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Voices

This week:

How do you spend quality time with your Family?



"Races like these. My daughter is 16 years old and she would like to join the Army. It is important for me to have her understand that military life is Family life, it is community. Anytime that we can do something like this together and we do."  
**Leslie Bush, MSA,**  
**Robinson Behavioral Health**



"Outdoor activities, we attend baseball games and we run together. Basically just general physical activities and working out."  
**1st Sgt. Kim Lofton,**  
**North Carolina National Guard**



"Running races and supporting those races, marathons to 5Ks. This race is challenging regardless of your fitness level."  
**Richard Miller,**  
**Veteran**



"I like playing Family board games. And riding bikes on the All American trail when dad runs."  
**Lauren Lewis, 12**



"Being outdoors, hiking, running and outdoor activities. Disconnect for just a little bit, from technology and the stresses in life."  
**Morgan Latsha,**  
**Military spouse**

AMC commander welcomes IMCOM



DEPARTMENT OF THE ARMY  
HEADQUARTERS, U.S. ARMY MATERIEL COMMAND  
4400 MARTIN ROAD  
REDSTONE ARSENAL, AL 35898-5000

April 10, 2019

Team IMCOM:

Welcome to the U.S. Army Materiel Command!

The transition of Installation Management Command under Army Materiel Command is all about capabilities. Army leadership is posturing the force to fight and win across all domains – air, land, sea, space and cyber. By joining Army Materiel Command, IMCOM rounds out the single enterprise that ensures readiness of the Strategic Support Area. Our collective organization is now aligned and responsible for synchronizing and integrating sustainment functions where our military power is generated, projected and sustained.

For the past 13 years, IMCOM has delivered installation services and sustained facilities in support of Senior Commanders worldwide. You – the dedicated and resilient workforce – have thrived through change across the short history of the organization. Our Soldiers, Civilians and Families rely on the services you provide each and every day. I know you will continue the same level of care and compassion wearing the U.S. Army Materiel Command patch.

Your mission is critical and it has not changed: provide support, services and facilities to enable training and power projection, and enhance the well-being of our people on installations. My guidance is to focus "down and out" and direct the Garrisons' attention to supporting Senior Commanders.

Remember, your proximity to the battlefield does not correlate to your impact. I commend you for your commitment to the care and welfare of our Soldiers, Civilians and Families. Together, we will provide readiness on our installations.

Army Strong!



*Gustave F. Perna*  
Gustave F. Perna  
General, U.S. Army  
Commanding

Family time is quality time



BY JENNIFER MORALES  
PARAGLIDE

One of the many benefits of being a military Family is that we don't take anything for granted, no matter what the size. Whether we are flying 4,000 miles to Alaska to visit Family or if we are driving three miles to the park, we soak up all the quality time that we can.

When looking back on all our experiences, I found it wasn't the significant notorious places that held the fondest memories; it was the quality time that was spent.

While we were stationed in

Italy, we were able to take our kids all-over Europe. We took them to Euro Disney in Paris. We walked every square inch of the park. Euro Disney was like American Disney "after dark" as it was smaller and all the characters seemed to be smoking cigarettes. Our kids didn't let on if they noticed the difference.

The heat beared down on us. In between rides, we took refuge in the shade and ate frozen lemonade. All four of us were exhausted as we sat on the packed train to get back to our hotel.

On a smaller scale, we planned a camping trip last year. My husband caught the camping bug, was inspired to get a tent and immediately planned a trip.

We loaded up the kids, our two dogs, our gear and headed to the campsite. It had been a while since we had set up a tent, so our kids played with the dogs as my husband and I struggled with the tent.

We had both worked, so dusk was quickly approaching and taking with it all of our daylight.

Finally, my Alaskan instincts kicked in, and I got the tent set up. We ate by the "campfire," which was actually a small grill, as campfires were prohibited. We all climbed into the tent to get settled in for the night.

In the middle of the night, we had to admit defeat, as the North Carolina summers weren't conducive to comfortable sleeping.

We went home feeling defeated, and like we let our kids down. The next morning we were pleasantly surprised when talking with our kids. They laughed about cooking smores over a grill instead of a fire and how much fun it was to stay up late in a tent altogether.

They laughed about our Rottweiler, Luna, and our Yorkipoo, Cocoa, both trying to hog the air mattresses. So now when we plan Family outings, we try to remember to stay in the present, rather than trying to orchestrate the big picture. Because while we are focused on that, we could miss the beauty that is right in front of us.

THE  
PARAGLIDE

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Harel

From Page A1



Photo by Lewis Perkins/Paraglide  
Harel lit a candle in honor of those individuals who suffered and fought at the hands of immoral men.

Harel went on to survive of three concentration camps and was liberated by the U.S. Army's 3rd Cavalry at the age of 15.

During his recovery at the Bergen Belsen Displaced Persons Camp, Harel assisted with the illegal immigration activities (Bricha) of the Jewish Brigade and facilitated displaced Jewish Holocaust survivors to get into Palestine.

While many of the Holocaust victims were Jewish, other innocent targets of the Nazi regime included Polish, Africans, Muslims and people with disabilities. Harel served two Jewish defense forces: the Haganah and the Harel Brigade of the Palmach. He also fought through two wars of independence. From Harel's vision and perspective, he recognized states of warfare and unchecked hatred serves as a reminder that strength and courage help the world confront adversity.

"Diversity should be respected and enforced, and benevolence is a cure," Harel said. "You are a very dear, contingent of human beings. Each and every one of you can think back on the days when the wrongs were done, and think ahead of what it is that you can do to do as many rights. The capacity for humans to endure and to rebound, is much more than generally gets credit."

Al Aycock, deputy to the commanding general at USAJFKSWCS, awarded a certificate of appreciation to Harel. In his closing remarks, Harel called attention to the importance of every human being and the capacity to do good despite your origin.

"Reflect on all the things that you have endured when bad, and learn from those experiences," Harel said. "But also, think about the good things that you had the opportunity to observe and experience. Take a stand against hatred; wherever we find it, and do good."



# Retirement Announcements

Lt. Gen. Paul J. LaCamera, commanding general, XVIII Airborne Corps and Fort Bragg recognized the following service members during the April 25 Fort Bragg monthly retirement ceremony held at the Clark Auditorium, Fort Bragg Noncommissioned Officer Academy:

- The retirees for April were:
- Col. Allen B. Garrison Jr. Research, Development and Engineering Command
  - Col. Colette L. McKinney, Womack Army Medical Center
  - Chief Warrant Officer 5 Jeffery W. Freeman, U.S. Army Reserves Command
  - Maj. Alfonso T. Johnson, XVIII Airborne Corps
  - Sgt. 1st Class Keith R. Wickham, 18th Field Artillery Brigade
  - Sgt. 1st Class Rhett M. Goodrich, 3rd Special Forces Group
  - Sgt. 1st Class Eduardo Gonzalez Hernandez, XVIII Airborne Corps

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Photo by Sgt. 1st Class Ashley Savage/16th MP Bde.  
Mark Ezzell, North Carolina Governor's Highway Safety program director, speaks at the North Post Exchange during the Speed a Little, Lose a Lot campaign kick-off.

# Speed a Little, Lose a Lot

By SGT. 1ST CLASS  
ASHLEY SAVAGE  
16TH MP BDE.

Fort Bragg hosted the kick off event for the North Carolina Governor's Highway Safety Program's (GHSP) for the annual "Speed a Little, Lose a Lot" campaign.

The campaign started April 15 and is aimed to save lives across North Carolina roadways to reduce risky driving behaviors by changing the overall traffic safety culture.

In the second quarter of fiscal year 2019, there were 540 speed-related accidents on Fort Bragg, including 69 that resulted in injuries for a total of 99

injuries, according to the program. There was one off-post and one on-post fatality.

Col. Larry Dewey, director of Emergency Services for Fort Bragg and the commander of the 16th Military Police Brigade also spoke during the event and highlighted the importance of the campaign.

"We enforce North Carolina traffic laws and fully support the Governor's Highway Safety Program," Dewey said.

"We show our support to the program through our presence and a proactive approach to policing. We have dedicated patrols that conduct random radar detection throughout the installation."

Sgt. Juan G. Figueroa, Headquarters Support Company, Headquarters and Headquarters Battalion Division Artillery, 82nd Airborne Division, is dedicated to the initiative. He shared his firsthand experience with loss due to traffic accidents.

He has lost three people from fatalities caused by speed: his brother and two "Army brothers." In his statement, he said he was speaking on behalf of his former colleagues, Sgt. Carl Trice and Sgt. Joel Goyco who lost their lives in speed related motorcycle crashes.

