

Indianhead

Vol. 41, No. 23

For the 2nd Infantry Division Community

Nov. 15, 2004

Misuse detrimental to Army missions

**Story and photo by
Pfc. JeNell Mattair**

Indianhead staff

Government vehicles, like all government resources, are authorized for official purposes only. Conducting personal errands like driving to the PX or commissary is considered misuse.

Government vehicles are to be used for military purposes not personal, said Sgt. Shawn Rine, Headquarters and Headquarters Company, 2nd Infantry Division.

"Misusing government vehicles is wrong for a few reasons," said Capt. Joshua Berger, 2nd Inf. Div. Staff Judge Advocate's office.

"The basic principle is that we should use Army money for the Army's mission," he said. "Also, the American taxpayers have a special trust in us as public servants not to use the resources that their tax dollars purchased in a wasteful or unauthorized manner."

Department of Defense Directive 4500.36-R outlines authorities and responsibilities concerning DoD owned or leased motor vehicles. The directive further states the unauthorized or willful misuse of a DoD motor vehicle shall be cause for disciplinary action.

Not only is using a government vehicle for private purposes wrong, said Sgt. 1st Class Daniel Murrah, HHC, Area I, but it undermines the mission.

"With the low amount of vehicles and the high mileage, it adds (undue) wear and tear," he said.

"If you are using the vehicle for personal use there is a greater chance for it not to be mission capable," Rine said.

If a Soldier requests a vehicle and plans to use it for personal reasons, it may be the only one the TMP has, said Sgt. 1st Class Ivan Lagaras, HHC, 2nd Inf. Div. Someone else may need it for official duty. In that case the Soldier is impeding the mission by taking the vehicle from someone who needs it.

The use of government vehicles is not authorized for transporting personnel from home to work or vice versa.

"Home-to-work transportation is un-

See **Misuse**, page 5



Government vehicles are to be used for mission essential tasks only. Personal trips to the commissary and PX are not authorized. The use of a government vehicle for transporting personnel from home to work is also unauthorized.



**Why did the
chicken cross
the road?**

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**Medics get
down and dirty
for EFMB**

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**Jamie Foxx
stars as the
legendary Ray
Charles in Ray**

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How does the misuse of government vehicles affect the Army's mission?

Pvt. Chris Catrambone, 6th Bn. 37th FA
"We spend more time fixing them because of the overuse."



Staff Sgt. Clifford Herrin, 1st Bn. 38th FA
"Soldiers put someone else out of getting the job done in a timely manner by misusing the vehicle."



Pfc. James Holcomb, 6th Bn. 37th FA
"They could break down faster if people over use them."



Spc. Jammie Morris, 602nd ASB
"It puts excessive wear and tear on the vehicles."



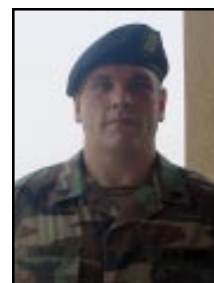
Sgt. Calvin Shropshire, 1st Bn., 38th FA
"It affects the readiness as a whole and slows preparation for missions."



Spc. Tony Robertson, 602nd ASB
"It puts restrictions on the use, makes it harder to get off post and affects mission preparedness."



Pfc. Jonathan Preslar, 2nd Bn., 2nd Aviation Regt.
"You may not have the resources you need when you need them."



Sgt. Robert Turner, 6th Bn., 37th FA
"If someone is using the vehicle and another Soldier needs it for a mission, he won't have access to it."

What changes, if any, would you like to see in your unit's physical fitness program?

Pfc. Andrea Fifer, HHC 2nd Inf. Div.
"I'd like it if they added hiking to the program."



Spc. Chastity Forrest, 102nd MI Bn.
"I'd like to see more aerobics."



Pfc. Robert Kenneth, 552nd Signal Co.
"More team-building, maybe some sports."



Staff Sgt. Frederick McHaney, 122nd Sig. Co.
"Intramural events between different units for PT."



Sgt. Garnet Hall, 61st Maintenance Co.
"I like PT the way it is."



Staff Sgt. Mark Hood, 50th Engineer MRB Co.
"Replace Tae Kwon Do with Army combatives. It's more practical."



Sgt. 1st Class Daniel Johnson, HHC, 1st Bde.
"We need to do more battle-related physical fitness."



Sgt. 1st Class Jake Norton, 122nd Sig. Bn.
"I'd like to see the 20K ruckmarch implemented."

Pfc. Micah Copeland, 2nd Bn., 2nd Aviation Regt.
"Do PT indoors when it's cold outside."



Staff Sgt. Theodore Reed, 4th Squadron, 7th Cav. Regt.
"More sports-oriented activities instead of the same old routine."



Spc. Denise Yaws, 1st Bn., 2nd Aviation Regt.
"More pushups and situps instead of running all of the time."



Staff Sgt. Joshua Steen, 61st Maintenance Co.
"A more varied program. I'd like to see us be able to use the gym."



★★★★
Indianhead

Maj. Gen. George A. Higgins
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Commander, Area 1 Support Activity

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Public Information Specialist

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★★★★

Time for physical training program to 'shape up'

Commentary by
Brig. Gen. Charles Anderson
Assistant Division Commander (Support)

Everyday is a great day in the Warrior Division. One of the many reasons is because we start the day with physical training.

I'm more inclined to use the term "physical readiness" because this term suggests each Soldier is equipped with a plan to develop themselves physically, not only by participation in physical training, but by eating correctly (nutrition), eliminating bad habits that have been scientifically proven to shorten your life, and to develop yourself so you will be a better Soldier.

Like all training, Physical Readiness is directly linked to the Army's training principles described in FM 25-101 and FM 7.0. Principles such as "Train as You Fight", "Train to Challenge", "Train to Sustain Proficiency", and "Train to Maintain." These principles and others have served us well in planning, preparing and executing training.

But does our current PT program meet these principles? Specifically, does your physical readiness planning follow the training management system outlined in FM 7.0 and 25-101 and is your training described on

training calendars and not a separate "PT calendar."

I think you know the answers to these questions.

Our current program has been in existence for over 20 years and has served us well. But a campaign quality Army that deploys, fights, returns and re-fits, must be an Army that can endure hardships over time. An honest assessment would suggest our current program is APFT driven and lacks a mission focus. The emphasis is on distance running, lacks strength development, and is inadequate in developing motor skills that parallel activities required in our profession.

Let me introduce you to some ideas and concepts that contribute to developing a Soldier's physical attributes thereby building confidence so they can successfully perform their warfighting tasks.

A new program would incorporate three components; Strength, Mobility, and Endurance. Strength is the ability to overcome resistance. Endurance is the ability to sustain activity and Mobility is movement proficiency. Each session would tackle these



components in a progressive manner, allowing a new soldier to properly transition into the Korea environment and 2ID physical readiness program.

A typical PT session would have three phases. The Preparation Phase would include Calisthenics (10 exercises, 5 repetitions each) and movement drills (50% progressing to 100% speed). Notice, the stretching is not in the preparation phase!

The Activity Phase would be the conditioning drills, pull-ups/dips/pushups or climbing drills followed by speed drills or an ability group run. Every run has time standards and is performed in ability groups. Like all training physical readiness has a task, condition, and standard.

The Recovery Phase includes calisthenics, stability and flexibility drills and rest, re-hydration and proper nutrition.

Within the framework of the three phases addressed above, a typical week could be Monday and Wednesday including strength-training drills followed by endurance event; one day dedicated to speed work and the other is an ability group run. Tuesday and or Thursday could be devoted to war fighter training which includes activities such as grass drills, guerrilla drills, road marches, combatives, circuits, log PT, water survival, Rifle PT, confidence/obstacle courses, and

Pugil Stick training /Bayonet Assault Course. Friday could be a good day for the "Cohesion Run", focused primarily on team building and not a training effect.

