[ULY 2017] VOL. 54, ISSUE 7

HEADQUARTERS, CAMP RED CLOUD, REPUBLIC OF KOREA



SERVING THE 2ND INFANTRY DIVISION COMMUNITY SINCE 1963
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KATUSA Memorial Ceremony
Black Jack Returns to Korea



Three ROKA Chinooks set to rise at TA-TOM for ROKA 302 Aviation Battalion training exercise. (Photo by Pfc. Chan Pyo Kim)

(Cover): KATUSAs from the 194th Combat Sustainment Support Battalion, 2nd Infantry Division Sustainment Brigade, 2nd ID/ROK-US Combined Division, pay respect to the fallen during the annual KATUSA Memorial Ceremony hosted by the KATUSA Veteran's Association on June 6 in Busan, South Korea(Photo by Staff Sgt. Terysa M. King, 2nd Sustainment Brigade, 2nd Infantry Division)



Col. Kenneth Williams, 2nd Infantry Division Sustainment Brigade commander, addresses the brigade in preparation of the first Champion Olympics June 12, 2017, in Camp Humphreys, Korea. (Photo by Sgt. Brandon Thomas, 2nd Sustainment Brigade, 2nd Infantry Division)

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INDIANHEAD

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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. Visit. www.issue.com/secondid

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WARRIOR 6 BIDS FAREWELL TO 2ID/RUCD



This has certainly been the assignment of a lifetime for me, serving with the fine men and women of the mighty U.S. Second Infantry Division, ROK-US Combined Division.

We have come so far as the world's only Combined Division, and I will leave with so many fine memories of my tour of duty here in the Republic of Korea. While the spotlight is almost always on the commanding officer of any organization, I would like to take this opportunity to highlight what I frequently refer to as my 'secret weapon,' – the Non-Commissioned Officer, or NCO. Hands down, our combined division NCOs continually and consistently train our personnel to ensure that they are at the highest state of combat readiness and always ready to 'Fight Tonight.'

Along those lines, I absolutely have to thank my most senior of NCOs, division Command Sergeants Major Andrew Spano and Edward Mitchell. Without any doubt, both of these fine men and military professionals provided me the most excellent, consummate support every step of the way – always whispering in my ear and ensuring that I issued the best guidance, direction, and support to the many military and civilian personnel of the world's only combined division. Further, each of these two individuals exemplified the Army values, and made a point to live my imperatives on a daily basis and set the example for all of our personnel – officer, NCO and enlisted alike, cross-nation. It's this depth and dedication at every level that inspired – and continues to inspire – me as I leave the Korean Peninsula.

I leave knowing that the Warrior Division will continue to proudly, deftly carry-on a legacy forged in the fields and trenches of France during World War I one hundred years ago into the future.

> KATCHI KAPSHIDA! SECOND TO NONE!



LEGACY PAGE





JULY 9, 1979

President Jimmy Carter visited the 2nd Infantry Divison in the Republic of Korea and was impressed with what he saw. The president is pictured running with the troops and gave glowing reviews of troop morale and readiness.

-JULY 17, 1968

Soldiers from the 98th RCT repelled 4 North Korean agents as they tried to infiltrate the Republic of Korea's border and sow dissent. During this period, North Korea was especially persistant with its incursions into alliance territory. Also the Army offered Soldiers of the division an early-out provision in their enlistment contracts to help meet the demands of Army retention and give Soldiers the opportunity to move on with another chapter of their careers.



resident's visit: 'Second to None!

J. B. HEAD

his name to the list cents who have visited rior Division, Jimmy spent the night with t line combat unit on President Carter arcamp Casey's Indiandi the executive helilarine One, from Seoul

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Robert C. Kingston,
and Commanding Gend was then escorted to
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there could see him.

Waving farewell to the D

one lift off, but bad anacelled the fight. In ulte change in the title presidential motors to tut Casey's Gate 2

Presidents Eisenhower, Jo-Presidents Eisenhower, Jo-Presiden

Presidents Eisenhower, John son, Nixon and Ford preceded Carter in visiting the 2d In



Warriors praised for historic visit

ingston sent the following tessage to all members of the Division last week.

"I am proud of you fourth

"I am proud of you for the soldierly manner in which you prepared for, and excepted all aspects of the his toric visit of our President and Commander-in-Chief Jimmy Carter to our divi

following message from Ger Vessey: 'Well Done! Presi dent Carter got a fine loo General Meyer, Army Chief of Staff, also sent an additional message to Gen. Vessey and Maj. Gen. Kingston.

Army and I want to express our thanks for the professional manner in which you soldiers performed during the visit of the president to the Second Division

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CHAPLAIN'S CORNER

MAINTAINING READINESS



Warriors! Is it hot enough?! Summer whether in Korea can be very hot and humid. Are you ready for this summer? Many of you recently PCSed in this summer to 2ID/ RUCD. Some of you may be a veteran when it comes to a ROK assignment, and some of you it's your first time.

In any case, I welcome you to 2ID/RUCD and Republic of Korea. There was a Korean War 67 years ago and we maintain our presence since then – The only forward deployed Division in the U.S. Army and the only combined Division in the U.S. Army as well. You hear this every day – "Fight Tonight" and "Second to None!" Due to our mission, yes, indeed, we need to be ready every day to maintain "fight tonight readiness"

How do you maintain that level of readiness? There is power in basic routines – such as doing PT as your life depends on it, eating healthy food, all the necessary training in timely manner, taking every day tasks to the fullness, giving thanks to God, etc. Those things add up and produce positive outcome. Isn't that what we experience in our lives?

Also, we are in the team business. Everything we do, we do it with other Soldiers. The scripture reminds us that no matter what circumstances, we should not adjust to new situations alone.



Ecclesiastes 4:12 states "And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken." We want to remember that making moves does not have to be difficult, even though it may be stressful. We have people around us to help ease the tension that we may face during these times.

Finally, I encourage you to start your day with God in prayer – like "Folgers in your cup" or Starbucks in your cup – what would your day be like if you start with God? It will give you more focus, energy and strength to carry your mission. The Bible reminds us that "if God is for us, who can be against us". May God richly Bless you!

HEALTH OF OUR FORCE

SUMMER SUN SAFETY



As the summer is truly upon us here in Warrior Country, and our days are uncomfortably hot, now is a good time to remind ourselves about the dangers of heat injuries. Few things in medicine are truly 100% preventable, but in South Korea heat injuries are as close to completely preventable as possible.

While dogs pant to release heat, human skin is designed to serve that purpose for us, and it does so quite efficiently by using sweat to cool our bodies. As the fluid on our skin evaporates, it pulls heat energy out of our bodies and releases it to the environment. However as our skin is exposed to sunlight, more heat energy is absorbed into our bodies. For this reason, among others, we always train with our sleeves down, even in the heat. For many of us who have lighter complexions, sunburn becomes a problem as well. Not only does sunburned

skin hurt and increase our risk of cancer later in life, but it also reduces the body's ability to cool itself. As the sunburned skin becomes inflamed, it loses its ability to efficiently cool the body.

To attain this efficiency, the body uses large amounts of water to produce sweat. In fact, the body prioritizes keeping its temperature constant so highly that it will quickly become dehydrated when it does not have enough water to maintain a

constant body temperature because it keeps sweating to try. Initial dehydration symptoms include dry mouth, thirst, and low urine output. Later, headaches develop, and the urine turns dark yellow or brown. This can be symptoms of serious damage being done to our internal organs due to dehydration. In its latest stages, seizures and coma develop eventually leading to death. A heat injury follows the

same pattern, but with a rising body temperature.

Heat cramps are the least serious of the heat injuries and are characterized by muscle cramps. When this happens, one should immediately begin drinking water. Heat exhaustion is similar, with a rising core temperature, profuse sweating, rapid pulse and physical fatigue. At this point, organ damage has not yet occurred. One should drink water, and seek medical care. Heat stroke is the most serious and includes dry, clammy skin, as the body no longer is producing sweat. There may be evidence of organ damage such as altered mental status. If one observe this in a buddy, you must immediately bring this Soldier for medical care that include taking a core body

temperature, use of cooling blankets, and administration of intravenous fluids.

