



INDIAN HEAD

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Happy Holidays!



**EOD company
joins famed
division**
pages 4-5

**2ID units named
best in Pacific**
page 6



**Warrior Soldiers
celebrate
holiday season**
page 3





INDIANHEAD

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Corrections: Last issue's article, I am a Weapon, credited Sgt. Brad Cannon as the division combatives noncommissioned officer when he is the Headquarters Battalion combatives noncommissioned officer. The *Indianhead* regrets the error.

UNDER THE OAK TREE: A SOLDIER'S TRANSITION

Army life is full of changes, and the time has come for me to move on to my next challenging assignment – retirement. However I cannot leave this great Division without sharing with you – our great Warriors – a few key thoughts from my time here. I've been able to see firsthand what our Soldiers, Family members and Civilians are doing every day, and I remain totally convinced our Division is on the right track.

To our Soldiers, many of you are on your first assignment in our Army, I am sure you will agree that this is a great life especially as a Warrior in this famed Division. Whatever your decisions are for the future, take advantage of all the programs we have here in Korea. Education is the most important area you must consider. Whether you are going to continue on in the Army or leave to rejoin the civilian work force, education will help you succeed. For those of you continuing your career in our great Army, you must consider the commitment you are about to make. Our Army is the best in the world because of the dedicated men and women that serve. Not all Soldiers can rely on continued service, only the best qualified will be asked to stay. So how can you stay competitive? The answer is hard work, and striving for perfection, taking the hard assignments, attending military schools such as Ranger or Air Assault school will show the Army you are willing to take on those difficult missions.

To our NCOs, you are a vital part of this Division's leadership. Standards, discipline and sound advice are your hallmark; you must never compromise your integrity. The NCO creed is your guide to

being the best in your unit and our Army. Live the creed and you will be successful. You all have given so much over the past 10 years, however now our Army is faced with even greater challenges. You, as the back bone of our Army, must ensure our success in the future, providing Soldiers with the knowledge and abilities to meet all they do with confidence. I have faith in all of you, and look forward to the future with the knowledge that our Army is in great hands.

Safety and composite risk management should be a key element in every Soldier's individual training, and our first-line leaders are the best starting point for this instruction. We as leaders must show our Soldiers how to operate within their left and right limits safely and hold them to those standards continually. By placing that responsibility on their shoulders, we create smarter and safer Soldiers who can think through the toughest of situations and apply that same knowledge to their off-duty lives. We must continue to engage our wonderful Family members, keep them informed and allow them to be part of the CRM processes during our off duty time. Our Families have and will always have the greatest impact on our Soldiers, a powerful ally in keeping our Soldiers safe.

My duties as the Division Command Sergeant Major and my time here in Korea, have been an experience that I will never forget. In every location across this country I have been impressed by our Soldiers' dedication to duty, and to each other. Even in the remotest of locations, I've always found our Soldiers doing what they're supposed to do – staying engaged and actively working to keep themselves and their peers safe and in the fight.



Command Sgt. Maj. Michael Eyer
Division Command Sergeant Major

Battle buddies and peers make a difference; never leave a fallen Soldier.

You can always rely on the American Soldier to do what is right, especially when their leadership demonstrates trust in their competence and give them an example to follow.

I will miss the many opportunities I've had to meet and talk with our Soldiers, Family members and Civilians during my tenure here, but each and every one of them has made a tremendous impact on me and my personal commitment to the Army. I remain proud and humbled to have had the chance to serve our Army as a member of this great division, and I thank you for what you do every day. Stay safe in all you do, and best wishes for the future!

Second to none!



Spec. Landon Woolsey, Company A, 1st Battalion, 72nd Armor Regiment, 1st Armored Brigade Combat Team, cheers up his team during a Bradley maintenance last Christmas.

Photo courtesy of Chelsea Woolley

THE RESURRECTION OF THE SUN: WINTER SOLSTICE

Plague doctor,
the man with
a long black
robe and a
long-beaked
mask, dressed
to repel the
plague from him
in 18th century Europe. In Asia, people
had a slightly
different way of
fighting the plague



STORY BY
CPL LIM HYUNG-SUB
STAFF WRITER

According to Chinese folklore, a village officer once kept the annual plague at bay – with red bean porridge. Believing the contents of the porridge frightened the spirit of the plague, he poured it around his villagers' homes. As years passed, villagers continued to make and eat it. The tradition of pouring it around their homes

gradually faded away.

Following the lunar calendar, which has 24 months, the 22nd month, Dong-ji, marks the longest night – the winter solstice – which is when the plague originated. The tradition of eating red bean porridge on this day still continues. Many Koreans believe that if you do not follow this custom, you will age and sicken easily. Many also believe, in similar vein with the American lore around Groundhog Day, that if the weather that day is mild, many people will die from diseases the following year; if the weather is cold, it is the promise of a good harvest.

Individual practices vary with local regions and culture. The bean porridge, however, remains the common denominator. Families prepare it, place it at various locations in their homes and eat it together after it cools.

The practice is not for nothing – the dish's mythical properties might be up for debate, but Asians believe its benefits are not. Many Asian nations still use the red bean to treat strep, fever, soil, pre and postnatal pains.

You can try red bean porridge for yourself. Wash one cup of red beans and soak it overnight. Wash and soak half-a-cup of short grain white rice. Drain the beans and put it in a pot with seven cups of cold water. Bring it to a boil and then simmer until the beans are tender, stirring occasionally. Save one cup of the boiled water and drain the beans. Put the beans into a blender and grind until smooth, adding the cup of boiled water to smooth the consistency and set aside. Put half-a-cup of sweet rice flour in a bowl. Add a tablespoon of water at a time to make a firm batter, for up to five tablespoons. Then roll the dough into one-inch balls and set aside. In a pot boil the soaked rice and two cups of water until the rice is tender. Add the red bean mixture until it boils again. Then add the rice balls and bring it to a boil again, stirring frequently. When the rice balls float, add three tablespoons of sugar and one teaspoon of salt. Serve warm.

Holiday traditions through Soldiers' eyes

STORY AND PHOTO BY
SSG KYLE J. RICHARDSON
1ST ABCT PUBLIC AFFAIRS

*It is a month of traditions,
all through the ROK;
Children frolic and play,
on every block.
The ISG hung stockings
for each of the troops,
It's getting cold outside,
time for my Mickey Mouse boots.
It's a good time as well,
to see dreidels a spinning.
It's a time for laughing and smiles,
and maybe some giving.
For some kente cloths,
are worn to holiday feasts,
their bright colors illuminated,
along the ROK streets.
And do not forget,
our good Korean friends,
because Seollal will celebrate,
the beginning not end.*

As the temperature rapidly decreases, the smell of cinnamon and hot chocolate fill the air, letting Soldiers and Family members know that the holiday months have arrived.

During this time, many Soldiers will begin

preparing for a new season of traditions. Some Soldiers are able to carry on stateside traditions while serving here in Korea while others will enlist the help of technology to carry on their more specific traditions.

"I help to promote religious diversity within the battalion," said Capt. Bruce Duty, Boise, Idaho, native, chaplain for the 1st Brigade Special Troops Battalion, 1st Armored Brigade Combat Team. "I help by gathering information of various religions through the BSTB and provide that information to the Soldiers to help them celebrate the upcoming holidays according to their faith."

Duty personally plans to read Bible stories to his Family and pray with them over the phone and through the use of other forms of electronic communications.

Even within the same households not all Families follow the same traditions and belief systems.

"My holidays are usually celebrated with a multi-faith perspective," said Sgt. Veronica Spates, an operations noncommissioned officer for the Headquarters and Headquarters Company, 1st BSTB. "Since my husband is Christian we put up a Christmas tree and since I'm of the Jewish faith, I will light my Menorah."

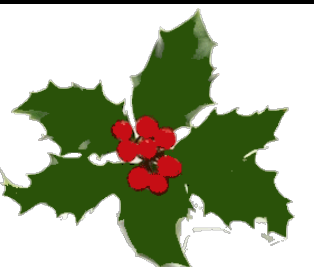
Spates said she grew up as a Catholic but as she grew older, she felt that the Jewish faith represented her beliefs better.

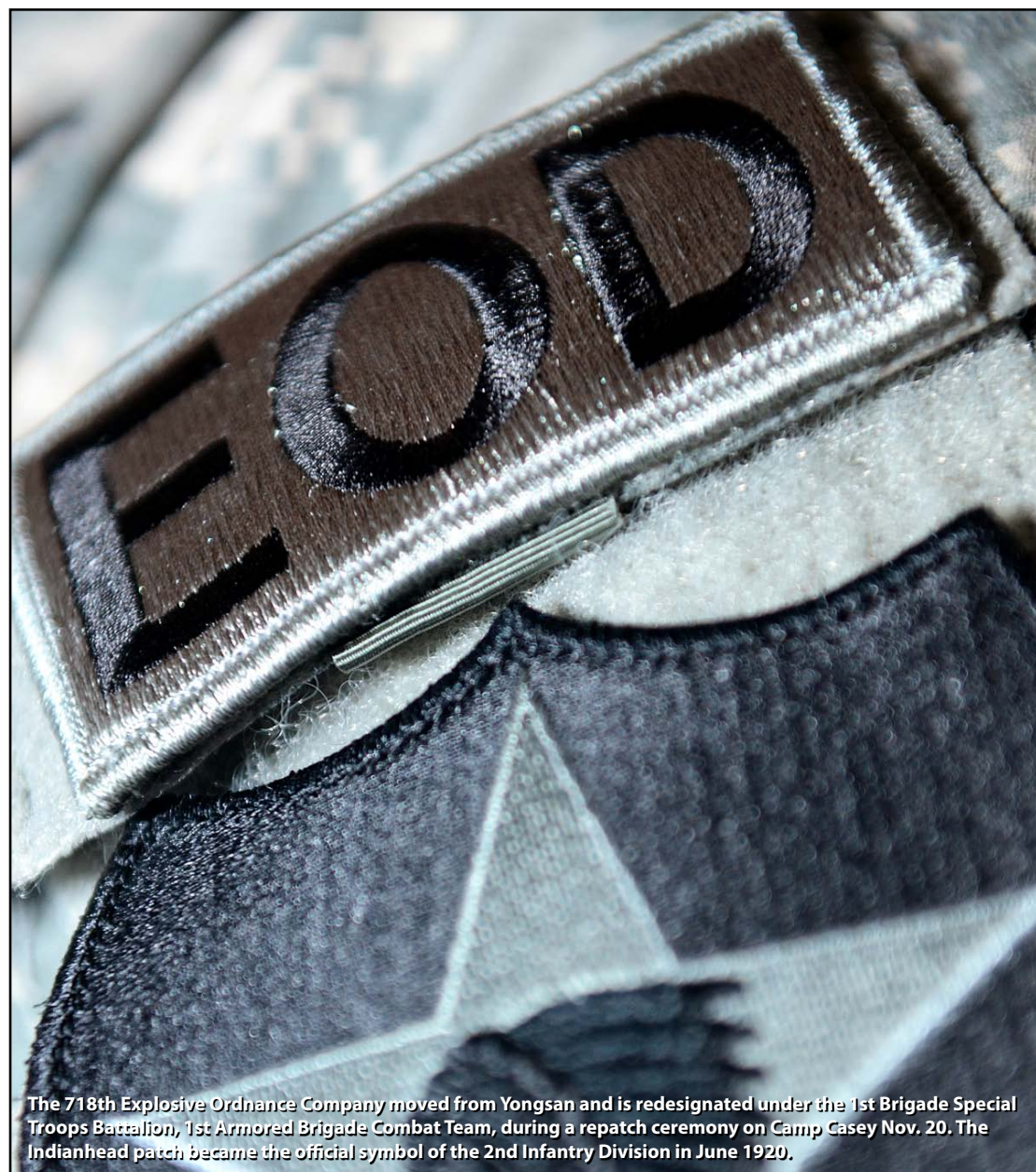
Not every holiday during this time has a religious significance. Some holidays celebrate time with the Family or the changing of the seasons. Some Soldiers are fortunate enough to have their Families close

enough to visit within a few hours on a train.

"I'm thankful to be able to have this time to spend with my family because sometimes it's hard to see them," said Cpl. Lee Seung-ho, a Seoul native and operations clerk for HHC, 1st BSTB. "During the Lunar New Year, I will go with my family to visit my grandparents and have some great food like turkey and rice cakes that we call songpyeon and then we play games like Yut no-ri. After all of that, we watch the full moon, which is the most important part of the holiday."

*The holidays are here,
no need to be blue,
If unhappy you are,
then I have some extra duty for you.
Remember your values,
and keep your ethos dear,
Don't break the curfew,
and you'll have a good year.
So give thanks and be happy,
and exclaim with cheer!
Be grateful for close friends,
and remember those not here.
"Second to None" we are,
every Soldier in sight,
Even on the holidays
we are ready to "fight tonight!"*





The 718th Explosive Ordnance Company moved from Yongsan and is redesignated under the 1st Brigade Special Troops Battalion, 1st Armored Brigade Combat Team, during a repatch ceremony on Camp Casey Nov. 20. The Indianhead patch became the official symbol of the 2nd Infantry Division in June 1920.

