

# THE PARAGLIDE

Telling the Fort Bragg Story™

April 4, 2019

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THE PARAGLIDE



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## WWII veteran comes home



Photos by Spc. Justin W. Stafford/49th PAD

Paratroopers assigned to the 319th FAR, 82nd Abn. Div., carry the casket of Pfc. Clifford M. Mills in Troy, Indiana.

By SPC JUSTIN W. STAFFORD  
49TH PAD

TROY, IND. — Hundreds of people attended the memorial and funeral of a World War II Soldier in his hometown of Troy, Indiana March 30. Most of them never met him.

Pfc. Clifford M. Mills, a Soldier who fought with the 319th Glider Field Artillery Battalion, 82nd Airborne Division, was buried 75 years after his death during Operation Market Garden in 1944.

Mills was considered Missing in Action since Sept. 18, 1944, after the glider he was in crashed behind enemy lines near Wyler, Germany, until January of this year when his remains were identified by the Defense Prisoner Of War/Missing in Action Accounting Agency (DPAA) and transferred back to his hometown on March 28.

Mills' remains were transported from Tell City's Zoercher-Gillick Funeral Home to Troy Cemetery in an elaborate procession consisting of local fire departments, law enforcement and motorcycles flashing red and blue lights.

As the procession made its way, it passed beneath a large American flag attached to the outstretched ladder of a firetruck. Residents of all ages lined the streets or stood in front of public buildings waving American flags or saluting as the procession passed by them.

The Purple Heart recipient was buried with full military honors provided by the 319th Field

Artillery Battalion, 82nd Abn. Div. "In the 82nd Airborne, we walk in the footsteps of legends," said Command Sgt. Maj. Gregory Seymour of the 319th. "With each of these homecomings, we close the gap of those still missing and come closer to fulfilling our promise to never leave a comrade behind."

Currently, there are 72,000 Americans still unaccounted for from World War II.

Seymour presented Mills' 91-year-old brother, Robert Lee Mills, with a folded flag during the burial ceremony Saturday.

Mills was buried next to his wife, Ethel Mills, who died in 2004. She never remarried.

Notably, the efforts of a 33-year-old Dutch man from the Netherlands proved immeasurable in facilitating the positive identification and homecoming of Mills.

Nowy van Hedel was approved by a volunteer program 12 years ago, which assigned him the name of a Soldier on the Walls of the Missing at the Netherlands American Cemetery in Margraten, Netherlands.

After over a decade of research conducted in his free time, Hedel submitted his findings to the DPAA in 2017. Scientists from the DPAA were able to make a positive identification. Hedel received the news from Mills' family in January of this year.

"You'd get one lead and search that direction. Then you'd hit a dead end. It went on for 12 years," said Hedel. "When I received the information from the family that



Pfc. Clifford M. Mills, a WWII veteran and former member of the 319th Glider FA Bn., 82nd Abn. Div. was reported missing in action in 1944 during Operation Market Garden in Germany. His remains were not identified until Jan. 29.

there was a 100 percent match, my world was turned upside down. I couldn't believe it."

Hedel keeps a photograph of Mills in his living room. He also continues to help others in identifying unknown Soldiers.

A rosette has been placed next to Mills' name on the wall to indicate he has been accounted for.

"It is like a piece of closure for me," said Hedel holding back tears, "but you also feel the pain because it's a funeral. He died 75 years ago for our freedom."

**See WWII Hero** — Page A4

## Shaping the culture of trust

**44th Medical Brigade brings awareness to sexual assault with new campaign**

By JELIA HEPNER  
PARAGLIDE

Members of the 44th Medical Brigade (Med. Bde.) gathered at the 82nd Sustainment Brigade Dining Facility Monday, for their new sexual assault awareness campaign, "Shaping the culture of trust." The ceremony included a cake cutting and members of the brigade signing a proclamation banner committing to stop sexual assault and harassment.

"It starts here with us," said Col. Kimberlee Aiello, commander, 44th Med. Bde. "By signing this, we are assuring the community that leaders will come together to stop this, not just for the month of April but for the whole year."

Aiello also said sexual assault and harassment breaks trust and she wants everyone involved to commit to gaining trust in order to stop the cycle.

**"It starts here with us ... by signing this, we are assuring the community that leaders will come together to stop this, not just for the month of April but for the whole year."**

- Col. Kimberlee Aiello, 44th Med. Bde.

"Command leadership and Soldiers knowing they can trust their leadership is very important," said Shalena Brown, 44th Med. Bde.'s Sexual Harassment Assault Response Prevention (SHARP) victim advocate. "We want to show that we are not standing for sexual assault, sexual harassment, we want to eliminate it not just on the installation but amongst the country if we possibly can."

After remarks and reading of the proclamation, both Aiello and Command Sgt. Maj. Fergus J. Joseph, command sergeant major, 44th Med. Bde., signed the document, along with other members of the unit followed by the cutting of a double layered cake.

**See SHARP**—Page A4

## Riffe awarded Soldier's Medal for acts of bravery



Photo by Staff Sgt. Terrance Payton/3rd ESC PAO

Capt. Jacob Riffe, 264th Combat Sustainment Support Bn., 3rd Expeditionary Sustainment Command was presented the Soldier's Medal, during a ceremony held at the Hall of Heroes on Fort Bragg March 22, for his actions which saved the lives of two individuals. On April 13, 2018, Riffe assisted two elderly citizens away from their crashed vehicle as flames began to engulf the engine. The Soldier's Medal, established in 1926, is awarded to any member of the Armed Forces, civilian, or friendly foreign national, who while serving in a duty status with the Army, distinguishes themselves by heroism not involving actual conflict with an enemy.

**See Soldier's Medal** — Page A4

## PARAGLIDE



# Fort Bragg Voices

### This week, we asked:

What team do you think will win the men's NCAA national basketball championship?

"I don't know anything about basketball."  
**PV2 Lauren Brown, 3rd ESC**



"I picked Duke."  
**PV2 Xavier Little, 3rd ESC**



"I picked Duke. It's been kind of iffy so far, but that's who I picked."  
**Kevin McClatch, Retiree**



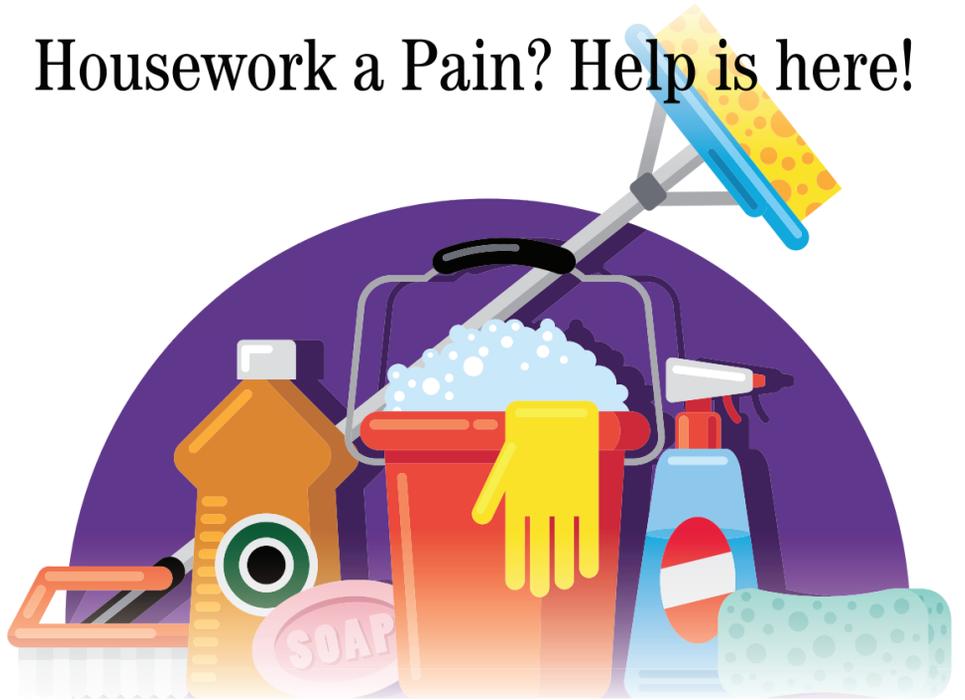
"The Blue Devils all the way!"  
**Capt. Latisha Reeder, 3rd ESC**



"I'm not much of a basketball person. But I do know that UNC and Duke have been neck in neck this season."  
**1st Lt. Meghan Thomas, 330th Transportation Bn.**



## Housework a Pain? Help is here!



### New Parent Support Program helps military Families

By **SHAWNA MCGLOWN**  
ACS

Housework is important of course but it's such a hassle when you're busy running an active household.

Maybe you have an active toddler or a demanding infant (who you have to nurse every two hours) and all of a sudden have way less time for things.

Most military Families have some degree of non-stop, busy lifestyles, always going and doing and often not meeting up again until after dark. Add a dog or two to the mix and things get even crazier.

Before you know it, stuff is piled in corners, the counters are full, dishes are dirty, no clean clothes to wear, and you maybe wish you had a magic wand to get it back together.

New Parent Support Program (NPSP) can help. Our smiling, friendly home visitors teach simple, no-pressure ways to help Families get housework under control for good.

NPSP created a Time-Management class around the well-known book, "Sink Reflections," by Marla Cilley. The book gives seven simple ways to manage housework by spending just 15 minutes a day on "hot spots" and also something called a "27 fling boogie" to keep things straight.

The book shows readers new ways to look at house cleaning and make new habits that become routines to keep it all straight. Just maybe housework can become less of a chore for you, make you more efficient and have more quality time with your family.

For example, most of us have "dumps" in our house that are full of things we bring in but don't have time to deal with at the moment.

This is where hot spots begin, and if not handled right they



File photo

Heather Bonilla, home visitor, New Parent Support Program, discusses the sleep sack during a newborn safety class at Womack Army Medical Center. The New Parent Support Program helps military Families who are pregnant or who have at least one child under 36 months of age. Home visits can be arranged for parents who feel they need a little bit of help.

can turn into an "inferno." Cilley advises preventing these piles by not bringing things into the house that you can't put away right away. Instead, leave it in the car until you have time to put it away.

