

I'd love to come see everyone. I can't wait. It's going to be a good time for a lot of Families.

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do hereby adopt this Constitution for the United States of America.

“For ourselves, let the annual return of this day forever refresh our recollections of these rights, and an undiminished devotion to them.” — Thomas Jefferson



*Charles W. Albertson*  
Charles W. Albertson *AFW!*  
Command Sergeant Major, U.S. Army  
Command Sergeant Major

Life, Liberty, and the Pursuit of Happiness — these inalienable rights are an ingrained part of our national identity and have remained a part of our birthright for the last 243 years. The blanket of freedom from which we take refuge was purchased by the blood, sweat and tears of our Patriot ancestors.

Under insurmountable odds and from humble beginnings, our forefathers threw off the mantle of British subjugation to change the course of our nation’s history. Many gave their last full measure of devotion to safeguard our ideals, principles and values. Some heroes of the Revolutionary War came from unexpected places.

The military prowess of the Marquis de Lafayette, coupled with the lethal maneuvering of the French Naval Fleet and generous funding of the Continental Congress by the French government, guaranteed victory for the Colonials at the decisive battle of Yorktown.

Fayetteville, North Carolina, home of the XVIII Airborne Corps, is named in special tribute to Lafayette and memorializes his valor, loyalty and commitment to the American Cause.

Many of our XVIII Airborne Corps Warriors are deployed and following in the footsteps of those who came before — operating on the remote frontiers of freedom and prepared to seek justice for the oppressed citizens of the world. Our Soldiers are always postured to close with, engage and destroy the enemy with speed, surprise and violence of action. We are America’s Contingency Force.

We have at our fingertips the most powerful weapon against our adversaries: the might of our fighting forces, the strength of our Families and our indomitable American Spirit.

My sincerest gratitude to you and your Families for what you do each and every day in support of the mission and your Country. Thank you and God Bless.



*Paul J. LaCamera*  
Paul J. LaCamera  
Lieutenant General, U.S. Army  
Commanding General  
*XVIII Airborne, the 7th Way!*

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**Fort Bragg  
Voices**



“It’s that place where you connect to something that reassures you that despite everything else going on around you, you are still connected to something bigger than you. As a result, it makes the cacophony of life fade because you are connected to the lineage of something.”

**Rev. Clark Remsburg,**  
Longstreet Church descendant

What do you find special about  
Longstreet Church?



“I love coming to the cemetery and looking for ancestors. I’m a member of the Daughters of the Revolution, so all of this is interesting to me.”

**Lib Wilson,**  
Longstreet Church descendant



“I think it’s the connection to the past.”

**Richard Alligood,**  
Longstreet Church descendant



“I like the history behind it. It’s nice they have a gathering once a year.”

**Ronald Currie,**  
Longstreet Church descendant



“I love seeing all of my cousins. Our family made a point of keeping up with our cousins.”

**Scott McFadyen Anderson,**  
Longstreet Church descendant

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**PARAGLIDE**

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Former platoon members congratulate Staff Sgt. David Bellavia after he received the Medal of Honor at the White House, June 25.

Without hesitation, Bellavia charged toward the enemy rounds, spraying bullets at the insurgents, and in turn allowing his wounded teammates to evacuate the house.

“The wall was ripped to shreds,” Trump said. “David knew they had to get out. He just took over. He leapt into the torrent of bullets without even thinking. He provided suppressive fire, while his men evacuated, rescuing his entire squad at the risk of his own life. Only when his men were all out did David exit the building.”

Bellavia wasn’t done as the staff sergeant once again placed himself in harm’s way. As insurgents from the rooftop continued firing, a Bradley fighting vehicle could only force the enemy back into the house.

The New York native decided then to summon his courage and re-enter the house to drive out the enemies to his waiting gunners. He first cut down an insurgent who had a rocket-propelled grenade launcher and then he killed two more assailants hiding in the house.

Bellavia defeated a fourth after engaging in hand-to-hand combat; eventually stabbing the insurgent in the neck. Finally, he

mortally wounded a fifth attacker, who fell from the rooftop and attacked him on the balcony.

“Knowing that he would face almost certain death, David decided to go inside the house and make sure not a single terrorist escaped alive,” Trump said.

After placing the Medal on Bellavia’s shoulders, Trump honored the fallen members of the unit: Sgt. Maj. Steven Faulkenburg, the task’s force’s father figure, died from small arms fire; Bellavia’s company commander, Capt. Sean Sims and 1st Lt. Ed Iwan, who succumbed to enemy fire in the days after the Nov. 10 battle. Deceased platoon members Sgt. J.C. Matteson and Sgt. Scott Lawson, who were in the house when Bellavia re-entered, also received recognition.

“Our entire nation expresses our love, loyalty and everlasting gratitude,” Trump said to the Families of the late Soldiers who sat in attendance.

Retired Sgt. 1st Class Gustavo Reina, who recruited Bellavia into the Army, said he saw Bellavia’s potential as a leader when he joined the service in 1999.

“I was incredibly proud of his actions

because he helped save American lives,” Reina said. “He became the man that he knew and I knew he could become.”

Bellavia served as a recruiter alongside Reina at the Buffalo recruiting station during a special duty assignment.

Reina praised Bellavia for his continued work with veterans. After leaving the Army, Bellavia founded Vets for Freedom, a political advocacy group consisting of former Iraq and Afghan war veterans.

“I want to thank my Army for giving me purpose and meaning and direction,” said Bellavia to the media following the ceremony. “It’s an absolute honor to serve in the U.S. military and serve with those fine men that you saw on that stage today.”

# Virtual program adds ‘elite’ dimensions to SHARP training

By **JOE LACDAN**  
ARMY.MIL

LOS ANGELES — While training students for the Army’s Sexual Harassment/Assault Response and Prevention (SHARP) program, Army leaders found the course didn’t capture all the intricacies of responding to incidents. So they enlisted the help of the Army’s academic research partner, the Institute for Creative Technologies (ICT) at the University of Southern California along with the U.S. Army Soldier Center’s Simulation and Training Technology Center in Orlando, Florida.

Lying in the heart of a growing tech community, ICT researchers developed an interactive training program called Emergent Leader Immersive Training Environment (ELITE). It features 13 scenarios Soldiers could potentially face when dealing with reported incidents.

Students will interact with a simulated member of an Army unit, played by a virtual actor, who had been involved in a simulated incident of sexual harassment or assault.

To successfully complete the course, users must elicit enough correct responses in a given scenario. The course simulates a role-playing game, where users can unlock elements of the course by reacting in the correct way. Missed concepts and practice lessons users didn’t get right during their first time can be reviewed.

After interfacing with the program, the Army reported a 40 percent increase in knowledge of the course curriculum at the SHARP Academy at Fort Leavenworth, Kansas.

“What we’ve noticed is that people respond more freely and openly when there is actually just a virtual human or avatar as opposed to another person,” said David Cobbins, ICT project manager. “So they’re going to actually act differently based on who they’re talking to.”

The programs currently are available to download for Soldiers and civilians with a common access card at the MilGaming web portal: <https://milgaming.army.mil>.

ICT researchers worked closely with members of the SHARP Academy to help develop the training materials and also used service field manuals for reference. The ICT staff penned the scripts for each of the training sessions and hired voice actors from a local Los Angeles production studio.

Cobbins, a former Army medic who completed his master’s degree in fine arts and writes for film and television, said knowledge of the Army helped make the creative process easier.

“We know how Soldiers talk,” he said. “From that we were easily able to develop stuff that the Army understood.”

