

Good mental health promotes wellness

Pfc. JeNell Mattair Indianhead staff

CAMP RED CLOUD – Good mental health and the way a person deals with the stressors in his life work hand in hand.

Stress is the wear our bodies endure as we shift and shape to our constantly changing environment.

It has physical and emotional affects on us, and generates constructive or negative feelings.

As a positive pressure stress can help us strive to be our very best. As a negative influence it can result in feelings of hopelessness, rejection, resentment and doubt. This can lead to health troubles such as headache, upset stomachs, sleeplessness, ulcers, high blood pressure, heart disease and stroke.

Physical stress can result from having too much to do, not getting enough sleep, a poor diet or the effects of an illness. Mental stress comes oftentimes from money worries, illness, the death of a loved one or losing a job.

"Unresolved mental health related problems can wreak all kinds of havoc on our physical health in many ways," said Capt. Gary Sinclair, Division Mental Health 302nd Brigade Support Bn. "The two are directly related and thus can both adversely affect the other."

Stress can also have a positive influence inciting motivation and alertness, providing the stimulation to deal with demanding circumstances, according to officials. Also, stress can be both physical and mental.

"Good mental health plays an important role in our daily lives." Sinclair said.

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Millions of Americans suffer from unhealthy levels of stress at work, according to the Health Resource Network. Soldiers can find constructive ways to relieve stress with exercise, reading, taking advantage of USO tours and other recreational activities.



Apaches, Longbows and Blackhawks take over KTC See story,

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Peacocks and more from New Zealand

Photo by Spc. Chris Stephens

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Voice of the Warrior

COOK'S MOUNT

By: Spc. Steven Baughman



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Commentary

Command Sgt. Maj. **James Lucero** 2nd Inf. Div. Command Sgt. Maj.

e have updated the Warrior Standards. Included in this update are new policy letters, adjustments to civilian clothing guidelines and clarification to training uniforms.

The division's policy letters have increased from 19 to 27 in all, and have been moved to the front of the book.

Leaders must ensure their Soldiers are familiar with each policy letter and educated about each letter's importance to the well-being of our Soldiers. We have also ammended some of the guidelines for the wear of appropriate civilian attire on and off duty.

Let's look at some of the new policy letters that have been added to the Warrior Standard.

Policy Letter No. 1, Command Philosophy, presents Warrior 6's desire that our Soldiers live the

Warrior Ethos, prepared to transform into a modular force, lethal and unyielding in our support to our ROK neighbors.

Two additions to the Warrior Standard are Policy Letter No. 2, which outlines our commanding general's delegation of authority, and Policy Letter No. 3, which explains his support of commanders at all levels having an open-door policy for our Soldiers and civilian employees.

Policy Letter No. 5, Prevention of Sexual Harassment (POSH), reinforces our position that all leaders, military or civilian, have the responsibility to ensure that sexual harassment is not tolerated in the Warrior Division.

Any allegation of sexual harassment will be promptly addressed and investigated.

Leaders must ensure our Warriors understand that sexual harassment negatively effects mission readiness and is an offense punishable under the Uniformed Code of Military Justice.

Policy Letter No. 7, Equal Opportunity Policy, is the command's promise to ensure treatment of all Warriors in the 2nd Inf. Div. is based solely on merit, fitness, capabilities and potential without regard to race, color, religion, gender or national origin.

This promise includes civilian employees, KATUSA Soldiers and our family members. Likewise, methods to address mistreatment are outlined in Policy Letter No. 8, Equal Opportunity Complaint Procedures.

Policy letters 10 and 11 address Warrior Division safety and driving safety respectively, and Policy Letter 15 explains the importance and use of Command Presence Patrols.

CPPs serve to help protect our force, preserve good order and discipline while our Soldiers are off post, and help prevent incidents which may negatively reflect on our Soldiers or the command.

The updated Warrior Standard also reflects changes in the civilian clothing policy.

Civilian caps may be worn forward or backward, but not to the side. Sweatbands will not be worn to or from athletic activities, but may be worn while the activity is conducted.

The updated Warrior Standard further defines the wear of sleeveless shirts and prohibits the use of tobacco products in all DoD facilities.

We are a busy Army. We have more than 290,000 Soldiers deployed to 120 countries, 19,000 daily involved in Homeland Security, and 1,500 daily guarding prisoners. Still, we are the first division to take on combatives. We have also made the new Physical Readiness Training program the standard throughout the division. We have a number of trainers for both, combatives and PRT, throughout the division. Don't let the trainer PCS before getting trained replacements.

The standards are there. NCOs must enforce them. The Warrior Division will be getting new equiptment to ensure PRT and Combatives



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training is embraced throughout the command.

The BDU is a training uniform and is authorized for wear during Combatives training and some PRT conditioning drills and exercises. These programs are designed to build strength and endurance in all parts of the body, and make the Soldier more fit to survive and win on the battlefield.

Leaders must ensure our Soldiers read and understand the updated Warrior Standard. It is the standard which sets the Warrior Division apart from all others and ensures our Soldiers are prepared to Fight Tonight!

Honor – Valued tradition upheld by all branches of military

Spc. Chris Stephens Indianhead editor

"We have many traditions in the military ... Some good, some bad. But, I wouldn't be here if it wasn't for our greatest tradition of all ... Honor, Sir!

- Cuba Gooding Jr. Playing the role of Master Chief Boatswain's Mate Carl M. Brashear in the movie Men of Honor.

ast Tuesday I was sitting at Mitchell's on Camp Red Cloud at the Black History Month Luncheon listening to a panel of division leaders talk about what African-American figures' principles/ philosophies closely resemble their personal principles/philosophies.

Two people said their mothers, one said Maya Angelo and another said Ray Charles.

However, for me, when I think of an African-American whose principles I try to follow, I can only think of one man.

Master Chief Boatswain's Mate Carl Brashear is a man who set a goal in mind and continued to fight until he reached it. His motivation for



said he couldn't do it.

Brashear was not only the first African-American to become a Master Diver in the U.S. Navy, he also did it with an amputated leg. Brashear lost a leg when a pipe came loose, flew across the deck, and struck his leg below the knee. He was told he flew way up in the air just turning flips. After several attempts to save his leg, Brashear decided to amputate it.

Now, the Army defines honor as living up to the Army Values.

