



# Indianhead



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Vol. 46, No. 6

www.2id.korea.army.mil

March 27, 2009

## 2ID celebrates Year of the NCO

Story & photo by Sgt. Bo Park

Staff Writer

"Down by the river, I took a little walk, ran into the enemy, we had a little talk."

The roars of cadence woke a spring morning and the sound traveled through the crisp air. It is not unusual to see Soldiers running at dawn calling cadence on any Army garrison installation. However, the morning of March 20 saw an especially loud and motivated group of Noncommissioned Officers making their way around Camp Red Cloud.

In celebration of the Year of the NCO, the Sergeant Audie Murphy Club (SAMC) hosted a Division Special Troops Battalion and Area 1 NCO run.

"We haven't had a run for a while," said Sgt. 1st Class Carrie Stewart, Headquarters and Headquarters Company, DSTB, who is the president



**Command Sgt. Maj. Peter D. Burrowes, 2ID command sergeant major, leads CRC NCOs on a 3-mile run in honor of the Year of the NCO Mar. 20.**

of the DSTB SAMC. "We wanted to have a run with the DCSM (Division Command Sergeant Major) to boost morale, build a team spirit and recognize the Year of the NCO at the same time."

The NCOs started from the CRC Gym and ran twice around Uijeongbu Stadium, then two more laps around the post, which amounted to approximately three miles.

However, Soldiers kept their moti-

vation high and voices loud until the very end of the run.

"Running is the most expedient way to challenge yourself. It tests us on both mental and physical strength," said Command Sgt. Maj. Peter Burrowes, 2nd Infantry Division command sergeant major, who led the entire run with the Area 1 command sergeant major, Command Sgt Maj. Earlene Lavender.

"It feels really good," said Staff Sgt. Jeremy Schmidt, Co. A, DSTB, after the run. "Normally I lead my Soldiers on a run, but this time it was different because I developed comradery with fellow NCOs. I definitely enjoyed this."

After the run, the best cadence callers from each company were presented with coins and T-shirts from Burrowes and Lavender.

Burrowes added that there will be a whole lot of activities for the Year of NCO across 2ID throughout the year.

## Warrior Band records CD with Korean musicians

Story & photo by  
Pfc. Han, Bu Yong

Staff Writer

Several Korean songs flowed at the KBS Studio, Seoul Mar. 12. It wasn't a Korean band who played these songs but it was the 2nd Infantry Division Band. The Warrior Band planned to make a special CD containing Korean songs for Maj. Gen. John W. Morgan III, the commanding general of 2ID. What made this project more special is that the Warrior Band invited three different Korean orchestras and chorus to join and help the band.

The Warrior Band left Camp Red Cloud early in the morning to meet Ilsan High School Orchestra, Uijeongbu City Chorus and Uijeongbu Chamber Orchestra at KBS Studio. They all knew each other because these three

groups had already visited CRC recently and had a rehearsal together. The first song to be recorded was the National Anthem of Korea and then there were other Korean songs including "Hand in Hand."

"Hand in Hand," which was the theme song for the 1988 Seoul Olympics, was the most meaningful song because this song is meant to bring people together. "Maj. Gen. Morgan thought this was a great 'Katchi Kapshida' event in which we cooperate," said Chief Warrant Officer 4 William J. Brazier Jr., commander and Band Master of the 2ID Band. "I personally think the song 'Hand in Hand' shows the essence of this event," he added.

The Warrior Band already had a good relationship with the Korean communities like Ilsan High School. This school has invited the 2ID



**Soldiers from the 2ID Band played with three Korean orchestras and choruses at KBS Studios March 12**

Band to play in their annual concert at school since 2007 and that started the special bond between these two.

"We have a small orchestra and thus have a weak sound. However, the 2ID Band has a powerful sound. That's why we invited them," said Kim, Hae Duck, the music teacher for Ilsan High School. "The Warrior Band has invited us this time for the making of a

CD and it has a positive effect on students trying to learn as much from the band," she added.

"I have learned new techniques while playing with Soldiers and this was easy because they were all being very friendly, talking to us and smiling a lot," said Yang, Min Kyu, a student from Ilsan High School.

The High School students

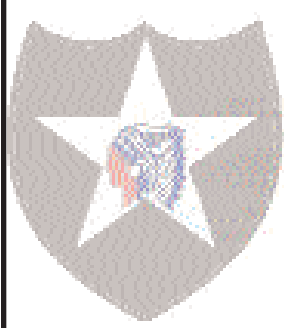
weren't the only ones who gained something from this event. "It has been a learning experience for the band and created a bond with the Korean Community," said Brazier. "We have grown not only musically but in other ways too," he added.

This special event ended late in the afternoon but Soldiers and Korean groups didn't lose their smiles and they took pictures of themselves in front of KBS Hall for memories and talked to each other until it was time to leave.


"This has been very successful and I feel I'm involved in the Korean community because this project was part of the Good Neighbor project," said Brazier.

The Warrior Band will return to KBS Studio later in the month to put the finishing touches on this special recording.






**VOICE OF THE  
WARRIOR:**  
What is your  
favorite Spring  
Break memory?




*"Shooting a 77, while  
playing at Pebble Beach  
last year."*  
  
**Maj. Bill Platte**  
HHC, DSTB

*"Biking trip to the  
Canadian Rocky  
Mountains."*




**Cpl. Park, Chang Hyon**  
HHC, DSTB




*"Visiting the Bahamas last  
year."*  
  
**Sgt. 1st Class Jacquelin  
Fields, WRC, DSTB**

*"Hanging out with my  
friends at the lake."*




**Sgt. James Martin**  
HHC, DSTB



*"Going to the beach in  
Miami."*  
  
**Pfc. Kim, Ho Joong**  
HHC, DSTB

*"Vacationing with my  
family in Florida."*



**Capt. Donny Pham**  
HHC, DSTB

# COMMANDER S CORNER: Spring Break: Real life lessons

By Maj. Gen. John W. Morgan III  
Second Infantry Division Commander

*"These men set off confident in their knowledge and skill, but were overpowered by nature." - Joanne Fessal, St. Petersburg Times, March 11, 2009.*

On an early Saturday morning, on February 28, 2009, two NFL players joined with two other friends to set sail off the coast of Florida to relax and deep sea fish. At some point during the day, their boat cap-sized plunging all four men into the frigid gulf water. Nearly two days later, the coast guard found just one of the four men alive atop the over turned boat. While this event took place in late winter, it provides timeless lessons that we may incorporate into our spring break (and eventual summer) plans.