Others speakers included Justin Mitchell, Fort Bragg deputy garrison commander and Mark Ezzell, North Carolina GHSP director.



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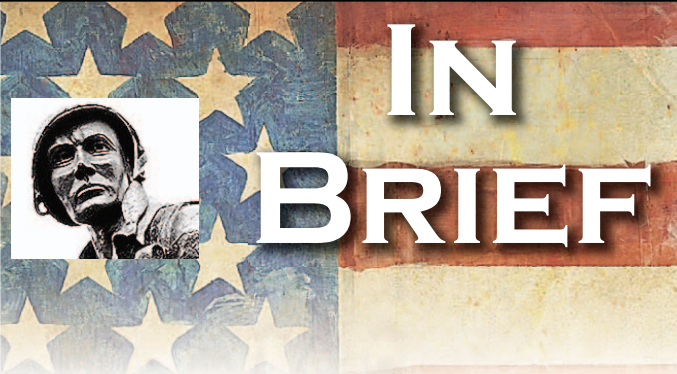
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**Sgt. Jafet Rodriguez**

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

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

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

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The Womack main hospital and outlying clinics provide healthcare services to more than 160,000 eligible beneficiaries in the region. Womack supports the largest beneficiary population in the Army. “Where you live, whether you have one car for the Family, where your children go to school — all of these could be a barrier to care if your primary care location is not as convenient,” said Melton. “If an active-duty Family member is satisfied with where they receive primary care services now, no action is required to ‘Honor Your Choice’ to remain there.” ‘Honor Your Choice’ does not have an enrollment period and TRICARE Prime beneficiaries can switch their primary

care management back if needed. “Access to care and patient satisfaction is essential to achieve the best outcomes in their quality of life,” said Maj. Robert Weber, chief, Clinical Operations Division. “We want to ensure that it’s a seamless process and our beneficiaries recognize that they are empowered to make decisions in their healthcare.” In order to change your primary care to an approved network provider, visit the Humana website at [www.humanamilitary.com/beneficiary/enrollment-and-claims](http://www.humanamilitary.com/beneficiary/enrollment-and-claims) or call Humana at (800) 444-5445. Visit the Womack website to view the ‘Honor your Choice’ video for help with the process.

**FAQ**  
**Q: Is this only for primary care or does it include specialty care services?** A: This is for Primary Care services only. You may or may not be authorized to see a civilian specialty care provider, depending on Womack’s specialty care availability.  
**Q: Will I have to pay a deductible or co-pay?** A: No, Active Duty Family members enrolled in TRICARE Prime do not have a co-pay.  
**Q: Can my Family only enroll into this program during open enrollment periods?** A: If you are TRICARE Prime, you will not need to re-enroll. By contacting Humana Military, you can change your PCM to a network provider at anytime.  
**Q: Can my Family re-enroll back to Womack for primary care at a later time?** A: Yes. Simply contact Humana Military and they can assist you in changing your PCM back to Fort Bragg.  
**Q: Will we be covered for lab, radiology, etc. at facilities outside of Womack?** A: If you receive any lab or radiology services during your primary care visit, you will still be covered.  
**Q: Do network primary care providers understand TRICARE and how to request referrals to specialty care providers in the network?** A: Yes, network providers are familiar with TRICARE. A referral for specialty care may or may not authorize you to see a civilian doctor, depending on Womack’s specialty care availability.



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# Dragon Medic Strong pushes Soldiers to the max

By SPC. SHATYRA REED  
22ND MPAD

For Soldiers to prove they were best medic, they not only had to possess medical skills, but they also had to have the character, competence and toughness of a Soldier. Five-person teams with the 44th Medical Brigade competed to prove who the best medical team was during the inaugural Operation Dragon Medic Strong competition at Fort Bragg Apr. 16 through 18.

"The goal was to focus on skill, will and teamwork," said Col. Kimberlee Aiello, commander of the 44th Med. Bde.

Medical Soldiers of all ranks, military occupational specialties (MOS) and areas of concentration (AOC), came together to form nine teams to compete in the three-day competition designed to test them physically, mentally and spiritually.

"The Soldier, regardless of their MOS or AOC, came together as individuals to create remarkable teams and show that teamwork brings competence," said Aiello. "They had to show the drive, intestinal fortitude and resiliency to not quit."

The Soldiers were briefed that everyday would be an unknown challenge. During the 72 hours of continuous competition and approximately 75 miles of foot marching, the Soldiers didn't know when their next task would start or when they would sleep.

"It really was a nonstop, no-sleep, full-throttle event that tested the competitors

and built teaming cohesion," said Maj. Stephen Krutko, officer in charge of Operation Dragon Medic Strong.

With the factor of uncertainty playing a part, Soldiers completed 17 events that tested their technical competencies as medical personnel.

"Not quitting, no matter how hard things got, was the biggest challenge, as well as my greatest achievement throughout the entire competition," said Spc. Marsalys Mathis, a Rialto, California native and dental specialist assigned to 257th Dental Company Area Support, 44th Med. Bde. "Something in my heart wouldn't allow me to quit regardless of what my mind was telling me."

The commander of 44th Med. Bde. wanted to stress the importance of service members training as they fight.

"When troops get on a plane and fly over to combat, there's not a switch that turns on and says, 'OK I'm going to war now,'" Aiello said. "We are training our Soldiers to be able to deploy and perform to their maximum potential at a moment's notice."

The Dragon Medic leadership created these realistic training scenarios that furthered their annual training guidance and strengthened the bonds within the organization with readiness and resilience.

"In the face of the unknown and ambiguity, some people don't want to put their foot out there," Aiello said. "These individuals did that, and I am really proud of them."



Photos by Spc. ShaTyra Reed/22nd MPAD

Members of Team A, HHC, 44th Med. Bde., return from a casualty evacuation HH-60 Blackhawk helicopter during the Operation Dragon Medic Strong competition April 17 at Fort Bragg. The competition tested each Soldier's ability to complete a series of events created to test them physically, mentally and spiritually.



**Left:** Spc. Philip Suarez, HHC, 44th Med. Bde., shoots a M9 pistol at targets in the kneeling position during the range qualification portion of the Operation Dragon Medic Strong competition.

**Right:** Members of Team C, 261st Multi-Functional Med. Bn., 44th Med. Bde., navigate through knee-high creek water with a simulated casualty. The goal of the lanes training was to treat and evacuate simulated casualties across a mapped area.



## Questions, answers spotlight: Staff Sgt. Nhadenel Fletcher

By PVT. DANIEL ALKANA  
22ND MPAD

Staff Sgt. Nhadenel Fletcher, a Basic Leader Course instructor at the XVIII Airborne Corps and Fort Bragg Noncommissioned Officer Academy (NCOA), makes a difference in the NCO Corps by mentoring Soldiers.

The Pensacola, Florida native's favorite aspect of her role is helping future NCOs become the best leaders they can.

She wants to see NCOs thrive, she said, and believes she can help them on their journey by giving them information they don't have. Fletcher does this by telling stories that relate to the information.

She took her instructor position for self-development, and she is one of only a few bilingual instructors, speaking Tagalog and English.

The XVIII Abn. Corps and Fort Bragg NCOA picked Fletcher's story to be featured in this instructor spotlight.

**What would you say is the most fulfilling thing about being an instructor?**

*Making a difference in the NCO Corps, guiding Soldiers and ensuring they have all the information they need.*

**How does your past experience as a young NCO help you teach the future**

**leaders that are coming through the academy?**

*A lot of times when it comes to group discussions, there are Soldiers that talk about their experiences, and I've actually experienced the same thing. It allows me to relate. I can address it by explaining what leaders should do.*

**"The most fulfilling thing about being an instructor is making a difference in the NCO Corps."**

*- Staff Sgt. Nhadenel Fletcher*

**What is the most challenging part of being an instructor?**

*Keeping all of the learners engaged. We all have our own learning preferences. I'll have students that learn hands on, or through reading or by demonstrations. I want to make sure all the students get something out of the class or get the objectives that I'm trying to put out.*

**What is one thing you'd like young NCOs to take away from here?**

*Take care of their subordinates. It promotes Soldier readiness and safety.*

**How does counseling help Soldiers**



By Staff Sgt. Courtney Smith/22nd MPAD

Staff Sgt. Nhadenel Fletcher is a basic leader course instructor at the XVIII Airborne Corps and Fort Bragg Noncommissioned Officer Academy.