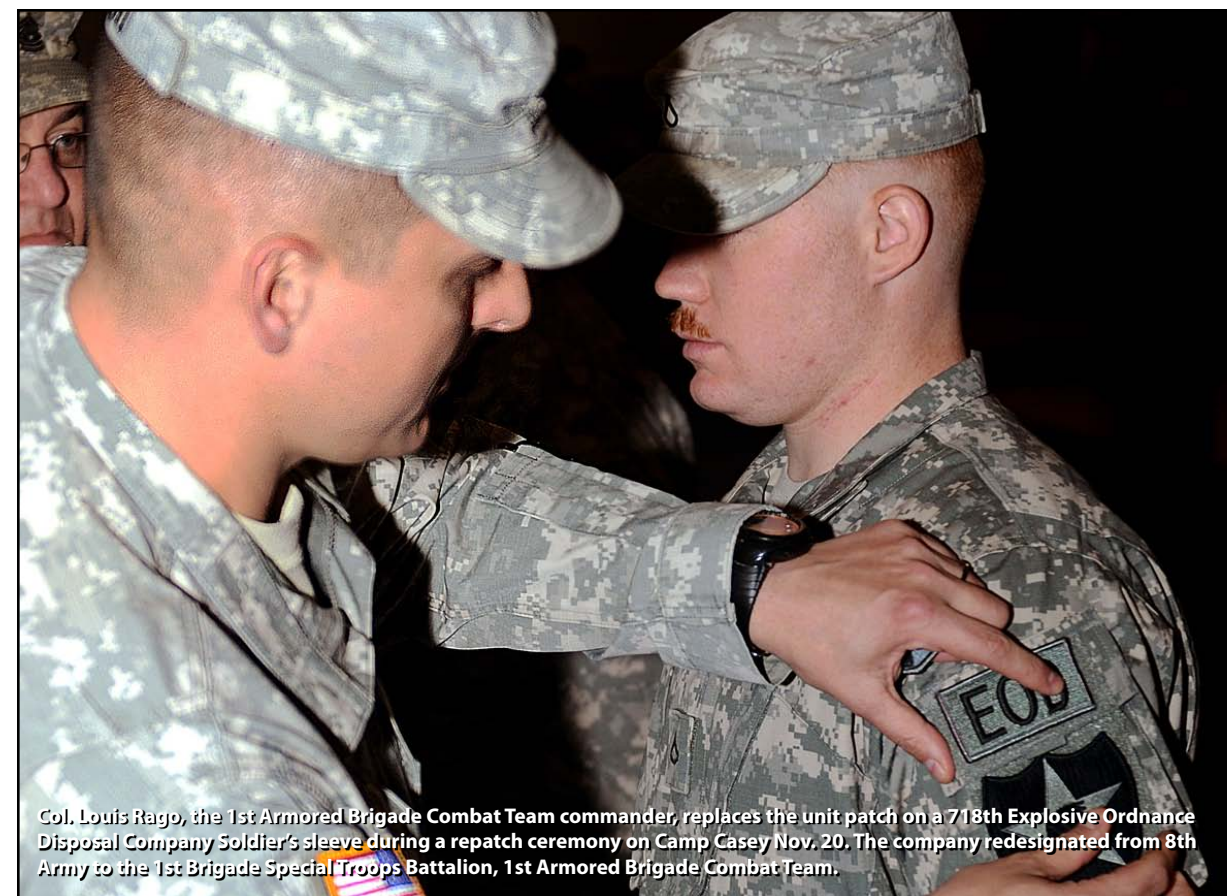
IRON TEAM RECEIVES NEW EXPLOSIVE CAPABILITIES



718TH EXPLOSIVE ORDNANCE DISPOSAL COMPANY JOINS THE 2ND INFANTRY DIVISION



STORY AND PHOTOS BY STAFF SGT KYLE RICHARDSON 1ST ABCT PUBLIC AFFAIRS



Col. Louis Rago, the 1st Armored Brigade Combat Team commander, replaces the unit patch on a 718th Explosive Ordnance Disposal Company Soldier's sleeve during a repatch ceremony on Camp Casey Nov. 20. The company redesignated from 8th Army to the 1st Brigade Special Troops Battalion, 1st Armored Brigade Combat Team.

As the unit stood at attention, Maj. Gen. Edward C. Cardon, the commanding general of the 2nd Infantry Division, approached the first Soldier in formation and removed the unit patch on the Soldier's left sleeve. When the Velcro gave way, the general replaced the patch with a new symbol of pride and history — the 2nd Infantry Division's Indianhead patch.

Soldiers from 1st Brigade Special Troops Battalion, 1st Armored Brigade Combat Team, welcomed the Soldiers from the 718th Explosive Ordnance Disposal

Company into their fold at a repatch ceremony Nov. 20.

"The ceremony is just one way to welcome a new unit into our organization," said Command Sgt. Maj. Dorothy Hernandez, the command sergeant major for the 1st BSTB, and a native of Austin, Texas. "This ceremony will pay tribute to the merging of the two histories and showcase the start of a new chapter for the 718th and the BSTB."

The 718th EOD Co. has the unique mission of

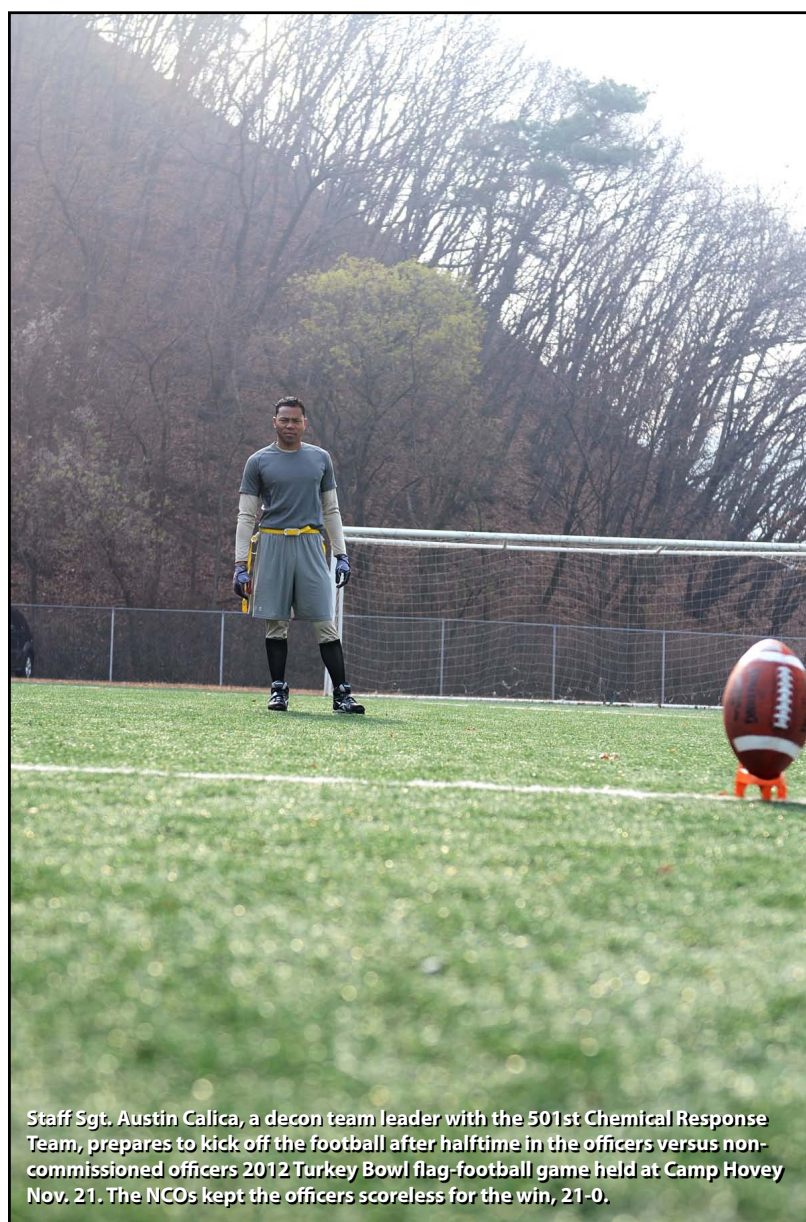
being the only element on the Korean Peninsula qualified to conduct ordnance disposal operations, providing a specific skill set to the 1st BSTB Spartans enhancing the unit's capabilities.

"I think it's awesome to gain a unit with such unique capabilities," said Command Sgt. Maj. Michael Eyer, the command sergeant major for the 2nd Inf. Div., and a native of Houston. "They bring a needed capability to the division that will help to increase our functionality. Gaining an EOD unit gives us the freedom of movement. They allow us the capability of forging forward without relying on additional resources from outside the division. This puts us on par with most units that are serving in Afghanistan or other deployed environments."

As the U.S. Army's only explosive ordnance disposal unit on the peninsula, the 718th Soldiers are ready and prepared to continue their mission wherever they are needed.

"No matter where we go, the basis of the job remains the same, only the situation changes and what types of ordnance we come across," said Staff Sgt. Albert Christian, an explosive ordnance technician with the 718th EOD Co. "Relocating will not affect how we conduct ourselves and mission. Moving around is just one part of the Army lifestyle. We will continue to do our mission around the peninsula and we will bring a complete EOD capability to 2ID as we did with Eighth Army."

The 718th EOD Co. mission includes handling suspicious packages, responding to bomb threats, and clearing dud grenades and leftover wartime ordnance. The company moved to Yongsan from Camp Red Cloud in 2005, and was redesignated from the 2nd Inf. Div. to Eighth Army. The move to redesignate the unit back to the 2nd Inf. Div. allows the company to effectively align with the division and enhance the division's mission readiness, while maintaining peninsula-wide EOD mission response requirements.



Staff Sgt. Austin Calica, a decon team leader with the 501st Chemical Response Team, prepares to kick off the football after halftime in the officers versus non-commissioned officers 2012 Turkey Bowl flag-football game held at Camp Hovey Nov. 21. The NCOs kept the officers scoreless for the win, 21-0.

TURKEY WITH EXTRA SPARTANS ON THE SIDE



Lt. Col. Rafael Pazos, commander of the 1st Brigade Special Troops Battalion, 1st Armored Brigade Combat Team, attempts to grab the flags from Staff Sgt. Samuel Conwright, a Dallas native and quarterback, assigned with the 501st Chemical Response Team, during the officers versus noncommissioned officers 2012 Turkey Bowl flag-football game held at Camp Hovey Nov. 21. The NCOs won the Turkey Bowl 21-0.



STORY AND PHOTOS BY STAFF SGT KYLE RICHARDSON 1ST ABCT PUBLIC AFFAIRS

The chill from the cold air rolled across the artificial turf. The cheering fans muffled the crunch of the cleats across the imitation grass. The intoxicating smells of hotdogs cooking and stacked pizzas became enticing. Before long, a whistle blew and the two elements of the Spartan warriors of the 1st Brigade Special Troops Battalion, 1st Armored Brigade Combat Team, took to the field in a head-to-head clash with both sides proclaiming victory.

The Spartan officers booted the football down the field as the noncommissioned officers received the kickoff. As the officers high-fived each other, the NCOs made minuscule progress on the return. The NCOs came out of the huddle showing renewed signs of confidence and determination.

The ball was snapped and the Dallas native, Staff Sgt. Samuel Conwright, the quarterback assigned to the 501st Chemical Response Team, stepped back into the pocket. A defender approached his blind side and he quickly rolled right to avoid the sack. He caught sight of an open receiver down the field and let the ball fly. He found his intended target in the end zone through two defenders. The ball was caught for a touchdown and the NCOs secured the lead, 7-0 within the first few minutes of the 2012 1st Brigade Special Troops Battalion NCOs versus Officers Turkey Bowl flag-football game held at the Camp Hovey soccer field Nov. 21.

While the officers put up a good fight, they struggled to score. In the end, the Spartan NCOs kept the officers scoreless, winning the game, 21-0. Fortunately for the officers, the Turkey Bowl offers more than bragging rights to all of those who participate.

"We're all far away from our homes; we all have different traditions so it feels good to come out as a Family," said Maj. David Wilson, a Baltimore native and

executive officer for the 1st BSTB. "I believe the center of our American traditions centers around Thanksgiving and Christmas so it felt good to come out and have fun together. We don't do that a lot. We worry about work and the mission a lot and we don't take the time to enjoy each other's company."

The turkey bowl is not just the average serving platter for America's favorite sleep-inducing poultry for the Spartans. This phenomenon has grown legs and drumstick its way throughout the U.S. Army and is now a deep-seated tradition observed by Soldiers in the United States as well as overseas. The turkey bowl started off as an unofficial backyard gathering of passionate pigskin patrons celebrating the Thanksgiving holiday. Eventually high schools, colleges, professional organizations and the U.S. Army adopted this humble tradition.

"We wanted to reinforce some Army traditions," said Lt. Col. Rafael Pazos, battalion commander for the 1st BSTB. "Traditionally, officers and NCOs usually play a friendly game of football right before Thanksgiving to wind down and help to strengthen the team and family aspect of the battalion before the holidays."

The NCOs attempted to keep the beating as friendly as possible while on the football field, but Spartans can only be peaceful for so long. The officers and NCOs traded trash talk and even some of the more seasoned NCOs were able to enjoy the glory of end zone catches.

"I was glad to be able to come out here and perform a little bit with some of the younger NCOs," said 1st Sgt. Roderick Briscoe, a Houston native and first sergeant for the Headquarters and Headquarters Company, 1st BSTB. "At my age, it makes me feel good knowing I can still keep up with some of them."

Although some officers would say that the game was rigged and the NCOs had insider help, the 2012 Turkey Bowl was a success. Soldiers and Family members came out to have a good time and support each other. At the end of the day, it was an overall win for the Spartan Battalion.

2ID UNITS NAMED **BEST** IN PACIFIC



**STORY AND PHOTO BY
STAFF SGT AARON P. DUNCAN
2ND CAB PUBLIC AFFAIRS**



**CONTRIBUTED TO BY
CAPT MATT McMILLAN
210TH FIB PUBLIC AFFAIRS**

Lt. Gen. Francis J. Wiercinski, commanding general of U.S. Army Pacific, announced the winners of the USARPAC Army Award for Maintenance Excellence program Nov. 15. The 2nd Combat Aviation Brigade placed in three out of the six categories with the 602nd Aviation Support Battalion winning in the Large MTOE Category. The United Nations Command Security Battalion – Joint Security Area, administratively a unit of the 210th Fires Brigade, won in the Small TDA Category. And Headquarters and Headquarters Battalion placed runner-up in the Supply Excellence Award for Medium MTOE PBO.