It's easier to remember when it's still out there, because once it's in the house, we tell ourselves we'll do it later and it gets forgotten.

Do you have a pile of papers overflowing a counter-top? To reduce those ever-growing papers or bills you'll "get to later," start with the daily mail.

Put a small shredder by a trash can and make the habit of going through the daily mail right there.

Each scrap goes either in the trash, the shredder or filed in a proper place — wherever that may be — and nowhere else. Setting a bill or a magazine on the counter often times turns out to not be as temporary as you'd like.

Avoid that clutter by committing to doing this sorting trick daily.

Discipline is key. If you bring in kids' toys, put them

away in their rooms. Put groceries away as soon as you bring them in and place items from work on your side of your bed.

Even if you don't put those things away right away, you will have to take care of them before you can lie down for the night.

Adopting these few easy habits can help you handle hotspots before they become horrible messes. Want more? Want to learn that "27 fling boogie" dance? Call the NPSP if you are pregnant or have at least one child under the age of 36 months.

This program is one of the many benefits of being a part of a military Family. Active duty, retirees, and their Family members can all take advantage of this beneficial program.

Inquiries, referrals and requests can be made by calling NPSP at (910) 396-7951. Home visitors go anywhere on or off post and can schedule evening or weekend visits so both parents can attend.

NPSP looks forward to being there for you and your busy Family.

## THE PARAGLIDE

Garrison Commander ..... **Col. Kyle Reed**  
..... kyle.a.reed4.mil@mail.mil  
Public Affairs Officer ..... **Tom McCollum**  
..... thomas.d.mccollum2.civ@mail.mil  
Production Manager ..... **Lynnie Guzman**  
..... lguzman@fayobserver.com  
CI/Editor ..... **Jackie M. Thomas**  
..... jacqueline.m.thomas3.civ@mail.mil  
Assistant Editor ..... **Jennifer Morales**  
..... jmorales@theparaglide.com

### Telling the Fort Bragg Story™

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

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

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

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# Clinic expands services



Photos by Brenda Gutierrez/WAMC

Dr. Anton Vlasov, WAMC Ophthalmology Clinic, explains to a patient what a cataract is and how cataract surgery could improve her vision.

**By TWANA J. ATKINSON**  
WAMC PAO

Womack Army Medical Center's (WAMC) Ophthalmology Clinic has expanded their services to support a collaborative initiative that services the Fort Bragg beneficiary community.

In November, the ophthalmology staff increased in order to combine resources with Fayetteville Veterans Affairs as part of the National Defense Authorization Agreement of 2017.

Policy changes and increased manning has now given the clinic the capacity to service more of WAMC's beneficiaries throughout the community.

"A lot of patients that are used to being seen out in the community are surprised to find out that we have space and availability to see them here at the clinic," said Lt. Col. David Greenburg chief of Ophthalmology Services.

Refractive surgeries such as photorefractive keratectomy, LASIK, or Implantable Collamer Lens are now available to all service members that have at least six months of active-duty time remaining on their contract. This opens the window of eligibility for many activated members of the Reserves and National Guard.

Also, Womack's Ophthalmology clinic

continues to acquire cutting edge technology to ensure the beneficiary population has access to the best possible ophthalmic care.

"We offer the full gamut of technologies to perform refractive cataract surgery," said Greenburg.

Patients with visually significant cataracts can have their surgery performed with traditional manual techniques, or they can choose to have femtosecond laser-assisted cataract surgery. The laser can assist with incisions and astigmatism management. WAMC's patients also have free access to toric and multifocal intraocular lens that can reduce dependence on glasses after surgery.

"Insurance typically does not cover these premium techniques," said Greenburg. "There would be a substantial out-of-pocket cost for patients to receive these services anywhere else other than Womack."

Tricare beneficiaries that would like to receive care at the Womack Ophthalmology Clinic should request a referral from their primary care manager.

"New patients can receive appointments within a couple of weeks, and if they need a surgery we can usually perform it soon after their initial appointment," said Greenburg.

The Ophthalmology Clinic is open Monday through Friday 7:30 a.m. to 4 p.m.

## IN BRIEF

### Spc. Julian S. Kim

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

### Spc. Gabriel Pitahin

This notice serves as an advisory for all those in possession of the property of Spc. Gabriel Pitahin, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 2nd Lt. Erin Hesse, summary court martial officer, with all inquiries at (315)-783-8908 or email erin.m.hesse.mil@mail.mil.

### Spc. Patrick McDill

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

### Staff Sgt. Tyler B. Latta

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

### Sgt. 1st Class Darren J. Mikos

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

### Spc. Michael J. Faulkenberry

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

### The Association of Bragg Spouses to host 19th Annual Spring Fundraiser

The Association of Bragg Spouses (ABS) is honored to host the 19th Annual Spring Fundraiser, named Very Important Charity Event at the Iron Mike Conference Center, April 6, at 6 p.m. This year's theme is Saturday Night Fever, a '70s disco! DJ Magic Mola is returning this year to entertain with music from the '70s.

Tickets can be purchased on the ABS website or at the Bragg Unique Boutique (Bldg 2-2211 Woodruff Street). There will be three ticket options available: \$30 for a single ticket, \$200 for a table of eight (\$25 a ticket), or new this year, a VIP table for eight at \$400. VIP guests will receive priority check-in and out, two drink tickets, primo seating, and more. There are a limited number of VIP tables!

Tickets are currently on sale. All proceeds benefit the community through scholarships and welfare grants.

Last year over \$32,000 was distributed to college students and non-profit organizations by the ABS.

This year's silent auction is going online and there are great features that make bidding super easy on your smart phone or tablet. Last year this event alone raised \$24,000!

For more information and tickets, visit the ABS webpage at [www.fortbraggabs.org](http://www.fortbraggabs.org). Vendors looking to participate in this year's auction can email the event chair Ashley Fletcher at [fortbraggabspringfundraiser@gmail.com](mailto:fortbraggabspringfundraiser@gmail.com) for additional information.

Take a stand against child abuse today.



April is Child Abuse Prevention Month

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WWII Hero

From Page A1



Photo by Spc. Justin W. Stafford/49th PAD

The casket vault of Pfc. Clifford M. Mills rests above ground before being buried at Troy Cemetery in Troy, Indiana, March 30

Soldier's Medal

From Page A1



Photo by Staff Sgt. Terrance Payton/3rd ESC PAO

Capt. Jacob Riffe, 264th Combat Sustainment Spt. Bn., 3rd ESC gives a speech after being awarded the U.S. Army Soldier's Medal during a ceremony at the Hall of Heroes March 22. Riffe was awarded the medal for assisting two elderly citizens during a traffic accident April 13, 2018.

SHARP

From Page A1

Various statements are in the declaration, including the brigade wanting Soldiers not to be bystanders but to say something, to know they have the support of the 44th Med. Bde. If additional help is needed, they have outside as well as installation resources.

The purpose of this document is to allow communities, individuals and organizations to

commit themselves to be a part of the solution to end sexual violence.

April is Sexual Assault Awareness Month. This annual campaign raises public awareness about sexual assault and educates communities and individuals on how to prevent sexual violence.

Fort Bragg has two numbers for sexual assault, the Fort Bragg SHARP Hotline at

(910) 584-4267 and the Department of Defense Safe Helpline at (877) 995-5247.

These numbers are available 24 hours a day, seven days a week, and are for victims or survivors of sexual assault or harassment.

"Trust somebody, we want them to feel comfortable enough to come make a report and not feel alone," said Brown.

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## Roving Sands exercises missile defense expeditionary operations



Photo by Sgt. Christopher Gallagher/U.S. Army

Brig. Gen. Clement Coward, commander, 32nd Army Air and Missile Defense Command, poses with Task Force Spartan after the Roving Sands 2019 awards ceremony.

By **CAPT. BRANDON NALLEY**  
108TH ADA BDE.

FORT BLISS, TEXAS — Task Force Spartan, headquartered by the 108th Air Defense Artillery (ADA) Brigade, and composed of missile defense units and support elements from six different installations to include the Kentucky and Texas Army National Guards, with a total Soldier package in excess of 2500, ceased tactical operations in support of Roving Sands 2019, March 10.

Roving Sands is the Army's only brigade level air defense artillery training exercise designed to test units the way the National Training Center and Joint Readiness Training Center do.

Utilizing the immense landscape, units brought Soldiers and equipment to execute operations in the 642,000 square acres of the Fort Bliss training area while being presented with challenges in logistics, coordination of units, and maneuver that can't be replicated anywhere else. The wide skies of southern New Mexico were also ripe for air threat interdiction.

Reintroduced in 2018, Roving Sands serves as a tool to test missile defense forces' abilities to shoot, move, and communicate in a contested environment after 15 years of consistent rotations to static positions around the world.

Missile defense assets under the command of the 108th ADA Bde. Headquarters consisted of three Patriot missile battalions and a Terminal High Altitude Area Defense (THAAD) missile system, together capable of defeating short, medium and intermediate-range ballistic missiles, with the Patriot missile units capable of destroying tactical aircraft as well.

Task Force Spartan, through simulations, identified, engaged and destroyed over 80 tactical ballistic missiles, six fixed wing aircraft and four high speed cruise missiles.

Brig. Gen. Clement Coward, commander, 32nd Army Air and Missile Defense Command, said that "Roving Sands is critical to the air defense community's ability to remain ready to "fight tonight." It provides us the ability to exercise mission command and integrate our role as air defenders in multi-domain operations."

Units were tested by an opposition force in the support area to include rotary air threats provided by the 3rd Marine Aircraft Wing, creating a complex problem set requiring transitions from movement to maneuver as well as self-securing operational sites.

Task Force Spartan also faced chemical attacks, where "dirty routes" had to be utilized and the 299th Chemical Company conducted decontamination.

Commanders and senior non-commissioned officers balanced the need to defend themselves while also defeating air threats through problem solving and critical analysis of mitigating risks.