The programmers took the template of a Navy virtual program and developed it into an interactive counseling version for SHARP counselors. Each variation of the training has been broken into

three phases: instruction, practice environment and after-action review, where users get quizzed on scenarios.

Researchers designed one variation of the training, the SHARP team trainer, for senior NCOs and commanders. The program evaluates leaders on how they respond to incidents of sexual assault or harassment within their units.

They also designed another variation for U.S. Military Academy cadets and a third for junior enlisted Soldiers. Instructors currently use the training at the SHARP Academy to train victim advocates (VA) and sexual assault response coordinators (SARC).

The training will eventually become a standard throughout the Army, said David Nelson, ICT creative director of mixed reality research.

Training programs using similar technology have been used to train more than 1,200 Soldiers at the Maneuver Center of Excellence in Fort Benning, Georgia since 2012. It will also give Soldiers a more accurate depiction of a real-life counseling session with a victim or potential offender within a unit.

“Right now what the Army is doing is role playing, role playing with other Soldiers they know,” Nelson said. “So (SHARP students) are not going to respond the same way to a real victim or somebody they think is a victim.”

ICT researchers have begun the next virtual training project called the Digital Interactive Victim Intake Simulation (DIVIS), a program designed to train SARCs



Courtesy photos

Programmers at the Institute of Creative Technologies at the University of Southern California have rendered a simulated training environment like the one above to augment SHARP training throughout the Army.

and VAs on how to respond to sexual assault victims. Intake is the process by which a SARC or VA will process information given to them when a victim has reported an incident within the Army.

The simulation will also help train them on how to better respond to victims seeking counseling with the use of real actors. The actors say a series of previously recorded responses designed to accurately react to users the way an actual victim might react.

The responses of students to the actors can then be standardized in order to more accurately evaluate student performance, Nelson said.

Researchers will attempt to develop emotional fidelity by working closely with the academy to accurately portray a victim’s response. Nelson and his team will do informal research studies at the SHARP Academy, where they will conduct informal user



Soldiers can interact with this digital Soldier in a digital interactive program called the Emergent Leader Immersive Training Environment (ELITE). ELITE allows Soldiers to quickly educate themselves on how to respond to incidents of sexual assault and sexual harassment.

studies on how actors can portray empathy, actively listen and respond objectively.

“If I’m playing the part of a sexual assault victim, and I haven’t experienced that and I’m just kind of reading off of a script, you’re not getting the nuances that you might from someone

who really is going through it,” Nelson said. “If it’s actually somebody who’s a victim, they might shut down and not respond to any more of your questions. So if we can provide that level of emotional fidelity with a real actor in a real scenario, that’ll be an improvement as well.”

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Photo by Pfc. Joshua Cowden/22nd MPAD  
Graphic illustration by Bryan K. Reed/Paraglide

## 2019 XVIII Airborne Corps NCO, Soldier of the Year Competition

Staff Sgt. Bijay Bastakoti, 3rd ESC, reacts to a simulated chemical attack during day two of the 2019 XVIII Abn. Corps NCO and Soldier of the Year Competition at Fort Bragg, June 25. The competition places some of the best Soldiers in the Army against each other in a series of mental and physical challenges to determine who will be the XVIII Abn. Corps Soldier and NCO of the Year.

## Best of the best vie for top honors



Photo by Pfc. Nathaniel Gayle/22nd MPAD

A Soldier low crawls under barbed wire during an obstacle course, June 24. The obstacle course was part of the 2019 XVIII Abn. Corps NCO and Soldier of the Year Competition.



Photo by Pfc. Joshua Cowden/22nd MPAD

**Above:** Spc. Joel Boulden, assigned to 10th Mountain Div., Fort Drum, New York radios in a call for fire during day two of the 2019 XVIII Abn. Corps NCO and Soldier of the Year Competition, June 25. The competition places some of the best Soldiers in the Army against each other in a series of mental and physical challenges.

**Right:** Only the best of the best Soldiers across the XVIII Abn. Corps attend the week-long XVIII Abn. Corps NCO and Soldier of the Year Competition held at Fort Bragg. It is an event where Soldiers test their merit and demonstrate their commitment to the Army values while promoting esprit de corps. Twenty-four Soldiers competed and completed an Army Combat Fitness Test, an Air Assault Obstacle Course and several other events to help determine who will be named the XVIII Abn. Corps' NCO and Soldier of the Year. The challenging events marked the first day of the competition and what would follow later in the week.



Photo by Pfc. Nathaniel Gayle/22nd MPAD

# Robotic combat vehicles could change way Army looks, fights



Gen. John Murray, head of Army Futures Command, speaks at the International Armored Vehicles USA conference in Austin, Texas, June 25. Murray discussed how robotic combat vehicles will change the way Army formations look and fight. By fiscal year 2023, critical decisions will be made on robotic combat vehicles.

**By SEAN KIMMONS**  
ARMY NEWS SERVICE

AUSTIN, Texas — Similar to how a boxer with a longer reach finds it easier to hit an opponent, the Army is looking to punch through the standoff defenses of near-peer adversaries.

Army Futures Command (AFC) is behind many of the Army’s efforts to achieve that overmatch, which includes more than 30 projects within its cross-functional teams responsible for tackling modernization priorities.

While speaking at the International Armored Vehicles USA conference June 25, Gen. John Murray, the AFC commander, said robotic combat vehicles is one endeavor that could help Soldiers knock out defenses.

During a Joint Warfighting Assessment in May, Murray observed Soldiers and Marines conduct defensive and attack maneuvers using breacher vehicles with robotic capabilities at Yakima Training Center, Washington.

By fiscal year 2023, he said he expects “critical decisions” to be made on robotic combat vehicles after years of experimentation.

“If there’s one single thing I think that will change fundamentally the way we look and the way we fight, is the possibility of deploying robotic combat vehicles in the future; either completely autonomous or semi-autonomous as wingmen,” Murray said.

This fall, proposals are also due from industry partners on their ideas for the Optionally Manned Fighting Vehicle, which will replace Bradley fighting vehicles starting 2026.

AFC officially stood up last year, Murray said, after the Army missed a generation of modernization while fighting for years in counterinsurgency campaigns.

Representing the most significant Army reorganization effort since 1973, the command was created to prepare for the ongoing waves of changes in warfare.

“The Army fundamentally woke up and realized that we have missed the wave,”

he said. “They were crashing on the shore and we were about chest deep in water.”

China and Russia, he said, took note of how the Army waged war and developed anti-access/area denial capabilities to separate Army units and their partners on the battlefield.

“Where we have been is no longer good enough,” said Maj. Gen. Gary Brito, head of the Army Maneuver Center of Excellence in Fort Benning, Georgia. “The operational environment, threat and technology are driving us to change.”

Today’s potential adversaries, Brito said, have expanded the battlefield in four ways: time, domains, geography and non-traditional actors.

While less kinetic, the space, electronic warfare and cyber activities the Army is still using are still effective, he said.

The Army’s new multi-domain operations concept, which leaders said could start becoming doctrine in the next year or two, is finding ways to defeat those capabilities.

“Multi-domain operations is here to

stay,” Brito said. “We cannot put our heads in the dirt.”

Whether autonomous or not, he said next-generation combat vehicles will need to be innovative, agile, flexible and adaptive in order to succeed in a more chaotic and dispersed battlefield.

Senior Army leaders, including Murray, realigned nearly \$30 billion over the next five years to modernization programs, such as combat vehicles.

