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Vol. 48, No. 7

www.2id.korea.army.mil

April 1, 2011

'Garry Owen' troopers head to Philippines

By 1st Lt. Charlie Emmons

4-7th Cav.

The United States and the Republic of the Philippines have a long-standing tradition built on mutual trust. The 4th Squadron, 7th Cavalry Regiment will have the honor of carrying on that tradition.

In April, 4-7th Cav. will deploy to the Republic of the Philippines in support of Operation Balikatan 2011. "Balikatan" means "shoulder-to-shoulder" in Tagalog, the official language of the Philippines.

Balikatan 2011 will be a unique opportunity for the unit as they participate in field exercises, amphibious assault training, and various community relation events. The exercise will also improve the Soldiers' ability to conduct joint, multi-national operations in the Republic of Korea.

The squadron will conduct training that differs from their traditional heavy armour experience. While other units are rotating to Iraq and Afghanistan, the "Troopers of Garry Owen" will have a special opportunity to conduct bi-lateral training in the Philippines.

"We're proving that forces can deploy from the Korean Peninsula with the idea of returning rather than continuing on," said Maj. Michael R. West, the 4-7th Cav. executive officer.

"A number of Soldiers in the squadron have never seen a deployment and this will be their first opportunity to experience joint training outside of Korea," he said.

Soldiers will have to do without cell phones during the deployment. While many cell phones may work in the Philippines, the usage of such devices will be costly. Telephone contact with the outside world will be limited and wireless internet will be non-existent. In case of emergencies, contact through the Red Cross will still be available.

While this is a short deployment, all regular support measures are being provided. Elements of the 1st Heavy Brigade Combat Team cycle Soldiers through the Soldier Readiness Program, ensuring their legal, administrative and medical records are up-to-date.

While Korea and the Philippines may be sepa-



1st Lt. Charlie Emmons, 4-7th Cav.

2nd Lt. Ken Earnshaw (far left), the unit movement officer with HHT, 4-7th Cav., fills out Soldier Readiness Processing paperwork in preparation for Balikatan 2011, March 9 at the squadron classroom.

rated by a short plane ride, the temperatures in the Philippines vastly differ and will require an abrupt adjustment for the squadron. High temperatures on the rugged terrain can rise above 90 degrees Fahrenheit during the dry season.

"Once the Soldiers are acclimated to the heat, we should be ready to work. Proper hydration and consumption of all meals will be the key to preventing heat casualties," said 2nd Lt. Christopher Rodriguez, the squadron medical officer.

Rodriguez said he will monitor the dangers of high temperature closely.

The Soldiers will also face other theatre specific challenges. To combat those risks, medics have issued a special kit to each Soldier that includes items such as insect repellent, sunscreen and Chap Stick.

The Soldiers of the Squadron seem very enthusiastic for the bi-lateral training event and the Phil-

ippines overall, said Sgt. 1st Class Justin Hardy, a 'Blackfoot Troop' platoon sergeant. He added this will be a good opportunity for younger Soldiers to see the world and meet counterparts from a different country.

As the event draws closer, Soldiers are making final preparations for deployment. They are packing their bags, packing personal items, and signing for new individual equipment.

For 2nd Lt. Ken Earnshaw Jr., the unit movement officer, this movement is akin to the preparations he had to go through while preparing for deployment to Iraq.

The limited amount of equipment scheduled to deploy will encourage Soldiers to be more resourceful, he said.

"You're going to see the ingenuity of Soldiers," said Earnshaw.

Warrior Friendship Week coming in April

Warrior Friendship Week, an annual Division team-building event, is slated for April 19-22 on Warrior Country installations. This year's program includes team and individual sporting events, Morale, Welfare, and Recreation and Family Readiness Group events, cultural exchanges, tae kwon do demonstrations and cheerleader team performances among other activities.

For more information, call DSN 732-7874.



VOICE OF THE WARRIOR:

What do you
miss most about
home?



*"The thing I miss most
about home is the
Texas heat."*

Spc. Brittney J. Britton
E Co., 4-2nd Avn.

*"A real Outback
steakhouse."*

Cpl. William Yoder
C Co., 4-7th Cav.



*"I miss driving. I also
miss shops that are
open 24/7."*

Spc. Christopher Baldry
HHC, 3-2nd Avn.

*"The thing I miss most
about home is
my daughter."*

Pfc. Stephanie Hughes
E Co., 4-2nd Avn.



*"I miss my mom's
home-cooked meals."*

Pvt. Jerrod Hoover
A Co., 4-7th Cav.

"I miss fishing."

Sgt. Maj. Elige Campbell
B Co., HHBN



COMMANDER'S CORNER

Preparing for the unexpected

By Maj. Gen. Michael S. Tucker

2nd ID Commander

Last week the 2nd Infantry Division paused to honor the 46 sailors who perished one year ago when the ROK's Cheonan was tragically attacked by a north Korean torpedo in the South Korean waters of the Yellow Sea. The loss of those 46 fine sailors and one ROK Navy diver, and the tears of their Families and loved ones, reminded us all of the risk and sacrifice, in human terms, that liberty and security sometimes brings.

Each of them knew the great risks their job necessitated. And each of them accepted those risks readily in the defense of their nation. Their willingness to give their lives so that others might live, and the strength and bravery of their Families, is a testament to the ideals for which they stood. We have not forgotten – and the world will never forget – their brave sacrifice.

At the same time we were honoring those brave sailors, hundreds of thousands of people in Japan were dealing with the devastation of an earthquake and a tsunami, and their terrifying effects on a nuclear power plant.

As thousands of American Servicemembers' Families struggled with the difficult decision of whether to stay or go, we here in Warrior Country prepared to possibly receive American civilians voluntarily evacuating from Japan.

I was proud of our ability to pull together so quickly. We rehearse Noncombatant Evacuation Operations, and I firmly believe our ability to prepare our own Families for the unexpected helped us prepare to possibly receive others here in Area I. Moreover, this opened my eyes to the many complexities of conducting NEO.

As military Families, we are used to

dealing with the unexpected, but what both these events showed us is that you can never be too prepared.

During a voluntary evacuation or an ordered NEO, preparedness will be essential.

Knowing what to expect and having all necessary documents can help reduce stress and make a hectic, and possibly dangerous, situation safer and more manageable. How you prepare now is vital to success during a NEO.

Are you prepared? It is critical you have all necessary documents such as identification cards, passports, birth, marriage, and adoption records, powers of attorney, wills, insurance policies, a checkbook, credit cards, vehicle records, Social Security cards, and medical records.

And don't forget those pet records. One of the most difficult parts of a NEO is caring for our furry friends. Make sure your pets have all their vaccinations up to date, you have a proper travel kennel for each pet and they are all properly registered with the installation veterinarian.

In May, the Courageous Channel Exercise will provide all of us, Soldiers and Families alike, the opportunity to ensure we are prepared for an emergency. With more and more Families now living in Area I, it is more important than ever to do everything we can to ensure the safety and security of our loved ones should the unforeseen occur. It is our duty, and our mission, to be prepared for the unexpected.

