

THE PARAGLIDE

Telling the Fort Bragg Story™

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INSIDE THE 'GLIDE'

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NASCAR's Newman honors Gold Star Family: Continuing NASCAR's long-standing tradition of honoring all five branches of the United States Armed Forces, race car drivers will bear the name of fallen military service members during the 60th running of the historic Coca-Cola 600, May 26.

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Annual Easter Sunrise Service: An annual tradition, the Easter Sunrise Service is held on Easter Sunday morning in the shadow of the Main Post Chapel.

SPORTS - D



Fayetteville Woodpeckers Opening Day: Fort Bragg shared in the festivities at the home opener game for the Fayetteville Woodpeckers, April 18.

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Coca-Cola 600 NASCAR reveal



See page B1 in Focus for more on the NASCAR reveal.

Photo by Lewis Perkins/Paraglide

NASCAR driver Ryan Newman, left, stands beside the No. 6 Ford Mustang he will race Memorial Day weekend at the Coca-Cola 600. The windshield of the car has the name of Sgt. James Nolen who was killed in Afghanistan in 2009. Also pictured are Gold Star Family members Rachel Nolen, right, and Jamie Nolen, center, wife and daughter of Sgt. Nolen.

USAJFKSWCS selects 2019 NCO, Soldier of the Year



Contributed Photo

USAJFKSWCS held the 2019 NCO and Soldier of the Year Competition, April 8 through 12. During the five-day competition, these Soldiers were challenged through a series of physical and mental fitness tests.

By USAJFKSWCS PAO
 PAO

The United States Army John F. Kennedy Special Warfare Center and School, the Army's Special Operations Center of Excellence, conducted its 2019 Noncommissioned Officer and Soldier of the Year Competition, from April 8 through 12.

Five NCOs and four Soldiers demonstrated their abilities in a wide range of skills during demanding and multi-faceted challenges to compete for the title of NCO and Soldier of the Year. Over the five-day competition, these warriors conquered the Army physical fitness test, a mystery event, day and night land navigation, modern Army combatives, a written essay, a military-related written exam, weapons live-fire qualification, hands-on warrior task testing and an oral board, which assessed their communication skills and military knowledge.

Of the nine competitors only two had the possibility of taking the

win in their respective categories. The winners were Sgt. 1st Class Jesus Robles from Headquarters and Headquarters Company, Special Warfare Education Group (Airborne) and Spc. Roy Mooney, Headquarters and Headquarters Detachment, 4th Battalion, 1st Special Warfare Training Group (Airborne).

When asked how he felt when his name was announced Robles said, "I felt fortunate to have the opportunity to show others that if you apply yourself you can have an effective result." The 18-year Army veteran went on to say, "I feel great for all the support I got from my family and chain of command, it really paid off."

Mooney had a similar reaction saying, "I just feel so blessed that I was able to win and even compete in this competition." The competition was no cake-walk.

Mooney found the competition to be more challenging than he originally thought it would be.

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Contributed Photo

Sgt. Michael Hardin from the Fayetteville Police Department's, Human Trafficking and Cybercrimes Unit speaks at the XVIII Airborne Corps NCO Academy about human trafficking in Fayetteville.

525th MI Bde. hosts human trafficking lecture on post

Protecting our people protects our mission

By JELIA HEPNER
 PARAGLIDE

The 525th Military Intelligence Brigade's Sexual Harassment Assault Response Prevention (SHARP) Office hosted a human trafficking conference for Sexual Assault Awareness and Prevention Month (SAA-PM), April 10. The one-hour lecture took place at the XVIII Airborne Corps Noncommissioned Officer Academy, where speakers provided in-depth information on this issue.

Human trafficking, also known as modern-day slavery, involves the use of force, fraud or coercion to obtain some type of labor or commercial sex act. This not only includes women and children, but men are also victims.

"Currently, there are 45.8 million (sex) slaves in the world today and the average entry age for human trafficking is 19," said Fayetteville Police Sgt. Michael Hardin, supervisor of the Human Trafficking and Cyber Crimes units. "Cumberland County is leading the state with human felony trafficking cases." Hardin, who has been with the Fayetteville Police Department since 2000, told the audience about the statistics and some cases involving Fort Bragg Soldiers.

"In Fayetteville, an average of 50 to 60 percent of our sex-buyers are active-duty military or DOD (Department of Defense) contractors," Hardin said. "Out of those cases, when we run sting operations, 90 percent are in their green uniform or their PTs (physical training)."

He said the various locations pimps will use victims include hotels, houses and even transporting them around different locations in the city.

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Binge Watching and Deployments

BY JENNIFER MORALES
PARAGLIDE

As a military wife, there are a lot of things that seem synonymous with the title. We know that the second the boots leave the driveway for a deployment, something will go wrong: the fridge that has never acted up will die taking all of your groceries with it, the toddler who has been potty trained for a year will no longer want to be and prefer to ruin all of the pants that they own and the vehicle you love so much will have multiple lights illuminating on its dashboard just when you felt nothing further could go wrong.

On the other hand, deployments and time apart also brings bonding experiences as well. One of my favorites is binge watching shows. While we aren't physically together, it feels good to have something to talk about other than the need to replace almost every moving piece inside our vehicle. When my husband first deployed to Iraq, the show we would watch "together" was "Grey's Anatomy," as it was 2006, and the show was just starting to really take off.

Over the years, our tastes have changed, and so has our streaming habits. This year seems to be the year of "Games of Thrones." We bundled up and waited for "winter to come" and now we prepare for the end. Whether we are watching the battles in

"Game of Thrones," or waiting on Denny Duquette to get a heart, it's irrelevant.

I know that anytime my husband's boots leave my driveway, I am sure to face some battles of my own. I will have a washing machine that won't drain, or a host of insects that find their way indoors. I will have children who fight tooth and nail over any and everything. However, one thing is for sure, military bonds stretch over large distances and are sustained through even the most mundane of activities. It doesn't matter if we are in the same bed, in separate countries, or if we are waiting to binge watch together after a deployment, TV shows add another layer of bonding to the military life.



Stock Photo

PARAGLIDE Fort Bragg Voices

This week:



What is the last show you binge watched?



"Being Mary Jane." I see a lot of myself and a lot of my friends in the main character, Mary Jane. She faces the same struggles and victories that average African American women face."
ShaDonna McPhaul,
Veteran



"Chilling Adventures of Sabrina." I adore all things metaphysical and enjoy the underlying messages in each episode."
MaLena Goodnight,
Veteran



"Game Of Thrones." The best kill scenes you've ever seen. The dragons are to die for. Khaleesi is my girl."
Tiffany Newman,
Veteran



"Game of Thrones." Powerful, moving and a lot of action. I love the plots."
Christopher G. Davis,
Veteran



"Better call Saul." It's a spin off of Breaking Bad."
Elic Thomas,
Veteran



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No Shame, No Blame: Seeking Help When Drinking Gets Out of Control

By **PATRICIA BEAL**
WAMC PAO

Seeking medical help when someone has a broken bone isn't a big decision. Seeking help when the ache is deep-down and less visible is much harder.

"The blame — that bothers me," said Dr. Breque Tyson, psychologist and clinical director of the Fort Bragg Substance Use Disorder Care Clinics (SUDCC). "It's hard to depend on a substance. No one wants to be labelled an addict."

Prime for Life, an Army Substance Abuse Program course (ASAP), is successful because it fights the stigma.

"The course looks at addiction as a

health and lifestyle problem and helps students identify where they are in the spectrum or continuum toward addiction," said ASAP prevention coordinator Katrina Kilmartin. "ASAP isn't anti-drinking or anti-alcohol for everyone. It's pro low-risk choices based on individual need."

The SUDCC program, like most civilian programs, is also designed to support overall health and wellbeing related to responsible alcohol use or abstinence.

"Success with substance use disorders is relative and very individualized," said Tyson. "It is determined jointly between the service member and the provider, and we have found sobriety is only one

aspect of the recovery and of success."

The staff are trained to work with military personnel and have a profound appreciation and respect for service members, honoring the nation's sacred trust to care for those who wear and have worn the uniform and for their Families.

"When a service member is psychologically, emotionally, and physically free of addiction, the Family and the military benefit," said Tyson.

Service members can now self-refer for voluntary care prior to an incident if they are concerned about their drinking and want help before it becomes a factor in their personal and professional life.

Command will not be involved or

aware of the services unless an incident occurs or the drinking is more significant and requires a higher level of care.

In addition to active duty military personnel, the care clinics on Fort Bragg also work with retirees and may see Family members for education when possible.

Family members and civilian employees are currently treated through the ASAP's Employee Assistance Program or Child and Family Behavioral Health System.

April is Alcohol Awareness Month, a program established in 1987 to help reduce the stigma so often associated with alcohol use disorders and to encourage people to seek help.