All units keep ice, water, and blankets available in key locations during warm weather training. As Warrior Division Soldiers we are responsible for ourselves and our buddies around us. We must all ensure that we know the symptoms of heat injuries in ourselves and our buddies. We must know the location of cooling blankets and remain ready to act immediately when the situation requires.







(left) Col. Timothy C. Hayden, Commander, 1ABCT and Command Sgt. Maj. Dale A. Sump case their colors during the transfer of authority ceremony at Camp Humpmander, 2ABCT and Command Sgt. Maj. William A. Justice uncase their colors at Camp Humphreys, Republic of Korea June 28. (right) Sgt. Bradley Dotson, soldier a Combat Team, looks on as 2 ABCT completes the transfer of authority and assumes its responsibility at Camp Humphreys, Republic of Korea, June 28.

THE BLACK JACK BRIGADE F



Camp Humphreys, South Korea – Colorful brigade and battalion streamers flowed in front of the formations of America's best, their youthful faces a genuine reminder of our nation's enduring commitment and sacrifice for our friends. As one unit transitions another provides an unbroken promise to defend. Pride in tradition and ceremony is the hallmark of Army transitions.

The 1st Armored Brigade Combat Team, 1st Infantry Division, Fort Riley, Kansas transferred authority as the 2nd Infantry Division's Armored Brigade Combat Team on the Korean Peninsula to the 2nd Armored Brigade Combat Team, 1st Cavalry Division, Fort Hood, Texas during a ceremony June 28.

Maj. Gen. Theodore D. Martin, commander of the 2nd Infantry Division, presided over the ceremony.

"Black Jack, my standing orders to you are clear and unambiguous, make ready to fight and win," Martin, said.

During the ceremony, Col. Timothy C. Hayden, commander of the 1st ABCT and Command Sgt. Maj. Dale A. Sump cased their colors signifying the end of the unit's nine-month deployment. Immediately following, Col. Steven J. Adams, commander of the 2nd ABCT, and Command Sgt. Maj. William A. Justice proudly uncased their colors signifying the transfer of authority was complete, and the Black Jack Brigade assumed its leadership role.

During its tenure, 1st ABCT was tasked with building partner capacity and fostering strong military to military relationships with the Republic of Korea Army. The Devil Brigade conducted numerous joint training exercises honing their skills and demonstrated tactical proficiency in non-combatant evacuations of civilian personnel, counter-weapons of mass destruction operations, and combat operations in a joint environment.

"The opportunity to train in a world-class environment increased the combat effectiveness of the Devil Brigade." said Maj. Steven Chadwick, Operations Officer, 1st ABCT. "We mastered skill sets and increased the lethality and readiness of our force through a rigorous training schedule with our Republic of Korea partners this rotation."

The 1st ABCT transfers this knowledge base to the 2nd ABCT during the relief in place process.

"The Devil Brigade's tireless efforts during this deployment have brought honor to the 1st Infantry Division," Hayden said. "I could not be prouder of these men and women who have consistently demonstrated their commitment to our Korean partners. They have been brave, responsive and on-point for our nation as we back up the U.S. commitment to the alliance with our service. I know the Black Jack Brigade is willing and able to sustain this long-term commitment."

The Black Jack Brigade became the first combat unit to replace the 1st ABCT in 2015. After its first significant deployment, additional combat units have assumed this mission on the Korean peninsula. The return of the Black Jack Brigade reinforces the American commitment to the US-ROK alliance partners.

JULY 2017



phreys, Republic of Korea June 28. (*middle*) Col. Steven J. Adams, Comassigned to 8th Brigade Engineer Battalion, 2nd Armored Brigade



RETURNS TO THE PENINSULA

"We are your Armored Brigade Combat Team." said Adams. "We are proud to officially join the 2nd Infantry Division, ROK-US Combined Division today, and we are trained, we are ready, and we will accomplish the mission."

Adams gave a special thanks to Col. Hayden and Command Sgt. Maj. Sump. "Your team gave us a first class welcome," he said. "We wish you all a safe return to Fort Riley."

2nd ABCT returns to the peninsula with willing to maintain the Armistice, but if that fails, Black Jack is prepared to "fight tonight" and continue America's long-standing tradition of standing shoulder to shoulder with our friends and allies, the Korean people, Adams said. The Black Jack Brigade returns with experienced leadership who were a part of the first deployment in 2015. These leaders have streamlined the transition process and guided soldiers new to the Peninsula.

"It feels as though I have never left," said Sgt. Maj. Shannon Boldman, Operations Sgt. Maj., 2nd ABCT. "The Black Jack Brigade has the best soldiers and non-commissioned officers I have served with in 23 years of service, and we are ready for this mission."

Junior soldiers understand the brigade is deployed to an environment with increased Northern tension. The provocations from the North on a continuous basis provides the exigence to arrive with a determination and understanding of the gravity of the situation here, Bodman added.

Complacency is not part of the Black Jack mentality. These soldiers understand this is not the Korea deployment of a year ago. Things are rapidly changing, and the soldiers of the 2nd ABCT are committed to readiness at a moment's notice.

Preparation for the deployment began at the individual level at home station and progressed through the training cycle to collective tasks and a culmination exercise at the National Training Center, Fort Irwin, California.

"The approach we use ensures that at the tactical level, each soldier is physically, mentally and technically prepared to accomplish any mission assigned to our brigade," said Adams. "Flexibility and adaptability are the strengths of our organization."

The Black Jack Brigade does not deploy alone. The US-ROK alliance is a partnership that transcends national boundaries. It is a commitment to stand for peace, prosperity, and protection in the face of Northern aggression. The motto "fight tonight," is a promise which the Black Jack Brigade is committed to upholding at any cost.

The Republic of Korea Army is a professional military, and we are proud to train with them as partners and friends," said Adams. "The US-ROK alliance is a mutually beneficial partnership which we will continue to foster."

Based on previous agreements between the U.S. and ROK governments, the 2nd ABCT has units at both Camp Humphreys and Camp Hovey with plans to complete the full transition to Camp Humphreys when directed.

The Black Jack Brigade is eager to reach out to the community at both locations to promote the 2nd Infantry Division's Good Neighbor Program. Opportunities to participate in community programs in Dongducheon and Pyeongtaek are a vital part of the brigade's communication's strategy and commitment to its neighbors. The Black Jack Brigade's historic return to the Peninsula has begun.

21D/RUCD COMBATI



CAMP HOVEY, South Korea -The 2nd Infantry Division/ ROK-U.S. Combined Division combatives tournament finals ended June 9 at the Camp Hovey Fitness Center.

The two-day competition was used to identify the best fighters from seven weight classes that will go on to compete at the Eighth Army-Korea Combatives Tournament June 29 and 30.

After the official weigh-ins on Wednesday, preliminary matches were held on Thursday and scored according to the standard ground fighting rules of the Modern Army Combatives Program.

There were double-elimination rules which meant each solider had a minimum of two fights.

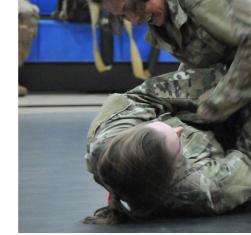
Thirty-six competitors worked their way up their respective brackets towards the championship.

Several people were present in the Camp Hovey Fitness Center to cheer on their battle buddies for the final day of the competition.

On the final day intermediate rules with striking were conducted with 14 soldiers competing for seven weight classes.

Before finals began, Command Sgt. Maj. Edward Mitchell, 2ID/RUCD command sergeant major, gave the competitors a motivational talk saying how proud he is of each of them.

