



Indianhead



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October 12, 2007

2ID reunites past with present

Pfc. Antuan Rofe
1HBCT Public Affairs

White table cloths and crystal chandeliers illuminate the room as Soldiers old and new take their seats for the 86th Annual Second Infantry Division Indianhead Association Reunion Ceremony.

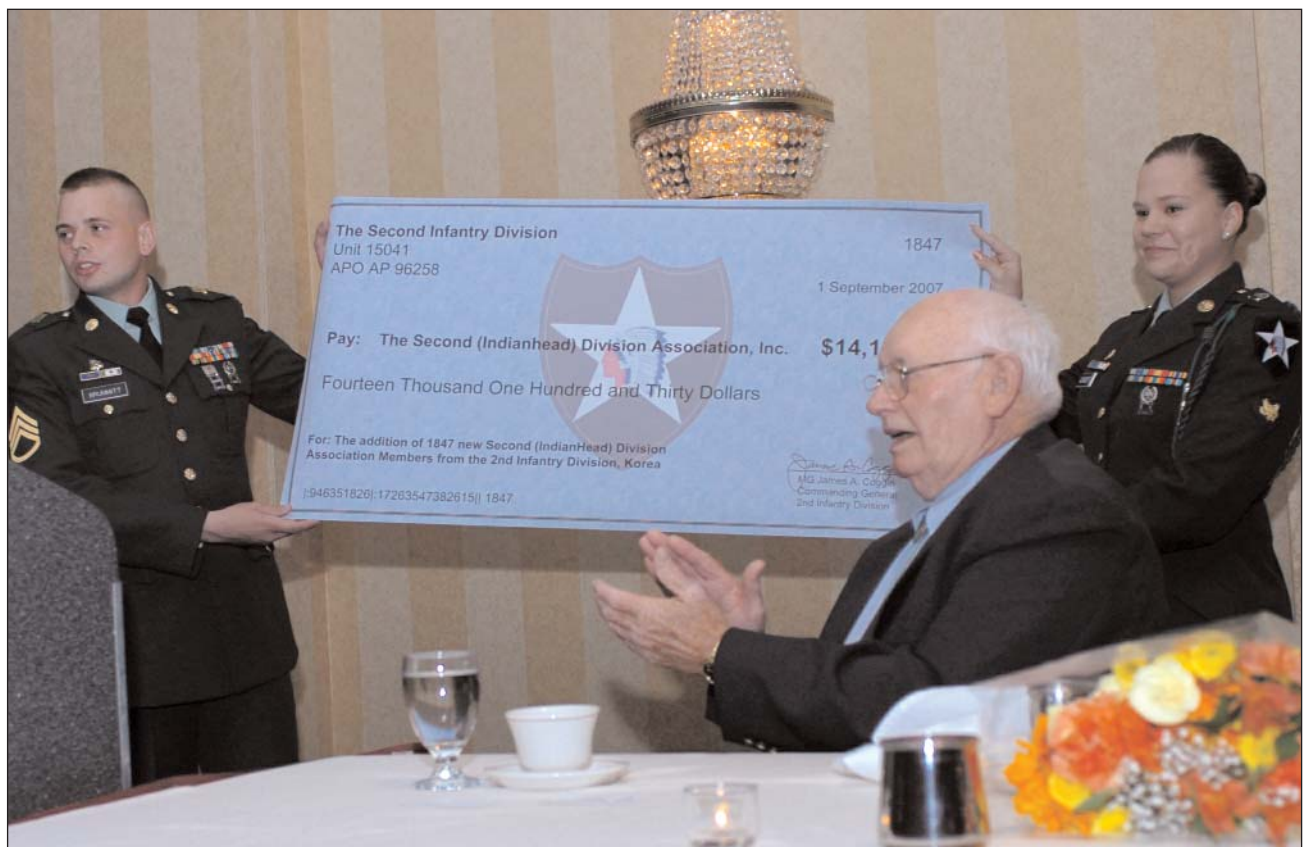
Among the current Soldiers in the midst of retired 2ID veterans were the 2ID Soldier of the Year, Spc. Amber Adamets, and the 2ID Noncommissioned Officer of the Year, Staff Sgt. Ernest Brummitt.

"Being there made me feel like there was so much history to this division that I hadn't yet been introduced to," said Adamets, Warrior Readiness Center section sergeant.

She and Brummitt were flown to Minneapolis with the 2ID commanding general, Maj. Gen. James A. Coggin, and the division command sergeant major, Command Sgt. Maj. Brian Stall to attend the annual reunion ceremony.

Adamets said she and Brummitt were given the great opportunity to go to the reunion to serve as representatives of the present-day Soldier.

"We were also there to present a check for the dues of the new 1,800



Pfc. Antuan Rofe

2ID Noncommissioned Officer of the Year, Staff Sgt. Ernest Brummitt, and 2ID Soldier of the Year, Spc. Amber Adamets, present a check for the dues of the new 1,800 members of the active chapter of the Indianhead Association in Korea.

members of the active chapter of the Indianhead Association in Korea, and the scroll that we presented had all of their names on it,"

Brummitt said.

The Soldiers were introduced to those who served with the Second Infantry Division as far back as

World War II. Retired Maj. Gen. Jack Woodall, former 2ID CG was among the veterans who attended

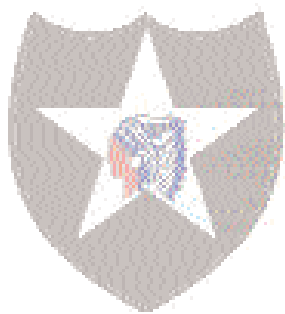
See **REUNION**, Page 4



Sgt. Dennis Marshall

Selfless service

Soldiers from First Tank, HHC, 1-72 Armor Regt. clear brush and load it onto trucks as part of their volunteer service to the Shalom House Sept. 21. The day was spent painting, cleaning, moving furniture, and other general beautification. The school will be used as a medical aid station in the coming weeks for the many third-nation immigrant workers in the Dongducheon area who cannot seek proper care on their own. See Page 3 for the full story.



VOICE OF THE WARRIOR:

Who would play
you in a movie of
your life, and
why?