I posit that we may distill two "knows" and two "haves" from this event that will help each of us better protect our friends, Families and the Warriors of this great Division: Know the conditions, know your limits, have a plan, and have a proper mindset.

**Know the conditions.** Despite the gusty and frigid conditions, the men decided to fish in open water far from land. Independently the conditions may seem minute: gusty winds, cold weather, and open water; but synthesize them, and one gets a dangerous blend saturated in amplified risk.

Whether you intend to explore China or downtown Seoul, take the time to educate yourself on current events. In Korea, for instance, more protestors will surface with the warmer weather and longer day light. Be cognizant of advisory areas surrounding Yongsan and your local enclave. Likewise, before embarking on an exotic trip to a far off land, read the local news for the particular country or region; and collect data on climate, political movements, customs and courtesies, and places to avoid. Lastly, put all that data together and discern if the trip or event seems safe and logical.

**Know your limits.** NFL players symbolize some of the toughest - mentally and physically - specimens in the world. Their bodies are honed and conditioned to endure grueling environments. However, they were not mentally and/or physically ready to deal with the frigid conditions of the gulf waters. Many of us make the same miscalculation in judging body fatigue while driving. We unwisely think because we can work in the office for 16 hours fueled on energy drinks, coffee, and delectable snacks from the office frig, that we can drive all day and all night without increasing risk to ourselves or others. Always sleep

for eight or more hours prior to traveling. Driving while fatigued equates to driving under the influence of drugs or alcohol - both cases increase risk and may result in injury to you or others.

**Have a plan.** Before you venture out for any seasonal trips, make a plan. Ensure there are mechanisms in place to aid you in receiving help if you get lost, your POV breakdowns, or you lose your passport while traveling through Sri Lanka. The 2ID leave packet represents a "plan of attack" in the event of an emergency. The packet lets the chain of command know where, how you will travel, and some of the conditions of your destination. It provides both parties with contact information for the US Embassies and local establishments in the event of an emergency.

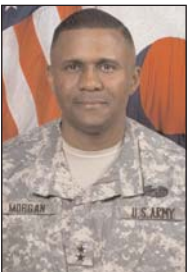
**Have a proper mindset.** From all the reports, it seems the greatest tragedy of this story is not that three men lost their lives, but how they lost their lives. The final lesson of this story speaks to the state of mind and will within each of us. In the accounts from the sole survivor, the first two young men willfully took off their vest and floated out to sea. The third, thinking he saw a light adrift in the gulf, swam out to into open water and never returned.

Why did two members allegedly remove their life vests, and one forgo the safety of the boat and his buddy, for the dangers of frigid open water? While we will never know the answers to these questions, I think the sole survivor lived because he willed himself to live.

As you plan, and partake, in your spring and summer events, keep in mind that you have friends and Family that love you and care about you. Before you go out on the weekend or take a trip, pause and reflect on your loved ones. Embolden that mental image in your mind; so that every planning consideration, and every decision, you make has to be filtered through that image. The mind is a powerful thing. Having a mindset anchored by loved ones may reduce the chances of risky behavior and dangerous decisions.

Know the conditions. Know your limits. Have a plan. Have a proper mindset. Incorporate these four concepts into your planning sequence to help reduce the risks of your next adventure. I wish all the Warriors and their Families a wonderful, enjoyable, and safe Spring Break!

Second to None!



## Indianhead

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The Indianhead is an authorized publication for members of the Department of Defense. Editorial Content is the responsibility of the 2nd Infantry Division Public Affairs Office. Contents of the newspaper are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. This newspaper is printed bi-weekly by the Il-Sung Yang Hang Co., Ltd., Seoul, Republic of Korea. Circulation is 6,000.

Individuals can submit articles by the following means: email [leith.edgar@korea.army.mil](mailto:leith.edgar@korea.army.mil); EAID-PA, APO, AP 96258-5041 Attn: Indianhead; or drop by the office located in Building T-507 on Camp Red Cloud. To arrange for possible coverage of an event, call 732-8856.





# Warrior NCO Spotlight

## NCO practices, preaches consistency



**Story & photo by Pvt. Ju Ho Ma**

*2nd CAB Public Affairs*

It has been 15 years since Staff Sgt. Dennis E. Aaron, Headquarters and Headquarters Company, 2nd Combat Aviation Brigade, enlisted in the Army. After graduating from college, he decided to join the Army for the stability.

But after several years of service, he is going beyond stability. "He is top-notch," said Captain Luis J. Cuervo, HHC, 2nd CAB, who works with Aaron in the same section.

"My job is basically to study the earth," Aaron said. He now works on a terrain team with the S-2 (Intelligence) Shop of 2nd CAB as the brigade Noncommissioned Officer in Charge Geospatial Information and Services (GI&S). He is in charge of the processes that collect, manage, extract, store, disseminate, and exploit geographic information and imagery.

"He is a critical asset in our brigade S-2 Shop, in that he does what nobody else can do." "Without him, it would be difficult to provide a painted picture to the commander in order for him to make informed decisions," Cuervo said.

However, this is not his first job in the Army. "My first MOS (Military Occupational Specialty) was printing press (operator)," said Aaron. He used to print maps or community flyers. But there came a chance for him when he went to the National Geospatial Intelligence School in Virginia, to teach



**Staff Sgt. Dennis E. Aaron, HHC, 2nd CAB, studies a map of Korea during Operation Key Resolve March 10, at Camp Humphreys. Aaron joined the Army more than 15 years ago after attending Temple University in Philadelphia as a communications major.**

students map printing. "The subject was replaced with GI&S, and that's how I started to teach the subject."

Having left the school a few years ago, he still regards himself as a teacher.

"To me, taking care of Soldiers means helping them to see the result of choosing between the 'hard-right' and the 'easy-wrong.' I think my role as an NCO is to be an example to Soldiers, and share my experience with them, to show that the 'hard-right' is better than the 'easy-wrong.'"