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Indianhead

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Soldiers assigned to 70th BSB interact with residents of the Sungkyungwon Welfare Facility, near Dongducheon, March 18. The Soldiers visited the welfare facility to spend time with the elderly and disabled, through competitions such as three-legged races, balloon fights, and music and dance.

70th BSB Soldier visit welfare facility to serve those in need

Story and photo by Pvt. Chang Han-him

Staff Writer

More than forty 70th Brigade Support Battalion Soldiers visited a welfare facility located in Dongducheon to serve elders and people with disabilities March 18. When Soldiers first arrived at Sungkyungwon Welfare Facility, two hundred residents were waiting to greet them. They welcomed each other with a brief wave of hands before the Soldiers were given an introduction to the facility.

Sungkyungwon is a welfare facility that takes care of those who are disabled or homeless. The facility provides job training in order for residents to become productive members of society.

"Dongducheon city and the 2nd Infantry Division are on a same boat. I think it is fate for us to 'Go Together'," said Oh Se-Chang, the mayor of Dongducheon. "I would like to express my deepest gratitude for all of you being here to serve people with different nationalities. We consider U.S. Soldiers as citizens of Dongducheon. We do our best to make your life in Dongducheon as comfortable as possible. I hope this friendship will last long."

When the orientation was over, Soldiers joined the residents outside to play games. They made a big circle and danced with music. The participants were separated into blue team and white team for the competition. They played five games including a three-legged race and a balloon fight. It was hard for the residents and the Soldiers to communicate but they were all enjoying their time.

Meanwhile, some of the Soldiers were grilling hamburger to serve lunch for the residents on the other side of the yard. When the meal was

ready, all the residents lined up for lunch and Soldiers were busy serving food. Some of the Soldiers placed one hand under the other when serving to elders. This is a polite way to hand things to those older than you in Korea.

"I was very proud and happy for having the opportunity to serve people who need help here in Korea," said Pvt. Katherine O'Connor, a chaplain assistant with 70th BSB. "All the Soldiers showed great spirit working as a team. It was great to see everything being accomplished successfully and I would like to volunteer for these kinds of events in the future."

United Service Organization supported the event by providing all the foods served.

Groups of Soldiers went inside the Sungkyungwon building to meet people those who have difficulties walking. Since they have a few chance to contact people from outside due to their disabilities, they welcomed the Soldiers with a big smile and an exchange of handshakes.

"Some residents feel that they are separated from society. By spending good time with the volunteers in events like this, we will encourage them and make them feel that they are still part of them," said Kim. "This helps a lot when they eventually return to the society."

"It is the first time for the 2nd ID Soldiers to support welfare association. The event turned out to be very successful as we prepared a lot," said Chaplain Peter Bahng, 70th BSB. "The concept of this event, U.S. Soldiers serving Koreans with difficulties, will reinforce the alliance between Korea and U.S. 70th BSB started the event but I hope other units to contact the facility and continue this meaningful event."

Wheels on the BOSS go round and round

Story and photo by Sgt. Mark A. Moore II

Staff Writer

Around 40 2nd Infantry Division Soldiers took to the road March 26, for a Better Opportunities for Single Soldiers and Unaccompanied Soldiers trip to the 63 building in Seoul.

Called "Fantastic Four," this trip was organized to help single and unaccompanied Soldiers enjoy the attractions that the 63 building has to offer.

"We want the Soldiers to get out and see a different part of Korea," said Pfc. Alexis P. Valentin, the Camp Casey United States Army Garrison BOSS President.

Attractions included an IMAX Theater, Sea World, Wax museum and the world's highest art gallery, named Skyart. In addition to the above mentioned attractions, there were also many clothing stores and eateries located inside.

"I was kinda like ... do I want to go, or not," said Sgt. Merelen Kim, a 2nd ID Warrior Readiness Center cadre member stationed at Camp Stanley. "Then Sea World caught my eye and I decided to take the trip," Kim, a San Diego native, added.

"BOSS strives to provide affordable and safe trips for Soldiers to take," said Spc. Juan Carlos Castelan, the Area I BOSS events coordinator stationed on Camp Red Cloud.

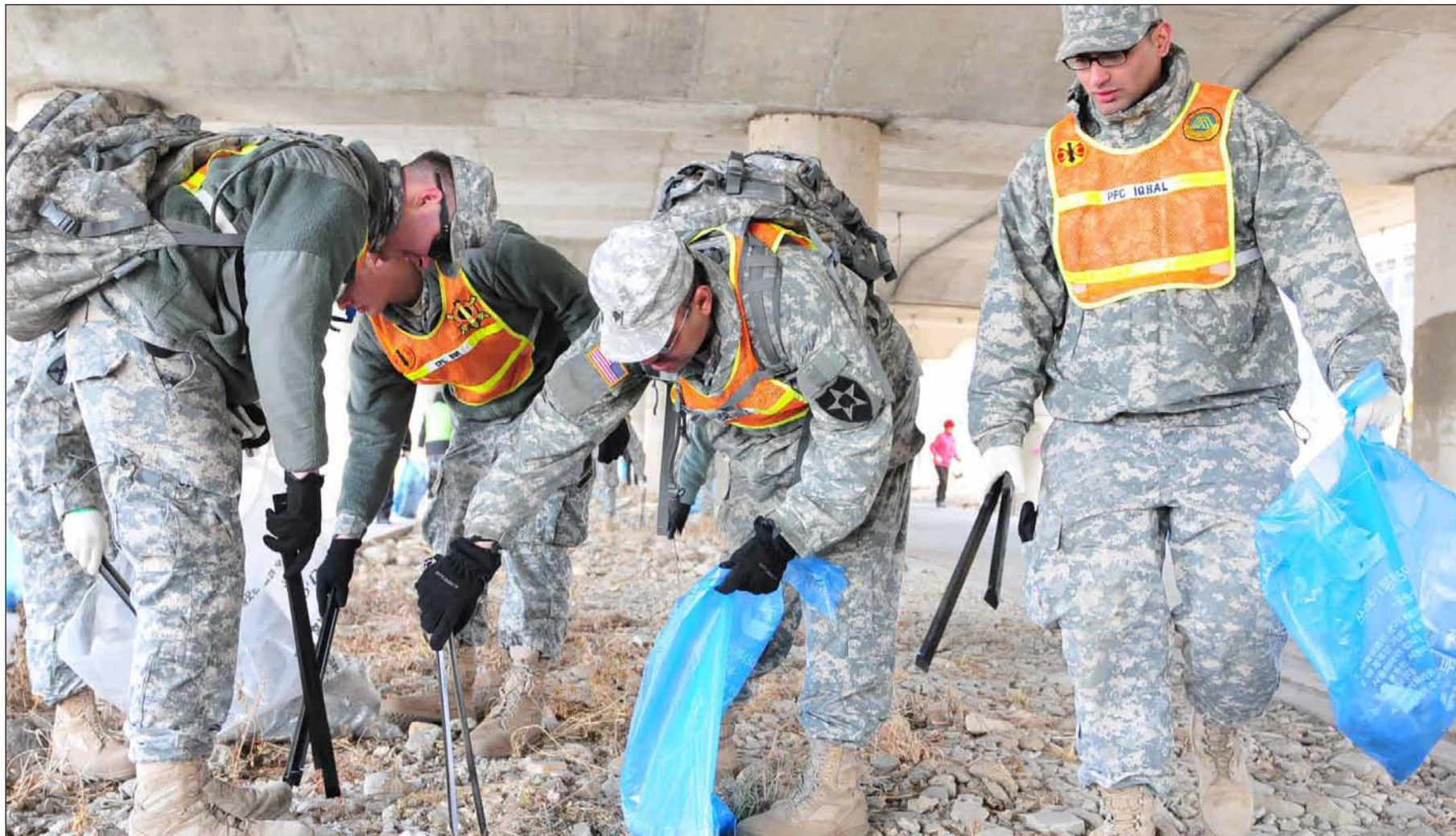
BOSS has many leisure and recreational activities planned for the near future. For a list of upcoming BOSS events check the camp's Community Activity Center for an events list and signup sheets. The list can also be found at www.facebook.com/redcloudboss

