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Photo by Spc. Jada Owens /82nd Abn. Div. PAO

PARAGLIDE
Fort Bragg
Voices



This week, the 82nd asked: What does All American Week mean to you?



“It’s a time to remember the paratroopers that came before us and the ones coming after.”
Spc. Avery Little, 2nd BCT



“It’s a time to reflect on the outstanding achievements of our division and take pride in the airborne heritage while passing on our tradition to the younger paratroopers.”
Sgt. 1st. Class Justin Castleberry, 1st BCT



“A time dedicated to promote teamwork and leadership.”
Capt. Brian Bergeman, 1st BCT



“Paratroopers displaying pride in what the 82nd Abn. Div. stands for.”
Spc. Brenda Pineda, 1st BCT



“It is a week to celebrate the glorious airborne tradition and promote esprit de corps.”
Sgt. 1st Class Jhonatan Soto Ramirez, 1st BCT



“The display of the 82nd pride by the paratroopers competing in various events.”
Staff Sgt. Adrian Santamaria, 1st BCT

Past, present, future; ALL THE WAY!

By **BRYAN K. REED**
PARAGLIDE

Most of us know what it means to attend a family reunion. You see the cousin you haven’t seen in years, or you avoid that aunt who squeezes your cheeks to the point of excruciating pain, no matter how old you are.

For a member of the 82nd Airborne Division, All American Week is much like a Family reunion. The old timers, those retired, will have breakfast, see some long time friends and remember those who have passed. They will reunite, if only for this week, with those they considered Family as they trained and fought. They will pay homage to those who gave the ultimate sacrifice.

For those still serving, this week will be a time to build camaraderie and display their pride and passion for being a part of America’s Guard of Honor. They will participate in the division run and other athletic events. There will be picnics and golf. Much like Family, these men and women understand what the one on their left and right have experienced. The older

remember while the younger look to what is to come.

These Soldiers will compete, representing their individual units. They will look forward to revelling in victory with one another or shaking their heads in defeat.

However they fare, one truth remains; these are the men and women, the Soldiers, of the 82nd. They are the Soldiers who fall from the sky, who jump without hesitation. These All American paratroopers can respond to any crisis, world wide, within 18 hours.

At the conclusion of the All American Week events and celebrations, there will be a time of remembrance. Ceremonial wreaths will be laid in memory and honor of those who gave the last full measure of devotion. The induction of the newest 82nd Abn. Div. Hall of Fame members will commence. Traditions continue, the airborne heritage is remembered, and the legacy of the division lives on.

Regardless of retired or active, these men and women will join together once again, share in the moment where past and present collide, and give a shout, “ALL THE WAY!”



A U.S. Army CH-47 Chinook drops an M105 Howitzers at Sicily Drop Zone during the Airborne Review, All American Week May 24, 2018 at Fort Bragg. Paratroopers past and present converged on Fort Bragg to celebrate being members of the All American Division and America's Guard of Honor.

Photo by Spc. Jada Owens/55th Combat Camera

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USASOAC welcomes new command sergeant major in its first change of responsibility ceremony

By USASOAC PAO

The United States Army Special Operations Aviation Command (USASOAC) (Airborne) held a change of responsibility ceremony in the Col. Aaron Bank Hall auditorium where Command Sgt. Maj. Billy Webb relinquished his responsibility to Command Sgt. Maj. James Wilson.

The ceremony, a first for the headquarters since its activation, was presided over by Brig. Gen. Allan M. Pepin, commanding general, USA-SOAC (Abn.).

“We are part of a historic event in ARSOAC’s (Army Special Operations Aviation Command) history, as today marks the first official change of responsibility ceremony for this headquarters since it stood up in 2012,” Pepin said. “Apparently, getting two warfighting focused command sergeants major in the same place, at the same time, is a difficult task, but we achieved this miracle today.”

Pepin went on to praise Webb, a Texas native, for his many accomplishments and reflected on his character.

“Everything Command Sgt. Maj. Webb has led, influenced, directed or participated in as our command sergeant major was for the betterment of the men and women he serves, while ensuring a relentless support to our Families and Gold Star Families,” Pepin said. “Billy Webb is the epitome of a selfless servant leadership, enforcer of high standards and a sage coach and mentor to all Soldiers of all ranks.”

Webb departs USASOAC (Abn.) after nearly 15 months of service to become the Combined Joint Special Operations Taskforce Afghanistan (CJSOTF-A) command sergeant major — the first aviation NCO to hold the position.

“It is no surprise his reputation, skills and abilities for increased



Photos by USASOAC PAO

Brig. Gen. Allan Pepin, commanding general, USASOAC (Abn.) passes the unit colors to incoming command sergeant major, Command Sgt. Maj. James Wilson, during a change of responsibility ceremony May 3, in the Col. Aaron Bank Hall auditorium.

responsibility would inevitably lead to his selection,” Pepin said.

During Webb’s remarks he took the opportunity to congratulate Wilson, the incoming command sergeant major and thanked those who he had served with.

“I would not be here today if it were not for the Soldiers and leaders I have had the opportunity to work with over time,” Webb said. “To all of the officers, directors, leaders, NCOs and civilians of ARSOAC — your job is not easy but your meticulous work ethic and attention to detail in supporting the warfighter is unmatched. You punch way outside of your weight class every day and in the process you never lose sight of the mission or Soldiers. Thank you.”

Wilson comes to USASOAC (Abn.) from the 160th Special Operations Aviation Regiment (Abn.), where he served as the regimental command sergeant major like his predecessor Webb.


He expressed his gratitude to Pepin for the opportunity, his Family for their continued support and the

guests in attendance.

Wilson brings with him 22 years of special operations aviation experience within the generating force, operational force and multiple combat tours.



Outgoing Command Sgt. Maj. Billy Webb, left, stands for the playing of the national anthem during a change of responsibility ceremony May 3, with Brig. Gen. Allan Pepin, USA-SOAC, commanding general, center, and incoming USASOAC command sergeant major, Command Sgt. Maj. James Wilson.



IN BRIEF

3rd Battalion, 4th Air Defense Artillery Regiment to host Alumni Day

The 3rd Battalion, 4th Air Defense Artillery Regiment, 108th Air Defense Artillery Brigade, will host an Alumni Day. The event will take place May 21 from 1 to 4 p.m.

There will be a battalion regimental ceremony and a unit field day, followed by a social at the battalion headquarters on Chicken Road.

All former members of 3rd Bn., 4th ADA and their spouses/guests are invited to attend.

Other local social events are also being planned.