Again, everyday is performed with progression and precision applied across three phases – Preparation, Activity and Recovery. New soldiers don't jump into a ten-mile road march or 10 repetitions of the 60, 120s (sprint 60 seconds, jog for 120 seconds). In this case these soldiers might just complete 3-5 repetitions of 60,120 or a 2 mile road march.

Also, instructor's names are on training calendars, they have the mornings' physical readiness program on a 3X5 index card, and are trained in making movement corrections. The Soldiers leading the physical readiness training have rehearsed and fully understand the importance of progression and precision.

A program like this does not happen overnight. It takes training, education, and certification to develop a physical readiness program that gets after warfighting readiness, health, and still allows all of us to score high on the APFT.

Using the principles of mobility, strength and endurance will not only result in higher APFT scores, but in physically fit soldiers who are ready to fight and win today!

Letters to the Editor

Make Bars Off-Limits

Question: Why doesn't the Command put any bar off limits that has a 3rd country national working at it? We need to get serious and quit playing with the issue.

Name withheld

Answer: Just because a club employs Third Country Nationals does not mean it supports Human Trafficking and Prostitution. There is nothing inherently wrong or bad about hiring people from other countries.

The command only places establishments off-limits when there is reliable information that supports a finding that a club is violating accepted practices and standards.

Many establishments employ TCNs and run respectable clubs.

This is why the command encourages everyone to report suspicious activities at off-post clubs. When commanders receive more information, they can make

better decisions about whether clubs are in violation of the standards.

Whether or not clubs are providing private rooms for employees and patrons, allowing the exchange of money for seemingly unknown reasons, or appearing to restrict the freedom of the employees are much better indicators of Human Trafficking and Prostitution than the nationality of the employees.

We encourage anyone who sees such indicators to call the USFK hot line at DSN 333-9333 or Commercial 0505-736-9333.

Standards only for Soldiers

As I sit here and read the October 15th issue of "Indianhead" I am intrigued with comments 2ID Soldiers have made concerning the Warrior Standard. Most Soldiers desired changes to the civilian dress code. I believe that 2ID leaders intended stricter standards in the civilian dress code in order to hold their Soldiers

and leaders to a higher standard.

This 2ID collection of Army guidelines highlights the culture of the 2ID Warrior and spells out in plain text, what is expected of them based on this culture of a "higher standard".

Culture is the key word here - as we continue to fight the war on terror and we continue to be exposed to one "Joint" environment after another, we must become cognizant of our sister services, their *culture* and their way of doing things.

I believe when one is a guest on another service's base or post, it is customary to follow the civilian dress code of that location.

That is, at times, we must adopt the culture of that location in order to "blend in" and appear to be part of the team.

T-shirts with slogans in poor taste, local gang colors, and unserviceable clothing can all be considered inappropriate. Avoiding these is one

way of adopting that local culture. This is not an all out call to buck your chain of command! This is more of a reality check of sticking to what really matters. You are not going to suffer a lifetime of oppression if you can't wear your favorite shirt.

The uniform however, is another matter entirely. Marines now distinguish themselves with high-tech digital BDU's, The Navy changes their uniform depending on location and time of year, and the Air Force still wears the Garrison Cap with their BDU's.

The five services govern the wear of their own uniforms and this can sometimes be confusing. I would never ask a Marine to wear an Army Beret, nor would I question a Navy SRNCO if his uniform were in season.

No leader in the U.S. Coast Guard can make an Army Soldier wear a light blue uniform shirt with his Class "A's".

While assigned to serve in

the 2ID, I have noted many instances of Army leadership wanting to correct the wear of other services' uniforms. The corrections would put the wearer in violation of their service's rules and regulations governing the wear of uniforms, and so I ask 2ID leadership to stop and take notice.

The Warrior Standard does not apply to Marines, Sailors, or Airmen. It applies to Soldiers, and only Soldiers. We share common guidelines here in Korea, but those guidelines go further than the 2ID chain.

If you see me on post during the next monsoon, please stop and say hello - I'll be the one carrying an umbrella...

A Senior Air Force NCO

Editor's Note: Do you have a question or an opinion? Submit a "Letter to the Editor," email 2IDPAO@korea.army.mil. or come by Building T-910 on Camp Red Cloud.

Dragons diligently tackle tank turn-in

**Story and photo by
Pfc. JeNell Mattair**
Indianhead Staff

CAMP CASEY — Long days settle into long nights for the Soldiers of 2nd Battalion, 72nd Armor Regiment. Since the first week of August the work of the relentless Dragon Soldiers has been unending.

Work shifts consisting of 12 hours on and 12 hours off, seven days a week until the end of November, are the reality of each Dragon's duty. The Warriors persistently and patiently take apart tanks, inspect them for each and every defect and put them back together.

"Tank turn in is a monster," said Capt. Dexter Holley, B Company commander. "It has taken up most of our resources as far as man power goes."

The Dragon Force exceeds the standard when it comes to tank turn-in, Holley said.

"It takes us 75 days to get the tank from the beginning to the railhead. The rest of the Army can take up to six months," he said.

The Soldiers are responsible to take each tank from an average of 200 faults to zero, said battalion Command Sgt. Maj. James Daniels. Each platoon could face 800 to 900 faults. They have to make sure the tanks are ready for combat and

close to brand new, he said.

The specific tanks the 'Warriors' are working on were used during Operation Desert Shield/ Desert Storm. These same tanks will shipped by rail-way to Pusan. From Pusan the tanks will be flown into Kuwait and from there onto Iraq at some point, said Capt. James Johnson, C Company commander.

The equipment being shipped off the peninsula goes to other locations besides Kuwait, in accordance with the needs of the Army.

"I know how important it is to have good equipment," said Staff Sgt. Jason Crosby. "The tanks are going to our comrades. We want to give them the best product we can."

"It will be hard work, but keep in mind why you are doing it. The tanks are going out to guys just like you."

Tank turn-in takes teamwork, Daniels said. Every Soldier plays a role in the success of the mission.

Every fault must be found and corrected, Johnson said. Because the mission of tank turn-in is to assure each tank is as good as new, Soldiers have to demonstrate an incredible amount of attention to detail.

"It is not like 99 percent is good enough," Johnson said. "Each tank must be 100 percent



Cpl. George Sheline digs paint out of bolt threading. The tank arm keeps tension on the track.

serviceable."

Servicing the tanks is extremely heavy work, said Daniels. Each section of track block weighs 70 pounds and there are 156 blocks on each track.

The tank's engine, the same one used on Black Hawks, weighs from five to 10 tons and requires a crane to lift.

"Nothing on the tank is light," Johnson said.

Even cleaning the tank is rigorous work. "We clean the sub-turret floor with soapy water and CLP," said Pfc. Myung

Joon Lee. "We spin the turret around manually and check it for dust. If there is still dirt, we do it again."

The first and last step to tank turn in is cleaning, said Daniels. "You have to be able to eat off it."

Every correction the tanks need must be made at tank turn in. "The different kinds of bolts and different kinds of parts make it a logistical nightmare," said 2nd Lt. Frank Hahn.

Every bolt and screw down to the washers must be checked for faults, Holley said. The at-

tention to detail is beyond belief.

Yet, the warriors of Dragon Force drive on. "While tankers and mechanics are in this motor pool, our two infantry companies, the Mad Dawgs and Death Masters along with the Hell Raisers have executed some of the other necessary task force missions," said Lt. Col. John Salvetti, battalion commander.