**Substance Use Disorder Care Clinics/
Embedded Behavioral Health Clinics:**

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Clark	(910) 908-5786
Robinson	(910) 907-9486
3rd Special Forces Group	(910) 908-2256
West Bragg	(910) 432-1464
East Bragg	(910) 908-5358

Other Resources:

Chaplain's Office	(910) 396-1121
Military Family Life Consultants	(910) 391-9171
Employee Assistance Program	(910) 396-5784
Military One Source	(800) 342-9647

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DPW Grove of Honor



Photo by Jeremy Spates/CRMP

Linda Carnes-McNaughton, left, archaeologist and curator, Cultural Resources Management Program and Erich Hoffman, biologist, Environmental Wildlife Branch plant a live oak at the Grove of Honor April 18. Live oaks can grow to a height of 60 to 80 feet, have limb spreads of 80 to 100 feet and may have a lifespan of 100 years or more. The Grove of Honor project was the first of a series of quarterly projects planned by the Directorate of Public Works to engage volunteers in the environmental improvement of Fort Bragg.



Spc. Joselyn J. Britton

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

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.

Spc. Tyona S. Williams

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

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. Julian S. Kim

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Spc. Michael J. Faulkenberry

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NASCAR's Newman honors Gold Star Family



Ryan Newman, American professional stock car racing driver, embraces Jamie Nolen, 8, daughter of the late Sgt. James Nolen, after receiving a handcrafted card and engraved bracelet from the Gold Star Family, bearing the name of Sgt. Nolen.

Photos by Lewis Perkins/Paraglide

NASCAR's "600 Miles of Remembrance," replaces cup series race car windshield headers with the names of fallen Soldiers, paying tribute to those who bravely served and gave their lives defending the country. On Memorial Day weekend, at the Charlotte Motor Speedway, drivers will compete in the 60th running of the historic Coca-Cola 600, May 26.

By GENEVIEVE STORY
PARAGLIDE

Continuing NASCAR's long-standing tradition of honoring all five branches of the United States Armed Forces, race car drivers will bear the name of fallen military service members during the 60th running of the historic Coca-Cola 600, May 26.

NASCAR's "600 Miles of Remembrance," for the fifth consecutive year, replaces cup series race car windshield headers with the names of fallen Soldiers, paying tribute to those who bravely served and gave their lives defending the country, on Memorial Day weekend at the Charlotte Motor Speedway.

As part of Mission 600, a collaboration between Charlotte Motor Speedway and the Department of Defense, NASCAR drivers are welcomed into a day in the life of men and women who served in the armed forces, giving the public a glimpse into the life of a Soldier and bridge the military and civilian divide.

On April 17, as a patriotic preview of Charlotte Motor Speedway's Memorial Day weekend Salute to the Troops, Roush Fenway and Coca-Cola Racing family member driver Ryan Newman continued the Mission 600 tradition by spending the day with troops at Fort Bragg.

During this visit, Newman met with Gold Star Family members Rachel Nolen, and daughter, Jamie Nolen, 8. Sgt. James Nolen is the fallen Soldier Newman will represent and honor during the Coca-Cola 600 championship.

Partnering with the 82nd Airborne Division and Fort Bragg for more than 30 years, NASCAR and the Coca-Cola 600 salutes service members with two main objectives: memorable moments in racing and focusing on honoring troops.

Outfitted in full infantry gear, Newman, driver of the Roush Fenway Racing No. 6 car, was joined on post by Nolen's Family to unveil the paint scheme for the No. 6 Ford Mustang Newman will drive this year. Greeted by Greg Walter, executive vice president of Charlotte Motor Speedway Inc., Newman and the Nolen Family experienced a ride in a Polaris Razor military vehicle, viewed static displays and participated in a parachute packing demonstration before his race car's paint scheme was revealed in a special presentation.

Sgt. Nolen passed away in 2009 in Afghanistan during Operation Enduring Freedom. He was stationed at Fort Bragg, as a paratrooper assigned to Company C, 2nd Battalion, 508th Parachute Infantry Regiment, 2nd Brigade Combat Team, 82nd Abn. Div..

With support from the Survivor Outreach Services Center on Fort Bragg, Rachel shared the importance of continuing to honor her late husband's legacy and how much it meant to have his name riding with Newman during NASCAR's Memorial Day Weekend salute.

"It is such an honor to have James remembered like this. It has been almost 10 years and to still have his life celebrated and to know he will never be forgotten means so much," said Rachel. "I know he is smiling down on us right now."

Showing their gratitude for Nolen's honor, Jamie crafted a card for Newman, and a special bracelet was gifted with her father's name and unit engraved on it to wear as a memorial.

Relocated to Fayetteville in 2008, Rachel shared her fond memories of her late husband, life in the military and growing up in Long Island as a youth spent at the race track.

"My dad and my grandpa used to race Midgets in the

1970s and 1980s," Rachel said. "I grew up going to the dirt race track, that is what my Family would do every weekend; we would go wherever my dad was racing. I am happy that my daughter can understand an experience from my past and be a part of her dad's legacy at the same time."

Lt. Col. Terry Hilderbrand, commander, 2nd Bn., 508th PIR, 2nd BCT, 82nd Abn. Div. attended the event and welcomed Newman, Walter, the Nolen Family and Scott Cooper, vice president of communications and public relations, Charlotte Motor Speedway.

"James was part of the 9/11 generation, who when they saw their country attacked, they still volunteered to do something," Hilderbrand said. "James became that less than one percent that volunteered to stand in the gap between the evil out there and our American values. He gave the ultimate sacrifice and will forever be remembered in the legacy and the history of the 82nd Abn. Div.."

Soldiers of Co. C, 2nd Bn., 508th PIR, 2nd BCT, 82nd Abn. Div. provided support to the Mission 600 event, honoring their late brother, Sgt. James Nolen. Newman, race car driver for the Army back in 2009 and 2010, conveyed his joy in returning to Fort Bragg. He expressed his pride in being part of an organization that takes the time to honor the fallen and reminded those attending the event of the meaning behind Memorial Day weekend — a time to remember, give thanks and celebrate the Armed Forces.

"As a driver, a competitor and an athlete, it is a pride and an honor to display Sgt. Nolen's name on the windshield of the race car," he said. "As special as it is to represent one, you are truly representing so many. I know I will have an angel with me in the car that day."

108th ADA fitness put to test

By SGT CHRISTOPHER GALLAGHER
108TH ADA BDE

For two weeks in April, Soldiers assigned to 1st Battalion, 7th Air Defense Artillery Regiment, 108th Air Defense Artillery Brigade were graded on their physical fitness in the six events of the new Army Combat Fitness Test as part of the new test's evaluation process at Fort Bragg.

The ACFT is scheduled to replace the well known three event Army Physical Fitness test later in the year of 2020.

"The APFT has a 40 percent predictability rate for combat readiness where as the ACFT has an 80 percent rate," said Sgt. 1st Class Darwin Zapata, the Questions/Answers and Quality Control noncommissioned officer in charge from the Army Physical Fitness School in Fort Jackson, South Carolina.

He said it's a better predictor of how the Soldier is going to perform when asked to do their warrior tasks and battle drills.

The Soldiers of 1st Bn., 7th ADAR have been preparing for this testing phase with physical and occupational therapists since December 2018 to help determine the functionality and success rate within the new standards.

"Originally, we were a little skeptical about the readiness this test would provide in regards to physical limitations and profiles," said Command Sgt. Maj.

Robert Walker, command sergeant major, 1st Bn., 7th ADAR.

He said they have seen readiness go in the right direction as the Soldiers overcome the challenges and enjoy coming to work every day to work out.

The battalion strength coach Darriel Kitchens, a contractor from the Reef Systems Holistic Health and Fitness Program, has been with the unit since the beginning of the evaluation training and has seen much improvement within the Soldiers.

"From the time we did the first familiarization up till now, there has been growth within the Soldiers, but of course, there is always room to improve," Kitchens said.

Generally, the Soldiers are positive about the ACFT; once they get the hang of it, they enjoy the coaching and encouragement, he said. They like the fact that it's competitive. It gets their juices flowing as opposed to the APFT.

Though this testing portion is not yet for record, it is giving the Soldiers and the rest of the Army a view of where they stand and what they still need to improve.

"It's a completely different aspect of physical capabilities; it's a total way to measure fitness," said Walker. "With this, you have to maintain your physical fitness constantly, you must be ready at all times. It's a true test of where you stand physically."



Above: Soldiers assigned to 1st Bn., 7th ADAR, 108th ADA Bde. are graded in their physical fitness in the six events of the new Army Combat Fitness Test (ACFT). Left: The ACFT is scheduled to replace the well known three event Army Physical Fitness test later in the year of 2020.

Photos by Sgt. Christopher Gallagher/108th ADA Bde PAO

Fort Bragg Soldier travels to D.C. for youth mentoring program

By JELIA HEPNER
PARAGLIDE

The 57th annual United States Senate Youth Program (USSYP) is an educational program for high school students who are interested in pursuing careers in public service.

One of Fort Bragg's very own, 1st Lt. Sarah C. Herrero, 330th Transportation Battalion, 3rd Expeditionary Sustainment Command (ESC), had the opportunity to be a mentor to a group of students who were chosen for this year's program.

"As a junior officer, this was an amazing experience — very inspiring to be in the presence of all of it," Herrero said. "It was for the youth, but for me, it was very candid for me to hear stories from the Secretary of State and the Secretary of Urban Development."

Each year, the leadership development program chooses the top 104 students in the nation to travel to Washington, D.C. for a week to get a better insight on careers in public service including government, education and public safety.