For more information or to RSVP, contact Mike Moose at (910) 322-3917 or email wuvamoose@hotmail.com

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All American paratroopers participate in Saint Michael’s jump



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

Left: Paratroopers of the 82nd Abn. Div. drift towards the ground on Sicily Drop Zone during the St. Michael’s Jump May 7.

Above: As part of the St. Michael’s Jump, paratroopers of the 82nd Abn. Div. conduct parachute landing falls during sustained airborne training.

By SGT. 1ST CLASS DANIEL WALLACE
82ND ABN. DIV.

Almost every branch of the U.S. Army has a patron saint, a spirit that symbolically safeguards members within their respective profession. The infantryman has St. Maurice, the cavalry troops have St. George. Paratroopers of the 82nd Airborne Division and other airborne units worldwide have St. Michael.

Nearly 400 paratroopers of the 82nd Abn. Div. gathered at Fort Bragg for an annual training jump May 7, in honor of their adopted saint. Organized by the division’s chaplains, the St. Michael’s jump is an opportunity for paratroopers to gather for religious fellowship while maintaining jump currency.

“The St. Michael’s airborne operation is a chance for unit ministry teams across all the brigades and battalions to

get guys on an airborne operation that has devotional aspects,” said Maj. Luke Sprinkle, Headquarters and Headquarters Battalion, 82nd Abn. Div. “It’s an opportunity to bring together chapel communities, Families, unit ministry teams and paratroopers altogether.”

The jump is the culmination of other training that began several weeks earlier, Sprinkle said.

“It starts when paratroopers participate in the spiritual fitness event with their battalion chaplains and that basically qualifies them to get a (parachute) on the St. Michaels airborne operation,” he said. “After the St. Michaels airborne operation is complete and jumpers are on the ground, we feed them, have a short devotional time and they’re able to meet with their Families on the drop zone.”

Three-time participant, Master Sgt.

Robert B. Blalock, the 82nd Abn. Div. master of religious affairs NCO, described what it felt like on his first St. Michael’s jump in 2017.

“The first jump was amazing,” Blalock said. “To simply learn the history of St. Michael and then being able to share that experience with paratroopers of this fine division. It was amazing.”

This year’s jump will be Blalock’s last while assigned as a paratrooper in the 82nd Abn. Div. due to an upcoming permanent change of station move.

“I’m going to miss it,” he said. “It saddens me, but as with every Soldier, we spend a small period of time in those positions and then we have to move on, but I’m thankful for the opportunity that I was given to serve and to jump in the St. Michaels jump events.”

While grateful, Blalock said there’s

more to these events than just the training or spiritual components.

“For me, just learning the history of St. Michael and then sharing that history of tradition with the younger paratroopers of the 82nd (Abn. Div.) was my favorite part,” Blalock said. “I hope paratroopers come away with an appreciation for what we mean when we say that St. Michael is the patron saint of paratroopers.”

Sprinkle hopes the paratroopers walk away knowing their faith is not separate from the rest of their lives.

“Their faith involves what they do at home, what they do at (physical training), what they do at work and who they associate with,” he said. “We’re helping them be better rounded paratroopers and fully integrated paratroopers. A fully integrated paratrooper is a better paratrooper.”

Initiative maintains Soldier readiness

By STAFF SGT. FELIX FIMBRES
USARC

Army Reserve Soldiers are stepping up with their medical expertise to ensure the Army is ready to deploy. Operation Reserve Care, a new initiative that took place at Fort Bragg, May 4, aims to ensure medical personnel not only have the experience they need, but also Soldiers maintain their health and readiness.

“We’re here the first weekend of every month. On average, we treat between 200 and 300 Soldiers a week,” said Maj. Tamera Snider, officer-in-charge of Operation Reserve Care.

The 7459th and 7458th Medical Backfill battalions provide a variety of medical services, from health assessments to dental treatments, without appointments. The services are provided after work hours on Friday until Sunday evening. This affords busy Soldiers, from every component, a chance to see medical professionals outside the normal work week.

“It’s more convenient for me to make it during the weekend because I’m in school during the week,” said Spc. Sabrina Jackson, a full-time student at the Paul Mitchell School and a member of the 134th Legal Operations Detachment. “It’s very well organized ... and (the staff) is really nice, respectful and

professional.”

Jackson said she feels comfortable with the staff because of their knowledge and the efficient way they take care of things.

“It really is a one-stop shop; you come here and get everything done, and when you leave, you don’t have to worry about making additional appointments or going other places to get things done,” she said.

Snider said Operation Reserve Care is still in its trial phase, but the goal is to expand the mission. This is not only to ensure readiness but to help provide Army Reserve Soldiers with valuable hands-on training.

“We’d like to replicate what we’re doing here on other bases so we can decrease the time Soldiers miss from their civilian jobs while increasing their readiness,” she said. “We need to do this so they can be ready to deploy at any time.”

Snider said everything has been going according to plan and that their staff, in providing services to the Soldiers, are getting a continued education piece that helps drive them in their careers.

“Operation Reserve Care has given me a chance to maintain my nursing skills,” said 2nd Lt. Jessica McLaughlin. “I feel good knowing that I’m helping Soldiers stay ready to go out on the battlefield.”



Photo by Staff Sgt. Felix Fimbres/USARC

Army Reserve Soldiers are stepping up with their medical expertise to ensure the Army is ready to deploy. Operation Reserve Care, a new initiative that took place May 4, aims to ensure medical personnel not only have the experience they need but that Soldiers maintain their health and readiness.



Stock photo

Operation Reserve Care takes on Total Force Policy

By TWANA ATKINSON
WAMC

Womack Army Medical Center (WAMC) and the 7458th Medical Backfill Battalion (MBB) partner up to maintain medical readiness for all surrounding Fort Bragg area Soldiers using an initiative called “Operation Reserve Care.”

Operation Reserve Care started in 2016 as a means to help improve Army Reserve medical readiness. Since the inception of the operation, the partnership between the two organizations has sparked great demand for their services across all three Army components near Bragg.

“We have had to increase our rotations to two weekends a month,” said Capt. Tiffany Glass, the 7458th clinical operations officer-in-charge. “We rotate with another unit, but we now have units bringing in a large population of their Soldiers in order to maintain their unit medical readiness.”

The Southeast Medical Area Support Group commander, Col. Brad Nindl explained why the partnership and its success is important.

“Whether you listen to active duty or reservist senior Army leadership, readiness is important,” Nindl said. “This is a great example of Total Force Integration. When we go to war we fight together, (Army components one, two, and three). This is a great example of us training together as well.”

The Army’s Total Force Policy is an ongoing effort by the service to transition

its Reserve component forces, both the Army Reserve and the National Guard, into an operational force. The intent is to create a seamless and holistic total force governed by the same interchangeable policies and procedures.

