

INSIDE
THE
'GLIDE'

FOCUS - B



Army Reserve names NCO and SOY: “Trust your training. Every event counts, even if you think you’re out. Keep pushing, keep pushing hard and push through it. Do the best you can. Stay focused and don’t worry about the other competitors.”

LIFE - C



Fourth of July celebration rained out: The 50th Annual Fort Bragg Fourth of July celebration was called off as thunder storms and severe rain showers flooded the area.

SPORTS - D



SwampDogs pitch kids baseball clinic: The Fayetteville SwampDogs line up the players by age at the kids’ baseball clinic held at Shughart Elementary School where over 50 kids attended.

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THE
PARAGLIDE



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Troops compete to earn title as XVIII Airborne Corps’ best

By Pfc. Joshua Cowden
22nd MPAD

Bodies soaked in sweat — fatigue was visible. This was the week-long image of Soldiers powering through the strenuous situational training exercises (STXs) and physical tests of the 2019 XVIII Airborne Corps NCO and Soldier of the Year Competition from June 24 through 28. To prove they were the 2019 Dragon Warrior of the Year, representatives from the XVIII Abn. Corps’ divisions and brigade separates were brought in after competing and winning at the division level. “In the last five days, I’ve watched these Soldiers push themselves to the limit and put everything on the table,” said Command Sgt. Maj. Emilio Rivera, command sergeant major, Headquarters and Headquarters Battalion, Task Force Dragon, XVIII Abn. Corps. “They never gave up and pushed through with the maximum effort to succeed.”

Day one’s events included a graded layout of gear, the Army Combat Fitness Test (ACFT), the Air Assault Obstacle Course and Combat Water Survival Training (CWST). “My favorite part of the competition was the ruck because I enjoy rucking, and it’s something I have a passion for,” said Spc. Nathan Brittain, Baker Battery, 321st Field Artillery Regiment, 18th Field Artillery Brigade. “The hardest part for me was swimming with full gear and the weapon. That part (dragged) me down pretty good.”

Day two picked up with more Soldier skills as the competitors went through STXs. The lanes included a reaction to a chemical attack, sending a situation report (SITREP) over the radio, evacuating a casualty, requesting a nine-line medical evacuation (MEDEVAC) and reacting to direct and indirect contact. These lanes stretched over 2 miles and kept competitors engaged and focused on new situations.

“The lanes sucked in the heat, but at the end, when you were done, it felt great,” said Staff Sgt. Bijay Bastakoti, a cargo specialist with 403rd Inland Cargo Transfer Company, 330th Transportation Battalion, 3rd Expeditionary Sustainment Command. “That type of training takes a lot of preparation and time, but it will be great to be able to take that back to the Soldiers of my unit.”

Day three was another scorcher with the heat index reaching 101 degrees. The competitors moved to weapon qualifications on both the M9 pistol and the M4 carbine rifle. Rifle and



Photos by Pvt. Nathaniel Gayle/22nd MPAD

The Soldiers participating in the 2019 XVIII Abn. Corps NCO and SOY Competition salute as the national anthem is played during the final awards ceremony at Fort Bragg, June 28.

“I’ve watched these Soldiers push themselves to the limit and put everything on the table.”

– Command Sgt. Maj. Emilio Rivera
HHBN, Task Force Dragon

pistol marksmanship was a graded event the competitors had to excel at in order to win the competition.

“To prepare for the competition, my unit helped a lot by scheduling time at the range and giving me some more practice with land navigation,” Bastakoti said. “We could have prepared a bit more for the ACFT and the Combat Water Survival Training — I’m not a swimmer — but I gave it my all and I didn’t give up.”

Before competitors went to the ranges to fire their weapons, another physical assessment took place at 6:30 a.m. They tackled the next challenge and competed against each other in the Soldier Readiness Test (SRT).

The SRT was originally proposed as the new Soldier physical fitness test. However, the ACFT was chosen. It includes flipping a tire six times, dragging a simulated casualty, lateral agility movements, loading a Humvee with equipment and completing an over-under obstacle at the middle point of a 1.5-mile run.

See Best ————— Page A4



Spc. Nicholas Callahan, left, assigned to the 44th Medical Bde., and Staff Sgt. Matthew Whitney, assigned to the 3rd Infantry Div., Fort Stewart, Georgia, stand as the 2019 XVIII Abn. Corps NCO and SOY competition winners at Fort Bragg, June 28. The best-of-the-best Soldiers participated in the competition demonstrating their commitment to the Army values.

Partnership strong in Army, Air Force care

By TWANA ATKINSON
WAMC

Womack Army Medical Center (WAMC) and the medical clinic at Seymour Johnson Air Force Base are streamlining efforts to support the 2017 National Defense Authorization Act by strengthening alliances to improve access to quality care.

Recently, the clinic at Seymour Johnson had low manning in their radiology department that maintained a cumbersome daily mission requirement.

“We had some staff challenges that usually would take at least six months to resolve,” said Air Force Tech. Sgt. John Perez, the NCO in charge of the radiology clinic.

WAMC was able to help mitigate the personnel issue within days at Seymour Johnson by sending a radiology

technician to support their mission.

Spc. Zachary Bevington, who’s main goal in joining the military was to be a radiology technician, has been supporting the clinic for over a month.

“I have been performing diagnostic radiology because doctors constantly come in wanting to see what’s going on inside of their patients,” Bevington said. “I’m very happy to be able to come here and help. I love being a part of the patient healing process.”

Since last year, WAMC and other medical treatment facilities in the Carolinas started undergoing a transition of all clinical administrative policies and processes to be managed by the Department of Health Agency (DHA).

Congress directed the DHA to assume



Photo by Twana Atkinson/WAMC

Air Force Tech. Sgt. John Perez, the NCO in charge of the radiology department at the clinic at Seymour Johnson, briefs Spc. Zachary Bevington on daily requirements.

responsibility for the administration and management of healthcare at all military medical treatment facilities in October 2018. This transfer maximizes efficiencies by eliminating redundancies in headquarters, intermediate commands, clinical functions and business processes.

The clear objective is providing a continuity

of care during a seamless transition in order to maintain a ready and lethal U.S. military. This transition will allow all DOD medical treatment facilities to operate under one umbrella.

“It’s great to have more people across the services that work in the same specialty care,” Perez said. “It’s very appropriate to have a standard across the

board regarding military medicine.”

WAMC, and the medical treatment facilities on Pope Army Airfield and Seymour Johnson have all been aligned to fall under the Coastal Carolina Market.

These medical treatment facilities are the first to undergo the transition to DHA and should be completed by 2020.

The Fourth of July

More than just fireworks, ice cream and water fights

By **ALYSON HANSEN**
PARAGLIDE

Fourth of July used to be about my immediate Family to me.

When I was a kid, my Family on my dad's side would all get together at a park in Butte, Montana and watch fireworks. It was always hot, or at least as hot as Montana ever got in July (one year it did snow), and my cousins and I would run around the entire park having water fights and getting sticky with ice cream and Otter Pops.

It was my favorite time of year to be around my Family. We'd sit on our blankets as the sky began to get dark and watch the fireworks, and snuggled into each other. My papa would get teary eyed listening to the "Star Spangled Banner."

My husband's Family gets together every year for a giant barbecue and water fight. With six siblings, most of whom have three or more kids, the water fight becomes unruly and epic. One sibling (or my husband's dad) will inevitably drag out the hose

and a giant bucket as an easier means to douse everyone within splashing distance.

Since my husband has become active duty, we have spent very few Independence Days with our Families. Living on the other side of the country makes getting back home a bit of a challenge, and my husband's training and deployment schedules almost always seem to happen during the summer. Without our Family, the day feels sort of deflated. With the realities of being a Family with an active-duty military member, the day has taken a bit of a dark turn for me.

Instead of my heart swelling with the strains of "Proud to be an American," I think instead of the friends both my husband and I have lost throughout the years. Instead of feeling excitement of watching the fireworks go off, I instead feel jolted into a different reality. In 1776, the U.S. was one year into what would become an eight-year conflict for independence. Most of the people who lived in the colonies at the time so believed in independence from a tyrant that they were willing to

do whatever it took to become a free nation.

Those men and women should be celebrated, as it was because of their tenacity that we became the United States of America. The Fourth of July is a celebration of their achievement and us as a nation.

Independence costs a lot. To quote "Team America: World Police," "Freedom isn't free, it costs folks like you and me."

While the song that's taken from is a parody, it does have truth in it — our freedom was never free.

Sometimes being a part of the active-duty community can feel like a Family, a big dysfunctional Family. Our independence has cost that Family quite a lot.

The Fourth of July is now more than just hanging out with my blood relatives; it's also about that extended network of Soldiers and their Families that we have adopted as our extended Family. Our familial bonds now extend past relations and into a group of people that come together every day to protect our nation.

PARAGLIDE Fort Bragg Voices



"A freedom to enjoy a lot of the things other countries don't."

Spc. Cody Moody,
525th MI Bde.



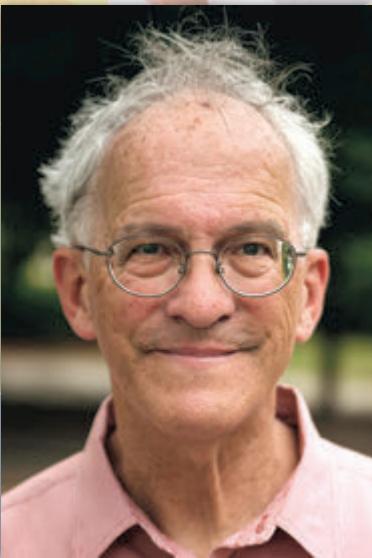
"To breakaway from an oppressor."

Sgt. Lawrence Boutte,
1-17th Cav., 82nd CAB,
82nd Abn. Div.



"It means land of the free and I show support to my Family and military Family."

Brianne Blossom,
Family member



"To be thankful for the country we live in that we have the freedom we should never take for granted."

Brad Simpson,
Veteran



"My grandpa is a Vietnam veteran. I really admire his courage. I feel like independence is for all the men and women who fight for our lives."

Spc. Jeremy Shuster,
3rd SFG

THE PARAGLIDE

Garrison Commander **Col. Phillip D. Sounia**
..... phillip.d.sounia.mil@mail.mil
Public Affairs Officer **Tom McCollum**
..... thomas.d.mccollum2.civ@mail.mil
Production Manager **Lynn Guzman**
..... lguzman@fayobserver.com
CI/Editor **Jackie M. Thomas**
..... jacqueline.m.thomas3.civ@mail.mil
Assistant Editor **Vacant**

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

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

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

Office location: 901 Armistead St. Building
34, Pope Field, North Carolina 28310.

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Paratroopers assigned to 82nd CAB, 82nd Abn. Div. march in formation during a change of command ceremony on Pike Field, June 26. Since the creation of the unit and over the past few years, the 82nd CAB has participated in multiple operational missions, humanitarian responses and training exercises remaining a ready unit for the nation's call.

The 82nd CAB Changes of command, responsibility

By STAFF SGT. SHARON MATTHIAS
82ND CAB

Soldiers assigned to the 82nd Combat Aviation Brigade (CAB), 82nd Airborne Division hosted the unit's change of command and responsibility ceremonies June 26 at Fort Bragg on Pike Field.

Col. Earnest J. Irvin II took command of the 82nd CAB from Col. Bernard Harrington and Command Sgt. Maj. Michael J. Arceneaux replaced Command Sgt. Maj. David Marrero-Baez as the brigade's command sergeant major.

Harrington led nearly 3,000 paratroopers through many missions in his tenure of 24 months.

"These incredible Pegasus paratroopers that stand before you are true

national treasures," Harrington said. "They're comprised of less than 1 percent of our population who answers their nation's call in a time of war and I know of no task that this team cannot accomplish."

The 82nd CAB's major subordinate units now include 1st Squadron, 17th Cavalry Regiment, 1st Attack Reconnaissance Battalion, 2nd Assault Helicopter Battalion, 3rd General Support Aviation Battalion, 122nd Aviation Support Battalion and Headquarters and Headquarters Company.

Earlier this year, during the 82nd Abn. Div.'s major field training exercise, Warfighter 19-03, Maj. Gen. James Mingus, commander, 82nd Abn. Div., said the CAB dominated the battlefield with unprecedented air assaults, deep and close fighting executions, which resulted in countless kills and destroyed significant enemy weapon systems.

Mingus also highlighted the brigade's greatest achievements in his speech and commented on its high profile missions.

"When the hurricane hit last fall we had to dispatch the entire CAB to 16



Photos by Plc. Chantel Green/49th PAD

Col. Ernest J. Irvin, incoming commander, 82nd CAB, 82nd Abn. Div. passes the guidon to retired Brig. Gen. Kelly Thomas, honorary regimental commander of the 82nd Avn. Regt., during a change of command ceremony. The 82nd CAB is comprised of nearly 3,000 Soldiers and recently achieved the highest score of any aviation unit in the past 10 years on the FORSCOM Aviation Resource Management survey.

different locations around the country, every frame made it on their own and every frame made it home on their own," Mingus said. "They achieved the highest score on the Forces Command Aviation Resource Management Survey compared to any aviation unit in 10 years."

Command and responsibility of the 82nd CAB paratroopers now belongs to Irvin and Arceneaux.

They are tasked to lead the "Saber, Corsair, Wolfpack, Talon and Atlas"

paratroopers who stand ready to serve something bigger than themselves and maintain the 82nd CAB's legacy.

"At JROTC I've seen a lot of motivated paratroopers and I knew that was the formation I wanted to be a part of, but I also wanted to be part of taking them to the next level by making sure that they were ready to go and fight our nation's wars," Arceneaux said. "So being selected to serve as the 82nd CAB sergeant major was absolutely a dream come true."