*"Keanu Reeves.
People say we look
alike."*

Spc. Itzael Morge
552nd Signal Co.

*"John Wayne. He was
rugged and nearly as
good looking as me."*

Lt. Col. Randolph Moffat
HHC, 2ID, G3 Air



*"Samuel L. Jackson.
He is very vocal, just
like me."*

Sgt. 1st Class
Darren Peacock
55th MP Co.

*"Dale Earnhardt Jr. He
lives life on the edge."*

Sgt. 1st Class
Andrew Lecuyer
HHC, 2ID, G3 Air



*"I would play myself.
I'm the best person
for the job."*

Spc. Morgan T. Hyde
2ID Band

*"Sandra Bullock. She
is my favorite
actress."*

Staff Sgt.
Rosalyn D. Battle
HHC, 2ID, G1



Warrior 7 Sends: 2ID celebrates 90 years

By Command Sgt. Maj. Brian M. Stall
Division Command Sergeant Major

Two weeks from today, Friday, Oct. 26th, marks the 90th anniversary of our Division's activation. To promote pride within our formations a brief summary of our history is provided. I simply ask each Soldier and Airman to reserve a few moments of reading time and reflect upon the selfless contributions from men and women, like you, since our humbled beginning to present setting.

The 2nd Infantry Division formed at Beaumont, France in 1917, composed of one brigade of U.S. Army Infantry, one brigade of U.S. Marines, one brigade of artillery and numerous supporting elements. The division participated in many campaigns prior to the Meuse-Argonne offensive, which brought an end to World War I. On Nov. 11, 1918, the Armistice was declared and the Indianhead Division marched into Germany, where it performed occupational duties until early April 1919.

After returning to the United States, the division called Fort Sam Houston, Texas home for the following 23 years. In 1940, the 2nd Infantry Division became the first to reorganize under the triangular concept, which provided for three separate regiments in each division.

The division transferred from Fort Sam Houston to Ireland, in October 1943, as part of the buildup for the Normandy invasion. On June 7, 1944, the 2nd Infantry Division landed at Omaha Beach and fought a determined enemy through the hedgerows of Normandy. The division liberated the port city of Brest on Sept. 18, 1944 and held key defensive positions in Belgium until resuming the offensive, on Feb. 6, 1945, against a fleeing German Army.

Following World War II, the 2nd Infantry Division conducted a series of stateside moves; ultimately finding residence at Fort Lewis, Washington. Here the Indianhead Soldiers honed their skills in arctic, air transport, amphibious, and maneuver training until the outbreak of hostilities on the Korean peninsula.

*"The 2nd Infantry
Division has
remained the most
forward deployed
unit within our
Army's arsenal."*



On July 23, 1950, the 2nd Infantry Division became the first unit to reach Korea directly from the United States. By Aug. 24, 1950, the entire division was committed to relieving the 24th Infantry Division at Yongson along the Naktong River Line. The Indianhead Division led the break out of the Pusan perimeter and led the Eighth Army drive north to the Manchurian border. Once Chinese forces entered the war, the division protected the rear of Eighth Army during its' retirement to the south. The 2nd Infantry Division proved instrumental in stopping the communist spring offensive at Wonju in April and May 1951. Four years after entering the war, the division re-deployed to the United States on Aug. 20, 1954.

The division returned from Korea back to Fort Lewis, Washington and remained there until relocating to Alaska in August 1956.

The 2nd Infantry Division lived a short inactivation period from November 1957 until the spring of 1958. Fort Benning, Ga., was home to the division from 1958 to 1965. An increase in tensions on the Korean peninsula prompted the return of the Indianhead Division in July 1965.

The 2nd Infantry Division has remained the most forward deployed unit within our Army's arsenal. Many changes have occurred over the past 42 years since its return to the peninsula. Currently six brigades and one separate battalion wear the "Big Black Patch," part of Army modularity, and each continues to serve our Nation with distinction. Again, I ask you to spare a few moments and reflect upon the service of the men and women from our past, present and future.

Second to None!

Indianhead

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Commander, 2nd Infantry Division

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Command Sergeant Major,
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1-72 Soldiers clean up local school

By Pfc. Paul E. Jerabek and
Pvt. Michael J. Barker

1-72 Armored Regt.

The Shalom House in Dongducheon has been serving Soldiers and civilians alike since 1968. It is a school for children in grades Kindergarten through 10th. It also provides a meeting place for Christian Servicemembers, but serves anyone regardless of religion, race or creed.

Twenty Soldiers from First Tank, Headquarters and Headquarters Company, 1-72 Armor Regiment volunteered their services at the Shalom House Sept. 21. The day was spent doing various tasks

such as painting, cleaning, moving furniture, and other general beautification of the building and its grounds.

Additional tasks included hanging curtains, painting walls and ceilings, cleaning, framing pictures, removing trash, and many other things that the school keeper deemed necessary to maintain the building.

The Soldiers made the short trek out of Gate 1 at Camp Casey three blocks south and met the director, Bill Meyer, and his assistant, Forrest. They received a long list of tasks, and after some direction from Meyer and Capt. Jason Buursma, HHC commander, the Soldiers split up and carried out their various missions. The Shalom House provided the Soldiers with free soda, coffee and doughnuts to give them the energy for a long day ahead.

Throughout the day, the Soldiers encountered many of the children who attend school at the Shalom House. According to many of the volunteers, it gave them a sense of satisfaction while carrying out their tasks as they were confronted with the surprised reactions of the younger children who happened to stumble upon them.

According to 2nd Lt. George Goodwyn, the main purpose behind the visit to the Shalom House that morning was to prepare the school to be used as a medical aid station in the coming weeks for the many third-nation immigrant workers in the Dongducheon area who cannot seek proper care on their own.

The Shalom House also provides services for local Koreans and U.S. Servicemembers. English classes are taught nightly during the week. They provide professional Koreans a chance to speak with native English speakers in a relaxed, friendly setting, as well as allowing the many Soldiers who volunteer as speakers the chance to relax and meet the local community during their efforts to help out.

The Shalom House also holds services along with Bible study and a home-cooked meal each



Sgt. Dennis Marshall

A Soldier from 1-72 Armor Regt. paints a wall while volunteering at the Shalom House Sept. 21. The Shalom House provides services for children, local Koreans and U.S. Servicemembers.