Col. Bonnie Lowe, Army Reserve deputy surgeon, expressed her appreciation of the collaboration and how it better benefits the Army’s Total Force Policy concept.

“Anytime that our units can practice their war time mission, it’s a win-win for all of us,” Lowe said.

The new Total Force Policy will provide for a more uniform set of policies and procedures to govern all three Army component forces: active duty, Reserve and National Guard. It will facilitate better integration of these three component forces and a more balanced total force. It will also standardize authorities and procedures for pre-deployment readiness validation of the total Army.

The 7458th MBB operates its mission out of an active-duty medical treatment facility, WAMC. The WAMC commander expressed his support of the mission.

“We provide a platform to ensure medical critical war time skills reach a level of competency, currency and proficiency,” Col. John J. Melton, WAMC commander, said. “We fight as one Army and a joint force eliminating barriers.”

Operation Reserve Care services Soldiers in the Fort Bragg area in periodic health assessments, dental, audiology, optometry, immunizations and basic medical services every first and fourth Saturday of the month.

16th MP Brigade hosts SHARP escape room

By **Sgt. 1st Class Ashley Savage**
16th MP Bde.

There was a lot of controversy over the escape room the 16th Military Police Brigade hosted during Sexual Assault Awareness and Prevention Month (SAAPM). The escape room provided Soldiers with non-traditional training outside a classroom environment that highlighted resources available to them if they ever become a victim of sexual assault. Sgt. 1st Class Eric Pitts, the unit's sexual assault response coordinator (SARC) is passionate about the Sexual Harasement Assault Response (SHARP) program and is always looking for ways to create innovative and memorable training. He came up with the idea of pairing SHARP training and an escape room after he attended a few escape rooms with friends. First Lt. Jackson Bartlett, 503rd Military Police Battalion (Airborne), responded to the controversy of the "escape" theme. "It definitely was a misperception to automatically jump to a negative conclusion," Bartlett said. "I could see where there was concerns having the words 'escape room' and

'sexual assault' together, but most people know what an escape room is." Bartlett was with the first team of Soldiers who went through the training. When they entered the room, they saw Staff Sgt. Daniel Rodriguez, the SARC for the 503rd MP Bn. (Airborne), chained to a chair, held down by 100-pound weights. SHARP posters, regulations and training aids were displayed throughout the room and contained the answers to the clues given, allowing the teams to unlock the chains holding down Rodriguez. Multiple Soldiers said they had a better understanding of restricted and unrestricted reporting options after attending the training. Staff Sgt. Christopher Hernandez, 503rd MP Bn. (Airborne), was one of these Soldiers. In addition, he pointed out the symbolism of the event. "I saw the chair with the chains and the weights," Hernandez said. "I thought of it as if you don't say anything ... the feelings and that kind of emotions can weigh you down and affect everything ... there is no where you can go, you just feel chained down."



Photos by Sgt. 1st Class Ashley Savage/16th MP Bde.
Master Sgt. Matthew Savage, left, 1st BCT, inputs a combination during the 16th MP Bde.'s escape room. This was one of four locks his team needed to remove from Staff. Sgt. Lorne Russell.



Teams from across Fort Bragg participated in the 16th MP Bde.'s escape room. The Devil Brigade's retention team, from left Staff Sgts. Josh Jacobs, Tiahra Prosper, Marcus Henderson, Master Sgt. Matthew Savage and Staff Sgt. Ryan Frederick, work together to determine who can receive an unrestricted or restricted report. The blank spaces left on the posters determined the combination to a lock. Multiple Soldiers said they had a better understanding of restricted and unrestricted reporting options after attending the training.



A participant in the combat control team 6-mile run races for the finish line during the ninth international airlift competition, June 1, 1987, for the Airlift Rodeo '87.

Members of a security police team, June 1, 1987, help a team member from under a barbed wire obstacle during the ninth international airlift competition Airlift Rodeo '87.

Professional anglers tour, learn about Fort Bragg



Bobby Derrick, right, professional angler from Charlotte, North Carolina, participates in a demonstration, as a parachute pack is rigged to his back and inspected by Staff Sgt. Nathaniel Mumbuto, 11th QM Co.

By **GENEVIEVE STORY**
PARAGLIDE

Professional anglers visited Fort Bragg May 9, for a tour and demonstrations at the virtual training and parachute packing facilities.

The visitation, coordinated and organized by the Fort Bragg Garrison community relations and public affairs office, supported 11 pro anglers from along the east coast, who were in town for the Warriors on the Water (WOW) military appreciation bass fishing tournament, held at Jordan Lake.

The three-day itinerary prior to competition included a tour of the Virtual Training Facility off Longstreet Road. Anglers had the freedom to explore the

small arms weapons training simulators and Humvees designed for tactical convoy operations simulation, at the Reconfigurable Vehicle Tactical Trainer (RVTT).

They were also introduced to the 11th Quartermaster (QM) rigger facility. The tour was led by Chief Warrant Officer 2 Tommy Young, senior aerial delivery officer, 11th QM Co. The fishing professionals were educated on the busy epicenter of airborne operations to include the daily physical and mental challenges, expectations and routines of the riggers.

In the pack shed, Young walked the anglers through the rig hanger, warehouse storage containers and lines of riggers packing parachutes. He walked the group through the responsibilities and skills of the riggers, trained and licensed to pack and maintain main parachutes,

reserves and rig sling loads. The riggers perform basic parachute repairs under the never ending airborne operation schedule of Fort Bragg.

Young identified the inspection parachutists (IP) supervising in red baseball caps and stressed the importance of attention to detail. He noted the skills of the riggers enable paratroopers to land safely after jumping. Every piece of equipment that leaves the warehouse is used not only by paratroopers, but also the large supply loads combat arms Soldiers receive on the ground.

“We work with the Soldiers, we want them to be motivated,” Young said. “Every rigger ensures exact precision. I come in, I know what I am doing today and next week. I am packing 15 parachutes every single day. Each parachute has 16 checkpoints at which senior riggers validate the accuracy. Everytime a rigger packs a parachute they accept the fact that they are taking responsibility for the safety and life of another individual.”

Anglers participated in demonstrations and suited up in full combat jump gear, equipped with a parachute, reserve, rucksack and weapons case. Staff Sgts. Nathaniel Mumbuto and Neil Singh, 11th QM Co., instructed the visiting group on gear checking and pointed out aspects of

the gear a paratrooper carries that can be taxing and cumbersome.

“Wow, there is an incredible amount of weight you are carrying here, how do you even walk, let alone jump out of a plane?” said Shaw Grigsby, professional angler from Gainesville, Florida.

