

THE PARAGLIDE

Telling the Fort Bragg Story™

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INSIDE THE 'GLIDE'

FOCUS - B



Operation Hickory Sting: "Tactics win battles, logistics wins wars." North Carolina National Guard Soldiers conducted a 24 hour training battle at Fort Irwin, California.

LIFE - C



Breaker 1-9: Boy Scouts from all around North Carolina visited the 50th Expeditionary Signal Battalion (Enhanced) to learn about radios and communications systems.

SPORTS - D



Panther Prowl: Carolina Panthers running back Christian McCaffrey held a two-day NFL professional football camp for military children, July 11 through 12, at Hedrick Stadium's turf field.

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Vice President Mike Pence visits Fort Bragg



Vice President Mike Pence arrives at Fort Bragg with Congressman Richard Hudson, representing North Carolina's 8th Congressional District.

Inset: Pence speaks to Soldiers at Pax Shed 3, Wednesday.

Photo by Alyson Hansen/Paraglide

BY ALYSON HANSEN
 PARAGLIDE

Vice President Mike Pence visited Fort Bragg, Wednesday. Pence spent the afternoon with Special Operations Soldiers talking about various aspects of their training. He concluded his trip with a speech at Green Ramp's Pax Shed 3 before departing.

Around 630 Soldiers were in attendance at the vice president's speech, including Maj. Gen. Brian J. McKiernan, deputy commanding general, XVIII Airborne Corps and Fort Bragg, who introduced Pence.

Eight Soldiers were also chosen to sit on tactical vehicles behind Pence as he spoke. Spc. Richard Heise, 2nd Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, was one of them.

"I thought it was pretty cool; I've never really met anyone famous before," Heise said. "Two days ago I didn't even know (Pence) was coming. It was a pretty great opportunity when they asked if I wanted to go to this. It sort of escalated from there. They said, 'hey, you're going to be up on the stage.'"

Pence spoke to all of the Soldiers in attendance about the importance of

what they do on a day-to-day basis.

"You step forward to protect our families and our nation — our freedom. You put on the uniform, the greatest of all volunteer military assembled in history," Pence said. "The Armed Forces of the United States of America are the greatest force for good in the history of the world, and you are a part of that. You chose to be a part of it, to leave a legacy of freedom for generations."

Pence introduced his national security advisor, retired Lt. Gen. Keith Kellogg, the 35th commander of the 82nd Abn. Div. Kellogg, surprised at being honored on stage, told those in attendance how happy he was to be back at Fort Bragg and at Green Ramp.

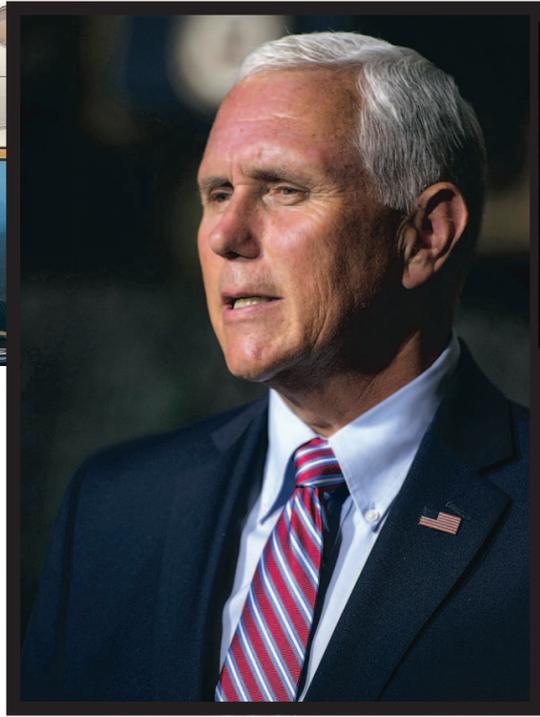


Photo by Lewis Perkins/Paraglide

"When the emergency deployment phone rings, it's picked up here at Fort Bragg."

- Vice President Mike Pence

Pence followed up Kellogg by talking about the legacy of Fort Bragg, from its beginnings as a camp in 1918 to the largest U.S.

military installation in the world.

"When the emergency deployment phone rings, it's picked up here at Fort

Bragg," he said.

Pence also spoke about how the generations before fought for the U.S., including his father. That resonated with Heise.

"He talked about most of the reasons why I joined," Heise said. "My dad and my grandfather were both in, so when he talked about people fighting for the best country in the world, that really hits me. That's all my dad and grandpa ever talked about. They did a lot for this country, that's what I want to do."

The theme of Family struck a chord with others as well.

"I always wanted to be in the military; my grandfather was in World War II," said Spc. Sean Corcoran, 82nd Brigade Support Battalion, 3rd BCT, 82nd Abn. Div. "Regardless of what people think of him or the president, his words today showed he really does care, not just about the military. That's how it should be. You could hear the emotion in his voice."

Pence showed his appreciation for the Soldiers throughout his speech, recognizing several attendees for acts of valor in their careers.

"You all come from the rest of us, but you are the best of us," he said. "You are Army strong and the American people know it."



Photo by Alyson Hansen/Paraglide

Vice President Mike Pence takes photos with Soldiers at Green Ramp's Pax Shed 3, Wednesday. Pence spent time after his speech to greet Soldiers and Families.

82nd Airborne Division Gold Star Family honored with restored car

BY STAFF SGT.
 ANTHONY JOHNSON
 2ND BCT, 82ND ABN. DIV.

Gone but never forgotten. It's a common phrase often used to honor the memory of deceased loved ones.

Twelve years after his death, Sgt. 1st Class Keith Callahan was remembered during a special presentation at Segra Stadium prior to a Fayetteville Woodpeckers game, July 12. His Family received a restored car donated by Caliber Collision and State Farm.

Callahan was a paratrooper assigned to 2nd Battalion, 325th Airborne Infantry

Regiment, 2nd Brigade Combat Team, 82nd Airborne Division. He was killed in action during a deployment to Iraq in 2007.

Callahan's spouse, Dody, was nominated by the non-profit organization Tuesday's Children to receive the car.

The car will enable the Callahan Family, who have used one vehicle for three children living at home, drive to work, school, sports and routine medical appointments.

Callahan's 19-year-old son, Devin, was invited to throw the first pitch.

"It's so cool to be here and to have all these people



Photo by Staff Sgt. Anthony Johnson/2nd BCT, 82nd Abn. Div.

Brady and Brooke Callahan, along with Fort Bragg Soldiers participating in Caliber Collision's Changing Lanes program share a group photo in Fayetteville, July 12.

here to show support for our Family," he said.

The 82nd Abn. Div. chaplain spoke to the crowd at Segra Stadium to attest to the life, service and sacrifice of Callahan and his Family.

"Sgt. 1st Class Callahan was a warrior, a patriot and an amazing leader of

paratroopers," said Chaplain (Lt. Col.) Brian Koyan. "So, we honor his sacrifice and his memory today and we also honor this tremendous Callahan Family. This Family embodies grace, strength and resilience. I am proud to have served with Sgt. 1st Class Callahan and

have called him a friend."

The vehicle was restored by Fort Bragg Soldiers participating in Caliber Collision's Changing Lanes program, which provides service members transitioning out of the military with no-cost training for a new career in auto body repair.

PARAGLIDE



Fort Bragg Voices

This week, we asked:
What is your favorite movie and why?



“‘Evolution.’ It’s super funny. My whole Family likes to watch it together.”
Spc. Charlene Brown,
690th GAC



“‘How the Grinch Stole Christmas.’ The one with Jim Carey. My mother made me watch it for 22 years every Christmas.”
Spc. Morgan Williams,
690th GAC



“‘The Longest Yard’ the original. It’s just a really good story.”
Danile Clemens,
FBES firefighter



“‘The Dirt.’ Because it shows a full scale of what your life can be from nothing to perfect.”
Brian Hessler,
FBES firefighter



“‘The Last of the Mohicans.’ It has everything in it: love, battles, honor; can’t get anything better.”
Tom McCollum,
Garrison Public Affairs Officer



Courtesy photo

In 2017, more than 1 million children were victims of identity fraud. Cybercriminals compromise various data sources and steal the personal identifying information of millions of people every year.

Child identity theft

How did my 6-year-old get a credit card?

By CID

Your child’s future looks bright. You’ve planned well. You’ve praised them, shared in their successes and taught them the value of honesty and ethics; grades are good; teacher reports are good; social skills are good. You’ve protected them from evil elements of society and taught them stranger danger.

You have thought of everything, or have you? Did you think about their identity? Your child’s credit history? “My child has a credit history?” you ask, slightly confused. Maybe.

In 2017, more than 1 million children were victims of identity fraud.

Cybercriminals compromise various data sources and steal the personal identifying information of millions of people every year. Children are included. Anything a thief can do with an adult’s identifying information can be done with a child’s information, including opening credit cards, obtaining mortgages and auto loans, opening lines of credit like utility accounts, applying for government benefits and more.

From the thief’s perspective, children make excellent targets. Their lives and their credit histories are blank slates — no entries good or bad and parents are unlikely to monitor or even check their child’s identity or credit. The havoc a cybercriminal can wreak on your child’s credit history probably won’t be discovered for years, maybe even decades. By then, the cybercriminal has moved on and any evidence that might be gathered is gone.

In about half of child identity fraud cases, the child discovers the theft themselves when they apply for credit as an adult, only to discover they are not considered creditworthy

— years of bad debts, debt collections and credit charge-offs have taken their toll.

On the surface, correcting the problem seems like an easy thing to achieve. After all, any debt or loan attributable to a 9-year-old must be a mistake, right? However, 10 years later, one quarter of child identity fraud victims are still dealing with credit issues.

Watch for Warning Signs

- Your child is denied government benefits because they are already being distributed to someone else.
- Your child receives preapproved credit offers.
- You receive an IRS or state tax authority’s notice that you’re no longer allowed to claim your child on your tax return because the child’s Social Security number has already been filed.