Even though Brashear was in the Navy, everything he did lived up to our value system.

He showed **Loyalty** to everything around him. He stayed loyal to the Navy even though, for a while, it didn't seem like the Navy would stay loyal to him when he lost his leg. He

continued to push and stay committed.

Brashear felt it was his Duty to serve his country to the fullest extent possible. He wasn't going to let any injury prevent him from doing his job as a Navy diver.

While Brashear was in Navy Dive School he showed the **Respect** to all seaman alike, whether they were officer or enlisted, they deserved, even though he rarely received it in return. Brashear wasn't a man who would stoop down to their level.

Just like any serviceman, Brashear demonstrated Selfless Service in the fact that he didn't care about where he served as far as location goes. He served anywhere the Navy needed him and did so selflessly. The movie Men of Honor also depicts the incident in which Brashear lost his leg, where he threw two seaman out of the way of the pipe. His Selfless service most likely saved their lives.

Honor is a true embodiment within itself. The way he carried himself throughout his whole ordeal in the Navy, from beginning to end, showed he truly was a man of honor.

Brashear showed Integrity in the sense that he always tried his best to do what he thought was right. It didn't matter to him if someone was looking or not, he got his job done to standard.

I feel that **Personal Courage** was the strongest of his traits. Through all of the pain and all of the suffering he went through with his leg being amputated, Brashear never complained. He beat the pain and got through rehabilitation on his way to achieving his goal.

Brashear was constantly told he couldn't do things as well as other people because he was an African-American and later because he was an amputee.

But to me, Brashear showed honor in the fact that he held himself to the highest standard and wouldn't take "no" for an answer.

He's a man that proved you can do anything you set your mind to ... and to me, that's honor.

Editor's Note: This is the fifth part of a seven-part commentary series on the Army Values.

Send your 'Letters to the Editor' to 2IDpao@korea.army.mil

Aviation unit wins award third year in a row

Spc. Chris Stephens Indianhead editor

CAMP STANLEY - The Department of the Army's standard for operational readiness for aviation units with some type of Blackhawk helicopter is 75 percent.

However, 2nd Battalion, 2nd Aviation Regiment, Soldiers have taken the standard to a whole new level, maintaining an operational readiness rate of at least 89 percent, helping them win the Helicopters Project Manager's OCONUS Master of Readiness Award for the third consecutive year.

"To have our unit win this award for the third year in a row says a lot about the people we have here," said Capt. Boyce Buckner, battalion operations officer. "The Soldiers and contractors of this unit put in a lot of time and effort to ensure we maintain a high state of readiness."

Through fiscal 2004, the battalion flew a total of 8,928 aircraft hours in which they also completed 16 phase inspections.

"After every 500 miles of flying time, we completely disassemble the aircrafts to inspect each and every part," Buckner said. "If there's a crack, a leak or something else

wrong with a part, we'll replace it. It's a tedious process for our Soldiers. In a regular aviation unit, it normally takes about 45 days to complete this inspection. But, this unit averages 22 days to complete the same inspection. The Soldiers and civilians get the job done quickly and efficiently."

By finishing the inspections accurately and efficiently, the unit is able to maintain their standards of readiness.

Another big factor in the unit maintaining their readiness is the scheduled and unscheduled maintenance.

"Managing the maintenance of aircrafts can be a little tricky," said Chief Warrant Officer Jim Harshfield, production control officer. "Sometimes the parts needed to repair an aircraft aren't available or there's a shortage of personnel. So, you have to work around all of those little quirks."

Another item the unit gets hit with is unscheduled maintenance.

"Sometimes something happens during flight and the aircraft needs to be repaired once it touches the ground," said Sgt. 1st Class Steven Greenwell, production control NCOIC. "So, we have to coordinate with the personnel to ensure the job gets done and the unit can main-

Photo by Pfc. JeNell Mattain Crew chiefs help ensure that the operational readiness rate for the battalion stays well above the Department of the Army standard of 75 percent.

tain its readiness." DynCorp, the contracting

company working with the battalion on their aircrafts, also plays a big role in ensuring the battalion's readiness.

"We work side-by-side with the Soldiers to help ensure everything is done right and the aircrafts are operational," said Rodney Malcolm, crew leader. "We're a team here."

Malcolm and his DynCorp colleagues average 22 years of experience in the aviation field. "Everybody knows what

they're doing," he said. "So, it helps that I know that my guys will get the job done the right way, the first time. I don't have to look over their shoulder."

What also makes this award special for the "Wildcards" is the number of missions they support around the division along with maintaining the readiness of each of their 30 UH-60L black hawk helicopters.

gade Combat Team tank turnin, 4th Squadron, 7th Cavalry Regiment's deactivation and C-5 load out support, logistical support for the Division Support Command (DISCOM), assumption of the UNCMAC mission from 1st Bn., 52nd Aviation Regt., and various air assault, door gunnery and field training operations.

"No matter the mission, we'll be ready for what we have to do," Buckner said. "This award proves we can get the job done correctly."

Task Force 1-72 Caring for Soldiers and Community

2nd Inf. Div. Public Affairs Office

CAMP CASEY - Over the past two months, Task Force 1-72 Armor has been busy caring for its Soldiers with several events to enhance their readiness.

The unit events included a marriage training event, prayer breakfast, tank lighting ceremony, two ski retreats and a monthly event called the Seoul Subway Safari.

The unit sponsored a Building Strong and Ready Families training event in December. Chaplain (Capt.) Brian Curry, trained married couples in communication and divorce proofing their marriage. The training concluded with an overnight stay in a hotel in Seoul.

"I think it is great that the command actually shows how much they care about families with training events like this," said one couple.

Another couple said, "this weekend was helpful, educational and a wonderful get-away from the daily grind of living as an Army couple."

Curry stated one major overall goal of each of the events was "to help each Soldier focus on their mental, emotional, and spiritual well-being."

Task Force Commander Lt. Col. Paul Laughlin said, it is important for Soldiers to stay balanced in terms of spirit, mind and body.

"The NCOs and Officers of this unit stay committed to provide opportunities for our Soldiers to be spiritually and emotionally (sound)," he said.

The most recent event included a spiritual fitness and ski training event. One Soldier summed up his comments about the weekend with, "very fun weekend. I am thankful to be under the kind of leadership that allows and encourages events like the ski retreat."