The group visited the offices of the supervisors to watch videos of a High Altitude Low Opening (HALO) parachute jump, also known as a Military Free Fall (MFF), as well as paratroopers static line jump from a C-130.

The tour was followed by lunch at the 82nd Sustainment Brigade Dining Facility.



Shaw Grigsby, professional angler from Gainesville, Florida, bears the weight of full combat jump equipment, consisting of a parachute pack, reserve, rucksack and weapons case.



Chief Warrant Officer 2 Tommy Young, 11th QM Co., educates the group of professional anglers on parachute packing, rigging and safety in the packing shed.

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95th Civil Affairs Brigade hosts: Cultural Expo 2019



Photos by Lewis Perkins/Paraglide

Above: A dancer with Aloha Kanaka o'Halau waits to perform, May 11, at the CA Bde. Cultural Expo. **Right:** Performers with the Japanese volunteer group, Sakura no Kai, showcase their skills.



Sakura MacDonald sits while Saori Reilly fixes her hair before taking the stage during the 95th CA Bde.'s Cultural Expo. Traditions, food and activities were also highlighted.



Left: Elisabeth Coffee, 92nd CA Bn., takes in the Cultural Expo with Helen, 3, and Dorothy Grace, 11 months. The Cultural Expo focused on the unique capabilities of civil affairs and their regionally aligned Special Operations Forces Civil Affairs battalions. The expo also showcased traditions, food and activities from the cultures found in the areas of operations.



Mother's Day celebrated at Iron Mike Conference Center

By ALYSON HANSEN
PARAGLIDE

The Iron Mike Conference Center (IMCC) held its annual Mother's Day Brunch, May 12. The event, open to the public, was a way for Families to come celebrate motherhood with an all-you-can-eat buffet, desserts and drinks. This year, conference center staff handed out roses to mothers as guests were being led to their seats. "We are handing moms flowers as a 'thank you,'" said Cynthia Kauth, catering manager. Once inside, guests were treated to four tables of food, an omelet and meat carving station and an ice cream dispenser. "We have everything for breakfast, and we also have lunch items," said Olga Hester, food and beverage director, Family and Morale, Welfare and Recreation (FMWR).

Salmon was the centerpiece of the lunch menu. This year, eight 20-pound Alaskan salmon were prepared for the event. Hester said the salmon is always enjoyed by guests. The Mother's Day Brunch is a large event for the IMCC. Hester said around 850 to 900 guests attended this year's event, a similar number from last year. "Every year, this event is very successful, and we look forward to this day," she said. Families arrived at the conference center dressed up for the occasion, and mothers were welcomed with choruses of "Happy Mother's Day," by conference center staff as they entered the building. "For years we have had the Sunday brunch for mothers," Hester said. "It's the one way we can tell mothers, 'we appreciate your hard work.' This specific day, we want to pay special attention to them."



Right: Cynthia Kauth, catering manager, IMCC, checks a seating chart during the Mother's Day Brunch, May 12. Mothers were given roses as they were being seated. **Below:** An Alaskan salmon is ready to be taken out to the buffet table. The salmon was the centerpiece of the lunch menu.



Above: Families gather at IMCC for the Mother's Day Brunch. Guests were treated to an all-you-can-eat buffet, a dessert table, ice cream and drinks. **Below:** Gerald, a chef at IMCC, whips up an omelet for a waiting guest.



Photos by Alyson Hansen/Paraglide



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Where: Southern Pines Public Library
Cost: Free for library cardholders
The solar system comes to life through the STARLAB Planetarium, an immersive and interactive experience. From inside the portable, inflatable dome, participants travel along constellations and other cosmic occurrences. All shows are appropriate for families and children of all ages. Tickets are available to library cardholders first-come first-serve at the circulation desk, up to one hour before the program begins.
For more information, call (910) 692-8235.

12TH ANNUAL FIELD OF HONOR

When: Opening ceremony Saturday, 10 a.m.
Where: Airborne and Special Operations Museum
Cost: Free to attend
The Cool Springs Downtown District and the Airborne and Special Operations Museum (ASOM) are proud to host the annual Field of Honor, which is a living display of heroism that flies as a patriotic tribute to the strength and unity of Americans. Hundreds of American flags fly on the parade grounds of the ASOM in Downtown Fayetteville every year. The public is invited to visit the field and pay their respects. It celebrates the veteran, regardless of time served, branch of military, or wartime service. This specific field is one of the longest running Fields of Honor in the United States. The field will then remain open to the public to visit during daytime hours through June 22.
For more information, visit <https://www.asomf.org/>.

FAMILY FUN DAYS

When: Saturday, 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 a bounce house, trackless train rides and rock wall. Free popcorn and cotton candy while supplies last. Parents can enjoy the attractions or accompany their 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: Saturday, 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.

LIPIZZANS IN THE SPRINGTIME

Where: Tempus Renatus Farm, Raeford, North Carolina
When: Saturday and Sunday, 2 p.m.
Cost: \$10 to \$30
Celebrate the arrival of spring with Lipizzans! There will be noble horses in quadrille, driving, long-reining and more. We are excited to share these beautiful, living relics of history with the Sandhills area. After the demonstration Saturday, they will be having a celebration of the horse where children can interact with some of the horses. Tempus Renatus is a small farm dedicated to preserving the United Nations Educational, Scientific and Cultural Organization recognized art of classical riding and the Lipizzan horses that are so closely associated with this breed. For information about the farm, visit www.tempusrenatus.com/about. For tickets to the Lipizzan horse event, visit <https://www.eventbrite.com/e/lipizzans-in-the-springtime-tickets-57403066116?aff=ebdssbdestsearch>.

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 spring training in local history. “Baseball in Fayetteville” is the museum’s newest exhibit. This exhibit highlights the community’s love of the game. As Fayetteville embarks on the newest chapter of baseball here, learn about the nearly 150 years of homerun hitting heritage. “Baseball in Fayetteville” will be open through 2019 and part of 2020.

BREWERY TOUR

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

CITY MARKET AT THE MUSEUM

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

UPCOMING EVENTS

FAYETTEVILLE’S VEGAN FESTIVAL

When: May 25, 11:30 a.m. to 5 p.m.
Where: Prima Elements Holistic Wellness Center
Cost: Free
Join Green Roots Society and Prima Elements Wellness Center for a celebration of compassionate living in the vegan-friendly city of Fayetteville. At the second Annual Vegan Festival, enjoy an outdoor festival with food trucks, food samples, entertainment, speakers, nutrition and health, exercise vendors, giveaways and fun activities. This year’s festival will, once again, focus on compassion and promoting plant-based living through education, experience and visualization. For information about speakers and a list of vendors, visit <https://www.veganfestivalfaync.com/>.

