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Retired Army Pfc. Joseph Morettini, E Co., 508th Regt., 82nd Abn. Div., poses for a photo, June 4, during a ceremony held in honor of all airborne troops and flight crew that served on D-Day in Picaucville, France. On June 6, 1944, Morettini dropped from midnight skies into Normandy with the objective to overtake an enemy stronghold near Picaucville. During the ceremony's conclusion, Morettini remarked to each active airborne infantrymen he shook hands with: "I dropped here 75 years ago."





AMERICA'S ARMY  
HONORING THE CALL TO SERVICE  
FROM D-DAY TO TODAY

This year we commemorate the 244th birthday of the Army. It began with the establishment of the Continental Army on June 14, 1775, when the Second Continental Congress authorized 10 companies of "expert rifleman, be immediately raised" in Maryland, Pennsylvania and Virginia. The following day, Congress unanimously voted George Washington as Commander in Chief.

The theme for this year's Army birthday observance is "America's Army: Honoring the Call to Service from D-Day to Today." The D-Day invasion, also known as Operation OVERLORD, occurred on June 6, 1944 on the beaches of Normandy, France. The operation began with elements of the American 82nd and 101st Airborne Divisions and the British 6 Airborne Division dropping behind enemy lines. Off the shores were more than 100,000

fighting men spread across nearly 5,000 troop transports, and supported by nine battleships, 23 cruisers, and 104 destroyers. It was the largest amphibious assault in military history and provided the Allies a foothold on the shores of France as we began to take back the continent of Europe for the Axis Powers.

The actions of those who fought in Normandy and across Europe demonstrates the capabilities, determination and driving force that has shaped us into the Army we are today. The Army birthday reminds us of the role the U.S. Army has played in liberating people from tyranny around the globe. Soldiers have been defending freedom and defeating our nation's enemies since 1775; not only for all Americans but for our allies and partners around the globe.

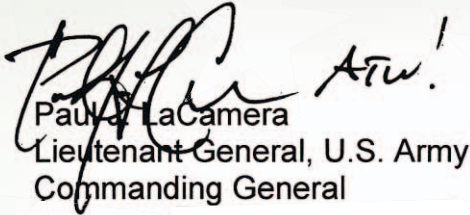
Thank you to all members of the XVIII Airborne Corps and Fort Bragg who remain ready in our

mission to maintain a strategic response force capable to deploy on short-notice anywhere in the world by air, land, or sea. It's an enormous responsibility, and you do it superbly. To the Families of the XVIII Airborne Corps and Fort Bragg thank you for your continued sacrifices and for making our Army and our nation stronger.

Happy 244th birthday  
to the United States  
Army!



Charles W. Albertson  
Command Sergeant Major, U.S. Army  
Command Sergeant Major



Paul A. LaCamera  
Lieutenant General, U.S. Army  
Commanding General



PARAGLIDE  
Fort Bragg  
Voices

This week, we asked:  
How do you plan to  
celebrate Father's day?



"We are going back home to New York."  
Spc. Anspeter Blanc,  
151st QM Co., 189th CSSB, 82nd Abn. Div.  
with Iris Blanc



"We are getting a boat."  
Lt. Col. Randy Lefebvre,  
82nd Abn. Div. G1  
with Claire Lefebvre



"We are going to Chicago."  
Chief Petty Officer Julian Martinez,  
Joint Communications Unit  
with Sabrina Martinez



"We are going to the Great Wolf Lodge."  
Sgt. 1st Class Jonathan Brown,  
528th Sust. Bde.  
with Callie Brown



"I made a picture for my daddy."  
Maj. Chuck Schumacher,  
3rd SFG  
with Maddy Schumacher

THE  
PARAGLIDE

Garrison Commander ..... Col. Phillip D. Sounia  
..... phillip.d.sounia.mil@mail.mil  
Public Affairs Officer..... Tom McCollum  
..... thomas.d.mccollum2.civ@mail.mil  
Production Manager ..... Lynnne Guzman  
..... lguzman@fayobserver.com  
CI/Editor ..... Jackie M. Thomas  
..... jacqueline.m.thomas3.civ@mail.mil  
Assistant Editor ..... Vacant

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Photo Manager ..... Lewis Perkins  
..... lperkins@theparaglide.com  
Graphic Artist ..... Bryan K. Reed  
..... breed@theparaglide.com  
Focus Editor ..... Jelia Hepner  
..... jhepner@theparaglide.com  
Life Editor ..... Suet Lee-Growney  
..... cleegrowney@theparaglide.com  
Staff Writer ..... Genevieve Story  
..... gstory@theparaglide.com

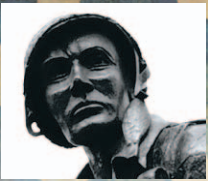
Mailing address: Fort Bragg Public Affairs  
Office, 901 Armistead St. Building 34, Pope  
Field, North Carolina 28310.  
Telephone: (910) 396-6991; DSN 236-6817;  
Fax 396-2178;  
Office location: 901 Armistead St. Building  
34, Pope Field, North Carolina 28310.  
E-mail address: paraglidebragg@gmail.com  
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# IN BRIEF

## Notices of Estate

### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:terence.k.staples.mil@mail.mil).

## Announcements

### Fair Districts NC host community event in Lillington

Fair Districts NC will host an event to deliver education concerning gerrymandering and current voting issues, Saturday, 9 a.m. to noon, in Lillington, North Carolina, at the Harnett County Library. The event is 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 to the democracy, 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](http://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. NCOs who are interested in becoming warrant officers are also welcome to attend.

For more information, contact Chief Warrant Officer 5 Nicole Rettmann at [nichole.s.rettmann.mil@mail.mil](mailto:nichole.s.rettmann.mil@mail.mil), or call (910) 852-1943.

### Nominations now open for Advocacy and Leadership Awards

Nominations for the 2019 Advocacy and Leadership Awards are now open and the North Carolina Council on Developmental Disabilities (NCCDD) is seeking nominees from across the state.

The North Carolina Leadership Achievement Award recognizes an outstanding North Carolina self-advocate whose work has improved the quality of life for people with intellectual and/or other developmental disabilities (I/DD).

The Jack B. Hefner Memorial Award recognizes family members or volunteers who are advocating and building a better North Carolina for people with I/DD.

The nomination process is now open and forms are available online and as a PDF and Word document. The forms are also available in Spanish.