The unit also focused on caring for the community around it by actively supporting Ae-Shin orphanage.

The unit helped sponsor children by purchasing Christmas gifts for them.

The unit also collected nearly \$3000 to help with winter expenses, and extra food costs. Curry was informed by the director that the children needed winter coats, and the unit responded by purchasing over 50 coats for them.

"I truly believe the Soldiers get more out of our relationship with the orphanage than Ae-Shin does. You should see how the Soldiers respond to the children. It represents everything that is good about our country" Curry said.

Over the next few months TF 1-72 plans on continuing its focus on caring for its Soldiers and community with numerous events planned.

"The NCO and Officer leadership of this Task Force will remain fully committed to genuinely care for our team and community," Laughlin said.

When leaving post, ensure you have two forms of ID on you.

Missions they supported during 2004 include the 2nd Brigade Combat Team deployment, the 1st Headquarters Bri-

'Buffalo Soldier' honored after 35 years

Pfc. JeNell Mattair Indianhead staff

lbert Curley is an original "Buffalo Soldier." He retired from the Army in 1969 after 28 years of service.

Curley served two of those years as a first sergeant. He was retired from the Army as a master sergeant despite Army regulations stating a Soldier will retire at the highest rank held.

"It's an honor to be recognized as a first sergeant in retirement," Curley said. "It was an honor for me to serve."

"On January 21, 2005 the Army Board for Correction of Military Records, corrected a major injustice," said Sgt. Maj. Ulysses Mays, 2nd Infantry Division G-6 sergeant major. "He was finally retired at the rank of first sergeant after more than thirty-five years."

Mays' tour at Fort Riley, Kan., afforded him the opportunity to meet and befriend Curley and three other Buffalo Soldiers.

It was through these

STRESS from page 1

Communication and social support is important to good mental health in several different ways, Sinclair said.

"It is important to have someone listen to your feelings, comfort you and offer encouragement," he said.

Family and friends can help discuss important life decisions, he said. People who have friends and family for support and communication are much better prepared physically and mentally for adapting and coping with life changes.

Soldiers can relieve stress and promote good mental health by taking the time out of the day to talk to their families more often, said Pfc. David Johnson, Task Force 1-72.

"Approach any type of situation with a calm and positive attitude," Sinclair said. "Many times individuals allow themselves to become overwhelmed with a problem and are not able to look beyond the situation.

"Taking time for yourself is vital," he said. "We all need personal time. This can be meditation, exercising, reading, writing or a favorite hobby."

Studies have shown that physical exercise is one of the best anxiety relievers, according to officials.

Mentally, exercise affords an outlet for downbeat emotions such as frustration, anger and irritability thus encouraging a more optimistic attitude and

friendships that Mays learned the story of Curley's retirement.

"One day while having dinner at his home, he told me the whole story," Mays said. "I didn't want to make any promises, but I had to try and set the record straight."

In 2003 Mays began the process of righting the wrong. "The first sergeant position is the toughest job in the Army," Mays said. "It is

one of the most prestigious positions in the military. Anyone who has served successfully in this capacity has proven himself to be a cut above the rest."

On June 28, 1866, an Act of Congress authorized the creation of six regiments of black troops.

These troops went on to play a major role in the history of the West, known as the "Buffalo Soldiers."

The Plains Indians began to call the black cavalrymen "Buffalo Soldiers" because the fight and spirit of the Soldiers reminded them of the fight and unyielding spirit of the buffalo.

Curley enlisted in the U.S.

point of view.

"Spend your time wisely," said Sgt. John Archer, Task Force 2-9. "Working out and going to the gym (is good for stress relief)," he said.

The American Academy of Family Physicians lists possible signs of stress that indicate outside help may be needed.

Anxiety, back pain, depression, fatigue, headaches, high blood pressure, upset stomach, insomnia and significant weight loss or gain may be signs of too much stress and waning good mental health, according to officials.

"Assistance from mental health professionals can be a type of preventative medicine," Sinclair said. "If a problem can be identified in the early stage, then it can be addressed and allow the Soldier to continue to be a productive member of a unit."

If the problem is mild and a specific reason can be identified for what is being experienced then it may be safe for a Soldier to attempt to regain and main tain good mental health on his own, Sinclair said.

But, if the characteristics are prolonged and cause significant distress or impairment in social, occupational or other areas of function, it is time to seek professional assistance, he said.

For more information on mental health services, call 730-4304 during duty hours.

Army at Fort Riley in 1940 as a recruit assigned to Troop A, 9th Cavalry Regiment.

It was this assignment that made him an original "Buffalo Soldier."

During his tour of duty at Fort Riley, Trooper Curley also served in the 2nd Cavalry School Detachment.

Throughout his honorable years of service Curley served in Italy, Japan, Korea, Vietnam and two tours in Germany.

He has earned awards and decorations including the Bronze Star, Purple Heart, World War II Victory Medal and numerous others.

"I've learned patience and persistence from Mr. Curley," Mays said. "He never gave up on his dream of retiring as a first sergeant even after thirty-five years."

The more we learn about our history, the more we learn about ourselves, Mays said.

"Talking and listening to Mr. Curley is like taking a walk through history. "He was a fine Soldier and is an outstanding civilian. He is a role model for Soldiers

today," he said.



Retired 1st Sgt. Albert Curley, left, poses for a photo with Sgt. Maj. Ulysses Mays, next to a 'Buffalo Soldier' statue at Fort Riley, Kan.

system does work and he received the honor that he deserved after so many years," said Master Sgt. Jaynene Smith 8th Army G-6. "He has been a staple in the "I am glad to know that the community for many years."

For Curley and his wife of almost 62 years, Consuelo, the wait was worth it.

"This gives me a little bit of a better feel for where I've been and what I've done for the Army," he said.

Courtesy photo

Stress Reduction Kit



- 3. Repeat step 2 as necessary, or until unconscious.
- If unconscious, cease stress reduction activity.

Often Soldiers attempt to deal with stress in humorous ways. Although humor may help to reduce stress, the issue of stress itself should never be taken lightly. Soldiers are encouraged to get the help they need ... and deserve.

News Briefs

New AIP

As of Feb. 1 Assignment Incentive Pay is now better than ever with three significant changes to serve you better.