“Competition was keen and the awards reflect their dedication, hard work and success,” said Wiercinski.

The 602nd ASB executive officer commented on the award and the hard work that went into winning it.

“The Army Award for Maintenance Excellence is a very prestigious award and the competition was tough,” said Maj. Derek Di Bello. “It is truly an honor to have been selected for this outstanding award at the USARPAC level. This award represents the culmination of hard work, dedication and leadership from all of the Soldiers in the 602nd Aviation Support Battalion.”

Chief Warrant Officer Terrence Devone, the UN Command Security Battalion's maintenance officer, praised the efforts of Soldiers and leaders for the unit's victory.

“[Winning the award] is mainly a reflection of the command and the Soldiers throughout the battalion,” said Devone, who oversees all maintenance efforts in the unit. “Without their support, the [maintenance] program wouldn't work.”



Maintainers from 3rd General Support Aviation Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, repair a Black Hawk helicopter at Camp Humphreys. These Soldiers took runner-up in the Army Award for Maintenance Excellence in the Medium MTOE Category. Four other 2nd Infantry Division units also placed in the AAME.

While 602nd ASB and the UN battalion won in their categories, Company E, 3rd General Support Aviation Battalion, 2nd Aviation Regiment, was a runner up in the medium category and Company E, 2nd Battalion (Assault), 2nd Aviation Regiment, was a runner up in the small category.

“In general, I would like to say I'm so proud of my Soldiers and the jobs they do daily,” said Capt. Margie L. Battle, commander of Co. E, 3rd GSAB. “It is a company effort as a forward support company and every section within the company played a significant part in winning runner-up for the AAME award.”

The first sergeant of 2nd Battalion's Co. E had some

words of praise for his hardworking Soldiers as well.

“It is a wonderful feeling that our unit was able to accomplish this great achievement,” said 1st Sgt. Manuel Castro. “It reflects greatly on the Soldiers, [noncommissioned officers] and officers in the unit, by winning the AAME inspection. I am extremely proud of the unit for its efforts.”

The winners will continue on to compete Army-wide in the program.

“I am proud that these winners will represent the command in the Army-wide competition for the HQDA level Army Award for Maintenance Excellence program,” said Wiercinski.

2CAB FLIGHT SURGEON GOES THE EXTRA MILE

running with the All-Army Marathon team in the 37th US Marine Corps Marathon, placing first out of all Army females in 26.2-mile course



**STORY BY
STAFF SGT VINCE ABRIL
2ND CAB PUBLIC AFFAIRS**

Many athletes compete with a fiery drive never allowing them to quit. Some do it for the adrenalin rush, while others strive for success, fame and reward. One 2nd Combat Aviation Brigade Soldier simply competes because she is good at it.

Capt. Nicole M. Solana, of Tampa, Fla., a flight surgeon with the Headquarters and Headquarters Company, 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment, 2nd CAB has been burning up the running tracks since she was 12 years old, following her big sister's lead.

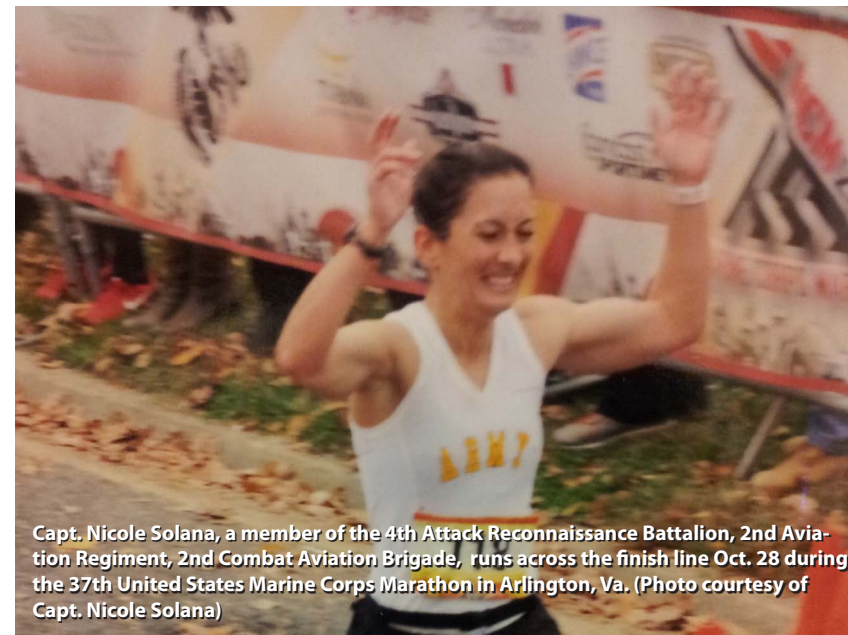
Tanya Manning was just a grade ahead of Solana at Nativity Catholic School where she not only set a good example for Solana, but also fueled her little sister's competitive spirit.

“Tanya ran the one mile because that was the longest we could run. She did really well so, being the little sister, everyone expected me to

run so I did and that's kind of what got me started,” Solana explained.

After watching them run, their mother entered the girls in local races. By the time Solana reached high school, she was competing in cross country and track and field events.

After graduation, she made the decision to serve in the Army National Guard where she spent six years completing her Bachelor's degree and then received her commission as a second lieutenant in



Capt. Nicole Solana, a member of the 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, runs across the finish line Oct. 28 during the 37th United States Marine Corps Marathon in Arlington, Va. (Photo courtesy of Capt. Nicole Solana)

the Army Reserve.

Once in the Reserve, Solana was accepted to attend medical school at the Virginia College of Osteopathic Medicine in Blacksburg, Va. “The military paid for my medical school and supplies. I love the Army because they set my whole path and it's been great,” said Solana.

As Solana continues her service, she has never given up her running roots.

Recently, she ran with the All-Army Marathon Team in the 37th United States Marine Corps Marathon, clocking her time at 2:59:41 and setting herself apart from her peers. She placed first out of all the Army women, third out of all the women in the military, tenth for women in the overall marathon and 151st overall in a race that included 23,000 competitors of both sexes.

To run a race and finish with a competitive ranking, it takes training consistently. One problem runners often run into is lack of motivation, Solana shared how she overcomes this problem.

“It is kind of hard to train without a reason so when I don't feel like running, I sign up for a race and pay the money. Then I know my competition is out there and they are training, so I better get in gear and start training. That's my secret to staying motivated,” said Solana.

Her discipline and dedication to the sport provided inspiration for many Soldiers in 2nd CAB including her battalion commander.

“Soldiers in 4-2 ARB look up to Captain Solana and seek her advice on distance running,” said Lt. Col. John C. Hopkins, commander of 4th ARB. “She ran 10 to 14 miles a day during our recent gunnery at Rodriguez Range in preparation for the race. Our Soldiers saw her everyday as she set a great example for all to emulate.”

Solana has applied to be a permanent part of the All-Army Cross Country Team.

“I like running because it is a stress reliever, plus I get to eat whatever I want,” said Solana. “Running is very peaceful, I like going out and it is a little alone time to yourself.”

TALON MEDICS CLAW THE COMPETITION



**STORY BY STAFF SGT
AARON P. DUNCAN
2ND CAB PUBLIC AFFAIRS**



**PHOTOS BY
PHILIP REIDINGER
AMEDD C&S PUBLIC AFFAIRS**

“They have different scenarios you can react to. You're moving in-between each event and each event is pretty physical. Since it is medic focused, you are not just shooting; you're dragging a casualty between firing points and assessing people as you go.”

The speaker is a calm, serious 29-year-old U.S. Army officer from Atlanta. 1st Lt. Jonathan Jordan, with Company E, 3rd General Support Aviation Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, recently returned from competing in the Army's Best Medic Competition where he and his teammate, Spc. Brandon Chavez, placed second.

Before competing at the Army level, they first had to compete in a competi-

tion across the 2nd Infantry Division. The top two competitors from the division, were then placed together to compete Army-wide.

“It just kind of worked out that we were both from the same unit. We were training together from the start because we were under the impression that [the 2nd Infantry Division Best Medic Competition] was a buddy team event. So, we went there as a team and were really happy that we finished first and second allowing us to go as a team to the Army's Best Medic Competition.”

They spent the weeks leading up to the competitions training hard even though they were still on medical evacuation duties.

“Once we knew the exact date for the medic competition in Korea, we pretty much started training at least four days a week, before or after work,” said Jones. “After the first competition we updated our training and added a couple mini medic lanes. It was kind of rough for us, because we were on MEDEVAC duty.

One of us would be stuck at the hanger, and the other would come up and we would do whatever we could without leaving our area.

The 72-hour two-Soldier team competition challenged the Army's best medical personnel in a demanding, continuous and realistic simulated operational environment at Camp Bullis, Texas, Oct. 26-28.

The combat medic is the spearhead of Army medical care - the first step in keeping wounded Soldiers alive,” said Lt. Gen. Patricia Horoho, the U.S. Army surgeon general and commander of U.S. Army Medical Command. “Our Soldier-medics may be competitors today, but they will be heroes tomorrow.

The 32 teams, representing the best Army medics worldwide, who participated this year engaged in fierce competition to be named the Army's Best Medic.

“You are evaluated on timed completion and adherence to medical standards,” said Jordan.

In its second year, the course designers were able to make the competition more physically demanding and test the competitors on additional medical tasks. It did not stop Jordan or Chavez from giving it their all.

“You definitely learn important lessons while competing, such as if I have a wire obstacle then I do want a Sked; but if I have a hill I want a litter since we learned it is easier to carry a litter up a hill than to drag a Sked,” said Jordan.

This year's Best Medic Competition may be over but the lessons learned through the training leading up to the event and the competition itself will continue to ensure that Jordan and Chavez are always ready to fight tonight.

“I know my teammate and I walked away feeling more confident in our abilities,” said Jordan. “I feel more confident in my abilities because the varied realistic scenarios we completed in the competition. Certain tasks get performed so much, like applying tourniquets, you can practically do them asleep.”



1st Lt. Jonathan Jordan and Spc. Brandon Chavez maneuver a casualty during the Army's Best Medic Competition Oct. 26-28 at Camp Bullis, Texas.



1st Lt. Jonathan Jordan and Spc. Brandon Chavez carry a litter during the Army's Best Medic Competition Oct. 26-28 at Camp Bullis, Texas.



1st Lt. Jonathan Jordan and Spc. Brandon Chavez go through the urban assault course during the Army's Best Medic Competition Oct. 26-28 at Camp Bullis, Texas.

Soldiers, veterans, children swap stories, experiences in cultural exchange

STORY BY
1ST LT ALEXANDER S. AMETER
70TH BSTB

The bus pulls up and the Soldiers pile out. It was Veteran's Day weekend and these Soldiers were hard at work. But, they were not at a range or in the field. The Soldiers of the 70th Brigade Support Battalion, 210th Fires Brigade, spent their Veteran's Day weekend in the Korean countryside near Paju, visiting a local elementary school and meeting with veterans of the Korean War.

The visit was part of the 2nd Infantry Division's Good Neighbor Program.

The day started with a round-robin of fun and games with the kids. Though the 50 students and Soldiers appeared initially nervous when meeting, they quickly bonded over games of kickball, dodge ball, soccer, basketball and jump rope.

The Soldiers were there as English teachers and mentors. However, when it came to recreation, the Korean children were the true instructors. They tutored the Soldiers on everything from the Korean rules for dodge ball to jump rope, as well as a little conversational Korean.

"Their rules for dodge ball are really different, but I think I like them better. We had a great time," said Pfc. Jose Pinero, from Company B, 70th BSB.

The Soldiers and students were limited to just one hour together – it was, after all, recess period.

Next stop was the veteran's recreation center just down the road in the small Korean village. There, the villagers set up a real feast. Consisting of bulgogi, japche, kim bap and other traditional Korean dishes, the buffet provided a ready opportunity for the Soldiers to dig in.

Mixing in with the veterans and members of the Paju People to People organization, the Soldiers, with the help of their Korean Augmentation to the U.S. Army soldier companions, chatted and ate for more than two hours. Paju Mayor Kim Hong-jin even stopped by to join the festivities and meet American Soldiers.

One 95-year-old Korean veteran gave his account of the first day of the Korean War. He described his feelings, his fears and how everyone around him reacted. He proceeded to compare that feeling with the feelings Koreans experienced when the Americans entered the war on their side, describing the elation felt by his Korean brothers and sisters.

"Engaging with these veterans really put Korea in perspective for me," said 2nd Lt. Eric Stell, 579th Signal Company, 70th BSB. "Their experiences and stories are both sobering and informative – important reminders of the mission we have as a part of United States Forces Korea."



Lt. Col. Eric Jackson (second from left), commander, 70th Brigade Support Battalion, 210th Fires Brigade, listens to veterans of the Korean War tell stories during a visit to the Paju Veterans' Recreation Center Nov. 13. The 210th Fires Brigade Soldiers and leaders regularly visit their Korean neighbors as part of the 2nd Infantry Division's Good Neighbor Program. (Photo by Capt. Peter Bahng, 70th BSTB)

STINGER MISSILE



Two Soldiers from Company E, 6th Battalion, 52nd Air Defense Artillery, fire a Stinger missile from the shoulder-mounted configuration at Chulmae Range, Nov. 15. Company E is attached to the 6th Battalion, 37th Field Artillery Regiment, 210th Fires Brigade, making the unit unique as the only permanently integrated field artillery and air defense command. (Photo by Pak Chin-u, 2nd ID PAO)

facebook®

A NO-FRILLS ASSESSMENT

STORY BY
CAPT MATT McMILLAN
210TH FIB PUBLIC AFFAIRS

The Army is all over Facebook in one way or another. From the official side, senior leaders knew an opportunity when they saw it. Soldiers at all levels already use it. Leaders leverage it (or attempt to) with varying success across the board.

