

INSIDE
THE
'GLIDE'

FOCUS - B



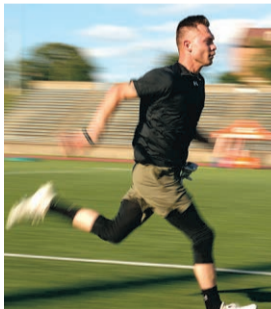
Training with Sim-Man: In an effort to maintain medical proficiency, Company C, 3rd General Support Aviation Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division held a medical equipment demonstration for major units.

LIFE - C



The 82nd woodwind quintet plays at Throckmorton Library: "When Throckmorton Library requested us to perform for their summer reading series, we were ecstatic. The children are the best audiences. We get to play really fun music and are able to introduce them to the different instruments."

SPORTS - D



Soldiers in sports, Athletes of Valor: Athletes of Valor is comprised of veterans and former collegiate athletes.

WHERE TO GO

- FORT BRAGG VOICES..... 2A
- OPINION 2A
- FROM THE ARCHIVES 2B
- LOCAL HAPPENINGS..... 2C
- WORSHIP 4C
- GET FIT 2D
- RUNNERS' CORNER 2D
- CLASSIFIEDS..... 3D

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50TH ANNUAL
FOURTH OF JULY CELEBRATION



Musical Guest, 3 Doors Down

BY GENEVIEVE STORY
PARAGLIDE

Fort Bragg will rock out at this year's Fourth of July Celebration as musical acts headliner 3 Doors Down, The Fifth and the 82nd Airborne Division's All American Rock Band take the stage. This entertainment is scheduled to help celebrate Independence Day with the Fort Bragg community, July 4 on the Main Post Parade Field.

"Celebrating the independence of our nation with our service members, Families, and neighbors from the surrounding communities is something we look forward to every year," said Tom McCollum, public affairs officer, Fort Bragg Garrison. "This year marks the 50th year that Fort Bragg has hosted the Fourth of July Celebration."

In past years, more than 60,000 community members attended the celebration. Open to the public, this free event will run from 3 to 10 p.m. With doors opening at 1 p.m., patrons can expect all of the familiar aspects of the celebration including music, food and, of course, fireworks.

"The Fort Bragg Fourth of July Celebration allows us to not only celebrate with our service members here on post and their Families, but also with the surrounding community," said Theresa Smith, special events coordinator, Family and Morale, Welfare and Recreation.

See Fourth —Page A4

Fourth of July
Sequence of Events

1 p.m. Doors open

3 p.m. Event begins - Kiddie Land opens

4 p.m. 82nd All American Rock Band in concert

5:45 p.m. Parachute demonstration

6 p.m. Flag ceremony

6:45 p.m. The Fifth in concert

8:30 p.m. 3 Doors Down in concert

9:45 p.m. Fireworks display

See page C3 for parking information and a list of prohibited items.

Womack's partnership with
Cape Fear Valley a success

BY PATRICIA BEAL
WAMC

The partnership between Womack Army Medical Center (WAMC) and Cape Fear Valley (CFV) Medical Center requiring Fort Bragg children who need a hospital stay to be sent off post for treatment continues to be a success.

Womack closed its pediatric inpatient ward last spring due to low demand for care and to realign the transformational changes directed in the National Defense Authorization Act (NDAA) for Fiscal Year 2017.

"Our ward at Womack, on an average day, only had one to two patients," said Capt. Ann Schilling, M.D., medical director for both the newborn care unit and for inpatient pediatrics at WAMC. "Leadership felt that that was too low of a census. They worried that either me as a physician couldn't keep my skills in the peak, tip-top shape that they should be in, or that maybe our nurses couldn't keep their skills in the peak shape that they should be in to best take care of patients, so they wanted to collaborate."

In addition to maintaining quality of care, the change was needed since the NDAA directs

collaboration between military and civilian centers as well as resource sharing.

"As a retired naval officer — and currently still working for the Navy at another facility, the camaraderie between Cape Fear and the Army is something long overdue," said Dr. Abhik Biswas, medical director of inpatient pediatrics at CFV Medical Center.

Womack signed an agreement for Army providers to work at Cape Fear Valley on rotation in December.

The Womack physicians function as the inpatient ward attending while the CFV pediatric intensivists are the Pediatric Intensive Care Unit attending.

Womack physicians also provide teaching support for CFV's plethora of residents and students.

There are several Army pediatricians and family medicine doctors who participate in seven-day rotations.

"It's our job to have someone here from 8 a.m. until 6 p.m. every day," Schilling said. "I come here about once a month, sometimes once every six weeks or so, depending on who is on the schedule, and then the rest of the time I'm at Womack."

Having Army doctors at CFV helps military Families in the coordination of follow-on outpatient



Capt. Ann Schilling examines Eliana Torrealba at Cape Fear Valley Medical Center, June 13.

care after hospital discharge.

"The Womack attendings are able to expertly navigate the TRICARE system for these families," Biswas said. "This ensures timely and appropriate post-hospitalization care."

Womack still has several pediatric services.

"One place would be more convenient, but as long as we have a decent doctor, we'll go wherever we need to go," said Melinda Torrealba, whose daughter Eliana was born at Womack on May 7 and was being treated at Cape Fear Valley on June 13. "The nurses and doctors here have been amazing."

Womack still provides pediatric services like cardiology, gastroenterology, endocrinology, adolescent medicine, developmental medicine, newborn nursery, newborn intensive care unit, and all the ancillary services like physical, speech and occupational therapies.

Routine surgeries that don't require an overnight stay like tonsillectomies and adenoidectomies continue to take place at Womack too.

Summertime fire safety

By FIRE AND EMERGENCY SERVICES
FORT BRAGG

As the days get longer and hotter, that's a sure sign of one thing — summertime is coming. With summer comes an increase in outdoor activities and an increase in fires and burns. The Fort Bragg Fire and Emergency Service Division would like to share a few fire safety tips to ensure you have a safe summer event.

One of the most popular ways of cooking food is outdoor grilling but it can also be one of the most dangerous. Gas and charcoal grills have different inherent dangers, but regardless of which grill you use, they should never be used indoors or in an enclosed space. Not only is this a fire hazard, but they also release toxic gases that could cause asphyxiation. Place the grill well away from your home and deck rails. At least 10 feet is a good start. Watch what's over the top of your grill as well. Keep it out from under the eaves of your home and low overhanging tree branches. Keep the grill clean and remove the grease and fat build-up from the racks and grease trays. Keep children and pets away from the grill while it's hot. A good way to do this is to never leave your grill unattended.

You want to check for leaks on gas grills. If you smell gas, that's a good sign you might have a leak. You can also spray a solution of soapy water on all connections. If you see bubbles, you definitely have a leak. Turn the cylinder off and make sure your connections are tight. If you still have leaks, have it serviced by a professional before using it again. Never continue cooking with a gas leak. That may be the last time you get to use it. If the leak does

not stop when you turn the cylinder off or you develop a leak and smell gas while cooking, get away from the grill and call the fire department.

When using a charcoal grill, use only an approved lighter fluid to start the coals. Never add more fluid while the coals are hot and never use any other type of flammable liquid. You can also try a chimney starter. These devices allow you to use newspaper instead of lighter fluid to start the coals. When you are finished with your grilling, let the coals cool completely before disposing them.