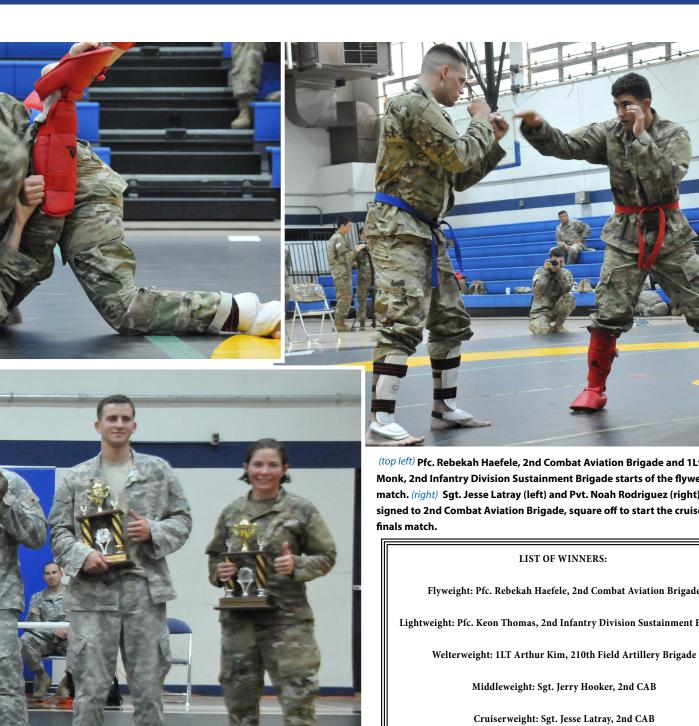
He said their physical and mental preparation was evident throughout the competition. At the end of the tournament each champion was presented a trophy from Mitchell.



(bottom) CSM Edward Mitchell, 2ID/RUCD command sergeant major, presents each winner with a trophy.



IVES TOURNAMENT



(top left) Pfc. Rebekah Haefele, 2nd Combat Aviation Brigade and 1Lt. Emily Monk, 2nd Infantry Division Sustainment Brigade starts of the flyweight finals match. (right) Sgt. Jesse Latray (left) and Pvt. Noah Rodriguez (right), both assigned to 2nd Combat Aviation Brigade, square off to start the cruiser weight

Flyweight: Pfc. Rebekah Haefele, 2nd Combat Aviation Brigade

Lightweight: Pfc. Keon Thomas, 2nd Infantry Division Sustainment Brigade

Light Heavyweight: Sgt. Kyle Leflore, 2nd CAB

Heavyweight: Sgt. Ivy Barton, HHBN

HONORING THE 2ID/RU



Distinguished guests pay respects during the annual KATUSA Memorial Ceremony the United Nations Cemetery in Busan, South Korea. The ceremony, which is held every year on June 6, commemorates KATUSA Soldiers who died during the Korean War and their successors.



BUSAN, South Korea – When North Korean forces invaded the South in 1950, one of the most powerful alliances was formed, severely testing the will and determination of 56,000 Republic of Korea forces fighting alongside U.S. soldiers.

Every year on June 6, the ROK and U.S. Soldiers who died during the Korean War are remembered during the Korean Augmentees to the United States Army (KATUSA) Memorial Ceremony at the United Nations Cemetery in Busan, South Korea.

Since July 1950, more than 470,000 KATUSAs served in 2nd Infantry Division/ROK-US Combined Division units in a variety of military occupational specialties ranging from squad to division level.

Baek, Seung Young, 68, was one of the KATUSA veterans seen taking pictures during the ceremony. Baek served with the 2ID/RUCD in the 2nd Engineer Battalion until his release from active duty in May 1974. Currently, Baek works for a local newspaper company. Despite his limited English, Baek's body language exuded pride in serving his country.

"The Korean War was very important. Every year on June 6 I am here," Baek said.

Pfc. Cho, Young Jun, a KATUSA currently working in the S3 plans and operations section with the Special Troops Battalion, 2nd Infantry Division Sustainment Brigade, was humbled by what he saw as wreathes and flowers were laid on gravesites.

"Serving as a KATUSA is honor to me. As a Korean, it's an honor to be part of a historical program, which represents the bond between two



(*Top*) Distinguished guests from the KATUSA Veterans Association, Republic of Korduring the annual KATUSA Memorial Ceremony the United Nations Cemetery in Burmemorates KATUSA Soldiers who died during the Korean War and their successors. Memorial Ceremony at the United Nations Cemetery in Busan, South Korea on June release from active duty in May 1974.

nations. We strive to walk and talk with U.S. Soldiers and be the bridge to reduce the cultural difference. I'm feeling proud of being a KATUSA," Cho said.

The ceremony, which was hosted by the KATUSA Veterans Association, brought in distinguished guests from the local community, as well as Brig. Gen. Johnnie Johnson, 2ID/RUCD deputy commanding general-maneuver. During his speech, Johnson said he is honored by the proud and dedicated legacy of the KATUSAs and eternally grateful for the sacrifices of fallen comrades.

"Every one of these warriors here placed the hopes and dreams of their countrymen ahead of their own, and all of them knew that the next minute, hour or day might be their last. They fought bravely against overwhelming odds against a determined enemy, given a last full measure to ensure generations that followed might live freely and peacefully," Johnson said.

CD-KATUSA ALLIANCE



ea army, and 2nd Infantry Division/ROK-US Combined Division, pay respect san, South Korea. The ceremony, which is held every year on June 6, com(Right) Baek, Seung Young, 68, takes a picture during the annual KATUSA et a. Baek served with the 2ID/RUCD in the 2nd Engineer Battalion until his

As the ceremony rendered honors to the fallen in their final resting place, those in attendance took the time to reflect on the price of freedom paid by their successors.

"Most people who are living under peaceful conditions don't understand about the seriousness of war. Seeing the graves of warriors who fought taught me peace is not a free gift. Seeing the warriors who participated in the Korean War was enough to realize the importance of maintaining peace," Cho said.

Since the signing of the armistice that ended the hostilities, peace does exist, but ROK and U.S. Soldiers continue to train side by side to this day to maintain the fight tonight mantra.

"I would like to extend my sincerest gratitude to the KATUSA Veterans Association for hosting this annual remembrance and for reminding us that on this day freedom isn't free. Our mission today remains unchanged: to deter North Korean aggression, and if our deterrence fails, fight tonight in defense of our alliance." Johnson said.



(*Top*) Kim Jong Wook, president of the KATUSA Veterans Association, exchanges pleasantries with Brig. Gen. Johnnie Johnson, 2nd Infantry Division/ROK-US Combined Division deputy commanding general-maneuver, before the annual KATUSA Memorial Ceremony at the United Nations Cemetery in Busan, South Korea.





Warriors in Action

"The truth of the matter is that you always know the right thing to do. The hard part is doing it."

– Gen. Norman Schwarzkopf



























ONE FOOT IN FRO



Spc. Patrick J. Saladino assigned to Headquarters Support Company, 23rd Chemical Battalion, 2nd Sustainment Brigade, 2nd Infantry Division/ROK-US Combined Division conduct pushups during an Army Physical Fitness Test on Day 1 of the Pacific Theater Best Warrior Competition, June 12, 2017 at Schofield Barracks, Hawaii.



CAMP CASEY, South Korea - The sound of bare knuckles on a glass door echoed loudly, and drowned out the sound of his own heartbeat. With a deep breath, he took that first step into the final event.

The Soldier that stood before the glass door with his newly pressed Army dress uniform began a journey; a journey only 13 others can say they traveled.

Spc. Patrick J. Saladino, a chemical, biological, radiological, nuclear and explosive specialist, assigned to Headquarters Support Company, 23rd Chemical Battalion, 2nd Sustainment Brigade, 2nd Infantry Division/ROK-US Combined Division, representing Eighth Army, was at the final obstacle of the United States Army Pacific Best Warrior Competition at Schofield Barracks, Hawaii, June 15.

"I did a lot of studying for the board and a lot of physical training. We did some shooting and we went through some different lanes," said Saladino, as he describes how he and Eighth Army NCO of the Year, Sgt. Shawn M. Vannatter, a patriot launching station enhanced operator/maintainer assigned 35th Air Defense Artillery Brigade, prepared themselves for the USARPAC Best Warrior Competition.

Saladino, with eyes gray as steel, had a presence about him. His quiet demeanor did nothing to hide his confidence and focus wherever he went.

"The first time I met him was in May when we did the Eighth Army Best Warrior Competition, and I have talked to him through the competition," said Sgt. First Class Justin Wiggins when asked about Saladino, the Eighth Army Schools NCO. "He is strictly business. Just his demeanor and talking with him he seems like he is always going to finish first."