World War II veterans tour Fort Bragg

By GENEVIEVE STORY
PARAGLIDE

Honoring the lives of those who served in World War II, the Fort Bragg Garrison Public Affairs Community Relations Office organized a World War II Veterans Tour, June 26.

Beginning with a meet-and-greet at the All American gate, a group of 10 veteran attendees commenced the first leg of their tour with lunch at the 2nd Brigade Combat Team and 18th Field Artillery Brigade dining facility.

"I say this, having served myself in the Battle of the Bulge, with wounded GI's and also with the 101st, it is a great privilege to be here today," said George Chall, combat medic veteran.

Also in attendance was 100-year-old Sidney Walton, one of the oldest living WWII veterans in the nation. Walton was drafted into the U.S. Army nine months before the attack on Pearl Harbor and was around when the 82nd Airborne Division entered World War I, according to his son, Paul Walton.

Following lunch, members of the party traveled to the 82nd Abn. Div. War Memorial Museum for a tour of the facility. The tour began with an informal introduction and conversation with Maj. Gen. Brian J. McKiernan, deputy commanding general, XVIII Airborne Corps and Fort Bragg. Expressing mutual gratitude for the division and reflecting on times past, McKiernan communicated his appreciation for the veterans' service and legacy they represent.



Photo by Lewis Perkins/Paraglide

Veteran's George Chall, left, and Sidney Walton, middle, stand with Maj. Gen. Brian J. McKiernan, deputy commanding general, XVIII Abn. Corps and Fort Bragg.

"I cleared my schedule so I could spend a little time with you all here today," McKiernan said. "It is our honor to have you with us."

Veterans and their Family members were greeted by Chris Ruff, curator, 82nd Abn. Div. War Memorial Museum. Ruff invited the attendees to the museum theater for a 25-minute long orientation film on the history of the division.

Following the film, Ruff thanked the veterans for their service and for their visit to the museum, further explaining his role as curator to collect, preserve and interpret the material culture of the division.

Ruff said, the 82nd Abn. Div. has a long and illustrious history that spans more than 100 years. Today, the paratroopers who wear the shoulder patch of the division continue to form the cutting edge of the nation's strategic response force.

Following the film, attendees were invited to a guided tour of the museum. With over 5,000 artifacts displayed in the gallery, Ruff walked the veterans through the material spanning from early airborne

development to the war in Afghanistan, as they reminisced about familiar days of their past.

"I was born and raised in Greensboro, North Carolina," said Bob Watkins, veteran tech sergeant, 82nd Abn. Div. "I am 90 years old, I happened to be in Korea, the first of July, 1953. I was in combat for two months."

While in Korea, the Army sent Watkins to the railroad where the Japanese had steam engines. Watkins said very few Soldiers had a high-school diploma, so they would set up general education development (GED) courses and hold classes in the railway carriages.

"We would educate one another during these times," Watkins said. "Alongside the stored ammunition in the train cars."

As a testament to their generation and experience in combat, service members were resilient and improvised taking care of one another through any means necessary. They maximized their time overseas to better themselves — this trend has continued to maintain itself to modern day.

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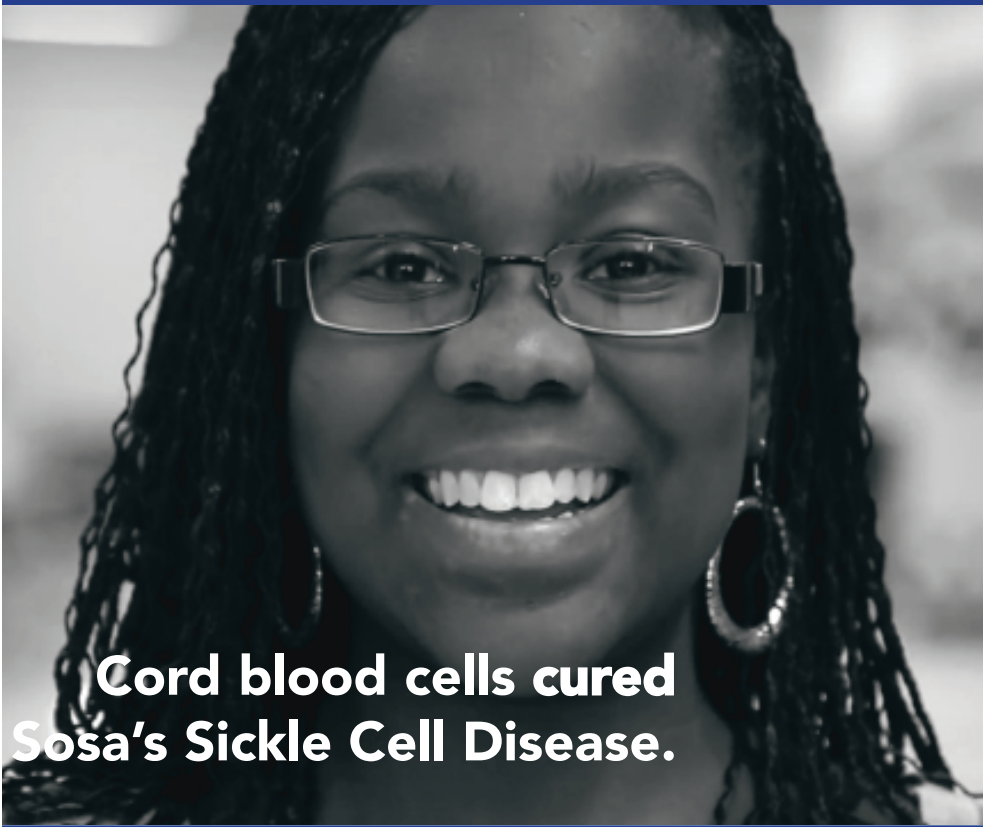
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Academic credentialing program could boost Soldier retention



Photo by Luc Dunn/AUSA

Sgt. Maj. of the Army Daniel Dailey speaks about retention and academic credentialing at the AUSA Institute of Land Warfare breakfast in Arlington, Virginia, June 26.

By **JOE LACDAN**
ARMY.MILL

WASHINGTON — The Army could add to its record retention numbers by providing more incentive for Soldiers to stay on duty, according to the service’s top enlisted leader, June 26.

The Army has been testing a pilot program for academic credentialing at Fort Hood, Texas, and plans to extend the program to several major installations by the end of 2019, said Sgt. Maj. of the Army Daniel Dailey. The Army plans to spread the program to all installations in fiscal year 2020.

Last week the Army provided 110 bachelor’s degrees to senior NCOs who attended the Sergeant Major Academy at Fort Bliss, Texas. Dailey said the Army will be providing Soldiers with some college credit or professional credentialing for each level of NCO training.

“The expectation is we give something back for that service,” Dailey said during the Association of the Army breakfast in Washington D.C. “Not just be able to say that you served and sacrificed, but (getting) tangible results. That’s what we owe to the American people, a better product; to be more productive in their hometowns.”

Dailey said the Army has still been working out the finer points of the program to ensure higher quality training for service members and to decide how agencies will receive payment. The program will also be available to National Guard and Army Reserve service members.

The Army has been working with each of the military centers of excellence to provide technical skill training equitable to academic skills, he added.

“We thought we need to build on that more, because 60 percent of the Army is combat arms, so what tangible technical skills do they leave with?” he asked.

Dailey cited that 80 percent of American jobs require skilled labor, and Soldiers can become productive members of the workforce after leaving the Army.

“There is a great opportunity for many of our Soldiers to fulfill the ranks of those skilled labor requirements in our hometowns of America, and they have the tangible skills,” Dailey said. “We just need to make it official. We saw the opportunity to be able to capitalize on the great skills our Soldiers have now and translate those to civilian-sector skills, which we had not done.”

Last year, with the help of Congress and the Army Continuing Education System, the Army created

the credentialing assistance fund which gave the service the authority to finance credentialing assistance for Soldiers. The program gives Soldiers the opportunity to earn professional civilian licenses and technical credentials.

Dailey said the Army has already exceeded its retention goals for 2019 and could come close to its record numbers of last year. Additionally, Dailey said the Army remains on track to meet its fiscal 2019 recruiting goal of 68,000 active-duty Soldiers, along with 15,600 for the Reserve and 39,000 for the National Guard.

The retention and recruiting successes can be credited to the Soldier for Life - Transition Assistance Program, which the Army will continue to support.

The Army reviewed surveys of junior Soldiers that showed a higher trust in Army leadership and Soldiers cited greater career advancement opportunities as reasons for re-enlisting.

The recently updated promotion board system will also help retain Soldiers, Dailey said. For decades, Soldiers earned promotions based more on time in rank and length of service. The changes focus promotions strictly on merit, potential and individual achievement.

“Most importantly, there’s opportunity for upward mobility, which we found is the critical key to retaining our good Soldiers,” Dailey said.

The Integrated Personnel and Pay System-Army will integrate Soldier pay and personnel management into one system to help better manage Soldiers’ careers, Dailey said.

The Pennsylvania National Guard has been testing the system, and Vice Chief of Staff of the Army Gen. James McConville met with Guard leadership to discuss fielding it. The system will eventually be fielded throughout the Army.

Dailey said the service has plans to keep NCOs at the same duty location longer, but would have to examine each Soldier’s career model and their professional development.

In order to increase readiness, the service recently announced plans to extend overseas duty assignments in Japan and Europe by a year for unaccompanied Soldiers.

“Our goal is to try to suppress some of the movement that we have around the Army,” Dailey said.

He added, much of the movement in the Army is driven by requirements to strengthen the force in Korea, add more drill sergeants to train increasing numbers of new Soldiers and to add recruiters to meet the Army’s recruiting goals.

Best ————— From Page A1

“The STX and the SRT were things I was not very familiar with at all, but the cadre explained the events well,” said Pfc. Jakob Wrolstad, a multi-channel transmission systems operator-maintainer with the 51st Expeditionary Signal Battalion, 35th Signal Brigade. “We were already dealing with fatigue, but we went out there and did the best we could.”

As the third day ended, competitors were tasked with a graded ruck march and the land navigation course. They rucked throughout the night and had to finish the land navigation course before daylight.

“My favorite part was that we were all competing against each other, but we all worked together as a team,” Bastakoti said. “And it doesn’t matter if you didn’t win, because this is a great learning experience that we can all use to become better leaders.”

Toward the end of the week, the competitors had a chance to rest and prepare for the 9 a.m. June 28 board. Their performance at the board would be the final graded event.

“The most important thing the Soldiers and NCOs take away from this competition is how to

compete at the highest level,” Rivera said. “They are competing with the best of the best and must perform with the ultimate endurance, strength and perseverance.”

After tallying up the scores from the week’s events, Command Sgt. Maj. John Cervenka, Task Force Dragon command sergeant major, XVIII Abn. Corps, announced the winners during the awards ceremony hosted at the XVIII Abn. Corps Headquarters.

Staff Sgt. Mathew Whitney, 3rd Infantry Division at Fort Stewart, Georgia, was named the 2019 XVIII Abn. Corps NCO of the Year.

Spc. Nicholas Callahan, 44th Medical Brigade, was selected as the 2019 XVIII Abn. Corps Soldier of the Year.

Whitney and Callahan will move forward and compete at the 2019 U. S. Army Forces Command Best Warrior Competition later this year.

“When I was announced as the winner, I felt both relieved and stressed out at the same time,” Whitney said. “It’s a big responsibility to represent the XVIII Abn. Corps (at the next competition), but at the same time I’m looking forward to it.”

Photo by Pvt. Nathaniel Gayle/22nd MPAD

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U.S. Army Reserve Soldiers, representing several commands, compete in the helocast event at the 2019 U.S. Army Reserve Best Warrior Competition at Fort Bragg, June 27.

Photo by Plc. Keely Key/USARC

Army Reserve names NCO and Soldier of the Year

USARC

Sgt. Joshua Smith and Spc. Collin George were named winners of the 2019 U.S. Army Reserve Best Warrior Competition NCO and Soldier of the Year, respectively, in a ceremony at the Iron Mike Conference Center, June 28.

They were selected from more than 60 U.S. Army Reserve NCOs and Soldiers representing 29 geographic and functional commands from around the world.

A native of northern Wisconsin, Smith is a cavalry scout and a drill sergeant candidate with Delta Company, 3rd Battalion, 334th Infantry Regiment, 95th Training Division (Initial Entry Training), 108th Training Command. His civilian occupation is working as a train conductor at Canadian Pacific Railway in Wisconsin.

George, is a military policeman with 102nd Military Police Company, 327th Military Police Battalion, 300th Military Police Brigade, 200th Military Police Command in Sheboygan, Wisconsin. A native of Greendale, Wisconsin, he is a part-time supervisor at UPS.

Smith owes his success to a single-focus approach that he shared with others who want to compete.

"Trust your training," Smith said. "Every event counts even if you think you're out. Keep pushing, keep pushing hard and push through it. Do the best you can. Stay focused and don't worry about the other competitors. Concentrate on your own score and yourself."



Photo by Sgt. Lena Wakayama/USARC

Sgt. Joshua Smith was named the U.S. Army Reserve NCO of the Year after competing in the 2019 Army Reserve Best Warrior Competition from June 23 through 28. Smith, a cavalry scout is a drill sergeant candidate with Delta Co., 3rd Bn., 334th Inf. Regt., 95th Trng. Div. (Initial Entry Training), 108th Training Command. His civilian occupation is working as a train conductor at Canadian Pacific Railway. He is a Wisconsin native.

Smith thanked a host of supporters from his wife, Savannah, to coworkers, and fellow Soldiers to leaders in his unit.