"We were able to meet Chief Justice John Roberts and the President of the United States," Herrero said. "When the president was walking down the hall from the East Wing, the whole energy changed. The group became excited as he walked in to shake hands with anybody he could reach."

Herrero, along with 17 other military officers from across all branches who were selected to mentor, had the opportunity to advise students out of the overall group during the week-long event.

"We talked to the students and shared stories about our military experiences," Herrero said. "It is just a great feeling to be able to connect with the youth and for them to get a better insight into our jobs and what we do."

While staying at the Mayflower Hotel, the group explored the U.S. Capitol, the U.S. Department of State and met various individuals from the White House including chief global affairs correspondent from ABC News, Martha Raddatz.

Herrero, who has been an active duty service member since 2015, said in 2009 she was among 97 high school band members selected to perform in the All American Halftime Show for the U.S. Army All-American Bowl.

"We had Soldier mentors who were teaching and guiding us the whole week in San Antonio, Texas for the competition," she said. "That experience made me realize that I wanted to become a mentor."

All transportation, hotels and meals for the program were provided by The Hearst Foundations. Each student was awarded a \$10,000 college scholarship for undergraduate studies, with encouragement to pursue coursework in history and political science.



Courtesy photos

1st Lt. Sarah C. Herrero, 330th Transportation Battalion, 3rd Expeditionary Sustainment Command, visits the White House in Washington D.C. for the 57th annual United States Senate Youth Program.

"I have had the pleasure of knowing and working with Lt. Herrero for the past year," said Capt. Latisha R. Reeder, command public affairs officer, 3rd ESC. "During every encounter, she has exemplified in word and deed what it means to be both a Soldier and a leader."

Reeder also said how proud she was of Herrero. She represents exactly what they would want their future leaders to know when it comes to the Army — professional, competent and caring individuals.

"If I had the opportunity, I would definitely keep doing the program," Herrero said.



Herrero, along with 17 other military officers from across all branches who were also selected to mentor, had the opportunity to advise students out of the overall group during the week-long program.

Twice is nice, 82nd earns title of best mortar crew

By BRYAN GATCHELL
FORT BENNING PAO

FORT BENNING, Ga. — After three days of competition among 19 U.S. Army mortar teams and one Dutch army mortar team, the 82nd Airborne Division prevailed as champions during the Best Mortar Competition April 11.

The 1st Battalion, 19th Infantry Regiment, U.S. Army Infantry School, at Fort Benning organized the second annual three-day competition to determine the best four-person mortar team as they take part in events to test their mettle as both a mortar crew and a team of infantry Soldiers.

The winning team was from the 1st Battalion, 505th Parachute Infantry Regiment, 82nd Abn. Div. The squad included Staff Sgt. James Pennington, Sgt. Alec Norton, Spc. Christian Elliot and Pfc. Loren Dow. The 82nd also won during the first year of the competition, when Pennington and Norton were on the team.

"We've been working hard for three weeks to continue this tradition of winning," said Elliot.

Mortar Soldiers provide their units indirect fire when fighting an entrenched enemy and operating 60-, 81- and 120-millimeter mortars. Additionally, the squads must employ their crew and weapons in ground combat, operate and maintain automatic weapons, and fire and recover antipersonnel and antitank mines. They must also locate and neutralize mines, carry out scout missions to spot enemy troops and gun locations, and operate two-way radios and signal equipment to relay battle orders.

Capt. Trevor Reed, the mortar training company commander for 1st Bn., 19th Inf. Regt., said the competition is a challenging test of skill.

"It recognizes physical excellence," he said. "It also recognizes both the tactical and technical expertise of what it means to be a mortarman. It tests all the competitors in a realistic, challenging environment that they have to adapt to and overcome. And that's what's required when they're out on the battlefield fighting to win and survive."

The teams took the Army Combat Fitness Test, performed marches with mortar equipment,

performed mortar-specific tests of their physical stamina and ran obstacle courses. To test their infantry skills, the crews performed land navigation and trauma lanes and, demonstrated their proficiency on non-mortar weapons systems. They took exams on mortar calculations, conducted radio checks and calls for fire to test their ability as mortarman.

The competition culminated on the final day with a live-fire exercise at Red Cloud Range, during which the teams performed an 81-millimeter hipshoot and 81-millimeter direct lay. In the hipshoot, the squads each have a direction of fire, an elevation and 10 minutes to place nine rounds on target, with the first three of those nine to adjust and get their fires on target. In the direct lay, the squad leader observes the target area and commands the squad directly.

The team members from the 1st Cavalry Division at Fort Hood, Texas, who came in second place, plan to take their experiences at the competition back to Fort Hood.

"It was strenuous," said Staff Sgt. Gary Stewart, the squad leader. "We did a month of train-up before we came here. We weren't expecting what was to come. But it was fun; I definitely had a blast."

He said "it is definitely something he can take back to the unit and expand on with his guys back at the platoon."

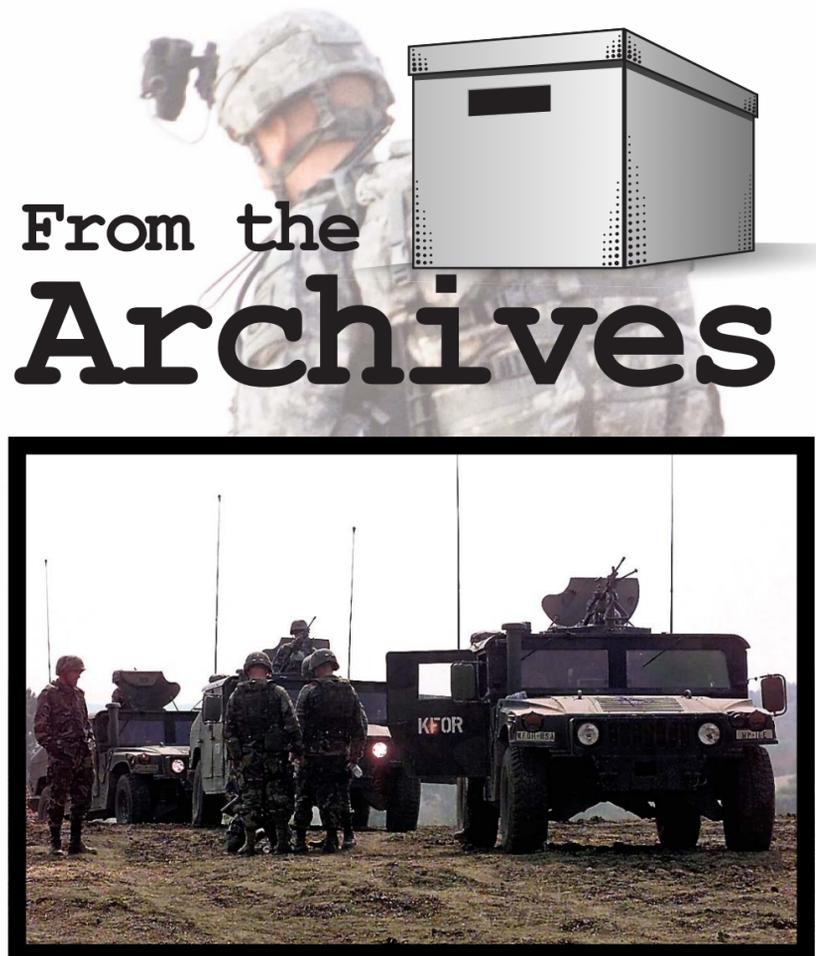
Now in its second year, the Best Mortar Competition is one of three competitions that takes place as part of Infantry Week, a time set aside by Fort Benning, the Home of the Infantry, to celebrate the infantry Soldier. In addition to the Best Mortar Competition, Infantry Week includes the Lacerda Cup, which is a combatives tournament, and the Best Ranger Competition, which tests ranger-qualified two-person teams.

Elliot was glad it was Fort Benning that hosted the competition.

"This is kind of our home," he said. "We all went to basic here. We all did our initial mortarman training here. So this is kind of the mecca of the infantry. So it meant a lot to come back here and represent the 82nd where we all started our military careers."



Army Soldiers stand in front of a tactical satellite communication terminal (TAC-SAT) transmitter that was used to relay information about the Albanian and Serbian protest near the town of Domerovce, Kosovo, Aug. 14, 2000. The Soldiers were members of the 108th Military Police Company (MP), 503rd MP Bn., Fort Bragg. After two Serbian men disappeared, Serbians believed Albanians abducted the men and began to make threats and road obstructions to stop Albanians from traveling safely through town. The Albanians began to form a mob to confront the Serbians until U.S. and Russian Kosovo Force (KFOR) troops made a wall between the opposing sides.



Army Soldiers park three M998 High-Mobility Multipurpose Wheeled Vehicles (HMMWV) in a line between the angry Albanian and Serbian mobs near the town of Domerovce, Kosovo, Aug. 14, 2000. The Soldiers were members of the 1st Bn., 187th Inf., Regt., 101st Abn. Div. Fort Campbell, Kentucky, and 108th MP Co., 503rd MP Bn., Fort Bragg. After two Serbian men disappeared, the Serbians believed the Albanians abducted the men and began to make threats and road obstructions to stop the Albanians from traveling safely through town. The Albanians began to form a mob to confront the Serbians until U.S. and Russian Kosovo Force (KFOR) troops made a wall between the opposing sides.