Protect Your Child’s Identity

- Protect personally identifiable information, also known as PII. Tell your children to do the same in terms they can understand.
- Be aware of where and how you release your child’s PII. Some school forms require PII. Ask if there is a policy to protect it.
- Ask how PII will be used. Is the PII released to third parties like booksellers, discount health insurance providers or others?
- On forms that request a Social Security number, leave the field blank until you are told the field is required — and ask what happens if you don’t provide a number. Often, there are no consequences.
- Consider freezing your child’s credit. A credit freeze makes it much more difficult for cybercriminals to exploit PII.
- Ask the three major credit reporting companies if your child has a credit file.



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Photo by Patricia Beal/WAMC

Stephanie Ortecho holds her newborn son at Womack Army Medical Center as they prepare to go home on July 10. Stephanie, like 96% of moms who give birth at Womack, donated life-saving umbilical cord blood.

Womack moms save lives

BY PATRICIA BEAL
WAMC

Stephanie Ortecho took her newborn home to an energetic brother and a sister, to dad and to their Army life July 10. Their birth story is not over though. When they went home, they left behind hope for other families. Stephanie and baby Emiliano donated umbilical cord blood. “Seemed like a waste to throw it out, so I said, ‘yes,’” said Stephanie, who delivered her first two babies in New York and had never heard of cord blood banks until she arrived at Womack Army Medical Center. Ninety six percent of moms who give birth at Womack donate life-saving umbilical cord blood to the Carolinas Cord Blood Bank (CCBB). The CCBB is a public cord blood bank that collects, tests, processes and stores cord

blood that may be used to treat patients with cancer, sickle cell or life-threatening genetic diseases requiring a life-saving transplant. “We’ve been here for almost 10 years,” said NaTasha Randall, the clinical research coordinator for CCBB at Womack. “Up until this point we’ve had 50 units that have been transplanted to children.” Womack is one of only two military hospitals with a cord blood donation program. The other one is Tripler Army Medical Center in Hawaii. Military Families have a great standard of care and great ethnic diversity, making Army mothers great donors, said cord blood collector Melanie Gagliano. So far this year, units collected at Womack were used to treat acute lymphoblastic leukemia, adrenoleukodystrophy and myelodysplastic disorder (MDS/myelodysplastic syndromes), Gagliano said.

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Participation is voluntary and part of an ongoing research study at Duke University.

If you have questions about the program, please call 919-668-1116 to speak with a CCBB staff member or 910-643-2517 to speak with a member of the Womack collection team.



Sometimes units are used for research. Cord blood was found to reduce inflammation in the brain, and based on that research, there’s a clinical trial going on at Duke University this year involving cord blood therapies for children with autism. “That got me,” said Stephanie, who has a family member with autism. “If we all do it and help a little bit — not just with cord blood donation, but life in general — we could make a difference.” The director of the CCBB, Dr. Joanne Kurtzberg, is a world renowned stem cell and research pioneer from Duke University and performed the first unrelated cord blood transplant in the world at Duke in

1993, Randall said. Donating cord blood doesn’t change a mom’s birth experience in any way. That includes delayed clamping. “We can collect after that,” Gagliano said. “There’s a lot of misinformation out there about being able to do both, and moms when they come here have the option of doing one or the other or both.” To become a donor, expecting mothers should talk to their doctor or midwife. The mother will be asked to review and sign a consent form prior to delivery and will complete a medical history form. For more information, contact the Womack collection team at (910) 643-2517.

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82nd Airborne Division Sustainment Brigade Change of command, change of responsibility ceremonies

By **SGT. 1ST CLASS JASON RAGUCCI**
82ND ABN. DIV. SUST. BDE.

The 82nd Airborne Division Sustainment Brigade is charged with packing parachutes, rigging equipment and providing other support for the division.

The unit's efforts during the storm showed how it can respond in a crisis, according to Col. Jon P. Beale, who relinquished command of the brigade, June 21.

"It's amazing to see," he said. "It's what we train for every day."

Beale had been the unit's commander for two years. Col. Herman "Jay" L. Johnson assumed command at a ceremony at Pike Field.

Command Sgt. Maj. Roberto Perez relinquished responsibility to Command Sgt. Maj. David O. Nelson during the ceremony. Johnson said he was humbled and blessed to take command of the brigade. He deployed to Iraq with the unit for 15 months in 2006 to 2007.

"I feel like it's a homecoming," he said. Maj. Gen. James Mingus, commander of the 82nd Abn. Div., praised the brigade's work during the hurricane.

The unit's paratroopers rescued 112 dogs,

29 cats, two parrots and two horses. They also delivered about 1,000 cases of water and nearly 900 cases of Meals, Ready to Eat. Mingus said the unit packed 125,000 parachutes last year.

"There's nothing this division could do without the sustainment brigade," he said. "You are our lifeline."

Mingus said the division's officials have a heavy heart as they say goodbye to Beale and Perez. Beale will move to Fort Bragg's U.S. Army Special Operations Command, where he will work in logistics. Perez will be serving in Korea.

Beale said commanding the brigade was the highlight of his 27 years in the Army.

"It's an immense honor to serve with America's sons and daughters," he said.

Mingus called Johnson and Nelson a "great command team." He said, Johnson is no stranger to Fort Bragg.

"You are the right leader at the right time to lead this brigade," he said

Johnson told Mingus that he and Nelson are grateful for the opportunity to lead the brigade.

"We are prepared to give the shirts off our backs and the boots off our feet to support the division," he said.



Photo by Sgt. 1st Class Jason Ragucci/82nd Abn. Div. Sust. Bde.

The 82nd Abn. Div. Commander, Maj. Gen. James Mingus, passes the 82nd Abn. Div. Sust. Bde.'s colors to the new incoming Commander, Col. Herman "Jay" Johnson on Pike Field, Fort Bragg, June 21.

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Photos by Sgt. 1st Class Robert Jordan/North Carolina National Guard

Soldiers of the North Carolina National Guard's 630th CSSB, 113th Sustainment Bde. prepare for supply convoy duty supporting the NCNG's 30th ABCT at NTC in Fort Irwin, California, July 9.

OPERATION HICKORY STING

Keeping NC Guard Soldiers in the fight

By SGT. 1ST CLASS ROBERT JORDAN
NORTH CAROLINA NATIONAL GUARD

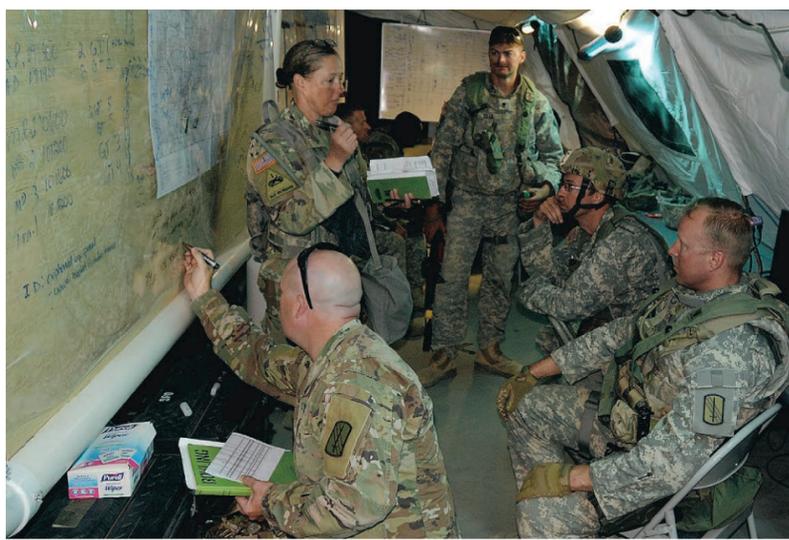
FORT IRWIN, Calif. — "Tactics win battles, logistics wins wars," according to an ancient and anonymous military axiom.

This saying was proved by Operation Hickory Sting across hundreds of square miles of the High Mojave Desert. About 4,200 Soldiers of the North Carolina National Guard's 30th Armored Brigade Combat Team (ABCT) with 350 armored vehicles and more than 1,500 other wheeled vehicles maneuvered and fought in 24-hour operations against an Opposing Force (OPFOR).

The OPFOR consist of U.S. Army peers who mimic weapons and tactics of the most current real-world threats at the National Training Center (NTC) in Fort Irwin, California, in the heat of early July.

Multi-million dollar jet turbine powered tanks burn through thousands of gallons of fuel. Soldiers pushed to their limits needing food and water, but continued their mission because of the Soldiers of the 630th Combat Sustainment Support Battalion (CSSB), 113th Sustainment Brigade.

"We bring the warfighter the required supplies so they can continue the fight," said Lt. Col. Tom Petzold, 630th CSSB commander.



Lt. Col. Tom Petzold, seated back right, commander of the 630th CSSB, 113th Sustainment Bde. coordinates logistics operations supporting the 30th ABCT with leaders of the CSSB at their tactical operation center at the NTC.

The 630th CSSB Soldiers operated out of their logistical support area (LSA), a collection of transport trucks, repair and maintenance bays, generators, fuel tanks and tents housing the tactical operations center (TOC).

At the TOC, leaders scour maps, lists of vehicles, manage crews and log available supplies. They match the capabilities of the unit against the resources demanded by modern military operations. Convoy commanders briefed drivers on the next mission huddled around their desert camouflage trucks.

On order were a 10-wheeled M1074A1 Palletized Load System (PLS) and M1088 Medium Tactical Vehicles (MTV) truck engines. The vehicles whined as the convoy departed into the scrub and bush covered hills.

Long lines of the PLS and MTV trucks snaked across dusty roads

providing everything a brigade at war needs. Armored humvees with M2 .50-caliber machine guns pulled security as convoys arrived in units of the 30th ABCT's 230th Brigade Support Battalion.

There the supplies were dispatched to resupply the 30th ABCT Soldiers and armored forces, Abrams tanks, Bradley fighting vehicles, paladins, armored personnel carriers, Hercules recovery vehicles and other armor.

"Every aspect we do in the real world, we can do at NTC," Petzold said.

The convoys returned to continue the round-the-clock operations under the watchful eye of Soldiers dug in on the perimeter of the LSA as the next convoy prepared to roll out.

"It (Operation Hickory Sting) is as real world as it gets without receiving live rounds," Petzold said.