* No more short sign-up windows – you have a continuous open AIP sign-up window from the day you arrive in Korea until 90 days from your DEROS or until your receive reassignment instructions.

* Freedom of Choice – You choose either 12 or 24 month AIP during the continuous sign-up period.

* Immediate payment – Whether you choose 12month AIP for \$300 per month or 24-month AIP for \$400 per month, you begin receiving AIP payments the month you sign the AIP request.

For more information, call your unit personnel officer or visit the 8th PERSCOM Web site at http://www-8perscom. korea.army.mil.

AFSC Scholarship

American Forces Spouses' Club Scholarship Applications are now available. Merit Scholarships are avalable for high school seniors, college students and adult students.

Applications can be picked up at the Chosun Gift Shop and the Yongsan Education Center.

Friendship Tae Kwon Do competition

There will be a tae kwon do competition between the 7th ROK Division and 2nd Inf. Div. Soldiers, March 10, at the Carey Gym on Camp Casey.

Competitions will be in sparring breaking and demonstrations.

For more information, call 730-3428.

US Army Special Forces

The Army is seeking out Soldiers for Special Forces. Qualifications include a GT score of at least 100, rank of E-4 through E-7 or an officer in YG 03 or later.

Candidates must be male and have a score of 229 in the 17-21 age range of the APFT. Combat and support MOS's

can apply.

More information can be attained through the Camp Casey Education Center Building 2451 every Tuesday at 1:30 and 5:30.

Off-Limits Areas

By order of the Area 1 Commander effective Feb. 7, 2005 the following clubs are off-limits:

Kwangamdong AO – CampHovey

* Blackjack Club * Grand Illusion * X Zone Club

Bosandong AO – Camp

- Casey * 777 Club
 - * Gulf Club
 - * Pan Korea
 - * Queen Club
 - * Red Club
 - * Shakedown
 - * New York

Uijongbu Ville – Camp

Red Cloud * Texas Club

Stanley Ville – Camp Stanley

* King Club * Las Vegas Club

Sexual Harassment Hotline

The numbers to report Sexual Harassment are: 2ID EO: 732-6266 Area I: 732-6069

Yongsan: 738-5950

Indianhead event coverage

The *Indianhead* staff wants to know what events your unit is holding.

The Indianhead staff is especially interested in unit 'Good Neighbor' events held with local Korean community members and training exercises.

For more information, call 732-8856 or email 2IDpao@korea.army.mil.

Letters to the Editor

Do you have an opinion about anything going on within the division? Or, would you like to voice your opinion on a certain issue?

Email your letters to the editor to 2idpao@korea. army.mil

Please include name, rank and unit with the email. As a rule, your name will not be printed in the paper.

Orphans receive warm wishes

Pfc. JeNell Mattair Indianhead staff

UIJEONGBU, Republic of Korea — The children living at the Isaac House Orphanage were presented over 100 handmade quilts in a ceremony held at the orphanage Feb. 5.

The mission to ensure every child had a new blanket began in October. Alice Ridge, wife of Division Artillery Commander Col. Ross E. Ridge, enlisted the help of other military wives and 2nd Infantry Division Soldiers.

"Camp Stanley has been supporting the Isaac House for many years," Col. Ridge said. "I would compare it to the Big-Brothers, Big-Sisters program."

The blankets were given as gifts for the Lunar New Year.

During holiday celebrations Camp Stanley plays host to the children of Isaac House. Through Soldier support and donations the children are given meals, presented gifts and have birthday parties. Soldiers also donate their time and money to take the children to amusement parks such as Everland, Lotte World and Seoul Land.

"Soldiers are understanding and are willing to open their



Children living at the Isaac House in Uijeongbu recieved over 100 hand made quilts from wives and Soldiers of 2ID DIVARTY.

pocket books," Col. Ridge said. "Sometimes we have more Soldiers than we can physically bring. Normally the buses are overflowing."

During the summer the children are invited to Camp Stanley to swim and play in the gym. Many of the orphanage's bills are paid through Soldier donations.

Camp Stanley has provided continuous support to the Isaac House since it opened in 1988, said Noh, Hye Soon, owner and director of the orphanage.

"Even though the command changes and Soldiers come and go, the support remains the same," she said. "Korea is more than bars and hanging around off post," said 1st Lt. Valiant Haller, HHB DIVARTY. "Part of the mission here is to help Korea. Donating time to an orphanage is one way to help that people don't usually think about."

Haller has been visiting the Isaac House regularly since October and is formally adopting 4-year-old Yoen, Soo Choi from the orphanage.

The Isaac House is home to 103 children in age range of two through 18.

"My children are very proud of the Stanley Soldiers," Noh said. "They are very loving toward my children."

Court-Martial Results

Rape & Adultery. On Jan. 20, 2005, a Staff Sergeant assigned to Headquarters and Headquarters Company, 2nd Battalion, 72nd Armor Regiment, was convicted at a General Court-Martial of Rape and Adultery.

On Sept. 7, 2004, the accused, invited a female Specialist from another installation to attend a party at Primos on Camp Casey.

He invited the Specialist and her friend to stay the night in his barracks room.

While the Specialist was asleep and incapacitated due to the affects of alcohol she drank during the night, the accused removed her clothes and had sexual intercourse with her. The accused is a married man.

The Court sentenced him to be confined for forty-four (44) months, to be reduced to E-1, and to be discharged from the service with a dishonorable discharge.

Platoon Sergeant Indecently Assaults Private. On Jan. 19 2005, a Sergeant First Class assigned to the 4th Chemical Company, 2d Infantry Division, was convicted at a Special Court-Martial Empowered to Adjudge a Bad Conduct Discharge of Indecent Assault.

On the morning of Oct. 3, 2004, the accused, a Platoon Ser-

geant, called a female private from his platoon and asked her to come to his barracks room to rub Flexall 454 on his back because he was in pain. The victim complied.

After applying the cream to his back, the victim attempted to leave, but the accused grabbed her and indecently assaulted her.

During the assault, she was able to struggle free and flee from the barracks room.

The accused received the maximum sentence authorized at this type of court-martial: confinement for twelve (12) months, reduction to E-1, and a bad conduct discharge from the service.

Call your unit chaplain or the Division Mental Health Clinic for help in dealing with stress. They are here to help you.

