

# THE PARAGLIDE

Telling the Fort Bragg Story™

July 25, 2019

VOLUME LV, NUMBER 28

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**M9 combat pistol qualification course:** The 22nd Mobile Public Affairs Detachment (MPAD) held a M9 combat pistol qualification course (CPQC), July 18 at Range 66, Charlie 2.

### LIFE - C



**Expecting better through self care:** "Our hope for you, at the end you'll feel better about your body; you'll feel better about what's going on in your body."

### SPORTS - D



**Golfers tee up for Fort Bragg Invitational:** "This event is considered one of our 'major' tournaments. The two-day format has been well-received."

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### THE PARAGLIDE



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[www.paraglideonline.net](http://www.paraglideonline.net)

# 647th QM Co. gets hooked up



Photo by Lewis Perkins/Paraglide

The Quartermaster Corps have been responsible for training parachute riggers and aerial supply personnel of the Army. The 647th QM Co. packed their own parachutes for the July 16 jump. Participating allowed paratroopers to maintain proficiency and readiness.

Graphic illustration by Bryan K. Reed/Paraglide

By GENEVIEVE STORY  
PARAGLIDE

Supporting strategic, high level staff, headquarters of the XVIII Airborne Corps, and echelons above brigade (EAB) units, the 647th Quartermaster Company, 264th Combat Sustainment Support Battalion, 3rd Expeditionary Support Command executed a combat-simulated jump July 16 at Holland Drop Zone (DZ).

Among the 216 airborne Soldiers who completed four jumps at Holland DZ, were 54 Soldiers from the 647th QM Co. Jumping for these paratroopers was not only a Department of the Army mission-essential task, but also a means of upholding a

long and distinguished tradition.

According to the Army statement for military occupational specialties, for almost 70 years, the Quartermaster Corps have been responsible for training the Army's parachute riggers and aerial supply personnel. Quartermaster parachute riggers, distinguished by their red caps and working by the motto, "I will be sure, always," perform their mission with skill and attention.

"The unique nature in our jump today is that we as a unit packed our own parachutes; there is a real sense of pride in packing and providing for one another," said 1st Lt. John Bigler, platoon leader, 647th QM Co., 264th CSSB, 3rd ESC.

"Jumping is on a volunteer basis. So everyone has their own reason why they want to join the airborne. Whether it is the adrenaline rush of jumping out of airplanes or the pride and heritage of being a paratrooper."

Paratroopers jump to maintain proficiency for readiness. They jumped in standard operational camouflage pattern, Army combat uniform and Army combat helmet. Soldiers simulating jumping in a combat environment, are self-contained. They carried a T-11 non-maneuverable canopy, main parachute system on their back, a T-11 reserve parachute around their waist, weapons sling on their side and a rucksack on their thighs. All of which contained subsistence,

ammo, communication equipment, clothing, body armor and weather gear.

"Airborne operations are a critical part of rapid deployability and readiness," said Maj. Latisha Reeder, command public affairs officer, 3rd ESC. "When our nation calls for us to engage may find ourselves in remote areas (or otherwise inaccessible) that may not always be accessible by boat, rail or even vehicles. The ability for forces to jump into and end fill an area, gain access and set up operations become vitally important to that ground force commander and sets the conditions for follow on forces."

**See 647th QM Co. —Page A4**

# New crop of Army food trucks serve up healthy fast meals for Soldiers

By NANCY BENECKI  
DLA

Going to a food truck for a breakfast sandwich, a cheeseburger with "the works" or a fresh salad is something some civilians can do almost any time.

Now, more U.S. Army Soldiers who are at remote training locations on a military installation will have the opportunity to get a fast nutritious meal from a nearby food truck, instead of leaving the post for fast food or making a long trip back to a dining facility while training.

The Defense Logistics Agency (DLA) Troop Support partnered with the Army's Joint Culinary Center of Excellence (JCCOE) to provide six newly designed food trucks to military post across the country. The first of these new vehicles rolled through the Troop Support headquarters in Philadelphia on its way Fort Drum, New York July 9.

JCCOE staff will receive training on the new food truck at Fort Drum so they can then train cooks at the six installations, said Jose Millan, JCCOE senior food systems analyst.

The remaining five trucks will be delivered to Fort Bragg, Fort Hood, Texas; Schofield Barracks, Hawaii; Fort Riley, Kansas, and Fort Bliss, Texas, said Dean Schoendorfer, DLA Troop Support integrated support team chief within the subsistence supply chain's Food Equipment branch.

"We looked for those 'food deserts' where we could maximize using the trucks for the Soldiers where they work, where they live and where they consume a meal," Millan said.

The food trucks, all named The Culinary Outpost, get quick healthy meals to Soldiers in locations where they cannot get to a dining facility in a timely manner, such as when they are in training and field environments, Schoendorfer said.

Food trucks also give Soldiers a healthier and more cost-effective alternative to leaving the post to buy fast food. If Soldiers leave the installation, they have to pay for meals out-of-pocket, Schoendorfer said.

"They are getting a better meal by doing this," Schoendorfer said.

Schoendorfer also said Soldiers can use their daily food stipend at the food trucks by swiping



Photo by Nancy Benecki/DLA

The Army's newest food truck stops at DLA Troop Support in Philadelphia, Pennsylvania, July 9. This is one of six state-of-the-art food trucks purchased for the Army's Joint Culinary Center of Excellence.

their common access card.

The trucks can serve 200 to 300 Soldiers per meal, three times a day. Each meal will have three to five customizable options. Each truck is equipped with appliances like panini presses, air fryers and microwaves. A digital menu board will be displayed on the front, listing daily food options. Soldiers place their order on a touch screen below the menu board, where the order can be customized.

The food for the trucks is ordered by the installation's dining facility or Culinary Arts Center and picked up and prepared each day by the food truck crew, Schoendorfer said. The food truck "shopping list" is in compliance with the Army Buyers Guide for approved items, he added.

The food truck program and menus are part of the Army's holistic health and fitness campaign, which focuses on improving a Soldier's well-being, from physical fitness and nutrition to education, Millan said.

The Army's food truck program started as a pilot at Fort Stewart, Georgia in March 2017 with two trucks, and expanded to a third at Fort Carson, Colorado.

The Army developed the food truck program after working with a consultant, which provided information about current food trends and what younger people are eating, Millan said.

"The consultant suggested mobile feeding concepts instead of opening more dining facilities," Millan said.

Menus are developed with the help of dietitians, he said, and they follow the JCCOE's basic daily food allowance.

The new trucks have a number of improvements over the existing fleet. One of which eliminates the gaps between the stainless steel appliances and counters, so food and debris cannot fall in between crevices, making cleaning easier, Schoendorfer said.

The equipment on the new trucks also eliminates heat transfer, Millan said. Ventilation has also been improved, as well as the air conditioning and heating systems, he said.

Each 22-foot custom truck costs \$223,960 and a contract totaling about \$1.35 million was awarded by DLA in April 2019, said Michael A. Larke, a DLA Subsistence contracting officer.

JCCOE initially reached out to the subsistence supply chain in September 2018 to request the updated food trucks, and all six trucks should be delivered by the end of the year, Schoendorfer said.

"The Soldiers love it," Millan said about the existing food truck program. "They like the ability to get something fast. They like the menu options. They like the flexibility it provides."

## Arriving at the end of an era, we are going digital



Photo by Bryan K. Reed/Paraglide

The Fort Bragg Garrison Public Affairs Office located at 901 Armistead St. Bldg. 34, Pope Field is home to the *Paraglide*. The last printed issue runs today after almost 70 years after the first printed issue. The *Paraglide* served as the installation's primary command information publication.

By **TOM MCCOLLUM**

FORT BRAGG GARRISON PUBLIC AFFAIRS OFFICER

In 2018, Fort Bragg started its next centennial. A lot has changed here since 1918 when Camp Bragg was founded. Initially, we were a few tents, wooden structures, mostly for the mules that pulled the artillery pieces, some dirt roads and not a whole lot more.

News was put out through the local newspaper that got handed around, or if someone had one — a radio. However, signals in this part of North Carolina were weak and few. What the Soldiers here knew came from word of mouth or from the chain of command.