"I'm incredibly proud of all the hard work the Dragon force Soldiers have put in," he said. "It has been a task force effort."

Army hands control of JSA to ROK Army

**Story by
Cpl. Jessica Hubbard**
2nd Infantry Division Public Affairs Office

CAMP BONIFAS — Republic of Korea Soldiers took full responsibility for security at the Joint Security Area from the United States in a ceremony here Nov. 1.

Like all other forces in the Demilitarized Zone, they come under the supervision of the United Nations Command.

"I believe this is a positive change," said Lt. Col. Paul Snyder, UNC Security Battalion commander. "Soldiers from this area have always worked together with ROK Army Soldiers, which has strengthened the ROK and U.S. alliance."

The JSA has long been a U.S. Army assignment where a chosen few American Soldiers work all hours of the day, 365 days a year.

The handover of the JSA included the handover of Camps Bonifas and Liberty Bell into ROK Army hands.

Camp Bonifas will continue to base a small contingent of the U.S. UNCSB-JSA members and UNC Military Armistice Commission.



Photo by Sgt. Lisa Jendry

A team of South Korean reporters take notes on the historic movement of U.S. Soldiers from the Joint-Security Area.

Throughout the alliance of ROK and U.S. forces, the demilitarized zone has been guarded by both, with the ROK Army taking over most of the Demilitarized Zone in 1991.

"The UNCSB-JSA has always been a joint task force," said Col. Shim, Dong Hyun, ROK commander at the JSA.

"The Soldiers here are ready to face any challenges together."

"The ROK Soldiers are members of our team, and we're members of theirs," said Sgt. Frank Saccomen, a member of the JSA at Camp Bonifas. "Some people just say 'Capchi Capshida,' but here we live it."

MPs treat children to Halloween party **2ID Public Affairs Office**

On Oct. 17, Soldiers from the 2nd Inf. Div. Provost Marshal's Office, and the CID detachment, Camp Casey, traveled to Tongduchon to spend time with children at a local home.

The Soldiers threw a Halloween party with the children and taught them how American children go trick-or-treating.

The children made masks out of paper plates, played pin-the-nose on the Jack O' Lantern and went trick-or-treating.

The Soldiers gave candy to the children, but not before they said "trick-or-treat" in English.

The Soldiers also brought new shoes and toys for the children.

The 2nd MP Company also purchased two new CD players, a Nintendo Game Cube with games, extra controllers and a new soccerball, football and basketball for the children.

News Briefs

CID

CID is offering a \$500 reward for information leading to the apprehension and conviction of person(s) responsible for the larceny of a U.S.

Government Notebook computer, brand name Panasonic Toughbook, Model CF-50, SN 3HYUA01343, from the Artillery (DIVARTY) Briefing room, Upper Bunker Complex on Camp Red Cloud.

The crime happened Oct. 4

Anyone with information pertaining to the whereabouts of this item and/or the person(s) responsible for the theft, are urged to call the CID office at 732-7052.

CID

CID is offering a \$1,000 reward for information leading to the successful apprehension and prosecution of the person(s) responsible for stealing six U.S. Government Compaq desktop computers and nine Hansol flat screen computer monitors from building 3752 at Camp Hovey. The crime happened between Aug. 1 and Sept. 13.

Anyone with information pertaining to the whereabouts of these items and/or person(s) responsible for the theft are urged to contact the CID office at the following numbers: DSN 730-3820 or cell 011-695-1784.

FPCON C

Due to a training exercise, Force Protection Condition C will be implemented at the following locations.

Access will be denied to those not have FPCON C access privileges.

* Camp Stanley - Nov. 16, 9-11 a.m.

* Camp Sears - Nov. 16, 1:30-4:30 p.m.

* Camp Jackson - Nov. 17, 9-11 a.m.

* Camp Kwangsari - Nov. 17, 1:30-4:30 p.m.

* Camp Essayons -

Nov. 18, 9-11 a.m.

* Camp Kyle - Nov. 18, 1:30-4:30 p.m.

* Camp Red Cloud - Nov. 19, 9-11 a.m.

* Camp LaGuardia - Nov. 23, 9-11 a.m.

Tree Lighting

Christmas Tree Lighting ceremonies are as follows:

* Camp Stanley - Dec. 2, 5:30 p.m.

* Camp Casey/Hovey - Dec. 8, 5 p.m.

* Camp Page - Dec. 10, 5:30 p.m.

* Camp Red Cloud - Dec. 15, 5 p.m.

Sgt. Audie Murphy Club

The Sgt. Audie Murphy Club meeting will be from 11:30 a.m. to 1 p.m. Nov. 19 at the Camp Casey Primos.

For more information, call Staff Sgt. Damedrist Wright at 730-3254.

Briefings

The 160th Special Operations Aviation Regiment (Airborne) will be holding a briefing from 10 a.m. to 2 p.m. Dec. 7 at Camp Stanley in the 2nd Squadron, 2nd Cavalry Regiment Classroom.

All Soldiers that desire to work with highly dedicated and professional Soldiers, who can work independently, who demonstrates motivation and the ability to operate under stress are welcome to attend.

For more information, call CONUS DSN 635-9819.

Holiday Concert

The 2nd Infantry Division "Warrior" Band will be presenting its Korean/American Holiday Concert at 7 p.m. Dec. 22 at the Uijongbu Arts Center, near City Hall.

Joining the band this year is the Green Tree Children's Choir.

Also featured will be the 2nd Infantry Division's stage band.

For more information, call 732-6704 or email nancy.warren@korea.army.mil.

MISUSE,

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authorized," Berger said. "Many people do not know that transportation between one's home and one's place of work is not considered an official purpose.

"It may seem that it is official, because you are driving to work, but Congress has specifically said that it is not an official use," he said. "There is some confusion about this type of use."

Also, transportation by a government vehicle will not be provided when the justification is based solely on reasons of rank, position, prestige or personal convenience, according to a DoD directive.

"There are a number of possible consequences for misusing government vehicles," Berger said. "Soldiers can receive adverse administrative action including a reprimand, counseling and relief from their job, as well as punishment under the Uniform Code of Military Justice.

"Civilian employees can also be counseled, reprimanded, suspended or removed for misusing government resources," he said.

Noncommissioned Officers need to ensure Soldiers are not using Army vehicles for personal use, Rine said.

"Army leadership can do a number of things to prevent misuse of vehicles," Berger said. "First, they can educate their Soldiers as to what is authorized and what is not. Of course, they should lead by example and not misuse their vehicles themselves.

"Also, the leadership can establish clear guidelines and procedures that are designed to ensure that Government vehicles are not misused," he said. "Finally, they can enforce the rules and standards so that people who violate the rules are handled properly."

Because Soldiers assigned to the Second Infantry Division are not allowed personal vehicles, they may lose sight of why they cannot use government vehicles privately, Murrah said.

But, this lack of judgment could lead to trouble.

If a Soldier decides to take a TMP out for personal use, such as a trip to Camp Casey, and happens to be involved in an accident during the outing, he could be held responsible for damages.

If the Soldier who is driving is not at fault, he would generally not have to pay, Berger said.

However, if the Soldier is at fault, he could be held liable for what is normally one month's pay. If he was using the vehicle for an unofficial use, he could be liable for the full cost of damage or repair.

When a Soldier damages a Korean national's vehicle, for example, he would not have to pay for the damages to the Korean national's vehicle if he was using it for an official purpose.

But, if he was using the vehicle for a personal errand, he would have to pay for the damage to the Korean national's vehicle out of his own pocket, Berger said.

The bottom line is for Soldiers not to use a government vehicle for personal reasons, Rine said. They can walk.