George was inspired to compete by Sgt. 1st Class Landon Nordby, the 2014 U.S. Army Reserve NCO of the Year.

"We deployed together in 2017 and he single-handedly inspired me to compete," George said. "At an early age, I didn't have a lot of confidence. So joining the Army, doing competitions and seeing what I'm actually capable of — it really pays to be confident."

Although he started the competition with that confidence, he began to wonder if that confidence was going to last.

"They (the other warriors) put up a good fight," George said. "They were incredible. There were a lot of great Soldiers out here and they pushed me further and further."

This year's warriors from America's Army Reserve had military occupations such as combat medics and musicians. Civilian careers ranged from law enforcement officers to wildland firefighters.

The Army Reserve Best Warrior Competition, held June 23 through 28 at Fort Bragg, is designed to demonstrate the warfighting skills of the most capable, combat-ready and lethal federal reserve in the history of the nation.

The warriors were tested in a myriad of physical and mental



Photo by Sgt. Lena Wakayama/USARC

Spc. Collin George was named the U.S. Army Reserve Soldier of the Year after competing in the 2019 Army Reserve Best Warrior Competition. George is a military policeman with 102nd MP Co., 327th MP Bn., 300th MP Bde., 200th MP Command in Sheboygan, Wisconsin. He works as a part-time supervisor at UPS. He and Smith will represent the Reserve to compete against other winners from major Army commands and National Guard at the DA Best Warrior Competition in October.

challenges including firing multiple weapon systems, completing land navigation, performing the German Armed Forces Proficiency Badge skills and multiple mystery events.

During the awards luncheon, guest speaker retired Command Sgt. Maj. Scott C. Schroeder spoke of how the warriors should inspire others to not only excel as Soldiers, but also utilize competitions like this to inspire others in the ranks. Schroeder, who retired as the U.S. Army Forces Command command sergeant major in 2017, used an iceberg as an analogy.

"The 61 Soldiers who came out here to compete are the part of the

iceberg that stands above the line of water," Schroeder said. "What is really truly inspiring, is these 61 Soldiers represent the 200,000 U.S. Army Reserve Soldiers — that's the rest of the iceberg. There are many Soldiers who have been affected by this competition just to get to this point. The winners will be the tip of that iceberg. This is a test of how we train and the competition drives that test."

Smith and George will represent the U.S. Army Reserve to compete against winners from major Army commands and the National Guard at the Department of the Army Best Warrior Competition in October at Fort A.P. Hill, Virginia.

PANTHER BRIGADE CASES COLORS



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

3rd BCT prepares to deploy

By Maj. Thomas Cieslak
3rd BCT, 82nd Abn. Div. PAO

Signifying the brigade's deployment from Fort Bragg to Afghanistan, leaders of the 3rd Brigade Combat Team, 82nd Airborne Division cased the brigade's colors June 30, at Fort Bragg's Pope Army Airfield.

"Today, you follow in the footsteps of 3rd Brigade paratroopers who deployed to combat before you," said Col. Art Sellers, the 3rd BCT, 82nd Abn. Div. commander. "Be eager to write a new chapter in the storied history and heritage of the Panther Brigade."

The colors' casing occurred in preparation for the brigade's deployment to Afghanistan in support of Operation Freedom's Sentinel. Panther paratroopers will conduct numerous operations in partnership with Afghan and international partners in the country on a scheduled deployment.

Col. Arthur Sellers, left, and Command Sgt. Maj. Reese Teakell, right, the commander and command sergeant major of 3rd BCT, 82nd Abn. Div., case the brigade colors June 30 at Pope Army Airfield.

Capt. Palumbo awarded Distinguished Service Cross

By Capt.
VERONICA AGUILA
USASOC

Retired Capt. Christopher C. Palumbo received the Distinguished Service Cross (DSC) during a ceremony at John F. Kennedy Hall, June 27.

The Vice Chief of Staff of the Army, Gen. James C. McConville, presented the award to Palumbo for his heroic actions April 11, 2005, while serving as a UH-60 Black Hawk pilot in Afghanistan.

The then-Chief Warrant Officer 3 Palumbo was part of a quick-reaction force supporting conventional and Special Operations Forces when his Black Hawk crew received the call to infill a Special Forces unit responding to an ambush high in the mountains.

After the unit received heavy enemy fire and sustained critical injuries, Palumbo's Black Hawk crew reacted to the urgent casualty evacuation request and headed to their location.

Unable to land because of rough terrain, Palumbo placed his Black Hawk between the wounded and enemies allowing his crew to engage the insurgents. Palumbo's former platoon leader, Lt. Col. Robert K. Beale, recalled the events on April 11.

"While flying figure-eight patterns, low-level, in a valley between the insurgents and the wounded Americans, (Palumbo's) aircraft started taking heavy enemy fire," Beale said. "The crew chiefs took aim, shooting straight down at the insurgents attempting to maneuver on the wounded Americans."

Palumbo had rotated his helicopter, allowing one gunner to engage insurgents, while the other gunner reloaded, providing continuous suppressive fire.



Photo by Sgt. 1st Class Joshua Joyce/US Army

Retired Capt. Christopher C. Palumbo receives the Distinguished Service Cross (DSC) from Vice Chief of Staff of the Army Gen. James C. McConville during a ceremony at John F. Kennedy Hall, Fort Bragg, June 27. Palumbo was awarded the DSC for his heroic actions April 11, 2005, in Afghanistan. The DSC is the second highest military decoration awarded to a member of the U.S. Army.

"The crew members in the back of the Black Hawk neutralized one target after another, all while taking rounds to the aircraft," Beale said.

An enemy bullet ricocheted off the crew station injuring a crewmember. Though wounded, the crew continued to shield the service members on the ground from the enemy until the Black Hawk ran low on fuel, ammunition and sustained significant damage.

"The events of that fateful day permanently impacted me and the Soldiers of our platoon," Beale said. "For the first time in my short military career, I had witnessed extraordinary heroism and courage by otherwise ordinary men."

The support the crew provided allowed medical

care to reach the wounded and for additional support aircraft to successfully recover the unit and service members.

All the U.S. military personnel survived the attack by enemy forces that day. Palumbo and his Black Hawk crew returned to flying missions the next morning.

McConville recognized the Black Hawk crew, Special Forces unit and those involved in the battle sitting in the audience.

He thanked them for their actions that day.

"It was absolutely remarkable heroism during that whole battle," McConville said. "Thank you all for your heroism."

Beale said looking back on that day the actions of all of the men on that early April morning



Courtesy photo

The then-Chief Warrant Officer 3 Christopher C. Palumbo, right, poses for a photograph with members of his Black Hawk crew and platoon from Co. A, 3rd Bn., 158th Avn. Regt., days after a battle April 11, 2005, in Afghanistan.

embodied the warrior ethos.

"(Palumbo) and his crew showed us that day what warriors are made of," Beale said. "I am proud

to have served with them and am honored to call them my friends."

During the ceremony, McConville placed the DSC on Palumbo,

in front of his family, friends, former platoon members, leaders and Soldiers from U.S. Army Special Operations Command.

From the

Archives

Becoming a
Green Beret



File photos

Special Forces Assessment (SFAS) and Selection class 04-10 participates in log and rifle PT at Camp MacKall, Jan. 13, 2010. SFAS is a three-week selection process that Soldiers go through in order to be selected to attend the Qualification (Q) Course. Once Soldiers have been selected and have graduated all of the classes in the Q Course, they are qualified Special Forces Soldiers.



A bagpiper leads a formation of more than 125 Special Forces Qualification Course graduates into the Special Forces Regimental Day ceremony area April 5, 2012 at Fort Bragg. The Soldiers will don their green berets for the first time during the ceremony and join a 50-year-old brotherhood of Army special operations Soldiers.



Photos by Lewis Perkins/Paraqlide



FAYETTEVILLE SWAMPDOGS

visit Fort Bragg

Above: Spc. Matthew Hernandez, left, 223rd Quartermaster Co., 82nd Sustainment Bde., hands a plate to Jimmy Reardon, a pitcher for the Fayetteville SwampDogs.

Left: The Fayetteville SwampDogs had a two-day visit to Fort Bragg including stops at the 82nd Abn. Div. War Memorial Museum, the Virtual Training Facility and lunch at the 82nd Sustainment Bde. dining facility. The Fayetteville SwampDogs then hosted a one-day youth baseball clinic for Fort Bragg Families. See *page D1* for more coverage.



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Fourth of July celebration

Rained out



Photos by Lewis Perkins/Paraglide

The stage crew watches the rain come down during Fort Bragg's 50th Annual Fourth of July celebration at the Main Post Parade Field. The entire event ended up being cancelled as severe lightning storms raged throughout the afternoon and evening. However, the fireworks display went off without a hitch.

Festivities cancelled

BY ALYSON HANSEN
PARAGLIDE

The 50th Annual Fort Bragg Fourth of July celebration was called off as thunder storms and severe rain showers flooded the area.

The Main Post Parade Field was evacuated mid-afternoon as lightning began to sizzle across the sky. Attendees were asked to wait in their vehicles.

Some celebration-goers waited under the awning of the Main Post Chapel in anticipation of being able to return

to their July Fourth plans.

Tom McCollum, garrison public affairs officer, took to Facebook live twice during the storm, giving updates. The field began to flood, and warnings of flash flooding in the area began to be issued.

As it became clear the storm was not going to let up, the festivities were cancelled, including a concert from headliner 3 Doors Down, a band famous for the song "Kryptonite" in the early 2000s.



Top: Rock band 3 Doors Down receive an Iron Mike award from Col. Phillip D. Sounia, garrison commander, and Command Sgt. Maj. William D. Lohmeyer, garrison command sergeant major. The band was ready to rock, but heavy rain cancelled the event.

Above: Chairs and drinks await the return of the crowd to the Fort Bragg July Fourth celebration. Severe weather and heavy rain flooded the field.

Left: Fayetteville's The Fifth receive an Iron Mike award from Sounia and Lohmeyer. The Fifth said "we owe you a show," wanting to return to Fort Bragg.

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

A NORTH CAROLINA PREHISTORIC SAFARI

When: Thursday, 3:30 to 4:30 p.m.
Where: Milton E. Mazarick Park
Cost: Free

North Carolina has been home to many strange prehistoric animals in addition to dinosaurs. Find out about new fossil discoveries in the state. Dinosaurs, pterosaurs, sea reptiles and the giant Megalodon shark will be discussed. The prehistoric safari is part of the Mazarick Science Series held throughout the summer.

Mazarick Park is a multi-purpose park featuring a disc golf course, picnic shelters, a playground and trails. Registration is required. Call (910) 433-1579 to register.

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.

FAYETTEVILLE AFTER FIVE FEATURING RIVERMIST

When: Friday, 5 to 10 p.m.
Where: Festival Park
Cost: Free

Fayetteville After Five is bringing this Fayetteville-formed band to the stage in July. Rivermist is primarily a classic rock/variety party band. Their shows are relaxed, though intensively performed, as only professionally driven musicians can do. Rivermist harmonies, as well as the musicianship, is something that needs to be experienced.

Bring your lawn chairs and an empty belly, as there will be food trucks at Festival Park to fill you up. See you at the park.

For more information, call (910) 323-1934.

FIFTH ANNUAL AFRICAN WORLD PEACE FESTIVAL

When: Friday, 5 to 10 p.m., Saturday, 8 a.m. to 11 p.m., and Sunday, noon to 8 p.m.
Where: Downtown Fayetteville
Cost: Free

The African World Peace Festival is returning to downtown Fayetteville for the fifth year to bring together the community for peace and nonviolent social change, using music and social events. The public is invited to experience a three-day music festival, dance performances, cultural exhibitions and storytelling, kids zone, 5K peace walk/run with free health screenings, workshops, food trucks, authentic African cuisine and vendors, vendor fair and more.

Visit <https://www.facebook.com/events/347824745866558> for vendor lists and any updates to the schedule.

FAYETTEVILLE SWAMPDOGS VS. WILSON TOBS

When: Saturday, 7:05 p.m.
Where: J.P. Riddle Stadium
Cost: \$7 to \$9

The Fayetteville SwampDogs is a summer collegiate baseball league and 2019 marks its 19th season. The SwampDogs will continue its tradition of affordable family fun while watching college kids from across the country and Canada play baseball for the love of the game.

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.

ORIGAMI IN THE GARDEN2

When: Daily, Monday through Saturday 10 a.m. to 5 p.m., Sunday, noon to 5 p.m., until Sept. 6
Where: Cape Fear Botanical Gardens
Cost: Free for members, \$5 to \$10 for general admission

Unfold your imagination this summer with special programming and events alongside these beautiful origami sculptures.

Origami means “folding paper” in Japanese. Origami in the Garden2 tells the story of this art form through a traveling collection of metal sculptures, displayed outdoors in public gardens and museums. Each sculpture is inspired by a blank piece of paper that has been transformed into museum-quality metal and tells the story of creativity and the art of making something out of nothing.

UPCOMING EVENTS

MUSEUM OF THE CAPE FEAR HISTORICAL COMPLEX ARSENAL TOURS

When: July 16 and 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.

ROUGH N’ ROWDY BRAWL

When: July 19, 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: July 19, 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: July 20, 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.

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.

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_EgPph5uOG97VKoZCYme4QuFrBrPml.

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.

Information for this page comes from the Family and Morale, Welfare and Recreation, the Arts Council of Fayetteville website and other online sources.

Training to be super heroes



Top: Super Hero Training led by Greg Boyer of Marketing Plus attracted many Fort Bragg youth to learn Marvel superhero skills, like the Spiderman crawl, the Hulk smash, and Captain America shield block among others.