As the installation grew, the need for a command information publication grew. Many units created their own but it wasn't until the 1950s that a post-wide publication came into being with the mission "To keep the Fort Bragg

community informed" — the *Paraglide*. For almost 70 years, the *Paraglide* has served as the installation's primary command information publication. At one time, its circulation was over 30,000 and many businesses wanted to advertise in it.

But times have changed and the way we get our news has changed. Newspapers have suffered in popularity more than any other media. Publishers found businesses no longer wanted to advertise in print and the *Paraglide* was not immune. Gatehouse Media, the publisher of the *Paraglide* reported a loss of revenue in printing the paper.

Last year, when we announced the contract for the *Paraglide* was up for bid, no publisher was interested. We modified the contract to reduce operating costs, met personally with local papers and still no one wanted the contract.

So today's *Paraglide* is the last paper version to be printed. Plans are in place to bring the *Paraglide* back as an

online publication in August. The online version will feature news about Fort Bragg, the units and organizations stationed here as well as information within the Army and the other services that may affect us.

Another section will let readers know about events happening on Fort Bragg in the coming weeks. A third section will report on events taking place off the installation so you have an idea on what to do away from the Fort Bragg area. Lastly, in an attempt to give the *Paraglide* a "hometown" feel, there will be a profile section where people who live and work here will be featured on achievements outside of their careers.

No doubt, the online version of the *Paraglide* will change over time as readers' tastes change and as new media formats come and go. Regardless of what format the *Paraglide* takes, the mission of it, "To keep the Fort Bragg community informed" will always be there.

### PARAGLIDE Fort Bragg Voices

## How have sharks in the water impacted your summer plans?



"It hasn't stopped us. We go to Myrtle Beach, to see the family and enjoy the beach."

**Jackie Demchock,**  
County teacher



"We have been in the water at the beach. I am more scared of the bacteria than the sharks!"

**Denisse Torres,**  
Military spouse



"The sharks are not affecting my plans. Because I am not going in the water."

**Jeanice Weaner,**  
Retired



"I can go to the beach and enjoy myself, I don't have to be in the water."

**Brenda James,**  
Military spouse

### THE PARAGLIDE

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# 16th MP gets new commander, command sergeant major



Photos by Lewis Perkins/Paraglide

**Top left:** Maj. Gen. Brian J. McKiernan, deputy commanding general, XVIII Abn. Corps and Fort Bragg; Col. Jon P. Myers, new commander of the 16th MP Bde., and outgoing commander Col. Larry C. Dewey, stand tall in the combined change of leadership ceremony for the 16th MP Bde., July 12.

**Above:** McKiernan passes the colors and command to Myers, who is the new incoming commander of the 16th MP Bde.

**Left:** Dewey salutes the colors during the 16th MP Bde. change of command and responsibility ceremonies. During the ceremony, Command Sgt. Maj. Veronica E. Knapp assumed responsibility from Command Sgt. Maj. Mark D. Hennessey.

## Assumption of command ceremony introduces new commander

By **DEBRA VALINE**  
USASAC PAO

The U.S. Army Security Assistance Training Management Organization (SATMO) welcomed its new commander Col. Scott J. Malone II in a July 19 assumption of command ceremony.

Maj. Gen. Jeffrey Drushal, commanding general, U.S. Army Security Assistance Command (USASAC), presided over the ceremony.

Malone comes to SATMO from his recent assignment as the chief of staff for the Special Operations Command – Korea.

His 32-year-long career includes assignments as both a noncommissioned officer and officer in multiple Special Forces, 75th Ranger Regiment and airborne assignments.

He speaks Tagalog, Thai and Khmer, which served him well in his Special Operations command and advisory positions in the Philippines, Cambodia, Thailand, Malaysia, Japan and Korea.

SATMO is a brigade-level subordinate



Photo by Spc. John Lytle/3rd BCTPAO

Col. Scott Malone II assumes command of the U.S. Army Security Assistance Training Management Organization at Fort Bragg, July 19.

command to USASAC that employs Security Assistance Teams (SATs) worldwide to support Army Security Assistance requirements and missions primarily outside the continental United States.

SATMO provides training, financial and Foreign Military Sales (FMS) case management services and oversight in FMS, Foreign Military Financing and Build Partner Capacity programs of the

Department of Defense and Department of State.

“The Army establishes interoperability with allies and partners by developing security cooperation and building partner capacity,” Drushal said. “Cohesive teams require professional relationships between Soldiers and counterparts from allies and partner nations. The Army works with allies and partner nations to understand the operational environment and the critical capabilities each brings to the fight.”

So far this year, SATMO is executing 40 missions in 25 countries that span as far as 9,915 miles from the headquarters and has executed funds totaling more than \$53 million.

SATMO is the U.S. Army’s only organization dedicated to meeting the challenges of overseas training management for the Army Security Assistance enterprise.

Its motto is “Training the World, One Soldier at a Time” and the program consistently has teams employed worldwide.

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647th QM Co. ————— From Page A1

Utilizing Holland DZ during their airborne operations, the 647th QM Co. conducted several flight test passes. Jumping out of a C-130 at an elevation of 1,000 feet, paratroopers then exited in four following chinks, linked up at the designated rally point for accountability and conducted follow-on movement.

The use of the parachute is a means of combat deployment and a way to develop leadership, self-confidence, and an aggressive spirit through mental and physical conditioning, Bigler said. Airborne Soldiers have a rich history of being a body of men and women who have always set the bar high, being examples for courage, determination and a fighting spirit.

The 647th QM Co. is composed of parachute riggers conducting sustainment operations everyday in support of Forces Command (FORSCOM) units. Parachutes such as the T-11 main and reserve parachutes, MC-6 maneuverable parachutes and RA-1 advanced ram-air military freefall parachutes are all handled by the company. The 647th makes sure the parachutes are adequate for men and women to go through their training missions or down range safely.

"This isn't a job that you can show up and do half hearted," said 1st Sgt. Edwin Melendez, Airborne officer, 647th QM Co., 264th CSSB, 3rd ESC. "Lives are at stake. There is certainly pressure to do things efficiently and timely and safely. Serious injury or loss of life (could occur) if the job is not done properly."

Harnessing teamwork and camaraderie, Soldiers rig each other up while

jumpmasters inspect the preparation. This preparedness requires a significant level of trust, Melendez said. Safety, proper technique and effectiveness of conducting the mission in and out of the aircraft is always at the forefront of the Soldiers mission.

According to Bigler, airborne operations are the foundation of who the Soldiers are as parachute riggers. Coming together and jumping parachutes they pack as a team, instills a sense of pride.

"This is our work and that is what our Soldiers strive to do everyday — to ensure competency of riggers, serviceability of the chute and make sure that every paratrooper that leaves that aircraft, comes down safely," Bigler said. "It is definitely a risk that you are taking jumping out of the airplane. Airborne operations is the root of who we are and doing them together, that is something special."

To an airborne Soldier, Reeder said being a paratrooper is one of those advanced Soldier skill sets. According to Reeder it is similar to air assault or pathfinder, where not everyone is capable of attending airborne school or assigned to an airborne unit. So when someone sees those wings, the person knows what the other has gone through to wear them.

"When I was little, I was watching 'Band of Brothers,' and those Soldiers were 101st Airborne," Bigler said. "Being a paratrooper is something that I have wanted to be ... the history and lineage and where that stemmed from was most important to me. Airborne requires (that) you (ask) more of yourself. It is the pride of the airborne wings, doing just a little more than what is asked of them."

## Fort Bragg 29th Annual Installation Awards Nominations

The Fort Bragg Installation Awards Committee is ready to receive your nominations for the Fort Bragg 29th Annual Installation Awards Ceremony.

The 29th Annual Installation Awards Ceremony will be held on October 30, 2019 at the Iron Mike Conference Center.

The Annual Installation Awards Ceremony is designed to recognize civilian employees (appropriated and non-appropriated) and military members for their contributions to the installation.

The Installation Awards Committee will be accepting nominations from designated command representatives for the awards competition until August 9, 2019.

All nominations MUST include a JPEG photo of the nominee to be included in the slideshow which will be presented at the ceremony. The nomination forms are attached for the 13 categories. Award Categories are: Customer Service Awards (individual and team), Efficiency Awards (individual and team), Executive of the Year, Supervisor of the Year, Office Administrator of the Year, Employee of the Year Awards (GS-01 to 05 and equivalent, GS-06 to 10 and equivalent, GS-11 to above and equivalent), Diversity Awards (individual and team), Lifetime Achievement Award.

