

the Cannoneer



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Army birthday

Fort Sill's ceremony for the 238th Army birthday and Flag Day, open to the public, is June 14 at McNair Hall, at 9 a.m.

Know Your World

The Fort Sill International Student Division's "Know Your World" presentation will feature Slovenia, June 20 at 7 p.m. at the Patriot Club ballroom. Learn about the country from a Slovenian officer. The program is free and open to the public. Light refreshments will be served. For more information, call the ISD at 580-442-3554.

Estate claims

Anyone with debts owed to or by the estate of **Master Sgt. Timothy L. Hecker** must contact 1st Lt. Trevor Hopkins, the Summary Court Martial Officer for the Soldier. Hecker died June 7 in Lawton. Call Hopkins at 580-442-5389 or email trevor.hopkins@us.army.mil.

Anyone with debts owed to or by the estate of **Pvt. Christian A. Clausen** must contact 1st Lt. Brian Leonhardt, the Summary Court Martial Officer for the Soldier. Clausen died June 6. Call Leonhardt at 580-442-3541 or email brian.l.leonhardt@mail.mil.

Upcoming ceremony

Unless noted, the public is invited to all Fort Sill ceremonies. The 95th Adjutant General Battalion (Reception) change of command is June 24 at 9 a.m. at Polo Field. Lt. Col. Ralph Perkins will take command from Lt. Col. Elizabeth Atherton.

Fort Sill welcomes Col. Christopher Bentley, the new Army Field Artillery School commandant and chief of FA during a reveille ceremony June 27 at 9 a.m. in front of McNair Hall.

Col. Paul Hossenlopp relinquishes command of the Fort Sill Garrison to Col. Glenn Waters during a change of command ceremony July 2 at 10:30 a.m. at the Old Post Quadrangle.

See BRIEFS, Page 6A

Contacts

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The Army's fitness program evolves

Story, photo
By Marie Berbera

If a personal trainer for the Baltimore Ravens came up to you and said 'this is the way the team does squats, or pushups,' you'd probably say, 'that's how it should be done. Why not? They're professional trainers.'

The Army is looking at its Soldiers the same way. Soldiers are paid athletes, essentially. That is not all they are, but being physically ready for battle is a big task, and the Army is now putting personal trainers in units to make sure they are executing their exercises properly.

The Army brought in a team of civilian fitness experts and an officer to train 30 staff sergeants and sergeants first class to be the experts. The four-week Master Fitness Trainer Course teaches the finer points of the Army's newest workout program — Army Field Manual 7-22, or Army Physical Readiness Training.

After the Soldiers stopped moaning and groaning, terms like "broke off" were used regularly.

"I was a nonbeliever about [physical readiness training.] Going through this course it definitely was an eye opener to let you know that you can get a good workout and not get injured and in fact improve your fitness and even rehabilitate yourself doing these exercises," said Staff Sgt. Brandon Caminero, A Battery, 3rd Battalion, 13th Field Artillery.

Soldiers know how to do pushups, situps and run, as part of



Soldiers in the Master Fitness Trainer Course step across Prichard Field June 5 as part of a warmup before physical readiness training. The warmup drill may seem like an extra step in the workout process, but getting the muscles properly prepped is actually keeping many Soldiers from injuries. The 30 Soldiers return to their units with a new understanding of sports science to pass on to Soldiers in their respective units.

the Army Physical Fitness Test, but that may be part of the problem. Some Soldiers are taught to train to the test, instead of training for combat conditions.

"PRT that's what we're learning, but the end state of this is how mobile are you going to be when you're deployed in your full gear? So now you know the position of

how you need to be, how you need to land, jump, move sideways backwards forwards and that's what this re-emphasizes," said Sgt. 1st Class William Baer, B Battery, 3rd Battalion, 6th Air Defense Artillery.

"We're trying to introduce the same things from sports science on injury proofing athletes," said

1st Lt. Matthew Capoccia, Master Fitness Trainer Course team leader. "On a sports team, like a football player, if he's not doing anything to increase his flexibility he's much more likely to become injured when a force is applied to him. In the NFL a lot of what they do is increase range of motion.

See FITNESS, Page 4A

Fort Sill chosen for healthy initiative

Story, photos
By Monica Wood
FMWR Marketing

The Department of Defense selected Fort Sill to be one of two Army installations in the Healthy Base Initiative.

The initiative is a demonstration project for Operation Live Well, a program aimed at making healthy living the easy choice and the social norm.

Brian Borda, with the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy, came to Fort Sill June 3-7, to see the programs the installation already has in place and to brief the command on the yearlong initiative to promote healthy living.

"This is a cost-neutral program in conjunction with the National Prevention Strategy, and Operation Live

Well is a customized, local approach with a goal to improve the health and wellness of service members and their families by reducing obesity and decreasing tobacco use," said Borda. "Our vision of success is an installation that encourages good nutrition, active lifestyles and tobacco-free living.

"It's important to note that we are not building new programs. What we are doing is investing in time. We are looking to create an environment at installations to help people get well, relieve stress, eat better and exercise more," he said. "We are asking our commanders to invest in their service and family members by allowing them to work on improving their health and fitness."

The other Army installation selected for the initiative is Fort Bragg, N.C. In addition, there are 11 other sites including two from each service branch: one

See HEALTH, Page 4A

Army returns to original song

By Warrant Officer Matthew David
77th Army Band commander

What's the band playing, that's not the Army Song?

Effective May 8, All Army Activities message 124/2013 went into effect; it states: "[The Army Song] will begin with a short introduction, then the verse, followed by the chorus and then the refrain."

The change, approved by Gen. Ray Odierno, Army chief of staff, is actually a return to the original version and lyrics of the official Army Song. Veterans from as late as the 1980s should recall learning the original version in basic training. This music arrangement is only part of the history of the Army Song.

While stationed in the Philippines in 1908, 1st Lt. Edmund Gruber, a field artilleryman, wrote the original melody. Gruber named it the "Caisson Song," with the original lyrics reflecting routine activities of a horse-drawn field artillery battery.

Then, in 1917 John Philip Sousa subsequently transformed the song into a march and renamed it "The Field Artillery Song." In 1948, the Army held a contest for an official song, but none were accepted. Then, in 1952, the Army asked the music industry to submit songs and received 800 entries. By Jan. 20, 1953, The Army Band performed the winning song, "The Army's Always There," by Sam Stept for President Dwight Eisenhower's inaugural parade.



Courtesy photo

The 77th Army Band plays on the Old Post Quadrangle during an official function. At upcoming post ceremonies, the band will play the original Army Song with some added lyrics new to most Soldiers.

However, this song did not last long because many who heard it thought it sounded too much like "I've Got a Lovely Bunch of Coconuts," a song both Merv Griffin and Danny Kaye got a lot of mileage singing.

The Army decided to keep the melody of "The Caisson Song," but with new lyrics submitted by Harold Arberg. On Nov. 11, 1956, Wilber Brucker, secretary of the Army, dedicated "The Army Goes Rolling Along" as the official song of the U.S. Army on Veterans Day. Then, about 20-to-25-years ago, Army bands began playing a shorter version of "The Army Song" for brevity in reviews and parades.

The following link - www.bands.army.mil/music/armysong/

- offers a recording by The Army Chorus and the U.S. Army Band "Pershing's Own."

"General Odierno believes strongly in the importance of inspiring Soldiers, and he found the words of the verse to really express what he felt about the Army. He heard The Army Chorus singing the verse and wanted all Soldiers to know those stirring words. General Odierno is very focused on the power of live music to influence and inspire. He is constantly looking at ways to enhance ceremonies and other events with music," said Col. Thomas Palmatier, "Pershing's Own" band commander.

The music arrangement is See SONG, Page 2A



A volunteer wears an American Red Cross vest, signifying he is a trained responder, after the Moore, Okla., tornado. People interested in volunteering and being trained with the Red Cross can call Rob Rogers, Fort Sill Red Cross station manager, at 580-442-3950.

Red Cross needs tornado aid

By Spc. Danielle Gregory
Photos by Petra Yahn

"I gave this lady a Gatorade and she was so excited," Petra Yahn said. "I got so many blessings, kisses and hugs, and I'm thinking, 'It's just a stupid Gatorade,' but in a disaster situation it means so much more; people are so grateful. You don't get paid for this, but seeing people's reactions when they see the Red Cross come through is something that you couldn't pay me for."

Thousands of people like Yahn, an American Red Cross volunteer for more than 20 years, signed up to volunteer with the Red Cross within a few days after tornadoes hit Moore and El Reno, Okla. They actually had to turn people away said Rob Rogers, Fort Sill Red Cross station manager.

"The amount of goodwill is incredible," he said.

The Red Cross wants to take that goodwill and focus it through training for the next disaster as well as continue to get new volunteers to help with disaster relief in Oklahoma, Rogers said.

"It is just the world that we live in, there will be a next time," Rogers said. "We are encouraging people to go ahead and register with us so we can begin to train them for the next disaster. We are also still accepting people in our shelters and in the clean up effort. We are going to be on the ground there for a couple months."

People can sign up as spontaneous volunteers for as little as half a day by calling Daniel Farrell,

See HELP, Page 3A

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Sill battalions take long haul for training



168th Brigade Support Battalion Soldiers unstrap a trailer preparing it to be lifted off a lowboy trailer during a convoy to Fort Carson, Colo. The battalion turned in five trailers, three generators and tow bars. Later, Soldiers picked up artillery pieces for 3rd Battalion, 29th Field Artillery, which was traveling to Fort Sill to participate in an upcoming 214th Fires Brigade field exercise.