Above: Shelby Parrish, 7, left, and Brady Parrish, 8, leap during the Thor hammer portion of Super Hero Training at the South Post Exchange.

Right: Everett Bale, 4, works out with a Captain America shield as part of the Super Hero Training program.

Photos by Lewis Perkins/Paraglide

Knowing acronyms: Social Security terms in plain language



Photo courtesy of Pexels

By **BRENDA BROWN**
SOCIAL SECURITY PAO

Some of the terms and acronyms (an abbreviation of the first letters of words in a phrase) people use when they talk about Social Security can be a little confusing. The Cumberland County Department of Social Services is here to help you understand all you need to know.

Social Security employees strive to explain benefits using easy-to-understand, plain language. In fact, the Plain Writing Act of 2010 requires federal agencies to communicate clearly in a way “the public can understand and use.”

If a technical term or acronym slips into the conversation or appears in written material, the meaning can be found in the online glossary at www.socialsecurity.gov/agency/glossary.

Social Security’s acronyms function as verbal shorthand in financial planning conversations. If nearing retirement, you may want to know what PIA (primary insurance amount), FRA (full retirement age) and DRCs (delayed retirement credits) mean.

These terms involve your benefit amount based on when you decide to take it.

If you take your retirement benefit at FRA, you will receive the full PIA, an amount payable for a retired worker who starts benefits at full retirement age. Therefore, FRA is an age and PIA is an amount.

Once you receive benefits, you get a COLA most years. Don’t expect a fizzy drink. A COLA is a Cost of Living Adjustment and usually means a little extra money in your monthly payment.

What about DRCs? Delayed retirement credits are the incremental increases added to the PIA if you delay taking retirement benefits beyond your full retirement age. If you wait to begin benefits beyond FRA, say at age 68 or even 70, your benefit increases.

If one of those unknown terms or acronyms comes up in conversation, you can be the one to supply the definition using the online glossary. Learning the terminology can deepen your understanding of how Social Security works for you.

To discover and share more, go to www.socialsecurity.gov.



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UP NEXT....

FAYETTEVILLE AFTER 5 @ FESTIVAL PARK
JULY 12TH 6PM-10PM

AFRICAN WORLD PEACE FESTIVAL @ PERSON STREET
JULY 12TH-14TH 6PM-9PM

CARRIAGE TOURS OF OLDE FAYETTEVILLE @ 222 HAY STREET
JULY 13TH

DOWNTOWN SUMMER NIGHTS @ PERSON STREET
JULY 18TH 6PM-9PM

MIDSUMMER NIGHT DOWNTOWN
JULY 19TH-20TH FAIRY DOORS

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

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



4TH ANNUAL

Midsummer

NIGHT DOWNTOWN

FRIDAY
MAGICAL EVENTS
JULY 19TH
5-9

SATURDAY
FAIRY DOOR SCAVENGER HUNT
JULY 20TH
10-6



Worshiping at Bragg:

By ALYSON HANSEN
PARAGLIDE

Editor's note: This is part three of a series exploring the different religious services offered at Fort Bragg. If you are a member of a religious community that would like to be featured, please reach out to Alyson Hansen at ahansen@theparaglide.com.

Speaking with Muslim Soldiers brings up a continuous theme: Worshiping at Fort Bragg is unique. Unlike other military installations, Fort Bragg offers an entire building for Muslim Soldiers to worship. The Chapel Annex 2, otherwise known as the Fort Bragg Mosque, has been designated as a place for Muslims at Fort Bragg to worship. The facility, open 24 hours a day, seven days a week, caters to the approximately 200 Soldiers who practice Islam.

"I was stationed in Germany and there was nowhere to pray, so I had to go off post," said Maj. Wasiu Adekunle, U.S. Army Forces Command headquarters, G8 directorate.

"One of the challenges of that was you couldn't go in your uniform because you didn't want to be a target. You had to change in and out of your uniform. At Fort Benning, Georgia, there wasn't a centralized place to pray. In Seattle, there was a small room where four or five of us could pray," he said.

"Here, we have a male side and female side. We have break out rooms where people can study, we have a kitchen, restrooms. You can't compare the facility



Photo courtesy of Pexels

The Quran is the holy book of Islam. It is believed to be the word of God as dictated to Muhammad by the archangel Gabriel. Islam is a monotheistic religion that may have started in the seventh century CE.

and the advantage that we have here to anywhere else I've been."

It's a sentiment shared among many Muslim Soldiers who have been stationed at other installations. Fort Bragg is open and welcoming to those who practice Islam.

"This has probably been the easiest place I've been in to be a Muslim Soldier," said Sgt. 1st Class Judah Afrcanus, 28th Combat Support Hospital, 44th Medical Brigade. "The community was already set up for me. My command team has been very supportive."

Islam is a monotheistic religion, believed to have been started around the seventh century CE. One of the three Abrahamic religions, Islam centers around God, or Allah, and shares prophets with Christianity and Judaism. The holy

Islam

book of Islam is called the Quran. Profession of faith, prayer, almsgiving, fasting and pilgrimage make up the Five Pillars of Islam. These pillars are considered to be basic acts of a Muslim's life.

Muslims also pray five times a day. Prayer times depend on the location of the sun and geography, but at Fort Bragg, the midday prayer has been shifted to allow Soldiers the ability to worship within their work days.

"We try to make it as simple as possible for the Soldier," said retired Command Sgt. Maj. Abdul-Jaleel Mustafaa, Muslim lay leader for Fort Bragg. "We adjust our time for

aspect or obligation."

Around 7,000 military members are Muslims, according to Mustafaa. Lay leaders at Fort Bragg often coordinate get-togethers with other installations, most recently with Marines at Camp Lejeune during Ramadan. Lay leaders work with installation chaplains to make these meetings happen.

"When I was in Korea and other places, I hadn't had much interaction with other Muslims in the military and was unaware how many there were," said Capt. Sadia Kalsoom, commander, 24th Medical Detachment, 261st Medical Battalion, 44th Med. Bde. "Fort Bragg being as big as it is, I think we are a bit spoiled because there is that community."

Mustafaa and the religious leadership work hard to make the community

easily accessible for those who want to practice their faith. Mustafaa was able to get "Fort Bragg Mosque" added to Google Maps for easier navigation.

An active Facebook group and a newsletter also help Soldiers discover the mosque. Group chats with WhatsApp help extend that network further. When new Muslim Soldiers come to Fort Bragg, Mustafaa wants them to find the community quickly and easily.

"As Soldiers (move for a permanent change of station) in and out and they are very good to include them and welcome them," Kalsoom said. "That's the experience I had. I processed one day. The next day was a Friday and I looked up a place to pray and I've been coming here ever since."

Fayetteville does have a mosque and a Muslim community, but there is something about being surrounded by a military community, Kalsoom said. Afrcanus agreed.

"We have both retired and active duty here," he said. "Here I have retired people and senior officers and senior enlisted to talk to. If I need help or need some mentorship they are here for me. I like to come here for the military aspect. People are going to go where they feel most comfortable and I feel most comfortable in a military setting."

For more information about practicing Islam at Fort Bragg, visit <https://home.army.mil/bragg/index.php/about/garrison/religious-services>.

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

SwampDogs pitch kids baseball clinic



Photos by Lewis Perkins/Paraglide

The Fayetteville SwampDogs line up the players by age at the kids' baseball clinic held at Shughart Elementary School. The SwampDogs started the day with warm up drills before moving on to age appropriate skills. Over 50 kids attended at the Shughart School field.



Above: Boston Coleman, 9, makes a throw to the catcher during field drills at the Fayetteville SwampDogs kids' baseball clinic. Fielding, hitting, and throwing were covered by the college age SwampDogs players. Over 90 kids attended the Armistead field location clinic.

Right: Konner Piotto from Abbotsford, British Columbia, a junior at Wright State and catcher for the SwampDogs, works with a group of Fort Bragg youth on fielding grounders.



Sleep banking improves stamina for Soldiers, runners

By DOUGLAS HOLL
USAPHC

ABERDEEN PROVING GROUND, Md. — Training for a demanding race like the Army 10-miler requires focus, determination and a solid nine to 10 hours of sleep every night, according to sleep experts at Walter Reed Army Institute of Research and the Army Office of the Surgeon General (OTSG). Sleep is one of the three pillars of the Performance Triad (P3), which also includes nutrition and activity.

"Sleep allows our bodies to focus on recovery and restores both our mind and muscles," said Army Lt. Col. T Scott Burch, Army System for Health P3 sleep lead, OTSG. "Following a particularly strenuous training day, our body may need more time to recover and the good news is that our body will often give us signs that we need additional sleep, so plan go to bed a little earlier following high intensity workouts or post-race."

Sleep is good recovery for the brain, said Dr. Tom Balkin, a sleep expert and senior scientist at the Walter Reed Army Institute of Research.

"Aim for as much sleep as you can possibly squeeze in," Balkin said. "Seven to eight hours of sleep is average, but more is even better."

Both Balkin and Burch recommend using sleep banking as a strategy to reach peak performance before a strenuous event. Sleeping an extra one to two hours leading up to the race will "bank" extra energy, stamina and focus.

"Consider this part of your training," Balkin said. "It's not something you would do every day in your normal life,



Photos courtesy of Army Public Health Center

Sleep banking leading up to the Army 10-Miler may help runners improve their stamina, gain extra energy and increase their focus.

but the week before you run a marathon, get all the sleep you can. Think of it like money: the more you get, it doesn't matter when the money shows up in your bank account, the next day, the money is still in your account."

It's the goal of the P3 to enable leaders to set conditions for Soldiers to optimize their sleep, activity and nutrition to improve the overall readiness of the Army, said Col. Hope Williamson-Younce, director of the Army System for Health and deputy chief of staff for public health, OTSG.

Failing to optimize sleep can lead to significant reductions in physical and cognitive performance.

"The Army has improved significantly in recognizing that sleep is a key component of a healthy lifestyle and healthy culture," Burch said. "If your duties are

precluding you from optimal sleep, talk with your chain of command. Encourage them to talk to local subject matter experts at Army Wellness Centers (AWC) and see how they cannot just improve your ability to obtain optimal sleep but how they improve the physical performance of the entire unit, while also reducing injuries and having a higher percentage of Soldiers medically ready and prepared for battle."

At Fort Riley, Kansas, sleep banking was put into practice by an armored brigade combat unit, Williamson-Younce said. Prior to a weeklong field training exercise for gunnery tables, Soldiers attended a sleep education session and participated in a "reverse PT schedule," during which the Soldiers arrived at 9 a.m. and conducted physical training at 4 p.m.

This led to dramatic improvements in their gunnery table results. They went from an average score of 756 (qualified) without banking to an average score of 919 (distinguished) with sleep banking.

For people who have difficulty falling asleep, Burch recommends refining basic routines. Have a routine bedtime schedule, wind down the night in a calm manner with a warm shower, reading and meditation. Turn off all "screens" at least an hour before bedtime and ensure the bedroom is a cool, relaxing sanctuary for a good night's rest.

"There's a great saying: make time for wellness, or you will be forced to make time for illness," Burch said. "Sleep is a critical component of our wellness. Often individuals try to manage with reduced sleep. However, it comes at the detriment of your physical and cognitive performance."

The P3 website, <https://p3.amedd.army.mil>, has great resources for individuals, Burch said. He also encouraged any Soldier, Soldier for Life or Family member to contact their local AWC, which has personnel and resources for sleep, stress management, nutrition and physical conditioning to help everyone perform their best and reduce risk for musculoskeletal injuries.

The Army Public Health Center focuses on promoting healthy people, communities, animals and workplaces through the prevention of disease, injury and disability of Soldiers, military retirees, their Families, veterans, Army civilian employees and through studies, surveys and technical consultations.

For AWC tips and strategies go to: <https://phc.amedd.army.mil/topics/healthy/living/al/Pages/ArmyWellnessCenters.aspx>.

Soldier’s recovery journey leads to SPARTA

By PVT. DANIEL ALKANA
22ND MPAD

The feeling of uncertainty rarely consumes me. For the most part, I am fairly composed and come into new scenarios with an open mind. As a Soldier, I welcome challenges and learn to live with them or through them. Not long after arriving to my unit in the fall of 2018, I was faced with the worst injury I had acquired in my brief military career.

As I was finishing a run, a sharp pain began to cast a curse on my lower back. It felt like getting repeatedly poked with needles as I pushed through the pain. Unsure if it was just soreness, a sprain or an injury, I convinced myself to get it checked. Being a “sick call ranger” was the last thing I envisioned in any part of my Army career. I internally forbade it.

I had only been with my unit for a month. There hadn’t been enough time for my team to really see what type of physical capabilities I possessed as a Soldier. But the pain felt paralyzing. I couldn’t get myself to stand straight without struggling or using leverage.

After completing physical therapy over a four-week period, I was ready to rock ‘n’ roll, right? Wrong!

The uncertainty of the recovery process struck me down like Thor’s hammer. Part of my recovery process included a program of which I had never heard: SPARTA.

Unsure of what I was about to delve into, I was able to get my hands on a SPARTA coaches manual to try and familiarize myself with the program.

As I read, I discovered The Soldier Performance and Readiness Training Agoge, also known as SPARTA, was “a measured program designed to teach the fundamentals of strength and conditioning to Soldiers.”

I began to ask myself if I would ever bounce back into the shape I was in before. Could I return to form after this new recovery mission? What will my unit think of me now? Is this going to disrupt my future assignments?