Photos contributed by catalog archives.gov

Perseverance prevails in Best Ranger Competition

By SGT. MICHELLE BLESAM
49TH PAD

Over 25 years ago, families and neighbors filled the streets of Danville, Virginia, to greet Soldiers returning home from deployment. Two brothers with matching toy guns, camouflage pants and A-10 Warthog T-shirts, stood amongst the crowd, as they cheered for the service members.

"After that, all my brother and I wanted were "Ranger" haircuts," said Sgt. 1st Class Josiah Noble, a Ringgold, Virginia-native.

Years later, after high school and a brief time in college, Noble stood amongst his peers as his platoon sergeant bellowed, "Who wants to go to Ranger School?"

Noble looked around to see who would volunteer, but no one did. He slowly raised his hand and two months later he was at Camp Rogers in Fort Benning, Georgia. After 62 days of grueling physical and mental training to become a U.S. Army Ranger, Noble finally received his black and gold tab in April 2011, distinguishing himself from his fellow infantrymen.

"It made me feel good to have family there to pin my ranger tab on," said Noble, a platoon sergeant now assigned to the 1st Battalion, 325th Airborne Infantry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division.

Noble says he had always challenged himself both physically and mentally throughout his career, while bringing positivity to others around him.

"My focus throughout the day is keeping a positive mental outlook in order to cultivate that within the organization," said Noble. "If I can set the tone of a respectful, positive culture, that's exciting to me."

His outlook and drive are what made him stand out and be chosen to compete in one of the most grueling competitions known to man, the Best Ranger Competition.

"He does everything 120 percent," said his wife Kelci, a CrossFit instructor in Raeford, North Carolina. "Whatever it is, he puts everything into it. Whether it's work, CrossFit or hunting."

Noble competed in the Best Ranger Competition at Fort Benning for the first time this year, along with his teammate, 1st Lt. Christian Ostrowski, a platoon leader assigned to 1st Bn., 325th AIR. As team 15, both men were the only candidates from the 82nd Abn. Div. to make it to the second day of the competition, attributing it to their experience as jumpmasters and teamwork.

"Both partners need to be mature enough to not overexert themselves trying to keep up with their partner, and both partners need to be honest with how their feeling," said Ostrowski. "This competition revealed that my

partner and I could work together under stress."

With this year's competition focused on the 75th anniversary of D-Day, much of the shooting events were based on finding weapons and "coming in fighting," according to Noble.

"I feel that is what we try to ingrain in our paratroopers everyday," said Noble. "We find an LGOP (little group of paratroopers) and come in fighting."

In spite of being awake for nearly 60 hours, team 15 found both motivation and pressure to perform better as their families cheered them on.

"Having family there was awesome," said Ostrowski, a Media, Pennsylvania-native. "It definitely added pressure to succeed throughout the two days."

It didn't take long after enduring the rigorous competition events for Noble to get back into working out. The fitness enthusiast has partnered with Kelci in several CrossFit competitions. The couple made time on April 16 to tribute a workout of the day, the Hokie, in memory of the victims of the Virginia Tech shooting. It has been 12 years since the incident that took 32 innocent lives.

"Her family are ticket holders every year in Virginia Tech and my brother graduated from the college," Noble said. "We have family ties back to the school."

The duo each grabbed a long bar with weights and a jump rope. Smiling at each other, they warmed up before beginning their workout. Together they completed seven rounds of four squat, clean and jerks; 16 deadlifts; and 32 double-unders.

"Come on. You got this! Keep pushing!" Kelci finished her rounds and breathlessly encouraged her husband. "You got this. Almost there."

Kelci won, finishing her workout in 11 minutes and 12 seconds.

With sweat running down their faces, the couple ended their session with a fist bump and exchanged encouragements.



Photos by Sgt. Michelle Blesam/49th PAD

Noble's outlook and drive made him stand out and be chosen for the Best Ranger Competition.



1st Lt. Christian Ostrowski, left, and Noble, both assigned to the 2nd BCT, 82nd Abn. Div., competed in the three-day Best Ranger Competition at Fort Benning, Georgia.



Sgt. 1st Class Josiah Noble assigned to the 2nd BCT, 82nd Abn. Div., competes in the Best Ranger Competition.

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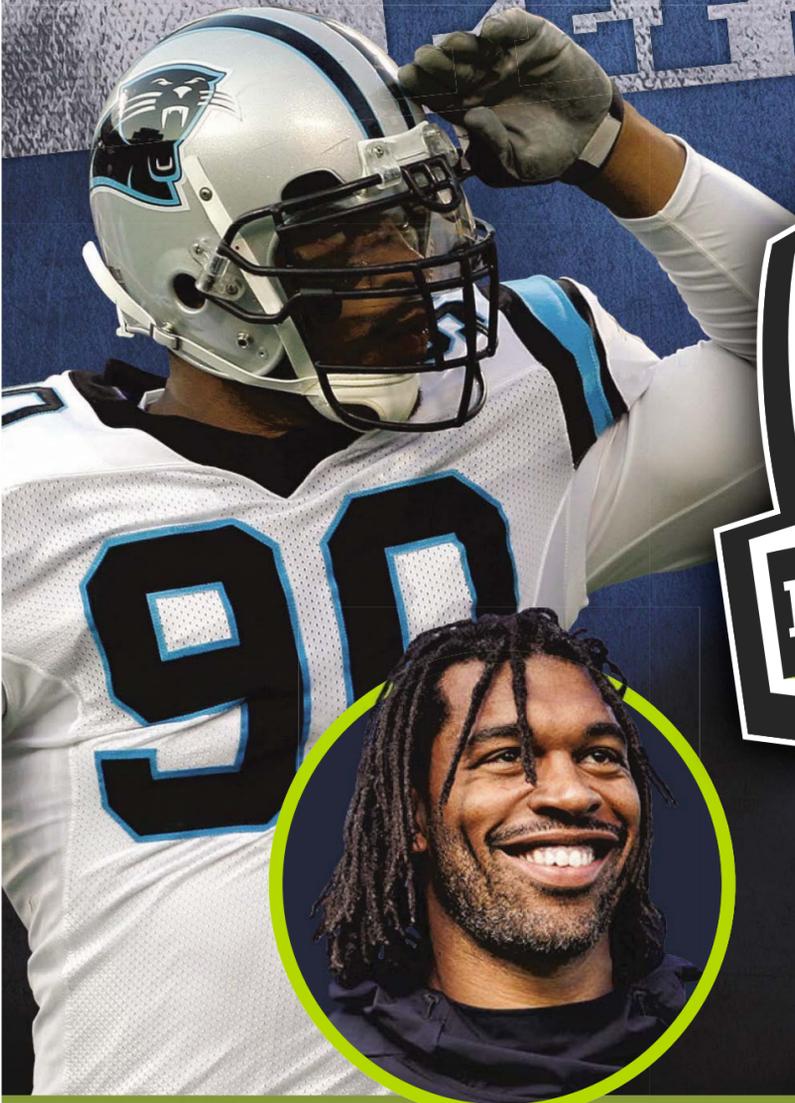


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Fort Bragg holds annual Easter Sunrise Service



Photos by Alyson Hansen/Paraglide

Left: Chaplains from units across Fort Bragg gather for a prayer before the Easter Sunrise Service at the Main Post Parade Field, Sunday.
Above: A worship team comprised of chaplains from around Fort Bragg sings during the annual Christian celebration.

By ALYSON HANSEN
PARAGLIDE

Chaplains from around Fort Bragg gathered at the Main Post Parade Field, April 21, to celebrate Easter.

An annual tradition, the Easter Sunrise Service is held on Easter Sunday morning in the shadow of the Main Post Chapel. This year's sermon was conducted by Chaplain (Lt. Col.) Tim Wilson, 82nd Airborne Division deputy chaplain.

Families and Soldiers listened to music from an all-chaplain praise team led

by Chaplain (Capt.) Ed Blackledge and readings from the Old and New Testaments before hearing Wilson's message.

"I'm so honored and so thankful that you would come out this early to celebrate the resurrection of our Lord," said Chaplain (Col.) Randy Griffin, garrison chaplain, to the congregation.

He went on to tell the story of the Resurrection before introducing Wilson, a chaplain he served with for the past two years.

"I'm a better preacher today because of Tim Wilson ripping up my

manuscripts and saying to me, 'You can do this better, Chaplain Griffin,'" Griffin said. "I love to refer to Tim as the 'Randy Travis of preaching.'"

Wilson's sermon asked the question, "Why is the Resurrection important?"

"Without the resurrection of Christ, there is no forgiveness of sin," said Wilson, reading from portions of Romans and 1 Corinthians. He used an analogy of paying with a debit card for items to highlight his sermon. "When it comes to paying our bills, we have money in our accounts, but when it

comes to paying for our sins, our accounts are lacking.

"When Jesus died on the cross to pay for our sins, and when he rose from the dead, that shows that God the Father accepted the payment from God the Son. Christ accepted the payment and we were forgiven ... That is why the Resurrection is important."