Summertime also means July Fourth celebrations and fireworks. Before you go spending a lot of money on fireworks, the fire and emergency services division has some advice to share. Every year, thousands of people end up at the emergency room because of careless handling of fireworks — leave it to the professionals.

All types of fireworks are prohibited on Fort Bragg except for commercial displays that have been authorized by the Garrison Commander and are in full compliance with the National Fire Protection Association (NFPA) directives. This means the legal consumer fireworks you purchase off post, are not permitted on the installation.

If you are off post, legal fireworks include sparklers, fountains and smoke devices. Illegal fireworks include explosive or aerial fireworks, roman candles, and rockets or similar devices. Simply stated, if it goes in the air or explodes, it is illegal in North Carolina.

There is no such thing as safe fireworks. Fountains and sparklers emit showers of hot sparks that reach temperatures over 1200 degrees. That's hot enough to cause third degree burns.

The Fort Bragg Fire and Emergency Services Division takes the same stance on fireworks as NFPA. They are opposed to consumer use of fireworks, which includes sparklers and firecrackers and strongly recommends the best way to ensure a safe event is to leave the fireworks show to the professionals. They are going to provide a better show than any fireworks you purchase. You should also keep a close eye on your children at events where fireworks are used. Save your fingers, save your house, save a life and definitely save some money.

For more information on this or any other fire prevention topic, contact the Fort Bragg Fire Prevention office at (910) 432-6727.



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PARAGLIDE Fort Bragg Voices

This week WAMC asked: What is your favorite childhood memory?



"Anytime that I spent with my grandfather. My Pop Pop was a fire chief and I spent a lot of my childhood climbing around fire trucks. Whenever I see a fire station I think of him and all of the great times we spent together."

Robert Kerns,
WAMC public affairs officer



"I had a perfect childhood. My dad was in the Army, and when we PCSed from one location to another he would always get us souvenirs along the way. He would always make the road trip interesting."

Linda Benson,
WAMC financial
management specialist



"Going fishing and crabbing with my brothers and father in Brooklyn, New York."

Mike Brialess,
WAMC security officer



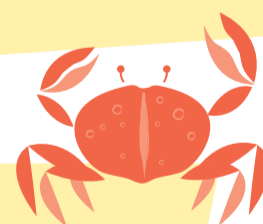
"Playing in the dirt with my brothers in Syracuse, New York. The dirt served many purposes for us. We used to kill ants with it and do hook slides on our big wheels to see who made the biggest cloud of dust."

Adrian Reaves,
Property management branch supervisor



"My favorite childhood memory was going to Mason Beach and crabbing with my aunt."

Johnathan Parker,
Consumable supply issue point materiel handler



THE PARAGLIDE

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Rosende earns second star as Army Reserve staff, chief of staff



Maj. Gen. Alberto C. Rosende, Army Reserve staff, chief of staff, gives his remarks during his promotion ceremony at the FORSCOM and USARC headquarters, June 20. Rosende has served for 35 years in multiple staff positions at all echelons and deployed twice.

BY STAFF SGT. FELIX FIMBRES
USARC

Brig. Gen. Alberto Rosende, Army Reserve Staff, U.S. Army Reserve Command (USARC) chief of staff, was promoted to major general in a ceremony at Marshall Hall, June 20.

"Promotions are not about what you've done, they are about what you are going to do next and we're betting on his future potential," said Lt. Gen. Charles D. Luckey, chief of Army Reserve and commanding general, USARC. "What he is going to do next is bring together staff synergy to make sure we are freeing up capacity to do other things more effectively and efficiently (moving into the future)."

Rosende has served in the position since

August of 2018. Previously, he was the assistant to the deputy commanding general, where he was responsible for efforts to improve and sustain increased levels of combat readiness across the entire Army Reserve force.

"We picked this leader to take this headquarters to the next level in terms of both effectiveness and efficiency," Luckey said. "Most of you know him, you know his background and performance over the years."

"Maj. Gen. Rosende is very deserving of this promotion and an example to other leaders of strength and humility," said Maj. Rosa Bell, deputy secretary of the general staff, "He is genuinely a people person. He is approachable, yet firm and engages others in decision making despite the fact that he has the final approval."

Before arriving at USARC, Rosende served as the 1st Mission Support Command commanding general at Fort Buchanan, Puerto Rico, where he had mission command of 37 units encompassing over 4,000 reservists and civilians in Puerto Rico. Rosende also served as the Atlantic Division, 75th Training Command, division commander at Joint Base McGuire-Dix-Lakehurst, New Jersey, where he oversaw mission command training for battalion and brigade formations.

After recognizing his immediate Family: wife, Martha; son, Alberto III; father-in-law, Victor Ferrucho; brother, Chief Warrant Officer 3 Jorge Rosende; extended family and long-time friends, Rosende shared two points.

"I get to do the very best thing on the face of the planet and that is be a Soldier and serve with you," Rosende said. "Hopefully, together, we can continue to drive the organization forward. There isn't anything that I would want to do than put on this uniform every day and come here to work with all of you that represent the best in the Army Reserve."

Secondly, he highlighted the opening lines of Lee Greenwood's "God Bless the U.S.A."

"You know the words; how does it start?" Rosende asked those in attendance as he started reciting the first few lines.

"If tomorrow all the things were gone/I worked for all my life/And I had to start again/With just my children and my wife/I thank my lucky stars

To be living here today/Cause the flag still stands for freedom/And they can't take that away."

Then he shared some Family history with those in attendance.

"In 1962, my father did exactly that," Rosende said. "He left a communist country for the United States that accepted all of us because it was where freedom was. Freedom of thought, freedom of movement, and freedom to raise your children the way you want to. They came here with nothing — zero, zip — one suitcase; that was it. That is not a unique story; it's just a story. So, the next time you hear that song, I want you to think about it — that you know someone who, for them, it's true. That's why I want to do what I do because we need to do this

for posterity. I'm just glad that I can continue doing it."

Rosende is one of almost 200,000 Soldiers who serve in America's Army Reserve, serving on active duty when needed while often maintaining a civilian occupation and working closely with their communities.

In his civilian capacity, Rosende was a consultant in the financial services industry, with more than 27 years of experience in the electronic payments industry. His expertise is in the fraud prevention and risk management fields and where he provided support to financial institutions, processors and other organizations.

Luckey said this promotion was an "easy" one for all reservists.

"(Rosende) is what we refer to as a 'Tradition Total Army Soldier,' but also a very effective and professionally rewarding civilian career," he said. "Nobody is better at that than Al Rosende — bringing in those civilian-acquired skills into this team."

Rosende received his commission in May 1984 through the University of Miami Army ROTC program and was a distinguished military graduate. During his more than 34 years of service, Rosende has commanded and served in multiple staff positions in units at all echelons, including the division and major command levels.

Rosende has also deployed twice; his first was to Afghanistan from April 2005 through April 2006 while serving as the battalion commander of 391st Combat Engineer Battalion (Light), based in Greenville, South Carolina. He also deployed to Iraq from May 2008 until February 2009 as the brigade operations officer (S3), 926th Engineer Brigade.

Rosende graduated from Engineer Basic and Advance courses, the Combined Arms Staff Services School, the Command and General Staff Officers Course and the Industrial College of the Armed Forces (now known as the Eisenhower School).

He holds a bachelor of science degree in business administration from Nova Southeastern University and a master of science degree in national resource strategy from the National Defense University.