On day one, I showed up to the Frederick Performance Enhancement Center and looked around in awe at how massive the grounds were and how modern the



Photo by Spc. Adam M. Manternach, 22nd MPAD

Pfc. Daniel J. Alkana, a mass communications specialist, incurred an injury not long after arriving to the Army’s 22nd Mobile Public Affairs Det. His journey to recovery led him to a unique training program designed by the XVIII Abn. Corps called SPARTA.

equipment was. The facility was unlike any other I had seen on post. It resembled Olympic-style training.

Numerous squat and bench press racks were lined up to the end of the building. There were kettlebells of every weight and medicine balls bigger than I’d ever seen.

I walked past the training area with a false sense of confidence. I told myself I had seen similar regimens and equipment, and I assured myself I would be just fine. Yet, I used false courage to mask my real fear of failure. To show any weaknesses and deficiencies in my physical capabilities would have haunted me.

But the time came for me to put aside all my uneasiness. I felt like I had put so much pressure on myself, as if SPARTA was going to be a make-or-break to my Army career.

I exhaled, mustered up the courage and walked into the SPARTA office to report. I was ready to face my physical uncertainties head on.

I felt immediately comforted when I saw about five other Soldiers waiting patiently for the session to commence. We were going to be in this recovery process together.

Each morning started off with a lesson in a classroom environment. The lessons focused on the importance of mental resilience. We worked on aligning our minds with our bodies in order to maximize our potential and achieve the outcome we desired. We were educated on how mental distractions prevent physical capabilities along with how sleep deprivation prevents functionality for day-to-day activities.

My focus was to strengthen my back muscles. Most of the exercises assigned to my recovery were foreign to me. Going into SPARTA, I was only familiar with standard movements. Most of my familiarity was with lunges, deadlifts and kettlebell swings. I had no idea how many variations could be added to each exercise.

To my surprise and exhaustion, I was introduced to challenging exercises like Bulgarian lunges, lunges with medicine ball tosses and lunges with kettlebells. I must have done so many lunges throughout my recovery, I felt like I resembled a statue of Atlas the Titan.

Adding to all the lunges were cycles of deadlifts, weighted hip thrusts, high intensity interval training and farmer carries spanning an area that felt like crossing an entire football field.

At times, I would start to think I couldn’t get through the pain and fatigue. Those moments were when the lessons on resiliency and focus helped me persevere through moments of self-doubt.

Steadily, each SPARTA session began to pay dividends to my state of mind. I came in with the desire to push myself while also maintaining control of my form and mind. I was beginning to understand why the program was designed.

In a short period of time, I felt more confident in my physical abilities. My insecurities and self-doubt dwindled as my strength and conditioning regiment navigated me through the road to recovery.

SPARTA, the XVIII Airborne Corps’ program designed to guide Soldiers through personal recovery hurdles in a calculated, systematic manner, made a true and stronger believer out of me.

It is a blessing that we, Soldiers, in the world’s most powerful Army, have the privilege to reach out to programs like SPARTA when we need help.



Runners Corner

Christmas in July 5K:

Saturday, 8 a.m. at 2411 Badin Road Albemarle, North Carolina. The second annual Christmas in July 5K is a fundraiser to help support the Samaritan’s Purse Operation Christmas Child. All participants are asked to bring an item that will be placed in a shoe box for a child in need. Registration is \$25 per person. This will be a timed race for all ages. Walkers are welcome. Also, there will be a contest for the most festive dressed and for the participant that brings the most supplies. Sweat towels are available for the first 50 finishers. Race finishers receive a finishers medal and awards will be given to the top in their age groups. Check <https://www.facebook.com/events/badin-road-drive-in/christmas-in-july-5k-runwalk/1988734674767442/> for details.

Fifth Annual African World Peace Festival 5K:

Saturday, 8 a.m. at 116 Person St. The Fifth Annual African World Peace Festival 5K road race and walk is a fundraiser for the Loving Hands International and the Cultural and Heritage Alliance. The 5K is part of the festivities of the African World Peace Festival from Friday through Sunday, and brings entertainment such as music and cultural dancers in the city of Fayetteville, Cool Spring Downtown District. Race finishers receive a finishers medal and awards will be given to the top in their age groups. Check https://www.active.com/fayetteville-nc/running/distance-running/5th-annual-african-world-peace-festival-5k-road-race-and-walk-event-2019?lcmp=254301<-clickid=06_4571768_e3c317cd-d62b-4ad4-9c1b-0bb6b3dca157&lcmp=39N-DP260-BND10-SD230-DM20&cdg=affiliate-254301 for details.

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 athletic field, dog playground, swing sets for the kids, outdoor stage and axe throwing station.

Check https://runsignup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?aflt_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 and a friend or two. Please contact management@crossfit-haymount.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.

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.

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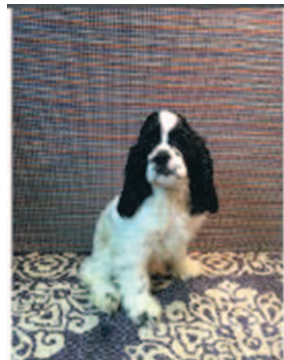
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STANDARD POODLE: Puppies available. CKC \$800 or AKC/CKC \$1200. Shots age appropriate and wormings. One phantom, two black & white parti, one apricot and several black. Dew claws remove and show length docked tails. 9109916312



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369 Miscellaneous



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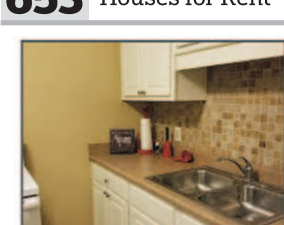


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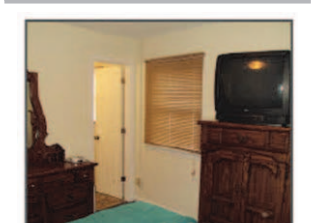


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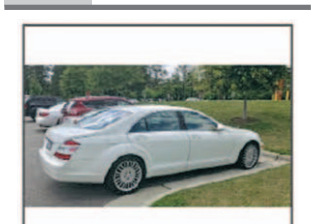


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Always Part of the Army Family

More than 7,000 boots lined the infield of Hedrick Stadium just prior to Memorial Day 2019 to honor those service members who made the ultimate sacrifice for our freedom. Survivor Outreach Services provides ongoing support for surviving Families so they will always feel a part of the Army Family. For more information on services, call 910-396-0384.

An ACS history lesson

Did you know?

For years, Army wives operated lending closets, thrift shops, and nurseries; raised funds to help the needy; assisted in emergencies; taught and trained the inexperienced; provided care and comfort to the ill and bereaved; and through a grassroots understanding of the Army community, contributed significantly to its stability. An adverse aspect of these social service activities was that they often disappeared or stagnated when their originators transferred or left the service.

Army Community Service (ACS) grew out of this need to eliminate the inconsistencies and provide a flexible framework for the operation of a viable system of social services. Changes in the Army community have been

substantial and significant, and reflect the changes of the larger society which it serves; however, the major impact of these changes has been most apparent since 1940.

In 1940, the active Army numbered 269,000 of whom only 25 percent were married. The advent of World War II rapidly altered this picture. The rapid buildup of U.S. defensive forces, and their deployment worldwide had a devastating impact on American Family life. Long separations, lack of communication, meager pay, fear, and reports of casualties brought disruption and insecurity to Army families who shared this experience.

An important resource for the alleviation of social welfare problems of Soldiers and their Families came in the 1940s in the form of Army Emergency Relief (AER). Funded by donations of the American public and proceeds of the Irving Berlin Broadway hit "This is the Army,"

AER offices were opened at Army posts throughout the United States in 1941. One large metropolitan AER office, and the only one so established, opened in New York City in February 1942.

Staffed by military and civilian personnel, and a large number of civilian volunteers, this unusual quasi military organization operated under the supervision of the 1202nd Service Command Unit. In March 1944, the AER office was redesignated "Personnel Affairs Branch", but continued its same operations with a slightly altered but effective relationship with AER funding. In operation until the end of WWII, this organization through an interesting coincidence provided the framework for development of ACS more than 20 years later.

In providing assistance, the New York AER not only had access to AER funds, but also drew on a network of resources from Salvation Army,

Department of Welfare, Navy Relief, Catholic Charities, and many other civic organizations to ease the problems and hardships of Soldiers and their Families. Civilian psychiatrists, social workers, lawyers, and the police donated their professional expertise to assist in difficult cases, free of charge.

Then, Lieutenant Emma M. Baird was assigned to the aforementioned AER and Personnel Affairs Offices during the major period of their existence, as the Allowance and Allotment Officer. This experience formed the background of her planning the structure and organization of a "Family services program", which was to become ACS.

On July 25, 1965, General Harold K. Johnson, Army Chief of Staff dispatched a letter to all major commanders announcing the approval and establishment of the ACS. The initial implementation of the new ACS program caused minor confusion from the

THE PARAGLIDE

Garrison Commander **Col. Phillip D. Sounia**
 phillip.d.sounia.mil@mail.mil
 Public Affairs Officer **Tom McCollum**
 thomas.d.mccollum2.civ@mail.mil
 Production Manager **Lynnie Guzman**
 lguzman@fayobserver.com
 CI/Editor **Jackie M. Thomas**
 jacqueline.m.thomas3.civ@mail.mil
 Assistant Editor **Vacant**

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Photo Manager **Lewis Perkins**
 lperkins@theparaglide.com
 Graphic Artist **Bryan K. Reed**
 breed@theparaglide.com
 Focus Editor **Vacant**

 Life Editor **Suet Lee-Growney**
 cleegrowney@theparaglide.com
 Staff Writer **Genevieve Story**
 gstory@theparaglide.com

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

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

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Courtesy photo

Fort Bragg Army Community Service's (ACS) first home, August 11, 1965. ACS is now located inside the Soldier Support Center (SSC) building.

almost simultaneous release of various Family assistance guidance. Publication of Army Regulation 608-1 in November 1965 superseded all previous instructions and ACS finally was welcomed as a viable and important Army program. Born in a climate of some confusion may be a partial explanation of why ACS continues by many to be called "Army Community Services". There are innumerable Army community services however, there is only one officially designated Army Community Service.

In the early spring of 1966, Lieutenant Colonel Emma Baird traveled to Europe to assist commanders in establishing ACS Centers. By 1967 the majority of

installations in the US had initiated ACS Centers. By 1969, 155 ACS Centers and points of contact were established Army wide. The largest majority of overseas centers were located in Germany, but wherever American troops served, an ACS Center or ACS point of contact was established.

From the beginnings of ACS, thousands of Army wives have enhanced and improved the lives of fellow members of their Army community. From the initiation of the ACS program, and throughout its history, the volunteers, primarily Army wives, have ensured the success and the support of the ACS program.

One Army wife who has made notable contributions

to development of the ACS program was Mrs. George S. Patton (Joanne). An early advocate for assistance to military personnel with exceptional Family members, Mrs. Patton's input to the success of the Army efforts in this area has been continuous and unstinting. Appointed as ACS Volunteer Consultant to the Department of the Army in 1980, Mrs. Patton continued to bring her talent, experience, and wholehearted belief in ACS to benefit Army Families. Her abilities helped in achieving meaningful assistance meeting the needs of exceptional Family members.

The revised version of the Army Regulation in October 1978 introduced new avenues of accomplishment

of this viable program. Budget counseling and debt liquidation, relocation assistance, and an information program at many ACS centers, became services offered by ACS. The revised regulation incorporated the Army Child Advocacy Program (ACAP) into ACS; established the Army Child Support Services Program; established criteria for financial support, personnel functions and duties, and program requirements; and incorporated standards for child health and safety protection at military facilities offering temporary care for children.

Since the revised regulation in 1978, additional programs were formed under the ACS umbrella. In 1982, the Family Advocacy

Program and the Family Member Employment Assistance Program were officially established. In 1988, the Relocation Assistance Program was officially established by a Department of Defense Instruction and further mandated by Public Law in 1989. In its current structure, ACS consists of the Relocation Assistance Program, the Consumer Affairs and Financial Assistance Program, the Family Member Employment Assistance Program, the Volunteer Program, the Exceptional Family Member Program, the Family Advocacy Program, the Outreach Program, and the Information, Referral, and Follow-up Program.

In October 1987, Lieutenant Colonel (Retired)

Emma Marie Baird passed away. The then U. S. Army Community and Family Support Center proposed a Memorial Award for Outstanding Volunteers be created to honor her. This award was approved by the Secretary of the Army in August 1988. Since that time the award has been presented to those volunteers who have demonstrated extraordinary dedication and sustained service to Army Community Service.

In 1995, an official mission statement was established for ACS. The mission of the ACS Center is to facilitate commander's ability to provide comprehensive, coordinated, and responsive services that support readiness of Soldiers, civilian employees, and their Families.

Today, 83 ACS Centers worldwide remain an integral part of the Army Family by identifying quality of concerns and supporting restoration of balance by improving predictable standardized services and programs across the Army.

The core programs and services provided by ACS Centers have grown and evolved from its early days to include: Army Family Action Plan, Army Family Team Building, Army OneSource, Army Volunteer Corps, Exceptional Family Member, Family Advocacy, Financial Readiness, Information and Referral, Relocation Readiness, Sexual Assault and Response Program, Soldier and Family Assistance Center, Spouse Employment, Survivor Outreach Services, Transitional Compensation, and Victim Advocacy. ACS continues to grow and evolve to meet the changing needs of the global Army Family.

What's In It for Me?

By AFTB
ACS

Social media offers so much information at your fingertips! It's great to have, but as with every avenue where information is free-flowing, you have to check facts and ensure the information you are receiving is valid, reliable and reputable. What better way to learn about the military than from others' first hand experiences!

As a new military spouse, I was eager to learn everything there was to know so I felt prepared for anything. Leaving my Family and friends meant I needed to build new friendships, and that's not an easy task for me.