TEAM 2220

Medical advisor in the field

By SGT. JORDAN TRENT
2ND SFAB

GHAZNI PROVINCE, Afghanistan — In a dimly lit room with only the evening sunset providing light through dusty windows, the modern hospital bed, sterile packaged supplies and western medical equipment was in striking contrast with the cracked paint on the walls, flies and the Afghan medical team.

A group of medical professionals tended to a wounded Afghan soldier who was in a vehicle struck by an improvised explosive device. The incident left him bleeding from a lesion on his forehead and with a broken wrist. While caring for the soldier looks of concern from the medical staff calmed when Staff Sgt. Isiah Hudson, a combat medic and medical advisor assigned to Advisor Team 2220, Company B, 2nd Battalion, 2nd Security Force Assistance Brigade (SFAB), said, "This guy is going to be OK."

Advisor Team 2220 is stationed at Mission Support Site (MSS) Sultan, an expeditionary advisory platform located in the heart of Ghazni Province, Afghanistan, between mountains, a desert and an enemy fighting against the 3rd Brigade, 203rd Corps Soldiers of the Afghan National Army (ANA). The Advisor Team is on day 14 of a 21-day mission.

"I have some personal ties to Afghanistan," Hudson said "This isn't my first trip over here. In previous deployments, people have perished — Americans, ANA and Afghan civilians — that have stuck with me from those previous deployments. "It made me want to take the expertise I've managed to gain from my years in the Army and give back to the guys over here."

The 2nd SFAB is in Afghanistan to train, advise and assist their Afghan counterparts in their fight. There is a shared understanding among the Advisors at MSS Sultan that all soldiers, regardless of what country they are from, are fighting for their country.

Hudson trained his Afghan partners to provide immediate medical aid to injured soldiers. He also showed them how to provide sustainable aid to soldiers who require more treatment until they are evacuated to a facility with a higher level of care.

Working in a 12-man advising team, Hudson trained other members on advanced medical care.

"I wholeheartedly believe that medicine is a team effort," he said "I train my team with the idea that if something happens, I'll be the one it happens to. Everyone has a baseline knowledge on my team. I don't train on what I think they can handle, I train them on everything I know and we train quite a bit."

Hudson trains the Afghan soldiers in life-saving medical treatment as well.

"I think they were already doing a pretty good job when I got here," Hudson said. "Going there to help is not for me personally to get involved in what they're doing. It's a way for me to push them to the level that I have seen they have the ability to work. It's a time where they can say, 'Hey, we have what it takes and we can show the Americans we have what it takes to take care of this guy.'"

Hudson works within medical guidelines called medical rules of engagement when assisting the Afghans or other partners. He advises at the point of need, but training is a constant task that involves mentoring when he sees a moment to teach a new skill or helping when it can save a life.

"They showed up here one night, unsure if we were going to help them or not," Hudson said. "We went through extremes to help those guys out and that was in the middle of the night. It gained us the rapport we needed but more importantly, it was the right thing to do. Advising starts with empathy for your partner."

Hudson said relationships matter, even though everyone is from different countries with different base lines. Once a relationship is built, the Advisors can start influencing what their partners are doing on the tactical and planning sides.

Hudson and the rest of Advisor Team 2220 will continue to train, advise, assist and enable their partners to support a political settlement and safeguard the nation's interests.



The 30th ABCT Soldiers deployed for Operation Hickory Sting for the most current combat training available in the U.S. Army preparing them for deployment overseas later this fall.

Embracing a new culture at Army Futures Command

By SEAN KIMMONS
ARMY NEWS SERVICE

AUSTIN, Texas — When Command Sgt. Maj. Michael Crosby first interviewed to be Army Futures Command's senior enlisted leader, he had no idea what to expect.

The command was still in its nascent stages with no headquarters building and he could only find a brief description of its vision to modernize the Army.

Instead, Crosby was focused on his experience on the battlefield and his observation of his troops defeating ISIS fighters in Iraq and Syria. The prospect of the new job seemed like a 180-degree departure from his post overseeing Operation Inherent Resolve's Combined Joint Task Force.

He reflected on the coalition troops he had lost during his tour. Then of the Soldiers who never returned home from his other deployments, including back-to-back tours to Iraq from 2005 to 2008.

He decided he wanted to help change how future Soldiers would fight, hopefully keeping them safer and making them more lethal.

"It's something bigger than myself," he said in a recent interview. "I'm fired up about this. This is a bold move by the Army."

Embedded with industry, academia

Inside a high-rise office building in the heart of Texas, the command's headquarters bustled on a weekday in late June.

Unlike other Army units, the office space felt more like that of an office, rather than a typical military workplace. The command had a low profile in its upper-floor nest inside the University of Texas System building overlooking downtown and domed state capitol.

Among the rows of cubicles, Soldiers wore no uniforms as they worked alongside federal employees and contractors. Many Soldiers went by their first name in the office, often frequented by innovators, entrepreneurs and academic partners.

The lowest-ranked Soldier was a sergeant and up the chain were



Gen. John Murray, right, commander of Army Futures Command, listens to innovators during a visit to Capital Factory in Austin, Texas. The command's Army Applications Laboratory now operates out of the startup hub in an effort to get closer to innovators.

senior executive service civilians and a four-star general. A few blocks down Seventh Street, another group of Soldiers and federal employees from the command were embedded in an incubator hub to get even closer to innovators.

The Army Applications Laboratory occupied a corner on the eighth floor of Capital Factory, which dubs itself the center of gravity for startups in Texas. The lab shares its space with other defense agencies and officials call it a "concierge service" to help small companies navigate Department of Defense's acquisition rules and regulations.

"They're nested and tied in with industry," Crosby said.

Crosby added, the command also provides research funding to over 300 colleges and universities including an Army Artificial Intelligence Task Force at Carnegie Mellon University in Pittsburgh that activated earlier this year.

In May, the University of Texas System announced it had committed at least \$50 million to support its efforts with the command, according to a news release.

More recently, the command agreed to a partnership with Vanderbilt University in

Nashville. As part of it, Soldiers with 3rd Brigade Combat Team, 101st Airborne Division's out of Fort Campbell, Kentucky would work with engineers to inspire new technology.

Soldiers up the road at Fort Hood may also soon be able to do the same at UT and Texas A&M University.

"That is what we're looking to replicate with other divisions in the Army," Crosby said. "It will take some time."

In on the ground floor

Since October 2017, when the Army announced its intent to create the command to be the focal point of modernization efforts, it wasted no time laying its foundation.

It now manages eight cross-functional teams at military sites across the country, allowing Soldiers to team with acquisition and science and technology experts at the beginning of projects.

The teams tackle six priorities: long-range precision fires, next-generation combat vehicle, future vertical lift, network, air and missile defense and Soldier lethality — all of which have since have been allocated \$30 billion over the next five years.

The next step was to place its headquarters in an innovative city, where it could tap into industry and academic talent to develop new technologies that give Soldiers an edge against near-peer threats.

After an exhaustive search of over 150 cities, the Army chose Austin. The move marked the start of the Army's largest reorganization effort since 1973, when both the Forces Command and Training and Doctrine Command were established.

The location away from any military post was intentional. Rather than being surrounded by a security fence, the command is surrounded by corporate America.

"We're part of the ecosystem of entrepreneurs, startups, academia," Crosby said. "We're in that flow of where ideas are presented."

As it nears full operational capability this summer, Futures Command has already borne fruit since it activated last August.

Its collaborative efforts have cut the time it takes project requirements to be approved from five or seven years to just three months or less. Once prototypes are developed, Soldiers are also more

involved in testing the equipment before it begins rolling off an assembly line. By doing this, the Army hopes to learn from past failed projects to meet Soldier expectations.

For instance, the Main Battle Tank-70 project in the 1960s went well over budget before it was finally canceled. New efforts then led to the creation of the M1 Abrams tank. Until the Army got the Bradley fighting vehicle, it spent significant funding on the Mechanized Infantry Combat Vehicle in the 1960s, which never entered service.

"So we're trying to avoid that," Crosby said. "We're trying to let Soldiers touch it. Those Soldier touchpoints are a big success story."

Culture change

Futures Command is a non-traditional military command. Its headquarters personnel, which will eventually number about 100 Soldiers and 400 civilians, are encouraged to think differently.

This culture has spread across the command, pushing many Soldiers and federal employees out of their comfort zone to learn how to work in a more corporate environment.

"The culture we really look to embrace is to have some elasticity; be able to stretch," Crosby said. "Don't get in the box, don't even use a box — get rid of the box."

Crosby and other leaders will often elicit ideas from younger personnel, who may think of another approach to remedy a problem.

