

# THE PARAGLIDE

Telling the Fort Bragg Story™

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**All American Hall of Fame welcomes 16 inductees:** The ceremony at the division's Hall of Heroes included Medal of Honor recipients, World War II veterans and other guests.

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**Summer outdoor education celebrates the year of the snake:** Families gathered at Smith Lake Recreation Area, May 24, to learn about snakes during the FMWR's Summer Outdoor Education Program.

### SPORTS - D



**All American Week:** Soldiers from the 82nd Airborne Division competed to be the best battalion in various events around Fort Bragg during All American Week, May 20 through 23.

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### THE PARAGLIDE



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## New leader takes over garrison

### Col. Kyle Reed passes the baton to Col. Phillip Sounia

By FORT BRAGG GARRISON  
PAO

Fort Bragg, the Home of the Airborne and Special Operations Forces, will welcome a new garrison commander in a change of command ceremony scheduled for 9:30 a.m., Friday.

Col. Phillip D. Sounia will assume command of Fort Bragg from Col. Kyle A. Reed in a ceremony to be held at the Main Post Flag Pole.

Sounia, a native of Pompano Beach, Florida, enlisted in the U.S. Army in 1989 and served as a M1 tank crewman. He later attended and graduated from the United States Military Academy in 1995, with a Bachelor of Science in Engineering



Col. Phillip D. Sounia



Col. Kyle A. Reed

Management, and received his commission as a second lieutenant of armor.

Sounia is no stranger to Fort Bragg. He served with the 82nd Airborne Division in January 2009, and deployed to Afghanistan that April, as the deputy director for the

Commander's Action Group.

In January 2010, he deployed directly from Afghanistan to Iraq, to serve as the operations officer for 3rd Squadron, 73rd Cavalry (Airborne), 1st Brigade, 82nd Abn. Div.

He returned from Iraq, in August 2010, and served as the

squadron executive officer and later as the brigade executive officer, 1st Brigade Combat Team, 82nd Abn. Div. In 2012, Sounia subsequently served as the commander for 3rd Sqd., 73rd Cav. (A).

Following command, Sounia was selected for the Army's Advanced Strategic Planning and Policy Program, where he attended a doctoral program at the University of North Carolina at Chapel Hill's School of Public Policy.

Upon completion of his studies, he returned to Fort Bragg to serve as the director, U.S. Army Forces Command Commander's Initiatives Group.

Sounia's awards and decorations include the Bronze Star with two Oak Leaf Clusters, the Meritorious Service Medal with four Oak Leaf Clusters, the Combat Action Badge, the Master Parachutist Badge and the Ranger tab among others.

## Paratroopers honor the fallen at All American Memorial Ceremony



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

Paratroopers of the 82nd Abn. Div. hold up a floral wreath during the All American Week Memorial Ceremony at Fort Bragg, May 22. The memorial was one of many All American Week events designed to connect and celebrate the proud lineage of the 82nd Abn. Div. paratroopers.

By SPC. JUSTIN STAFFORD  
49TH PAD

Paratroopers, both past and present, and their Families gathered outside of the 82nd Airborne Division War Memorial Museum on Fort Bragg May 22 to remember their fallen comrades.

The 82nd Abn. Div. Memorial is a ceremony held annually as part of All American Week to honor the memory of paratroopers who died in combat or training.

Maj. Gen. James Mingus, commanding general, 82nd Abn. Div., said All American Week is a week of celebration, remembering, friendly competition and a time to bring old and new together.

This year's theme was "jumping into history" to recognize the significance of the 75th anniversary of D-Day and Operation Market Garden.

"Today, we are here to honor, celebrate and pay tribute to 16,157 paratroopers that paid that ultimate sacrifice in defense of our freedom our nation and the world," Mingus said. "If those 16,157 paratroopers were standing here today, their message would be

clear: "Treat every jump as if it were your last jump, enjoy every day, live life to the fullest and, most importantly, ensure my sacrifice was worth it."

Mingus believes that remembrance and honor are the "connective tissue" for past, present and future paratroopers.

"Never forget why paratroopers serve, the vision and the idea that this country is all about and why it's worth paying the ultimate sacrifice," he said.

The highlight of the ceremony came as paratroopers from multiple generations placed three floral wreaths in front of the 82nd's memorial monuments.

The stone memorials outside of the museum are engraved with the names of paratroopers from World War I to the Iraq and Afghanistan campaigns who died in combat, as well as those who lost their lives training.

Added to the memorial this year are the names of two paratroopers: Spcs. Gomer Wallace, 319th Field Artillery, killed in 1976, and Joshua W. Colburn, 505th Infantry Regiment, who died in 2005.

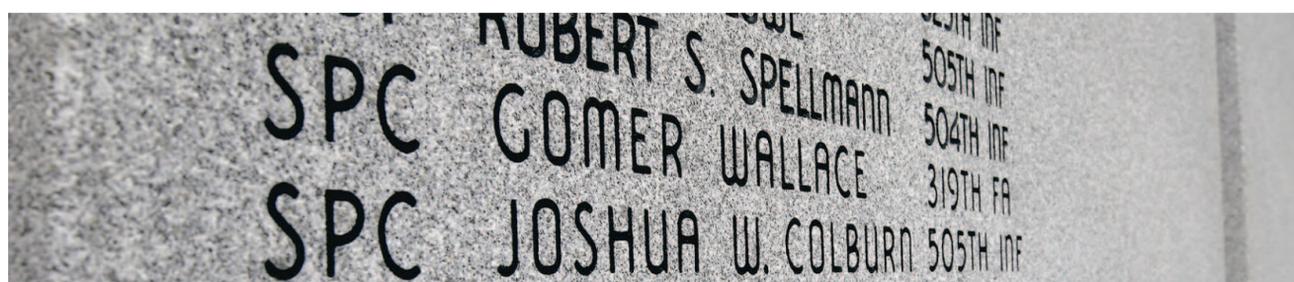
Paratroopers, distinguished guests and Gold Star Families honored the division's



An Army Gold Star Family member places a yellow rose on the base of the Global War on Terror memorial.

fallen with a moment of silence and reflection. The All American Chorus performed the songs "If Not Me," and "Amazing Grace." Gold Star Family members then placed yellow roses at the base of the Global War on Terror memorial in remembrance of those who made the ultimate sacrifice.

"Part of our contract is to remember those that didn't return home," said Robert Dvorchack, an author and historian, at the memorial. "Look at the 227 names on the monument. We remember them, but they were more than just names and numbers. You have everyone from the lowest rank of private to a lieutenant colonel, ages 18 to 43, from infantry, artillery, engineers, clerks and cooks; that's what the 82nd Airborne is."



A stone memorial displays the names of paratroopers killed in combat or while training for combat. The names of two paratroopers added this year are Spcs. Gomer Wallace, 319th Field Artillery, killed in 1976, and Joshua W. Colburn, 505th Infantry Regiment, who died in 2005.



## PARAGLIDE

# Fort Bragg Voices

**This week, we asked:**  
Why do you skate?



"I like the jumps."  
**Emily Shaffer,**  
Airborne Ice Skating  
Team member



"I like the challenges of ice skating and spreading the word that we have a rink on Fort Bragg."  
**Justin Nolen,**  
Airborne Ice Skating Team member



"The freedom. Skating is an avenue where I can express myself artistically and have the freedom to try things."  
**Nicole Lillard,**  
Airborne Ice Skating Team coach



"I like being out on the ice with friends and getting ready for competitions."  
**Sophia Vacanti,**  
Airborne Ice Skating Team member

## Lacing up for the love of skating

By **ALYSON HANSEN**  
PARAGLIDE

Those of us who take on the challenges of ice skating have our own reasons. Some people want to just be able to stand up and move around the ice a bit. Others want to build up their skills to play hockey. A few of us attempt to tackle difficult jumps and spins, or learn how to ballroom dance while wearing skates.

