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THE  
'GLIDE'

FOCUS - B



**82nd Airborne hosts Recruiting Battalion educational tour:** The group consisted of 28 educators, including school board members, counselors, state representatives, a mayor and other community leaders from across Minnesota, North and South Dakota and Iowa.

LIFE - C



**Healthy Lifestyle Festival:** Fort Bragg South Commissary hosted its annual Healthy Lifestyle event June 14, which included a dog show, fitness demonstration, watermelon contest and a case lot sale.

SPORTS - D



**Swimmer's recipe, just add water:** Fort Bragg Swimming, driven by its mission, is to foster the development of quality, well-rounded athletes both in and out of the pool.

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ORBIT COMET EXERCISE

Fort Bragg's readiness put to test



Photos by Lewis Perkins/Paraglide

On Tuesday and Wednesday, Fort Bragg held a training exercise to evaluate how the installation would react if students were held hostage at one of its schools. As part of the exercise, the Fort Bragg Emergency Operations Center (EOC) was activated. This central hub provided the Garrison Commander Col. Phillip D. Sounia with accurate and up-to-date information in order to coordinate with other commands and agencies, synchronize actions and make timely decisions. The EOC is stood up during all natural and man-made threats to the installation. Training like this is one of the reasons why Fort Bragg's Anti-Terrorism and Force Protection office has been selected as the Army's best six out of the last nine years.



WAMC, JAG partner against sexual assault

BY TWANA ATKINSON  
WAMC

Dozens of sexual assault medical forensic examiners (SAMFE) from Womack Army Medical Center (WAMC) and military Judge Advocate General's (JAG) Corps from all across Fort Bragg participated in a two-day competency training session June 13 to 14. The second annual training session allowed the SAMFE nurses and JAG personnel to train together and develop best practices for handling and presenting Fort Bragg sexual assault cases. Col. John Melton, hospital commander, lauded the efforts of the two organizations coming together to ensure the best care and representation for the Fort Bragg community. "It's my job to ensure we honor our nation's sacred trust to care for our people who wore or wear the uniform and their Family members," Melton said. "This is a testament of the passion that the JAG



Photo by Twana Atkinson/WAMC PAO  
Maj. Stacey Cohen, Fort Bragg and XVIII Abn. Corps prosecutor, explains courtroom protocol to Sexual Assault Medical Forensic Examiners and others during the second annual competency training session at the Fort Bragg Courthouse June 13.

and the medical personnel have to take care of their community." The event was comprised of familiarization training on court policies for the medical personnel and documentation procedures for JAG. Womack has been selected to lead the transition from Army Medical Command to Defense Health Agency and is the only DOD military treatment center equipped in handling pediatric sexual assault cases. "Our medical professionals are very competent at our job, but once we're in the courtroom we are like a fish out of water," said Kelly Taylor, the SAMFE program manager. "Stacy and I

"We've developed this training to help ensure that the sexual assault medical forensic examiners have the skillset needed to be able to testify in courts martial regarding sexual assault, domestic violence and child victim crimes," Cohen said. Throughout the event, representatives from the local police department, military healthcare specialists and JAG all came together to build a special circle of trust and commitment to support the Fort Bragg community. Dr. Sharon Cooper, a developmental and forensic pediatrician at WAMC was also a guest speaker at the event. "This training is top-notch because it uses multi-disciplinary teams to talk about all (the) different aspects that can be presented," Cooper said. "Rather than just talk about the literature, we apply the tenants that are being promoted within the literature. This pragmatic and practical training allows people to be more prepared."



Driven to help the community

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

Military police (MP) work closely with the community on Fort Bragg providing law enforcement. But writing tickets and checking IDs are just a small part of how MPs influence the community. Through my short time in the 16th MP Brigade as the public affairs NCO, I've seen the MPs serve their communities in many different ways.

Making a child with an incurable illness an honorary Soldier, sending a video filled with messages of hope for a child who couldn't leave the hospital, raising awareness for Special Olympics — these are regular events done by the MPs within our brigade..

All levels of leadership in the brigade are constantly looking for ways to better our community.

Capt. Allison Ziants, commander, 65<sup>th</sup> MP Company (Airborne), is one of these leaders. She donates blood regularly at the Fort Bragg Blood Donor Center and is on their call list for when they have a shortage of her blood type. She has O negative, so they call her often.

After the last phone call from the blood donor center, Ziants came up with the idea of having a mobile blood drive in her company area. With the help of the company's senior medic, Sgt. Trisha Severance, a blood drive was coordinated. Ziants also issued another challenge to her company asking the unit to host a food drive, calling for non-perishable items so members who couldn't donate blood could still help the community.

During the blood drive, I heard several say the phrase "Of the Troops, For the Troops," which is the motto of the Military Police Corps. It was fitting because all the blood collected at the blood drive will go directly back to Soldiers here and overseas.

One Soldier had ice packs on his neck and back while having his blood drawn. He said it was because he had passed out before while donating, but he didn't care if he passed out because he knew the blood was going to support his fellow Soldiers and it could save a life.

The blood drive also motivated people who hadn't given before to donate. Spc. Justin Williams said he passed up the chance to donate blood in the past.

"But I feel like it's time to give it a chance," Williams said.



Photos by Zoey Savage/Family member

Sgt. Christopher Severance, left, talks with Staff Sgt. Colton Marlow. while they donate blood during the blood drive hosted by the 65<sup>th</sup> MP Co. (A). The event was held in the unit's supply bay.