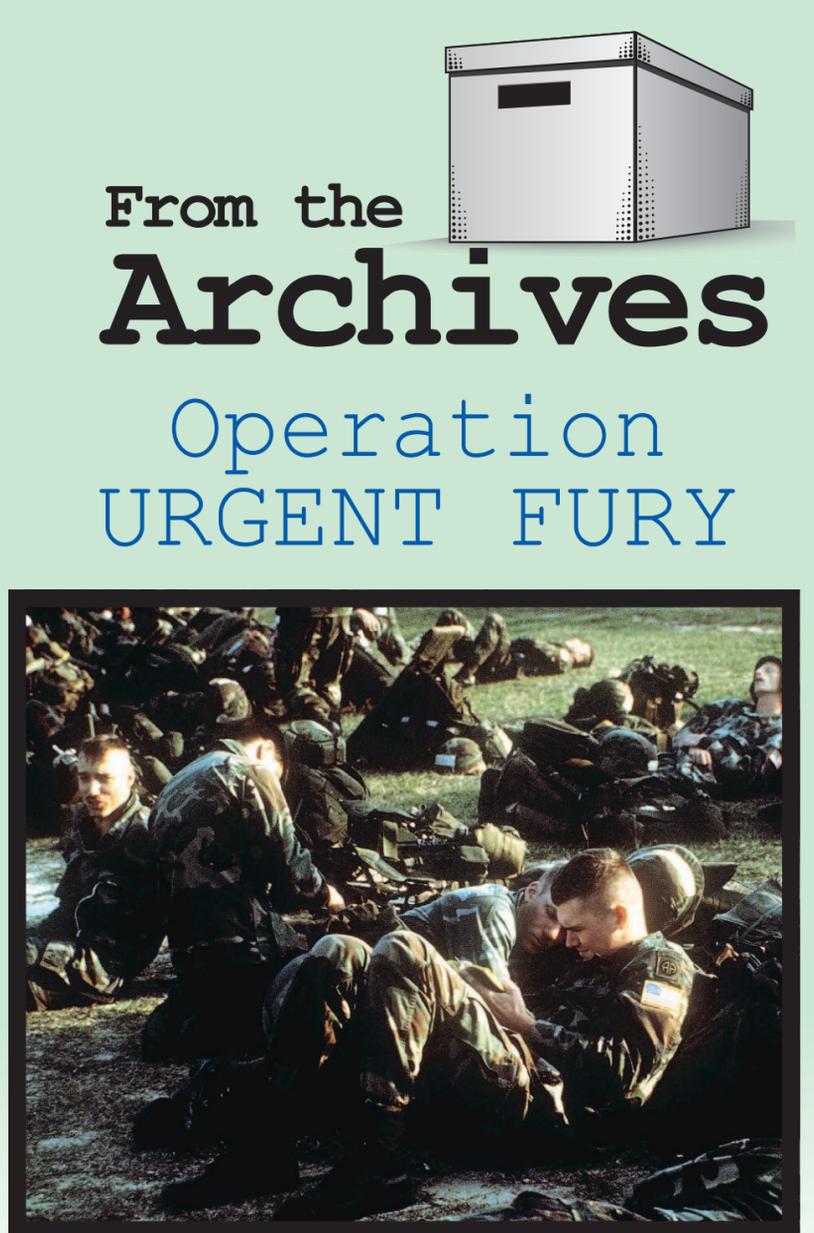
"I'm not going to somebody who has been in the uniform for 20 to 30 years, because they're pretty much locked on their ideas," he said. "They don't want to change."

A young staff sergeant once told the sergeant major the command could save thousands if they just removed the printers from the office. The move, which is still being mulled over, would force people to rely more on technology while also saving money on paper, ink and electricity.

Full article can be found at https://www.army.mil/article/224201/embracing_a_new_culture_at_army_futures_command



A member of the 82nd Abn. Div. uses a makeshift mirror while shaving during Operation URGENT FURY. The operation, which began Oct. 25, 1983, was a U.S. led invasion of the island of Grenada.



Members of the 82nd Abn. Div. relax while waiting to board an aircraft for deployment to Grenada during Operation URGENT FURY.

Photos courtesy of National Archives

'Walking blood banks' fill gap for medical care in field environment

By **EVE MEINHARDT**
FORSCOM PAO

While carrying a ruck sack may sometimes feel like the equivalent of carrying a refrigerator on your back, a ruck sack is not able to provide a stable, temperature-controlled environment for lifesaving blood products that might be needed in remote or deployed environments.

The XVIII Airborne Corps and the Armed Services Blood Program (ASBP) are partnering to identify Soldiers with blood type O who have low levels of antibodies in their blood. These individuals have the ability to provide an immediate blood donation to an injured person of any blood type that needs a transfusion at or near the point of injury.

"We are taking individuals with type O blood, who are already considered universal donors for packed red blood cells, and testing the levels of antibodies in their blood," said Lt. Col. Melanie Sloan, director, Fort Bragg Blood Donor Center. "Everyone has antibodies. They are naturally occurring and can attach themselves to transfused blood cells. The titer testing helps identify individuals with lower levels of these antibodies."

The Army is currently using the standard of 1 to 256 for the level of antibodies in the individuals identified as low titer O. When a person with blood type A or B needs blood and is receiving blood from a type O donor, the lower level of antibodies will make it easier for the body to accept the different blood type. Low titer O blood can be given to anyone in need, regardless of their blood type.

1st Lt. Robert Blough, the physician assistant for the 82nd Airborne Division Artillery (DIVARTY) and a former



Photo by Eve Meinhardt/FORSCOM PAO

Sgt. Charles Moncayo, 82nd Abn. Div. Band, gets his blood drawn as part of the low titer O testing at a blood drive hosted by the 82nd Abn. DIVARTY, June 7. The XVIII Abn. Corps is identifying Soldiers with blood type O who have low levels of antibodies in their blood. These individuals have the ability to provide an immediate blood donation to an injured person of any blood type that needs a transfusion at or near the point of injury.

Special Forces medical sergeant, arranged for Soldiers in his unit to get tested for low titer O and also helps with mobile training teams to teach others how to perform field blood transfusions. He said he is passionate about implementing this program across the force because he has seen first-hand how it can save a life.

"In 2007, I had an Iraqi get shot in (the) lower abdominal area," Blough said. "He was bleeding out internally, not overly fast, but there was nothing I could do to stop the bleeding inside him. The MEDEVAC (medical evacuation) got delayed. We

were sitting on a mountaintop with this guy and I did not have the ability to transfuse blood to save his life."

Blough said that experience led him to volunteer for the working group spearheading the efforts to identify and screen fresh whole blood donors within the XVIII Abn. Corps.

The ability to transfuse blood while on the battlefield or at a remote location is hardly new and its effectiveness has been proven throughout history.

"We were doing this in 1918 during World War I," said Lt. Col. George Barbee, deputy corps surgeon, Task Force

Dragon, XVIII Abn. Corps. "We were still doing whole blood transfusions in World War II up through the conflicts in Korea and Vietnam."

Barbee said the Army transitioned from whole blood to component therapy in the 1970s. He said that while breaking the blood down into components is effective for treatment of some disease processes, it's not a feasible option for an immediate need for blood in the field.

"We have done a lot of studies to see what the best method was for saving lives through transfusion," he said. "They pointed

back to whole blood."

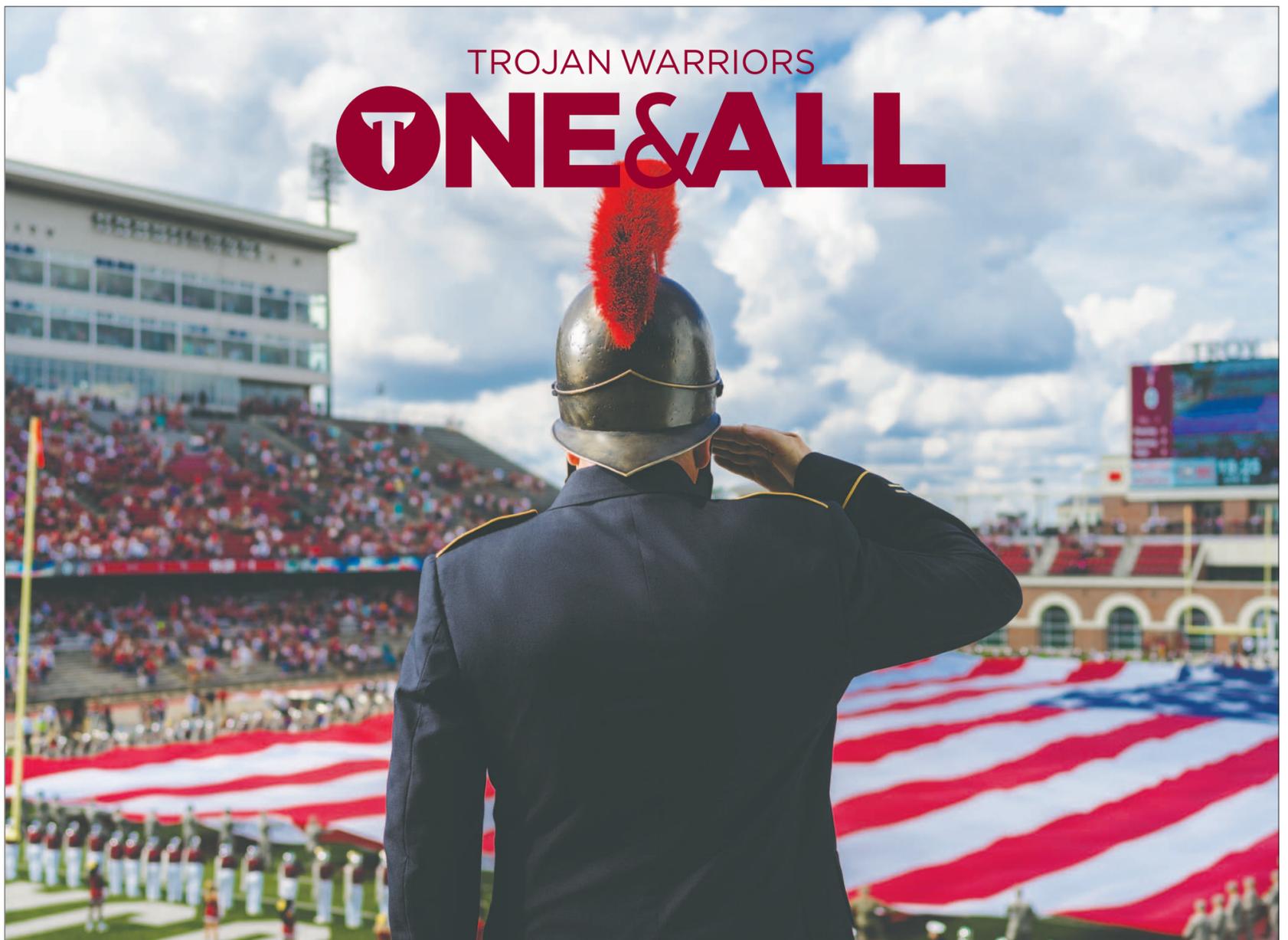
The ability to identify low titer O Soldiers provides an agile and flexible approach to accessing the lifesaving measures that whole blood provides. The ASBP is increasing the amount of low titer O whole blood that it stocks on its shelves for rapid deployment and emergency measures.

However, blood needs to be stored in a temperature-controlled environment and bags of blood are not always readily available in a time of crisis. The pre-screened and identified Soldiers provide an instant supply if one of their peers is injured and needs a transfusion.