File claims for lost, damaged goods

Office of the Staff Judge Advocate

There are several important deadlines that servicemembers need to be aware of when filing claims for loss or damage to household goods.

FIRST DEADLINE:

The first deadline is the requirement to turn in the DD Form 1840/1840R to the local claims office within 70 days of the date of the delivery of hold baggage or household goods.

A potential claimant will receive this form from the movers who deliver their hold baggage or household goods. If a claimant has more than one delivery, they must turn in the form within 70 days of the date each separate delivery was made.

It is important that a potential claimant account for all of the items delivered in a shipment. A claimant should match each box, piece of furniture or other item as it is brought in to his new quarters with its assigned inventory number.

Missing or damaged items should be indicated by inventory number.

For items that are damaged, claimants must be sure to de-

scribe the damage in as much detail as possible.

It is advisable to have the movers unpack and unwrap all of a shipment as it is delivered, noting all missing or damaged items.

Do not add the newly discovered missing or damaged items to the 1840 side of the form.

The form must then be turned into the claims office.

Under paragraph 11-21a of Army Regulation 27-20 if a claimant should fail to turn their form in within 70 days of delivery, absent good cause, the amount that could have been recovered by the claims office from the moving company will be deducted from the claim.

SECOND DEADLINE:

A potential claimant has two years from the date of delivery to file their claim.

Although this seems like a long time for filing, claimants often fail to meet this deadline.

The statute of limitations cannot be waived. Therefore, if one fails to meet this deadline, their claim cannot be paid. This statute of limitations for submitting a claim was created by Congress when it passed the Personnel Claims Act.

Since it's a federal law, no

Army officer or official, including the Secretary of the Army himself, can waive this requirement.

As the property owner, you may seek reimbursement for loss or damages directly from the carrier.

Carriers who transport property under a government bill of lading must process claims up to six years after the discovery of the property's loss or damage.

You should file any claim against the carrier promptly. In order to file a claim directly against the carrier, you must have given the carrier timely notice of all items that were lost or damaged. This is done by listing the items on the DD Form 1840 on the day of delivery or on the DD Form 1840R within 70 days of delivery. These forms must be submitted to your Army claims office.

Because the Army pays timely and meritorious claims, direct claims against carriers are rare.

Carriers are accustomed to communicating with the government, not the claimant. A carrier may attempt to deny a claim, citing failure to file with the Army within the standard two-year limit. Should a carrier tell you this, call your local claims office.

ImJin Pirates celebrate Halloween with orphans

Story and photo by
Cpl. Choi, Yeon Woo
Indianhead staff

CAMPLAGUARDIA—October 29 was filled with screams and smiles as the 50th Engineer Multi-Role Bridge Company celebrated Halloween with orphans from the Gyeonggi North Children's Temporary Shelter. Twelve children from the shelter met their hosts outside the company headquarters at Camp LaGuardia. While some children shied away, others mixed eagerly with the Soldiers. They seemed hypnotized by the Halloween costumes Soldiers gave them. Soon enough, everyone was dressed up.

2nd Lt. Beard Vongretchen, who was the main coordinator for the event, said it was not easy to find the place to buy the costumes.

"I'm not at home so I didn't really know where to go find the costumes," he said. "I had to go to Lotte World and Yongsan to get these."

Once they were all dressed up, the children were escorted to the barracks by costumed Soldiers for trick or treating. While the Korean children did not know of American Halloween traditions, they were quick to catch on. Carrying plastic bags filled with sweets, they were satisfied.

"I love these candies, although I don't really like the red ones," said Ku, Eunhae, who was dressed as a princess. "This is great. I've never had this much candy before. This will last a lifetime."

Children and Soldiers seemed a little drawn out after running through three barracks, and took a few minutes to sit and enjoy the loot.

"Besides the fact they don't speak English, there's no real difference. They're cute little kids," said Pfc. John Albertson.

Sgt. Matt White, who was on leave when the planning began, felt that this was a great way for Soldiers to reach out.

"I think this is a good for these kids to get out to a different area," he said. "This is also a good way for them to learn about us and the Army. It's an interesting time spent with Koreans letting them learn about our traditions and way of life. Plus, they're all kids. They just love candy."

After candy, it was time for the haunted house. While some children were able to stride through it valiantly, others were not. Kim, Minshik took one step into the haunted house then came straight back out.

"We get to inspire the children," said Sgt. Joshua Clark. "We get to inspire them and give them what they want, a good



Pvt. Brooke Erickson, 50th Engineer Multi-Role Bridge Company spends some time with a Hu, Eunhae after trick-or-treating, Oct. 29 at Camp LaGuardia.

scare. I mean, I was scared when I was in the haunted house, these kids are no exception."

Company commander, Capt. David Stewart, was satisfied

with the day's events.

"Our company has a working relationship to give back to those less fortunate than us," he said. "Everytime the holidays

come around, we bring them here for activities and put smiles on their faces. It's equally beneficial to both, since it lets us get a hand of Korean culture."

New Army Combat Uniform



Photos by Sgt. Lee, Hyung Il



Second Infantry Division Command Sgt. Maj. James Lucero models the new Army Combat Uniform to be issued to all deploying Soldiers April, 2005. It will become Army-wide December, 2007.

Advantages for the new ACUs include not having to iron the uniform, not having to shine the boots and removable insignias, ranks and speciality badges.

"These are a lot more comfortable than the current BDUs," Lucero said.

No Brass, No Ammo



Photo by P.L. Lindsey III

Soldiers from Headquarters and Headquarters Company, 2nd Infantry Division get rodded onto the M16 range Oct. 28 at Northstar Range.

November 18 is the
Great American
Smokeout

Exercise keeps you fit, flab-free

Story and photo by
Pfc. Stephanie Pearson
Area I Public Affairs Office

This is the last story in a three-part series on nutrition

CAMP RED CLOUD — Along with proper nutrition and healthy eating, exercising regularly is a crucial factor in losing weight and staying fit.

The second session of the "Weigh to Stay" program, offered through the 121st General Hospital nutrition department, in conjunction with Area I community health services, teaches overweight warriors how to incorporate exercise into their fitness plans.

More than 60 percent of adults in America are overweight, said Maj. Shelly Clyde, chief of clinical dietetics at the 121st General Hospital and one of the class instructors.

Only 20 percent of adults exercise enough to gain health benefits, and the military population makes up a large portion of that group. But over 80 percent of people who have been successful at weight loss have significantly increased their physical activity to lose weight and keep it off, she said.

Besides building muscles, exercising can also lower tension, anxiety and depression; enhance a feeling of well-being;

improve physical appearance; and increase the body's ability to burn fat, Clyde explained.

"Exercise is very important," she said.

Clyde told the Soldiers how to start an exercise program.

"First, focus on your daily activities," she said. "How many hours a day do you spend watching television, playing on the computer, talking on the phone or reading books? These are sedentary activities."

Once you've assessed your level of activity, set goals, but keep them realistic, Clyde said.

"Start out small and build up slowly," she warned. "Then, figure out what motivates you. What activities are you interested in?"

Once you have identified some activities you would like to try, Clyde said to schedule the activity for a time that will allow you to be consistent and at a location that's convenient.

There are three types of exercise: cardio-respiratory fitness, muscular fitness and flexibility.

Clyde told the class to make sure to incorporate all three into any work-out plan, and offered the following guidelines:

- * perform cardio-respiratory fitness five to seven days a week for at least 30 minutes a session, with a five minute warm-up.

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552nd Signal Company Soldiers Pfc. Casundra Jackson, left, and Sgt. Ian Gomoke lift weights at the Camp Red Cloud Physical Fitness Center.

week, doing a minimum of eight to 10 separate exercises. Perform a minimum of one set of each exercise, with eight to 12 repetitions. Allow 48 hours between exercising the same muscle groups.