The competition is open to everyone on Fort Bragg including Fort Bragg Schools, Army Air Force Exchange Service (AAFES), Non-Appropriated Fund Employees, Defense Commissary Agency, Military service members, except contract employees.

Grade equivalencies:

GS 1-6, WG 1-8, E 1-6, NF 1-2, CC 1-2, NA 1-6

GS 7-10, WG 9-13, WL 1-3, E 7-9, W 1-4, O 1-3, NF 3, NA 7-10

GS 11-Up, WG 14-15, WL 14, WS 14-19, O 4-10, NF 4-5, NA 11-15

Nominations may be initiated by any civilian employee or military service member.

Nomination forms may be obtained by sending a request to USARMY Ft Bragg CHRA-SC Mailbox INST&AWARDS <usarmy.bragg.chrasc.mbx.instawards@mail.mil>

Nominations, nominee photos and inquiries must be submitted to: USARMY Ft Bragg CHRA-SC Mailbox INST&AWARDS <usarmy.bragg.chrasc.mbx.instawards@mail.mil>

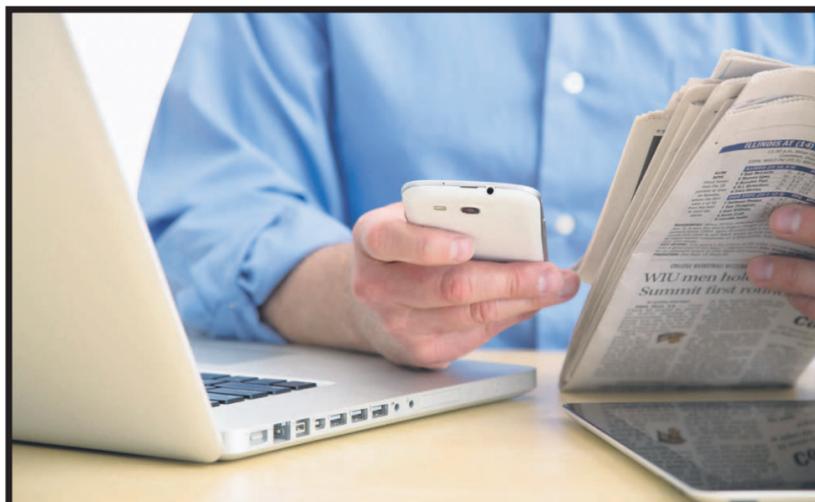
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Graphic illustration by Bryan K. Reed/Paraglide

By GENEVIEVE STORY  
PARAGLIDE

To ensure all personnel maintain weapons system competence and deployability, the 22nd Mobile Public Affairs Detachment (MPAD) held a M9 combat pistol qualification course (CPQC), July 18 at Range 66, Charlie 2.

Headquarters and Headquarters Battalion, XVIII Airborne Corps, conducted the weapons safety check, range control orientation and shooter technique instruction. The event was presided by Staff Sgt. Alejandro Vergara, chaplain assistant, range safety officer (RSO), HHBn, XVIII Abn. Corps.

Then an Army-mandated range-control safety brief was given by Staff Sgt. Eukistan Hobdy, NCO-in-charge, HHBn, XVIII Abn. Corps. It included a checklist of information such as four basic rules of firearms, loading and unloading, firearm handling, range commands, hygiene guidelines, emergency procedures and hydration.

"We are sharing policies with the Soldiers in an attempt to make decisions that are best for the shooters and the units involved in the course, based on the readiness situation," Vergara said.

A safety brief was conducted with a medic on site. A primary marksmanship instruction was then held and followed by the live-fire exercise. The CPQC was held in a ratio of three Soldiers firing a Beretta 9mm semi-automatic pistol to one range master. The goal was to shoot at least 36 out of 40 targets at 31 meters away to earn the expert badge.

"This training confirms service members are qualified, but also gives them a chance to build camaraderie through spirit of competition," said Sgt. Christal Crawford, 22nd MPAD.

According to 1st Sgt. Jeremy Crisp, 22nd MPAD, the M9 CPQC required Soldiers to engage targets at various ranges using the fundamentals of quick fire.

Crisp said the range NCO assigns the Soldier a firing lane, then the shooter would receive several ammo magazines, containing anywhere from three, five or seven rounds, depending on the course of fire. They fire in standing, kneeling and prone positions. Soldiers were given two opportunities to attain a qualifying score.

The CPQC gave Soldiers a chance to ensure they are qualified on their assigned weapon and bolstered fellowship and teamwork.

"There's an inherent value encompassing reliability, adaptability, skill and support



Photos by Genevieve Story/Paraglide

Soldiers from the 22nd MPAD held a M9 combat pistol qualification course, July 18. To earn an expert badge, participants had to meet a goal of shooting 36 out of 40 targets from 31 meters away while standing, kneeling, or in prone positions.

of the others on your team," Crisp said.

Also present was the Defense Logistics Agency (DLA), who was at Fort Bragg working on a video project on the installation July 15 through 18, and invited to observe the event.

The project was documenting the

operational camouflage pattern (OCP) Army jacket from the manufacturing process, to it being used in combat scenarios, such as the M9 CPQC. DLA representatives said the visit to the firing range was invaluable and give them a glimpse of the OCP jacket action.



## Panther paratroopers assume authority for operations in Afghanistan

By MAJ. THOMAS CIESLAK  
3RD BCT, 82ND ABN. DIV.

Fort Bragg-based paratroopers recently assumed authority for operations in Afghanistan July 19 on Kandahar Airfield, Afghanistan.

Paratroopers of the 3rd Brigade Combat Team, 82nd Airborne Division unfurled their brigade colors during a ceremony, marking the official beginning of their operations as a critical component of Train Advise Assist Command-South, headquartered on Kandahar Airfield, Afghanistan.

"This mission requires lethality, competence and professionalism," said Brig. Gen. Miles Brown, commander of TAAC-S. "All of the

attributes that are basic to an American paratrooper."

The Panther paratroopers assumed responsibility for missions ranging from base security to developing the capacity of Afghan security forces in locations throughout the country from Soldiers of the 2nd Brigade Combat Team, 10th Mountain Division, headquartered at Fort Drum, New York.

"We are excited to continue the proud legacy of our paratroopers that have done this before us and to continue to work with our Afghan partners to secure gains and secure peace in this nation," said Col. Arthur Sellers, commander of the 3rd BCT, 82nd Abn. Div. and deputy commander of TAAC-S.



Photos by Maj. Thomas Cieslak/3rd BCT, 82nd Abn. Div.

Col. Paul Larson, left, and Command Sgt. Maj. David Hanson, right, commander and command sergeant major of the 2nd BCT, 10th Mountain Div. case the brigade's colors during a transfer of authority ceremony held July 19 on Kandahar Airfield, Afghanistan. The casing signified the formal end of the command's responsibility for operations across Afghanistan ranging from base security to the training and building capacity of their Afghan partners.

# Paratroopers provide security in Kandahar



Photo by Maj. Thomas Cieslak/3rd BCT, 82nd Abn. Div.

Paratroopers assigned to the 3rd BCT, 82nd Abn. Div. secure a landing zone for a CH-47 Chinook helicopter July 20 in Kandahar Province, Afghanistan. They were providing protection to a nearby meeting between U.S. and Afghan officials discussing peace and security within the region.

## From the Archives

### AIRBORNE SIGNAL

The 112th (Special Operations)  
Signal Battalion in World War II



The work of a World War II signalman could take him to new heights (above), as in the case of this lineman atop a telephone pole, or to new depths (below), as demonstrated by these men burying spiral-4 cable near the Rhine.



## TEAM 2220

### 2nd SFAB Advisors assist Afghan counterparts

By SGT. JORDAN TRENT  
2ND SFAB

GHAZNI PROVINCE, Afghanistan — The vast desert was peppered with brick kiln towers billowing smoke into the sky, amidst sparse trees and irrigated crop fields surrounded by mountains in the arid Ghazni Province of southeastern Afghanistan. Suddenly, dust erupted from the landing zone as a UH-60 Black Hawk helicopter landed at Mission Support Site (MSS) Sultan, an expeditionary base where Advisor Team 2220, Company B, 2nd Battalion, 2nd Security Force Assistance Brigade (SFAB) is stationed. The Advisor team, who live and work alongside their Afghan counterparts, are utilizing the base as an expeditionary advisory platform where they expect enemy contact at any time.