Each of the identified Soldiers is regularly tested for a variety of blood-borne diseases to ensure their safety and the safety of others. Patient privacy still applies for identified donors. If they are removed from the roster, the information is kept confidential and only revealed to the patient.

While the identification of being a "walking blood bank" might seem a little odd for the Soldiers who have this universal blood type, they are instrumental to efforts to improve survivability and mobility for the Army. Barbee hopes to someday see the program implemented across the Department of Defense.

"We completely support the XVIII Airborne Corps' whole blood initiative," said Col. John J. Melvin, chief nurse and chief of clinical operations, U.S. Army Forces Command Surgeon's Office. "It closes the gaps that we see on the battlefield for blood supply at role one and conditions of prolonged field care. In order to provide the best opportunity of survival for our Soldiers, the whole blood program is essential for our successful treatment of combat casualties."



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Breaker 1-9

Boy Scouts of America troops learn from Soldiers, earn Radio Merit Badges

By ALYSON HANSEN
PARAGLIDE

Soldiers with the 50th Expeditionary Signal Battalion (Enhanced), 35th Theater Tactical Signal Brigade, hosted around 50 Scouts to earn their Boy Scouts of America Radio Merit Badge, July 11.

Soldiers and civilians were set up at nine stations throughout the battalion headquarters to teach the youths about radios of all types during round robin sessions. At the end of the morning, Scouts had the opportunity to show off their new radio knowledge and earn their merit badges.

Sgt. 1st Class Ommannan Gonzalez, an electromagnetic spectrum manager with Headquarters and Headquarters Company, Exp. Sig. Bn. (E), was the organizer of the event. Gonzalez is also an assistant scoutmaster for Troop 716 at Stony Point Church in Hope Mills. He became interested in the Boy Scouts two years ago when he got back from Korea. His son had joined the Scouts and Gonzalez had heard stories about the things his son's troop was working on.

"I went and saw what they were doing and saw how amazing it was," he said. "I wish I had known about it sooner. It really is an amazing program. It's designed to develop our youth to be leaders. It's all focused around leadership, while at the same time allowing them to get all kinds of skills they might need to be successful in life."

Gonzalez has been working with radios for the past 18 years and said he got the idea to put together a radio round robin day for the Scouts one morning.

"One morning I woke up and I thought, you know what? I work at a signal battalion, I've been working with radios for over 18 years. Why don't I ask and see if there is something I can do to help the community and bring interest to the Scouts in regards to radios and engineering?" Gonzalez said. "We have all of the equipment here, we have the ability to do it here, I've got the knowledge. Why don't we try to put this all together?"

He took the idea to Lt.



Photos by Alyson Hansen/Paraglide

Soldiers show Scouts the Terrestrial Transmission Line of Sight (TRILOS), a radio that requires line of sight to transmit data to another TRILOS station. The TRILOS can be set up quickly and efficiently. Scouts learned about various radios during a Scout Radio Day with Soldiers from the 50th ESB (E), July 11.

Col. Ronald Iammartino, commander, 50th Exp. Sig. Bn., and Command Sgt. Maj. Wendell Marshall, 50th Exp. Sig. Bn. command sergeant major. Both offered their support to Gonzalez.

"They were more than on board. They kept bringing me more ideas on top of what I already had," he said.

Iammartino and Marshall addressed the Scouts before the youths set out on a 3-mile hike.

"I looked up your mission, which remarkably, is at the center of everything we want to do as Soldiers," Iammartino said. "I can tell you that if you apply what you learn today in terms of moral and ethics, you'll be home runs for America, you'll excel in your future."

After the hike, the Scouts were able to learn about different types of radios and transmitters throughout the morning. Chuck Ward from the Cape Fear Amateur Radio Society showed the Scouts how to use amateur radios, and demonstrated walkie-talkies and long distance radios. Spectrum managers from Forces Command and the XVIII Airborne



Sgt. 1st Class Ommannan Gonzalez, spectrum manager, HHC, Exp. Sig. Bn. (E), speaks to Scouts before heading out on a 3-mile hike. The group used walkie-talkies to relay information during the trek. Gonzalez is an assistant troop leader and organized the Scout Radio Day event for Scouts in North Carolina.

Corps also set up stations around the battalion headquarters. The youths learned about high frequency, very high frequency and ultra high frequency systems, as well as satellite communications.

Outside, the Scouts were shown long distance

military communications and Terrestrial Transmission Line of Sight (TRILOS) radios. These units can be set up quickly and can communicate with each other as long as they remain in sight of each other. The Soldiers demonstrating explained TRILOS radios are a

quick, easy way to transmit data without having to commit to a lengthy set up time.

Erin Zeek, family scouting executive for the Oconeechee Council, Boy Scouts of America, was on hand to help the Scouts. She expressed her gratitude to the Soldiers

for setting up a radio day for the youths.

"I hope for those kids who parents aren't in the military that they have an appreciation for what the Soldiers do," Zeek said. "This is an opportunity for them as well, the Army is a great place to go if college is not for you."



Above: Scouts visit a station during radio round robin activities at the Scout Radio Day, July 11.



Right: Chuck Ward from the Cape Fear Amateur Radio Society talks to Scouts during the radio round robin activities at the Scout Radio Day, July 11. Various stations were set up around the 50th ESB (E) Bn. HQ-classroom.

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

DOWNTOWN SUMMER NIGHTS

When: Thursday, 5:30 to 9 p.m.

Where: Cool Spring downtown Fayetteville

Cost: Free

Downtown Summer Nights is kicking off in the Cool Spring downtown district. Taking the stage at 6 p.m. will be a local favorite, Autumn Nicholas, followed by The Legacy Motown Revue. Be prepared to dance and sing along to some of your favorite Motown tunes.

The Kids Zone will be presented by Fascinate-U Children's Museum, with a different activity every Thursday. North Carolina summer nights can be hot, so there will be a misting station.

Adults have access to a beer and wine garden, thanks to Healy Wholesale and Dirtbag Ales Brewery and Taproom. Plan for fun every Thursday night with Downtown Summer Nights in Fayetteville.

ROUGH N' ROWDY BRAWL

When: Saturday, brawl starts at 7:15 p.m.

Where: Crown Arena

Price: \$25 to \$80

Rough N' Rowdy Brawl "Red, White, and Bruised" will invade the Crown Arena on one special night. This is an off-the-street boxing contest featuring the area's roughest street fighters, bikers, bouncers, bodybuilders and servicemen. This brawl will feature amateur fighters with no defense-throwing haymakers, combined with the funniest, most action-packed four hours you'll ever be a part of.

For tickets and more information, visit <http://www.crowncomplexnc.com/events/detail/rough-n-rowdy-brawl>.

MOVIE BY THE LAKE: MARY POPPINS RETURNS

When: Saturday, 8:30 to 10:30 p.m.

Where: Aberdeen Lake Park

Cost: Free

Join us for "Mary Poppins Returns." Admission is free and concessions will be available for purchase. The Aberdeen Parks and Recreation Department along with its sponsors and Ward Productions will start the showing at 8:30 p.m. Rain dates will be the same time, the following day.

For more information, visit <https://www.facebook.com/events/611973682651258/>.

MOTH NIGHT

When: Saturday, 7 to 10:30 p.m.

Where: J. Bayard Clark Park and Nature Center

Cost: Free

Clark Park's woods yield stunning moths. Hear about how moths differ from butterflies, how to attract them and see what can be caught.

Moth Night is part of National Moth Week. An introductory lecture will precede the catching. Call (910) 433-1579 to register.

This event is appropriate for all ages.

NORTH CAROLINA PEACH FESTIVAL

When: Friday, 4 to 9 p.m.; Saturday 10 a.m. to 4 p.m.

Where: South Main Street, Candor, North Carolina

Cost: Free

Enjoy the 23rd annual North Carolina Peach Festival in downtown Candor. Friday evening will feature musical entertainment and activities for the whole family. On Saturday, the parade begins at 10 a.m. Afterward, stroll down to Fitzgerald Park where the rest of the festivities are located. Bring lawn chairs, sit back and enjoy the live entertainment.

There are, of course, fresh local peaches, arts and crafts and homemade peach ice cream. Activities include a petting zoo, bounce houses, pony rides and more!

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

RECURRING EVENTS

D-DAY 75TH ANNIVERSARY EXHIBIT

When: Now until Aug. 31, Tuesday through Saturday, 10 a.m. to 5 p.m.;

Sunday, noon to 5 p.m.

Where: Airborne and Special Operations Museum

Cost: Free

The D-Day 75th Anniversary Exhibit includes artifacts that have never been on display until now. Artifacts have been specially selected to commemorate this 75th D-Day anniversary and have a very detailed history, with insights of who they belong to and their meaning.

This exhibit is located in the museum's main gallery.

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 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.

DISCOVERY AND RECOVERY: PRESERVING IRAQI JEWISH HERITAGE

When: Now until Sept. 22, Tuesday through Saturday, 10 a.m. to 5 p.m.;

Sunday, noon to 5 p.m.

Where: Airborne and Special Operations Museum

Cost: Free

This exhibit details the dramatic recovery of historic materials relating to the Jewish community in Iraq from a flooded basement in Saddam Hussein's intelligence headquarters, and the National Archives' ongoing work in support of the U.S. government's efforts to preserve these materials.

The exhibit is on loan from the National Archives and Records Administration and the National Archives Trust Fund Board.

UPCOMING EVENTS

THE BACON BROTHERS

When: July 23, 8 p.m.

Where: The Carolina Theatre of Durham

Cost: \$37.50 to \$57

Most people would agree there's nothing stronger, more durable and occasionally, even more volatile, than the bond between brothers. When that bond includes the common goal of making music, the results often offer reason for an audience to sit up and take notice. Join Michael and Kevin Bacon as they share the spotlight and create music together.

For tickets and more information, visit http://www.carolinatheatre.org/events/bacon-brothers?utm_source=www.visitnc.com&utm_medium=referral&utm_campaign=downstream.

SIXTH ANNUAL CAROLINA VETERANS APPRECIATION EXPO: BLACK TIE FUNDRAISING GALA

When: July 26, 7 to 11 p.m.