During the Army Physical Fitness test on day one at the NCO Academy at Schofield Barracks, the competitors did their stretches and lined up with their graders. As Saladino waited for his turn, there was no trace of fear or nerves as he stood with his arms across his chest, his face unreadable.

"Saladino!," his name was called up for the pushup event.

The sound of rhythmic click of the tally counter matched each of his

A minute and half through the two-minute event Saladino's face changed. His brow started to scrounge together, his pupils dilated and the vein on his neck became more prevalent. "So far I've maxed out so I'm pretty happy," said Saladino,. "I know I'll max out the run."

From there on through the competition that same expression would show, a sign unknowing to himself but visible to those around him, that he was not going to let anything stop him.

"I love doing competitions like this. It's a great chance to test myself," said Saladino.

The active 30 year old Army specialist had been engaged in physical activities throughout his life.

NT OF THE OTHER



Spc. Patrick J. Saladino assigned to Headquarters Support Company, 23rd Chemical Battalion, 2nd Sustainment Brigade, 2nd Infantry Division/ROK-US Combined Division fires a vehicle mounted 240B Light Machine Gun on Day 2 of the Pacific Theater Best Warrior Competition, June 13, 2017 at Schofield Barracks, Hawaii.

"I played a lot of sports. I played baseball, ice hockey for years. After that I had been a triathlete and an ultra-marathoner," said Saladino. "And I Just love to compete."

Throughout the competition he was faced with various new challenges, some more difficult than others. But he never gave anything less than a 100 percent.

The ruck march being one of the most grueling timed event had the competitors up at 4 a.m. and ready by 5 a.m. They lined up at the starting line at Lightning Academy, with their head lamps beaming through the tropical rain.

Halfway through the race up one of the infamous rugged hills, Saladino smiled through the slow drizzle as he lead the ruck march. That lead did not change when he came in first at one hour, 46 minutes and 28 seconds.

"I just kept on going putting one foot in front of the other," said Saladino. Saladino had completed two 12-mile ruck marches prior but Hawaii's beautiful yet hilly terrain and unpredictable weather adds a challenging element to it.

"The ruck marches I did prior to this were 12 miles but the terrain was nowhere as challenging," said Saladino. "The terrain here and the weather made it much harder."

He said the ruck was his favorite event from the whole competition. Saladino not only persevered through all the challenges he faced with confidence and assertiveness but he also learned about himself through this journey.

"I learned that when things get rough I definitely wasn't going to quit," said Saladino.

Through the competition Saladino also met with unfamiliar challenges but he did not waiver. The M240B range being one of his least favorite event was not the least due to the weapon system itself but the unfamiliarity of the weapon. A challenge he did not let get the best out of him. Instead he advised that Soldiers should get more familiarity with different weapons.

"The advice I would have for Soldiers coming here next year would be to get a lot of hands on with weapon systems, and definitely go to the range and fire a lot of rounds," said Saladino.

But his character as a competitor also brought upon newfound friendship with one of the participant, and was one of his biggest competitor throughout the competition.

"I think he is a solid Soldier and solid competitor. I'd be lucky and happy to have him in the same unit with me. I'd love to go to war with him," said Spc. Hazen Ham, assigned to Charlie Co., 2nd Battalion, 35th Infantry Regiment, 3rd Brigade, 25th Infantry Division and the winner of the USARPAC Best Warrior Competition. "As a competitor, I think he's very competitive. He may very well win. I think it's between me and him. If he does I'd be very proud of him. Like it was great getting to know him"

Even though Saladino came in third place for the USARPAC Best Warrior Competition, he was happy overall.

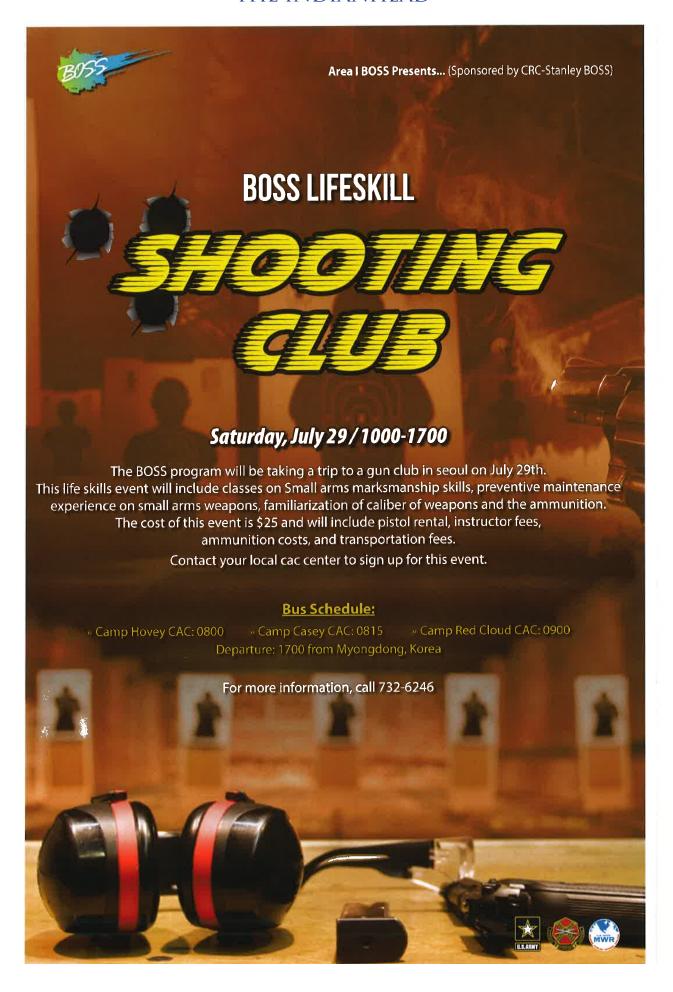
"I actually thought I was a place higher so I was a little surprised but I was still happy about it," said Saladino.

Would he do it all over again? Would Saladino put himself through another grueling week of mental and physical challenges?

"I most definitely would. I made some mistakes here and there and I'd like to correct those. I'd try to tweak my performance and make it a little bit better," said Saladino.

This forward thinking Army specialist who has only been in the military since October 2015 is already thinking about the next level.

"I would definitely try this competition again once I become a Non-Commissioned Officer," said Saladino.



Eats In KOREA



I cannot live without pizza. Everywhere I go, I love trying new types of exotic pizzas. When I first came to Korea, I was surprised to find that shrimp is a common choice of topping for pizza. I walked by James Chicago Pizza while I was wandering around in Uijeonbu and saw its large menu posted outside, complete with mouth watering pictures and English translations.

I went inside and ordered several different pizzas because I couldn't decide.

As soon as I entered the restaurant the aroma of the baking pizza got me so excited. Although the pizza seemed kind of pricey, from the looks of the pictures I had to try them. My friend and I ordered shrimp Chicago pizza, sweet potato pizza, and half and half of chicken and salami pizza.

After I ordered, I filled my side plate with pickles and sauce from the self-serve area.

The restaurant serves the pizza on a tray with a small candle underneath it to always keep the pizza warm. This arrangement defiantly keeps the cheese soft and gooey. For every bite I took, the cheese stretched to the sky.

Coming from the United States, I have never had pizza dining experience like the ones I have had at James Chicago Pizza.

What I find really unique about this pizza joint is its crust. Unlike regular plain pizza crust in the United States, James Chicago Pizza's crust is filled with mozzarella cheese and topped with brown sugar glaze and powdered sugar. Crusts usually get abandoned when people eat pizza, but James Chicago Pizza found a solution to this dilemma by turning them into sweet and savory dessert.

Overall, I really enjoyed James Chicago Pizza and highly recommend it. They have multiple locations in Korea such as Sinchon, Hongdae, Hapjeong, Myeongdong, and Uijeonbu, the closest from Camp Red Cloud and Camp Stanley.

Although this time I was only there for the pizza, I can't wait to go back and try their sides and other pizza toppings.