What's out there right now is a mix of official pages, personal opinions, private groups, complaints, praises, condemnations, group photos, rumors and comments. All tied to the Army.

It's interesting stuff.

Take Camp Casey. One of its most active pages on Facebook is the "Camp Casey Helpful Information" group. It's unofficial, technically unregulated – and popular.

"What cell phone carrier do y'all use over there? And how much is it?" – Nov. 29.

"Anybody know if there is a place that will copy a Ford car key with a chip?" – Nov. 28.

"Anybody know how long it takes to get from Dongducheon station to Yongsan station? And it's all on line 1, right?" – Nov. 27.

But, that's a tame group. Many others aren't. Stolen Valor is a Facebook page with U.S. national visibility that has since spawned its own parent website, Guardians of Valor. This watchdog group aims to publicly debunk false claims of military service.

"They pretty much become a hotline," said 210th Fires Brigade Soldier Spc. Alexander McHenry, from Tappen, N.D. "The group is just out there to bust all the people using the military for their personal gain ... they have these stories they work up [on Facebook] and these guys [imposters] just get crucified. People tear them apart. I like it."

Stolen Valor has more than 47,000 "likes," or subscribers. The group appears popular with Soldiers and veterans. Its leadership is comprised of "active and veteran service members," according to the Guardians of Valor web site. But it too, is unofficial and unaffiliated with the Army.

Those are a couple examples of many. Almost all major installations worldwide have third-party Facebook groups.

Not that the Army has been silent. On the contrary, the flagship page has more than 1.6 million "likes," along with an active user base.

To their credit, most units have really caught on. Almost all Army battalion-level commands have official presences and each one is different. You'll find interactive communities that would make true believers in social networks weep with joy. You'll find pages full of regurgitated boilerplate messages that nobody reads except the leadership that posted them. You'll find everything in between, too.

Things get interesting when someone starts posting with an axe to grind. There are a few posts, usually about unit leaders, more venomous than anything a 13-year-old ever spat out over Xbox Live. These guys give the vilest YouTube comments a run for their money.



Apparently, the people who post those comments aren't aware that the UCMJ has kept up with the social media phenomenon. Comments like that can, and sometimes do, get the poster hauled in front of their commander's desk. Whoops!

That might not surprise anybody experienced with the Army and how it works. The nebulous aspect of Facebook is that it's an open forum. Or, in other words, if Soldiers don't want to read their unit pages, they don't have to.

"Whatever unit I'm in, I usually subscribe to that page," said McHenry. "Just for unit information and updates. Not all of them I look into, but if it pertains to me, then sure, I'll look."

Some people use it less frequently.

"I check official pages every once in a while," said 210th Fires Soldier Pfc. John Pagnotta, from Bridgewater, Mass. "I usually look at [official pages] to get pictures of events."

Obviously, the least-regulated stratum of the Army Facebook world encompasses the personal accounts of Soldiers.

"Some [Soldiers] in my opinion, are stupid," said McHenry. "They post themselves doing dumb things. For me, it's like, 'come on, man. Really?'"

Pagnotta agreed.

"Sometimes it feels like people are too comfortable saying what's on their mind," he said. "You'll see Soldiers posting, saying, 'I'm doing this training event on this date.' ... There's no reason to put that out there."

In the end, the gray area between official pages, personal Soldier accounts and the no-man's land in between may just be a manifestation of Facebook's nature. It's a weird animal. Wrangling it takes savvy.

To date, Facebook's policies remain open. The Army shows no signs of drawing down its online presence. And personal accounts remain as popular as ever.

So, for good or ill, the animal is here to stay.

You can look up the 2nd Infantry Division's social media sites at www.2id.korea.army.mil/news/social-media.

To learn more about what you can and cannot post on social media, visit www.slideshare.net/USArmySocialMedia/army-social-media-handbook-2012.

HHBN SOLDIERS HELP SOLVE KIDNAPPING



STORY BY
PVT LEE JI-HWAN
STAFF WRITER

On Nov. 20, Kwon Ki-sub, the Yangju chief of police, expressed gratitude to two U.S. Army officers for reporting a kidnapping that happened three months earlier.

At the Yangju Police Department, Kwon presented Maj. Federico Martinez II, Company C commander, Headquarters and Headquarters Battalion, and Capt. Rodolfo Martinez Jr., Company A executive officer, HHBN, each an appreciation plaque.

The two officers were speaking in their apartment basement parking lot, when they heard someone yelling for help. The two Soldiers immediately sprinted toward the site where the cry originated. There they found four people in black suits beating an individual and throwing him into a van.

Although the two officers were unsure of what was happening, they did what they thought was right. While Federico stopped the van, Rodolfo went around and took photos of the driver, the license plate and the kidnappers.

"At first, they said they were police arresting a criminal and had handcuffs, so they looked legitimate," said Federico. "Fortunately, Captain Martinez was able to spot the tattoos all over their bodies, so we figured that they were frauds."

The van took off and the two officers looked in every nook and corner to find evidence of the crime.

"We found two tasers and two phones under the van [when the kidnappers drove off]," said Rodolfo. "Also there was the victim's wallet, but it had nothing in it that specified information of the kidnapping."

After retaining evidence at the site, Federico notified the



Maj. Federico Martinez and Capt. Rodolfo Martinez, both from Headquarters and Headquarters Battalion, received a letter of appreciation and a plaque from the Yangju Police Department Nov. 20. In August 2012, both the Soldiers observed a possible kidnapping and reported it to the police. (Photo by Kim Seung-nam, 2nd ID PAO)

fire department.

"Well, I didn't know the number for the police station, so I called up 119," said Federico. "I reported the incident, but they didn't understand. So they put an interpreter on the phone and that's how I was able to contact the police."

The Yangju police were able to arrest the kidnappers through the report, which led them to find out that the kidnappers and the victims were involved in an internet gambling organization. Days after his kidnapping, the victim was released by his kidnappers.

"The victim fled to China, which made it difficult in investigating the case, but still we successfully apprehended the kidnappers," said Kwon. "We appreciate the actions of the two officers. The incident could have become a cold case."

Both the Soldiers expressed gratitude for the appreciation the Korean police showed.

"We are honored for the recognition and the plaques," said Federico. "We only did what we had to do, but not to receive any kind of reward. If this kind of thing happened again, we would do the same thing we did before."

Excuses, excuses ...



STORY AND PHOTO BY
CPL HAN CHOL-HWAN
STAFF WRITER

You're a new Soldier in Warrior Country. You've moved into your barracks room. Your roommate is destined to be your new best friend. You even get along with your supervisor and fellow Soldiers. Everything is going great!

At a unit function, you and your friends are having a great conversation. One Soldier leaves for a smoke break. A few others decide to join him. The conversation dies down when the bulk of the group goes outside. What seems like hours pass, but it was only a few minutes. The group left behind is silent. The group who went out to smoke is back, laughing and animated. Even though you're not a smoker, after the second smoke break, you decide to join them outside. By the end of the night, you've decided to try a cigarette. As the days progress, you continue to smoke to join your friends on the smoke breaks.

This is one likely scenario smokers in the Army have shared. Others have said they started smoking to relieve stress or because they're bored.

"I smoked two to three cigarettes when I was a civilian, but I smoke a pack per a day now," said Sgt. Lee, a Headquarters and Headquarters Battalion, 2nd Infantry Division, Korean Augmentation to the U.S. Army soldier, who wishes to remain anonymous. "I've participated in 10 exercises in 19 months of my military service and I think that's the main reason for smoking."

The Centers for Disease control and Prevention recently posted on its website that although the civilian population has shown a decline in tobacco use over the past few years, the numbers for the military have gone up. "Approximately 52 percent of all E-1 through E-4 enlisted Soldiers Army-wide use tobacco products, and the majority of that is smoking," said registered nurse Kelda Hodges, Reynolds Army Community Hospital Tobacco Cessation and Health Promotion director.

Army Regulation 600-63 states that all tobacco products harm a Soldier's readiness by impairing physical fitness and increasing the possibility of illness.

"Tobacco use by Soldiers is a major issue with regard to their being fit to fight. For one thing, smoking causes decreased night vision. There is also a misconception that smoking actually helps them perform on PT tests. They will come in and tell me that they are afraid to quit smoking close to a required PT test because they say their run times will get worse. That is just not the case," Hodges said.

One reason some Soldiers smoke is because they believe they score higher on fitness tests. Research shows, however, that smokers score as much as 35 points lower than their non-smoking counter-

parts. Smokers performed fewer push-ups and ran slower than even former smokers, because smoking reduces lung capacity and lowers oxygen levels in the blood causing muscles to tire quickly.

Money is one big reason for Soldiers to quit. The Army estimates that Soldiers spend more than \$2,000 annually on tobacco products. And, according to the Army Medical Department, with 30 percent of spouses smoking because their Soldier does, the financial burden can be huge.

Quitting isn't easy. AMEDD states Soldiers will become irritable, restless, anxious, depressed and angry. Concentration and reaction times may be diminished as well as your body gets used to not having dopamine.

"Dopamine makes us feel good. It gives us a sense of calmness and satisfaction. But as the dopamine levels increase, the user needs to feed the brain more

nicotine," she said. "That is necessary so that the brain

maintains the same response, otherwise feelings of depression and anxiety occur, which is the addiction.

"I'm trying to reduce the amount of smoking, because of my health," said Lee. Army medical professionals warn Soldiers interested in quitting tobacco products to keep occupied when their friends go out to smoke as a distraction.

"I tell them to do 30 seconds of very quick, very intense activity, like 30 seconds of push-ups. Or 30 seconds of sprints, something that is very vigorous and will release enough dopamine and adrenaline to get them through the next hour," Hodges said.

If you want to quit using tobacco products, visit your Troop Medical Clinic or visit www.smokefree.gov or www.militaryonesource.com.

"If people don't love themselves enough to stop smoking, they should love someone else enough to do it," said Lt. Col. Andy Kim, 2nd Inf. Div. surgeon.

KATUSA OPENS HOME TO SOLDIERS



STORY AND PHOTOS BY
CPL KIM MYUNG-IN
STAFF WRITER

The Republic of Korea-U.S. Alliance has been strong since the start of the Korean War in 1950. After more than 60 years the 'Katshi Kapshida' alliance has remained strong because the two nations have continuously built on that friendly relationship through combined training and cultural exchange.

The 'Good Neighbor Program' in one way Soldiers in 2nd Infantry Division capitalize on cultural exchange. Division Soldiers participate in many volunteer events such as cleaning the streets of Uijeongbu, Dongducheon and Pyeongtaek, inviting local students to the military bases and providing free English classes to Korean civilians.

Warrior Division Soldiers also mingle with Korean Augmentation to the U.S. Army soldiers to experience Korean culture and have personal alliances of their own. In one such example of this friendship, Cpl. Lim Jong-kyu, a vocalist with the Warrior Division Band, invited his U.S. counterparts to visit his home in Seoul.

"It was nice welcoming environment," said Staff Sgt. Tarrell Henckel, a French horn player from Richland, Wash. "Lim's family treated us very well and for me it was the first time tasting kimchi pancake and it was nice and 'awesomist.'"

Henckel and two other bandmates were served Korean tea, sweet crepes and kimchi pancakes.

"American Soldiers are my co-workers and friends away from their



(From left) Lim Jeong-woong, Staff Sgt. Tarrell Henckel, Yeong Yeon-choo, Staff Sgt. Gary Corbett, and Cpl. Lim Jong-kyu pose for a photo during a visit to the Lim household in Seoul Sept. 28.

Families and I always want to invite them to my house letting them to experience more of Korea," said Lim.

Sgt. Adam Muller, a saxophone player from New Orleans, is one of Lim's closest friends.

"What I appreciate most with Corporal Lim is that he extended himself to be helpful but at the same time I also was receptive and interested to learn more about Korea," said Muller. "He has been very helpful with the translations and that is the main challenge we face, speaking and reading Korea."

Lim also took Sgt. Timothy Racki, a

"... these simple gestures can go a really long way and establish better relationships with Koreans and Americans."

— Sgt. Adam Muller

clarinetist from Lafayette, Tenn., and his Family to the Seoul Grand Zoo.

"That was cool to have my Family

out and see different parts of Korea with somebody who can help us get around," said Racki.

According to Lim, as members of the Warrior Division Band, the Soldiers and KATUSAs spend much time together due to the nature of the job.

"If one makes an effort to talk and interact with KATUSAs there is a valuable and helpful relationship that can be made for both parties," said Muller. "Eating together at the chow hall or having a just cup of coffee, these simple gestures can go a really long way and establish better relationships with Koreans and Americans."

2nd Infantry Division Band Soldiers (From left) Sgt. Adam Muller, Cpl. Lim Jong-kyu, Sgt. Timothy Racki and Staff Sgt. Tarrell Henckel practice together in preparation for a concert.