The deadline to apply is Aug. 5. The winners will be announced and recognized Nov. 6 at the NCCDD Quarterly Meeting in Cary, North Carolina

### Whiteville science museum presents “Hurricanes and Severe Weather: Mitigation, Preparedness, Response and Recovery” program

The North Carolina Museum of Natural Sciences at Whiteville welcomes Hal Lowder, director of Emergency Services for the City of Whiteville, for an interactive program June 15 from 1:30 until 2:30 p.m.

Community readiness for natural disasters requires identifying resources and expertise in advance and understanding how these can be accessed in times of need. Attendants will explore the science of storms and learn ways to prepare for, respond to and recover from severe weather events.

No registration is required for this free program.

## Portal

From Page A1

“It’s nice to see the new system in place and how the process of submitting a work order seems smoother, especially since we are in hurricane season and can expect inclement weather that may cause damage,” Drake said.

The new resident portal can be found at <https://fortbraggcorvias.residentportal.com/>. From there, residents have the option to either create a new account or log in if their account is already established.

To access the resident portal using the app, the resident must first create their account using the online portal.

After creating their new account, the app can be downloaded from the app store on an iPhone or Android device. Type “Resident Portal Mobile” in the search bar. The square icon “rp” should populate. The

app is free and available to residents who live in Corvias housing on Fort Bragg.

While the resident portal is available to submit routine maintenance issues, Corvias asks residents to call in emergency concerns.

“For emergencies, such as water leaks, overflowing toilets, we still ask that (residents) call (866) 206-1365, so those can be taken care of as soon as possible,” Shores said.

Emergency work orders include, but are not limited to, electrical problems, water flooding the home, frozen water lines, broken glass, oven not working and unsafe playground parts.

In addition to using the resident portal and app to submit work orders, there are a variety of ways a resident can place a request:

■ Contacting, calling or visiting their

community center;

■ Calling (866) 206-1365;

■ Visit the Maintenance Office at 51 Skytrain Drive on Pope Army Airfield;

■ Online through the website at [www.braggcorviasmilitaryliving.com/work-order](http://www.braggcorviasmilitaryliving.com/work-order);

■ Corvias Corporate Office by phone at (401) 228-2800 or via email at [contactus@corvias.com](mailto:contactus@corvias.com);

For more information about the portal, visit [www.corvias.com/ResPortal](http://www.corvias.com/ResPortal) or contact your community center.

If residents have any issues or concerns with Corvias and are unable to find a resolution, contact the Directorate of Public Works Housing Advocate line at (910) 908-4504.

A DPW Housing advocate is standing by 24/7 to assist with residents’ concerns.

## Byars Health Clinic shut down ensures patient safety



Photo by Twana Atkinson/WAMC

Pete Matusick, Byars Health Clinic facilities manager, conducts follow-up maintenance checks on a motor after reports of an electrical smell and smoke in the facility.

BY TWANA ATKINSON  
WAMC

Womack Army Medical Center’s emergency management team sprang into action after concerns of a fire at Byars Health Clinic June 6.

Womack conducts training on how to respond to natural disasters and catastrophic events annually.

An effective response to natural disasters and catastrophic events requires hospitals to be capable of scaling clinical operations in the face of events that would not overwhelm normal business processes.

Byars was evacuated after some patients and staff smelled an electrical burn odor throughout the building.

“Our facilities manager at Byars Health

Clinic, Pete Matusick, responded to complaints of an electrical burn smell and smoke coming from the ventilation,” said Joe Dooley, Womack safety manager.

Once Matusick investigated the reports he immediately took the proper steps to ensure patient safety.

“Everyone responded exactly how we’re trained in these situations,” said George White, emergency manager, Womack.

The staff called 911 and were informed by the fire department to have everyone evacuate the building.

Once everyone left the building, Matusick resolved the issue and the facility was back to normal business hours the next day.

“Our leadership encourages keeping our staff trained,” Matusick said. “I’m just here to do my job the best that I can.”



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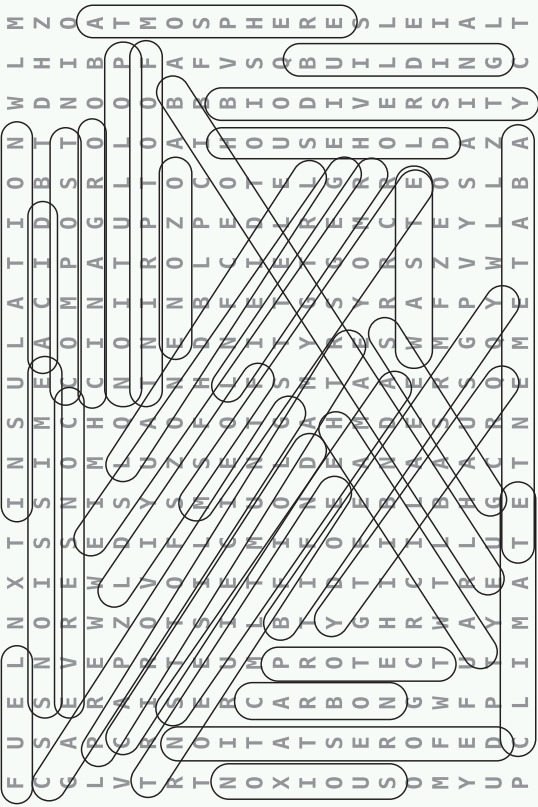
—John & Mary Beth Parker and Lisa & Jon Powell  
Owner/Operators of 15 local, family-owned McDonald’s  
restaurants in Fayetteville, Hope Mills and Spring Lake



# Going green word search

F U E L N X T I N S U L A T I O N W L M  
C S S N O I S S I M E A C I D B T D H Z  
G A E V R E S N O C C O M P O S T N I O  
L P R E W W E I M H C I N A G R O O B A  
V C A P Z L D S L Q N O I T U L L O P T  
T R I R O V I Y U A T N N I R P T O O F M  
R N S E E S I L S Z O H D B L P C I B A S  
T N I R U I E C I E O L N F C E O H B V P  
O T C M L T M U N T F I E I D T O I S H  
X A A P B F I O L G S T T E L E U O Q E  
I T R R T I F N D A M Y G T R L S D B R  
O S B O Y D O E E H T R S G E G E I U E  
U R N E H I I F B A N D A S R R C H V I S  
O O G C R C I L A E E W A S T E L R D E  
M F W T W T L B A S R M F Z E O D S I I  
Y E F U A R L H A U S G P V Y S A I N A  
U D P T Y E U G C R Q Q Y W L L Z T G  
P C L I M A T E T N E M E T A B A Y C T

Answer key



Find the words hidden vertically, horizontally, diagonally, and backwards.