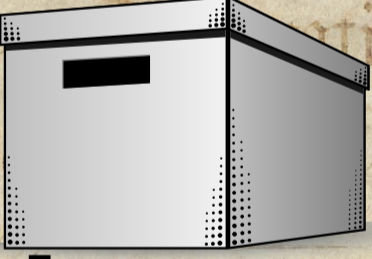
“If we don’t do it now, we’ll probably be in (M1 Abrams tanks), Bradleys and (M113 armored personnel carriers) in 2035,” he said. “We just knew we couldn’t do that. We were behind.”

The character of war is changing, he explained, which is compounded by the proliferation of technology that is also available to adversaries.

“The rate of technological innovation will continue to increase at an ever-accelerating pace,” he said. “We’re not going to be able to slow it down. We’re going to have to figure out how to adapt to that rate of innovation.”


IN CONGRESS, JULY 4, 1776.

The unanimous Declaration of the thirteen united States of America




From the  
**Archives**

July 4, 2006



Photos by Paul Morse/WhiteHouse.gov

President George W. Bush is shown a helicopter July 4, 2006, during his Independence Day visit to Fort Bragg, where he addressed troops and met with the U.S. Army Special Operations Command.



President George W. Bush addresses his remarks to U.S. troops and their Family members July 4, 2006, during an Independence Day celebration at Fort Bragg. Bush thanked the troops and their Families for their service to the nation.

## Weigel views Army Reserve Best Warrior as a personal accomplishment



Photo by Sgt. Lena Wakayama/USAB

Sgt. 1st Class Jessica Weigel, healthcare specialist representing the 338th MMB, 807th MCDS, gets ready to throw a grenade during the hand-grenade range event at the 2019 U.S. Army Reserve Best Warrior Competition at Fort Bragg, June 24. This year's competition determined the top NCO and junior enlisted Soldier who will represent the U.S. Army Reserve in the Department of the Army Best Warrior Competition later this year at Fort A.P. Hill, Virginia.

BY SGT. CHRISTOPHER HERNANDEZ  
USARC

As sunrise cuts through the thick, humid morning air, Sgt. 1st Class Jessica Weigel ascended a log ladder at the Air Assault Obstacle Course during the 2019 Army Reserve Best Warrior Competition (ARBWC).

As Weigel was urged higher and higher with cheers of encouragement from fellow Best Warrior candidates and drill sergeant cadre, she successfully ascended the obstacle and proceeded to the next.

Despite having just completed a 12-mile foot march through longleaf pines and near waist-deep water weighed down with a 35-pound rucksack and M4 rifle, she maintained her level of motivation.

The competition showcases the

capability, combat-readiness and lethality of the Army Reserve.

Weigel, from Victoria, Kansas, is a healthcare specialist with the 388th Multifunctional Medical Battalion (MMB), 139th Medical Brigade, 807th Medical Command (Deployment Support). She is one of approximately 60 U.S. Army Reserve Soldiers who took part in this year's competition held June 23 through 28 at Fort Bragg.

"My main goal is to do my best and never give up," Weigel said. "With this competition, they're looking at so many things that even if you think that you're behind, sometimes you may actually be ahead, so you never want to give up."

For Weigel, the 2019 ARBWC signifies a chance for her to not only enrich her career as a reservist, but also fulfill a personal sense of accomplishment.

"I always like a physical challenge, and it kind of takes us as to what we are in the Army as Soldiers first," Weigel said. "I was originally thinking on passing this to the person below me, but being that this is my last opportunity to do this, I felt like I should go on with it."

Weigel attributes her battalion command sergeant major as the foremost voice of encouragement for her commitment to ARBWC.

"Sgt. 1st Class Weigel is very high-speed, intelligent, great at physical fitness and is a very knowledgeable Soldier," said Command Sgt. Maj. Clinton Schmitter. "So we sent her to our brigade Best Warrior Competition, which she won, and she then went on to division level."

Although she juggles an extensive workload as an Active Guard Reserve

(AGR) Soldier in her unit, that did not deter her resolve.

“Currently, we are the shortest-staffed MMB in the Army, with 11 downtrace units that we manage,” Weigel said. “There’s been an increase in demand, and we tend to work a lot of hours. So that was my hesitation at first in attending the Best Warrior Competition, but I didn’t want to let my sergeant major and others down when he recommended me. “So I took him up on his offer, and here I am.”

Weigel also attributed a large part of her readiness, physical and mental prowess from her overseas deployment experiences.

"I knew that right after (Advanced Individual Training) that I was getting deployed," she said. "So right off the bat, I was able to put my job into practice, which a lot of people don't get the opportunity to do. So that was great, and getting to understand how an operational unit works and putting all of those pieces together, started me out with a very good foundation for the rest of my military career."

Weigel added that since returning from her deployment, she has not had an opportunity to utilize her Soldier skills.

"I'm looking forward to this training again," Weigel said.

Schmitter said he expects Weigel to share her Best Warrior experience to influence other aspiring Soldiers.

"I would like for her to bring back what she has learned from all of the (competitions), and I like to send her around to the other units to discuss what she did, what she learned, and how doing these can make them understand the Army Reserve more since they can see different areas of training to compete," Schmitter said. "I really hope that with her going through this stage, it will allow her to mentor other junior Soldiers to excel and hopefully compete in the future."

Regardless of whether or not she wins the competition, Weigel said she is grateful for the opportunity.

"I appreciate Command Sgt. Maj. Schmitter for pushing and allowing me to have this opportunity, and I'd like to thank everyone else at the 388th MMB," Weigel said. "Either way, I'm here to have a good time."



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The Fayetteville  
Observer

## Reuniting in Family, faith

### Longstreet Church descendents hold annual reunion

By ALYSON HANSEN  
PARAGLIDE

The Longstreet Church held its first services in 1756 on a little patch of farmland near the settlements of Manchester, Inverness and Argyll, North Carolina. The current building on the site was built in 1847, and is the oldest building at Fort Bragg.

The Department of War bought the land Longstreet Church sits on in 1921 to expand what would become Fort Bragg. In an agreement to the families who sold the land, the Department of War said that once a year, the families could return to worship in the church.

Descendants of those families come to Longstreet Church during the last Sunday of June to focus on family, fellowship and food. Some of these people have been coming to the church since they were kids, more than 50 years. This year, more than a hundred people came to the Presbyterian service to see family and reminisce. Others looked for ancestors in the nearby cemetery, a once-a-year pilgrimage to visit the grave sites of those who settled the land.

"I've been coming here since the early '60s. My parents have been coming since before that," said Scott McFadyen Anderson. "The Army bought the land in the twenties, this is where our ancestors lived. They had to move, but the Army has been kind enough to allow us to come back every year. It's more a reunion of people whose grandparents or great grandparents attended the church. In the cemetery, you have people born in Scotland who died here. For whatever reason, a lot of them ended up here."

This year's church service was performed by Rev. Dr. Steven E. Fitzgerald, a visitor invited by Rev. Clark Remsburg, a descendant of the original Longstreet Church members.

"My great great grandfather was one of the last elders of the church," Remsburg said. "The land was part of my grandmother's family farm here, so I've grown up hearing stories about coming to church here."

Remsburg, like many of the attendees, has been coming to the Longstreet Church family reunion since he was a kid.

"We used to come to 'hot church' here when I was a kid every June. 'I have fond memories of hanging out in the balcony,'" he said.



Photos by Alyson Hansen/Paraglide

Rev. Clark Remsburg leads the congregation in the singing of "Come, Thou Almighty King," June 30 at Longstreet Church. Remsburg is a descendant of one of the last elders of the church and his grandmother owned the land the church was built on.