He is currently pursuing a doctorate degree at The George Washington University in Executive Leadership, and is currently in the dissertation phase.

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SATMO sees leadership change

By DEBRA VALINE
USASC

The Security Assistance Training Management Organization (SATMO) conducted an awards ceremony and a relinquishment of command, June 21.

Col. Eric Flesch, the former SATMO commander, will become the brigade commander at the 165th Infantry Brigade in Fort Jackson, South Carolina. He had been the SATMO commander since July 2017.

Prior to becoming the SATMO commander, Flesch served as the chief of staff for Special Operations Joint Task Force and NATO Special Operations Component Command-Afghanistan.

His replacement, Col. Scott Malone, will assume command, July 19. Malone is coming from his assignment as the chief of staff, Special Operations Command-Korea.

SATMO is a brigade-level subordinate command of the Security Assistance Command and Army Materiel Command.

They train and deploy security assistance training teams throughout the world to build partner nation capacity through foreign military sales, foreign military funds grants and Section 333 funds.

Flesch said because of their similar backgrounds, Malone will be able to adjust to his new job quickly and continue to deliver quality support to both partner nations and geographic combatant commands SATMO has done since it was created at Fort Bragg in 1974 as part of the Special Warfare Center and School.

After Flesch's arrival in the summer of 2017, he said SATMO had undergone many substantial changes to be a more effective organization.

One of the key initiatives accomplished was a restructure of the organization to establish three subordinate battalion-level commands known as Regional Security Assistance Commands.

This structural change facilitated better mission command for the more than 40 missions in 25



Col. Eric Flesch, commander of the U.S. Army Security Assistance Training Management Organization since July 2017 relinquished command, June 21. His successor is Col. Scott Malone.

countries that span as far as 9,915 miles from the headquarters while mitigating the risk associated with executing daily ground, maritime and aviation operations.

Another key initiative Flesch accomplished was reestablishing systems and processes within SATMO to ensure personnel heading overseas were in proper tolerance for personnel recovery, counterintelligence and cybersecurity.

Additionally, Flesch ensured with these changes the unit emplaced systems to prepare Soldiers for being forward stationed in Combatant Command (COCOM) priority missions in countries such as Ukraine, Indonesia, Nigeria, Afghanistan and Guatemala.

This included the certification of the Security Assistance Team Training Orientation Course to be Department of State Foreign Affairs Counter Threat equivalent for SATMO personnel.

Some of the greatest challenges Flesch said he faced during his time as the commander for SATMO was a general lack of understanding about what SATMO is and, because of that, properly resourcing talented individuals for these missions.

"While COCOMs and partner nations know that these small teams

are accomplishing priority missions with strategic impact, most Soldiers have never even heard of SATMO before receiving an assignment to the unit — largely due to the economy of force nature of the organization," he said.

As an OCONUS combined arms training unit assigned to Army Materiel Command, SATMO builds partner capacity overseas by serving as the non-institutional trainer for the Army from training partner nation pilots to fly helicopters and integrating missile defense, to advising partner nations on doctrine and supporting NATO senior service colleges.

"SATMO is an economy of force effort with a strategic impact," Flesch said. "Instead of sending a regular Army infantry battalion, an air defense artillery battery or a Special Forces detachment, the Army can send a small tailored team anywhere in the world to develop capabilities on behalf of the partner nation and the United States."

Flesch said he thinks Malone is a great choice for SATMO.

"Having a background in Special Operations, Malone will understand well the complexities of executing this very decentralized strategic mission," he said.

Fourth From Page A1



The 82nd Abn. Div.'s All American Rock Band performs during the July 4, 2018 celebration. They will play again at 4 p.m. during this year's celebration.

Kiddieland, "the bounce house heaven for children," returns to the celebration this year, and will be open by 3 p.m. at \$10 per child. A variety of food and beverage, alcoholic and nonalcoholic vendors, will be available at cost. Menus and vendors will also be online.

Patrons and visitors will be directed to specific access control points (ACP), where security measures will be conducted prior to entrance onto the installation. These ACPs are Chicken, All-American, Randolph and Longstreet. All motor vehicle operators are required to present a valid driver's license, registration and proof of insurance, regardless of age, for entry into the installation. All vehicles are subject to a 100 percent search before being allowed access. Non-DOD ID card holders are advised to acquire in advance an access pass to post at the visitors center, located at the All-American ACP, prior to the event. Please visit <https://home.army.mil/bragg/index.php/>

[my-fort-bragg/all-services/gate-information](https://home.army.mil/bragg/index.php/) for more information regarding this process.

The main event entrance will be Reilly Road. Patrons are encouraged to park for the Fourth of July Celebration at Womack Army Medical Center. Fort Bragg's fireworks display will light up the night sky with over 750 fireworks. Howitzer rounds from the 82nd Airborne Division Artillery will punctuate the salute to the 50 states.

"We expect to have a great crowd this year — this is a great event with a great team to support it," Smith said. "This event has proven successful in the past. We are hoping for good weather. I am really excited that we are switching up the talent for this year, bringing in the rock bands."

For more information regarding entertainment, gate access, vendors and prohibited items, please visit www.bragg.armymwr.com.

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Photos by Lewis Perkins/Paraglide

Sgt. Dylan Cook, left, and Spc. Jonathan Duford, both with Co. C, 3rd GSAB, 82nd CAB, 82nd Abn. Div., work through a trauma scenario during a training simulation at Simmons Army Airfield, June 21. The presentation's purpose was to demonstrate a proof of concept for medical simulation trainers at the company level.

Training with SimMan

82nd CAB Soldiers train, demonstrate medical readiness with mannequin technology

By GENEVIEVE STORY
PARAGLIDE

In an effort to maintain medical proficiency, Company C, 3rd General Support Aviation Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division held a medical equipment demonstration for major units at the medical evacuation (MEDEVAC) duty hangar at Simmons Army Airfield, June 21.

"Our hope in this test drive is to gain backing to purchase our own (SimMan adult and pediatric) for the company, and to train

realistically internally, as well as extend outward to help other units train," said Staff Sgt. Corey Peters, flight medic, Co. C, 3rd GSAB, 82nd CAB, 82nd Abn. Div.

Utilizing the technologically advanced mannequins, SimMan 3G and SimJunior, the presentations' purpose was to demonstrate a proof of concept for medical simulation trainers at the company level, ensuring medical skill proficiency in scenarios exclusive to the MEDEVAC's skill set.

Laerdal Medical and 3rd GSAB, 82nd CAB, 82nd Abn.

Div.'s critical care flight paramedics were tasked to demonstrate hemorrhage control, gain IV access, maintain a patient's airway, intubate, administer medications and treat cardiac arrest.

"All flight medics are paramedic certified so we have advanced cardiac life support (ACLS) in house," Peters said. "Our trauma patients on deployment will go into cardiac arrest and we are running an ACLS scenario in the back of the aircraft."

See SimMan — Page B3



Soldiers with Co. C, 3rd GSAB, 82nd CAB, 82nd Abn. Div. watch a demonstration using a medical mannequin known as SimMan 3G.

Division tests new Compact Semi-Automatic Sniper System

By MIKE SHELTON
ABNSOTD, USAOTC

Operational testing of the Army's newest precision rifle, the compact semi-automatic sniper system (CSASS), has begun.

This marked one of the final hurdles the system will face prior to fielding. Snipers assigned to the 82nd Airborne Division participated in airborne infiltration test trials of what could potentially be the Army's newest sniper system.