He added saying it was a good opportunity and he'll likely donate in the future. At the end of the day, 36 Soldiers had donated blood.

As for the food drive, I had to maneuver through cases of items that lined both sides of a hallway so I could talk with Sgt. 1st Class Carlos Boggs, platoon sergeant for the company.

He said, "Our goal is to provide food for the homeless people in our community, here in Fayetteville."

In the past, units I've been in have done food drives and collected an average of three or four items of food from each Soldier. This was not the case with the MPs. I couldn't believe all the food they collected.

It was over 3,000 pounds, and if you've never seen that much food, it filled up two pick-up truck beds. The food was delivered to a local food bank and will be distributed to shelters throughout our local community.

Ziants encourages other leaders to host events like this. "Helping others helps bring our Soldiers together," she said.



Spc. Justin Williams squeezes a foam ball while donating blood during a blood drive hosted by the 65<sup>th</sup> MP Co. (A). Thirty-six people donated blood during the event.

PARAGLIDE  
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Voices

This week we asked:



What are some healthy lifestyle tips?



"Eat fresh, eat healthy, stay away from the processed foods."  
**Tim Tucker,**  
Commissary produce manager



"Eat plenty of fresh fruits and vegetables. Make sure to thoroughly wash them off first."  
**Sandra Williams,**  
Commissary staff



"Know how to store meat in the refrigerator properly. Also use meat thermometers when grilling meat."  
**Sgt. Herbert Hafalla,**  
Public Health Activity



"Use sunscreen, doesn't matter what kind. It is a very important tool for your skin, especially during the summer."  
**Ayshia Clark,**  
Site coordinator assistant



"Drink plenty of water. If you are going to exercise make sure you do it when it's cool outside."  
**Thomas Richard,**  
Veteran



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  
Cl/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

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**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  
**Subscriptions:** (910) 323-0701  
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# 244TH ARMY BIRTHDAY CAKE CUTTING CEREMONY



Photos by Lewis Perkins/Paraglide

Cutting the U.S. Army's 244th birthday cake at the XVIII Abn. Corps headquarters are left to right, Command Sgt. Maj. Emilio Rivera, HHBN, XVIII Abn. Corps, the oldest Soldier; Maj. Gen. Brian J. McKiernan, deputy commanding general, XVIII Abn. Corps and Fort Bragg; and the youngest Soldier Pvt. Maximilian Stolnik, XVIII Abn. Corps.



## WAMC celebrates Army's birthday with DHA director

By PATRICIA BEAL  
WAMC

Womack Army Medical Center (WAMC) personnel gathered by the Weaver Auditorium to celebrate the U.S. Army's 244th birthday June 14.

Vice Adm. Raquel C. Bono, director, Defense Health Agency, joined WAMC's youngest and oldest Soldiers, Pvt. Erica Mercado and Lt. Col. Brian Thomas respectively, in the traditional cutting of the Army birthday cake. Standing by two additional cakes, were Col. John Melton, commander, WAMC and WAMC's command sergeant major Command Sgt. Maj. Wendell Mullen, who cheered them on.

Melton said about having a Navy admiral cut the cake at the "Army center of the universe" and the crowd of almost 100 chuckled at his joke.

"I've had a lot of Army in my life," said Bono, whose grandfather served in the Army. "It's an honor, and I'm tickled to be here. Army strong!"

The day was full of celebration, as Bono and the WAMC leadership had just returned from the Unified Professional Education Commencement at Fayetteville State University in which she was the guest speaker. Approximately 50 Army officers received different residency degrees.

This was the first Army birthday celebration for



Photo by Patricia Beal/WAMC

WAMC personnel gathered by the Weaver Auditorium to celebrate the U.S. Army's 244th birthday June 14. Vice Adm. Raquel C. Bono, center, director, Defense Health Agency joined WAMC's youngest and oldest Soldiers, Pvt. Erica Mercado, left and Lt. Col. Brian Thomas in the traditional cutting of the Army birthday cake.

Mercado, who is 18 years old and has been in the Army for six months.

"It's an honor to be up there with high-ranking officers," said the North Carolina native who will finish her Advanced Individual Training in the summer and report to Fort Campbell, Kentucky in August as an operating room specialist.

While the ceremony was short and filled with laughter and fun, it was an opportunity to pause and consider the importance of the medical mission.

"So much service has

gone into these 244 years," Melton said. He talked about the words on the DHA logo — "pro cura militis" or "for the care of the Soldier" — and mentioned the recent anniversary of D-Day.

The theme for this year's Army birthday observance was "America's Army: Honoring the Call to Service from D-Day to Today."

Seventeen additional cakes were cut at multiple WAMC facilities and three more were cut at the hospital for the night shift.

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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).

## Announcements

**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.

**Society of American Military Engineers to host luncheon**

The Society of American Military Engineers (SAME) will hold a luncheon and meeting June 25 beginning at 11:30 a.m. The meeting will be held at the Iron Mike Conference Center.

Speakers Buck Fisher and Connie Drake from the International Facility Management Association (IFMA) will educate participants about the association and the certifications available to assist in advancing in the profession. The lunch is a pay-as-you-go buffet.



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People gather on Hay Street during A Dickens Holiday in downtown Fayetteville.



## 82nd Airborne hosts Recruiting Battalion educational tour

**MAJ. RICH FOOTE**  
1ST BCT, 82ND ABN. DIV.

The Minneapolis, Minnesota Recruiting Battalion visited The 307th Brigade Support Battalion (BSB), 1st Brigade Combat Team, 82nd Airborne Division to conduct an educational tour June 7.