Community

School children visit 21D museum, bowling alley

Pfc. Giancarlo Casem Indianhead staff

CAMP RED CLOUD -School children from the Centennial Christian School visited the Camp Red Cloud museum and bowling alley Feb. 4.

The 54 children, ranging from kindergarten to 5th grade, spent the first part of their visit at the 2nd Infantry Division Museum. The children learned about the Korean-American alliance and its 50-year history through the various displays.

"It's a part of their history," said Amber Stark, a 1st grade teacher at the school. "It's important for them to be aware of the world around them."

The children really enjoyed the tour of the museum, said Pamela Smith, a 5th grade teacher at the school.

"We're here to learn more about Camp Red Cloud and the U.S. Army," Smith said. "It's

cool, we learned about the history of the military in Korea; the kids really enjoyed it."

Students from Smith's class read the displays' information cards out-loud as they made their way through the museum.

As the children moved along the museum, their faces lit up as they saw historically valuable artifacts such as the Sam Jung Do Saber and the Bell of Balangiga.

The Centennial Christian School is made up of children from all over the world, said Mary Dawn Jenkins, a Physical Education teacher at the school.

"Our kids are from all over the world and are very multicultural," she said. "It is important to know both sides of the military."

A big draw for the children was the dioramas. The school children were especially fascinated by the detail in the Battle of Chipyong-ni diorama.

"The kids really loved those dioramas," Stark said. "They thought those were really cool, especially the one about the Battle of Chipyong-ni."

After the museum tour, the children proceeded to the CRC bowling alley for pizza for lunch. After lunch, the school children closed out their day with a few games of bowling.

Schoolboys and girls cheered each other on and the normally quiet bowling lanes were filled with children's voices.

"We are learning about bowling in P.E., so I thought it would be a great idea for them to come up here and play and learn about history at the same time," Jenkins said.

The school children did not mind the history lesson thrown in with the bowling game.

"Seeing the museum was interesting," said Becky, a 2nd grade student. "And history is fun."



Epiphany White gets a little help sending a bowling ball down the lane during Centennial School's visit Feb. 4.

Camp Casey opens new tax center for division Soldiers

Master Sgt. P.L. Lindsey III Chief Public Affairs NCO

CAMP CASEY - Soldiers and family members braved frigid temperatures and a ribbon-cutting ceremony to be the first customers inside Camp Casey's new Tax Center Feb. 1.

Camp Stanley also opened its tax center Feb. 4 in the Community Activity Center. Camp Red Cloud's tax service center is located in Freeman Hall, where assistance is available by appointment only.

After the quick ribbon-cutting ceremony on Camp Casey, approximately 15 Soldiers and some family members arrived an hour early to ensure their tax preparation needs were met.

The center was supposed to officially admit customers at 10 a.m., but the center's Noncommissioned Officer in Charge, Staff Sgt. Sherette C. Mills of Camp Casey's Military Justice Section, decided the Soldiers' needs came first and had her staff seeing customers soon after refreshments were served.

Housed in Building 1876 near the 2nd Battalion, 9th Infantry Regiment motor pool, the new Camp Casey Tax Center was refurbished to specifically serve as the one-stop customer service center for Soldiers' tax needs.

The building formerly housed a mailroom and orderly room that belonged to the 2nd Brigade Combat Team, said Sgt. First Class Dennis Mitchell, 2nd Engineer Battalion.

Mitchell and Staff Sgt. Arnold Justice, U.S. Army Garrison Camp Casey, were responsible for finding housing and transportation for approximately 20 Soldiers from Area I camps who will staff the center.

The Department of Public Works also drew from its pool of employees at other camps.

"Mr. Pak, Kyong-min is the man," Mitchell said. "If we mentioned something to him, he made it happen. He's the number two guy for buildings and grounds here."

After DPW removed the old furniture and refurbished the building, Mitchell and Justice helped ensure its serviceability, provided any support the civilian and military workers needed, and worked as liaison between the civilian workforce and the military.

"We have a lot of young Soldiers and we were able to identify an opportunity to move the former, temporary tax center to a central location," Lt. Col. Stephen E. Murray, Camp Casey Garrison commander, said.

"Our DPW brought in workers from the Western Corridor to fix the building and then sergeants Mitchell and Justice, along with DPW, got furniture to make the center operational. It was a huge team effort," Murray said.

The new director of Public Works, Bob James, said he's been here only two months and that the project was nearly completed when he arrived.

"The facility is really nice, considerig the small budget they had to work with," James said. He described his reaction to how the Korean Service Corps, DPW, and the creative use of Self Help turned an unused building into a facility convenient to Soldiers and family members.

"It's encouraging to see what you can do. We're always looking to improve the quality of life," he said.

Capt. Diara Z. Andrews, the tax center's officer in charge, said the loca-



Lt. Col. Stephen Murray, left, and Lt. Col. Thomas Cook open the Camp Casey Tax Center Feb. 1. Camps Casey, Stanley and Red Cloud all have tax assistance available. Call your camp tax center for more information.

Photo by Master Sgt. P.L. Lindsey III

copies of all W-2 and 1099 forms, last year's tax return and a copy of family members' Social Security cards.

"A look at last year's tax return can show us what deductions you made or may have missed last year," Andrews said.

The Camp Casey Tax Center is open Monday through Wednesday, 9 a.m. to 7 p.m.: 1 p.m. to 7 p.m. Thursday: 9 a.m. to 4 p.m. Friday, and 9 a.m. to 2 p.m. Saturday. Call 730-2068 for information.

The Camp Stanley Tax Center is open 9 a.m. to 6 p.m. Monday through Wednesday; 1 p.m. to 6 p.m. Thursday; 9 a.m. to 4 p.m. Friday, and 10 a.m. to 3 p.m. Saturday. Call 732-4712 for more information.

The Camp Red Cloud Tax Center offers assistance by appointment only at 732-6099.

tion between camps Casey and Hovey is

accommodating to the large number of Soldiers stationed there. "We have enough space to give cli-

ents good service, and privacy when preparing their taxes," she said. "People can be sensitive when it comes to money."

Andrews, of Camp Casey's Legal Assistance Office, said Soldiers will save money by using the military tax centers instead of using civilian preparers.

The 2004 tax center statistics suggest Soldiers collectively received more the \$4 million in tax refunds and saved almost \$500,000 in tax preparation fees.

