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INDIANHEAD



INDIANHEAD

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Celebrating the birth of the Second Infantry Division, the annual 2ID Ball was held in the Morning Calm, Camp Humphreys, Republic of Korea, Oct. 22, 2021. (U.S. Army photo by Pak, Chin U, 2ID/RUCD public affairs)

Oct. 1, 2021 was the 73rd anniversary of the Korean National Armed Forces Day. Oct. 1 was designated as the National Armed Forces Day in order to actively promote the new status of the national forces and boost the morale of Soldiers. (U.S. Army photo by Pak, Chin U, 2ID/RUCD public affairs)



Attendees at the Headquarters Battalion, 2nd Infantry Division 'Trunk or Treat' watch a fire performance. The event offered a festive way to celebrate the upcoming Halloween holiday. (U.S. Army photo by Pfc. Kade Bowers, 2ID/RUCD public affairs)



WARRIORS ON THE STREET



Spc. Everett Limberg

*13J, Fire Control Specialist
Texas*

*Alpha Company, 138th Infantry Regiment, 2nd
Infantry Division*

“ I am proud to serve in 2nd Infantry Division. My grandfather served here in Vietnam and World War Two. It is nice to wear the same flag and the patch that he did.



Pfc. Monica Bustillos

*13M, Multiple Launch Rocket System Crewmember
Texas*

*Bravo Company, 6th Battalion, 37th Field Artillery
Regiment, 2nd Infantry Division*

“ What makes the 2nd Infantry Division unique is we get to combine our troops with the USFK, and it gives us a good experience because we get to work with the KATUSA and learn more about their culture.



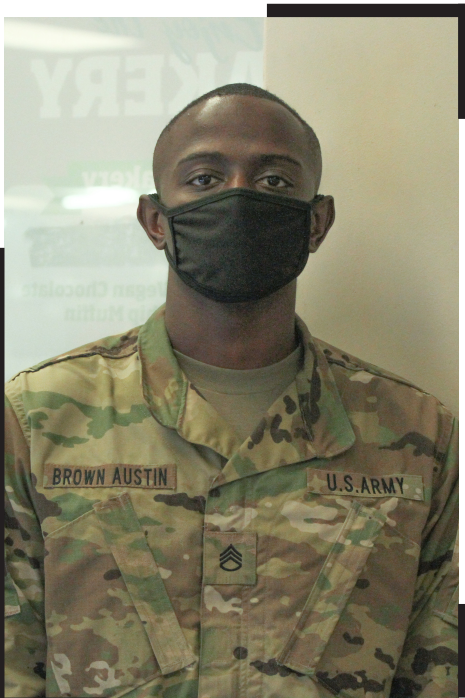
WHAT MAKES THE SECOND INFANTRY DIVISION SPECIAL TO YOU?



Pfc. Chang Ho Lee

92Y, Unit Supply Specialist
Seoul
B Battery, 1st Battalion, 38th Field Artillery, 210 Field Artillery Brigade, 2nd Infantry Division

“2nd Infantry Division is special to me because my grandfather participated in Korean War along with 2nd Infantry Division Soldiers. Second to None!



Staff Sgt. Brian BrownAustin

92Y, Unit Supply Specialist
North Carolina
Charlie Company, 194th Combat Sustainment Support Battalion, 2nd Infantry Division

“What makes 2ID special to me is the fact that we can work hand in hand with KATUSA. That is not something that average American Soldiers can get to do. Also, it is a great privilege that we can come over here to Korea to work.



Sgt. Carlos Galarza

92Y, Unit Supply Specialist
California
Bravo Company, 6th Battalion, 37th Field Artillery Regiment, 2nd Infantry Division

“What makes the 2nd Infantry Division unique to me is that we get to work in different conditions, and it makes us be better leaders and Soldiers in every single way working with the KATUSA.

David A. Lesperance

Commanding General



From Bourmont, France to Pyeongtaek, South Korea – the history of the 2nd Infantry “Warrior” Division is filled with heroic individual actions and ripe with meritorious unit operations that span from World War I to the Global War on Terror. As a member of the 2nd Infantry Division, you now belong to a team that has been keeping the world safe for people around the globe for 104 years. Our shared history is truly the stuff of legends. As a small part of that history, you should be proud of our legacy, accomplishments, and contributions to not only regional security in East Asia, but also to global security. Every day, your actions are helping to secure freedom and writing the next great chapter in our unit history.

I am reminded that the Republic of Korea, as we know it today, exists as a result of the blood, sweat, tears and the enduring “Warrior” spirit of those Soldiers who have worn the Indianhead patch for the past 56 years. During the Korean War, our Division was sharpened into a formidable fighting force. The creation of the

2d Infantry (RoK-US) Combined Division in 2015, modernized our outfit as a more capable and lethal fighting formation, further strengthening the RoK-US alliance. Our readiness is greater than ever before. The men and women of the 2nd Infantry Division (ROK-US Combined) –both past and present—have, and will continue to defend and sustain the freedom, democracy, and way of life of the South Korean people for years to come.

I am honored to be a part of the only permanent forward deployed Division in the U.S. Army, and you should too. In this Division, we maintain fight tonight readiness every day. Our mission today remains as it was in 1953 – to deter aggression, and if deterrence fails, defend South Korea. We have one singular focus: deter North Korean aggression by ensuring our combined forces are ready to fight tonight.