Story, photo
By Sgt. Nathaniel Foster
214th Fires Brigade

Soldiers from the 100th and 168th Brigade Support battalions convoyed to Fort Carson, Colo., June 3-6, to turn in excess equipment and pickup artillery pieces from 3rd Battalion, 29th Field Artillery.

Following equipment turn in to various units there, the Soldiers loaded up artillery pieces for the 3-29th FA Soldiers who will participate in a 214th Fires Brigade field exercise.

Spc. Maria Veliz, A Company, 168th BSB petroleum supply specialist, completed her first long-haul

operation, which was almost 600 miles one-way.

"I was glad to be on this type of convoy because it was something different," she said. "I believe the trip from Fort Sill to Fort Carson was a pretty good experience for me."

Though a little road weary from the lengthy drive in a vehicle built less for comfort and more for durability and function, Veliz said it was a good experience.

The convoys, the 12th such trip the battalions have completed since October, also serve as a drivers' training program which helped develop more qualified drivers.

Spc. Rebecca Waynick, made her 11th trip to Fort Carson.

"This trip was different from the other ones because we had bigger vehicles, a longer convoy and bigger equipment to haul," said the A/168th BSB petroleum supply specialist. "We had a couple of breakdowns, but we had the experience to [fix] them as quickly as possible."

She said the convoys provide Soldiers great training for operating the big trucks.

"You have to deal with a lot of civilian traffic and driving on different terrain than you do when driving at Fort Sill," she said.

Soldiers are scheduled to convoy back to Fort Carson around the end of June to return the 3-29th FA's artillery pieces.

Song

From Page 1A

different from the original written by Sousa. First off, the introduction is new along with the herald trumpet motives and flourishing woodwind lines that add life to the verse, chorus and refrain. The second thing the audience will notice is it is in a lower key. This way more audience members will be encouraged to "sing our song."

Here are the complete lyrics:

Verse: *March along, sing our song,
With the Army of the free.*

*Count the brave, count the true
Who have fought to victory.
We're the Army and proud of our name!
We're the Army and proudly proclaim:
Chorus: First to fight for the right,
And to build the nation's might,
And the Army goes rolling along.
Proud of all we have done,
Fighting till the battle's won,
And the Army goes rolling along.
Refrain: Then it's Hi! Hi! Hey!
The Army's on its way.
Count off the cadence loud and strong;
For where'er we go,
You will always know
That the Army goes rolling along.*

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Installation Operations oncommissioned officer and Command Career Counselor: Master Sgt. Lisa Billingslea, 580-442-4707; FCoE, Fort Sill Garrison & 40th M.P. Detachment Support: Staff Sgt. Cody Waltman, 580-442-2822; Administrative Assistant: Sgt. Lee Turner, 580-442-3968; Reserve career counselor: Master Sgt. Shawn Streussnig, 580-442-5930; Reserve component liaison: Sgt. 1st Class Dione Brown, 580-442-4107; Reserve component liaison: Sgt. 1st Class Lesa Worrell, 580-442-5931; Medical Command: Staff Sgt. Charles Williams, 580-558-2082; 428th Field Artillery Brigade: Sgt. 1st Class Michael Metty, 580-442-3910; HHB, 428th FA: Staff Sgt. Staceyann Perry, 580-442-5602; 1st Battalion, 30th FA: Sgt.

1st Class Juan Burkett, 580-442-5093; 1-78th FA: Staff Sgt. Aaron Moore, 580-442-0012; 2-2nd FA: Sgt. Peter Francis, 580-917-9787; 434th FA Brigade: Sgt. 1st Class Carida Wannemacher, 580-442-1274; 434th Detachment: Staff Sgt. David Shamblin, 580-442-6984; 1-19th FA: Drill Sgt. Veronica Zannotti, 580-442-1410; 1-31st FA: Drill Sgt. Phillip Medina, 580-442-0108; 1-40th FA: Drill Sgt. Jackye Wilson, 580-442-3859; 1-79th FA: Sgt. 1st Class Dennis Hunter, 580-442-1901; 95th Adjutant General Battalion: Sgt. 1st Class Jason Bates, 580-442-6116; 30th Air Defense Artillery Brigade: Sgt. 1st Class William Schaffhauser, 580-442-2752; HHB, 30th ADA: Staff Sgt. Syreea Hughes, 580-442-2693; 1-56th ADA: Staff Sgt. Syreea Hughes, 580-442-2693; 2-6th ADA: Staff Sgt. Edwin Echevarria, 580-442-0908; 3-6th ADA: Sgt. Steven Knopf, 580-442-4595;

214th Fires Brigade: Master Sgt. Christopher Williams, 580-442-5240; 1-14th FA: Staff Sgt. Robert Jones, (Deployed); 2-4th FA: Sgt. 1st Class Joseph Heffnersimcik, 580-442-3844; 2-5th FA: Staff Sgt. Bruce Peltier, 580-442-3442; 168 BSB: Staff Sgt. Shannon Hanks, 580-442-4952; 75th Fires Brigade: Sgt. 1st Class Brian Cochran, 580-558-0633; 1-17th FA: Sgt. 1st Class Brian Cochran, 580-558-0633; 2-18th FA: Staff Sgt. Jacqueline Fahie; 3-13th FA: Staff Sgt. Bruce Walton, 580-442-9369; 100th BSB: Staff Sgt. Derek White, 580-442-0635; 31st Air Defense Artillery Brigade: Master Sgt. Joshua Wannemacher, 580-442-8171; 3-2nd ADA: Sgt. 1st Class David Rudregus (Deployed); 4-3rd ADA: Sgt. Lashawndra Madison, 580-442-8171 and 5-5th ADA: Staff Sgt. Lukus Weinle, DSN: 347-8168.



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Smokeless tobacco not safe alternative

By Ben Sherman

Kelda Hodges often feels like she is fighting an uphill battle, trying to help people quit using tobacco products.

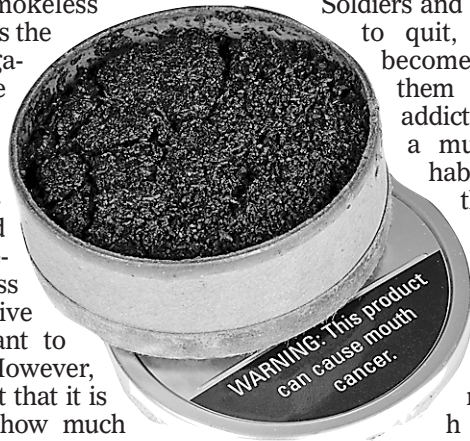
As a tobacco cessation and health promotions registered nurse at Reynolds Army Community Hospital, she works to help Soldiers and family members at Fort Sill quit using cigarettes and other tobacco products. And while smoking continues to be the most significant health risk in the military, she has noticed a rise in the use of smokeless tobacco in recent years — chewing tobacco, and dips like snuff. This is because it has become increasingly difficult to smoke cigarettes in most public places, especially on military posts.

"Many people think that using smokeless tobacco products is the lesser of two evils, but really smokeless tobacco has three to four times more nicotine than cigarettes," said Hodges. "For those who

dip a can of smokeless tobacco a day, that's the equivalent of 60 cigarettes — three packs."

Recent marketing campaigns by the tobacco industry have promoted the idea that smokeless tobacco is a less harmful alternative for those who want to quit smoking. However, Hodges pointed out that it is difficult to know how much nicotine a person is getting from a particular smokeless tobacco product because there are no regulations regarding how much nicotine the tobacco companies put in the products.

"Smokeless tobacco is so concentrated that holding an average dip in your mouth for only 30 minutes gives you as much nicotine as smoking three cigarettes. That's the difficult thing about getting our



Soldiers and dependents to quit, is that it becomes part of them as an oral addiction, and is a much harder habit to break than putting that cigarette to your lips," she said.

Hodges n a m e d many of the h a r m f u l effects of smokeless tobacco: cancers of the mouth, tongue and throat, cancers of the esophagus, stomach, intestines and color; pancreatic cancer and increased risk of heart disease, heart attacks and stroke. The toxins from tobacco use, especially smokeless products, increase the risks of cancer 15 times greater than normal, especially oral cancers.

"Even though these smokeless products are marketed as a less harmful alternative to smoking, they can be just as deadly. And, they have not been proven to help smokers quit. That's because cessation for people using smokeless tobacco is different for people who smoke. It's all because of the oral habit, and the power of the addiction they are experiencing," she emphasized.

"It is very hard to replace that oral habit. Some people say you can replace it by chewing on a straw or a toothpick, but if you are in uniform you can't do any of those things. All of the cessation literature says "stick some hard candy in your mouth," but that doesn't work for Soldiers especially if it's a sugary candy and the Soldier is borderline on meeting the weight standards. So if you are in the Army, what are you going to do?"

Hodges leads counseling classes as part of the tobacco cessation program and can offer clients several options to help them quit using

tobacco, including nicotine replacement therapy patches; bupropion, also known as Zyban; or nicotine gums. The program also uses behavior modification, to replace bad habits with good behavior through a support group to help those who want to quit.

"It is a much more powerful addiction than smoking, even though some people say it's the same as tobacco. But it's not the same, because of the oral addictions they experience. The amount of nicotine that's in the smokeless products, plus the fact that they can continually use the product around the clock and nobody will notice, creates a very unhealthy situation. We're here to assist them when they are ready for help," Hodges said.

