focus to the scout mission operational specialty, the competition also served as a training event for the U.S. Armor School and the units the scout squads represent.

“This competition does a very good job of highlighting the capabilities and limitations that Cavalry scouts encounter, so it’s a way that units can continue to build their training plan, and the Army can look at training and figure out how we can become more and more lethal,” Sweeney said.

The final event of the competition was the Final Charge on May 3 at Brave Rifles Parade Field followed by an awards ceremony.

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Capt. Shelia Jenkins comforts her daughter, Khadyajah, 7, while holding the hand of her husband, Chief Warrant Officer Claude Jenkins, as departs on a bus to his flight to Iraq.

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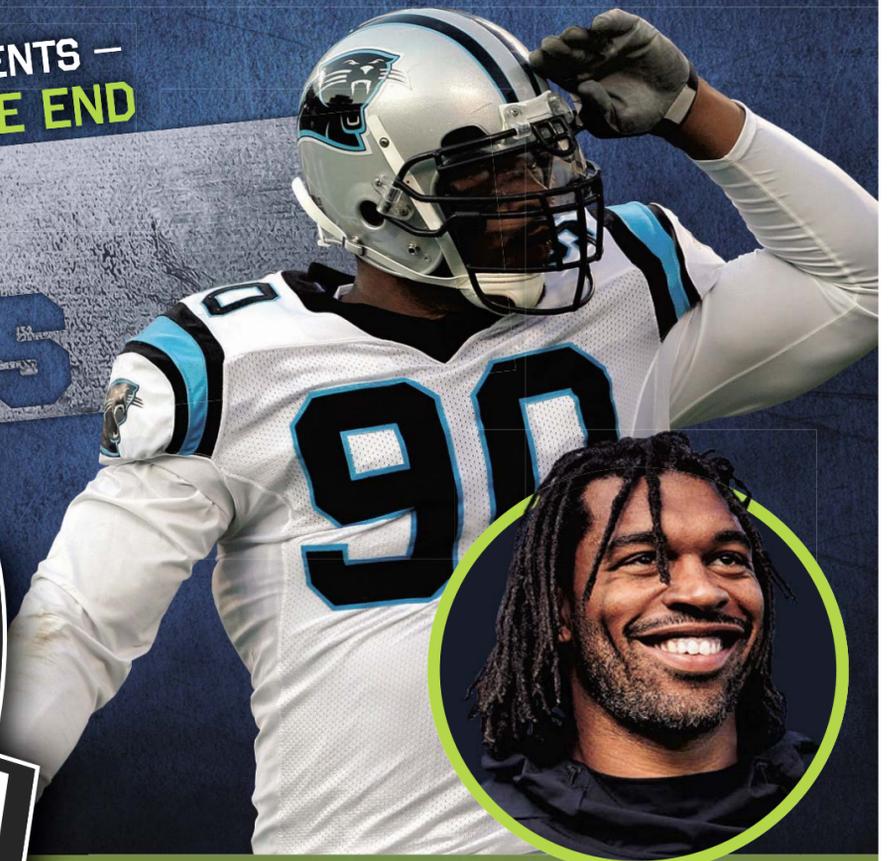


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50th Fort Bragg Fair

Fair brings fun for Families, service members

By SUET LEE-GROWNEY
PARAGLIDE

Screams of thrill and loud rumbles from rides roaring through their tracks could be heard Tuesday outside the gates of the 50th annual Fort Bragg Fair. Inside the Fort Bragg Fairgrounds, smiles were on almost every fairgoers' faces.

The fair began May 1 and will last through this week ending on Mother's Day, May 12. What makes the event attractive to its attendees is that goes only need to purchase an admission fee to enter for unlimited rides and attractions.

"It's one of our selling points," said Keagan McDonald, Family and Morale, Welfare and Recreation (FMWR) Fort Bragg Fair manager. McDonald is part of the special events team at FMWR that puts on all the large functions such as the All American Marathon, the Fourth of July concert, the Fall Carnival and the Renaissance Fair. "The only thing they will have to purchase are the food and games."

On most days, there will be live entertainment from local bands on stage. There is also a live cowboy show and performers walk around the grounds showing attendees tricks, such as how to lasso and crack a bull-whip.

In the front of the fair are kids games. Larger games and rides, such as the drop ride, the zipper and the big Ferris wheel, are toward the back of the fairgrounds.

One of the Family-friendly rides is the Yoyo, where Melika Bunton, a Spring Lake resident, and her three children Miniyah, 13; De'Asia, 8, and Devontray, 6, cheered and smiled atop the swinging chairs.

After exiting the gates of the Yoyo, Melika corralled her kids who were chatty from all the excitement to the next ride. Each year, the Buntons, who have many relatives in the military, make it a point to attend the Fort Bragg Fair together as a family.

Melika said one of her favorite things to do with her children are the fast rides that go up high.

"That (the Yoyo) was the first ride we got on," Melika said. "I just like to see them play. Whatever they want to do, I'm with it. I'm right behind them. My favorite part is the eating. Whatever they want to get on, I'm comfortable with."

As soon as Melika talked about eating, her kids were quick to chime in on their



Photos by Lewis Perkins/Paraglide

Fairgoers enjoy the Super Shot ride, May 3, at the Fort Bragg Fair. The ride carries participants up into the air before dropping them back down to the ground.



Danny Grant, left, from the Cowboy Circus show at the Fort Bragg Fair, hands Noah Garcia, 9 months, a spinning basketball, May 3. Noah's mother, Casey, helps hold the ball up.

favorite fair food.

"I want cotton candy," Devontray said after listening to his mother and sister list their carry snack of choice.

The purpose of the fair, apart from the exciting attractions and food, is to provide a safe place for Families to come and let loose on garrison grounds, said McDonald.