Feedback and suggestions for future trips can be sent through company BOSS representatives for review by the BOSS council.

"Your voice will always be heard though the BOSS program," said Castelan, a Llano Texas native.



Even from across the Han River, the 63 Building towers over the city of Seoul. At one time it was the tallest building outside of the United States.



Soldiers assigned to 210th Fires pick up trash as part of the annual Shin River cleanup in Dongducheon, located near Camp Casey, March 24.

210th Fires Soldiers lend hand in cleanup

Story and photo by Pfc. Choi Jung-hwan

Korean Language Editor

With a tong in one hand and a trash bag in the other, more than 350 Soldiers with 210th Fires Brigade walked down the Shin River, located near Camp Casey, to participate in the Shin River cleanup event, March 24.

The Shin River cleanup is an annual event organized by the city of Dongducheon. Citizens from more than 150 volunteer organizations participated this year to help clean up their environment.

The Soldiers first made a battalion-sized formation under a bridge to listen to the instructions regarding the area they were to cover by Command Sgt. Maj. Yolanda Lomax, 70th Brigade Support Battalion, 210th Fires. After the formation, Soldiers lined up to receive a pair of gloves, a tong, and a trash bag, and thus the cleanup began. The trash bags were soon filled up with trash, and one Soldier even picked up a broken television.

"This cleanup is an annual event organized to clean the Shin River area, picking up trash that has been pile up over the last year," said Oh Se-chang, the city of Dongducheon mayor. "More than 3,000 citizens are participating in this cleanup. The U.S. Soldiers have been participating every year, and I appreciate their service to the community."

For some Soldiers, this was not their first time involved in community service activities.

Pfc. George Renner with C Battery, 1st Battalion, 38th Field Artillery Regiment, who is also volunteering for the Global English Conversation class at Gyeonggi Province Hall, said, "It is nice to clean up, and I feel good about it."

"I don't get many chances to get involved in Korean events," added Buena, N.J. native. "This is a good opportunity to give back."

For Lomax, an Augusta, Ga. native, this was the second time participating in this annual river cleanup activity.

"I hope that we continually participate in this event," Lomax said. "Such community service activities help

Soldiers better understand the spirit of 'Katchi-Kapshida;' it brings the community together, providing the Soldiers the opportunity to interact with their hosts."

She added that the difference between this year and last year is that this time around, they had a lot more Soldiers participating in the event.

The participation of Soldiers in this cleanup showed that they are an integral part of Dongducheon community.

"The Soldiers are living in Dongducheon; they have their family here, and they enjoy the city," said Col. Steven A. Sliwa, commander of 210th Fires. "This is an opportunity for the brigade to demonstrate being a good neighbor. We are here as a team, we must help the community, and Soldiers enjoy this kind of event."

Because of the huge number of Soldiers and their efforts, the cleanup was finished earlier than expected.

Earlier that week, Soldiers with 6th Battalion, 37th Field Artillery Regiment, 210th Fires, helped clean up Rocket Valley Live-Fire Complex and its surrounding area.

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WARRIOR NEWS BRIEFS

Free hot dog lunch

The Camp Casey USO will hold a free hot dog lunch from 11:30 a.m. - 12:30 p.m., on of following dates: April 13, 27, May 11, 25, June 8, 29, July 13, 27, Aug. 10 and Aug. 31.

For more information, contact Rick Dysinger at DSN 730-4466

Free Music Concert, Mueum Tour

The Korean American Association will hold its annual Friendship Concert for American forces personnel and their family members at the Yong Theater located in the National Museum of Korea, April 18, 7 - 9:00 p.m.

The KAA is also offering a free guided tour of the museum prior to the concert.

The performing musicians include renowned violinist Lee, Sung-ju, pianist Park Jong-hoon, cellist Lee Kang-ho, violist Kim Sang-jin, bassist Lee

Chang-hyung, tenor soloist Shin, Dong-ho and members of "Bohemian Singers." The museum tour is scheduled 5:00 p.m -6:40 p.m.

Free transportation available from USAG Yongsan to the museum and back.

For more information, or to reserve a ticket, send e-mail to paocr@korea.army.mil.

Finance Hours

The Camp Casey finance office located in Bldg. 2440, is open 9:30 a.m.-4:30 p.m., Mon.-Fri. and closed Thursdays.

The Camp Stanley finance office located in Bldg. 2245, is open 9:30 a.m.-4:30 p.m., Mon.-Fri. and closed Thursdays.

The Camp Red Cloud finance office located in Bldg. 267, is open 9:30 a.m.-3 p.m., Fridays.

Off-post housing brief

All military and Department of Defense personnel seeking housing on the economy are required to attend off-post housing briefings prior to making off-post housing arrangements. The briefings are held at the Camp Red Cloud Community One Stop, Bldg. 267, and at the Camp Casey housing office conference room on the 2nd floor inside Maude Hall, Bldg. 2440, 8:30-9:30 a.m. and 1:30-2:30 p.m. Mon.-Thurs. Off-post housing documentation will be provided during the briefings.

For more information, call DSN 732-6779.

2nd ID Claims Services

The Camp Red Cloud and Camp Casey Claims offices have consolidated. All claims services for 2nd ID will be offered at Camp Casey only.

The Camp Casey claims office is located in Maude Hall, Bldg. 2440, Rm 243.

The hours of operations are: Monday, Wednesday and Friday from 9-11:30 a.m. and 1-4 p.m. by appointment only.

Walk-ins are available on Tuesday from 9-11:30 a.m. and 1-4 p.m. and Thursdays from 1-4 p.m.

For more information or to make an appointment, call Claims Specialist Chon, Yong Mi at DSN 730-3687.

Engineer Camp

The Society of American Military Engineers (S.A.M.E.) Korea Post is accepting nominations for qualified high school students interested in attending a one week Engineering and Construction Camp, June 24-30, in Colorado Springs, Colo.

This camp is designed for high school students who excel in math, science and technical courses and are interested in pursuing engineering in college.

This one-week camp is fast paced and hands-on for students from around the world.