- |               |               |             |
|---------------|---------------|-------------|
| ABATEMENT     | CONSERVE      | HOUSEHOLD   |
| ACID          | DEFORESTATION | INSULATION  |
| AMENITIES     | DOMESTIC      | LANDFILL    |
| ATMOSPHERE    | ECOSYSTEM     | LITTER      |
| BIODEGRADABLE | EFFLUENT      | NOXIOUS     |
| BIODIVERSITY  | EMISSIONS     | ORGANIC     |
| BIOENERGY     | FOOTPRINT     | OZONE       |
| BUILDING      | FOSSIL        | PARTICULATE |
| CARBON        | FUEL          | POLLUTION   |
| CARPOOLING    | GASES         | PROTECT     |
| CLIMATE       | GREENHOUSE    | QUALITY     |
| COMPOST       | HABITAT       | WASTE       |

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## Getting to zero preventable death on battlefield

By **TWANA ATKINSON**  
WAMC

Womack Army Medical Center (WAMC) is working to reduce combat morbidity and mortality through its Enhanced Paramedic Program.

This 25-week program which targets the 68W combat medic specialist and the Navy corpsman has been ongoing since January 2018.

Command Sgt. Maj. Uriah Popp, WAMC director of Prehospital Medical Training Programs and leader of the Enhanced Paramedic Program, said this program is part of a greater strategic effort to get to zero preventable deaths on the battlefield.

Popp said currently, 90 percent of combat fatalities occur in fighting elements like the infantry.

Since 2001, 25 percent of the service members who died of wounds, their deaths have been deemed potentially preventable, and this percentage equates to nearly 1,000 service members.

The combat medic or corpsman are primarily responsible for providing emergency medical treatment at the point of injury, or where they are wounded on the battlefield.

This current military occupational specialty training track is based on an emergency medical training (EMT) basic curriculum.

This curriculum served the military well during the last 18 years of conflict, but current and future conflicts will present challenges increasing morbidity and mortality.

WAMC launched this initiative in support of the National Defense Authorization Act's goal for prolonged care training and reducing preventable death.

"Our 'Enhanced Paramedic Program' targets where preventable death is occurring and who is responsible for providing their care," Popp said. "This program offers the greatest return on investment for reducing morbidity and mortality on the battlefield."

WAMC partnered with Fayetteville Technical Community College to provide medics the opportunity to earn and attend the EMT-paramedic training.

These medics receive critical care flight paramedic training and certification as well as Delayed Evacuation Casualty Management.

Once credentialed they are privileged as paramedics to sustain their newly acquired advanced skills within Fort Bragg's Emergency Medical Services (EMS) and Womack infrastructures.

Womack has trained over 1,000 medics from all military services in the past year, and plan to double those numbers in the future.

The Enhanced Paramedic Program aims to empower the conventional medic to provide field medical care beyond "doctrinal planning time" in order to decrease patient mortality and morbidity, as well as equip them with critical care skills to provide a higher standard of care.

A majority of the medics and corpsman WAMC has trained over the past year are from units in the 82nd Airborne Division, XVIII Airborne Corps and Marine units at Camp Lejeune.

Sgt. Lauren Engelhardt appreciated the opportunity of attending the enhanced course and welcomed the challenge of the new responsibilities.



Photos by Twana Atkinson/WAMC

Soldiers from WAMC participate in Tactical Combat Casualty Care training at the Taylor/Sandri Annex on Fort Bragg May 31.

"I love that the training gives us more of the nursing aspect than trauma," she said. "I now have assigned patients that I'm responsible for in the Emergency Department, as opposed to assisting as I had before the training." Now that Engelhardt is a trained paramedic, she is assigned to Fort Bragg's EMS, an opportunity she would not have had if she had not been through the course.

"We want to mitigate the knowledge gaps that the 68Ws may have, in order to meet the demands of the future fight," Popp said "Training prepares you for the known, but knowledge equips you with critical thinking skills for the unknown." In the recently released report, "The Operational Environment and the Changing Character of Future Warfare," U.S. Army Training and Doctrine Command (TRADOC) officials outlined what warfare over the next few decades may look like.

Between now and 2035, TRADOC expects there will be an era of accelerated human progress.

There will be a time where "... adversaries can take advantage of new technologies, new doctrine and revised strategic concepts to effectively challenge U.S. military forces across multiple domains," the paper said.

"There are several initiatives like the K.I.A.(killed in action) Reductions and Enhanced Lethality that have been deemed important by legislation," Popp said. "Womack is supporting those initiatives by revamping the training of our combat medics to increase survivability and readiness."



Soldiers from WAMC participate in Tactical Combat Casualty Care training at the Taylor/Sandri Annex. This training is part of the Enhanced Paramedic Program for combat medics that's piloted at WAMC.

## NC Guard Soldiers rail load armor, vehicles for National Training Center deployment

By **SGT. 1ST CLASS ROBERT JORDAN**  
NCNG

Teams of North Carolina National Guard Soldiers from the 113th Sustainment Brigade (SB) and 30th Armored Brigade Combat Team (ABCT) prepared and loaded armored vehicles from Fort Bragg, June 1 for cross-country rail transport to Fort Irwin, California for the ABCT's annual training deployment this summer.

This rail load is part of the third deployment of the nearly 4,200 Soldiers of the 30th ABCT since 2001 to Fort Irwin for the most current combat training available in the U.S. Army.

"It is a great feeling to be part of it, carrying all these vehicles," said Spc. Derrick Eley, a truck driver assigned to the 1452nd Transportation Company, 113th SB.

The railyard was a hive of activity which included convoys of 48-wheeled heavy equipment transporter trucks from the 1452nd Trans. Co. Each 50-foot trailer behind the eight-wheeled trucks carried the 30th ABCT's armored vehicles such as a Bradley fighting vehicle, an

armored personnel carrier, a Hercules Recovery Vehicle, a specially designed vehicle capable of towing other armored vehicles and the M1A1 Abrams main battle tank.

"It is so much, so many vehicles; it is a lot of firepower," said Spc. Abigail Uhrich, a Soldier assigned to the 113th Special Troops Battalion, 113th SB.

Once parked, drivers climbed aboard the armored vehicles and drove off the trailers. The drivers followed the hand signals of Soldiers guiding the multiple ton vehicles across the yard to the waiting train cars. Team leaders arranged each vehicle for loading on train cars as officers tracked the day's progress.

The final loading on the rail car was a 70-ton pallet. Drivers concentrated on the Soldier standing at the end of the railcar who guided them with hand signals. Each vehicle was inspected by teams of Soldiers with rulers, checking to ensure proper placement on each car. "It is amazing," Uhrich said.