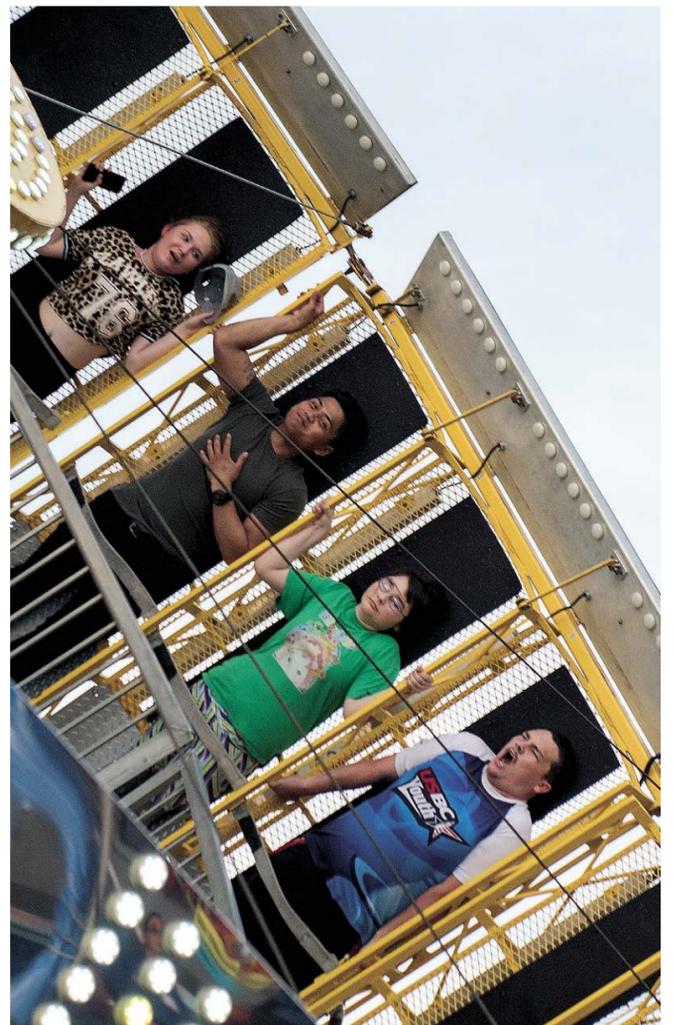
"It's to get Families together and to bring the Army out of it," he said. "It gets (Soldiers) away from work and that Army environment; it gets them out here with carnival games, and

rides and carry food."

An event like this helps get redeployed Soldiers to get back into real-world motion from being overseas, McDonald said.

"It's a fun atmosphere," he said. "It takes their minds off of the war; it takes their minds off of deployments or redeployments. It helps them mellow down."

For more information on ticket prices, event schedule, show listings and more, visit <https://bragg.armymwr.com/calendar/event/fort-bragg-fair/2877086/23406>.



Riders hold on while being spun around the Gravatron at the Fort Bragg Fair, May 3.

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

SPRING FLING

Where: Downtown Spring Lake

When: Saturday, 11 a.m. to 5 p.m.

Cost: Free

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

MOTHER'S DAY BRUNCH

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

Where: Iron Mike Conference Center

Cost: \$21.95 for adults, \$11 for children ages 6 through 11

Come to the Iron Mike Conference Center and treat the moms to a sweet brunch so they don't have to cook or do dishes on Mother's Day. Reservations are not required.

50TH ANNUAL FORT BRAGG FAIR

When: Through Sunday

Where: Fort Bragg Fairgrounds

Cost: \$7 to \$14, free for children shorter than 36 inches

The Fort Bragg Fair is an annual event that takes place every spring. Unlimited carnival rides and live entertainment are included in one, low admission price. Parking is free. Open to the public, with easy access off Bragg Boulevard. ADA parking accessible from Bragg Boulevard via Howell Street.

For more information on event schedule, frequently asked questions, pricing and admission specials, visit <https://bragg.armymwr.com/calendar/event/50th-annual-fort-bragg-fair/2877086/23406> or call (910) 396-9126.

MEMPHIS

When: Opening night, Thursday, 7:30 p.m.

Where: Cape Fear Regional Theatre

Cost: \$19

Memphis is the birthplace of rock 'n' roll. Inspired by the actual events of one of the first white DJ's to showcase African-American music on the radio, this high-octane musical will have you jumping out of your seat! Don't miss this uplifting and entertaining hit from the creative team of last season's blockbuster, "Dreamgirls."

For more showtimes and tickets, visit <http://www.cfrt.org/project/memphis/>.

SPRING MOVIES IN THE SWAMP

When: Saturday, 4:30 to 9 p.m.

Where: J.P. Riddle Stadium

Cost: \$20 and up

The Fayetteville SwampDogs are inviting fans — big and small — and movie buffs to enjoy a big-screen movie on the field this Saturday. The SwampDogs will be screening "The Sandlot" on a big screen in the outfield. Hosting this event is special guest Chauncey Leopardi, who played Squints in the 1993 feature. Chauncey will be available to sign autographs, take pictures, conduct a questions and answers session with fans, and introduce the movie. Enjoy hot sugar pop popcorn and concessions. There will be a kid's area with a bouncy house and hired caretakers to watch over little ones.

For more information, call (910) 426-5900. To purchase tickets to the event, visit <https://swampdogs.isportstix.com/order/seats/50/?fbclid=IwAR2ZKli9IMd5WYxu3ujz2gM-nLY0dcdGMl5qbuONjbanxulDIXARs1qmzl>.

GLOBAL WAR ON TERROR MEMORIAL WALL

When: Through May 29

Where: Airborne and Special Operations Museum

Cost: Free

Similar to the Vietnam traveling wall, this memorial travels to special locations where it is open to the public providing community reflection of their service and sacrifice.

It is designed out of the close to 7,000 dog tags of those who have fallen in the War on Terror. There are 50 gold stars honoring all Gold Star Families nationwide.

For more information, call (910) 643-2778.

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

U.S. SENIOR WOMEN'S OPEN CHAMPIONSHIP

When: May 16 through 18, gates open at 7:30 a.m.