Where: Ramada Plaza — Bordeaux

Cost: \$50 to \$120

This weekend of events is open to the public, and the sponsors welcome the support of the military and the community.

On July 26, the expo will kick off with a night of elegance, honor, live entertainment, guest speakers, and recognition of outstanding veterans.

This year, the keynote speakers are: Capt. Lindsay Jefferies of Raleigh, the first African American female Black Hawk helicopter pilot in the North Carolina Army National Guard; Capt. Donnie L. Cochran, former commander of The Blue Angels and the first African American aviator selected to the U.S. Navy Flight Demonstration Squadron in 1986; and Dr. Sidney Jacobs, a Fayetteville State alumnus, Air Force veteran, poet, and expert on re-entry issues. A special briefing will be given by a suicide survivor, Venessa D. Abram, MBA.

For more information and for tickets, call (704) 380-7686.

SANTA'S SUMMER IN THE PINES

When: July 27, 4 to 7 p.m.

Where: Tufts Park in Pinehurst

Cost: Free

Join us for this community giving event benefiting MIRA Foundation USA. Santa will arrive in the Pines on summer break with activities for kids of all ages, including pop up shops, music, snow machines, giveaways and more. Food, beer and desserts available for purchase. The event is free and open to the public.

For more information, visit http://www.pinehurstbusinesspartners.com/events/santas-summer-in-the-pines/?fbclid=IwAR2ITzIHr13K-F2WL2XedetVCnYg_EgPph5uOG97VKoZCYme4QuFrBrPrnl.

NATIONAL BLACK THEATRE FESTIVAL

When: July 29 to August 3, 11 a.m. to 11 p.m.

Where: North Carolina Black Repertory Company, Winston Salem

Cost: Ticket price ranges based on event

The 16th biennial National Black Theatre Festival rolls out the purple carpet, transforming North Carolina's city of arts and innovation into a mega-performing arts center with over 100 performances in a number of the city's venues. Theatre workshops, films, seminars, a teen poetry slam and a star-studded celebrity gala make this one of the best theatre festivals in the country. Visitors will see performances by celebrities as well as up-and-coming amateurs on the big stage including 2019's celebrity co-chairs, actress Margaret "Shug" Avery (The Color Purple) and Broadway sensation Chester Gregory.

Visit <https://visitwinstonsalem.com/special-events/view/NBTF?fullsite> for a full schedule and to purchase tickets.

MUSEUM OF THE CAPE FEAR HISTORICAL COMPLEX ARSENAL TOURS

When: July 30; tour times at 10 a.m., noon and 2 p.m.

Where: Museum of the Cape Fear

Cost: Free

The Museum of the Cape Fear is offering arsenal tours to the public. The arsenal is slated to be the location for the North Carolina Civil War and Reconstruction History Center.

The arsenal was commissioned in 1836 to increase the country's defenses. It became property of the Confederate States of America after the local militia group, the Fayetteville Independent Light Infantry, marched on the site and took it without incident.

The arsenal met its demise as part of Gen. William T. Sherman's "Total War" strategy, aimed to destroy the enemy's economic system and undermine the morale of southern families and Confederate soldiers. This was also achieved by thousands of slaves who took it upon themselves to escape and find freedom by following the Union Army as they passed through the area.

The tours leave from the lobby of the Museum of the Cape Fear building. Please arrive a few minutes before the scheduled time.

For more information, please visit the website at www.museumofthecapefear.ncdcr.gov.

FAYETTEVILLE WOODPECKERS VS. MYRTLE BEACH PELICANS

When: Aug. 2, 7 p.m.

Where: Segra Stadium

Cost: \$9 to \$16

Experience the inaugural season of Fayetteville Woodpeckers baseball at the brand-new Segra Stadium in downtown Fayetteville. This Class A-Advanced affiliate of the Houston Astros is taking flight in Central North Carolina, bringing family fun and professional baseball during 70 home games.

The theme of this game is "Star Wars Night." It is also "Fireworks Friday." Fireworks will illuminate downtown post-game. For more information, visit <https://www.milb.com/fayetteville>.

A day in the life of Fort Bragg's unsung heroes



Photos by Suet Lee-Growney/Paraglide

Left: Emerson Fisher Jr., DPW HVAC work leader, inspects one of the electrical boxes at the 82nd Abn. Div. HQ, July 11. He is part of the 45-men HVAC crew serving the installation. **Right:** Don Chavis, AC mechanic, gets a reading on his computer on the status of heating, cooling and water functions of the 82nd Abn. Div. HQ. Chavis is able to read a building's utility functions remotely from a building operation control center at the DPW HQ or when his computer is directly plugged into the building's utility room.

the HVAC CREW

BY SUET LEE-GROWNEY
PARAGLIDE

For serving a military installation as big as Fort Bragg, the small but mighty Directorate of Public Works' (DPW) heating, ventilation and air-conditioning (HVAC) crew packs a punch.

According to Fort Bragg's Fiscal 2018 Statistical Card, the post has 52,280 active-duty Soldiers; 12,624 Reserve components and temporary-duty students; 14,036 civilian employees; 6,151 contractors and 69,704 active-duty Family members — and serving that population is a HVAC team of 45 people.

Part of that team is Don Chavis, AC mechanic, and Emerson Fisher Jr., HVAC work leader. Their work days are not quite the same, but each of their jobs is a symbiotic dance that complements the nature of their duties to serve the needs of the installation.

Fisher gets his men together and makes sure the chillers at each building are clean and maintained. Additionally, he is responsible for ordering new equipment needed to heat and cool HVAC units across Fort Bragg.

Chavis, a self-taught HVAC controls man, manages the control side of HVAC where he is able to manipulate, diagnose and prognose chillers and boilers across post from a computer system remotely from the DPW

headquarters on Fort Bragg.

"We monitor a problem, if it exists, before the customer knows," Chavis said. "My primary duties: I help (Fisher) with chillers, boilers and general HVAC systems."

Depending on the tasks at hand, Fisher said sometimes the team shows up at work as early as 4:30 a.m. so they don't have to be out in the summer heat all day.

"It keeps the risk of people having heat casualties down," he said.

Each morning the team gathers at the shop for a 7 a.m. briefing to go over safety and a list of priority jobs to be carried out that day. Then at 8 a.m., a meeting with the supervisors from all the shops is conducted where information of duties is relayed to them and an estimated time of job completion is discussed.

"We discuss what avenues we are going to take to get (the HVAC units) back online, what personnel we are using, whether we have the contract assistance due to manpower or some type of equipment," Fisher said. "If it's an emergency at night, one of us will get called back in."

According to Chavis, a priority-one work call has to be responded to within 24 hours of the report being made. These include child development centers and barracks, Fisher added. Everything else, depending on the severity of the outage or problem, falls beneath those jobs. Most of the time, when the workload is large, the HVAC crew works overtime to make sure the population at Fort Bragg can work indoors comfortably.

Chavis' day, other than the morning briefings, is slightly different. He orchestrates the building operation control center (BOCC). The BOCC is the brain for all things HVAC on post.

"My job, first thing in the morning, is to look at key facilities, monitor those facilities, have a list and make sure they are functioning properly," Chavis said. "I identify problems and if there is a problem, I'll call a mechanic over to that building. Sometimes that happens even before a work order is generated."

Sometimes when Chavis is unable to read how the unit is functioning from the BOCC, he brings his special work laptop to the control room of the building itself to get an accurate reading of the system. All he needs to do is plug the computer into the building's operating system to see if the HVAC unit is synching to function at optimum capacity or something is out.

For Fisher and Chavis, when they put their heads together to think about what was by far the most challenging work order that required them to pull all the tricks out from up their sleeves, they both pointed to the temporary chiller outside the 82nd Airborne Division Headquarters building and laughed. The chiller was the size of two large trailers and had to be hooked up to the main chiller. According to them, the backup chiller to the building was down and while the key rooms of the building were still able to receive cool air, most of them were left to bake in the North Carolina summer heat.

"Unfortunately, the building only has backup (air) to critical areas, but the building occupants would like backup (air) to the entire building," Fisher said.

The two said the 82nd Abn. Div. HQ work order was challenging not only because of the changing technology, but also the complexity of how they had to go about renting a temporary solution while they brainstormed and awaited approval to receive funding to

proceed with repairs within guidelines.

Each crew member possesses unique skills individually, though most of them have the same technical training and mentorship. Chavis said the government sends them to school to acquire the skills, but most of the job is hands-on training in-house within the HVAC team.

"Every piece of equipment has a little different technology; that's the only problem we have, that is learning the equipment while trying to maintain them," Chavis said.

The learning process is a constant work-in-progress and changes everyday, Fisher said echoing Chavis' statement.

"We constantly try to make improvements within ourselves and the customers and we take pride in the best service that we can offer as far as getting parts as quickly as possible and putting the right (repairs) people in the right (work) places," he said.

Fisher and Chavis are not just colleagues, they have a history together. The two met at Fayetteville Technical Community College (FTCC) in 2001.

"I was one of his students," Fisher said. "He got me my first job. Almost 20 years later, we still work together ... I stayed in contact with him and he taught me almost everything I know."

Fisher has been with DPW working on HVAC for a decade, while Chavis has been at Fort Bragg for eight years after retiring from FTCC after 25 years.

Fisher had many praises to sing about his mentor Chavis, but the overarching theme was about how much Chavis is an asset to the DPW organization and the installation.

"We are fortunate to have Mr. Chavis; he is the backbone of our shop," Fisher said.



Christian McCaffrey
at South Post Commissary



Photos by Lewis Perkins/Paraglide

Christian McCaffrey, Carolina Panthers running back, spent time at the South Post Commissary meeting Soldiers and their Families following a football clinic held for military children.