**develop career progression?**

*In counselings, you can set up goals for Soldier development and annotate deficiencies they need to work on. It's not a copy-and-paste document, but it's to help them take it seriously. It's a great tool for all leaders.*

**How does your cultural background help you as an instructor?**

*Being Filipino and bilingual with an accent, I had to overcome sounding different. This platform places me directly in front of students, and I have to engage them. Students talk to me about their cultural differences and I explain that it's not a barrier. It only makes us stronger and better leaders.*





A lieutenant assigned to the 3rd BCT, 82nd Abn., Div. drags a litter April 25, on Pike Field during the brigade's annual Janney Cup competition. The competition, held April 24 and 25, in honor of 1st. Lt. Richard Janney tested the physical endurance, mental grit and tactical knowledge of junior officers assigned to the brigade.

# 3rd Brigade lieutenants compete for Janney Cup

By Maj. Thomas Cieslak  
3rd BCT, 82nd Abn. Div.

Junior officers assigned to the 82nd Airborne Division recently participated in a competition honoring the memory of a young officer killed in World War II. Lieutenants assigned to the 3rd Brigade Combat Team, 82nd Abn., Div., competed in the Janney Cup competition April 24 and 25 on Fort Bragg, in honor of 1st. Lt. Richard Janney. Janney was assigned to 1st Battalion, 505th Parachute Infantry Regiment and completed two WWII combat parachute jumps into Sicily and Salerno before he was killed when his vehicle ran over a landmine north of Naples. The multi-day competition tested the junior officers' physical endurance by

starting off with a ranger physical assessment test at Fort Bragg's Towle Stadium. After completing the 5-mile run, lieutenants cycled through three events: a written test, marksmanship and a 2-mile kit run to navigate obstacles along the All American Mile. The second day of the Janney Cup required the lieutenants to complete a timed 12-mile ruck march through Fort Bragg training areas with a 35-lb. packing list. After the ruck march, the junior officers proved their airborne proficiency and tactical knowledge during the Warrior Stakes lanes. The top five lieutenants then donned their dress uniforms and went before a board consisting of the brigade's senior leadership to demonstrate their knowledge of the profession of arms.

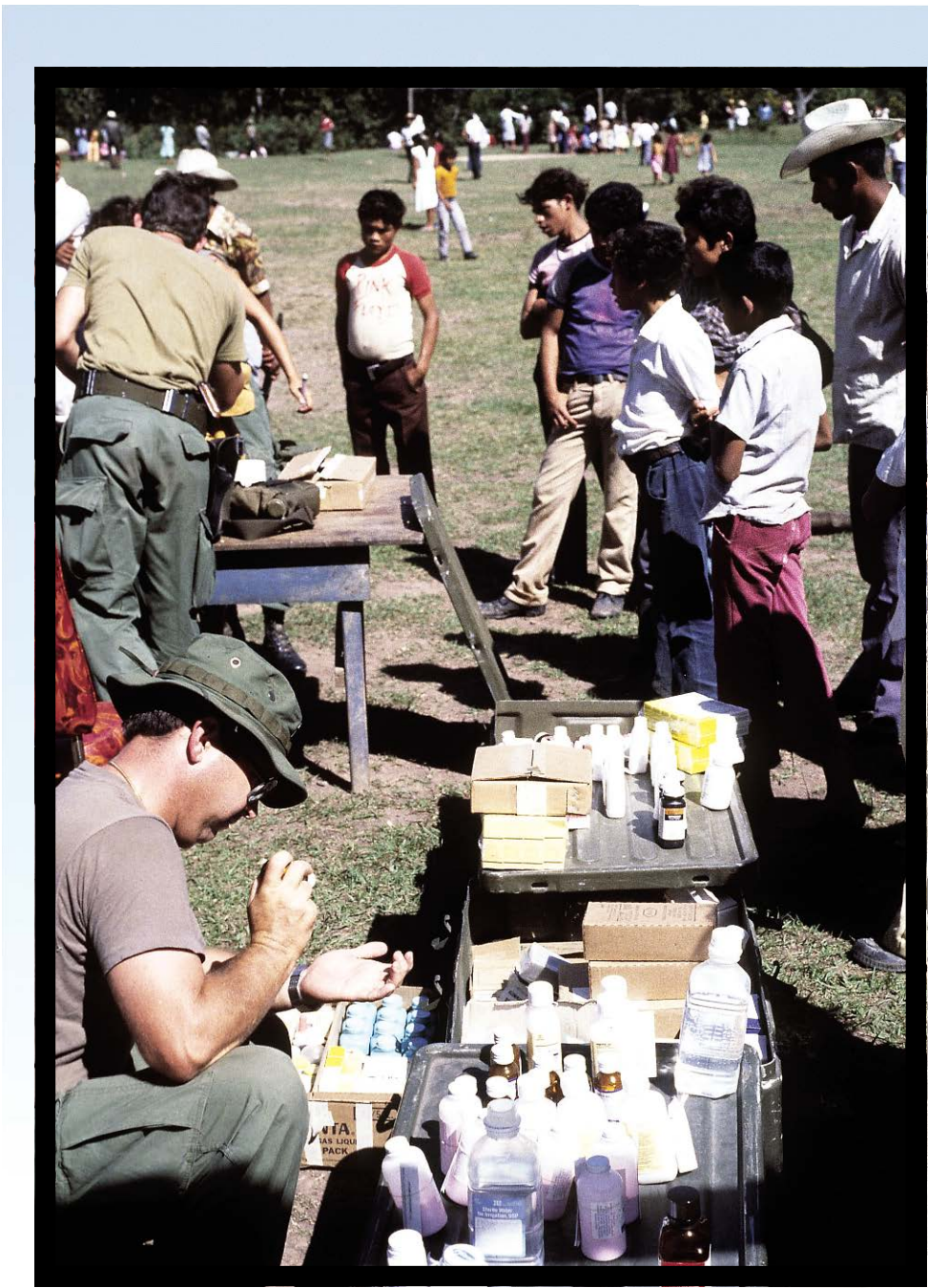
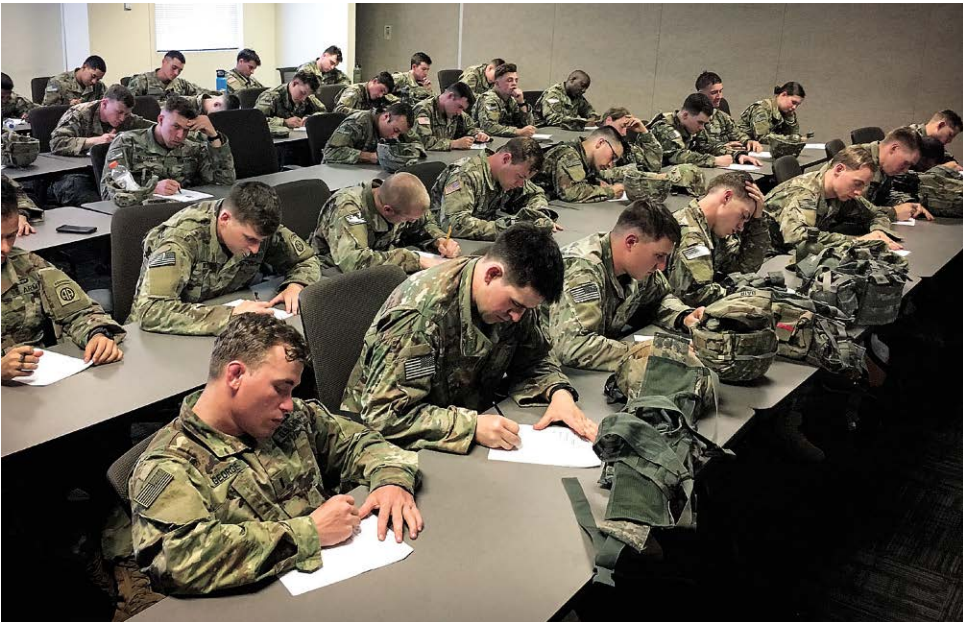


Photos by Maj. Thomas Cieslak/3rd BCT, 82nd Abn. Div.