Over the 10-day exercise, battalion headquarters moved as far as 70 kilometers, with some batteries going as far as 95 kilometers. The operational requirement for these movements were complicated by sustained winds over 36 miles per hour, producing blinding sand storms and punishing conditions to establish infrastructures including tents and antennas. Task Force Spartan was also exposed to temperatures below freezing and a rare snow, early in the operation.

Operational and environmental conditions tested all forms of support and logistics. The greatest tests coming from enemy forces and the sheer distances that had to be covered by physical movements as well as communications.

"With the support of 50th and 51st Signal companies, we successfully provided connectivity for 185 total users on the Secret and Non-classified Internet Protocol Router networks for 96.3 percent of the operation. While 3.7 percent of time without internet seems minimal, the enemy gets a vote in terms of disrupting our lines of communication, thus forcing verification of our primary, alternate, contingency and emergency plan," said

Maj. Charles Hines, communications officer, 108th ADA Bde..

External logistical support was provided by the 372nd Combat Sustainment Support Battalion. The Army National Guard involvement supported cooperative efforts with active service units to enable future training and forward deployed theater operations. Companies A and B from the 50th Expeditionary Signal Battalion Enhanced and 51st Expeditionary Signal Battalion respectively, provided and maintained upper tactical internet, critical to maintaining seamless mission command through all phases of the operation.

Providing observation, coaching and training over Roving Sands units were air defenders from the 11th and 31st ADA Bdes. These individuals provided feedback to the units while facilitating mission command training through coverage of command groups, staffs, and key leaders in their respective assignments from brigade level to individual batteries.

Roving Sands 2019 also drew the attention of multiple visitors. Early in operations, Congresswoman Veronica Escobar, U.S. representative for Texas's 16th congressional district, toured the 108th ADA Bde. Hqs., C Battery, 3rd Battalion, 4th Air Defense Artillery's Patriot site and B Battery, 62nd THAAD's site.

Her visit covered air and missile defense operations of the Army and the important role that Fort Bliss plays in the future modernization and training of ADA forces. Other visitors to the 108th ADA Bde. Hqs. included missile defense professionals from the German Army and the Japanese Self-Defense Forces who discussed mission command, planning operations, and training objectives.

The meeting between the three organizations created greater understanding of allied operations in protecting our common interests.

Like most exercises, units involved in Roving Sands 2019 will take away experiences to drive future operations as well as immense pride in finding success in the face of tough, realistic training. Additionally, and maybe most importantly, all of Task Force Spartan increased its capacity to deter and defeat missile threats in an unfamiliar environment.

Col. Charles Branson, commander, 108th ADA Bde., reflected on this year's Roving Sands stating, "The 108th ADA Brigade 'Spartans' is a competent, disciplined, lethal force to be reckoned with. Due to rigorous, realistic campaigns such as Roving Sands, which provides every assigned Military Occupational Specialty an opportunity to hone and perfect their craft, the Spartans remain ready to fight tonight, anywhere in the world. Deeds Above Words, Swift and Sure!"

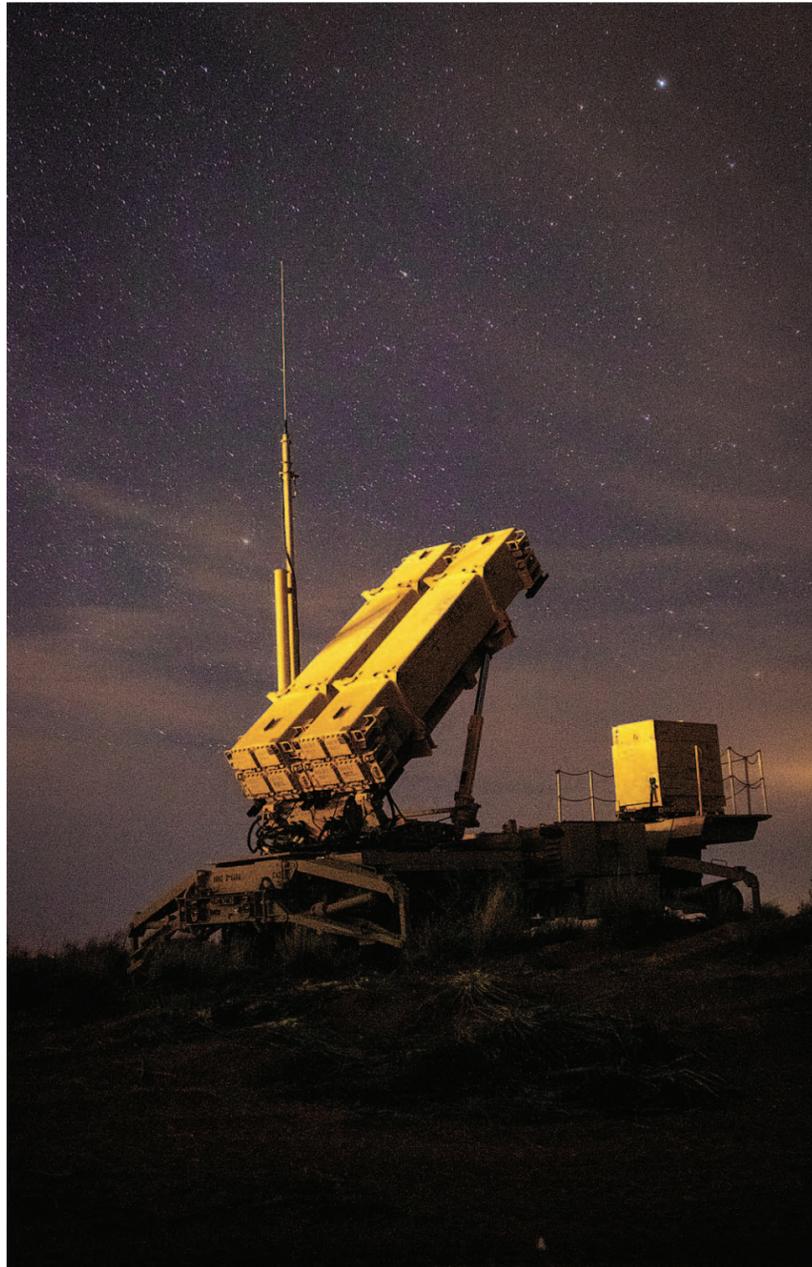


Photo by Capt. Brandon Nalley/U.S. Army

A Patriot Launcher from C Battery, 3rd Bn., 4th ADA can be seen under the Texas starlit night sky during the "Hot Crew" operations.



Photo by Capt. Brandon Nalley/U.S. Army

Soldiers from B Battery, 1st Bn., 7th ADA observe during the emplacement of the Patriot Launcher after jumping into the northern portion of the Fort Bliss training area.



Photo by Capt. Brandon Nalley/U.S. Army

An A Battery, 4th Bn., 5th ADA Soldier pulls security as the battery emplacement in the Oro Grande during Roving Sands 2019.



Photo by Sgt. Cody Parsons/3rd BCT, 82nd Abn. Div.

Paratroopers assigned to the 3rd BCT, 82nd Abn. Div., left, have their equipment checked by jumpmasters conducting Jumpmaster Personnel Inspection, March 29 on Pope Field in preparation for Operation Panther Storm. Operation Panther Storm was a training exercise demonstrating the brigade's ability to jump, fight and win on any drop zone in the world.

## Paratroopers showcase readiness in Panther Storm

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

Paratroopers from the 82nd Airborne Division showcased their capabilities in the skies and on the ground at Fort Bragg late in March.

Paratroopers from the 3rd Brigade Combat Team, 82nd Abn. Div. conducted Operation Panther Storm, a Joint Forcible Entry (JFE) exercise, March 29 onto a Fort Bragg drop zone.

During Panther Storm, paratroopers from the brigade demonstrated their readiness, competency and lethality, said Col. Arthur Sellers, 3rd BCT Commander. During the operation, hundreds of paratroopers trained to conduct the hallmark mission of the 82nd Abn. Div: to jump, fight and win on any drop zone in the world while dominating the enemy.

Panther Storm began with an early morning



Photo by Sgt. Taylor Hoganson/3rd BCT, 82nd Abn. Div.

Paratroopers assigned to the 3rd BCT, 82nd Abn. Div., load an Air Force C-17 Globemaster aircraft to conduct Operation Panther Storm, March 28 at Pope Field.

notification sent to paratroopers March 25 alerting them of their upcoming mission. Throughout the week, leaders at all levels prepared their formations while planning and rehearsing the parachute assault.

An astonishing amount of art and science is combined during the planning and out-load process of a JFE like Panther Storm, said Sellers.

"We leveraged the subject-matter-expertise of our jumpmasters, logisticians, tacticians, fires and airspace coordination cells during the planning process," Sellers said.

Ultimately, these days of planning and rehearsing set conditions for paratroopers to rapidly assemble on the drop zone and accomplish their missions.

Originally, Panther Storm's execution was the night of March 28. Due to safety considerations on the drop zone, the operation was delayed a day, forcing commanders and staffs to again leverage their operational and planning knowledge to adjust their plan.

As the sun set on March 29, the first wave of 3rd BCT paratroopers conducted a much-anticipated combat equipment static-line airborne operation from multiple Air Force C-17 Globemaster and C-130 Hercules aircraft onto Fort Bragg's Holland Drop Zone.

Met by a determined near-peer opposing force role-played by paratroopers from 2nd Brigade Combat Team, 3rd BCT paratroopers assembled amid the chaos characteristic of a mass airborne operation and began to gather their combat strength. The rest of the night was composed of attacks, counter-attacks, defenses and raids until daybreak Saturday, March 30.

Tonight, young men and women demonstrated the tenacity and ferocity of the American paratrooper when unleashed upon the battlefield, said Sellers.

"I am extremely proud and humble to lead them and look forward to meeting them on any drop zone in the future," he said.



Photo by Spc. Darius Knight-Elliott/3rd BCT, 82nd Abn. Div.

Paratroopers assigned to the 3rd BCT, 82nd Abn. Div., wait after loading an Air Force C-17 Globemaster aircraft to conduct Operation Panther Storm.