Soldiers at Fort Sill who want to quit using tobacco products can call the Tobacco Cessation program at RACH at 580-442-0684. There are also online resources for quitting tobacco at www.smokefree.gov

Swab of life



Photo by Samantha Ceballos

Ashley Delima (seated) volunteers to swab herself as part of the registration process for the C.W. Bill Young/ DoD Marrow Registry June 7, at the Main PX food court. Her husband, Pfc. Manuel Delima (foreground) from the Headquarters and Headquarters Battery, 214th Fires Brigade, also registered and filled out paperwork. They are assisted by Michelle Bassett, also from HHB, 214th FiB, who helped register donors. Military personnel and their families are a great source for potential donors, because they are the largest group that meets the strict health and age requirements for bone marrow donation. For more information about becoming a bone marrow donor, visit www.dodmarrow.com.

Help

From Page 1A

580-355-2480, a representative at the Lawton Red Cross office, who will connect them with immediate volunteer opportunities and training.

However, those who can't currently volunteer to help those people effected by the tornadoes can still help by getting prepared for the future. "Now is a great time to train up," Rogers said.

To be certified, volunteers need to learn the best way of serving victims," Rogers said. "Sometimes it's listening, sometimes it's connecting them to a resource and sometimes it's taking them to a Red Cross shelter."

The Red Cross can train youth and adult volunteers to work with victims who have experienced a loss; register victims with Safe and Well, a website that connects family members after a disaster; basic life saving; how to respond to downed power lines; running shelter services; and responding to different scale disasters, from single-home fires to powerful tornadoes like those in Oklahoma. Volunteers can



American Red Cross volunteers assist victims in the devastating aftermath of the Moore, Okla., tornado recently. Volunteers helped by bringing victims food, drinks, shovels and rakes as they started to clean up and pick through what remained of their belongings.

even be trained to deploy internationally.

"We have hundreds of people who called and wanted to go to Moore to help, but they can't just let anybody in," Yahn said. "If you want to deploy under the Red Cross symbol, you have to be trained, and that has to happen before a disaster hits."

Even with all her training, Yahn still cried at the devastation she saw while helping tornado victims, but she said that the Red Cross is a tightknit group and have support for their volunteers such as counseling.

"It's 12-hour days, and I was

tired and I cried a lot, but it's a good tired, and it's so rewarding and worth it," she said.

People interested in training to become a volunteer can visit the Red Cross website, find their local chapter and click "volunteer applications" to apply for classroom training and go through an online orientation.

The application includes registration to the Red Cross' new website "Volunteer Connection," where volunteers can sign up for upcoming classes in their area to be certified and get more information to be a Red Cross volunteer.

Leave sharing

The Voluntary Leave Transfer Program allows civilian employees to donate annual leave to other civilian employees.

Submit completed forms to Cindy Mullins at the Civilian Personnel Advisory Center, Bldg. 4700 Mow-Way Road, fifth floor.

For more information, call CPAC staff members at 580-442-5134.

The following employees are approved for the program:

Denise Stevens from the 30th Air Defense Artillery Brigade.

Laurie Sweetser from the 434th Field Artillery Brigade.

Daniel Medina from the 95th Adjutant General Battalion.

Jeffery Humphries from

the Network Enterprise Center.

Delisa Cliatt from the Directorate of Logistics.

Phillip Holman from the Directorate of Resource Management.

Samuel Love from TACOM.

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Larry McNeely and Gregory Brewer from the Directorate of Plans, Training, Mobilization and Security.

Jessica Tovar from the Office of the Staff Judge Advocate.

Amy Evans from Dental Activity Command.

Tyeisha Bradley, Janeth Thomas, John Loose, Joseph Mulligan, Ashlea Holliday,

Heather Christianson, Karina Barrett, Wanda Cooke, Sharee Caplinger, Shelly Wells, Roselyn Holmes, Ella Lewis, Denise DeJesus, Robert Shields, Maria McGee, Linda Tyer, Jacqueline Turner, Robin Russell, Christopher Bereza, JoAnn Sorenson, LaShonda

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Teens at the youth center enjoy getting active with the free Zumba class Thursdays at 3 p.m. in the gym. Michaela Smith, certified Zumba instructor, said all youth center members are invited to attend the class and improve their fitness there.

Health

From Page 1A

each from the Coast Guard, National Guard, the Reserve, the Defense Logistics Agency and the Headquarters, Assistant Secretary of Defense for Health Affairs.

"Selection of sites followed a review that considered diversity in geography, mission, personnel and resources," said Borda. "In addition, we considered dining and fitness facilities, and other infrastructure necessary to support innovation. The key to all of these considerations is leadership that is committed to an active, healthy lifestyle."

He added Fort Sill has an extremely strong leadership who are very supportive of creating a healthy environment on-post.

"Fort Sill has created excellent relationships with community leaders and there is an existing and active emphasis on the Lawton-Fort Sill community wellness," he said. "The attitude of one community resonates throughout."

Brenda Spencer-Ragland, director of Family and Morale, Welfare and Recreation, said there are many good programs to encourage healthy, active lifestyles already in place on Fort Sill.

"The installation is working hard at providing great quality of life programs, and everyone is enthusiastic and committed to continual improvement across the community," she said.

Spencer-Ragland pointed to the new Fort Sill Youth Center as an example of programs already in place to promote a healthy lifestyle.

"As part of our commitment to healthy living, the



Breona Pinkrey browns chicken meat as Devon Garner waits to add more raw chicken to the pan at the youth center cooking class June 4. The teens at the youth center made gyros with chicken instead of lamb. The cooking class lets teens work together to prepare a healthy meal. The supervised training also gets youths comfortable working in a kitchen where they can enjoy the results of their labor.

youth center offers classes on health foods and physical fitness with a cooking class every Tuesday and Zumba every Thursday," she said.

Brooke Wilson, youth center director, said the cooking club is a great way for Fort Sill youths to learn about eating healthy.

"They choose a recipe Monday, prepare the meal Tuesday, and all of their recipes follow the healthiest

possible options," she said. "All foods are fresh and made from scratch. Clifton Bell does a phenomenal job with the youth and their healthy cooking skills at the youth center."

In addition to the cooking class to educate students on healthy foods and eating, the youth center offers Zumba every Thursday from 3-4 p.m.

"Zumba is a popular activity for the youth to meet up with their friends, exercise and have a great time. The hourlong class is a great workout for them. The music is upbeat and the instructor, Michaela Smith, does a great job keeping the dances fast and moving for the youth to enjoy," said Wilson.

Smith said she has been offering the Zumba classes at the youth center since

March and the teens have become more comfortable doing it. "I ask the students to pick out a song then we work on a routine together. Then we teach the routine to the teens at the next class."

The youth center classes are free and open to all authorized youth center members who are enrolled through Child, Youth and School Services.

Fitness

From Page 1A

The other thing they do is increase the smaller muscles that don't get a lot of attention like the lower back muscles, the hip muscles because when you exert a lot of force on these muscles that haven't been built up they tend to break."

Capoccia is a strong believer in the program because his sister went into the military as an athlete, and through good intentions from her leaders, she was injured during training.

"The Army always thinks that training harder is always the best answer but that's not necessarily true; if it violates exercise science then you're just training to the point of breaking people for no reason."

The group of Fort Sill Soldiers realized they have been doing some exercises incorrectly for years. That repetitive mistake could've been underlying causes for injuries they formerly believed were normal wear-and-tear.

"The posture you have, the way you did the exercise, the cadence for it. Where we all came from different areas, FORSCOM, TRADOC, it was all different in those areas. We all learned the precise way of

"I'm going to be able to go out there and spot check and identify those mistakes we're doing right now so we can make sure to work on that precision portion of physical readiness training."

Sgt. 1st Class Victor Marquez
HHB, 434th FA Brigade

doing it and it made a huge difference," said Baer.

Fort Sill's 2012 Drill Sergeant of the Year Sgt. 1st Class Victor Marquez, even admitted the best of the best, those meant to train Soldiers, may not be perfect in their instruction — something he cannot wait to rectify.

"I'm going to be able to go out there and spot check and identify those mistakes we're doing right now so we can make sure to work on that precision portion of physical readiness training," said Marquez.

PRT not only focuses on strengthening those who are already fit, it also gives those who are injured workout options. Staff Sgt. Kimberly Marmolejos, Company A, 168th Brigade Support



Soldiers sprint it out during physical readiness training June 5 on Prichard Field. The 30 staff sergeants and sergeants first class were part of the second iteration of the Master Fitness Trainer Course taught here. In the course, the Soldiers become the experts on the proper form for each exercise. The course also teaches how to prevent injury, or how to rehabilitate Soldiers to return them to peak physical condition.

Battalion, will go on to assign workouts for those who are on profile, are overweight, or who cannot pass the APFT with a greater understanding and background from the course.

The new workout manual focuses on doing exercises correctly, to start and it also changes some things that have been ingrained in Soldiers, like long runs. Instead of training long distances, the FM teaches high intensity, shorter runs. There is also a very specific warmup meant to activate the muscles

so they are ready when Soldiers decide to do quick movements or strength conditioning exercises.

"Educating people about the proper way to exercise, basically getting them in line with what the civilian world knows about exercise science and bringing the discoveries of the 21st century to the Army — I feel like that's an important goal," said Capoccia.

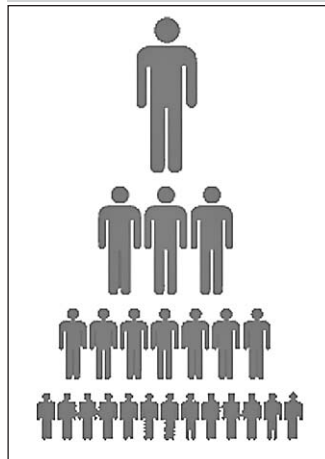
If the experience of the workout isn't enough to convert Soldiers, the results back it up.