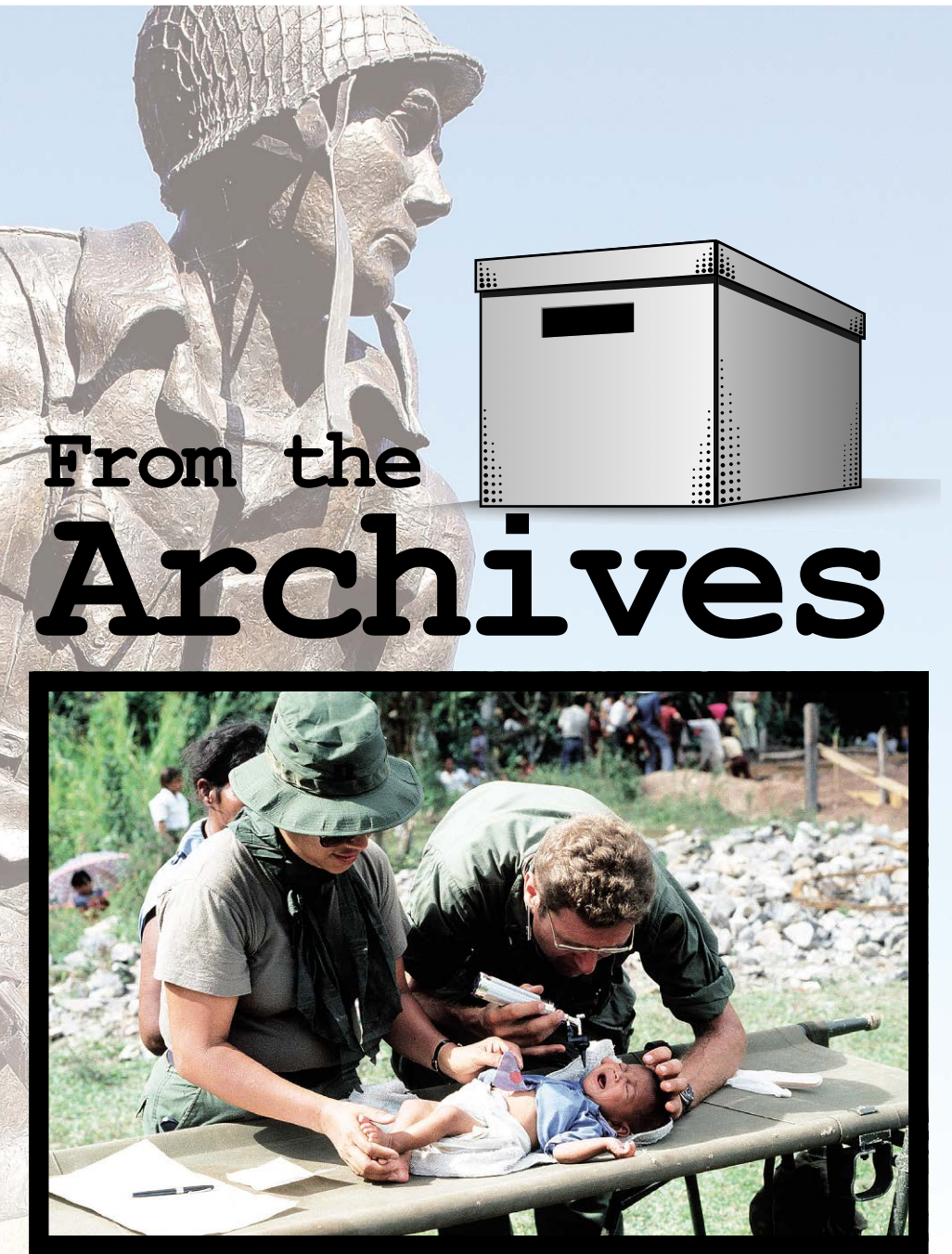
A lieutenant assigned to the 3rd BCT, 82nd Abn. Div. navigates an obstacle April 24, on the All American Mile during the brigade's annual Janney Cup competition.



**Left:** 1st. Lt. Richard Janney was assigned to 1st Bn., 505th PIR., and completed two World War II combat parachute jumps into Sicily and Salerno before he was killed when his vehicle ran over a landmine north of Naples. **Right:** Lieutenants assigned to the 3rd BCT, 82nd Abn., Div., answer questions on a written test, demonstrating their tactical knowledge April 24 during the brigade's annual Janney Cup competition. The competition, tested the physical endurance, mental grit and tactical knowledge of junior officers assigned to the brigade.



Honduran civilians await medical treatment, June 22, 1984, from personnel of 1st Bn., 7th SF Grp., Fort Bragg during the joint U.S./Honduras training exercise Ahuas Tara II (Big Pine).



Photos contributed by catalog archives.gov

A doctor from 7th SF Grp., Fort Bragg, examines an infant during the joint U.S./Honduras training exercise Ahuas Tara II (Big Pine) 1984, June 22.



# 2nd SFAB advises, enables counterparts in Afghanistan

By **SGT. JORDAN TRENT**  
HHC, 48TH IBCT, GAARNG

LAGHMAN PROVINCE, Afghanistan, — The 2nd Security Force Assistance Brigade (SFAB) deployed from Fort Bragg, to Afghanistan for a nine-month tour beginning in February 2019.

The brigade headquarters assumed command of Train, Advise, Assist Command-East March 24, while the rest of the brigade will conduct advising missions throughout the country. Soldiers from 2nd SFAB went through a rigorous training cycle before this deployment and are using the skills learned to advise their Afghan counterparts overseas.

The SFAB uses small 12-Soldier teams to train, advise, assist and enable their Afghan counterparts. This requires the SFAB advisors, which are all noncommissioned officers (NCOs) and officers, to have a great understanding of all aspects of their mission as well as the jobs of others on the team.

“Being a medic, I did foot checks, I did sick call and all of the standard stuff a medic does,” said Sgt. Brandon Barry, Combat Medic, 1st Company, 1st Battalion, 2nd SFAB. In the SFAB you’re tasked with so much more than that,” said Sgt. Brandon Barry, a Combat Medic with 1st Company, 1st Battalion, 2nd

SFAB. “In the SFAB there’s no such thing as ‘not my job’. Everyone fights.”

Barry is on his first deployment to Afghanistan with the 2nd SFAB and has done a brigade rotation to Korea.

“Being in the SFAB you have that advising piece,” Barry said. “You don’t just have to know your job, you have to be able to teach your job. This adds a whole new echelon to being an NCO because before I would be teaching other medics. Here you may not be teaching other medics, you might be teaching the commo guy in a different language how to patch a wound.”

Barry said, being in the 2nd SFAB has pushed his abilities as a sergeant to new heights with a broader understanding of mission planning during his deployment with the 2nd SFAB in Afghanistan.

In order to effectively train, advise, assist and enable foreign security forces, they all went through training to be advisors in the SFAB and even more regionally specific training prior to this deployment.

“We attended a month long course at Fort Benning that was designed for advising,” said Sgt. Hunter Roberts, supply specialist, 1st Bn., 2nd SFAB. “We participated in key leader engagements to learn how to use an interpreter and how advising is properly conducted.”

Advisors learn other roles outside of their specialty due to the small-team aspect of their mission, Roberts said.



Sgt. Ali Rezai, translator, HHC, the 2nd SFAB, engages and greets a key leader in the Afghan National Army near Kabul, Afghanistan April 13. The 2nd SFAB is on an advising mission in Afghanistan and work with cultural advisors to bridge the language and cultural gaps in order to communicate effectively.



Command Sgt. Maj. Kenneth Killingsworth, senior enlisted leader, 2nd SFAB and Train, Advise, Assist Command-East, flies in a UH-60 Black Hawk over eastern Afghanistan to join one of the 2nd SFAB advising teams on a mission near Kabul, Afghanistan. Killingsworth accompanies his teams to ensure they are safe and have everything they need while conducting key leader engagements.

The brigade went through a rotation at the Joint Readiness Training Center (JRTC) at Fort Polk, Louisiana, in January before deploying overseas. The training at JRTC was geared specifically to their mission and prepared the teams for what was ahead.

“The big thing about JRTC that was different is that when you go with a regular unit, you stay up for three days straight, and you’re not feeling very good for a few weeks,” Barry said. “You go to JRTC with the SFAB and every day you’re doing a new mission plan. As a medic with the SFAB you have to come up with the entire plan. You have to come up with the medical evacuation plan, who your aid and litter are, plan the evacuation platforms, things that would normally be attached to an infantry NCO in an IBCT.”

Everyone on the team takes part in the planning process and execution of their missions in Afghanistan, Barry said.

The 2nd SFAB will continue to use the skills they trained on before and during their deployment to advise their Afghan National Army and Afghan Police counterparts with the goal to help create a stable security force in the country.

“The teams have trained hard and were specifically selected for this mission,” said Command Sgt. Maj. Kenneth Killingsworth, command sergeant major of the 2nd SFAB. “They are the best at their jobs and the Soldiers in the advisor teams will make this mission a success.”

