

Take time to listen to military kids during moves, deployments

By ERIC PILGRIM
ARMY.MIL

My son’s frustration grew with each move, but I chose to ignore it.

I had a new job with unique stressors and expectations to focus on, so I didn’t feel I had the luxury of devoting time to my son’s feelings; he would get through it. By the time we reached Fort Knox, Kentucky in September 2017, his frustration had reached a tipping point.

“Dad,” he said shortly after we arrived, “lease don’t move again.”

He was not being disrespectful. He was simply voicing exhaustion with having to pack up his life again, say goodbye to close friends again, endure the stress of a trek across country sitting next to his annoying baby sister, be trapped in exhausting hotel rooms only to again unpack his life in a new place with no friends to hang out with, no fond memories to lean on and no favorite places to look forward to going.

He had put up with four major moves in seven years and multiple minor moves in between.

I appreciated my son’s candor and courage at that moment. As a former Soldier and a father of four children who have endured a combined seven moves and two deployments, I have personally witnessed what military children go through over the course of their parents’ careers.

Do military children have bad days? Of course. Do they have times when they’re sick of moving? I’m sure of it. But one of the great things about what military children generally go through is that they go through it, and grow through it, together.

Still, we as parents have a responsibility to acknowledge our children’s hurts from the difficulty of a move or deployment. We owe it to them to listen — actively, without distractions.

In a Military.com article titled “10 Things Military and Veteran Parents Should Know” by Dr. Carolyn Greene, she recognizes being a military parent can be tough, and suggests that parents “invite your children’s questions, be prepared for tough questions, and use a positive approach.

In a Sept. 19, 2013 Army.mil article by Andrea Stone, titled “Military Families: children grow through challenges,” Dr. Jacqueline Delano, clinical director, school behavioral health, at the Child and Family Assistance Center in Evans Army Community Hospital, Fort Carson, Colorado, reminds us that children do in fact suffer during and after moves.

“We see a lot of adjustment disorders,” Delano said. “(That’s) more of a short-term condition that’s caused from a stressor. Some kids might not have a behavioral disorder, but their behavioral problems are a result of these difficulties adjusting.”



Photo by Eric Pilgrim

The youngest Pilgrim leads the family down the long hallway of a hotel along the move from eastern New Mexico to Kentucky. She has moved twice in her five years; her brother has moved four times in seven years with six additional in-area moves between.

My son is amazingly resilient. Besides the moves, he has gone through the loss of growing up away from close relatives, adjusting to his now 5-year-old sister entering his life, the sudden death of a close cousin and most recently, the unexpected death of his brother in January 2018.

All of this pain and suffering has affected our entire Family in various ways, but our shared grief can easily dismiss the quiet, unassuming pain of a 14-year-old. So when he broke through the silence with his simple request, I listened.

I recognized I had wrongfully assumed

my son should just get through it.

These days, I am learning to slow down a bit, put work-related stressors on the back burner a little longer and engage in my son’s world more often.

And as many children of Soldiers and veterans do, my son smiles more. That big belly laugh I so fondly remember from his childhood is beginning to return.

Will we move again? I can’t make that promise to him, and he knows it. Will I ignore him if we do? No. That I can promise, and he knows it.

And one word comes to mind when I’m with him — happy.

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Voices

This week:

What plans do you have this summer?



“My plans for the summer are going to school. I’m getting my associates in science to go towards sports medicine.”
**Kevin Oliver Jr.,
Veteran**



“My plans will be going to the gym all summer.”
**Pfc. Brandon Emore,
1st POB**



“I have a family reunion, and a wedding coming up, so I will have an eventful summer. Also spending time with my family.”
**Victor J. Washington,
Fort Bragg Social Media
Representative**



“Spending as much time as I can with my family and working on my business.”
**Alisha Danielle,
Veteran**



“This summer, I will be working hard to build my natural self-care line, which contains holistic alternatives for pain management.”
**Xaveira Williams,
Veteran**

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PARAGLIDE

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Photos by Lewis Perkins/Paraglide

Valerie A. Nessel, left, and Senior Airman Nathan Towns stand with a portrait drawn by Towns of Medal of Honor recipient Master Sgt. John Chapman. The portrait will hang in the Combat Control School at Pope Army Airfield as an inspiration to future combat controllers.

Combat Control is the most highly-decorated career field in the Air Force for acts of valor since the Vietnam War. The museum was put into place upon the building of the schoolhouse in order to inspire the students and instructors on a daily basis.

“This is truly the intersection of heritage and heroes,” Wilson said. “Every Airman here has measured themselves or has been inspired in past centuries by heroes like (John) Levitow, (William) Pitsenbarger, (Lance) Sijan. They will do the same for John Chapman and they will do it for years to come.”

Prior to the event, Nessel had the opportunity to address the upcoming graduating class of combat controllers.

“It is particularly impactful that John’s legacy is standing guard over the future of our combat control community; a community I consider to be family,” Nessel said. “I hope John’s dedication and sacrifice continue to inspire the next generation of heroes who are answering the call to serve and protect our nation. And that they always remember the stories of those who have gone before them, so their names are never forgotten.”

Maj. Michael Bain, commander of the 352nd Special Warfare Trng. Sqd., was a close friend and teammate of Chapman’s. He and others made it possible to have the likeness and Medal of Honor replica housed

in the Heritage Center.

“(Chapman) understood the capabilities that combat controllers bring to the fight, and it was a badge of honor to know that he was on my team,” Bain said. “He was the first friend I lost, and sometimes I don’t feel like we talk enough about him. Having him memorialized at the schoolhouse feels like a way of bringing him home.”



Nessel speaks to students at the Combat Control School, Pope Army Airfield.



Photo by Genevieve Story/Paraglide

Maj. Gen. John Deedrick, commanding general, 1st SFC, pins a select group of USASOC Soldiers during the promotional ceremony, honoring them for their service.

The ceremony resulted in a rank structure redesign for PSYOP units within the command, according to Maj. Beth Riordan, 1st SFC spokeswoman.

“A review revealed that the current organizational structure and rank authorizations were inadequate to account for Soldiers’ extensive training and education, resulting in a grade plate change,” Riordan said.

According to the Army, PSYOP Soldiers complete extensive training in influence theory, human dynamics, psychology, sociology, language, culture and politics and are expected to operate in austere environments, interact with U.S. ambassadors, senior country team members and host-nation

ministerial-level officials on a daily basis with high degrees of responsibility overseas. These Soldiers work toward being specialists in their field, and influencing experts and practicing “unconventional capabilities, cultural expertise, language proficiency, military persuasion,” as reported by the 1st SFC mission.

“These Soldiers have the qualifications for the ranks they’re being promoted to, and have been operating at a higher level,” Riordan said. “But having a higher rank will give them better access and trust ... allowing them to better take on their responsibilities and execute their duties, especially when they deploy downrange,” Riordan said.

Many Soldiers under PSYOP waited an uncharacteristic number of

years to finally pin. Human Resources Command provided upward mobility by extending retention control points to allow for more Soldiers to promote, Riordan said. Their patience, professionalism and commitment to their teams paid off, and paved the way for future NCOs. Job satisfaction and quality leadership kept NCOs in a forward momentum.

“That extensive investment in PSYOP Soldiers, combined with the operating environments in which these Soldiers perform and the importance and sensitivity of their missions, warranted an increase in rank,” according to a PSYOP news release.

A reception following the promotional event was held in a reception at the USASOC headquarters building.

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| 2 WS 6 PM | 3 WS 7 PM | 4 WS 7 PM | 5 | 6 WIL | 7 WIL | 8 WIL |
| 9 WIL | 10 MB 7 PM | 11 MB 7 PM | 12 MB 7 PM | 13 POT 7 PM | 14 POT 7 PM | 15 POT 6 PM |
| 16 POT 6 PM | 17 | 18 | 19 | 20 MB | 21 MB | 22 MB |
| 23 MB | 24 SAL | 25 SAL | 26 SAL | 27 MB 7 PM | 28 MB 7 PM | 29 MB 6 PM |
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Spc. Jacob Neal Calvin

This notice serves as an advisory for all those in possession of the property of Spc. Jacob Neal Calvin as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Ojo O. Babalola, summary court martial officer, with all inquiries at (828) 772-1495 or email ojo.o.babalola.mil@mail.mil

Staff Sgt. Jacob A. Hess

This notice serves as an advisory for all those in possession of the property of Staff Sgt. Jacob A. Hess, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact Capt. Kyle Schulz, summary court martial officer, with all inquiries at (910) 432-2113 or email at kyle.e.schulz3.mil@mail.mil.