In 1994, right before I turned 10 years old, I had watched Oksana Baiul stun the world by besting Nancy Kerrigan at the Winter Olympics in Lillehammer, Norway.

I was entranced by this person who was only a few years older than me. If she could do it, so could I, I thought.

There were several parks near my childhood home in Montana that were flooded every winter to become ice skating rinks. Once it became cold enough, water trucks would park on the streets next to the parks and spend several days pumping water over the open fields.

One was only a few blocks from my house, so after school my brother and I would grab our used, battered skates and trot down the alley to the park. The tennis courts were flooded to become a hockey rink where my brother spent most of his time. I stayed in the larger area of the park and tried to recreate, with limited success, what I had seen on TV.

Fast forward two years to when I was 12. Hockey had seen a huge boom in the area, and the parks department had started offering figure skating lessons in the parks. Someone thought it would be a good idea to open up an indoor skating rink, and thus, the Valley Ice Garden, my soon-to-be home-away-from-home, was born.

That same year, I underwent one of the most traumatic experiences of my life. It continued in a lengthy court battle that

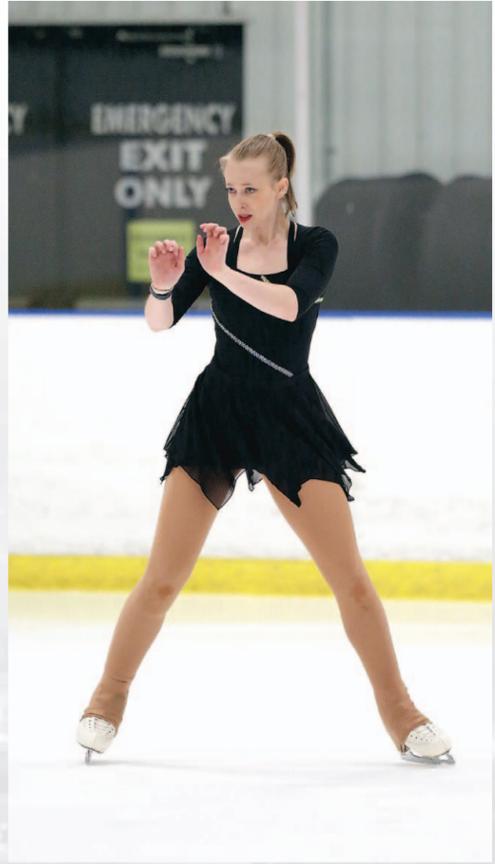


Photo credit Carmo Photography  
Alyson Hansen competes at the Powerade State Games in Charlotte, North Carolina, March 30.

concluded with court ordered therapy. My therapist told my mom I needed a space where I could go to start healing. My mom picked the newly opened indoor skating rink.

I started taking group lessons with a couple of other girls who would become friends and rivals as the years went by. The ice was magic. It made me forget everything except what I was working on. I became a perfectionist and someone who strove to be the best. I found my home, the place where I truly belonged.

That feeling is something that has continued into adulthood. The smell of a skating rink — they all smell the same — welcomes me every time I head to a new rink.

I didn't win Olympic gold. I never came even remotely close to that dream. However, I did find my sense of home and purpose.

My husband has been in the Army for awhile, and of course, with that comes various moves.

I took 13 years off the ice. As we prepared to move to Fort Bragg, I did some research and found Cleland Ice Rink right on post.

It was perfect. My first week here, I pulled my old skates out of storage and set foot on the ice. I was home again.

Since that first time back on the ice, I have become a coach and helped to create the Airborne Ice Skating Team as its assistant director.

I have become a competitive adult, placing 14th in the nation in my level in 2017 and winning the Powerade State Games in Charlotte, North Carolina this past March. I'm competing at my first international competition in October. I'm working toward helping others achieve their on-ice goals almost every day, and I absolutely love doing it.

Skating to me is more than just gliding across the ice and looking graceful. Ice skating became the avenue where I found out who I was. It became a way for me to experience home.

## THE PARAGLIDE

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# IN BRIEF

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### Staff Sgt. Justin B. Stillwell

This notice serves as an advisory for all those in possession of the property of Staff Sgt. Justin B. Stillwell, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Lt. Col. Derrick D. Charles, summary court martial officer, with all inquiries at (843) 810-3667 or email derrick.d.charles.mil@mail.mil.

### Staff Sgt. Kyle Boozer

This notice serves as an advisory for all those in possession of the property of Staff Sgt. Kyle Boozer, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Capt. John E. Strickland, summary court martial officer, with all inquiries at (910) 432-3450 or email john.strickland@socom.mil.

### Lt. Col. Christian Blevins

This notice serves as an advisory for all those in possession of the property of Lt. Col. Christian Blevins, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Maj. Terence Staples, summary court martial officer, with all inquiries at (910) 689-8799 or email terence.k.staples.mil@mail.mil.

### Sgt. Jafet Rodriguez

This notice serves as an advisory for all those in possession of the property of Sgt. Jafet Rodriguez, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Jes Fontanilla, summary court martial officer, with all inquiries at (813) 536-9919 or email jes.c.fontanilla.mil@socom.mil.

### Sgt. 1st Class Justin L. Goff

This notice serves as an advisory for all those in possession of the property of Sgt. 1st Class Justin L. Goff, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Capt. Richard Mades, summary court martial officer, with all inquiries at (540) 903-0951 or email richard.mades@socom.mil.

### 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.

### 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.

# All American Week best guidon competition



Photos by Pvt. Chantel Green/49th PAD

**Above:** Spc. Nelson Dejesus Mateo, 3rd Sqdn., 73rd Cav. Reg., 1st BCT, 82nd Abn. Div., stands at ease during the best guidon-bearer competition.

**Right:** Paratroopers assigned to 3rd Sqdn., 73rd Cav. Reg., 1st BCT, 82nd Abn. Div., stand at parade rest during the best guidon-bearer competition at Towle Stadium May 14. The guidon is a representation of the unit and its command element.



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## June

SUN	MON	TUE	WED	THU	FRI	SAT
						1 WIL 5 PM
2 WS 6 PM	3 WS 7 PM	4 WS 7 PM	5	6 WIL	7 WIL	8 WIL
9 WIL	10 MB 7 PM	11 MB 7 PM	12 MB 7 PM	13 POT 7 PM	14 POT 7 PM	15 POT 6 PM
16 POT 6 PM	17	18	19	20 MB	21 MB	22 MB
23 MB	24 SAL	25 SAL	26 SAL	27 MB 7 PM	28 MB 7 PM	29 MB 6 PM
30 MB 6 PM						

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## All American Hall of Fame welcomes 16 inductees

By PVT. CHANTEL GREEN  
49TH PAD

The 82nd Airborne Division inducted 16 into its Hall of Fame at Fort Bragg May 22.

The ceremony at the division's Hall of Heroes included Medal of Honor recipients, World War II veterans and other distinguished paratroopers who have served in the 82nd Abn. Div.

"This is a great tradition that we'll keep on in the future," said Maj. Gen. James J. Mingus, commanding general, 82nd Abn. Div. "It gives us the opportunity on any given day to walk among heroes. It gives us the opportunity to reflect on the past and is clearly an inspiration to the future."