The group consisted of 28 educators, including school board members, counselors, state representatives, a mayor and other community leaders from across Minnesota, North and South Dakota and Iowa.

“The main purpose of this visit was to break down the civilian-military disconnect by educating these leaders on what the Army actually is and the educational programs it has to offer,” said Lt. Col. David Foster, commander, Minneapolis Recruiting Battalion. “During this visit, the educators got to meet and speak with paratroopers of the 307th BSB which helped break down some of the biases the educators might have had prior.”

The community leaders got to witness first-hand the day-to-day activities of paratroopers in the 307th BSB. They rendered salute to the colors with the Soldiers before fitness activities at 6:30 a.m., toured the living quarters during room inspections and ate breakfast with them at the brigade’s dining facility.

The group also toured the brigade’s Supply

Support Activity facility (SSA). There, they got to see how an SSA stores and issues supplies to the brigade.

Warrant Officer Shaun McKoy, accountability officer for the 1st BCT SSA, informed the leaders that 21 paratroopers currently run the facility and their ability to fill orders rapidly has earned them the title of the number one SSA within Forces Command. They are waiting to hear if they have won best SSA in the Army.

After a full day of activities, the leaders said they were impressed with how the Army trains and ensures civilian education is available to all paratroopers in this diverse community.

“Despite how demanding and challenging the day-to-day life of a paratrooper is, they are still able to further their education through on-base college classes,” said Ambrose R. Russel, founder and chairman of The Inner Hero organization in Minneapolis.

Master Sgt. Yadriana Kavitz, support operations NCO in-charge of the 307th BSB, said one thing the educators should take away is how well-structured the BCT is.

“It ensures Soldiers meet all military and civilian educational needs, but more importantly it ensures they take care of their Families while they’re wearing this uniform,” Kavitz said.



Photos by Sgt. Solomon Abanda/1st BCT, 82nd Abn. Div. PAO

The Minneapolis Recruiting Bn. visited The 307th BSB, 1st BCT, 82nd Abn. Div. to conduct an educational tour June 7. The group consisted of 28 educators, including school board members, counselors, state representatives, a mayor and other community leaders from across Minnesota, North Dakota, South Dakota and Iowa. Here, the education leaders are standing on Devil Field next to a sculpture representing all the units of the 1st BCT.



Warrant Officer Shaun McKoy, the accountability officer for 1st BCT Supply Support Activity facility (SSA), leads a tour of the SSA.



After physical training and a barracks tour, the education leaders eat breakfast with paratroopers in the brigade dining facility.

## U.S. Army Special Operations Command hosts Capabilities Exercise

**JELIA HEPNER**  
PARAGLIDE

The U.S. Army Special Operations Command (USASOC) hosted a Capabilities Exercise (CAPEX) June 10 through 13. An estimated 300 guests were able to learn and experience some of the capabilities of Army Special Operations Forces (ARSOF) during this event.

“This is an annual event; we invite community partners such as community members, friends and Families for an opportunity to get up close to special operations,” said Capt. Veronica Aguila, public affairs officer, USA-SOC. “They get a deeper insight and can ask questions about their life, equipment, training and missions.”

Each day during the exercise, a group of 60 people ranging from educational representatives to businesses representatives were able to see the Black Daggers perform, visit the USASOC Memorial Plaza, Fallen Soldier Memorial Wall and observe various equipment demonstrations on the range.

“I think this is a great opportunity for the community and civilians to see what our Soldiers do every day,” said Billy West, Cumberland County district attorney. “To see how the ARSOF works, their training and why they are the best in the world at what they do.”

Participants went to range 37, where they rotated between four stations. The stations included a sniper range and demonstration, react to contact,

close-quarter battle demonstration, static displays from the 75th Ranger Regiment and the various ARSOF specialties including Special Forces, psychological operations, civil affairs and some lesser-known specialties from the 528th Sustainment Brigade (Airborne).

“This is my first time to an event like this,” said Kellie McCorvey, risk manager for Wells Fargo. “I am so impressed with this event, their professionalism. This event is just amazing.”

After lunch, the group moved to another range where the 160th Special Operations Aviation Regiment and 75th Ranger Regt. performed an assault demonstration, which concluded the activities.



Photos By Lewis Perkins/Paraglide

The USASOC Capabilities Exercise (CAPEX) took place June 10 through 13. An estimated 300 guests were able to experience some of the capabilities of Army Special Operations Forces. Included in the exercise was observing the Black Daggers perform, visiting the USASOC Memorial Plaza, Fallen Soldier Memorial Wall and seeing various equipment demonstrations on the range.



**Above:** Guests had the opportunity to participate in the sniper range during the CAPEX exercise.

**Below:** Shell cases land on the ground after each participant took turns firing various weapons during the training event.





# Army announces Expert Soldier Badge

## TRADOC

In conjunction with the U.S. Army’s 244th Birthday, the Army announced a new proficiency badge June 14, called the Expert Soldier Badge (ESB).

The ESB is designed to improve lethality, recognize excellence in Soldier combat skills and increase individual, unit and overall Army readiness. The ESB is the equivalent of the Expert Infantry Badge (EIB) and Expert Field Medical Badge (EFMB), but for all other military occupational specialties in the Army.