Throughout the week, students will build a sprinkler system, wood shed or waste water system and will participate in team-building and problem-solving activities.

The camps are led by a professional staff of engineers from both private industry and the military services.

For more information, visit <http://posts.same.org/korea>

Maude Hall hours adjusted

As part of U.S. Army Garrison Red Cloud's continuing effort to improve customer service for Soldiers, civilians and families it's taking a close look at its hours of operations.

Effective March 15, the hours of operations for all garrison customer service points in Maude Hall, Bldg. 2440, Camp Casey, will be adjusted to 9 a.m. to 6 p.m., including through the lunch hour, to better serve customers.

Movies

Prices: \$5 for first run movies. \$4.50 for regular releases. Children 12 and under: be \$2.50 and \$2.25 respectively

Camp Casey

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

- April 1: Paul (2)
- April 2: Tangled / Paul (2)
- April 3: Sanctum / No Strings Attached
- April 4: Paul
- April 6: Sanctum
- April 8: Sucker Punch / No Strings Attached
- April 9: Never Say Never / Sucker Punch (2)
- April 10: The Eagle / The Roommate
- April 11: Sucker Punch
- April 13: The Eagle

Camp Red Cloud

Show times: Mon.-Sun. 7 p.m.
Fri. 7 & 9 p.m.

- April 1: The Green Hornet / The Fighter
- April 2: Gulliver's Travels / Sanctum
- April 3: The Dilemma
- April 4: The Rite
- April 5: Country Strong
- April 7: No Strings Attached
- April 8: The Eagle / Paul
- April 9: Yogi Bear / Paul
- April 10: Sanctum
- April 11: The Chronicles of Narnia / Country Strong
- April 12: No Strings Attached
- April 14: The Roommate

Camp Hovey

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

- April 1: The Rite
- April 2: The Green Hornet
- April 3: Paul
- April 5: The Rite
- April 7: Sucker Punch
- April 8: The Green Hornet
- April 9: No Strings Attached
- April 10: Sucker Punch
- April 12: No Strings Attached
- April 14: Sanctum

Camp Stanley

Show times: Sun., Mon. & Thu. 7 p.m. Wed. & Sat. 7 & 9 p.m.
Fri. 9:30 a.m., 7 & 9 p.m.

- April 1: The Green Hornet / Country Strong
- April 2: Season of the Witch / True Grit
- April 3: The Rite
- April 4: Country Strong
- April 6: Sucker Punch (2)
- April 7: Season of the Witch
- April 8: Sanctum / No Strings Attached
- April 9: Paul / Sanctum
- April 10: Paul
- April 11: The Green Hornet
- April 13: The Eagle / The Roommate
- April 14: Sanctum

Camp Humphreys

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

- April 1: Paul
- April 2: Chronicles of Narnia 3 / Paul
- April 3: Chronicles of Narnia 3 / Paul
- April 4: Paul
- April 5: The Rite
- April 6: Sanctum
- April 7: Sanctum
- April 8: Sucker Punch
- April 9: Tangled / Sucker Punch
- April 10: Tangled / Sucker Punch
- April 11: Sucker Punch
- April 12: No String Attached
- April 13: The Roommate
- April 14: The Roommate

CHAPEL SERVICE TIMES

Camp Red Cloud

Protestant:

11 a.m. Sunday

Catholic:

9 a.m. Sunday

KATUSA:

7 p.m. Sunday

COGIC:

12:30 p.m. Sunday

Camp Casey

At Stone Chapel

Protestant:

10 a.m. Sunday

At Memorial Chapel

Gospel:

11 a.m. Sunday

KATUSA:

6:30 p.m. Tuesday

At West Casey Chapel

Protestant:

10 a.m. Sunday

Catholic:

Noon Sunday

LDS Bible study:

7:30 p.m. Thursday

LDS Worship:

4 p.m. Sunday

Camp Hovey

At Hovey Chapel

Catholic:

9:30 a.m. Sunday

Protestant:

11 a.m. Sunday

KATUSA:

6:30 p.m. Tuesday

At Old Hovey Chapel

Bldg. 3592

Orthodox:

10 a.m. 1st, 3rd Sunday

At Crusader Chapel

Protestant:

11 a.m. Sunday

Camp Stanley

Protestant:

10 a.m. Sunday

Gospel:

12:30 p.m. Sunday

Camp Humphreys

At Freedom Chapel

Catholic:

9 a.m. Sunday

Protestant:

11 a.m. Sunday

Church of Christ:

5 p.m. Sunday

Gospel:

1 p.m. Sunday

KATUSA:

7 p.m. Tuesday

Points of contact

Camp Red Cloud:

732-6073/6706

Memorial Chapel:

730-2594

West Casey:

730-3014

Hovey Chapel:

730-5119

Camp Stanley:

732-5238

Camp Humphreys:

753-7952

Army, DEA: Spice will burn you

by C. Todd Lopez

Army News Service

WASHINGTON -- There's no more wiggle room for Soldiers who want to use marijuana substitutes like "Spice" or K2.

New rules by both the Army and the U.S. Drug Enforcement Agency make at least one thing clear to Soldiers: Spice will burn you.

In February, Secretary of the Army John McHugh issued a memorandum that establishes an Army-wide policy prohibiting the use and possession of synthetic cannabis and other substitutes for delta-9-tetrahydrocannabinol, commonly referred to as THC, the primary psychoactive constituent of marijuana.

On March 1, the DEA also made Spice illegal in the United States. It is also illegal in Korea.

The product Spice, and other products that use that name generically, are sold in packets and appear as a shredded green herb, similar to marijuana. The product is a delivery system for synthetic cannabinoids, and when smoked gives users an effect similar to that of smoking marijuana.

"Synthetic cannabis and THC substitutes are so closely related in action to THC as to make it obvious that synthetic cannabis and THC substitutes will have the same potential for abuse as THC," wrote McHugh in his memo. "It is, therefore, reasonable to assume that synthetic cannabis and THC substitutes have substantial capabilities of creating hazards to the mission of the Army, the health of the user and to the safety of the Army community."

McHugh's memo spells out clearly what the Army's rules are for the drug.

In regards to Spice and other similar synthetic marijuana products, Soldiers from all components of the Army are prohibited from "using, possessing, manufacturing, selling, distributing, importing into or exporting from the United States, or introducing into any installation, vessel, vehicle, or aircraft used by or under the control of the Army."

In Korea, U.S. Forces Korea also has taken a hard stand against the use and importation of Spice.

"In general, the use of Spice has been explicitly outlawed by USFK Policy # 55," wrote Capt. Patrick R. Sandys, with the Camp Casey Legal Center. "This policy complies fully with the Army Regulations and the policies underlying a commander's authority, and thus is a legal order that we, as Soldiers in Korea, must follow. Furthermore, the Armed Forces Institute of Pathology can test Spice as part of an active CID investigation. CID will process the samples just as they would any other piece of evidence."

The DEA also took action on synthetic marijuana products by temporarily placing five synthetic cannabinoids into Schedule I of the Controlled Substances Act, right alongside PCP, Ecstasy, and real marijuana.