The Easter service concluded with the praise team singing, "Glorious Day." A light breakfast was served to Soldiers and their Families after the service concluded.

Montclair Elementary School career day



Photos by Maj. Gary Loten-Beckford/525 MI BDE

Soldiers of Co. B, 519th MI Bn., 525th MI Bde., during a Career Day Event discuss and demonstrate the capabilities of the Mine-Resistant Ambush Protected Vehicle (M-ATV) and M1165 High Mobility Multipurpose Wheeled Vehicle (HMMWV) to students of Montclair Elementary School in Fayetteville, April 11.

'Riser Burn' celebrates Month of the Military Child



Photo by Pvt. Chantel Green/44th PAD

Sgt. Rachel Watson, vocalist of 82nd Abn. Div. rock band, Riser Burn, sings during a Month of the Military Child performance at Anne Chesnut Middle School in Fayetteville April 9. The Department of Defense designated April as the Month of the Military Child to show how significant their role is in the Families of the armed forces.

By PVT. CHANTEL GREEN
44TH PAD

The 82nd Airborne Division's rock band, Riser Burn, performed at Anne Chesnut Middle School in Fayetteville, April 9.

The paratroopers performed in celebration of the Month of the Military Child to recognize the resilience in military children and the struggle they may face during relocations, deployments and other challenges.

The 82nd Abn. Div. Band and Chorus formed Riser Burn in 2005 as a music performance team that could bring a piece of home to Soldiers serving overseas. Sgt. 1st Class Kevin Quinones, a founding member of Riser Burn, returned to the division in 2016 and now leads the band as a guitarist and vocalist.

Riser Burn serves as a musical ambassador for the division, connecting with Soldiers, Families and the surrounding community.

"It is extremely important for the children to be able to celebrate their roles in the military Family," said Sgt. Rachel Watson, vocalist for Riser Burn. "Especially for the ones who move around and get uprooted every few years. It's important for them to realize how strong and resilient they are because that can be very hard for them."

Riser Burn plans to visit local schools throughout April to show military children appreciation. Their April 9 performance included interactions with the children to keep them engaged with the celebration. While Riser Burn performed "Baby Shark," the students smiled and

many got up to dance. The band played a variety of classic rock and contemporary music as well.

"I really enjoyed this performance," said Elijah Ingram, a student at Anne Chesnut Middle School. "It was very exciting and they played a lot of songs we knew the words to."

There are numerous agencies which provide specialized programs in support of Soldiers to ensure they have a solid foundation at home. Military children and youth are registered in these services that cater to supporting their Families. Beyond military programs, the community recognizes the potential trials facing military children.

"It was very hard having a parent in the military because my mom was always gone and my dad worked a lot," said Isaiah Tovar, another student at Anne Chesnut Middle School. "Whenever I needed someone to talk to, I would talk to my grandma. This celebration makes me happy because it lets kids know they are not alone and that there are other military kids going through the same thing."

According to the 82nd Abn. Div. All American Band and Chorus website, their mission is to provide music to Fort Bragg and the local area, and tell the Army story in support of Soldiers and their Families in the community.

"It is great for us and them to show our appreciation, to say thank you for holding down the fort when mommy or daddy is away," Quinones said. "It is important for them to know they are loved and appreciated. It is because of them we are able to do what we do. The strength of our Army is our Families and foundation."

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

FAYETTEVILLE DOGWOOD FESTIVAL

Where: Downtown Fayetteville, Festival Park

When: Concert series, Thursday through Sunday, 6 to 9 p.m.; other downtown events, Thursday through Sunday, 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>.

SOUTHEASTERN REGIONAL NC POETRY FESTIVAL

Where: Downtown Fayetteville, multiple venues

When: Thursday through Saturday

Cost: Free

Get ready for the 2019 Southeastern Regional North Carolina (SERNC) Poetry Festival. SERNC is a four-day festival that takes place in downtown Fayetteville every spring. This festival will have workshops, open mics, themed events and more. Below is this year's schedule of events, including venues:

- Thursday, 6:30 to 9:30 p.m.: LGBTQ open mic at Winterbloom Tea
- Friday, 7:30 to 9:30 p.m.: NERD Slam at The Sweet Palette
- Saturday, 3:30 to 5:30 p.m.: Worst Poem Slam at The Sweet Palette
- Saturday, 7:30 to 10 p.m.: \$300 Youth Slam at Volta Space

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

N.C. COMBAT VETERANS MOTORCYCLE ASSOCIATION SPRING EVENT AND MEMORIAL RIDE

Where: Memorial ride starts at the 82nd Airborne Association, 606 Johnson St. in Fayetteville

When: Saturday, 7 a.m. to 5 p.m.

Cost: \$25 per rider, \$15 per passenger

The N.C. Combat Veterans Motorcycle Association Chapter 15-1 invites you to its inaugural Spring Event and Memorial Ride. The annual memorial ride will be begin at the association. Staff will be onsite from 7 until 8:45 a.m. for departure. Registration will be conducted at the end point, after the conclusion of the ride.

The ride will move to the Harnett County Veteran's Memorial, in Lillington, North Carolina, where a ceremony will be held at approximately 10 a.m.

Riders will depart from the memorial at about 10:45 a.m. and ride to Cox's Double Eagle Harley Davidson, in Pinehurst, North Carolina.

Food, beer, prizes and fun will continue until the final prize raffle at 4 p.m. Music will be provided by Dark Horse. Proceeds from ticket sales, T-shirts, and raffles will be donated to Project Duffle Bag, a Harnett County veterans assistance organization. Food will be provided by Jazzy Jo's Catering. Additional meal tickets are \$5 each.

For more information, visit <https://www.eventbee.com/v/nccvma151/event?eid=106474614#/tickets>.

7TH ANNUAL MILITARY VEHICLE AND GUN SHOW

Where: Denton Farm Park, Denton, North Carolina

When: Saturday and Sunday, 9 a.m. to 7 p.m.

Cost: \$10 for day pass, \$15 for weekend pass; half price pass for anyone with a military ID

This annual event will feature a military vehicle show and a gun and collectors show. Attendees can sign up to shoot a machine gun.

Take a ride in a Huey helicopter for an additional \$85. Veterans can register at the gate for a chance at a free helicopter ride.

For more information and for updates, visit www.dentonfarmpark.com.

RECURRING EVENTS

FAYETTEVILLE BASEBALL FEVER

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

Where: Fayetteville Area Transportation and Local History Museum

Cost: Free

Don't miss out on your spring training in local history. "Baseball in Fayetteville" is the museum's newest exhibit. This exhibit highlights the community's love of the game. As Fayetteville embarks on the newest chapter of baseball here, learn about the nearly 150 years of homerun hitting heritage. "Baseball in Fayetteville" will be open through 2019 and part of 2020.

BREWERY TOUR

When: Sundays, 4 to 5 p.m.

Where: Dirtbag Ales Brewery and Taproom, Hope Mills

Cost: Free to attend

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

CITY MARKET AT THE MUSEUM

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

Where: City Market at the Museum

Cost: Free to attend

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

UPCOMING EVENTS

FAYETTEVILLE WOODPECKERS VS. DOWN EAST WOOD DUCKS

When: May 3, 7 p.m.

Where: Segra Stadium

Cost: \$9 to \$16

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

It is "Fireworks Friday," so fireworks will be illuminating downtown post-game. For more information, visit the Fayetteville Woodpeckers' website at <https://www.milb.com/fayetteville>.

MADEA'S FAREWELL TOUR

Where: Crown Coliseum

When: May 3, 8 p.m.

Cost: Tickets range from \$48 to \$113

Tyler Perry will be hitting the road in what is being billed as "Madea's Farewell Play Tour" which will take over the Crown Coliseum. Tyler Perry's "Madea's Farewell Play Tour" will be Perry's 21st stage play. The play will also star Tamela Mann, David Mann and Cassi Davis Patton.

For tickets, visit <http://www.crowncomplexnc.com/events/detail/tyler-perrys-madeas-farewell-play-tour>

DERBY DAY

Where: Cape Fear Botanical Gardens

When: May 4, 5 to 9 p.m.

Cost: \$100 per ticket

This Kentucky Derby-inspired party and social event will be the right mix of fun and flair for those who want to get "down and derby." Derby Day will be held in the beautiful Cape Fear Botanical Garden, with amazing views of flora and fauna, just 2 miles from downtown Fayetteville.

Expect the finest in fashion, food and entertainment while taking in "The Most Exciting Two Minutes in Sports" (the 145th Run for the Roses will be streamed live). Be sure to dress to impress for the Derby Hat and Dapper Dan contests.

Ticket price includes southern appetizers and desserts, mint juleps, beer and wine, entertainment, Derby Hat and Dapper Dan contests, show raffle and lawn games.

Register for this event at <https://www.capefearbg.org/event/derby-day-2/?fbclid=IwAR2Ppc4A-NCai9sCEPUZVJlJpEiUiYqvN8C1iehBWSCh6OKWSgP4IzEIU8>.

MEMPHIS

When: Opening night, May 9, 7:30 p.m.