Sunday at 5:30 p.m. for the public. The Shalom House staff also serves meals on Thanksgiving, Christmas and other holidays. Soldiers are always welcome.

After a long day of hard work, the volunteers said they were all proud of the work they had accomplished and said they would be willing to return and continue serving the local community.

Anyone interested in the services provided by the Shalom House or in helping Meyer and Forrest can contact them at 730-6712 or 031-865-2409 or feel free to stop by anytime.



Sgt. Dennis Marshall

Soldiers from 1-72 Armor Regt. pose for a picture after a hard day's work volunteering.

First Tank fires rounds down range, meets media

1-15 FA Soldiers encounter 2ID's media on the battlefield training

Sp. Beth Lake and
Pfc. Phillip Adam Turner

Editor and Assistant Editor

Soldiers from the 1st Battalion, 15th Field Artillery Regiment endured adverse weather conditions, uncomfortable sleeping arrangements and an arduous training schedule while out in the field this month.

During the four-day field exercise, the Soldiers performed live-fire battle drills to ensure mission readiness and equipment effectiveness. They also fired nearly 1,000 live artillery rounds in a joint operational impact area.

"These exercises are all about our leadership training us and testing our skills," said Pfc. John Daust, 1st Bn., 15th FA Regt. "We finally get the chance to do what we are trained to do. We show, that through our train-

ing, we are perfectly prepared to defend the peninsula."

Staff Sgt. Siphon Phan, 1st Bn., 15th FA Regt., sees the time in the field as hands-on experience for his Soldiers.

"The intent of this training is not only to be mission-capable, but to perform crew drills to send rounds down range safely," Phan said.

As these Soldiers spent their second day in the field conducting preventative maintenance checks and services on their Paladin Howitzers and preparing to fire rounds, a surprise visit came their way.

As the sun rose and a new day began, the gates to their area of operations opened and a group of reporters entered.

What the Soldiers thought were reporters from Newsweek, Rolling

Stone magazine, Fox News and several Korean news agencies were actually Soldiers from the Second Infantry Division Public Affairs Office and American Forces Network role-playing as civilian reporters.

The purpose of the Media on the Battlefield training is to teach Soldiers how to assist civilian media while conducting military operations in a war zone. That includes ensuring the media is properly credentialed and escorted if need be, that the news representatives have the proper equipment and assisting in the media engagement.

Throughout the day, the PAO and AFN Soldiers held interviews and trudged through thick mud and rain as their hosts passionately described their jobs.

For Daust, the time with the media

was enjoyable and boosted his morale.

"It was fun," he said. "It makes you feel like people care about your mission and how you do it."

One thing was sure -- all the Soldiers interviewed loved their job and their Army.

"I joined the Army to better my situation and to make my Family proud, and I couldn't feel any better about my decision," said Daust.

Phan also used his time with the media to lift up his Soldiers and their efforts while in the field.

"Anytime we come out to the field and conduct training missions with safety and precision, it's a success," Phan said. "I am proud of the job my Soldiers have done during this exercise and look forward to future field training exercises with them."

All new Soldiers will be CLS certified

Graduates will learn advanced first aid needed until professional medical help arrives

By Mike A. Glasch
Fort Jackson Leader

FORT JACKSON, S.C. -- The Army is about to change the way it ensures Soldiers injured on the battlefield receive access to life-saving techniques.

"Soldiers who were recently redeployed, and those who are currently deployed, told us that the first 10 minutes are the most critical for keeping a wounded Soldier alive," said Fort Jackson's Deputy Commander Col. Kevin Shwedo.

Beginning Oct. 1, Soldiers entering Basic Combat Training will receive Combat Lifesaving Training and be CLS-certified before graduation. The change adds seven and a half hours to the current curriculum.

Soldiers will learn how to perform advanced first aid and conduct potentially lifesaving procedures, from controlling bleeding, conducting CPR and reintroducing fluids into the body, to keep a serious injury from worsening until professional medical help arrives.

"That means you are going to have to start an IV in your buddy,



Sgt. Rachel M. Ahner

Staff Sgt. Lori Naifeh, 115th BSB, administers an IV to a dehydrated Soldier during medical operations in Hor Al Bosh, Iraq, July 15. Beginning Oct. 1, Soldiers entering Basic Combat Training began receiving Combat Lifesaving Training to be CLS-certified before graduation.

and your buddy is going to have to start one in you," Col. Shwedo said.

The deputy commander said the change has two benefits.

"One, we are training Soldiers on mission-essential tasks that will keep them and their buddies alive in combat," he said. "Not only will they be able to save a life, but they will have

the confidence that their buddies can do the same for them."

The second benefit is stress inoculation.

"There are very few things in life more stressful than watching a newly trained person put a catheter in your arm," Col. Shwedo said. "Almost as stressful is introducing a catheter

into your buddy's arm because you don't want to get it wrong."

Introducing artificial stress in BCT is thought to prepare Soldiers for the stressors of war, but Col. Shwedo said that stress should be directly related to what Soldiers endure in war.

"Yelling at a person at the top of your lungs for five minutes does virtually nothing. Human nature says 'I will shut you down in the first 30 seconds,' so I've just wasted the last four and a half minutes of my life," Col. Shwedo said. "Whereas, if I put a Soldier in a stressful environment that has something to do with keeping him or her alive in combat, or killing the enemy, it makes him that much more successful."

Previously, only 20 percent of Soldiers in each unit were required to be combat lifesaver certified.

"At the end of the day we want to make sure we have a Soldier who is proficient in a few critical tasks -- weapons proficiency, discipline, being physically fit -- confident he or she can save a life on the battlefield and equally confident that their buddy can save their life," Col. Shwedo said.

Reunion

from Page 1

the event.

"As soon as we stepped foot into the hotel we were greeted with warm smiles and tons of handshakes," Adamets said. "They repeatedly told us how much they appreciated our service to our country and the division."

"We, as Soldiers, should be grateful for what our predecessors have done for us," Brummitt said. "We must continue to work and fight hard as they have done for the Soldiers of the future."

