

March 21, 2019



FOCUS - B



A celebration for paws of the law: "We have this beautiful K-9 memorial. We are the only place in the world that pays tribute to the K-9 Soldiers."

LIFE - C



WWII veteran, ASOM volunteer turns 100: Edward Stever drives every Sunday to the Airborne and Special Operations Museum to volunteer after brunch with his daughter. He sits in the Pacific Theater area of the WWII display, where a video talking about the war in Japan and the surrounding areas plays on a loop in the background.

Telling the Fort Bragg StoryTM VOLUME LV, NUMBER 11

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<image>

Photos by Eve Meinhardt/FORSCOM PAO

A student assigned to the U.S. Army Special Operations Command performs one of the medical tasks he learned as part of the battlefield emergent skills triad training at Fort Bragg, N.C., Feb. 7. The training increases the ability of non-surgical medical personnel in remote locations to potentially save the lives of severely injured Soldiers.

Saving lives: Army developing training to expand medical capabilities

BY EVE MEINHARDT FORSCOM PAO

The U.S. Army is one step closer to increasing the ability of non-surgical medical personnel in remote locations to potentially save the lives of severely injured Soldiers thanks to continuing efforts by the U.S. Army Special Operations Command (USASOC), Womack Army Medical Center and the U.S. Army Medical Research and Materiel Command – Telemedicine and Advanced Technology Research Center (TATRC).

The USASOC and Womack team hosted the second iteration of the battlefield emergent stabilization skills triad (BESST) demonstration at the Fort Bragg Medical Simulation Training Center in early February 2019. Six students with a non-surgical background participated in two days of classes and hands-on training to help the program's developers formalize the training package and integrate checklists that outline the steps for the medical tasks they trained on and executed. "In 2017, we built a demonstration for the Army Surgeon General that showed the capability for a nonsurgeon to be able to save a life in a remote location



Col. (Dr.) Tyler Harris, an orthopedic surgeon at WAMC, observes as a student in the battlefield emergent skills triad training performs a medical tasks he learned. The student wore augmented reality glasses allowing Harris to observe actions from the student's point-of-view.

using available technology to have a surgeon supervise the procedure, even with an ocean between them," said Lt. Col. Stephen DeLellis, deputy surgeon, USASOC. "That demo is now a fully developed training package, complete with didactic instruction, a training video and procedure-review flip charts."

The students, comprised of two physician assistants, two emergency medicine doctors and two Army special operations medics, learned how to perform two medical tasks that could help save the life of a potentially fatally wounded Soldier: an anterior femoral artery exposure and a 4-compartment fasciotomy.

Employers looking for military traits

BY TOM MCCOLLUM FORT BRAGG GARRISON PAO

If you are considering leaving the service in the next 18 months, you should start planning your future now so that you can have as smooth a transition into the civilian sector as possible. To help with this, Fort Bragg's Soldier for Life-Transition Assistance Program and the USO of North Carolina will be hosting a Transition Expo at the Iron Mike Center, Conference April 23 through 24.

Eighty-one companies and service organizations will present a wide variety of job and career opportunities that utilize the skills Fort Bragg service members have.

"Military associates bring a great amount of leadership and teamoriented experience to Lowe's" said Sebastian Hale with Lowe's Corporate Communications. "We have found that service members can transfer their service skills to a variety of roles within the organization.

"Military associates are often critical thinkers, strong communicators and bring a high level of integrity to our organization," Hale added.

The positions that Lowe's offers go well beyond the sales floor.

"Interested applicants can apply for positions across the organization,

SPORTS - D



Wildlife Branch of Fort Bragg: Military Warrior Support Foundation and the North Carolina Wildlife Commission offer on-post volunteer mentorship and intern support services to Soldiers.

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PARAGLIDE



Read online

www.paraglideonline.net

See Saving lives —

including positions at stores, contact centers and in the corporate office," said Hale.

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Lowe's will be one of the 81 companies and service organizations on hand at the Expo's hiring fair April 24.

On April 23 a networking cocktail social will be held. Michael Quinn, LinkedIn's 2018's Top Voice in Management and Workplace will be the guest speaker at the event. He will also present at one of the breakout sessions April 24.

Quinn will discuss how to build a strong LinkedIn account and how to brand yourself to attract employers. Team Addo will help service members on how to properly dress for interviews. A third session will help individuals prepare resumes and how to quickly get employers to become interested in them.

The Transition Expo is also open to veterans and military spouses looking for a better job or new career.

For more information and to register for the workshops and training sessions go to *bit.ly/ braggtransitionexpo*. If you have any questions contact Bridgett Byrd at *bridgett.m.byrd.civ@ mail.mil.*

FTCC faculty visits Monroe's Crossroads

By ALYSON HANSEN

PARAGLIDE

On March 10, 1865, members of the Confederate and Union armies clashed on a small farmstead in North Carolina. Nothing was unusual about this sort of skirmish, as the two armies had been fighting each other for four years.

This battle is special because it is the only Civil War skirmish to have been fought on Fort Bragg lands. Monroe's Crossroads, the site of the

battle, was part of the land sold to the U.S. War Department to begin building up the installation in 1918. Faculty members from Fayetteville Technical Community College (FTCC) visited the site March 12 to commemorate the battle.

"I always thought it would be fun to bring a bunch of instructors out here and actually see the historical site and experience it for themselves," said Dr. Daniel P. Stewart, history and humanities professor at FTCC. See Monroe's-Page A3



Photo by Alyson Hansen/Paraglide

Jonathan Schleier, GIS and database manager, CRMP, speaks to educators from FTCC about the Battle of Monroe's Crossroads, March 12. Schleier conducted a tour around the battlefield and spoke about the Civil War battle and its consequences.



Fort Bragg celebrates Women's History

Courtesy Photo

Women's Army Auxiliary Corps (WAAC) leaders visit Fort Bragg in 1943. From left to right, Brig. Gen. John T. Kennedy, commanding general, provisional field artillery brigade; Capt. Blanche P. Cline, commanding officer, 37th WAAC Post Headquarters Company; Col. Lathrop B. Clapham, chief of the personnel division, Fourth Service Command; Mrs. Grace Kempton, WAAC publicity director; Capt. Westray Battle Boyce, Fourth Service Command WAAC director; and Lt. Bess Sheppard, WAAC special service officer. *Read more about Women's History on page 1C in Life.*







This week, we asked:

"What does your fur baby mean to you?"

"Ellie, she is my service dog. I have had her since she was a puppy, she means everything to me." Michelle Sobreo, Military Spouse





"She is special to me because she is loyal and follows directions." Allisa Phillips, 11 Military Child,

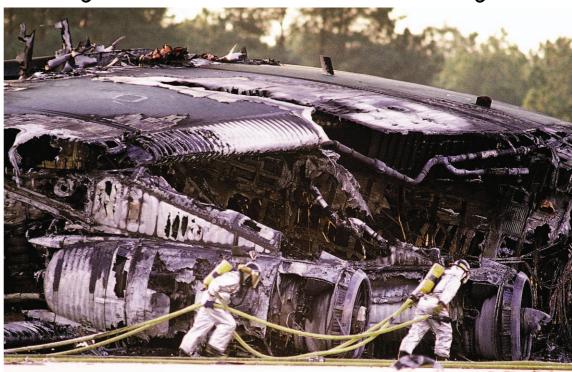
"He is special to me because he is my best friend and is always there for me. He also protects me." Alicia Phillips, 11 Military Child





"Habie means everything to

Green Ramp disaster, 25-year anniversary



U.S. Air Force firefighters drag hoses in front of the wreckage of a C-141 aircraft at Pope Air Force Base after being hit by an out-of-control F-16, March 23, 1994. The resulting fire killed 24 U.S. Army paratroopers waiting nearby.

> BY TOM MCCOLLUM FORT BRAGG GARRISON PAO

Twenty five years ago this coming Saturday, March 23, Fort Bragg experienced the worst training disaster the installation had ever known. For the 82nd Airborne Division, this was the largest loss of life they had suffered since the Battle of the Bulge in World War II. While a tragedy beyond the scope of anyone's imagination, true heroes rose to the occasion to help others.

An F-16 and a C-130 collided over the airfield. The F-16 crashed into a C-141 that was being prepped for an airborne operation. The fuel on the large jet aircraft and the remains of the F-16 hurled towards and into a groups of 500 paratroopers who were preparing for a training exercise. Twenty four Soldiers were killed and more than 100 were injured.

In 1994, there were no large pack sheds. Paratroopers donned the parachutes outside and after their jump master parachutist inspection, they would most sit on the grass a wait to board the aircraft.