BIG SOUTH CONFERENCE BASEBALL CHAMPIONSHIP: “WINNER TAKE ALL” CHAMPIONSHIP GAME

When: May 25, noon
Where: Segra Stadium
Cost: \$10 and \$25 for championship game, \$45 and \$55 for a full-week pass
The 2019 Big South Conference Baseball Championship, presented by Hardee’s, will be hosted by Segra Stadium. The tournament is scheduled for May 21 through 25 and will feature the top nine teams in the final standings. The event will conclude with Saturday’s “Winner Take All” Championship game, to be broadcast nationally on ESPNU. The winner of the tournament will receive the Big South Conference’s automatic bid to the NCAA Regionals. For more information, visit http://bigsouthsports.com/sports/2019/2/19/BB_0219193104.aspx.

FAYETTEVILLE’S MEMORIAL DAY CEREMONY

When: May 27, 10 a.m.
Where: Freedom Memorial Park
Cost: Free
Join the greater Fayetteville community in honoring those Cumberland County veterans who died in wartime at this annual ceremony. Limited bleacher seating for 300 people is available at the event, so bringing a lawn chair is recommended. Park at the Airborne and Special Operations Museum or at the Medical Arts Building. Visit <http://www.freedommemorialpark.org/memorial-day-ceremony/> for updates.

PAUL MCCARTNEY FRESHEN UP TOUR

When: May 27, 8 p.m.
Where: PNC Arena, Raleigh, North Carolina
Cost: Tickets start at \$128
The Paul McCartney live experience is everything any music lover could ever want from a rock show. Nearly three hours nightly of the greatest moments from the last 50 years of music, dozens of songs from Paul’s solo, Wings and of course Beatles catalogues that have formed the soundtracks of so many lives. For more information and for tickets, visit <https://www.pncarena.com/events/detail/paul-mccartney>.

NC TRAIL DAYS FESTIVAL

When: May 31 and June 1, 8 a.m. to 10 p.m.; June 2, 8 a.m. to 5 p.m.
Where: Elkin, North Carolina
Cost: Free
Elkin sits at the confluence of three major trails: N.C. Mountains-to-Sea Trail, Overmountain Victory National Historic Trail and Yadkin River Paddle Trail. The inaugural N.C. Trail Days Festival ties all that outdoor recreation together with three days of celebrating trails and the people who enjoy them. Festivities begin Friday with several activities during the day, followed by an evening gathering at Elkin Municipal Park with live music and a low country boil. Saturday starts with a 5K hill climb trail race to the top of Stone Mountain and concludes with a bonfire and live music at the Foothills Arts Council and many more activities. Sunday includes a family paddle flotilla on the Yadkin River and exploring the Surry County Wine Trail. For more information, visit <https://www.nctraildays.com/>.

CAROLINA BEACH MUSIC FESTIVAL

When: June 1, 11 a.m. to 4:30 p.m., gates open at 10 a.m.
Where: Carolina Beach
Cost: Advance tickets, \$25; day of festival, \$30; age 12 and under are free
Dance barefoot in the sand and sway to the sounds of beach music at the annual Carolina Beach Music Festival. Billed as “the biggest and only beach music festival held on the beach of the North Carolina coast.” Music lovers of all ages can enjoy a full day of entertainment with the first band hitting the stage at 11 a.m. This year’s lineup includes Band of Oz, Black Water Rhythm and Blues Band and Jim Quick and Coastline. Pack a cooler, bring your beach chairs and get ready to dance the day away. Coolers, beverages and food allowed. Sorry, no glass, pets or refunds. For more information, visit <https://www.wilmingtonandbeaches.com/event/carolina-beach-music-festival/4084/?location=carolina-beach>.

SOUTHERN FRIED POETRY SLAM

When: Opening ceremony June 5, 3 to 4 p.m. at Volta Space, other event times vary by day, June 5 through 8
Where: Various locations around Downtown Fayetteville
Cost: Free
Southern Fried Poetry Slam is an annual performing arts festival celebrating poetry, spoken word, and community outreach. Born in 1993 from a sense of family, home cooked meals and good ol’ Southern food, Southern Fried Poetry shares the absolute best southern offerings — hospitality, comfort and tradition. During the first week of June every year, a city in the Southeastern region of the U.S. plays host to one of the largest Spoken Word and Performance Poetry tournaments in the world. Showcased are some of the world’s most extraordinary writers, orators and artists whose talents will be on full display as they compete against more than 200 poets for cash and prizes, and of course bragging rights to the South. For a full list of events and times, visit <https://www.southernfriedpoetryslam.com/>.

Pro anglers visit Fort Bragg elementary schools

By GENEVIEVE STORY
PARAGLIDE

Pro-anglers visited students at Devers and Bowley elementary schools on Fort Bragg, May 8, for a morning of fishing education and boat safety.

Students in the third, fourth and fifth grades gathered outside their schools and were greeted by two professional anglers and their 20-foot bass fishing boats. Steve Hice, of Morgantown, North Carolina and Randy Yarnall, of Womelsdorf, Pennsylvania, provided the children with a hands-on experience into the life of a seasoned, touring, professional fisherman.

Yarnall and Hice were just two of the 144 bass fishing professionals who participated in Warriors on the Water, a military appreciation bass fishing tournament honoring the men and women of the armed forces at Jordan Lake, North Carolina, May 10.

“We love to see the children on the boats,” Yarnall said. “Pushing the horn, sitting in the driver’s seat ... A lot of these kids haven’t stepped foot on a boat, especially one like this. We enjoy seeing their faces light up when we explain how fast the boat can go (approximately 70 to 80 mph), where the stern and the rudder are, the only two parts touching the water at that speed, and there are no brakes.”

Thrilled by the visit and opportunity, students eagerly climbed atop the bass boats of Hice and Yarnall. They were given instructions relevant to boat safety, precaution on the water, how to cast a line, how to lure a fish and how to be successful as a professional angler.

Yarnall revved the boat engine and called attention to the red lanyard attached to the “kill switch,” in case of an emergency. He pulled a bass from his live well and immersed it in water straight out of Jordan Lake.

“When we are fishing bass in tournaments, I can cover almost 120 miles per day out in the water,” Yarnall said. “The old saying is, ‘only 10 percent of the water has 90 percent of the fish,’ and you have



Photos by Lewis Perkins/Paraglide

to find that in eight to nine hours. So, you go as fast as you can from point A to point B in that time frame.”

Displaying his fishing pole to a crowd of children, Hice addressed himself as “Mr. Steve,” asking where the students come from and if they have ever been fishing before.

He cast his line to the pavement and demonstrated how to bait the hook with jelly worms to entice intelligent, challenging fish such as bass to the lure.