"The compact nature of the CSASS is appealing to airborne forces and particularly snipers who are typically armed with long barreled precision rifles," said Sgt. 1st Class Ross Martin, a test NCO with the U.S. Army Operational Test Command's Airborne and Special Operations Test Directorate (ABNSOTD).

David Parris, a CSASS New Equipment Training (NET) trainer from the U.S. Army Tank-automotive and Armaments Command's Soldier Weapons Support, elaborated on the capabilities of the new system.

"Current sniper systems are equipped with 20-inch barrels, sound suppression systems and full length stocks that provide accuracy and a stable firing platform required of any precision rifle," Parris said.

Being a product of battlefield evolution, the CSASS is more geared toward operations in urban environments and operating in and around armored vehicles where traditional length sniper systems can be cumbersome.

"The CSASS will feature a reduction in overall length (with the suppression system attached) and an adjustable stock that provides maneuverability and promotes a stable firing position," said Victor Yarosh, Project Manager Soldier Weapons.

This will provide airborne snipers a



Photo by Chris OLeary/ASOTD USAOTCPAO

Snipers assigned to the 82nd Abn. Div. conduct new equipment training with the Compact Semi-Automatic Sniper System before airborne infiltration operational testing of what could potentially be the Army's newest sniper system.

more compact load during airborne infiltration operations and provide a precision rifle platform more conducive to their combat environment without reducing their lethality.

Spc. Nicholas Farmer, a sniper in C Troop, 1st Battalion, 73rd Cavalry Regiment, 1st Brigade Combat Team, 82nd Abn. Div., immediately identified the attributes of a more compact precision rifle.

"The CSASS is much shorter and lighter than our current system which will make long dismounted movements and reaction to contact more efficient," Farmer said.

Spc. William Holland from Sylacauga, Alabama, a sniper with 2nd Battalion, 508th Parachute Infantry Regiment, 2nd Brigade Combat Team, 82nd Abn. Div., echoed his fellow snipers assessment on the CSASS to be "lightweight and compact" which makes for a more "manageable

load during post drop operations."

Prior to testing, snipers participated in a NET which included familiarization with the system, maintenance, target engagement and zeroing procedures.

The critical task in testing any small-arms platform intended for use by airborne forces is ensuring zero retention of the primary optic subsequent to airborne insertion. This is a critical gauge of the paratrooper's lethality during airfield seizure and other follow on operations.

"This process establishes a baseline for site reticle locations prior to and post airborne insertion," said Lactetia Cook, ABNSOTD instrumentation technician. "Testers can monitor any 'shift' in the weapons sight reticle."

To evaluate this performance measure of the CSASS, the ABNSOTD test team employed the organization's mobile

weapons boresight collimator to ensure the snipers' pre-mission zero was not degraded by shock associated with parachute infiltration.

Once this data was collected, snipers conducted a known distance live-fire exercise to gauge lethality subsequent to static line and military free-fall operations.

For Sgt. Christopher Landrum of Delano, California, the target audience of trained snipers was perfect.

"It's vital that operational troops are the ones testing the system as they are best suited to recognize system requirements and mission capabilities," he said.

Sgt. 1st Class Darin Pott, a senior sniper with 1st Bn., 73rd Cav. Regt. said he would also like to see Soldiers added to the process earlier.

"The Army should involve the sniper community at the earliest possible milestone of development," he said.

Col. Brad Mock, director, ABNSOTD said operational testing is about Soldiers.

"It is about making sure that the systems developed are effective in a Soldier's hands and suitable for the environments in which Soldiers train and fight," Mock said.

Deputy of ABNSOTD's Test Division Lt. Col. David Dykema echoed Mock's sentiments and said the OTC is the U.S. Army's only independent operational test organization.

"We test Army, joint, and multi-service airborne and airdrop related warfighting systems in realistic operational environments, using Soldiers to determine whether the systems are effective, suitable and survivable," Dykema said. "Any time Soldiers and their leaders get involved in operational testing, they have the opportunity to use, work with and offer up their own suggestions on pieces of equipment that can impact development of systems that future Soldiers will use in combat."

108th ADA Brigade welcomes new command team

By SGT. CHRISTOPHER GALLAGHER
108TH ADA BDE

The 108th Air Defense Artillery (ADA) Brigade has witnessed leadership change as both the brigade commander and the brigade command sergeant major, held their change of command and change of responsibility ceremonies in June, at Fort Bragg.

On June 20, the outgoing commander, Col. Charles Branson, relinquished command to Col. Charles Matallana during a ceremony held at Spartan Field.

During the event, the brigade, including Soldiers from 2nd Battalion, 44th Air Defense Artillery Regiment, Fort Campbell, Kentucky, stood in formation to farewell Branson and welcome Matallana.

Brig. Gen. Clement Coward, commanding general, 32nd Army Air and Missile Defense Command (AAMDC) headquartered at Fort Bliss, Texas, hosted the ceremony. During his speech he said to Branson: “Your contributions will have a lasting influence on our branch, and you can be proud of the legacy you are leaving behind.”

Branson had spent the last two years leading the brigade. He will now head to Fort Bliss, Texas to become the deputy commander for the 32nd AAMDC.

“This ceremony signifies a beginning and an end,” Branson said. “The beginning of my friend Chuck Mattallana’s tenure at the helm of such a distinguished group of American warriors, and sadly, my cue to relinquish my beloved colors after 24 fabulous months.”

Mattallana, originally from Simi Valley, California, was commissioned as a second lieutenant in the Air Defense Artillery through the ROTC Program at the University of California, Santa Barbara in 1996. Most recently, he was the chief of staff for the 32nd AAMDC before taking command of the 108th ADA Bde.



Riding in a M1097 HMMWV, Col. Charles Branson, left, Brig. Gen. Clement Coward, center, and Col. Charles Matallana, inspect the 108th ADA Bde. formation before Branson relinquishes command to Matallana during the 108th ADA Bde. change of command ceremony at Fort Bragg, June 20. Coward, commanding general, 32nd AAMDC headquartered at Fort Bliss, Texas, hosted and officiated the ceremony.

Ten days prior, the brigade heard the last motivational speech from Command Sgt. Maj. Steven Adams as he handed his responsibilities over to Command Sgt. Maj. Daniel Hillburn in the Gettysburg Hall of 3rd Battalion, 4th Air Defense Artillery Regiment battalion headquarters.

Just like Branson, Adams had spent a little more than two years of his career with the 108th ADA Bde. He will be taking over at Camp Shelby, Mississippi, as the new 177th Armored Brigade command sergeant major.

“Command Sgt. Maj. Adams, I personally want to commend you on a job well done,” said Branson, who hosted the ceremony. “Your efforts have proven your value to the organization, and I am sure your successor

has thanked you for the mature product you now transfer to him.”

Hillburn, originally from Franklinton, Louisiana, enlisted into the Army in August 1999 as a Patriot missile crewmember. Before taking the role as the brigade command sergeant major of the 108th ADA Bde., he was the battalion command sergeant major of 1st Battalion, 56th Air Defense Artillery Regiment, Fort Sill, Oklahoma.


With current and upcoming deployments, the new command team is ready to take the reins and continue to accomplish the mission.

“You are about to begin a new chapter here at Fort Bragg,” Coward said. “I know you are all ready for what lies ahead and continue to model what a strong Army Family looks like.”