To motivate both his Soldiers and himself, he thinks consistency is the most important quality of an NCO. "NCOs' leadership is a vital part of the Army. It is a key to success for every Army how strong its NCOs are. So NCOs should try hard to improve themselves. They need to keep learning something new, or doing a better job," Aaron said.

And that's what he's doing now. "He is a good NCO. He taught me a lot about my MOS when I first got here, and he is a good leader too, being a good example to his Soldiers," Pfc. Amella K. Campbell, HHC, said about Aaron.

He is also working on more than his own job.

Aaron finished his Equal Opportunity training last November, and he is now the EO NCO for HHC. "I learned how other people see things," Aaron said. "I'm also very motivated to help people."

He reiterated the importance of consistency, emphasizing how great it feels to work hard on his job. "I hope Soldiers do understand their responsibilities and are motivated by thinking of their Families and friends at home. Americans do count on us. Feeling proud of yourself will help you to work hard and be consistent."

# 210th Fires Brigade Soldiers clean Dongducheon

**Story by Pfc. Han, Bu Yong**

*Staff Writer*

The annual river cleaning of Shincheon in Dongducheon took place just before the United Nation's World Water Day Mar. 20. It is the time of season when the volunteers from the city of Dongducheon and Soldiers from 210th Fires Brigade cooperate to make the river clean.

"This is an annual project for Dongducheon city," said Cho, Hee Sung, the chief of Bosandong, Dongducheon. "Since the US Soldiers are also part of Bosandong community, they volunteer

every year to help out with river maintenance," she added.

"We have participated in this event for three years," said Col. Brian McKiernan, commander of 210th Fires Brigade. "Since we are guests in Dongducheon, we should

continue to show support."

There were more than 100 Soldiers, NCOs and officers from 210th Fires Brigade present to pick up trash along the river with dozens of Korean volunteers from Dongducheon. As the cleanup started everyone looked on the ground and picked up anything that did not belong on the river bank.

The trash bags distributed by Dongducheon City were quickly filled with trash by the US Soldiers and KATUSAs. Not even a cigarette butt was left on the ground after they swept through.

"I volunteered to enhance the relationship and strengthen the bond between US and Korea," said Sgt. Grant

Lindberg, E Company, 1-43 Air Defense Artillery. "I feel great doing this," he added.

The Soldiers from 210th Fires Brigade didn't only participate in this event, but also volunteer in other events in Dongducheon.

*"I do a lot of volunteering in this community. I love doing my part."*

**Sgt. Grant Lindberg,  
E Co., 1-43 ADA**



**Soldiers from 210th Fires Brigade help local civilians clean the river near Camp Casey Mar. 20.**

"I do a lot of volunteering in this community," said Lindberg. "I love doing my part."

"I'm always thankful that they help us in such events," said Cho, Hee Sung. "They even helped us in distributing briquette to poor Families last year."

After the river cleanup was over, the Soldiers and civilians ate kimbab

with water provided by Dongducheon City. Also, United Service Organization was there the whole time to provide Soldiers with cookies and beverages.

"This is an opportunity for Soldiers to meet neighboring citizens from Dongducheon," said McKiernan. "They get satisfaction from this," he added.



# Pregnancy program available for 2ID Soldiers

Story & photo Pfc. Brian Glass

Staff Writer

For any female Soldier who finds out she is pregnant, a lot of thoughts can run through her mind. Thoughts of who do I talk to? Where do I go? What do I need to do to take care of my baby? Questions like these have an answer, the US Army Pregnancy/Postpartum physical training program, which is available in the 2nd Infantry Division.

The program's leader is Capt. Dinah Bryant, Area 1 Chief Nurse, who works at Camp Stanley. Her effort in trying to get this program to be successful hasn't been an easy task. Bryant mentioned that due to training and other reasons, getting all the women down to Stanley for the classroom part of the training is very hard to do.

The majority of the class consists of physical training, which is done at Camp Stanley, Camp Red Cloud and Camp Casey four days a week.

"We (the Soldiers) do PT Monday, Wednesday, and Friday," said Bryant. "Tuesday and Thursday we go on when and where I can get speakers to talk to the Soldiers."

The PT the Soldiers do has more benefits than just the exercise.

"It helps to lessen physical discomforts," said Bryant. "It also reduces body fat and weight gain, reduces cesarean rate, and increases postpartum fitness levels. The goal of the program is that six months after they have their baby, they pass weight, tape and a PT test."

Other noted benefits include increased self-esteem and reduced stress, and increased morale by providing safe PT.

For a lot of young women, pregnancy can be a scary thing to handle, add being in the Army on top of that, that can be very stressful.

"We offer a support group for the women," said Bryant. "Anyone that comes in can get advice from the women who have already been here in this program, to tell them what to expect."

One of the Soldiers, who attended the program for the first time, echoed that sentiment.

"This is my first day here with the program," said Pvt. Beth Ipsen, orderly room clerk, 1st Battalion, 72nd Armor Regiment, 1st Heavy Brigade Combat Team. "Before the only people I would talk to were chaplains and counselors, other people generally just left me alone. It is nice to be able to talk to people who are going through the same thing."



**Soldiers in the Pregnancy program receive a briefing on finances and how to budget properly March 12 at the Pear Blossom Cottage, Camp Stanley.**

The class that was taught on Ipsen's first day was about financial budgeting and how best to start saving money for the Soldier's baby.

"The class was very informative," said Ipsen. "They showed me different ways to spend my money and how to budget properly."

The other classes that are given to the women over the duration of the program include prenatal fitness, nutrition during pregnancy, STD's, stress management, effective parenting, financial concerns about pregnancy and prenatal fitness.