YEAR IN REVIEW



Soldiers from 2nd Battalion, 9th Infantry Regiment, 1st Brigade Combat Team, march through the mountainous terrain of South Korea during the Manchu Mile April 24. (Photo by Staff Sgt. Kenneth Pawlak, 1st ABCT PAO)



Soldiers from 1st Brigade Combat Team brave through the weather in January for a gunnery range at Chiprong-ni. (Courtesy photo)



Soldiers from the 2nd Infantry Division participate in the ROK Ministry of Defense Taekwondo Camp Oct. 23-24 at the World Taekwondo Headquarters. (Photo by Pak Chin-u, 2nd ID PAO)



Units of the 2nd Infantry Division went head-to-head in several events during Warrior Friendship Week, including the intense tug-of-war competition. (Photo by Sgt. 1st Class Jeff Troth, USAG-RC PAO)



Soldiers from 1st Armored Brigade Combat Team and 210th Fires Brigade distribute charcoal and rice to the poor in Dongducheon City Feb. 1. The Soldiers raised more than \$3,000 to support the needy in surrounding community as the temperature plummeted to record lows in Dongducheon. (Photo by Yu Hu-son, 2nd ID PAO)



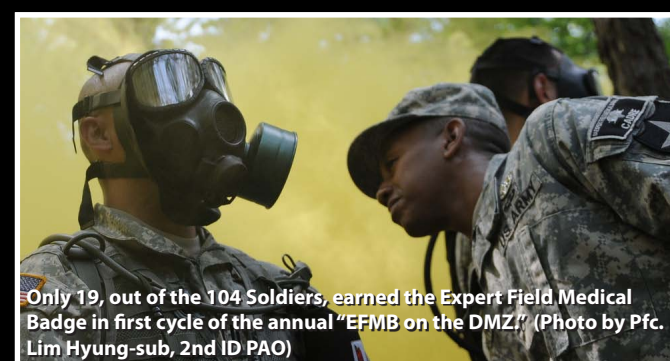
The 2nd Infantry Division hosted a Naturalization Ceremony for nine Soldiers and their spouses Sep. 11 at the Camp Casey. Also They had pledge of allegiance to the flag of the United States of America. (Photo by Kim Seung-Nam, 2nd ID PAO)



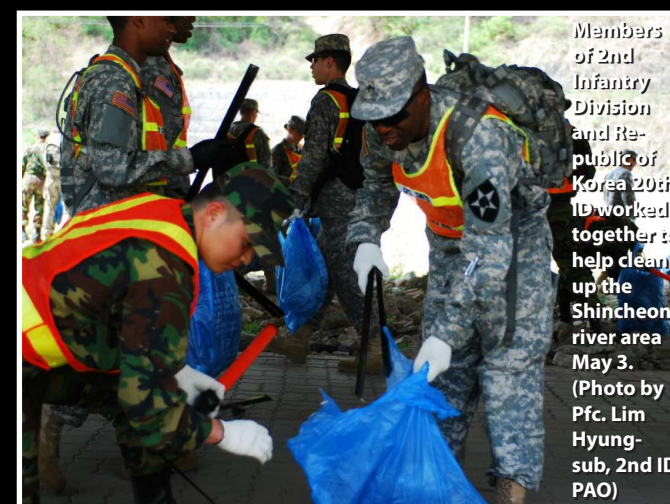
Maj. Gen. Edward Cardon, Maj. Gen. Oh Jeong-il, Col. Tracy Banister and Command Sgt. Maj. Carlos Esmurria affix the Army Superior Unit Award streamer to the 210th Fires Brigade's colors for the unit's actions during the Yeonpyeong-do incident, which took place Nov. 23, 2010. (Photo by Kim Sung-nam, 2nd ID PAO)



As the only permanently forward-stationed division in the U.S. Army, the 2nd Infantry Division is always trained and ready to respond to any contingency. (Courtesy photo)



Only 19, out of the 104 Soldiers, earned the Expert Field Medical Badge in first cycle of the annual "EFMB on the DMZ." (Photo by Pfc. Lim Hyung-sub, 2nd ID PAO)



Members of 2nd Infantry Division and Republic of Korea 20th ID worked together to help clean up the Shincheon river area May 3. (Photo by Pfc. Lim Hyung-sub, 2nd ID PAO)



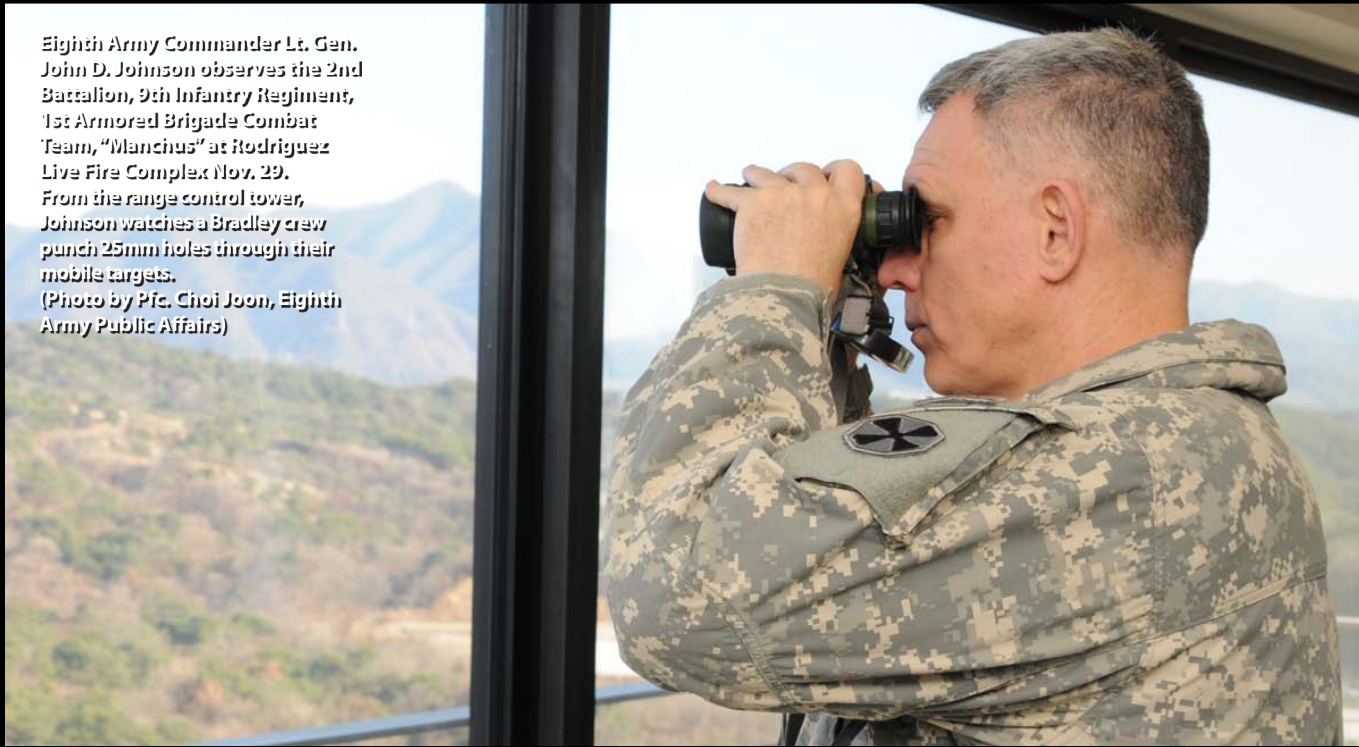
Soldiers from the 2nd Infantry Division and their families enjoy the Army Birthday Concert on the Green performance June 14 at Camp Red Cloud. (Photo by Pak Chin-u, 2nd ID PAO)



The summer led to new transitions in brigade and battalion commands, moving the 2nd Infantry Division forward and proving that its Soldiers are ready to "fight tonight." (Photo by Pfc. Lim Hyung-sub, 2nd ID PAO)

Eighth Army commander visits Manchus in field

Eighth Army Commander Lt. Gen. John D. Johnson observes the 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, "Manchus" at Rodriguez Live Fire Complex Nov. 29. From the range control tower, Johnson watches a Bradley crew punch 25mm holes through their mobile targets. (Photo by Pfc. Choi Joon, Eighth Army Public Affairs)



Soldier receives recognition for helping prevent suicide



Lt. Col. Rafael Pazos, the battalion commander for the 1st Brigade Special Troops Battalion, pins an Army Achievement Medal on Spc. Andrew Korpash, a linguist for Company A, 1st BSBT, in the Spartans motor pool Nov. 30. Korpash prevented a Soldier from committing suicide by contact the battalion chaplain and getting that Soldier immediate help.



**STORY AND PHOTO BY
STAFF SGT KYLE RICHARDSON
1ST ABCT PUBLIC AFFAIRS**

This is normally a time of celebration. The holiday season should come with minimum stress like finding the right toy or the prefect wrapping paper. However, this is not always the case for Soldiers deployed away from home and Family. Some may believe they have no relief from stressful situations, and separation from loved ones accentuates that stress. This ideology may cause Soldiers to take that dreadful path toward suicide.

While Suicide continues to affect the Army, some Soldiers will not sit around and wait for other Soldiers to hurt themselves.

A Flower Mound, Texas native, found himself in a situation where he doesn't like to think of himself as a hero, but as someone who just wanted to do the right thing. Spc. Andrew Korpash, a linguist with Company A, 1st Brigade Special Troops Battalion, 1st Armored Brigade Combat

Team, took action when a fellow Soldier was in need.

"I did what most Soldiers would probably have done," said Korpash. "I helped a Soldier to get help while he was contemplating suicide."

Korpash stated that he found out about the other Soldier's intentions through a mutual friend. With that information he gave the Soldier's name and contact information to the battalion chaplain. Korpash's intervention allowed this Soldier to receive immediate help.

"I didn't know him personally, but he's a Soldier and that's what we do, we help each other out, we take care of our own," said Korpash. "He told my friend that he was thinking about different ways of taking his own life."

Suicide affects the ranks of all units, of all Soldiers in different capacities. More than 100 Soldiers have taken their own lives this year.

"One loss affects the unit greatly," said Capt. Bruce Duty, a Boise, Idaho, native and the chaplain for the 1st BSBT. "With that loss there could be grief and bereavement. One loss has tremendous stopping power to the overall

effectiveness to the functionality of a unit."

While helping this Soldier, Korpash is reminded of how suicide affects him personally.

"Suicide doesn't just affect the individual," said Korpash. "It's very painful to continue on after someone is gone, but you do anyways. I had a friend who took his own life not even six months ago in [Advance Individual Training]. It's pretty rough just hearing about it and not being there since I'm here in Korea."

Korpash said that he was still dealing with his close friend's suicide and that he takes it one day at a time.

"I can't even describe how it feels because he's gone," Korpash said. "He was a pretty close friend. I was blind-sided by this because I wasn't there and I didn't know. I wasn't actively hanging out with him so I don't know if there was anything that I could have done or just even talked to him. I just don't know. It's very conflicting emotions having to go through this but not know what you could have done to prevent it."

Although suicide does prevent a challenge for the Army, units offer suicide prevention training to help Soldiers understand suicide and recognize the warning signs.

"I'm happy that my Soldiers are doing the right thing," said 1st Sgt. Ronnie Walleit, a San Antonio native and first sergeant for Co. A, 1st BSBT. "We get them integrated with suicide prevention training when they first get to the company. We provide them this training because being overseas, and being in Korea in particular, affects Soldiers in different ways. For some, this is their first time away from home; others have been here four or five times."

Soldiers will continue to receive suicide prevention training to help decrease the suicide rate in the Army. Soldiers are also reminded by maxims like the Warriors Ethos "I will never leave a fallen comrade," that Soldiers take care of Soldiers.

"A part of me probably helped because my friend went through something similar," said Korpash. "But mostly, I helped because no one should have to deal with these problems alone and the people around them shouldn't have to deal with the aftermath."

Acting on a command incentive program for Soldiers doing the right thing, Lt. Col. Rafael Pazos, the 1st BSBT commander, recognized Korpash in the Spartans motor pool in front of the battalion with an Army Achievement Medal for helping a Soldier get the required help during a hard time.

ROCKIN' THE ROK

TALES FROM LEISURE'S FRONT LINES
ON THE KOREAN PENINSULA



**STORY AND PHOTO BY
STAFF SGT AARON P. DUNCAN
2ND CAB PUBLIC AFFAIRS**

It is an early Saturday morning in mid-November and the sun is standing low in the sparsely clouded sky. The sun touches the fall leaves highlighting their deep red color and warming the chill morning air. Entire families are hiking to get exercise while spending time with the family and enjoying the quiet serenity present on the wooded path.

"It is one of my favorite places to get away and just experience nature. It lets me get away from any stress I might be experiencing," said Yim, Chong-kwan the 2nd Combat Aviation Brigade senior liaison officer affectingly called "Tiger."

The Buraksan Hiking Preserve's list of 221 plants, trees and flowers located along the preserve is a stark contrast to its beginnings alongside a bustling Songtan roadway just before the Songtan Middle School. Although the trail has unlikely beginnings, the path quickly becomes tree lined as it slowly winds through the preserve.

The trail follows the mountain's ridgeline and is considered a relatively easy hike earning only two stars out of five for its difficulty level. Be sure to stick a couple rocks in your pocket to add to the piles already present as you hike along the mountain for good luck.

"Koreans make a pile out of rocks to bring good luck and possibly fulfill a wish," said Pfc. Lee Byoung-kyu, a Korean Augmentation to the U.S. Army soldier with Headquarters and Headquarters Company, 2nd CAB.

While the unofficial turn around point for most families is approximately two miles in on the Eco Bridge, which overlooks Route 317, you can continue

for another two miles until you are forced to make a choice.

The trail will come to a T and you must decide between two destinations. You can turn left to continue on to the village of Un-san, which features the Sambongjip Memorial Hall with free entry and the opportunity to see printing woodblocks. The woodblocks were once a popular method of printing text and patterns on textile, followed by paper, originating in China. If that does not interest you, you can turn right and continue to Do-il-ro highway.

"It is nice all year round and lets you really see the changes in nature as the seasons change" said Tiger.

Also, if your family cannot join you for a day spent hiking, bring your pet. They are allowed to get their exercise right along with you as long as the leash is on.