The 2nd SFAB currently has Advisor teams operating throughout the country of Afghanistan advising Afghan national defense and security forces at brigade and below levels. Their mission is to deploy in support of the combatant commander while integrating with foreign security forces to train, advise and assist. Additionally, the Advisor teams enable foreign security forces to coordinate with joint, interagency and multinational forces to improve partner capability and capacity and facilitate achievement of U.S. strategic objectives.

"We can make a difference," said Sgt. 1st Class Jarod Owens, assistant operations advisor for Team 2220. "I've already seen the impact over the last three months. Their operations and getting after the enemy, the Taliban, have seen a significant change since we first got here. Their confidence and the relationships we've built is something I wouldn't trade for anything. We'll continue to push and make a difference and help make this Afghan brigade successful."

Advisor Team 2220 is not only advising fixed site security to their partners in order to control key terrain, but also enabling offensive operations by assisting with medical care, air support and surveillance capabilities. They are also training alongside the 3rd Brigade, 203rd Corps of the Afghan National Army (ANA) with the goal of establishing a self-sufficient and stable security force in the region.

"Every army has problems, but we're here from the outside looking in to see if we can help them do better," said Staff Sgt. Stuart Diarte, signal advisor for Team 2220. "The goal is to ultimately leave these guys not needing an American presence. When we leave here, they should be able to handle anything in this area and they are getting better every day."

Diarte served in Iraq in 2011 advising the Iraqi army on his previous deployment.

Services are minimal at MSS Sultan. Hesco barriers line the camp with a strip of barbed wire atop with an attached infantry unit in guard towers for security. Squat

racks and ammo cans link together next to a bunker are used for weightlifting. Stationed three to five weeks at MSS Sultan with a week refitting at a forward operating base, Meals-Ready-to-Eat and traditional Afghan food are on the menu.

"Sometimes we have to go without power and other stuff that sometimes people might take for granted," Diarte said. "At the end of the day, we're all Advisors in the 2nd SFAB, so we just continue the mission and get the job done."

Members of Advisor Team 2220 said they are always improving and finding ways to better themselves as Soldiers and Advisors while conducting their mission. However, improving their living conditions has not been the only progress the Advisor team has made. During their four rotations to MSS Sultan, they have built relationships with their counterparts in training, planning, providing assets and medical support.

The constant and fast operations tempo for the Advisor team has pushed them to the edge of their comfort zone and challenged them to learn and grow.

"This mission doesn't stop," Owens said. "Right now, we have partners coming in conducting key leader engagements. This is a 24-hour mission. I think many of the guys on the Advisor team are learning a lot and learning who they are based on that commitment to their partner."

As night falls and the commotion of daily life settles, the sights and sounds of war are present. Tracer rounds, rockets and mortar explosions are heard. Lasers shine like beacons through night vision goggles. While the rest of the world sleeps, Advisor Team 2220 continues to work through the night enabling their Afghan partners to conduct offensive operations.

"We have great 24-hour communication with the Advisor team," said Afghan 1st Lt. Jawad Rashidi, aide to the 3rd Bde., 203rd Corps commander. "If we need support or advice, the Advisor team helps us make it happen."

Advisor Team 2220 focuses on the influence they have. As an enabler for the Afghans to conduct offensive operations, this relationship requires cooperation from both the U.S. and coalition partners as well as the Afghan partner in receiving support. The Advisor team will continue their advising mission during their nine-month tour and adapt to change to help the ANA and security force work towards a stable political settlement in Afghanistan.

"I've always wanted to work in a small team on the front line and to make an impact," said Sgt. John Saylor, a maintenance Advisor from 6th Battalion, Logistics Advising Company, 2nd SFAB and attached to Advisor Team 2220. "I didn't think I would be here when I joined, but the SFAB gave me the opportunity to come out here and I love it. We have to be comfortable with ambiguity and change, so this is great for me."



# NCO LEADERSHIP CENTER OF EXCELLENCE

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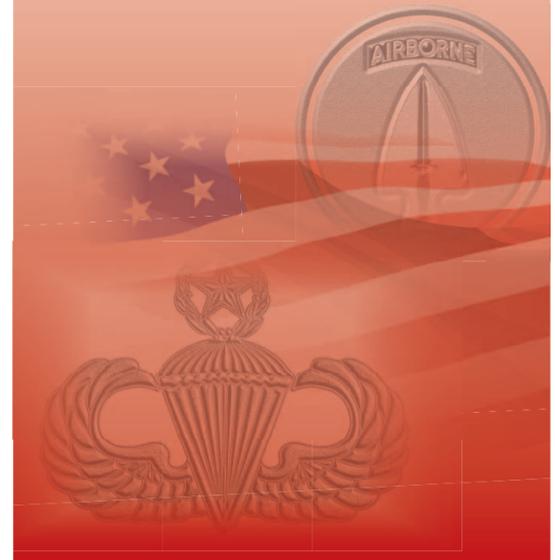
- **What:** NCO Professional Development Directorate – Hot Topics Brief
- **Who:** Enlisted service members, their leadership and any other interested person(s) to including DA civilians and contractors on the NCOPDD hot topics.
- **When:** August 2, 2019, at 9:30 a.m.
- **Where:** Pope Theater – 262 apollo street, pope army airfield, nc 28308

**Hot Topics**

- The Learning Continuum
- The Nco Common Core Competencies
- Structured Self Deveopment To Distributed Leader Course
- Professional Military Education Courses
- Smc Accreditation (Higher Learning Commission)

### Continuing to “Tell the Fort Bragg Story”

Although it’s sad to report, this is the last print edition of the installation’s newspaper, the *Paraglide*. We do want to express, this is not the end of the *Paraglide*. We will transition to a digital platform that will be housed on the Fort Bragg’s website. Also, look for updates and real-time happenings through our social media platforms.



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**Left:** Maj. Sharjuan Burgos and Sgt. 1st Class Nathan Hutchinson case the 44th Military History Detachment colors at a farewell ceremony. The detachments are responsible for the collection of historical material during combat and contingency operations for later use for documenting official history.

Photos by Eve Meinhardt/FORSCOM PAO

# 44th Military History Detachment's casing ceremony

**Right:** Maj. Sharjuan Burgos prepares to case the 44th Military History Detachment colors at a farewell ceremony, July 18, as the unit gets ready to deploy in support of Operation Inherent Resolve.



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\*Source: "Cybersecurity Market Report," Cybersecurity Ventures, May 31, 2017.

## EXPECTING BETTER THROUGH SELF CARE

Research in how stressors of military life affects quality of antepartum health in mothers prompts new USO program



Photos by Suet Lee-Growney/Paraglide

Ann Oulatta, left, and Danielle Rose take deep cleansing breaths during the breathing exercise.



Charlotte Holton, front right, does one of the many interpretive dance moves with 20 pregnant and new mothers the morning of the inaugural Expecting Spouse Reset event held at the Fort Bragg USO, July 17.

By SUET LEE-GROWNEY  
PARAGLIDE

“Our hope for you, at the end you’ll feel better about your body; you’ll feel better about what’s going on in your body,” said Natalie Morton, in a dimly lit room as she stood in a circle among 20 new and expectant mothers.

Morton, a dance artist with Black Box Dance Theatre, guided the mothers through a series of breathing and stretching exercises at the inaugural Expecting Spouse Reset, July 17. Held at the USO of North Carolina Fort Bragg, the program was

held to create access and a community for expecting and new mothers of Fort Bragg.

The day-long event began with “The Art of Learning In,” an interpretive dance session with Black Box Dance Theatre; followed by “Finance and Replenishment Plan,” taught by Stephen Scoggins, an inspirational teacher and entrepreneur; “Stronger Together,” led by former-active-duty, now-reserve Air Force officer, Josh Bledsoe; and his wife Niki; “Positive Mindset,” guided by licensed therapist Dr. Shanae Whitehead; and concluded with “Self-Care

Through Horticulture,” taught by Amy Stidham, a therapeutic horticulture program manager with Cape Fear Botanical Garden.