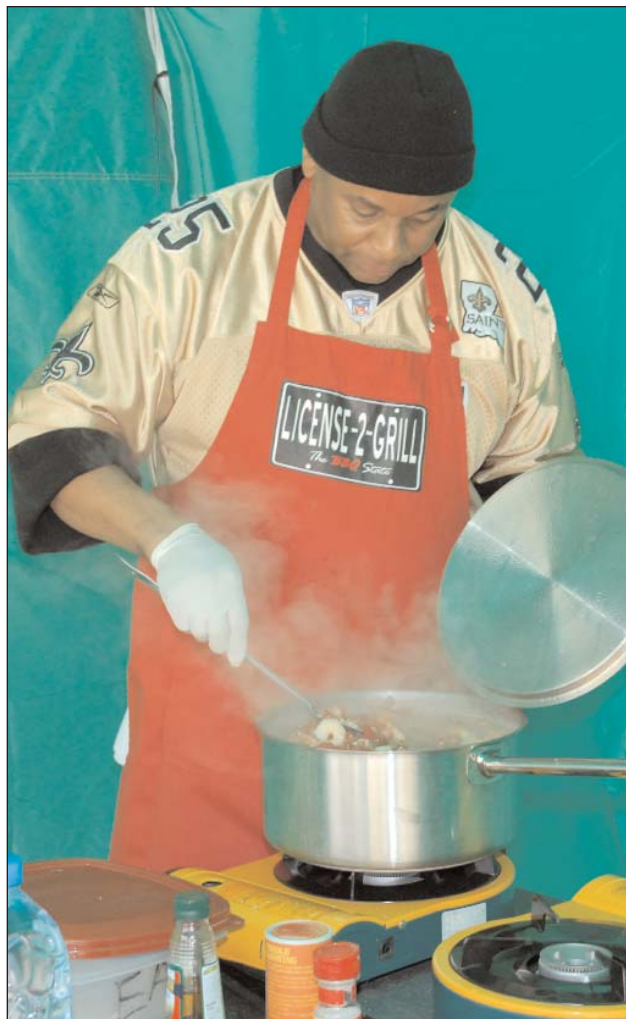
The Army automatically enrolls each woman into the program once it has been confirmed that she is pregnant. With that in mind, Capt. Bryant

hopes that more women use the program to help with their pregnancy.

"They are automatically enrolled into the program," said Bryant. "It is their choice whether they decide to use it or not."

The Army provides this program as a means for managing stress, giving money saving tips, and planning for the baby once it arrives. The program is also used to help keep the Soldiers fit to fight once they return from pregnancy, as outlined in the purpose of the program.

"It's part of the job of every Soldier, including a Soldier who has recently delivered a baby, to be fit, and if necessary, ready to deploy at a moment's notice."



**Staff Sgt. Ken Francious, 2nd Infantry Division Commanding General's Mess hall cook, meticulously stirs his pot of gumbo at the Cajun Cook off. Francious, who says his gumbo recipe is a secret, won the contest held in front of the USAG-Casey Gateway Club recently.**

## Casey Mardi Gras scores success

Story & photo by Pfc. Jamal Walker

USAG-RC Public Affairs

Community members came to USAG-Casey recently to celebrate the famous New Orleans festival, Mardi Gras. Family and Morale, Welfare and Recreation sponsored the event, which featured a Cajun cook off, Mardi Gras parade, Children's Cajun Carnival, and a Bourbon Street party.

"We have events like this with the help of the chain of command because it is a great way to show Soldiers new to Area I there are ways to have fun other than going to bars and partying," said Sgt. James Soto, Better Opportunity for Single and Unaccompanied Soldiers military liaison.

The Cajun cook off judged Cajun dishes made in two hours with only a cooking grill and table. Once the allotted time had come to an end, the dishes were brought to three judges, Command Sgt. Maj. Nidal Saeed USAG-Casey, Command Sgt. Maj. Earlene Lavender, USAG-RC, and Corrine Carrisal, Equal Opportunity representative at USAG-Red Cloud, who graded the dishes.

"In the past, we have had rib cook offs, and chili cook offs, so in the spirit of the festival, we (the BOSS council) felt everyone should try to show what real Cajun food taste like," said James Underwood, BOSS program manager.

The parade kicked off at 3 p.m. when Saeed recognized specific individuals from BOSS

and the 2nd Infantry Division Band for all they did to make the Mardi Gras event happen. .

"I want to thank the 2nd ID band, the

Dongducheon marching band, the Dongducheon School, all of the BOSS programs in Area I, and all they have done to make this event successful. We took the opportunity to celebrate Mardi Gras on a beautiful Saturday morning and the event is a success because the Area I BOSS program is one of the best on the peninsula and one of the best in the world," Saeed said.

The parade started with the HHD USAG color guard leading the way, followed by the 2ID Band, decorated Mardi Gras floats, Dongducheon marching band, and FMWR party train.

After the parade, parents and children attended the Children's Cajun carnival at the Casey Community Activity Center.

The event featured face painting, games, magic show, and a musical show where 20 children of the Dongducheon American Community School sang and danced to various songs. "The children's activities were coordinated so that the children will have something to do. This isn't just for the Soldiers, it is for the community, the Family members and children as well," said Sally Hall, USAG-Casey CAC manager.

At 5:30 p.m. people were lined up waiting to purchase their tickets for the Bourbon Street Party. New Soldiers from the Warrior Replacement Center in Yongsan were invited by Soto, who explained the importance of welcoming new Soldiers to the peninsula and showing them all the great things BOSS has to offer in Korea.

The next event will be a Luau in March with emphasis on Asian Pacific culture. For more information contact your local BOSS representative.



WARRIOR NEWS BRIEFS

USFKO Meeting

The USFKO (United Service for Korea Official's Association) is holding a general membership meeting April 2, at USAG-Yongsan, ACS Building, Room #118 at 5:30 p.m. All interested in officiating baseball, soccer, football, volleyball and/or basketball are invited to attend.

Annual Aviation Birthday Ball

The Second Combat Aviation Brigade and The Morning Calm Chapter of the Army Aviation Association of America will sponsor the Annual Aviation Birthday Ball on Friday, April 17, 2009 at the Grand Hyatt Hotel in Seoul, South Korea.

The attire is Mess Dress, Dress Blues or Class As, or Formal Civilian Dress.

The event is open to all military service members and their Families.

It begins at 5:15 p.m. and the dinner begins at 6:15 p.m. Tickets are \$45 and for more information, contact Capt. Laura McKenna at 753-5863 or 010-5846-1581.