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- DOWNTOWN SUMMER NIGHTS @ PERSON STREET**
JULY 18TH 6PM-9PM
- MIDSUMMER NIGHT DOWNTOWN CRAWL**
JULY 19TH
- MIDSUMMER NIGHT DOWNTOWN - FAIRY DOORS**
JULY 20TH
- DOWNTOWN SUMMER NIGHTS @ PERSON STREET**
JULY 25TH 6PM-9PM
- JULY 4TH FRIDAY**
JULY 26TH

For our full calendar of Downtown events, visit our Facebook page: [downtownfayetteville](#)
CSDD is supported through funding provided by the Arts Council of Fayetteville/Cumberland County



4TH ANNUAL
Midsummer
NIGHT DOWNTOWN

FRIDAY
MAGICAL EVENTS
JULY 19TH
5-9

SATURDAY
FAIRY DOOR SCAVENGER HUNT
JULY 20TH
10-6




Worship Guide

CATHOLIC Mass

All American Chapel

Sat. 5 p.m.
Sun. 9 a.m., with Children's Liturgy
Sun. 5 p.m.

WAMC Chapel

Sun. 10:30 a.m.
Wed. 11:30 a.m.

Pope Chapel

Sun. 11:30 a.m.
Sun. 1:30 p.m. (Spanish/English)
Mon. through Fri. noon

Rosary

Mon. through Fri. 12:30 p.m., Pope Chapel

Eucharistic Adoration

Wed. 11:30 a.m. to noon

Fri. 12:30 to 3 p.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, Adult Bible Study Bowley School*
Tues. 6:30 p.m. Bible Study
Thurs. 6:30 p.m. Rite of Catholic Initiation for Adults (Pope Chapel)

Fri. 6:30 p.m. Theology on Tap (monthly at various locations. Contact susan.l.kroll.ctr@mail.mil for information)

Catholic Women of the Chapel

Thurs. 9 a.m., 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. 10 a.m. Bible Study

Sun. 11 a.m. Worship Service**

Wed. 6 p.m. 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 (June to November)

JFK Chapel

Sun. 8:30 a.m. Holy Trinity Anglican Worship Service

Sun. 10:30 a.m. Worship Service
Wed. 11:45 a.m. Chapel Ancient (Liturgical)
Tues. noon Bible Study
Wed. 11:45 a.m. Healing Prayer Service with Communion (Liturgical)

Linden Oaks Fellowship

Sun. 10 a.m., Clubhouse **

Pope Chapel (merged with Main Post Chapel, June to December)

Sun. 9:30 a.m. Worship Service **

Wed. 5 p.m. Bible Study

Wood Memorial Chapel Gospel Congregation

Sun. 11 a.m. Gospel Service**

Tues. 7 p.m. Bible Study

Tues. 7:30 p.m. Youth Group

WAMC (Chapel located on 3rd floor)

Sun. 9 a.m. Worship

Tues. 11:30 a.m. Bible Study

Thurs. 11:30 a.m. Bible Study

Protestant Women of the Chapel

Tues. 9:30 a.m., All American

Chapel* **

Tues. noon, 9th floor of SSC*

Tues. 7 p.m., All

American Chapel*
Wed. 9 a.m., Linden Oaks Clubhouse***

Wed. noon, WAMC Chapel* (3rd floor)

Thurs. noon, Main Post Chapel Annex*

Thurs. noon, Wood Memorial Chapel

Youth of the Chapel

Sun. 3 p.m. middle/high school, Division Memorial *(Catholic)

Sun. 6:30 p.m. middle/high school, Division Memorial Chapel

(Protestant)

Protestant Religious Education Program

Sun. 6:15 p.m. Postwide Family Program, Airborne Artillery Chapel*

Tues. 2:45 p.m. Good News Club, Bowley Elementary*

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

Tues. 6:30 p.m. LDS Study, All American Chapel

Tues. 6:30 p.m. Navigator Bible Study, Airborne Artillery Chapel

Wed. 9 a.m. Women's Bible Study, All American Chapel (Spanish)

Thurs. 3 p.m. Good News Club, Shughart Elementary*

Fri. 7 p.m. Men's Bible Study, All American Chapel (Spanish)

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. Jummah Prayer

Fri. 1:15 p.m. Jummah Prayer

Sun. 6 a.m. Islamic Study (2nd and 4th Sundays of the month)

WICCAN

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

FOR MORE INFORMATION

www.bragg.army.mil/index.php/about/garrison/religious-services

LEGEND

* Indicated study groups are scheduled to complement school year.

** Children's church/watch-care provided



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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.

NFL Football ProCamp at Fort Bragg

Victory begins in the heart



Photos by Lewis Perkins/Paraglide

Carolina Panthers running back Christian McCaffrey hosted a football camp for military children, July 12 at Hedrick Stadium. Participants were given instruction on fundamental football skills, such as proper football carry, stance and balance, with the opportunity to interact with professional athletes and coaches. The youth football camp's mission was to honor service members and their families, showing appreciation for their sacrifices and giving back to the military community.

BY GENEVIEVE STORY
PARAGLIDE

Carolina Panthers running back Christian McCaffrey held a two-day NFL professional football camp for military children, July 11 through 12, at Hedrick Stadium's turf field.

Children, grades one through eight, of current service members, retirees and civilian employees maxed the 150 slot capacity for a spot on the football field with McCaffrey during his visit to Fort Bragg.

Command Sgt. Maj. William D. Lohmeyer, Fort Bragg garrison command sergeant major, represented leadership to welcome McCaffrey, ProCamp staff and families.

"We are excited to have Christian McCaffrey with us," Lohmeyer said. "The champions of the day are the ones who do the little things and do their best, no excuses."

McCaffrey, a decorated professional football player, has set numerous NFL and franchise records coming off of a successful 2018 season with the Carolina Panthers. His expertise, alongside that of his coaching staff, provided a window of opportunity for young aspiring athletes to hone in on their football skills.

"It has been an unbelievable experience so far," McCaffrey said. "As soon as this opportunity to host the football camp came up, I jumped to it. I have a huge heart for the military, and being able to give back, especially to the kids, has been a lot of fun."

Despite the extreme heat, children darted to and from yard lines, appearing unaffected by the temperatures on the

infield. The football camp consisted of various training stations, with the objective to have each child experience every offensive football position at least once.

Training stations taught technique, game intelligence, physical fitness and proper mindset, and included quarterback, running back, tight end and wide receiver stations. The camp began with a team warm-up with agility drills. Then the importance of hydration was stressed. The event culminated with 7-on-7 and 5-on-5 football games, so the children could demonstrate the knowledge they gained.

McCaffrey said the discipline of the military children made it a breeze to coach them. The children had exceptional eye contact, an intrinsic ability to listen and responsiveness to both physical and mental demands of the sport and coaching direction.

Children participating in the event, such as Sadrean De Jesus, 10, made no excuses despite the days oppressive conditions.

"We are here today and we are coming again tomorrow morning. We saw the event posted on the Fort Bragg Facebook page, and we rushed to sign-up," said Ashly De Jesus, Sadrean's mother. "My daughter (Sadrean) is so pumped to be here today. It is great what the Carolina Panthers are doing with the military. It is great what the military is doing for the families."

McCaffrey met with Lohmeyer and Soldiers from the installation and gifted an autographed Carolina Panthers helmet to the garrison. Other special events included an award presented to Paula Lewis, store director of South Post



Youth athletes and coaching staff are welcomed by Christian McCaffrey to day one of the football camp. One hundred and fifty children of current service members, retirees and civilian employees attended the camp, hosted by McCaffrey and the football ProCamp staff. The objective of the two-day camp was to provide young and aspiring athletes with an opportunity to have fun, be competitive and work together in the sport of football.

Commissary for the commissary's food and drink contributions to the camp.

"The biggest lesson I want the kids to take away from this event is to enjoy the game of football," McCaffrey said. "This whole camp is about having fun, enjoying competition, helping each other out, getting close, learning about the game, meeting new friends and teammates."

The Panthers running back recognizes the sacrifices of military families, and emphasized the significance of giving back to service members and their families. McCaffrey shared the lessons he learned at a young age from his father:



Carolina Panthers



Christian McCaffrey

NFL 2018 RANKINGS

- 107 receptions in 2018, marked the most by a running back in a single season in NFL history
- In 2018, became the first player in NFL history with 50 rushing and 50 receiving yards in five consecutive games (Weeks 9-13)
- Second player in NFL history with 50 yards rushing, receiving and passing in same game against New Orleans (12/17/18)
- Third player in NFL history with over 1,000 rushing yards and 100 receptions in single season (2018)



Left: McCaffrey high-fives a youth participant at the football camp, demonstrating the important art of teamwork.

Above: Youth athletes watch a demonstration on proper form and technique, led by McCaffrey. He also conveyed the significance of working together as one team and the importance of giving back to young athletes and their communities.

Resilience experts aim to boost performance at ROTC camp

By ANTONIETA RICO
SR2 STRATEGIC COMMUNICATIONS

FORT KNOX, Ky. — Performance psychologists have long been a staple in the rosters of professional sports teams and now the military is treating its future leaders like elite athletes.

The Army plans to embed performance enhancement experts with military cadets during this year's Cadet Summer Training (CST) at Fort Knox, Kentucky.

Although a limited number of experts have previously worked with cadets, this year's contingent is the largest ever, with 55 Master Resilience Trainers-Performance Experts (MRT-PEs) from installations across the Army, descending on Fort Knox and embedding with CST Advanced Camp units at the company level.

CST is the culminating military training event for thousands of Army ROTC cadets across the country. Cadets who are college juniors and seniors must attend and pass the CST Advanced Camp in order to be commissioned into the Army.

"Regardless of how much we modernize, or new technology we bring into the Army, it is always going to come down to the human dimension and the performance of our individual Soldiers," said Brig. Gen. Antonio Munera, deputy commanding general for U.S. Army Cadet Command.

"The bottom line for me is that we have (to treat) our Soldiers just like professional athletes and (give) them the same access to the same capabilities that professional athletes have," he said.

Employment of sports psychology has a precedent in the military, but has traditionally been used for special operations forces. However, since 2008 the Army has stood up 29 R2 Performance Centers across installations Army-wide, including two opening this year in Vicenza, Italy and Camp Zama, Japan.