Another great way of staying fit is mountain biking the trail. The hills will provide the difficulty needed for a good workout while you enjoy the nature scenery provided by the hiking preserve. The leafy canopy naturally provided by the tree tops will provide shade to help keep you cool as you ride. Just watch for the families along the way.

The amenities of the picturesque trail include numerous benches to stop and rest along the way, a rest area offering cold/hot drinks and a restroom, free access to workout equipment and beautiful views overlooking Songtan.

DIRECTIONS: From Pyeongtaek City's Songtan Branch Office, walk about 1,500 feet north up Route 1; the main trail entrance is on your right just before Songtan Middle School. The entrance is marked by a signboard that says in English "Buraksan Guide Map".

COST: Free



The young and the older alike enjoy nature as they hike the Buraksan Hiking Preserve in the fall.

SPECIAL TO THE INDIANHEAD: SPOUSES' COLUMN

Winter preparation

**STORY BY
JESSAI CANADAY
WARRIOR COUNTRY SPOUSE**

Winter is knocking at South Korea's door. This seasonal change is one of the most difficult for folks on the peninsula, due to unavoidable cold temperatures and inclement weather. Winter, however, has its own unique and enjoyable experiences to offer.

Both adults and children need daily physical activity. The recommended intensity and duration for exertion vary per age group. For example, playing at a moderate to intense level for at least an hour a day is good for kids. During mild seasons with accommodating temperatures, it is inviting to go outdoors. Winter weather presents a challenge to active people. The low temperatures in this type of weather deter folks from going outside and getting exercise. Let's talk about the different ways we can get moving while

staying safe and warm during the winter months. Doing this is going to empower, strengthen and uplift you and your family through one of the hardest seasons we have to endure in Korea.

Hydration is critical in colder weather. Due to the lack of heat, we often don't feel thirsty. We leave our water behind which leads to dehydration. If adults have a problem hydrating, children will too.

Dehydration can cause headaches, irritation and nausea among other health complications. For the average adult an intake of 64 ounces of water is necessary on a daily basis.

Proper cold weather gear is critical for winter fun. Do your kids wear gloves or mittens? Children that wear mittens will have warmer hands than those who wear gloves. Fingers in a mitten can generate better consolidated body heat then fingers individually isolated in a glove. Are your kids' clothes waterproof, wind resistant and insulated? If not, when they

are going out to play they will be more susceptible to cold weather injuries.

Check the cotton content of clothing. The less high-cotton content clothes a child wears out in the cold, the warmer they will be. Cotton absorbs sweat, if children are actively playing they will create a ton. If they stop to rest, their bodies will begin to cool off. The cooling body temperature with wet cotton against it can quickly create a cold weather emergency.

Now that you and the kiddos are bundled up, what kind of activities can you do together? I recommend trying snow shoeing, cross country skiing, snowboarding or down-hill skiing, sledding, and winter hiking because they are great winter sports. If there is snow on the ground digging forts, building snowmen, or having a snow ball fight are all fun ways to get active.

Ice skating is a popular activity in Korea. Here are two large indoor rinks

that are easy to get to via public transportation.

One is located in Uijeongbu. Take the subway to Line 1. Get off at Nogyang station. Walk out front to the taxi stand. Ask the cab to bring you to the ice skating rink. It will be less than two miles from the station. The street address is 284-4, Nogyang-dong. If you live on Camp Red Cloud the rink is only a 10 min walk from the back gate. Admission is affordable at 5,000 won for a couple of hours. Hours are 10 a.m. – 6 p.m. Sundays and 10 a.m. – 8 p.m. every other day.

The second is the Mokdong Ice Rink. It is the biggest indoor skating rink in Korea. Near Omokgyo Stn. (line 5). Open from 12 p.m. – 6 p.m. Sunday & holidays, 2 p.m. – 6 pm Monday through Saturday. The entrance fee is 3,000 – 4,000 won. Skate rental is 3,000 won for the first two hours, 1,000 won for every additional hour.

Get out there and have fun.

DIRTY JOBS



Special Duty - Unit Prevention Leader

STORY AND PHOTO BY
STAFF SGT JUNIUS B. STONE
1ST ABCT PUBLIC AFFAIRS

It's still dark outside. The Soldiers of Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, huddle up for an early formation in the cold. Soldiers are used to early mornings formations, but this morning they are about to participate in the drug-screen test.

As unpleasant as it is, the test is a necessity of unit and health readiness. Staff Sgt. Rudolph McCarthy, a Miami native and one of the company's unit prevention leaders, runs and coordinates this critical operation.

"I believe that what we do is very important," he says, "It's not the most glamorous job to volunteer for, but it's one of those jobs that will help keep good order, discipline and medical safety."
Despite the up-close and personal connection the position creates, McCarthy said that becomes the least of his concern when it comes to this job.

"In the eight months I've been doing

this job, the hardest parts are, at least in this operating environment, is the coordination, communication, making sure everyone is where they need to be and making sure the mission is done properly."

McCarthy's full time job is a 25E, or spectral manager. He tracks the brigade's wireless assets and other network operations. He volunteered for a UPL position because he saw the need. He encourages other noncommissioned officers to volunteer for the task as well.

"If you are interested in helping out in this way, talk to your first sergeant," he encourages.

For those soldiers who gather early in the morning for the urinalysis test, McCarthy asks for patience.

The UPLs are doing the best they can, and some Soldiers have more of a difficulty getting the job done under these circumstances," he said. "Think about them, this is about the team and not the individual."

The next time your name comes up on this list, keep in mind Soldiers like McCarthy, playing a role in helping to maintain unit health and discipline.

My Korea, My Life

A brief insight into Soldiers, Civilians and Family members in Warrior Country

What is your name, rank, job, and unit?

Sgt. Russell Mullen, operations noncommissioned officer in charge, United Nations Command Security Battalion - Joint Security Area.

What is your hometown and current duty station?

Lynchburg, Va. I'm currently at Camp Bonifas.

Why did you join the Army?

I joined the Army to serve my country and do my part, like my uncles and grandfather.

What do you like about Korea?

I like the Korean culture a lot. It's very interesting.

What do you do for fun in Korea?

I volunteer and teach English to the children of Daeseong-dong.

What meal do you miss the most?

I miss my grandmother's mac and cheese.

Who inspires you?

My daughter, Cassie Renee Mullen.

Where do you see yourself in five years?

I see myself fighting for the Ultimate Fighting Championship.

It's the zombie apocalypse and you must lead a five-man team. Survival is your only mission, but you must pick the other four members of your squad from your current unit. Who and why?

1. Pfc. Justin Leonard because he's strong and loyal.
2. Pfc. Brian Dors because he can shoot and he's

loyal.

3. Pvt. Tajalle Shuan because he reminds me of myself at the earlier stages of my military career.
4. 1st Lt. Christopher Taylor because he can shoot. Plus, you can't go anywhere without a medic.

If you were a color, which would you be? Why?

Black, because black is a sleek streamline color.

In a fight, who would win and why?

MacGyver, because he can make miracles out of anything.

If a skilled photographer's pictures are worth 1,000 words, how much would you say yours are worth?

Depends on the photo, because if I'm working, it's worth billions of dollars. If I'm having fun, it's still worth billions because I'm the life of everything I do.

What is the worst band in history? Why?

It's not a band, but an artist. Soulja Boy by far. I don't think I need to elaborate on how bad his music is for the younger generations.

Worst movie? Why?

The Village by M. Night Shyamalan. I was confused the entire movie.

A meteor is headed toward earth and Bruce Willis isn't around to blow it up. The planet will be destroyed in one week. How will you spend your time?

With my daughter.

Is there anything else you would like to share?

I like long walks on the beach, moonlit candle din-



ners, and soft music.

What's next for you after this tour?

I'm headed to Fort Hood.

Would you like to say hello to anyone?

I would love to say hello to my Family back home. I love and miss you all.

Do you have a story to tell? If you would like to share your experiences in Korea with the division, please contact your public affairs office.



WARRIOR NEWS BRIEFS



Telephone prefixes change

Telephone prefix 0505 is replaced with 05033 on all U.S. Army posts throughout South Korea when dialing from a commercial line to the DSN. There is a 12-month grace period for numbers that currently use 0505. However, newly assigned numbers will be accessible with the 05033 prefix.

Air Force and Navy bases will not be affected by the prefix change at this time.

For example, if the phone number is 732-8869, you would dial 05033-32-8869 from your off-post line.

Holiday mailing deadlines

The last day to mail packages for a Christmas delivery is Dec. 17 through express mail.

Hangul Facebook page

As we strive to embody the Katchi Kapshida mindset, the 2nd Infantry Division wants to share those stories with our Korean allies. We are proud to announce our new Hangul Facebook page. Please visit and share with friends and family at www.facebook.com/pages/주한미군-제2-보병사단-2nd-Infantry-Division-Korean-ver/318145054942383?ref=pb.

Commissary rewards card available

The Commissary Rewards Card is now available in the Camps Red Cloud, Casey and Stanley commissaries. The card allows customers to access digital coupons online and redeem them in any commissary by scanning the card at checkout.

Thrift Savings Plan changes

Thrift Saving Plan now offers ROTH TSP after-tax contributions.

For more information, visit www.dfas.mil/militarymembers/rothtspformilitary.html.

Santa Claus is coming to town

Santa will be available for photos at the Casey Community Activity Center Dec. 24, 2-4 p.m. Photos will be printed and framed while waiting for \$2. Free snacks and beverages are provided. A Turkey dinner from Warrior's Club, valued at \$85, will be awarded to one lucky winner.

Santa will also be available for photos at the Casey PX Dec. 15 and 22, 11 a.m. - 1 p.m.

For more information, call 730-4860.

New suicide-prevention hotline

A new 24-hour suicide prevention hotline has been established by the U.S. Army Garrison Red Cloud and Area I for anyone in Warrior Country considering suicide or trying to help someone who may be suicidal. The hotline number is 010-3762-0457.

Holiday expenses and budget - Money Management

Manage your credit cards during the holiday season. Making a realistic budget plan for holiday season can enhance your enjoyment of the season and avoid months of debt. A money management class will be offered at the Casey Army Community Service Dec. 20, 9-11:30 a.m.

To register for the class, call 730-3107.

The Military Family Life Consultants program

MFLC is an Army program designed to provide anonymous, confidential support to Soldiers and their Family members. It uses licensed clinicians with master's degrees and at least five years experience in social work, counseling, or related clinical discipline.

Consultants are trained on military specific topics including basic orientation to the deployment cycle, military culture, the chain of command, and reporting requirements in accordance with Army Family Advocacy Program.

Casey MFLC: 010-8691-3666
CRC MFLC: 010-3147-0756

Kickstart program

A new program aimed at helping Soldiers improve their ASVAB scores and earn college credits is being implemented at several division installations. The AFCT Kickstart program is a product of Area I education centers and the University of Maryland University College.

Soldiers can enroll in college math and English courses with books loaned from the education center and all application fees waived.

For more information, contact your local education centers:

CRC Education Center, Building S-58 - Byron Johnston (732-7015)

Camp Casey Education Center, Building 1747 - Carroll Chapman (730-1802)

Camps Hovey or Stanley

Education Center, Building 3754 - Kristi Noceda (730-5252)

Camp Humphreys Education Center, Building S-3000 - Shin Hwa-joo (753-8906)

Education centers are open Monday - Friday, 8 a.m. - 5 p.m.

2012 Area I holiday worship schedule announced

Dec. 24

- Camp Casey - Christmas candlelight and communion service(protestant), 6 p.m. at West Casey Chapel.
- Christmas Eve vigil, 10 p.m. at West Casey Chapel.
- CRC - Christmas candlelight service(protestant), 6 p.m. at Warrior Chapel.
- Christmas Eve vigil, 10 p.m. at Warrior Chapel.

Dec. 25

- Camp Casey - Christmas Mass, 11:30 a.m. at West Casey Chapel.
- CRC - Christmas Mass, 9 a.m. at Warrior Chapel.

Dec. 31

- Camp Casey - Mass - Vigil of solemnity Mary mother of God, 8 p.m. at West Casey Chapel.
- CRC - Watch Night Service(COGIC) 10 p.m. to 1 a.m. at Warrior Chapel

Jan. 1

- Camp Casey - Mass - New year's celebration, 11:30 a.m. at West Casey Chapel.
- CRC - Mass - New Year's celebration, 9 a.m. at Warrior Chapel.

THIS MONTH IN BASE THEATERS

Prices: \$5 for first run movies. \$4.50 for regular releases. Children 12 and under: be \$2.50 and \$2.25 respectively. Find the full list of movies online at: <http://www.shopmyexchange.com/reeltime theatres/reeltime-landing.htm>

PARANORMAL ACTIVITY 4



PARANORMALMOVIE.COM
OCTOBER

CAMP CASEY
CLOSED FOR RENOVATION

DSN : 730-4856

KILLING THEM SOFTLY

Brad Pitt

killing them softly



CAMP HOVEY
SHOW TIMES: MON.-FRI. 7 P.M.
FRI.-SUN. 6:30 P.M.

DSN : 730-5169

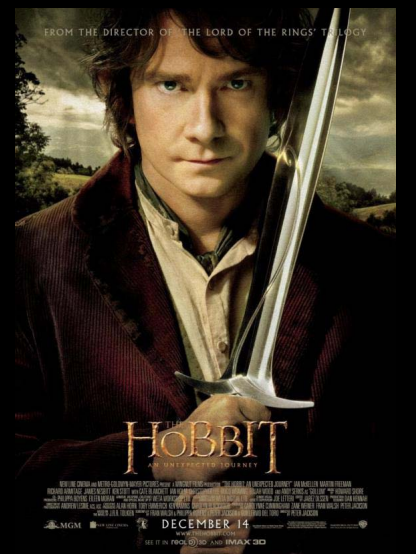
PLAYING FOR KEEPS



CAMP RED CLOUD
SHOW TIMES: MON. - TUE. 7 P.M.
THU. - SUN. 7 P.M.