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

Paratroopers assigned to the 3rd BCT, 82nd Abn. Div., descend onto Fort Bragg's Holland Drop Zone after conducting a combat equipment, static-line parachute operation from an Air Force C-17 Globemaster aircraft.



Look at that boy come, riding a chute like an old-timer. A student paratrooper at Fort Benning, Georgia has wind currents to think about, and he has his mind on the spot where he wants to land. He's learning to make the kind of landfall he wants.

## From the Archives



Photos contributed by catalog archives.gov

Paratroopers land at Kamiri Strip, Noemfoor Island while the Boeing B-17 keeps watch above.

# 44th Medical Brigade trains with new technology during FTX

By **JELIA HEPNER**  
PARAGLIDE

The 44th Medical Brigade (Med. Bde.) had the opportunity to train with advanced technology during a field exercise March 17 through 22. During this exercise, members of the brigade, in conjunction with the U.S. Army Medical Materiel Development Activity (USAMMDA) Project Management Offices (PMO), Army Medical Department (AMEED) IM/IT Testing and Evaluations branch, conducted a three-day operational test of a technology called Hands-Free Unified Broadcast (MEDHUB).

MEDHUB is technology used to track patients from the point of injury to the point of care.

"It's a system to capture patient data,

store it and forward to provide situational awareness to the gaining medical facility," said Lt. Col. Christian Cook, US-AMMDA. "That's something we can't do on the battlefield right now very well. This system is to reduce the burden on the flight or ground medic."

The technology is used to autonomously collect, store and transmit non-personally identifiable patient information from a device, such as a handheld tablet. The information is sent to the receiving field hospital, through existing long-range communication systems used by the U.S. Department of Defense (DoD).

Cook expressed how this equipment can be beneficial when it comes to overcoming certain obstacles.

This technology can eliminate that problem by transmitting data using MEDHUB to the receiving hospital. He

data is displayed on a large screen in order to enable clinicians to have a clear idea about the number of patients, their vital statistics and other virtual information.

"Communication has historically been an issue with all field units and the Emergency Departments," said Rosalie C. Bennett, Department of Emergency Medicine, Womack Army Medical Center.

However, Bennett said, MEDHUB is the bridge that allows full communication with the 28th Combat Support Hospital and 44th Med. Bde. medics, without the hassle of faulty radios and phone service. It allows them to call in specialists and assemble the appropriate team, therefore getting Soldiers what they need immediately.

The field training exercise served as a method for the brigade to judge the

readiness of the staff and direct reporting units. Each day, units were given the task to support missions such as medical evacuation, react to chemical contamination, and a mass casualty exercise.

The brigade is currently missioned to support Joint Task Force Civil Support (JTF-CS), a unit based out of Fort Eustis, Virginia. JTF-CS anticipates, plans and prepares for chemical, biological, radiological and nuclear response operations.

The 44th Med. Bde. serves as Joint Task Force Medical, serving as the headquarters and mission command for all medical support to JTF-CS.

"With this training, the 44th Med. has been phenomenal in supporting in the field development of this product that improves the medical field of saving lives," said Cook.

# America's Sustainment Brigade "Fights Fast" at CPX-F



**Top left:** Col. Chris Briand, left, commander of the 55th Sust. Bde., reviews data with Command Sgt. Maj. Frank Olmstead, during the Command Post Exercise-Functional (CPX-F).

**Bottom left:** Master Sgt. Christopher Brest, 55th Sust. Bde., reviews transportation information during the CPX-F.

**Right:** Col. Chris Briand, left, commander of the 55th Sust. Bde., discusses data with Command Sgt. Maj. Frank Olmstead, during the CPX-F, March 27, at Fort Bragg. The 55th, hailed as "America's Sustainment Brigade" and based at Fort Belvoir, Virginia, is the largest sustainment brigade across the active Army, U.S. Army Reserve, and Army National Guard. It has more than 3,000 men and women in 25 units spread across the East coast from Delaware to Virginia.



Photos by Timothy L. Hale/U.S. Army Reserve Command

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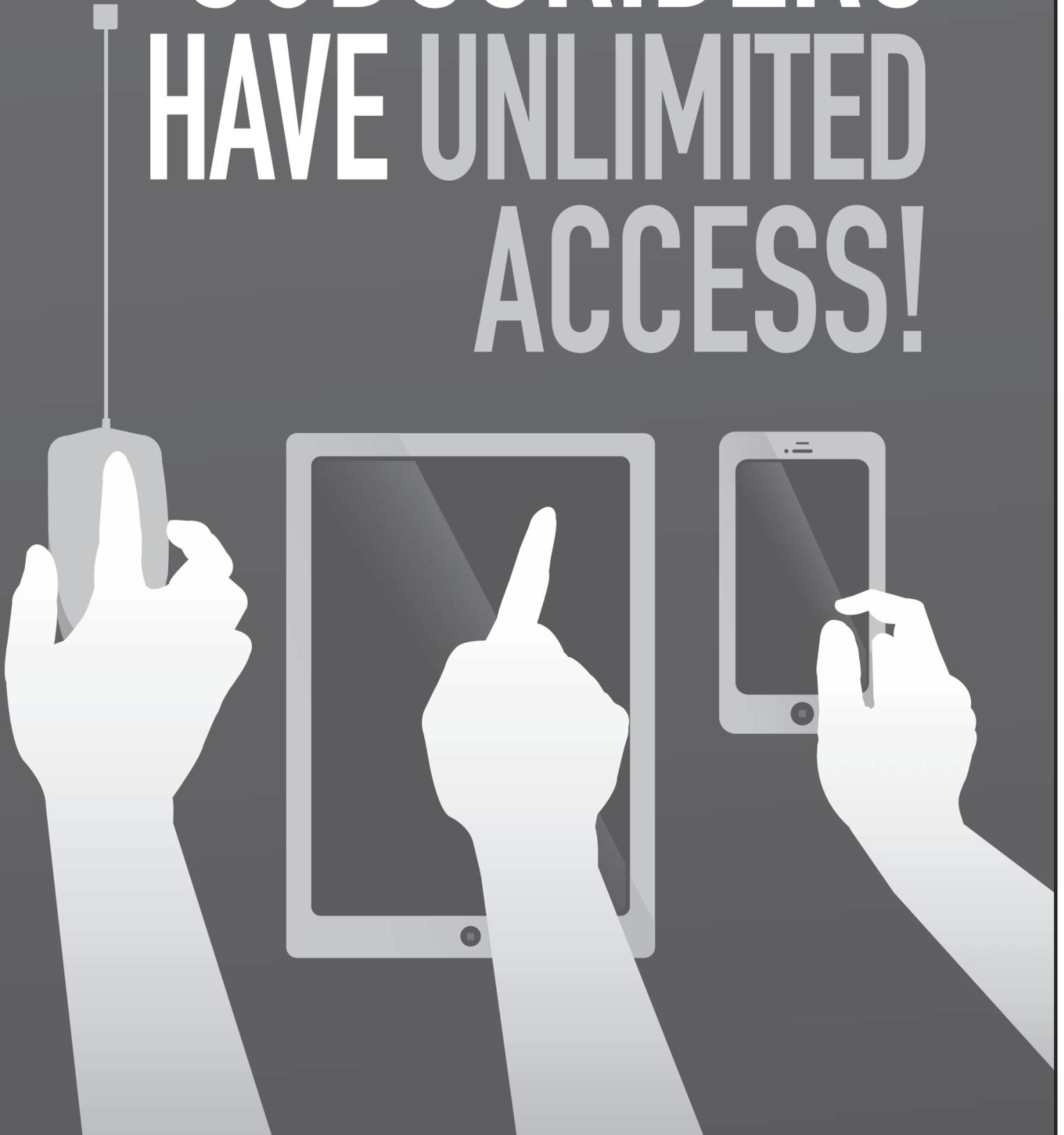


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# Phenomenal woman, that's me

## Women's History Month celebrated at Iron Mike Conference Center

By ALYSON HANSEN  
PARAGLIDE

Team Bragg Equal Opportunity presented a Women's History Month celebration at the Iron Mike Conference Center, March 29.

"Cause I'm a woman. Phenomenally, phenomenal woman, that's me," recited Ashley Connors as she performed Maya Angelou's poem "Phenomenal Woman" to begin the event. She was recognized by Brig. Gen. James Smith, commander, 3rd Expeditionary Sustainment Command, for her performance.

Montgomery County, Tennessee Commissioner, Tangi C. Smith, was the main speaker of the event. A retired Soldier, Smith spoke about her career and how she handled transitioning out of the Army.

"Don't wait until the last minute to transition out of the Army," she said. "Get the best of both worlds because sometimes when the civilian world got a bit overwhelming for me, I went back to what I knew with the Army, and got some continuity. That's what that transition year is for."

She began as an intern for a talk show in Nashville, Tennessee during the last year of her service. She left the show soon after she retired. As an intern, Smith had worked for free, and the talk show wasn't prepared to begin paying her, a situation Soldiers and veterans often find themselves in.

Seeing a need for change, Smith decided to do something about it. She founded Women Elevated, a service to help veteran men and women who are in the situation of becoming jobless or homeless.

She opened up a rental property in Clarksville, Tennessee as a place for people facing this dilemma to stay until they get back on their feet. Veterans can come to Women Elevated no matter their needs, even if it's for a little bit of help between paychecks.

During this time, Smith met the mayor of Clarksville. They soon became friends and the mayor encouraged her to run for



Photos by Lewis Perkins/Paraglide

Tangi C. Smith, Montgomery County, Tennessee Commissioner, speaks to Soldiers at a Team Bragg Equal Opportunity event celebrating Women's History Month, March 29. Smith is a retired Soldier who became a county commissioner less than two years after retiring from the Army.



Capt. Latisha Reeder, 3rd ESC, stands with her baby during Tangi Smith's speech at the Iron Mike Conference Center, March 29. Mothers brought their daughters to the Women's History Month celebration.

Ashley Connors is recognized by Brig. Gen. James Smith, commander, 3rd ESC for her performance of Maya Angelou's poem, "Phenomenal Woman."