Tax Assistance Available in Area 1

Tax Assistance will be offered at three locations:

- Camp Casey: Division Tax Assistance Center

Maude Hall, Room 241  
Tuesday, Wednesday, Friday: 9 a.m. to 5 p.m.

Thursday: 1 p.m. to 6 p.m.

Saturday: 9 a.m. to 1 p.m.

• Camp Red Cloud: Mobile Tax Assistance Center

Freeman Hall, Room 122

Tuesdays: 9 a.m. to 5 p.m.

• Camp Stanley: Mobile Tax Assistance Center

Bldg. 2333

Wednesdays: 9 a.m. to 4 p.m.

Please remember to bring your military or government ID card, Social Security card for you and all eligible dependents, copies of ALL W-2 and 1099 forms and any other tax-related documents, and bank account routing information.

For appointments and information call 730-3592.

National Healthcare Decisions Day

National Healthcare Decisions Day is April 16.

The Camp Casey Legal Center will be having walk-ins from 9 a.m. to 4:30 p.m. for Wills and Healthcare Powers of Attorney.

2ID Cookbook for sale

The 2nd Infantry Division of South Korea is excited to offer their tasty recipes in this one-of-a-kind cookbook. The cookbook will be available in April for \$15.

The book can be pre-purchased by sending in cash, check or money order made out to Jo Ann Golden.

The keepsake cookbook contains 500 delicious recipes from the kitchens of our Soldiers, Families and friends of 2ID. Order yours today!

The 2ID cookbook order form is on the 2ID web site. Please send this form with payment to:

Jo Ann Golden

PSC 450 Box 779

APO AP 96026

We will send you a receipt of payment that you will use to claim your book when they arrive. Include your name, address and phone number with payment.

Estate Claim

If anyone has a claim against the estate of Spc. Alex S. Carter, they are to contact 2nd Lt. Marilyn Frise at marilyn.frise@korea.army.mil.

MBA Faculty Recruiting

The University of Phoenix is looking to recruit part-time faculty to be instructors in our MBA program. We are especially looking for candidates who are in Camp Casey or Red Cloud or are willing to travel there.

For questions send an email to jimparkins@email.phoenix.edu.

Movies

Camp Casey

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

March 27...Hotel for Dogs  
March 28...Race to Witch Mountain, Gran Torino  
March 29...Frost/Nixon, Race to Witch Mountain  
March 30...Inkheart, Last Chance Harvey  
March 31...No Showing  
April 1...Inkheart  
April 2...No Showing  
April 3...Last Chance Harvey, I Love You Man  
April 4...Letters from Iwo Jima (4 p.m.), Last Chance Harvey, I Love You Man  
April 5...Hotel for Dogs, New in Town  
April 6...I Love You Man

Camp Red Cloud

Show times: Fri. 7 & 9 p.m., Sat.- Thu. 7 p.m.

March 27...Watchmen, Last Chance Harvey  
March 28...Gran Torino  
March 29...The Curious Case of Benjamin Button  
March 30...Inkheart  
March 31...Hotel for Dogs  
April 1...No Showing  
April 2...Race to Witch Mountain  
April 3...Race to Witch Mountain, New in Town  
April 4...Notorious  
April 5...Bride Wars  
April 6...My Bloody Valentine  
April 7...Frost/Nixon  
April 8...No Showing

Camp Hovey

Show times: Mon.-Sun. 7 p.m.

March 27...Frost/Nixon  
March 28...My Bloody Valentine  
March 29...Race to Witch Mountain  
March 30...No Showing  
March 31...Last Chance Harvey  
April 1...No Showing  
April 2...I Love You Man  
April 3...Hotel for Dogs  
April 4...Inkheart  
April 5...I Love You Man  
April 6...No Showing  
April 7...Last Chance Harvey  
April 8...No Showing

Camp Stanley

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

March 27...Inkheart, Gran Torino  
March 28...Watchmen, Last Chance Harvey  
March 29...Watchmen  
March 30...Hotel for Dogs  
March 31...No Showing  
April 1...I Love You Man, I Love You Man  
April 2...Valkyrie  
April 3...Frost/Nixon, The Unborn  
April 4...Race to Witch Mountain, The Spirit  
April 5...Race to Witch Mountain  
April 6...Bride Wars  
April 7...No Showing  
April 8...New in Town, Notorious  
April 9...The Unborn

Camp Humphreys

Show times: Mon.- Fri. 6:30 & 9 p.m., Sun. - Sun. 3:30, 6:30 & 9 p.m.

March 27...Race to Witch Mountain  
March 28...Race to Witch Mountain, Frost/Nixon  
March 29...Race to Witch Mountain, Frost/Nixon  
March 30...Last Chance Harvey  
March 31...Last Chance Harvey  
April 1...Inkheart  
April 2...Bride Wars  
April 3...I Love You Man  
April 4...Hotel for Dogs, I Love You Man  
April 5...Hotel for Dogs, I Love You Man  
April 6...New in Town  
April 7...New in Town  
April 8...Paul Blart: Mall Cop  
April 9...Paul Blart: Mall Cop

CHAPEL SERVICE TIMES

Camp Red Cloud

Protestant:  
11 a.m. Sunday  
Catholic:  
11:30 a.m. M-F  
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:  
6:30 p.m. Tuesday

Memorial Chapel  
Gospel:  
11 a.m. Sunday  
KATUSA:  
6:30 p.m. Tuesday

West Casey Chapel

Protestant:  
10:00 a.m. Sunday  
Catholic:  
12 p.m. Sunday  
KATUSA:  
6:30 p.m. Thursday  
LDS:  
2 p.m. Sunday  
Jewish:  
6:30 p.m. Friday

Camp Hovey

Hovey Chapel  
Catholic:  
9:30 a.m. Sunday  
Protestant:  
11 a.m. Sunday

Old Hovey Chapel  
Bldg. 3592  
Orthodox:  
10 a.m 1st and 2nd  
Sunday

KATUSA:

6 p.m. Tuesday

Crusader Chapel

Protestant:  
11 a.m. Sunday

Camp Stanley

Protestant:  
10 a.m. Sunday  
Gospel:  
12:30 a.m. Sunday  
Catholic:  
11:30 a.m. Sunday  
KATUSA:  
7 p.m. Tuesday