“I travel around to different lakes, in different areas of the country, to bass fish,” Hice said. “These two navigators up front here, tell me where the fish are, where I am on the lake and how deep the water is. I am allowed five fish on the boat at a time when in a competition.”



Above: Steve Hice, professional angler, visits students at Devers Elementary school and demonstrates how to catch fish by rigging a fishing line with a baiting lure of soft plastic worms. **Left:** Randy Yarnall, a professional angler from Pennsylvania, shows children at Bowley Elementary school the different components of a fishing rod. Yarnall was in town for the Warriors on the Water tournament.

Womack employees are no average JOES

Survey results shows Womack staff members as best of the best for 2018

By TWANA ATKINSON
WAMC PAO

The 2018 Joint Outpatient Experience Survey (JOES) results lauded several staff members at Womack Army Medical Center (WAMC) as the best of the best for 2018.

JOES is a standardized survey program formally established in response to a National Defense Authorization Act Public Law. It states there will be annual surveys of patients providing feedback on availability of services, type of services and facilities, familiarity with available facilities, health status, satisfaction with system and quality provided.

The survey captures the entire medical treatment facility experience from the doctor visit, contact with the WAMC medical team and the cleanliness of the facility, said Loretta Newkirt, WAMC program analyst.

“This allows the facility to see their strengths and areas that

“We want our patients to know and feel that they have a team behind them that cares.”

Barbara Phillips
Physician Assistant, WAMC

need improvement,” Newkirt said. “There’s also an incentive to be the best; to earn funds for your medical facility.”

In the land of the airborne where there’s always some healthy competition, several providers were recognized for exceeding the standards in the overall patient experience.

Steven Gay, a physician assistant for WAMC’s Byars Medical Clinic and Joint Support Operations Command, was recently recognized as one of the top medical performers in the DOD with more than 50 Families raving over their great experiences with him.

“Someone that comes to me could be having a good day or a bad day,” Gay said. “If they’re

having a bad day, I’m going to give them extra love to show them that I’m not here to judge them ... Let you know that I believe in you.”

Gay has the unique opportunity to care for active-duty Soldiers and their Families. He boasts about the relationships he has developed with his staff and patients.

He has been with his staff for more than 10 years and explains how his prior military experience and his new spiritual walk gives him a sense of fulfillment with work and life.

“When I was in the military, on paper I always looked successful,” Gay said. “I was a honor graduate in Special Forces training, I was a distinguished honor graduate

in Ranger school and graduated physician assistant school summa cum laude. I tended to judge people by the excellence demanded by Special Forces and Rangers and that’s not very fair because not very many people can meet those standards.”

Gay said there’s some things special operations guys do that is very complex, so they try to make it simple, so that in the heat of the moment they do what they’re supposed to do.

“Life is the same, very complex but if you just love everyone and don’t judge it’s easier to find solutions,” he said.

Barbara Phillips, another physician assistant that was recognized as a top performer has been with WAMC for 17 years.

Phillips works in the gastroenterology clinic and admires the compassion her and her staff leads with while interacting with patients.

“We try to accommodate patients wherever and whenever we can,” Phillips said. “Everyone has their own personal hurdles when getting their health care ... They are going through enough already without us putting a barrier in their way.”

According to the website, JOES will continue to focus on the beneficiary experience with care received in the military treatment facilities.

“We want our patients to know and feel that they have a team behind them that cares,” Phillips said.

Every patient who has an outpatient visit in a military treatment facility receives a survey in the mail 72 hours after the appointment.

If patients would like to document their experience and haven’t received a survey, contact joes.reports@na.ipsos-research.com.

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Run, Honor, Remember event returns to Fort Bragg

By CHARLOTTE WATSON
SOS

Fort Bragg’s Family 5K will pay homage to fallen service members when Survivor Outreach Services (SOS) “Run, Honor, Remember” returns to Hedrick Stadium, Saturday. The field at the stadium will be covered in combat boots for the event.

Held annually, this memorial run is an important event for Fort Bragg. Leaders, Soldiers and Family members have an opportunity to honor those that have given the ultimate sacrifice.

“The Run, Honor, Remember is special to me because it is a time that the community comes together and take the time to support the Families and honor the Soldier,” said Inez Barbour, surviving spouse of Sgt. Marvin

L. Barbour, who died in October 2015. “It lets me and my Family know we are never alone. We are thankful.”

The field will display more than 7,000 combat boots. Each boot has a tag with the name and photo of a service member who died during the 9/11 attack, service members who died in combat since 9/11, service members who died and were assigned to Fort Bragg and service members whose Family lives in North Carolina regardless of how the service member died or what unit the service member was assigned at the time of death.

“The Run, Honor, Remember is important to our Family because it means my husband and our children’s father is not forgotten and is still being honored,” said Rachel Nolen, surviving

spouse of Sgt. James Nolen, who died in November 2009.

The run start time is 8 a.m., with opening remarks at 7:45 a.m. The event is open to all DOD ID cardholders and their guests. No registration is required. Organizations and units are encouraged to run as a group. Strollers and dogs are welcome.

Fort Bragg’s monthly 5K is a Directorate of Family and Morale, Welfare and Recreation (DFMWR) event promoting fitness among service members and their Families. It also provides the opportunity for installation groups to highlight their services.

For more information about the Run, Honor, Remember event, please call (910) 396-0384. For additional information about Fort Bragg’s SOS or DFMWR, visit <https://bragg.armymwr.com/>.



Photo by Lewis Perkins/Paraglide

Sgt. Adam Sherman of the 6-18 ESC visits the boot display of fallen service members at the Run, Honor, Remember 5K run at Hedrick Stadium in 2016. The run and memorial field honors those who have died since Sept. 11, 2001.