"The day of the preliminaries, we got a present from the Army, orders for my husband to Hawaii," she said. "I had thought the Army dictating my life was over. My husband was supposed to go to Korea."

She left Tennessee in the middle of her campaign to see her husband in Hawaii, but after discussions with him, she decided to go back to Tennessee and finish out the campaign.

Smith went to the polls and

voted for herself, but turned down going to the watch party, thinking that she wasn't going to win. Later that evening, she got a phone call.

"The newspaper called me and said, 'How does it feel to win? You have over 70 percent of the vote, you unseated a 17 year incumbent,'" she said.

She has been serving as the Montgomery County Commissioner for the past year.

She closed out her speech by

telling the Soldiers to go for their dreams.

"You can put your dreams on a back burner, but don't leave them there. Come back to it when you have time. Go for what you want to do," she said. "You are stronger than you imagine."

# Irwin Intermediate School celebrates Month of the Military Child

By ALYSON HANSEN  
PARAGLIDE

Students kicked off the Month of the Military Child, Monday, at Irwin Intermediate School. The celebration included a visit from Col. Kyle Reed, Fort Bragg Garrison Commander.

Children gathered around the flagpole outside of the school for the ceremony. Miriam Breece, the principal of the school, opened up the event.

"This month is about you," Breece said. "You go to this school because someone in your Family is a military member."

Members of Irwin Intermediate School's flag team presented the colors and the children recited the Pledge of Allegiance. An Irwin student sang the national anthem, and a recorder choir performed "America the Beautiful." After the performance, students and teachers waved flags in the air as Reed began to speak.

"This month is about the sacrifices and commitment and the courage you have for all of those transitions," Reed said. "I want you to be bold, I want you to be brave, I want you to be resilient."



Photo courtesy of DoDEA

Students and teachers around Fort Bragg will wear purple to honor military children Monday through April 12.

I encourage all of you to focus on those three words. If you guys can focus on those and pass that to your Family, you will stand out among your peers."

The Month of the Military Child was started in the 1980s as a way to recognize military children and their unique challenges. Currently, there are 1.9 million military children across the globe.

Purple is the official color of the month, and staff and students at Fort Bragg will "purple up" by wearing purple shirts from Monday through April 12, to honor these children.



Photo by Alyson Hansen/Paraglide

Teachers and students gathered around the flagpole outside of Irwin Intermediate School, Monday, as the Irwin flag team raised the colors. The assembly kicked off Month of the Military Child. Col. Kyle Reed, Fort Bragg Garrison Commander, spoke to the children about being brave, bold and resilient.

# LOCAL HAPPENINGS

## EVENTS AROUND POST & THE STATE

### THIS WEEKEND

#### BASEBALL AND FAYETTEVILLE TRIVIA

**Where:** Bright Light Brewing Company

**When:** Thursday, 7 to 9 p.m.

**Cost:** Free

Batter up! Bright Light is kicking off the season by hosting a Baseball and Fayetteville Trivia combo night at the brewery. They'll have xQuisito International Foods and Catering parked out back, and the beer will be flowing. Get ready for every question you can think of about baseball itself and baseball movies, as well as some good ole Fayetteville questions to celebrate the start of the season of America's favorite pastime. Make sure you arrive early to get seats.

For more information, call (910) 339-0464

#### THE LION, THE WITCH AND THE WARDROBE

**Where:** Gilbert Theater

**When:** Opening Friday, 8 p.m.

**Cost:** \$14 to \$16

This new dramatization of C.S. Lewis' classic, set in the land of Narnia, faithfully recreates the magic and mystery of Aslan, the great lion, his struggle with the White Witch, and the adventures of four children who inadvertently wander from an old wardrobe into the exciting, never-to-be-forgotten Narnia. The story of love, faith, courage and giving, with its triumph of good over evil, is a true celebration of life.

The play runs until April 21. For tickets and information, visit [www.gilberttheater.com/](http://www.gilberttheater.com/).

#### N.C. BEER MONTH FIRKIN FRIDAY

**Where:** Dirtbag Ales

**When:** Friday, 6 to 11 p.m.

**Cost:** Free to attend

During North Carolina Beer Month, Dirtbag Ales' brew-masters, Tito and Hope, are releasing a new firkin every Friday night, offering a full range of tasting experiences. The firkin will be tapped at 6 p.m., and these small, one-of-a-kind brews go fast. Firkins are only available in the taproom while supplies last. Along with the great brews, you can also expect to find a different food truck onsite each night, feeding the crowds. These weekly events offer a fantastic excuse to stretch your beer palate in celebration of N.C. Beer Month.

Note: These events will be taking place at Dirtbag Ales' new brewery, located at 5435 Corporation Drive, in Hope Mills. For more information, call (910) 426-2537.

#### DOG DAY IN THE GARDEN

**Where:** Cape Fear Botanical Garden

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

**Cost:** Free for garden members; \$5 to \$10 for non-members

Dog Day in the Garden is a special opportunity to bring the whole family, dogs included, to the garden for a pawsitively paw-some day. You and your pup will have a belly-scratchin' good time while learning about local dog-related vendors, shopping, and enjoying samples and other canine-friendly activities.

Does your pup have what it takes to be royalty? Enter the Dog of the Garden Pageant, which will sniff out the best and cutest of the canine contestants. Fetch yourself some food from local food trucks while you experience an action-packed day of demonstrations and doggie fun. Meet other dog lovers and heel for photo opportunities throughout the day. Contact the garden at (910) 486-0221 for more details.

#### CAPE FEAR HEROES VS. PEACH STATE CATS

**Where:** Crown Coliseum

**When:** Saturday, 7:30 p.m.

**Cost:** Kids 2 to 12 \$8, Adults \$10 and \$20

The Cape Fear Heroes are a Professional Arena Football Team in Fayetteville. The Heroes are a part of the American Arena League. The Cape Fear Heroes currently hold the title as the 2017 Supreme Indoor Football League Champions. Check out the hard hitting sport up close and personal and even take home a football if you're lucky!

Enjoy the loud and exciting pregame show and get loud with us during a TOUCHDOWN! Try out your sports skills on the field during one of the field games, enjoy our Lady Hero and Jr. Lady Hero dancers and awesome halftime performances, watch players interact up close and personal and so much more.

Visit <http://www.crowncomplexnc.com/events/detail/cape-fear-heroes-vs-peach-state-cats> for tickets.

### RECURRING EVENTS

#### FAYETTEVILLE "OVER THERE" CENTENNIAL OF WWI

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

**Where:** Fayetteville Area Transportation and Local History Museum

**Cost:** Free

The Fayetteville Area Transportation and Local History Museum opened its newest exhibit, "Fayetteville 'Over There'-Centennial of World War I."

#### BREWERY TOUR

**When:** Sundays, 4 to 5 p.m.

**Where:** Dirtbag Ales Brewery and Taproom, Hope Mills

**Cost:** Free to attend

Join the head brewer for an informative tour of the brewery at Dirtbag Ales Brewery and Taproom in Hope Mills. No reservation is required.

#### CITY MARKET AT THE MUSEUM

**When:** Mondays through Sundays, 9 a.m. to 1 p.m.

**Where:** City Market at the Museum

**Cost:** Free to attend

The City Market at the Museum is a farmers' and crafters' market in the heart of downtown Fayetteville.

### UPCOMING EVENTS

#### THE ALL-AMERICAN TATTOO CONVENTION

**Where:** Crown Expo Center

**When:** April 12, 2 to 11 p.m., April 13, noon to 11p.m., April 14, noon to 8 p.m.

**Cost:** Single day \$25, 3-day pass \$40, VIP 3-day pass \$65

This convention is in its third year and has been named a featured show twice by World Tattoo Events. Only 20 shows in the world have been given this honor so far for 2019.

Advance single-day ticket prices start at \$25 and are available now online at [CapeFearTix.com](http://CapeFearTix.com), by phone at (888) 257-6208 and in person at the Crown Complex Box Office and the Leisure Travel and Ticket Office located at Fort Bragg. Multi-day passes are available and military discounts are also available in advance at the box office.

With up to 90 percent of infantry having at least one tattoo, the home of Fort Bragg was a natural fit to host the convention. The goal is to give some of the best tattoo artists in the world the opportunity to showcase their talents to some of the nation's bravest heroes. A portion of the ticket sales raised from this event will go to assist Soldiers with PTSD and other combat related injuries.

The All Veteran Parachute team will also be jumping in to kick off the show and again on Saturday. This is the largest tattoo convention in North Carolina and one of the largest on the east coast right here in Fayetteville.

For more information on featured artists and additional activities, please visit [allamericantattooconvention.com](http://allamericantattooconvention.com).

#### PIRATEFEST 2019

**Where:** Uptown Greenville, North Carolina

**When:** April 12, 5 to 9 p.m., April 13, 11 a.m. to 8 p.m.

**Cost:** Festival events are free, carnival wristbands available for purchase  
Swashbucklers of all ages will converge on the banks of the Tar River, a pirate's paradise located in Uptown Greenville. Returning for its 13th year, the festival will kick off Friday with a free concert featuring rising country music star Jimmie Allen, tons of costumed pirates, street food vendors and a carnival. On Saturday, the festival expands along Evans Street, taking over eight city blocks. Featuring fine arts for sale, live music stages, BMX, beer and wine garden, sword fighting, a pirate encampment and much more. There will be plenty of piratical happenings for the whole family ending with the headlining concert at the Greenville Town Common from 6 to 8 p.m. featuring a throwback '90s hip-hop concert and dance party with Biz Markie and Tone Loc.

For more information, visit [www.piratefestnc.com/](http://www.piratefestnc.com/).

#### 22ND ANNUAL MISS FAYETTEVILLE DOGWOOD FESTIVAL PAGEANT

**Where:** Crown Theater

**When:** April 13, 7 to 10 p.m.

**Cost:** Free to attend

Four young ladies will be chosen to serve as ambassadors and represent the Dogwood Festival and the City of Fayetteville throughout the Southeastern region. They also participate in many local events with the Arts Council of Fayetteville/Cumberland County, The Cape Fear Botanical Gardens, The Downtown Alliance and the downtown Dogwood Festival events.