Commanders will soon be able to use the badge to recognize Soldiers who attain excellence in physical fitness, marksmanship, a high standard of expertise in land navigation and performing warfighting tasks.

“The ESB will be an important component of increasing Soldier lethality and overall readiness to help achieve the vision for the Army of 2028,” said Sgt. Maj. of the Army Daniel A. Dailey. “The EIB and EFMB have supported the infantry and medical fields with distinction, ensuring their Soldiers maintain critical skills, while recognizing the very best among them. The ESB will achieve the same for the rest of the Army.”

The Army will implement the ESB in early fiscal year 2020, with the standards and regulations to be finalized by September 2019. Earning the badge will test a Soldier’s proficiency in physical fitness, marksmanship, land navigation and other critical skills demonstrating a mastery of the art of soldiering.

The ESB training and testing will be challenging, mission-focused and conducted under realistic conditions.

Those in the infantry, special forces, and medical career management fields are not eligible for the ESB.

“Like the EIB and EFMB, the ESB test will be a superb venue for individual training in units and the badge will recognize a Soldier’s mastery,” said Gen. Stephen J. Townsend, commanding general, U.S. Army Training and Doctrine Command (TRADOC). “And it will be just as tough to earn as the EIB and EFMB because the Soldier will have to demonstrate fitness, weapons proficiency, navigation and warrior task skill at the expert level.”

Standards for the ESB are still being refined, but they will not be adjusted for age, gender or any other criteria. The test will share about 80 percent of the same warrior tasks as the EIB and EFMB, and is designed so it can be administered alongside and together with them.

Brigade commanders will decide if and when to schedule the test so it best fits their training schedules.

Under the ESB test processes, Soldiers will demonstrate mastery of individual skills through different evaluations over a five-day period. The standards for the ESB places candidates under varying degrees of stress testing their physical and mental abilities as they execute critical tasks to an established set of standards.

To qualify to take the ESB test, Soldiers must pass the Army Combat Fitness Test (ACFT), qualify as expert on the M4 or M16 rifle and be recommended by their chain of command.

The test itself consists of another ACFT, day and night land navigation, individual testing stations, and culminates with a 12-mile foot march.

ESB test stations include warrior tasks laid out in the ESB regulation and may also include five additional tasks selected by the brigade commander from the unit’s mission essential task list. Example tasks include:

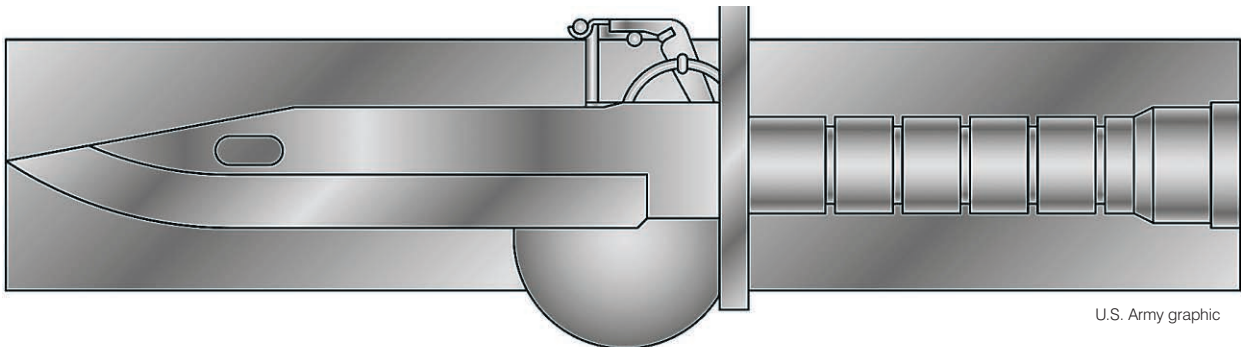
- React to an improvised explosive device attack
- Construct individual fighting positions
- Search an individual in a tactical environment
- Employ progressive levels of individual force
- Mark Chemical Biological Radiological Nuclear -contaminated areas

Each ESB task will be evaluated on a “go” or “no-go” basis. Pass rates during the ESB pilot testing were similar to that of the EIB and EFMB.

“We worked tirelessly on the ESB to ensure we got it right,” said Command Sgt. Maj. Edward W. Mitchell, Center for Initial Military Training Command. “We wanted to provide commanders the opportunity to recognize their top Soldiers who have met the highest standard of performance in physical fitness, warfighting tasks and readiness.”

Command Sgt. Maj. Timothy A. Guden, TRADOC command sergeant major said this is not a badge to award so that the entire Army now has an “expert” badge to wear.

“As it is now, not every infantryman or special forces Soldier earns the EIB and not every medic earns the EFMB,” Guden said. “Keeping with the same mindset, this is a badge to award to those who truly deserve recognition as an expert in their career field; for those who have achieved a high level of competence and excellence in their profession.”



U.S. Army graphic

## NCO instructor spotlight: Staff Sgt. Francisco Castellanos

By SPC. ADAM MANTERNACH  
22ND MPAD



Photo by Staff Sgt. Courtney Smith/ 22n MPAD  
Staff Sgt. Francisco Castellanos, a BLC instructor, XVIII Abn. Corps and Fort Bragg NCOA.