The weather didn't deter those who came to the church to worship. The temperature continued to rise throughout the morning as visitors laid out food for an after-church picnic and set up speakers and a generator inside the church itself.

"I'd withstand the heat to come here," said Lib Wilson, another descendant. "Some of my people are out (at the cemetery). I've been coming here at least 10 years, maybe more. It's so nice that the Army helps and brings our containers. There just is nothing wrong with today."

Soldiers from the 18th Field Artillery Brigade were on hand with golf carts to help people bring in their coolers for the picnic. Chaplain (Maj.) Jeffrey Roberson, 18th FA Bde., had seen the tasking come down for the reunion and volunteered to help. He delivered the opening prayer for the church service.

"I'm excited to see who comes here. 'I'm excited to hear the message and sit down and listen to it,'" he said.

Chaplain (Col.) Randy Griffin, garrison chaplain, was in attendance, stating how disappointed he was that he missed the previous year's reunion.

"This is the most historic thing we do here at Fort Bragg," he told the congregation.



Rev. Clark Remsburg baptizes Catherine "Annie" Anne Gillis McDiarmid at the conclusion of the service at Longstreet Church. Annie's older brother had been baptized in the church two years previously.

The service this year included the baptism of Catharine Anne Gillis McDiarmid. Her older brother had been baptized at Longstreet Church two years previously. Remsburg performed the ritual and ended with carrying "Annie" around while the congregation sang "Jesus loves me."

In previous years, Remsburg's mother sat at a keyboard and accompanied the congregation in hymns throughout the service.

This year, however, she was unable to attend so the congregation sang a cappella. Remsburg noted how singing without accompaniment felt like a

bridge to the past.

"The hymns, the first one we sang today was from the 18th century," he said. "Since the 18th century, people have been singing that hymn, and that's special. It's a touchstone, a connection to the past, a reminder. It connects us to the lineage of what's been there."



**Above:** Rev. Clark Remsburg and Rev. Dr. Steven E. Fitzgerald joke before the start of the service at Longstreet Church, June 30. Fitzgerald had been invited to preach at the church as part of their annual reunion and service.

**Right:** Dr. Linda Carnes-McNaughton, Cultural Resources Management, Directorate of Public Works, speaks to the descendants of the Longstreet Church about the restoration work DPW is undertaking at the building. Carnes-McNaughton has been an advocate for the families and the church at Fort Bragg.





50TH ANNUAL FOURTH OF JULY CELEBRATION

**When:** Thursday, 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 Morale, 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>.

37TH ANNUAL HOPE MILLS INDEPENDENCE DAY IN THE PARK

**When:** Thursday 4 to 10 p.m.  
**Where:** Hope Mills Municipal Park  
**Cost:** Free  
Celebrate Independence Day in the Town of Hope Mills with your family and friends! The 37th Annual Party in the Park’s festivities include a foam pit, a 28 foot climbing wall, mechanical shark ride, large petting zoo, inflatable waterslide, food trucks and live music by Open Road and the Guy Unger Band. This July Fourth celebration ends with a beautiful fireworks show, scheduled for 9:15 p.m. Visit <http://www.townofhopemills.com/349/July-4th-Celebration> for more information.

SPRING LAKE’S FOURTH OF JULY FESTIVAL

**When:** Thursday, 3 to 10 p.m.  
**Where:** Main Street, Spring Lake  
**Cost:** Free  
Join festival-goers at this small-town celebration of Independence Day. In past years, festivities have included a Kidz Zone, games, food trucks and vendors, live musical entertainment on stage and a viewing of Fort Bragg’s fireworks show. Call(910) 436-0241 for more information.

MOB ENTERTAINMENT PRESENTS: HEAT OF THE SUMMER

**When:** Friday, 7 to 11 p.m.  
**Where:** Crown Arena  
**Cost:** \$48 to \$123  
Multi-platinum selling artist Jeezy will be at the Crown Arena Friday to headline the first ever Heat of the Summer event, brought to you by MOB Entertainment. Jeezy will perform live along with supporting artists Stunna 4 Vegas, Tigo B and Carolina Red. Call (888) 257-6208 to buy tickets.

FAYETTEVILLE SWAMPDOGS VS. WILMINGTON SHARKS

**When:** Friday, game starts at 7:05 p.m.  
**Where:** J.P. Ridley Stadium  
**Cost:** \$7 to \$9  
Fayetteville is now the baseball capital of the Carolinas. The Fayetteville SwampDogs is a summer collegiate baseball league and 2019 marks its 19th season here. The SwampDogs will continue its tradition of affordable family fun while watching college kids from across the country and Canada play baseball for the love of the game. This event is one of 29 games scheduled for the 2019 season and promises an evening of fun for all. For more information and for tickets, visit <https://www.goswampdogs.com/landing/index>.

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.

ORIGAMI IN THE GARDEN2

**When:** Daily, Monday through Saturday 10 a.m. to 5 p.m., Sunday, noon to 5 p.m., until Sept. 6  
**Where:** Cape Fear Botanical Gardens  
**Cost:** Free for members, \$5 to \$10 for general admission  
Unfold your imagination this summer with special programming and events alongside these beautiful origami sculptures. Origami means “folding paper” in Japanese. Origami in the Garden2 tells the story of this art form through a traveling collection of metal sculptures, displayed outdoors in public gardens and museums. Each sculpture is inspired by a blank piece of paper that has been transformed into museum-quality metal and tells the story of creativity and the art of making something out of nothing.

UPCOMING EVENTS

MUSEUM OF THE CAPE FEAR HISTORICAL COMPLEX ARSENAL TOURS

**When:** July 16 and 30; tour times at 10 a.m., noon and 2 p.m.  
**Where:** Museum of the Cape Fear  
**Cost:** Free  
The Museum of the Cape Fear is offering arsenal tours to the public. The arsenal is slated to be the location for the North Carolina Civil War and Reconstruction History Center. The arsenal was commissioned in 1836 to increase the country’s defenses. It became property of the Confederate States of America after the local militia group, the Fayetteville Independent Light Infantry, marched on the site and took it without incident. The arsenal met its demise as part of Gen. William T. Sherman’s “Total War” strategy, aimed to destroy the enemy’s economic system and undermine the morale of southern families and Confederate soldiers. This was also achieved by thousands of slaves who took it upon themselves to escape and find freedom by following the Union Army as they passed through the area. The tours leave from the lobby of the Museum of the Cape Fear building. Please arrive a few minutes before the scheduled time. For more information, please visit the website at [www.museumofthecapefear.ncdcr.gov](http://www.museumofthecapefear.ncdcr.gov).

A NORTH CAROLINA PREHISTORIC SAFARI

**When:** July 11, 3:30 to 4:30 p.m.  
**Where:** Milton E. Mazarick Park  
**Cost:** Free  
North Carolina has been home to many strange prehistoric animals in addition to dinosaurs. Find out about new fossil discoveries in the state. Dinosaurs, pterosaurs, sea reptiles and the giant Megalodon shark will be discussed. The prehistoric safari is part of the Mazarick Science Series held throughout the summer. Mazarick Park is a multi-purpose park featuring a disc golf course, picnic shelters, a playground and trails. Registration is required. Call (910) 433-1579 to register.