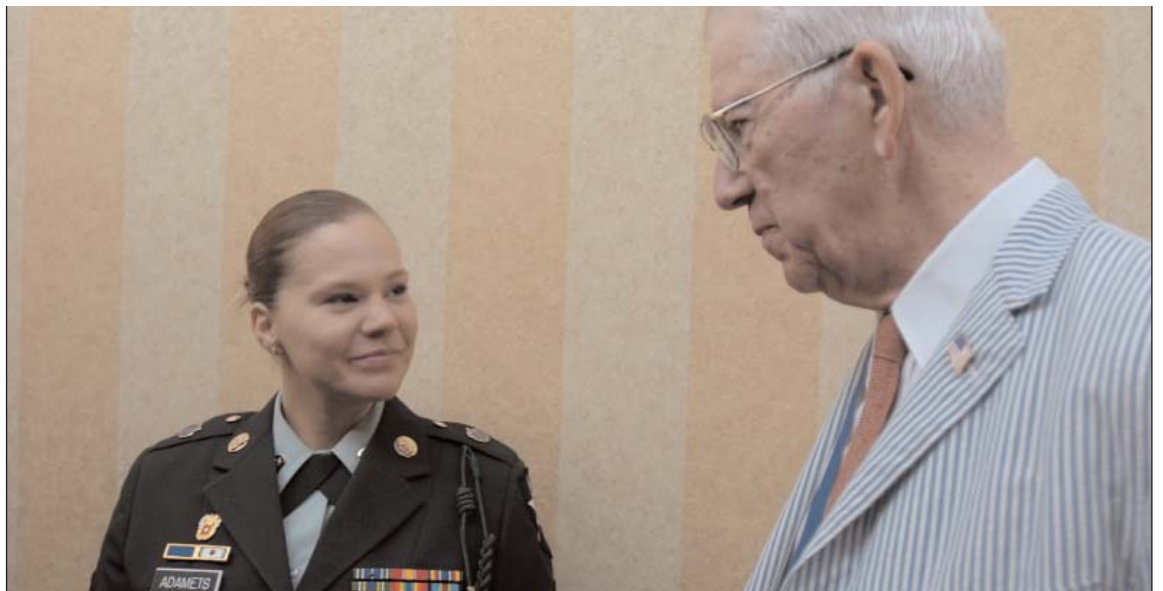
Before the banquet, the Soldiers mingled with many of the retirees and found out about their different stories within the Warrior Division as well as some things about themselves.

"Through talking to many of the veterans, I learned that I'm not too different from Soldiers from previous generations," Brummitt said. "We ultimately, as Soldiers, will always have the same mission, to continue to make sure that the United States' freedoms are protected."

"I believe that if Soldiers are given more chances to interact with veterans from all of the different wars it will strengthen and renew their patriotism in our country," Adamets said. "It shows us and helps us to remember what exactly it is that we are fighting for."

Brummitt and Adamets agreed that, if given the time, they would attend another reunion ceremony to pull in the latest generation of Soldiers with the greats of the past.

The Indianhead Association's annual reunion brings generations of warriors from the Second Infantry Division together from World War II, the



Pfc. Antuan Rofe

2ID Soldier of the Year, Spc. Amber Adamets, Warrior Readiness Center, speaks with a member of the 2ID Indianhead Association at the 86th Annual Second Infantry Division Indianhead Association Reunion Ceremony.

Korean War and the present-day Operations Iraqi and Enduring Freedom

"The Second Infantry Division has had some of the most valiant warriors in its ranks and through their stories and seeing the amount of pride that they had in the division, I realized that I will never be able to wear the patch on my left shoulder the same," Adamets said. "Instead of it being just a patch, it now represents an entire history of Soldiers who have fought and even given their lives for their

country, and I am extremely proud to also wear the 'Big Black Patch'."

"I'm proud to be a Soldier. By seeing these old Soldiers it shows everyone what type of stock that the Soldiers of today are coming from," Brummitt said. "It was a very humbling experience, and I encourage every Soldier that has ever worn the 2ID patch to go to at least one reunion ceremony and hear of all the great things that Soldiers of the Second Infantry Division have done."

Chapel Service Times

Camp Red Cloud

Warrior Chapel
Protestant:
11 a.m. Sunday
Catholic:
11:30 a.m. M-F
4 p.m. Saturday
9 a.m. Sunday
KATUSA
7 p.m. Sunday
COGIC
12:30 p.m. Sunday

Camp Casey

Stone Chapel
Protestant:
10 a.m. Sunday
KATUSA:
6:40 p.m. Tuesday

Memorial Chapel
Gospel:
11 a.m. Sunday

KATUSA:
6 p.m. Tuesday

West Casey Chapel
KATUSA:
6:30 p.m. Thursday
Protestant:
10:30 a.m. Sunday
Catholic:
12 p.m. Sunday
LDS:
2 p.m. Sunday

Camp Hovey

Hovey Chapel
Catholic:
9:30 a.m. Sunday
Protestant:
11 a.m. Sunday
KATUSA:
6 p.m. Tuesday

Crusader Chapel
Protestant:
11 a.m. Sunday

Camp Stanley

Protestant:
10 a.m. Sunday
Gospel:
11 a.m. Sunday
Catholic:
1 p.m. Sunday
KATUSA:
7 p.m. Tuesday

Camp Humphreys

Catholic:
11:45 a.m. M, T, T, F
9:30 a.m. Sunday
Protestant:
10:30 a.m. Sunday

Camp Castle

Castle Chapel
KATUSA:
6 p.m. Tuesday

Points of Contact:

USAG-Red Cloud:
732-7469
CRC Catholic: 732-6428
Hovey Chapel: 730-5119
Memorial Chapel
730-2594
West Casey: 730-3014
Stanley: 732-5238
Humphreys: 753-7952
Castle: 730-6889
Orthodox worship service
Saint Nicholas Cathedral:
753-3153
LDS: 730-5682
Other services including
bible studies and fellow-
ships are offered in some
chapels. Please call for
complete schedules.



Movies

Camp Casey

Show times: Fri.-Sat. 6:30 & 8:30 p.m.,
Sun. 3, 6:30 & 8:30 p.m., Mon.-Thur. 7:30 p.m.