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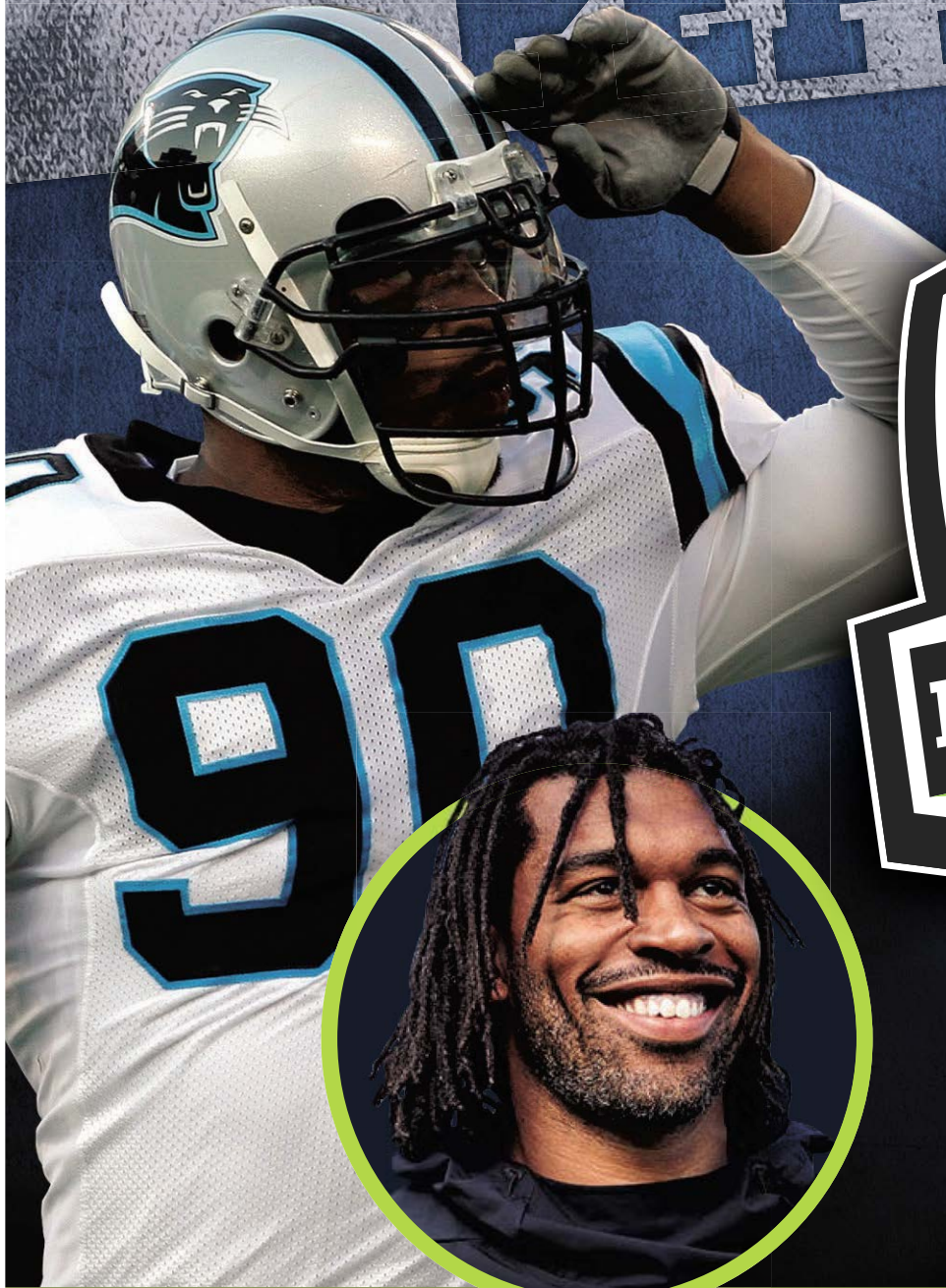
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## Lettuce turnip the beet on healthy eating

By SUET LEE-GROWNEY  
PARAGLIDE

Summer is upon us, and like the urge to ring in the new year with self-improvement resolutions, such as eating healthily, the warmer weather would be a time to revisit those goals.

According to 1st Lt. Courtney Thornton, chief of patient feeding operation at Womack Army Medical Center (WAMC), a way to stay on target with sustainably healthy eating habits is to be realistic on what those goals are and how they are to be executed.

“What is a change that you can make, and you can see yourself doing down the line that’s not too drastic?” Thornton said.

Echoing Thornton’s sentiments was Lt. Col. Michelle Johnson, WAMC chief of nutrition care division.

“Unrealistic goals lead to frustration,” Johnson said. “Once it leads to frustration it becomes harder for them to get back to believing in the fact that things are going to turn out right.”

Additionally, Thornton said to be successful in the path of staying accountable: those changes need to be supported by those around the person making the change. The support can be from friends, family or even resources available at WAMC at the Nutrition Clinic. These classes are open to active-duty service members, family members and Department of the Army civilians. One-on-one nutrition counsel and health fairs are also available.

Johnson said a sure way to add a healthy punch to eating sensibly is to incorporate fruits and vegetables daily into each meal.

“Focus on getting at least three different fruits a day and at least two vegetables,”

Johnson said. “I think if they focus on that, everything else will kind of fall in line (with maintaining healthy eating habits).”

On the contrary, fad diets and cleanses do not work.

“First of all, it’s not sustainable; you’re not going to be able to drink juice for the rest of your life,” Thornton said.

She added the reason most people see instant results is because they are starving themselves and losing the easy water weight pounds.

“Just drinking fluids is not going to meet your calorie goals and needs,” she said. “As soon as you’re done with your juice cleanse, you go back to eating what you were eating before. So you will get right back to what you (weigh) before.”

Attributing to the intention of wholesome eating, Johnson suggested looking into the Performance Triad, a comprehensive Army initiative which combines regulating the aspect of sleep, nutrition and activity.

“With those three in balance, that will contribute to good nutrition,” she said. “If you’re not getting enough sleep, you tend to eat during those hours because you’re up longer. You’re not going to be perfect in all of those three (aspects) every single day. However, if you choose one or two of those things and you get them done throughout the course of the day, it becomes a habit over time and they don’t feel like they’ve fallen off the path.”

Thornton suggests MyPlate to the patients she sees when she educates them about their relationship with food. MyPlate is a government-funded program that offers practical information on how to create a wholesome plate with a variety of food groups.

“MyPlace is what your plate should look



Stock photo

Healthy eating habits can be created by setting realistic goals and having adequate support systems. What might seem like a quick fix, such as juice cleanses and fad diets, might work short term, but eating nutritiously would be more sustainable.

like,” she said. “It should be half fruits and vegetables, ¼ wholegrain and ¼ lean source of protein ... if you keep your plate like that for each meal, you will be on the right track.”

For more information on weight management classes at the nutrition clinic or to set up an initial consult, call the clinic at (910) 907-8703 or visit [www.wamc.amedd.army.mil](https://www.wamc.amedd.army.mil).

# Fort Bragg Fair is in town

Workers set up the rides, games and food stands for the Fort Bragg Fair, which opened Wednesday and will run through May 12. For more information on event schedule, admission specials and ticket prices, visit <https://bragg.armymwr.com/>

Photos by Lewis Perkins/Paraglide





# LOCAL HAPPENINGS

## EVENTS AROUND POST & THE STATE

### THIS WEEKEND

**50TH ANNUAL FORT BRAGG FAIR**

**When:** Thursday through May 12  
**Where:** Fort Bragg Fairgrounds  
**Cost:** \$7 to \$14, free for children shorter than 36 inches  
The Fort Bragg Fair is an annual event that takes place every spring. Unlimited carnival rides and live entertainment are included in one, low admission price. Parking is free. Open to the public, with easy access off Bragg Boulevard. ADA parking accessible from Bragg Boulevard via Howell Street.  
For more information on event schedule, frequently asked questions, pricing and admission specials, visit <https://bragg.armymwr.com/calendar/event/50th-annual-fort-bragg-fair/2877086/23406> or call (910) 396-9126.

**A GARDEN PARTY 2019**

**When:** Friday, 4 to 7 p.m.  
**Where:** Festival Park, Downtown Fayetteville  
**Cost:** \$50  
Join the Boys and Girls Clubs of Cumberland County for their ninth annual fundraising event “A Garden Party.” This annual event features a live band, hors d’oeuvres, beer and wine and an evening of networking with leaders of our community. Ladies put on your best southern belle hats and sundresses, and fellas pull out those seersucker or linen suits. You won’t want to miss this great event! For more information, contact dwilliams@ccbgc.org or call (910) 482-2639. Tickets can be purchased online at <https://www.eventbrite.com/e/a-garden-party-2019-tickets-59116229233/amp>

**FAYETTEVILLE WOODPECKERS VS. DOWN EAST WOOD DUCKS**

**When:** Friday, 7 p.m.  
**Where:** Segra Stadium  
**Cost:** \$9 to \$16  
Experience the inaugural season of Fayetteville Woodpeckers baseball at the brand-new Segra Stadium in downtown Fayetteville. This Class A-Advanced affiliate of the Houston Astros is taking flight in Central North Carolina, bringing family fun and professional baseball during 70 home games. It is “Fireworks Friday,” so fireworks will be illuminating downtown post-game. For more information, visit the Fayetteville Woodpeckers’ website at <https://www.milb.com/fayetteville>.