- * increase resistance as your strength improves. This could mean adding more weight during muscular training, or increasing time, speed or distance for cardio-respiratory exercises.

- * when lifting weights, use a slow, controlled motion. Never hold your breath, and never lock your joints.

- * after exercising, stretch the muscles used during that activity with a slow, controlled motion. Hold the stretch 10 – 30 seconds, and repeat each stretch two to three times.

There are a lot of reasons people don't exercise, Clyde explained, but all of them can be

overcome with the right mindset.

Most important is not giving up, she said. Change your exercise program to keep it from becoming boring, and consider working out with a buddy to stay motivated.

"The best piece of advice I can give you is to make exercise a priority!" Clyde said. "Schedule exercise like you would any other obligation, and place emphasis on meeting that priority."

2ID chefs bare breasts, legs, thighs

Pfc. Vernice Green, HHC, 2nd Bn. 2nd Aviation Brigade, adds flavor to her team's chicken by smothering it with spices during the "Best Chicken in Town" competition, Nov. 3 at the DISCOM dining facility on Camp Casey. Green and her teammate, Sgt. Calton Hunter, represented the brigade against four other teams. The five teams from the Warrior Division worked diligently to get their chickens ready. Teams also made elaborate garnishes.



Story and photo by
Pfc. Giancarlo Casem
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CAMP CASEY — Why did the chicken cross the road? To get to the "Best Chicken in Town" competition at the Division Support Command dining facility on Camp Casey.

Ten Soldiers from the Warrior division participated in the event, Nov. 3. The competition tested Warrior chefs' fried chicken cooking skills.

"It's a time for chefs to do their best," said Sgt. Calton Hunter, 2nd Aviation Battalion, 2nd Aviation Brigade. "It feels good to compete against other chefs."

Five teams battled each other for the top honors. Each team was made up of a non-commissioned officer and a junior-enlisted Soldier. A sixth team also competed in the event. Popeye's Chicken from Camp Casey sent a team of their chefs to take part in the competition.

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Anderson was on the panel of judges that evaluated the chefs' final product.

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Evaluation consisted of factors such as taste, food presentation and Soldier appearance. Some dishes had very ornate garnishing.

One plate featured an apple carved into the shape of a chicken. Another plate included dolphins made out of bananas and a palm tree made from a carrot and bell pepper.

The evaluation was the best part of the competition for Col. Scott Donahue, Headquarters and Headquarter Company, Engineer Brigade, another judge for the event.

"I like this competition," he said. "I always get the biggest piece and get to eat most of it."

Each of the competitors received a certificate of accomplishment and the ADC (S) coin.

"It feels pretty good because you don't get recognized everyday," said Pfc. Vernice Green, HHC, 2nd Aviation Bn.

ImJin Pirates celebrate Halloween with orphans

Story and photo by
Cpl. Choi, Yeon Woo
Indianhead staff

CAMPLAGUARDIA—October 29 was filled with screams and smiles as the 50th Engineer Multi-Role Bridge Company celebrated Halloween with orphans from the Gyeonggi North Children's Temporary Shelter. Twelve children from the shelter met their hosts outside the company headquarters at Camp LaGuardia. While some children shied away, others mixed eagerly with the Soldiers. They seemed hypnotized by the Halloween costumes Soldiers gave them. Soon enough, everyone was dressed up.

2nd Lt. Beard Vongretchen, who was the main coordinator for the event, said it was not easy to find the place to buy the costumes.

"I'm not at home so I didn't really know where to go find the costumes," he said. "I had to go to Lotte World and Yongsan to get these."

Once they were all dressed up, the children were escorted to the barracks by costumed Soldiers for trick or treating. While the Korean children did not know of American Halloween traditions, they were quick to catch on. Carrying plastic bags filled with sweets, they were satisfied.

"I love these candies, although I don't really like the red ones," said Ku, Eunhae, who was dressed as a princess. "This is great. I've never had this much candy before. This will last a lifetime."

Children and Soldiers seemed a little drawn out after running through three barracks, and took a few minutes to sit and enjoy the loot.

"Besides the fact they don't speak English, there's no real difference. They're cute little kids," said Pfc. John Albertson.

Sgt. Matt White, who was on leave when the planning began, felt that this was a great way for Soldiers to reach out.

"I think this is a good for these kids to get out to a different area," he said. "This is also a good way for them to learn about us and the Army. It's an interesting time spent with Koreans letting them learn about our traditions and way of life. Plus, they're all kids. They just love candy."

After candy, it was time for the haunted house. While some children were able to stride through it valiantly, others were not. Kim, Minshik took one step into the haunted house then came straight back out.

"We get to inspire the children," said Sgt. Joshua Clark. "We get to inspire them and give them what they want, a good



Pvt. Brooke Erickson, 50th Engineer Multi-Role Bridge Company spends some time with a Hu, Eunhae after trick-or-treating, Oct. 29 at Camp LaGuardia.

scare. I mean, I was scared when I was in the haunted house, these kids are no exception."

Company commander, Capt. David Stewart, was satisfied

with the day's events.

"Our company has a working relationship to give back to those less fortunate than us," he said. "Everytime the holidays

come around, we bring them here for activities and put smiles on their faces. It's equally beneficial to both, since it lets us get a hand of Korean culture."

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5-5 ADA strikes down targets during Seastrike

Story and photos by
Pfc. Giancarlo Casem
Indianhead staff

Rockets and missiles took to the air during the Seastrike exercise Nov. 8 and 9.

Soldiers of 5th Battalion, 5th Air Defense Artillery, conducted live-fire exercises during the bi-annual training exercise.

Unlike most training exercises conducted in the 2nd Infantry Division, this special range took place in the southern province of Chung Chong. The unique live-fire range afforded the opportunity for Soldiers to fire live rounds at flying targets over the Yellow Sea.

The range also allows the unit to implement all their weapon systems, which include Stinger missiles and Avenger launcher systems.

Having a range that provides this kind of versatility grants better training for the ADA Soldiers, said Capt. Brian Jacobs, D Battery commander.

"It provides us more realistic training," he said. "It allows us to do more training than in the 2ID area. With the space here, we can have moving targets and when they are hit, they have somewhere to go."

Coordination for a major training exercise like Seastrike was a challenge for Jacobs.

"Synchronization, coordination and outside support all have to be looked at," Jacobs said. "We don't want to go all the way out here and not have any ammunition or support. We also have to coordinate with the Korean contractors launching the aerial targets."

On Nov. 8, Soldiers trained on shoulder-fired Stinger missiles. Stinger dismount teams drove up to the firing area in their humvees. Soldiers dismounted and were set to fire in a matter of only seconds. The two-man teams picked up a low-flying target, in this case a radio controlled model airplane, and locked on to it.

"Back-blast area clear," a team member shouted.

A resounding boom resonated throughout the beach as the projectile was hurled toward the target, followed by a trail of smoke.

The humming sound emitted by the engine of the plane was instantly squelched

as the missile hit its target. The remaining pieces of the plane plunged into the Yellow Sea.

"That felt really good," said Pfc. Jesse Perry. "It was really exciting."

Tracking a fast-moving target proved to be a challenge to the ADA Soldiers, said Pfc. Christopher Erway, dismount team gunner.

"You have to rely a lot on the missile," he said. "I was a little nervous, so I had to keep it steady. When I hit the target, I was really excited."

During the day the Soldiers also had the chance to engage targets onboard their Bradley fighting vehicles. The three-man teams took out targets in the water using their onboard weapons systems which included the Stinger missiles and the 25mm cannon.

