

## Around Knox

A spot check of events happening around Fort Knox

### Applebee's feeding vets, active duty for free Nov. 11

APPLEBEE'S

All U.S. veterans and active duty military with proof of current or former military service will eat free at all Applebee's nationwide on Veterans Day, Nov. 11.

Proof of service includes U.S. Uniform Services Identification Card, U.S. Uniform Services Retired Identification Card, current Leave and Earnings Statement, Veterans Organization Card, or a photograph in uniform or wearing uniform.

For additional details, visit: [www.applebees.com/vetsday](http://www.applebees.com/vetsday).

### AFAP conference scheduled Nov. 18-19 in Leaders Club

FORT KNOX ARMY COMMUNITY SERVICE

The annual Fort Knox Army Family Action Plan conference is Nov. 18-19 in the Fort Knox Leaders Club.

AFAP is a process that lets Soldiers, Families, and civilian employees say what's working and what isn't, and what they think will fix it. It alerts commanders and Army leaders to areas of concern that need their attention.

Is there an issue that you believe needs to be addressed concerning Fort Knox, or the Army as a whole? If so, submit the issue for the conference. You may do so by Internet or by e-mail. Visit [www.knowmwr.com](http://www.knowmwr.com); click Army Community Service, Army Family Action Plan Program, or mail to Army Community Service, Bldg. 5101, 12th Armored Div. Ave., Fort Knox, KY, 40121-5205, or drop your issue into the red drop boxes located within organizations around the installation.

For more information on how you can be an integral part of the AFAP conference, call 624-8300.

### Girls Scouts plan Nov. 21 Heartland Chili Cook-Off

GIRL SCOUTS OF KENTUCKIANA HEARTLAND

Satisfy your hunger and support a good cause this fall at the Pritchard Community Center in Elizabethtown. Girl Scouts of Kentuckiana Heartland service center is planning its second annual Heartland Chili Cook-Off Nov. 21 at 11 a.m.

Teams of cooks from the Heartland community will bring their best chili recipes to compete for the prestigious prize of Best Chili, voted on by professional local judges.

There will also be refreshments, a silent auction, games, and more. For \$5, participants can get all the entertainment plus all-you-can-eat chili.

Girl Scouts of Kentuckiana is looking for Elizabethtown's most talented and competitive chili experts to put their recipes to the test. For more information on participating, contact the Heartland Service Center at (270) 769-5563.

Local businesses can also join Rally's and Quicksie 98.3 as event sponsors. All proceeds from the Heartland Chili Cook-Off will benefit the Girl Scouts of Kentuckiana Heartland Service Center.

### Courts-martial on Fort Knox result in varied sentences

FORT KNOX STAFF JUDGE ADVOCATE

Staff Sgt. Daniel Post was found guilty of indecent acts, indecent assault, three specifications of violating Army regulations by having an inappropriate relationship with a recruiting prospect, and two specifications of violating Army regulations by misuse of a government vehicle.

Post was a recruiter in Conroe, Texas, outside of Houston, when the acts occurred.

Post is stationed at Fort Knox as a member of the 113<sup>th</sup> Army Band.

He was sentenced to 120 days of confinement and was reduced to the rank of private.

■ On Oct. 15, Lt. Col. Norman Brehm of the Fort Sill PCF had a rehearing on his conviction for giving a false official statement. He was sentenced to 10 months confinement.

■ On Oct. 15, Pvt.2 Courtney Cherry of the Fort Knox PCF was found guilty of AWOL and sentenced to a bad conduct discharge and seven months confinement.

■ On Oct. 15, Spc. Daniel Thomas of the Fort Knox PCF was found guilty of AWOL and sentenced to a bad conduct discharge and six months of confinement.

### McCain speaking Nov. 11 at University of Louisville

UNIVERSITY OF LOUISVILLE

U.S. Sen. John McCain will visit the University of Louisville Nov. 11 to give a public talk and attend the dedication of a new archives housing the papers of his fellow senator, Mitch McConnell of Kentucky, and former U.S. Secretary of Labor Elaine Chao, McConnell's wife.

McCain will speak at 9 a.m. in Cardinal Arena in the Swain Student Activities Center.

Tickets are required for the free talk and will be distributed on a first-come, first-served basis.

McCain, a Republican senator representing Arizona since 1986, ran against Barack Obama in the 2008 race for U.S. President. He is a ranking member of the Senate's Armed Services Committee and belongs to it committees on energy and national resources; health, education, labor, and pensions; homeland security and governmental affairs; and Indian affairs.

# Maxin' out the TRX

## Knox Soldiers receive special training

By ALLY ROGERS  
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Seventy-six Fort Knox Soldiers pushed others, and in return were pushed, to work harder during the three-day TRX Suspension Trainer course at Gammon gym.