James Chicago Pizza

Address: 121, Sumin-ro, Uijeongbu-si, Gyeonggi-do Contact Info: 031-825-3389

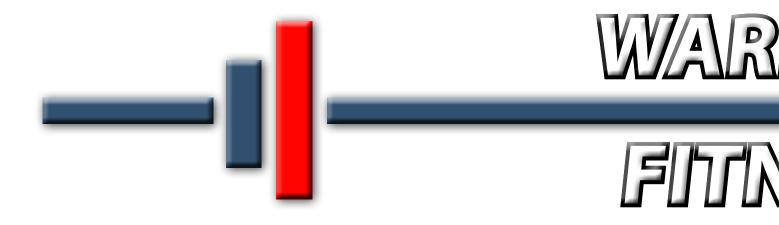


For restaurant review suggestions or submissions contact the 2ID Division PAO at usarmy.redcloud.2id.list.pao-editorial-submissions@mail.mil or DSN 732-9132











Because losing is not an option and the cost of poor performance is high, the Army continuously strives to find ways to improve the mental and physical capacity of its Soldiers.

So why isn't the Army doing a better job managing Soldiers' sleep?

Fatigue refers to the mental and physical deficiencies that result from lack of sleep; excessive physical, mental and/or emotional stress; illness; medications; or a combination of these conditions.

Even with enhancements to Army programs that improve physical fitness and nutrition to optimize Soldier capabilities, studies show that the military culture has yet to give the proper value to sleep.

Poor sleep has been associated with impaired reaction time, poor judgment, accidents and low morale. Recent analysis of 2014 Army data, revealed that fatigue was a contributing factor in 628 Army accidents and 32 deaths.

Sleep loss results in decreased performance effectiveness and poses safety risks. Despite this, health officials believe the military has historically accepted, if not prided itself on, functioning on suboptimal amounts of sleep.

Remember the Army slogan, "We get more done by 9 o'clock than most people do all day?" The perception that a lack of sleep is the "Army way" still prevails. However, some leaders and Soldiers are starting to recognize that operationalizing warfighter management strategies to minimize fatigue is an untapped source for optimizing force strength.

Brain deactivation, especially in the parts of the brain that support judgment, thinking skills and alertness, are characteristics of fatigue from a lack of sleep. All Soldiers experience conditions that contribute to sleep debt (see Figure 1). The average military member gets just over six hours of sleep per night, instead of a more optimal seven to eight hours.

Short-term consequences of sleep loss are attention deficits, slowed reaction times, reduced alertness, impaired problem solving and reduced motivation, according to Lt. Col. Ingrid Lim, sleep lead and Office of the Surgeon General Performance Triad TRADOC coordinator, System for Health Directorate, deputy chief of staff for public health.

"Less than five hours of sleep five days a week can result in a 20 percent decrease in thinking performance," Lim said.

"Routinely, getting five to six hours of sleep per night is like performing with a blood alcohol level of 0.08 percent, which is like being drunk on duty. Clearly, the Army is not functioning at its best when Soldiers are regularly deprived of sleep."



Poorer performance and quality of life studies conclude that inadequate sleep results in poor health, safety and readiness. Physical abilities, a core element of force strength, may reduce when a Soldier is tired.

Impairment to mental sharpness and the ability to judge and evaluate information are especially of concern to health officials.

Lim said sleep deprivation impacts to tedious and sedentary tasks that require mental focus such as guard duty and monitoring equipment are even more of a concern than simple physical task duties.

"Deeply concerning is when mental fatigue affects those in leadership positions," she said. "This is an area that we need to focus more attention as unit leaders tend to get the least amount of sleep. During training center rotations, as one goes up in the hierarchy of leadership, they tend to obtain less sleep."





In addition to the real-time impacts during military operations and training, studies have shown there are an increasing number of sleep disorders among service members. Officials acknowledge this is a serious public health concern.

In 2014, approximately 14 percent of Soldiers across the Army received a sleeping disorder diagnosis. Soldiers with inadequate sleep suffer from chronic diseases such as hypertension, diabetes, depression, obesity and cancer. They also have higher mortality rates, lower quality of life and overall less productivity.

How can the Army balance the need to condition Soldiers while improving sleep?

Reverse PT includes starting the Soldier's duty day later and having PT in the afternoon.

This may be beneficial because a "zero dark thirty" wake-up call tends to result in less morning sleep for young adults and teenagers and it may affect the quality of sleep because it is not in alignment with a Soldier's natural circadian rhythm of sleep, which is from 11 p.m. through 7 a.m.

Circadian rhythms can influence sleep-wake cycles, hormone release, body temperature and other important bodily functions. Consequently, they are associated with various sleep disorders such as insomnia and linked to obesity, diabetes, depression, bipolar disorder and seasonal affective disorder.

An initial evaluation study in an active duty unit-training environment suggests that even a short-term (seven- to 10-day) reverse PT schedule used with sleep banking can improve military performance.

During the recent study, this sleeping strategy increased a unit's average sleep from five to six hours to over eight hours a night, 10 days prior a field training exercise. The study found improved performance, measured as gunnery scores, as well as better moods, greater motivation and more energy in the Soldiers.

The leadership reported higher morale and there were no accidents or injuries reported.

Soldiers indicated a preference for conducting PT in the afternoon because they were sleeping better, had improved family time, ate better breakfasts and were less irritable and less stressed overall.

However, leaders reported difficulty with a reverse PT schedule as the rest time conflicted with other work duties and meetings.

Leaders need to walk the walk and sleep the sleep

Lim said commanders and leaders are responsible for implementing means to improve health, wellness, performance and the quality of life of Soldiers both at home and work.

"Commanders must put as much emphasis on sleep as they give to physical fitness if we expect optimal performance," she said. "When in garrison, the priority should be to ensure eight hours on (duty) and 12 hours off so Soldiers can be fully rested in preparation for field training exercises and deployments."

Lim added that doing so could improve Soldiers' health resilience to emotional injuries. Additionally, she said that leaders must train and implement deliberate sleep management strategies so it becomes routine practice, and they should encourage sleep banking when able.

Though data is still limited, sleep banking appears to be one example of a strategy that could help Soldiers be more receptive to new information and feedback, grasp information easier and tackle tasks more efficiently.

"To fully optimize the potential that is lost to fatigue, the Army culture must shift leaders' mindsets to walk the walk and sleep the sleep," Lim said. "We need to be an example for our Soldiers."

CHAMPION OLYMPIC GAMES





Soldiers of the 2nd Infantry Division Sustainment Brigade compete in the first Champion Olympics in Camp Humphreys, Korea on June 12, 2017. The 400-meter dash is one of three track events that included a representative of every battalion under the brigade.



A soldier of the 2nd Infantry Division Sustainment Brigade competes in the volleyball tournament during the first Champion Olympics June 12, 2017, in Camp Humphreys, Korea. The competition included volleyball, football, basketball, soccer, track and softball.

CAMP HUMPHREYS, South Korea - Soldiers of the 2nd Infantry Division Sustainment Brigade hosts its first three-day Champion Olympics competition on June 12 in Camp Humphreys, Republic of Korea.

"The idea behind Champion Olympics was to give the soldiers the opportunity to build esprit de corps and comradery, integrate and introduce the new battalion into the organization, and reward all hard working soldiers," said Command Sgt. Maj. Patrick Thomas, 2ID SBDE's senior enlisted advisor. "It's good to be in this organization with a group of professional, hardworking individuals. Whenever we can give something back, we will. That's what it's all about."

The Champion Olympic games allowed the soldiers to channel their Champion spirit to test their will, determination and athleticism to create a culture of dignity, respect and sportsmanship while competing in track, volleyball, baseball, combatives, football, soccer and basketball.

"I'm a big track and field fan, so I love anything track and field," said 100-meter dash winner Spc. Marquarious Nolan, a Prattville, Alabama native, now an Army automated logistical specialist with the 2ID SBDE Special Troops Battalion. "Coming here and competing with everybody helps build a bond with other people that you haven't met before."

The competition help promote a positive command climate by giving soldiers a platform to build and strengthen relationships.

"This was one of the best days I've had in the Army," said Sgt. Cedric Freeman, a Mobile, Alabama native, now an Army power generator mechanic with the 2ID SBDE Special Troops Battalion. "When you get together in this area, and you see people helping each other up and cheering each other on, it makes you feel good when you are away from your real family to understand that you have your brother and sisters in arms right there with you supporting you."