Staff Sgt. Justin B. Stillwell

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

Staff Sgt. Kyle Boozer

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

Lt. Col. Christian Blevins

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

Sgt. Jafet Rodriguez

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

Sgt. 1st Class Justin L. Goff

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

Spc. Joselyn J. Britton

This notice serves as an advisory for all those in possession of the property of Spc. Joselyn J. Britton, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Olivia Staff, summary court martial officer, with all inquiries at (434) 806-5926 or email olivia.j.staff.mil@mail.mil.

Spc. Tyona S. Williams

This notice serves as an advisory for all those in possession of the property

of Spc. Tyona S. Williams, as well as to persons to whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Myles Hoponick, summary court martial officer, with all inquiries at (203) 814-0967 or email myles.w.hoponick.mil@mail.mil.

Announcements

Fair Districts NC hosts community events in Dunn and Lillington

Fair Districts NC will host two events to deliver education concerning gerrymandering and current voting issues. The first event is June 6 in Dunn, North Carolina from 6:30 to 8:30 p.m., at Western Sizzlin' restaurant. The second event is June 15, 9 a.m. to noon, in Lillington, North Carolina at the Harnett County Library. The events are open to the public.

Fair Districts NC is a coalition of nonprofit, nonpartisan organizations and has organized nonpartisan community forum events across the state with the goal to educate North Carolinians about redistricting, the dangers of gerrymandering, impacts of the 2020 census and grassroots efforts to raise the awareness of current voting issues in the state.

For more information, visit the facebook page at www.Fairdistrictsnc.org.

Calling all Warrant Officers

The Fort Bragg Warrant Officer Silver Chapter is holding monthly meetings at Sports USA on the first Thursday of every month at 5 p.m. All warrant officers, retired or active duty, are welcome to come to the meeting.

Notification of Discharge of Untreated Wastewater

Ft. Bragg had a discharge of untreated wastewater from American States Utility Services, Inc. collection system located at the intersection of Irwin and Searight drives of approximately 3,000 gallons due to unauthorized construction activities. The discharge occurred June 3, for approximately one hour. The untreated wastewater entered into the storm sewer system which drains into Beaver Creek in the Cape Fear River Basin. Construction activities were stopped until the system could be repaired to prevent further discharge. For more information, contact Meaghan Till, Environmental Coordinator at (910) 495-1310 ext. 102.

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USASOC honors fallen at memorial ceremony



Photos by Sgt. 1st Class Garrett Ralston/USASOC Public Affairs

Lt. Gen. Francis Beaudette, commanding general, USASOC, and Command Sgt. Maj. Marc Eckard, USASOC command sergeant major, salute as the wreath is placed before USASOC's Fallen Warrior Memorial Wall during the May 30 memorial ceremony.



Following the memorial ceremony, Family members were invited to touch the names of their loved ones and place a rose at the USASOC Fallen Warrior Memorial Wall.

By **SGT. BRANDON ALLUMS**
USASOC

U.S. Army Special Operations Command (USASOC) honored 13 Soldiers during the Fallen Soldier Memorial ceremony, May 30, at the Army Special Operations Forces (SOF) Memorial Plaza.

USASOC commander Lt. Gen. Francis Beaudette, hosted the memorial ceremony attended by Soldiers, past and present, Family members and friends of SOF.

"We gather today to honor the lives and sacrifices of our fallen heroes, who gave all in devoted service to our nation," Beaudette said. "Today, we add 13 new names to the Army Special Operations Memorial Wall, all heroes, all sorely missed, all irreplaceable, all of them, our very best. Those names join a place of honor and legacy of service, unparalleled anywhere else. They are our legends, and this is how we remember them."

The heroes added during the ceremony were:

Sgt. 1st Class Reymund Rarogal Transfiguracion, 3rd Battalion, 1st Special Forces Group (Airborne)

Capt. Andrew Patrick Ross, 1st Battalion, 3rd SFG (A)

Staff Sgt. Alexander Warren Conrad, 1st Bn., 3rd SFG (A)

Sgt. 1st Class Eric Michael Emond, 1st Bn., 3rd SFG (A)

Sgt. 1st Class Joshua Zachary Beal, 1st Bn., 3rd SFG (A)

Chief Warrant Officer 2 Jonathan Robert Farmer, 3rd Bn., 5th SFG (A)

Staff Sgt. Emil Rivera-Lopez, 3rd Bn., 160th Special Operations Aviation Regiment (Airborne)

Chief Warrant Officer 3 Taylor James Galvin, 1st Bn., 160th SOAR (A)

Maj. Brent Taylor, Special Operations Joint Task Force, Utah Army National Guard

Sgt. 1st Class Andrew Celiz, 1st Bn., 75th Ranger Regiment

Sgt. Cameron Alexander Meddock, 2nd Bn., 75th Ranger Regt.

Sgt. Leandro Antonio Sleeper Jasso, 2nd Bn., 75th Ranger Regt.

Master Sgt. Jonathan Jay Dunbar, Headquarters, USASOC

"The USASOC Fallen Warrior Memorial Wall is our tribute to our 1,231 remarkable heroes and their Families — to them, their example and their memory, this memorial is dedicated in enduring remembrance," Beaudette said. "We should ever be reminded by these heroes that freedom isn't free."

44th Medical Brigade hosts NCO, Soldier of the Year Competition



Contributed photos

Spc. Mia Lockett from the 432nd Blood Spt. Det. completes the low crawl wire obstacle at the Fort Bragg Air Assault Course as part of the 44th Med. Bde. Soldier of the Year competition.



Sgt. Zachary Babin from the 759th FST (Abn.) demonstrates his medical knowledge by performing a field blood transfusion.



Staff Sgt. Antonio Gutierrez from HHC, 44th Med. Bde. completes the combat water survival test.



Spc. Thomas Donaghy from the 759th FST (Abn.) completes the swing, stop, and jump obstacle as part of the best medic competition.

16th MP Brigade honors fallen during annual ceremony

By SGT. 1ST CLASS ASHLEY SAVAGE
16TH MILITARY POLICE PAO

Positioned on top of a large granite block was a bronze rifle, a pair of boots, a helmet and dogs tags from a fallen Soldier battle cross. The granite block had a list of names — the names of Soldiers who died while serving in the 16th Military Police Brigade.

Maj. Phillip Mason, operations officer, 16th MP Bde., said, “We conduct the annual wreath laying ceremony in conjunction with Memorial Day as a way to honor those who have given their lives and passed away during their time serving within our brigade.”

A week before the wreath laying ceremony, a man and woman placed a hand-made foam stencil meticulously aligned within chalk markings onto the granite so a name could be etched with precision. The stencil was peeled off and the granite polished in preparation for the annual wreath laying ceremony held May 23.

Some years, multiple names are added; this year there was one, 2nd Lt. Kaitlyn Velsvaag.

Velsvaag was assigned to Headquarters and Headquarters Detachment, 503rd Military Police Battalion (Airborne) when she died Jan. 27.

She made a difference in the lives of her Family and the members within the military police community. She showed people they could be better.

1st Lt. Kevin Ng, 21st Military Police Company served with Velsvaag and considered her a great friend.

“She pushed me outside my comfort zone and made me a better person,” he said.

Velsvaag’s twin sister, 1st Lt. Kirsten Smith George traveled from Kansas for the ceremony and agreed with Ng.

“She was always my competition,” George said. “She always pushed me, like at sapper school. She wants me to go to ranger school. She makes me try for stuff I never thought I could try to do.”

George said, Velsvaag’s spirit and drive to make people better will have a lasting impact. “Kaitlyn was in incredibly honored to be airborne, especially MP airborne,” he said.

George is motivated by her sister’s passion and is scheduled to attend airborne School in August.