About 300 feet over the airfield a C-130 was practicing touch and go landings, a common practice for the aircraft and its crew. Meanwhile the F-16 was practicing a simulated flameout as it approached the airfield. The fight clipped the right wing of the C-130. The fighter pilots attempted to recover the aircraft by applying full afterburner but the aircraft started to disintegrate. The two pilots ejected from the jet. The C-130 was able to fly away so the crew could assess the damage. Still on full afterburner, the F-16 crashed into a fully fueled C-141 which exploded into a huge fireball. The burning fuel and the remains of the fighter quickly slammed into the paratroopers before most could move to what safety they could find. To make matters even worse, ammunition in the F-16 began to explode. What happened next showed the dedication, tenacity and discipline inherent in most paratroopers, airmen and first responders. Those who could, tried to run for what limited cover was available. Soldiers who hit the ground and rolled fared better. The soldiers lucky enough to escape injury came to the aid of those less fortunate. All around Soldiers grabbed those burning and tried to put the flames out but for many the fuel soaking their uniforms reignited. Those providing what aid they could also began to burn but still they tried to save others.

Others dragged the wounded away from the flames and started providing first aid. Instructors and students from the Advanced Airborne School's jumpmaster course rushed to the scene to offer aid. They literally tore the jumpmaster school apart with their bare hands to make litters to carry the wounded.

Soldiers used whatever vehicles were available to start moving the victims to Womack. To get as many there as fast as possible they stacked the wounded on top of each other. Once at the hospital, doctors and nurses worked in organized chaos to save lives.

As the C-141 continued to burn, airmen quickly towed another C-141 away to prevent it from catching fire.

Within two minutes of the explosion, fire crews from Pope arrived and began trying to put the fire out. About 10 minutes later, fire crews from throughout Fort Bragg and Cumberland County arrived. It took almost 50 minutes to put the burning aircraft, buildings, trees and bodies out.

In investigations and interviews after the disaster, one common theme was repeated over and over: Despite their own safety, Soldiers risked their lives to help others.

"Those are my brothers, or however that feel-

me. This is my baby, you can see she is wearing my jacket. She is very spoiled." Tonya Taylor, Volunteer for Airborne and Special Operations Museum

"Rogue, I am training him to become a service dog. I am a dog trainer, so he will help me train other service dogs so we can help out veterans." Nicole Doewberry, Veteran Spouse



ing is; they're in trouble and we need to help them," said Capts. James B. Rich and Daniel A. Godfrey.

"No one shied away.... It's that kind of phenomenal response that allowed us to get all the injured to the hospitals within 40 to 45 minutes," said Gen. Henry H. Shelton.

"It was Soldiers saving Soldiers. Soldiers putting out fires on other Soldiers; Soldiers dragging Soldiers out of fires; putting tourniquets on limbs that had been severed; putting out fires on their bodies, sometimes with their own hands. Anything they could do to care for their buddies that were more seriously injured they were doing," said Lt. Gen. William M. Steele.

"He (Staff Sgt. Daniel E. Price) looked me in the eye, grabbed me by my shirt and threw me several feet in the air and jumped on top of me. After the explosion and the rounds stopped going off, he whispered in my ear, 'crawl out from underneath me.' I did and took off running," said Spc. Estella Wingfield. Price died as a result of his actions.

The immediate response to the disaster on Green Ramp produced numerous heroes who rose to the need of others while firefighters, ambulance crews and medevac teams answered the alerts with professionalism.

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Helicopters were flying low overhead, adding realism to the event as the students worked with their heads down in the tents where the training was taking place, ignoring everything else around them and focusing only on the manikin in front of them. The students used scalpels to cut into the realistic model and tied off blood vessels with gloved hands, all while wearing augmented reality glasses that allowed a surgeon to observe their actions from the student's point-of-view.

Col. (Dr.) Tyler Harris, an orthopedic surgeon at Womack Army Medical Center, watched the students' progress and communicated with them throughout the procedure. Harris was seated in another room, watching their actions on a laptop computer and providing real-time feedback on what he was seeing to the students who could hear him through their glasses.

While the training provides the students with all the knowledge and tools to perform the procedure on their own, the use of telestration provides a safety net and an additional level of medical oversight to support them when they are caring for actual patients in a remote location.

Harris said that getting training like this available to the force will help increase readiness and the ability to care for Soldiers serving in harm's way.

"The great thing about this training package is that it is scalable to meet the needs of the Army," Harris said. "As many medical personnel that are needed are able to learn each procedure in a day or less. It takes years to bring on new surgeons. This leverages the experienced medical resources units already have – our non-surgical physicians, brigade doctors and physician assistants – and allows us to quickly train them to not only meet the needs of the Army, but give them the ability to potentially save the lives of their fellow Soldiers with injuries that could prove fatal without immediate intervention."

Throughout the training, students provided feedback to the team about training modules, classes, the checklist and equipment. They shared what worked and what changes to the program would make it easier for them. Overall, the students said they were glad that training like this was being developed.

"This training was very effective because of the way it was presented," said a participating emergency medicine physician with the Special Operations Medical Detachment. "You got to see it done and then got to do it yourself. There's a lot of repetition and hands-on, you're not just talking it through and hoping for the best."

A Special Forces medical sergeant with 3rd Special Forces Group (Airborne), who also participated in the exercise said, "I think this is a great force multiplier. It's great to get to learn techniques like this, we go places where immediate evacuation to higher care facility isn't always possible. When you're the only medic out there, you want to be able to help someone no matter what."

Experts at the Uniformed Services University of Health Sciences will now review the results of this training and



Photos by Eve Meinhardt/FORSCOM PAO

Six students with a non-surgical background participated in two days of classes and hands-on training to help the program's developers formalize the training package and integrate checklists that outline the steps for the medical tasks they trained on and executed.

pursue research to clinically validate the process. The goal is to not be able to tell the difference in the results of these skills executed by a surgeon or one of the non-surgeons doing the task. The current expectation is for validation and implementation of the training across the force within the next two years.

The project has been fully supported by Army Medicine as part of its advanced medical technology initiative (AAMTI).

Monroe's Crossroads

Stewart, a retired master sergeant, helped to organize the visit with Fort Bragg'sCultural Resources Management Program (CRMP). He invited any professor that wanted to experience the battlefield. Biology, psychology, philosophy and history instructors took him up on his offer.

"Back when I was in the Army and working on my master's thesis, Fort Bragg Cultural Resources was instrumental in helping me do a lot of the field research that I actually had to do, taking me out here showing me around, giving me tips on some of the local folklore, and I always remembered that," Stewart said. Jonathan Schleier, Geographical Information System and database manager, CRMP, gave the group of educators a tour of the historical site. He talked about the importance of bringing history to the community, and said he hoped this was another step in that direction.

The day began at Longstreet Church, the oldest building on Fort Bragg. The cemetery attached to the church is the final resting place for several repatriated Confederate soldiers. The tour then continued to the site of the battle itself.

Monroe's Crossroads had been the homestead of Charles Monroe on what was once Morganton Road, near a springs. People would often stop and use the springs as a resting place before continuing on to Fayetteville's bustling markets.

Maj. Gen. Hugh Kilpatrick of the Union Army liked the site for his cavalry, and camped out on the homestead March 9, 1865.

The Confederate cavalry under the direction of Lt. Gen. Wade Hampton and Maj. Gen. Joseph Wheeler made the initial attack March 10, and were initially met with great success.

"It was a normal looking morning for the (Union soldiers), and then all of a sudden there was a bugle call. It was a charge. Quickly on the heels of that, you have a hammer. The Confederates just blasted into camp. It was a complete surprise to the sleeping Union Army. The effect was prolific," Schleier said during the tour.

The Union soldiers rallied while Confederates were looting the camp, resulting in an equally devastating day to the Confederate camp. The entire battle lasted a day, and ultimately achieved the Confederate goal of slowing the Union Army down on their way to Fayetteville.

The FTCC instructors listened to Schleier describing the battle with maps and a detailed walk around the battleground. Stewart spoke about the battle as well, giving insights into where the armies were during the skirmish. The faculty members stopped at memorial markers around the area.

"I've been really interested in trying to find out more about the community," said Hattie Presnell, history professor. Presnell recently moved to the area, and began teaching at FTCC in January.

"Since I do teach American

From Page A1

history and cover the Civil War, I thought this would be a fantastic way for me to learn what is going on in the area," she said.

The teachers were treated to Meals Ready to Eat (MRE) to finish out their Monroe's Crossroads experience. During the meal, Stewart joked that their "provisions" were quite a bit better than what the Civil War soldiers would have experienced around the time of the Battle of Monroe's Crossroads. He spoke about his hopes to make the trek out to the site an annual event.