PRT was put up against the previous Army FM 21-20, in three separate studies with Soldiers in Basic Combat Training.

What they found was between the two different fitness programs the Soldiers had roughly the exact same APFT scores, but PRT had 48 percent less overuse injuries and 24 percent less traumatic injuries. And with less Soldiers dropping out from injuries, more were retained using PRT.

"A 50-percent reduction in injuries! If the Army could just

Master Fitness Trainers



The Master Fitness Trainer Course goal is to create fitness experts who share their knowledge with their units and slowly improve the overall fitness of the Army.

BY THE NUMBERS

- PRT vs PFT**
- Same APFT scores
 - PRT: 48 percent less overuse injuries
 - PRT: 24 percent less traumatic injuries.

change that by changing its PT program and escape all these massive injuries why wouldn't they do it? It's been proven and validated by science to be at least the match for FM 21-20 and at the same time it doesn't violate basic scientific principles of exercise science," said Capoccia.

the Cannoneer

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Spotlight shines on new LETRA manager

Story, photos
By Monica Wood
FMWR Marketing

The employee spotlight this month is on Mark Houseman, the new Lake Elmer Thomas Recreation Area program manager.

He brings a wealth of recreation experience to the Fort Sill Family and Morale, Welfare and Recreation directorate.

The second of eight children, Houseman grew up around the Air Force in which his father served for 20 years then retired. He has a Bachelor of Science degree in business from



Mark Houseman

Presentation College in Aberdeen, S.D. Houseman started his



This is the view Mark Houseman has at work every day. He is working to create a nine-hole disc golf course at Lake Elmer Thomas Recreation Area, a fire pit and pavilion.

career as a recreation aide at Malmstrom Air Force Base, Mon., when he was 17. He was promoted to a recreation assistant after the initial season and worked in

that capacity for the next four years.

In the succeeding years he worked as the supervisory recreation assistant for two years and as recreation coordinator in aquatics at Port Angeles, Wash., for two years.

Next, he worked as the pools and beaches coordinator for Kwajalein Range Service, Marshall Islands, for two years before getting the job at LETRA.

Houseman is already working on a nine-hole disc golf course at LETRA, a fire pit and pavilion.

He's also installing three

horseshoe pits that should be ready at the end of June and working on getting a paintball course there in the near future.

Having lived in many western states and most recently on a small atoll in the Pacific Ocean, he's excited to be stateside and bring his experience and recreation know-how to create new programs and amenities at LETRA and Fort Sill.

Look for a more in-depth introduction article on Houseman in an upcoming edition of the Cannoneer.

Hiring event a big success

Story, photo
By Ben Sherman

The Military Hiring Event held at the Fort Sill Reserve Center June 6 was a rousing success, according to Robert Phillips, local veteran's employment representative with the Oklahoma Employment Security Commission in Lawton.

"We had a tremendous turnout, much better than we even imagined," Phillips said. "Our intent was to give these veterans and transitioning Soldiers opportunities to have real interviews for real jobs. And we accomplished that."

Phillips listed the following statistics:

- 187 veterans pre-registered online and 100 percent of them showed up.

- An additional 214 veterans registered on-site the day of the event, for a total of 334 attendees.

- 51 companies and agencies signed up before the event, and an additional eight companies came that day, for a total of 59

employers. All of these employers had confirmed jobs openings available.

Four companies conducted 26 one-on-one interviews with applicants, and another set up interview appointments that evening.

Several applicants were hired during the event. Richard McPherson, executive director, OESC said that one employer told him they hired one veteran for a position that pays \$70,000 a year.

"Not every new hire will make that salary but it's exciting to hear one of our veterans landed that job. That's what we are trying to do at these events — help veterans get jobs so we can keep those highly skilled workers in the state of Oklahoma," McPherson said. "I know we will have these events again in the near future to help more Soldiers and veterans who are seeking jobs. Our staff is very passionate about helping veterans and those transitioning out of the military find and get jobs, but not just any job, a good job that will keep them here in Oklahoma."



Soldiers listen as a prospective employer tells them about jobs his company has available at the Oklahoma Military Connection Hiring Event June 6 here. More than 330 veterans, guardsmen and active-duty Soldiers transitioning out of the Army attended the event at the Fort Sill Armed Forces Reserve Center. Job seekers had opportunities to interview with 59 employers for jobs, many of are in Oklahoma.

Budget calls for more base realignments, closures

By Jim Garamone
American Forces Press Service

WASHINGTON — Sequestration and the need for another base closure and realignment commission headlined Defense Secretary Chuck Hagel's testimony before the Senate Appropriations Committee's defense subcommittee recently.

Hagel and Army Gen. Martin Dempsey, the chairman of the Joint Chiefs of Staff, defended the president's request for \$526.6 billion for the Defense Department's fiscal 2014 budget and an additional \$79.4 billion for overseas contingency operations.

"This budget enables the department to support troops still at war in Afghanistan, protect readiness, modernize the military's aging weapons inventory in keeping with the president's strategic guidance and sustain the high quality of the all-volunteer force," Hagel said. "This budget also continues the

department's approach of the last couple years of targeting growing costs in areas of support, overhead, acquisition and pay and benefits."

But the specter of sequestration hangs over this budget. DoD is absorbing \$37 billion in fiscal 2013 spending cuts, which has necessitated furloughs of 700,000 civilian employees for up to 11 days.

DoD also has cut facilities maintenance, instituted hiring freezes, cut overhead and reduced important, but lower-priority, programs, the secretary told the senators, noting that the department has submitted a request to Congress to allow Pentagon officials to shift \$9.6 billion in funding.

"We ask this subcommittee's assistance in providing rapid review and approval of this critical reprogramming request," Hagel said.

The spending cuts have forced the services to reduce training and maintenance of nondeployed operating forces, Hagel said.

"The Army has stopped rotations at its key combat training centers for all but

deploying units, more than a dozen combat coded Air Force squadrons either already have or will soon stop flying and the Navy has curtailed deployments," the secretary said.

The fiscal 2014 budget request is based on \$487 billion in spending reductions over 10 years mandated by the Budget Control Act of 2011 — it does not include the effects of sequestration, Hagel told the panel, and if sequestration continues, it will mean a further \$500 billion on top of the already agreed-to cuts.

"The president's [fiscal] 2014 budget replaces sequestration and gives the department the time and flexibility to plan and implement spending reductions wisely and responsibly," he said.

Under this request, Hagel added, DoD has identified \$34 billion in new savings, including weapons program restructuring and terminations that achieve \$8.2 billion in savings, slowdowns in military construction and reductions in other programs.

The budget request's military compensation package "preserves DoD's world-class pay and benefits while putting our military on a more sustainable path for the future," Hagel said. "It includes changes to the TRICARE program to bring the beneficiary's cost share closer to the levels envisioned when the program was implemented."

Hagel called on the committee to support DoD's need to eliminate excess infrastructure. The budget request calls for one base realignment and closure round in 2015.

"BRAC is an imperfect process, and there are upfront costs, but in the long term, there are significant savings," the secretary said. He noted that previous BRAC rounds now save \$12 billion a year.

"Although there are clearly opportunities to achieve significant savings by improving efficiency, consolidations and reducing overhead, the scale of the current spending reductions will also require cuts and

changes to military operations," he said.

The budget request isn't all about cuts, Hagel noted. The defense strategic guidance issued in 2012 identified areas that must be increased. These include implementing the military rebalance to the Asia-Pacific region, maintaining America's nuclear stockpile, increasing cyber capabilities and sustaining the growth of special operations forces.

"Finally, this budget seeks to preserve a combat-ready force and sustain the high-quality all-volunteer force," he said.

The budget is the best effort to inject some certainty into the fiscal environment, Hagel told the Senate panel, noting that changes in top-line spending would require changes to the budget plan.

"Consequently, I directed a strategic choices and management review in order to assess the potential impact of further reductions and plan for those continued reductions," the secretary said.

Hagel assured the senators that the DoD will continue to find new ways to operate more affordably, efficiently and effectively.

"However, as I've stated, continued cuts on the scale and timeline of sequestration will require significant reductions in core military capabilities and the scope of our activities around the world," he said.

Hard choices remain, the secretary said, and continued partnership with Congress is essential.

"In the past, many modest reforms to personnel and benefits, along with efforts to reduce infrastructure and restructure acquisition programs, were met with fierce political resistance and not implemented," Hagel said. "We are now in a different fiscal environment. New realities are forcing us to more fully confront these tough and painful choices, and to make the reforms necessary to put this department on a path to sustain our military strength for the 21st century and meet new and complicated threats."

Contractors to share furlough woes with civil servants

By Jim Garamone
American Forces Press Service

The Defense Department is reviewing all of its contracts, and DoD contractors will share the burden of spending cuts, including the furloughs facing the department's civilian workforce, Defense Secretary Chuck Hagel told senators recently.

Hagel testified before the Senate Appropriations Committee's defense subcommittee this morning.

"Contractors are part of any institution," he said. "We need them — certain skills, certain expertise."

Robert Hale, DoD comptroller, who accompanied Hagel, told the committee that about 700,000 defense contractors work throughout the department, and they are in for some changes, he added.

"The furlough process does include contractors," Hagel told the Senate panel. "It includes companies, it includes acquisitions, it includes contracts."

The department is taking a \$37 billion sequestration spending cut in fiscal 2013, which ends Sept. 30. "The majority of that is going to come out of contractors — about \$2 billion will come out of furloughs," Hale said. That means a drop in the number of contractors in the department.

"I don't know yet how much, because the year isn't over, but I think there will be a sharp drop," the comptroller said.