October 12... Rush Hour 3
Hairspray
October 13... Stardust
The Game Plan
October 14... The Kingdom
Rush Hour 3
October 15... The Kingdom
October 16... The Game Plan
October 17... I Now Pronounce You Chuck
and Larry
October 18... Stardust
October 19... War
The Invasion
October 20... Illegal Tender
The Invasion
October 21... The Heartbreak Kid
War
October 22... The Heartbreak Kid
October 23... The Invasion
October 24... Illegal Tender
October 25... War
October 26... Superbad

Camp Red Cloud

Show times: Fri.-Sat. 7 & 9 p.m., Sun. 6 &
8 p.m., Mon., Tue. & Thur. 7 p.m.

October 12... The Kingdom
Rush Hour 3
October 13... Stardust
1408
October 14... Rush Hour 3
I Now Pronounce You Chuck and Larry
October 15... Hairspray
October 16... Transformers
October 17... No Showing
October 18... The Heartbreak Kid
October 19... The Heartbreak Kid
October 20... War
The Game Plan
October 21... Illegal Tender
The Game Plan
October 22... The Invasion
October 23... War
October 24... No Showing
October 25... We Own The Night
October 26... We Own The Night

Camp Hovey

Show times: Sat.- Sun. 3:30 & 7 p.m.,
Mon.-Fri. 7 p.m.

October 12... Stardust
October 13... Rush Hour 3
The Kingdom
October 14... Stardust
The Game Plan
October 15... The Game Plan
October 16... The Kingdom
October 17... Rush Hour 3
October 18... Hairspray
October 19... Illegal Tender
October 20... War
The Heartbreak Kid
October 21... Illegal Tender
The Invasion
October 22... The Invasion
October 23... The Heartbreak Kid
October 24... War
October 25... Illegal Tender
October 26... Death Sentence

Camp Stanley

Show times: Sun- Mon. & Thu. 7 p.m., Fri.
6 p.m. & 8 p.m., Wed. & Sat. 7 p.m. & 9 p.m.

October 12... Rush Hour 3
1408
October 13... Stardust
Rush Hour 3
October 14... Transformers
October 15... Stardust
October 16... No Showing
October 17... The Heartbreak Kid
October 18... The Game Plan
October 19... War
The Game Plan
October 20... Illegal Tender
The Invasion
October 21... War
October 22... The Simpsons Movie
October 23... No Showing
October 24... We Own The Night
October 25... Illegal Tender
October 26... Death Sentence

WARRIOR NEWS BRIEFS

Claims to estate

If anyone has a claim against the estates of Staff Sgt. Ricky Fox, Co. G, 302nd Brigade Support Battalion and/or Spc. Vang Her, Co. B, 302nd BSB, please contact Capt. Leilani Tydingco at 730-6351 or by Email leilani.tydingco@korea.army.mil. Notification must be done by Nov. 30.

Book remembers fallen heroes

A new book, "Faces of Freedom Profiles of America's Fallen Heroes: Iraq and Afghanistan," has just been published. It profiles fallen Servicemembers, one from each state, who were killed in Iraq or Afghanistan. One of those Soldiers was Staff Sgt. Jason Hendrix, of 1st Battalion, 9th Infantry Regiment, 2nd Infantry Division, Camp Hovey, Korea. Hendrix, 28, of Claremore, Ok. died in Ar Ramadi, Iraq, while conducting combat operations Feb. 16, 2005.

All proceeds from the sale of the book go to Wounded Warrior and Fisher House. For more information about the book or to order a book through the printer, visit rebeccapepin.com. The author can be reach at: emailderekpepin@yahoo.com.

2nd Annual Black and White Ball

The Camp Stanley BOSS team is hosting its 2nd Annual Black and White Ball Nov. 10 from 6-10 p.m., at the Dragon Hill Lodge in Yongsan. This fine dining event will offer stage shows, dancing, live entertainment and more! Awards will be presented to the best dressed in the following categories: male, female and couple: all white, all black and mix of black and white. Tickets purchased on or before Oct. 16 are \$25, and \$30 a person after that. One hundred single occupancy rooms have been blocked for reservations. The rooms will cost E-5 and below - \$59, E6 - O-4 and above, and civilians \$82. For more information or to order tickets, contact your local BOSS facility.

Bus fares soon to change

The bus fares for the New Kyon Dong Tour Co. as well as the Myungjin Tour Co. commercial bus services took effect Oct. 1. The new fares are primarily due to normal cost of living increases for the bus companies' employees, coupled with rising fuel prices. The company has established a child bus fare for children ages 12 years old and younger. For more information,

check with your local bus terminal.