"There are a lot of historical resources available on Fort Bragg that a lot of people don't know about and I'd like to see more of that collaboration between Fort Bragg and local educators," Stewart said.



From Page A1

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All American 5K FAQ

Q: I work at Womack Army Medical Center (WAMC) and have to work Sunday, how do I get to work?

A: Entering the installation from the North — Enter the installation through the Randolph ACP then turn right onto Souter Pl. Turn left onto Macomb St. and travel through the Historic district of the installation over to Reilly Road. Entrance can also be made through the Honeycutt ACP. Travel Honeycutt Road west to Reilly Road. Drive north on Reilly Rd. to the entry of WAMC. Entering the Installation from the South — Access the installation through the All American and Yadkin Road ACPs. After entering the installation from those gates travel to Reilly Road and then drive north to the Reilly Road entrance of WAMC.

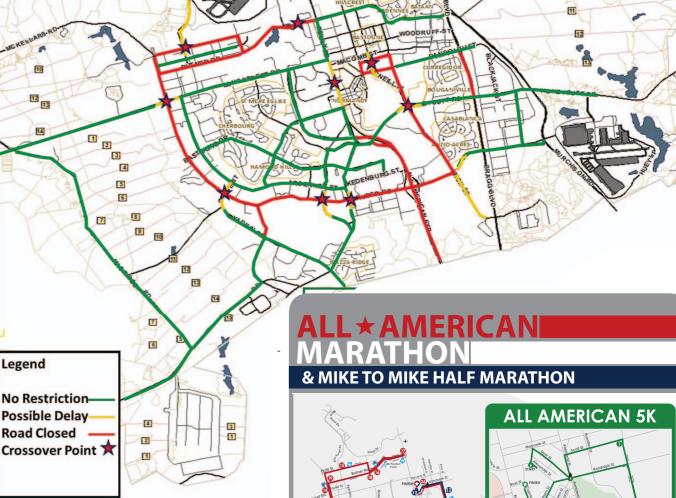
Entering the installation from Longstreet — After entering the installation stay on Longstreet crossing over the marathon route at Gruber Road and continue to WAMC. Entering the installation from Chicken Road — After entering the installation travel to Canopy Lane to Yadkin Road and over to

Reilly Road. Drive north on Reilly Road to the entry of WAMC.

Q: I will be attending religious service on the installation Sunday, how do I get to various chapels on the installation? A: Chapels along Ardennes St. - Access to the chapels located on Ardennes can be accessed from Longstreet, Zabitosky, and Yadkin Rd. to Graves St. Main Post chapels — Enter the installation through the Randolph ACP then turn right onto Souter Pl. Turn left onto Macomb St.

Q: Which roads will be closed on the installation for the marathon?

A: There will be a limited number of roads closed on the installation in support of the marathon in relations to previous years. The following roads will be closed to all vehicle traffic and traffic will only be allowed to cross over the route at designated crossover points: All American FWY (outbound lanes only starting at Zabitosky Rd.), Gruber Rd., Pratt St., Lewis St., Butner Rd., Knox St., Randolph St. (from Knox St. to the Main Post Parade Field), Hurst St., Pelham St., Capron St., Dyer St.,



Sedgewick St., Alexander St. The following roads will be closed for the All American 5K: Armistead St., Scott St., Hamilton St. (from Scott St. to Randolph St.) Q: What times will the roads be closed on the installation in support of the marathon? A: All roads will close at 6 a.m.

Q: What time will the roads reopen? A: Roads will reopen as

the race progresses not to exceed a seven hours (approx. 2 p.m.) time period along the full and half marathon course.

Q: Which Access **Control Points will** be open?

A: Longstreet ACP, Chicken ACP, Yadkin ACP. All American ACP (Inbound), Honeycutt ACP, Randolph ACP and Simmons.





The Association of Bragg Spouses scholarship and welfare grant

The ABS Scholarship season is open for high school seniors and continuing education students. Applicants must be members of ABS or dependents of members of ABS and reside in the local area. All applications must be post marked no later than March 30.

Scholarship applications can be found at www.fortbraggabs.org under the "Our Programs" tab. Any questions should be emailed to ABSScholarships@ gmail.com

The ABS Welfare Committee is now accepting applications from nonprofit organizations for its annual distribution. Applications can be picked up at the Bragg Unique Boutique, located at the Soldier Support Center. Applications can also be downloaded from the ABS website, www.fortbraggabs.org, under the Welfare tab. All applications must be postmarked by March 30.

This year's theme is Saturday Night Fever, a '70s disco! DJ Magic Mola is returning this year to entertain with music from the '70s.

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

Tickets are currently on sale. All proceeds benefit the community through scholarships and welfare grants. Last year over \$32,000 was distributed to college students and non-profit organizations by the Association of Bragg Spouses. This year's event silent auction is going online and there are great features that make bidding super easy on your smart phone or tablet. Last year this event alone raised \$24,000! For more information and tickets, visit the ABS webpage at www.fortbraggabs.org. Vendors looking to participate in this year's auction can email the event chair Ashley Fletcher at fortbraggabsspringfundraiser@gmail.com for additional information.



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

The Association of Bragg Spouses is honored to host the 19th Annual Spring Fundraiser, named Very Important Charity Event at the Iron Mike Conference Center, April 6, at 6 p.m.

HIBACHI GRILL supreme buffet 3308 Bragg Blvd. Fay | 910-323-8188 (next to Krispy Kreme) SENIOR SPF 65 & UP **Mon-Thurs** Excluding Drink 2p.m.- 3:30p.m. Holidays Included LUNC Dinne We Cater - Large Rooms Available for Parties Dine-in only with purchase of drink, 1 coupon per receipt, cannot be combined with other discounts or coupons. **Excluding Holidays**

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FROM THE ARCHIVES

Focus

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Military Police K-9, Helen, demonstrates one of her roles by taking down Spc. Sean McFarland, 550th Military Working Dog Detachment at the K-9 Veterans Day Fair, March 9. The event took place at the Airborne and Special Operations Museum.

A celebration for paws of the law

By Jelia Hepner Paraglide

The Airborne and Special Operations Museum (ASOM) Foundation hosted a K-9 Veterans Day Fair in downtown Fayetteville, March 9. The ceremony, scheduled to take place annually, was held in front of the museum and included a wounded warrior dog sculpture made by craftsman James Mellick, from the Wounded Warrior Dogs Project.

"We have this beautiful K-9 memorial. We are the only place in the world that pays tribute to the K-9 Soldiers," said Liz Mileshko, executive director for the ASOM foundation. "We decided that we needed to have a celebration for those who have served. We thought this would be a good way to bring the community together in celebration of our furry friends."

During the event, guests were able

to get an insight into K-9 training and gain a sense of how the dogs help law enforcement and military members, through demonstrations from the 550th Military Working Dog Detachment and the city of Fayetteville Police Department.

K-9s including Nero and active duty military working dogs, Helen and Diana, displayed some of their day-to-day responsibilities for the crowd.

Fayetteville Police Officer Nicole Burton, who has been teamed up with Nero for six years, talked about the importance of his work.

"I feel like normally K-9s do not get the recognition they deserve when it comes to the general public," said Burton. "They are great for us and they take care of us as best as they can."

The event also included tables and tents with animal services, food trucks and kids crafts.

For more information on the event visit www.asomf.org.



Fayetteville Police Officer Nicole Burton stands next to her partner, Nero, who will retire in a couple of years. Guests were able learn about Nero's responsibilities on the force and get better insight on K-9 training during the event at the ASOM.

U.S Marines' Operation Rolling Thunder SHARES up Bragg

By Jelia Hepner Paraglide

"We apologize for the noise, but this is training to us," said Col. James P. McDonough, commander, 10th Marine Regiment, 2nd Marine Division.

Over 1,000 Marines and Sailors, mostly from Marine Corps Base Camp Lejeune, North Carolina, are shaking up Bragg during the month of March for their annual exercise, Rolling Thunder. The 10th Marine Regt. is conducting artillery training at battery, battalion and regiment levels, which ends Friday.

"This is our big exercise, our deployment for training and we utilize all the ranges that Fort Bragg has to offer," said McDonough. "We also have a reserve unit involved in this training as well."

The purpose for exercise Rolling Thunder is to combine arms and fire support training and enhance unit cohesion and proficiency. During the exercise, Marines are shooting machine guns, participating in squad attacks and artillery training.

The noise that rattles residents' homes throughout the community during the day and night comes from the 155 mm howitzer.

"We're going to shoot a couple thousand rounds of artillery out here — this is the highlight of our training to be able to train at the regiment level," said McDonough. "We have to be able to train day and night to fight the enemy." There are different components making an exercise like this a success, including fire support specialists, cannon crew members, field artillery automated tactical data systems specialists and ammunition technicians, who communicate amongst each other to complete various training tasks.