The senators asked about contractors because of newspaper reports about alleged National Security Agency leaker Edward Snowden receiving a \$200,000 annual salary. Contractors generally receive more in salary than DoD civilian employees, Hale said.

"Whether or not a contractor or a civilian is cheaper or better really depends on the circumstances," he explained. "There are some cases where we simply don't have the skills in the Department of Defense that we need, or it's a short-term job and it wouldn't make any sense to grow them."

If it is a long-term job, he added, it makes more sense to hire a civil servant.

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'Manchus' demilitarize combat outpost

Story, photo
By Sgt. Kimberly Hackbarth
4th SBCT, 2nd Inf. Div.
Public Affairs Office

COMBAT OUTPOST TALUKAN, Afghanistan — Soldiers of Company B, 4th Battalion, 9th Infantry Regiment "Manchu," tore apart the combat outpost that was their home for nearly seven months.

With the help of engineers from Combined Task Force 4th Stryker Brigade Combat Team, 2nd Infantry Division and Regional Command-South, the company completed the demilitarization of Combat Outpost, or COP, Talukan in the Panjwa'i District of Afghanistan, May 30.

While other bases currently belonging to the brigade are slated to be transferred to the brigade's Afghan National Security Force partners, Soldiers of COP Talukan demilitarized it because of a disagreement between the Afghan landowner and the Government Islamic Republic of Afghanistan, said 1st Sgt. Erik Rider, B/4-9th Inf. first sergeant.

When the company first arrived in Panjwa'i, they acquired three tactical infrastructures, said Rider.

After handing over a checkpoint in Perosi to their Afghan National Security Forces, or ANSF, partners and closing another local checkpoint, COP Talukan was the last structure to settle, he added.

"Logistically, we have to basically take everything out of here, all the way from

the rocks we stand on to the T-walls," said Rider, a Denver, Colo., native. "We have to leave it the way it was first originally put in before any type of forces came in."

Soldiers from Company B dismantled the tents where they slept, the dining facility where they ate, the gym where they worked out and the Morale, Welfare, and Recreation center they spoke to their loved ones back home.

The last hard standing structure the company tore down was its tactical operations center.

Capt. Jesse Sheehan, Company B commander, said the Soldiers worked tirelessly to reduce the footprint on Talukan and retrograded a lot of equipment. "I think it keeps them focused. To them, it's another mission and they're professional, and they're going to do it to the best of their ability," said Sheehan, a Knoxville, Tenn., native. "It's a point of pride, they were the last Soldiers at COP Talukan."

Rider said that after everything was said and done, his men would miss their home away from home.

"We came in on COP Talukan [and] made major improvements throughout the entire COP to make it a livable condition, and I think we'll miss the hard work we put into the COP to make it a home," he said.

The impact the COP had wasn't just felt by its occu-



Soldiers move a sink out of a dining facility as they dismantle Combat Outpost Talukan in the Panjwa'i district of Afghanistan May 22. The Soldiers are from Company B, 4th Battalion, 9th Infantry Regiment, Combined Task Force 4-2 (4th Stryker Brigade Combat Team, 2nd Infantry Division).

pants, but by the local population as well.

"We've stabilized the area. We've given the [ANSF] a chance to get their foothold in here," Rider said. "We've also been able to train them to make this more of a secure location for the locals."

Spc. Matthew Northrip, a Tactical Explosives Detection Dog handler with Company B, had a similar

reaction to the company's affect on the surrounding villages.

"It's always good to know you're a part of something that helped," said Northrip. "I felt like we did something; we helped change a bad area."

Sheehan said the ANSF's next challenge would be to continue to secure the Horn of Panjwa'i without COP Talukan.

"My job is to work with the ANSF and with our [Security Force Assistance Team] partners so they can engage the ANSF to make sure they have a security plan on what their force posture looks like now that COP Talukan is going to be gone," said Sheehan.

Though the COP will be gone, the Soldiers who occupied it will have the memories made there.

"The biggest thing I'll remember here [on COP Talukan] is the pride that the B Company Soldiers have from being out here," Sheehan said.

"You can definitely tell it's a tight group and I think being on this COP as a company internal definitely was a good bonding experience for the Soldiers," said the captain.

Firearms purchases require specific controls, reporting

In light of recent debates on firearm legislation and growing fears of a national registry being voted as an amendment, there are aspects that may relate to young patriotic Army Soldiers.

The Inspector General Office is aware Soldiers will more than likely purchase a firearm in the near future or already have a privately owned weapon (POW) before enlisting, but that they are not familiar with how All Army Activities messages (ALARACT), and Army and Installation regulations play a role on regulating POWs on an installation.

Some skeptics will claim that once you are in the military services you have practically signed away your rights. But, on the contrary, by empowering oneself with knowledge, you find that those rights do exist, but are not freely enacted because

service members are held to a much higher standard and are expected to comply with lawful orders of their senior commanders.

Army Regulation 190-11, "Physical Security of Arms, Ammunition and Explosives," Paragraph 4-5a, states, "Carrying privately owned weapons, explosives and ammunition on Army installations is prohibited unless authorized by the senior commander. The senior commander has clear authority and responsibility to regulate privately owned weapons, explosives and ammunition on Army installations."

Regardless of whether a Soldier obtains a state or county permit, carrying a concealed weapon on the installation is prohibited. To clarify, a concealed weapon is any instrument used or designed for the purpose of inflicting grievous bodily harm that is carried on the

Ask the IG

By Sgt. 1st Class Juan Aguilar
Inspector General

person in such a way as to be hidden from ordinary view.

An officer, agent or employee of a federal agency, state or political subdivision are authorized to carry said weapon, provided they are in an on-duty status. The bottom line is Army Regulation 190-11 and the senior commander will stipulate control and storage measures for privately owned weapons on military installations and government facilities.

ALARACT message 063/2013, "Control and Reporting of Privately Owned Weapons," dated March 25, 2013, explains when a commander is allowed to regulate POWs stored off-post. One instance

is if a Soldier is under investigation, prosecution or adjudication of an alleged violation of law, including whether a member of the armed forces constitutes a threat to the member or others. When a commander comes to a reasonable conclusion, based on direct observation and/or reports from friends, family or health care providers, that a Soldier is a threat to his or herself or others, the commander may initiate an investigation into the potential threat of violence. Upon initiation of an investigation, the commander is authorized to ask a Soldier whether or not he or she possesses any POWs that are kept off post.

Another exception allows

commanders and health care professionals to inquire as to whether a Soldier owns or plans to acquire POWs if the commander or health care professional has reasonable ground to believe the Soldier is at risk for suicide or causing harm to others. If the Soldier has POWs off post, the commander may request the Soldier bring and store the weapons in the unit arms room. If the Soldier refuses to surrender his or her off-post POWs, the commander may restrict that Soldier to the installation based on safety concerns for him or her and others.

Commanders should initiate a command directed behavioral health evaluation through behavioral health specialty care to assess the Soldier's risk level and further inform the commander's decision. Commanders should seek advice from their servicing staff judge

advocate before collecting any information concerning POWs maintained off-post.

In addition to the above regulation, ALARACT messages, Public Law 111-383 Section 1062, and the Second Amendment still apply to service members. Owning a firearm is a right, but also a great responsibility that all American citizens are expected to follow and execute.

For questions or more information, the Office of the Inspector General is at 1643 Randolph Road next to Nye Library. Office hours are 8:30 a.m. to 5 p.m. weekdays, except for regularly scheduled training and federal holidays. Our contact numbers are 442-3109/3224 or you may e-mail us at usarmy.sill.fcoc.mbx.fort-sill-inspector-general@mail.mil. Leave a message during nonduty hours, and we will return your call the next duty day.

Military court convicts two Soldiers

The General Court-Martial case of United States v. 1st Lt. Michael A. Chambers convened May 29-31 at Fort Sill. Chambers has served at Fort Sill since Feb. 1, 2009.

A military panel consisting of five officer members found Chambers guilty of one specification of rape of a child and one specification of aggravated sexual contact with a child. The panel found Chambers not guilty of one specification of aggravated sexual contact with a child, one specification

of abusive sexual contact with a child and one specification of sodomy with a child.

The military panel sentenced Chambers to forfeit all pay and allowances, to four years confinement and to be dismissed from the service.

The General Court-Martial case of United States v. Pvt. Kristopher R. Havlock convened March 27-28 at Fort Sill. Havlock has served at Fort Sill since June 30, 2009.

A military panel consisting of officers and enlisted members found Havlock guilty of one specification of aggravated sexual contact with a child, one specification of indecent liberty with a child and one specification of communicating a threat. The panel found Havlock not guilty of one specification of indecent liberty with a child.

The military panel sentenced Havlock to one year of confinement; and a bad conduct discharge from the service.

Briefs


From Page 1A

Clinics merging

Joe Minor Thomas Troop Medical Clinic, 2913 Craig Road, will merge with David B. Bleak TMC, Bldg 6039 Berry Road. Soldiers who currently receive medical care at Thomas TMC should now report to

Bleak TMC starting June 17. For more information call 580-558-5566.

Bleak TMC is named after Staff Sgt. David Bleak, a combat medic who was with the 40th Infantry Division during the Korean War. He was awarded the Medal of Honor for courage under fire while caring for wounded Soldiers; even after he sustained severe leg injuries.



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Cannoneers participate in TRADOC study

By Cannoneer staff

The Army uses Armed Services Vocational Aptitude Battery (ASVAB) prerequisite scores for a recruit to get into a given military occupational specialty (MOS), and as a probable indicator of the Soldier's success to complete the MOS training. In the future, the Army will, similarly, have physical standard requirements which must be met by a recruit to qualify for a combat MOS.