The DEA's addition of the synthetic cannabinoids into the Controlled Substances Act means that it is no longer just prohibited for Soldiers to use them - it's illegal now for all Americans to possess and use them.

It is also illegal to ship them through the mail, Sandys wrote.

According to 1st Lt. Page Packer, the Officer in Charge of all Area I mail operations, all incoming "mail is checked by Korean Customs and the Soldier working at the Joint Military Mail Terminal at Incheon Airport. They use drug-detection dogs and X-ray machines. In addition, the mail is checked stateside by

customs at either JFK or San Francisco."

Buddy Horne, with the Army substance abuse program, said that while the DEA's listing of the drug is only temporary, and can be reevaluated within a year, the same is not true of the Army's policy.

"Our Secretary of the Army memo is permanent until rescinded," he said.

While it's now illegal for Soldiers to use or possess Spice, the Army is working to develop an easy way for commanders to test Soldiers who might have used the drug. Right now that is not so easy to do.

Because of contract reasons, the Army can't use the same labs that conduct the 1.2 million drugs test each year as part of the Army's random drug testing program. The Armed Forces Institute of Pathology can conduct such a test; however, it requires there be an open case from CID to conduct such a test.

But the Army is looking for ways to remedy that situation.

"The Army is getting closer to the point where we can start identifying Soldiers for Spice, other than just random testing," Horne said. "If we get to the point where we get a civilian contract lab approved, we get a contract vehicle that can support that, we would open it up to commanders for probable-cause testing."

Horne went on to say that it's important the Army select such a lab carefully because they want to ensure testing is done accurately.

"We want to ensure a product that we're using taxpayer's money for is legitimate," Horne said.

(Editor's note: Some information regarding Spice and Korea was taken from an article titled, "The Law Regarding Spice: In the Army, Back Home, and Its Transportation Through the Mail," by Capt. Patrick R. Sandys.)



Is it worth your career?

Not only is **Spice**, AKA, **K2**
illegal in South Korea...

...It's also **punishable** under **UCMJ**.
Bet you didn't know that.



2nd ID Soldiers remember Cheonan heroes



Staff Sgt. John Brown, 1st HBCT

Soldiers and Family members of the 1st Heavy Brigade Combat Team gaze upon the recovered remains of the Republic of Korea’s Navy’s Cheonan vessel, on display in Pyeongtaek during a memorial visit, March 23. The Soldiers made the trek from Camp Casey to the ROKs 2nd Fleet Command Naval Base.



Yu Hu-son, 2nd ID Public Affairs

Left: Spc. Cole Baty, a trumpet player with the 2nd ID Band plays “Taps” at the Camp Red Cloud theater, March 25, during a memorial service in remembrance of the fallen sailors that perished in the sinking of the Cheonan. Forty-six ROK sailors and one ROK diver, were killed when an explosion caused the Cheonan to sink off the south-west coast of Baengnyeong Island in the Yellow Sea on March 26, 2010.

Bottom left: A Soldier with 1HBCT looks upon the remains of the Cheonan during a visit to the memorial site at the ROK 2nd Fleet Command Naval Base in Pyeongtaek, March 23. All Soldiers assigned to 2nd ID will make the trek to the memorial site in order to pay their respects to their fallen comrades.

Bottom right: Government officials from the city of Uijongbu and Gyeonggi Province bow their heads in silence along with senior leaders from 2nd ID at the Camp Red Cloud Theater, March 25, during a memorial service for the ROK diver and sailors who perished in the Cheonan tragedy.



Staff Sgt. John Brown, 1st HBCT



Yu Hu-son, 2nd ID Public Affairs

Spouses build strength through resilience skills

Story and photo by
Sgt. Michael Dator

Editor

The spouses of more than 25 senior leaders participated in the first ever 2nd Infantry Division Warrior Spouse Resilience Training program, March 22-25 at U.S. Army Garrison Yongsan's Main Post Club.

Warrior Spouse Resilience Training is a program designed to teach spouses how to recover from, or adjust easily to, misfortune or change. It stems from the resilience training Soldiers throughout 2nd ID are required to attend.

Resilience training is a joint initiative between the U.S. Army and the University of Pennsylvania. Participants learn about the various competencies that contribute to resilience: self-regulation, optimism, mental agility, strengths of character, and connection. The skills in this course build upon each other by targeting one or more of these core competencies.

Spouse trainers from 2nd ID tailored the training materials specifically for spouses of military members.

"Using these skills will help participants become a better individual, as well as a stronger Family member," said Sgt. 1st Class Deondre L. Long, the brigade master trainer with Headquarters and Headquarters Company, 1st Heavy Brigade Combat Team, 2nd ID.

"Once you have two people in the household go through this training, you've just created a stronger bond in the Family," said Long. "It empowers Family members to be able to cope with the trials and tribulations of daily life in the military."



Melanie M. Clement (standing), a military spouse and volunteer resilience training instructor, converses with spouses participating in the first ever 2nd ID Warrior Spouse Resilience Training, at USAG Yongsan's Main Post Club, March 22-25.

Currently, all incoming 2nd ID Soldiers go through resilience training upon arrival to the Warrior Readiness Center on Camp Stanley. It wasn't until recently that spouses in Korea have been afforded the opportunity to be trained by other spouses.

This idea of training spouses originated from Maj. Gen. Michael S. Tucker, the commanding general of the 2nd Infantry Division, said Long.

"General Tucker said that if you're only training the Soldiers, then that's only half the force," Long said. "By training both the spouse and the Soldier, we complete the wheel so to speak. We're making a more resilient household which leads to more effective force."

Part of the course involves learning how resiliency enables one to flourish and thrive in the face of challenges. Participants

are taught how to grow as individuals and bounce back from adversity.

"This is my first duty station with my husband," said Melanie M. Clement, a military spouse and volunteer resilience training teacher. "I was afraid that I was going to be a spouse that absolutely hated being in a foreign country."

Clement said resilience training helps her deal with loneliness and adjusting to the fact that her husband must work long hours.

"I've learned that if we're resilient as a couple, then that leads to a better home life and a better work environment as well," said Clement.

Senior leader spouses were taught resilience training principles with the intention of getting the information out to others through meetings and Family Readiness Groups.

"The idea is to teach resilience training to spouses who are in a position to spread the information to a wider audience," said Maj. Christopher N. Duncan, the division medical logistics officer with B Company, Headquarters and Headquarters Battalion, 2nd ID.

"This gives senior Family Readiness Group advisers the opportunity to offer suggestions for improvement before we deliver it to the rest of the spouses in the community," said Duncan. "Once all of the kinks are ironed out, the package will be presented to anyone who wants it."

The program will soon be available to all military spouse members in Warrior Country.

"I'm excited about the opportunity this opens up for spouses new to the military," said Karen H. Graves, a former English teacher and military spouse of 18 years. "I think this training offers a fresh package that is up-to-date. It's perfect for young couples or those who want a refresher."

Graves said she likes the idea of spouses training each other, because military spouses are likely to share similar experiences.