"Communication is the biggest part of artillery." "Without communication we would not be able to send rounds down range," said Lance Cpl. Shane Ross, an ammunition technician with India Battery, 3rd Battalion, 14th Marine Regiment, 4th Marine Division. When asked what is his favorite part of his job, he said, "making things go boom."

Editor's note: This is the first part of a two-part series on the 10th Marine Regiment training on Fort Bragg.





Photos by Lewis Perkins/Paraglide

Above: Marines from 3rd Bn., 14th Marine Regt., 4th Marine Div. dig holes and prepare to fire a 155 mm howitzer during exercise Rolling Thunder March 16.

Left: Marines from 3rd Bn.,14th Marine Regt., 4th Marine Div. fire a 155 mm howitzer as part of their artillery training on Fort Bragg. The impact from the howitzer has caused residents' homes throughout the surrounding areas to rattle.

82nd hosts Expert Field Medical Badge



Photos by Pvt. Daniel J. Alkana/22nd MPAD

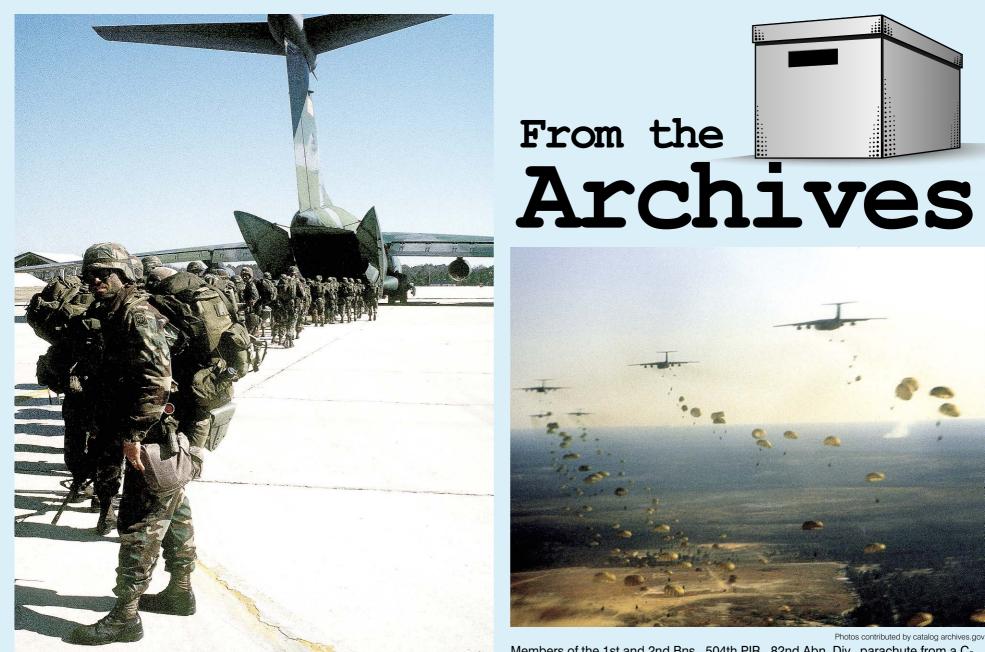
The Expert Field Medical Badge (EFMB) graduating class stands proud during the completion ceremony, Monday. Graduates endured a week-long, fast-paced simulated combat environment; completing evaluations of medical care under fire, nine-line medical evacuation requests and land navigation.



Staff Sgt. Brent Crutchfield, a combat medic specialist assigned to the 46th Engineer Bn., 20th Engineer Bde., maneuvers under a barbed wire obstacle during the EFMB competition, March 8. Soldiers competing for the special skills badge must maintain possession of their weapons and medical supplies at all times while acing obstacles to proceed with passing remarks

Pfc. Emily A. Sperling, a health care specialist assigned to 3rd Bde. Spt. Bn., 1st Armored BCT, 3rd Inf. Div., demonstrates lane procedures for candidates, March 5. Soldiers participating in the competition must don gas masks within nine seconds to proceed in the qualification for the EFMB.

Sgt. Ismael Medina, a combat medic and medical advisor assigned to 3rd Sqd., 2nd SFAB, secures a spinal injury casualty to a board for stabilization during EFMB lane demonstrations. Straps secured around a suspected spinal injury casualty help prevent further injury before additional uations can be conducted



Members of the 82nd Abn. Div. prepare to board C-141B Starlifter aircraft for transport to Honduras. President Ronald Reagan mobilized U.S. exercise task force Dragon/Golden Pheasant, consisting of both the 82nd Abn. Div. and the 7th Light Inf. Div., to help discourage Nicaraguan forces from entering Honduras on March 1,1988.

Members of the 1st and 2nd Bns., 504th PIR., 82nd Abn. Div., parachute from a C-141B Starlifter aircraft. U.S. troops, including members of the 7th Light Inf. Div. and 82nd Abn. Div., spent two weeks participating in a mobilization of U.S. exercise task force Dragon/Golden Pheasant. The task force was deployed to help discourage

Nicaraguan forces from entering Honduras, March 1,1988.

155th Medical Detachment back home following deployment



Courtesy photo

Members of the 155th Med. Det. (Preventive Medicine) return home March 1, following a deployment in support of Operation Resolute Support and Operation Freedom's Sentinel. The unit's mission was to provide force health protection and environmental monitoring. During their deployment to Afghanistan they completed over 1,200 inspections, increased air quality monitoring by 200 percent, and formally instructed more than 1,300 service members from 58 different countries in theater-specific preventive medicine measures.



The 155th Med. Det. (PM) commander, Maj. David Zgonc, and detachment sergeant, Staff Sgt. Derek Hauser, uncase the colors during the unit's welcome home ceremony.

Artillery paratroopers jump, conduct live fire on DZ



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

Paratroopers from Battery A, 1st Bn., 319th AFAR descend onto Fort Bragg's Normandy Drop zone after a static-line airborne jump from an Air Force C-17, March 13. The artillery paratroopers conducted the airborne operation to train for their hallmark mission of rapidly placing their artillery piece into operation and firing after a static-line jump.



The artillery paratroopers previously conducted a static-line airborne operation onto Fort Bragg's Normandy Drop Zone to train for their hallmark mission of rapidly placing their artillery piece into operation and firing after a static-line jump.



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MAY 18, 2019 NORTH CAROLINA



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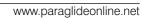
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HAPPY BIRTHDAY! WWI veteran, ASOM volunteer turns 100 years old Friday

By Alyson Hansen Paraglide

Life

Edward Stever drives every Sunday to the Airborne and Special Operations Museum (ASOM) to volunteer after brunch with his daughter. He takes a seat in the Pacific Theater area of the World War II display, where a video talking about the war in Japan and the surrounding areas plays on a loop in the background. He talks to museum patrons about the war, giving background information and telling people what it was like being there. He turns 100 years old Friday.

Stever was drafted into the Army Air Corps in 1943, and was assigned to the 20th Air Transportation Squadron as a C-47 radio operator. He completed basic training in Atlantic City, New Jersey, and went to various schools to learn how to be a radio operator on aircraft. He learned everything he could about how to operate radios in poor weather conditions and S.O.S. situations. His job was to communicate from the aircraft to towers, bases and other aircraft. He learned about long and short range communications with his radios and was sent to the Assam Valley on the east side of the Himalayan Mountains.

His missions involved flying into China from India delivering supplies and bombs.

"If you liked to fly, everything was interesting. It was dangerous during the takeoffs and landings because you were loaded with 500-pound bombs in the cargo, and sometimes 50 drums of gasoline," Stever said. Planes could easily catch fire during these crucial moments, and if the plane caught fire, they would blow up. "I've seen that happen several times," he said.

Aircrafts escorted by Stever and his crew were often attacked by Japanese planes. Other times,

the landing gear wouldn't deploy, resulting in rough landings. The crew would run out of the aircraft as soon as it was slow enough to do so, just in case it blewup. Sometimes communications were crossed causing Stever and his crew to bemistaken for enemy aircraft. They'd be shot at by friends on the ground. One time, they flew a special mission into China to resupply American troops. On that occasion, they happened to catch Chinese bandits boarding their aircraft, stealing supplies.

LOCAL HAPPENINGS

Worship

Stever served for three and a half years. He came back to Fort Dix, New Jersey as a corporal, and was formally discharged Jan. 10, 1946.

After his service in the war, he was ready to rejoin the workforce. He was 22 years old when he was drafted, married with two children. He started working for IBM, one of the largest computer hardware companies in the world, and continued working there for 44 years. During that time, he also kept up a farm.