Where: Pine Needles Lodge and Golf Club, Southern Pines, North Carolina

Cost: \$20 to \$1,040; Free tickets available for service members

The second U.S. Senior Women's Open Championship is the newest United States Golf Association (USGA) national championship and the premier event in senior women's golf. A field of 120 players will include some of the game's greatest players, including eight-time USGA champion JoAnne Carner, six-time USGA champion Hollis Stacy, five-time USGA champion Juli Inkster and defending champion Laura Davies. Held at Pine Needles Lodge and Golf Club, the event provides a unique experience to walk inside the ropes with the game's greatest stars and take in a historic golf course.

Active and retired military members will receive a complimentary gallery ticket and one guest gallery ticket for each day of the USGA Championship. At the U.S. Senior Women's Open, gallery tickets include access to The Bell Pavilion, where fans can enjoy upgraded food and beverage for purchase and first-come, first-served seating. Complimentary general parking and transportation to and from the championship is also provided with gallery tickets.

For information and tickets, visit <http://www.usga.org/content/usga/home-page/championships/2019/u-s-senior-women-s-open-2019-pine-needles-golf.html#!latest>.

SPLISH SPLASH STORY HOUR

When: May 17, 10 to 11 a.m.

Where: Tolson Indoor Pool

Cost: \$4 for DOD card holders, \$6 guests

Come enjoy story hour at Tolson Indoor Pool! They will read several fun, aquatics-themed stories and enjoy a snack. After story hour, join them for open swim in the zero depth entry pool for 30 minutes. Parents must be within arms reach of children.

GOT TO BE NC FESTIVAL

Where: N.C. State Fairgrounds, Raleigh, North Carolina

When: May 17, noon to 10 p.m.; May 18, 9 a.m. to 10 p.m.; May 19, 9 a.m. to 8 p.m.

Cost: Gate admission and parking are free, food and carnival wristbands available for purchase

Join your friends and family for three great days of down-home celebration North Carolina-style at the Got to Be NC Festival at the North Carolina State Fairgrounds. North Carolina food companies, breweries and wineries will be sampling and selling some of the most delightful flavors North Carolina has to offer in the Homegrown Marketplace.

Danny Grant's Cowboy Circus will be roaming the grounds daily with an interactive show where kids can learn how to crack a real bullwhip, lasso his horse, "Charlie," trick roping and more!

Music will be on the main stage throughout the festival, including a bluegrass battle May 18.

For more information about the festival, visit <https://www.gottobencfestival.com/default.htm>.

FAYETTEVILLE ROLLER DERBY HOME GAME

When: May 18, 5 to 8:30 p.m.

Where: Crown Arena

Cost: \$6 to \$12 (children 8 and under are free)

Fayetteville Roller Derby (FRD) is back and ready for the 2019 season! At 5 p.m., the Rogue All-Stars take on the Carolina Roller Derby, so get ready for fast-paced action and big hits! At 7 p.m., it's the biggest rivalry since Army vs. Navy, since yams vs. sweet potatoes, since dumplings vs. pastry ... we're talking about FRD's home-teams, the FRD Wreckers vs. the Ritzy Rollers.

Doors open at 4 p.m., so be sure to swing by the merchandise table to pick up some Rogue swag. Also pick up a cowbell to answer the question, "Are you a Ritzy or are you a Wrecker?"

Call (910) 438-4100 for more information.

FAMILY FUN DAYS

When: May 18, 10 a.m. to 2 p.m.

Where: Recreation Equipment Checkout Center

Cost: Admissions is free, attractions \$10

Spend time with Family and friends at the Family Fun Days event. Attractions include a bounce house, trackless train rides and rock wall. Free popcorn and cotton candy while supplies last. Parents can enjoy the attractions or accompany their child for free. No outside food or pets allowed. Open to DOD ID cardholders.

For more information, call (910) 396-7060.

CARRIAGE TOURS OF OLDE FAYETTEVILLE

When: May 18, 1 to 6 p.m.

Where: 222 Hay St.

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

Historic Tours of Olde Fayetteville by horse and carriage is hosted by Cool Spring Downtown District (CSDD) and S and S Carriage Rides. 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, but seats are not guaranteed. A 45-minute tour is offered on the hour, every hour with the last scheduled tour departing at 5 p.m.

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

PAUL MCCARTNEY FRESHEN UP TOUR

When: May 27, 8 p.m.

Where: PNC Arena, Raleigh, North Carolina

Cost: Tickets start at \$128

The Paul McCartney live experience is everything any music lover could ever want from a rock show. Nearly three hours nightly of the greatest moments from the last 50 years of music, dozens of songs from Paul's solo, Wings and of course Beatles catalogues that have formed the soundtracks of so many lives.

For more information and for tickets, visit <https://www.pncarena.com/events/detail/paul-mccartney>.

Breaking news: Jury dismisses all charges on Goldilocks



Photos by Lewis Perkins/Paraglide

During a mock trial for Law Day, an Air Force service member role plays the storybook character Goldilocks who has been charged with larceny, trespassing and destruction of the three bear's property. Law Day takes place every year on May 1.

Youth participate in Law Day ceremony

By JELIA HEPNER
PARAGLIDE

Storybook character Goldilocks avoided doing "hard time" with a verdict of not guilty from 12 youth jurors May 1 at Pope Courthouse.

As a celebration of Law Day, students from Fort Bragg participated in a mock trial, based off the fairy tale Goldilocks and the Three Bears.

"We celebrate every May 1 the importance of having our system of laws and how essential it is to our country," said Col. Jeffrey Thurnher, staff judge advocate, XVIII Airborne Corps. "This year our theme is, free speech, free press and free society."

During the trial, Goldilocks was charged with larceny, trespassing and destruction of property. These charges stem from her entering the three bear's property, eating their porridge and breaking the baby bear's chair.

Soldiers, dressed up as all the fairy tale characters including the wolf,

testified for the prosecution and Goldilocks testified for the defense.