Andrews said civilian tax preparers charge for each form used. The average price for the Form 1040 was \$100 last year. All of the Army's assistance and forms used are free.

Andrews said customers should bring

Feature

'Gunfighters' and 'Wildcards' str

Pfc. Giancarlo Casem Indianhead staff

KOREANTRAINING CENTER – The valleys of Rodriguez Range echoed with the thunderous sounds of the Apache helicopter's powerful hell-fire rockets and the Blackhawk's machine guns courtesy of the "Gunfighters" and "Wildcards."

Soldiers of 1st Battalion and 2nd Battalion, 2nd Aviation Regiment, conducted helicopter crew qualifications at the Korean Training Center, from Jan. 31 through Feb. 11.

The "Gunfighters" training exercise included lessons learned from operations Enduring and Iraqi Freedom.

It primarily focused on diving-fire, said Chief Warrant Officer Richard Handlon, 1st Bn., 2nd Avn. Regt., pilot.

"Diving-fire is old-school stuff from Vietnam that has made its way back into Army doctrine," he said. "In Vietnam, there were no air threats and it was all divingfire."

Handlon serves as the standardization instructor pilot and is tasked with getting new pilots certified and indoctrinated with their weapons systems.

"Army doctrine training in the past has been against large armor formations," he said. "Now we say: 'see that infantry guy on the ground? North of him 300 meters is a target I need you to remove.""

During the live-fire training, crews were trained on the three different types of enemy engagements. They also had to fire upon stationary and moving targets at a 10-degree decline, Handlon said.

"We train crews in running, hover and diving-fire," he said. "That provides a real challenge for our pilots to dive and fire at the same time. We may train our Soldiers to fire at a 10degree decline, but in combat situations, they need to be able to fire at 60-degree declines."

Handlon said, enemy and friendly forces are fighting closer to each other than before.

"Against the less sophisticated enemy of the war on terror, we need to fire closer to friendly forces," Handlon said.

Handlon said that diving fire makes the Apache's weapons systems more

accurate.

"When a helicopter fires its rockets while traveling above 33 knots (34.5 mph), the rockets fly through undisturbed air. It makes the rocket fly straighter and is much more accurate. On a diving fire you can hit a 10 meter square target," he said. "In a hover, you have all the rotor wash coming down. You are a 'go' if you put the rockets in a 300 (meter) by 400 (meter) square box.

Diving-fire also aids the "Gunfighters" in Korea's mountainous geography, said Lt. Col. Chandler Sherrel, 1st Bn., 2nd Avn. Regt. commander.

"In this mountainous terrain, it gives better support and more precise fire to friendly forces," Sherrel said. "It demonstrates that we can get the rockets where we are aiming at. That means, less fratricide and better support."

Being at KTC also affords the Apache crews real-life training instead of computer simulators, Sherrel said.

"For most pilots, this is their first time out of a simulator," Sherrel said. "We can actually fire our weapons systems, like the hell-fire rockets."

During the "Wildcards" livefire exercise, Soldiers aimed to strike down pop-up and moving targets on the ground, while hovering, wearing nuclear, biological and chemical gear, and in urban settings. The "Wildcards" crews fired upon the targets with the two 7.62mm machine guns housed by the Blackhawk.

"The exercise ensures our go-to-war posture," said Chief Warrant Officer Jeff Freeman, 2nd Bn., 2nd Avn. Regt. safety officer. "Even though we aren't in the desert, we are here maintaining peace in the East."

Blackhawk crews rely heavily on teamwork, said Capt. Heath Buckley, 2nd Bn., 2nd Avn. Regt., range officer in charge.

"It takes all four people together to accomplish the mission," Buckley said. "Teamwork and crew coordination are fundamental building blocks."

At another training site at KTC, elements of the 602nd Aviation Support Battalion conducted convoy-training exercises. It afforded Soldiers and even some "Gunfighters" pilots, the chance to conduct training based around convoy missions.



An AH-64 Apache above Rodriguez Range fires two hell-fire rockets at a target below during a

"This ensures Soldiers are more confident in battle drills," said Maj. Frederick Fair, A Co., 602nd ASB commander. "This training applies to any theater. Soldiers need to know how to defend themselves while part of a convoy."

Without the support battalions, the "Gunfighters" would not able to continue their mission, Sherrel said.

"We have to be able to resupply Soldiers to be able to continue the mission," he said.

Sherrel re-emphasized the importance of the live-fire training exercise.

"This training improves our readiness," he said. "We are incorporating lessons learned in OIF and OEF."

Editor's Note: *Pfc. JeNell Mattair contributed to this article.*



Feature

ike deep at Rodriguez Range







LEFT: Pfc. Travis Mannix, 2nd Bn., 2nd Avn. Regt. clears his 7.62mm machine gun onboard a UH-60 Blackhawk helicopter. The 2nd Bn., 2nd Avn. Regt. 'Wildcards' con-Blackhawk ducted crew gunnery qualifications at Rodriguez Range in the Korean Training Center, Feb. 11.

RIGHT: Dust and dirt are kicked up into the air as an AH-64 Apache takes off from the helipad at Rodriguez Range, Feb. 2, while an AH-64D Longbow awaits orders. Helicopters from 1st Bn., 2nd Avn. Regt. conducted running, hover and diving-fire training that included lessons learned from OIF and OEF.

Photo by Pfc. JeNell Mattair



A Soldier from the 602nd Avn. Support Battalion inspects a weapon atop a LMTV Feb. 2. Soldiers from 602nd ASB conducted convoy reflexive fire training at KTC. Training involved improvised explosive devices and nuclear, biological and chemical attack.



See Korea

'On the Minute' fast on the slopes

Spc. Jessica Hubbard 21D Public Affairs Office

GANGCHON, REPUBLIC OF KOREA – Many companies host events for their Soldiers, bringing the term "mandatory fun" to mind.

Rarely do Soldiers combine the words "mandatory fun" with "ski trip." On Feb. 4, 6th Battalion, 37th Field Artillery Soldiers learned they were one and the same.

Using battalion funds and supported by the United Service Organization, a ski trip was hosted for all the Soldiers and their families in the battalion.

Sally Hall, the USO coordinator for Camp Casey, said giving Soldiers these kinds of trips boost morale and allow Soldiers to have a fun and new experience.