Several other Family members attended the ceremony. Debbie Whitsitt, mother of Spc. Geoffrey Whitsitt who died in 2010 during a vehicle attack in Afghanistan, said, “Our Soldiers need to be remembered and we moms want them

to be. If I’m here and I’m breathing, he will be too.”

Whitsitt shared stories of her son. Since the age of 4, Spc. Whitsitt had wanted to be in the military. Their Family would go to thrift stores to look for Army clothes.

“Even if the stuff was too big, he’d wear it,” Whitsitt said.

Her son also had a love for the American flag as a child.

“We always had an American flag flying and that was a big deal to him,” she said.

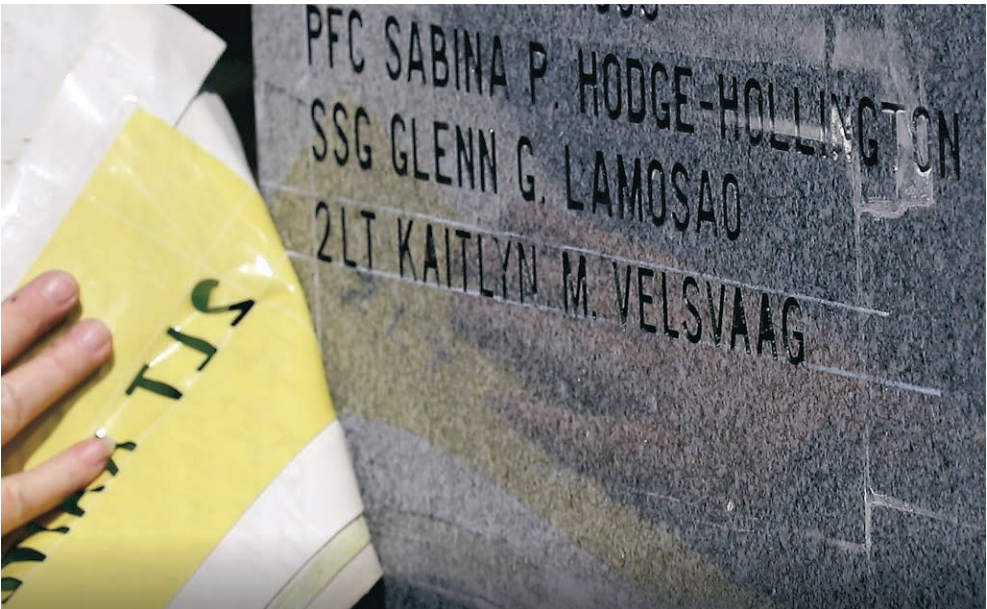
Whitsitt remembers a phone call that took place exactly one week before her son died. In the conversation her son told her about a close call with death he had earlier that day.

“He told me if he died, he wanted to die with his boots on,” she said.

Whitsitt tells people today, like she told her son, “Live your dreams and be your best self. It’s so important.”

After the ceremony, Whitsitt went to the memorial and traced her son’s name on three pieces of paper: one for her, one for his father in Indiana and one for his brother who is serving in the Navy.

“It’s important that we take time to remember the fallen,” Mason said. “This ceremony serves as a way to honor and recognize their Family members sacrifice and continue the time honored traditions of the Army.”



Top: A stencil used to aid in etching “2LT Kaitlyn M. Velsvaag” is peeled off the 16th MP Bde.’s fallen Soldier memorial.

Left: Debbie Whitsitt traces her son’s name, Spc. Geoffrey Whitsitt, after the wreath laying ceremony. Spc. Whitsitt died Jan. 13, 2010 after sustaining wounds from an enemy improvised explosive device.

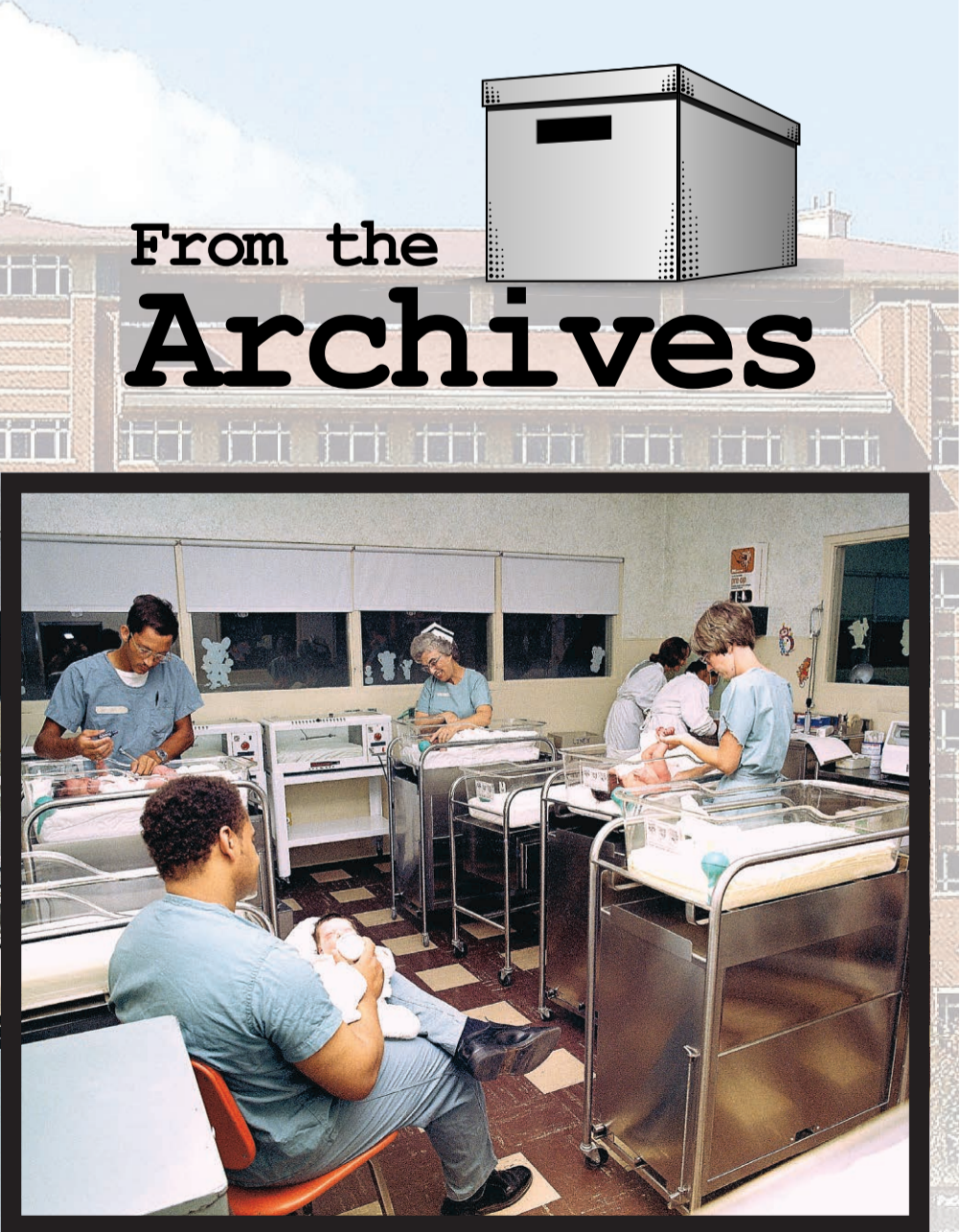


Photos by Sgt. 1st Class Ashley Savage/16th MP Bde.

The commander and command sergeant major of the 16th MP Bde., Col. Larry Dewey, left, and Command Sgt. Maj. Mark Hennessey, salute during the ceremony.



Sgt. William C. Monts de Oca, foreground, operates the controls on the whole body scanning table while Spc. Sixth Class Gerald L. Harden controls the console, July 26, 1976. They are making an isotopic scan photograph of a patient at Womack Army Hospital.



Photos contributed by catalog archives.gov

Hospital personnel carry out their duties on the newborn infant ward at Womack Army Hospital, July 26, 1976.

Army testing synthetic training environment platforms

BY JOE LACDAN
ARMY.MIL

FORT MEADE, Md. — Soon Soldiers worldwide could have a wealth of training options at their home station or armory — on a virtual platform.