DSN : 732-7214

THE HOBBIT : AN UNEXPECTED JOURNEY



CAMP HUMPHREYS
SHOW TIMES: MON.-FRI. 6:30 & 9 P.M.
SAT. & SUN. 3:30, 6:30 & 9 P.M.
*DEC 27(THU) : 1900

DSN : 753-7716



인디언헤드는 사랑을 싣고

이번 호의 주인공은 70 여단지원대대 본부중대 중대인사과 행정/PC 운용병 정재호 상병과 여자친구 이슬 양입니다.
<인디언헤드는 사랑을 싣고>는 여러분의 참여로 이루어집니다.
게재를 바라시는 분은 미 2사단 공보실 한철환 상병 chol.h.han.fm@mail.mil 또는 732-9518로 연락주시기 바랍니다.

내님 재호오빠에게. ♡

보고싶은 오빠야, 갑자기 눈도 펴평 많이 내리고 너무 추워서 더 보고 싶어ㅠㅠ
하지만 내님은 동두천에서 너무 바빠.. 오빠가 나오기 힘들니까 내가 동두천에 가서 잠깐 얼굴이라도 보면 좋을까. 매일 피곤하단 핑계로 힘들다고 짜증내서 미안해. 생각해 보면 군인인 오빠보다 힘든 건 아닐텐데ㅠㅠ 그래도 벌써 전역일 100일이 깨질날이 얼마 안남은걸 보면 오빠가 정말 대견하기도 하고, 힘든 일 많아도 항상 나한테 괜찮다고 강한 모습 보여줘서 고맙기도 하고 그래! 그리고 나 스스로도 좀 더 견한거 같아 ㅎㅎㅎㅎㅎㅎㅎㅎ

우리 이제 서로에 대해 너무 많이 알고 있어서 다 이해하고 안싸울수도 있을 것 같은데 그게 또 아니야. 그치? 아직도 많이 싸우지만 그래도 주말에 보면 언제 그랬냐는듯이 너무 좋으니까 다행이라고 생각해 해해.

오빠 군대간뒤로 우리 주말만 진짜 손꼽아 기다리잖아. 막 항상 보고싶으니까 주말에 한번 밖에 못보는게 짜증도 나고 그럴때 많았는데 그래도 주말이라도 볼수있다는게 새삼 가끔 다행스럽고 그래 ㅎㅎ♡ 주말 같이 보내다가 헤어질 때쯤 되면 일주일뒤에나 볼수있겠다는 생각에 아직도 적응못하고 우울해지는건 어쩔수 없지만 ㅠㅠ 그래도 주말에 오빠 볼 생각에 하루하루 열심히 살고있어~우헤헤 이쁘지!!

지금도 주말마다 만날수는 있지만, 아무래도 제약이 많아서 못하는 것들도 많았잖아. 모야났다가 오빠 전역하면 하나씩 다 하지!♡

얼른 내님 내품으로 돌아와ㅠㅠ 항상 고맙고 더 못행겨워서 미안하고, 사랑해 콩콩콩콩..♡

내님 벌써 우리가 사관지도 700일이 다 되어가네! 사관지 100일 남짓에 덜컥 입대를 해버려서 아쉬워 했던 날도 언제인지 모르게 훌쩍 지나갔구나. 비록 카투사 이긴 하지만 군인 여자친구 라는게 그리 쉬운 건 아니었는데, 항상 생각해주고 응원해줘서 고마워. 누군가가 나를 끊임없이 응원해준다는 사실 만으로도 힘든 하루 버텨내는데 많은 도움이 된 것 같아.

입대일 이후로도 시간이 많이 지났지만 서로 만날 날이 많지 않아 헤어질 때면 아직까지도 아쉬움이 많이 남는다. 하지만 그런 아쉬움이 있어 다음 만날 날을 기약할 수 있었고, 그렇기에 부대 내에 있을 때 조금 더 열심히 할 수 있었던 것 같아. 그래도 조금 더 만나는게 더 좋긴 할텐데^^;

겨울이 다가와 낮도 짧아지고 눈도 많이 내려서 아프진 않은지, 행여 사고라도 나지 않을지 걱정이 정말 많이 돼. 간간히 아프다는 소식이 들려오면 해줄 수 있는게 없어 한 없이 우울해지다가도 금방 나아서 웃음소리 들려주면 또 그만한 행복도 없으니까. 군생활 연애의 묘미(?)인 것 같아. 많이 볼 수 없기에 서로 더욱더 그리워지고, 그만큼 더 찾게 되고.

이번 겨울나기만 잘 하면 될 것 같아! 조용하게 눈내리는 겨울, 센치하게 서로 드립치는 모습 생각하며 버텨냈을 좋겠다! 항상 고맙고! 콩콩!

인디언헤드가 만난 사람들

"나에게 2013년 이란?"



70여단 지원대대 본부중대 카투사 PX
행정/PC 운용병 병장 이창선



70여단 지원대대 579통신중대 중대
인사과 행정/PC 운용병 상병 용해원



70여단 지원대대 본부중대 군수와
보급병 일병 김종범



70여단 지원대대 본부중대 인사과
행정/PC 운용병 이병 송태권

저에게 있어서 2013년은 사회 복귀의 해입니다. 훈련소 기간을 제외한 약 18개월 동안 정든 대대원들과 캠프 케이시, 그리고 저의 사랑스러운 PX를 떠나야 하기에 돌아가는 발걸음이 무겁습니다..... 하지만 저는 가겠습니다. 안녕히 계십시오. 떠나기 전에 동두천 카투사 장병 여러분을 위해 PX 발전과 복지에 남은 힘을 다 쓰고, 좀 더 친절한 PX가 되도록 노력하겠습니다. 다시 한번 안녕히 계십시오.

저에게 2013년이란 전역의 해입니다. 한 해의 절반을 대한민국의 자유와 독립을 보전하고 국토를 방위하는 사명을 지닌 군인으로서 보내고, 나머지 절반을 이제 사회의 일원으로서 보내 수 있어 매우 보람찬 한 해가 될 것으로 기대하고 있습니다. 하지만 벌써 전역을 바라보는 것은 시기상조이므로 하루하루 배우고 익히고 즐기며 다가오는 2013년을 준비하겠습니다.

2013년은 군복무로 한 해를 꼭 채우는 해입니다. 군대에 와서 맺어진 소중한 인연들을 시간에 무의미하게 흘러가진 않도록 많은 일을 선후임들과 함께 하고 싶습니다. 그와 동시에 제 인생에 있어서 큰 전환점이 될 것 같습니다. 앞으로 남은 삶을 무엇으로 가득 채울지 진지하게 생각하고, 그것들을 성취하는데 있어서 필요한 것들을 어떤식으로 준비할지 알아 볼 것 입니다.

저에게 있어 2013년은 기회의 해, 변화의 해입니다. 군입대라는 기회를 통해 주어진 시간의 소중함을 깨달았기에, 내년 한 해 동안 저를 더 발전시키고 싶습니다. 일병 진급 후 맞는 새해에는 입대부터 걱정거리였던 체력과 PT성적을 높여보고 싶고, 소극적인 성격도 변화시켜보고 싶고, 무엇보다 제 꿈인 '행복한 가정 만들기'에 한걸음 다가가는 과정으로 여자친구를 만들고 싶습니다.

상병 우태식

70여단 지원대대
A 보급중대 선임병장

인- 자기소개를 부탁드립니다.
우- 안녕하십니까? 저는 70여단지원대대 A보급중대에서 선임병장을 하고 있는 상병 우태식입니다. 1989년 1월 6일생이며 선임병장이 되기 전에는 92Y로 중대 보급병으로 근무하였습니다. 입대하기 전에는 학교에서 회계를 전공하였습니다.

인- 부대소개를 부탁드립니다.
우- 저희 A보급중대는 4개의 소대로 이루어져 있습니다. 그중 Distro 소대와 water & fuel 소대가 중대의 핵심 소대들로 대대의 다른 중대 훈련시 차량지원과 식수 및 연료지원을 내맡깁니다. 차량을 운전해야하는 소대이기 때문에 카투사는 HQ와 SSA소대에만 배치되어있습니다.

인- 가장 기억에 남는 일은?
우- 군 생활을 하면서 가장 기억에 남는 일이라고 하면 저는 이번년 초에 있었던 28사단 보수대대와 함께했던 합동훈련이 가장 기억에 남는 것 같습니다. 처음으로 나갔던 훈련이기도 했고 선임이 휴가를 나가서 제가 최고 선임으로써 참여하여 통역지원들을 맡아서 부담스럽게도했고 한편으로는 보람있었던 경험이었던 것 같습니다.

인- 가장 기억에 남는 미군은?
우- 가장 기억에 남는 미군은 지금은 PCS를 한 중대장님이신 CPT Aguilera입니다. 처음 자대로 전입와서 모든 것이 어색했을 때 먼저 다가와서 모르는 것이나 알아야 할 것들



을 가르쳐주고 배려해주셔서 처음의 힘들 수도 있었던 자대생활에 잘 적응한 것 같습니다.

인- 전역 후 계획은?
우- 전역까지 많이 남아서 아직 와닿지는 않는 것 같습니다만 일단 6월에 전역을 하면 가족들과 함께 여행을 가고 싶습니다. 해외 여행보다는 국내 여행지를 모두 다녀보고 싶고 전역하고 복학까지의 남은 기간은 정말 좋은 기회라고 생각합니다. 여행 및 약간의 휴식을 취하고 복학준비를 하고 가을에 복학을 할 생각입니다.

인- 군생활을 하면서 아쉬운 점은?
군생활을 하면서 아쉬운 것은 개인적으로는 입대 초반에 계획했던 일들을 지키지 못한 것과 중대원이나 대대원들과 함께한 활동이 적은 것입니다. 중대의 크기가 작기 때문에 함께 무언가를 하기에 좋다고 생각하고 앞으로 많은 시간이 남았기 때문에 아쉬움이 최대한 남지 않는 군생활을 하고 싶습니다.

인- 중대원들에게 한 마디 부탁드립니다.
우- 앞으로 같이 생활할 시간이 많이 남았는데 즐거운일 뿐만 아니라 힘든일도 많을 텐데 같이 잘 이겨내고 좋은 추억 만들고 의미있는 군생활 했다고 생각할 수 있도록 서로 노력하자!

SECOND TO NONE!!

<기사 및 사진 _ 이병 이지환 / 미 2사단 공보실>



지난 11월 16일 미 2사단 소프트볼 (softball) 경기장에서 미 2사단 헌병대, 동두천 경찰서, 의정부 경찰서의 친선 체육대회가 열렸다. 참가한 선수들은 체육 활동을 통해 친교를 쌓았다.

<사진 _ 박진우 / 미 2사단 공보실>



많은 좋아요 & 공유하기 부탁드립니다.

인디언헤드 한글판 스태프
미 2사단장 소장 에드워드 C. 카돈 한국군지원단 지역대장 중령 김종욱 공보참모 중령 조세프 소크로카 공보행정관 상사 리바 크라이처 공보관 인원식 편집장 상병 한철환 기자 상병 임형섭 상병 김명인 상병 윤선용 이병 이지환 사진 전문가 김정남 박진우 심화가 상병 심한준 일병 서성우 글꼴 배포처 아리따매 : AMOREPACIFIC 함초봉채 : 한글과컴퓨터
인디언헤드 한글판은 미 2사단 카투사들을 위해 공보실에서 발행하는 미 국방성 공인신문입니다. 신문 내용은 미 육군의 의견과 다를 수 있습니다. 인디언헤드지는 일성 인쇄소에서 월간지로 발행됩니다. 취재 요청은 732-9518으로 전화 바랍니다.

동지 이야기



18세기 유럽의 역병 의사들은 역병에 걸리지 않기 위해 긴 로브와 부리가 달린 옷을 입었다. 하지만 아시아에서는 다른 방식으로 역병에 대처했다.

<기사 및 사진 _ 상병 임철섭 / 미 2사단 공보실>

옛날 옛적

호랑이 담배 쪼개기 전에, 중국의 형벌을 담당하던 공공씨의 꿀칫거리 아들이 동지날에 죽은 후 역병을 일으키는 귀신이 되어 동지 날마다 마을 사람들을 괴롭혔다. 그래서 아들이 생전에 팔을 무서워했다는 것을 기억한 공공씨가 팔죽을 끓여 집 주변에 뿌리자 귀신이 다시 돌아 오지 않게 되었다고 한다.

고대 동양인들은 일년을 해의 움직임과 날씨의 변화에 따라 24절기로 나누었으며 동지는 일년 중 낮 시간이 가장 짧은 22번째 절기이다. 동지는 해의 부활을 의미 하는 ‘작은절’로 불리기도 했으며 과거에는 설날과 함께 가장 큰 명절 중 하나이기도 했다. 동지에 팔죽을 먹지 않으면 쉽게 나이가 들며 잔병치레가 많고 잠귀가 꼬인다고 했다. 또 동지에 날씨가 좋으면 이듬해에 역병이 돌아 사람이 많이 죽을 것이라 예측하였고 날씨가 춥고 눈이 많이 오면 흉년이 온다고 생각 하기도 했다.

한국의 동지 풍습들은 지역에 따라 조금씩 다르기는 하지만 팔죽이라는 공통점을 가지고 있다. 팔죽이 준비 되면 팔죽을 집안의 방들, 곳간, 장독 등 집안 곳곳에 두고 팔죽이 식은 후 가족들이 모여 같이 먹었다. 빨간색은 양의 기운을 띤 색으로서 음귀들을 물리치는 영험이 있다고 믿었기 때문이다. 이외에도 팔은 피부가 붓고 열이나는 단독, 해열, 풍기, 산전 산후통, 진통에 효과가 있는 것으로 알려져 있다.