"We reached out to three DOD schools of fourth and fifth graders and gave them a chance to sit and experience this," said Capt. Charles Hamilton, trial counsel, XVIII Abn. Corps. "We want them to have a better understanding of the law and the legal system, maybe have a legal career down the road, but just really (have an) appreciation for our laws and society."

After both cases were presented, students gathered in the courtroom to decide whether she was innocent or guilty on all charges. After 15 minutes of deliberation, the jury came back with a verdict of not guilty.

Law Day is a national holiday set aside to celebrate the rule of law. The day provides an opportunity to understand how law and the legal process protect liberty and strive to achieve justice.

The event was hosted by Thurnher.



DOD students discuss the evidence that was presented during the trial to make a decision on whether Goldilocks is guilty or innocent. After 15 minutes of deliberation, the jurors came back with a "not guilty" verdict for the fairy tale character.

Hooked on books: Carolina Panthers community service initiative visits Devers Elementary School



Photos by Megan Grady/USO of NC Field Operations

Students from Devers Elementary School pose for a photo, May 1, during the Carolina Panthers' Keep Pounding Day. The day was centered around a free book fair for the children.

By SUET LEE-GROWNEY
PARAGLIDE

To kick off the Carolina Panthers' 25th anniversary, the team hosted a free book fair across 25 communities in North and South Carolina on "Keep Pounding Day," May 1.

With volunteer assistance from the USO of North Carolina, students at Devers Elementary School were able to benefit from the service project. According to a Panthers' media release, David Tepper, owner of the Carolina Panthers, said May 1 was selected for the inaugural effort because the number 51 was the jersey of former Panthers player Sam Mills.

"We are looking forward to a day of service for our region's communities as a sincere thank you for the amazing support we receive from Panthers fans across North and South Carolina," Tepper said.

Devers students who attended the book fair each received about \$24 to purchase books from their home library during the event in the school's media center.

Renee Lane, USO of North Carolina Sandhills area director, said she doesn't know of a time when the Panthers have done an outreach of this large scale on a single day. Additionally, she said the Keep Pounding Day partnership with the USO of North Carolina is vital to the Bragg community.

"It's extremely important to our Fort Bragg military children because the Panthers were able to engage with (the kids) with scholastic books," Lane said. "That itself is a huge gift and a huge win for



Renee Lane, USO of North Carolina Sandhills area director, shows a student books during the Carolina Panthers' Keep Pounding Day book fair at Devers Elementary School.

students because they were able to select four to five different books to save and read over the summer to keep up with their reading and comprehension skills."

The children's book fair is a result of a long-standing relationship between the installation, the USO and the Panthers, Lane said.

"Having the Keep Pounding Day was such a wonderful benefit and outcome of that 25th-anniversary project," she said.

**FORT BRAGG
RUN
HONOR
REMEMBER 5K**

Enjoy a non-competitive 5K run/walk and pay tribute to our fallen Soldiers to remember their sacrifices as you pass by the boots lining the field at Hedrick Stadium, May 18. Pre-event ceremony starts at 7:45 a.m. The 5K will begin immediately following the ceremony. This event is open to DOD cardholders and their guests at no cost. No registration required. For more information, call (910)396-0384 or visit <https://bragg.armymwr.com>.

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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. through Fri. Noon

Main Post Chapel

Sun. 11:30 a.m.

Rosary

Mon. through 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

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.

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Corps sponsors Human Performance Optimization symposium



Photos by Pfc. Joshua Cowden/22nd MPAD

Lt. Col. Joseph Kardouni, director, Human Performance Optimization, XVIII Airborne Corps prepares to ask a question at the Human Performance Optimization Symposium April 29, at the Iron Mike Conference Center.

By **GENEVIEVE STORY**
PARAGLIDE

The XVIII Airborne Corps sponsored the first Human Performance Optimization (HPO) educational symposium, April 29 through 30 at the Iron Mike Conference Center.

Human performance professionals, leaders and Soldiers from various units and organizations across four military installations: Fort Bragg, Fort Campbell, Kentucky; Fort Stewart, Georgia; and Fort Drum, New York attended the symposium to listen to a panel of speakers from both the commercial industry and within the military.

With over 250 in attendance, professionals from private industries and the military provided thorough, intelligent, and insightful representation into the field of wellness. The itinerary for this presentation covered such topics as Soldier readiness, strength and conditioning, performance nutrition,

rehabilitation and mobility, injury prevention, sleep, mental performance training and proper training techniques.

Aided by resources from Womack Army Medical Center (WAMC), the XVIII Abn. Corps conceptualized the two-day educational conference with the goal to cultivate change, teach Soldiers how to develop better practices in fitness and foster improvement in preparedness.

"Individually, Soldiers want to be healthier," said Lt. Col. Joseph Kardouni, director of Human Performance Optimization with XVIII Abn. Corps. "They want to improve upon their athleticism; be stronger and more fit ... The primary concern for the Army, and units as a whole, is producing healthy people, having Soldiers who are injured less frequently, and an improved overall readiness of the force. Soldiers who are better performers validates retention, not just at the Army level but at the brigade level."

Kardouni expressed the need to refine

the expectations and demands being placed on Soldiers in today's environment, adapting the training and rehabilitation techniques to better prepare Soldiers for success in their environment such as deployment and combat situations.

With the Army's pilot holistic health and fitness initiative becoming the new baseline in improved physical fitness Army-wide as of October 2019, education on HPO could not come at a better time, according to Kardouni. The HPO symposium was not a focus on the physical fitness test, but designed to prioritize the health of the Soldier.

"One of the big things that you hear people talk about is looking for 'a culture change,' to transform the way we do things and to develop better practices," Kardouni said. "I think the bigger part of that is the educational process, not just forcing people to hear new material, but making that information tangible and having them see how things can affect them in a more positive light."

Kardouni said the event was beneficial to professionals in the field, but more importantly, to Soldiers. The educational experience gave service members the opportunity to become students of these better practices, understanding the positive effect of HPO on physical and mental performance and appealing to their ability to draw on resources to help them achieve their goals.