Mingus said they were all students of military history and were making history by establishing legacies that will forever be enshrined.

The All American Hall of Fame commemorates those members of the 82nd who have achieved the highest distinction through acts of combat valor, leaders who have ushered in revolutionary change and members who have had significant impact to American society beyond their time in the division.

To be eligible for induction, nominees must have served a minimum of two years, must be at least two years removed from the 82nd and no longer eligible to serve in the division.

Earlier this year, nominee packets were presented before an evaluation board of senior leaders within the division. This year's selections included the Hall of Fame's first chaplain, first chief warrant officer and its third female.

"It's an honor and a pretty unique situation for me because the commander that selected me to be division sergeant major is also being inducted this



Photos by Sgt. 1st Class Daniel Wallace/82nd Abn. Div.

Former 82nd Abn. Div. paratroopers listen for their names to be called during the 2nd Annual 82nd Abn. Div. All American Week 2019 Hall of Fame Induction Ceremony.

year," said inductee retired Command Sgt. Maj. Steven R. England.

Others were similarly surprised to be included as the newest additions to the division Hall of Fame.

"This is truly an honor and was totally unexpected," said inductee retired Command Sgt. Maj. Joseph R. Allen. "When I received the call saying that I was nominated to be inducted, I thought they had the wrong number, I said you gotta have the wrong guy."

For some of the inducted, May 22 wasn't the first time they had been together at Fort Bragg.

"A lot of the guys that were inducted today, I served alongside half of them right on Ardennes (Street)," Allen said. "I served with the 82nd from the late 1970s to the 2000s."

Allen gave parting words of advice to the young paratroopers.

"To the young Soldiers I would say, do the right thing and get promoted," he said.

This year's inductees included:

**Command Sgt. Maj. Joseph R. Allen**, who served as command sergeant major for the 82nd Abn. Div. Support Command from 1999 to 2002.

**Gen. Lloyd J. Austin**, who commanded 2nd Battalion, 505th Parachute Infantry Regiment during Operation Safe Haven in Panama.

**Maj. T. Moffatt Burriss**, who died Jan. 4, 2019 at the age of 99. Burriss commanded Company I, 504th Parachute Infantry Regiment in combat during the Waal River Crossing as part of Operation Market Garden and fought with the division in North Africa, at Anzio Beach, Sicily and the Battle of the Bulge.

**Lt. Col. Robert E. Chisolm**, who enlisted as a paratrooper with the 508th Parachute Infantry Regiment, served as a corporal during Operations Neptune and Market Garden and participated in the Battle of the Bulge during WWII.

**Lt. Gen. George A. Crocker**, who commanded 1st Battalion, 505th PIR and deployed to Grenada as part of Operation Urgent Fury in 1983.

**Lt. Col. Gordon "Duke" Dewey**, who served during the division's short-notice deployments to support Operation Power Pack and as part of Task Force Detroit.

**Pfc. Robert W. Dodson**, who died Oct. 25, 1943, at the age of 22, served with the 456th Parachute Field Artillery Battalion in Sicily during WWII.

**Command Sgt. Maj. Steven R. England**, who served 36 years in uniformed service with multiple deployments. From 1991 to 2000, he served as the 4th Battalion, 325th Airborne Infantry Regiment operations sergeant major during Operation Desert Storm.

**Chaplain (Brig. Gen.) Augustus F. Gearhard**, who died March 19, 1974, at the age of 80. He was commissioned as an Army chaplain in 1918 and assigned to the American Expeditionary Forces in France.

**Capt. Kimberly N. Hampton**, who died Jan. 2, 2004, at the age of 28. Hampton served as the Delta Troop commander for 1st Squadron, 17th Cavalry Regiment from 2002 to 2004.

**Lt. Gen. James H. Johnson Jr.**, who was a platoon leader and company commander in the 501st Parachute Infantry Regiment.

**Brig. Gen. Dennis D. Kerr**, who served in the division a total of seven years from 1976 to 1991.

**Gen. Carl W. Stiner**, who served in the 82nd Airborne Division from 1972 to 1993 and served as commander, U.S. Army Special Operations Command from 1990 to 1993.

**Maj. Gen. Reuben H. Tucker**, who died Jan. 6, 1970, at the age of 58. He commanded the 504th PIR in combat from 1942 to 1945 from Sicily to Germany.

**Lt. Gen. John R. Vines**, who commanded 4th Bn., 325th AIR during Operation Just Cause in Panama.

**Chief Warrant Officer 4 Johnathan A. Ward**, who died Jan. 17, 1998, at the age of 87. He served with the 504th PIR throughout WWII in Sicily, Italy, Nijmegen, the Netherlands and Germany and was the Army's first parachute rigger warrant officer.



Retired Lt. Col. Robert Chisolm, an 82nd Abn. Div. veteran, sits in front of a plaque of himself during the ceremony. Chisolm was among 16 of the division's former paratroopers honored.

## Army on track to meet FY19 recruitment goals, adds more females to combat arms

By DEVON L. SUITS  
ARMY NEWS SERVICE

WASHINGTON — The Army is on the path to meet its fiscal year 2019 recruiting mission: to bring 68,000 Soldiers into the active component, 15,600 into the Army Reserve and 39,000 into the National Guard, said the Army's G-1.

At the same time, the Army is maintaining its high entry standards while further increasing positions for women in brigade combat teams.

"The Army increased its entry standards last summer in a number of areas, making clear its commitment to 'quality over quantity,'" said Lt. Gen. Thomas Seamands, the Army's deputy chief of staff, G-1.

To help bolster this year's numbers, recruiting has developed a "total Army approach," Seamands said. For example, the Army added almost 800 recruiters to the force over the past year and the U.S. Army Training and Doctrine Command assumed oversight over all accessions to help counter a tough recruiting market.

"Today, only 29 percent of 17- to 24-year-olds in the U.S. are eligible to serve in the Army, and only one in eight has a propensity to enlist in the military, making Army accessions a challenging

and resource-intensive activity," he said.

To entice people to join, the Army has allocated \$450 million toward active-duty bonuses. Further, the force assigned \$50 million to "add, relocate, or improve recruiting centers in more than 200 critical markets," Seamands said.

The Army made improvements to the goArmy.com website all while establishing effective communication practices on each of its social media platforms, he added.

The Army has also made improvements to the way it assesses and trains the "right Soldier for the right job," Seamands said.

For starters, the Occupational Physical Assessment Test, or OPAT, continues to provide the Army with a physical-assessment screening tool for both officer and enlisted accessions.

"Passing the OPAT ensures new Soldiers, regardless of gender, can succeed in an assigned specialty and verifies their readiness for training," Seamands said. "Longitudinal studies on OPAT are being conducted by the Army Research Institute to measure OPAT's effect on morale, cohesion and readiness."

Soldiers or recruits that meet the standards set by a military occupational specialty should have the opportunity to serve in that career field, regardless of



Photo by Sgt. Thomas Mort/Army.mil

2nd Lt. Tatiana Miranda, right, third platoon leader with Co. A, 2nd Bn., 34th Armored Regt., prepares for tank gunnery at Grafenwoehr Training Area, Germany. Miranda is the first female officer in the 1st ABCT, 1st Infantry Div., to qualify with an Abrams tank. The Army plans to open up even more assignments for female officers this year at forts Stewart, Drum, Riley, Polk and in Italy, according to the Army's G-1.

their gender, he said.