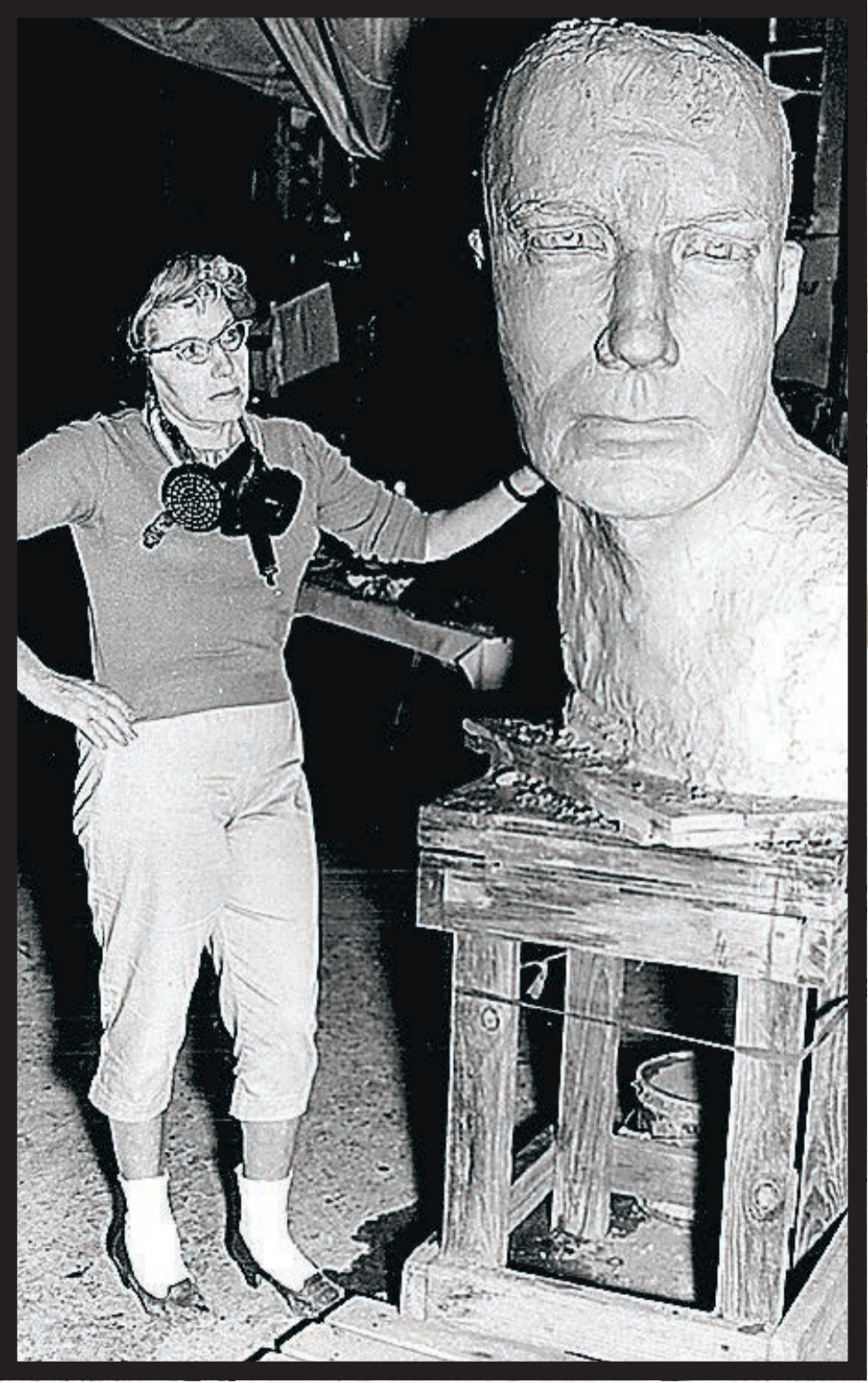


Command Sgt. Maj. Daniel Hillburn, left, Col. Charles Branson, center, and Command Sgt. Maj. Steven Adams stand in front of the formation after Adams handed the reins over to Hillburn during the 108th ADA Bde.’s change of responsibility ceremony at Fort Bragg, June 10. Branson, then commander, 108th ADA Bde., hosted and officiated the ceremony.

From the Archives



Workers attach the head of Iron Mike to the shoulders of the statue in 1961. The statue is 16 feet 4 inches tall and weighs 3,235 pounds. It currently stands at the Airborne and Special Operations Museum in downtown Fayetteville.



Leah Heibert, the sculptor of the Iron Mike statue, stands beside the head during the sculpting phase in 1961. Heibert, the wife of a former deputy post chaplain, created the statue to commemorate paratroopers. Iron Mike was dedicated in 1961.

SimMan

From Page B1

“Having the SimMan mannequins to practice on, where we can push the medication, do chest compressions, run full codes and communicate through intercommunications system cables and portray a real life scenario in training is invaluable. It supplies the crew with confidence.”

In the close confines of a UH-60 Black Hawk, the MEDEVAC team demonstrated their coordination while replicating an authentic emergency scenario.

Utilizing the upgraded chassis of the SimMan and SimJunior with trauma kit simulators, the crew reproduced an emergency event, resuscitating both adult and pediatric male simulators. Mannequins fully communicated with and responded to the crew of five MEDEVAC specialists.

The mannequins blinked their eyes, bled from their wounds, expressed discomfort in the trauma event and reacted to response from the crew.

Presently, the unit utilizes training apparatuses such as Rescue Randy, a durable vinyl, unresponsive CPR Manikin, and has borrowed simulators from the Medical Training Simulation Center (MSTC) on post.

A simulator such as SimMan would provide stability exclusive to the unit to work on realistic versions of patients in the aircraft. These tools would also support the team to cross train alongside subject matter experts and build on teamwork.

According to Peters, flight physicians accompany the MEDEVAC team, consisting of two pilots, one crew chief and one medic, and interoute critical care nurse in missions. Due to the variability



Spc. Jonathan Duford, flight paramedic, Co. C, 3rd GSAB, 82nd CAB, 82nd Abn. Div., talks through protocol and precautions in a trauma scenario with the MEDEVAC crew.

in both tools and opportunities to train, physicians often find themselves idle in the hangars, unequipped with the prime occasions to train in response techniques concerning urgent situation.

“I have been a flight medic for four years,” Peters said. “This is my second MEDEVAC unit, and in the two years that I have been here, we have done one training exercise with the flight doctors — that is just not enough.

There is no substitute for repeated practice under realistic conditions, in accordance with the ‘train to fight’ rule of the Army: always ready.”

Spc. Jonathan Duford, flight medic, Co. C, 3rd GSAB, 82nd CAB, 82nd Abn. Div., came out of the new F2 flight paramedic and critical care courses in San Antonio, Texas, which provided Soldiers with SimMan as a realistic tool for readiness.

“I started the course at UT



Photos by Lewis Perkins/Paraglide

Spc. Jonathan Duford, left, administers intravenous to the SimMan adult simulator while Sgt. Dylan Cook performs cardiopulmonary resuscitation during a medical evacuation training exercise, June 21.



Soldiers with Co. C, 3rd GSAB, 82nd CAB, 82nd Abn. Div. and service members of other units witness members of the MEDEVAC team perform a medical demonstration in the close quarters of a UH-60 Black Hawk.