The program, organized by Heather Rossi, program operations manager with the USO of North Carolina; was in response to a 2019 study published by the Journal of the Royal Army Medical Corps.

“The research has shown that expecting spouses of deployed Soldiers, or those about to deploy, face higher levels of postpartum depression and a higher chance of having premature babies,” Rossi said. “The research has been ongoing for the past five to eight years ... we are really now starting to see that research come to fruition. Without that research, it’s hard to know that it’s more than anecdotal.”

In an article by Science Daily, Dr. Lauren Godier-McBard, lead author of the study said, “Women who have a serving partner in the military not only have to deal with pregnancy and the additional demands this places on their mental health, but they may also

be very worried about the welfare of their partner — in addition they are lacking that essential support while their spouse is away.

“The evidence we found indicates that social support is an important protective factor for military spouses during the perinatal period. This may be particularly important for reducing anxiety during the deployment of their serving partner. There may be benefits to specialised support for military spouses.”

According to NorthCarolina.uso.org, the study was conducted at Fort Bragg with responses from 397 military spouses. The responses showed a higher risk of postpartum depression, increased risk of anxiety and stress during pregnancy and a heightened rate of delivering before reaching full term.

Hence, this niche program was added under the USO’s already existing Spouse Reset resiliency program. The Expecting Spouse Reset was designed to give expecting military spouses tools to cope with pregnancy and military life. The program includes sessions focused on self-care

techniques, family connection, alternative therapy, financial management and more.

For Rossi, putting together this program was not only a work duty, but also a “very personal project” for her. She was a military spouse for 17 years and in the Air Force. She has three children and had two of the babies while still actively serving.

“My first (baby) was actually premature and my husband was 48 hours from deploying when I had him, so ...,” she said, pausing as her voice began to crack and tears began to well up in her eyes. “... it was a rough time. This is an important part to me because I think it’s really hard to know that there’s all that research out there when you’re in the middle of the actual event (of what the research proves).”

Among those in attendance was military spouse, Wendi Iacobello. Iacobello, who was 34 weeks along, was there for her own benefit as a new mother and to bring everything she’s learned to share with the readers of her website, *Strength4spouses.blog*. Her

page is a military spouse-centric site focused on connecting those in the same lifestyle with like-minded people and community resources.

Iacobello said she found the interpretive dance session in the morning to be a lot of fun.

“Everybody was smiling, having a good time and movement is so good when you’re pregnant,” Iacobello said. “A lot of time women think you’re supposed to stop all your activities when you’re pregnant, but really movement is good for you ... the movement was right up my alley because exercise is a big part of my life.”

When she first heard about the event, she said she thought it was a great program for everything Fort Bragg spouses go through with Bragg Soldiers’ operational tempo.

“Military spouses face many different emotions when they are pregnant, depending on what your Family circumstances are, where your spouse is at,” she said. “I think programs like this are good for spouses because they help build our resiliency and sense of community.”



Expectant and new mothers participate in the group movement session of the Expecting Spouse Reset event. The program was organized in response to a recent study showing military spouses are at higher risk of antenatal problems and delivering premature babies.

## Soldier puts her best foot forward to fulfill passion to help others in need

By ANNETTE P. GOMES  
U.S. ARMY WARRIOR CARE AND  
TRANSITION

ARLINGTON, Va. — “Give your hands to serve and your hearts to love,” it is one of Mother Teresa’s most widely known quotes and it’s exactly how Sgt. 1st Class Ciara Johnson was taught to live her life.

She took that approach with her when she joined the Army in 2006 after graduating high school.

“My dad as well as many others in my Family served in the Army,” Johnson said. “It was my dad’s influence, as well as my beliefs on wanting better for others, that helped shape who I am.”

However, after several medical setbacks during deployments, Johnson entered Fort Bragg’s Warrior Transition Battalion (WTB). During her healing process, the Maryland native said her time spent at the

WTB opened a window of opportunity to further develop her love of helping her community.

“I have always had a passion for helping others,” she said. “I was thinking of the best way to help the underserved or less fortunate and I knew I needed to strengthen my education, which required funding, so I enrolled in the (Veterans Affairs’) Vocational Rehabilitation Chapter 31 program. This program has helped me tremendously simply because it gave me the opportunity to sit and think about my future while giving me the tools to further it.”

The vocational rehabilitation program assists veterans with service-connected disabilities and an employment handicap to prepare for, find and maintain a job. It also helps transitioning service members take advantage of educational opportunities.

Johnson plans on obtaining a

master’s degree in social work by 2020 and will receive funding and counseling services throughout her tenure thanks to the VA’s program.

“My dream is to start a non-profit organization with my sister to support Families who are going through traumatic events or who are in a transitional period,” Johnson said. “It is never a one size fits all answer for persons struggling and sometimes they just need an extra push to get to the next level.”

Johnson said there is a silver lining and a lesson to be learned when adversity presents itself.

“Always put your best foot forward no matter what things look like,” she said. “It is important that you always strive for the best. Even when others may doubt you and you may have lost hope, just take it one step at a time. It is your life and runway do not ever give up because the Lord has not given up on them and neither will I.”



Courtesy photo

Sgt. 1st Class Ciara Johnson, right, a Fort Bragg WTB Soldier poses with her husband Staff Sgt. Shilue Johnson at a formal event, July 18. Ciara plans to complete her master’s degree in social work by 2020 to fulfill her passion of helping others.

# 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.

#### SIXTH ANNUAL CAROLINA VETERANS APPRECIATION EXPO: BLACK TIE FUNDRAISING GALA

**When:** Friday 00, 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:** Saturday, 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](http://www.pinehurstbusinesspartners.com/events/santas-summer-in-the-pines/?fbclid=IwAR2ITzIHr13K-F2WL2XedetVCnYg_EgPph5uOG97VKoZCYme4QuFrBrPrnl).

#### BYOB CANDLE-MAKING WORKSHOPS

**Where:** Cornerstone Design Co.

**When:** Saturday, 3 p.m. or 6:30 p.m.

**Cost:** \$25 per person

Join Cornerstone Design Co. for a super fun and hands-on, candle-making experience. Their chandlers will take you through step-by-step instructions on picking your signature fragrance from their 32-scent candle library and hand-pouring one nine-ounce, coconut wax candle. Learn more about their workshops at **Cornerstone's** website at <https://www.fayettevillefarmtables.com/book-online>.

### 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

#### 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](http://www.museumofthecapefear.ncdcr.gov).

#### THE ORIGINAL SEWING AND QUILT EXPO

**When:** Aug. 1 and 2, 10 a.m. to 6 p.m.; Aug. 3, 10 a.m. to 5 p.m.

**Where:** Raleigh Convention Center

**Cost:** \$8 to \$15, children under 16 free with adult admission

Shop the latest tools and supplies inside the exhibit hall, enjoy classes and workshops with talented teachers, stroll through quilt galleries, enter to win prizes and more. If you love to quilt, sew or embroider, you won't want to miss this exciting event.

General admission will give you all-day access to the exhibit hall and everything inside. Check out projects up close, try on sample garments, discuss quilting techniques with designers, sit down to test drive new sewing and embroidery machines and see the latest tools and techniques.

Make-it Take-it projects will be available in vendor booths. The projects are quick and fun, and when you're done you'll have learned about a new product and how to use it.

The display gallery, with quilts of all sizes and styles, wearable art and other displays will provide a place to absorb the talent, the ideas and creative adventures.

Concessions will be located inside the exhibit hall and with a view of the expo stage where you can take in the presentations.

Register for a class value package and receive free general admission.

For tickets and more information, visit <http://www.sewingexpo.com/Events/Raleigh,NC.aspx>.