The Army recently conducted user assessments of its “One World Terrain” (OWT) technology, a key component of the Synthetic Training Environment (STE) that will allow Soldiers to train virtually in 3-D on battlefields around the world from home station or deployed locations.

Soldiers from the 1st Infantry Division out of Fort Riley, Kansas, helped assess the 3-D terrain database which will be used on the Army's training simulation platforms. They also tested a new training management tool and training simulation software that will tie the different simulation platforms together to portray an evolving scenario for all users involved in mission rehearsals.

Soldier feedback will help shape development of the synthetic training environment, said members of the STE Cross-Functional Team (CFT).

“From our perspective, we’re very encouraged on where we are and what we’ve been able to accomplish in the 18 months since the CFT has been formed,” said Maj. Gen. Maria Gervais, director of the STE CFT, now headquartered near the University of Central Florida campus in Orlando.

The STE will blend a combination of live, virtual and constructive training together seamlessly, Gervais said.

The Army expects to award contracts next month to further develop STE platforms, she said. Army Futures Command will use the Other Transaction Authority, or OTA, to expedite acquisition and fielding of the technologies, she said.

The idea is for OWT to be used by all the different training simulation platforms, including reconfigurable collective trainers currently in development, Gervais said. Over the past year, her team has been assessing prototypes for aircraft, armored vehicles and infantry weapons systems trainers.

In April, Soldiers at Fort Carson, Colorado tested a platform for aviation training called the Reconfigurable Virtual Collective Trainer-Air, or RVCT-A.

M2 Bradley and Stryker crews have been testing another prototype — the Reconfigurable Virtual Collective Trainer-Ground, or RVCT-G, at Fort Riley, Kansas. In addition to replicating the range of the Army's ground vehicles, the RVCT-G also supports dismounted Soldier training.

Putting the platforms together in a synthetic training environment will give Soldiers a realistic, composite training environment where exercises can be performed at any installation or training range, Gervais said. The



Courtesy photo:

A Soldier uses the Reconfigurable Virtual Collective Trainer-Ground, or RVCT-G at Fort Riley, Kansas. The Army is developing a synthetic training environment (STE) which will allow Soldiers to train in any location using virtual, 3-D terrain.

CFT hopes to rapidly expand the Army's virtual training simulations capabilities from company to battalion levels and even up to Army component commands.

Soldiers have been giving CFT members feedback on how the systems meet their needs and what aspects of the training needs improvement.

“We want to make sure that we’re providing a capability that Soldiers will see as value added in the execution of their mission,” Gervais said. “To me, the most exciting part is they are now taking ownership of this. Once those Soldiers on the ground and the units and the leaders on the ground know it’s value added to their mission, they are going to use this.”

The OWT prototype is a database that will bring a 3-D representation of global training scenarios for each of the services' simulation trainers. It will be accessible across the U.S. military's training platforms. Gervais said the Army expects to meet initial operating capability requirements by the fourth quarter of fiscal year 2021 and full operational capability (FOC) sometime in fiscal 2023.

By the time the service achieves FOC for OWT, it plans to also support training in the STE across each of its six warfighting functions: mission command, movement and maneuvering, intelligence, fires, sustainment and protection. Gervais said that four to five installations will use

the STE capability in fiscal 2021 and then it will expand.

Three Army divisions and 24 Marine Corps battalions already have begun using the OWT capability. The Army's National Training Center (NTC) at Fort Irwin, California, has used OWT as well as one third of U.S. Special Forces units. The 7th Special Forces Group from Eglin Air Force Base, Florida, used OWT while flying drones at the NTC.

“The One World Terrain allows them to go anywhere in the world and conduct that training,” said Kevin Hellman, capabilities developer for the STE CFT. “Add the Training Management Tool, and you now get to connect what (training goals) you planned for and actually get to measure that against what you actually did, and that’s a huge part of being able to collect that information and provide that information back to the Soldier, not only objectively, but also with their trainers so that they have the objective and the subjective information together.”

Soldiers from the 10th Mountain Division at Fort Drum, New York are among the first to use the Squad Advanced Marksmanship Trainer, an interim system being fielded at several installations that allows units to operate the M249 light machine gun, M4 carbine rifle and the M9 Beretta pistol in virtual training sessions.

"The 10th Mountain Light Fighters School actually looked at this capability and immediately saw that it was an improvement over their engagement skill trainer," Gervais said. "They were using it in their actual program of instruction to train others and now have quickly incorporated that into program of instructions because they understand the value and how that's going to increase the lethality."



Soldiers use advanced training equipment during assessments at Fort Riley, Kansas. The STE will blend a combination of live, virtual and constructive training.



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AMC names Logistics Assistance Representative of the Year

By MEGAN GULLY
ARMY.MIL

REDSTONE ARSENAL, Ala. — Around the world, logistics assistance representatives (LAR) are providing Army units with expertise and experience to improve Soldier and equipment readiness through logistical support.

Across the materiel enterprise, James Johnson was selected as the Army Materiel Command LAR of the year for fiscal year 2018 for his outstanding achievement, dedication and performance.

A Soldier for 23 years and a former Army light-wheel vehicle mechanic, Johnson has served as the Army tank-automotive and armaments command automotive-tactical LAR at Fort Bragg for more than three years.

As they say, ‘once a Soldier, always a Soldier,’ Johnson said. “They are why I’m here. I love working with Soldiers, being in the motor pool and showing them how to troubleshoot problems.”

The award recognizes the individual for outstanding achievement and support in the Logistics Assistance Program. LAR technicians embed with both state-side and deployed units to provide guidance on weapons systems, equipment and logistics problems.

“The best part of my job is being able to train and

mentor hundreds of Soldiers,” he said about supporting the XVIII Airborne Corps and 82nd Airborne Division’s daily maintenance mission, training and deployments.

His supervisor and nominating officer for the award, Paul Ingram, called Johnson a dedicated team player and a force multiplier, who provides hands-on instruction and training to the Soldiers, identifies potential problems and foresees future parts requirements.

“He is doing all the right things and is a technical expert,” Ingram said. “He’s very humble but this is very well deserved.”

AMC initiated this award in 1985 to recognize and reward LAR excellence in the field. In 1988, AMC named the award in honor of former Army Missile Command LAR Robertson J. Short, for his meritorious contributions. Short embodied the characteristics of dedication, commitment, selfless service and honor. Criteria for being eligible to receive the award includes outstanding logistics and technical support favorably impacting Army readiness, successfully contributing improvements to Army operations such as cost avoidance and savings initiatives, support during contingencies and training exercises and participation in self-improvement activities.



Courtesy photo

James Johnson, right, with the Army tank-automotive and armaments command automotive-tactical Logistics Assistance Representative (LAR) at Fort Bragg, was selected as the LAR of the year for fiscal year 2018.

NCO instructor spotlight: Staff Sgt. Jerricol Jessie

By SPC. ADAM MANTERNACH
22ND MPAD

Staff Sgt. Jerricol Jessie chose to be an instructor at the XVIII Airborne Corps and Fort Bragg NCO Academy (NCOA) over a position at the Pentagon.

The New Orleans native is a happy person. He whistles and sings while at work, he said, because “it’s an amazing job.”

He wants to see the Army be a better place and believes the Fort Bragg NCOA is the place to help do that. Over 300 Soldiers fill the classrooms every 22 days attempting to complete the Basic Leader course.

Because the course curriculum changes with the Army, Jessie said he can’t be lackadaisical.

“I just have to be ready and willing to put the hours in, honestly, and not be lazy,” he said. “I have to be able to adjust on the fly and go full speed ahead.”

Jessie was picked by the XVIII Abn. Corps and Fort Bragg NCOA to be featured in this instructor spotlight.

What is the most fulfilling part about being an instructor?

I actually having the ability to teach Soldiers at a certain point in their career where they are becoming noncommissioned officers. Some students are lost and need more information on how to properly become non-commissioned officers.

Why did you become an instructor?

I became an instructor to get Soldiers at that pivotal point in their careers, when they are becoming NCOs and just being an overall part of the generating force. This makes an outstanding impact on the Army as a whole.

What is the most challenging part of being an instructor?