MOUNTAIN WILDLIFE DAYS

**When:** July 12 and 13, 9 a.m. to 6 p.m.  
**Where:** Sapphire Valley Resort, Sapphire, North Carolina  
**Cost:** \$8  
Mountain Wildlife Days is an event held each year in mid-July, featuring unique opportunities for both children and adults to get up close and learn more about wildlife and wild places. It is co-sponsored and held at the Sapphire Valley Resort, located three miles east of Cashiers, North Carolina. The goal is to provide entertaining and informative programs, focusing on live animals along with wildlife experts, designed to develop awareness and a deeper appreciation of the beauty and wonders of nature. July 12’s events feature a bird walk with members of the local Audubon chapter and hikes throughout the area. July 13 will feature different animals from the region as well as a few unusual animals from the North Georgia Zoo. Registration for some activities required. For more information, visit <http://www.mountainwildlifedays.com/home.html>.

CARY’S DOWNTOWN CHOWDOWN FOOD TRUCK RALLY

**When:** July 14, 12:30 to 5 p.m.  
**Where:** Downtown Park, Cary, North Carolina  
**Cost:** Free to attend the event, individual prices vary at each food truck. Enjoy a food-filled afternoon along Academy Street in downtown Cary. Taste some of the best food in the Triangle area, enjoy cool beverages from craft beer and wine vendors and relax to the music of local performers. For more information, visit <https://www.visitraleigh.com/event/carys-downtown-chowdown/66158/>.

DOWNTOWN SUMMER NIGHTS

**When:** July 18, 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.

ROUGH N’ ROWDY BRAWL

**When:** July 19, brawl starts at 7:15 p.m.  
**Where:** Crown Arena  
**Price:** \$25 to \$80  
Rough N’ Rowdy Brawl “Red, White, and Bruised” will invade the Crown Arena on one special night. This is an off-the-street boxing contest featuring the area’s roughest street fighters, bikers, bouncers, bodybuilders and servicemen. This brawl will feature amateur fighters with no defense-throwing haymakers, combined with the funniest, most action-packed four hours you’ll ever be a part of. For tickets and more information, visit <http://www.crowncomplexnc.com/events/detail/rough-n-rowdy-brawl>.

# Army making improvements to Family Readiness Groups

By **JOE LACDAN**  
ARMY NEWS SERVICE

FORT MEADE, Md. — The Army recently made some significant changes to Family Readiness Groups (FRG) since their creation following the first Gulf War.

The groups have been renamed “Soldier and Family Readiness Groups” or SFRGs.

This designation links Soldier readiness to the Family, and clarifies the role of the SFRG to be more inclusive to Soldiers who are single, are single parents or have non-traditional Families, said Steve Yearwood, program analyst for the office of the assistant chief of staff for Installation Management.

Deployments are “tough for the Soldier,” said Yearwood, who served 22 years in the Army.

“If the Soldier has a mission to accomplish, regardless of what that mission is, if that Family’s not taken care of, then that Soldier can’t focus on the mission, so it impacts readiness,” he said.

The groups help ease the burden of home life, and allow Soldiers to focus on mission objectives, Yearwood said. He added saying the recent publication of Army Directive 2019-17 shifted the focus of SFRGs away from social activities and fundraising to a core and essential task of creating a network of communication and support for all Soldiers and Family members in order to enable readiness.

The goals and objectives for commanders in executing the



Photo by Master Sgt. Alejandro Licea/1st Armored Div.

Spc. Zachary Cross, a tank system maintainer, assigned to the 1st Bn., 67th Armor Reg. “Death Dealers,” 3rd ABCT, reunites with his Family during a homecoming ceremony inside the Silas L. Copeland Arrival/Departure Airfield Control Group 7 in Fort Bliss, Texas. Cross and his fellow Soldiers returned home after a nine-month tour in the Republic of Korea.

SFRG include: serve as an extension of the unit command in providing official and accurate command information to Soldiers and their Families, connect Soldiers and Families to the chain of command, connect SFRG members to available on- and off-post community resources and offer a network of mutual support.

Army senior leaders attended a working group at the Pentagon in May focused on SFRGs and the new Army directive.

Army spouses of senior leaders gathered with representatives from different major commands to review the changes of the Army directive and discuss improvements.

Senior leaders also hosted town hall meetings in recent months to gather feedback from Soldiers and Families. SFRGs are important for morale, Yearwood said.

“It goes back to the Soldier knowing that his Family is taken care of, and the spouse is not

feeling alone because there is a support network that the spouse can go to.”

Families today are interconnected 24-hours a day and the SFRG needs to be able to leverage social media in order to sustain the command connection and network with Soldiers and Families, he said.

“I think that now as we look at our current environment, we have a different population,” Yearwood said. “You’ve got younger spouses — over 50

percent of the military are married. You have a younger generation that’s receiving information differently.”

Newsletters and mailed correspondence are no longer the preferred methods of SFRG communication, he pointed out.

“You’ve got a lot more people on social media and communicating differently,” he said.

In recognition that commanders may still have a need to fundraise to support events and activities enhancing readiness, the directive provides greater flexibility for fundraising by reducing restrictions on informal funds.

Army Secretary Mark T. Esper has pushed for changes to improve Soldiers’ quality of life, including upgrades to childcare, spouse employment and credentialing, and SFRGs.

Since the Army formed the first FRGs in the 1980s, the program has had significant impacts on Soldiers’ lives. During the Gulf War, U.S. forces deployed 540,000 troops for extended periods, affecting thousands of Families and single Soldiers.

Today, the groups continue to help Soldiers and Families cope with extended periods of separation during deployments. As the Army becomes more mobile in preparation for future conflicts, SFRGs provide needed referrals to support groups and organizations.

The groups also act as a direct conduit between commanders and Soldiers going on deployment or on missions.

## NY Kings of Comedy tour visits Sports USA



**Above:** Talent talks to the audience during the NY Kings of Comedy tour at Sports USA. The comedy tour featured Talent alongside Rob Stapleton, Capone and Mark Vera. Music was provided by DJ Tybrand.

**Left:** Audience members react to the stage antics of comedians during the NY Kings of Comedy Tour, June 15.



Photos by Lewis Perkins/Paraglide

Rob Stapleton jokes with the crowd during the NY Kings of Comedy tour at Sports USA, June, 15.



### FAYETTEVILLE'S DESTINATION FOR ARTS & ENTERTAINMENT

unique shops | galleries | restaurants | concerts  
coffeehouses | tea shops | wine bars | brew pubs

#### UP NEXT....

**DOWNTOWN SUMMER NIGHTS @ PERSON STREET**  
JULY 11TH 6PM-9PM

**FAYETTEVILLE AFTER 5 @ FESTIVAL PARK**  
JULY 12TH 6PM-10PM

**AFRICAN WORLD PEACE FESTIVAL @ PERSON STREET**  
JULY 12TH-14TH 6PM-9PM

**CARRIAGE TOURS OF OLDE FAYETTEVILLE @ 222 HAY STREET**  
JULY 13TH

**DOWNTOWN SUMMER NIGHTS @ PERSON STREET**  
JULY 18TH 6PM-9PM

**MIDSUMMER NIGHT DOWNTOWN**  
JULY 19TH-20TH FAIRY DOORS

For our full calendar of Downtown events,  
visit our Facebook page: [downtownfayetteville](#)

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



4TH ANNUAL

# Midsummer

NIGHT DOWNTOWN

## FRIDAY

MAGICAL EVENTS  
JULY 19TH  
5-9

## SATURDAY

FAIRY DOOR SCAVENGER HUNT  
JULY 20TH  
10-6

# Worshiping at Bragg:

## Buddhism

**By ALYSON HANSEN**  
PARAGLIDE

*Editor's note: This is part two of a series exploring the different religious services offered at Fort Bragg. If you are a member of a religious community that would like to be featured, please reach out to Alyson Hansen at [ahansen@theparaglide](mailto:ahansen@theparaglide).*

Nam-myoho-rence-kyo.