Safety officer training

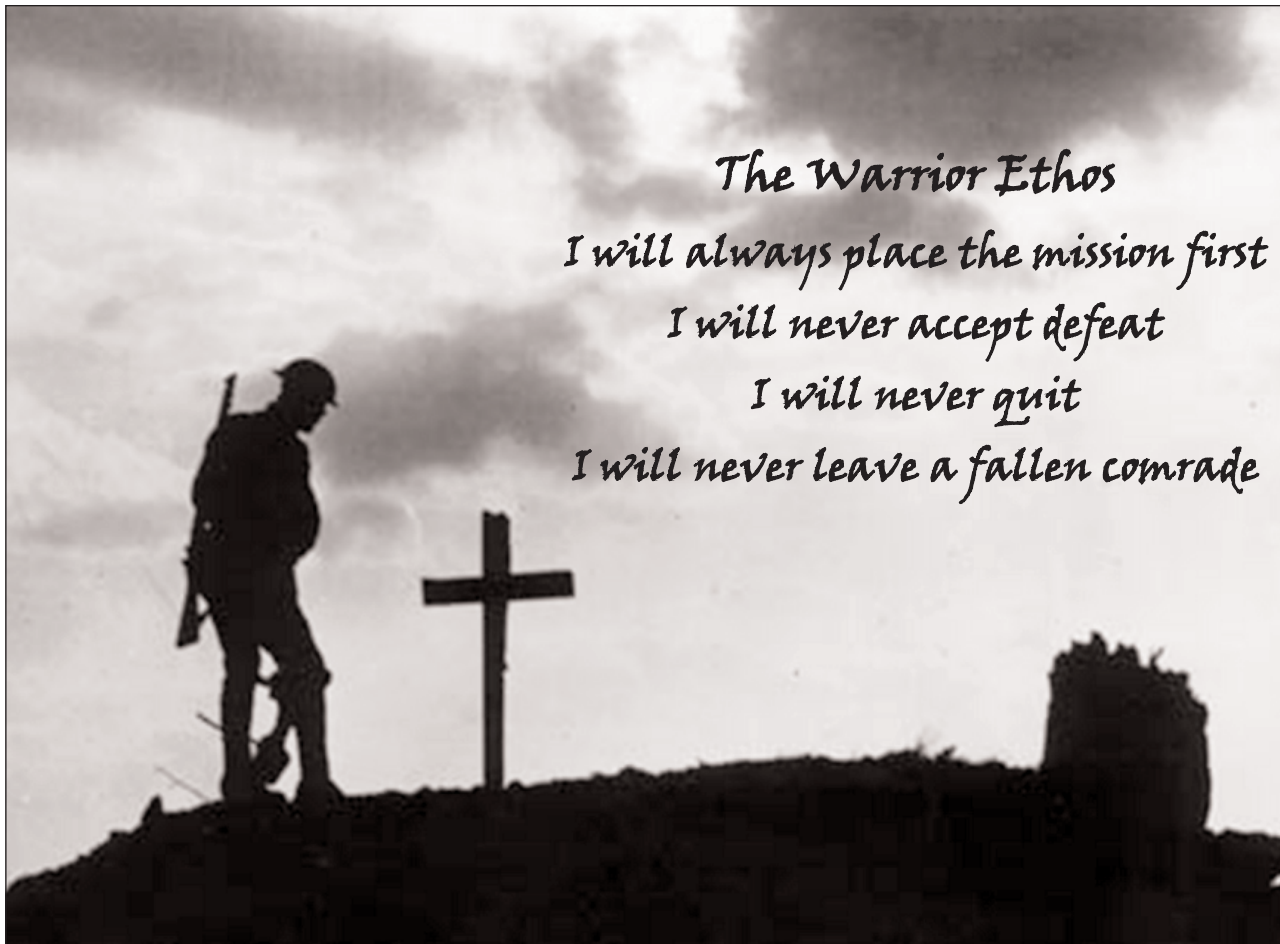
The Duty Safety Officer Certification course will be held at Camp Casey, Building S-546 Oct. 17-19 from 9 a.m. to 5 p.m. each day. Upon successful completion, each appointee will be certified to function as an organization's safety officer. Contact Kiman Kang at 732-7298 for more information.

Holiday Donation Program

Army Community Service will use donations to provide food vouchers to Families who need support. Donated toys will also be given to the Families. Projected amount for vouchers are \$50 for a family of two, \$75 for a family of three, \$100 for a family of four, and \$125 for a family of five. The campaign runs from Nov. 1 to Dec. 14. For more information, contact your ACS.

Spouses orientation

The Spouses Orientation Program will be held Oct. 23 at Camp Casey and Oct. 16 at CRC. This is a mandatory brief so please make sure your briefers are on time. If your agency briefer will be unavailable, call 732-5883.



Preventing suicide: Learning to read the signs

By Pvt. Kim, Hyo Joong
Staff Writer

A Soldier sits alone in his silent, dark barracks room trying to drown his sorrows.

After serving a combat tour in Iraq, he expected to be at home with his Family, but instead, finds himself stationed in South Korea. Now the fact that he is spending two years away from his Family back to back has only made a strained relationship even more tense.

Every night, he suffers from dreams of his battle buddies who were killed in Iraq. He can't focus on his work during the day because he misses his Family, and soon the stresses take a serious toll. He sends out small signs to his friends to show that he is distressed. As a final act of desperation, he tries to end his life.

This may just be a story, but there may be a Soldier in this situation at this very moment. Statistically, suicides among Servicemembers have risen since 2001, according to a recent Army medical study.

"Suicide affects Soldiers in (the) 2nd Infantry Division," said Lt. Col. Frank Jackson, 2nd Infantry Division chaplain. "Fortunately for our Soldiers, there are programs set in place for them to seek out and find

help."

Soldiers attend safety briefings and classes during payday activities on suicide prevention. There are also counselors who can take care of Soldiers who are suffering from alcohol abuse, and Family advocacy case managers can assist in Family issues.

**Early recognition
and intervention is
the key to
preventing suicide.
Leader engagement
is imperative.**

There are also deployment cycle care managers who specialize in counseling Soldiers who have just returned from a war-zone.

Leader engagement at all levels is critical. But, when a battle buddy or a leader needs more assistance to help a Soldier, Area 1 has a psychiatrist and social workers on staff.

Chaplains are readily available for Soldiers who need counseling. They provide suicide education for in-processing Soldiers at the Warrior Readiness Center, and annual suicide

prevention training at the company level. Chaplains also have two special programs for suicide prevention.

The first program is called A.S.I.S.T., which stands for Applied Suicide Intervention Skill Training. It includes a four-day and two-day training course. The courses are about how Soldiers at risk for suicide can be identified. The four-day training certifies Soldiers to teach the two-day training for individuals who are selected by his or her unit to attend the training.

The second program, Question, Persuade and Refer, researches who is at risk of suicide. It also teaches Soldiers how to support them, encourage and stay with him or her until medical help arrives.

People who suffer from depression may have a higher tendency to commit suicide, according to the research by American Foundation of Suicide Prevention. Therefore, someone with signs of depression needs to be taken seriously.

Showing concern for each other is the best remedy to this problem, said Jackson.

"We all have a commander, a first sergeant and NCOICs, but the best defense starts with battle buddies helping battle buddies, showing compassion for one another."

Suicide Definitions

- **Ideation:** A thought about suicide
- **Passive suicidal ideation:** Thoughts of being "better off dead" or "not wanting to live any longer"
- **Active suicidal ideation:** Thoughts of taking action to end one's own life
- **Gesture:** Undertaking an unusual, but not fatal, behavior as a cry for help or to get attention (Difficult to discern from an attempt)
- **Attempt:** A serious act with someone accidentally intervening
- **Completed suicide:** Taking one's own life

The loss of any Soldier to suicide is tragic and unnecessary. If you believe someone around you may be contemplating suicide, show your concern and get involved. It could save a life.