The 30th ABCT will transport more than 400 tracked vehicles and approximately 1,000 wheeled vehicles for training at Fort Irwin's National Training Center in preparation for deployment overseas later this fall.



Photos by Sgt. 1st Class Robert Jordan/NC National Guard PAO

Teams of North Carolina National Guard Soldiers from the 113th Sustainment Bde. and 30th Armored Bde. Combat Team (ABCT) prepare and load armored vehicles from Fort Bragg for cross-country rail transport to Fort Irwin, California for the ABCT's annual training deployment this summer.



North Carolina National Guard Soldiers from the 113th Sustainment Bde. and 30th ABCT prepare and load armored vehicles. This rail load is part of the third deployment of the nearly 4,200 Soldiers of the 30th ABCT since 2001 to Fort Irwin's National Training Center for the most current combat training available in the Army.

## 82nd hosts cyber network defense class

By **SGT. JAMES HOBBS**  
49TH PAD

The 82nd Airborne Division hosted its first cyber network defenders class at the division headquarters May 31.

The All American Cyber Academy provided 15 students training on network defense tools taught in Advanced Individual Training. It also introduced students attending the academy to new techniques and practices to better defend Army networks.

Information assurance and cyber awareness training is enough to keep end users safe from average network threats, but cyber network defenders protect the domain at a higher level.

"Normal attackers are not going to be able to bypass network security," said Master Sgt. Jonathan Welch, the 82nd Abn. Div. cyber network defense manager. "What we

look for is advanced, persistent threats like teams that spend millions of dollars on research and development to go after specific infrastructure."

Cyber network defenders find, analyze, mitigate and respond to unauthorized activity on network domains while deploying and administering cyber defense infrastructure to protect against cyberattacks.

Without cyber network defenders, malicious users could steal, change or falsify information throughout the network, Welch said.

The All American Cyber Academy is available quarterly to all cyber network defenders and personnel with cyber security roles in the Fort Bragg area. The next course will be held July 24 through July 26.

For more information and to reserve a seat, contact Master Sgt. Jonathan Welch at jonathan.c.welch.mil@mail.mil.



# Army looks to follow online retailers in modernization

By **JOE LACDAN**  
ARMY NEWS SERVICE

WASHINGTON — The Army must continually push innovation to meet its logistics modernization goals, leaders said recently. To help achieve that goal, the service enlisted help from one of the nation’s top online retailers.

During a panel discussion at an Association of the U.S. Army “Hot Topic” symposium on sustainment May 29, Army leaders discussed with an Amazon executive how to improve speed and precision in transporting supplies.

Amazon revolutionized how consumers shop with timely, expedited delivery of products worldwide. Some Army leaders wondered how much they could learn from the online retail giant.

“In a word, a lot,” said William Moore, assistant deputy chief of staff for Army G-4. “Especially when it comes to big data. We have a long way to go.”

Army leaders hope to follow Amazon’s example of adapting and reinventing itself by learning from setbacks. Like Amazon, the Army has bolstered its cybersecurity capabilities while remaining user-friendly. The service recently announced that it is working on additional authentication measures that will provide Soldiers with greater options to access online resources, while still remaining secure against threats.

“The company is always thinking about cybersecurity and protecting not only our systems, but our customers’ data as well,” said Dave Bozeman, vice president of Amazon Transportation Services.

Moore said to better expedite the Army’s data processing, the service looked at its authoritative data sources and recently created an Army analytics board. Stewards for various data types were established including Moore, who serves as the logistics data steward.

Moore said the Army had more than 200 authoritative data sources but has reduced that number by 47 and said he expects to reduce more to reduce lag times and operate more efficiently.

The Army’s acquisition chief, Bruce Jette, said in his keynote address logistics should not be an afterthought, but instead be an integrated component of how combat systems are designed.

The Army will explore several measures to improve the transportation of assets and vehicles, including a larger bulk-fuel tanker with sensors that measure fuel and track ammunition levels. The service is looking at line-haul distribution and tactical distribution for fuel. New autonomous trucks with leader-follower and early-entry hose line capabilities were recently introduced.

As the service prepares for new types of warfare, namely large-scale ground combat operations in urban environments and threats from cyberspace, the

**“The company is always thinking about cybersecurity and protecting not only our systems, but our customers’ data as well.”**

*-Dave Bozeman, vice president of Amazon Transportation Services*



Photo by Luc Dunn/AUSA

During an Association of the U.S. Army “Hot Topic” Sustainment symposium, May 29, it was discussed that the Army will explore several measures to improve the transportation of assets and vehicles, including a larger bulk-fuel tanker with sensors that measure fuel and track ammunition levels.

Army can expect threats to its logistics framework. The Army plans to develop logistics information systems that can operate in a disrupted environment. The systems will need to function without a network connection, leaders said.

“I think the biggest thing we need to worry about is attacks on our logistics systems,” said retired Lt. Gen. Kathleen Gainey, who served as the deputy commander of the U.S. Transportation Command at Scott Air Force Base, Illinois. “Not just attacks to have denial of service, but attacks to spoof inaccurate data into our systems. And that is even scarier to me

than just denial of service. So we need to be looking at what is it we need to do to harden our systems.”

Lt. Gen. Paul Ostrowski, the principal military deputy to the assistant Army secretary for acquisition, logistics and technology, said part of the service’s large-scale modernization effort has been to hasten the acquisition process. The Army has laid the foundation for that success by establishment of eight cross-functional teams to meet its six modernization priorities: future vertical lift, long-range precision fires, network, Soldier lethality, air and missile defense and next-generation combat vehicles.



82nd Abn. Div. paratroopers jump from a U.S. Air Force 2nd Airlift Sqd., 43rd Airlift Wing, C-130E cargo aircraft over Sicily Drop Zone, while participating in the Ninth Annual Randy Oler Memorial Operation Toy Drop Dec. 16, 2006. Operation Toy Drop is an opportunity for Soldiers to donate a toy in exchange for a chance to make a non-tactical parachute jump with German and Australian military jumpmasters. Since its inception, Operation Toy Drop has donated over 20,000 toys for the Families of Soldiers and local orphanages.



Paratroopers assigned to the 82nd Abn. Div. practice parachute landing falls prior to a personnel drop mission during the Eighth Annual Randy Oler Memorial Operation Toy Drop at Pope Air Force Base, Dec. 12, 2005.



Photos contributed by catalog archives.gov

The 82nd Abn. Div. paratroopers board a U.S. Air Force 2nd Airlift Sqd., 43rd Airlift Wing, C-130E cargo aircraft as they prepare to jump over Sicily Drop Zone, Dec. 16, 2006.