For those wishing to attend the 2nd ID Warrior Spouse Resilience Training program, the next classes are right around the corner. Spouses in Area III can attend classes at Camp Humphreys, April 4-7. Spouses in Area I can attend classes at Camp Casey, May 9-12.

Free childcare will be provided through coordination with the Child Youth & School Services.

To learn more about resilience training or to enroll in an upcoming class, contact Christopher Duncan at DSN 732-7791 or email: chrisopher.duncan1@us.army.mil

Asian Dust season is here; know ways to protect yourself

By Monte D. Hargrave

Area II Health Promotions Coordinator, Registered Nurse

Many of you have first-hand experience or have heard second-hand about the air quality in Korea. Fourteen million people gathered in one area are bound to create some sort of pollution; in Seoul, air pollution is the most obvious. Some days are better than others, and it is comparable to conditions experienced in some of the major cities in the United States. We may already be familiar with air pollution & ozone warnings if we have lived in large metropolitan areas, but here in Korea, and many parts of Asia, we experience a weather phenomenon called HwangSa also referred to as Yellow Sand or Asian Dust.

As the name infers, the air is filled with dust and other pollutants carried up from Mongolia and China and brought to East, South and Southeast Asia by the jet stream and winds created by the weather patterns beginning late February and continuing through May.

There are many things that have proven successful in combating the problems associated with Asian Dust. As for a normal, healthy member of U.S. Forces Korea, the dust should pose little concern. If someone is associated with any of the following categories:

the elderly; young children; people with lung diseases such as asthma, chronic bronchitis, and pneumonia; heart disease or diabetes, education and avoidance is the key to getting through the dust plume with minimal discomfort. Some tips for everyone include:

- Stay indoors if possible; avoidance is key
- Keep windows and doors closed
- Remove contact lenses; wear glasses
- Brush your teeth; wash your hands, face and eyes with warm water upon returning indoors
- Wash your hands before eating or handling food
- Drink plenty of water to keep you well hydrated & your tears flowing
- Use air filters &/or a humidifier to keep air clear and moist to improve comfort
- Wash fruits and vegetables exposed to yellow sand before consumption
- Don't burn candles or spray aerosols
- Don't smoke indoors
- Vacuum or dust off outer garments, shoes, purses, backpacks and clothing before storing them in a closet with clean clothes
- Dust, wash, vacuum or avoid pets that go in & out of the home
- If you must be outdoors, you may want to invest in a mask or other barrier. Masks commonly seen worn

by locals are readily available at many stores and may help reduce exposure density to the irritants.

As with any condition that can make us ill, it is up to you to use good judgment and exercise proper risk vs. benefit decisions before heading out during an Asian Dust plume. Some of us will never notice it is there, while others may be hindered by it. Being armed with a little knowledge might just help you avoid being miserable later.

To contact the Area I Preventive Medicine office about Asian Dust, call 730-4298 or Area III at 753-3769.

The following sites also have information on Asian Dust:

The 65th Medical Brigade link for Asian Dust: <http://www.korea.amedd.army.mil/webapp/yellowSand/Default.asp>

USFK Weather Page: <http://www.usfk.mil/usfk/weather-yellowsand>

KoreaAir Real Time Air Quality Report Website: <http://www.airkorea.or.kr/airkorea/eng/realtime/main.jsp>

Please visit our web-page <http://www.korea.amedd.army.mil/HealthPromotion/index.html> to find out more about Health Promotions.

Warrior Division takes 4th in culinary competition *Learn how to make their award-winning dish*

Spicy Chicken Adobo



Ingredients

Two 3 lbs whole chickens, cut into pieces
1 tbsp sesame oil
1/2 tsp salt
1/2 tsp cracked black pepper
1/4 tbsp granulated garlic
2 c chicken stock
1 c white vinegar
1/4 tsp whole black peppercorns
2 bay leaves
1/2 medium onion, large dice
1 tbsp chopped garlic
2 oz soy sauce

Instructions

Mix salt, pepper and granulated garlic together in a small bowl. Season cut chicken on both sides evenly. Sear all chicken on grid-dle with sesame oil making sure to cook the chicken half-way. Then place in a pan and refrigerate.

Place chicken stock, vinegar, peppercorn, bay leaves, onion and chopped garlic in a large sauce pot. Bring to boil for 30 minutes. Add soy sauce and cook another 15 minutes. Thicken sauce with a cornstarch and chicken stock slurry.

Strain and pour the sauce over the chicken cooking the legs first, and bringing in the breasts and thighs 7-10 minutes later. The chicken should cook in the sauce for approximately 30 minutes total. Make sure the middle of the chicken reaches 180 degrees fahrenheit.

(In a future edition of the Indianhead, look for the Flourless Chocolate Torte and Blueberry Mousse with Mango and Guava Sauce recipe.

For more information on this and other Warrior Country recipes, e-mail Sgt. David Allen at david.m.allen1@korea.army.mil)



Photos by Sgt. 1st Class Michelle Johnson, 2nd ID Public Affairs

Newberry, Mich. native, Spc. Adam Hermann, prepares a dish as part of the team's cold table buffet display during the 36th Annual Culinary Arts Competition at Fort Lee, Va., March 9. Hermann won four individual medals including one gold, one silver and two bronze; plus garnered a gold for his participation in the team Field Meal category. Hermann earned a spot on the United States Army Culinary Arts Team, a collection of the military's most elite chefs.

Spouses gather to 'keep off pounds in Korea'

Story and photo by
Pvt. Chang Han-him

Staff Writer

More than 20 spouses gathered for the first Area I "Keeping Off Pounds In Korea" meeting at the Camp Red Cloud Pear Blossom Family Outreach Center March 16.



Lindsey Delgado tries a low-calorie soup for lunch during the first Area I "Keep Pounds off in Korea" meeting at the Camp Red Cloud Pear Blossom Family Outreach Center March 16.

Pear Blossom Family Outreach Center, March 16.

Donna Winzenried, a military spouse, founded the KOPIK program after she gained weight when she first arrived in Korea.

Winzenried said the program is designed to help Family members develop good fitness and eating habits while in country.

"Three years ago, I gained 15 pounds as soon as I arrived here," said Winzenried, a native of Monroe, La. "So, I made a group with my friends who care about their own and Family's health. As a group, we shared information about health and nutrition and went shopping for better food. This was the beginning of the monthly KOPIK meeting, actively held in (U.S. Army Garrison) Yongsan. I am here to introduce our program since I thought it would be great for these meetings to be held in other places."

As part of the program, Winzenried cooked low-fat tomato and potato soups, healthier alternates to fatty foods. While the soup was boiling, a member of KOPIK, who lost 98 pounds after joining the program, encouraged the spouses to stay

healthy and never give up on the better life waiting for them. She recommended participants to work out one hour every day, shrink down portions of high-calorie foods and focus on eating more raw, unprocessed, natural foods such as fruits and vegetables. She also emphasized the benefits of working out as a group.

Capt. Donna Goodson, chief of Clinical Dietetics at the 121st Combat Support Hospital in USAG Yongsan, introduced eating habits which can keep everyone in shape.

