

the Cannoneer



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Inside



Air drop training

Page 2A



Lens replacement

Page 8A



Girls soccer

Page 3B

News briefs

History luncheon

The African American, Black History Month luncheon is Feb. 16 at 11:30 a.m. at the Patriot Club. Tickets are \$8 and must be purchased before the event. Tickets are available at the Fort Sill Equal Opportunity office, Building 4700, fourth floor or by calling unit EO advisers. Dress is duty uniform for military, business casual for civilians. For more information, call 442-4108.

Tax center

The Income Tax Assistance Center offers free preparation and e-filing to members of the military community. The center is open through April 17, Mondays through Fridays from 9 a.m. to 4 p.m. Currently only walk-in customers are being seen. For more information, call 442-6445/3526

Estate claims

Anyone with debts owed to or by the estate of Sgt. George N. Moody Jr., must contact 1st Lt. Russell Morgan, the summary court martial officer for the Soldier. Moody died Feb. 1 at Fort Sill. Call Morgan at 501-352-1412 or e-mail russell.w.morgan@us.army.mil.

Monte Carlo night

The annual Patriot Spouses Club Monte Carlo Night fundraiser is March 3 at the Patriot Club. The PSC has arranged for Child, Youth and School Services to offer child care from 5 p.m. to midnight at a cost of \$4 per hour. The club is also seeking volunteer dealers, previous experience is not needed, as professional training is provided. Training is Feb. 23 and 28, at 4 p.m. at the Patriot Club. For more information, or to see other volunteer opportunities, visit the PSC website at www.footsillpsc.org. You can also register as a Monte Carlo dealer on VMIS.

Medical moves

The Integrated Disability Evaluation System Clinic, including administrative staff, providers and nurse case managers, has relocated to building T3264 on Crane Avenue. The information desk numbers are 558-0005/0025. The new clinic is due to reopen in the hospital in September.

See BRIEFS, Page 4A

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Fort Sill NCO, SoY named for 2011

Story, photos
By Cannoneer staff

Two air defenders were selected as the Fort Sill 2011 Noncommissioned Officer and Soldier of the Year during a ceremony Feb. 1 at the Patriot Club.

Staff Sgt. Robert Brower and Cpl. Jonathan Woodfield are the NCO, and Soldier of the Year respectively.

Brower, who was the NCO of the fourth quarter, said he hopes his selection as NCO of the Year inspires his Soldiers.

"I feel it's an honor because it allows me to show my Soldiers that as long as you have pride in yourself, in your unit, in your country you can achieve anything," said Brower, 25, a Patriot missile system launcher and main-

tainer section chief assigned to D Battery, 3rd Battalion, 2nd Air Defense Artillery. "I hope it inspires them to do the best that they can do all the time."

As Soldier of the Year one represents the entire community, said Woodfield, 22, a Patriot missile system enhanced controller and maintainer with A/4-3rd ADA.

"It's nice to be recognized for the positive influence you have," said Woodfield, who is from Naugatuck, Conn.

The two will move on to the III Corps NCO and Soldier of the Year competition this summer at Fort Hood, Texas.

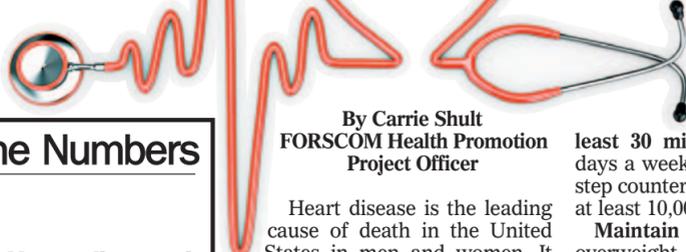
The awards ceremony also recognized the installation's NCO and Soldier of the fourth quarter for calendar year 2011, and the

See AWARDS, Page 3A



Staff Sgt. Robert Brower and Cpl. Jonathan Woodfield were recognized as Fort Sill Noncommissioned Officer, and Soldier of the Year respectively Feb. 1 at the Patriot Club. Brower, 25, is with the 3rd Battalion, 2nd Air Defense Artillery Regiment, 31st ADA Brigade. Woodfield, 22, is with the 4-3rd ADA, 31st ADA. The two will go on to the III Corps NCO and Soldier of the Year competition at Fort Hood, Texas, this summer.

Heart disease No. 1 killer in U.S.



By Carrie Shult
FORSCOM Health Promotion
Project Officer

By the Numbers

#1 Heart disease is the leading cause of death

34 seconds someone will have a heart attack

120/80 Blood pressure that is higher is known to increase the risk of heart disease.

Heart disease is the leading cause of death in the United States in men and women. It affects millions of Americans. The American Heart Association estimates that about every 34 seconds someone will have a heart attack. If you are a slow reader, that means several people will have heart attacks while you read this article.

Research about heart disease risk factors suggests that making even small lifestyle changes can reduce the risk of coronary artery disease, heart attack, stroke and other serious cardiovascular conditions. What does that really mean, and more importantly what does it mean for you?