Where: Cape Fear Regional Theatre

Cost: \$19

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

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

SPRING FLING

Where: Downtown Spring Lake

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

Cost: Free

The original Spring Fling was rained out, so come out and celebrate on this new date. Spring Lake's Spring Fling is back for its 18th year. This time, the event will be celebrated "street festival" style. Join town residents in Downtown Spring Lake for a day filled with live music, food trucks, brews, car show, art, bounce house, games, vendors, rides, activities and history.

Contact the Spring Lake Recreation and Parks Department at (910) 436-0011 for more information.

GOT TO BE NC FESTIVAL

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

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

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

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

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

Music will be on the Main Stage throughout the festival, including a bluegrass battle May 18.

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

FAYETTEVILLE ROLLER DERBY HOME GAME

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

Where: Crown Arena

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

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

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

Call (910) 438-4100 for more information.

Back to Sleep for your Baby

By VALERIE COLEMAN
NEW PARENT SUPPORT PROGRAM

Sleep safety is an important topic for all new parents. Babies do a lot of sleeping the first days and weeks of their new lives.

Keeping babies safe during sleep has been heavily studied to try to cure Sudden Infant Death Syndrome (SIDS). Since a nationwide campaign was started about this terrible problem in 1994, the SIDS rate in the United States has dropped by 50 percent.

The huge reason for numbers going down was one simple recommendation that babies be placed on their backs to sleep and this has

made a big difference in keeping babies safe and alive. "Back to Sleep" is the popular catch-phrase to remember this.

Here is a full list of things the Department of Health and Human Services (DHHS) recommends to lower risk of SIDS and other sleep-related causes of infant death:

1. Always place baby on his/her back to sleep.
2. Use a firm sleep surface, covered by a fitted sheet.
3. Do not sleep with your baby in an adult bed, on a chair, or on a couch.
4. Keep soft objects, toys and loose bedding out of your baby's sleep area.
5. Pregnant women should get regular health care, not smoke, drink alcohol or use illegal drugs.
6. Don't allow smoking around your baby.
7. Breastfeed your baby.
8. Give your baby a pacifier.

9. Don't let your baby get too hot during sleep.

10. Ensure baby gets routine well baby checks and immunizations.

11. Don't rely on products that claim to reduce the risk of SIDS.

12. Help baby get plenty of time on tummy when he/she is aware and while closely supervised.

The Fort Bragg New Parent Support Program can help in many ways if you or someone you know is expecting or has a new baby. They do free home visits to any military parent on or off post and will come after hours or on weekends so both parents can attend.

This can be helpful for a parent who is breastfeeding for the first time, wants some tips on how to potty train, advice about free or low cost help for new parents, or a million other reasons.

Some of baby's worst dangers lurk at home. Protect her!



- Always place baby on her back to sleep.
- Give baby her own bed (never co-sleep).
- Remove pillows, soft toys, blankets, and bumpers from baby's crib when sleeping.
- Never leave baby unattended in a car.
- Never shake a baby!

For more information, call (910) 396-5521

They also put on singing and crafting Play Mornings monthly across post that are popular and a great way to meet other parents and have fun with your baby or toddler.

For more information, contact them at (910) 396-7951 or to request a Home Visitor.



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

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

Holy Trinity Anglican Chapel

Sun. 8:30 a.m. JFK Memorial Chapel

Protestant Women of the Chapel

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

Tues. Noon 9th floor of SSC*

Tues. 7 p.m. All American Chapel*

Wed. 9 a.m. Linden Oaks Clubhouse*

Wed. Noon WAMC Chapel* (3rd floor)

Thurs. Noon Main Post Chapel Annex*

Thurs. Noon Wood Memorial Chapel

Youth of the Chapel

Sun. 3 p.m. middle/high

school at All American

Chapel (Catholic)

Sun. 6:15 p.m. middle/high school at Division Memorial Chapel (Protestant)

Additional Protestant Religious Education Program

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

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

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

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

Thurs. 3 p.m. Good News Club at Shughart

Elementary*

JEWISH SERVICES

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

BUDDHIST

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

ISLAMIC

Pope Chapel Annex

Fri. 12:15 p.m. Islamic Service

Fri. 1:15 p.m. Islamic Service

WICCAN

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

FOR MORE INFORMATION

www.bragg.army.mil/index.php/about/garrison/chaplain

LEGEND

* Indicated study groups are scheduled to complement school year.

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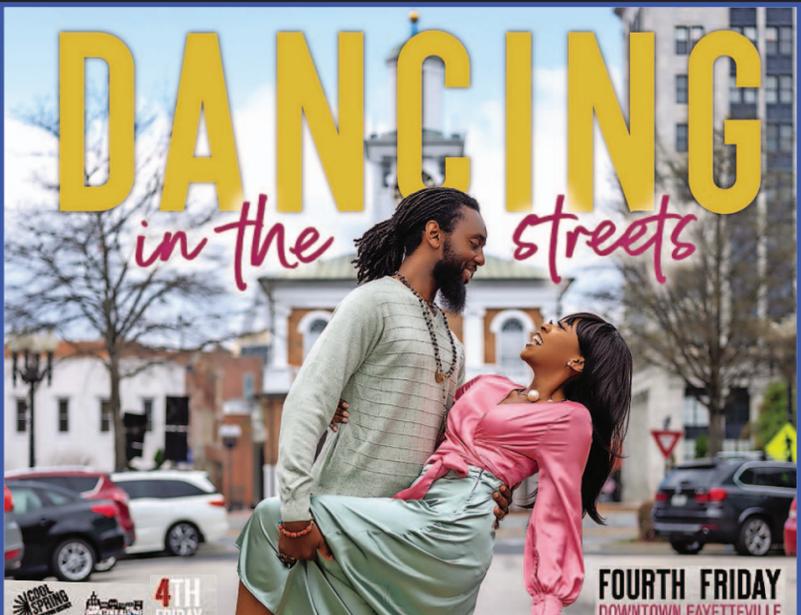
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DANCING in the streets



FOURTH FRIDAY DOWNTOWN FAYETTEVILLE



Stock photo

That's a hot dog!

Summer time brings pet heat risks, hazards, injuries

By CAPT. JENNIFER CATES,
VMD

After a dreary winter, it is finally time to enjoy this beautiful spring weather outside with friends and family — including our beloved dogs.

With the change in weather, however, comes increased heat-related risks. These risks include overexertion heat injury, overheating in a hot car and contact with hot pavement.

While the temperature might feel comfortable to you out in the backyard, dogs have several reasons to be at higher risk of heat injury, even with temperatures in the 70s. There has been a relatively rapid increase in temperature recently, which has not allowed them to acclimate.

Often times, dogs are exerting themselves far more than we are, whether it be by chasing the ball we throw, running around with the kids or running ahead of us on hikes. Dogs are also wearing more insulation with their fur coats and can only cool themselves down by panting or through their paws.

They likely have not been participating in physical training with you all winter either. This is not to say that you should not take your dog outside to participate in activities and adventures, but rather something to be aware of to learn how to mitigate risk.

There are several early signs your dog is getting too hot. A fat, long, scooped or spoon-shaped tongue, squinting eyes, wide "smile" or looking for shade are signs your dog should take a break in the shade or the house.

For particularly hard playing dogs or for added fun, you can consider filling a wading pool in the yard for your dog to cool down in on hot days.

How long it takes your dog to cool down enough will depend on the dog. Once your dog's tongue has decreased in size, he or she is panting less heavily and they are no longer lying on the cool floor or grass, they should be okay to continue playing under continued supervision.

You should also look for signs your dog has significantly overheated. Dogs that have diarrhea or take more than an hour to cool down should take the rest of the day off.

You should see a veterinarian if diarrhea occurs repeatedly or if decreased activity continues for more than 12 hours. If your pet has bloody diarrhea, staggers, collapses, losses of consciousness or has seizures, you should wet your dog down to the skin with cold water, turn the car air conditioning on high and head to the nearest available veterinarian.

It is best to be aware of the early signs of heat stress and intervene before you see the more severe signs as heat stroke can have severe, life-threatening complications.

In addition to exercise related heat injuries, hot weather also brings the risk of dogs overheating in a hot car. Once the temperature is over 65 degrees, it is not safe to leave your dog in the car at all.

The temperature in the car rises to dangerous levels quickly, even with the windows down, ensure you plan your car trips with your dog ahead of time so that you do not have to leave them in the car at any point. At lower temperatures, please use an abundance of caution leaving your dog in the car alone.

A common heat related injury in dogs is paw pad burns. When taking your dog for a walk on asphalt, turf, concrete or sand on a warm, sunny day, touch it with your hand first. If it is uncomfortable for you to hold your hand against, then it is too hot for your dog to walk on it.

Choose a path in the shade or on grass instead. Paw pad injuries from heat could range from a small blister to full-thickness burns. They are very painful and difficult to treat, so it is best to avoid them.