**MADEA’S FAREWELL TOUR**

**Where:** Crown Coliseum  
**When:** Friday, 8 p.m.  
**Cost:** Tickets range from \$48 to \$113  
Tyler Perry will be hitting the road in what is being billed as “Madea’s Farewell Play Tour” which will take over the Crown Coliseum Friday. Tyler Perry’s “Madea’s Farewell Play Tour” will be Perry’s 21st stage play. The play will also star Tamela Mann, David Mann, and Cassi Davis Patton. For tickets, visit <http://www.crowncomplexnc.com/events/detail/tyler-perrys-madeas-farewell-play-tour>

**DERBY DAY**

**Where:** Cape Fear Botanical Gardens  
**When:** Saturday, 5 to 9 p.m.  
**Cost:** \$100 per ticket  
This Kentucky Derby-inspired party and social event will be the right mix of fun and flair for those who want to get “down and derby.” Derby Day will be held in the beautiful Cape Fear Botanical Garden, with amazing views of flora and fauna, just 2 miles from downtown Fayetteville. Expect the finest in fashion, food and entertainment while taking in “The Most Exciting Two Minutes in Sports” (the 145th Run for the Roses will be streamed live). Be sure to dress to impress for the Derby Hat and Dapper Dan contests. Ticket price includes southern appetizers and desserts, mint juleps, beer and wine, entertainment, Derby Hat and Dapper Dan contests, show raffle and lawn games. Register for this event at <https://www.capefearbg.org/event/derby-day-2/?fbclid=IwAR2Ppc4A-NCai9sCEPUZVJlJpEiUiYqvN8C1iehBWSC h6OKWSgP4IzEIU8>.

### RECURRING EVENTS

**FAYETTEVILLE BASEBALL FEVER**

**When:** Tuesdays through Saturdays, 10 a.m. to 4 p.m.  
**Where:** Fayetteville Area Transportation and Local History Museum  
**Cost:** Free  
Don’t miss out on your spring training in local history. “Baseball in Fayetteville” is the museum’s newest exhibit. This exhibit highlights the community’s love of the game. As Fayetteville embarks on the newest chapter of baseball here, learn about the nearly 150 years of homerun hitting heritage. “Baseball in Fayetteville” will be open through 2019 and part of 2020.

**BREWERY TOUR**

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

**CITY MARKET AT THE MUSEUM**

**When:** Mondays through Sundays, 9 a.m. to 1 p.m.  
**Where:** City Market at the Museum  
**Cost:** Free to attend  
The City Market at the Museum is a farmers’ and crafters’ market in the heart of downtown Fayetteville.

### UPCOMING EVENTS

**MEMPHIS**

**When:** Opening Night, May 9, 7:30 p.m.  
**Where:** Cape Fear Regional Theatre  
**Cost:** \$19  
Memphis is the birthplace of rock ‘n’ roll. Inspired by the actual events of one of the first white DJ’s to showcase African-American music on the radio, this high-octane musical will have you jumping out of your seat! Don’t miss this uplifting and entertaining hit from the creative team of last season’s blockbuster, Dreamgirls.  
For more showtimes and tickets, visit <http://www.cftr.org/project/memphis/>.

**SPRING FLING**

**Where:** Downtown Spring Lake  
**When:** May 11, 11 a.m. to 5 p.m.  
**Cost:** Free  
The original Spring Fling was rained out, so come out and celebrate on this new date. Spring Lake’s Spring Fling is back for its 18th year! This time, the event will be celebrated “street festival” style. Join town residents in Downtown Spring Lake for a day filled with live music, food trucks, brews, car show, art, bounce house, games, vendors, rides, activities, and history. Contact the Spring Lake Recreation and Parks Department at (910) 436-0011 for more information.

**MOTHER’S DAY BRUNCH**

**When:** May 12, 10 a.m. to 2 p.m.  
**Where:** Iron Mike Conference Center  
**Cost:** \$21.95 for adults, \$11 for children ages 6 through 11  
Come on down to the Iron Mike Conference Center and treat the moms to a sweet brunch so they don’t have to cook or do dishes on Mother’s Day. Reservations are not required.

**SPLISH SPLASH STORY HOUR**

**When:** May 17, 10 to 11 a.m.  
**Where:** Tolson Indoor Pool  
**Cost:** \$4 for DOD card holders, \$6 guests  
Come enjoy story hour at Tolson Indoor Pool! They will read several fun, aquatics-themed stories and enjoy a snack. After story hour, join them for open swim in the zero depth entry pool for 30 minutes. Parents must be within arms reach of children.

**GOT TO BE NC FESTIVAL**

**Where:** N.C. State Fairgrounds, Raleigh, North Carolina  
**When:** May 17, noon to 10 p.m., May 18, 9 a.m. to 10 p.m., May 19, 9 a.m. to 8 p.m.  
**Cost:** Gate admission and parking are free, food and carnival wristbands available for purchase  
Join your friends and family for three great days of down-home celebration North Carolina-style at the Got to Be NC Festival at the North Carolina State Fairgrounds. North Carolina food companies, breweries and wineries will be sampling and selling some of the most delightful flavors North Carolina has to offer in the Homegrown Marketplace. Danny Grant’s Cowboy Circus will be roaming the grounds daily with an interactive show where kids can learn how to crack a real bullwhip, lasso his horse, “Charlie”, trick roping, and more! Music will be on the main stage throughout the festival, including a bluegrass battle May 18.  
For more information about the festival, visit <https://www.gottobencfestival.com/default.htm>.

**FAYETTEVILLE ROLLER DERBY HOME GAME**

**When:** May 18, 5 to 8:30 p.m.  
**Where:** Crown Arena  
**Cost:** \$6 to \$12 (children 8 and under are free)  
Fayetteville Roller Derby (FRD) is back and ready for the 2019 season! At 5 p.m., the Rogue All-Stars take on the Carolina Roller Derby, so get ready for fast-paced action and big hits! At 7 p.m., it’s the biggest rivalry since Army vs. Navy, since yams vs. sweet potatoes, since dumplings vs. pastry ... we’re talking about FRD’s home-teams, the FRD Wreckers vs. the Ritzy Rollers! Doors open at 4 p.m., so be sure to swing by the merchandise table to pick up some Rogue swag. Also pick up a cowbell to answer the question, “Are you a Ritzy or are you a Wrecker?”  
Call (910) 438-4100 for more information.

**FAMILY FUN DAYS**

**When:** May 18, 10 a.m. to 2 p.m.  
**Where:** Recreation Equipment Checkout Center  
**Cost:** Admissions is free, attractions \$10  
Spend time with family and friends at the Family Fun Days event! Attractions include bounce house, trackless train rides and rock wall. Free popcorn and cotton candy while supplies last. Parents enjoy attractions or accompany your child for free. No outside food or pets allowed. Open to DOD ID cardholders. For more information, call (910) 396-7060.

**CARRIAGE TOURS OF OLDE FAYETTEVILLE**

**When:** May 18, 1 to 6 p.m.  
**Where:** 222 Hay St.  
**Cost:** \$25 for adults, \$20 for military, \$15 for children under 12  
Historic Tours of Olde Fayetteville by horse and carriage is hosted by Cool Spring Downtown District (CSDD) and S and S Carriage Rides. The tours leave hourly from the CSDD office and include historic sites from Fayetteville’s colorful 250-year history, to include some from the Revolutionary War era. Tickets may be purchased by phone, at the CSDD office, on the CSDD website or at City Center Gallery and Books. Walk-ups are also welcome, but seats are not guaranteed.  
A 45-minute tour is offered on the hour, every hour with the last scheduled tour departing at 5 p.m.  
For more information, call (910) 223-1089.



## A large number of American flags are flying in front of a modern building with a glass facade and a white structural framework. The flags are in the foreground, and the building is in the background.





**BY RETIRED CHAPLAIN (CAPT.) MOHAMMED M. KHAN**

The holy month of Ramadan, also known as the Muslim month of fasting, starts around May 5 with continuous observance for 29 or 30 days. Ramadan is the ninth month of the Islamic calendar.