With the evolution of fitness and wellness at the forefront of the Army initiative, HPO took on a multidisciplinary approach at the symposium, focusing on three significant pillars in the field: strength and conditioning, nutrition and rehabilitation and how each stand alone in importance and also support one another, a "force multiplier."

"When you step back, you can see that these components facilitate one another," Kardouni said. "This comprehensive approach will help improve Soldiers overall performance."

Kardouni said strength and conditioning is crucial to ensure that Soldiers maintain and improve upon tactical agility, speed and power. Subsequently, to maintain athleticism and preserve the body, requires that conditioning and mobility is reinforced through performance rehabilitation. Nutrition also plays a key component in overall wellness, by improving health and the effectiveness of a strength and conditioning program. These disciplines combined, ultimately support injury prevention.

"When we are looking at a multidisciplinary approach to wellness, it is special to have experts in all three fields at the symposium, focusing on their concepts and go in-depth in their field," said Capt. Jennifer Wardynski, physical therapist at WAMC. "It was a unique perspective to have well-respected, experts in the industry who are not in the military speak to the unit leadership from a non-military vantage point."

Industry leaders of physical therapy and athletic performance attended the event, notably, Sue Falsone, head athletic trainer and former physical therapist for the Los Angeles Dodgers; Kelly Starrett, physical therapist and New York Times best selling author; Mike Voight, Vanderbilt-Belmont Sports physical therapist and Maj. Bradley Ritland, Ph.D., U.S. Army Research Institute of Environmental Medicine.

HPO is the beginning to the educational process, seeking new opportunities to educate the Army community and there will be more events to come like this in the future, Kardouni said.

Fitness campaign, 'reach your peak,' encourages service members, Families

By **SUSAN A. MERKNER**
IMCOM PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO, FORT SAM HOUSTON, Texas — "Reach Your Peak" is the theme for the U.S. Army's ninth annual STRONG B.A.N.D.S. campaign in May, emphasizing physical health and well-being as vital components of readiness and resiliency.

Seventy-seven Army garrisons and locations will hold STRONG B.A.N.D.S. (Balance, Activity, Nutrition, Determination, Strength) programs and activities that support health and physical fitness in May.

The Installation Management Command's (IMCOM) G9 Family and Morale, Welfare and Recreation's (FMWR) Army Sports, Fitness and Aquatics program is coordinating the 2019 campaign. The campaign is timed to coincide with National Physical Fitness and Sports Month.

The program is open to all Soldiers, Family members, veterans, retirees and military civilian employees.

"I encourage everyone to get involved in STRONG B.A.N.D.S.," said Lt. Gen. Bradley A. Becker, IMCOM commanding general.

"Physical fitness is a crucial component of readiness and resiliency," Becker said. "Garrisons across the Army are offering fitness classes, sports activities and community events that appeal to all fitness levels and areas of interest. Visit your garrison MWR website to find all the events offered in May."

Becker is featured in a 30-second video promotion for STRONG B.A.N.D.S.

Because physical fitness has a direct impact on Army readiness, Soldiers must be mentally and physically fit. Not only are physically fit Soldiers essential to the Army, they also are more likely to have enjoyable, productive lives. Proper exercise programs enhance a person's quality of life, improve productivity, and bring about positive physical and mental changes.

Army FMWR and other organizations coordinate numerous fitness programs for Soldiers and Families.

All Army Sports offers opportunities for Soldier-athletes



Photo by Brittany J. Nelson/IMCOM Public Affairs

Lt. Gen. Bradley A. Becker, commanding general, IMCOM, lifts weights for a STRONG B.A.N.D.S. promotional video.

to compete against other service members in basketball, boxing, ice hockey, soccer, taekwondo, wrestling and many other sports.

The Army's World Class Athlete Program allows Soldiers to compete at the highest international levels of sports while serving their country. Participants can aim for the Olympic and Paralympic games, as well as other national and international achievements.

Better Opportunities for Single Soldiers (BOSS) Strong, is an Army program for single Soldiers that uses peer-to-peer support and a holistic approach to wellness. The BOSS program helps participants maintain a balanced life through leisure and recreation activities, community service and quality of life.

Soldiers and Families also can get physically fit in FMWR facilities such as bowling centers, swimming pools, fitness centers, golf courses and through intramural sports.