The most challenging part of being an instructor is the



Photo by Staff Sgt. Courtesy Smith/22nd MPAD

fact that our lesson plans and the course management plans change often. The things we have to teach the students is ever-changing, but it’s also a great thing, the noncommissioned officers-to-be are getting the best training possible.

What is one thing you’d like your NCOs to take away from your courses?

I kind of go by a three-step process that I push out to the students.

One, know who you are as a person because in order to be a successful NCO, to me, you have to personally know who you are.

Two, knowing who you want to be as a NCO because you have a personal philosophy for yourself. Then the third step is just don’t forget steps one and two.

As an influencer in Soldier’s careers, what’s one takeaway you’d like them to have?

So being an instructor, it plays an integral part in Soldiers’ lives. They come here, they get the instruction from us. The instruction that we give them basically sets them up for success as NCOs. Everything from cultural competence, overall Soldier readiness, mission orders and troop leading procedures. We teach them things that broaden their knowledge base.

What’s the future for Staff Sgt. Jessie?

There’s no place I’d rather be. I’ll continue to work and train troops until the Army calls me to do something else.



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From funeral to first responders

Fort Bragg chaplains help rescue vehicle accident victims

By SUET LEE-GROWNEY
PARAGLIDE

For chaplains (Col.) Eddie Cook, 82nd Airborne Division chaplain, and (Maj.) Jeff Masengale, Fort Bragg deputy garrison chaplain, April 21 started out as a tough afternoon. They conducted a funeral for a Fort Bragg Soldier at Lafayette Memorial Park in Fayetteville.

“The funeral is stressful for a chaplain to give a message and you’re dealing with Family who are crying and stressed out,” Masengale said.

After doing their part in the service, they stayed back for a little while to chat with the other chaplains for about 10 minutes before deciding to leave.

Cook and Masengale left in the same vehicle and not even a quarter of a mile from departing the cemetery, they came across a flipped car on the side of the road.

“I relate this to God’s timing because I chose when we left the funeral,” Masengale said.

Upon assessing the situation, Cook said they quickly realized the accident had to have just happened. At the scene was nobody but them, the trapped victims and an off-duty Cumberland County school resource officer (SRO) at a local middle school who was on a lunch break.

“We were somewhat stunned there,” Cook said. “We looked at each other and said maybe the officer needs some help.”

They put the car in park, turned on their hazard lights and rushed out across traffic to the scene of the accident still in their Army service uniforms.

“Chaplain Cook and I both said we’ve seen a lot of accidents, like everyone, but we’ve never personally been the first on-scene,” Masengale said.

Cook said coming up to the



Contributed photo

Chaplains (Maj.) Jeff Masengale, Fort Bragg deputy garrison chaplain, left, and (Col.) Eddie Cook, 82nd Abn. Div. chaplain, pose for a photo. The chaplains were among the first people to arrive to the scene of a rolled over vehicle and helped rescue the people trapped inside.

car, they weren’t sure if the victims were still alive because they didn’t hear any noise, but upon speaking with the driver and the passenger, they discovered they were okay.

The SRO told the chaplains he needed help to retrieve the people trapped inside and suspended upside down by the tension of their seatbelt. The

chaplains then went into Soldier mode and immediately aided in the rescue of the victims.

“You just get in the zone; you’re helping,” Masengale said.

Masengale told the man and woman trapped, “Hey, we are here to help you. I’m about to cut your seatbelt. I want you to brace yourself so you don’t smash your head on the

ground.”

For a brief moment, Masengale said he questioned if cutting the victims loose was the right thing to do because he would ruin the car’s seat belt, but he didn’t entertain that hesitation and proceeded to free the trapped victims.

Cook helped the driver climb out through the window and

“I wasn’t nervous. There is a calming presence and when situations become most dire such as that, I get a very calming presence from the spirit of the Lord.”

— Chaplain (Col.) Eddie Cook,
82nd Abn. Div. chaplain

then stood with the victims who appeared to be in a daze and shock from the accident and offered them spiritual support through prayer.

“I wasn’t nervous,” Cook said. “There is a calming presence and when situations become most dire such as that, I get a very calming presence from the spirit of the Lord.”

The male victim, who suffered from a head wound, was offered first aid by Masengale. He found a rag from the debris of the aftermath and applied pressure onto the man’s head.

After there was nothing left for the chaplains to do, they decided to depart the scene of the accident. At the next stop light on their way home, they saw an ambulance rushing through.

“Man, today has been a busy day,” Masengale said as they drove away. “At the end of the day we’re like, ‘God, today has been a full day. We don’t need anything else.’ We thought, what a beautiful moment in God’s timing because we could have left 20 minutes sooner, but we stopped and talked.”

Afternoon tea.

ASYMCA holds annual Mother Daughter Tea Party

By ALYSON HANSEN
PARAGLIDE

The Armed Services YMCA (ASYMCA) of Fort Bragg hosted its 15th annual Mother and Daughter Tea Party at the Metropolitan Room in Fayetteville, June 1. The event was open to DOD ID card holders and their Families.

Mothers and daughters arrived wearing fancy dresses and hats. Tea pots of all shapes and sizes decorated the room, and tea party treats such as scones, biscuits and cookies were laid out for guests.

A local tea shop provided various tea types and flavors for attendees to sample throughout the party.

Andrea Brown attended the event with her daughters, Melia, 19, and Aubrey, 3.

“I thought it would be fun to take the girls to a tea party,” Brown said. She had been looking for something fun to do during the weekend and found the ASYMCA event online.

The afternoon started off with opening remarks from Kathy Foxen, executive director, ASYMCA of Fort Bragg.

“This is a fun day, we have some different activities this year,” Foxen said.

Families decorated cookies, painted with tea bags and received etiquette lessons from Cassandra Haire from the Etiquette School of the Carolinas.

“We are going to talk about the different types of tea and the difference between the high tea and the low tea, or afternoon tea, so the girls can understand what time of day tea is proper to have,” Haire said. She has been an etiquette consultant for four years.

Haire gave a brief history lesson about the tradition of afternoon tea and demonstrated the proper way to drink tea, even if it may be too hot.

“We don’t want to show people that we are blowing on the tea to cool it down. That’s not proper,” she told the guests.

Throughout the event, Families entered raffles to win various prizes.

“We just hope this a great time for mothers and daughters to bond during this great event,” Foxen said.

The ASYMCA of Fort Bragg holds events throughout the year for service members and their Families.

For more information about events and membership, visit <https://www.asymca.org/fort-bragg-home>.



Above: Mothers and daughters pour tea during the ASYMCA Mother and Daughter Tea Party, June 1, at the Metropolitan Room. The tea party was a way to bring mothers and daughters together.

Right: Cassandra Haire, an etiquette coach from the Etiquette School of the Carolinas, talks to Families about the history of tea and the proper way to drink tea.



Photos by Alyson Hansen/Paraglide

LOCAL HAPPENINGS

EVENTS AROUND POST & THE STATE

THIS WEEKEND

SOUTHERN FRIED POETRY SLAM

When: Thursday through Saturday
Where: Various locations around downtown Fayetteville
Cost: Free

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

FATHER AND DAUGHTER BALL

When: Friday, 5 to 9 p.m.
Where: Iron Mike Conference Center
Cost: Couples, \$35; each additional child, \$15

The Iron Mike Conference Center invites all fathers to accompany their young ladies to an evening of dancing, hors d'oeuvres and more. Pro Image will be providing professional photos throughout the evening. Jackets are required. There is no age limit and the ball is open to everyone. At 5 p.m., hors d'oeuvres will be served. Dinner starts at 6:30 p.m. Purchase your tickets in-person at Leisure Travel Services or online via WebTrac. For more information, visit bragg.armymwr.com/calendar/event/father-daughter-ball/2961096/36446.