Exact dates cannot be given beforehand since the Islamic calendar is a lunar one and the actual date of observance is determined by viewing the crescent moon every month.

There is a 10-day, receding difference between the lunar and solar calendars each year. This gives Muslims an opportunity to observe Ramadan in different seasons and times of the year.

During this holy month of fasting, many historical events took place in Islam. In the Quran, Allah said, “Ramadan is the month in which Quran is revealed, a total guidance to mankind.”

Fasting during Ramadan is the third of five pillars that make up the Islamic way of life (Al-Deen) and is an institution that is binding on all healthy and able-bodied Muslim men and women.

The daily period of fasting is before dawn at approximately two hours before sunrise, and until after sunset.

During this period, Muslims who observe the practices must not eat, drink, smoke, indulge in marital sexual relations or become ill-tempered, according to the Holy Quran.

Ramadan serves as a periodic adjustment for proper human balance. This state ultimately allows individuals to gain self-mastery and total control over their heated desires, selfish appetites and other urges dominating their life.

Muslims deny the body those things which are normally lawful in order to strengthen the total self against all that is unlawful. Prophet Muhammad (Peace and Blessing Be Upon Him) said, “Whoever fasts but indulges in falsehood, let them know that their giving up of food and drink shall not benefit them with Allah.”

The Holy Quran instructs that “O you who believe, fasting is prescribed for you as it was prescribed before you, that you might learn Taqwa (God-consciousness).”

For Muslims, it is not how long one can fast; it is how well

he or she can follow the guidance of Allah. One of the important benefits of the fast is to bring to mind the hardship of the less fortunate members of the Muslim society. This makes humans more aware and more sympathetic to the needs of others.

During Ramadan, Muslims sacrifice time from their usual pastimes in order to increase their spiritual growth. The extra time is to be spent praying, reading the Holy Quran and re-establishing proper management over every aspect of one’s life.

Ramadan is a month of spending on the poor and those in need. It is also highly recommended to entertain friends and families for Iftar (fast-breaking meal).

Specific categories of people are exempted from fasting such as the sick, those traveling a distance of 50 miles or more, women who are pregnant or breastfeeding and women in their monthly menstruation cycle. The last group is not only exempted but is forbidden to fast.

Full exemption is granted to those that are permanently incapacitated by reason of old age, an incurable disease or interrupted hard labor.

However, this category must substitute, each day that they cannot fast by feeding a hungry person for that day or by paying the cost of food sufficient to feed an average person a modest meal, if possible.

After Ramadan has ended, Muslims celebrate Eid-UI-Fitr (The Festival of Fast-Breaking) around June 4. The first day of Eid begins a three-day observance of thanksgiving and rejoicing for the fulfillment of the fasting obligation.

The name of the festival is taken from the Arabic word “Fitra,” which means to donate an amount of money necessary to provide an average meal to a needy person of the Muslim society.

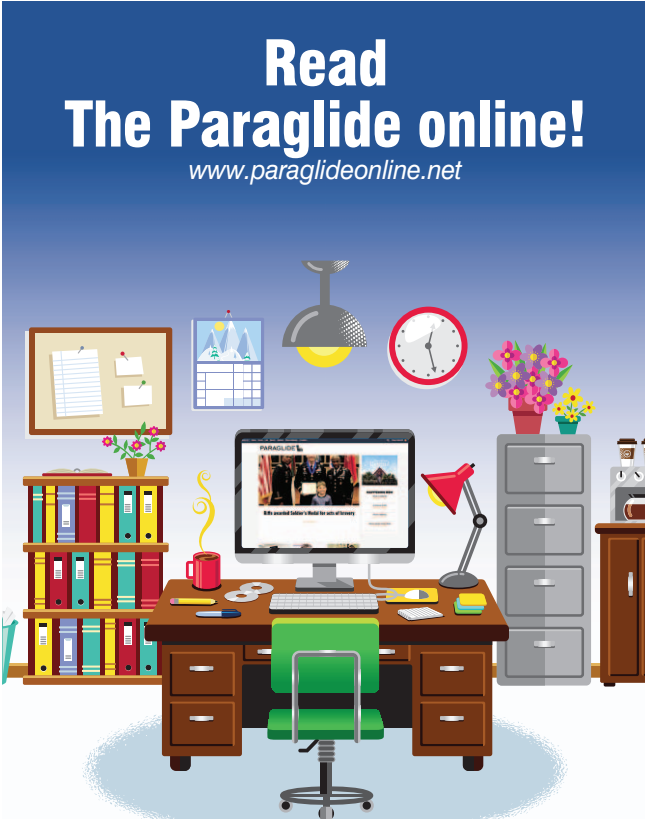
Congregational prayers on the first day of Eid are held in small towns and large cities all over the world with a large feast, festivities and related activities for the next two days.

The feast brings families and friends together. Elderly members of the family are visited by the younger ones for their respect and blessings from Allah. Friends and neighbors visit the sick, disabled and each other with gifts during the first three days.

Some accommodations may need to be made for Muslim Soldiers in order for them to observe the holy month of Ramadan. Muslim Soldiers and Department of Defense civilian personnel will request release from duty and work each day at least 30 minutes before sunset in order to make the necessary preparation for the observance of the Iftar and the after sunset prayer.

All Muslim personnel will request leave or pass in order to celebrate Eid-UI-Fitr. Additionally, Muslim Soldiers will request an exemption from participation in daily rigorous physical training, long road marches and field training exercises.

Additional information and literature on Ramadan and Islam can be obtained from retired Chaplain (Capt.) Mohammed Khan at (910) 964-0817.



# PARAGLIDE

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Photo by Genevieve Story/Paraglide

Fort Bragg garrison golfers were welcomed to Stryker Golf Course for the Military Long Drive Championship, April 27. The winner of the Military Long Drive Championship qualifier, Navy 1st Lt., Johny Kozlowski, above, hits his ball down the fairway, topping his contestants. He will advance to the long-drive championship event at Fort Jackson, South Carolina, sponsored by The Golf Channel, May 5 through 7. Kozlowski will have a chance to win \$10,000 in prize money and an invitation to the 2019 Volvik World Long Drive.

## Heavy-hitting spotlight on garrison Military Long Drive Championship

BY GENEVIEVE STORY  
PARAGLIDE

The 2019 Military Long Drive Championship (MLDC) is comprised of divisions of long-drive qualifier competition offered to the military, sanctioned by World Long Drive Association (WLDA).

On April 27, Fort Bragg garrison golfers were welcomed to Stryker Golf Course, for a new level in competition, at the Military Long Drive qualifier.

The MLDC is a qualifying event for Exchange Celebrating Service: Fort Jackson, that consists of one-day competitions taking place at 12 varying Army installation golf courses across the U.S. The winners from each installation

advance to the inaugural Celebrating Service event at Fort Jackson, South Carolina.

In a joint effort between the Army and Air Force Exchange Service (Exchange) and Fort Bragg Family and Morale, Welfare and Recreation (FMWR), with the support of corporate sponsors, the MLDC qualifying event is open to active-duty service members, Reserve, National Guard, Coast Guard and retired members of all branches. Competitors have to be at least 18 years old with valid identification.

“We have approximately 16 golfers competing today,” said Bill Shoffner, general manager of Fort Bragg/Seymour Exchange. “The Exchange, working alongside FMWR, are honored by

this opportunity and hopes it grows. One of the missions is to provide an educational opportunity for the military community to learn more about the Exchange’s lifelong, tax-free online shopping benefit for all honorably discharged veterans, and how the Department of Defense has given this privilege.”

Jeff Johnson, director of golf for both Stryker and Ryder golf courses, expressed his enthusiasm for the rebirth of an estimated seven-year absence of military long drive competition on post.

The competition’s return also brought new opportunity for service members to advance to a televised, long drive, championship-level competition, beyond their installation.

“We are excited for the event and for everyone who has gotten behind it, including The Golf Channel and the World Long Drive Association,” Johnson said. “It is pretty cool that Soldiers get the opportunity to advance and hit side-by-side with some of the longest drivers in the world.”

Positioned at hole 10 of the 18-hole course on-post, the objective of long-drive competition is to hit the ball to a maximum distance down the fairway, between official flag markers. Golfers

are allotted eight balls to drive per individual entry, and with several officials tracking and logging the distances, competition remained focused for the four-hour time-cap, through final elimination.

“Our hope here is to see more faces from the local community, and beyond, in championship competition on-post, such as the Fort Bragg Invitation,” Johnson said. “I would be thrilled to have them come out and show us what they got.”