Winners are chosen in four age groups: Junior Miss (ages 6 to 9), Young Miss (ages 10 to 12), Teen Miss (ages 13 to 16), and Miss Fayetteville Dogwood Festival (ages 17 to 22). Contestants compete in three categories: a private interview, evening gown competition and on-stage interview.

The Miss Fayetteville Dogwood Festival winner receives a \$1,000 cash scholarship as well as scholarships to Methodist University, Fayetteville State University, and Fayetteville Technical Community College.

Contestants also compete for the Shirley Stallings Community Service Award. To compete, the contestant must present an essay explaining her community service and how it has made a difference in the lives of others.

Visit [www.thedogwoodfestival.com/miss-dogwood-festival-pageant-2019/2019/4/13/the-miss-fayetteville-dogwood-pageant](http://www.thedogwoodfestival.com/miss-dogwood-festival-pageant-2019/2019/4/13/the-miss-fayetteville-dogwood-pageant) for more information.

#### SPRING FLING

**Where:** Downtown Spring Lake

**When:** April 13, 10 a.m. to 5 p.m.

**Cost:** Free

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

#### FAYETTEVILLE WOODPECKERS VS. CAROLINA MUDCATS

**Where:** Segra Stadium, downtown Fayetteville

**When:** April 19, 7 p.m.

**Cost:** \$9 to \$16

Experience an inaugural game of the Fayetteville Woodpeckers baseball team at the brand-new Segra Stadium in downtown Fayetteville. This Class A-Advanced affiliate of the Houston Astros is taking flight in central North Carolina, bringing family fun and professional baseball during 70 home games, which feature daily promotions and special theme nights. For more information, visit the Fayetteville Woodpeckers' website at <https://www.milb.com/fayetteville>.

#### FAYETTEVILLE DOGWOOD FESTIVAL

**Where:** Downtown Fayetteville

**When:** Concert series, April 25 through April 28, 6 to 9 p.m., other downtown events, April 24 through April 28, noon to 9 p.m.

**Cost:** Cork and Fork food and wine event, \$40 per ticket, all other events are free  
Join a four-day yearly event held the last weekend of April. Start off the weekend with the annual exclusive Cork and Fork food and wine event. Next, join in the concert series starting Friday night. Saturday morning arrive to an array of vendors including arts and crafts, commercial products, food and services. Join in the midway of carnival rides and anchored attractions throughout the festival footprint. Gather in Festival Park, for more free concerts Saturday and Sunday.

For more information, or for tickets to the Cork and Fork event, visit <https://www.thedogwoodfestival.com/new-events>.

# Womack Army Medical Center to hold maternity fair

By **PATRICIA BEAL**  
WAMC

Pregnant women, parents of infants, and those planning on having a baby soon can learn more about having a baby at Womack Army Medical Center (WAMC) and about infant care during the Fort Bragg Maternity Fair April 13 from 9 a.m. to 2 p.m.

This free event includes tours of labor and delivery and of the women and newborn unit, information about midwifery services, lactation, anesthesia options, and classes on maternity yoga, safe sleep, infant massage, baby blues and fatherhood.

"Given that our population is young and very healthy, we make a lot of baby paratroopers here at Fort Bragg," said WAMC Commander Col. John J. Melton about the Fort Bragg community.

An average of six babies are born at WAMC every day, and the hospital record is 21 babies in a 24-hour period.

"The information about the birthing process and the labor and delivery tour were really helpful," said Beth-Anne Moore, who gave birth to a

baby boy, March 25.

She missed the last maternity fair because of her commitment to the National Guard but remembers what she learned during a program she attended before the birth of her first child who is now 18 months old.

"The infant care classes were the best for me," said Sgt. Mitchell Moore. "I knew nothing about babies. I'd never even held a baby until I held my son."

The couple plans to attend the April 13 fair to learn about infant massage and yoga and to see what other services are available.

"The expeditionary nature of our Army profession places demands on our Army Families that cannot be taken for granted," said Melton. "Resilient Army Families sustain a capable force and ensure our Army is prepared to rapidly deploy. Our Fort Bragg Maternity Fair underscores that it really does take a village to raise a child."

The hospital hosts two maternity fairs every year and is always looking to improve services and expand educational programs.

There will be another maternity fair in September.



Photo by Patricia Beal/WAMC

Maternity Fair "grad" Courtney Briggs holds her seventh child, Noah, born at Womack, March 26. "I went to the fair just before my sixth baby was born and went mostly for the tour since we'd just arrived from Germany," she said. "It helped."

# Worship Guide

## CATHOLIC Mass

All American Chapel

Sat. 5 p.m.

Sun. 9 a.m., 5 p.m.

WAMC Chapel

Sun. 10:30 a.m.

Wed. 11:30 a.m.

Pope Chapel

Sun. 1:30 p.m. (Spanish/English)

Mon.- Fri. Noon

Main Post Chapel

Sun. 11:30 a.m.

Rosary

Mon.- Fri. 12:30 p.m. Pope Chapel

Eucharistic Adoration

Wed. 11:30 a.m. Pope Chapel

Reconciliation

40 minutes prior to every Mass and by appointment with [susan.l.kroll.ctr@mail.mil](mailto:susan.l.kroll.ctr@mail.mil)

Catholic Education

Sun. 10:45 a.m. Faith Formation

Bowley School\* Faith Formation (Adults)

Sun. 3 p.m. Youth of the Chapel (All American)

Tues. 6:30 p.m. Rite of Catholic

Initiation for Adults (Pope Chapel)

Thurs. 6:45 p.m. Bible Study

Fri. 6:30 p.m. Theology on Tap (3rd Fri. each month)

## Catholic Women of the Chapel

Thurs. 9:30 a.m. to Noon at All American Chapel\*\*

## PROTESTANT Worship Services

All American Chapel

Sun. 10 a.m. Sunday School

Sun. 11 a.m. Worship Service\*\*

Airborne Artillery Chapel

Sun. 9:30 a.m. Adult Bible Study

Sun. 11 a.m. Worship Service\*\*

Wed. 6 p.m. Adult Bible Study

Chapel Next, Division

Memorial Chapel

Sun. 11 a.m. Worship Service\*\*

Outdoor Life, Smith Lake MWR Park (outside)

Sun. 10 a.m. Outdoor Church

Winter hours Dec. 1 through

April 30, 11 a.m.

JFK Chapel

Sun. 10 a.m. Worship Service\*\*

Sun. 11:30 a.m. Sunday School

Wed. 11:45 a.m. Chapel Ancient (Liturgical)

Main Post Chapel

Sun. 10 a.m. Worship Service\*\*

Sun. 11:30 a.m. Sunday School

Pope Chapel

Sun. 9 a.m. Christ the King

Fellowship\*\*

Wed. 6 p.m. Mid-week Bible Study

## Wood Memorial Chapel Gospel Congregation

Sun. 10 a.m. Gospel Service\*\*

Tues. 7 p.m. Adult Bible Study

Tues. 7:30 p.m. Youth Group

WAMC

Sun. 9 a.m. Chapel located on

3rd floor

Tues. 11:30 a.m. Bible Study

Thurs. 11:30 a.m. Bible Study

Protestant Women of the Chapel

Tues. 9:30 a.m. All American Chapel\*

Tues. Noon 9th floor of SSC\*

Tues. 7 p.m. All American Chapel\*

Wed. 9 a.m. Linden Oaks

Clubhouse\*

Wed. Noon WAMC Chapel\* (3rd

floor)

Thurs. Noon Main Post

Chapel Annex\*

Thurs. Noon Wood Memorial Chapel

Youth of the Chapel

Sun. 3 p.m. Middle/High School at All

American Chapel (Catholic)

Sun. 6:15 p.m. Middle/High School at

Division Memorial Chapel (Protestant)

Additional Protestant

Religious Education Program

Sun. 6:15 p.m. Postwide Family

Program, Airborne Artillery Chapel\*

Tues. 2:45 p.m. Good News Club at

Bowley Elementary\*

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

JFK Chapel

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

## JEWISH SERVICES

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

## BUDDHIST

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

## ISLAMIC

Pope Chapel Annex

Fri. 12:15 p.m. Islamic Service

Fri. 1:15 p.m. Islamic Service

## WICCAN

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

## FOR MORE INFORMATION

[www.bragg.army.mil/index.php/about/garrison/chaplain](http://www.bragg.army.mil/index.php/about/garrison/chaplain)

## LEGEND

\* Indicated study groups are scheduled to complement school year.

\*\* Children's Church/Watch-care provided



**COOL SPRING DOWNTOWN DISTRICT**

## FAYETTEVILLE'S DESTINATION FOR ARTS & ENTERTAINMENT

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**COMING IN APRIL...**

- LUNCH WITH LAFAYETTE CROSS CREEK PARK**  
1 WEEKLY STARTING APRIL 17TH 11am-2pm
- OPENING DAY WOODPECKERS BASEBALL**  
1 APRIL 18TH 7pm
- CARRIAGE TOURS OF OLD FAYETTEVILLE**  
1 April 20TH 1pm-6pm
- 4TH FRIDAY - DANCING IN THE STREETS**  
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# USO NC hosts Story Time for Fort Bragg Families

By GENEVIEVE STORY  
PARAGLIDE

We can all recall our favorite book from our childhood. Books capture our imaginations and let us create an entire world we can explore.

The Fayetteville Woodpeckers, a Houston Astros Class A advanced minor league baseball team out of Fayetteville, North Carolina, were the special guests for a March 28 Story Time event hosted by the USO of North Carolina Fort Bragg.

Story Time is a free monthly event for military Families. Children under the age of six and their parents are welcomed to attend at the USO's Fort Bragg office at the Soldier Support Center. Families receive a copy of the book of the month, and refreshments and crafts are provided.

"The Owl and the Woodpecker" by Brian Wildsmith captured the attention of the 40 Families who registered for this month's event. Victoria Huggins, manager of Marketing and Media Relations for the Fayetteville Woodpeckers minor league baseball team, was the honorary reader, and delighted to be part of Story Time with the USO of North Carolina.