Just get moving. If you sit a lot, try to sit less. If you have a job where you sit at a computer, add a reminder to your electronic calendar every hour to stand up and walk away, do 15 push-ups or get some fresh air. Take the stairs instead of the elevator. Avoid being the parking lot shark — lurking around waiting for an open spot in front — and park away from your destination so you can get some extra steps in. Step, march or jog in place for at least 15 minutes while watching televi-

sion. **Exercise at least 30 minutes a day** for five days a week or more. Walk. Get a step counter and set a goal to walk at least 10,000 steps daily.

Maintain ideal weight. Being overweight increases the risk of heart disease and stroke. To achieve long-term weight loss, don't skip meals but eat 200-300 calories less each day. This amounts to one slice of bread, one pat of butter or one-half cup of regular soda. Eat smaller portions and eat breakfast every day.

Make a yearly date with the doctor. Get your blood pressure, cholesterol and blood sugar checked as recommended. Put the date on the calendar as a special date just like birthdays, anniversaries or the Super Bowl.

Control high blood pressure. Blood pressure that is higher than 120/80 is known to increase the risk of heart disease. Lifestyle modifications such as staying physically active and eating a diet high in fruits, vegetables, whole-grain and high-fiber foods, and lean protein can help control blood pressure.

Quit smoking. Smoking reduces the amount of oxygen in the blood and raises blood pressure. Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs,

bones and digestive organs; not to mention it also stains your teeth, clothing and hands. To quit smoking, make a personal quit plan. Pick a quit day and tell everyone about it. You will find out who supports your goal. Get rid of tobacco in the house, car, workplace and your secret stash.

Cut down on alcohol. Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. If you drink alcohol, drink a moderate amount, which equates to an average of one drink for women and two drinks for men per day. One drink is a 12-ounce can of beer or four ounces of wine, or 1.5 ounces of liquor.

Manage your stress. People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Learn how to manage your stress by using relaxation methods such as deep breathing exercises, counting to 10 and meditation.

Heart disease is preventable. Take charge of your health by making positive lifestyle changes to reduce the risk of heart disease. Small steps count, so start today.

What are your techniques, tactics and procedures for staying healthy? Check out our facebook page for what works at <http://www.facebook.com/USAPHC>.

Railroad repairs set to begin in March

By Cannoneer staff

A series of railroad crossing repair projects along Macomb Road are scheduled to begin in early March. Macomb Road will remain open during the repairs, though some streets at south intersections of Macomb will be blocked.

Detours will be clearly marked, and post engineers ask motorists to be patient during the improvement projects. Each project will last about 21 days; and the construction should not affect morning physical training.

The repairs are to replace aging rubber crossings with concrete crossings on the railroad tracks that lie just south of Macomb Road, said Leo Horn, Directorate of Public Works civil engineer.

The work will be performed by a subcontractor of The Ross Group of Oklahoma City, said Jeff Bussey, Fort Sill Army Corps of Engineers contract construction manager. The contractor only does railroad repair work and is very proficient. At press time, specific start dates were tentative and awaiting command approval.

RR crossings

The first site involves the two tracks at Currie and Barbour roads near the Directorate of Public Works building.

The next project will be at Craig and Macomb roads, just south of the Main Post Exchange.

The third improvement will be on the tracks near the pedestrian crossing at Powers Hall, Building 813, the Fleet Management Track Shop, off McNair and Macomb roads.

After that, work will begin at Geronimo and Macomb roads near Summerall Hall, Building 840.

During the December exodus, the tracks at Fort Sill Boulevard and Macomb Road will be repaired.

"The command wanted to do it then to minimize traffic problems at the busy intersection," Bussey said.

Other road work

On the training side of post, construction of the low water crossing bridge next to Hoyle Bridge is on schedule and it should open in late March, Horn said. The new bridge is designed to handle military traffic and will have a posted weight limit of about 150 tons.

Once the new bridge opens, work will begin on Howitzer Trail road. After Howitzer Trail is completed, work will then start at Peach Tree Crossing.

Howitzer Trail at Randolph Road will be resurfaced and extended beyond I-44, Horn said. The new extension will allow motorists who are heading east to go straight to access Berry Street. They still will be able to make the hard left turn (north) under the overpass.

Howitzer Trail construction will take about 282 days, which is significantly shorter than the 350 days originally planned by road crews, Bussey said. During construction, motorists needing to get to the east side of the post will have to use Sheridan Road and the Key Gate East entrance.

In 2013, far out on the East Range, improve-



Courtesy photo

A series of railroad crossing repair projects along Macomb Road are scheduled to begin in early March. Macomb Road will remain open during the repairs.

ments will be made at the Peach Tree Crossing tracks near Elgin Road. Construction should last about 40 days.

For more information about the railroad improvements, call Bussey at 581-4112.

Index			
Things to do	1B	Job Vacancies	4B
Sports Beat	2B	Wild Side	5B
Family Briefs	3B	Worship	5B

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