"I like to live out in the dirt," he said. "I was originally born on a farm and lived on two other farms ... I consider myself not a cowboy, but I've ridden a lot of horses. I've shown horses, and I consider it my number one hobby all my life since I was old enough to recognize what a horse was."

Stever retired in 1984. At the time, he was living on a farm near Charlotte, North Carolina. He had built a large portion of the brick house himself, and created special gardens for his wife so she wouldn't have to bend over and hurt her back repeatedly. He ended up selling the farm and moved to Fayetteville, where his oldest and youngest daughter both reside.

That's when he encountered the ASOM, where he has been a volunteer since 2011. He used to sit on one of the cargo crates in

Ed Stever flies over the "Hump," a term Soldiers gave to the Himalayan Mountains in Asia, Jan. 26, 1945.

the Pacific Theater display.

"I sat on that box for seven years, and last year, one of the employees at the museum asked, 'how would you like a chair to sit in?' And I asked, 'does it have a padded seat?' He said, 'I could get you one.' So I graduated from that box just last year," he said.

Stever said he enjoys all of the people he has met through the museum, from the everyday patron to more prominent visitors. Senator Marco Rubio and his wife chatted with Stever when Rubio came through Fayetteville a few years ago. The late Sen. John McCain visited him twice over the years, and Thom Tillis, senator for North Carolina, sent him a birthday card this week with a gold embossed U.S. seal on the front. Generals who come through the museum make it a point to stop and talk to Stever.

He has advice for those currently in the service.



Ed Stever speaks to patrons of the ASOM, March 17. Stever volunteers at the museum every Sunday afternoon.

"Keep your mind on your job. If you're interested and you get more education, keep doing it, keep working at it, and don't give up," he said.

Stever can be visited every Sunday afternoon at the ASOM in downtown Fayetteville. If you'd like to send Stever a birthday card, please mail them to:

Photo courtesy of the Stever Family

U.S. Army Airborne and Special Operations Museum Attn. Ed Stever 100 Bragg Blvd. Fayetteville, N.C. 28301



By MAJ. GARY LOTEN-BECKFORD 525th MI Bde. PAO

March is the opening season for spring. Spring denotes the closure of winter and March renders fresh ideas of rebirth, rejuvenation, renewal, resurrection and regrowth.

As of March 1987, the U.S. Congress passed Public Law 100-9, thereby recognizing March as Women's History Month. The Army and the surrounding town of Fayetteville take an active role in celebrating Women's History Month. This celebration is highlighted by welldeserved promotions, prestigious assignments and key roles of leadership and responsibility not previously held by women.

In 1997, the Army promoted the first female three-star general. Retired Lt. Gen. Claudia Kennedy was a military intelligence officer. Kennedy was appointed as the Deputy Chief of Staff for Intelligence.

Over the span of her 31 years of military service and exceptional contribution to military intelligence, Kennedy was inducted into the Military Intelligence Hall of Fame.

The Army promoted the first female four-star general, Gen. Ann Elizabeth Dunwoody, in 2008. Dunwoody's many firsts include: the first woman to command a battalion in the 82nd Airborne Division in 1992, Fort Bragg's first female general officer in 2000 and the first woman to command the Combined Arms Support Command at Fort Lee, Virginia in 2004.

Command Sgt. Maj. Sheryl Lyon, a native of Tompkinsville, Kentucky, and an accomplished leader with 28 years of service, served as the first female brigade command sergeant major for the 525th Military Intelligence Brigade from 2011 to 2015.

During her tenure, Lyon deployed to Kosovo and served as the Multinational Battlegroup-East senior enlisted advisor for Kosovo Force 17.

Lyon later served as the Command Sergeant Major for U.S. Army Europe. She currently serves as the senior enlisted advisor for U.S. Army Cyber Command in Fort Belvoir, Virginia.

"Being a leader of Soldiers is my most rewarding experience; coaching, teaching and mentoring," said Lyon. "Being able to observe young Soldiers grow and mature when afforded opportunities that challenged them to be and do their very best," added Lyon.

Rewards in leadership for anyone come with certain challenges.

"I consider challenges to be opportunities, opportunities to prove myself, one of the biggest challenges is being able to be heard in a roomful of males without having to jump up and down on a desk or sounding shrill," said Lyon.

As a military leader, particularly a female leader, there is a major contributor who renders strength and encouragement. Lyon says her daughter is her greatest influence.

"Being in the Army challenges you at every level. Being successful at all levels to provide a positive influence on my own daughter was very important to me." Lyon said. "There were also a number of noncommissioned officers who influenced me along the way positively - those who I wanted to emulate and negatively — those I did not want to be like. I was fortunate to have noncommissioned officers that were willing to answer questions and promote Soldiers and their abilities. Some of those noncommissioned officers were with the 525th MI Bde. in the beginning of my career."

Lyon remembers the most significant event in her career. This is when the Army opened all branches to female Soldiers.

Lyon can recall from the early years of being told that she could not attend Ranger school. When she asked why, the response was "because you're a woman."

Lyon is all about opportunities and there should not be restrictions or limitations placed due to gender.

Editor's note: This is the first part of a two-part series on Women in Leadership.



Command Sgt. Maj. Sheryl Lyon served as the first female brigade command sergeant major for the 525th MI Bde. from 2011 to 2015.

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

BASEBALL IN FAYETTEVILLE EXHIBITION

When: Exhibit opening on Friday, during 4th Friday Where: Fayetteville Area Transportation and Local History Museum Cost: Free

Don't miss out on your spring training in local history. Baseball in Fayetteville is the museum's newest exhibit. Opening Friday with a special 4th Friday celebration, this exhibit highlights our community's love of the game. As we embark on the newest chapter of baseball here, learn about the nearly 150 years of home-run-hitting heritage. Baseball in Fayetteville is open to the public during regular museum hours and will remain open through 2019 and part of 2020.

For more information, call the museum at (910) 433-1457, or visit *fcpr.us/ facilities/museums/fayetteville-area-transportation-and-local-history-museum*.

WALK A WHILE IN HER SHOES

When: Friday, 7 to 10 p.m. Where: Capitol Encore Academy Cost: \$15 to \$30

Get your tickets now and strut your stuff during the annual Walk a While in Her Shoes. The support the Rape Crisis Center gets from this event allows them to provide free advocacy, counseling, and support to more than 600 survivors of sexual violence each year. A ticket purchase is required for the walk and/or shoe rental, available at *www.eventbrite.com/e/walk-awhile-in-her-shoes-2019-registration-52148239789?utm_term=eventurl_text&aff=efbeventtix.*

Sign-in will be held in front of the Capitol Encore Academy, and the walk will proceed down Hay Street ending at Bright Light Brewing Company. The walk itself is for men only, but everyone is invited to support and watch their procession and join the post-walk event at the brewery.

CLUE'VILLE: A DOWNTOWN MYSTERY

When: Friday, 6 to 9 p.m., and Saturday, 10 a.m. to 6 p.m. Where: Downtown Fayetteville

Cost: Free

Your favorite board-game comes to life in Downtown Fayetteville this year. Move from business to business, gather clues and solve the crime. Then watch the culprit's arrest at a press conference. Right or wrong, you have a chance to win prizes. This event is free and fun for the whole family. Game maps will be available in local businesses and online for download. While you play the game, take advantage of the promotions and discounts

being offered by participating businesses. Play the game any time between Friday and Saturday.

For more information and game updates, visit *www.facebook.com/events/401187837307903.*

FAYETTEVILLE'S ULTIMATE LIP SYNC SHOWDOWN

When: Saturday, 6 to 10 p.m. Where: Crown Ballroom Cost: \$51 to \$76

Cost: \$51 to \$76 Tickets are on sale now for Fayetteville's Ultimate Lip Sync Showdown, which will be held in the Crown Ballroom Saturday. Social hour begins at 6 p.m. and the show starts at 7 p.m. Ticket prices are \$51 per person for standard table seating and \$76 per person for VIP table seating. Don't miss this evening of music, fun and frivolity as local "celebrities" battle it out! Proceeds will benefit the Child Advocacy Center — a place of healing and hope for child abuse victims.

UPCOMING EVENTS

THE LAST BATTLEGROUND: THE CIVIL WAR COMES TO NORTH CAROLINA

When: March 28, 6 to 7:30 p.m.

Where: Pate Room, Headquarters Library, Cumberland County Public Library Cost: Free

The North Carolina Civil War and Reconstruction History Center is sponsoring a presentation by Philip Gerard, author of the book "The Last Battleground: The Civil War Comes to North Carolina."