"The Fayetteville Woodpeckers love and value our military Families, so to be able to spend time with the children was an honor and a treat. We hope they will cherish their books, Woodpeckers bookmarks and crafts for many years to come," Huggins said.

This was the first event since the launch of the Woodpeckers team charity, The Fayetteville Woodpeckers Community Leaders Program. The charities initiative facilitates the team's investment of time, energy and resources in support of youth sports and military service members and their Families, providing resources and opportunity. Huggins conveyed on behalf of the organization the thrill to share this moment with The USO of North Carolina.

Huggins animated the story line, acknowledging words with sounds and gestures, and checking in with the children's "listening ears" along the way. Conveying through this action that even if the details of the storyline are uncertain, we remember how the book made us feel.

"Reading is very special because we can use our imagination," she said to the room filled with



Photos by Lewis Perkins/Paraglide

Victoria Huggins, manager, Community and Media Relations for the Fayetteville Woodpeckers, reads "The Owl and the Woodpecker" by Brian Wildsmith to the children attending the USO Story Time at the Soldier Support Center.

inspired boys and girls at Story Time. "Where can we go if we use our imagination? We can go anywhere!"

The USO of North Carolina strengthens America's military service members by keeping them connected to Family, home and country, throughout their service to the nation.

An event such as Story Time is just another way of maintaining that cohesion.

"My grandma taught first grade for 20 years, and my mom homeschooled me. I would like to think that their passion for education rubbed off on me. It was a joy to be part of Story Time," Huggins said.



**Above:** Jeremiah Sowell, 5 months, starts with books early as his mother Krystall Harrison helps him during USO Story Time at the Soldier Support Center. **Left:** Colton Sherling, age 4, charges through the tunnel holding his magic wand at the Fort Bragg USO before story time starts with the reading of "The Owl and the Woodpecker" by Brian Wildsmith.

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Bryan Nichols, an intelligence officer at Fort Bragg, drives his bayside blue 1989 Nissan GTR on the zMax dragway in Concord, North Carolina during the Vet Motorsports event.

## VROOM...

### Military to motorsports

BY GENEVIEVE STORY  
PARAGLIDE

Vet Motorsports' mission is to make a difference confronting the enemy of active duty and combat veteran suicide, promoting inclusion and wellness and the healing power of motorsports. With a focus on meaningful empowerment, charity and team structure, Vet Motorsports enhances the lives of service members with service-connected injuries, giving them an opportunity to utilize their skill sets while providing these wounded warriors with a renewed sense of purpose.

In accordance with Vet Motorsports' research and findings, a rise in suicide rates among American Soldiers, significantly post the 9/11 tragedy, is the troubling figure that motivated the Vet Motorsports organization to make a difference. Available to current serving military service members and veterans, this program provides hope, understanding that therapies focused on activity, engagement and empowerment is the key to healing emotional and physical scars.

Vet Motorsports, a nonprofit organization that uses motorsports as an inspiration to propel service members forward, is about giving military men and women the chance to be a tangible and contributing member of competitive race teams.

When not actively training for deployment or fulfilling his duty as an active duty Soldier, Warrant Officer Bryan Nichols, intelligence officer, Fort Bragg,

balances his military duty and civilian endeavors with Autocross. Originally from Pittsburgh, Pennsylvania, Nichols joined the Army in 2003. He was introduced to Autocross eight years ago, when stationed in Iowa.

"I have been amateur racing cars pretty seriously for eight years. I started out racing go-karts when I was eight years old. My parents bought me the original go-kart that sparked the inspiration. I have been a motor head for quite some time, it is a disease. Hot wheels cars, racing Autocross, it doesn't go away. As the saying goes, 'it all started with .99 cents,'" Nichols said.

Recognizing an opportunity on the Vet Motorsports webpage, Nichols personally reached out to become involved. The Sports Car Club of America (SCCA), governing body of motorsports, made sponsorship opportunities available to four active duty service members to race at the 2019 Tire Rack Championship Tour in Charlotte North Carolina.

Nichols, along with one Marine and two Army Soldiers, acquired sponsorship to compete at zMax dragway in Concord, North Carolina, March 21 through 23. This was Nichols' first event with Vet Motorsports. The event began with a day of test and tune, followed by two days of competition. Riding his bayside blue 1989 Nissan GTR, Nichols' gave the field a run for their money backed by his seasoned racing experience.

"You have your life in uniform and then



Contributed photo

Drivers speed around the zMax dragway in Concord, North Carolina, March 21 through 23, during the Vet Motorsports event. Vet Motorsports is a nonprofit organization that offers active and retired service members the ability to use motorsports as a form of healing, giving them a sense of hope and purpose.

I can go to the race track and be one of the car guys. It is not just about the car. It is the sense of community. It is a totally level playing field and we are all there for the fun and to support each other," Nichols said.

Autocross, a grass roots, technical and timed competition in motor sports is the most popular form of amateur racing in the country. Drivers navigate their vehicles on a 1.2 mile sealed or unsealed surface track, single file, challenging themselves against the clock, with the fastest time triumphant. Cars are purpose built and the cost to compete does vary. It is a form of motorsports that emphasizes safe competition and active participation. The ease of access is what drew Nichols to the sport, as well as an even playing field, with every driver competing in the sport for the same purpose.

"You can show up in any street car and run. It is a thrill, I am an adrenaline junkie, so I appreciate going fast but doing so

at a sanctioned event that is safe. I appreciate most the sense of community and building rapport with other drivers," Nichols said.

With approximately ten military service member affiliated with the Vet Motorsports locally, and several local veteran outreach programs available, the motorsport community is always looking for new interest and faces to emerge. The Fort Bragg motorsports enthusiast are offered an abundance of premier opportunities and destinations for racing and community connectivity, including Triad Sports Car Club, Tarheel Sports Car Club, and regional Sports Car Club of America (SCCA) organizations including North Carolina Region (NCR), Central Carolina Region (CCR) and the South Carolina Region (SCR).

"The ultimate goal would be to attend a national championship," Nichols said. "I look forward to continued partnership and events with Vet Motorsports."



Photos by Lewis Perkins/Paraglide

The Cape Fear Warriors Youth Hockey team takes to the ice in a scrimmage game during the Cleland Ice and Inline Skating Rink's Rock the Rink Block Party event.



Rock the Rink Block Party, an event held at Cleland Ice Skating Rink, March 30, offered free admission to 300 military Families as well as civilians who were able to participate in various activities on the ice and off.

## Families chill out at the skating rink

BY GENEVIEVE STORY  
PARAGLIDE

The Cleland Ice and Inline Skating Rink facilities welcomed an expected 300 Fort Bragg military Family and civilian participants to the free admission, Rock the Rink Block Party, March 30.

The public ice and in-line skating and skateboarding block party offered Families numerous activities. The events provided included a figure skating demonstration, scrimmage game play by the Cape Fear Warriors Youth Hockey team, learn-to-skate session sign ups, open rink ice skating and outdoor activities on the Cleland Ice Rink property.

Cleland Ice Rink, the only ice rink within a 60-mile radius of Fort Bragg, offers year-round skating to military Families, providing an affordable and constructive Family leisure activity. Cleland facilitated

a fun-filled line up for all block party participants, with the inclusion of outdoor "Kiddie Korner" activities such as a rock climbing wall and bounce house, as well as an inline hockey rink, skatepark and door prizes.

Kicking off the block party event, figure skaters from the Airborne Ice Skating Team rocked the ice with their introductory appearances and demo performances. Skating to songs such as, "Time After Time," "Tomorrow" and Napoleon Dynamite's "Canned Heat," ice skaters roused the event crowd, utilizing hula hoops as accent props and adorned in costume and festive skate wear.

"We will have seven skaters for today's demo performances," said Kelda Nolen, skate director at Cleland Skating Rink and founder of the Airborne Ice Skating Team. "The Airborne Ice Skating

Team is excited to represent local figure skating at Cleland's Rock the Rink Party. We are preparing for our spring skating show on April 13."

Cleland Ice Rink facilities manager, AJ Guimont, welcomed the crowd to the Rock the Rink event while the ice skaters warmed up for their performance.

"Following the ice skaters' performance, we will see the hockey team scrimmage. The facility has several offerings today to civilians, Soldiers and their Families. It is a good day for the community," he said.

The Cleland facility has a comprehensive ice skating program, including open skating, group and private lessons, a figure skating team, special interest group parties and private ice rental. This facility is easily accessible for both military and civilian patrons. It is open to the public.

# There is glory in everyone's story

## SPOTLIGHT

BY GENEVIEVE STORY  
PARAGLIDE

Sgt. 1st Class Doug Norman, assigned to United States Army Special Operations Command at Fort Bragg, has been active duty for 19 years. Introduced to the Wounded Warrior Project (WWP) in 2003, an organization supporting the recovery needs of injured warriors through restorative health and wellness initiatives, Norman became reengaged with the organization in 2015, when he was injured by a rocket propelled grenade (RPG) in Iraq. "I was in rehabilitation in Bethesda, Maryland in 2015 and after years of affiliation with WWP, I was then committed as a warrior," Norman said. "Through the years in the military, I had multiple injuries: a parachute accident and then wounds due to a RPG in Iraq. I began dealing with the effects of multiple traumatic brain injuries (TBI) and it was affecting my life."

When trauma and military expectations confront one another, active duty Soldiers often find themselves trapped by comparison, focusing on all the things they are not capable of doing. Norman expressed his frustrations with the initial onset of difficulty he was experiencing, as he began to measure himself against other Soldiers and his inability to

perform at the same level.

"Dealing with a broken back and TBIs, it started to affect my performance at work and my ability to interact with my family," he said. "I was introduced to adaptive cycling through the Department of Defense's Warrior Games and Invictus Games."