(University of Texas) Health San Antonio, where you get initial hands-on,” Duford said. “The last month is strictly military and Soldiers are sent to Fort Rucker, Alabama, utilizing the SimMan to its fullest potential. Working with the SimMan is probably the best training I have had, both as a civilian and active duty.”

Training multiple medics to operate on the SimMan

system and equipping a MEDEVAC team with the five-year maintenance of the simulators would result in an expected financial investment of just over \$400,000, Peters said. With their training, experience, and certifications, MEDEVAC aircrews are always seeking to bolster their readiness to answer the call, whenever and wherever it may be, to fly the mission.

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Patriot Foundation visits Fort Bragg



Photos by Lewis Perkins/Paraglide

Above: Retired Navy Capt. Chuck Deleot, left, and retired Sgt. Maj. Eric Turk reminisce about their time in the service while seated in a UH-60 Black Hawk helicopter during a June 20 Patriot Foundation visit to Fort Bragg.

Left: Kathryn Talton, board member, Patriot Foundation, is fitted with a helmet equipped with an AN/PVS-14 night vision device before entering a darkened enclosure.

Bottom left: Blake Web, one of the corporate leaders who toured with the foundation, looks through the scope of a M2010 Enhanced Sniper Rifle.

Bottom right: Spc. Travis Simundson, HHC, 2nd Bn., 504th PIR, explains the function of the M224 60mm mortar to Bruce Birdsall on Pike Field.



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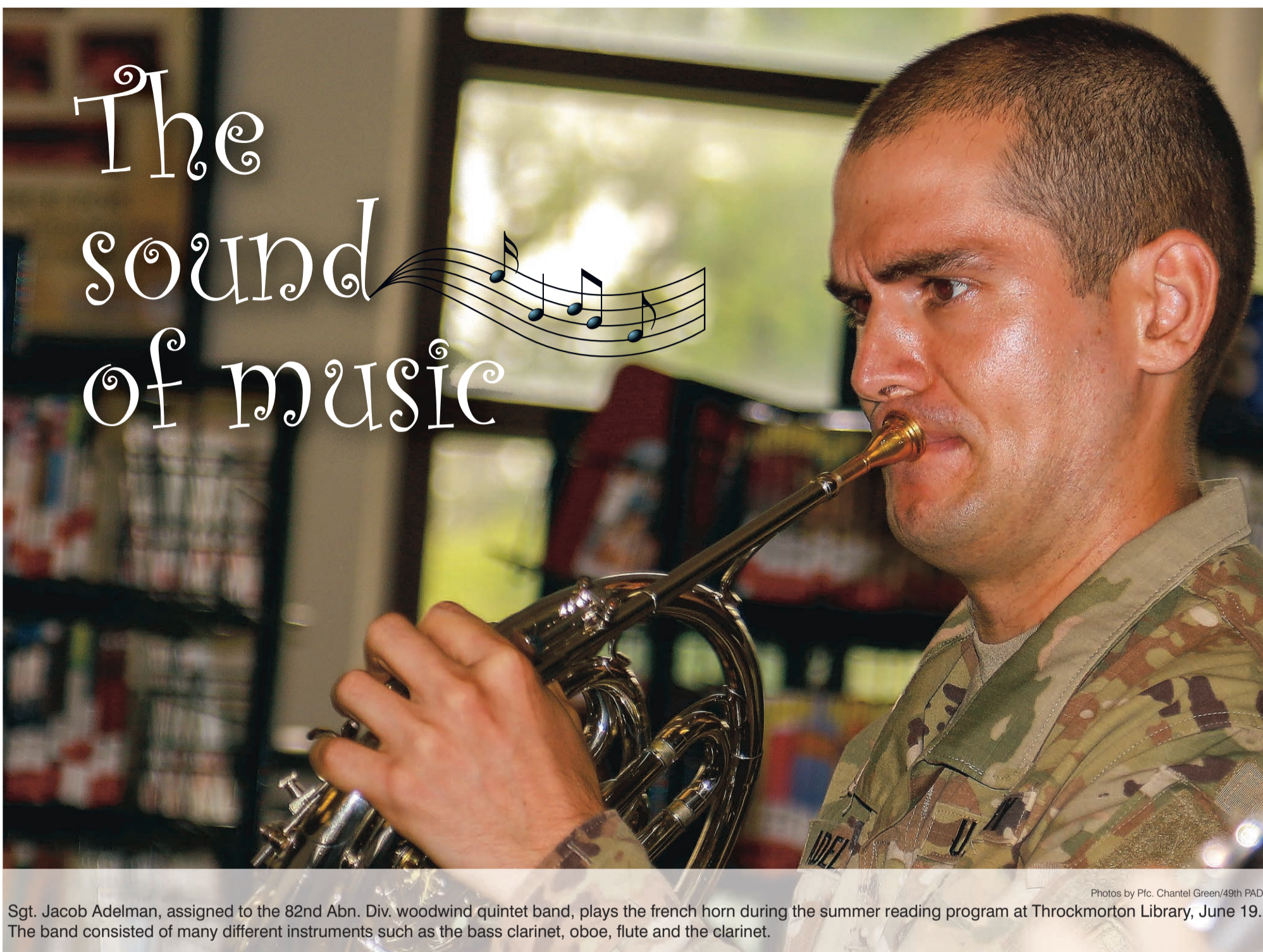
M-W	8:30am-5:00pm	Jul 08-Jul 10	Fee: \$70	24 hrs	94636	CEC 108
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M-W	8:30am-5:00pm	Jul 22-Jul 24	Fee: \$70	24 hrs	94638	CEC 108
M-W	8:30am-5:00pm	Jul 29-Jul 31	Fee: \$70	24 hrs	94639	CEC 108
Th-Sat	8:30am-5:00pm	Aug 01-Aug 03	Fee: \$70	24 hrs	94434	CEC 108
M-W	8:30am-5:00pm	Aug 05-Aug 07	Fee: \$70	24 hrs	94640	CEC 108
M-W	8:30am-5:00pm	Aug 12-Aug 14	Fee: \$70	24 hrs	94641	CEC 108
M-W	8:30am-5:00pm	Aug 19-Aug 21	Fee: \$70	24 hrs	94865	CEC 108
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PHOTO: JAMES W. JONES

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Sgt. Jacob Adelman, assigned to the 82nd Abn. Div. woodwind quintet band, plays the french horn during the summer reading program at Throckmorton Library, June 19. The band consisted of many different instruments such as the bass clarinet, oboe, flute and the clarinet.

The 82nd woodwind quintet plays at Throckmorton Library

By PVT. CHANTEL GREEN
49TH PAD

The 82nd Airborne Division's woodwind quintet band performed and read stories during the summer reading program at Throckmorton Library, June 19.

The band played songs related to the story read. Staff Sgt. Kathryn Beyer, NCO in charge of the woodwind quintet and the narrator of the event, said they often put together shows for elementary, middle and high schools throughout Fort Bragg and the surrounding area.

"These performances are the highlight of the year for us," Beyer said. "When Throckmorton Library requested us to perform for their summer reading series, we were ecstatic. The children are the best audiences. We get to play really fun music and are able to introduce them to the different instruments."

The Saline, Michigan-native has studied music since she was a little girl.

"I learned how to play the bassoon when I was 11 years old," she said. "My dad plays piano and my sister is a singer. My parents always said that you need to have something musical and athletic in your life."