During an FRG meeting I overheard another spouse ask the question, "so, what's in it for me?" Since that same question was hovering over me I felt bold enough to strike up a conversation. "I ask myself that question all the time," I said to her. The new mom shifted her little tot as she replied, "It's a class called 'Military Life...What's In It For Me?'" She went on to tell me about all the topics covered during the class, but one intrigued me the most – and that was the chain of command. Clearly someone else understands how challenging it is for me to understand the rank structure and unit address – there's too many letters and numbers to keep up with!"

As we wrapped up our impromptu chat, she invited me to attend the next scheduled class with her. She also shared with me the Army Community Service app where I could

search for all the classes offered. We exchanged contact information and she asked if I had any children. "Not yet", I answered. She said she was going to make her childcare arrangements with CYS hourly care, which of course, I had to have her decipher – it meant Child and Youth Services – the ones that provide childcare. She said the program offering the training, Army Family Team Building, offers free childcare, and added that every parent should take advantage of "free!"

I've always believed that everything happens for a reason. It was a leap of faith when I initiated conversation that day with Vanessa. And, I'm so thankful I did. She and I attended "Military Life...What's In It For Me?" It was so much fun and even more valuable than I could have ever expected. It was interesting to learn from others, share experiences, gather resources, and it really helped me to understand the rank structure!

Together, we attended two other classes called "Me Time," and "The Power Of...". The instructors and the other spouses attending were so welcoming and open about what they have experienced over the years being associated with the military. It felt great to gain the knowledge and the friendships!

So, what's in it for me? I can stand on my own two feet, navigate this thing called Army life, and I'm not afraid to seek out resources if and when I need them. I'd say that is a win-win!

For more information or to attend an upcoming class, call 910-396-AFTB.

Three Pieces of the EFMP Puzzle



Courtesy photo

By EFMP
ACS

Medical concerns... available resources... enrollment requirements... upcoming PCS... overseas screening... etc., etc., etc., all issues and pieces of a very large but important puzzle when it comes to navigating military life and the challenges presented when you have an exceptional Family member.

There is a program that provides comprehensive and coordinated community support, housing, educational, medical and personnel services to Families with special needs – the Exceptional Family Member Program.

According to Trisha Newton, the ACS Exceptional Family Member Program Manager, in order to ensure all of these requirements fit nicely together so a service member and his/her Family can be successful, three separate commands must work together to make sure the puzzle is complete. "It can be very overwhelming for our Families, but know we're here to help work through the entire process," Newton added.

Medical Command, Human Resources Command and the Installation Management Command each has a separate role regarding EFMP but have to work together to provide military Families the most support.

Medical Command

- Primary proponent for enrollments, dis-enrollments, updates and overseas screenings;
- Provides education to medical providers on the eligibility requirements of EFMP and the process for completing enrollment documents;
- Advise the Human Resources Command about the availability of services for a Family when a Soldier is being considered for an assignment
- Review available TRICARE providers on and around the target installation (within a 100-mile radius) to determine what specialty care is available and the ease / frequency of access;
- Notify Human Resources Command that the installation is able to accommodate the Family Once specialty care is identified and enrollment is available; or
- Notify Human Resources Command that the installation does not have the required and/or availability of care and recommend the Soldier not be assigned to the installation.

Human Resources Command

- Generates orders for the Soldier to begin the process of transitioning to the new assignment
- Submits queries to Medical Command regarding EFM requirements and proceeds accordingly to responses received
- Reassess and seek an alternate location that will be able to accommodate the EFM's care requirements

and has a personnel requirement for the Soldier's grade and specialty;

- Re-engage Medical Command for new assessment at new location.

Installation Management Command / Exceptional Family Member Program

- Serves as a liaison between the Families and services at their installation;
- Provides assistance to Families transitioning in and out of installations;
- Provides assistance upon notification that a Family member has a new diagnosis, etc.;
- Provides community support services such as information and referral, support groups, parent assistance with education concerns, parent education sessions (Social Security, Tricare, various disorders) and recreation events for the whole Family (canoeing, swimming, trampoline park and seasonal celebration events);
- Provides non-clinical case management with the use of the Systems Navigators, whose primary role is to "navigate" Families through the available systems of care using needs assessments, Family service plans and home visits to make the process easier for the Family;
- Provides respite care, which is a temporary rest period for Family members responsible for regular care of an enrolled exceptional Family member with has significant, long-term medical needs, such as recurrent/unstable seizure activity, uncontrolled/unstable insulin dependent, significantly advanced multiple sclerosis with ambulation and safety needs, and those who need special assistance with food intake via a feeding tube.

Newton added that it is a tedious and daunting process, but as long as the Soldier follows each of the required steps well in advance, the Family will get the services and support needed to be successful and this or any other assignment.

To access information or assistance, you may reach out to the ACS EFMP office via phone 910-907-3395 or email usarmy.bragg.imcom-fmwrc.mbx.efmp@mail.mil.



Courtesy photo

Volunteers are Priceless

By ALICE STEPHENS
AVC COORDINATOR

Volunteers play a vital role on Fort Bragg in maintaining programs that are essential to our Soldiers, Family members, veterans and Civilian employees. More than 4,000 volunteers contributed more than \$16 million in valuable service to Fort Bragg in 2018. Recognizing our volunteers is not only boosts morale, it is also necessary for retention.

Fort Bragg offers two Installation level awards – the Installation Certificate of Appreciation, also known as the Making the Difference Award, and the Iron Mike Award for Volunteer Service. The Making the Difference Award is for volunteers who have contributed to the organization but may not necessarily qualify for the higher level awards.

The Iron Mike Award for Volunteer Service is presented quarterly to those volunteers who go above and beyond their normal volunteer duties and make a significant difference in the lives of the Soldiers, Family members or organization. There are four levels – the initial pin, and bronze, silver, and gold stars – all of which utilizes volunteer hours as the first criteria – 300,

500, 750, and 1000 hours respectively. The Installation Volunteer Advisory Council serves as the governing body for the award, to include the review panel. The criteria for a new level – the Platinum/Lifetime Achievement – is currently in the works for implementation in October.

Youth volunteers, ages 10-17, qualify for the Iron Mike Award as well. The hour requirements for youth are 150, 250, 350 and 500 for each level.

Nominations come from within the organizations and must be signed off by the commander or agency director. Various other awards, to include Forces Command, branch-specific, and Department of Army, can also be presented based on the overall impact the volunteer service has on the organization, military community and the Army as a whole.

Active duty service members are also eligible for the Military Outstanding Volunteer Service Medal based on their service within the community and recommendation of their commander. Receipt of the MOVSM can also mean up to 15 promotion points for the Soldiers. Recent regulatory changes now require Soldiers to volunteer 500 hours or three years of continued service.

A unique initiative Fort Bragg offers

that no other installation provides are Braggin' Bucks. Volunteers earn a 'buck' for every hour logged and certified in the Army-wide web system. Bucks can be cashed in for candy jars, ceramic mugs, professional portfolios, hooded sweatshirts, yoga mats, sports duffel bags, etc.

The Army Volunteer Coordinator will also assist Soldiers with their documentation needed to earn the Military Outstanding Volunteer Service Medal. The award is intended for service performed over a period time, not a single act. Being awarded the medal can also earn up to 10 promotion points. The medal was first issued in 1993 to recognize service members who have had a tangible impact on the military and local communities through volunteer service.

Many see registration and documentation of hours as an unnecessary chore, but it is a critical accountability tool for the organization, the installation and the Department of the Army. This documentation not only validates the magnitude of the service provided, but earns great rewards for the volunteer!

For more information on how to get involved, contact the Army Volunteer Corps office at 910-396-2458.

MOVSM Criteria



Courtesy photo

Military Outstanding
Volunteer Service Medal

The Military Outstanding Volunteer Service Medal (MOVSM) is a military award created under Executive Order 12830 by George H.W. Bush on January 9, 1993. The medal was first issued in December 1993.

The MOVSM recognizes those members of the military (active duty, Reserve and National Guard) who perform substantial volunteer service to the local community above and beyond the duties required as a member of the United States Armed Forces.

Volunteer service must be made in a sustained and direct nature towards the civilian community;

Must be significant in nature to produce tangible results;

Must reflect favorably on the military service and the Department of Defense;

Recognizes exceptional community support over time;

Not a single act or achievement;

Does not include service that is tasked or part of a military mission;

Does not include service performed while deployed to a combat theater;

Does not include attendance at membership meetings or social events for a community service group;

Cannot be presented with more than one per tour of duty.

The definition of volunteer service is left intentionally vague, allowing for a wide variety of activities and volunteer duties which would qualify a service member for the Military Outstanding Volunteer Service Medal. Typical volunteer work includes volunteer fire-fighting / EMS / Rescue Squad, community projects such as Habitat for Humanity, soup kitchens, youth coaches, special events, etc.

Although sustained community service is not defined by a specific timer period or number of volunteer hours (for example, 500 hours of community service within 36 calendar months), approval authorities will ensure the service to be honored merits the special recognition afforded by this medal. Service members, E4 and below, can earn up to 10 promotion points after being awarded the medal.

For more information, contact your unit S1, or the Army Volunteer Corps Coordinator at 910-396-2458.

SCAMS! SCAMS! SCAMS! A MUST READ!



By FRP
ACS

We've all seen an increase in attempts to dupe people out of their money, and maybe someone has attempted one of these scams on you, a loved one or friend. They are becoming bolder and more sophisticated in how they attempt to take your hard-earned money. These scams can leave you both heart-broken and broke!

The Financial Readiness Program works closely with the Federal Trade Commission to not only assist with filing complaints, but to help get the word out so you don't fall prey to the latest scam/fraud. Below are recommendations from the Commission on the most current fraudulent activity.

Tech Support Scams

Tech support scammers may call and pretend to be a computer technician from a well-known company. They say they've found a problem with your computer and often ask you to give them remote access to your computer, pretending to run a diagnostic test. They try to make you pay to fix a problem that doesn't exist.

Tech support scammers may try to lure you with a pop-up window that appears on your computer screen. It might look like an error message from your operating system or antivirus software, and it might use logos from trusted companies or websites. The message in the window warns of a security issue on your computer and tells you to call a phone number to get help.

If you think there may be a problem with your computer, update your computer's security software and run a scan. If you need help fixing a problem, go to someone you know and trust. Many software companies offer support online or by phone. Stores that sell computer equipment also offer technical support in person.

Tech Support Refund Scams

If someone calls to offer you a refund for tech support services you paid for, it's likely a fake refund scam. How does the scam work? The caller will ask if you were happy with the services you got. If you say, "No," they'll offer you

a refund but must direct deposit it into your account. In another variation, the caller says the company is giving out refunds because it's going out of business. No matter their story, they're not giving refunds – only trying to steal more of your money. NEVER give anyone your bank account, credit card or other payment information.

Spoofing

Scammers are also able to "spoof" relatives or friends, with even the friend or relatives name, email or phone number showing up on device / caller ID. They are usually calling or sending messages urging you to wire money immediately because they need cash to help with an emergency — like getting out of jail, paying a hospital bill, or needing to leave a foreign country. Their goal is to trick you into sending money, and before you realize it, it's too late and your money is gone!

Romance Scams

Millions of people turn to online dating apps or social networking sites to meet someone. But instead of finding romance, many find a scammer trying to trick them into sending money. In 2018, according to the Federal Trade Commission, people reported losing \$143 million to romance scams, a higher total than for any other type of scam reported to the FTC. The median reported loss was \$2,600; and for people over age 70, it was \$10,000. Romance scammers create fake profiles on dating sites and apps, or contact their targets through popular social media sites. They strike up a relationship with their targets to build their trust, sometimes talking or chatting several times a day. Then, they make up a story and ask for money. Romance scammers typically ask their targets for money to pay for a plane ticket or other travel expenses, pay for surgery or other medical expense, pay customs fees to retrieve something, pay off gambling debts, or pay for a visa or other official travel documents.

Scammers ask you to pay by wiring money, with reload cards like MoneyPak, or with vendor gift cards such as Amazon, Google Play, iTunes or Steam because they can get cash quickly and remain anonymous. They also know these transactions are almost impossible to track or reverse.

The Federal Trade Commission recommends these 10 things you can do to avoid fraud.

1. Spot imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request – whether it comes as a text, a phone call or an email.
2. Do online searches. Type a company or product name into your favorite search engine with words like "review," "complaint" or "scam." Or search for a phrase that describes your situation, like "IRS call." You can even search for phone numbers to see if other people have reported them as scams.
3. Don't believe your caller ID. Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the

caller might be telling the truth, call back to a number you know is genuine.

4. Don't pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance, or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear. Learn where to get real help with these issues at consumer.ftc.gov.
5. Consider how you pay. Credit cards have significant fraud protection built in, but some payment methods don't. Wiring money through services like Western Union or MoneyGram is risky because it's nearly impossible to get your money back. That's also true for reloadable cards and gift cards. Government offices and honest companies won't require you to use these payment methods.
6. Talk to someone. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert — or just tell a friend.
7. Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.
8. Be skeptical about free trial offers. Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.
9. Don't deposit a check and wire money back. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.
10. Sign up for free scam alerts from the FTC at ftc.gov/scams. Get the latest tips and advice about scams sent right to your inbox.

For an appointment to speak to a financial counselor who can assist with filing a complaint, call 910-396-2507 or 7289. The ACS Financial Readiness Program is located on the 3rd floor of the Soldier Support Center, Normandy Drive. Help us get the word out, tell your family and your friends to beware!