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

*Facilitating and encouraging students to do peer-to-peer learning. I encourage Soldiers to have discussions and share their experiences with each other while looking at the regulations and references.*

**What is the most vital lesson you enjoy teaching young NCOs?**

*I enjoy teaching and sharing my experiences with counselings as a paralegal specialist. Using basic written communication is important for both young NCOs and their future Soldier’s development.*

**Does your time as an instructor stop here?**

*As long as I wear the Basic Instructor Badge, I’ll be asked about it. Teaching and coaching Soldiers about professional development is something an NCO should do and I plan to keep doing it. The teaching won’t stop here.*

**What is the most fulfilling part about being an instructor?**

*Watching Soldiers grow as leaders. Students take initiative, dig into field manuals, watch demos and put in time to learn and teach from their peers to complete tasks to the standard.*

**Why did you become an instructor?**

*I’ve always had a passion to teach Soldiers, and the NCOA was an opportunity to teach, coach, and mentor them across the Army.*

## From the Archives



U.S. Marine Corps (USMC) personnel with the 10th Marines, 2nd Marine Div., fire a 96-pound 155mm artillery round from an M198 towed Howitzer, during Exercise Rolling Thunder Oct. 18, 2003.



Cpl. Turner, with the 10th Marines, 2nd Marine Div., fires a round during Exercise Rolling Thunder Oct. 11, 2003.

Photos contributed by catalog archives.gov



# Brothers serve together in Special Forces

## Carrying on generations of service

By Capt. Richard Dickson  
3rd Special Forces Group

Family members serving simultaneously in the military is rare, but even more uncommon is two siblings serving together in the same active-duty unit. In 3rd Special Forces Group (SFG), this rarity has become a reality.

Two brothers, Capts. Robert and Nicholas Molinelli, have served together in the unit since June 2018. Robert is the deputy judge advocate and Nicholas is a medical logistics officer. They serve in the same company, an element of about 150 Soldiers.

This is not the first time that siblings have served in the same unit or even in 3rd SFG. Two brothers, both Green Berets, served together during the 2000s and another set serve together now within the unit. However, it is still extremely uncommon within active-duty units.

By contrast, there are thousands of dual-military married couples in the U.S. Army. While many married couples are at the same duty station, a vast number of them are not in the same unit. This underscores the uniqueness of the brothers' situation and the opportunity that serving in Special Forces units brings to service members to be able to serve with Family members.



Capt. Robert Molinelli (left) Nicholas Molinelli (center) and Matthew Molinelli, a computer data scientist, take a photo in Omaha, Nebraska, in 2015 after a wedding. The Molinelli brothers continue to carry the Family's military legacy.

"You read these stories about how brothers used to be in the same unit, and now it doesn't happen anymore, so it's a little surreal sitting across from him in meetings, or standing next to him in formation," Robert said.

Robert is the older of the two brothers, both of whom attended high school at Papillion-La Vista High School in Papillion, Nebraska.

In 2010, he graduated from the University of Nebraska with a Bachelor of Arts in political science. He went on to Lewis and Clark Law School in Portland, Oregon and received his Juris Doctorate in 2013. He originally went to law school to practice environmental law, but after a military internship, he decided to enter the U.S. Army Reserves. He commissioned into active-duty service in 2015.

Nicholas left Nebraska following high school and graduated from Colorado State University in 2014 with a degree in psychology. He has always had an interest in serving in the military. Upon graduation, he immediately commissioned into the Army as a second lieutenant in the Medical Service Corps.

"I wanted to get some real leadership experience and travel," Nicholas Molinelli said. "I enjoyed growing up in a military household and wanted to serve."

That household has an illustrious history of service from a lineage of patriotic men who dedicated their careers to serving the nation. Their great-great-grandfather served in the Spanish-American War. Their grandfather, retired Maj. Gen. Robert Molinelli, was an armor officer and eventually became the Director of Army Aviation prior to the creation of the aviation branch. He served two tours of duty in Vietnam, and earned two Silver Stars and two Purple Heart awards.

Their father, retired Col. David Molinelli, was an aviator who started his career flying AH-1 Cobra helicopters and concluded it flying AH-64 Apaches.

"I only intended to serve for four years, but I had a great tour with the 2nd Armored Cavalry Regiment and ended up serving 25 years," David said. "One of the highlights of my early career was flying the East German and Czech (Republic)



Capt. Nicholas Molinelli, left; retired Col. David Molinelli, second from left; Capt. Robert Molinelli, second from right; and Matthew Molinelli pose for a photo at Fort Campbell, Kentucky in 1996. The Molinelli Family has a long history of military service.

border in a Cobra with my dad."

He knows how lucky his sons are to be serving together and is happy for them both personally and professionally. He cherishes the moments he had to serve alongside his father and hopes for the same types of experiences for his sons.

"I think it has been a great experience for Rob and Nick to serve in the same unit. This unique opportunity to serve together professionally has enhanced their relationship as brothers and brought our Family even closer," he said.

For Robert, it is a situation he also treasures and is grateful for the opportunity. As a new father himself, he also knows there's always the possibility of another generation of service ahead.

"I would be proud if he chose that path," he said, when asked how he would feel about his son following in his footsteps. "It's an honorable profession, something he could be proud of too."

The leaders of 3rd SFG also put a strong emphasis on Family. Family Readiness

Groups and other volunteers are liaisons to the unit for information and activities. The unit has multiple Family days throughout the year that help introduce Families to one another, build unit cohesion and grow the support network for spouses, children, parents and siblings of Soldiers.

This commitment to Families is also why the Army observes April as the Month of the Military Child and November as Military Family Month. The 3rd SFG also observes training holidays around other Family-related holidays such as Father's Day and Mother's Day, which allows Soldiers extra time off work to spend with loved ones.