Camp Castle

Protestant:  
10 a.m. Sunday  
KATUSA:  
6 p.m. Tuesday

Camp Jackson Auditorium

KATUSA:  
9 a.m. Sunday

Points of Contact:  
USAG-Red Cloud:  
732-6073/6706

CRC Catholic:  
732-6016

Hovey Chapel:  
730-5119

Memorial Chapel:  
730-2594

West Casey:  
730-3014

Stanley:  
732-5238

Humphreys:  
753-7952

Castle: 730-6889  
LDS: 730-5682



## Gunfighters bid farewell

Story & photos by  
Sgt. M. Benjamin Gable  
2nd CAB Public Affairs

On pier 8, at the Port of Busan, among a multitude of transportation vessels, the US Naval ship Green Dale, with its boarding ramps extended, prepares to receive AH-64 Apache Longbow helicopters and a myriad of ground vehicles. It's where the history of the 1st Battalion (Attack), 2nd Aviation Regiment, 2nd Combat Aviation Brigade (CAB) in Korea comes to a close.

The "Gunfighters," as they are known, who were stationed at Camp Eagle, near Wonju, received orders last year from the Department of Defense to move to Ft. Carson, Colo., and prepare to deploy in support of Operation Iraqi/Enduring Freedom.

According to Lt. Col. Cory Mendenhall, 1-2's commander, the Gunfighters are primed for the mission.

"We expect fast-paced, relevant training for current operations in the war on terrorism," he said. "And I know our guys are ready and motivated for what lies ahead."

But before they could focus on their deployment this fall - and even before casing their colors - they had to assume the responsibility of preparing their equipment for transport by loading it at Pier 8.

The mission began with a thorough cleaning of both the Apache aircraft and ground vehicles. This was a necessity to ensure the equipment would pass agricultural and customs inspections. The equipment then went through a routine start-up phase to ensure an efficient transition to port.

The 24 Apache helicopters were then flown to Pier 8 and received by teams of 2nd CAB Soldiers ready to prepare them for transport. Once the aircraft landed, they were "tugged" to a staging area where the blades were folded. More than 150 ground vehicles arrived a day later and were positioned alongside the aircraft. The equipment was then loaded onto the Green Dale and will eventually make its way to Ft. Carson.

Sgt. Shyan Ingwerson, an Apache mechanic with the 602nd Aviation Support Battalion, 2nd CAB, and team leader during the port operations, enjoyed aiding in 1-2's movement.

"I wanted to be a part of this," she said. "It's my chance to help them in their mission."

As port operations continued, the Gunfighters were given a formal, and fitting, farewell at the Super Gym on post. Each battalion was present and stood in formation as Soldiers and Family members packed the gym.

Col. Joseph A. Bassani, commander of 2nd CAB, addressed those in attendance and expressed his thanks to the

Gunfighters for helping keep the peace while ensuring stability in Korea during their more than 20 years of service. He also thanked the Family Members for their support in sacrificing the comfort of their homes to help keep the people of Korea free.

"The Gunfighters have been an important symbol of America's commitment to the alliance." He said, "...the name Gunfighters has become synonymous with excellence."

During the ceremony, Bassani and Mendenhall took their positions in front of 1-2's formation to formally case the colors of the Gunfighters for the final time in Korea.

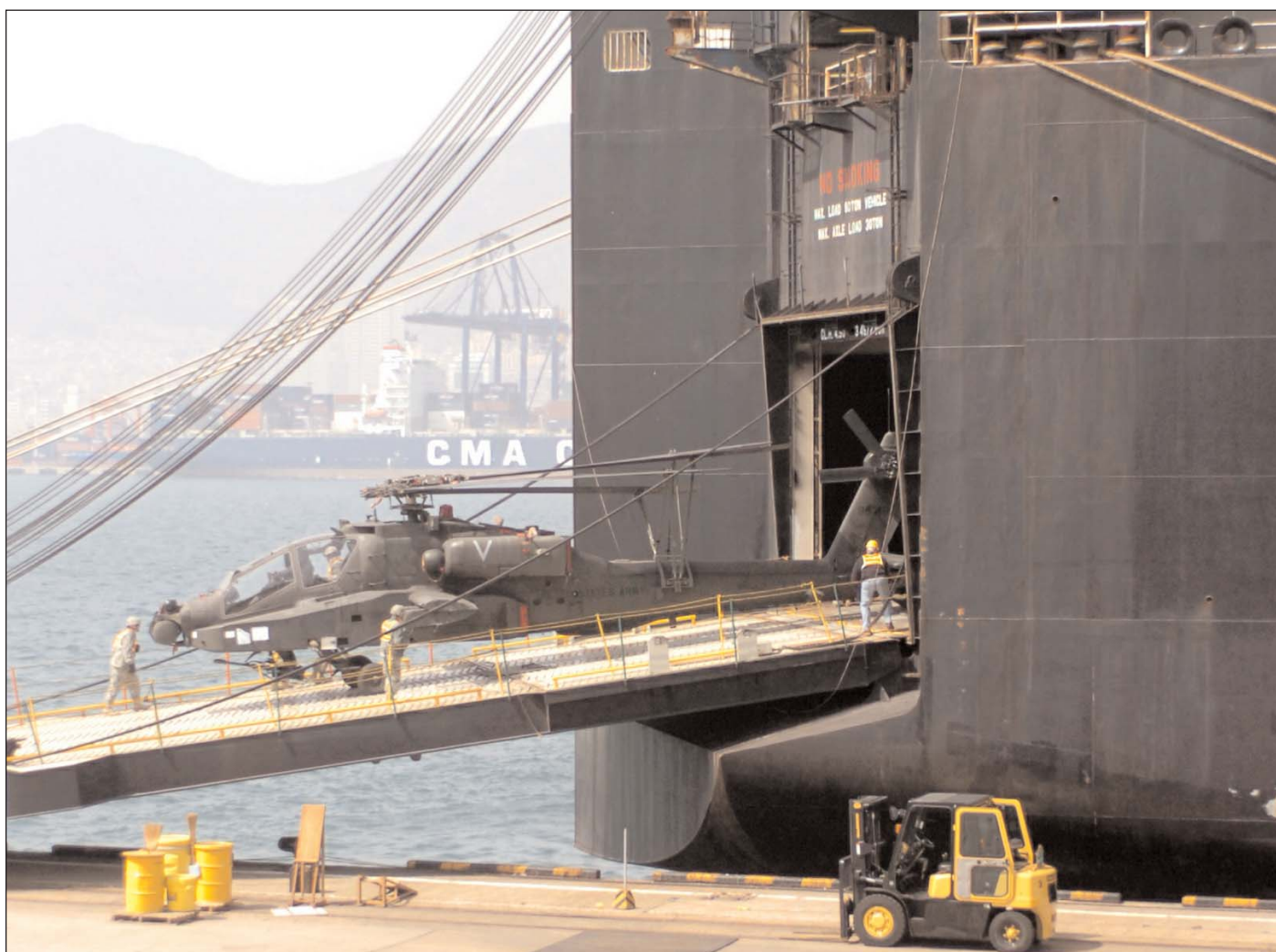
Mendenhall and his Soldiers were appreciative of the ceremony.