Pfc. Kim, Ki Suk, a Seoul, South Korea native, now a Korean Augmentation to the United States Army (KATUSA) human resources specialist in 229th Signal Company, was really excited to be here. He expressed how happy he was to be a part of an organization that works together as a team on and off the battlefield.

Three battalions competed fiercely to claim the first place trophy and bragging rights.

"As three battalions, we rarely get to do things like this," said Lt. Col. Don Nowlin, 194th Combat Sustainment Support Battalion commander. "We work a lot and it's now time to give back to the soldiers. It's good to let the soldiers unwind a little bit and let them enjoy the competitive spirit they have."

"It's a great opportunity for all the battalions to come together and compete in a friendly sportsmanlike way," said Lt. Col. Mark Rea, Special Troops Battalion commander. "When we face enemies on other battle fields, we would already have a connection. This is the field of friendly strife. We are going to pause a little bit, detach and then compete. Filled with sportsmanship, we are present in the moment. We are purposeful. We have passion and perseverance. We are ready to rock this!"

"When you bring soldiers out here, the competitive juices start flowing," said Col. Kenneth K. Williams, 2ID SBDE commander. "This is what rolls into what they do every single day in the workplace. When they leave here today, they will have additional comradery, unit cohesion and esprit de corps."

"The team that fights together and play together stay together," said Williams. "I think that this is part of that little triad that we are trying to fit into the champion mantra. I think this is going to help us tremendously in the future."

6TH BATTALION 87TH FEID ARTHURY REGIMENT



Coat of Arms



Crest

CONSTITUTION OF 37TH FIELD ARTILLERY REGIMENT

The 6th Battalion, 37th Field Artillery Regiment can trace its history back to 5 July 1918 when the 37th Field Artillery Regiment was organized at Camp Lewis, Washington. The Regiment was demobilized on 11 February 1919. On 1 October 1940 it was reactivated and designated as a truck-drawn 105mm howitzer battalion at Fort Sam Houston, Texas. The 37th Field Artillery Battalion was assigned to the 2nd Infantry Division during World War II and participated in the following campaigns: Normandy, Northern France, Rhineland, Ardennes, Alsace, and Central Europe.

HISTORY/2ID RELATIONSHIP

The mission of the 6th Battalion, 37th Field Artillery Regiment, as one of the most forward deployed Multiple Launch Rocket System (MLRS) battalions in the world, is to conduct counterfire and deep operations in the defense of the Republic of Korea.

During the Korean Conflict, the Battalion landed at Pusan on 4 August 1950 with the 26th Infantry Division and fought in the battles of Heart Break Ridge, Old Baldy, T-Bone Hill and Pork Chop Hill. The Battalion earned 3 Presidential Unit Citations for extraordinary heroism in combat for actions at Taegu, Chipyoncni and Hongchon. During the 4 years of action, the Battalion participated in the following actions: UN Offensive, UN Summer Fall Offensive, Second Korean Winter, Korean Summer Fall 1952, Third Korean Winter and Korean Summer Fall 1953.

The Battalion's Organization Day is 18 August, commemorating its participation in the Battle of Brest in 1944 and the day the battalion fired its first round in the Korean Conflict. After the Korean Conflict, the Battalion was again stationed with the 2nd Infantry Division at Fort Lewis and later at Fort Richardson, Alaska.



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2017년 7월 **가추리 뉴스**

매달 영문판에는 들어가지만 한글판에는 들어가지 않는 기사들을 보면서 아깝다는 생각을 했습니다. 그래서 만들었습니다! 간추린 뉴스! 한글판에는 넣지 않았지만, 영문판에 실린 기사들을 사진으로 정리하는 지면입니다.



6월 28일, 캠프 험프리에서 제 1기병사단, 제 2기갑전투여단 (블랙잭 여단) 권한 이전 행사가 진행되었다. 블랙잭 여단이 대한민국에 전입한 것은 이번으로 두번째다. <사진_병장패트릭/ 제1기병사단 공보처>



상병 살라디노 (Spc. Patrick J. Saladino)는 USARPAC 베스트 워리어 컴페티션에서 3등을 했지만 그의 능력과 노력은 모두에게 인정을 받았다. <사진 _ 상병 블레섬 / 210 포병여단 공보처>

6월 12일, 캠프 험프리에서 제2보병사단 지원여단에서 첫 챔피언 올림픽 대회를 개최하였다. 위 사진은 100m 달리기 에서 우승한 이병 존스(Pvt. Quajae Jones)의 모습이다.

<사진_ 병장 토마스/제2보병사단 지원여단 공보처>







Think Twice! 한 번 더 생각하고 행동 하십시오!

• 제2보병사단 공식 페이스북 페이지 많은 좋아요와 공유하기 부탁드립니다.



6월 6일 부산, 카투사 현충일 행사에서 카투사 장병들이 나라를 위해 목숨 바치신 미2사단 카투사들의 희생을 기리고 있다.

<사진 _ 하사 테리사 킹/미2사단지원여단 공보처>

표지 사진: 6월 16일, 카투사와 미군들이 캠프 레드클라우드를 방문한 외무부 장관을 맞이하고 있다.

<사진 _ 박진우/ 제2보병사단 공보처>

인디언헤드 한글판 스태프

미 제2 보병사단장 소장 시어도어 D. 마틴 한국군지원단 지역대장 중령 이일수 공보참모 중령 리처드 C. 하이드 공보행정관 상사 매리 E. 퍼거슨 공보관 김현석 편집장 일병 김연요 , 기자 상병 윌리엄스 일병 정원기 사진 전문가 박진우 글꼴 배포처 아리따체 : AMOREPACIFIC 함초롱체 : 한글과컴퓨터

인디언해드 한글판은 미 제2보병사단 카루사들을 위해 공보처에서 발행하는 미 국방성 공인신문입니다. 신문 내용은 미 육군의 연과 다를 수 있습니다.

인디언헤드지는 일성 인쇄소에서 월간지로 발행됩니다. 취재 요청은 732-9132으로 전화 바랍니다.

KATUSA MEMORIAL CEREMONY



대한민국 부산 - 1950년 북한군이 남침했을 때, 미군 병사들과 그들과 함께 싸운 5만6천명의 한국군의 의지와 투지는 강력한 동맹 이 만들어졌음을 보여주었다.

매년 6월 6일 부산에 위치한 유엔 공동묘지에서는, 주한미육군 증원한국군(카투사) 기념식이 진행되어 한국전쟁 중 목숨을 바친 한미 용사들을 추모한다.

1950년 7월부터 47만명이 넘는 카투사가 제2보병사단/한미연 합사단 소속으로 분대 수준에서 사단 수준에 이르기까지 다양한 직 무 분야에서 근무했다.

백승영(68)씨는 이 기념식에서 사진을 찍은 카투사 중 한 명이었다. 그는 1974년 5월 전역하기 전까지 제2보병사단/한미연합사단 공병 2대대에서 근무하셨고 현재는 지역 신문사에서 일을 하신다. 그의 제한된 영어 실력에도 불구하고 대한민국을 위해 복무했다는점에 자부심을 갖고 계신다.

백승영씨는 "한국전쟁은 굉장히 중요한 것입니다. 저는 매년 6월 6일날 이곳을 찾습니다."고 말씀하셨다.

제2보병사단 지원여단 전문화 대대 S3 작전계획과에서 일하는 조영준 일병은 "묘지에 화환과 꽃이 놓이는 것을 보며 겸손해졌다"라고 했다.

"카투사로서 봉사하는 것은 제게 영광입니다. 한국인으로서 두 국가간의 유대감을 나타낼 수 있는 역사적인 프로그램에 참여하는 것 또한 영광입니다. 저희는 미군들과 이야기를 하고, 함께 걸으며 문화적 차이를 줄이기 위해 노력을 합니다. 저는 카투사가 된 것에 대해 자랑스럽게 생각합니다."