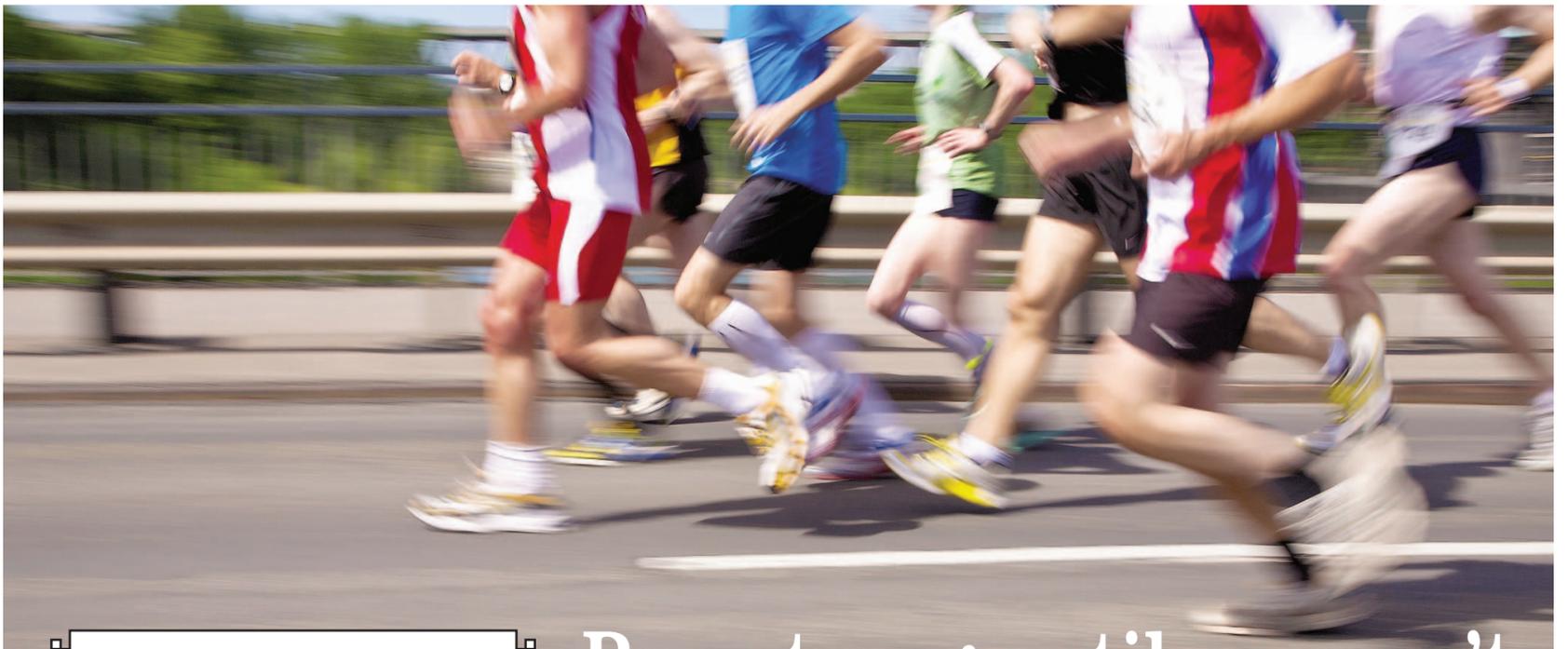
U.S. Army Recruiting Command (USAREC) created two

new fitness teams based at Fort Knox, Kentucky which are gaining attention.

USAREC selected 15 of the Army's elite to serve on the new Warrior Fitness Team, an outreach team that supports awareness and recruiting efforts. The Warrior Fitness Team will participate in competitions such as Strongman, Olympic lifting and Ninja Warrior. Its six-Soldier functional fitness team dominated the field at the Arnold Sports Festival in Columbus in early March, winning the CrossFit Endeavor competition.

A 20-member Army Esports Team uses gaming as an outreach tool to help create awareness about Army careers and benefits. Engaging in social communities built for gamers allows Soldiers to be more relatable and educate young people about who they are and what they do in an authentic way.

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The Story Report **Run strong until you can't**

Stock Photo

BY **GENEVIEVE STORY**
PARAGLIDE

Winning was not on the menu. Sandbagging, well that's another thing. But believe me when I say that even within the fine art of sandbagging, I never entertained winning into the equation for one second, for a whole year, of racing potential. Deep down, as a secret, I'd be kidding myself if I said I didn't think about it or desire it. But for a long time away from the race scene, sometimes I didn't think I could finish, much less win. I'm not going to dive into all the various reasons I have doubted myself as a runner over the years that led to my sandbagging habit. Those old doubts aren't that interesting to me right now, and most of them no longer apply. At every race I have approached over the year up until this point, I really only had one doubt, and it wasn't that deep. It was in my scant training.

I hadn't been able to run more than 10 miles or so without my body being overcome with discomfort and my mind crippled with anxiety and memories of past successes. I fully expected the same result in every intended race I committed to and hadn't trained enough for.

I'm not injured; I just needed to find my way back. I needed to gradually increase volume in a way that lets my muscles and tendons adapt. I needed to head back to the starting line with fury — which I haven't done. I have a weak body and mind that gets mad when I race farther than I have prepared it for. This current state and the surrounding story was the focus on my sandbagging.

If you're not familiar with this athletic pastime, sandbagging is a technique of downplaying your strengths and bringing attention to a few reasons you may not be successful. Sandbags, as we know them, hold things back. This is a way of diffusing pressure. It's a way of feeling

in control when you feel like others' expectations (or your own) may not match your reality. It's a behavior that is useful when you are scared of letting people down or letting yourself down. It's a bit unreasonable, but at the same token, people do all kinds of strange stuff to get themselves ready to do hard things. You will do whatever gets you to the line feeling relaxed.

I was holding myself back on runs, in workouts and in races. My race times should be faster based on my speed work times. It was all mental; rigorous preparation, pain, discomfort and then breaking through the mental barrier.

So here I am, racing, once again with high expectations, completely carried away with the beauty of going for it. Activated by something deep inside me, and so happy I said yes:

To sign up for a race.

To listen to my body on the hills.

To chase the guy ahead of me.

To make a bold move.

I realized it is quite a departure from the sandbagging. I love winning, but that's not the thing that really did it for me. I was proud of picking myself up and starting over again. I don't have many moments when I feel overwhelmingly proud of me. However, feeling this way gave me so much hope for a future in this sport. Lighting up with joy and competitive fire, choosing not to compare my races to former races, being fully taken with the moment, getting carried away, the way a race has a story to tell you if you listen ... it means a lot to me to know running can still offer me this.

It means a lot to me to find a new home for my dad's words in my running too, his heartfelt "do your best" to the very different "be the best." That was on me. My best, right here and now — that is what is worth showing up for over and over again. Of course, it is what he has meant all along.

TOTAL



WELLNESS

Runners Corner

Fort Bragg Run, Honor, Remember 5K:
Saturday, May 18, 7:30 a.m. at Hedrick Stadium. Event is free. Enjoy a non-competitive 5K run/walk and pay tribute to our fallen Soldiers to remember their sacrifice as you pass by the boots lining the field. Pre-event ceremony starts at 7:30 a.m. 5K will begin immediately following the ceremony. This event is open to DOD cardholders and their guests. No registration required. Check <https://bragg.armymwr.com/programs/runs-and-races> for details.