"I volunteered for the meeting to help spouses in Korea increase their knowledge in nutrition," said the Louisiana native. "The best way to keep in shape is by controlling the amount of high calorie foods such as fast-foods and desserts."

Goodson also suggested some ways of making healthy snacks for children such as frozen bananas with yogurt as dip, apple slices with peanut butter spread and small baked potatoes with reduced fat cheddar cheese and salsa.

After lunch, spouses burned some calories with Zumba dance lessons from certified Area I instructors.

"Zumba is more like a dance party

rather than an exercise, so I like to remind those in my class to just have fun knowing that they're losing pounds at the same time," said Kathleen Walsh, a Warrior Country certified Zumba instructor.

When the first Area I KOPIK meeting came to an end, attendees left with their hunger satisfied and knowledge to help them live a healthier lifestyle.

"I loved the low-calorie tomato soup, so I just called my husband and promised him that I would cook it for him," said Brittany Henderson, a Warrior Division Family member. "I hope they continue to have these KOPIK meetings here in Area I permanently so I can learn more on a regular basis."

Winzenried added that they will soon hold KOPIK meetings on Camp Humphreys and Camp Walker, so that the program goes peninsula-wide.

"In order to 'keep off pounds in Korea,' working as a group is better than struggling alone," she said. "This program will not only help its members improve on their physical health but also help establish healthy friendships along the way."

Artillerymen wrestle with combatives tournament

Story, photo Sgt. Mark A. Moore II

Staff Writer

The Star Spangled Banner resonated throughout Camp Casey's Carey Fitness center, as a river of maroon and white wrestling mats separated the Army combatants from the spectators.

The fluorescent lighting above washed over both spectators and combatants, silent and still, like frost covering blades of grass. Their facial expressions nearly frozen in time, as the final notes of the National Anthem echoed through the gym.

A pause ... and a brief moment of almost deafening silence was broken by a low but ever increasing in volume guttural growl through the microphone. This growl transformed into a window vibrating, wall shaking, crowd moving roar, as a thunderous war cry was shot up and into the crowd.

Like glass shattering, its contents were freed and in a blink of an eye the crowd erupted into ferocious cheers, as more than 66 Soldiers from 6th Battalion, 37th Field Artillery Regiment, 210th Fires Brigade lined the mats March 17 ready to compete in their first of what is planned to be a quarterly combatives tournament.

These combatants stood fast and focused, waiting to prove themselves. Their heads held high and chests puffed out with the confidence that had been instilled in the through combatives skill levels one and two training programs, recently taught by Staff Sgt. Joseph Clark and 1st. Lt. Tyler J. Moyer.

"Combatives training is a growing program everywhere except here," said Moyer, a C Battery, 6-37th FA executive officer and combatives instructor at Camp Casey, adding that this was his motivation behind establishing this program two months earlier.

"We wanted to create a place where Soldiers could come to practice and earn their combatives certifications," said Moyer, a Gig Harbor, Wash. native.

Soldiers who enrolled in the combatives program soon realized that submissions and take downs were not the only things to be learned during the one-week level one certification course.

"The program increases confidence in the Soldiers," said Clark, a Hoven, S.D. native, a C Btry., 6-37th FA launcher chief and the battalion combatives instructor. "You cannot be scared; you teach them how to shoot, and you teach them how to fight. That increases confidence."

Like many things in life, confidence comes with a price and in this case confidence is paid for in pain.



Soldiers from 6-37th FA take it to the mat in the unit's first combatives tournament at the Carey Fitness Center on Camp Casey, March 17. Sixty-six Soldiers competed in the event, which is planned to be held each quarter.

"You have to be able to take a hit," said Pfc. Ambar M. Quintero, E Battery, 6th Battalion, 52nd Air Defence Artillery Regiment Soldier, attached to 6-37th FA.

"Even though it hurts when you're being hit, once it's finished you're like, 'Oh my god, I did it,'" continued Quintero, a Yuma, Ariz. native.

While strength and size may play a small role in the outcome of a bout, these factors only make up half of the necessary attributes a hand-to-hand combatant must possess.

"Combatives is a thinking game," said Bandera, Texas native, Pvt. Jordan Towers, a C Btry. 6-37th FA ammo crew member. "If you can counter your opponent's submissions, you can control them; you don't have to be more experienced."

As the tournament came to a close, those who were able to counter and submit were recognized.

One Soldier from each of the seven weight classes earned the title of champion and an overall combatives winner was named.

The winners were:

- o 135 lbs: Pfc. Paul Moreno, A Co., 6-37 FA
- o 145 lbs: Spc. Robert Diebert, B Co., 6-37 FA
- o 155 lbs: Staff Sgt. Joseph Clark, C Co., 6-37 FA
- o 170 lbs: 1st Lt. Tyler Moyer, C Co., 6-37 FA
- o 185 lbs: Staff Sgt. Jason Adams, C Co., 6-37th FA
- o 205 lbs: Sgt. Jonathan Mandrell, C Co., 6-37th FA
- o Heavy Weight: Pfc. Tyler Wilks., B Co., 6-37th Fa



Chief Warrant Officer 4 Carlos A. Merino, an instructor pilot from 4-2nd Avn. gives a brief about the AH-64 Apache attack helicopters capabilities to Lt. Gen. Choi, Jong-il, the commanding general of the ROK Army I Corps and other ROK Army leaders at the I Corps Headquarters near Goyang, South Korea.

2nd CAB holds professional development

Story and photo by Cpl. Paek Geun-wook

2nd CAB Public Affairs

The 2nd Combat Aviation Brigade commander held an officer professional development seminar Feb. 22 during a visit to ROK I Corps.

Col. James T. Barker started teaching the series in Jan. to enhance the ROK's familiarity of U.S. capabilities. The seminar highlighted the AH-64 Apache and M139 Air Volcano Mine Dispenser system.

So far, Barker and Lt. Col. Erik O. Gilbert, the commander of the 2nd Assault Battalion, 2nd Aviation Regiment, 2nd CAB, have met with their ROK Army counterparts from the ROK I, II, III, V and Capital corps, and the ROK Ground Component Command to hold extensive joint tactical discussions.

During each seminar mid-February, Barker gave a presentation about the tactical employment of the AH-64D Apache and Gilbert introduced the M139

Air Volcano Mine Dispenser system deployable from the UH-60 Blackhawk.

"These sessions not only enhance the ROK leadership's understanding of the Apache and Volcano systems, but also help us to understand the ROK military's capabilities so that we can find ways to cooperate together and fill capability gaps that may exist in either formation," said Barker.

Korean aviation brigades are resourced with over 100 lift aircrafts, which can help enhance the 2nd Infantry Division's air movement capabilities, Barker said.

"It was a great opportunity to know the Apache's capabilities and I hope we will have more chances for enhanced discussions leading to future joint training," said Lt. Gen. Choi Jong-il, the commanding general of the ROK Army I Corps.

"The ROK I Corps is adjacent to North Korea and in the event of a conflict we have a huge possibility of being attacked by the North's mechanized units, so I believe the Apache helicopter is one of the

most effective forces to combat these mechanized threats," he said.