"It was both humbling and a great honor to be able to tell everyone thanks for all of their support for the past and the present Gunfighters," said Mendenhall. "Each Soldier in our formation is proud of their commitment over the years."

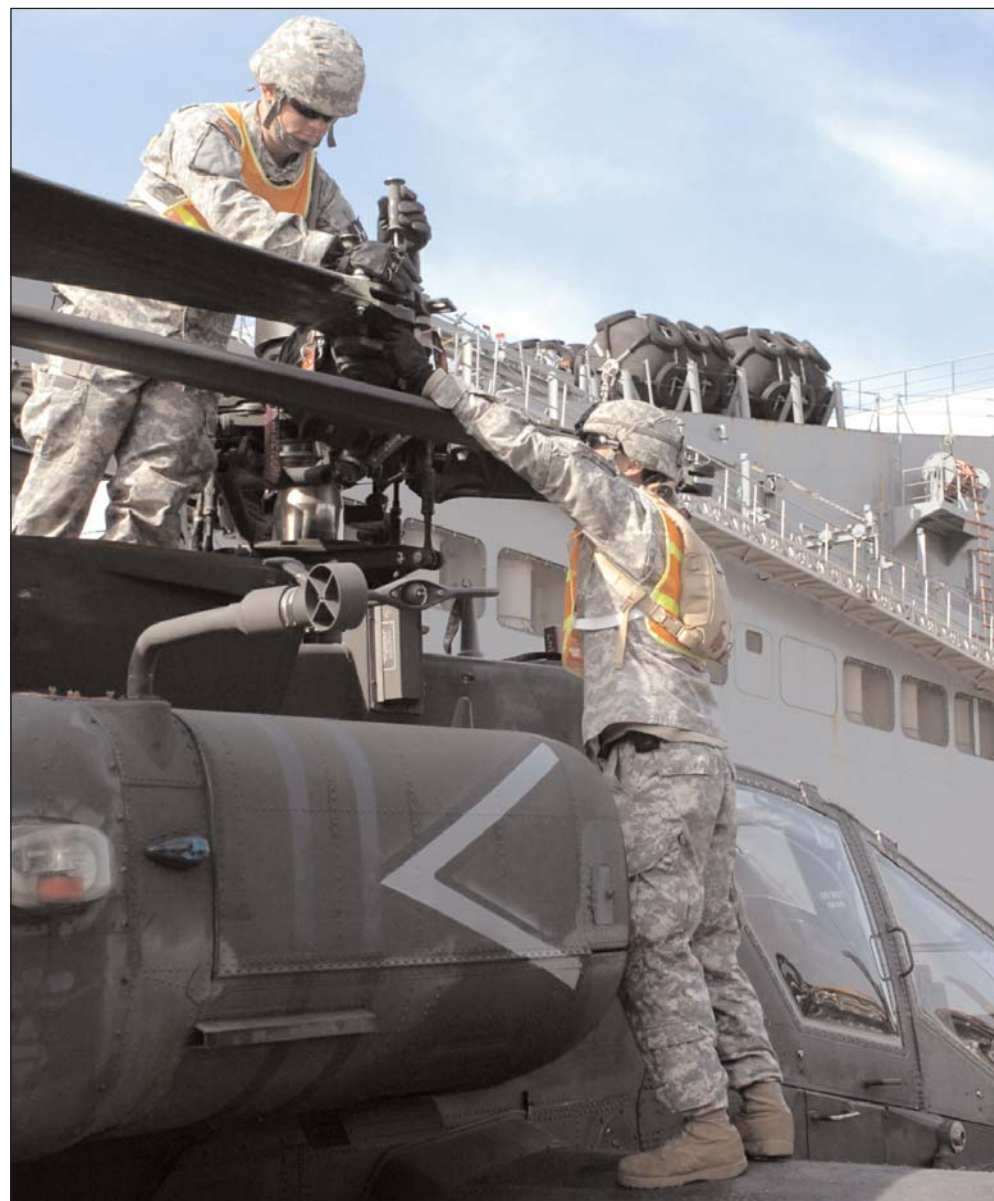
From Germany, to Korea, to Southeast Asia, 1-2 has been involved in almost every major conflict. They will also leave a history of committed service to the Republic of Korea. Even though the Gunfighters are preparing for future combat missions in yet another theater of operations, both the Army's and 2nd CAB's commitment to the ROK-US alliance remains unwavering.



Apache AH-64 Longbow helicopters, belonging to 1st Bn. 2nd Avn. Regt. (Attack), 2nd CAB, sit with their blades folded, awaiting transport onto the US Naval Ship Green Dale, March 11, at Pier 8 in Busan. The Apache aircraft, along with more than 150 ground vehicles, will be shipped to Ft. Carson, Colo., as part of the unit's re-stationing mission.



One of 24 AH-64 Apache helicopters is loaded on to the US Naval Ship Green Dale during port operations at Pier 8 in Busan, March 17. The aircraft, which belongs to 1st Bn., 2nd Avn. Regt., 2nd CAB, are being shipped to Ft. Carson, Colo., where the battalion will be stationed.