The top three finishers of the garrison military long-drive competition received installation accolades and gift certificates for 2019. These top three finishers in order respectfully were Navy 1st Lt. Johny Kozlowski, with a distance of 369 yards; Marine Cpl. Parker Rominger, with a distance of 344 yards; and Army Staff Sgt. Carlos Zuniga, with a distance of 332 yards.

Kozlowski, the first place finisher of the qualifier competition, will advance to the Exchange Celebrating Service: Fort Jackson event, sponsored by The Golf Channel, May 5 through 7, with a chance to win \$10,000 in prize money and an invitation to the 2019 Volvik World Long Drive.

## Runners line up for Fort Bragg Family Fun 5K

BY GENEVIEVE STORY  
PARAGLIDE

More than 300 runners, walkers, strollers and dogs lined up at Hedrick Stadium April 27 to participate in the annual Fort Bragg Family Fun 5K Run and Walk. As part of a Family friendly, non-competitive series on-post, between March and October, Families and individuals toe the starting line once a month, for this free community event.

Amanda Cahill, Fort Bragg Family and Morale, Welfare and Recreation (FMWR) recreation specialist and assistant race director for All-American Marathon and Fort Bragg 10-miler, reacted to the showing for the first Family fun 5K event of the season.

“It is an ideal day for the event, not a cloud in the sky,” Cahill said. “This is my first 5K in the series with FMWR. Today we are expecting a great showing. We typically have 400+ for a race as the series progresses.”

The event offered a 3.1-mile,

out and back race route, beginning and ending at Hedrick Stadium. With a majority of the course run on Longstreet Road, participants were offered a water stop at the turn-around point at Honeycutt Road and a sports drink and water at the finish line. Music, raffles, bounce house, various on-post and corporate sponsors, as well as snacks including bananas and fruit snacks, were provided at the finishing line for post-race festivities.

“These (Family fun 5K) races are awesome,” said Denise Torres, military spouse. “I have been on multiple different bases and they don’t do anything like this. It is a great way to promote health and socialization. For me it is a big deal. When my husband comes along, it is something that we get to share together. And I love the feeling of seeing people support each other.”

Whether you are looking for quality time with friends and Family, or a means for future race training, the 5K series has become a staple for promoting the community to come together.



Photo by Genevieve Story/Paraglide

Participants toe the line at the start of the Fort Bragg Family Fun 5K Run and Walk, April 27. This Family friendly, free, non-competitive race series on-post, occurs once a month, between March and October.

“You look around, and there are no phones out,” said Morgan Latsha, military spouse.

There are no iPads, no distracting technology. It is people talking to people, disconnecting from

the stress of military life, getting outdoors and being active. That is why we love it ... the sense of community. Everyone here right now is in the same boat. It is nice to see you are not alone in it.”

The next Fort Bragg Family Fun 5K Walk/Run is scheduled to take place May 18 at 9 a.m. For more information, please visit <https://bragg.armymwr.com/programs/runs-and-races>.





SPOTLIGHT



Cain T. Hill, volunteer chapter captain for Team Red, White and Blue (RWB) Fort Bragg, has taken on his most difficult venture as an athlete to date, the triathlon.

Photo by Genevieve Story/Paraglide

Triathletes are not born, they are made

By GENEVIEVE STORY  
PARAGLIDE

Starting as a runner, Cain T. Hill, volunteer chapter captain for Team Red, White and Blue (RWB) Fort Bragg, about three years ago, started having plantar fasciitis discomfort, became injured and had a difficult time recovering from that setback. Still to this day, having not recovered fully, and experiencing several surgeries over the last three years, Hill realized that still trying to recoup meant time for change. “Before this injury, I did five full marathons and 10 half marathons,” Hill said. “My best time for the marathon was 3 hours and 10 minutes at the Frankfurt Marathon in Germany in 2012. Because of the injuries, I made the decision to switch sports. Right now, my focus is training for my very first triathlon, which will be a sprint.” A sprint distance triathlon consists of a 400 to 700-meter swim, bike leg of 12.8 miles (20K) and a run of 3.1 miles (5K). The 5K is the shortest distance amongst other triathlon distances, yet still challenging. The sprint distance helps an athlete achieve balance in training and provides a great

way to break into the multisport world of the triathlon. Listening to his body, Hill realized that he needed to put less impact on his feet since they were the source of his pain and injury. And now he alternates his exercise between running, cycling and swimming to balance that impact for injury prevention purposes. Ultimately his mileage has reduced yet his pain has subsided. “The most difficult undertaking as an athlete has been training for a triathlon and become a triathlete,” Hill said. “This challenge stems from my inability to swim until one year ago.” Often, Hill finds the training a struggle. Referencing YouTube videos and receiving formal instruction from trained professionals to understand the sport further and master the skill in the water, Hill continues to work on his sport. With his first triathlon race in August in Raleigh, to cross the finish line would be a source of content, according to Hill. A personal financial counselor by day, he balances his career with his passion for giving back to the community with RWB. RWB, a non-profit organization, has a mission is to enrich the lives of veterans by connecting them with the community through social and physical activities. “My injury which led me to transition to a triathlete has greatly helped me in my decision making as the chapter captain for Team RWB Fort Bragg/Fayetteville,” Hill said. “I now understand how important it is for us to be more than just a run group because there may be other people in a similar position to me.” Incorporating other physical activities, such as yoga and cycling, Hill believed this would assist in retention amongst the veteran and civilian athletic communities, grow the chapter and gain a clearer understanding from society of RWB’s diversity and inclusion of all people and events. “My goal is to change the stigma that RWB is just a running club,” he said. “In the future, I would like to include activities such as swimming, hiking, rock climbing, and (functional fitness). Since I have been a chapter captain, we have been able to add yoga and a cycling group. The key is to find out what our members want and to not be afraid of trying something new.”

TOTAL

MIND  
BODY  
SOUL

WELLNESS

Runners Corner

**John E. Norman Cinco de Mayo 10K and 5K:** **Saturday, 8 a.m.** at 101 Robeson St. Fun family event celebrating Cinco de Mayo and promoting a healthy lifestyle. There will be activities for kids and a display of the Mexican culture. The event also features traditional dancers and costume contest. Cash prizes will be given to the top three overall men and women. Check <https://runsignup.com/Race/NC/Fayetteville/JohnENormanCincodeMayoRace> for details.

**Fort Bragg Run, Honor, Remember 5K:** **Saturday, May 18, 7:30 a.m.** at Hedrick Stadium. Event is free. Enjoy a non-competitive 5K run/walk and pay tribute to our fallen Soldiers to remember their sacrifice as you pass by the boots lining the field. Pre-event ceremony starts at 7:30 a.m. 5K will begin immediately following the ceremony. This event is open to DOD cardholders and their guests. No registration required. Check <https://bragg.armymwr.com/programs/runs-and-races> for details.

**The Derby Run 10K and 5K:** **Saturday, May 18, 8:15 a.m.** for 10K start and 8:30 a.m. for 5K start at 2301 Fort Bragg Road. The fourth annual Derby Run in memory of Justin Lopes is a 5K run/walk and 10K run that will begin at Terry Sanford High School, Justin’s alma mater. The course runs through the scenic Haymount area as well as the Fayetteville Technical Community Campus and will finish at the Terry Sanford High School baseball field. Participants are encouraged to wear their best Derby Run hat and/or costume. Prizes will be awarded to top 5K and 10K finishers. Additional awards for best costume, best decorated derby hat, best decorated stroller, first dog to finish, first stroller to finish, largest team. Check <https://its-go-time.com/the-derby-run/> for details.

**Beat the Bridge 10K and 5K:** **Saturday, May 18, 8 a.m.** for 10K start and 8:10 a.m. for 5K start at Riverwalk Park, 421 Court St., Jacksonville, N.C. Presented by Marine Chevy, the event will highlight the beauty of the city of Jacksonville, the

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

**Get Fit**

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

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

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

**Aqua Cycle:** Tired of a normal spin class? If the answer is “yes,” then join us for aqua spin. Classes take place at the Tolson Indoor Pool on **Tuesdays** and **Thursdays** at 10 a.m. and 12 p.m. and **Saturdays** at 10 a.m.

**Yoga for Veterans:** Join Yogi Oasis, located at 74 Son-Lan Parkway, Suite 103 Garner, N.C., 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](http://www.bragg.armymwr.com) for the schedule.

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

**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 this program or a personal assessment, visit our specialized training webpage at [bragg.armymwr.com/programs/specialized-training](http://bragg.armymwr.com/programs/specialized-training).



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