ADA Soldiers' proficiency in their tasks is essential in a war-time environment, said Sgt. Jeff Branom, Bradley fighting vehicle commander. His team was the only Bradley team that hit their target.

"We provide them defense from attack," he said. "We make sure our guys get to the front to fight."

On Nov. 9, Avenger teams took down targets with missiles launched from the back of a modified humvee.

The flying targets were launched from the beach and flown at low altitudes to simulate enemy targets. Each of the 36 teams had a chance to fire one rocket.

"We are training on our METL (Mission Essential Task List)," Jacobs said. "We are training for our wartime mission. That includes engaging against north Korean aircraft. We protect 2ID military assets against enemy attack."

Some teams opted to fire in a dismounted fashion, instead of inside their Avenger launchers. Dismounted firers engaged the smaller and slower model aircraft.

"The purpose of this exercise is to hone in our skills as a battalion," said Lt. Col. Christopher Spillman, 5th Bn. 5th ADA commander. "That is, to provide air defense for 2ID and to engage and destroy enemy aircraft."

Another purpose of the exercise was to ensure that ADA gunners are fully trained and competent in their weapon systems.

"If we go to war, we are fully prepared to execute our mission and destroy the enemy,"



A Bradley fighting vehicle leaves the firing line after engaging both sea and air targets as another Bradley prepares to engage targets during Seastrike Nov. 8.

Spillman said.

Due to the high turn-over rate in Korea, ADA leaders have to ensure all Soldiers are up to standard, Spillman said.

"I have what I call my ADA core competencies," Spillman said. "We ensure every air defense fighting unit knows their equipment, crew drills, are proficient in engaging targets and skilled in identifying enemy aircraft."

Spillman said that he was pleased with the exercise.

"It was very good," Spillman said. "They engaged targets as they were trained to do and successfully engaged the aerial targets. Most importantly, it demonstrates to crews that we have good weapons systems and builds confidence in the crews. They are well trained and have reliable weapons systems. It validates that the training is good."



5th Bn. 5th Air Defense Artillery showcases an Avenger Stinger launcher system during the Seastrike exercise Nov. 9.

Warrior medics dig deep for coveted badge

Story and photos by
Pfc. JeNell Mattair
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They slept in tents despite the bitter cold. They put themselves through grueling tasks, both physically and mentally demanding. They crawled on their bellies through thick mud under barbed-wire.

They did all of this while heroically carrying casualties to safety. Over 200 Soldiers did all of this to take his shot at obtaining the prestigious Emergency Field Medical Badge.

Soldiers from all over Warrior Country made their way to Warrior Base to compete in the bi-annual EFMB challenge.

"You bring your 'A game' with you every day for a week and then you are done," said Capt. Brendan Watson, Headquarters and Headquarters Company, DISCOM.

After the first week spent training on EFMB specific tasks, Warrior medics embarked on the mission they came to accomplish. Soldiers wishing to obtain the coveted EFMB had to complete tasks in a series of lanes.

"It is very intense," said Spc. John Childs 1st Battalion, 72nd Armor Regiment. "Before I came here I dumped everything I knew about medicine. There is the right way, the wrong way and the EFMB way. It is more attention to detail than anything else."

Throughout the hilly landscape, sounds of inaudible yelling, rifle fire and explosions were played from a recording to give candidates a sense of realistic warfare.

"When I'm working in the lanes I ignore all distractions they present to us," Childs said. "I am hoping to succeed and earn the EFMB."

Soldiers began with the challenge of locating four casualties and treating their various wounds within a set time limit. Within the restraints of one hour Soldiers treated casualties suffering from chest wounds, shock, abdominal wounds, head injuries and fractures, in order of importance. Candidates also administered an IV and filled out a field medical card.

Next, Soldiers had to load the casualties into an M113 Armored Personnel Carrier in proper order.

"After the casualties are in, (the candidates), raise the latch and they are done with this lane," said Sgt. 1st Class Eddie Sweatman, 168th Medical Battalion.

"The hardest thing on lane one is attention to detail. It is very intense and there are a lot of things they have to do to receive a 'go.'"

An additional lane assessed Soldier's skills in common field tasks. This lane measured the candidate's ability to apply common Soldier skills to protect himself and the casualty in a battlefield scenario.



Soldiers crawl under barbed-wire while carrying an injured Soldier on a litter during the obstacle course portion of the EFMB training Oct. 27 at Warrior Base.



Soldiers dive to cover a casualty on a litter during simulated sniper-fire at EFMB training. Included in the obstacle course was a deep-trench, movement under barbed-wire and a low wall.

Soldiers had to prove their skill in assembling and disassembling an M-16, M-9 and M-4 pistol. They had to show they could don protective gear, (nuclear, biological and chemical equipment), in the designated time period.

"We run them through the lanes at combat speed," said Sgt. 1st Class Anthony Young, 702nd Main Support Battalion. "Soldiers are under (simulated) sniper fire to add to combat scenarios."

During a particularly formidable segment of the course, Soldiers in four-man teams had to carry a simulated casualty on a litter through various obstacles. Low wall, deep trench, narrow passage and barbed wire

obstacles each posed a challenge for the warriors.

The obstacle course is intended to imitate the way a casualty would be evacuated on a litter during combat, said Staff Sgt. Scott Greene, 542nd Medical Company.

The four-man teams have to negotiate six of eight obstacles to successfully complete the course, Greene said. "If a member of the team drops the litter the other members of the team are not penalized," he said.

Upon completion of all lanes EFMB candidates must compete in order to gain the badge, they were still faced with a written test and a 12-mile road march. The road march had to be completed in three hours.

"Land navigation will probably always be the toughest lane you go through," said Watson. "It is a perishable skill, so if you don't practice it frequently you get rusty at it. Also because the terrain is so hilly in Korea, it is more difficult."

Watson competed for the badge and came out victorious himself prior to helping lead the way at the EFMB course.

The course builds confidence in Soldiers that can roll over into other areas, he said.

To obtain the esteemed badge a Soldier must be committed.

"Stay dedicated, be dedicated prior to coming here," Watson said. "You have to be focused to get this badge."

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obstacles each posed a challenge for the warriors.

The obstacle course is intended to imitate the way a casualty would be evacuated on a litter during combat, said Staff Sgt. Scott Greene, 542nd Medical Company.

The four-man teams have to negotiate six of eight obstacles to successfully complete the course, Greene said. "If a member of the team drops the litter the other members of the team are not penalized," he said.

Upon completion of all lanes EFMB candidates must compete in order to gain the badge, they were still faced with a written test and a 12-mile road march. The road march had to be completed in three hours.

"Land navigation will probably always be the toughest lane you go through," said Watson. "It is a perishable skill, so if you don't practice it frequently you get rusty at it. Also because the terrain is so hilly in Korea, it is more difficult."

Watson competed for the badge and came out victorious himself prior to helping lead the way at the EFMB course.

The course builds confidence in Soldiers that can roll over into other areas, he said.

To obtain the esteemed badge a Soldier must be committed.

"Stay dedicated, be dedicated prior to coming here," Watson said. "You have to be focused to get this badge."

USO & Recreation Center tours ...

Make your tour in Korea more enjoyable and memorable. The USO at Camp Casey and your local Community Activity Center (CAC) or Recreation Center hosts trips visiting locations and events throughout Korea. Below are tours and trips from Nov. 15-28. For more information call the USO or your nearest CAC or Recreation Center



USO at Camp Casey (730-4813 or 4812)

Nov. 20	JSA Tour	7:30 a.m.
Nov. 21	Lotte World Tour	8 a.m.
Nov. 25	Jeju Island Tour (2 nights, 3 days)	
Nov. 25	Thanksgiving 8-Ball Tournament	11 a.m.
Nov. 26	Seoul City Tour	8 a.m.
Nov. 27	Osan Shopping Tour	8 a.m.
Nov. 28	Bungee Jumping Tour	1 p.m.