MERRY WIVES OF WINDSOR

When: Friday and Sunday, 6:45 p.m.; June 13, 15, 19, 21 and 23, 6:45 p.m.
Where: 1897 Poe House, Museum of the Cape Fear Historical Complex
Cost: \$10 to \$25

Made up of equal parts “Downton Abbey” and “Brooklyn Nine-Nine,” The Merry Wives of Windsor tells the story of a quarry too clever to be caught. The vain and boastful Sir John Falstaff pursues two housewives, Mistresses Ford and Page, who, rather than be caught, wield their wit and resourcefulness to outwit the unsuspecting Falstaff. In addition to this unlikely courtship, three other suitors seek the hand of Anne Page, Mistress Page's daughter. Performances will be presented in the garden of the 1897 Poe House. Food will be available for purchase, as well as tea from Winterbloom, beer from Hugger Mugger brewery, seasonal cocktails and wine. Outside food and drink are not permitted. For outdoor performances, bring your own seating or choose from rental chair and quilt seating options. Indoors, seating is provided, along with an optional rental seat cushion. All rental options are subject to availability. Changes due to inclement weather will be announced on Sweet Tea Shakespeare's website at www.sweetteashakespeare.com/. For more information, call (910) 420-4384.

3RD ANNUAL CARTHAGE FIREFIGHTERS ASSOCIATION FOOD TRUCK RODEO

When: Saturday, 5 to 10 p.m.
Where: Moore County Fairgrounds, Carthage, North Carolina
Cost: Free

The food truck rodeo will feature 13 food trucks, three craft beer vendors and several non-food craft vendors ready to go. The Sand Band will be the entertainment for the evening starting at 6 p.m. Bring a lawn chair or blanket to enjoy the evening. No pets are allowed, however, we welcome service animals. All of the food and beverage prices on site will be determined by the vendors attending the event. For more information, visit <http://sandhillssentinel.com/3rd-annual-food-truck-rodeo-on-june-1/>.

RECURRING EVENTS

D-DAY 75TH ANNIVERSARY EXHIBIT

When: Now until Aug. 31, Tuesday through Saturday, 10 a.m. to 5 p.m.; Sunday, noon to 5 p.m.
Where: Airborne and Special Operations Museum
Cost: Free

The D-Day 75th Anniversary Exhibit includes artifacts that have never been on display until now. Artifacts have been specially selected to commemorate this 75th D-Day anniversary and have a very detailed history, with insights of who they belong to and their meaning. This exhibit is located in the museum's main gallery.

FAYETTEVILLE BASEBALL FEVER

When: Tuesdays through Saturdays, 10 a.m. to 4 p.m.
Where: Fayetteville Area Transportation and Local History Museum
Cost: Free

Don't miss out on spring training in local history. “Baseball in Fayetteville” is the museum's newest exhibit. This exhibit highlights the community's love of the game. As Fayetteville embarks on the newest chapter of baseball here, learn about the nearly 150 years of homerun hitting heritage. “Baseball in Fayetteville” will be open through 2019 and part of 2020.

12TH ANNUAL FIELD OF HONOR

When: Recurring daily, 8 a.m. to 9 p.m. until June 22
Where: Airborne and Special Operations Museum
Cost: Free to attend

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

UPCOMING EVENTS

TWENTY ONE PILOTS: BANDITO TOUR

When: June 11, 7 p.m.
Where: PNC Arena, Raleigh, North Carolina
Cost: Tickets start at \$55

The Grammy Award winning band will be touring the U.S. to celebrate the launch of their newest album, “Trench.” This is a mobile only tour; All online, mobile and phone sales will be restricted to mobile digital delivery only. Tickets for this tour will not be available for sale at any physical box office or ticket outlet. Tickets can be purchased at thepncarena.com.

SPACE SPRUCE PINE ALIEN CONFERENCE AND EXPO

When: June 14, 7 to 10 p.m.; June 15, 9 a.m. to 8 p.m.
Where: Downton Spruce Pine, North Carolina
Cost: Free

Take a step out of the world at the first space festival. The Spruce Pine Alien Conference and Expo will be held June 14 and 15 in downtown Spruce Pine. The event is open to all ages and admission is free. There will be a “tell us your story” live stage where you can tell about your own alien encounter, an E.T bike race, a river race, pub crawl, alien costume contest, live music from the '80s, an out of this world car show, food vendors and so much more. For more information, visit <https://spacenc.com/>.

LADIES NIGHT OUT TOUR

When: June 15, 8 p.m.
Where: Crown Arena
Cost: \$43 to \$78

The show line up consists of the legendary group Dru Hill from Baltimore, Maryland including the lead singer Mark “Sisqo” Andrews, R&B soloist Ginuwine and the soulful group Silk. Hosting this night of entertainment and soulful music is comedian Chris Thomas from the hit show “Rap City” and the “Bad Boys of Comedy.” All of the groups promise a night of electrifying performances. Dru Hill will be embracing the stage performing all of their hits like “In My Bed,” “Never Make a Promise,” and “How Deep Is Your Love.” Ginuwine will bring the house down when he performs his award winning hits like “Pony” and “So Anxious.” Ladies, get ready for the Atlanta-based group Silk — they will perform such hits as “Freak Me,” and “Meeting In My Bedroom.” For tickets and more information, visit <http://www.crowncomplexnc.com/events/detail/mlk-weekend-ladies-night-out-tour>.

DOWNTOWN SUMMER NIGHTS

When: June 20, 5:30 to 9 p.m.
Where: Cool Spring downtown Fayetteville
Cost: Free

Downtown Summer Nights is kicking off in the Cool Spring downtown district. Taking the stage at 6 p.m. will be a local favorite, Autumn Nicholas, followed by The Legacy Motown Revue. Be prepared to dance and sing along to some of your favorite Motown tunes. The Kids Zone will be presented by Fascinate-U Children's Museum, with a different activity every Thursday. North Carolina summer nights can be hot, so there will be a misting station. Adults have access to a beer and wine garden, thanks to Healy Wholesale and Dirtbag Ales Brewery and Taproom. Plan for fun every Thursday night with Downtown Summer Nights in Fayetteville.

3-MILE HISTORY HIKE

When: June 22, 6 p.m.
Where: Carvers Creek State Park
Cost: Free

Join a 3-mile hike, walking and exploring the park's millpond, silos, pavilion and other historical farm buildings not yet open to the public. There is no need to sign up for this event. Bring a bottle of water, a camera — if you like taking pictures — and your walking shoes. Meet in front of the Carvers Creek Welcome Center. Program may be cancelled if it rains or if other weather conditions make it unsuitable. If in doubt, call the main office at (910) 436-4681. For more information, visit <https://www.ncparks.gov/carvers-creek-state-park>.

THE 39TH ANNUAL 2019 PAMLICO COUNTY CROAKER FESTIVAL

When: June 28 through July 1, events all day
Where: Oriental, North Carolina
Cost: Free

If you're looking for something to do, this is just the event for you. The Pamlico County Croaker Festival is a fun-filled, family friendly celebration of fellowship and freedom. Come for the parade and stay for the music, vendors and fireworks, graciously hosted once again by the beautiful waterfront village of Oriental. You won't find a better place to spend the day amongst smiling faces. Vendors open at 9 a.m., June 29 and the festival will get in full swing by noon. Opening ceremonies kick off at 4 p.m. Enjoy baking contests, the Miss Minnow and Queen Croaker Beauty Pageant and music throughout the weekend. A parade will be held June 30 at 10 a.m. For more information and a schedule of events for the Croaker Fest, visit <https://croakerfestival.com/>.

50TH ANNUAL 4TH OF JULY CELEBRATION

When: July 4, gates open at 1 p.m.
Where: Main Post Parade Field
Cost: Free

This year's activities include a concert by 3 Doors Down, parachute free-fall demonstrations, the popular flag ceremony, fireworks, food and beverages. Pets, glass bottles and barbecue grills are not allowed. Attendees are encouraged to arrive early due to heavy traffic flow. The event is free and open to the public. However, non DOD ID cardholders will not be able to access the post for the event prior to noon on July 4. Tent rental reservations will be opening soon. Prices are \$40 for a 10x10 foot space with a Family and Moral, Welfare and Recreation (FMWR) canopy provided, or \$20 for a 10x10 foot space without a canopy. For up-to-date information, visit <https://bragg.armymwr.com/calendar/event/4th-july-celebration/3097360/23521>.

Information for this page comes from the Family and Morale, Welfare and Recreation, the Arts Council of Fayetteville website and other online sources.

Hurricane season: Be prepared for storms

By CALVIN MCKENZIE
DPTMS

The 2019 Atlantic Hurricane season begins June 1 and ends Nov. 30. Hurricanes Matthew and Florence are reminders that the chances of a hurricane impacting this area are very real.