Pfc. Asa Weems, left, and Sgt. Jonathan Haddix, both Apache mechanics with 602nd ASB, fold the blades of an AH-64 Apache helicopter before its boarding. Weems and Haddix, along with 22 Soldiers from units within 2nd CAB, were given a two-week course in blade folding and proper preparation at Camp Humphries before traveling to Pier 8 for their mission supporting 1st Bn. (Attack), 2nd Avn. Regt. (Attack), 2nd CAB.



An AH-64 Longbow helicopter, one of 24 assigned to 1st Bn., 2nd Avn. Regt., 2nd CAB, that arrived from Camp Eagle, lands on the helipad at Pier 8 in Busan March 9.



Soldiers with 602nd ASB, 2nd CAB, prepare an Apache AH-64 Longbow helicopter before loading it onto the US Naval ship Green Dale, at Pier 8 in Busan, March 8.



# Happy National Healthcare Decisions Day!

## LEGAL ADVICE

**CAPT. RONALD FREEMAN**  
CASEY LEGAL CENTER

April 16, 2009 is National Healthcare Decisions Day. A little known holiday, National Healthcare Decisions Day is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. These wishes can be written down in an advance directive so that others know what they are. Advance directives come in two forms:

- A "healthcare power of attorney" documents the person you select to be your voice for your healthcare decisions if you cannot speak for yourself.
- A "living will" documents the types of medical treatments you would or would not want at the end of life.

### Why is this important?

Through advances in medical technology, some patients who formerly would have died can now be kept alive by artificial means. Sometimes a patient may desire such treatment because it is a temporary measure potentially leading to the restoration of health. At other times, such treatment may be undesirable because it may only prolong the process of dying rather than restore the patient to an acceptable quality of life. In any case, each person is seen, under the law, as having the personal right to decide whether to institute, continue or terminate such treatment. As long as a patient is mentally competent, he or she can be consulted about desired treatment. When a patient has lost the capacity to communicate, however, the situation is different.

Most states have established the right of an incompetent or comatose patient to have his or her wishes respected, as long as those wishes are known. The mechanism used to make these wishes known is typically a living will or a healthcare power of attorney. These mechanisms simply document a person's wishes concerning

treatment or the person designated to make healthcare decisions when those decisions can no longer be personally communicated.

Soldiers and family members should realize that if they do not express their views, treatment to maintain their life, by whatever means available, will probably be provided once the individual is no longer able to communicate, even if family members object. Therefore, if there are conditions under which an individual would not want treatment, it is important that he or she communicate that wish while he or she is able to do so. In addition, because it is important that your wishes be documented in the most effective way possible, it is recommended that you consult your Legal Assistance attorney in regard to the preparation of a health care declaration.

### Circumstances

Although some people know now that they will never want a certain kind of treatment, under any circumstances, this attitude is rare, since many medical conditions are reversible and most would agree that even an unpleasant treatment could be tolerated for a short time. More commonly, people have conditional wishes. That is, they wish to receive or refuse specific treatments under certain circumstances.

Unless you want to refuse a certain type of treatment under all circumstances, you should pay close attention to the conditions you wish to have trigger your requests. There are generally two broad types of situations in which a health care declaration may apply. The first is terminal illness; the second is permanent disability.

### Terminal Illness

In terminal illness (where death is expected in a relatively short time), people often fear treatment that only extends life without restoring a desired quality of life. While such treatment may be acceptable for some, for others it is not. If you lose the ability to communicate, your doctors



may assume you want your life extended as long as possible. If you prefer a shorter, but more comfortable life during a terminal illness, you can request it. Most standard health care declarations address terminal illness, and most doctors readily respect the wishes expressed with respect to terminal care.

### Permanent Disability

Unfortunately, many health care declarations fail to address the other major fear -- permanent disability. It is more difficult to reach any consensus regarding permanent disability for two reasons. One reason is that doctors and other health care workers may attempt to apply their own value system to a patient's case. While they may agree to withhold attempts to prolong life in terminal illness, they may vigorously oppose withholding treatment for chronic illness. It is important to stress here that the issue is prolonging life with treatment or withholding treatment and not euthanasia.

Secondly, there are a variety of chronic impairments so great that individuals widely disagree as to what constitutes an intolerable situation. For example, some may dread a stroke that leaves them unable to communicate. Others fear permanent dependency on others or the impaired thinking resulting from dementia or

Alzheimer's. Simply put, the circumstances that trigger the application of a health care declaration to chronic illness are different for each individual. Each of us must decide what circumstances, if any, we would not wish to endure. The triggering circumstances need to be defined as specifically as possible in terms of three primary factors: type, severity, and permanence. Terms such as "loss of dignity" or "impaired ability to communicate" should be avoided because they may mean different things to different people. A minor stroke causing slurred speech, for example, may not be what some mean by "impaired ability to communicate."

### Your JAG is Here to Help!

Most states require evidence of your desires regarding health care decisions. For this reason, you should share your concerns about health care with your family, your religious advisor, your attorney, your friends, and your physician so that as many people as possible will understand your desires.

Most states now authorize an individual to appoint an agent to make health care decisions for a patient when he or she has been determined to be incapable of making such decisions. The law puts primary emphasis on the patient's previously expressed wishes, but except for a decision to withdraw or withhold food and water, also allows the agent to make decisions in the patient's "best interest" if an issue arises that the patient never discussed. Therefore, it will be essential that you discuss your wishes with all persons whom you name as your agent. Whatever you decide, insure your wishes are known by visiting your local Judge Advocate. In keeping with the goal of Healthcare Decisions Day, the Camp Casey Legal Assistance Office will be having an open walk-in day for the preparation of these documents on April 16, 2009 from 0900-1630. Putting this off until tomorrow risks your voice not being heard!

## Have the Courage to Help a Buddy

"One suicide is one too many."

Kenneth G. Friedman  
Lieutenant Colonel, USAF

Talk to your Chaplain or a  
Behavioral Health Professional or  
call Military OneSource  
1-800-342-9647  
www.militaryonesource.com

## This is not just for laboratory staff!



Wear it for you  
and your own safety