Barker and Gilbert are scheduled to visit several more ROK units including the Joint Chief of Staff, the First ROK Army, the Army Second Operations Command, the Third ROK Army and the rest of the Infantry Corps units. Barker's goal is to visit every infantry corps and forward deployed unit with the same in-depth presentation before the next Ulchi Freedom guardian exercise.

"The opportunity to conduct professional development sessions and tactical discussions with our ROK aviation counterparts is critical to sustain the ROK and U.S. Alliance and paving the way for future combined operations," said Barker. "The 2nd CAB continues to take the initiative and develop opportunities to train with the lift and attack battalions within the ROK aviation brigades on a consistent basis, greatly improving our wartime capabilities and building life lasting friendships with our counterparts."

April is Sexual Assault Awareness Month

Reporting Options

Call: DSN 764-5997

Restricted

- * Inform unit victim advocate, sexual assault response coordinator, healthcare provider or chaplain
- * Command not notified
- * Investigation not initiated
- * SARC & victim advocate attends to victim needs –facilitate supportive services
- * Can get medical care/counseling
- * Reporting option can be changed to unrestricted

Unrestricted

- * Inform chain of command and/or law enforcement
- * Investigation is initiated
- * SARC & victim advocate attends to victim needs – facilitate supportive services
- * Can get medical care/counseling
- * Can get legal services
- * Reporting option can not be changed to restricted



THE SUN NEVER SETS ON THE 2ND ID



Keeping up the fire

Dragon belt buckle unites Manchus from the past and present

Story and photo by Spc. Kimberly Hackbarth

4th Bde., 2nd ID Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash. – Larry Criteser still has the original Manchu belt buckle he was given in 1967, one week after entering Vietnam.

Forty-two years later, Spc. Andrew Zaragoza, an infantryman, received a similar belt buckle for patrolling the streets of Baghdad.

Though the two men from different generations fought in different wars, they both served with the 9th Infantry Regiment “Manchus” and earned the right to wear the only officially authorized unit belt buckle in the Army.

Nearly 600 Manchu Soldiers received the distinctive belt buckle from Criteser and other veterans during a ceremony at Soldiers Field House March 4 for “meritorious and honorable service with the 4th Battalion, 9th Inf. Regt., during Operation Iraqi Freedom 09-10.”

“The countless miles that these present-day Manchus patrolled through the avenues of West Baghdad, the challenges they faced on the streets of Nasir wa Salam, Aqur Quf, and in the farmlands of Zaidon 110 years after the march into Tientsin exemplifies that the indomitable Manchu spirit has not changed — regardless of year, conflict or conditions,” said 1st Lt. Thomas Beecroft, the battalion personnel officer, who narrated the ceremony.

The 2.5-inch brass buckle is adorned with a five-toed dragon encircling its edges. In the center is the numeral “9” for the regiment, below it the units motto “Keep Up the Fire,” the dying words of the 9th Inf. Regt.’s former commander, Col. Emerson H. Liscum, as he passed the unit’s colors to another Soldier during the assault on Tientsin, China in 1900.

The history of the belt buckle dates back to 1921, but was not formally approved for wear until 1926. Once approved by the secretary of War, the regimental adjutant published General Order No. 5 directing that the belt buckle, commemorating the Relief Expedition in China, “will be worn by all personnel of this regiment.”

Though the buckle’s design has changed several times through the years, the one given to the 4th Brigade, 2nd Infantry Division’s 4-9th Inf. Manchus closely resembles the original issued in 1926.

One distinct difference between the previous buckles and those given to 4th Bn. is the phrase “Manchus, past, present, future” engraved on the back.

For one Manchu, it wasn’t his first time receiving the honored regimental belt buckle.

In 1997, while serving with 2nd Battalion., 9th Inf.



Nearly 600 Manchu Soldiers from 4th Bde., 2nd Inf. Div., receive the distinctive dragon belt buckle at Soldiers Field House March 4. The 2.5-inch brass buckle is adorned with a five-toed dragon encircling its edges. In the center is the numeral “9” for the regiment and below it, the unit motto: “Keep Up the Fire.”

Regt. in Korea, 1st Sgt. Julio Armas, the C Company first sergeant, earned his first Manchu belt buckle.

Forward deployed along the demilitarized zone separating North and South Korea, Soldiers of 2-9th Inf. today act as a deterrent against North Korean aggression. To earn their Manchu belt buckles, the Soldiers do the “Manchu Mile,” a 25-mile foot march in full battle gear, to commemorate the 85-mile forced march the regiment made in July 1900 from Taku Bar to Tientsin during the Boxer Rebellion.

For Armas, the events leading up to both belt buckles were “different, but the same,” he said.

“Of course, the difference being 25 continuous miles, (but) both having the same meaning of Soldiers giving it all they’ve got,” Armas said. “The pain you feel in your feet, your knees, your back (during the Manchu Mile) is the pain you felt during this war carrying your kit and walking.”

The 9th Inf. Regt. is one of the oldest and most decorated units in the Army, having fought in nearly every

major conflict in U.S. history, from the War of 1812 to Operation Iraqi Freedom.

As a representative of the Vietnam-era Manchus, Criteser said he was pleased to give this latest generation of Manchus their own belt buckles.

“This is a tremendous honor for a guy my age,” said Criteser, the honorary 9th Inf. Regt. command sergeant major. “Most of these guys weren’t even born when I became a Manchu. But we, the Vietnam-era Manchus, look at it as, ‘once a Manchu always a Manchu,’ and we are here to support our younger brother Manchus, as we call them, to the fullest of our ability.”

Whether an old-time Manchu or a “younger brother” Manchu, all generations of the 9th Inf. Regt. veterans honor the rite of passage shared among every member of the regiment.

“No matter where you go, not only in the Army ... when you say you were part of the 9th, the first thing they say is, ‘Do you have your belt buckle?’” Armas said. “I am proud to say, ‘Yes.’”

The **Camp Stanley Tax Center** is open Wednesdays 9 a.m.-4 p.m. in the Legal Office, Bldg. 2333. Walk-ins will not be accepted. To make an appointment or for more information, call DSN 732-5032.

The **Camp Red Cloud Tax Center** is available at the CRC One Stop Shop. Hours are Mon.-Fri. 9 a.m.-4 p.m., and Thursdays 1-4 p.m. Walk-ins will not be accepted. To make an appointment, call DSN 732-6966.

The **Camp Casey Tax Center** is located in Maude Hall, Bldg. 2440 and open Mon.-Fri. 9 a.m.-5 p.m. and Thursdays 1-4 p.m. Walk-ins will not be accepted. To make appointment, call DSN 730-3591.

The **Camp Humphreys Tax Center** is located in Bldg. S-751 and the hours of operations are Mon.-Fri. 9 a.m.-5 p.m. and Thursdays 1-8 p.m. For more information or to make an appointment, call DSN 753-5680.

Taxpayers should bring all relevant paperwork to their appointment, including all W-2 forms, 1099s, 1098s, Social Security cards, a power of attorney for taxes if their spouse will not be present at the appointment, and a copy of their 2009 tax return.