대한민국 카투사 연합회 (KATUSA Veterans Association)가 주최한 이 기념식에는 지역 사회의 귀빈 뿐만 아니라 제2보병사단/한미연합사단 부사단장 쟈니 존슨(BG Johnnie Johnson)준장도 초대되었다. 존슨 준장은 연설을 통해 "카투사의 자랑스럽고 헌신적

인 유산에 감명을 받았고 전우들의 희생에 영원히 감사한다"고 말했다.

"이 곳의 모든 용사들은 조국의 희망과 꿈을 자기 자신보다 먼저 두고, 다음 일분 일초가 그들의 마지막일지도 모른다는 것을 알고 있었습니다. 그들은 자유롭고 평화롭게 살아갈 후손들을 위해 압도 적인 확률에 맞서 적과 용감하게 싸웠습니다."

기념식이 진행되면서 자리에 참석하신 모든 분들은 돌아가신 분들이 지불한 자유의 가격을 다시 한번 상기해 보는 시간을 가졌다.

조영준 일병은 "평화로운 환경에서 살아가는 대부분의 사람들은 전쟁의 심각성을 이해하지 못합니다. 저는 참전 용사들의 묘지를 보면서 평화가 공짜로 주어지는 것이 아니라는 것을 느꼈습니다. 한국전쟁 참전 용사들을 보면서 평화 유지의 중요성을 깨닫기에 충 분했습니다."고 말했다.

전쟁을 끝낸 휴전 협정이 서명된 이후로 평화가 진행되고 있긴 하지만, 한국군과 미군은 Fight Tonight 정신을 유지하기 위해 훈 련을 계속하고 있다.

존슨 중장은 "이 연례 행사를 주최하고 오늘 날 자유가 공짜로 주어지는것이 아니라는 것을 상기시켜준 카투사 연합회(KATUSA Veterans Association)에 진심으로 감사하다. 우리의 임무는 오늘도 변함이 없습니다. 북한의 침략을 억제하고 억지력이 떨어지면 우리 동맹을 지키기 위해 나아가 싸울 것입니다."고 말했다.

한국의 먹거리 소개



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이 식당은 피자를 따뜻하게 하기 위해 접시 밑에 작은 촛불을 함께 담아서 제공합니다. 이 전례 없는 조합은 치즈 를 부드럽고 끈적하게 해줍니다. 한 입 물 때마다 치즈가 하늘까지 늘어졌습니다.

미국에서 온 저로서는, 제임스 시카고 피자에서의 식사 경험은 특별했습니다. 특히 이 식당은 크러스트 부분이 독 특합니다. 처음에는 다른 피자집과 다를 것 없는 크러스트 라고 생각했지만 먹어보니 치즈와 함께 달콤한 브라운소스 가 덮여져 있는 특별한 크러스트였습니다. 마치 마지막에 디저트를 먹는 듯한 기분이 들었습니다.

전체적으로 저는 제임스 시카고 피자가 굉장히 마음에들었고 적극적으로 추천해 드립니다. 이 식당은 신촌, 홍대, 합정, 명동, 의정부등에 많은 가맹점들이 있고 저는 캠프 레드클라우드와 스탠리 지역을 대표하여 의정부에 있는 식당에서 먹어 보았습니다. 이번에는 피자만 먹었지만, 다른 사이드 메뉴나 다른 피자 토핑을 먹으러 꼭 다시 가고 싶습니다.





미2사단 컴배티브 토너먼트



대한민국 캠프 호비 - 6월 9일, 캠프 호비 피트니스 센터에서 제2보병사단/한미연합사단 컴배티브 토너먼트(2ID/RUCD Combatives Tournament) 결승전이 막을 내렸다.

이틀 간의 대회는 6월 29일과 30일에 열릴 미8군 컴배티브 토너먼트에 참가하여 경쟁할 최고의 선수들을 일곱 개의 다른 체급에서 뽑기 위해 진행되었다.

6월 7일 수요일날 공식 체중을 쟀고, 다음날 현대 육군 컴배티 브 프로그램의 표준 전투 규정에 의거하여 점수를 측정하며 예선전을 치뤘다. 각 선수가 최소 두 번의 시합을 치뤘음을 의미하는 이중 제거 규칙이 있었다. 36명의 선수들은 각각의 대진을 싸워가며 결 승전을 향해 대결했다.

결승 당일, 캠프 호비 피트니스 센터에는 대결을 벌이는 전우들을 위해 응원하러 온 사람들도 많이 있었다. 이 날은 일곱 체급의 14명의 선수들에게 타격 중급 규칙이 적용 되었다.

결승전이 진행되기 전에 제2보병사단/한미연합사단의 사단주임 원사인 에드워드 미첼 원사(CSM Edward Mitchell)가 각각의 선수 모두에 대해 얼마나 자랑스러운지 동기 부여가 되는 연설을 했다.

그는 이번 대회를 통해 선수들의 육체적이고 정신적인 준비 자세가 분명하게 나타났다고 말했다. 토너먼트가 모두 끝난 후 미첼주임원사는 각 우승자에게 트로피를 수여했다.



<기사 및 사진 _ 상병 윌리엄스/ 제2보병사단공보처> <번역 _ 일병 김연요 / 제2보병사단 공보처>

인디언헤드가 만난 사람들

"이번 여름 놀러가고 싶은 곳은?"



1-38 포병대대 본부포대 정보과 일반행정병 병장 이준표

제가 여름에 놀러 가고 싶은곳은 런던입니 다. 최근 런던에 테러가 났음에도 불구하고 가 고 싶은 이유는 런던이 그립기 때문입니다. 어 렸을때부터 영국에서 생활했기 때문인지 런 던의 추억들이 하나하나가 떠오릅니다. 런던 의 여름 날씨는 너무 덥지도 않고 습하지 않아 서 야외활동을 편히 할 수 있습니다. 날씨 뿐 만 아니라 해가 늦게 지다보니 친구들과 늦게 까지 공원에서 바베큐를 해 먹고 운동을 할 수 있는 여유를 즐길수 있는 기억들이 종종 나곤 합니다. 수많은 기억들중에서 가장 기억에 남 는 것은 무료로 자전거를 대여하고 런던 시내 곳곳을 탐험하는 것이었습니다. 아직 탐험할 곳이 많아 전역을 하고 런던으로 돌아가면 더 많은 좋은 추억들을 만들었으면 좋겠습니다!



1-38 포병대대 본부포대 화생방병 상병 최경민

제가 이번 여름에 놀러가고 싶은 곳은 강원도 속초입니다. 속초에 놀러가고 싶은 이유는 비단 속초가 여름 피서지로 높은 명성을 지니고 있기 뿐만 아니라, 속초에 대한 미련이 남아있기 때문 입니다. 저는 친한 대학동기들과 입대를 같이 하 였는데, 입대 2주 전에 다같이 속초에 놀러가기 로 하였습니다. 속초에 가면 배를 타고 직접 낚시 한 물고기로 회를 쳐서 초고추장에 푹 찍어먹을 수 있는 프로그램이 있는데, 제가 회를 많이 좋아 하기 때문에 그 기가막힌 맛을 꼭 맛보고 싶었으 나, 다들 입대 전이라 시간 내기가 어려워서 그 꿈을 이루지 못했습니다. 그래서 이번 여름에 만 약 시간이 된다면 짧게나마 속초에서 꿈에 그리 던 맛을 느껴보고 싶습니다.



1-38 포병대대 B중대

로켓포 사격 지휘병 일병 정두호

저는 이번 여름에 케러비안베이에 꼭 가고 싶습 니다. 현재 뉴욕에서 유학 중인 제 여자친구가 다음 달에 여름방학을 맞이하여 한국에 들어올 예정입니 다. 마음 같아서는 여자친구와 서울에서 멀리 떨어 져 있는 제주도 또는 부산으로 2박3일 여행을 다녀 오고 싶지만 여자친구의 통금 때문에 가까운 당일 치기로 케러비안베이를 다녀올 예정입니다. 저와 여자친구 둘다 어려서 부터 해외생활을 해서인지 한국에서 워터파크를 한번도 가보지 못했습니다. 케러비안베이에 가서 파도타기, 미끄럼틀, 일광욕 등을 하면서 저희만의 사진첩에 추억을 하나 더 넣 고싶습니다.