"We support the troops, and hope that Soldiers will take advantage of trips like this," Hall said. "The USO is always hosting events for servicemembers, and it's a great way to experience something new and have a good time as well."

The Gangchon ski resort opened its slopes to the Soldiers, providing the opportunity for a day of fun in the snow. Gangchon boasts many hills ranging from the smallest of bunny hills to more difficult black diamond trails.

This freedom of choice gives all participants the choice of flying down the powder at top speed, or working out the basic mechanics of skiing or snowboarding on the small practice hills.

Some Soldiers have grown up on the slopes, while for others, coming to the resort was the first time they had ever encountered snow.

The ski resort offered very good deals on not only rentals, but lift tickets as well. In conjunction with many companies and organizations, the trip was a fun and affordable one for everyone involved.

Before the Soldiers took to the hills that background the majestic mountains of the Gangchon ski resort, Lt. Col. Matthew Dawson, 6th Bn., 37th FA, hosted a small ceremony honoring the USO and the Gangchon ski resort. The Soldiers then had a chance to win an assortment of prizes in a drawing, ranging from phone cards to DVD players.



Photos by Spc. Jessica Hubbard

Soldiers of 6th Bn., 37th FA, try their hand at skiing during a battalion and USO-sponsored ski trip to Gangchon ski resort, Feb. 4. More experienced skiiers had no problems teaching the less experienced skiiers.

Dawson's son drew the names to provide fair grounds for the winners, Dawson said.

After the ceremony, Soldiers were released to the mercy of the trails and slopes that zigzagged and wound around the mountains, glistening with fresh packed snow.

Ever vigilant, the USO accompanied the Soldiers, bringing along with them the mobile canteen. The mobile canteen is a large recreational vehicle that serves meals and snacks at affordable prices. The canteen also played music on the loud speakers, giving famished, snow-covered snowboarders a chance to sit, listen to music, and get a bite to eat. The USO was a major contributor of the trip, and was recognized as one as well, much to the gratification of the troops.

Some Soldiers were novice snowboarders, armed with gloves, hat, snow pants and MP3 players. While others found themselves at a bit of a loss in the snow, wearing jeans and sweaters and looking at the hills with the hint of uncertainty in their expectant eyes. Regardless of situation almost all Soldiers brandished a pair of skis or a snowboard and joined the ranks in line for the ski lift took them to the top of the hill. Camaraderie reigned amongst the



The Gangchon ski resort offers slopes for both experienced and novice skiiers.

companies and squads as cheers of encouragement and support were shouted to the amateur skiers, and no one was above helping out their fellow Soldier on the slopes.

The harder the fall, the more they were encouraged to get up and try again.

The battalion organizes many trips for their Soldiers, aiming for one trip every six months. The goal is to get the Soldiers out of the barracks or the surrounding cities and bring them to new and interesting places, Dawson said. "We like to host events for the Soldiers to give them a chance to experience a part of the Korean culture that they wouldn't normally get to see or do," Dawson said. "This is a great opportunity; it's a great chance to show the Soldiers a new side of Korea, and its fun."

Dawson also said that in the summer, his battalion is planning a trip for a beachside tour to the ocean.

With happily overworked muscles and snow-soaked clothes, Soldiers experienced the slopes of Korea, thanks to the support of their leaders and the USO. The Gangchon ski resort has left an impression in the hearts and minds of the troops, and looks forward to hosting the next group of Soldiers seeking to experience a side of Korea filled with ski lifts and open mountain air.

"This ski trip might not have been on the top-five list for some of these guys, but they are all out here," Dawson said. "They are all participating and it's so great to see them out having a good time and enjoying themselves."

Sports & Leisure

New Zealand offers fun, different experience

Capt. Stacy A. Picard 509th PSB

This is the first story in a two-part series on New Zealand.

On this ago, I decided to take a trip to New Zealand rather than going back to the states for midtour. I found the adventure of a lifetime.

There are two islands, North and South that make up the country. My vacation or "holiday" as the locals call it, began up in Auckland on the North Island. It's one of the largest cities with shopping and tourist spots.

I journeyed to the top of the Sky Tower to view the city. At over 1,000 feet (328 meters), it's the tallest tower in the Southern Hemisphere. There are four different observation levels to see the 360 degree view of Auckland. For the more adventurous types, there's the option of the Vertigo Climb where visitors climb a ladder inside the tower.

We also visited the Auckland Zoo and were able to watch a variety of animal shows. The elephants splashed in their pool and showed the crowds how they stretch their bodies.

The sea lion show had a special pollution prevention lesson with one of the sea lions picking up rubbish floating in the pool and depositing it into a trashcan. We also got to see the national bird, the kiwi on display.

After a few days in the city, we hit the beach for some fun in the sun. We ventured via rental car to Piha Beach located on the West Coast of the island. It was a unique experience since I got to drive on the opposite side of the road. The curvy roads were a true test, but we survived.

Piha was beautiful and I made my surfing début. I actually got on the board and stood for a few seconds and then fell off. It was great and the waves were awesome.

After spending a few days on the South Island, we returned again to the North via the ferry to Wellington, the country's capitol.

The only way to travel



Photos by Capt. Stacy A. Picard Auckland is New Zealand's largest city. Half urban and half marine, it's a cosmopolitan experience wrapped up in a fascinating water world that's dotted with more than 50 islands.

between the islands is by the ferry or airplane. The ferry takes approximately 2.5 hours in travel time. There were many activities on the ferry to enjoy including activities for children and a movie theater.

Arriving in Wellington, we rented a car to drive back to Auckland. This 10-hour road trip allowed us to see the entire Eastern side of the North Island.

We drove through small towns and stopped in Napier, a seaport town.

It was full of great shopping and interesting street performers.

We also visited the Waimangu Volcanic Valley in Rotorua. This town is well known for the thermal mud pools created by underground geysers. Waimangu is the only hydrothermal system in the world whose surface activity date is known.

In the end, we ended up shopping on our last day in Victoria's Market, a great little spot for smaller shops and unique gifts just outside the downtown Auckland area.





Sports & Leisure

Bataan Memorial Death March



Participants from the 2nd Infantry Division and the 8th U.S. Army under rain-soaked conditions, start the Bataan Memorial Death March Qualifier at Camp Casey last year.