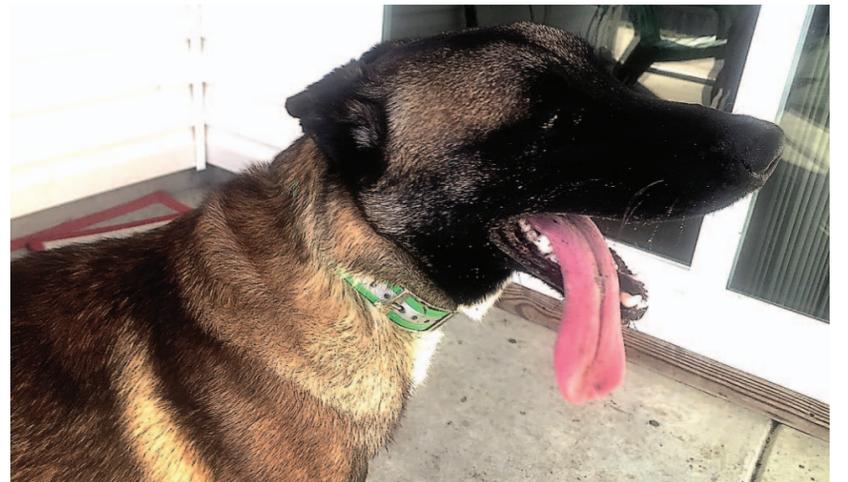
There are so many activities to get outside and enjoy with your dog as the weather gets nicer. Being aware of the risks described equips you with choices that keep your dog healthy and happy to continue the fun all season long.

It is important to be aware of your nearest after-hours veterinary clinic in case of

heat-related or other pet emergency.

If you have any questions regarding

heat-related risks, please contact the Fort Bragg VETCEN at (910) 396-7366.



Courtesy photo

For particularly hard playing dogs or for added fun, you can consider filling a wading pool in the yard for your dog to cool down in on hot days.

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Fayetteville Woodpeckers Opening Day

BY GENEVIEVE STORY

PARAGLIDE

Fort Bragg shared in the festivities at the home opener game for the Fayetteville Woodpeckers, April 18.

With its inaugural season commencing to a capacity crowd, Fayetteville's new Carolina League team brings Minor League Baseball (MiLB) back to the city of Fayetteville and the surrounding community after a 17-year absence.

Baseball in town coincides with the new ballpark addition to the heart of downtown Fayetteville, Segra Stadium. The Woodpeckers, a Class A-Advanced Carolina League entity, are owned and operated by their parent Houston Astros.

Houston Astros executives applauded the efforts of this MiLB team staff and community support for Thursday's opening-day of the Fayetteville Woodpeckers versus the Carolina Mudcats. City Council members said residents have expressed admiration and anticipation for the new downtown minor league stadium. With state of the art facilities, training centers and technology, Segra Stadium and the Woodpeckers have spearheaded residential and retail revitalization, and have been an asset to the coexisting Fort Bragg and Fayetteville communities.

Mark Zarther, president of the Fayetteville Woodpeckers, expressed the surreal feeling of the stadium grand opening during the minor league baseball's return to the city.

"The stadium fits perfectly into the culture," said Zarther. "Everybody I've talked to so far is very impressed. The community is high energy — excited, inspired and thoroughly enjoying America's favorite pastime. Fayetteville is a military town and we support our men and women in uniform."

Victoria Huggins, manager of community and media relations for the Fayetteville Woodpeckers, said the city invested \$40.2 million in the stadium to bolster economic



Photo by Lewis Perkins/Paraglide

The home opener game for the Fayetteville Woodpeckers commenced with a capacity crowd, standing for the national anthem, sung by the 82nd Airborne Division All-American Chorus, April 18.

development downtown. The stadium offers club- and suite-level seating, party decks, a Kids Zone, right-field and home-plate bars, Bird's Nest team store, concessions and other various amenities. Huggins stated, due to the draw of local, state and national coverage during the home opener, the team and the municipalities of Fayetteville and Fort Bragg are not only in the eyes of the local residents, but also the nation.

"It is a very special day for Fayetteville and the military community," Huggins said. "So much pride beaming from the city, and excitement for having baseball back in town. As a daughter of three generations of military servicemen stationed at Fort Bragg, it means a lot to me to be involved in our inaugural season."

A sold-out game, with a registered attendance of 6,202, was the turn-out for the grand opening of the new MiLB stadium. In partnership with Fort Bragg and military Families, the Woodpeckers were tight-lipped about several surprises that unfolded during the opening day game.

The Black Daggers, the U.S. Army Special Operations Command Parachute Demonstration Team, descended upon the Segra Stadium field during the opening ceremony. These four paratroopers displayed an American flag and streams of red smoke.

Houston Astros owner Jim Crane threw out the first pitch, alongside Fayetteville Mayor Mitch Colvin and Gen. Michael X. Garrett, commanding general of U.S. Army Forces Command (FORSCOM).

Garrett, who assumed command of FORSCOM March 21, expressed his excitement to be part of the opening day.

"It is tremendous to be a part of the opening day ceremonies and experience a moment in the city's history,"

Garrett said.

The 82nd Airborne Division All-American Chorus sang the national anthem as two AH-64 Apache helicopters from the 82nd Combat Aviation Brigade, 82nd Abn., Div., flew overhead. The 82nd Abn. Div. Color Guard stood at attention and displayed the nation's colors, and a large American flag was held by fans and displayed on the outfield. The All American Chorus went on to perform two more special songs for the evening: "All-American Soldier" and "America the Beautiful."

Unique to the minor league, is the Fayetteville Woodpecker's mascot "Bunker" and Segra Stadium is positioned between two sets of railroad tracks. Hugging both left and right outfield, the stadium pays homage to this signature connection to the railroad with a home run celebratory bell in the sound of a train horn.

The team's commitment is to the betterment of the city and surrounding communities. The Woodpecker organization has embraced their proximity to Fort Bragg and focuses their efforts into providing opportunities to give back to local heroes.

In accordance with the team's mission, the organization's military-focused charities reflect a commitment to the financial, emotional, physical and recreational support of Soldiers, veterans, and their Families. They also provide funding for future leaders programs and resources to development youth sports in the community.

A fireworks show concluded the first Woodpeckers game for the season.

For more information regarding the Fayetteville Woodpeckers upcoming team schedule, please visit <https://www.milb.com/fayetteville>.



Photo by Genevieve Story/Paraglide

The Fayetteville Woodpeckers baseball team watch as the Black Daggers, the U.S. Army Special Operations Command Parachute Demonstration Team, descend upon Segra Stadium during the opening day ceremony.

Wildlife Branch holds youth hunt

BY GENEVIEVE STORY

PARAGLIDE

The Fort Bragg Wildlife Branch, in conjunction with the state of North Carolina, holds a seasonal youth hunt, introducing the sport to the younger generation.

The Youth Turkey Hunt event is an opportunity for junior hunters, up to 17 years of age, to spend time afield with experienced adult hunters, gaining the necessary knowledge and skills to become safe and responsible members of the hunting community.

For each hunting season, which includes big game, such as deer; small game, such as squirrel; waterfowl and turkey — youth hunting is comprised of a day, or sometimes a whole week, before the regular season. During this timeframe, youth can work alongside skilled hunting instructors and execute the sport and craft, immersed in the environment on Fort Bragg's 251-square miles of hunting ground.

From April 6 through 13, Fort Bragg Wildlife Branch, in alliance with the Quality Deer Management Association (QDMA) and the Military Warriors Support Foundation, hosted the Youth Turkey Hunt of Fort Bragg. This week-long mentored and "unmentored" hunting experience for the military Family youth, provided a safe and experienced environment supported by licensed adults, and a social network for youth interested in hunting. The Youth Turkey Hunt encouraged hunter education and for youth to get out into the woods.

"My daughter, Elyse, and I

participated in the unmentored turkey hunt," said Sgt. 1st Class Oscar Morales, SISCO, Headquarters and Headquarters Battalion, 82nd Airborne Division. "We started the hunt at around 5:30 a.m. at Latham and saw the sunrise, and then made our way to Normandy. We had a great time, we were out in the field for about five to six hours."

Prior to the youth hunting experience, the Fort Bragg Wildlife Branch in conjunction with the N.C. Wildlife Resources Commission and National Wild Turkey Federation provided a "field day" for readiness. Children and their Families were offered a seminar March 26, with 140 registered in attendance at the XVIII Airborne Corps Noncommissioned Officer Academy, according to Alan Schultz, chief, Fort Bragg Wildlife Branch.

Youth were taken to the range and introduced to firearm safety, in depth turkey calling and decoy techniques. They received tips about hunting intelligent and challenging game such as turkey and a general overview for hunting preparedness.

Sgt. Ryan Geri, Fort Bragg Soldier, and his daughter, Christina Geri, also participated in the annual Fort Bragg Wildlife Branch Youth Turkey Hunt, stating their successful hunting experience and standing tradition. In its 12th year, this youth hunt continues to provide children of military serve members exposure to the great outdoors, quality time with their loved ones and an avenue to develop confidence, social skills and discipline.

Youth and their guardians were offered



Courtesy Photo by Fort Bragg Wildlife Branch

Sgt. Ryan Geri, Fort Bragg Soldier, and his daughter, Christina Geri, participated in the annual Fort Bragg Wildlife Branch Youth Turkey Hunt. The Family proudly displays their hunting success. The event took place April 6 through 13.

to one of two experiences for the hunt: a mentored hunt, providing youth with a Fort Bragg Wildlife Branch sanctioned mentors, or an unmentored hunt, provided the parent or guardian was licensed in the sport.