It's what Nichren Buddhism and Soka Gakkai International (SGI), is centered around. Nichiren Daishonin, a 13th century Buddhist reformer, revealed this phrase is the law that surrounds the universe and life. Translated as "Mystic Law of cause and effect through the Buddha's teaching," it's how SGI services are started.

Attendees hold their prayer beads and chant the phrase over and over. The beads are wound around hands in an infinity symbol.

"The beads represent your body or your life," said Sheara Nichi, distinctive religious group leader (DRGL). "It really just means your holding your life in your hand. If you look at it from the top you'll see the three prongs, which represent your head and your arms. The bottom prongs are your legs. The beads are held crossed in a figure eight which means life is eternal."

One hundred and ninety-two countries around the world practice SGI. The U.S. branch is called SGI-USA, and according to the organization, 3,000 neighborhood discussion groups exist across the country.

According to Nichi, 60 people at Fort Bragg are practicing SGI-USA Buddhists. The group that meets at Pope Chapel are mostly military wives and retired military



The Buddhist community at Fort Bragg meets every third Saturday of the month at Pope Chapel to discuss ideas and welcome new members.

service members.

SGI-USA separates its members into geographical districts, and each district holds smaller weekly discussion meetings. Three larger meetings are held throughout the Fayetteville area each month and on the last Sunday of each month, a study meeting is held at a hotel in town.

The third Saturday of every month sees the Fort Bragg group meeting at Pope Chapel, where they discuss Buddhist practices they may have been reading up on, or talking to people interested in following

the faith. Newcomers are always welcome and the group will explain various aspects of SGI-USA to those who have questions.

SGI-USA is just one type of Buddhism. It's predicated on the premise that all are equal and that all can possess the ability to achieve Buddha-hood, the state of enlightenment and happiness.

For the SGI Buddhist, chanting Nam-myoho-rence-kyo is the path to that enlightenment. Nichiren explained this in his writings, "When deluded, one is called an ordinary being,

but when enlightened, one is called a Buddha.

"This is similar to a tarnished mirror that will shine like a jewel when polished. A mind now clouded by the illusions of the innate darkness of life is like a tarnished mirror, but when polished, it is sure to become like a clear mirror, reflecting the essential nature of phenomena and the true aspect of reality.

"Arouse deep faith, and diligently polish your mirror day and night. How should you polish it? Only by chanting Nam-myoho-rence-kyo."

SGI-USA members pray

twice a day, polishing their "mirrors" by chanting, once in the morning and once in the evening. The goal is for each member to live to their fullest potential, no matter what the task.

To the SGI-USA member, the lotus flower is a powerful symbol. Lotus flowers grow out of swampy, dank areas, but are beautiful flowers when fully bloomed. Every member begins as a seed and works to grow their way out of the "swamp" to become their best selves. According to Nichi, it is a practice of ordinary people helping others and themselves to be happy.

Chaplain (Maj.) George Tyger, 3rd Expeditionary Sustainment Command, is the chaplain sponsor of the Buddhist group at Fort Bragg. He ensures that the community has the resources to allow them to worship.

"The buddhist community here is really established and has excellent lay leaders and is a great community of people," he said. "I want to make sure they have the resources they need so they can practice their faith."

Tyger recently took over the sponsorship of the Buddhist community, a responsibility he as a chaplain takes seriously.

"This is why we have chaplains in the Army," he said. "We exist to ensure the free expression rights of everybody. We don't pick and choose for people. I would encourage people no matter what their faith background is to visit a community with another faith background. Make friends of other faiths."

Buddhist meetings are held on the third Saturday of every month at the Pope Chapel.

For more information about Buddhism, reach out to Sheara Nichi at [shearanichi@gmail.com](mailto:shearanichi@gmail.com).

# 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](mailto: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  
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

## Good things come to those who bait Fort Bragg Wildlife Branch's fisheries management is the *reel* deal

By GENEVIEVE STORY  
PARAGLIDE

The mission of fisheries management at Fort Bragg is to provide a better-than-average chance of catching a better-than-average fish. Taking pride in their responsibilities within the wildlife branch, fisheries management supports Soldiers, Family members, former service veterans, retirees and civilians.

"With a small team, we all have the opportunity to wear different hats," said Joe Heisinger, fish biologist for the Fort Bragg Wildlife Branch. "I really enjoy what I do, the team I work with and what we support. If this was just a job, I probably wouldn't have stayed. The pursuit for a career here on post is everything I wanted."

On Fort Bragg and primarily the southeastern United States, fisherman can expect to find the same species of fish no matter what small pond they visit. The four primary species of fish within regulation to catch on Fort Bragg are largemouth bass, bluegill, redear sunfish (also called shellcrackers) and channel catfish.

Supporting a federally mandated equal access, the installation grants approximately 3,500 permit holding fisherman access to the lakes per season. Among those, 90 percent are service members and veterans, said Alan Schultz, chief, Fort Bragg Wildlife Branch.

Encompassing approximately 160,000 square acres, Fort Bragg and Camp Mackall combined have 19 named lakes available to fisherman pursuing the catch. These lakes are divided between degrees of special management practices, according to Schultz.

These practices include fertilization and liming, and supplemental stockings deployed to increase the carrying capacity for each impoundment. This is to accommodate for variables such as lake size, high water exchange rates, self-sustainment and fisherman traffic. Crushed dolomitic limestone increases the rate of decomposition of organic material and stimulates the release of nutrients from sediments, helping algae bloom and improving water quality.

"We encourage people to explore not just those 19 lakes, but also fish in the beaver ponds, upper reaches of Mott Lake, the Little River and Camp Mackall's Drowning Creek (Lumber River)," Schultz said. "Those areas have beautiful habitat and they are saturated with fish."

Patrons are welcome to take out fishing vessels of any variety, from boats and kayaks. Recreational boating is



Courtesy photo

Joe Heisinger, fish biologist, Fort Bragg Wildlife Branch, stands in his boat holding a bass fish on Lake Lindsay, Fort Bragg, as he performs fish testing and relocation.

prohibited and compatibility with military training is a must.

"Fishing out of a kayak has grown very popular and Fort Bragg is the perfect place to do it," Heisinger said. "Kayaks add mobility for the smaller lakes and channels."

The intensively managed lakes available on post are Kiest, Simmons, Boundary Line, McFayden, Hurley and Holland. The managed lakes available on post are Croatan, Quail, Deer Pen, Big Muddy, Little Muddy, Texas, MacArthur, Smith, Mott and Lindsey.

Catfish lakes such as Lower McKellar's, Wyatt, Mossgeill and Andrews Church, and several hundreds

of beaver ponds, are also available to the public and stocked at a high rate yearly in March.

Protecting resources and governing fisheries activities, the fishery branch of wildlife management has a goal comprised of two major functions: conservation and service to the military community.

Fisheries management are tasked daily

duties such as lake management, sustainability, stock assessments and ecosystem studies for instance non-lethal electroshocking, according to Heisinger. Population surveys, habitat enhancement both natural and artificial; fish stocking; water treatment, such as liming and fertilizing; supplemental feeding and aquatic weed control are just some of the projects performed annually to enhance the fisheries on the installation.

Growing up in north central Illinois, Heisinger moved north to a small state school positioned along the western Mississippi River in Minnesota. Recruited for the golf team, Heisinger balanced academics and athletics. He selected biology with an ecology option for his major and pursued that as a potential career path. As goals and ambitions redirected, Heisinger decided to transfer to the University of Tennessee, Knoxville, and remained there for the next three years. The curriculum qualified Heisinger as a wildlife and fisheries biologist, incorporating a forestry minor.