A Soldier heads for the finish line at march more than 100 miles in the last year's competition.

March commemorates history

Spc. Chris Stephens Indianhead editor

CAMP CASEY - The Bataan Memorial Death March qualifier has come and gone for the Eighth U.S. Army.

The winners are now preparing for the competition at White Sands Missile Range, N.M., March 20.

But, let's not forget the whole reason this competition is happening. Let us not forget those Soldiers who died during this grueling trip back in 1942.

After the surrender in the Philippines, U.S. and Filipino Soldiers were herded up and forced to heat and humidity.

To make matters worse, Soldiers had been on quarter rations or less since January. They were already unnourished, and the Japanese didn't care.

On the march, Japanese guards released their frustrations on the Soldiers by beating them with the end of their rifles or their sheathed swords.

They were denied food and water most of the march.

Those who asked for food or water, were executed . Those who fell behind were executed as well.

A lot of times these Soldiers don't get the credit they deserve. So, let's not forget those who

died or those who survivied, because they embody the true spirit of the Army.

Movies

Camp Red Cloud

Show times: Mon.-Tues. & Thurs. 7p.m., Fri.-Sat. 7 & 9 p.m., and Sun. 3, 6 & 8 p.m. Feb. 18 ... Hide and Seek Feb. 19 ... Flight of the Phoenix Feb. 20 ... The Incredibles (Matinee) Flight of the Phoenix Feb. 21-22 ... Spanglish Feb. 24 ... Pooh's Heffalump Movie Feb. 25 ... Blade: Trinity Feb. 26 ... Lemony Snicket's A Series of Unfortunate Events Feb. 27 ... Pooh's Heffalump Movie (Matinee) Lemony Snicket's A Series of Unfortunate Events Feb. 28 ... Meet the Fockers

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. Feb. 18-19 ... Flight of the Phoenix Feb. 20-21 ... Hide and Seek Feb. 22-23 ... Spanglish Feb. 24 ... Blade: Trinity Feb. 25-26 ... Lemony Snicket's A Series of Unfortunate Events Feb. 27 ... Spongebob Squarepants Movie (Matinee) Meet the Fockers Feb. 28 ... Pooh's Heffalump Movie **Camp Hovey** Show times: Fri-Sat. 7 p.m. Feb. 18 ... Spanglish Feb. 19 ... Hide and Seek (Matinee) Mr. 3000 Feb. 20 ... Spanglish (Matinee) Feb. 21 ... Lemony Snicket's A Series of Unfortunate Events Feb. 22 ... Hide and Seek

Feb. 23 ... Lemony Snicket's A Series of *UnfortunateEvents* Feb. 24 ... Saw Feb. 25 ... Seed of Chucky

Feb. 26 ... Meet the Fockers (Matinee) Friday Night Lights

Feb. 27 ... Meet the Fockers (Matinee) Feb. 28 ... National Treasure

Camp Stanley

Rivalries define true spirit of competition.

Spc. Chris Stephens Indianhead editor

ivalries are something that defines each sport. Without them, sports would be nothing. Here's a list of my top eight team rivalries in the history of sports.

8. Texas/Oklahoma (NCAAF) -Dubbed the "Red River Shootout," this rivalry provides classic hardhittin' rough and tough football for the ages. Losing this game a few years in a row could sway top recruits into going to the other school.

7. Boston/L.A. Lakers (NBA) -These teams started their rivalry in the 1961 NBA Finals. Since then they have met 10 times in the finals. From the hey days of John Havlicek and Wilt Chamberlain to the good 'ole days of Magic Johnson and Larry Bird, this rivalry is truly the best in NBA history, as far as teams go.

6. Tennessee Lady Vols/ Connecticut Lady Huskies (NCAAW) - This is a guarantee national television draw

on ESPN for these two teams. If you're going to watch only one women's basketball game a year, 99 percent of the time, it will



be this one. 5. Duke/North Carolina (NCAAB) - "Tobacco Road." These schools are only seperated by eight miles, so you know there's a major rivalry here. It's always guaranteed to be a good game when both of these teams play, no

matter what either of their records are. 4. Michigan/Ohio St. (NCAAF) -Now this is a rivalry where your job is on the line if you don't beat the other. Great example is former Buckeyes coach John Cooper was fired after he had a combined 2-10-1 record against the Wolverines. Funny thing was, he had 109-33-3 combined record without the Michigan games. So, go figure on what this rivalry means.

3. Boston/New York (MLB)-I don't even think this rivalry needs to be explained. "The Curse of the Bambino" is over, so that no longer works. It used to be, the Yankees owned this rivalry, but after last year's ALCS collapse by the Yankees, I feel the Red Sox now have a leg up although they have a few championships to get before they catch up with the Yankees.

2. Alabama/Auburn (NCAAF)-This rivalry is just pure hate. When you move to Alabama, you're forced to pick one or the other. There's no middle with these two. This is a guarantee smash-mouth football game. It's a game that every kid in Alabama dreams of playing in when they're growing up.

1. Army/Navy (college) - This is my number one selection for one reason. Almost all of these players will not go to the pros in their particular sport. Instead, they're most likely going to find themselves on the frontlines in a short amount of time. This matchup is all about pride and nothing else. Pride in yourself, pride in your team and pride in your country.

Show times: Sun-Mon & Thur.-Fri. 7 p.m. and Wed. & Sat. 7 & 9 p.m. Feb. 18-19... Spanglish Feb. 20-21 ... Lemony Snicket's A Series of Unfortunate Series Feb. 23 ... Pooh's Heffalump Movie (Matinee) Blade: Trinity Feb. 24 ... Seed of Chucky Feb. 25 ... Alexander Feb. 26-27 ... Meet the Fockers Feb. 28 ... After the Sunset Oct. 28-29 ... Without a Paddle

Camp Essayons

Show times: Sat., Mon.-Tue. & Thur. 7 p.m., Sun. 3 & 7 p.m. Feb. 18 ... Ocean's Twelve Feb. 19... Ocean's Twelve Saw Feb. 20, 22 ... Closer Feb. 23 ... Flight of the Phoenix Feb. 24 ... Hide and Seek Feb. 25 ... Flight of the Phoenix Feb. 26 ... Spanglish (Matinee) Seed of Chucky Feb. 27 ... Spanglish