For the Molinellis, getting to spend time with a loved one is an everyday blessing.

"I think the coolest thing about being in the same company is whenever we're together, it's a physical reminder that the Army is a Family business in a lot of ways," Robert said.

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Capt. Shelia Jenkins comforts her daughter, Khadyajah, 7,  
while holding the hand of her husband, Chief Warrant Officer  
Claude Jenkins, as departs on a bus to his flight to Iraq.



## Healthy Lifestyle Festival

### It's your choice. Make it healthy!



Photos by Jelia Hagner/Paraglide

Fort Bragg South Commissary hosted its annual Healthy Lifestyle event June 14, which included a dog show, fitness demonstration, watermelon contest and a case lot sale. Customers were able to get health information from programs including Army Community Service, Public Health and the American Red Cross. The purpose of this event was for participants to learn healthy ways of eating and living.

## Scholarships for Military Children

### Fort Bragg South awards 2019 winners

By DECA  
FORT BRAGG SOUTH

The Defense Commissary Agency (DeCA) established Scholarships for Military Children in 2001 to demonstrate its commitment to community involvement.

Paula Lewis, store director for Fort Bragg South, announced and awarded the winners for the 2019 Scholarships for Military Children Program in a ceremony held Wednesday at the Fort Bragg South Post Commissary.

#### They winners are:

- Madalynn C. Beadell
- Joseph D. Giusto Jr.
- Abby R. Heitkamp
- Haley M. Kissell
- Shea T. Middleton
- Charles W. Sewell
- Hannah P. Tatman

Each scholarship recipient received a \$2,000 scholarship to apply toward tuition at a four-year school they will attend in the fall as a freshman, sophomore, junior or senior.

Scholarships were open to qualified sons and daughters of U.S. military ID card holders to include active duty, retirees and National Guard/Reserve who are graduating high school seniors or are enrolled in a four-year program.

The Scholarships for Military Children Program complements many other scholarship programs supported through commissary

promotions, the military community and associations and local vendors at commissaries.

Details about eligibility or the application process can be found at the Military Scholar website <http://www.militaryscholar.org> or through a link on <http://www.commissaries.com>.



Photos by Genevieve Story/Paraglide

Hannah P. Tatman, left, and Abby R. Heitkamp, work together to cut the ceremonial cake, donated by the South Post Commissary, in honor of the scholarship winners.



Recipients of the 2019 Scholarships for Military Children, Abby R. Heitkamp, left, and Hannah P. Tatman, display their flowers and certificates of achievement. The ceremony was held at the South Post Commissary, Wednesday.







# 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., 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 a.m. 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, Division Memorial \*(Catholic)  
Sun. 6:30 p.m. middle/high school, 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, Bowley Elementary\*  
Tues. 6:30 p.m. Navigator Bible Study, JFK Chapel  
Tues. 6:30 p.m. LDS Study, All American Chapel  
Tues. 6:30 p.m. Navigator Bible Study, Airborne Artillery Chapel  
Wed. 9 a.m. Women's Bible Study, All American Chapel (Spanish)  
Thurs. 3 p.m. Good News Club, Shughart Elementary\*

Fri. 7 p.m. Men's Bible Study, 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

## Do you suffer from persistent shin pain? If so, we want you!

Courtesy photo

By WAMC  
PAO

Scientists at Womack Army Medical Center, U. S. Army Research Laboratory and the U. S. Army Research Institute of Environmental Medicine are conducting a research study that seeks to speed up the recovery process of tibia (shin) stress fractures. Readiness remains the Army's number one priority. Stress fractures are a common injury that may take many months for service members to heal from. They are testing two rehabilitation programs to determine their effectiveness in reducing healing time and returning service members back to duty. Once enrolled, the prescribed rehabilitation program and meeting with a research coordinator is to ensure safe progression is followed throughout the process. In order to be eligible for this study, you will need to be an active-duty service member between the ages of 18 and 50, currently receiving care at Fort Bragg and not scheduled to deploy or move for a permanent change of station within six months. You will be able to see your primary care manager or physical therapist while in the study. If you are motivated to get well and back to full duty, this is your study! Interested service members can contact Elizabeth Rivas at (910) 643-1922 or email at [stressfracturestudy1@gmail.com](mailto:stressfracturestudy1@gmail.com). Compensation is available. This is a Reginal Health Command-Atlantic, Institutional Review Board approved study.

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DOWNTOWN SUMMER NIGHTS CONCERT - THE LEGACY MOTOWN REVIEW & AUTUMN NICHOLAS  
JUNE 20TH  
9TH ANNUAL CARIBBEAN HERITAGE FESTIVAL @ FESTIVAL PARK  
JUNE 22ND  
DOWNTOWN SUMMER NIGHT CONCERT - EMBERS & GUY UNGER BAND  
JUNE 27TH  
FAYETTEVILLE FOURTH FRIDAY - LOVE LOCAL!  
JUNE 28TH  
PRIDE FEST @ FESTIVAL PARK  
JUNE 29TH  
For our full calendar of Downtown events, visit our Facebook page: [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!

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## Swimmer's recipe, just add water

### Fort Bragg Swimming takes youth, masters programs to the next level



Photos by Genevieve Story/Paraglide

Youth athletes of the Fighting Fish Swim Team perform warm up drills with their kickboards and focus on technique, flexibility and endurance during their practice at the Twin Lions outdoor swimming pool, Monday. This USA Swimming age-group team was organized to provide military youth with comprehensive and competitive swim programs supporting a diverse range of ability.