비록 해석과 의식들이 다르기는 하지만 동지는 북반구의 여러 나라들에서도 재탄생의 의미를 가진 축제, 의식 등으로서 의미를 가졌다. 히브리 달력의 키스레브 달 25일에 시작하여 8일 동안 이어지는 유대 명절인 하누카는 ‘빛의 축제’라고도 알려져있으며 다른 조에 불을 붙이는 데 사용되는 하나의 조를 포함하여 매일 메노라 혹은 하누키아라 불리는 9 갈래의 촛대에 하나의 조에 불을 붙이는 의식을 통해 기념된다. 하누카가 동지 명절에 포함되는지에 대한 논쟁이 있기는 하지만 하누카 행사들은 동지를 전후로 하여 진행된다.

고대 잉카제국에서는 동지와 안테스의 새해를 의미하는 인티 레이미라는 태양의 축제가 열렸다. 고대 잉카인들은 동지날 새해를 위해 태양을 제단에 묶는 의식을 진행하였다.

스칸디나비아 반도에서 율리우스력의 동지 날인 12월 13일에 진행되는 성 루시의 날에는 소녀 또는 젊은 여성이 태양을 가져오는 성 루시아를 대신하기 위해 선택되어 하얀 로브를 입고 피를 나타내는 붉은 머플 메고 루시아의 노래를 부르게 된다. 가정에서는 첫째 딸이 루시아로서 특별한 빵인 루시켓과 커피를 부모님들에게 드리게 된다. 스웨덴에서는 성 루시아의 날은 특별히 중요한 날이며 전국의 소녀들이 성 루시아가 되어 사람들 앞에서 루시아의 노래를 부르는 것을 큰 명예로 여긴다.



장병 건강

인디언헤드 한글판에서는 8회에 걸쳐 카투사 장병들의 건강에 영향을 끼칠 수 있는 요소들에 대한 기사를 연재합니다. 첫 번째 기사는 오래 전부터 군인의 기호품이었던 담배에 관한 기사입니다.

<기사 및 사진 _ 상병 한철환 / 미 2사단 공보실>

담배는 불과 몇년 전 까지만 해도 비누나 면도날 같은 정기 보급품이었다. 하지만 담배의 해로움이 많이 알려짐에 따라 보급품 지정이 해제되었고 군 내 흡연률은 차츰 줄어들고 있는 추세이다. 카투사 장병의 흡연률은 일반 육군에 비해 상당히 낮은 편이지만, 담배를 피는 장병들을 심심치 않게 찾아볼 수 있다.

장병들이 담배를 피는 가장 큰 이유는 스트레스 때문이다. 2009년 미국 공공건강 저널 (American Journal of Public Health)에 실린 연구결과에 따르면, 미군의 흡연률은 미국인 평균 흡연률의 1.5배였으며 이라크로 파병된 병사들의 흡연률은 미국인 평균 흡연률의 2배였다. 이는 스트레스를 많이 받는 환경일수록 흡연률이 높아진다는 것을 증명해 준다.

익명을 요구한 한 장병은 “사회에 있을때는 하루에 2~3개피만 피던것이 입대하고 나서 하루 1갑 이상으로 늘었다”고 말하고 “군 생활중에 훈련에 많이 참가했는데 훈련기간 중에는 하루에 약 2갑을 핀다”고 덧붙였다.

담배가 스트레스를 해소시켜주는 것은 니코틴 때문이다. 니코틴은 신경을 자극하고 도파민(dopamine) 호르몬의 분비를 도와 긴장이 풀리고 편안한 기분이 들게 한다. 이러한 현상은 일시적으로 집중력과 이해력을 향상시킨다. 담배를 피면 당구가 더 잘 되는 것은 이러한 현상의 좋은 예라 할 수 있다.

군대 내 흡연의 다른 이유로는 주변의 압력이 있다. 집단생활에서는 혼자 다르게 행동하는 것이 안좋게 보인다. 특히 군대는 구성원들의 단결을 중요시하는 집단이므로 다른 부대원들이 담배를 필 때 혼자 안 피기가 어렵다.

담배의 유해성은 이미 널리 알려져 있다. 담배는 모든 종류의 암 발생률을 높인다. 또한 폐, 입, 피부, 기관지에도 영향을 주며 발기부전을 일으킬 수도 있다. 이같이 확실한 사실 외에도 담배가 영향을 미친다고 추정되는 사례는 수없이 많으며 굳이 여기 쓰지 않아도 조금만 찾아본다면 충분히 알 수 있을 것이다.

이러한 유해성에도 금연하지 못하는 이유는 흡연자들이 담배의 해로움을 간접적으로만 느끼기 때문이다. 직접적으로 담배의 해로움을 느낄 때는 이미 건강이 많이 망가졌을 때이므로 소 잃고 외양간 고치는 격이 될 수 있다. 따라서 건강이 망가지기 전에 흡연의 해로움을 느끼는 것이 중요하며, 이 때문에 해외에서는 담배갑에 흡연으로 인해 망가지 폐 사진을 붙이는 등의 조치를 취하고 있다.

군 생활에서 담배의 해로움을 느끼고 금연하기 위한 가장 좋은 방법은 부대원들에게 금연 의사를 밝히는 것이다. 군대라는 환경에서는 어쩔 수 없이 부대원들과 마주치게 되며, 부대원들에게 지지를 받다 보면 흡연에 대한 부정적인 생각이 직접적으로 느껴지게 될 것이다.

담배는 끊는 것이 아니라 참는 것이라고 한다. 아무리 금연에 좋은 방법이 있다고 해도 결국에는 본인의 의지에 의해 결정되는 것이다. 열심히 참기 바란다.



지난 9월 28일, 미 2사단 밴드 임종규 상병은 미 2사단 밴드의 테릴 헨켈(SSG Tarrel Henckel) 하사, 개리 코빗(SSG Gary Corbitt) 하사, 데이비드 마르티네즈(SFC David Martinez) 중사를 자신의 집으로 초대했다. 임종규 상병과 동료 장병들, 임종규 상병의 부모님이 즐거운 시간을 보내고 있다.

한미 동맹은 한국전쟁 이후 1953년부터 이어져 왔으며 그 관계는 점점 더 가까워지고 있다. 양국은 지난 60년간 많은 연합훈련으로 군사적 동시성장을 이뤘을 뿐만 아니라, 문화적 교류도 활발했다. 문화적 교류의 대표적인 예는 미 2사단이 자랑스럽게 후원하는 좋은 이웃 프로그램이다. 미 2사단 장병들은 이 프로그램을 통해 의정부시와 동두천시의 길거리 청소, 지역 학생들의 군부대 견학과 무로 영어캠프 등 많은 자원봉사 행사에 참여했다.

공식적인 행사 이외에도 미 2사단 장병들은 카투사 장병들과 같이 어울리며 한국 문화를 경험하고 진한 우정을 다진다. 미 2사단 밴드에서 근무하는 임종규 상병은 같이 일하는 미군들을 집에 초대해 가까운 시간을 보내며 친밀한 관계를 유지하고 있다. 임종규 상병은 “미군들은 가족들과 떨어져 외로이 지낸다”고 말하고 “언어적 그리고 문화적 장벽에 가로막혀 한국을 많이 겪어보지 못하고 떠나는 것이 측은하고 안타까워 집으로 초대하게 되었다”고 덧붙였다.

미 2사단 밴드에서 색소폰을 연주하는 아담 몰러(SGT Adam Muller) 병장은 “임 상병에게 가장 고마운 점은 우리에게 다가와 도움을 주려 한 것이다”고 말하고 “미군들에게 가장 어려운 점이 한글을 읽고 말하는 것인데 임 상병은 그런 측면에서 우리에게 큰 도움이 됐다”고 덧붙였다.

임종규 상병은 그들을 집으로 초대하기 며칠 전에

Horn)을 연주하는 테릴 헨켈(SSG Tarrell Henckel) 하사는 “임종규 상병의 가족들이 우리를 매우 친절하고 따스하게 대해주었다”고 말하고 “우리를 가족처럼 대해줘서 고맙고 감사했다”고 덧붙였다.

임종규 상병은 헨켈 하사를 포함해 3명의 미군들과 함께 유명한 고기집에서 삼겹살을 먹고 맥주와 막걸리를 마시며 좋은 시간을 가졌다. 식사가 끝난 후, 그들은 임종규 상병의 집에서 전통 차와 함께 호떡과 김치전을 먹었다.

헨켈 하사는 “그때 김치전을 처음 먹었는데 정말 최고였다”고 말했다.

임종규 상병은 “미군들은 가족들과 떨어져 외로이 지낸다”고 말하고 “언어적 그리고 문화적 장벽에 가로막혀 한국을 많이 겪어보지 못하고 떠나는 것이 측은하고 안타까워 집으로 초대하게 되었다”고 덧붙였다.

미 2사단 밴드에서 색소폰을 연주하는 아담 몰러(SGT Adam Muller) 병장은 “임 상병에게 가장 고마운 점은 우리에게 다가와 도움을 주려 한 것이다”고 말하고 “미군들에게 가장 어려운 점이 한글을 읽고 말하는 것인데 임 상병은 그런 측면에서 우리에게 큰 도움이 됐다”고 덧붙였다.

임종규 상병은 그들을 집으로 초대하기 며칠 전에

국적을 뛰어넘은 우정

티모시 레키(SGT Timothy Racki) 병장의 가족들과 서울대공원 동물원에 놀러갔다. 그는 “가족들과 함께 교외로 나가 서울의 다른 면을 보는 것이 정말 좋았다”고 말했다.

이들은 많은 시간을 함께 보내며 친밀하고 두터운 관계를 갖고 있다. 그런데 어떻게 이러한 관계를 형성할 수 있었을까?

임종규 상병은 “밴드의 특성상 야와 공원이 많고 공원이 끝날때 같이 오리고기, 삼겹살, 쌀국수등을 먹으며 쉽게 친해질수 있었다”고 말했다.

미 2사단 밴드의 미군들은 카투사들과 친해지는것에 대해 조언을 남겼다.

몰러 병장은 “누구든지 카투사에게 다가서려 노력한다면 양측에 도움이 되는 관계가 형성될 것이다”고 말하며 “부대 식당에서의 식사 혹은 커피 한잔과 같은 간단한 행동이 장기적으로 진한 우정을 쌓는 첫 발걸음이 될수 있다”고 덧붙였다.

헨켈 병장은 “일단 그들에게 다가가서 대화를 가져라. 그러면 근무 이외에 좀 더 개인적이게 친밀한 관계를 가질수 있고 한국에 있는동안 더 많은것을 경험할 수 있을것이다”고 말했다.

<기사 및 사진 _ 상병 김병민 / 미 2사단 공보실>

210 화력여단 장병과 파주시민의 교류



11월 13일 210 화력여단 70지원대대 대대장 에릭 잭슨(LTC Eric Jackson) 중령이 파주 참전용사 오락 센터에서 한국전쟁 참전용사들과 대화를 나누고 있다. 210 화력여단 병사들과 간부들은 정기적으로 좋은 이웃 프로그램의 일환으로 한국 이웃들을 방문하고 있다.

버스가 멈추고 병사들이 내린다. 이날은 참전용사(Veteran)의 날이 있는 연휴였으나 장병들에게는 업무가 있었다. 70 지원대대 210 화력여단은 이 날 파주 지역의 초등학교에 방문하여 한국 전쟁 참전용사들을 만났다. 이 방문은 미 2사단 좋은 이웃 프로그램의 일환이었다.

이 프로그램의 첫번째 순서로 병사들은 아이들과 함께 리그형식의 게임을 진행했다. 50명의 학생과 병사들은 처음에는 긴장한 모습을 보였지만 발야구, 피구, 축구, 농구, 줄넘기 등의 게임을 통해 쉽게 유대감을 형성했다.

병사들은 영어 선생과 멘토의 역할을 했다. 그러나 오락 활동 시간에는 한국 아이들이 강사 역할을 맡았다. 학생들은 병사들에게 피구 및 줄넘기와 같은 경기에 대한 한국 규칙을 알려주었으며 약간의 한국어도 곁들여 알려주었다.

70 지원대대 B 중대의 호세 페네로(PFC Jose Pinero) 일병은 “그들의 피구 규칙은 우리의 규칙과 달랐지만 더 좋았다. 정말 좋은 시간을 가진 것 같다”고 말했다.

병사와 학생들은 한 시간 가량 같이 즐거운 시간을 보냈다. 다음 목적지는 한국민속촌 안에 자리 잡은 참전용사를 위한 장터였다. 마을 주민들은 불고기, 잡채, 김밥과 같은 여러 한국 요리를 제공했으며 병사들은 맛있게 먹었다. 미군 병사들은 카투사(KATUSA, Korean Augmentation to the US Army) 병사들의 도움으로 참전용사 및 파주주민들과 2시간 정도 음식을 먹으며 담소를 나눴다.

95세의 한국 참전용사 한 분은 한국전쟁 당시의 상황을 이야기했다. 그는 당시 느껴졌던 두려움과 주위 사람들의 반응들을 이야기 했으며 미국이 참전했을때 한국 국민들이 얼마나 기뻐했는지 설명했다.

70지원대대 579 통신중대의 에릭 스텔(LT Eric Stell) 소위는 “참전용사들과 만나면서 한국을 바로 알게 되었다”고 말하고 “그들의 경험과 이야기는 유익했으며 주한미군의 주 임무가 무엇인지 다시 한번 생각하게 됐다”고 말했다.

<기사 _ 알렉산더 에미터(LLT Alexander S. Ameter) 중위 / 70 지원대대 군종 사진 - 피터 방(CPT Peter Bahng) 대위 / 70 지원대대 군종 번역 - 이병 이지환 / 미 2사단 공보실>



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