The Soldier 2020 Gender-Neutral Physical Standards Study is under way to establish those requirements.

Scientists were at Fort Sill June 5-6, and observed cannon crewmembers go through rigorous MOS 13B-specific tasks, as well as common Soldier tasks, as part of the research.

"The study will provide a fair and objective appraisal of the physical requirements to be a successful and effective Soldier at any level, and even in highly specialized MOSs," said Dr. Edward Zambraski, Military Performance Division chief for the Army Research Institute of Environmental Medicine (USARIEM). "That's important so that a Soldier can be successful in doing his or her job, but also to minimize the chance of a Soldier being hurt attempting to do their job."

The secretary of defense rescinded the 1994 Direct Ground combat definition and assignment rule and directed the full integration of women into currently closed units and positions after the development of a gender-neutral occupational standards, according to Army operation orders.

Gen. Raymond Odierno, Army chief of staff directed the Army to validate physical performance standards for each job that remains closed to women through



Photo by Staff Sgt. Timothy Hughes, 75th FIB

1st Lt. Stephen Skinner, Headquarters and Headquarters Battery, 2nd Battalion, 5th Field Artillery assistant S3, breaks down a Gun Laying Positioning System June 5, at the 1st Lt. Fredrick Henry Training Complex here. The GLPS was one of the cannoner tasks that field artillery Soldiers performed during the physical standards study.

the gender-neutral study. Training and Doctrine Command is leading the study with support from Forces Command and the Army Medical Command's USARIEM. The physical standards are expected to be in place by September 2015.

"That's what gives us our marching orders to do this study: To make sure that OK, do they (combat MOSs) need to stay closed or can they, in fact, be open? And, if they are opened then what is the criteria to figure out if someone is physically fit to do the task," said Master Sgt. Matthew Dorman, Field Artillery Proponent Office career management non-commissioned officer for the FA branch.

TRADOC has identified the most physically arduous tasks in the combat MOSs, and researchers with USARIEM are studying how hard a Soldier has to work to perform those tasks, Zambraski said. Parts of the study are also being conducted at forts Bliss and Hood, Texas; Bragg, N.C.; and Leonard Wood, Mo., in infantry, combat engineer and armor MOSs.

Scientists observed 28 field artillerymen from the 214th Fires Brigade June 4, as they performed an ammunition transfer, lifted the wheel arm assembly on an M777 155mm howitzer, recovered the spade trail arm and blade on the same howitzer, and set up a Gun Laying Positioning System, Dorman said.

The same Soldiers also rotated through stations where they performed common warrior tasks: hand grenade throw, dragging a casualty and filling and moving sandbags to create a fighting position.

The next day another 28 FA Soldiers from the 75th FIB performed the same tasks.

The ammo transfer was a two-Soldier task that required them to load 90 155mm rounds onto racks in an M992 Carrier Ammunition Tracked, or CAT, within 20 minutes.

"Even though they can rotate positions, it's still pretty difficult because each round weighs 94 pounds," Dorman said.

During the casualty drag, Soldiers shouted encourage-

ment and suggestions as Spc. Andrew Gibson, C Battery, 2nd Battalion, 5th FA, struggled to move a "victim," who weighed about 285 pounds with personal protective equipment.

"It was pretty tough — the mass of it," said Gibson, who had to drag the Soldier 15 meters as quickly as possible.

Jan Redmond, USARIEM research physiologist, made observations and took photos of the Soldiers working and weighed objects that the Soldiers lifted.

"You don't realize how physical demanding the tasks are until you try to pick up some of the things," she said, "and how physical fatiguing they are over time because the tasks are repetitive in nature."

The researchers were pretty much just making observations, and on a subsequent visit here will measure physiological parameters, such as heart rates, as well as the physics and mechanics required for the body to complete tasks.

One of the major components of the study is to first reassess and determine the basic fitness requirements that every Soldier should possess regardless of their job, their sex and age, Zambraski said. That's why USARIEM is looking at the physical demands of the common Soldier tasks.

Another element is to determine the physical demands associated with the combat MOSs. USARIEM investigators reviewed the combat MOS training manuals for the tasks requiring the most strength and endurance, Zambraski said.

"The whole idea is to get those physical demands quantitated, to be able to develop very simple predictive tests for strength, per-



Photo by Cannoneer staff

Spc. Christopher Endes, 2nd Battalion, 5th Field Artillery, carries a 94-pound 155mm howitzer dummy-round to an M992 Carrier Ammunition Tracked, or CAT, June 4, at the 1st Lt. Fredrick Henry Training Complex at Fort Sill. Ammo transfer was one of four cannon crewmember tasks Soldiers had to perform for researchers.

formance, endurance or agility, and apply those test to males and females," he said.

Currently, prospective Army recruits must pass a physical during the Military Entrance Processing Station indoctrination. In the future they may also have to, for example, demonstrate their abilities to do so many biceps curls to replicate a task in an MOS, Dorman said. Then, working with their Army recruiter who has the results of their physical standards scores, they can see what MOSs they qualify for.

Maj. Brad Warr, USARIEM researching physician assistant, said the only physical standard Basic Combat Training Soldiers must now pass is the Army Physical Fitness Test. In their subsequent MOS Advanced Individual Training, some MOSs have certain physical requirements that must be completed to graduate, such as an intense ruck march in infantry school.

Once the new physical standards are in place it will help ensure the right people are placed safely and accurately in the right jobs, Warr said.



Photo by Staff Sgt. Timothy Hughes, 75th FIB

Sgt. Jason Catour pulls Staff Sgt. John Ray 15 meters during the casualty drag lane June 5, at the 1st Lt. Fredrick Henry Training Complex at Fort Sill. Soldiers participated in the Gender-Neutral Physical Standards Study to demonstrate the physical demands that are placed on Soldiers who are in the 13B military occupational specialty field. Both Soldiers are assigned to 1st Battalion, 17th Field Artillery.

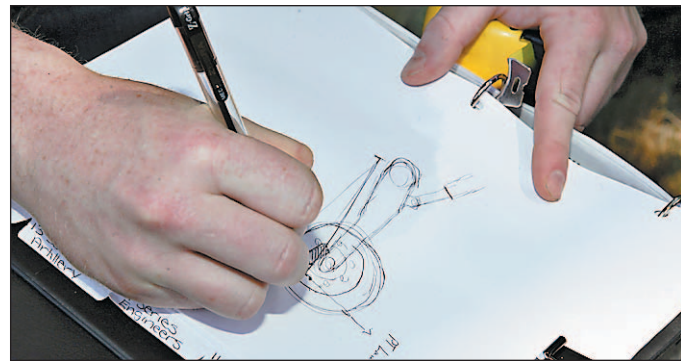


Photo by Cannoneer staff

Jay Hydren, Army Research Institute of Environmental Medicine research fellow, diagrams the wheel arm assembly of an M777 155mm howitzer June 5, at the 1st Lt. Fredrick Henry Training Complex here. By knowing the pivot points and where forces are, researchers can determine how much load Soldiers have to move to lift the wheel arm.



Photo by Staff Sgt. Timothy Hughes, 75th FIB

A shovel sticks in the dirt near a Soldier June 5, at the sandbag lane at the 1st Lt. Fredrick Henry Training Complex at Fort Sill. Soldiers participated in the Gender-Neutral Physical Standards Study to demonstrate the physical demands that are placed on Soldiers who are in the 13B military occupational specialty field. Almost 60 cannoners from the 214th and 75th Fires brigades participated in the study.



Photo by Staff Sgt. Timothy Hughes, 75th FIB

Maj. Brad Warr, Army Research Institute of Environmental Medicine researching physician assistant, uses a digital gauge to measure how much weight a Soldier lifts when recovering the spade trail arm and blade on an M777 howitzer June 5, at the 1st Lt. Fredrick Henry Training Complex here. Warr was one of four USARIEM's Military Performance Division's scientists here as part of the Gender-Neutral Physical Standards Study.



Photo by Staff Sgt. Timothy Hughes, 75th FIB

Sgt. Jason Catour, 1st Battalion, 17th Field Artillery, throws a training hand grenade June 5, at the 1st Lt. Fredrick Henry Training Complex here. The grenade-throw was one of three common Soldier tasks that cannon crewmembers were evaluated on during the physical standards study.



Things to do

UFC live

Watch UFC 161 live on pay-per-view June 15 at the Impact Zone as Rashad Evans takes on Dan Henderson in a light heavyweight bout. Also catch a light heavyweight bout between Shogun Rua and Rogerio Nogueira and a heavy-weight bout between Roy Nelson and Stipe Miocic. Doors open at 6 p.m. with a \$3 cover charge. The fight begins at 9 p.m. Enjoy food and beverage specials throughout the evening. For more information, call 580-442-0355.

Roller derby

Come see the "Knock Out Cancer" bout as the 580 Roller Girls take on the Roughneck Roller Derby June 15 at Great Plains Coliseum, 920 SW Sheridan Rd. Raffle proceeds go toward the American Cancer Society. Doors open at 6 p.m. and the bout starts at 7 p.m. Tickets are \$10 in advance, \$12 at the door. There is a \$2 discount for students and military. Children 12 and under get in free. Visit www.580rollergirls.com for more information.