The presentation, which is free and open to the public, focuses on the long march of events in North Carolina, from secession to surrender. It allows one to understand the entire Civil War — a personal war waged by Confederates and Unionists, free blacks and the enslaved, farm women and plantation belles, Cherokees and mountaineers, conscripts and volunteers, gentleman officers and poor privates.

In the state's complex loyalties, its sprawling and diverse geography, and its dual role as a home front and a battlefield, North Carolina embodies the essence of the whole epic struggle in all its terrible glory. For more information, call (336) 416-4530.

THE BREWERY COMEDY TOUR

When: March 29, 8 p.m. Where: The TapHouse Cost: \$10 to \$20

Laughs are on tap for this nationwide tour that has already hit over 900 breweries across the U.S. More than a dozen New York and Los Angeles standups are currently on the road, sampling the local fare, local brews and providing the finest and funniest in comedy entertainment. This stop at The TapHouse in Fayetteville is set to feature a lineup whose credits include top festivals, TV and major club appearances.

For tickets, vist https://herronentertainment.com/#universe-e7362b6d-5041-4e9a-8a4d-819eed5bf3f5.

HERB AND GARDEN FAIR

Where: Poplar Grove Plantation, Wilmington, North Carolina **When:** March 30, 9 a.m. to 5 p.m. and March 31, 10 a.m. to 4 p.m. **Cost:** \$5, children 12 and under are free

The grounds of Poplar Grove will be filled with a wonderful selection of locally grown plants of all types — herbs, perennials, annuals, hanging baskets, shrubs, native plants, vegetable starts and houseplants, plus garden art and accessories, herbal and all-natural products, artisan crafts and local foods. Included in your admission price is live music by artist and musician, Mark Herbert from Broccoli Brother Circus and Stained Glass Canoe featuring Andrea Templon.

There will be kids activities for the little ones, and free classes and nature trail walks for the young and the young-at-heart throughout the two-day event. Learn from your neighbors and some of the community's best local historians, herbalists and basket-makers.

There will be Greek food samplings, wraps, seafood, hamburgers, hotdogs, smoothies and baked goods available for purchase.

For the kids, The Stables at Poplar Grove will be open for tours — closed toes shoes required — from 10 a.m. until 2 p.m.

For tickets, visit ev7.evenue.net/cgi-bin/ncommerce3/SEGetEventList?group Code=LIP&linkID=global-crown&shopperContext=&caller=&appCode=.

CAPE FEAR HEROES VS. CAROLINA COWBOYS

When: Saturday, 7:30 p.m.

Where: Crown Colliseum

Cost: Children 2 to 12, \$8; adults, \$10 to \$20

The Cape Fear Heroes are a professional arena football team in Fayetteville. The Heroes are a part of the American Arena League (AAL). The Cape Fear Heroes currently hold the championship title as the 2017 Supreme Indoor Football League Champions.

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

For tickets, visit www.crowncomplexnc.com/events/detail/.cape-fear-heroes-vs-carolina-cowboys.

RECURRING EVENTS

FAYETTEVILLE "OVER THERE" CENTENNIAL OF WWI

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

Where: Fayetteville Area Transportation and Local History Museum
Cost: Free

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

BREWERY TOUR

When: Sundays, 4 to 5 p.m. Where: Dirtbag Ales Brewery and Taproom, Hope Mills Cost: Free to attend Join the head brewer for an informative tour of the brewery at Dirtbag Ales Brewery and Taproom in Hope Mills. No reservation is required.

CITY MARKET AT THE MUSEUM

When: Mondays through Sundays, 9 a.m. to 1 p.m. Where: City Market at the Museum

Cost: Free to attend

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

For more information about the Herb and Garden Fair, visit *http://poplargrove.org/festivals/herb-garden-fair/.*

NORTH CAROLINA AZALEA FESTIVAL

Where: Historic Downtown Wilmington, North Carolina

When: April 3 through 7 Cost: Event costs vary

The North Carolina Azalea Festival is a celebration of Wilmington's exceptional artwork, gardens, rich history and culture during its five days of pageantry. Celebrate spring southern-style with colorful parades, bustling street fairs, charming Home and Garden tours and nationally-known entertainment performing concerts as well as the majestic coronation of a festival queen and princess.

For more information, visit https://ncazaleafestival.org/

AMERICA 50TH ANNIVERSARY CONCERT

Where: Crown Colliseum

When: April 4, 7:30 p.m.

Cost: \$39.75 to \$84.75

Iconic classic-rock favorite America will be performing live at the Crown Theatre, April 4 as a part of Community Concerts' 83rd season.

America has amassed six certified gold and/or platinum albums, with their first greatest hits collection, "History," hitting four million plus in sales.

The Grammy Award winners' widely renowned singles — including "Horse With No Name," "Sister Golden Hair," "I Need You," "Ventura Highway," "Don't Cross the River," "Tin Man," and "Lonely People" — were considered cornerstones of the 1970s Top 40 and FM rock radio.

For tickets visit www.crowncomplexnc.com/events/detail/america.

BEER AND BACON FEST

Where: Booth Amphitheater in Cary, North Carolina

When: April 6, noon to 6 p.m.

Cost: \$40 to \$69

Join us and sample 75 craft beers, wines, spirits and ciders. There will be 16 macaroni and cheese styles from 12 restaurants and lots of bacon. twelve restaurants and food trucks will feature awesome bacon dishes. These

stations are open until 3 p.m. Each guest gets a souvenir glass plus 75 of their favorite craft beers, wine, spirits and ciders.

There will be a new macaroni and cheese pavilion for our VIP ticket holders. Try everybody's favorite dish from Cary's best food trucks and restaurants. These station are open until 2 p.m.

The Bacon Griddles will be cooking two tons of gourmet bacon right on-site. We will have great music on the main stage all day, a whole hog butchering demo and fun foodie exhibits and so much more.

For tickets and more information, visit http://beerandbacon.com/show-info.

On-post towing, storage to be offered

By Genevieve Story Paraglide

On-post towing will soon be a service for the Fort Bragg community. Michael Jellico, a 25-year Air Force veteran and business manager of the North Bragg Auto Skills Center, is leading the way to manage auto inconvenience in its most unexpected times.

Through the Army, on-post towing is an endeavor that Jellico has been trying to develop for many years. As a former manager of the on-post towing for the U.S. Air Force at Pope, Jellico has established a comprehensive business plan to cover the massive installation, equipped with staff, hours of operation, two tow trucks, two drivers and the prospect for expansion and growth in the near future. In collaboration with Fort Bragg Fam-

ily, Morale, Welfare and Recreation (FMWR), towing will be readily accessible to any location. This cost-efficient service will give back to customers in monetary and convenient ways.

Currently, towing vendors are only available in downtown Fayetteville, and customers often find themselves with a steep financial obligation of seeking offpost towing.

"Let's say you are at Womack and you are broke down. Currently, there are no resources available on-post for military members to get their car towed to an auto body shop of their choice. The newly implemented on-post towing will be a great way to have a resource in house," Jellico said.

Supporting the towing endeavor, Jellico and the North Bragg Auto Skills Center currently offer recreational vehicle (RV)



Photo courtesy of Metro Creative Connection

Towing will soon be offered at Fort Bragg as a service from the North Bragg Auto Skills Auto Center. A new RV storage lot is also in development to help Soldiers with their RV storage needs.

and motorhome storage to the community. As of 2010, Fort Bragg and Pope consolidated their RV storage and Pope Field RV storage was born.

The thriving RV storage lot has 100 percent occupancy to date and a waiting list has been compiled to organize interest and maintain contact.

"There is a significant turnaround, with

Soldiers moving; permanent changes of station (PCS), in and out, it is a military way of life. So when people call, they are placed on a waiting list. As RV slots are made available, sometimes every day, a call is placed to the next in line on the waiting list," Jellico said. The slots available on-post range from \$30 to \$50 depending on the footage. For example, if

the RV is under 20 feet it is going to be \$20 a month. The cost goes up \$10 for every 10 feet.

RV storage on the installation delivers customers with security, convenience, cost efficiency and availability.

A new RV lot is in development and will be available to patrons in the near future.

"Mama, We Made It!" showcases comedy







Above: Alfred Kanga entertains the audience during the "Mama, We Made It!" comedy tour at Sports USA, March 16. The comedy show opened with Soldiers participating in a monthly Soldiers Got Talent event.

Right: The "Gangster of Comedy" Capone hosted the "Mama, We Made It!" comedy tour, March 16. **Left:** Guests laugh

during the "Mama, We Made It!" comedy tour.