Family violence: a readiness issue

By David G. Landmann

Sentinel News Editor

Domestic violence in Army Families is both a "people" issue and also one of readiness, Lt. Gen. Ray Odierno, commander of III Corps and Fort Hood, told an audience of Army leaders in 2006.

Odierno's comments helped set the tone for the post's annual Domestic Violence Stand Down Day at a leadership breakfast in the ballroom of the Fort Hood Catering and Conference Center.

"We have to make sure everyone under the command understands the implications of domestic violence," Odierno said.

Domestic violence is not just something that impacts the perpetrator and the immediate victim, but its effects spread through entire Families, according to Odierno. It is also an issue some tend to overlook.

"We can't just say 'Oh, he's my first sergeant, and he couldn't do this,'" he said. "It is very, very important we understand this problem and educate...to change to behavior of these Soldiers."

From a command perspective, Odierno told his audience domestic violence is "all about readiness" and readiness, he said, like the Army, is all about people.

"We have to make sure we're providing (our Soldiers) an environment in which they can grow as people," he said.

Odierno said he wanted the remainder of Domestic Violence Stand Down Day spent with leadership working to educate Soldiers about the issue.

"We need to explain the problem and what is available to them," he said. "It is the (Soldiers) who don't go for help who end up (in violent family situations)."

"The victims could be anybody," he added, "So we've got to make sure we get everybody involved. We have to communicate about this problem."

Odierno said as far as he is concerned, there are no excuses for domestic violence in Army Families.

"Yes," he said, "we're under a lot of stress. And, yes, we're deploying, but those things are not excuses for violence."

Earlier in the breakfast program, Eric Jackson, a domestic violence intervention training instructor, urged Army leaders to intervene in

"Just by asking a Soldier how things are at home could be the key. If you don't know what to do then, call Family Advocacy."

Eric Jackson
Domestic Violence Intervention
Training Instructor

situations where they suspect domestic violence.

Jackson opened his presentation with a video in which a spouse is killed as a result of Family violence. Several times during the video, friends, neighbors and passers-by could have intervened and possibly prevented the death.

"That video," Jackson said, "demonstrates the lack of community involvement where domestic violence is concerned. Had there been some intervention, this would not have happened."

Even in instances where domestic violence doesn't result in death or physical injury, the emotional toll is heavy, according to Jackson.

"Whatever the outcome," he said, "it is still a tragedy."

Intervention, Jackson continued, often comes too late.

"We usually get involved when we get tired of hearing the hollering. We usually don't call the MPs until (domestic violence) inconveniences us," he said.

Army leaders, he suggested, need to show their concern for the domestic well-being of their Soldiers with action -- an appropriate response.

"Just what that appropriate response is depends on the situation going on with the couples," Jackson said.

And getting to know the situation, he said, can sometimes be a simple process.

"Just by asking a Soldier how things are at home could be the key," he said. "If you don't know what to do, then call Family Advocacy."

Jackson also urged leaders to hold offending Soldiers accountable for their actions.

"We have to be proactive to try to prevent (Family violence), and then we have to give the offenders what they deserve," he said."



Pfc. Phillip Turner

Merry Christmas, Mom!

Pfc. Ashley Riggs, HHC, 2ID, gives a shout out to her Family and friends back home in Maryland during the Hometown News Holiday Greetings visit Sept. 25 at Camp Red Cloud. The recorded messages will play on local radio and television stations in their Soldiers' hometowns between Thanksgiving and Christmas. Soldiers and their Families will be able to retrieve the messages online by visiting Google Video and typing the Soldier's last name.



"Better Opportunities for Single Soldiers"



Spc. Beth Lake

A night out

Soldiers play a game of cards at BOSS's Night Out held at Mitchell's Club Sept. 21. The Better Opportunities for Single Soldiers program offers fun events such as DVD nights and tours for Soldiers in 2ID. For more information on upcoming BOSS activities, contact your local BOSS representative at 732-6274.

Warriors compete in Tae Kwon Do exhibition

By Pvt. Sohn, Joon Hyung
Staff Writer

Twenty-seven warriors from throughout the 2nd Infantry Division competed in the 2007 Warrior Country Tae Kwon Do Championship at Camp Casey's Hanson Field House Sept. 29.

Two competitors in each weight class advanced to the 2007 Eighth Army Tae Kwon Do Championship Oct. 13 to face off against opponents from all over the peninsula.

Before the match started, there were weigh-ins and a medical exam. After all the checks and exams were done, the competitors had about two hours of practice before the event began.

As the first match began, the two competitors entered the ring. After they bowed to each other, the audience shouted and cheered.

The competitors were graded by an electronic scoring system. Each of the three referees had a grading controller which could send a scoring point to the system. A point would be given if two or more referees pushed their but-

ton on the controller. Each round takes 1:30 with a thirty-second break in between.

Matthew Russell, Co. A, 1st Brigade Special Troops Battalion, 1st Heavy Brigade Combat Team, competed in the heavyweight, blue belt class.

"I was both nervous and excited at the same time. It is my first time participating in the championship," he said. "I am confident enough to win because I have had a thorough training for the last two weeks within my unit."

Russell won the championship after beating Thomas Downie, Headquarters Headquarters Company, 1st Battalion, 72nd Armor Regiment in semi-final and Evan Wood, Co E, 302nd Brigade Support Battalion in final round.

Other competitors have been involved in Tae Kwon Do for several years.

"I learned Tae Kwon Do back in the States, and the rules were a little different here in Korea," said Kyle Jenschke, Co F, 302nd BSB, who won in the lightweight, blue belt class.



Pvt. Sohn, Joon Hyung

Pvt. Thomas Downie, HHC, 1st Bn, 72nd Armor Regt. tries to kick on his opponent during a match at the 2007 Warrior Country Tae Kwon Do Tournament at Camp Casey Sept. 29.