"When I graduated, I moved out to middle Tennessee to work on a bird project with one of my professors," Heisinger said. "I did whatever I could to build my resume, I was motivated to get somewhere. I worked on a private plantation in South Carolina, halfway between Charleston and Savannah. Then I took a job with the Illinois Natural History Survey, before I moved to Bragg for a three-year post graduate internship and have been here 17 years."

Among the everyday functions of Heisinger and the fishery branch is the experimental endeavor in trout fishing, being made available this November.

This will provide an additional fishing resource in the winter months, outlined for approximately two locations. The fishery branch aspires to continuously innovate, provide, guide and serve the Fort Bragg community in all of their fishing ventures, according to Schultz.

For more information regarding the Fort Bragg Fisheries Management programs, please visit <https://bragg.isportsman.net/default.aspx>.



## Smith Lake Recreation's trail system, the path less traveled

By GENEVIEVE STORY  
PARAGLIDE

Maintaining approximately 16.76 miles on a single track trail, Smith Lake Recreation Area's outdoor exploratory system is a mecca for local trail hiking, biking and running enthusiasts.

With varying degrees of difficulty and plenty of elevation gain, sand, southern pine and lake views, Family and Morale, Welfare and Recreation (FMWR) has carved six well-maintained, dirt paths through the thick of Smith Lake's woods, to accommodate for users from beginners, intermediates and experts.

Frequented by local running groups, collegiate cross country and track and field teams, and mountain biking clubs, the trails offer a merge of challenge and retreat.

"We have 31 (recreation vehicle) stations, two large cabins, two small cabins and miles of trails," said James Day, branch manager, Fort Bragg Outdoor Recreation.

These mountain biking, hiking and running trails are open year-round and include the green, blue, black, orange, brown and red trails, as well as the power line trail, all interconnected, varying in distance and color coded by experience level.

"The bike trails have increased in population within the last year," Day said. "Typically when I drive into work in the morning, there are roughly 10 vehicles parked to explore the trails. And then at night, a youth cycling group frequents the trail multiple times per week."

Originally the location of the Fort Bragg-Smith Lake Riding Stables, the property was once used as pasture and horse trails, utilized for horse riding and also private stabling. In 2011, the equestrian program was shutdown due to the hurricane damage and a lack of funding, and the horse riding is currently prohibited on the property.

"We would love in the future to have a (running and hiking) trail to enclose the perimeter of the lake, with a bridge to scale the wetlands," Day said. "There is currently a trail development project in the works by the city of Fayetteville to improve connectivity to existing trails. This development includes connectivity to the Smith Lake trails in the future."

Races such as the Combat Cross Country Meet and Fort Bragg's Family Fun 5K are held at Smith Lake Recreation Area.

FMWR's Warrior Adventure Quest is a guided program offered at Smith Lake, offering free rental and facilitation to units and active duty Soldiers. With brand new bikes for rent, the



Photos by Genevieve Story/Paraglide

Among the six trails carved through Smith Lake Recreation Area is the beginner level green trail. Smith Lake is comprised of dense southern pine forests and sand covered trails that provide a scenic expedition for runners, cyclists and hikers.

general public can also explore the trails.

For individuals wanting to cover some distance, Fort Bragg offers 52.5 miles of trail woven throughout. Varying in distance, elevation and a physical fitness center (PFC) starting point, trails include East Bragg white and yellow trails, All American, Coscom loop and Spongebob, Corps run and fun, Service

Square, Cemetery Way, PFC-Engineer, Laferre loop, Ardennes, Pope AFB, Iron Engineer, All American Way, Black Devil Road, Run from Ryder, The Devil's Horn and Performance loop.

For more information on trails and how to access them, please visit <https://bragg.armymwr.com/programs/running-trails-and-tracks>.

By MEGAN CONN  
U.S. ARMY CORPS OF ENGINEERS

FORT WORTH, Texas — I was finishing a long day of lake patrol when I heard a voice over the radio say, “There has been a report of a potential drowning.”

Immediately, my body went numb. All I could think was, “Please don’t let it be true.”

At the time, I’d spent four years as a park ranger for the U.S. Army Corps of Engineers and, unfortunately, seen the same scenario replayed repeatedly — lives lost from both carelessness around the water and lack of education concerning water safety.

According to the Centers for Disease Control and Prevention, drowning is one of the leading causes of unintentional deaths in the United States. It’s estimated that 10 people die each day as a result of drowning.

Sadly, a large portion of those victims are would-be rescuers. Before attempting to rescue someone, always keep in mind “Reach, Throw, Row and Don’t Go.”

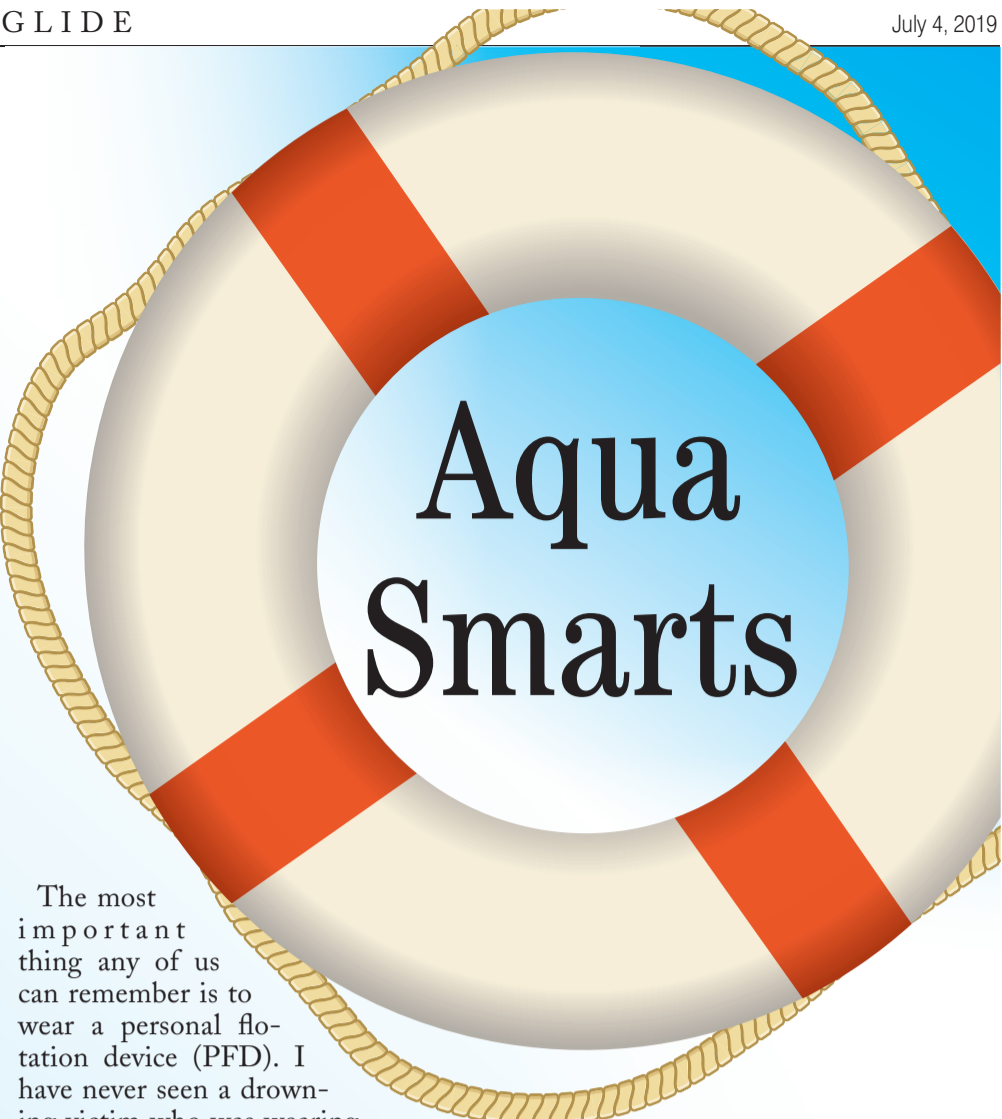
- **Reach:** If someone near you is drowning, first try reaching out to him or her with something near you such as a pool toy, branch, fishing pole or anything sturdy. Remember not to lean too far over and keep your feet planted where you are standing to prevent yourself from falling in and also becoming a victim.