CATHOLIC Mass
All American Chapel
Sat. 5 p.m.
Sun. 9 a.m., 5 p.m.
WAMC Chapel
Sun. 10:30 a.m.
Wed. 11:30 a.m.
Pope Chapel
Sun. 1:30 p.m. (Spanish/English)
Mon. through Fri. Noon
Main Post Chapel
Sun. 11:30 a.m.
Rosary
Mon. through Fri. 12:30 p.m.
Pope Chapel
Eucharistic Adoration
Wed. 11:30 a.m.
Pope Chapel
Reconciliation
40 minutes prior to every Mass and by appointment with susan.l.kroll.ctr@mail.mil
Catholic Education
Sun. 10:45 a.m. Faith Formation Bowley School*
Faith Formation (Adults)
Sun. 3 p.m. Youth of the Chapel (All American)
Tues. 6:30 p.m. Rite of Catholic Initiation for Adults (Pope Chapel)
Thurs. 6:45 p.m. Bible Study
Fri. 6:30 p.m. Theology on Tap
(3rd Fri. each month)
Catholic Women of the Chapel
Thurs. 9:30 a.m. to noon at All American Chapel**
PROTESTANT Worship Services
All American Chapel
Sun. 10 a.m. Sunday School
Sun. 11 a.m. Worship Service**
Airborne Artillery Chapel
Sun. 9:30 a.m. Adult Bible Study
Sun. 11 a.m. Worship Service**
Wed. 6 p.m. Adult Bible Study
Chapel Next
Division Memorial Chapel
Sun. 11 a.m. Worship Service**
Outdoor Life, Smith Lake MWR Park (outside)
Sun. 10 a.m. Outdoor Church
JFK Chapel
Sun. 10 a.m. Worship Service**
Sun. 11:30 a.m. Sunday School
Wed. 11:45 a.m. Chapel Ancient (Liturgical)
Main Post Chapel
Sun. 10 a.m. Worship Service**
Sun. 11:30 a.m. Sunday School
Pope Chapel
Sun. 9 a.m. Christ the King Fellowship**

Wed. 6 p.m. Mid-week Bible Study
Wood Memorial Chapel Gospel Congregation
Sun. 10 a.m. Gospel Service**
Tues. 7 p.m. Adult Bible Study
Tues. 7:30 p.m. Youth Group
WAMC
Sun. 9 a.m. Chapel located on 3rd floor
Tues. 11:30 a.m. Bible Study
Thurs. 11:30 a.m. Bible Study
Holy Trinity Anglican Chapel
Sun. 8:30 a.m. JFK Memorial Chapel
Protestant Women of the Chapel
Tues. 9:30 a.m. All American Chapel*
Tues. Noon 9th floor of SSC*
Tues. 7 p.m. All American Chapel*
Wed. 9 a.m. Linden Oaks Clubhouse*
Wed. Noon WAMC Chapel* (3rd floor)
Thurs. Noon Main Post Chapel Annex*
Thurs. Noon Wood Memorial Chapel
Youth of the Chapel
Sun. 3 p.m. middle/high school at All American Chapel (Catholic)
Sun. 6:15 p.m. middle/high school at Division Memorial Chapel (Protestant)
Additional Protestant Religious Education Program
Sun. 6:15 p.m. Postwide Family Program, Airborne Artillery Chapel*
Tues. 2:45 p.m. Good News Club at Bowley Elementary*
Tues. 6:30 p.m. Navigator Bible Study, JFK Chapel
Tues. 6:30 p.m. Navigator Bible Study, Airborne Artillery Chapel
Thurs. 3 p.m. Good News Club at Shughart Elementary*
JEWISH SERVICES
Fri. 6:30 p.m. Friday Night Shabbat, Watters Family Life Center
BUDDHIST
Sat. 1 p.m. Pope Chapel (3rd Sat. each month)
ISLAMIC
Pope Chapel Annex
Fri. 12:15 p.m. Islamic Service
Fri. 1:15 p.m. Islamic Service
WICCAN
Thurs. 7 p.m. Open Circle, Watters Family Life Center

LEGEND
* Indicated study groups are scheduled to complement school year.
** Children’s church/watch-care provided



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Patriots on land, Warriors on the Water



Photo by Lewis Perkins/Paraglide

Warriors on the Water (WOW) committee members, volunteers and a North Carolina Wildlife biologist surround a holding tank by the weigh-in station as anglers return from Jordan Lake, North Carolina with their catches. The 14th annual WOW tournament gathered 144 active duty and veteran service members to participate, and team the personnel with pro anglers.



Photo by Lewis Perkins/Paraglide

A professional angler and his service member co-angler nestle into the banks of the Jordan Lake, hoping to bait the largest bass.

Military appreciation bass fishing tournament

By GENEVIEVE STORY

PARAGLIDE

Honoring all branches of the armed forces, the 14th annual Warriors on the Water (WOW) military appreciation bass fishing tournament took place May 10, on Jordan Lake in Apex, North Carolina.

This day-long event of camaraderie and competition paired 144 co-angler Soldiers with boaters, ranging from touring professionals to weekend fishermen. East coast anglers from Pennsylvania to Florida, supported the WOW mission by donating their time and equipment for the event.

"I served 22 years in the Army, and always think it is great to give back," said Mike Green, president of WOW. "Fishing is a hobby, but it is also so much more than that. I know what the Soldiers go through on a day-to-day basis ... having served in many places around the world, 15 different countries on three different continents. The overarching mission is to say thank you for a job well done ... to get Soldiers away from their day-to-day grind, let them relax and enjoy the outdoors."

Beginning at the New Hope Boat Ramp launch at 7

a.m., anglers and their assigned service members secured their position in the water. Chaplain (Maj.) Jeff Masengale, led a prayer and the singing of the national anthem followed. The All Veterans Group and All Veteran Parachute Team (AVPT) provided a demonstration at the event with a helicopter fly-over and two AVPT parachuters, Mike Elliott and Luke Conner, performing a smoke show and American flag display fly-in.

With an objective to capture the largest fish in weight, the 288 fishermen set out at an average speed of 65 mph in their bass fishing boats to achieve the goal.

Green expressed his commitment to the organization that "continuously pays it forward," appreciating service members and veterans who stand in the gap to defend the nation's freedom.

"I have been with the organization since 2008," Green said. "I used to fish as a boater. I was still active duty and I would come out here and take a Soldier fishing. In 2010, I became president."

Founded in 2006, WOW began as a nonprofit organization supporting the wellbeing and mental health of active-duty service members and veterans. According to the organization's leadership and mission statement, WOW understands the sacrifice of military members and the statistics reinforcing they are among the highest risk for suicide, depression, homelessness and post-traumatic stress disorder. WOW established itself as a refuge and community for military members and their Families to cultivate connections and to receive positive experiences. This organization realized it had a unique

opportunity to take military members out of the typical command structure on post by getting them out on the water in cathartic settings.

Balancing their full-time jobs with their service for the organization, committee members arrive at the early hours of the event morning to assist in preparation of tent set-up, parking lot organization, tables and seating, food, event bag arrangement, fish tackle assembly and registration.

"People don't often understand the commitment behind the scenes," said David Blanton, vice president and tournament director of WOW. "We start prepping 10 months out from the event. The organization requires dedication to make it last and be successful every year."

Awards, prizes and an event social supported by various sponsors were offered to the participants at the conclusion of the event. Awards were distributed to the top 15 overall ranking boaters. The official big bass weigh-in resulted in a first place finish for boater Zach Hall and his co-angler Spc. Michael Provencher, 2nd Battalion, 319th Airborne Field Artillery Regiment, 2nd Brigade Combat Team, 82nd Airborne Division. They reeled in five bass at a total weight of 24.02 pounds, and the largest fish weighing in at 8.02 pounds.