#### 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>.

#### SANDHILLS PURPLE HEART DINNER

**When:** Aug. 24, 5 p.m.

**Where:** Crown Expo Center

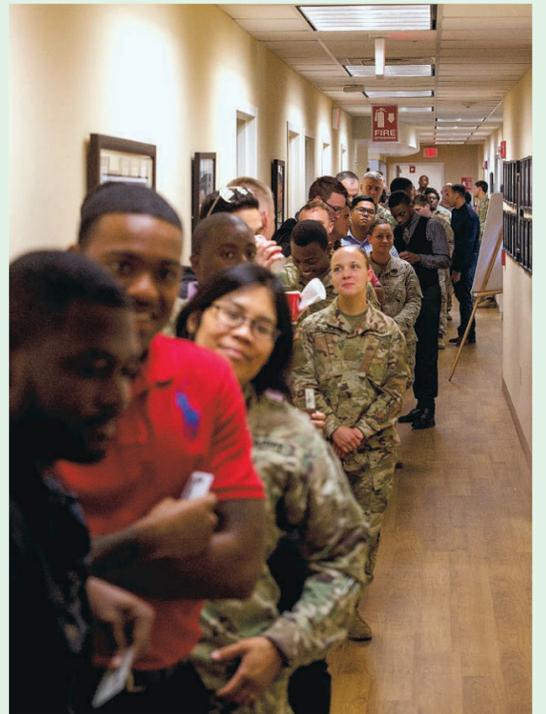
**Cost:** \$25

The Sandhills Purple Heart Dinner will honor Purple Heart recipients and their Families, Gold Star mothers, and the Families of those killed in action Aug. 24 at the Crown Expo Center, 5 to 8 p.m.. There will also be a special recognition of World War II veterans. This event is open to the public.

The Purple Heart medal is awarded to those who have been wounded or killed while serving with the U.S. Military. Established by George Washington in 1782 as the Badge of Military Merit, the Purple Heart's order includes the phrase "Let it be known that he who wears the military order of the Purple Heart has given of his blood in the defense of his homeland and shall forever be revered by his fellow countrymen."

For tickets and more information, visit <http://www.crowncomplexnc.com/events/detail/sandhills-purple-heart-dinner>.

# USO boosts Soldier morale through food, community



Photos by Lewis Perkins/Paraglide

**Above:** Service members stand in line to grab a plate of pizza during the Soldier luncheon at the Fort Bragg USO, July 10.

**Top right:** The lunch line extended from the event room at the back to the Fort Bragg USO back hallway. The meal was a means to boost morale and instill a sense of community to Soldiers.

**Right:** Brian Knight, right, USO Sandhills area assistant director, hands Cpl. Rachel Quiros a meal ticket for her lunch.

**Bottom:** Attendees at the luncheon play a game with the cookies.

**Below:** Quiros participates in the cookie competition. She was one of many who took advantage of the free meal and camaraderie, July 10.



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Ajani Jennifer Carolinas Cord Blood Bank Rachel Ranulfo

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**JULY 4TH FRIDAY- ALL AMERICAN**  
JULY 25TH

**DOWNTOWN SUMMER NIGHTS @ PERSON STREET**  
AUGUST 1ST 6PM-9PM

**DOWNTOWN SUMMER NIGHTS @ PERSON STREET**  
AUGUST 8TH 6PM-9PM

**FAYETTEVILLE AFTER 5 @ FESTIVAL PARK**  
AUGUST 9TH 6PM-10PM

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

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COOL SPRING DOWNTOWN DISTRICT

WORSHIPING AT BRAGG

# The Asatru Community: Gathering to honor the old ways

By ALYSON HANSEN  
PARAGLIDE

*Editor's note: This is the final part of a four-part series exploring the different religious services offered at Fort Bragg.*

"The Norse didn't have a word for religion, it was just a way of life," said Sgt. 1st Class David Nix, director of military affairs, The Asatru Community (TAC).

The TAC is a nonprofit organization "dedicated to making the world a better place for Heathens everywhere through community building, outreach and fellowship," according to their mission statement.

Asatru is the native folk way of Europe, according to theasatrucommunity.org. Itu is a polytheistic, pantheistic religion, or folk spiritual way. It encompasses Norse mythology and falls under the umbrella term of "heathenism;" a belief of the indigenous European people. Modern Asatru was started in the 1970s by an Svienborn Bentinsen, an Icelandic man who started a community of people who believed in the "old ways."

"Our background is built more around the community," Nix said. "It's Families coming together and building a network. We are going back to what it used to be historically, where the community came together to work on things."

Asatru holds a strong connection to ancestors, with festivals and rituals centering on ancestors throughout the year. For example, the holiday of Winter Nights, or Vetrnaetr, takes place Oct. 31, and is a time to honor ancestral spirits and the spirits of the land. It is a celebration of relationships with the living and remembrances of the ancestors.

There are also four main "holidays" the Asatru community acknowledges. Yule is celebrated in December around the winter solstice. Yule is the most important holiday and traditionally lasts for 12 days.

Midsummer is celebrated at the summer solstice and is the second greatest celebration.

Ostara is held on the spring equinox and is associated with the coming of the sun. It is a celebration of fertility and the goddess Ostara.

Fall Feast, or Haustblot, is celebrated during the fall equinox. It is a time of feasting and dancing, and a realization of the coming harvest.

Asatruars, the people who practice Asatru, study from runes, Icelandic Sagas and the Eddas, Germanic poems and Norse lore.

The Eddas, an Icelandic text traditionally written in the 13th century, contains the Havamal, a poem found in the Elder Edda. The Havamal is one of the most important texts in Asatru, believed to be the words of Odin.

"Ours is a reconstruction of how we believe the Germanic and the Icelandic people practiced their faith based on historical recreation and the sagas and lores we have," Nix said.

Nix, who grew up Southern Baptist, came to Asatru by picking up a book of runes at a bookstore. He began exploring various religions, including converting to Catholicism for a time while deployed, before coming back to the runes.

"It just felt right," he said.

Nix has since become a member of TAC, acting as their military liaison. He also requested a religious accommodation last year to grow a beard and to carry a pocket altar during field training.

While Asatru isn't yet approved by the chain of command, Nix and the community are working toward that goal. Nix said being recognized by the garrison is an important step for the Asatru community at Fort Bragg.

"There is an issue with white nationalism within the Norse pagan community," he said. "There are groups in the area that fall within that ideology. When we started growing, we all came to an agreement that Fort Bragg needs something that is in accordance with DOD Sexual Harassment Assault Response Prevention and equal opportunity policy so that if someone is interested they can come out and learn. It's to make sure that if some private wants to explore and gets interested, he doesn't just stumble into a white nationalist organization and ruin his career and instead comes to something that Fort Bragg will provide."

TAC has issued a declaration to the same effect: Declaration 127. The declaration denounces hate, bigotry and sexism. It focuses around stanza 127 in the Havamal text: "Wherever you know of harm, regard that harm as your own; give your enemies no peace." Members of TAC sign the declaration to show they are against the use of their symbols and runes by groups that go directly against what Asatru means.

Those who are interested in learning about Asatru can meet at McKellar's Lodge the first Thursday of every month, for lunch. Nix can also be reached to answer any questions about TAC at davidn@theasatrucommunity.org.

For more information about Asatru and TAC, visit <http://www.theasatrucommunity.org/>.

## ASATRU CELEBRATIONS

### Vetrnaetr

Oct. 31

Holiday of winter nights. To honor ancestral spirits and the spirits of the land, celebrate relationships with the living and remembrances of the ancestors.

### Yule

Winter solstice

Most important holiday traditionally celebrated for 12 days.

### Midsummer

Summer solstice

Second greatest celebration.

### Ostara

Spring equinox

Celebrating the coming of the sun, fertility and the goddess Ostara.

### Haustblot

Fall equinox

A time for feasting, dancing and the coming harvest.

# Worship Guide

## CATHOLIC

### Mass

#### All American Chapel

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

#### 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](mailto: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

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

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)

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

Sat. 1 p.m., Pope Chapel (3rd Sat. each month)

Sat. 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)

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

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

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

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

## FOR MORE INFORMATION

[www.bragg.army.mil/index.php/about/garrison/religious-services](http://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

## Golfers tee up for Fort Bragg Invitational

By GENEVIEVE STORY  
PARAGLIDE

The 10th annual Fort Bragg Golf Club Invitational was held July 20 through 21, at Ryder and Stryker Golf courses.

Robert Taylor, head golf professional and business manager at Ryder Golf Course, said the two-day golf invitational was unique because of how the championship differentiated between the standard and incorporated two different greens.

“The first round of the Fort Bragg Invitational is here at Ryder Golf Course, and tomorrow’s final round will be at Stryker Golf Course,” Taylor said. “This event is considered one of our ‘major’ tournaments. The two-day format has been well-received.”