# So you want to be an SFAB Advisor? Here’s how ...

By **Sgt. 1st Class Mark Albright**  
SFAC

Soldiers who believe they have what it takes to join one of the six Security Force Assistance Brigades (SFABs) must first pass the three-day Security Force Assistance Command Assessment and Selection Course that’s designed to ensure they meet the standards of a SFAB advisor.

Assessment and Selection Course candidates undergo a process designed to test their mental, physical and teamwork skills to ensure they possess the attributes the SFAB teams are looking for in an advisor.

Some of these attributes include discipline, sound judgment, moral conduct and the ability to remain calm and collected while seizing the initiative during mission uncertainty.

“What we are looking for is someone who is physically fit, works well in a team, who is intelligent, and comfortable making decisions while operating with a certain level of ambiguity,” said Sgt. Maj. Robert George, sergeant major for SFAC Assessment and Selection.

The assessment process is something new candidates are curious about once they decide to join the SFABs.

“I heard about the SFABs while I was deployed in Afghanistan and when I came back some senior NCOs I worked with had joined and let us know more about them,” said Sgt. Skyler Lewis, SFAC Assessment Candidate and Signal Support Systems Specialist from 1st Battalion, 41st Infantry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division. “I looked more into it and then decided that, yes, this is for me.”

The assessment process starts with in-processing on day zero and then moves on to day one. Day one starts the non-stop process that lasts through day two. It begins with the candidates conducting an Army Physical Fitness Test, team events, a leader reaction course, a warrior skills test, military occupational specialty proficiency and ethical dilemma



Photos by Sgt. 1st Class Mark Albright/SFAC Public Affairs

Security Force Assistance Command Assessment and Selection Course candidates work through an obstacle at the leader reaction course, May 29. The assessment course is part of the process of becoming an advisor in a SFAB.

tests, peer evaluations and a subject matter expert interview. The assessment culminates with a foot march.

“They briefed us on what it was going to be like when we got here and it was a little different than I thought it would be and a lot harder — but it was worth it — I thought it was a good process and I had to stay focused and push hard through some of the events,” Lewis said.

The final portion of the assessment process is the selection board on day three, after which, the candidates find out how they did and if they were selected. If selected, they receive information about the reporting process and continue their SFAB advisor training there.

The opportunity to continue to training, mentoring and advising others is one of the reasons Fort Benning Drill

Sergeant Joshua Tobin felt he needed to go through the assessment course and become a SFAB advisor. Tobin, a staff sergeant, is an SFAC Assessment Candidate with 2nd Squadron, 15th Cavalry Regiment, 194th Armored Brigade.

“I have been training and mentoring Soldiers for the past 12 years and really getting more into it with the new privates at Fort Benning for the last 33 months,” he said. “I feel that this opportunity is the same, but bigger, you are still training, mentoring and advising, but this time it’s with our partners.”

The assessment and selection process is still relatively new and constantly adapts to the current needs of the SFABs and will continue to change and facilitate any of their future needs.

“How we assess the Soldiers has



Sgt. Skyler Lewis rappels down a rope at the leader reaction course during the Security Force Assistance Command Assessment and Selection Course.

changed since I got here almost a year ago,” George said. “We have changed and added events that better identify the attributes that make a good military advisor. We will continue to change things to better identify candidates who will make the best military advisors.”

The SFAB Recruiting and Retention Team continues to look for Soldiers who are interested in becoming SFAB advisors in one of the five active-duty and one Army National Guard SFABs.

For more information and details about joining, visit the SFAB Recruiting and Retention Team website at [www.goarmy.com/sfab](http://www.goarmy.com/sfab) or contact them at one of the following: Officers (910) 570-5159 and enlisted (910) 570-9975/5131 or email them at [usarmy.bragg.forscom.mbx.g1-ag-sfab@mail.mil](mailto:usarmy.bragg.forscom.mbx.g1-ag-sfab@mail.mil).

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# Guardians of the flame trek on installation



Sgts. Earl Ituralde, 21st MP Co., 503rd MP Bn., 16th MP Bde., left, and Blake Dills, 65th MP Co., 503rd MP Bn., 16th MP Bde. carry the Torch of Hope for the 3-mile Law Enforcement Torch Run for Special Olympics North Carolina, June 7. Dills carried the torch for the first half of the run and handed it off to Ituralde for the second half.

Photos by Alyson Hansen/Paraglide

## Fort Bragg law enforcement agencies hold torch run to benefit Special Olympics

By ALYSON HANSEN  
PARAGLIDE

Fort Bragg law enforcement agencies and first responders participated in the Law Enforcement Torch Run for Special Olympics North Carolina, at Fort Bragg, June 7.

The run included the 16th Military Police Brigade, agents with U.S. Army Criminal Investigation Command, 87th MP Detachment (CID), personnel from Fort Bragg's Emergency Medical Services (EMS) and firefighters. Around 400 people were estimated to have participated in the event.

The torch run is a way for law enforcement agencies across the world to raise money and awareness for Special Olympics athletes. In North Carolina, law enforcement officials carry the Torch of Hope for 2,000 miles across the state before the start of the Special Olympics North Carolina Summer Games held in Raleigh.

Sgts. Blake Dills, 65th Military Police Company, 503rd Military Police Battalion, 16th MP Bde. and Earl Ituralde, 21st Military Police Company, 503rd MP Bn., 16th MP Bde. were the torch bearers for the Fort Bragg leg of the run.

"I feel blessed that I get to be a part of this and to represent the company, battalion and the brigade," Ituralde said.

Agent Ryan Gasdia, CID, was part of the team who took the helm of organizing this year's torch run. Gasdia and another CID agent, who helped organize the previous year's event, began planning early.

"I was working with the agent before me who did this last year and we noticed a struggle to get



Brian Bennett, a global messenger for Special Olympics North Carolina, speaks to the 16th MP Bde., CID, and Fort Bragg first responders, June 7. Bennett is a Special Olympian who competes in basketball, tennis and bowling.

people involved," Gasdia said. "We started earlier this year to draw more people in and I think we succeeded. We are going to try to do better next year. We are also trying to pull in EOD (192nd Ordnance Battalion), EMS, pretty much all first responders because it is a smaller community here and hopefully it'll be even bigger than this."

The Law Enforcement Torch Run began in 1981 in Wichita, Kansas. Then police chief Richard LaMunyon thought it would be a way for law enforcement to get involved with the special needs community. The first run raised \$600 for the Special Olympics athletes.

