

Soldier for Life hiring event

89 firms bringing job offers to Sill

Story
By Monica K. Guthrie

The Soldier for Life hiring event is March 24 at Rinehart Fitness Center. The event is scheduled from 10:30 a.m. to 2:30 p.m. and will showcase 30 colleges and 89 businesses, each of which is actively seeking new hires for their company.

“We have invited companies that have positions available and are hiring right now,” said George Hubbard contractor installation manager. “The hiring event is designed for folks who are getting out next year but even if it might be out of someone’s window, if they have nine months or more, this can be extremely good training to go out and meet the companies and find out what they have to

offer and understand what the companies are looking for.”

The participating companies were asked to have positions they are actively seeking to fill. Business representatives will interview candidates on the spot and in some cases, may offer applicants jobs.

The event is targeted to transitioning Soldiers, however, it is open to veterans, retirees, spouses and children of working age, said Jane Cunningham, transition services manager. During the weeks leading up to the event, Soldier for Life Transition Assistance Program staff members scheduled multiple classes designed to give Soldiers the best chance at securing a job at the hiring event.

The résumé-writing class was designed to help those

who have a particular industry or job in mind. Cunningham encouraged job seekers to research the businesses they are interested in and what jobs are available.

Then, Cunningham said to tailor the résumé to fit the job they are seeking.

Interviewing classes were also given where Soldiers learned how to make a three-minute commercial about themselves, how to approach a company and how to bring good attention to themselves should there be a crowd around the business representative they wish to talk to. The class emphasized how to follow up after an interview and create interview records.

In addition, last month’s VETRACON 2016, invited Soldiers along with their family members, veterans

and retirees to participate in a seminar to help give them the skills needed when searching for and acquiring a job. Cunningham said the VETRACON event was the “ready” phase during which Soldiers were motivated to see what they could accomplish after the military.

Cunningham said Soldiers were in the “prepare” phase where they fine tuned their résumés and their interview skills, and researched the companies attending.

The hiring event will be the “connect” phase where Soldiers meet with prospective business representatives in hopes of securing a new career.

While there are no more classes, Hubbard said those who need assistance polishing their résumé or would like one-on-one help can call 580-442-2222.



C Battery, 1st Battalion, 78th Field Artillery awardees: distinguished honor graduates, Pfc. Katherine Beatty, Class 12-16; Spec. Piotr Drwal, Class 13-16. Top honors M109A6 Paladin: Pvt. Andrew Denos, Pfc. Travis Danner; M119A3 howitzer: Pvt. Jose Montes, Pvt Adam Kalahar; M777A2: Pvt. Richard Asare, Pvt Chance Schick. High Army Physical Fitness award: Pvt. Stephen Awuor and Pvt. Jake Mitchell.

RACH division here to help with nutrition

By 1st Lt. David Korb
RACH registered dietitian

Continuing National Nutrition Month, registered dietitians at Reynolds Army Community Hospital are aiming to motivate and support those who live and work at Fort Sill to lead healthier lifestyles.

For many people getting started is the hardest part. The Nutrition Care Division’s staff will assist people on their wellness journey. Diet and lifestyle is individual to each person and demands an individualized approach, which registered dietitians

follow when developing education, tools and goals.

Better performance, readiness and health begins with proper sleep, activity and diet — they also make up the three pillars of the Performance Triad, which is Army Medicine’s new initiative to empowers service members, civilians, retirees and their families to a healthier lifestyle.

Using the triad’s scientifically proven principles to target changes in your daily routine will help you become stronger, faster, leaner and mentally sharper. These daily targets are sleeping at least seven to eight

hours; getting at least 30 minutes of moderate physical activity; and eating eight servings of fruits and vegetables.

More sleep leads to improvements in decision making, more energy to perform at your very best, and greater weight loss. Meanwhile, poor sleep increases the chance of feeling depressed, can lead to accidents and injuries on the job as well as reduced stamina, poor eating habits and increased risk of heart disease. Sleeping in a dark bedroom and having a wind-down routine can improve sleep quality.

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Beatty

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making it happen. Not only did she graduate, she excelled. The last thing we should be doing is putting her down. She did everything the male Soldiers did. She exceeded the standard. I had the privilege of being a drill sergeant in her battery she graduated BCT from. She is one of the strongest women I know —a mother and a Soldier. Pfc. Beatty is legit.

Meg McGuire — Pfc. Beatty, we are all proud of

you. You have accomplished more than we have ever imagined.

Michael Prater — (Staff Sgt. who was her primary instructor.) She will do just fine. We as NCOs have to adapt to change, stay resilient and make things happen. She did her job well. Some of the males didn’t (fare) as well. So in all it depends on the individual. She actually would be a great role model for those to follow.

Beatty’s family will join her at her new duty station, Fort Carson, Colo.

Retire

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1st Sgt. Demetrius Jones, 2nd Battalion, 5th Field Artillery
1st Sgt. Diana Morris, DOTD
Master Sgt. James Joyner Jr., 1st Battalion, 40th Field Artillery
Master Sgt. Tyrone Price, 1st Brigade, 95th Division (initial entry training)
Sgt. 1st Class Darin Bitts, FCoE
Sgt. 1st Class Tred Bonds, Recruiting Battalion, Okla. City
Sgt. 1st Class Matthew Green, 75th Field Artillery Brigade

Sgt. 1st Class Richard Greenjack, 2nd Battalion, 2nd Field Artillery
Sgt. 1st Class Xavier Hernandez, 69th FSC
Sgt. 1st Class Brian Lillich, 1st Battalion, 31st Field Artillery
Sgt. 1st Class Carl Mahlsted, 31st Air Defense Artillery Brigade
Sgt. 1st Class Andrew Thorpe, 3rd Battalion, 6th Air Defense Artillery
Sgt. 1st Class Carlos Alicea, 30th Air Defense Artillery Brigade
Staff Sgt. Christopher Holden, 3rd Battalion, 2nd Air Defense Artillery
Staff Sgt. Derontae Robinson, Fort Sill Garrison Support

Save

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there to assist and Means ready to intubate the baby and start the ventilator.

“Knowing I had both these experts here, I knew we could do this,”said Laughy.

Once Dakota was stabilized, she was sent on a medical emergency flight to a hospital in Dallas. After follow-up care there, she was then transferred back up to the University of Oklahoma where she was discharged March 2.

Doctors are waiting for her lungs to heal from

pneumonia and then will determine if she is healthy enough to undergo heart surgery.

“In my opinion, that was one of the worst case scenarios that could not have happened at a better time with Doctor Laughy and all the other resources available to address that situation,”said Wells.

Wells said people not familiar with emergency medical response might not have appreciated the precision from which the assembled team operated.

“That was probably one of the best run emergency Code Blue type situations I have seen in my 28 years as a respiratory therapist,”he said.“It was the culmination of all the right things that needed to happen at the very worst time.”



14 Years of Active Duty

3 Years Enlisted

7 PCSs

1 Auto Claim

8 Road Trips

11 Years of Marriage

2 Grade Schoolers

POLICY# 5143271181

Member: Jay Rodriguez
U.S. Navy Reserve

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