"To date, the Army has successfully accessed and transferred more than 1,000 women into the previously closed occupations of infantry, armor and field artillery," he said. "Currently, 80 female officers are assigned to infantry or armor positions at forts Hood, Bragg, Carson, Bliss and Campbell."

The Army first opened positions in combat-arms battalions to women in 2016. That year the first females graduated field artillery training as cannon crew members and the first female officers were accepted into the infantry branch.

In 2019, the Army plans to open up more assignments for female officers at

forts Stewart, Drum, Riley, Polk and in Italy, Seamands said.

"Additionally, the Army has transferred, trained and assigned female NCOs into both infantry and armor specialties," he said. "As part of a multi-year effort to open other assignments to female Soldiers, as many as 500 women currently serve in every active brigade combat team in the Army down to the company level."

In addition, 30 females have graduated Ranger School since 2015.

Moving forward, the Army will continue to evaluate its gender integration processes all while employing a standards-based approach to increase unit diversity, he said.

# The Battle Hymn of the Republic

## All American Week Prayer Breakfast



Chaplain (Capt.) Brandon Schlecht, center, 1st Bn., 319th AFAR, 3rd BCT, 82nd Abn. Div. chaplain, leads the All American Week 2019 prayer breakfast attendees in singing "The Battle Hymn of the Republic" inside the Iron Mike Conference Center May 21.

Photos by Sgt. 1st Class Daniel Wallace/82nd Abn. Div.



Guest speaker, Tim Payne, left, a former 82nd Abn. Div. paratrooper, accepts a token of the division's gratitude from Chaplain (Lt. Col.) Brian Koyn, the 82nd Abn. Div. chaplain, during the All American Week 2019 prayer breakfast.



Rabbi (Capt.) Yisahar Izak, 3rd BCT, 82nd Abn. Div. rabbi, says a prayer for peace during the prayer breakfast.



Payne, left, speaks to the audience inside the Iron Mike Conference Center.



Koyn, gives the benediction during the prayer breakfast.



Honduran troops getting trained in the use of an M40 recoilless rifle, mounted on a Jeep, during the joint US/Honduras Exercise AHUAS TARA II (BIG PINE), June 22, 1984. The instructors are from 1st Bn., 7th SFG.

# From the Archives



Honduran troops getting trained in the use of an M2 .50-caliber Browning machine gun on an M-3 tripod, June 22, 1984 during the joint US/Honduras Exercise AHUAS TARA II (BIG PINE) by instructors from 1st Bn., 7th SFG.

Photos contributed by catalog archives.gov

# 82nd Airborne Division hosts annual Best Chef Competition



**Left:** Staff Sgt. Catherine Acosta, a culinary specialist assigned to 82nd Sust. Bde., 82nd Abn. Div., peels sweet potatoes during the division's third annual Best Chef Competition, May 20. The competition tested the culinary skills of each paratrooper to promote food service excellence throughout the 82nd.

**Right:** Spc. Naomii Ross, a culinary specialist assigned to 1st BCT, 82nd Abn. Div., layers chopped vegetables on bacon during the event.



Photos by Spc. Aleea Oliver/49th PAD



Acosta, a culinary specialist assigned to 82nd Sust. Bde., 82nd Abn. Div., presents macaroons to judges during the competition.



A slice of pork belly sits on a plate during the 82nd Abn. Div. third annual Best Chef Competition. The event was one of several held during All American week



Sgt. Michael Zapata, a culinary specialist assigned to the 82nd Abn. Div., plates a carrot purée during the event.

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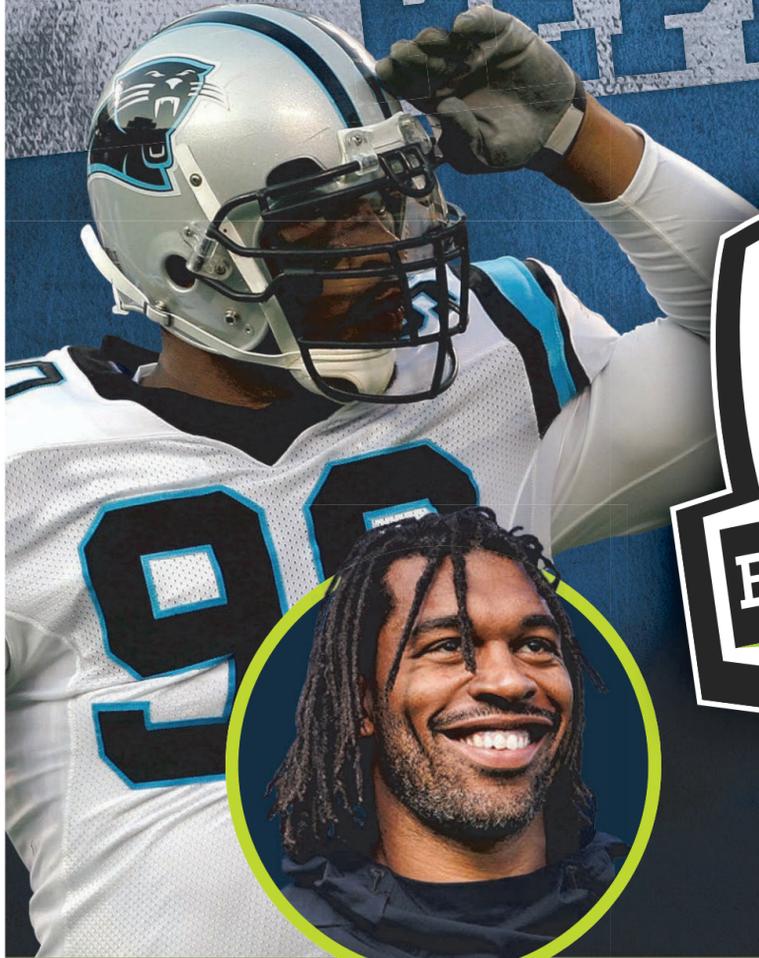
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## Scale back your fear

### Summer Outdoor Education Program celebrates year of the snake

By GENEVIEVE STORY  
PARAGLIDE

Every year, North Carolina State Parks celebrate an annual theme for their park system.

Programs, festivals and events throughout the state support this annual theme, including a partnership with Fort Bragg's Family and Morale, Welfare and Recreation (FMWR) Outdoor Recreation Division and Carvers Creek State Park, North Carolina. The theme for this year is the snake.

On May 24 at Smith Lake Recreation Area pavilion, a crowd consisting of approximately 40 military Family members gathered to celebrate this theme with a summer outdoor education program called, "Scale back your fear with the year of the snake."

This event provided attendees with education on snakes native to the Carolina Sandhills, as well as snakes common to the southeastern U.S. The summer outdoor education program is a four-part wilderness education series for youth, is open to the public with no registration required and the cost is free.

Colleen Bowers, park superintendent for Carvers Creek State Park, said the theme is chosen by the Interpretive and Education Council, a diverse group of rangers and park staff members from across the state. They select the theme each year based on suggestions and nominations.

"We started in 2010 with birds as a theme for the state parks," Bowers said. "The theme is chosen by the council, and then a bandana is created to go along with the theme. This is the year of the snake and it has been a great start to our summer program."

Park staff and educators have utilized various resources to tie in to this year's annual theme. Bowers and the park's corn snake named Pyro, a



Luther Barrett, 5, and his mother, Virginia, are given instructions on how to pet the scales of Pyro, a constrictor native to North Carolina.

constrictor native to North Carolina, were an example of this. The two offered attendees a hands-on experience including shed snake skins and interaction with Pyro, available to anyone interested in getting up close to these unique, scaly, reptiles. As a former forest ranger for North Carolina Division of Parks and Recreation, Bowers is knowledgeable about the environment and biology of North Carolina wilderness.