"Success in Tae Kwon Do depends on how one controls one's mind, body and power at the same time."

"Practicing with my fellow Soldiers who also participated in today's championship, was a key to winning," Lee, Sang Min, C Troop, 4th Squadron, 7th Cavalry Regiment, who won in the lightweight, black belt division.

Lee won the championship without fighting in the final round because Ryan Rebulana, Battery A, 1st Battalion, 38th Field Artillery Regiment, withdrew.

"It would have been better if I got to fight in the final round, but I am still glad that I won," he said. "I will have to practice harder to win the Eighth Army championship."

2007 WARRIOR COUNTRY TAE KWON DO CHAMPIONSHIP RESULTS											
29 September 2007, at Hanson Field House, Camp Casey											
BOUT #	CATEGORY	WEIGHT CLASS	WINNER	VS	DEFEATED	BOUT #	CATEGORY	WEIGHT CLASS	WINNER	VS	DEFEATED
#1	Blue/Below	Heavyweight Semi-Final	SPC. MATTHEW RUSSELL, A CO, 1st BSTB	VS	PVT. THOMAS DOWNIE, HHC, 1/72D AR	#11	Black	Super Heavyweight Final	PFC. ERIK STRECKER, HHSC, DSTB	VS	SPC. ARMANDO MATOS, HHSC, DSTB
#2	Black	Middleweight Semi-Final	PV2. YEO, JIN HO, A TRP, 4/7TH CAV	VS	SPC. SAEI BLYDEN, HHSC, DSTB	#12	Blue/Below	Heavyweight Final	SPC. MATTHEW RUSSELL, A CO, 1st BSTB	VS	PVT. EVAN WOOD, E CO, 302D BSB (W/D)
#3	Blue/Below	Lightweight Final	SPC. KYLE JENSCHKE, F CO, 302D BSB	VS	PV2. KYLE FRANK, HHC, 1/72D AR	#13	Black	Middleweight Final	PV2. YEO, JIN HO, A TRP, 4/7TH CAV	VS	SPC. TYLER JACOBS, HHC, 1/72D AR
#4	Blue/Below	Middleweight Final	CPT. ARTHUR RUTNARAK, A BTRY, 1/38TH FA	VS	CPT. DAVID O'LEARY, B BTRY, 1/38TH FA	<div>UNCONTESTED WINNERS:</div> <div>Men's Black Belt Flyweight PFC. MARLON VILLEGAS, HHSC, DSTB</div> <div>Men's Red Belt Flyweight SSG. SOVATH KE0, E CO, 1/72D AR</div> <div>Men's Red Belt Lightweight SSG. CASPAR SAVING, HHB, 1/15TH FA</div> <div>Women's Black Belt Super Heavyweight SPC. J-XOMALA BUCK, 618TH DENTAL</div>					
#5	Blue/Below	Super Heavyweight Final	PV2. ROBERT GOTT, HHT, 4/7TH CAV	VS	SPC. DANIEL STIEGMAN, HHT, 4/7TH CAV						
#6	Red/Brown	Middleweight Final	SGT. ZEUS INOCENCIO, C TRP, 4/7TH CAV	VS	1LT. MIKE ASHLEY, F CO, 302D BSB						
#7	Red/Brown	Exhibition	SSG. CASPAR SAVING, HHB, 11/15TH FA	VS	SSG. SOVATH KE0, E CO, 1/72D AR						
#8	Red/Brown	Heavyweight Final	SFC. JAMES MATHIS, B CO, 1/72D AR	VS	CAPT. MELVIN BARNHILL, DET 1, 60TH WS						
#9	Red/Brown	Super Heavyweight Final	2LT. BALDEMAR HERNANDEZ, 19TH AG	VS	SPC. RANDY MARTINEZ, B BTRY, 1/38TH FA	TOTAL PARTICIPANTS: 27					
#10	Black	Lightweight Final	PV2. LEE, SANG MIN, C TRP, 4/7TH CAV	VS	SPC. RYAN REBULANA, A BTRY, 1/38TH FA (W/D)						

BCS voters leave a lot of questions unanswered

By Pfc. Phillip Adam Turner
Assistant Editor

If you have looked at the Top 25 polls over the past two weeks you are probably as dumb-founded and in shock as I am. Only two of the original top five left, and we still have half of the college football season remaining before we will see who will play for the national title.

The past two weeks of college football have been unlike any weesk in recent memory as the top 25 have been plagued by upsets. This situation has left the voters with some big holes to fill, and big questions to answer in the weeks to come.

If the season ended tomorrow, who would play for the national title? Who's more deserving?

A week ago these questions had an easy answer, LSU vs. USC. After all they were both undefeated and the BCS lock for numbers 1 and 2 respectively. But following a week six loss at the hands of Stanford, USC sits at No. 10 in the polls and should probably have fallen a bit further since Stanford has never been ranked nationally since the introduction of the BCS.

I mean, how can you throw Michigan completely out of the Top 25 after their loss to Appalachian state, yet USC doesn't even fall out of the top ten? I guarantee that if Stanford played App. State they would lose and it probably wouldn't even be close.

Anyway, I digress from my point. There are nine undefeated teams in the Top 25 and four of them find

themselves outside of the top ten. Missouri, Arizona State, Cincinnati, and Kansas are all consistently competitive programs with quality wins this season. With this being the case why is the top ten crowded with one-loss teams?

At what point does what you did last year or the year before that not dictate where you stand in the rankings? Personally, as a college football fan, I am tired of seeing the same teams in the top ten. So what am i complaining about, this year should be a breath of fresh air right?

Wrong, this is not going to change. The voters will still put a high caliber one loss team in the national title game before allowing a mid market team in the game (Sorry USF).

Last year was a perfect example.

Florida had one loss and they were picked to play in the national title game over undefeated Boise State who proved that week that they had the talent to play with the big names by beating Oklahoma in the Fiesta Bowl.

Will we see this trend continue this year? I say yes. If every other team in the BCS top ten, besides LSU and USF, ends up with one loss I guarantee you will not see a LSU vs. USF national title game.

I want to see the two best teams go at it no matter who they are. I just hope that's what all college football fans want and that the BCS and its voters will eventually get a clue.