The National Weather Service has predicted for the 2019 hurricane season 13 named storms, five hurricanes and two major hurricanes.

Even with tropical storms, there is a serious threat of heavy rains, flash flooding, tidal flooding, strong winds, tornadic activity, powerful ocean swells and dangerous rip currents along the shore. Being prepared in the event of a hurricane or any adverse weather should be a priority for everyone.

Fort Bragg conducted a power outage exercise April 25, and for a few hours, many were without power. Now is the time to ensure a Family plan and emergency kit is in place.

Build and maintain an emergency kit that will sustain a Family for three to seven days. Staying informed also leads to safety.

Here are some useful tips on how to build a kit and remain prepared

for the hurricane season:

Before the storm

- Build an emergency kit to include food and bottled water;
- Make a Family communications plan;
- Fuel vehicles, place important documents in waterproof containers and take photos of property;
- Obtain cash;
- Plan an evacuation route and location if told to evacuate;
- Bring in all outdoor furniture, decorations, garbage cans and anything else not tied down.

During the storm

- Listen to the radio — NOAA Weather Radio, social media or TV for information;
- Secure your home, turn off utilities if instructed to do so and turn the refrigerator and freezer thermostats to their coldest setting and keep the doors closed;
- Fill the bathtub and other large containers with water for sanitary purposes;
- Stay indoors and away from windows, evacuate if instructed to do so.

After the storm

- Continue listening to a NOAA



Photo by Lewis Perkins/Paraglide

Fort Bragg Fire and Emergency Services personnel take Duke Energy linemen to survey damaged power lines and other dangerous conditions near Bragg Boulevard and Manchester Road, Sept. 17, 2018 after Hurricane Florence.

Weather Radio or local news for updates;

- Stay alert for flooding;
- Drive only if necessary, avoid flood-
ed roads and washed out bridges;
- Keep away from downed power
lines and report them immediately to the
power company;
- Walk carefully around the outside

of your home and check for sink holes,
gas leaks and structural damage;

- Never use a generator inside homes,
garages or similar areas.

For more information visit www.readync.org, <https://ready.army.mil> and <https://home.army.mil/bragg/index.php/about/ready-bragg>.



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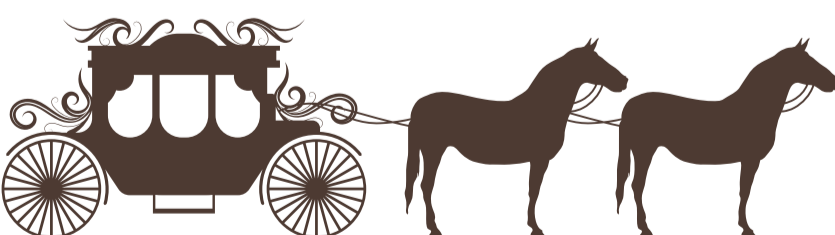
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UP NEXT....
SOUTHERN FRIED POETRY FESTIVAL
I JUNE 5TH-8TH
12TH ANNUAL FIELD OF HONOR
I MAY 18TH - JUNE 27TH
FAYETTEVILLE AFTER 5 AT FESTIVAL PARK 6-10PM
JUNE 14TH
JUNETEENTH FREEDOM FESTIVAL AT FESTIVAL PARK
JUNE 15TH
CARRIAGE TOURS OF OLDE FAYETTEVILLE
JUNE 15TH

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

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





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Worship Guide

CATHOLIC Mass

All American Chapel
Sat. 5 p.m.
Sun. 9 a.m., with Children's Liturgy
Sun. 5 p.m.

WAMC Chapel
Sun. 10:30 a.m.
Wed. 11:30 a.m.

Pope Chapel
Sun. 11:30 a.m.
Sun. 1:30 p.m. (Spanish/English)
Mon. through Fri. Noon

Rosary
Mon. through Fri. 12:30 p.m. Pope Chapel

Eucharistic Adoration
Wed. 11:30 a.m. to noon, Fri. 12:30 to 3 p.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, Adult Bible Study Bowley School*
Tues. 6:30 p.m. Bible Study
Thurs. 6:30 p.m. Rite of Catholic Initiation for Adults (Pope Chapel)
Fri. 6:30 p.m. Theology on Tap (monthly at various locations. Contact *susan.l.kroll.ctr@mail.mil* for information)

Catholic Women of the Chapel

Thurs. 9 a.m. 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. 10 a.m. Bible Study
Sun. 11 a.m. Worship Service**
Wed. 6 p.m. 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 (June to Nov.)

JFK Chapel
Sun. 8:30 a.m. Holy Trinity Anglican Worship Service
Sun. 10:30 a.m. Worship Service
Wed. 11:45 a.m. Chapel Ancient (Liturgical)
Tues. noon Bible Study
Wed. 11:45 Healing Prayer Service with Communion (Liturgical)

Linden Oaks Fellowship
Sun. 10 a.m. Clubhouse **

Pope Chapel (merged with Main Post Chapel, June to Dec.)
Sun. 9:30 a.m. Worship Service **
Wed. 5 p.m. Bible Study

Wood Memorial Chapel Gospel Congregation
Sun. 11 a.m. Gospel Service**
Tues. 7 p.m. Bible Study
Tues. 7:30 p.m. Youth Group

WAMC (Chapel located on 3rd floor)
Sun. 9 a.m. Worship Service
Tues. 11:30 a.m. Bible Study
Thurs. 11:30 a.m. Bible Study

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 Division Memorial *(Catholic)
Sun. 6:30 p.m. middle/high school at Division Memorial Chapel (Protestant)

Protestant Religious Education Program
Sun. 6:15 p.m. Postwide Family Program, Airborne Artillery Chapel*

Tues. 2:45 p.m. Good News Club at Bowley Elementary*
Tues. 6:30 p.m. Navigator Bible Study, JFK Chapel
Tues. 6:30 LDS Study at All American Chapel
Tues. 6:30 p.m. Navigator Bible Study, Airborne Artillery Chapel
Wed. 9 a.m. Women's Bible Study at All American Chapel (Spanish)
Thurs. 3 p.m. Good News Club at Shughart Elementary*
Fri. 7 p.m. Men's Bible Study at All American Chapel (Spanish)

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. Jumah Prayer
Fri. 1:15 p.m. Jumah Prayer
Sun. 6 a.m. Islamic Study (2nd and 4th Sundays of the month)

WICCAN
Thurs. 7 p.m. Open Circle, Watters Family Life Center

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Photo by Lewis Perkins/Paraglide

Members of the Fort Bragg community relax in a supine spinal twist pose on their yoga mats, relaxing their breath and stretching their back. Positions such as this promote stability, increases flexibility and strength, reduces fatigue and builds overall resilience. Yoga classes are available on-post at Hercules and Towle Courts physical fitness centers.

There is no place like Om

Soldiers, Families find spirit, strength, solace, a sense of community in the yoga studio

By GENEVIEVE STORY
PARAGLIDE

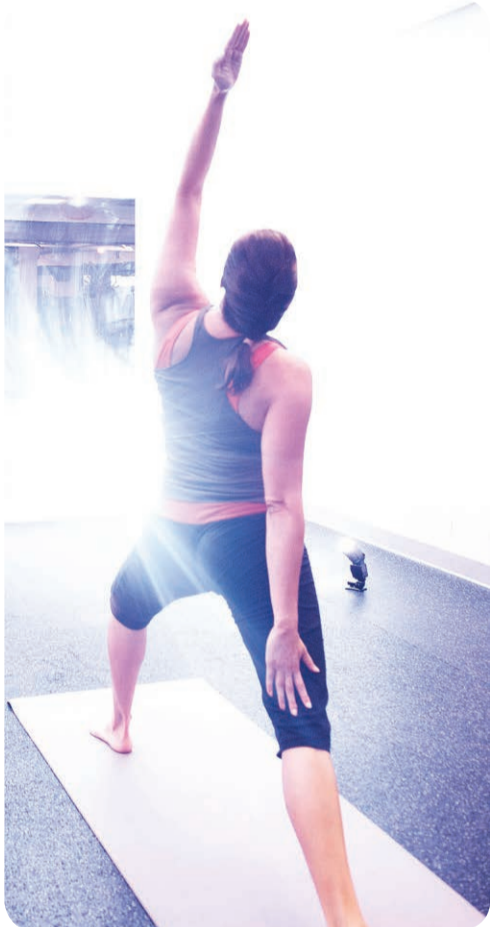


Photo by Lewis Perkins/Paraglide

Reaching to the sky, a student of flow yoga holds a reverse warrior pose during class at Towle Court Physical Fitness Center. The purpose of yoga is to build strength, awareness and harmony in both the mind and the body. With a variety of yoga practices available on-post, classes are open to men and women of all ability levels, from beginners to advanced.