The R2 Centers are staffed with the MRT-PEs, who hold degrees in psychology, counseling, or kinesiology, with



Photo by Antonietta Rico/SR2 Strategic Communications

A ROTC cadet, attending advance camp at Fort Knox, Kentucky, gets an encouraging fist bump from Ross Simonson, an MRT-PE with the SHARP, Ready and Resilient Directorate, during the cadet's rappel tower training, July 3. The Army has embedded 55 performance experts with ROTC cadets at the camp to enhance their physical and mental performance during the yearly training that is a prerequisite for ROTC cadets in order to be commissioned as officers in the Army.

an emphasis in sport or performance psychology. The centers teach performance enhancement and mental resilience to Soldiers, Families, Army civilians and individual units who request training.

The move is part of the Army's overall strategy to enhance the personal readiness and lethality of its troops, taking a holistic approach that includes a focus not just on the physical component, but also on mental performance and resilience skills.

This year, the CST Advanced Camp increased from 31 days to 37 days, a move based on the push by Gen. Stephen J. Townsend, commander of the U.S. Army Training and Doctrine Command, to give Army officers more experience with basic Soldier tasks, including additional time with basic rifle marksmanship (BRM), buddy-team live fire, and hand grenade training.

During BRM qualification, a must-pass event for cadets at Advanced Camp, Joe Rodriguez, an MRT-PE from the Fort Stewart, Georgia, R2 Performance

Center currently embedded with Company B, 7th Regiment at CST, focused on touching base with the cadets who were struggling to qualify.

Rodriguez, who has a degree in Applied Physiology and Kinesiology-Human Performance, worked on creating mental imagery scripts, often used by Olympic athletes, to reinforce the four fundamentals of marksmanship.

"When we use a mental imagery script, we are talking about doing a mental rehearsal of the event that is going to happen," Rodriguez said. "Mental imagery is going to activate the same neural pathways within the brain as if the cadets were physically doing it ... this is a science-based (technique) that can give you an edge."

According to Nicole Foster, Cal Poly San Luis Obispo ROTC cadet, attributes the technique with helping her on the rifle range. She initially shot a seven out of 40, well below the 23 out of 40 required to qualify on her rifle.

"One of the things we really discussed

and I used today was mental imagery, and imagining myself in vivid detail going through the steps," Foster said. "I literally sat there and was like 'OK, I'm going to walk over (to the fox hole), I was hearing the crunch of the rocks underneath my feet, and I'm going to put my weapon down, remember to put the weapon butt down first ... put my magazines on my left, and I'm gonna get down in the prone, I'm gonna look down (range) at my targets, and make sure I can see all the six targets, and keep my breathing steady.'"

Foster was able to qualify, shooting 27 out of 40 on her third try.

Beyond mental imagery, the MRT-PEs also teach techniques such as deliberate breathing, learning from failure, emotional priming/energy management, "controlling the 'controllables,'" and fostering a growth mindset, to cadets as they go through the challenges and obstacles of Advanced Camp.

Maj. Robert Parker, 7th Regt. cadre member, said he wished he had had the training program cadets are getting now, to include the increased focus on infantry skills as well as the training provided by all the enablers, like the MRT-PEs, when he went through Advanced Camp years ago.

"My leadership would have developed exponentially quicker in the Army," Parker said. "We're setting them up for (success as) future leaders."

Part of the benefit of exposing cadets to performance enhancement techniques before they commission as officers is that they will become familiar with the mental skills required for success in the military, inculcating that mindset into the Army culture, Munera said.

"You are educating them at a very early age, young leaders, on what it takes to be in the Army and how to take care of themselves and their Soldiers mentally, spiritually and physically," Munera said.

"We've got to invest in our individual Soldiers just like we do professional athletes ... how to get the best physical performance out of them and how to get the best mental performance out of them," he said. "It's another great resource that we can provide our Soldiers."

TOTAL

MIND
BODY
SOUL



WELLNESS

Runners Corner

Dirtbag Ales Beer Mile:

Saturday, July 27, 5 p.m. at 5435 Corporation Drive, Hope Mills. Rogue Alpha Athletics has partnered with Dirtbag Ales in Hope Mills, to bring you the Dirtbag Beer Mile. Participants can run, jog, walk or crawl the 1 mile course and enjoy beer straight from Dirtbag Ales on-site brewery. This is a great way to support local business, drink beer and exercise all at the same time. Must be 21 to drink but if you don't drink beer or are under age you can drink water. Competitive heat starts at 5 p.m. Waves will be released in 30-second intervals. This venue is brand new with an athletic field, dog playground, swing sets for the kids, outdoor stage and axe throwing station. Check https://runsignup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?afst_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw for details.

Get Fit

Yoga and Beer with Robin:

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

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 or a friend or two. Please contact management@crossfithaymount.com with any questions.

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 a program visit our specialized training webpage at bragg.armymwr.com/programs/specialized-training.

Stroller Fit:

Bring your baby and get fit! Group fitness classes are held **Wednesdays** at 10:30 a.m. at Towle Stadium. Participants can bring children of any age as long as they can still safely be buckled in a stroller. Class will be cancelled for inclement weather. Open to the public, ages 16 years and older only. Cost is \$4 per class or use your pass. Visit <https://bragg.armymwr.com/promos/stroller-fit> for more details.

Hatha Yoga:

This focuses on the breath (pranayama) and yoga poses. This class will be a gentle yoga. Slow and great for beginners or students who prefer a more relaxed style. Poses are held longer. This class is held at Hercules and Towle Courts physical fitness centers. Classes vary, check MWR website www.bragg.armymwr.com for the schedule.

Tai Chi for Health:

Practice this flowing Eastern exercise with instructor Rich Martin while overlooking the garden every **Tuesday** at the Cape Fear Botanical Garden from 10 to 11:30 a.m. Tai Chi is best practiced in loose, comfortable clothing. Dress for the weather. Bring a water bottle. All levels and walk-ins are available. Admission is \$17 for non-garden members, \$15 for garden members.

Yoga in the Garden:

Cape Fear Botanical Garden (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.

CLASSIFIEDS

Classifications

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| Service Directory | 200s |
| Merchandise | 300s |
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| Real Estate - Rentals/Sales..... | 600/700s |
| Transportation..... | 800s |

Deadlines

| | |
|--------------------------------|---------------------|
| Sunday, Monday, Tuesday | 3:45 p.m. Friday |
| Wednesday | 8:45 a.m. Tuesday |
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369 Miscellaneous

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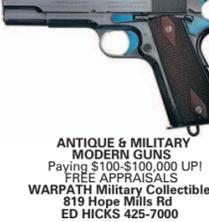
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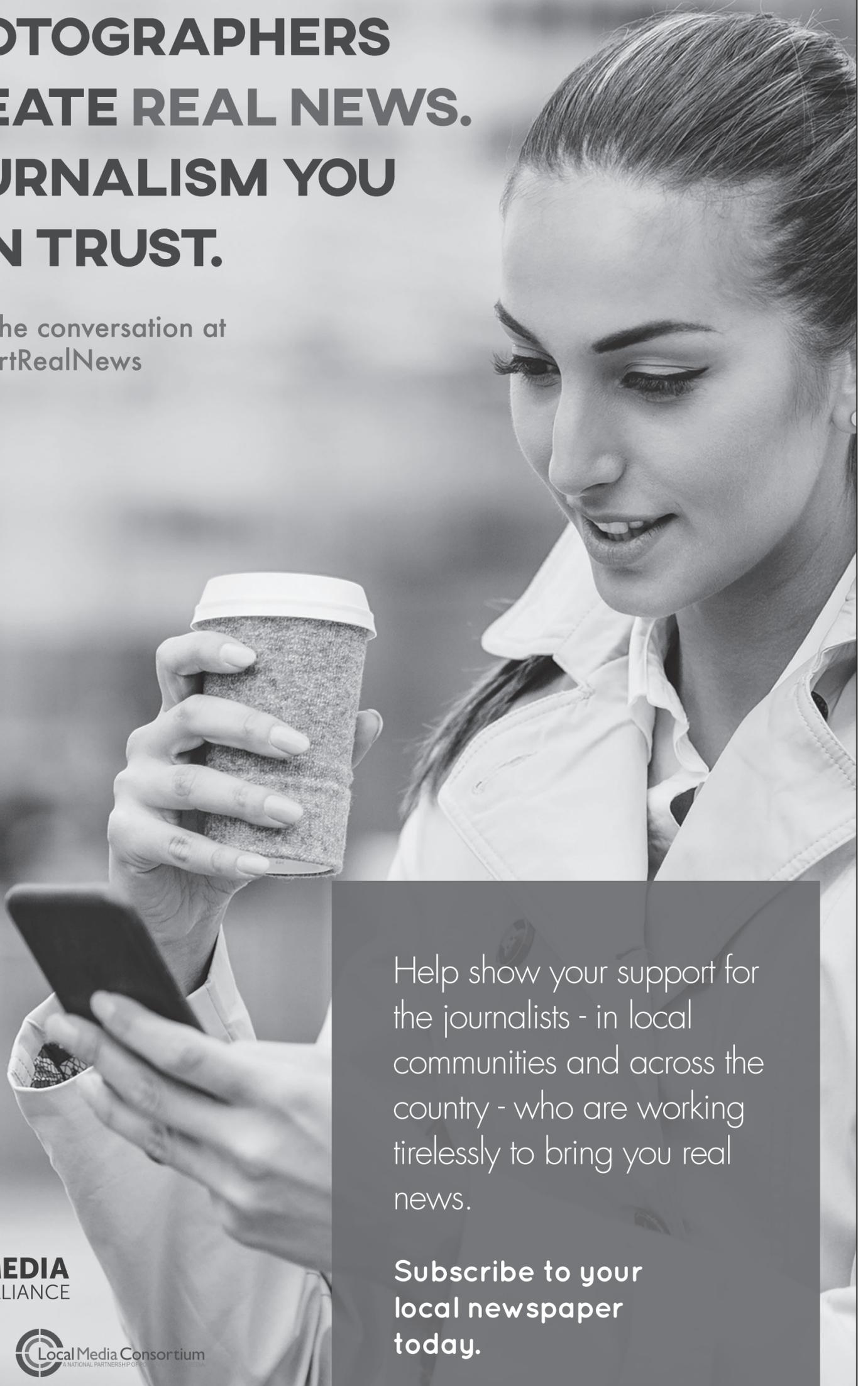
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