"Pyro was bred in captivity," Bowers said. "So the frequency at which he sheds and eats is typically more than a snake seen in the wild. Pyro eats

once a week so he sheds once every one to two months. A snake in the wild might only shed twice a year."

Bowers described differences between snakes like Pyro and snakes found in the wilderness of North Carolina, differentiating between body size, humidity and temperature of climate, frequency of shedding and dietary preferences.

As members of the squamata order of reptiles, Bowers explained how vast the number of snakes are in the wild. These reptiles are broken down by family, genus, species and sometimes subspecies.

She educated the group on



Photos by Lewis Perkins/Paraglide

Colleen Bowers, park superintendent for Carvers Creek State Park, educates program attendees on the snake biology and behavior.



Pyro winds himself around Bowers' uniform May 24. Pyro helped introduce attendees to snakes at the pavilion.

various venomous species native to North Carolina such as the copperhead and cottonmouth, and non-venomous like the corn snake.

Bowers covered other talking points relevant to snakes such as anatomy, habitat, predators and prey, having snakes as house pets, endangered breeds, methods for identifying common snakes and what to do when approached by a snake in the wild.

She offered a Q-and-A session to children and adults whose curiosity was sustained beyond her lecture, taking questions from the crowd, such as, "How do snakes sleep?" and

"Do snakes hibernate during the winter?"

Virginia Barrett and her son Luther, 5, who attended the event, described the education program as "informative" and "fun." Barrett mentioned how much she and her Family look forward to attending the next event.

The next summer outdoor education program takes place June 22 at Smith Lake Recreation Area pavilion, with the focus on macroinvertebrates.

Please visit <https://bragg.armymwr.com/calendar/event/summer-outdoor-education-program/3142814/13906> for more details.

## Gold Star Family visits facility named after Soldier



Photos by Twana Atkinson/WAMC

Gold Star Family Bob and Lydia Sandri, father and sister of Sgt. Matthew Sandri, visit Womack Army Medical Center and the Taylor/Sandri Annex in memory of their late son/brother's contribution as an Army medic. The facility is named after Lt. Col. Mark Taylor and Sandri who died when a 122mm rocket weapon system launched a high explosive warhead and hit their clinic in Iraq in 2004.

# LOCAL HAPPENINGS

## EVENTS AROUND POST & THE STATE

### THIS WEEKEND

#### SWAMPDOGS BASEBALL FIREWORKS NIGHT

**When:** Friday, 7:05 to 10 p.m.

**Where:** J.P. Riddle Stadium

**Cost:** Tickets start at \$7, military discount offered

It's the SwampDogs' first fireworks show of the season and you will not want to miss this. They have made their fireworks shows bigger and better than ever this season! Doors open at 6 p.m. The first 500 people will receive a magnet. For tickets, visit <https://swampdogs.isportstix.com/order/?fbclid=IwAR0burn8RUIldq-rng0BMnzQC-sTtL9fcepY310YReIHZOeaoZ ZLJZrv8YI>.

#### 5TH ANNUAL PET FEST OF THE SANDHILLS AND PET WALK

**When:** Saturday, 10 a.m. to 3 p.m.

**Where:** Hope Mills Municipal Park

**Cost:** \$10 to \$20

Join Naturally Unleashed and the Fayetteville Animal Protection Society (FAPS) at the fifth annual Pet Fest of the Sandhills at Hope Mills Municipal Park. Lace up your sneakers and grab the leash, because you're going for a walk. Once again, Pet Fest is kicking off with a 5K Pet Walk. Have fun along the walking trail. The \$20 ticket will include a FAPS T-shirt. Afterward, visit the Pet Fest with treats for the pets and bounce houses for the kids. For more information about Pet Fest and the Pet Walk, visit [www.facebook.com/events/1250497641741391](http://www.facebook.com/events/1250497641741391).

#### 15TH ANNUAL ASYMCA MOTHER DAUGHTER TEA

**When:** Saturday, 1 to 3 p.m.

**Where:** Metropolitan Room, downtown Fayetteville

**Cost:** \$15

Join the Armed Services YMCA of Fort Bragg for a day of memories at the Mother and Daughter Tea Party event. They will have various activities including etiquette lessons by The Etiquette School of the Carolinas, LLC, watercolor with tea bags, decorating tea-inspired cookies and more. This is an opportunity for mothers and daughters to not only enjoy each other's company, but to also have fun and connect.

We will have premium loose leaf tea available from Winterbloom Tea and food from area businesses. Additionally, kids will have the opportunity to enter in a drawing for the chance to win a mystery gift. All ages are welcome to attend. However this event might be more suitable for children ages 5 to 13.

For tickets, visit [www.asymca.org/ft-bragg-mother-daughter-tea-party?fbclid=IwAR3su-ucsVSXcJwI\\_m4H01g5RXqcYqpRmgTHK1dITsVher8Ku3EI5WVBCA](http://www.asymca.org/ft-bragg-mother-daughter-tea-party?fbclid=IwAR3su-ucsVSXcJwI_m4H01g5RXqcYqpRmgTHK1dITsVher8Ku3EI5WVBCA).

#### CARIBBEAN AMERICAN UNITY FESTIVAL

**When:** Saturday, 1 to 7 p.m.

**Where:** Mendoza Park, Spring Lake

**Cost:** Free

Spring Lake Recreation and Parks and Link Up Entertainment present the third annual Caribbean American Unity Festival. Folks can expect to experience a taste of the Caribbean culture, music and food. There will be live performances by Grenada's own D Inspector, Rohan Da Great, Aamirha, M Class, Nic Eye Am, Chief Will, Luv Mac Jr., African King, Khwantza and Ladi Reign. Festivities will also include a Kidz Zone, family fun and raffles. For more information, call (910) 988-4944.

#### ROCKABILLY PICNIC

**When:** Sunday, 1 to 5 p.m.

**Where:** Dirtbag Ales Brewery and Taproom

**Cost:** Free

Kick off the summer with a picnic. Bertie's Retro Boutique and Dirtbag Ales are hosting a Rockabilly Picnic, with food trucks, classic cars, motorcycles and fun for the whole family.

**Note:** This event will take place at Dirtbag Ales' new brewery, located at 5435 Corporation Drive, in Hope Mills.

For more information and updates, visit [www.facebook.com/events/2287819234809046](http://www.facebook.com/events/2287819234809046).

### RECURRING EVENTS

#### D-DAY 75TH ANNIVERSARY EXHIBIT

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

**Where:** Airborne and Special Operations Museum

**Cost:** Free

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

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

#### FAYETTEVILLE BASEBALL FEVER

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

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

**Cost:** Free

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

"Baseball in Fayetteville" will be open through 2019 and part of 2020.

#### 12TH ANNUAL FIELD OF HONOR

**When:** Recurring daily, 8 a.m. to 9 p.m. until June 22

**Where:** Airborne and Special Operations Museum

**Cost:** Free to attend

Hundreds of American flags fly on the parade grounds of the ASOM in Downtown Fayetteville every year. The public is invited to visit the field and pay their respects. It celebrates the veteran, regardless of time served, branch of military, or wartime service.

### UPCOMING EVENTS

#### SOUTHERN FRIED POETRY SLAM

**When:** Opening ceremony June 5, 3 to 4 p.m. at Volta Space, other event times vary by day, June 5 through 8

**Where:** Various locations around downtown Fayetteville

**Cost:** Free

Southern Fried Poetry Slam is an annual performing arts festival celebrating poetry, spoken word and community outreach.