In an effort to lift the spirit, build the body and relax the mind, the Fort Bragg Family and Morale, Wellness and Recreation (FMWR) group fitness program offers restorative classes such as yoga at Hercules and Towle Courts physical fitness centers (PFC) and Tolson Indoor Pool.

Open to DOD ID card holders and their guests, ages 16 years and older, yoga has become a go-to for Soldiers and their Families.

"Yoga is for everyone," said Dave Wood, yoga instructor at Hercules PFC. "You don't have to be flexible to do yoga. There is a huge misconception. If you are not flexible, then yoga will help."

Four yoga classes are available catering to all ability levels and experience. Class sizes average between 10 to 15 students. These classes are hatha yoga, flow yoga, BOGA yoga and prenatal yoga.

Hatha yoga is a practice focused on breath control (pranayama) and yoga poses. This class is a gentle effort, with

poses held for longer durations and is great for beginners or students who prefer a more relaxed style.

Flow (vinyasa) yoga, similar to hatha, links movement to breath, where movements flow from one pose to another with purpose. This class circulates through the sun salutations and postures designed to build internal heat slowly and gently.

BOGA flow is a floating yoga class, utilizing a large, sturdy board called a BOGA. This form of water yoga enhances the students' current practice and helps improve concentration, balance and core strength.

Prenatal yoga, the final yoga class offered through FMWR, is a way for participants to connect to themselves and their baby, maintaining relaxation and staying fit through pregnancy.

"Prenatal yoga offers the community a safe environment for students to practice yoga throughout the stages of their pregnancy," said Theresa Giorno, prenatal yoga instructor at Hercules PFC.

Helping women alleviate pregnancy related aches and pains, Giorno said prenatal yoga classes are tailored to the needs of the students. Classes focus on poses that help prepare the body for labor and

postnatal recovery. Students also learn breathing techniques and coping mechanisms to use during labor.

"Yoga is a practice for the body, the mind and the soul," Giorno said. "It's not just about the poses. My body feels better after a yoga session by improving my movement and posture, but it also helps to calm my mind. The mental aspect of yoga helps me to deal with the day-to-day stress of being a Soldier and improves my overall resilience."

Finding balance between military and everyday life can be a challenging venture, as stated by Soldiers like Giorno. Wood said yoga promotes stability — scientifically proven to increase flexibility, while building strength and stamina through various poses and postures.

According to Yoga Alliance, the largest nonprofit association representing the yoga community, yoga also helps improve posture, rejuvenates energy levels, relieves stress, reduces fatigue and chronic pain, with the purpose of making individuals stronger and fitter.

For more information regarding class schedules and offerings, please visit <https://bragg.armymwr.com/programs/fitness-classes>.



Stock photo

Two members of a military Family support each other in a couple's yoga pose. Yoga is not only therapeutic, it is rewarding and fun. Students of yoga gain a sense of achievement when mastering challenging positions, and can build on relationships and community through the practice. Classes such as prenatal, flow and hatha yoga are available to service members and their Families at various on-post locations.



Photo by Lewis Perkins/Paraglide

A student of yoga executes a Navasana pose, to strengthen the vertebrae, abdomen and hip flexors. Positions like these are beneficial to reduce fatigue and chronic pain, and improve balance with the purpose of making individuals stronger and fitter. The physical practice of yoga incorporates eight limbs, focusing on physical postures in conjunction with awareness of the breath to help develop mental focus and to connect the mind, body and spirit.



Centering your mind, body; sculpting new possibilities

By GENEVIEVE STORY
PARAGLIDE

Teaching at Hercules Physical Fitness Center (PFC) since 2014, Dave Wood, yoga instructor, is accustomed to the healing powers of his pursuit.

“As a yoga instructor, I believe in the physical benefits of the practice,” Wood said. “Yoga is restorative.”

Wood became a student of yoga in 2004. Serving as a lieutenant colonel, with four years at the Pentagon working alongside a four-star general, yoga gave Wood a sense of release in a high pressure environment — it helped him heal.

“Yoga has been medicinal ... a healing

mechanism for me,” he said. “It has aided in stress relief and helped me recover from difficult situations. It gave me balance.”

As an active duty Soldier, Wood dedicated his time outside of his duty practicing yoga and committing to a yoga-teacher training program at a local studio to advance in the craft.

Wood became a yoga instructor in 2008, teaching in off-post locations.

After retiring from the military in 2012, Wood returned to Fort Bragg, the place he once served as a company commander. He found fulfillment in giving back to the military community and serving in a different facet, as a veteran and a yoga instructor.

“The biggest reason why I love teaching it is when a student says ‘thank you,’” Wood said. “It seems like a selfish reason, but it makes it so worthwhile to know that you are helping someone else’s well being, making them feel good.”

Wood, a Yoga Alliance registered yoga trainer, has taught for nearly four years, 2,000 classes and received more than 500 hours of qualified training in various forms of yoga: hatha, vinyasa, prenatal, gentle and restorative.

In addition to Hercules PFC, Wood teaches at three different studios off-post. He teaches 10 classes per week, primarily vinyasa flow yoga.



Photo by Lewis Perkins/Paraglide
David Wood, yoga instructor, engages students in mindful meditation and centricity.



Runners Corner

The Color Run Fayetteville:
Saturday, June 22, 8 a.m. start, at Crown Complex, 2000 Coliseum Drive, Fayetteville. The Color Run is a 5K, untimed race with a finisher festival. Thousands of color runners are doused from head to toe in different colors at each kilometer and finish with a larger than life party with music, dancing and massive color throws. This year features an all new participant kit, including a unicorn medal, new course elements and finish festival as part of The Color Run Love Tour. Check <https://thecolorrun.com/locations/fayetteville/#event-info> for registration and event details.

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

Fifth Annual African World Peace Festival 5K:
Saturday, July 13, 8 a.m. at 116 Person St. The Fifth Annual African World Peace Festival 5K road race and walk is a fundraiser for the Loving Hands International and the Cultural and Heritage Alliance. The 5K is part of the festivities of the African World Peace Festival from July 12 through 14, bringing entertainment such as music and cultural dancers in the city of Fayetteville, Cool Spring Downtown District. 5K finishers receive a finishers medal and awards will be given to the top in their age groups. Check https://www.active.com/fayetteville-nc/running/distance-running/5th-annual-african-world-peace-festival-5k-road-race-and-walk-event-2019?ltcmp=254301<clickid=06_4571768_e3c317cd-d62b-4ad4-9c1b-0bb6b3dca157&cmp=39NDP260-BND10-SD230-DM20&cdg=affiliate-254301 for details.

Dirtbag Ales Beer Mile:
Saturday, July 27, 5 p.m. at 5435 Corporation Drive, Hope Mills. Rogue Alpha Athletics has partnered with Dirtbag Ales in Hope Mills, to bring you the Dirtbag Beer Mile. Participants can run, jog, walk or crawl the 1 mile course and enjoy beer straight from Dirtbag Ales on-site brewery. This is a great way to support local business, drink beer and exercise all at the same time. Must be 21 to drink but if you don't drink beer or are

under age you can drink water. Competitive heat starts at 5 p.m. Waves will be released in 30-second intervals. This venue is brand new with athletic field, dog playground, swing sets for the kids, outdoor stage and axe throwing station. Check https://runsSignup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?afit_token=vkmwvDmweQ4iCYn8otSOOnKQ3vCO8buOw for details.

Get Fit

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

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

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.

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

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.

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

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

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

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

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

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

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

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

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

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

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