Photos by Lewis Perkins/Paraglide



FAYETTEVILLE'S DESTINATION FOR ARTS & ENTERTAINMENT

unique shops | galleries | restaurants | concerts coffeehouses | tea shops | wine bars | brew pubs

WALK A WHILE IN HER SHOES I Friday, March 22nd, Check-in 6pm Capitol Building on Hay

CARRIAGE TOURS OF OLD FAYETTEVILLE

l Saturday, March 23, 1pm-6pm Tickets & Start at 222 Hay Street

ALL AMERICAN MARATHON I Sunday, March 24, 7am-2pm Starts in Downtown Fayetteville

For our full calendar of Downtown events, visit our Facebook page:

G downtownfayetteville

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



ARTS COUNCIL

JOIN US FOR MORE MYSTERIOUS HAPPENINGS NEXT 4TH FRIDAY DOWNTOWN

MARCH 22 6-9PM MARCH 23 10AM-6PM



NTOWN MYSTERY

Your favorite board game comes to life in Downtown. Move from business to business, gather clues, solve the crime. Right or wrong you have a chance to win prizes! Game maps will be available in local business and for download soon.



f Follow our event on Facebook under Fayetteville Fourth Friday

FN-0005127561-01

ACS offers Hidden Dangers of the Digital Age Class

By Alyson Hansen

PARAGLIDE

Army Community Service (ACS) is offering a Hidden Dangers of the Digital Age class April 12. The class is geared towards helping parents and professionals recognize the dangers kids face from the internet and

smartphone applications. "There are a lot of dangers that parents aren't aware of. I tell them, 'would you leave your child in the middle of Times Square alone? That's the same thing you are doing when you give them a device," said Shadia Young, child advocate, ACS. "You're just leaving it open for anyone to communicate with your child and kind of poison them in a way, and you'll have no idea.'

Young created the class to help teach parents and professionals how to communicate on the dangers of the internet in an effective manner.

"Parents don't realize the responsibility they are placing on the child when they give the child a cell phone ... (The device user is) responsible just like they would be behind the wheel of a car," she said. "That's a lot of responsibility for a child."

Young bases the class around using facts to help teach children instead of using scare tactics. She starts by giving the participants a small quiz about applications.

Her goal is to show parents there is more out there than just Facebook and Instagram. Children are using apps that parents

FN-0005135467-01



don't know exist to communicate with each other. Predators can find these apps and use them as well, communicating with their kids through what should be innocent channels.

Predators can also look through hashtags to find their prey easily. Teens will often hashtag Instagram posts with the

> An airplane shared between predators can mean that a child is home alone. While by itself, the airplane and other emojis can seem innocent. The context of the messages between kids can help parents decipher the meaning behind the emojis.

Come Worship

With Us

A rose emoji can mean romantic love, but it can also denote a specific amount of money for services, usually sexual in nature. Flowers in general can also mean "drugs."

word "teenager." These hashtags are all searchable, and kids make themselves an easy target with some of the hashtags they use.

Young also discusses the importance of not telling strangers information online while playing video games. Fortnite, a game played exclusively online, is one such platform.

"Kids might mention

something like 'I'm going to Walmart, I'll be back' or 'my dad's not home right now, he's in Texas," Young said.

Young also discusses what different emojis can mean, both between children and between predators.

an emoji code they use to speak to each other about children in the area. Knowing these emojis could be important.

She concludes the class with tips on how to monitor children's online activity. She also discusses techniques on blocking certain activities from being allowed on internet routers in the home.

"I would hope that parents would take away (from this class) not to be

Predators online have afraid of technology but to be aware of what to look out for," Young said of her class. "Be into what your children are into so you can be educated on what signs to look for."

> Registration is required for this class. Call (910) 396-5521 or visit www. Bragg.ArmyMWR.com/ ProgramsFAP for more information.

> The Hidden Dangers of the Digital Age class will be held April 12 from 10 a.m. to noon.



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Photo by Lewis Perkins/Paraglide Left: The Directorate of Public Works Environmental Division, Fort Bragg Wildlife Branch's mission is to provide the surrounding community with safe and professional hunting opportunities, dedicated to wildlife management, natural resources stewardship, and environmental and natural resources law enforcement. Below: Greg Schaefer and Steve Equils, two committed members of the hunting mentor program, display their achievements after a turkey hunt.

Wildlife Branch of Fort Bragg

Hunting mentor program gives back to Soldiers, **Family members**

By GENEVIEVE STORY PARAGLIDE

The Fort Bragg Wildlife Branch (FBWB) gives back to its Soldiers. Fort Bragg, the Military Warrior Support Foundation and the North Carolina Wildlife Commission offer on-post volunteer mentorship and intern support services to Soldiers stationed on the installation. Combating the typical circumstances of an active duty obligation time constraints, pending deployments and lack of environmental familiarity — the Wildlife Branch's Hunting and Fishing Center (HFC) offers military men and women, and their Families, the knowledge and support they need to pursue their interest in the sport.

This Wildlife Branch partnering activ-

to all walks of military life: Soldiers, spouses, children, veterans and civilians. With over 100,000 acres of Sandhills terrain, the branch assists military members with the knowledge of hunting on public land and on a military post. The branch provides education on North Carolina game lands and licenses, state and local laws and regulations, scouting areas to hunt, successful hunting and dressing techniques and hunting safety requirements. Offering a quality hunting experience and the chance at a prosperous harvest, the Wildlife Branch and HFC empower military members with the opportunity to explore the woods.

Whether you are a seasoned hunter or new to the sport, the door is open to safe, fun and comfortable exposure in the field of hunting and fishing with mentor support. The branch promotes this opportunity for exploration while instilling knowledge to navigate it, the confidence to embark and the capacity to implement safety measures and compliancy when necessary.

Command projects like the intern and mentor hunting program through FBWB

the nuances of the great outdoors, acclimating them to nature and serving as a mechanism of rehabilitation and recuperation. Interns and volunteers of these Wildlife Commission, Fort Bragg branch and Military Warrior Support programs take great pride in the opportunity to give back to their peers - the Soldiers, and their Families.

"Sitting in a deer stand or a duck blind, or anywhere on a still or stand hunting situation, if you sit for an hour before sunrise, you see the sunrise come up. And in this instance, you really are communing with nature; quiet and still in that condition," said Alan Schultz, Directorate of Public Works and Chief of the Fort Bragg Wildlife Branch. "You are observing things that you wouldn't otherwise grasp without the discipline to remain still in the woods. Witness things you wouldn't otherwise see unless you became accustomed to being perfectly silent and taking in the surroundings."

Hunting has a return on investment. Recognizing the technical framework, observing nature as therapy and building resiliency through the pursuit are skills ity delivers a valuable hunting experience are resources that expose individuals to and experiences that individuals can rarely lates to readiness.

assemble without a sport comparable to hunting. There is an abundance of intrinsic value, as taught through the intern and mentorship program of FBWB. As an integral means to personal and Family health, being both a social and individual sport, hunting aids in an avenue for Family bonding and connectivity. As well as a tolerance to inclement conditions.

"When I go duck hunting, I don't go out there unless it is raining, sleeting, windy, stormy. Challenge the cold, laugh at the cold," Schultz said. "It is an experience in wilderness survival. It is not just about shooting an animal. It is about the intellectual challenge."

Soldiers recognize most strikingly the therapeutic value in the practice, the methodological nuances and psychology in the pursuit and the ability to decompress from career stressors and grow through a cathartic experience. Service members and their Families find the hunting program on-post to be uniquely healing because of its value personally and accessibility geographically. This is an incredibly valuable program for Families and even Soldier wellness which trans-



Post Basketball Tournament brings heart to the hoops





Photos by Lewis Perkins/Paraglide

Kejuan Mapp, center, of the 127th AEB unit level basketball team drives the ball down the middle of the court towards the basket during the first period of the Post Basketball Tournament at Hosking Physical Fitness Center.

By GENEVIEVE STORY

PARAGLIDE

The strongest in unit level intramural basketball have risen to the next level of competition beyond the regular season. Between March 12 through 21, Family, Morale, Welfare and Recreation (FMWR) hosts the Post Basketball Tournament, where active duty military personnel face their fiercest basketball competition on the courts at on-post physical fitness centers (PFC) Hosking and Hercules.

On the evening of March 15, Hosking welcomed the 127st Airborne Engineer Battalion (AEB) and the 3rd Battalion, 319th Airborne Field Artillery Regiment (AFAR), which are just two of the 16-unit level teams to

advance to the championship, double elimination series. "The tournament is held over a 10-day period, with teams who participated at the unit level — detachment, company, troop and battery — advancing to the post tournament championship. Games are played and then as eliminations are processed, a revised, updated post tournament schedule is released," said Harold Stallworth, supervisor sports specialist of FMWR.