Camp Red Cloud Community Activity Center (732-6190)

Nov. 18	8-Ball Tournament	1 p.m.
Nov. 18	Table Tennis Tournament	6 p.m.
Nov. 20	Osan Shopping Tour	8 a.m.
Nov. 20	R/C Car Racing Tournament	10 a.m.
Nov. 21	9-Ball Tournament	1 p.m.
Nov. 27	Outback Steak House Tour	10 a.m.

Camp Page

Nov. 15	Aerobics	6 p.m.
Nov. 16	International Mixed Bowling League	7 p.m.
Nov. 17	Salsa/Latin Music DJ	7 p.m.
Nov. 18	Karaoke Night	7 p.m.
Nov. 19	Swimming Class	6 p.m.
Nov. 19	Pool Tournament	7 p.m.
Nov. 20	E-Chon Pottery Shopping Tour	8 a.m.
Nov. 21	Paintball Activity	2 p.m.
Nov. 22	Tae Kwon Do Class	6:30 p.m.
Nov. 23	BOSS Turkey Trot	6 a.m.
Nov. 26	Chunchon Art Center Tour	1 p.m.
Nov. 27	Kangchon Ski Tour	8 a.m.
Nov. 28	Dart's Tournament	7 p.m.

Camp Stanley

Nov. 21	R/C Car run and repair	3 p.m.
Nov. 23	R/C Car Race	3 p.m.

Camp Essayons

Nov. 18	Play Station 2 Tournament	6 p.m.
Nov. 20	Osan Shopping Tour	8 a.m.
Nov. 27	Outback Steak House	10 a.m.

Camp Hovey

Nov. 19	Friday Night Movie	6 p.m.
Nov. 20	DVD Movie	2 p.m.
Nov. 21	8-Ball Tournament	1 p.m.

Camp Stanton

Nov. 16	Chess Tournament	5 p.m.
Nov. 25	Table Tennis Tournament	11 a.m.

Pear Blossom cottages for 2ID/Area 1 families

If you are a spouse in a non-command sponsored family in Area 1 and you're looking for opportunities for personal development and social support with other spouses and family members or just something to do, look no further than your nearest Pear Blossom Cottage (PBC).

Here are some highlights of what's happening in the next two weeks at PBCs throughout Area 1.

Camp Red Cloud's PBC will have a chapel luncheon Nov. 15, an ESL class Nov. 16 & 23, KSL/ cooking class Nov. 17, a family luncheon Nov. 18, open discussion Nov. 19, a parenting class Nov. 22, KSL/babies day Nov. 24 and an ice skating trip Nov. 26. For information, call Natalia Lyons at 732-7168 or 031-870-7168.

The Camp Casey PBC will have an ESL class Nov. 15, 17 & 22, a KSL class Nov. 16, 18 & 23, cottage clean up Nov. 19 & 26 and a Thanksgiving luncheon Nov. 24. For more information, call Tess Compton at 730-3837 or 031-869-3837.



Camp Page's PBC will have a beads class Nov. 15 & 22, a parenting class Nov. 16, children's story time & crafts Nov. 17, Dongdaemun Market trip Nov. 18, an employment seminar Nov. 19, an ESL class Nov. 23, Thanksgiving/kid's party Nov. 24, and a KSL class Nov. 26. For more information, call Chong Won Darling at 721-5562 or 033-259-5562.

The Camp Stanley PBC will have story hour Nov. 15, art class/earring making Nov. 16, a family luncheon Nov. 17, an ACS birth briefing Nov. 18, a family picnic Nov. 19, an employment briefing Nov. 22 & 23 and family baking day Nov. 24.. For more information call Kay Jordan at 732-5400 or 031-870-5400.



For more information on any of the events at the Pear Blossom Cottages, call Polly Hancock at 730-3107.

Movies

Camp Red Cloud

Show times: Mon.-Tues. & Thurs. 7p.m., Fri.-Sat. 7 & 9 p.m., and Sun. 3, 6 & 8 p.m.
Nov. 15 ... *Napoleon Dynamite*
Nov. 16 ... *Paparazzi*
Nov. 18-19 ... *Ray*
Nov. 20-21 ... *Cellular*
Nov. 21 ... *Shrek 2*
Nov. 22-23 ... *Hero*
Nov. 25-26 ... *The Incredibles*
Nov. 27-28 ... *Sky Captain and the World of Tomorrow*
Nov. 28 ... *Raising Helen*

Camp Casey

Show times: Mon-Thur 7:30 p.m., Fri.-Sat. 6:30 & 8:30 p.m. and Sun. 3, 6:30 & 8:30 p.m.
Nov. 15 ... *Saving Christmas*
Nov. 16-17 ... *Paparazzi*
Nov. 18 ... *Wimbledon*
Nov. 19-20 ... *Cellular*
Nov. 21-22 ... *Ray*
Nov. 23-24 ... *Hero*
Nov. 25-26 ... *Sky Captain and the World of Tomorrow*
Nov. 27 ... *The Forgotten*
Nov. 28 ... *The Incredibles*

Camp Howze

Show times: Fri-Sat. 7 p.m.
Nov. 19... *Surviving Christmas*
Nov. 20 ... *The Village*
Nov. 26 ... *Ray*
Nov. 27 ... *Collateral*

Camp Stanley

Show times: Sun-Mon & Thur.-Fri. 7 p.m. and Wed. & Sat. 7 & 9 p.m.
Nov. 15 ... *Paparazzi*
Nov. 17 ... *Ray*
Nov. 18 ... *Napoleon Dynamite*
Nov. 19-20 ... *Sky Captain and the World of Tomorrow*
Nov. 21-22 ... *Hero*
Nov. 24 ... *The Incredibles*
Nov. 25 ... *Wimbledon*
Nov. 26-27 ... *Resident Evil : Apocalypse*
Nov. 28 ... *The Forgotten*

Camp Garry Owens

Show times: Sat., Mon.-Tue. & Thur. 7 p.m., Sun. 3 & 7 p.m.
Nov. 15 ... *Vanity Fair*
Nov. 16 ... *The Cookout*
Nov. 18 ... *Anacondas: The Hunt for the Blood Orchid*
Nov. 20 ... *Surviving Christmas*
Nov. 21 ... *Anacondas: The Hunt for the Blood Orchid*
Nov. 22 ... *Napoleon Dynamite*
Nov. 23 ... *Paparazzi*
Nov. 25 ... *Paparazzi*
Nov. 27 ... *Ray*
Nov. 28 ... *Cellular*

The movie titles for each day are subject to change without notice at the discretion of movie theater management.





Seoul welcomes 'Warriors' to palace, theater

**Story and photos by
Pfc. JeNell Mattair**

Indianhead staff

Soldiers of Warrior Country were treated to a tour around Seoul Oct. 28.

The day began with a visit at the Gyeongbokgung Palace. During the forced Japanese occupation of Korea in 1592 the king and his attendants chose to abandon the capital and flee north.

Infuriated by the king's departure, the commoners burned the palace to the ground. The king and his court returned to find the palace ruined.

Gyeongbokgung Palace lay in ruins for 273 years until it was renovated in 1867.

Today the palace stands as a tourist attraction for locals and foreigners alike. A stunning recreation of the throne and room where the king spent his working hours is complete with a radiant golden dragon painted on the ceiling.