- **Throw:** If the person is too far out to reach, throw something to them. Make sure you throw something that floats, such as an ice chest, life preserver, throw cushion, ring buoy, to name a few. If possible, it is best to tie the object to something secure to pull in the victim.
- **Row:** If reaching and throwing are not feasible and you have access to a boat, you can row to the victim.
- **Don’t Go:** Unless you are a trained professional in water rescue, such as a trained lifeguard, never go in after a victim. A drowning person will try to climb on top of the rescuer, and force them under the water in an effort to stabilize themselves and get air.

There are a few rules everyone should remember when swimming or boating. First, never swim alone. We aren’t invincible, and you never know what will happen.

Nobody plans to drown, and it only takes seconds. A drowning person doesn’t make a lot of noise. Try gasping for air and screaming and you’ll see it doesn’t work very well.

Second, know your limits. It only takes enough water to cover a person’s nose and mouth for them to drown. So many times we try to be the cool guy and push or exceed our capabilities. I have seen too many bodies pulled from the water as a direct result of pushing limits and taking unnecessary risks.



The most important thing any of us can remember is to wear a personal flotation device (PFD). I have never seen a drowning victim who was wearing a PFD.

There are many types of PFDs available for water-based activities. Choosing not to wear one should never be an option. The difference between choosing to use a PFD and going without could be your life.

Nobody is waterproof, so always wear your PFD!

Following simple rules and using good judgment around water will save your life and possibly the lives of others. Don’t end up drying out in the morgue.



## Runners Corner

### Ryder Red-White-Blue Golf Tournament:

**Saturday, July 6,** 8:30 a.m. Captains choice team handicap event will be held at Ryder Golf Course. Teams will play six holes each from the red-white-blue tee markers. Players must have an established handicap or individual with no handicap will be calculated as a zero into the team handicap. Pick your own team (staff members limited two per team) or we will assign you a team. Tournament entry fee will include hamburger and hotdog lunch with trimmings, beer and soft drinks provided after play, closest to the pin winners, gift certificates, range ball tokens and more. Open to everyone, ages 16 years and older. The \$25 cost does not include cart and green fees.

### 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&lt-clickid=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&lt-clickid=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://runsSignup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?aflt\\_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw](https://runsSignup.com/Race/NC/HopeMills/DirtbagAlesBeerMile?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw) 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.

### 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.

### 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.

### 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.

### 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.

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**Sunday, Monday, Tuesday**  
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**Wednesday**  
8:45 a.m. Tuesday

**Friday, Saturday**  
3:45 p.m. Thursday

**Saturday Real Estate**  
3:45 p.m. Wednesday

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Fayetteville Technical Community College is now accepting applications for the following positions:

- Biology Instructor (10-month contract)**
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## 249 Home Additions/ Improvement

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BLUE RIDGE PRESSURE WASHING: \$99 up to 1600sqft. (252)266-6464. 25 years serving NC. Fully insured.

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## 336 Pets



COCKER SPANIEL: pups, M/F, pos/regs/verif. UTD med's w/with guar. Pet pricing at \$700.00. Ready now. 910-567-2013



BOXER: puppies for sale. I have 2 fawns and 6 reversed brindles. All pups are UTD on shots and wormed. They're working on paper training. Doing so-so. My name is Sue and you can contact me at 910-644-6912. I will text pics. All dogs are \$400.00.



MINI DACHSHUNDS: M/F, pos, AKC/CKC verif. hith guar. UTD med's, pet pricing at \$500 to \$600.00. 910-567-2013



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CLOSED. For further information visit  
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FAIRWAY FOREST II APARTMENTS  
1 & 2 bedroom apartments in Hope Mills with central heat & air, stove, refrigerator, carpet/LVT. Limited accessible units with features for persons with disabilities. Full rental assistance available. Come by our office at 5564 Foxridge Drive, Monday, Wednesday or Friday 8am-5pm or Call 910-424-2888. TDD #1-800-735-2962. Equal Housing Opportunity

FAIRWAY FOREST I APARTMENTS  
1 & 2 bedroom apartments in Hope Mills with central heat & air, stove, refrigerator, carpet/LVT. Limited accessible units with features for persons with disabilities. Limited rental assistance available. Come by our office at 6239 Hackberry Drive, Monday - Thurs. 9a-4p Friday 9a - 12p or Call 910-424-3441. TDD #1-800-735-2962. EQUAL HOUSING OPPORTUNITY

VILLAGE GREEN I APARTMENTS  
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OLD HAYMOUNT,  
315 Bryan St. 3br/1.5ba - Central H/A, \$675. Call 910-483-1732

## 656 Mfg. Homes for Rent

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## 703 Houses for Sale



COUNTRY STYLE HOME IN SHANNON: 3 bed 2 bath home recently renovated. Hardwood flrs & tile. On over 1/2 acre in Shannon. Lisa Bieri at EXIT Realty Preferred 910-725-9484 910-904-7355



ONE ACRE, THREE BEDROOM HOME: 3 bdrm, 1bth, deck, veranda porch, central heating and air, 1 acre land, Autryville, NC. \$65,000. 910-354-9129. Fenced back yard.

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Mail resume to J. Mercer, Pilkington NA, Inc., 13121 Rocky Ford Rd, Laurinburg, NC 28352. No HH.

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## 145 General Employment

In Home Elderly Care Needed  
Elderly Care Needed for my 82 year old mother in her home. She is old and needs help with food preparation, running errands, transportation to doctor appointments and very light house cleaning and general companionship. She needs someone Monday to Friday 9am - 5pm. These days and times are somewhat flexible. Apply with contact details if interested at [berengerbrianle@gmail.com](mailto:berengerbrianle@gmail.com)



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FREE CAT: Beautiful neutered indoor male orange tabby cat to loving home. Melon is a loving four year old orange tabby cat. He has just been to the vet for yearly checkup. Please call 910-551-5256 if interested.



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BOXER: puppies for sale. I have 2 fawns and 6 reversed brindles. All pups are UTD on shots and wormed. They're working on paper training. Doing so-so. My name is Sue and you can contact me at 910-644-6912. I will text pics. All dogs are \$400.00.



STANDARD POODLE: Puppies available. CKC \$800 or AKC/CKC \$1200. Shots age appropriate and wormings. One phantom, two black & white parti, one apricot and several black. Dew claws remove and show length docked tails. 9109916312



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SHIH TZU: AKC, Male Pup. Ready to go. (910) 331-2297. croom7@hotmail.com \$500

SIBERIAN HUSKY: Puppies. All colors. Mask Face, Vet checked. 910-827-9225. \$450.00

CHIHUAHUA: Pups, CKC reg. UTD shots & de-worming. parents on site. 910-818-0680 \$400.00

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