The 127th AEB and 3rd Bn., 319th AFAR were neck and neck through the entire two periods of play. Despite the 127th AEB's shortage in players for the tournament game, the engineers sustained the baseline while remaining mighty in a tight game against their challenging contest from the 319th's full lineup. The 127th AEB's ability to stay out of foul trouble was critical, demonstrating their fitness to go a whole game

Pernell Gulley, captain of the 3rd Bn. 319th AFAR unit level basketball team, goes for a shot at the basket as Clive Edwards of the 127th AEB deflects the attempt.

with no substitutes.

It takes four key attributes for a basketball team to advance to the tournament level season. Those attributes include natural capacity, focus, love of the game and a team holding tight to its roots and identity. These teams pride in their organization.

Despite their small bench and limited reserves, the 127th AEB put those attributes to the test and pulled ahead of 3rd Bn., 319th AFAR in the last minute of the game to win 53-49.



For the

By GENEVIEVE STORY PARAGLIDE

 ${f M}$ y city, Philadelphia. The City of Brotherly Love. To most — aka any of yous not from Philly — Philadelphians strut around with a chip on their shoulders. We're unconventional. We are rough around the edges. We are also downright misunderstood.

Philadelphia natives are considered some of the most passionate, transparent, prideful and loyal in the country; we have a passion for family, a passion for career and a genuine passion above all else, for our sports. Unlike any other, we are straight shooters and we defend the home team. I take massive pride in being a Philly girl. It's an unmatched fan-hood; a devotion of uncompromised love that no other city has to its teams and its turf.

Growing up in a modest household, you found joy in experiences — in



family, in traditions. You found joy in sports. My grandfather was a Philadelphia Athletics scout, a photographer, a Philadelphia native, a real-estate agent by trade and a Philadelphia Phillies devotee by choice. Most of my childhood was spent at my grandparents' houses, and I can distinctly remember Mom-Mom and Pop-Pop's living room blaring Harry Kalas over the a.m. radio and admiring the neatly highlighted, folded and stacked baseball results from the Philadelphia Inquirer Sports section on the kitchen table. My grandfather, he was in love with baseball, he loved Philadelphia, he was a true fan.

of the home team

I have held these memories close, from Flyers and 76ers games at the Wells Fargo Center, summer nights at Citizen's Bank ballpark and bundling up to bear the cold at Lincoln Financial Field. As you grow up, no matter what your occupation or endeavor, your love for the team — that home team grows stronger. It brings people together, gives you something to look forward to and provides you something to rely on. Rooting for the home team is solace and loyalty like no other. It is truly like going home and the embrace from family. The passion never dwindles.

Let me introduce you to the real phanatics. The ones that bleed green, proceed generations of bloodlines that sticks out the **phight**, thick or thin, win or lose, that tune into KYW 1060 and 94.1 WIP in the morning on their drive to work, covet days at the Spectrum and "the Vet", watch a snapshot of every season, know your team and schedule your days around the game. It requires a thick skin and part of a tradition that is older than most can remember.

Being a fan takes a lot of patience. Most will tell you following their team can be agonizing. The winning moments make you proud, and the loss aversion and high expectations make defeat impossible. We always have faith in our teams, and always expect the best. This is what it means to be a fan. No matter win or loss it is always a good investment. Fandom is not about happiness. It is a matter of connecting with the community and an intrinsic sense of being loyal to something bigger than yourself.

When I wear my Eagles or Phillies colors around town, I'm proud to let people know that I am from Philadelphia. I've seen the good, the bad, and the ugly, but I'd never trade it for anything else. Being a fan means joy and disappointment, it's a game, it's a culture, it's a family, it's a love. It means being a part of history.



Runners Corner

are Mondays through Thursdays from 7 to 8 p.m. join us for aqua spin. Classes take place at the Tolson

Shamrocks and Shenanigans Virtual 4-Mile Run/Walk:

Leprechaun costumes, traditional Irish food and running; of course there's no better way to celebrate St. Patrick's Day than completing the inaugural Shamrocks and Shenanigans Virtual four-miler event. Celebrate your race and the "Luck of the Irish" with runners from all 50 states and around the world.

Complete each distance one at a time or if you're feeling lucky complete all 4 miles. Your virtual event can be completed any time from March 1 through 31. The race will take place March 1, starting at 12 a.m. For more information visit www.Eventbrite.com.

All American Marathon, Mike to Mike Half Marathon and All American 5K

Fort Bragg FMWR, in conjunction with the City of Fayetteville presents the Sixth Annual All American Marathon, the Mike to Mike Half Marathon, and the All American 5K.

The All American Marathon and Mike to Mike Half Marathon start is Sunday at 7 a.m. at Festival Park in historic downtown Fayetteville and finish at Fort Bragg's Main Post Parade Field. The All American 5K starts at 7:30 a.m. and finishes at the Main Post Parade Field, sharing the finish line with the full and half marathons.

Every registered participant receives a performance Tshirt and customized finisher medal. Packet pick-up and The Health and Fitness Expo will be held at the Metropolitan Room, downtown Fayetteville, March 22 and 23. Runs are rain or shine.

MWR's Fort Bragg 5K

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

Get Fit

Ambition Boxing Academy:

Ambition Boxing Academy and Ambition Athletics offers a unique approach to training. Coach Khalil combines fundamental performance through boxing. Classes offered are for youth and adults. Adult classes

Youth classes are 6 to 7 p.m. For more information, contact (910) 987-0671.

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.

Tai Chi for Health:

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

Yoga in the Garden:

Cape Fear Botanical Garden and the YMCA of the Sandhills have partnered together for Yoga in the Garden. Grab a yoga mat and rejuvenate at a yoga session in the Orangery at the Cape Fear Botanical Garden from 6 to 7 p.m. every Wednesday. Improve flexibility, build strength, ease tension and relax through posture and breathing techniques for beginners and experts alike.

Bring a yoga mat, a water bottle and an open mind to enjoy this all-levels class.

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

Ice and Inline Skating:

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

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

Aqua Cycle:

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

indoor pool on Tuesdays and Thursdays at 10 a.m. and 12 p.m. and **Saturdays** at 10 a.m.

Hatha Yoga:

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

Sculpted:

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

Boot Camp:

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

Don't know where to start? 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 on our personal trainers and and/ or to sign up for this program or a personal assessment, visit our specialized training webpage at bragg.armymwr. com/programs/specialized-training.

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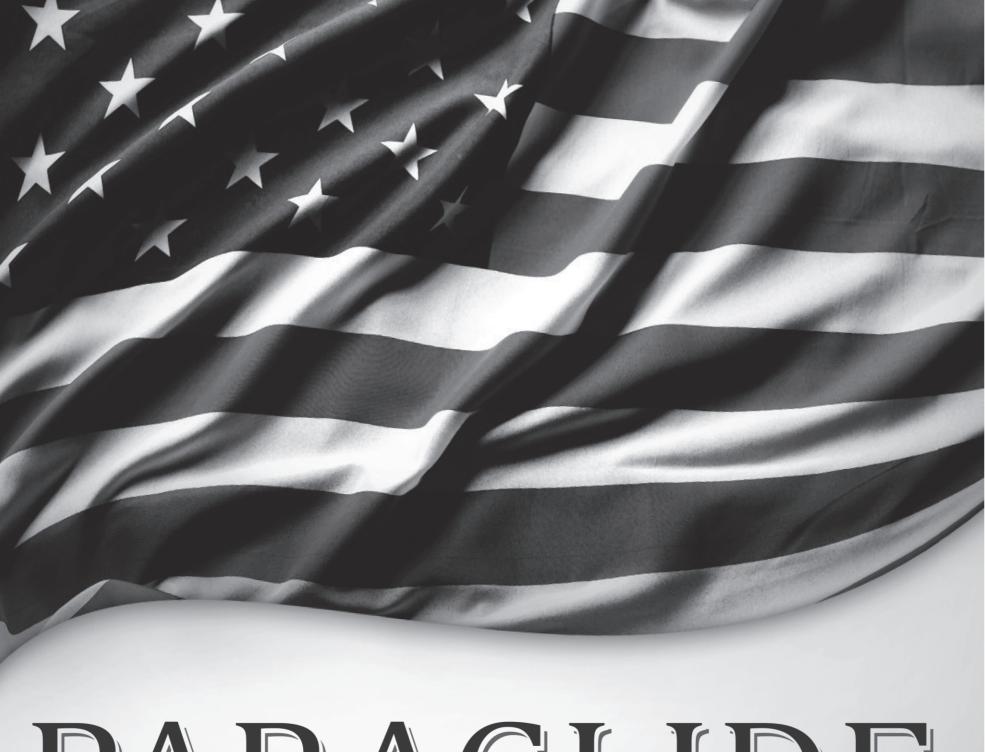
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