1-38 포병대대 본부포대 인사과 일반 행정병 이병 정용빈

제가 이번 여름에 놀러가고 싶은 곳은 바로 제 주도입니다. 입대 전에 다녀왔던 제주도는 사시 사철 아름답다고 유명하기에 제주도를 여행지로 선정했습니다. 제주시와 서귀포시가 있지만 이 전에 서귀포시를 주로 여행했기 때문에 이번에 가게 된다면 제주시를 여행하고싶습니다. 제주 시에는 제주 국제공항이 있기 때문에 제주도에 도착을 하거나 떠날 때 비교적 거리가 가까워 대 중교통을 이용해서 여행하기에 편리합니다. 여 행할 때엔 해변을 위주로 여행을 하여 해수욕을 즐기고 해산물을 먹고 오고싶습니다. 그리고 시 간이 된다면 전에 등반하지 못했던 한라산을 등 반하거나 올레길을 자전거를 이용하여 가 보고 싶습니다. 마지막으로 우도에도 가서 견과류와 제주도의 자연경관을 보고 오고싶습니다.

인- 자기 소개를 부탁드립니다 지-1-38 포병대대 A중대 선임병 장직을 맡고 있는 상병 박준성입니 다. 저는 1995년 3월 10일에 태어 났고, 입대전에는 서울대학교 농경 제사회학부에서 농업·자원경제학 을 공부하다가 2016년 3월에 입대 했습니다. 선임병장이 되기 전에는 중대Training Room에서 행정병으 로 근무했습니다.

으로 자료되다.
인- 군생활을 하면서 가장 잊혀지지 않는 에피소드는?
지난 1월 포천에 위치한 Rocket Valley에서 있었던 LFX(Live Fire Exercise)가 생각납니다. 무척 주은 날씨때문에 양말을 3점으로 신기도 하고, 험비안에서 난방을 켜고 있어도 벌벌 떨게되는 추운산속에서 TCP 근무를 하기도 했습니다. 무엇보다 잊을 수 없는 것은 후 번복귀시에 당시 1소대에 배치되어 통역업무를 수행하던 저를 저희보부소대장이 잊고 함께 복귀하지 않아서 훈련지에 남겨졌던 적이 있습니다. 나중에 개인 차량으로 저들니다. 나중에 개인 차량으로 저들니다. 나중에 개인 차량으로 저들니다.

인 - 부대내 자신의 외모 순위는? 지- 지원반장님을 비롯해 부대에 잘생긴 선후임들이 많아 감히 제가 나서기는 어려울 것 같습니다. 항 상 자신의 Section에서 맡은 임무 를 성실히 수행하고, 단정한 두발 과 복장을 유지하고 있는 우리 1-38포병대대원들이 모두 잘생기 고 자랑스러운 얼굴이라 생각합니다.



인 - 기억에 남는 미군이 있다면?
지 - 지금은 미국에 있는 Fort Lewis
로 근무지를 옮긴 PFC Henderson
이 가장 기억에 남습니다. 저와 비슷
한 시기에 저희 중대로 오게 되었고, 같은 section에서 일하며 붙어있는 시간이 많았습니다. 개인적으로 한 국에 관심이 많아 한국어를 가르쳐 달라고 하여 자음과 모음을 알려주고, Language Exchange Program에 참여할 수 있도록 지원반장님께서 자원구와 헤어졌을 때는 함께 슬퍼 해주고, 훈련이 끝난 후 함께 즐거운 시간을 보냈던 저의 전입 후 1년을 즐겁게 해준 친구입니다.

중대원들에게 한마디 부탁드립

인- 중대원들에게 한마디 부탁드립니다.
지- 안녕하십니까 제가 선임병장으로 근무도 하게 되고 비단 저희 중대뿐아니라 대대 전체에 많은 관심을 갖고 군생활을 이어가고 있습니다. 지금까지 중대에서 성실하고 열심히 일했던 것 처럼 선임병장의 직무도 선실하게 수행하겠습니다. 앞으로 전역을 앞두고 선임병장 직무를 마지게 될 때 까지 중대원들 모두 가족 처럼 똘똘 등치며 서로 어려운 점을 다하겠습니다. 감사합니다. 구가행복하고 즐거운 군생활을 할 수 있도록 노력하겠습니다. 감사합니다!



1-38 포병대대 A중대 선임병장

인디언헤드는 사랑을 싣고*



이번 호의 주인공은 1-38 포병대대 권 우중군과 여자친구 지우양입니다. 게재를 바라시는 분은 미 2사단 공보처 카투사 메일 2idkoc@gmail.com 또는 732-9132로 연락주시기 바랍니다.

To 우중

우중이!! 너가 처음에 논산훈련 소 갔던 날 그게 작년 겨울이었는 데, 논산훈련소도 무사히 마치고 자 대도 가고나니 벌써 반년이 지났네.

진짜 군생활하면서 제일 힘든 시기 잘 버텨주고 지금도 잘 지내고 있는거 보면 기특하고 자랑스러워!! 남은 군생 활도 진짜 힘내고 우중이는 잘 할거라 고 믿고 있어. 나는 여기 올릴 우리 사진 찾으려고 사진첩을 계속 구경했는데 우 리가 여태 만나서 찍은 모습들을 보니 까 항상 행복해 보였어ㅎㅎ. 그래서 너 랑 있었던 순간들 생각하거나, 사진들 보면서 지금 못 보는 날에 보고싶은 마 음 꾹 참고 견딜 수 있는 것 같아.

우중이 제대하고 나서도 우리 다양 한 추억 쌓고, 지금처럼 서로 사랑하면 서 붙어있자. (하트) 꼭!

From 지우

To 지우

지우야 안녕? 군대와서 너한테 이런식으 로 편지를 쓸 기회가 올 줄은 생각도 못했네. 내가 논산훈련소 가기 전날 밤 너랑 같이 있으면서 우울해있던 순간이 엊그제 같은 데, 벌써 자대로 온지 몇 개월이 흘렀네. 지 금 군생활 기간이 너랑 나에게 힘든시기로 느껴지지만, 지금처럼 서로 만나는 매 순간 을 즐겁게 기다리다 보면 시간도 금방 갈거 야. 지우가 옆에 있어서 너무 행복하고 고 맙고 사랑해(하트) 자대오고나서 우리 초반 에 조금 다투기도 했지만 서로 배려하고 맞 취가면서 잘 풀고 서로 배려하고 상대를 더 알아가는 계기도 되었어. 우리의 관계도 점 점 단단해진 것 같아. 그래서 우리가 오래 가는거 아닐까 싶어ㅎㅎ. 우리가 만났던 동 안 참 많은 일들이 있었듯이 지금 군생활도 그러한 사소한 에피소드 하나에 불과할거 야. 그러니까 우리 지금처럼만 쭉 사랑하자.

From 우중

한미 문화 교류 독립기념일 Independence Day

독립기념일은 미국이 자유와 독립을 쟁취한 기념일이다. 대부분의 미국 국민들은 독립기념일이 7월 4일 이므로 통상적으로 "Fourth of July(7월 4일)"라고부르기도 한다.

독립기념일은 1776년 7월 4일 독립선언문에 서명한 날을 기념하는 날이다. 오늘날의 동부 해안 지역에 해당하는 13개 식민지에 거주하고 있던 당시의 식민지 주민들은 영국 왕과 의회의 부당한 대우에 격분하여 전쟁을 벌였다. 이 전쟁은 결국 영국으로부터의 미국의 자유를 위한 전쟁이 되었다. 13개 식민지 대표들이 서명한 독립선언문은 영국으로부터 자유를 쟁취하기 위한 자신들의 목적을 분명하게 천명했으며 공식 문서에서는 처음으로 미합중국(United States of America)라는 명칭을 사용하게 되었다.



독립기념일은 미국에서 가장 큰 공휴일 중 하나이고 가족들이 야유회를 가기도 하고 많은 기념 퍼레이드가 벌어지는 날이다. 또 밤에는 각종 연주회와 불꽃놀이 등의 행사들이 펼쳐진다.

독립기념일에는 메모리얼데이나 다른 공휴일과 마찬가지로 미국 국기를 흔드는 경우가 많다.