According to Taylor, golfers are often familiar with the single-day tournament structure, consisting of 36 hole stroke play total of individual stroke play. The implementation of several two-day major tournaments on post had been a healthy addition for golf enthusiasts. The tournament offered participants a championship format and competitive atmosphere, divided into a format consisting of 18 holes per day, 36 holes of individual stroke play total, with competitors being flighted after round one scores within their respective divisions. Invitational entry fee also included golf cart, range balls as well as food and drink.

With a field divided into four flights: men (all ages), senior men (55 and up),

super senior men (65 and up) and legends (75 and up), the objective for each golfer was to shoot and score as low as they possibly could per day, advancing higher and higher in rank within their designated flight. Flights, or divisions in a golf tournament, level the playing field based on factors such as age, and participants want to remain in good competitive standing within their flight to be eligible for the championship title.

This year’s golf invitational, open to active duty, veterans and DOD cardholders and civilians, with a minimum entry age of 13, recognized approximately 54 avid golf attendees in the field.

The first round of individual low gross flights was held at Ryder Golf Course and the second and final round was held at Stryker Golf Course.

“It was a blast. We had a great turnout and we look forward to next year,” said Jeffrey Johnson, director of golf, Stryker Golf Course.

Trophies were awarded to the overall champion for each division and flight winners received gift certificates.

The overall winner for the invitational was Cody Stevens, recording a round of 67 at Ryder Golf Course and 75 at Stryker Golf Course, for a two-day total of 142.

Upcoming championship golf events on post include the Ryder Invitational and the Ryder Club and Stryker Club championships. For more information regarding upcoming golf events, please visit the Recreation department at <https://bragg.armymwr.com/programs>.



Photos by Lewis Perkins/Paraglide

Cisco Almodorar, veteran, spots his shot and putts the golf ball across the green into the hole, July 20 at Ryder Golf Course. Almodorar was one of 54 attendees in the field.



Photos by Eve Meinhardt/FORSCOM PAO

Soldiers from the 519th MI Bn. and the 27th Engineer Bn. perform a dynamic warm-up as part of a TSAC facilitator class at Frederick Physical Fitness Center, July 19. The training allows the Soldiers to bring practical experience and advice back to their units to promote wellness, improve performance and decrease injury risk.

## Fitness course trains Soldiers to coach peers, promotes wellness

By EVE MEINHARDT  
FORSCOM PAO

Soldiers from the 519th Military Intelligence Battalion and the 27th Engineer Battalion came together July 15 through 19 for the Tactical Strength and Conditioning (TSAC) Practitioner course at Fort Bragg’s Frederick Physical Fitness Center.

The five-day course is part of U.S. Army Forces Command’s (FORSCOM) Holistic Health and Fitness program and is taught by the National Strength and Conditioning Association. The training teaches proper exercise and coaching techniques to help minimize musculoskeletal and other injuries, improve performance, and increase readiness. The training is specifically geared toward the physical challenges and demands faced by service members and first responders.

“This class is designed to give the Soldiers information they can immediately use and take back to their units,” said Chris Frankel, one of the course instructors. “We teach them the best practices we have seen over our careers in sports science, athletics, and in

the military, so they can improve the quality of their physical training.”

The coursework provided an overview of muscle movements, fitness terms, nutrition and other information to help prepare the students for the facilitator exam they must take within 120 days of completing the course.

Additionally, the students received hands-on training on how to properly perform different exercises and completed dynamic warm-ups, which are designed to be done to properly prepare the body before taking the new Army Combat Fitness Test (ACFT).

There are 30 battalions across FORSCOM who are sending Soldiers from their ranks to attend TSAC training. These units are the same FORSCOM units participating in the ACFT pilot program. Each unit sends 15 Soldiers for the training to become TSAC facilitators.

“This training is designed with the needs of the Army in mind,” said Sgt. Maj. Kim Mattingly, the leader development sergeant major, FORSCOM. “It will help improve Soldier performance, promote wellness and to decrease injury risk, directly contributing

to Army readiness. Since November, we have seen an up to 56 percent reduction of musculoskeletal injuries and 50 percent fewer Soldiers enrolled in the Army Body Composition Program.”

The Soldiers attending this round of training also had the opportunity to work with the instructors to discuss how to best design and implement a safe and effect training and conditioning program to implement at their units.

Maj. James Wilson, FORSCOM G-3/5/7, attended the training and said this will provide the Army with a valuable tool by training other Soldiers to provide peer-to-peer monitoring and coaching to help contribute to the overall readiness of the unit as they work with the Human Performance Optimization team comprised of an occupational therapist, a physical therapist, registered dietician and strength and conditioning coaches.

“The key takeaway for the TSAC-F is to take advantage of the peer-to-peer relationship in efforts to help meet the needs of those Soldiers who are experiencing difficulty transitioning to the new ACFT testing standards,”



Soldiers in the 27th Engineer Bn. and 519th MI Bn. participated in the TSAC course as part of a pilot program within FORSCOM.

Wilson said. “TSAC facilitators in conjunction with the Strength and conditioning coaches will help Soldiers progress to achieve the desired end result.”

As an attendee of the course, Wilson said that it was challenging but extremely motivating, especially if he would have told you there was no way he could have passed the ACFT six months ago. He said that it’s important to take preparing for the ACFT seriously and that you can’t just get up off your couch and be properly prepared to do a pull-up or a squat.

“It’s all about the mindset,” he said. “You have to change how you approach fitness from a

mind, body and soul perspective. It’s important to assess your lifestyle, and think about your personal goals before you can even address the physical change. It’s not about training to pass the three events in the former APFT (Army Physical Fitness Test) anymore. With the ACFT, it’s about your overall fitness, not the test. ACFT is essentially a lifestyle change.”

Wilson said that the TSAC facilitators will help Soldiers not only be ready for the ACFT, but will help contribute to the unit’s overall readiness by helping Soldiers build strength and avoid injury.



## Summer sizzler 5K series is a **splash** at Smith Lake

BY GENEVIEVE STORY

PARAGLIDE

Over 250 runners, walkers, strollers and dogs toed the line July 20 at Smith Lake Recreation Area for the Fort Bragg Family Fun 5K Run and Walk.

Between March and October, service members and their Families can enjoy this free, friendly, noncompetitive, themed series on-post. The theme for this 5K was “splash and dash.”

With a new out-and-back course designed along Smith Lake Road, Family and Morale, Welfare and Recreation (FMWR), brings a change to the 5K series from its previous course along Longstreet Road, with a finish at Hedrick Stadium.

“The course was brought together fairly quickly and is (currently) just shy of a true 5K distance, which is 3.1 miles,” said Keagan McDonald, event coordinator and race director for FMWR. “We are adjusting the course for the upcoming 5K races (at Smith Lake) to be a true length with a new start and finish line.”



Photos by Lewis Perkins/Paraglide

A runner, holding an American flag, breaks away from the starting line pack at the Fort Bragg Family Fun 5K held July 20 at Smith Lake. The next 5K is set for Aug. 17

Participants were offered a scenic route lined by the Smith Lake pine forests and a water stop at the turnaround point at Honeycutt Road. To beat the heat, a sports drink and water were provided at the finish line, along with music, bananas, fruit snacks and

dog-friendly treats. Various post-race festivities such as raffles, bounce house, water slide, dunk tank and various on-post and corporate sponsors were also available to participants.

“I ran with a friend today and we took it easy because of the excessive

heat,” said Denisse Torres, military spouse. “I am preparing for the Virginia Beach Marathon at the beginning of September. If you want to run in the summer, you have to sacrifice and get up very early. This race is a great offering to the community.”

Whether looking for quality time with friends and family, or a means for future race training, the Fort Bragg 5K series has become a garrison staple for promoting community and outdoor connectivity.

“The 5K series has a fun and energetic atmosphere we like to provide to our Soldiers and their Families,” McDonald said. “It’s open to everyone, even the four-legged type. We want to provide an activity that is exciting to go to and also promotes a healthy and active lifestyle. We look forward to the many more we have in store and hope everyone enjoys them as much as we enjoy putting them on.”

The next Fort Bragg Family Fun 5K Walk/Run is scheduled to take place Aug. 17 at 8 a.m. For more information, please visit <https://bragg.armymwr.com/programs/runs-and-races>.