Selected to attend the Invictus Games training camp, Norman was introduced to the bike. Cycling brought him into fitness, restored Norman's motivation and helped him shed significant weight off his existing 300-pound frame. Norman was

introduced to the Soldier Rides through WWP, and then quickly, for him, any excuse to get on a bike was a good excuse. Cycling became a learning tool and a passion. It helped Norman identify his strength and the dynamic nature of the sport — providing an avenue for recovery and conditioning physical and mental wellness for Veterans.

"The Soldier Rides began positively affecting my fitness and my mind. Cycling helped with my anxiety and maintain focus at work. Things were falling into place and I was seeing results

and success. I started recognizing that I was still capable," Norman said.

Cyclists from the Florida and North Carolina branches of the WWP gathered March 20 through 23 at Fort Bragg for the Soldier Rides Skills Development Camp. Forming bonds, entangled by experience and determination, cyclists including Norman dedicated their three days to building camaraderie and an opportunity to interact with other veterans. Led by the WWP of Fayetteville and Adam Faine, Soldier Rides manager, the itinerary included loops around Pope Field between 12 to 30 miles, an estimated 43-mile long bike ride with the Cross Creek Cycling Club (C4), a bike one-on-one clinic teaching maintenance, etiquette, nutrition and training, and "skills and drills" teaching bike handling techniques and promoting community integration.

"The three day clinic provided our warriors with valuable tools in their continued road to growth. Modest changes over time can have a tremendous impact on service members health, regardless of their differences. Riders formed bonds at this event and will continue to network and support each other going forward," Faine said.

The discipline of the sport has given Norman credence to be intentional and a personal mantra of not giving up and giving back. He pushes himself in his career and on the bike: to accomplish his longest rides to date, combat challenges with a healthy lifestyle, serve his fellow injured warriors and continues to step out of his comfort zone.

"Cycling makes me feel like I have something I can provide," Norman said. "It gives me a sense of pride. And it is always time well spent."



Contributed photo

Sgt. 1st Class Doug Norman, center, participates in a cyclist race after his recovery. Norman used cycling as a way to recover after an injury serving as an active duty Soldier.



Photo by Lewis Perkins/Paraglide

Sgt. 1st Class Doug Norman is assigned to USASOC, Fort Bragg. Since 2015, Norman has been an active member of the Wounded Warrior Project.

# TOTAL

MIND  
BODY  
SOUL



# WELLNESS

## Runners Corner

### Westover Spring Spirit 5K:

**Saturday**, at 8 a.m. at Westover High School Campus. 5K run/walk registration cost is \$25, which includes moisture wicking T-shirt. Awards ceremony at the stadium following the run/walk. Check <https://visitfayettevillenc.com/> for details.

### MWR's Fort Bragg 5K

Lace up those running shoes and join MWR every third **Saturday** of the month, April through August, for their family friendly, community 5K run. Kick off the season, **April 26** at 9 a.m. at Hedrick Stadium. Check <https://bragg.armymwr.com/> for details.

### John E. Norman Cinco de Mayo 10K and 5K:

**Saturday, May 3** at 8 a.m. at 101 Robeson St. Fun Family event celebrating Cinco de Mayo and promoting a healthy lifestyle. There will be activities for kids and a display of the Mexican culture. The event also features traditional dancers and costume contest. Cash prizes will be given to the top three overall men and women.

## Get Fit

### Yoga and Beer with Robin:

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

### Ambition Boxing Academy:

Ambition Boxing Academy and Ambition Athletics offers a unique approach to training. Coach Khalil combines fundamental performance through boxing. Classes offered are for youth and adults. Adult classes are **Mondays** through **Thursdays** from 7 to 8 p.m. Youth classes are 6 to 7 p.m. For more information, contact (910) 987-0671.

### Tai Chi for Health:

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

### Yoga in the Garden:

Cape Fear Botanical Garden and the YMCA of the Sandhills have partnered together for Yoga in the Garden. Grab a yoga mat and rejuvenate at a yoga session in the Orangery at the Cape Fear Botanical Garden from 6 to 7 p.m. every **Wednesday**. Improve flexibility, build strength, ease tension and relax through posture and breathing techniques for beginners and experts alike. Bring a yoga mat, a water bottle and an open mind to enjoy this all-levels class.

Pre-registration is required. Call (910) 486-0221, ext. 36 or stop by the garden to register. Free for CFBG members and YMCA of the Sandhills members; \$5 for guests.

### Ice and Inline Skating:

The Cleland Ice and Inline Skating Rinks facility offers year-round skating.

This facility has a comprehensive ice skating program to include open rink and private rentals and is facility is easily accessible for both military and civilian patrons. Six 30-minute classes are held once per week, on **Mondays** for six weeks. Visit <https://bragg.armymwr.com/programs/cleland-ice-and-inline-skating-rink> for more information or call (910) 396-5127.

### Aqua Cycle:

Tired of a normal spin class? If the answer is "yes," then join us for aqua spin. Classes take place at the Tolson indoor pool on **Tuesdays** and **Thursdays** at 10 a.m. and 12 p.m. and **Saturdays** at 10 a.m.

### Hatha Yoga:

This focuses on the breath (pranayama) and yoga poses. This class will be a gentle yoga. Slow and

great for beginners or students who prefer a more relaxed style. Poses are held longer. This class is held at Hercules and Towle Courts physical fitness centers. Classes vary, check MWR website [www.bragg.armymwr.com](http://www.bragg.armymwr.com) for the schedule.

### Sculpted:

For that lean, toned look with fast results sculpted is a total body strength and conditioning workout combining the benefits of traditional weight training and great music. The original barbell workout. This class is offered at **Hercules Physical Fitness Center on Mondays, Wednesdays and Fridays at 9:30 a.m.**

### Boot Camp:

Interval training, alternating various body sculpting moves and aerobic exercises on the step, with barbells, bands or weights. This class is offered twice a month at Hercules Physical Fitness Center. Check the MWR website [www.bragg.armymwr.com](http://www.bragg.armymwr.com) for the schedule.

### Prenatal Yoga:

Join MWR for prenatal yoga on **Saturdays** at 1 p.m. at Hercules Physical Fitness Center. Open to DOD ID cardholders, ages 16 years and above. Max 20 participants. For details, please call (910) 394-4350.

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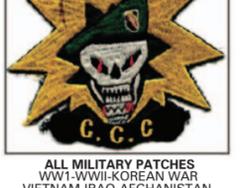
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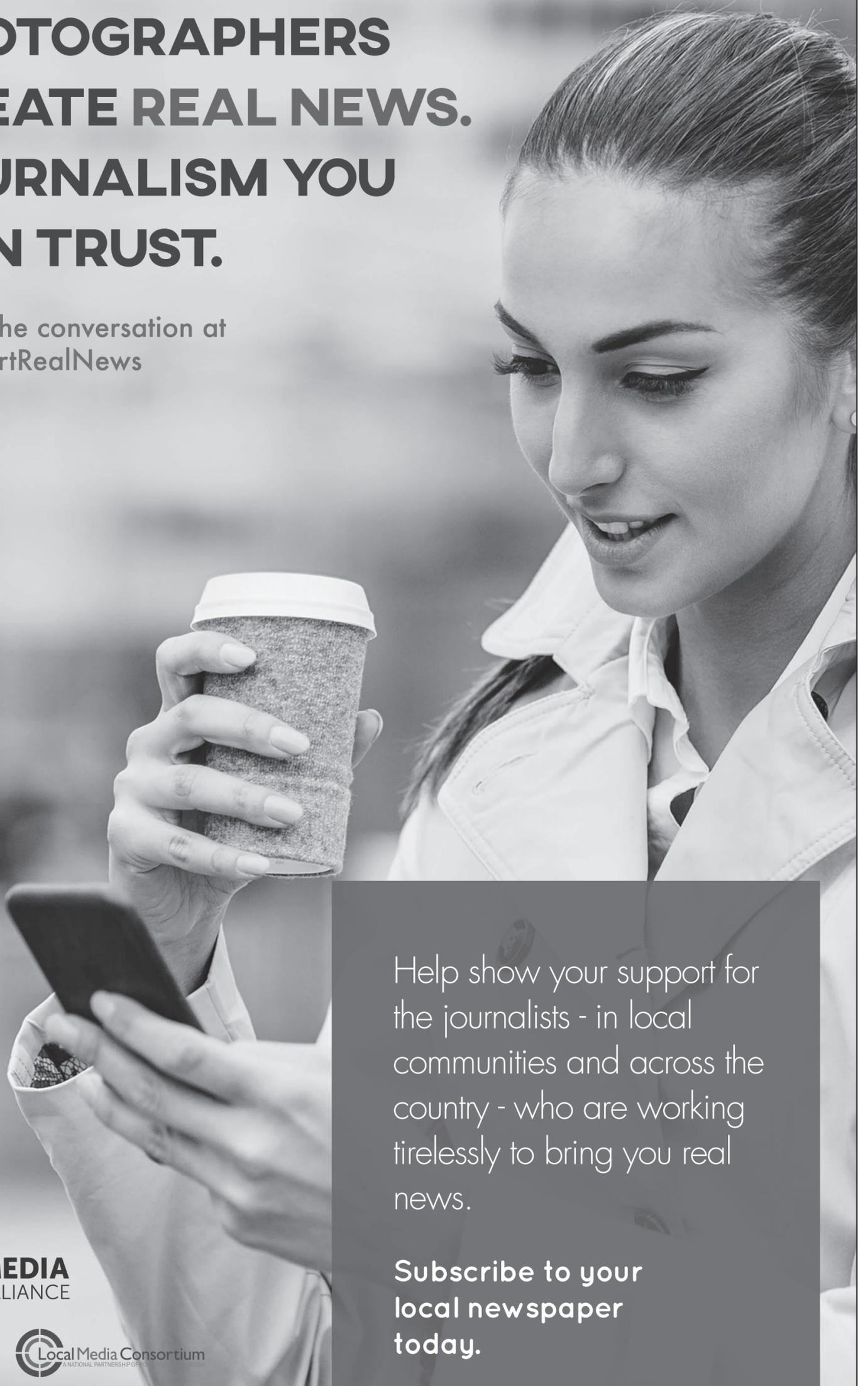
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