Water Safety for Safe Summer Fun

By FAS
ACS

Summer comes early here at Fort Bragg. During those warm and sunny days, Families look for entertaining ways to have fun in the sun and stay cool at the same time. Nearby beaches, lakes, and local pools are great places to beat the heat with both fun and relaxation for the whole Family. Water-related activities however, can be dangerous, especially for our little ones. Children can drown in as little as 2 inches of water in a matter of minutes, it doesn't take much. According to the Centers for Disease Control (CDC), two children per day ages 14 or younger die from unintentional drowning in the United States, and for every child who dies from drowning, another five need emergency care for nonfatal near-drowning injuries. We, as parents and caregivers, are responsible for ensure our child's safety. During the summer months, it is ever more important to be aware whereabouts when there is water or a pool nearby. According to the USA Swimming Foundation, at least 148 children under the age of 15 fatally drowned in swimming pools or spas, between Memorial Day and Labor Day of 2018. That number was down approximately 9 percent from the 163 children in 2017. That doesn't even account for beaches, lakes, rivers and other sources of

water such as bathtubs and buckets! Let's work together to keep the number of accidental drownings on the decrease through 2019 and beyond.

According to the CDC, there are many factors that affect the risk of drowning injury while in and around water including the lack of swimming ability, lack of proper barriers around pools, lack of close supervision, location, failure to wear life jackets, and alcohol use among adult participants as well as caregivers while others are swimming. Though there are a lot of factors involved in water safety, if participants keep the following recommendations in mind and think safety first, everyone can have a safe summer enjoying the sunny days and cool water fun whether in your own backyard, a neighbor's pool or on vacation!

Close supervision. A responsible caregiver who knows how to swim should be within arms-reach at all times if there is an infant or toddler near the water, regardless of their swimming ability. For older children, an adult should be paying constant attention and remain free from distractions like talking on the phone, socializing, doing housework, or drinking alcohol. Constant, close supervision is key because accidents can happen quickly and it only takes a few minutes without oxygen to cause severe damage. Contrary to television and movies that depict drowning with lots of

splashing and flailing, realistic drowning can happen quietly and go unnoticed if supervision is not vigilant. Often, it is hard to see when a child is struggling because they slip under silently and just don't come back up.

Install Proper Barriers Around Pools. Sadly, most infant drownings occur in bathtubs and buckets, but toddlers between one and four years of age have the highest drowning rates, and most commonly drown in home swimming pools. An especially dangerous place is the above ground pool set up temporarily in a back yard with no fencing around it or a backyard in-ground pool with a fence around the yard but not around the pool. Little ones, who wake up earlier than parents on weekends can slip out the back door and easily fall into or enter these pools without supervision and drown before parents are even aware they are up.

Enroll in swim lessons. When an adult or child cannot swim, they should be carefully supervised around bodies of water for safety. Parents should consider enrolling their children in swim lessons to increase their abilities in the water. While swim lessons are available year-round at indoor pools, they are even more accessible during the summer months on Fort Bragg and within the local community. Swim lessons are available for all skill levels, from "Parent and Me"



classes to advanced level swimming. Teaching children now how to swim, or at least to feel more comfortable in the water, can really make a difference for their safety.

Wear a life jacket. Inflatable water wings, pool noodles, and other inflatables are fun pool toys; however, they are not lifesaving devices and can easily fail. Instead of inflatables, look for life jackets and "puddle jumpers" for children who do not know how to swim and for those who are not strong swimmers. Finding a safe and reliable flotation device is relatively easy. If it says, "U.S. Coast Guard Approved," it is a life-saving device. These products come in a variety of sizes and weight ranges, so make sure your child is within the weight range for the one you select and that the vest fits snug, yet comfortable. Do not purchase a life vest that has room for your child to "grow into." While it will be great in a couple years, it will not be sufficient now! If the flotation vest is too big for the child, it is possible for his or her head and airway to slip below the water surface, even while still wearing the vest. It is also important to remember, no matter the skill level, if you're enjoying some time

on a boat, make sure everyone onboard has a properly-fitting flotation device.

Never swim alone. When going for a swim, make sure to never swim alone. There is safety in numbers when others are nearby to help in case of emergency. If you must swim alone, make sure to swim in an area with a lifeguard on duty.

Emergency preparedness. One of the biggest factors in avoiding accidental drowning is whether or not CPR was administered to the victim. According to the CDC, in the time it takes for paramedics to arrive, your CPR skills could save someone's life. First Aid and CPR classes are offered throughout the community.

Refrain from drinking alcohol. Alcohol consumption is a leading factor in adult drownings. Young children are also at an increased risk of accident, injury and even death if their adult supervisor is or has been drinking alcohol. Alcohol impairs judgment and reduces reaction time leading to increased accidents and injuries. Response time is critical in the event of a drowning. When combined with water activities, choosing to drink can have catastrophic consequences.

Stay aware of open water conditions. If your Family is visiting the beaches or large bodies of water this summer, make sure to stay aware of the weather and water conditions. Weather conditions change quickly, especially along the coast, switching the swimming conditions from safe to hazardous in a very short time. Lakes and rivers can also have hidden hazards such as large branches and rocks. Make sure to check out the area before entering the water and swim only in approved swimming areas. Oceans and rivers both have strong currents that can pull even very experienced swimmers under water or out to sea very quickly. To reduce this risk, make sure to check all posted information and local weather forecasts for swimming conditions prior to entering the water, and even while spending time near the water.

Spending time in the water during the summer months is a great way for Families to enjoy time together and beat the heat of the season. Stay mindful of these tips and you and your Family can not only have fun, but stay safe and enjoy the water all summer long.



Is Your Resume Socially Awkward?

By CECILIA WALLACE

EMPLOYMENT READINESS PROGRAM

Have you ever been in a social setting when you spot a person who is doing his or her best to fit in but lacks the social skills to start and maintain a conversation? I have been that person many times and people usually make excuses and label me as shy, quiet, a wall flower or a total disaster. Which is ok, it's my life story and I embrace my social awkwardness. But, why would I start an article about resumes with a discussion about a lack of social skills? Because it provides a visual reference to support my off-the-wall concept that a resume that lacks communication skills is what lands many resumes in the rejection pile.

Whatever you think you know about resumes can I ask you to take a moment to forget all of it and to consider a new way of resume communicating? Yes, I am coining a new term, no longer will I refer to it as 'resume writing.' Instead, I now use 'resume communicating' no matter how odd it might sound. Alright jobseekers, the job market is a social event and your resume has to work the room to get to the boss. Are you ready to communicate?

I equate the resume and job vacancy announcement to critical parts of a conversation. The employer uses the vacancy to speak to job seekers about skills desired in a candidate and job seekers use the resume to speak to the employer to showcase these desired skills. Hmm, the employer speaks, the job seeker speaks, sounds like communication right? Not so fast...Now that both are speaking, is anyone listening and are they speaking the same language? Has the job seeker heard the employer and can the employer hear the job seeker above all the chatter? Remember that social settings sometimes make it difficult to be heard, sometimes you have to wait your turn to speak to a particular guest and you might only get a few moments of their time. Is this sounding like what happens in the job market?

I read resumes, job vacancies and books related to careers regularly and I consider myself pretty good at spotting resumes that are simply unable to have a conversation. Go figure, the person who cannot hold a conversation is good at spotting resumes suffering from a communication problem? Well, part of my job is determining the break point in your job search. Some job seekers have incredible resumes but the focus might be off or they may have awesome speaking skills in person but their resume might not match their personality. So, there is an upside to being the wallflower – I love to listen, I love watching and learning about people so I pick up things that others might miss.

Let's go back to the party. You are having a conversation with your significant other but you can sense that he or she is not listening. You throw out a random question as a test and lo and behold, the love of your life is definitely not listening! How do you know? Perhaps because you questioned whether the flames coming from his or her head were painful, only to get 'yes I agree' as a response.

You get my point, you are speaking about one thing and they are speaking about something off topic. Isn't that aggravating! Here is what I want you

to know – job vacancies are one part of a conversation. Pay attention as you read job vacancies, follow along and then use your resume to converse with the hiring manager. In resume terminology we often refer to this as creating a targeted resume. I have had too many clients claim to have a targeted resume only to learn that they basically kept their old resume they created years ago and threw in a few keywords. An effective resume goes beyond adding a few keywords to an old resume. Just as you would wear a fresh set of clean clothes to an important event, use a fresh resume or at least remove the wrinkles!

One final thing before the party winds down. Have you ever been to an event where everyone in the room has on name tags that say 'Hi My Name is...'? It is surface information and if you want to know more about that person you have to do what? If you said have a conversation, give yourself a high five! Resumes do this as well – we all include our name at the top. "Nice to meet you Jenny Job Seeker, what do you do for a living?" Uh oh, the spotlight is on you, what should you say? I can hear you out there throwing out tremendous descriptions of what you do for a living. Thank you Nurse Nancy for telling me that you perform life saving techniques and that you provide patient education on proper wound care. Thank you Larry Landscaper for telling me that you can operate everything from a Bobcat to a riding lawn mower. But as fantastic as you sound in your living room, I have found that when you make it to the resume party you get flustered, you repeat the same thing over and over or you get stuck at 'Hi my name is.' Remember that everyone is wearing name tags and sharing surface information about themselves at this resume party. Your resume's primary job is to have a meaningful conversation so you have to get past the introductions.

How? First, be sure to talk about the employer's needs and how your experience and skillset will benefit him or her. To do this, you have to understand the employer's needs by reading job announcements at a slower pace. In other words, read to understand and really listen to the conversation the employer is having. Second, provide accomplishment statements that demonstrate your ability to perform at a high level. Before you panic, including accomplishments is not bragging – come see us and we can show you how to make your accomplishments dazzle without going overboard. A third step that you can take is to breath, relax and be yourself. Many times we get frustrated and we forget who we are so we pay someone to create a resume that tells us who we are. Know yourself, know yourself, now truly get to know yourself and then speak your truth in your resume.

Lastly, remember that there is a balance that must be achieved – your resume cannot suffer from shyness or the conversation will be too short. The opposite is the feeling of being held hostage by a person who talks on and on without allowing you to speak, this would be a resume that is rambling. Communicating through your resume while remaining on target is an art. It is a skilled conversation, a dance and not as easy as many believe. If you need to brush up on your resume communicating skills you can do so via one-on-one appointments with the Employment Readiness Program or by attending our workshops. Call 910-396-1425/2390 or visit www.braggerp.checkappointments.com for dates and times.

Military spouse employment, your questions answered

Q: I'm a military spouse but I don't have a degree. Can I still work on post?

A: Most certainly. The federal government is actively seeking to hire a greater number of military spouses. The revamped Military Spouse Preference Program is designed to put you in charge of your federal job search! As far as the degree is concerned, the vast majority of federal jobs do not require candidates to possess a degree. Read the vacancy carefully to determine the qualifications and look for the 'or' statement to see if you can use education 'or' experience, 'or' a combination of both.

Q: Is there a difference between federal and private sector resumes?

A: Yes and no. You can use any resume format to apply for federal jobs unless stated otherwise in the vacancy announcement. This means that there is no definitive look, feel or template that can be called a federal resume. However, there are compelling reasons to use the resume builder at www.USAJOBS.gov to ensure necessary information is included. The resume builder uses a red asterisk to indicate mandatory fields, which is critical information to any human resources department. For those who prefer a different format, feel free. Statements in vacancy announcements such as, "A COMPLETE RESUME IS REQUIRED."

Your resume must show relevant experience (cover letter optional) where you worked, job title, duties and accomplishments, employer's name and address, supervisor's name and phone number, starting and end dates (month/year), hours per week and salary." Notice there is no mention of formatting or templates. If you use a resume template, be sure to adjust it so that you can include dates in the proper month/year format, hours per week, etc. Read the required documents section carefully. In fact, read the entire announcement carefully or risk being overlooked.

Q: Where can I find federal job vacancies?

A: Many agencies use www.usajobs.gov to post their jobs. However, if you cannot find vacancies for a specific agency (Federal Bureau of Investigation, Central Intelligence Agency, etc.), visit that agency's website and click the careers tab (usually at the top or bottom of the page).

Q: The federal resume workshop is no longer offered. Where can I go for help?

A: Good news! The ACS Employment Readiness Program is launching a new resume workshop in July focused entirely on the military spouse. We have also partnered with the Civilian Personnel Advisory Center to offer a Military Spouse Preference workshop twice a month. One-on-one assistance is also provided. Visit www.braggerp.checkappointments.com to register for workshops and appointments. For those who are unable to attend our resume workshop, there are official webinars posted on the USAJOBS website providing in-depth information on the federal job search

process. Register to view webinars by visiting <https://www.usajobs.gov/Notification/Events>

Q: I work full-time and cannot come in for a workshop. Are there any books that can help me?

A: Employment Readiness has a resource library with free books available to our clients. If you have time during your lunch hour, come see us. We are located on the 3rd floor of the Soldier Support Center (Normandy Drive). Quantities are limited and you must be eligible for our services to make use of our resource library.

Q: How much does it cost for you to help me write my resume?

A: The ERP staff provide free resume writing assistance through workshops and one-on-one consultation. Our staff will not write the resume for you but we will help you figure out what to include, what to highlight, what to remove, etc. Staff will also review your resume for errors, misspellings and grammar. An added benefit of using our program is that our computers are equipped with resume writing software that makes it super easy for you to create a resume from scratch.

Q: I have not worked in 10 years. Can your program help me?

A: Absolutely. Many job seekers have gaps in employment but do not let that stop your job search! Your best option is one-on-one assistance which you can schedule at your convenience. Gaps in employment, having a degree but no experience, multiple moves, etc. are common issues that military spouses face, and we can help you through each of those scenarios.

Q: I work but I want to make more money. Should I quit my job to find another one?