## Runners Corner

### Dirtbag Ales Beer Mile:

**Saturday**, 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?after\\_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?after_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 Huger 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 and a friend or two. Please contact [management@crossfithaymount.com](mailto: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](http://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.

### 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](http://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.

### 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.

### 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](http://www.bragg.armymwr.com) for the schedule.



# CLASSIFIEDS

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Announcements.....	400s
Financial.....	500s
Real Estate – Rentals/Sales.....	600/700s
Transportation.....	800s

### Deadlines

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

### 110 Administrative/Professional

**FTCC**  
Fayetteville Technical Community College is now accepting applications for the following positions:

**Director of Facility Services**

For detailed information and to apply, please visit our employment portal at: <https://faytechcc.peopleadmin.com/>

Human Resources Office  
Phone: (910) 678-7342  
Internet: <http://www.faytechcc.edu>

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City of Fayetteville  
For Job listings go to: [fayettevilenc.gov/jobs](http://fayettevilenc.gov/jobs)

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**MACHINIST**  
18 person Industrial Job Shop. Low volume, high mix CNC Turning exp preferred. Full benefit program including profit sharing plan. Salary dependent on qualifications. Send resume to Machine Products 3428 Black & Decker Rd. Hope Mills, NC 28348 or email to [Mjackson@machineproductsinc.com](mailto:Mjackson@machineproductsinc.com)

### 223 Child Care

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Call 868-0909 or 867-0038

### 249 Home Additions/Improvement

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### 251 Home Repair

**HANDYMAN:** Home Repairs inside or out, moving, hauling, tree cutting. Call, text. 910 703 4533

### 305 Furniture

**OAK DINING TABLE w/ 5 chairs plus 2 glass top end tables.** There is a leaf with the dining table. \$350 Call (910) 822-3720

### 336 Pets

**LAB / GERMAN SHORTHAIRED POINTER MIX:** Puppies. Mother is AKC Yellow Lab and Father is a Liver Roan Colored GSP. Both parents have a very calm, sweet disposition. Ready for their forever homes 8/3/2019. \$200 call or text 919-210-4202

**GERMAN SHEPHERD PUPS:** AKC, shots/deworm UTD. Champion Blood Line. M/F. Call or text (910-257-2525) \$900.



**WHITE GERMAN SHEPHERD:** Prince and Princess have a new litter of pups! She had 5 females and 3 males. These highly intelligent and observant puppies were born June 1st & w be ready for their forever homes on August 1st. Included with your puppy: AKC Registration Form, 1st set of shots, De Wormed, 1 month heart worm , tick and flea pre-ventative, puppy crate, crate pad and 1 lb., lam's Puppy Chow for large breeds. We are not a puppy mill operation. Prince and Princess are our "kids" and everyone (our other pets) on the property looks forward to puppy time. It truly is a labor of love. The litter has been raised indoors and have been regularly handled and socialized. Our goal is always to raise confident self assured puppies. We have also exposed them to a variety of loud noises such as the television and vacuum cleaner, other dogs, kittens and cats. We live in Eastover, near Fayetteville, about 1 mile from Exit 55 on I95. Text 405-824-3100 to contact



**LABRADOR:** AKC registered Lab puppies for sale. \$600. Call or text (843)535-3640 for more information.



**COCKER SPANIEL:** Pups. POS/AKC verified, UTD meds, w/health guar. Reduced pet pricing, \$500 to \$600. 910-567-2013



**BULLY PUPS:** Bully monster pups for sale! UKC registers and father on site. All shots and wormed. Going fast, only 4 females left! Available 7/26/19, contact Jody Womack 910-850-9527 for pricing details.



**MINIATURE SCHNAUZERS:** AKC, DOB 06/05/2019, 2 males available, \$750 Firm, Call 910-568-6008



**MINI DACHSHUNDS:** POS / AKC / CKC, Reg./NA. Special pet pricing \$400 to \$500. UTD meds w/guar. 910-567-2013



**SIBERIAN HUSKY:** puppies for sale, only have 3 girls left. Puppies will have worming and first shots. Raised around cats and kids. Text or call 9107341170 for more information.



**DACHSHUND PUPPIES:** CKC registered 1st shots deformed. \$350.00 910-974-7714 or 910-220-5444



**SIBERIAN HUSKY:** AKC Pups, born 5-24-19. All shots UTD. Call or text to see or reserve pups 9103370376

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### 369 Miscellaneous



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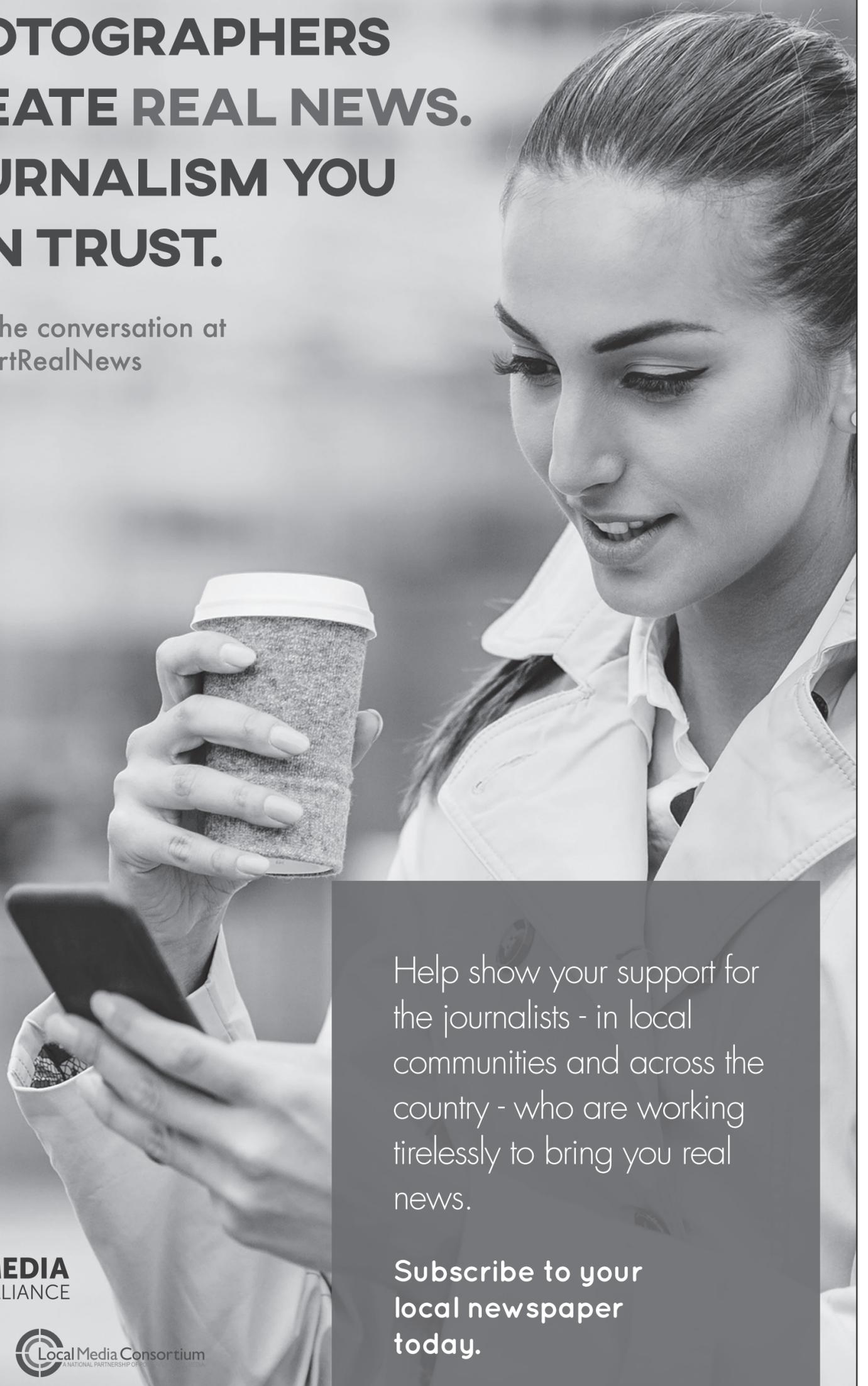
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