Born in 1993 from a sense of family, home cooked meals and good ol' Southern food, Southern Fried Poetry shares the absolute best southern offerings — hospitality, comfort and tradition. During the first week of June every year, a city in the Southeastern region of the U.S. plays host to one of the largest Spoken Word and Performance Poetry tournaments in the world. Showcased are some of the world's most extraordinary writers, orators and artists whose talents will be on full display as they compete against more than 200 poets for cash and prizes, and of course bragging rights to the South. For a full list of events and times, visit <https://www.southernfriedpoetryslam.com/>.

#### FATHER AND DAUGHTER BALL

**When:** June 7, 5 to 9 p.m.

**Where:** Iron Mike Conference Center

**Cost:** Couples, \$35; each additional child, \$15

The Iron Mike Conference Center invites all fathers to accompany their young ladies to an evening of dancing, hors d'oeuvres and more. Pro Image will be providing professional photos throughout the evening.

Jackets are required. There is no age limit and the ball is open to everyone. At 5 p.m., hors d'oeuvres will be served. Dinner starts at 6:30 p.m.

Purchase your tickets in-person at Leisure Travel Services or online via WebTrac. For more information, visit [bragg.armymwr.com/calendar/event/father-daughter-ball/2961096/36446](http://bragg.armymwr.com/calendar/event/father-daughter-ball/2961096/36446).

#### MERRY WIVES OF WINDSOR

**When:** June 5, 7, 9, 13, 15, 19, 21 and 23, 6:45 p.m.

**Where:** 1897 Poe House, Museum of the Cape Fear Historical Complex

**Cost:** \$10 to \$25

Made up of equal parts "Downton Abbey" and "Brooklyn Nine-Nine," The Merry Wives of Windsor tells the story of a quarry too clever to be caught. The vain and boastful Sir John Falstaff pursues two housewives, Mistresses Ford and Page, who, rather than be caught, wield their wit and resourcefulness to outwit the unsuspecting Falstaff. In addition to this unlikely courtship, three other suitors seek the hand of Anne Page, Mistress Page's daughter.

Performances will be presented in the garden of the 1897 Poe House. Food will be available for purchase, as well as tea from Winterbloom, beer from Hugger Mugger brewery, seasonal cocktails and wine. Outside food and drink are not permitted.

For outdoor performances, bring your own seating or choose from rental chair and quilt seating options. Indoors, seating is provided, along with an optional rental seat cushion. All rental options are subject to availability.

The 1897 Poe House offers limited street parking, with additional parking available across the MLK Freeway, at Arsenal Park.

Changes due to inclement weather will be announced on Sweet Tea Shakespeare's website at [www.sweetteashakespeare.com/](http://www.sweetteashakespeare.com/). For more information, call (910) 420-4384.

#### WOMEN OF WAR AT BENTONVILLE BATTLEFIELD

**When:** June 8, 10 a.m. to 4 p.m.

**Where:** Bentonville Battlefield, Four Oaks, North Carolina

**Cost:** Free

Women of War gives a different perspective on how North Carolina's military history. Hear how women took part during times of conflict from the American Revolution through today's military.

The Battle of Bentonville, fought March 19 to 21, 1865, was the last full-scale action of the Civil War in which a Confederate army was able to mount a tactical offensive. This major battle, the largest ever fought in North Carolina, was the only significant attempt to defeat the large Union Army of Gen. William T. Sherman during its march through the Carolinas in the spring of 1865.

For more information, visit [historicsites.nc.gov/events/women-war-bentonville-battlefield](http://historicsites.nc.gov/events/women-war-bentonville-battlefield).

#### DOWNTOWN SUMMER NIGHTS

**When:** June 20, 5:30 to 9 p.m.

**Where:** Cool Spring downtown Fayetteville

**Cost:** Free

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

The Kids Zone will be presented by Fascinate-U Children's Museum, with a different activity every Thursday. North Carolina summer nights can be hot, so there will be a misting station. Adults have access to a beer and wine garden, thanks to Healy Wholesale and Dirtbag Ales Brewery and Taproom. Plan for fun every Thursday night with Downtown Summer Nights in Fayetteville.

#### THE 39TH ANNUAL 2019 PAMLICO COUNTY CROAKER FESTIVAL

**When:** June 28 through July 1, events all day

**Where:** Oriental, North Carolina

**Cost:** Free

If you're looking for something to do, this is just the event for you. The Pamlico County Croaker Festival is a fun-filled, family friendly celebration of fellowship and freedom. Come for the parade and stay for the music, vendors and fireworks, graciously hosted once again by the beautiful waterfront village of Oriental. You won't find a better place to spend the day amongst smiling faces. Vendors open at 9 a.m., June 29 and the festival will get in full swing by noon. Opening ceremonies kick off at 4 p.m.

Enjoy baking contests, the Miss Minnow and Queen Croaker Beauty Pageant and music throughout the weekend.

A parade will be held June 30 at 10 a.m.

For more information and a schedule of events for the Croaker Fest, visit <https://croakerfestival.com/>.

# Fort Bragg AWC ARMY WELLNESS CENTER

## AWC promotes healthy lifestyles for Soldiers, Families

By FORT BRAGG AWC

Army Wellness Centers (AWCs) provide standardized primary prevention programs by leveraging state-of-the-art techniques and equipment. These programs are designed to promote and sustain healthy lifestyles and improve the overall well-being of active-duty service members, adult Family members, retirees and Department of the Army civilians.

Appointments include examination of health habits, analysis of risk factors, exploration of personal health, wellness goals and an assessment of obstacles that may get in the way of consistent health habits.

The AWC at Fort Bragg offers several programs and services for service members and their Families.

### Health assessment review

The health assessment review is the foundation of the AWC core programs, and it includes a series of assessments and questionnaires to determine the current level of an individual's health.

The review also helps identify the changes necessary to reduce risk factors for disease prevention and ability to increase physical activity safely.

A healthy lifestyle encompasses more than just diet and exercise — it also includes tobacco habits, alcohol consumption, safety and sleep habits, all of which are examined through the health assessment review.

### Body composition testing

AWCs use various methods to determine body composition, such as the BOD POD, ultrasound, bioelectrical impedance and skinfold calipers.

At Fort Bragg AWC, appointments can be made to determine body composition with the BOD POD.

The pod uses air displacement to measure fat and fat-free mass and can accommodate a wide



Sarah Fewell and Sarah Guin, health educators at the Fort Bragg Army Wellness Center, explain how the BOD POD is used to determine body density and the ratio of lean muscle mass to fat mass.

range of populations.

A full test takes about 5 minutes and provides accurate, safe, comfortable and fast test results.

Body composition goes beyond the number seen on a scale and determines if weight comes from fat or fat-free mass.

Fat-free mass includes everything the body is made of that is not fat, such as muscle and bone.

There is a strong correlation between high body-fat percentage and increased risk for diseases such as diabetes and high blood pressure.

Health educators use exercise test results as a planning tool for exercise prescription

and motivation to assist clients in establishing and meeting reasonable physical fitness and health goals.

### Physical fitness assessment

The physical fitness assessment focuses on health related physical fitness components: cardiorespiratory fitness, body composition, muscular fitness (strength and endurance) and flexibility.

These components have strong relationships with good health, characterized by an ability to perform daily activities with energy, and are associated with a lower prevalence of chronic disease and health conditions and their risk factors.