"We hope to see this event continue on next year, and continue to grow," Green said. "The future is uncertain, due to the financial expectations and volunteer contributions. But we hope to see it through. A lot of these Soldiers come out here and escape. It gives them purpose. It is special to us (committee members) too."



Photo by Genevieve Story/Paraglide

Above: North Carolina's Jordan Lake provided 14,000 acres of cypress tree-lined reservoir for anglers in search of their biggest catch, during the WOW bass fishing tournament May 10.

Right: Attendees of the fishing tournament convene around the awards ceremony tent to discover the final weigh-in pairings and results. The largest fish of the day was a bass weighing in at 8.02 pounds.



Photo by Lewis Perkins/Paraglide



Photo by Lewis Perkins/Paraglide

Reaching speeds up to 75 mph, anglers race out of the start line at 7 a.m., May 10, in their bass boats at the WOW military appreciation bass fishing tournament. The advantage of speed for these fisherman is efficiency, since anglers need to cover as much surface area in the water as possible, given their eight-hour time limitation.



SPOTLIGHT

Fort Bragg rigger finds independence through fishing

By GENEVIEVE STORY
PARAGLIDE

If Chief Warrant Officer 2 Tommy Young, senior aerial delivery officer, 11th Quartermaster (QM) Company, is not providing oversight for his parachute packing facility on Fort Bragg, you will find him out on the water, just about every weekend, fishing for bass.

Committed to his assignment as a rigger since 2003, Young has pledged allegiance to protecting the safety and lives of fellow Soldiers.

“The most important component of my job is ensuring the safety of the paratroopers,” Young said. “The biggest thing for me is paying attention to every detail ... making sure that everything that leaves this facility is safe and that every jumper gets out of the plane safely.”

Young does not take this responsibility lightly or for granted. He explained the pinnacle of his job is working with the riggers of the 11th QM Co. pack shed, supporting the 82nd Airborne Division and all things parachutes, so the 82nd Abn. Div. can jump out of airplanes.

Having been with the 11th QM Co. since August 2018, Young became a

senior aerial delivery officer after his return from deployment in Korea. Alongside his accomplishments as a rigger, Young calls on his High Altitude Low Opening (HALO) certification, which allows Soldiers to insert into a location at significantly higher altitudes, as one of his most thrilling and greater achievements to date.

However, for Young, an undertaking of greater implication has been the sport of fishing.

“I have been a boater and fishing my whole life,” Young said. “I grew up on the Outer Banks of North Carolina. I have only been bass fishing for about three and a half years now. I love bass fishing, I prefer it the most.”

Young said a notable highlight of his time overseas, was bass fishing with the Koreans, and being the only American presence to fish the Korean Largemouth bass fishing tour.

As a sponsored angler, Young competed in the Warriors on the Water (WOW) military appreciation bass fishing tournament, May 10, on one of his favorite places to fish, Jordan Lake, North Carolina. Honored to display a subdued American flag on the sides of his “Bass Cat Cougar” fishing boat, Young takes pride in not just

serving his country, but giving back in every way he can to service members.

“I fished as a co-angler with WOW two years ago,” Young said. “Now I am back as a boater and I am able to provide for a Soldier an opportunity to get on the water in a boat and away from structure and worry. That is the greatest thing for me.”

Competing just about every weekend, fishing provides him with clarity of mind. He said the second time he went bass fishing, he returned to the water with a professional angler and he was hooked immediately.

“Fishing is a place where you can go, it is peaceful,” he said. “When you are on the water, it is a time where you can let any problems go. Just to get out there and let go of your worries and only focus on catching fish.”

Young recalled his experience with the visiting professional anglers and his experience at WOW.

“Shaw Grigsby, a well known bass fisherman in the industry ... meeting someone like him, who is on television is like being a kid in the candy shop,” he said. “It was so awesome that these professionals took the time to come and tour our facility and help out with what we do and see what we do on a daily basis.”



Photos by Lewis Perkins/Paraglide

Chief Warrant Officer 2 Tommy Young, is committed day to day to the 11th QM Co. parachute packing facility. Taking pride in his role as supervisor alongside the riggers, Young dedicates his weekends to the outdoors, on the lakes of North Carolina, bass fishing.

TOTAL

MIND
BODY
SOUL

WELLNESS

Runners Corner

Fort Bragg Run, Honor, Remember 5K:
Saturday, 8 a.m. at Hedrick Stadium. Event is free. Enjoy a non-competitive 5K run/walk and pay tribute to fallen Soldiers to remember their sacrifice as you pass by the boots lining the field. Pre-event ceremony starts at 7:45 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, 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 College campus and will finish at Terry Sanford’s High School baseball field. Participants are encouraged to wear their best derby run hat and/or costume. Prizes will be awarded to the top 5K and 10K finishers. Additional awards will be given for best costume, best decorated derby hat, best decorated stroller, first dog to finish, first stroller to finish and largest team. Check <https://its-go-time.com/the-derby-run/> for details.

Beat the Bridge 10K and 5K:
Saturday, 8 a.m. for 10K start and 8:10 a.m. for 5K start at Riverwalk Park, 421 Court St., Jacksonville, North Carolina. Presented by Marine Chevy, the event will highlight the beauty of the city of Jacksonville, the commitment of the military and local communities 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. Check <https://runsignup.com/Race/NC/Jacksonville/BeattheBridge10k5k> for details.

Race 13.1 Raleigh Spring Half Marathon:
Saturday, June 1, 7:15 a.m. half marathon start and 7:30 a.m. 5K and 10K start, at 4217 Six Forks Road, Suite 100, Raleigh, North Carolina. The eighth

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

Get Fit

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

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

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

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

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

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

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

Personal Training:
Reach your fitness goals with certified personal trainers. Training sessions are located at one of our **14 MWR fitness centers**. Start with a fitness assessment done by one of our personal trainers for \$25.

Individual Programs: One-on-one training with a certified personal trainer to meet your maximum fitness goals

Buddy Programs: Two clients train together with one personal trainer to meet their goals.

Class Programs: Are open to DOD cardholders and their guests, ages 16 and older.

For more information or to sign up for this program or a personal assessment, visit our specialized training webpage at bragg.armymwr.com/programs/specialized-training.

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Wednesday
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145 General Employment

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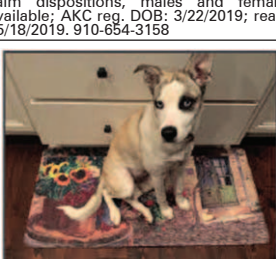
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