Tornado relief

Listen to live music and help the victims of recent tornadoes by attending the Oklahoma Tornado Relief Concert June 15 at 1 p.m. at Coffee Creek Outdoor Music Complex, 5007 N. Hwy 81, Marlow, Okla. Gates open at noon, music begins at 1 p.m. All ticket sales go to the American Red Cross. Adult tickets are \$10, student tickets are \$5 and children 5 and under get in free. Performing country bands include: Mikey Ohlin, Byron McKedy, Davis Blake, Kerry Hartman Band, Steve Coffee and Dead City Outlaws, Jennifay Joy w/Diamond Grit, Toby Wayne Band, Justin Fox Band, Lee Mullin Band, Allen Biffle Band, and Facing Forever. For more information visit www.coffeecreekmusiccomplex.com.

Beef and Burgundy

Enjoy beef and burgundy at the Patriot Club June 21 along with a show by Operation Magic. Cocktails start at 5 p.m. and dinner starts at 6 p.m. The cost is \$25 per person or \$30 with wine. Reservations need to be made by June 18. For more information call 580-442-5300.

Outdoor rental

The Outdoor Adventure Center has all the equipment you need to make the most of your outdoor time from flying discs to fishing boats. The center also reserves the five on-post picnic areas and parks. The center is in the RecPlex, 2502 Sheridan Road. Call 580-355-8270 for more information.

Lotsa food

Java Café in the Impact Zone offers daily lunch specials. Monday through Friday from 10 a.m. to 1:30 p.m.

See THINGS, Page 2B

Opening acts set for July 5 concert

By Monica Wood
Fort Sill FMWR

Two rising country acts will open the July 5 Trace Adkins concert on Fort Sill's Polo Field.

The Josh Abbott Band and Bri Bagwell, both Texas-based, will open the Independence Day weekend concert, headlined by Adkins and presented by Fort Sill Family and Morale, Welfare and Recreation.

Josh Abbott Band

The Josh Abbott Band is an American Texas Country, Red Dirt band composed of Abbott, Austin Davis, Preston Wait, Edward Villanueva, James Hertless and Caleb Keeter.

They started touring in 2008, and released their first album "Scapegoat," in 2009. A second album, "She's Like Texas," followed in 2010. This album made the Top Country Albums charts. It includes the single "Oh Tonight," which debuted at No. 59 and reached No. 42 on the Country Songs chart in early 2011. Michael Berick of Allmusic rated the album four stars out of five, comparing it to Steve Earle, and he said Abbott's songwriting showed maturity.

They recorded their first sellout crowd at the World's Largest Honky Tonk, "Billy Bob's Texas" in Fort Worth Feb. 10, 2010, which sold 6,000 tickets.

The band's third CD, "Small Town Family Dream," was released April 24, 2012, and peaked at No. 5 on the charts. Singles from the CD include "Touch," which topped out at No. 41 on the charts, "I'll Sing About Mine," and "She Will Be Free."

Bri Bagwell

Bri Bagwell started out singing and playing keyboards with her twin brothers in their soft rock band "On Tap" when she was 14 years old. She later attended the University of Texas in Austin, and pursued a degree in marketing with a minor in management. During the summer of 2010, Bagwell wrote and cut an acoustic



Bri Bagwell began singing soft rock but now focuses on country.

EP "Midnight Hour," with six original songs. She appeared on "CMT's Next Superstar" and signed with talent agency William Morris Endeavor of Nashville, Tenn.

Trace Adkins

Adkins, known for hits such as "You're Gonna Miss This" and "Honky Tonk Badonkadonk," is a long-time supporter of the military and recently recorded several radio public service announcements with his new song, "Tough People Do."

This is his third trip to Fort Sill to perform for the military community. He is also a spokesman for the Wounded Warriors Project, and he was a past honoree at their Courage Awards, where he was recognized for his efforts to help raise awareness for the men and women who have been wounded in service to their country. He's performed on seven United Service Organization tours in the past 11 years; most recently in December in Okinawa and at U.S. bases on the Japanese mainland.

Adkins made his debut in 1995 with the album "Dreamin' Out Loud." He is also an author and an



In their fifth year of existence, the Josh Abbott Band plays American Texas Country and Red Dirt styles and have several top singles.

actor on TV and in the movies. He won the reality show "Celebrity Apprentice." Adkins has released nine studio albums and 30 singles on the country charts. His songs include: "Every Light in the House," "(This Ain't) No Thinkin' Thing," "I Left Something Turned On at Home," "Rough and Ready," "Ladies Love Country Boys," "Marry For Money," "Brown Chicken, Brown Cow," and "Ala-Freakin-Bama."

Adkins has racked up more than 30 hits on the singles charts, four Grammy nominations and five Academy of Country Music and Country Music Television awards in his 17 years as a country artist.

The concert

The concert is FMWR's way of ensuring high-class talent is made available locally so residents in the area don't have to travel, said Brenda Spencer-Ragland, Fort Sill FMWR director.

"We bring the talent home for the community and to show our appreciation to the Soldiers and their families for the sacrifices they make each day," she said.

The concert is also the biggest fundraiser of the year for FMWR, and the money helps generate quality of life programs for Soldiers and their families.

"The concert is not supplemented by Department of the Army dol-

lars," said Spencer-Ragland. "The ticket price allows us to reinvest in our facilities and maintain our programs. This is pure business. We bring quality entertainment to the area at a reasonable price. We chose the long holiday weekend to ensure that the community has a safe, close-to-home entertainment option to enjoy."

Tickets

Tickets are on sale at both Adventure Travel offices, in the Welcome Center at 4700 Mow-Way Road and Central Mall, and at Lawton EZ Go stores. Tickets are also online at www.sillmwr.com.

Advance tickets cost \$30; at the gate, they cost \$35.

The concert is co-produced by FMWR and the Army FMWR Command, Army Entertainment Division and is part of the Army Concert Tour. Gates open at 6 p.m. and the show starts at 7 p.m. The concert is sponsored by Coors Light, Billingsley Family of Dealerships, Coca-Cola, USA Discounters, USAA, REMAX Pam and Barry's Team, Freedom Furniture and Electronics, Fort Sill Federal Credit Union, Corvias Military Living, EZ Go, People's Cab Company, KSWO 7 News, K-LAW 101 and the Lawton Constitution.

For more information, call Adventure Travel at 580-250-4040.

PCS: How to protect household goods

As the summer PCS season approaches, now is the time to prepare for shipping your household goods to your new duty station. Review these tips so that you can set yourself up for a successful PCS in case you suffer any damage to your household goods during the move.

Before moving

Make your own inventory of your belongings before the moving company arrives. List the make, model and serial number of valuable items (such as furniture or electronics). Consider getting a professional appraisal of valuable antiques, artwork or other unique possessions that would be difficult to replace. Collect receipts or other proof of ownership for your high-value items. Take pictures of your high-value items and the rooms of your home and their contents. Carry these documents with you with your other important papers when you PCS.

While moving

Compare your personal inventory with the one the moving company makes. Their inventory should accurately describe what is in each

box. For example, does the box contain dishes or crystal? Make sure nothing is missing on the inventory.

Throughout this process take your time. Any pre-existing damage on your furniture (such as chips or scratches) and belongings must be accurately described. If that item is further damaged in shipment, it will be difficult to prove the movers caused the damage if the item was already listed as having scratches all over on the inventory. If you are not satisfied with the description of pre-existing damage on the inventory and the moving company will not change it at the time of pickup, note the differences in writing on the inventory when you sign the paperwork. Take a picture of the item if you have not already done so.

When your household goods arrive at your new residence, look for any damaged items or crushed boxes immediately. Have the movers unpack your belongings. They have already been paid to perform this service, and you should take advantage of it.

Document any damage to your property on either DD Form 1840 or the "Joint Statement of Loss or Damage at Delivery" form while the movers are unpacking your belongings. You can update that same form after the movers have left if you find additional damage. Do not

throw away broken items. Keep everything available for inspection by the carrier or a claims examiner.

After moving

The carrier must receive notice that you are going to file a claim within 75 days after the household goods are delivered. You can do this online in Defense Personnel Property System (www.move.mil) or by bringing your paperwork to your local claims office. You must visit the claims office at least five days before the 75-day deadline to be fully assisted in submitting your claim.

Review the carrier's settlement offer carefully. You have the right to accept or reject their offer on each damaged item separately. Go to the installation claims office to find out if the Army can give you a better offer. You can transfer a properly filed claim to the military claims office up to two years from the date of delivery.

The Fort Sill Claims Office is here to assist you with filing your claims and related questions. We are located in Building 4700, Suite 400, in the client services office. Those with questions or potential claims are encouraged to stop by on a walk-in basis Mondays, Tuesdays, Wednesdays and Fridays from 9 a.m. to 4 p.m. or call 580-442-2317. The claims office is closed on all training and federal holidays.

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Runners begin the half-marathon during the 75th Fires Brigade's 34th Annual Diamond Brigade Run, June 8 near New Post Chapel here. This year marked the first time the event included a half-marathon.



Children on board a Paladin M109A6 howitzer interact with Soldiers assigned to 75th Fires Brigade during the 34th Annual Diamond Brigade Run, June 8 here. The run is one of the "Tough As Diamonds" brigade's major community relations events.



Retired Maj. Roy Morgan gives a thumbs up as he races toward the finish line at the 75th Fires Brigade's 34th Annual Diamond Brigade Run, June 8 at Fort Sill. Morgan's T-shirt was issued at the 7th Annual Field Artillery Association Run of 1986; the name of the event was later changed to the Diamond Brigade Run.

75th FiB adds 13.1-miler to annual event

Story, photos
By Staff Sgt.
Timothy Hughes
75th Fires Brigade PAO

Many people in local-running circles have heard of and participated in various unit-hosted-run events that are routinely held here. Although there are many great cardio endurance challenges available to a casual runner, if an organization wants its run event to stand out from all others, it has to lead from the front of the pack with an adjustable and forward thinking plan of action. The leadership of the 75th Fires Brigade willingly accepted that challenge and tweaked its own annual-run event this year.