Over the course of those seven days, several hundreds of individual youth turkey hunts took place. Unique to other wild game, turkeys are specialized and exceptionally challenging. The Youth Turkey Hunting experience not only gave youth a hunting experience, but an opportunity at exercising an intellectual and advanced skill set.

"Turkey hunting is the chess game of hunting," Schultz said. "Regarding other animals, you can ambush them, by

understanding their patterns and behaviors. But turkeys need convincing. They are very canny, skilled to see movements and have eyesight almost 10 times better than a human."

After the hunt, an event social offered military children and their guardians hotdogs, hamburgers and other various refreshments, as well as a way to connect with other hunters in the community. The QDMA provided photos for hunters, turkey check-in, scoring and prizes for the youth.

Fort Bragg Wildlife Branch offers seasonal hunting windows, including the upcoming fall, Youth Deer Hunt and a Wounded Warrior Hunt. Visit <https://bragg.sportsman.net/> for details.



Spring is the season for a new start

By **GENEVIEVE STORY**

PARAGLIDE

Spring is the season of rebirth, yearning and expectation. Emerging from winter, we still awake to very dark mornings, with a biting chill in the air. There are signs of warmer days, but those signs sometimes feels like teases rather than promises.

We persist on hope, and that primal feeling in our bones that warmer days will come. That change, and the new season, it is a good thing. It will benefit us.

Like any other time in transition, there is an element of discomfort that accompanies the season and change:

“Are we ready?”

“We are not there yet.”

“We are not well equipped.”

“We aren’t our sharpest, and we are not set.”

As an athlete, and as a human, I have come to recognize this through experience. It takes confidence and patience to sit with these feelings, to crave and not rebel amid expectations and change. It takes humility to accept who we are, and have content where we are and stay motivated for where we are going.

With the dawn of a new season, now is a time to embrace successes, take some losses, or sacrifice, and embrace the sting of our limitations, for the moment. That “ready or not, here we come” to the ‘spring’—a commitment to working hard—a yearning to achieve

and to be born into something greater. No champions will be crowned today, but tomorrow we are all chasing something.

This season we explore the rite of spring, approaching a new season with new goals fresh in our hearts and the endurance to tackle them. Much like growing up, is growing into a new phase of the year. As athletes, we understand these phases distinctly.

Like the birth of a new baseball stadium, the starting line of half and full marathon training, the cycling season, with open air and long roads ahead and a triathlon on the horizon, we are all trying to hit it straight out of the ballpark—an exciting, rejuvenating, promising, fresh start.



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WELLNESS

Runners Corner

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. Entry is free and registration is not required. Kick off the season, **April 27** 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. Check <https://runsignup.com/Race/NC/Fayetteville/JohnENormanCincodeMayoRace> for details.

The Derby Run 10K and 5K:

Saturday, May 18 at 8:15 a.m. for 10k start and 8:30 a.m. for 5k start at 2301 Fort Bragg Rd. The fourth annual Derby Run in memory of Justin Lopes is a 5k Run/Walk and 10k Run that will begin at Terry Sanford High School, Justin's alma mater. The course runs through the scenic Haymount area as well as the Fayetteville Technical Community Campus and will finish at the Terry Sanford High School baseball field. Participants are encouraged to wear their best Derby Run hat and/or costume. Prizes will be awarded to top 5k and 10k finishers. Additional awards for Best Costume, Best Decorated Derby Hat, Best Decorated Stroller, First Dog to Finish, First Stroller to Finish, Largest Team. Check <https://its-go-time.com/the-derby-run/> for details.

Beat the Bridge 10k and 5K:

Saturday, May 18 at 8 a.m. for 10k start and 8:10 a.m. for 5k start at Riverwalk Park, 421 Court St. Jacksonville, N.C. Presented by Marine Chevy, the event will highlight the beauty of the City of Jacksonville, the commitment of the military community and local community working together, and the determination and

optimism of local athletes. Part of the proceeds benefit the Semper Fi Fund. Participate from anywhere. Register for one of our virtual categories. Register by May 1 to guarantee your t-shirt. Check <https://runsignup.com/Race/NC/Jacksonville/BeattheBridge10k5k> for details.

Get Fit

Yoga and Beer with Robin:

Let Robin help you chart a course to inner peace and greater flexibility. Enjoy yoga and then drink beer. Pinky Pig will be coming through to serve up some great barbecue. Come to the bar and enjoy any number of delicious post-yoga beers **Sundays** from 11 a.m. to noon at Huger Mugger Brewing Company 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.

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.

Aqua Cycle:

Tired of a normal spin class? If the answer is “yes,” then

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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.

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 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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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.

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LOST: Black Male Cat. Approx 15 lbs. Name: Sully. Last seen in Raeford, NC on April 17th. He is a declawed, red collar, black tag. Call (910) 336-2299. Owner: Kristen



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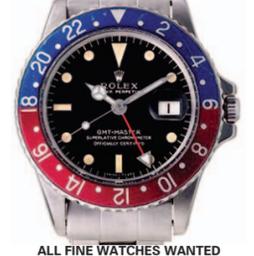
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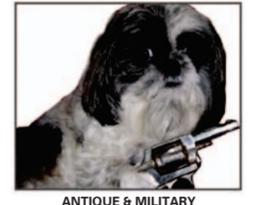
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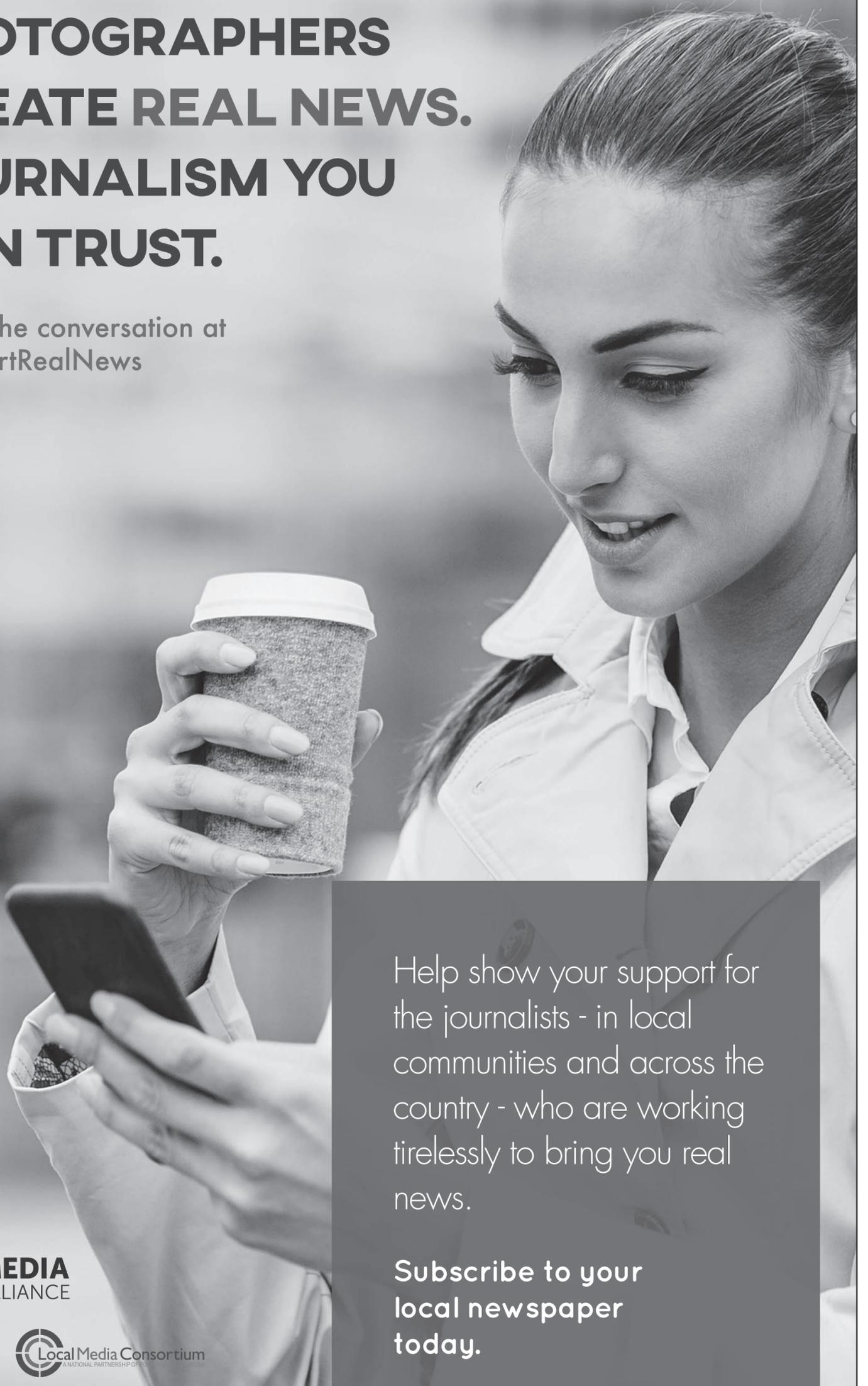
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