"We're taking instructors and (higher-ranking Soldiers) and teaching them how to use the TRX themselves and giving them some coaching points on how to do unit PT with it," explained Chris Frankel, the TRX director of programming.

The TRX was originally designed by Randy Hetrick, a retired Navy SEAL. During a tour of duty he wanted to work out but needed

something that was easily deployable. After finding spare nylon straps he began developing what is now the TRX, which is used throughout the military, and in various sports and rehabilitation clinics, world-wide.

Of the U.S. military installations which use the TRX system—Forts Bragg, Riley, and Wainwright, among others— "Fort Knox is leading the way because not only is the TRX in the gyms but it's in the NCOA schoolhouse and (used in) PT," said Ken Taylor, a retired Navy SEAL and TRX manager.

"Knox is really implementing TRX fully. Under the leadership of Command Sgt. Maj. (John) Troxell and the support of (post Commander) Maj. Gen. (James) Milano, Knox is leading the way in functional training to the fullest potential," Taylor explained.

Pilot programs for research and development purposes have shown that the implementation of the TRX will raise PT scores and ultimately the overall fitness of the users.

"Around the gym everything has a seat on it and is very push-oriented," said Frankel. "In terms of preventing injury and getting the core involved (the TRX) integrates how the body works from your fingernails all the way to your toes. And because it's deployable, the same type of workout you are getting at home you are getting down range."

Two years ago the Army Family, Morale, Welfare, and Recreation Command purchased 3,200 TRXs for the 82<sup>nd</sup> Airborne Division. TRX trainers in turn worked with Soldiers—in similar fashion to the three-day training on Knox—to teach understanding and knowledge of its use and implementation.

During the demonstrations and instructional classes, Soldiers learned the correct way to hang the TRX as well as how to get in and out of its straps.

During eight hours of exercises and instruction, the 76 Fort Knox Soldiers learned the function of each routine and how to maximize results.

"We're learning something new that we can use anywhere, especially in places where weights aren't available," said Staff Sgt. Oran Carroll of the NCO Academy. "It's challenging. For us, operationally, this incorporates a lot more aspects than PT. It's something everybody can work at their own level. Everyone can benefit—there is an exponential amount of room for progression."

During the day Master Sgt. Cecilia Hambrick said, "This is tough! I'm definitely getting a workout."

One of the aspects the TRX offers and promotes is that it serves a purpose in rehabilitation. Many wounded Soldiers and civilians have used the program successfully and have regained mobility, flexibility, and strength.



Staff photos by Ally Rogers

TRXS JOE MARTIN AND FORT KNOX'S SGT. 1ST CLASS NATHAN TIEMEIER showed Master Sgt. Cecilia Hambrick the correct way to perform a TRX exercise last week at Gammon gym during a three-day training course.



BRANDON BRADY pushed himself to finish a repetition during a TRX exercise.

Fort Knox Sgt. 1<sup>st</sup> Class Frank Johnson, who underwent back surgery after surviving two IEDs while serving in Iraq, swears by the TRX and was named the first Army TRX master trainer Friday.

"I use it religiously," he said. Knox Office of the Chief of Armor Sgt. 1<sup>st</sup> Class David Winczewski, who also suffered a back injury, said, "The TRX doesn't allow you to hurt yourself like you can with the weights. It helps strengthen the muscles you (can't) on the other workout equipment—the muscles you really use in Iraq."

Taylor explained that the primary goal is for TRX to be used on every military branch installation. Because the TRX team knows the program helps Soldiers perform their jobs more effectively and efficiently, its implementation in daily life, PT, and other training events will be important.

"Fitness in general is important to the military," said Joe Martin, a former Navy SEAL, exercise physiologist, and sports chiropractor. "What the military is finding out is that for the multi-planer fitness needs, the basic workout and PT is not good enough. The TRX type of functional conditioning—mission essential fitness—is educating these guys in a more of a mechanical position that will prevent the structural injuries that are occurring down range—back, knee, and shoulder injuries."

Fort Knox houses a TRX training center in Gammon gym, located off Spearhead Division Avenue.

For more information about the exercise program, visit [www.fitnessanywhere.com](http://www.fitnessanywhere.com). ■



FORT KNOX STAFF SGT. DAVID SHIPMAN performed a TRX exercise which incorporates the whole body, targeting various arm and core muscles.



FORT KNOX'S GAMMON PHYSICAL FITNESS CENTER HOSTED A THREE-DAY TRX TRAINING COURSE last week targeted at Knox Soldiers who would be able to incorporate the program into their morning PT or everyday workout. Seventy-six post Soldiers received the training.