After 33 years of hosting the Diamond Brigade Run, the "Tough As Diamonds" brigade threw a curve ball while planning its annual event when it added a half-marathon race to the competition. Last year, an overwhelming number of patrons gave the world class event much deserved acclamation for its structure and the professionalism of its staff. Some of the runners, including one who has participated in the event every year since its inaugural race, added that since the event has grown in popularity and participants over the years, "why not add a half-marathon to the event?" After the suggestion was brought to the brigade

leader's attention by his staff, he ran with it and approved the additional race for this year's event. As a result, the brigade embarked on taking the necessary steps to make the historic event successful. "They [brigade's operations staff] coordinated with the Break Away Running Team," said Lt. Col. Joseph Halloran, 75th FiB provisional brigade commander. "It's a fully certified half-marathon route." While trailblazing on an unbeaten path may hamper others willingness to venture out and try new ideas because of the pressure of failure staring at you in the face, the "Tough As Diamonds" brigade staff, whom are known for stat-

ing a modified version of Gen. George S. Patton Jr.'s, "[Heat and] pressure makes diamonds," quote, stood tall in the face of adversity. The Fort Sill and Lawton community responded as 64 participants competed in the half-marathon. Half-marathon winner, Karen Horvath, said she was "really excited" to finish with the best overall time [1 hour, 28 minutes, 32 seconds]. The seasoned runner and triathlete added that she believes the additional half-marathon run "pulls in more athletes than just a 5K or 10K" featured run event does. "It was such a success this year," said Halloran, "We are going to add a full one [marathon] next year."

The annual event featured its traditional events: the 5K and 10K run and the family oriented 1-mile fun run/walk. It also featured a traditional 5K unit run, which was open to all units at Fort Sill to compete for bragging rights as the most motivated unit during the run. Each unit was also judged based on its run time and its ability to stay together in formation as a group. The winning unit was 3rd Battalion, 6th Air Defense Artillery. The "Bruiser Nation" battalion received both a trophy and, for the first time, a commemorative Diamond Brigade Run Unit Run Champion's pennant, which it will keep in

its possession until next year's run when it will defend the title. Another first was a performance by a live band. The Kyle Stallings Band from Bremond, Texas, played multiple sets as runners from various races crossed the finish line, and later as the event concluded. Stallings, the lead vocalist, is a former Soldier who is an affiliate of the brigade's safety liaison, Michael "Safety Mike" Arite. Arite is the band's drummer, who goes by the stage name of Mike Angel. This year, the event featured 343 registered runners and a plethora of fun run/walk athletes.



Karen Horvath, half-marathon runner, crosses the finish line during the 34th Annual Diamond Brigade Run, June 8 here. Karen was the overall winner with a time of 1 hour, 28 minutes, 32 seconds.



The Kyle Stallings band performs at the 34th Annual Diamond Brigade Run, June 8 at Fort Sill. The band is based out of Bremond, Texas.



Retired captain Troy Banks, age 60, and Sha Mayam, 7, cruise during the 75th Fires Brigade's 34th Annual Diamond Brigade Run, June 8 near New Post Chapel here. The 75th FiB hosted 343 registered runners, various Fort Sill units and a plethora of run/walk athletes.

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Submit your business idea on our Facebook page from June 10-17. Be sure to come back and vote for your favorite ideas from June 18-27!

Enter on Facebook from June 10-17
Vote for the winning entries from June 18-27
Full details available at Facebook.com/centralmallawton
Children ages 6-12 will need a parent or guardian to submit their entry via Facebook.

Winners will be announced June 28th! We're putting kids in business!

Things

From Page 1B

LETRA cabins

Lake Elmer Thomas Recreation Area has lake-side rustic, wooden cabins available for reservation in three sizes. The small cabins accommodate up to four people; the medium cabins, six people; and large cabins, seven people. Prices are \$60, \$70 and \$80 for small, medium and large cabins. They are available for reservation to all, but there is an additional \$10 cost for civilians. The cabins come with all the amenities including furnishings; heat and air; a TV and DVD player; fully-stocked kitchens with dishes and silverware; and linens and towels. Reservations should be made up to two months in advance. For details, call the Country Store at 580-442-5854.

Live music

Fans of live music can find plenty of places to jam at www.okielive.com/events. More than 45 performance venues from Stillwater and the Oklahoma City area; to Southwest Oklahoma (including the Lawton area) and as far south as Wichita Falls, Texas, are highlighted. The site lists performances and concerts for almost every night of the week. You can also check out profiles and performance videos for some of the musicians. For more information go to the website, or email to okielive@gmail.com.

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Sill announces elk, deer season dates

While many folks are mainly into fishing, swimming and boating this time of the year, some folks are asking about the deer and elk season dates so they can plan leave time during the fall.

Wild Side

By GLEN WAMPLER
Sportsmen Services





Courtesy photo

weekends as deer gun season. This is a very limited hunt, and a special drawing is held to decide who hunts, when they hunt, and where they hunt. The drawing is the same night as the first deer gun drawing Oct. 30, with sign up for this drawing also starting Sept. 1. Special rules for the hunt and drawing will be published in September. Resident elk tags cost \$51.

Please note that although the state has opened archery season to crossbows for everyone, Fort Sill has not changed its policy. The only people allowed to hunt with crossbows are hunters over 60 years old, and hunters who have a permanent disability to the extent they cannot use a conventional longbow as certified by a licensed physician.

Don't forget to take a Fort Sill Sportsman Safety Class. The next one is June 22 starting at 9 a.m. It lasts until about 10 a.m. Another class is July 8 at 6 p.m. Classes are in Bldg. 1465 off Punchbowl Road in the Natural Resources Classroom.

Although we are not totally sure about bag limits until after the spotlight counts in August, I can tell you what we think the seasons will be.

Remember that starting dates seldom change, but the ending dates are shortened if harvest quotas are met. Also, there is the unlikely possibility whole seasons could be canceled if populations were found to be at low levels, but this is extremely unlikely.

Let's begin with deer archery season, which will begin Oct. 1 and run through Jan. 15. From Jan. 1-15, it will be antlerless only. Remember that during deer gun weekend's that archery hunting with an archery tag is restricted to archery only areas

Our 2nd Annual Youth Deer Gun Hunt is Oct. 5 and 6. There are flyers available at Sportsmen Services with additional information. The

kids really enjoy this opportunity so we are looking forward to another fun time this year.

Deer muzzleloader season is scheduled for Oct. 12-25, with a limit of one deer. Sex restrictions are determined after the counts. As long as we don't find any drastic changes on the deer count it should begin either sex.

For the first seven days of season only the more primitive muzzleloader weapons are allowed. Weapons that follow the following description: Firearms must be a shoulder fired, side-hammer primitive weapon type (or replica) similar to those in common use during the mid 1800s.

They must use pelletized or stick powder. They must fire only a single lead projectile, including a round ball, pumpkin ball, mini or maxi bullet or other spherical or

conical projectile. Sabot rounds are prohibited, regardless of composition as are jacketed or belted projectiles.

Firearms must be loaded from the muzzle. Any sighting device other than open or "iron" sights are prohibited. 209 primers and or electronic devices cannot be incorporated into or attached to firearm. The bore must be at least .45 caliber.

The second seven days will be open to more modern muzzleloaders as has been accepted during more recent years. This would include scopes, pelleted powder, sabot rounds, 209 primers and such. Specific regulations will come out later.

Deer gun season weekends are scheduled for Nov. 16, 17 and 30; and Dec. 1, 7, 8, 14 and 15. A drawing for

Spring and summer are the seasons for bucks to shed old antlers and grow a new crown of glory to battle other bucks for the affections of eligible does during the fall rut. Fort Sill hunters have a variety of big game and other animals to hunt later this year.

the first weekends of this season is Oct. 30. Sign up for the draw will begin Sept. 1.

With the age structure we are developing in the deer population, it should be another good year of hunting. Resident deer tags cost \$20. You must have a tag for each season that you hunt, as well as each deer taken.

Elk archery season will run Sept. 28 through Oct. 4,

on West and Quanah ranges. This depends heavily on the number of elk found during counts later this summer. In many years, a range is closed a couple days early because of the quota on that range being met although it usually lasts at least four days on both ranges.

Once again this year, we will draw elk gun hunters who will have the opportunity to hunt on the same four

Garrison team building at LETRA



Col. Paul Hossenlopp, Fort Sill garrison commander, nearly holes out on mini golf at the team building event at Lake Elmer Thomas Recreation Area. Post division chiefs and leaders attended the event to build better relationships and work together for a common goal.



Bob Pirtle, Directorate of Emergency Services director, returns the ball June 7 at Lake Elmer Thomas Recreation Area. After taking the tug-of-war competition, his team earned top honors for the day's events.

Photos by Monica Wood

Need help?

Many organizations and individuals are available to help troubled soldiers or families. If you need someone to talk with, chaplains are on call 24 hours a day to provide help, referrals and guidance. Each unit has an assigned chaplain, or the post chaplain's office can be reached at 442-3302 or 442-3319. To reach the on-call chaplain after duty hours, contact the Field Officer of the Day at 442-4912. You can also call talk with your commander or health care provider, or call the Community Mental Health office at 442-4833 or 442-4832. After duty hours, help is also available at the Reynolds Army Community Hospital Emergency Room.

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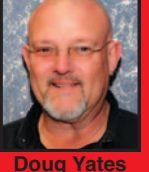
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