A: Quitting a job might create some unintended issues (especially if your previous employer is contacted for a reference), so weigh all of your options first. If you are unhappy with your current job then it might be useful to sit down and have a discussion about your options. You might be able to switch departments, change hours, work from home, etc., but you should explore these options before you decide to quit. As a military spouse you also have access to free resources such as a chaplain, the Employee Assistance Program or speaking with a Military Life Counselor to work through your issues confidentially. Lastly, it is a common belief that it is easier to find a job while you still have one than it is when you are unemployed. On the flip side, there are those who quit their job to follow their dreams – some of them find success, others find that they want their old job back!

If you have an issue, a question, a gripe, suggestion, a tip or best practice related to employment, tell us about it. The issues that you submit will be reviewed with an eye toward implementing programs and training to address issues impacting our audience. Submissions can be anonymous and will be posted on our website with official responses so that all military spouses can gain insight. To submit your ideas, suggestions, complaints, etc. visit <https://bragg.armymwr.com/programs/erp> and click the blue 'Email Us' button located at the top of the page just beneath our address and phone number.

When Everything is Foreign

By RRP

ACS

Traveling to a foreign country as part of a long-anticipated vacation is much different than arriving in a country that you will now call home. There's the excitement of the unknown, visiting and seeing things you've never experienced before, but also having the comfort of knowing you will be headed back home to familiar surroundings. Many in our community come to the United States for the first time as a service member, or spouse, and this becomes home, at least in the short term.

Fort Bragg is one of only two Army installations that work closely with the Staff Judge Advocate and US Citizenship and Immigration Services to provide this assistance to service members and their families, both active duty, and Guard/Reserves.

According to Rita Dickerson, ACS Relocation Specialist, wants to let these individuals know they are a special part of our military community by offering needed multicultural services to help ease the transition process. Not only does ACS help address the tedious administrative processes associated with the US Citizenship & Immigration Service, but also try to keep things on the lighter side by offering social and group activities for our foreign born spouses to interact.

"We work very closely with the Staff Judge Advocate Immigration Officer to provide whatever information and/or assistance is needed as far as immigration services," said Dickerson. "In a lot of cases, individuals just need to ensure visas and other paperwork are kept up to date," she added. More complex cases involve obtaining permanent residency, citizenship, student visas, etc.

The U.S. Citizenship and Immigration Service Orientation is offered every other

month and provides information on what is needed to become a Legal Permanent Resident, how to obtain a U.S. citizenship, tourist visas and several other topics pertaining to immigration.

In addition, an International Spouse Orientation is held in the opposite months and provides foreign-born spouses with materials on obtaining medical services, employment, driver's licenses, language and culture classes, and more. Spouses are also invited to attend several special events throughout the year which allows them to meet spouses from other countries who likely share similar experiences, both good and not so good. "Knowing someone else can relate always makes a difference, and helps to ease some of their fears and feelings of isolation," Dickerson said.

Once the initial orientation is attended, Dickerson prefers to sit with her clients in a warm and friendly atmosphere and talk about specific individual needs. Calvin Farlow, Relocation Readiness Program Manager, notes that clients who have met with Ms. Dickerson often relay to him how much stress was relieved by just knowing where to start in the process and having someone look over their packets with them. Many are relieved the program exists here at Fort Bragg and they do not have to seek out an attorney which can cost thousands of dollars, Farlow added.

The program also interfaces with other ACS programs to provide a comprehensive package for foreign-born Soldiers and their Family members. Dickerson added that serving in the United States military is stressful enough – this is just one more way ACS helps to ease that stress.

For more information on the Multicultural Readiness Program, or to schedule an appointment call 910-396-6120.

YAY—It's Our Day!

ACS 54th Birthday Open House

July 25, 10 am - 2 pm
Soldier Support Center
 (Main Entrance)

Join us to celebrate 54 years of serving Soldiers and their Families!

- Cupcakes
- Foxy99 Live Remote
- Great Resources

It's our day, but it's all about YOU!

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 Email: ACS@armymwr.com
 *Fort Bragg ACS mobile app (july25/2019)

Name Change Doesn't Mean Mission Change

Soldier & Family Readiness Group

By **BYRON SHELTON**

ACS MDSSO

The name may have changed, but the mission remains. The Family Readiness Group, or FRG, is no longer.

In an effort to engage all unit personnel, to include the single Soldier and his/her Family, and to link the Soldier to the readiness of the unit Family, the FRG is now called the Soldier & Family Readiness Group.

The goals of the SFRG have not changed – channel for providing accurate command information, connecting Soldiers and Families to the chain of command, connecting members to available on and off post resources, and offering a network of support.

Informal Fund Changes

Army Regulation 608-1, Army Community Service, Appendix J, states that informal funds will not exceed an annual gross receipt (income) cap of \$10,000 per calendar year from all sources, including fundraising, gifts, and donations. This has been interpreted by some to mean that the Soldier and Family Readiness Group could raise \$10,000 per year regardless of the balance of the account. Army Directive 2019-17 states the funds account will not exceed \$10,000 at any given time in a calendar year from all sources. This places a distinct cap on the overall balance of the fund. The \$10,000 cap can be increased to \$25,000 by the brigade or equivalent commander for a period of three or less months.

The new directive also states the funds custodian and the alternate funds custodian may be a Soldier as long as the Soldier is not scheduled to deploy for more than 30 days within a 12-month period.

SFRG Center Information

When looking for a venue to host your unit events, there is a facility available for just that!

Since 2013, the facility has been known as the Family Readiness Group Center. It is now called the Soldier & Family Readiness Group Center in an effort to ensure our single and unaccompanied Soldiers feel a part of the unit support network. The SFRG Center, located on Pope Field, has always been a place where both Soldiers and Families can host a wide variety of meetings or activities outside of their unit footprint.

Inside the center resources are available to help enhance service members and their Families experiences while stationed at Fort Bragg. Soldiers and Family members can utilize computers, printers and a multi-functional copier, scanner and fax machine to take care of the daily tasks that require the use of technology. They can also schedule a secure or unsecured video teleconference to maintain communication while a unit is in the field or deployed.

Military Family Life Counselors (MFLCs) are also based out of the center and are available to help address some of the many daily stressors of military and Family life.

How can my unit best utilize the center? Family members and SFRGs have priority for meetings, pre-deployment, reintegration, reunion and informational briefings depending on the specific needs of the organization. The center is also the home of the ACS Mobilization, Deployment & Stability Support Operations Program which is responsible for providing the Army's REAL: Readiness Essentials for Army Leaders training, as well as certification for commanders and statutory volunteers. Statutory volunteers include key positions such as the SFRG Leader, Key Contact, Care Team and Informal Fund Custodian. The program is also responsible for installation-wide training of unit Family Readiness Liaisons, who, along with the SFRG volunteer team, are essential in supporting commanders as they execute their mission.

Time is often not our friend when scheduling last minute needs however, the SFRG Center staff do their best to adjust to unit, individual and commander schedules so

that they may benefit from our available classes. The Unit Support Coordinators are able to bring training to the unit, provide these opportunities after normal duty hours, or conduct deskside trainings for our new and/or busy commanders. Both the program and facility are absolutely instrumental in assisting commanders and SFRG leaders in launching and maintaining effective SFRGs regardless of the deployment cycle.

More than 34,000 Soldiers and Family members have utilized the center and its various resources this year. The staff at the center is proud of the high patronage and continue to promote the facility and all it has to offer. Our motto is "Engage, Connect, Empower," providing every Soldier and Family member the absolute best service and encourage strength and independence.

Customer feedback is critical and helps the staff to plan and make necessary adjustments in order to better the service provided.

The center serves the greater Fort Bragg community, to include all tenant units. Located on Pope Field at 236 Interceptor Road, the primary hours of operation are Monday through Friday, 8 a.m. to 5 p.m. The center is also available for after duty use by reservation only. We look forward to working with you in the future. For more information, call 910-432-3742.



Soldier & Family Assistance Center to Deactivate Sept 30

By **MARTHA BROWN**

SFAC DIRECTOR

Effective September 30, 2019, the SFAC will officially close its doors and deactivate within the Fort Bragg Garrison. All services being provided in the SFAC will still be readily available, most all in the Soldier Support Center.

Rewind to 2007 and the Iraq war. Combat continues and

the wounded and injured Soldiers were returning home and entering the Medical Evaluation Board process. Conflicting policies between Army regulation, the Department of Defense, and the Department of Veteran Affairs relating to the process were adding to the already over-tasked medical environment. In addition, issues at Walter Reed Medical Center prompted a number of congressional and executive actions, resulting in

the establishment of an integrated and comprehensive continuum of care, thus the Warrior Transition Unit was created.

The Warrior Transition Unit provided command and control as well as medical management, and the Soldier and Family Assistance Center (SFAC) provided a one-stop location to provide a variety of services those wounded, ill and injured Soldiers assigned or attached to the unit. The

SFAC has continued to deliver tailored, compassionate and coordinated transitional services designed promote self-reliance, wellness, and healing during the Soldier's transition, either back to military service or into the civilian sector.

Fast forward to 2019. A significant decrease in the number of Soldiers assigned to the Warrior Transition Unit, and manpower reductions within Army Community Service, it

was determined the need for the centralized services offered at the SFAC was no longer a high need / priority.

Army Community Service will continue to provide ongoing information and referral to the Soldiers in Transition and their Families. The Warrior Transition Unit will also continue to support those Soldiers and Families assigned to the unit as they continue their military career or transition to the civilian sector.

It's Not OK...

By ANGIELINA WILSON

ACS VAP

According to the National Coalition Against Domestic Violence (NCADV), domestic violence is defined as the “wilful intimidation, physical assault, battery, sexual assault, and/or other abusive behaviour as part of a systematic pattern of power and control perpetrated by one intimate partner against another” – in other words, it is any form of intimidation or assault to gain or maintain power and control in a relationship. Sometimes it's obvious abuse is taking place, other times, it's much less noticeable, but that doesn't mean damage isn't being done. Abuse is not ok, and it's not the victims fault. The abuser may use a variety of different tactics to get what they want in the relationship, no matter what it is. Sometimes they will take their partners cell phone or car keys, they may restrict access to money, call their partner bad names, even threaten suicide or physical harm. Too often, situations escalate to physical fighting, including strangulation. Sadly, if a victim decides to take a stand, things can often become more dangerous very quickly, and the victim needs to find help right away.

Domestic violence is “an offense under the United States Code, the Uniform Code of Military Justice, or state law involving the use, attempted use, or threatened use of force or violence against a person, or a violation of a lawful order issued for the protection of a person who is: a current or former spouse; a person with whom the abuser shares a child in common, a current or former intimate partner with whom the abuser shares or has shared a common domicile.”

The Victim Advocate Program within the ACS Family Advocacy Program, offers the military community highly trained advocates who support adult victims of partner abuse. We guide clients to become aware of and understand all of the options available to them, so they can make their own

informed decisions on how to proceed within their own unique situation and comfort level. Victim advocates can explain reporting options (both restricted and unrestricted); crisis intervention and non-clinical support; safety assessments and planning; information and referral services (shelters, food, housing, classes, counseling, immigration, and more); and can even accompany clients to their legal, investigative and medical appointments.

In addition to these services, Fort Bragg, along with Cumberland County District Courts, is the first military installation to offer electronic filing (E-Filing) on site! E-Filing allows clients to receive full ex parte domestic violence protective order services without having to leave the installation! Clients now have the option of completing this process in a personal, non-threatening setting, which helps them obtain one-on-one assistance and truly be able to understand the dynamics of abuse and focus on their own specific needs and areas of concern.

Through these comprehensive, voluntary services, advocates try to educate and empower individuals who find themselves navigating tough times, to find their voices and choose the solution that best fits their needs. Help us take a stand against partner abuse and together we can reduce occurrence of abuse within our military and surrounding communities.

To reach a victim advocate for guidance or with any questions, visit the Soldier Support Center, 3rd floor, or call (910) 396-5521 floor during normal business hours. The Fort Bragg Victim Advocate hotline is available 24 hours a day, 7 days a week at (910) 322-3418. If you are or know someone who is in immediate danger, dial 9-1-1.

Additional Resources:

Fort Bragg North Carolina Website: <http://www.bragg.army.mil/Pages/Default.aspx>

2019 Fort Bragg Installation Guide and Answers Unlimited: http://mybase-guide.com/army/63/fort_bragg

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You are not alone.

1 in 4 men
have been physically abused.

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Normandy Drive, Bldg 4-2843, Fort Bragg



Fort Bragg Legal Assistance Office/
Staff Judge Advocate (JAG): <http://www.bragg.army.mil/directorates/osja/Pages/LegalAssistance.aspx>

Fort Bragg Inspector General: <http://www.bragg.army.mil/directorates/ig/Pages/default.aspx>

Fort Bragg ACS: <http://www.fortbraggmwr.com/acs/>

North Carolina Bar Website: <http://www.ncbar.gov/public/findalawyer.asp>

or <https://www.ncbar.org/members/>

[lawyer-referral-service/](http://www.ncbar.org/members/)

North Carolina Department of Social Services: <http://www2.ncdshs.gov/dss/>

Family Focus: A Resource Guide for Families and Service Providers in Cumberland, Harnett, and Hoke Counties

https://nestos.mosaic-network.com/gems-webapp/frg_index.jsp

National Coalition Against Domestic Violence (NCADV):

<http://www.ncadv.org/>



com·mu·ni·ty

*A feeling of fellowship with others,
as a result of sharing common
attitudes, interests, and goals.*

Community.

*It's who we serve. It's what we value.
It's where we live.*

We are proud to serve our community each and every day. With real news reported by real people right here in our community. The trusted news that helps keep our friends and neighbors connected and engaged.

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