**Above:** Competitive strokes such as freestyle, butterfly, breaststroke and backstroke are performed by adult swimmers during practice at Twin Lions outdoor swimming pool, as these athletes learn how to become faster and more efficient in the water. **Below:** Members of the Fort Bragg Masters Swim program swim laps in the six lane, outdoor swimming pool, Monday. Swimmers commit to early mornings in the water to master their skills.



By GENEVIEVE STORY  
PARAGLIDE

Fort Bragg Swimming, driven by its mission, is to foster the development of quality, well-rounded athletes both in and out of the pool. With a renewed vision and logo, the swim program is primed for its continued forward momentum.

Operated by the Directorate of Family and Morale, Welfare and Recreation (FMWR), the Aquatics Department's American Swim Coaches Association (ASCA) certified swim coaches and administrative staff support daily operations of five swimming pools on post. They facilitate recreational and competitive opportunities for the military community. Available throughout the year to DOD ID card holders and their guests, ages 5 years and older, swimming programs such as the Fort Bragg Fighting Fish Swim Team and Masters swim program encourage a diverse group of swimmers to challenge themselves and support one another.

"Swimming is a really great sport, it is enduring all through your life," said Aliza Lawson, head coach of the Fighting Fish Swim Team. "Many of the kids who participate are very focused, swimming twice a day. It teaches them responsibility and time management. The attitude that is required for swimming tends to attract kids who become successful student-athletes."

Formed in 2010, the Fort Bragg Fighting Fish Swim Team was designed as a USA Swimming age-group team, organized to provide military youth with comprehensive and competitive swim programs supporting a diverse range of ability.

Open to all youth swimmers ages 5 years and older, the progressive program is structured to provide challenge and is committed to a positive training environment at every stage, focusing on technique, flexibility, safety and good sportsmanship. Participants are coached on competitive strokes such as the butterfly, backstroke, breaststroke and freestyle. Turns, starts and basic rules for competitive excellence are also emphasized.

Divided into several training groups based on physical, mental and emotional maturity; age; stroke proficiency; aerobic conditioning, and commitment, the team of approximately 50 swimmers in total competes in swim meets locally and out-of-state.

Elise Shank, assistant aquatics program manager and head coach of the Fort Bragg Masters Swim program, describes the adult swimming program as an ideal means for both fitness and competitive preparedness.

The Fort Bragg Masters program was designed to cater to a diverse and driven population of active-duty, competitive, triathlete and fitness swimmers, with a common

goal to promote strength and injury prevention, longevity in sport and grow a following for the on-post swim community.

"The Masters swim program is comprised of active-duty Soldiers, with approximately 70 percent competing in triathlons," Shank said. "Some are beginners, some swam in college, some are returning after a long lapse. We try to make the program as inclusive as possible, continuing to build it up into both social and fitness opportunities. We have been having a lot of fun developing and growing the teams."

Open to adults, ages 18 years and older, every practice has a certified U.S. Masters Swimming coach supervising and participation requires a U.S. Masters Swimming membership or USA Triathlon membership. Masters team members compete both in state under the Fort Bragg Masters program and out-of-state under the umbrella of North Carolina.

Shank described Soldiers' motivation to swim in preparation for service competitions such as dive school.

"I have had many swimmers trying to up their fitness for competitions," she said. "Soldiers start out fighting in their swim, and they eventually become relaxed and at ease in their stroke. We just had four men who trained and qualified for dive school and they were ranked the top four in their school."

Supported by two assistant coaches, Logan Boyce and Haley Hilliard, the youth and masters programs' coaching staff offer morning and evening practice times during the summer season, Monday through Friday, at Twin Lions outdoor and Tolson indoor pools.

With one of the only 50-meter swimming pools within a 60-mile radius of Fort Bragg, Twin Lions long course pool offers swimmers an advantage against other competitors to build on their endurance. Workouts such as "open water Wednesday" and "fun Friday" work off a weekly schedule and vary for both youth and adults. They are always consistent with warm-up sets, drills, techniques and balance sprints and distance.

Swim clinics are also organized monthly on Saturday mornings to keep swimmers abreast of the latest tools and techniques, help them harness their skills and grant athletes an opportunity to connect with other like-minded individuals in their community.

"We like to include the skilled youth in adult classes sometimes," Hilliard said. "When the kids start to out-swim the adults, and kick them in the butt, it really gets them fired up to swim even stronger. It is a chance to compete but it also really challenges swimmers to be their best."

For more information on the Fort Bragg Swimming teams and programs, please visit <https://bragg.armymwr.com/programs/aquatics> or call (910) 643-8533.