This year, \$56 million has been raised worldwide, with \$1.3 million of that coming from North

Carolina agencies, according to Capt. Robert Spatorico of the Fayetteville Police Department.

"One of the first things we ask when we are interviewing new employees is 'why do you want to be a cop?' 'I want to help people,'" Spatorico said. "Then you get in the grind of being a cop, arresting the same people and dealing with the same situations. You ask yourself, 'am I really doing anything to help anybody or am I doing the same thing over and over again?' This (run) is grassroots. You raise some money and you see the kids and the athletes benefit from what you do and you realize, I'm helping people."

Spatorico addressed the participants after the run, encouraging the continued efforts of the

torch run as they move on.

"It continues for us as guardians of the flame by guys like you," he said. "A lot of MPs' ambition when they get out is to go to federal law enforcement or go back to where they come from and do law enforcement and that's how we plant the seeds."

Col. Larry Dewey, commander, 16th MP Bde., said this isn't the first torch run he had participated in. While stationed in Hawaii at Schofield Barracks, Dewey attended the Troy Barboza Law Enforcement Torch Run, one of the biggest in the U.S.

"If we don't participate here (at Fort Bragg), I think we are missing an opportunity to join all of the other law enforcement agencies to raise money," Dewey

"If I cannot win, let me brave in the attempt."

— Brian Bennett  
Special Olympian

said. "I think it's a noble cause. Anytime we get a chance to show our respect for the athletes, it's a good day."

Brian Bennett, a Special Olympics athlete and ambassador, also attended the event.

"(This run) means everything to everyone, my friends, everyone who has a disability," he said. "In Cumberland County we have 150 Special Olympics athletes, in North Carolina, we have 40,000. World wide we have 40 million. It's special that we have this going on."

Bennett competes in basketball and tennis and won a silver medal for bowling this past weekend in Raleigh. His favorite basketball player is Dennis Rodman.

"There's just something about him. Every time I start playing basketball, I start acting like him," he said. "I turn 39 this year. I've been competing with Special Olympics since I was 17 ... I'm not going to stop."

Bennett spoke to the Soldiers and participants after the run and said the Special Olympics shows people with disabilities they can participate in sports just like able-bodied individuals.

"If I cannot win, let me brave in the attempt," he said.



**Left:** Capt. Robert Spatorico, Fayetteville Police Department, speaks to the 16th MP Bde. about the history of the Torch Run, June 7.  
**Right:** Col. Larry Dewey, commander, 16th MP Bde., speaks to the brigade about showing support for Special Olympians.  
"Anytime we get a chance to show our respect for the athletes, it's a good day," he said.





# LOCAL HAPPENINGS

## EVENTS AROUND POST & THE STATE

### THIS WEEKEND

#### MERRY WIVES OF WINDSOR

**When:** Thursday and Saturday, 6:45 p.m.; June 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/](http://www.sweetteashakespeare.com/). For more information, call (910) 420-4384.

#### LADIES NIGHT OUT TOUR

**When:** Saturday, 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>.

#### JUNETEENTH FREEDOM FESTIVAL

**When:** Saturday, 8 a.m. to 11 p.m.  
**Where:** Breakfast at SkyView on Hay, other events at Festival Park  
**Cost:** Breakfast tickets are \$25 to \$500, Festival Park events are free

The Juneteenth Freedom Festival was started to share the history of slavery and to memorialize its ending. The major intent of the festival is to honor the sacrifice of African American ancestors, and share the cultural heritage of slaves and their descendants through entertainment, art, education and developing a sense of community.

The festivities will begin Saturday with the Juneteenth Freedom Breakfast with special guest Mitch Colville, Fayetteville mayor, followed by the Freedom Parade. The day ends with Juneteenth in the Park. There will be guest speakers, entertainment of all types and over 50 vendors. The festival culminates with a fireworks display.

For more information, visit [www.theartscouncil.com/calendar/event/juneteenth-freedom-festival-circa-1865](http://www.theartscouncil.com/calendar/event/juneteenth-freedom-festival-circa-1865). For tickets to the Juneteenth Freedom Breakfast, visit [www.eventbrite.com/e/juneteenth-freedom-breakfast-tickets-59718700240?aff=ebdshpsearchautocomplete](http://www.eventbrite.com/e/juneteenth-freedom-breakfast-tickets-59718700240?aff=ebdshpsearchautocomplete).

#### DIVE-IN THEATER AT TWIN LIONS OUTDOOR POOL: CAPTAIN MARVEL

**When:** Saturday, 7 p.m.  
**Where:** Twin Lions Pool  
**Cost:** \$4 for DOD ID cardholders, \$6 for guests

At Dive-In Theater, movies are shown on an inflatable projector screen so you can watch while you swim, stay on deck or do a mix of both.

All ages are welcome. This is a Family friendly event. No flotation devices are permitted except Coast Guard Approved Life Jackets. Outside food and drinks are permitted but must be consumed in a designated area.

For more information, visit <https://bragg.armymwr.com/calendar/event/dive-movie/3280258/40204>.

### 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

#### 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/>.

#### FAYETTEVILLE PRIDE FEST

**When:** June 29, noon to 6 p.m.  
**Where:** Festival Park  
**Cost:** Free

This family-friendly event is an afternoon of celebrating Fayetteville’s diverse community, with a specific focus on LGBTQ outreach, acceptance and resources. Part of Fayetteville Pride’s mission is to produce diverse and inclusive events that will create visibility and help foster a sense of community and acceptance in Fayetteville and surrounding areas.

Vendors and food trucks will be available. For more information, visit <https://www.fayettevillepride.org/>.

#### 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, July 4.

Tent rental reservations will open June 17. 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>.

#### 10TH ANNUAL OCEAN CITY JAZZ FESTIVAL

**When:** July 4, 7:30 to 9:30 p.m., July 5, 6 and 7, 5 to 9:30 p.m.  
**Where:** North Topsail Beach, North Carolina  
**Cost:** Early bird tickets \$60, day of tickets \$65

History, great music and the beach come together for this event. Come enjoy great jazz, dance the nights away, and support the history of the beautiful coastal area. The kickoff event, July 4, will include a beer and wine tasting with John Dillard opening the festival.

The food trucks on site for the event will feature an eclectic mix of delicious food. The festival includes a gospel concert and brunch on Sunday.


Saad&Shaw will also facilitate a nonprofit workshop, July 5 and 6. A variety of ticket packages are available and shuttles will run from Jacksonville and Wilmington. Full event travel packages are also being offered.