### Stress management education, biofeedback

Stress and strong emotions can cause or worsen health problems like heart disease, hypertension, headaches, stroke, depression and sleep disorders.

AWC services include biofeedback and education in stress relief techniques and coping skills.

Biofeedback is a relaxation technique used to teach clients to control functions like heart rate to reduce stress and build resilience.

AWCs use a state-of-the-art computerized stress relief system called emWave. This non-invasive system helps clients learn how to control their heart rhythm pattern.

### Sleep education

Sleep education services include general information about healthy sleep habits, the impact of sleep on health and wellbeing, tools, tips and positive action steps to improve sleep.

AWC's two-part sleep education class covers the basics of healthy sleep hygiene and walks clients through a self-assessment process to increase awareness of their own sleep habits. The class provides tools for sleep tracking and highlights the latest technology to assist with healthy sleep habits.

Clients will craft healthy sleep goals and create a basic sleep plan to improve both quantity and quality of sleep.

### Weight management, metabolic testing

Metabolism is the medical term for the rate at which the body burns calories. Weight management involves a delicate balance between calories burned and calories consumed.

Metabolic testing results provide the exact number of calories required for weight loss, gain or maintenance. A class called Upping Your Metabolism will teach clients how to use their metabolic test results to reach their health goals.

Classes offered at the AWC include healthy meals in minutes, fueling for health and individual stress management education. Most classes are taught weekly.

The monthly class schedule can be found on Fort Bragg's AWC Facebook page at [www.facebook.com/AWCFortBragg/](http://www.facebook.com/AWCFortBragg/) or by contacting the AWC at (910) 643-2101.

A health assessment is required prior to classes, BOD POD testing and assessments. For online access to this assessment, visit <https://awc.army.mil>.

For more information about Fort Bragg's AWC, visit <https://www.wamc.amedd.army.mil/HealthcareServices/SitePages/Army%20Wellness%20Center.aspx>.

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| JUNE 1ST  
**SOUTHERN FRIED POETRY FESTIVAL**  
| JUNE 5TH-8TH  
**12TH ANNUAL FIELD OF HONOR**  
| MAY 18TH - JUNE 27TH

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

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\*Tour Tickets must be purchased on or before June 11th for the drawing on June 12th

# 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. through Fri.  
Noon  
**Main Post Chapel**  
Sun. 11:30 a.m.

### Rosary

Mon. through 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

### 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

### 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

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

## 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)

## 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

## 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



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# Fayetteville Gun & Knife Show

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## June 1-2

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Photo by Spc. Justin Stafford/49th Public Affairs Detachment

A paratrooper assigned to the 82nd Abn. Div. salutes a spectator at the division run during All American Week on Fort Bragg May 20. All American Week brought together active duty paratroopers, veterans and Families at the "Home of the Airborne and Special Operations Forces," celebrating common heritage, both past and present.

## All American Week

Paratroopers hit the ground running in division 4-miler, flag football and boxing



Photo by Spc. Justin Stafford/49th Public Affairs Detachment



Photo by Spc. Justin Stafford/49th Public Affairs Detachment

**Above:** Paratroopers run by the division's band during All American Week. All American Week started with an 18,000 paratrooper-strong division run and culminated, at Sicily Drop Zone, with an airborne insertion.

**Left:** 508th PIR paratroopers participate in a division run during All American Week. The 2019 All American Week celebrated a 102-year-old legacy of the All-American paratrooper and America's Guard of Honor.



Photo by Pvt. Chantel Green/49th Public Affairs Detachment

**Above:** Paratroopers throughout the 82nd Abn. Div. participated in the division-wide boxing competition during All American Week, May 20. During All American Week, paratroopers from throughout the 82nd Abn. Div. competed in softball, soccer, flag football, tug-of-war, combatives, boxing, a best squad competition for bragging rights and a shot at "Best Battalion." All American Week is an opportunity for paratroopers, past and present, to come together and celebrate the history, heritage and pride of being a member of the All American Division. This year's All American Week theme was, "Jumping Into History!"

**Above right:** Paratroopers play flag football during All American Week at Falcon Field. Families and veterans gathered with active duty paratroopers to celebrate their shared heritage and history.

**Right bottom:** Paratroopers play flag football during All American Week at Falcon Field, May 20. Sporting events like this demonstrated the fighting spirit, tenacity and resilience that transcends the paratrooper. Paratroopers past and present converged at Fort Bragg to celebrate being members of the All American division and America's Guard of Honor.



Photo by Pvt. Chantel Green/49th Public Affairs Detachment



Photo by Sgt. Steven Galimore/82nd Combat Aviation Brigade

# Honoring the fallen at Coca-Cola 600



Photos by Airman 1st Class Kenneth Boyton/4th Fighter Wing Public Affairs

**Left:** Soldiers from the 82nd Abn. Div., hold the American flag during the opening ceremony for the Coca-Cola 600, May 26, at the Charlotte Motor Speedway, Concord, North Carolina. Each branch was represented during the ceremony by service members.

**Right:** Attendees at the Coca-Cola 600 enjoy pre-race events, May 26. The military appreciation pre-race event showcased power, pride and pageantry between NASCAR and the Armed Forces. Before the race, equipment from different military branches were brought to the track for attendees to experience.



## Runners Corner

### 12th Annual Run for the Legend 5K:

**Saturday**, 8 a.m. start, at The Airborne and Special Operations Museum (ASOM). The 12th Annual Run for the Legend will start in front of the ASOM. Participants are asked to arrive no later than 7:45 a.m. for a briefing in the museum's garden before the race kicks off at 8 a.m. Trophies and medals will be given out at the end of the race. Trophies will be awarded to the top three male and female finishers, and medals will be awarded to the top three males and females in each age group. Race T-shirts are limited to the first 500 registrants. Check <https://www.facebook.com/events/412150149622457> for details. Registration can be done online at <https://shop.asomf.org/> or in the gift shop.

### Race 13.1 Raleigh Spring Half Marathon:

**Saturday**, 7:15 a.m. half marathon start and 7:30 a.m. 5K and 10K start, at 4217 Six Forks Road, Suite 100, Raleigh, North Carolina. The eighth annual Race 13.1 Raleigh will feature a course along the Crabtree Creek Greenway. The half marathon, 10K and 5K event will start in midtown Raleigh's premier shopping and dining destination, North Hills, before entering the fast, shaded Crabtree Creek Greenway for an out-and-back portion that finishes back in North Hills. Returning runners will be given the chance to conquer Lassiter Hill. Each racer will receive a tech T-shirt. Half-marathon finishers receive a finishers medal. Check <https://race131.com/races/race-13-1-raleigh-nc-spring/details> for details.

### Global Running Day 5K:

**Wednesday**, 6 p.m. at Robeson Street, downtown Fayetteville. This is a meeting with Fayetteville Run Club, Black Girls Run Fayetteville, Black Men Run Fayetteville and Wear Blue Fort Bragg to come together for a 5K through downtown Fayetteville. A group photo will be taken in front of Segra Stadium at 6:15 p.m. After the run, the group will hang out at Bright Light Brewing Company and enjoy each other's company. Walkers and strollers are welcome and encouraged. Event is free. No registration required. Check <https://www.eventbrite.com/e/global-running-day-5k-tickets-60848508527/amp> for details.