## Soldiers, Sailors give back in Southern Pines

By FORSCOM

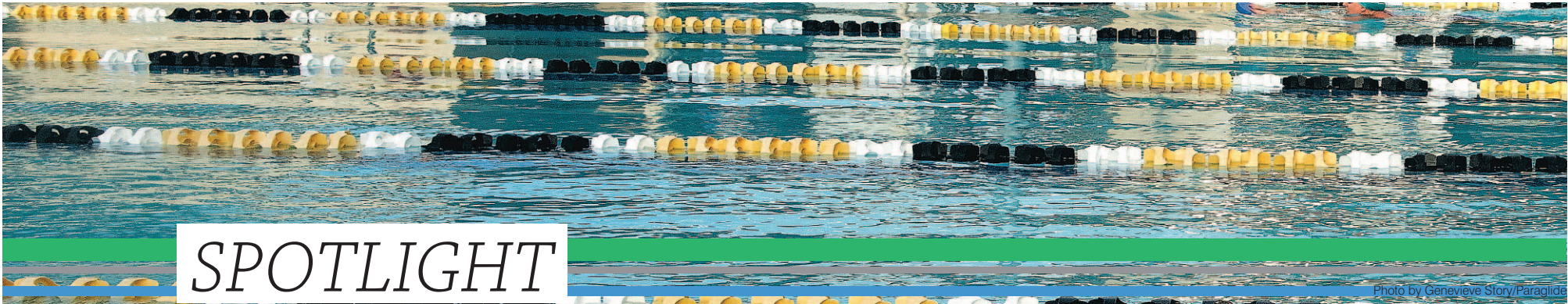
Soldiers and Sailors stationed at Fort Bragg have partnered with Southern Pines residents to enhance Moore County youth athletics. Off duty military, Family members

and civilians promote sportsmanship, instruct the fundamentals of baseball and promote teamwork. Tee ball offers positive social interactions between military and residents within Moore County. Additional youth athletics and volunteer opportunities are available on: <https://southernpines.net/169/Athletics---Youth>



Courtesy Photo





# Building a tradition, one stroke at a time

By GENEVIEVE STORY  
PARAGLIDE

Fully immersed in the swim community and culture, Elise Shank and Aliza Lawson are in sync with their vision for the Family and Morale, Welfare and Recreation (FMWR) Aquatics program.

“This program is important to us,” said Aliza Lawson, head coach for the Fighting Fish Swim Team. “Our focus has always been on the athletes and making them better.”

At age 6, Lawson progressed in both years and experience from an athlete to a coach. Growing up as a military child, she saw the value in giving back to the community in her sport. Lawson started teaching swim lessons at the age of 12 while living in Germany with her Family. Due to her father’s change of station, Lawson moved to Fort Bragg and attended Methodist University where she began her work on-post as a USA Swimming and Americas Swimming Coaches Association (ASCA) certified assistant coach for the youth team program in 2012.

After a hiatus and a shift in leadership, the team returned in 2015 with Lawson as the newly implemented head coach. She recognized the team as an asset to the community and the importance of

breathing new life to the sport on post.

“In recent years, swimming has become much more popular,” Lawson said. “When I moved here in middle school, we came from a place that had lots of swimming. When we arrived on Bragg, there was literally nothing. There was a summer league, but that did not swim year round. There was a need to seek private coaches to progress in the sport. Now there are two teams in the area and a growing community here on Bragg.”

Elise Shank, discovered the water at a very young age and grew up with a mother driven in a career as a swim coach and instructor. Shank is the assistant aquatics program manager and head coach for the Masters swim program.

“I started swimming competitively in middle school, when my Family and I lived in Virginia,” Shank said. “Virginia is a swimming hub and that is what really got me into the competitive spirit.”

Moving to North Carolina in 2010 for her father’s change of station, Shank began swimming with the youth swim team on post as she continued through her high school years. Shank received a degree in recreational management from the University of North Carolina Wilmington, and chose a career around recreation with a focus on aquatics. As a level III USA Masters Swimming coach, Shank has taken charge of team programming,

administration, swim meet scheduling, practice scheduling, writing workouts and outreach. Revisiting the realm of competition in her senior year in college, Shank currently competes in the masters circuit.

Both certified Red Cross Water Safety Instructor Trainers, this leadership balances their everyday duties as coaches and assistant program manager to oversee facilities and staff development.

“The best part of my job is when you see a kid that has been struggling or intimidated and then completes a stroke or technique properly, and they know it and are so excited,” Lawson said. “Or when you go to a swim meet and see a child succeed, watching them get faster and see that they are really loving it — that is so satisfying.”

Shank expressed similar sentiments, and the rewarding feeling of witnessing adults growing into their ability, swimming comfortably and enjoying the sport.

With a shared desire to make a difference, Shank and Lawson’s objective is to continue to serve Soldiers and their Families.

“Knowing that our swim program is directly contributing to the Soldiers’ success, in their military career and general well-being, is overwhelming and the best,” Shank said. “We are a program that is growing and is here to stay.”



Aliza Lawson, left, head coach for the Fighting Fish Swim Team, and Elise Shank, assistant aquatics program manager and head coach for the Masters swim program, have worked together as leaders for years, sharing a vision for the future of the Family and Morale, Welfare and Recreation (FMWR) Aquatics program. FMWR and Fort Bragg Swimming offer two programs to military Families and active duty service members, the Fighting Fish Swim Team for youth and Masters swim program for adults.



## Runners Corner

### The Color Run Fayetteville:

**Saturday**, 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 are 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, and brings entertainment such as music and cultural dancers in the city of Fayetteville, Cool Spring Downtown District. Race 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&ltclid=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?ltcmp=254301&ltclid=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://runsignup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?aft\\_token=vkmdwDmweQ4iCYn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?aft_token=vkmdwDmweQ4iCYn8otSOOnKQ3vCO8buOw) 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.

### 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.

### Kickboxing:

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

### Prenatal Yoga:

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

### Personal Training:

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

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

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

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

For more information or to sign up for 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.



## Deadlines

Office Hours: Monday through Friday 8 a.m. to 5 p.m.

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