For the full schedule of events, visit the event website at [https://www.oceancityjazzfest.com/?utm\\_source=www.visitnc.com&utm\\_medium=referral&utm\\_campaign=downstream](https://www.oceancityjazzfest.com/?utm_source=www.visitnc.com&utm_medium=referral&utm_campaign=downstream). The Ocean City Jazz Festival is a rain or shine event.

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



# Father Daughter Ball at Iron Mike Conference Center



**Top left:** Fathers and daughters dance to music.

**Top right:** Adalynn Grace Neaves marvels at the music and pageantry of the Fort Bragg Father Daughter Ball.

**Left:** Punch, fruit and refreshments are available before dinner is served.

**Right:** The Iron Mike Conference Center hosts over 350 dads and daughters.

Photos by Lewis Perkins/Paraglide

## Beware of Social Security scammers; protect your information

**By ROSE MARY BUEHLER**  
SOCIAL SECURITY PAO

Social Security is committed to protecting your personal information. We urge you to be cautious always and to avoid providing sensitive information such as your Social Security number (SSN) or bank account information to unknown people over the phone or internet.

If you receive a call and you are not expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

There is a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID.

In some cases, the caller states that Social Security does not



Photo courtesy of Pexels

have all of your personal information, such as your SSN, on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information.

This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your SSN is at risk of deactivation or deletion. The caller then asks you to call a phone

number to resolve the issue.

People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees

occasionally contact people by telephone for customer-service purposes. In only a very few special situations, such as when you have business pending with us, will a Social Security employee request the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval nor increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at [oig.ssa.gov/report](http://oig.ssa.gov/report).

You can also share our new "SSA Phone Scam Alert" video at <http://bit.ly/2VKJ8SG>

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement.

Scammers try to stay a step ahead, but with an informed public and your help, we can stop these criminals before they cause serious financial damage.



### FAYETTEVILLE'S DESTINATION FOR ARTS & ENTERTAINMENT

unique shops | galleries | restaurants | concerts  
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**UP NEXT....**

**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

**DOWNTOWN SUMMER NIGHTS AT FESTIVAL PARK**  
JUNE 20TH

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





## Celebrate the Downtown Fayetteville Community at June's Love Local Fourth Friday!

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

PHOTO BY JESSICA ZETZ



# 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](mailto: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 November)  
**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 December)**  
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

**FOR MORE INFORMATION**  
[www.bragg.army.mil/index.php/about/garrison/religious-services](http://www.bragg.army.mil/index.php/about/garrison/religious-services)

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

## Join the conversation: National Health Observances in June

ODPHP  
HEALTH.GOV

Each month, the Office of Disease Prevention and Health Promotion (ODPHP) features select National Health Observances (NHOs) that align with their priorities for improving health across the nation.

The NHOs in their June roundup help raise awareness about Alzheimer's disease, HIV testing, and more. Join the ODPHP in helping all Americans live healthier lives.

### Alzheimer's and Brain Awareness Month

Sponsored by the Alzheimer's Association, Alzheimer's and Brain Awareness Month raises awareness about Alzheimer's disease and other dementias. Visit [https://www.healthypeople.gov/2020/topics-objectives/topic/dementias-including-alzheimers-disease?\\_ga=2.57475180.71830668.1560278589-724410361.1560278589](https://www.healthypeople.gov/2020/topics-objectives/topic/dementias-including-alzheimers-disease?_ga=2.57475180.71830668.1560278589-724410361.1560278589) to learn more about Alzheimer's and other dementias.

### National Safety Month

Each year, the National Safety Council promotes four safety topics for National Safety Month. This year's topics are recognizing safety hazards, preventing falls, coping with fatigue and staying safe and



Photo courtesy of Metro Creative Connection

alert at work.

### World Sickle Cell Day June 19

World Sickle Cell Day raises awareness about this blood disorder that affects millions of people worldwide. Visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/ncbddd/sicklecell/materials/index.html> to gain more insight into sickle cell disease.

### National HIV Testing Day June 27

HIV.gov sponsors National HIV Testing Day to emphasize the importance of getting tested. This year's theme is "Doing it my way," highlighting how and why people make testing a part of their lives. "Doing it my way" encourages individuals to share their personal testimonials of why testing is important. For more information, visit <https://www.cdc.gov/hiv/library/awareness/testingday.html>.

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**6/15 MARGARITAVILLE NIGHT**      **6/29 HOUSTON ASTROS NIGHT**  
*BEACH TOWEL courtesy of Catlett Dentistry*      *JOSÉ ALTUVE BOBBLEHEAD courtesy of Soldiers First Real Estate*

SUN	MON	TUE	WED	THU	FRI	SAT
						1 WIL 5 PM
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
30 MB 6 PM						

Woodpeckers players Tommy DeJueas, Peter Solomon, Jacob Billingsley and Hunter Martin during a recent tour of the MATES Facility on Fort Bragg.

**10% Military Discount for admission via the BB&T Box Office or GovX, thanks to Fort Bragg Federal Credit Union!**

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## Fire in the heart, ice in the veins

### Fort Bragg's Adult Hockey League returns to Cleland Ice Rink



Photos by Genevieve Story/Paraglide

Hockey players from team gray attempt to capture the puck and defend their goal from team blue, in the first period of the three-on-three formatted, co-ed Adult Hockey League's regular season game, June 4. Individuals and teams of eight to 13 players meet between 8:30 to 10:30 p.m., Tuesdays and Thursdays. The league returns to Fort Bragg's FMWR and Cleland Ice and Inline Skating rinks after a 16 year hiatus.

By GENEVIEVE STORY  
PARAGLIDE

After a 16-year absence, Fort Bragg's Family and Morale, Welfare and Recreation (FMWR) and the Cleland Ice and Inline Skating rinks welcome the return of the co-ed Adult Hockey League on-post.

From June 4 through Aug. 1, active-duty military and DOD ID card holders, ages 16 years and older, will convene on the ice for this recreational league with a collection of skill levels. Individuals and teams of eight to 13 players meet between 8:30 to 10:30 p.m., Tuesdays and Thursdays. Co-ed league hockey rules do apply.

This is an opportunity for hockey players and enthusiasts to play the game at a competitive, fun level, and focus on sportsmanship, equality and safety.

"The war hindered the continuation of the league," said A.J. Guimont, manager, Cleland Ice Rink. "With troops being deployed, there was not enough manpower to sustain it. We are excited to have it back."

When the hockey league met for the first time June 4 with 10 players in attendance, jerseys were provided to those who came equipped with their full protective hockey gear for the three-on-three game.