The musical story time included theme songs from the movies "The Incredibles," "Peter and the Wolf," "How to Train Your Dragon," "Ferdinand the Bull" and "Pokemon." The children were familiar with each story and interacted with the music as the band played.

Beyer enlisted as an Army reservist in Michigan and became active in 2013. Since then, she has traveled all over the world, performing in places such as Germany, Korea and throughout the U.S.

"It's a great opportunity to make connections with civilians and Soldiers in music," Beyer said. "Especially when you're in foreign countries, you get to make international connections."

Not only does Beyer play for the Army, but she also plays with different local organizations wherever she is stationed. She currently plays for the Fayetteville Chamber Orchestra.

This event is special to Beyer because she gets to connect with both of her passions since she has her master's degree in library science.

"The best part of playing in this group is that when we walk through this door everyone is equal," said Spc. Kaila Washington, flute and piccolo player for the band. "Everyone trusts each other and Staff Sgt. Beyer is very good at letting everyone contribute."

Beyer said the amount of personal experience and education in music the band members have shows how passionate they are.

"What's great about this group is that we all have advanced degrees in music, there are a lot of educated members who bring a lot of experience to the table," she said. "We don't have to focus on rank, we only focus on the people getting together and making great music and putting the best product forth."

Band members describe Beyer as being a great leader and someone who has inspired them in a positive way.

"Working with Staff Sgt. Beyer has really been a great experience," said Spc. Hayley Jensen, clarinet player for the band. "She creates a very welcoming atmosphere. We all joined the Army to play music so the atmosphere is really conducive to how we perform."



Staff Sgt. Kathryn Beyer, assigned to the 82nd Abn. Div. woodwind quintet band, reads while the band performs during the summer reading program at the Throckmorton Library. Members of the band played music from "Peter and the Wolf," "Pokemon" and "The Incredibles" for an audience of more than 25 children and parents.



Above: Spc. Kaila Washington, assigned to the 82nd Abn. Div.'s woodwind quintet band, plays the flute. They often put together shows for elementary, middle and high schools throughout Fort Bragg and the surrounding area. The band played songs such as "Ferdinand the Bull" and "How to Train Your Dragon" while a band member read the story aloud. The children were familiar with each story and interacted with the music as the band played.

Right: The 82nd Abn. Div. woodwind quintet band performs while reading stories during the summer reading program at Throckmorton Library. The band was led by Staff Sgt. Kathryn Beyer, who has a masters degree in library science.



Fort Bragg Fourth of July FAQs

This map shows the layout of Fort Bragg for the Fourth of July event. Key areas include the Main Post Parade Field (yellow), Womack Army Medical Center (green), and various parking zones (green and red). Streets shown include Longstreet Rd., Macomb St., Randolph St., Knox St., and Reilly Rd. A legend identifies public parking, no parking areas, ADA parking, and the 4th of July event zone.

Fort Bragg’s 50th Annual Fourth of July Celebration is approaching! To help prepare those who want to attend the event, the Paraglide is providing information about parking, closed streets, prohibited items and approved bags. 3 Doors Down is the headliner for the celebration, with special appearances from The Fifth and the 82nd All-American Rock Band. Families can enjoy a parachute demonstration and kids can go spend the afternoon in Kiddie Land. The grand finale of the evening will be the fireworks display at 9:45. Pets, glass bottles and barbecue grills are not allowed. Attendees are encouraged to arrive early due to heavy traffic flow. This event is free and open to the public, however, non DOD ID card holders will not be able to access post before noon on July 4. For up-to-date information, visit bragg.armymwr.com/calendar/event/50th-annual-4th-july-celebration/3097360/23521.

EVENT MAP

CELEBRATE THE STARS AND STRIPES on Fort Bragg!

Main Post Parade Field
Festivities 1 PM
Fireworks 9:42 PM

- Concert in the Sky
- Live Music • Food Vendors
- Kiddie Land • Flag Ceremony

Key: Entrance, ADA Parking, VIP Parking, Food Vendors, Main Stage, Kiddie Land, Sponsors, Tent City, Flag Ceremony, Medical, Latrines, MP, ATM.

Above: Is a map of the parking areas around the event at the Main Post Parade Field. Reilly Road will be closed from 10 a.m. until 11 p.m. the day of the event. General parking is recommended at Womack Army Medical Center, but attendees can also park at Cleland Ice Rink and along the buildings on Macomb Street. Handicap parking can be accessed near Calahan Athletic Center on the corner of Macomb Street and Reilly Road.

Left: Shows a map of the Main Post Parade Field during the event. The Flag Ceremony will take place near the tent city.

SPECIAL EVENT PROHIBITED ITEMS

Note: Every person and item on, or with person are subject to search. Confiscated items will not be returned to the patron at any time nor will the patrons be reimbursed.

SPECIAL EVENT PERMITTED ITEMS

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The free, family-friendly, community event will celebrate out Downtown Business Owners and feature a collection of Fayetteville's homegrown artists, artisans, food trucks, musicians, amount other independent makers!

Soldiers in sports, Athletes of Valor



Photos by Lewis Perkins/Paraglide

Participants of the football combine huddle after evaluation and instruction from coaches at Hedrick Stadium, June 21. Athletes of Valor (AoV) supports servicemen and women who are interested in transitioning into collegiate sports. AoV's mission is to challenge veterans to compete at the next level, transferring the skills they've gained from their military service and applying them to a new mission in civilian life.



Above: A service member follows through with the 40-yard dash during the football combine at Hedrick Stadium's football field. The dash, along with other baseline tests such as the vertical jump, standing broad jump and professional agility drills, are a series of physical and mental trials used to evaluate speed, acceleration, coordination, strength and endurance performance. Clinics implemented by AoV are designed to encourage teamwork and give service members maximum instruction on their positions in sports.

Below: Athletes perform a dynamic warm-up and agility drills prior to the combines team competition and 7-on-7 games. Open to all active duty Soldiers and veterans, the football and basketball developmental combines build camaraderie and provide off-season training for Soldiers interested in excelling outside of extracurricular endeavors. This regional event hosted by AoV gives service members the opportunity to display their strength, power and athleticism with guidance from highly experienced coaches. Participants receive initial training on how to transition onto college sports teams, the recruiting process as well as athletic evaluation assessing their potential to play college athletics.

BY GENEVIEVE STORY
PARAGLIDE

Leveraging the power of collegiate sports, with a mission to support veterans and active-duty service members, Athletes of Valor (AoV) teamed up with Fort Bragg's Family and Morale, Welfare and Recreation (FMWR) at Hedrick Stadium and Ritz-Epps Physical Fitness Center. AoV provided Soldiers a way to transition into collegiate sports with football and basketball performance combines June 21 through 22.

"The objective is to teach service members about the college process and support their efforts," said Alex Stone, founder of AoV and chief operating officer of CoachUp. "When a Soldier has a question, they have someone they can lean on who has knowledge about the process."

Starting back in 2016, AoV scours the country every year looking for the best athletes currently serving in the U.S. military. AoV has established sports clinics on military bases internationally. These developmental workshops are an opportunity for service members and veterans to enhance their football, basketball and soccer skills, and strengthen their knowledge with instruction from expert coaches.

AoV is comprised of veterans and former collegiate athletes, who have an in-depth knowledge of how to identify, evaluate and develop active-duty military athletes to compete at the collegiate level.

"I think the combine is an excellent event," said Harold Stallworth, supervisor sports specialist, FMWR. "The guys had lots of fun. I did see the basketball combine as well, it was just as good."