"The whole recreation of the emperors' throne was pretty neat," said Pfc. Cody Harding Headquarters and Headquarters Battery 5th Battalion 5th Air Defense Artillery.

Next, the Soldiers were taken to the Korean National Folk

Museum. The museum plays host to a wide display of the life and customs of Korean nationals from the beginning of recorded history to present day.

"I feel blessed to experience the culture here and the rich history," said 1st Lt. Adam Miller 5th Bn., 5th ADA. "That is part of the reason I volunteered to come here and part of the reason I joined the Army."

The museum boasts a collection of 25,088 artifacts.

After the museum visit, the Soldiers were treated to an evening at the Chong-Dong Theater.

The theater features Korean musical traditions in four represented arts. Percussion, dance, local and orchestral music are performed for the multi-cultural audience.

The theater is a restoration of the first Western-style theater in Korea. Chong-Dong hosts traditional Korean theater and art performances every Tuesday and Friday night year-round. There is traditional opera, or pan-sori, and folk dancing from throughout Korean history.

Toward the end of the show, seven drummers perform in a dance called, "Three Drums."

"I enjoyed the rhythm, beat and talent," Miller said.

Each drummer has three



This display at the Korean National Folk Museum shows the traditional clothing of the king and queen. The museum is home to 25,088 historical artifacts.

drums and the artists pound away in an almost hypnotic method.

"The three drums were pretty good," said Sgt. 1st Class Maybelle Cline, 122nd Signal Battalion. "They are very talented people."

After the show at the Chong-Dong theatre ended, Soldiers visited the Namsan Folk Village. There they played a traditional Korean board game, explained by

Pfc. Jason Wambles HHB 5/5 ADA, who had played before.

"The sticks are like dice," he said. "However many sticks land upside down, that is how many spaces (on the board) you go."

"If all of them land upside down you go four spaces and get another turn. If all of the sticks land with the writing facing up, you go five spaces and get another turn."

There are little white dots on the board game and the player must make his way from the beginning to the end to win.

Lastly, the Soldiers were treated to a Korean buffet at the Korea House. Soldiers dined on everything from octopus to beef and were offered rice cookies for dessert.

"I thought it was great," Cline said. "I'm glad I got the opportunity to come."

Do you have what it takes
to represent the Army?

2ID Sports Office

What is the process to apply for participation in a the All Army Sports Program?

The process is as follows:

- Obtain the All Army application and athletic summary from your Enclave Sports Director
- Fill out the application DA 4762-R and summary completely.
- Obtain your commander's endorsement for participation.
- Return all documents to your Enclave Sports Director.

When are the completed application and resumes due to the All Army Sports Office?

Applications are due no later than 30 days before training camp begins.

If there is not a training camp scheduled for the sport you are applying for, the application is due 60 days before Armed Forces Championships begin.

When can I expect notification of acceptance or non-acceptance of my application?

If you are accepted you will be notified by DSM message 30 days before the sport begins. Your local enclave is responsible for issuing orders.

I submitted my application, so why wasn't I accepted?

The All Army Sports Office

stresses the fact that you must complete the application in full. Please ensure that correct commercial phone and fax numbers are provided, and that you submit an accurate address or geographic location if you are deployed.

Please ensure that all parts of the application, to include the affidavit, are completely filled out. Include race times and events within the last three months. Please keep in mind that you are competing with other athletes Army wide.

Does my Commanding Officer have to approve?

Yes. You cannot be selected to participate in any All Army Sports sponsored event without the approval of your CO.

Do any sports require individuals to get a physical examination before competing in them?

Yes, to compete on the All-Army Boxing or Wrestling teams, you must get a physical examination and submit it with your application. The necessary forms can be obtained from the same sources as your application.

Am I required to have a passport for any events?

Yes. For all sports that lead to an overseas CISM Championship event, you must obtain

a current passport. Official passports may be issued by local commands, but not all commands issue passports, especially if a NATO country hosts the event.

Due to current heightened tourist alerts, personal tourist passports are highly recommended, and in the event official passports cannot be issued, tourist passports are mandatory for consideration of participation.

How do you select a team?

All Army team selections occur after the resume deadline. All resumes are 'racked and stacked' by the team coach.

In cases where there is no coach or times cannot be compared, an expert in the sport is consulted to give recommendations.

How long do All Army Sports take?

Any sport will compete from 3 days to 1 week. Training camps may take up to 3 weeks.

As a general rule, when submitting resumes, be aware that your command is willing to release you from the beginning of the All Army Trial Camp to the highest level of competition. In some instances, this may take up to three months.

For more information on All-Army Sports, call 732-6276.

So, you have an opinion?

Commentary by
Spec. Chris Stephens
Indianhead editor

The *Indianhead* staff will debut a new concept to the Sports section beginning January, 2005.

The concept is exactly like what you see on ESPN's *Pardon the Interruption*.

In each issue of the paper, a subject will be given for debate among our readers.

For example, an issue could be on the New York Yankees' spending habits.

Is it good or bad for baseball?

From there, we encourage readers to weigh in with their opinion on either side of the issue.

The best responses on each side will be published in the following issue of the *Indianhead*.

This new edition to the Sports section will allow our readers to state their opinion in the *Indianhead* in something other than Voice of the Warrior.

For more information, call the 2ID Public Affairs Office at 732-8856.

Post-level Basketball Standings

TEAM	WON	LOST
West Camp Casey	2	0
East Camp Casey	1	0
Camp Stanley	1	1
Camp Red Cloud	0	1
Camp Page	0	2

Results	High Scorer
Nov. 6 West Camp Casey 89	Terrell Moore - 33
Camp Red Cloud 54	Vincent Jackson - 24
Nov. 6 Camp Stanley 75	James Brooks - 20
Camp Page 58	Eric Jordan - 12
Nov. 7 East Camp Casey 72	Stacy Smith - 20
Camp Stanley 62	Shedrick June -17
Nov. 7 West Camp Casey 90	2 tied - 12
Camp Page 66	Steven Rahe - 20

	2nd Lt. Jonas Angeles 2nd Eng. Bn. 34-21 (7-4)	Cpl. Seo, Seok Ho Indianhead staff 32-23 (6-5)	Sgt. Choi, Kyung Seung HHC 2X 30-25 (6-5)	Spec. Dean Rudolph HHC 2X 30-25 (6-5)	Staff Sgt. Charles Tyson 302nd FSB 30-25 (7-4)	Spec. Chris Stephens Indianhead editor 27-28 (5-6)
Auburn at Alabama	Auburn	Auburn	Auburn	Auburn	Auburn	Auburn
Florida at Florida St.	Florida St.	Florida St.	Florida St.	Florida	Florida St.	Florida
Wisconsin at Iowa	Wisconsin	Wisconsin	Wisconsin	Wisconsin	Wisconsin	Iowa
Stanford at California	California	California	California	California	California	California
Michigan at Ohio St.	Michigan	Michigan	Ohio St.	Michigan	Michigan	Michigan
Detroit at Minnesota	Minnesota	Minnesota	Minnesota	Minnesota	Minnesota	Minnesota
Dallas at Baltimore	Baltimore	Baltimore	Dallas	Baltimore	Baltimore	Baltimore
NY Jets at Cleveland	NY Jets	NY Jets	NY Jets	Cleveland	NY Jets	NY Jets
Pittsburgh at Cincinnati	Pittsburgh	Pittsburgh	Pittsburgh	Pittsburgh	Pittsburgh	Pittsburgh
Atlanta at NY Giants	Atlanta	Atlanta	NY Giants	Atlanta	Atlanta	Atlanta
WILD CARD: New England at Kansas City	New England 28-14	Kansas City 34-27	New England 31-27	New England 31-21	Kansas City 31-23	New England 34-21