The Derby Run 10K and 5K:
Saturday, May 18, 8:15 a.m. for 10K start and 8:30 a.m. for 5K start at 2301 Fort Bragg Road. The fourth annual Derby Run in memory of Justin Lopes is a 5K run/walk and 10K run that will begin at Terry Sanford High School, Justin's alma mater. The course runs through the scenic Haymount area as well as the Fayetteville Technical Community College Campus and will finish at Terry Sanford's High School baseball field. Participants are encouraged to wear their best Derby Run hat and/or costume. Prizes will be awarded to the top 5K and 10K finishers. Additional awards will be given for best costume, best decorated derby hat, best decorated stroller, first dog to finish, first stroller to finish and largest team. Check <https://its-go-time.com/the-derby-run/> for details.

Beat the Bridge 10K and 5K:
Saturday, May 18, 8 a.m. for 10K start and 8:10 a.m. for 5K start at Riverwalk Park, 421 Court St., Jacksonville, North Carolina Presented by Marine Chevy, the event will highlight the beauty of the city of Jacksonville, the commitment of the military community and local communities working together and the determination and optimism of local athletes. Part of the proceeds benefit the Semper Fi Fund. Participate from anywhere. Register for one of our virtual categories. Check <https://runsignup.com/Race/NC/Jacksonville/BeattheBridge10k5k> for details.

Race 13.1 Raleigh Spring Half Marathon:
Saturday, June 1, 7:15 a.m. half marathon start and 7:30 a.m. 5K and 10K start, at 4217 Six Forks Road, Suite 100, Raleigh, North Carolina. The eighth

annual Race 13.1 Raleigh will feature a course along the Crabtree Creek Greenway. The half marathon, 10K and 5K event will start in midtown Raleigh's premier shopping and dining destination, North Hills, before entering the fast, shaded Crabtree Creek Greenway for an out-and-back portion that finishes back in North Hills. Returning runners will be given the chance to conquer Lassiter Hill. Each racer will receive a tech T-shirt. Half marathon finishers receive a finishers medal. Check <https://race131.com/races/race-13-1-raleigh-nc-spring/details> for details.

Get Fit

Yoga and Beer with Robin:

Enjoy yoga and then drink beer. Pinky Pig will be coming through to serve up some great barbecue. Come to the bar and enjoy any number of delicious post-yoga beers **Sundays** from 11 a.m. to noon at Hugger Muggger Brewing in Sanford.

CrossFit Community Workout:

Every **Saturday** at 10 a.m. CrossFit Haymount hosts a free community workout. This is a fun way to meet new people and start the weekend with some fitness! The workout is always something that anyone can do and is usually done in partners or teams. Bring a smile, water, gym shoes and a friend or two. Please contact management@crossfithaymount.com with any questions.

Yoga in the Garden:

Cape Fear Botanical Garden (CFBG) 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 CFBG from 6 to 7 p.m. every **Wednesday**. Improve flexibility, build strength, ease tension and relax through posture and breathing techniques for beginners and experts alike. Bring a yoga mat, a water bottle and an open mind to enjoy this all-levels class. Pre-registration is required. Call (910) 486-0221, ext. 36 or stop by the garden to register. Free for CFBG members and YMCA of the Sandhills members; \$5 for guests.

Aqua Cycle:

Tired of a normal spin class? If the answer is "yes," then join us for aqua spin. Classes take place at the Tolson Indoor Pool on **Tuesdays** and **Thursdays** at 10 a.m. and noon and **Saturdays** at 10 a.m. Check the MWR website www.bragg.armymwr.com for the schedule.

Yoga for Veterans:

Join Yogi Oasis, located at 74 Son-Lan Parkway, Suite 103 Garner, North Carolina, for a gentle mat class for veterans with sufficient mobility and experience the benefits of yoga. Some props are available for support. No experience required. Classes are held at 11:30 a.m. on the **second Sunday** of the month.

Kickboxing:

An aerobic exercise combined with boxing and traditional martial arts movements. Strengthen and tone your muscles with a variety of punches, strikes and kicks to develop killer legs, toned arms and abs. This class is offered at Towle Courts and 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**. 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 or to sign up for this program or a personal assessment, visit our specialized training webpage at bragg.armymwr.com/programs/specialized-training.

CLASSIFIEDS

Classifications

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

Deadlines

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

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classifieds@fayobserver.com to place your ad.
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110 Administrative/Professional
City of Fayetteville
For Job listings go to:
fayettevillenc.gov/jobs

135 Skilled Trades
EXP. PAINTERS FOR NEW CONSTRUCTION SITE Must have own tools & transportation. Call Tammy at 910-257-0724

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

209 Brick/Masonry
BRICK WORK AND CONCRETE WORK: New homes, additions, fireplaces, steps, driveways, sidewalks. No job too small. 910-723-3628

223 Child Care
Panda Daycare 260 Meed Court NOW ENROLLING ALL AGES Call 868-0909 or 867-0038

249 Home Additions/Improvement
SIX WISEMEN PAINTING CO: Free est.- free pressure washing, fire-rotten wood repair...vinyl siding labor neg..painting labor neg..call Lewis..910-309-9102

257 Lawncare



ANTMAN'S LAWCARE: Cheap and efficient lawn care services with a quality look. Prices starting at \$25/1 (910) 797-7078

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

305 Furniture
Furniture For Sale - 2 Floral Green Chairs w/Ottomans, Grandfather Clock, China Cabinet, Large White TV Cabinet All 4 items \$800.00 Call 910-295-5389

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



SIBERIAN HUSKY: puppies ready to meet their new family blue eyes beautiful markings perfect masks UTD shots/wormer basic & potty training already started. 910-827-9225

MINI SCHNAUZER PUPS: UKC Reg., shots, wormed, tails docked. Males & Females \$400. 919-207-7104 OR 910-892-4242



LABRADOR RETRIEVER: Snow White English Labrador Retriever Puppies. Ready to go now (4 females) 8 weeks old, Well Socialized, Health Guarantees, UTD on shots/worming. Great reviews on website- oldnorthstatelink.com Discounted to \$1000. Call Donnie (910) 874-1510



LABRADOR RETRIEVERS: AKC, black, 5 males available May 12. \$1000. Sire is master hunter and Dam is senior hunter. Dewclaws removed, dewormed, first shots will be given. Contact Berry Stephens 910-612-3613



FREE TO A GOOD HOME: This is Heidi. She is 10yrs old. She is loveable and friendly. Her shots are up-to-date. She would make a great companion for a senior who needs a furry friend. Call (910) 267-1893.