### 6th Annual Firecracker 4-Miler:

**Thursday, July 4**, 7 a.m. start for 4-miler and 7:50 a.m. start for 1-mile race, at the Airborne Special Operations Museum (ASOM), downtown Fayetteville. The 4-mile course winds through the beautiful and historic parks and museums of downtown Fayetteville, and highlights many historic sites which tell the story of our All American city. The course starts and finishes on the streets of Fayetteville at the intersection of Walter and Hillsboro streets which is located between the N.C. State Veterans Park and the ASOM. This race course is also stroller and wheelchair friendly. Dogs are not allowed on this course. Join over 1,200 runners and spectators from all over the region for the All-American city's kickoff to Independence Day. The start and finish line consists of a celebration with after run food, beverages, community supporters, music and more. It's a party you don't want to miss. Awards will be given to the top three male and female finishers, including top three in each age group. Check <https://its-go-time.com/firecracker-4-miler/> for details.

## Get Fit

### Yoga and Beer with Robin:

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

### CrossFit Community Workout:

Every **Saturday** at 10 a.m. CrossFit Haymount hosts a free community workout. This is a fun way to meet new people and start the weekend with some fitness! The workout is always something that anyone can do and is usually done in partners or teams. Bring a smile, water, gym shoes and a friend or two. Please contact [management@crossfithaymount.com](mailto:management@crossfithaymount.com) with any questions.

### Yoga in the Garden:

Cape Fear Botanical Garden (CFBG) and the YMCA of the Sandhills have partnered together for Yoga in the Garden. Grab a yoga mat and rejuvenate at a yoga session in the Orangery at the CFBG from 6 to 7 p.m. every **Wednesday**. Improve flexibility, build strength, ease tension and relax through posture and breathing techniques for beginners and experts alike. Bring a yoga mat, a water bottle and an open mind to enjoy this all-levels class. Pre-registration is required. Call (910) 486-0221, ext. 36 or stop by the garden to register. Free for CFBG members and YMCA of the Sandhills members; \$5 for guests.

### 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.

### 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.

### 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.

### Aqua Cycle:

Tired of a normal spin class? If the answer is "yes," then join us for aqua spin. Classes take place at the Tolson Indoor Pool on **Tuesdays and Thursdays** at 10 a.m. and noon and **Saturdays** at 10 a.m. Check the MWR website [www.bragg.armymwr.com](http://www.bragg.armymwr.com) for the schedule.

### Yoga for Veterans:

Join Yogi Oasis, located at 74 Son-Lan Parkway, Suite 103 Garner, North Carolina, for a gentle mat class for veterans with sufficient mobility and experience the benefits of yoga. Some props are available for support. No experience required. Classes are held at 11:30 a.m. on the **second Sunday** of the month.

### 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.

### Kickboxing:

An aerobic exercise combined with boxing and traditional martial arts movements. Strengthen and tone your muscles with a variety of punches, strikes and kicks to develop killer legs, toned arms and abs. This class is offered at Towle Courts and Hercules Physical Fitness Center. Check the MWR website [www.bragg.armymwr.com](http://www.bragg.armymwr.com) for the schedule.

### 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.

### Prenatal Yoga:

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

### Personal Training:

Reach your fitness goals with certified personal trainers. Training sessions are located at one of our **14 MWR fitness centers**. Start with a fitness assessment done by one of our personal trainers for \$25. **Individual Programs:** One-on-one training with a certified personal trainer to meet your maximum fitness goals. **Buddy Programs:** Two clients train together with one personal trainer to meet their goals. **Class Programs:** Are open to DOD cardholders and their guests, ages 16 and older. For more information or to sign up for a program visit our specialized training webpage at [bragg.armymwr.com/programs/specialized-training](http://bragg.armymwr.com/programs/specialized-training).

### Stroller Fit:

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

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

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## 361 Medical/Health



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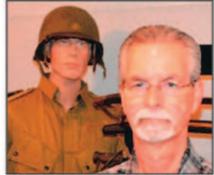


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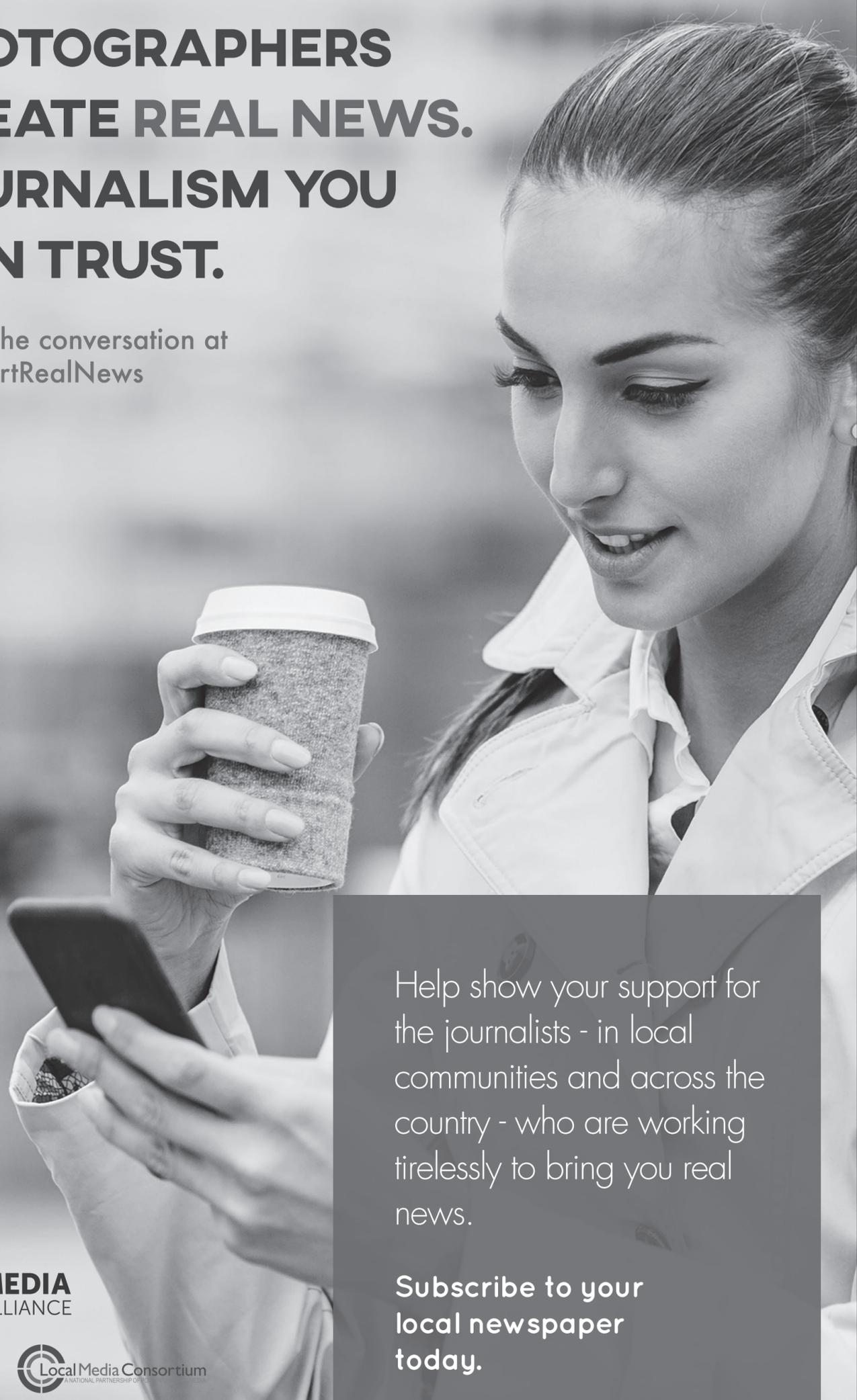
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