The nature of the three-on-three game is fast-paced with significant back-and-forth play. The objective is to maintain

an offensive strategy that constantly keeps the feet moving, making it hard to guard and the puck tough to get. The line, or group of forward players, rotate shifts approximately every 45 seconds or every time a major penalty is called.

With players divided into two groups for rotation separated by blue and gray jersey colors, players dueled on the ice in a cool 55 degrees. The final score of the night was blue 6, gray 4.

"I am so happy to see its return, and have some organized games for the players," Guimont said. "Most games would be pick-ups, but it is nice to have referees and a point system now."

Delaney Adams, 19, substituted for a team that was down one player. A military Family member and student-athlete

for Liberty University's Division II hockey club team, Adams plays recreational hockey with the FMWR Adult Hockey League at Cleland on her off-season.

"Delaney, like many of the other players here, are happy to have the league return and have an avenue to play," said Mike Adams, Delaney's father and active-duty Soldier.

An Adult Hockey League tournament is scheduled for Aug. 3 starting at 7:30 a.m. A first place prize will be awarded to the top team and its players and those individuals' names will be engraved on the Cleland Cup.

For more information please visit <https://bragg.armymwr.com/calendar/event/adult-hockey-league/3106037/38687>.



A hockey player from team blue checks in the offensive zone, attempting to steal the puck away from team gray during a play. Many of the game's athletes hone their craft and build on their keen hockey sense by playing at a competitive, fun level, and focusing on sportsmanship, equality and safety. Alternating between skating and rest intervals during periods such as in high speed three-on-three, hockey can improve upon a Soldier's efficiency, hand-eye coordination and muscular strength.



The goaltender for team gray defends his territory, as a member of team blue breaks away with the puck on a mission to score. FMWR and the Cleland Ice and Inline Skating rinks provide a valuable opportunity for active-duty military and DOD ID card holders, ages 16 and older, to play the game in an organized league, encouraging spirit and mastering the art of teamwork.



# Experts offer training tips for Army 10-miler participants

By **DOUG HOLL**  
ARMY.MIL

ABERDEEN PROVING GROUND, Md. — Signing up for a 10-mile run can be intimidating whether you are an experienced runner or a novice. But the Army Public Health Center (APHC) offers some expert advice and training tips to help every runner prepare for the upcoming Army 10-miler in October.

“You can do it,” said Maj. Timothy Benedict, an APHC physical therapist who specializes in injury prevention. “Come up with a progression plan and be confident that many people just like you have far exceeded what they thought was possible. The human body is incredibly resilient.”

Training for the Army 10-miler starts with incorporating the Performance Triad (P3) into training routine, Benedict said. P3 focuses on sleep, activity and nutrition intertwined to enhance every runner’s performance.

Sleep is critical for performance and is needed to rejuvenate, he said. Focus each night with seven to eight hours of sleep and keep a regular sleep schedule with a consistent bed and wake-up time.

Activity is the next tenant of P3 and Benedict said a three- to five-month progressive training schedule is plenty of

time to prepare for the 10-miler. Benedict has developed a training schedule adapted from “The Runner’s World Big Book of Marathon and Half-marathon Training,” with a 20-week or 10-week progression.

“To help with motivation, think about signing up with a local running group or convince a friend to join you,” he said.

Benedict, who is also an experienced distance runner and 10-miler veteran, said inexperienced runners should give themselves at least 12 weeks of training to give their bodies time to adapt to the distance and also allow them to vary their mileage, reducing mileage every fourth week.

“A good training regimen will include three to four runs per week, Benedict said. “A long run, a medium run and interval training.

“Incorporate strength training and gradually increase your mileage for your weekly long run and ramp back down for a relatively easy run every fourth week or so.” Both the 10-week and 20-week recommended training schedules start with a shorter 2- to 4-mile run during the week followed by a longer run on week-ends, progressing from 2 to 8 miles and back down to 3 miles on easy weeks

“Your long runs should be at a one- to two-minute slower pace per mile than your short run pace to build up your



Photo by Graham Snodgrass/Army.mil

Maj. Timothy Benedict, an Army Public Health Center physical therapist who specializes in injury prevention, uses a foam roller massager to improve muscle tissue recovery following his workout. Benedict is training for the October 2019 Army 10-miler.

endurance,” Benedict said. “This applies even if you are walking up hills and running on the flats and downhill.”

To avoid injuries while training, APHC kinesiologist Tyson Grier recommends comfortable running shoes and said over-use injuries can be avoided by incorporating sprint training or high-intensity interval training during the week to offset

weekly distance running.

“Interval training is running fast for one to four minutes, then recover at a light jog for an equal amount of time,” Grier said. “You can use mailboxes or telephone poles as your intervals.”

**Continue reading online**  
[www.paraglideonline.net](http://www.paraglideonline.net).....



# TOTAL



# WELLNESS

## Runners Corner

### The Color Run Fayetteville:

**Saturday, June 22**, 8 a.m. start, at Crown Complex, 1960 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?lcmpr=254301&ltclickid=06\\_4571768\\_e3c317cd-d62b-4ad4-9c1b-0bb6b3dca157&cmp=39N-DP260-BND10-SD230-DM20&cdg=affiliate-254301](https://www.active.com/fayetteville-nc/running/distance-running/5th-annual-african-world-peace-festival-5k-road-race-and-walk-event-2019?lcmpr=254301&ltclickid=06_4571768_e3c317cd-d62b-4ad4-9c1b-0bb6b3dca157&cmp=39N-DP260-BND10-SD230-DM20&cdg=affiliate-254301) for details.

### Dirtbag Ales Beer Mile:

**Saturday, July 27**, 5 p.m. at 5435 Corporation Drive, Hope Mills. Rogue Alpha Athletics has partnered with Dirtbag Ales in Hope Mills, to bring you the Dirtbag Beer Mile. Participants can run, jog, walk or crawl the 1 mile course and enjoy beer straight from Dirtbag Ales on-site brewery. This is a great way to support local business, drink beer and exercise all at the same time.

Must be 21 to drink but if you don't drink beer or are under age you can drink water. Competitive heat starts at 5 p.m. Waves will be released in 30-second intervals. This venue is brand new with athletic field, dog playground, swing sets for the kids, outdoor stage and axe throwing station. Check [https://runsingup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?afit\\_token=vkmwDmrweQ4iCYn8otSOOnKQ3vCO8buOw](https://runsingup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?afit_token=vkmwDmrweQ4iCYn8otSOOnKQ3vCO8buOw) for details.

## Get Fit

### Yoga and Beer with Robin:

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

### CrossFit Community Workout:

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

### Yoga in the Garden:

Cape Fear Botanical Garden (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](http://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](http://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](http://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](http://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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