SIBERIAN HUSKY: Pups, AKC. Gorgeous blue eyed pups with sweet dispositions! Health guarantee. \$550 each. 919-820-5016



COCKER: Pups, M/F, Pos and AKC/verified UTD meds. Pet pricing \$700.00. 910-567-2013



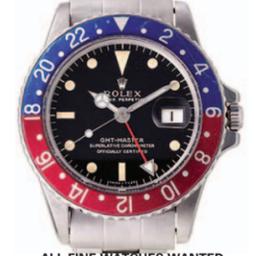
SIBERIAN HUSKY: Puppies for sale. Shots, wormed UTD \$400.00 Call Carey 910-738-7848 or 910-674-1477

342 Sporting Goods



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

374 Wanted to Buy



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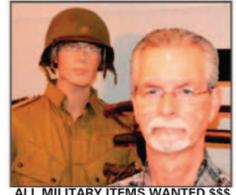
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ALL MILITARY ITEMS WANTED \$\$\$ CIVIL WAR, WW1 WW2, VIETNAM WAR, WARPATH Military Collectibles 819 Hope Mills Rd ED HICKS 910-425-7000

375 Yard Sale

DOWNTOWN - 300 Maiden Lane FRIENDS OF THE LIBRARY BOOK SALE - MEMBERS ONLY! Tue. May 14th, 4pm to 7pm YOU CAN JOIN AT THE DOOR! BE AWARE - PARKING CHALLENGES EXIST Cash and Debit/Credit Cards Accepted w/10 min purchase 910-483-7727 ext. 1304

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Cottonade 4 br 2 1/2 ba, new hrdwd & carpet, over 2,000 sqft. 18 x 23 den, outside 12 x 20 workshop w/ electric \$1250. DANIELS REAL ESTATE (910) 887-7156

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656 Mfg. Homes for Rent

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BRAGG AREA/FAY: 1Br Mobile Hm \$335, 2Br Dplx \$410. Certain pets okay. We do criminal bkgd check. Call: 910-574-6654

659 Rooms/Efficiencies



BROADELL AREA: Furnished Room for Rent. Security deposit, Proof of Income, and Police Check required. \$ 450 per month with Private Bath. Call 301-655-3413. HIGHLAND LODGE-Furn. Units/ Kitchens, Cable, & Util. included & Laundromat. 2715 Raeford Rd 910-678-9554 \$189-\$229/wk

703 Houses for Sale



US TREASURY DEPT. PUBLIC AUCTION - Tues. 5/21 at 2PM onsite at 209 Northstone Pl, Fayetteville, 7003 sf, 5BR, 5.2BA, kitchen w/3 pantries, living rm, dining rm w/wet bar, keeping rm, bonus rm w/wet bar, gym/yoga rm w/sport tub, laundry rm, salon rm off master BR, 4 fireplaces, 3-car garage, circular drive. Fenced, covered patio/decking, inground pool w/hot tub. OPEN: Sat. 5/11 & 5/18 from 1-4. www.cwsmarketing.com 703-273-7373



US TREASURY DEPT. PUBLIC AUCTION - Tues. May 21 at 10 AM, 179 Oakridge Dr., Raeford, 3,074 sf., 4BR, 4.1BA, kitchen w/breakfast nook, living room, dining room, family room w/fireplace, laundry, 2nd floor bonus room, enclosed porch, deck, 2-car garage, fenced. Located in the Brownstone Farm community. OPEN: Sat. 5/11 & 5/18 from 1-4 PM. www.cwsmarketing.com 703-273-7373

717 Acreage

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

830 Motorcycles/Dirt Bikes

1989/ 1500 GOLD WING TRIKE 104,350 MILE. NO HAGGLE Pricing!! Sold in BID PROCESS. Bids Starting AT \$5500. NO Known Mechanical Problems. View at 315 Main St - Raeford on Sat. 5/11 from 1-3p or Call 910-875-2220. Bidding Will Be Open 1 Week!!

845 Trucks-Heavy Duty

HAUL TRUCK: 1995 Ford F350 Recently rebuilt engine and transmission. It's a 1 ton u-haul truck with a 14ft box. Runs great, 5,000.00 or best offer. Contact Tim at 910-429-4099

875 Cars For Sale

2001 HONDA ACCORD 4CYL 274,000 MILES; GOOD CONDITION. \$3,000 CALL 910-580-9157 OR 910-875-9352



EARN \$125 CASH
\$125 Cash paid for focus group participation. No experience needed. Earn \$125 in cash for 4 hours of offering opinions on court cases. Groups held in Fayetteville, NC on **Thursday, 5/16 from 6-10pm; Friday 5/17 from 9am-1pm and 2-6pm.** All ages and education levels welcome. You must be 21 with a valid ID. To apply call Focus Group on **Thursday, 5/9 ONLY between the hours of 8:30am and 2:30pm at 903-646-8957.** Calls will not be accepted at any other times.

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Advanced Insulation, Inc. is in search of skilled **Mechanical Insulators** with at least 5 years experience in the field installing HVAC, chilled water pipe, hot water pipe and steam and condensate insulation. The job requires a hard hat and safety harness; all other PPE will be provided. In addition to PPE, insulators must have a valid state issued ID to gain access to military bases where we conduct some of our work. To submit an application please call the office at 336-274-2220 ext.1 to speak with Savannah Avila to schedule a time to come in to fill out an application and have an in person interview.

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

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