The AoV combine is open to all active-duty Soldiers. The process included free registration, check-in, recruiting process overview and a combine evaluation. Supported by eight coaches and five AoV staff, service members participated in a series of tests including a dynamic warm-up, professional agility drills, a 40-yard dash, individual positional skill development, offensive and defensive team drills and instruction. A team competition and 7-on-7 games capped the evenings events.

"Some have a goal to future success, and some just want to come out here, play ball and have some fun — a morale boost on a Friday night," Stone said.

Clinics implemented by AoV are designed to encourage teamwork and give service members maximum instruction on their positions in sport. In addition to the physical training, participants can expect to receive a platform to understand the college recruiting process, build a resume and profile, connect with a scout and establish relationships with college coaches and other like-minded athletes.

As a former Marine, Stone comprehends the challenges associated with transitioning military and identifies with focusing a direction in the field of sports. Securing a job in licensing and team sports at the Under Armour headquarters in

Baltimore, Maryland after his time in service, Stone worked with the company for five years, spurring his idea to host sporting opportunities on military bases. As the catalyst for AoV, the organization hosted its first event at a CrossFit gym outside a base with an attendance of 35 service members.

"I used to joke when we would come to events, I wondered why we are not doing these on military bases," Stone said. "Once I started to talk to coaches and athletes, especially the ones who transitioned from military to civilian, many were unaware of the path. And I thought, well, someone should do something about that. I started moonlighting and helping as many guys as I could. Found some investors and expansion, I moved back home to Boston, and started the company full time in 2016."

Depending on the aspirations and goals of the prospective service member, the combines afford a platform for propelling his or her student athlete ambitions. AoV coaches and staff prioritize active duty service members who are leaving the military within the earliest timeline of six to eight months.

AoV incorporates factors such as type of sport, targeted schools, degree programs of interest and transcript review as they provide assistance.

"AoV has about 100 veterans across the country playing ball right now," Stone said. "We had our first round of graduates this year. They are an example of a dream that has come to life."





Photo by Lewis Perkins/Paraglide

Finding a home, chasing a dream in football

By GENEVIEVE STORY
PARAGLIDE

Reintegrating into civilian life comes with a myriad challenges for veterans. These challenges include and are not limited to relating to civilians who haven’t seen what veterans have, reconnecting with the community, finding structure and successfully entering the workforce are among those challenges, according to U.S. Department of Veteran’s Affairs.

One part of the military veterans miss is the camaraderie. Accustomed to being part of a unit, a college football team can be the perfect fit for former Soldiers as they transition from the battlefield to the playing field. There is a lot of value in a team oriented sport. It is a tight-knit community that helps serve as a reminder

of service — a special bond you won’t get anywhere else in the workforce.

Combating a lack of belonging, a desire for adrenaline and justification for the ‘mission’, it becomes difficult for many Soldiers to sit idle on this idea that their life feels like it is lacking purpose. There is struggle integrating without a natural support structure and fundamental direction. Team sports can provide a vehicle, a social mission that is rooted in personal experience, passion and networking laying out a foundation for success.

The solution is to find a different dream — to redirect the focus and purpose into something else. Football, like the armed services, parallels in a focus on endurance and developing mental toughness. It provides an opportunity for Soldiers to continue to train, serve and sacrifice to achieve their short and long term goals.

‘Athletic values’ transition from military to sport. To task rigorously and relentlessly despite failure, the ability to set out to achieve goals, the willingness to develop new skills, the ability to be exceptional in their field, goal or mission and the aspiration for balance. Military athletes bring value to the team, bringing life experience and leadership qualities that are unheard of from the average and bridging their service to sport with discipline, fitness and maturity.

Being involved in adaptive sports is beneficial and can lead to more positive outcomes for veterans. Sports like football, have a positive impact on physical and emotional well-being, an improved quality of life due to participation and a feeling of clear purpose ahead.

There is carry over from sport in everyday life for military. The comprehension of proficiency, that you can achieve something that you didn’t think was possible.



Runners Corner

Sixth 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 are 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.

Fifth Annual African World Peace Festival 5K:
Saturday, July 13, 8 a.m. at 116 Person St. The Fifth Annual African World Peace Festival 5K road race and walk is a fundraiser for the Loving Hands International and the Cultural and Heritage Alliance. The 5K is part of the festivities of the African World Peace Festival from July 12 through 14, and brings entertainment such as music and cultural dancers in the city of Fayetteville, Cool Spring Downtown District. Race finishers receive a finishers medal and awards will be given to the top in their age groups. Check https://www.active.com/fayetteville-nc/running/distance-running/5th-annual-african-world-peace-festival-5k-road-race-and-walk-event-2019?ltcmp=254301<clickid=06_4571768_e3c317cd-d62b-4ad4-9c1b-0bb6b3dca157&cmp=39N-DP260-BND10-SD230-DM20&cdg=affiliate-254301 for details.

Dirtbag Ales Beer Mile:
Saturday, July 27, 5 p.m. at 5435 Corporation Drive, Hope Mills. Rogue Alpha Athletics has partnered with Dirtbag Ales in Hope Mills, to bring you the Dirtbag Beer Mile. Participants can run, jog, walk or crawl the 1 mile course and enjoy beer straight from Dirtbag Ales on-site brewery. This is a great way to support local business, drink beer and exercise all at the same time. Must be 21 to drink but if you don’t drink beer or are under age you can drink water. Competitive heat starts at 5 p.m. Waves will be released in 30-second intervals. This venue is brand new with athletic field, dog playground, swing sets for the kids, outdoor stage and axe throwing station. Check <https://runsignup.com/Race/NC/HopeMills/>

DirtbagAlesBeerMile?afft_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw for details.

Get Fit

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

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

Aqua Cycle:
Tired of a normal spin class? If the answer is “yes,” then join us for aqua spin. Classes take place at the Tolson Indoor Pool on **Tuesdays** and **Thursdays** at 10 a.m. and noon and **Saturdays** at 10 a.m. Check the MWR website www.bragg.armymwr.com 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.

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 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.

Personal Training:
Reach your fitness goals with certified personal trainers. Training sessions are located at one of our **14 MWR fitness centers**. Start with a fitness assessment done by one of our personal trainers for \$25.
Individual Programs: One-on-one training with a certified personal trainer to meet your maximum fitness goals

Buddy Programs: Two clients train together with one personal trainer to meet their goals.
Class Programs: Are open to DOD cardholders and their guests, ages 16 and older. For more information or to sign up for a program visit our specialized training webpage at bragg.armymwr.com/programs/specialized-training.

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

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.

Hatha Yoga:
This focuses on the breath (pranayama) and yoga poses. This class will be a gentle yoga. Slow and great for beginners or students who prefer a more relaxed style. Poses are held longer. This class is held at Hercules and Towle Courts physical fitness centers. Classes vary, check MWR website www.bragg.armymwr.com for the schedule.

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

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

Deadlines

Employment.....	100s
Service Directory	200s
Merchandise	300s
Announcements	400s
Financial.....	500s
Real Estate – Rentals/Sales.....	600/700s
Transportation.....	800s

Sunday, Monday, Tuesday
3:45 p.m. Friday

Wednesday
8:45 a.m. Tuesday

Friday, Saturday
3:45 p.m. Thursday

Saturday Real Estate
3:45 p.m. Wednesday

◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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