Command Sergeant Major Carns and I are proud of what you have accomplished this year and the ways you continually improve our readiness and strength daily. We want to thank each and every one of you for your hard work and sacrifice in support of the ROK-US alliance. I am humbled to stand among you and to serve as your Commanding General.

Finally, to our veterans. On behalf of all the Soldiers and families of the 2nd Infantry Division, ROK-US combined Division, we salute you for your service to America and to the Republic of Korea. We are forever in your debt.

Fight Tonight.
Second To None.
Katchi Kapshida.

Shawn F. Carns

Division Command Sergeant Major



Technology is great. It's a lot of fun, very helpful, and it makes a lot of things easy. But is there too much of a good thing? We talk about work-life balance, but what we don't talk about is our daily technology balance.

I would argue for many of us, we are out of balance. If you wake up in the morning and look at your phone or computer before getting out of bed or saying good morning to your spouse, we have a problem. If your primary communication is a text we have a problem.

Digital Minimization is a challenge. Technology is an addiction that we don't even realize is an addiction because it gives us all the information at a touch of an app. I don't need to watch TV, I can watch TV on my phone or computer. I'm able to read the latest news, sports, entertainment and so on, but digitization is creating an imbalance in our lives. A lot of people say to me all the time "I don't have enough time". There are 1,440 minutes in a day, take the time to mentally sketch out every minute of your day.

How much of that time are you on your phone, iPad, computer or digital device?

I have a solution for you to help minimize your digital interaction. Cal Newport writes in his book *Digital Minimalism* three easy steps. Step number one is to start by taking one hour a day without digital interaction. This is just the beginning. Anytime I visit Soldiers I leave my phone in the vehicle or office, so I focus on the Soldier interaction instead of the digital technology in my pocket. When I go to a meeting, I leave my phone in the office so I concentrate on the brief or presentation, not the buzz or beep from my phone. These are just two examples that I've used. It's not easy, that's why it's like an addiction, because you've got to force yourself to say "NO".

Step number two, don't use a digital device during your downtime. Read a physical book, take a walk, or meditate. Remember that even during your down time that you need to take a break from the screen to recharge your batteries.

Step number three, avoid texting and have a face to face conversation. Walk, drive, or take public transportation to the person you want to talk to and have a face to face conversation. This isn't just meaningful for you, but it's also meaningful to create cohesive teams. We're creatures of social interaction, but we've become creatures of digital interaction. A bit of restraint when it comes to digital use can have great benefits.

Martin Baxa

Mayor of the City of Pilsen



Ladies and gentlemen, dear members of the 2nd Infantry Division,

It is a great pleasure and honour for me to send you greetings from our beautiful city of Pilsen on the occasion of the anniversary of your division's founding.

The city of Pilsen remembers the soldiers from the 2nd Infantry Division, who liberated our city from Nazi rule 76 years ago. Our traditional Liberation

festival is held for several days each May.

During our annual celebrations we commemorate these courageous men - especially Earl Ingram, James Duncan and Herman Geist, who fought bravely on the battlefields of World War 2 and brought us much-desired freedom. These men undoubtedly inscribed themselves on the hearts of our citizens.

We won't forget those who lost their lives during this war, the bloodiest conflict in human history.

We owe our gratitude to all of them!

Yours sincerely,
Martin Baxa
Mayor of the City of Pilsen



A Tradition of Service Spanning Generations

and his family stories about his grandfather and what a great leader he was during his time at the DMZ.

This was in part what fueled Bonifas' desire to join the U.S. Army and become a Soldier. His grandfather and his sacrifice has instilled in his family a tradition of service that spans generations, with his mother serving as an Army Nurse.

Bonifas stated that upon returning to Fort Riley, he plans to submit his packet for Officer Candidate School and continue the tradition of service following in his grandfather's footsteps as an officer.

As children, we often look up to our elder family members as role models for life. We often don't understand what they did or how their actions impacted the world or our life in general. But sometimes, their impact is so great that it becomes part of our family history and serves as a constant reminder of our family's contribution to society, like with U.S. Army Cpl. Andrew Bonifas, a fueller with 1st Squadron, 6th Cavalry Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-U.S. Combined Division.

Cpl. Bonifas is the grandson of U.S. Army Cpt. Arthur Bonifas, who along with U.S. Army 1st Lt. Mark Barret, was killed on the DMZ in what became known as the Axe Murder Incident. When asked how he felt knowing that he would come to Korea on a nine-month rotation, Bonifas said "I was looking forward to it, not many people know about what happened and I don't brag about it either".

Cpl. Bonifas first came to Korea in 2015 with his family to commemorate the 40th anniversary of the incident at the DMZ. It was a very significant event for him because he got to meet Republic of Korea Army veterans who served with his grandfather. They told him

"I plan on commissioning with my grandfather's ribbons and ranks."

When asked what he would like to tell his grandfather if he were still here, Bonifas stated that he was proud of his grandfather and of his legacy, that he knew what had to be done and did not shy away from it. Bonifas strives to live every day with the same hard work ethic and determination as his grandfather and to one day live up to his grandfather's legacy.

Story by
Capt. Osvaldo Olmos
2nd Combat Aviation Brigade
Public Affairs Office

Managing Mental Health in a Deployed Environment



CAMP CASEY, Republic of Korea - When deploying to South Korea as part of the rotational unit mission, the Soldiers of the 3rd Armored Brigade Combat Team, 1st Armored Division faced a number of obstacles, both physical and mental. These obstacles called for unique solutions encouraged through reliance on their unit and on one another to counter the stress of such a move. Tangible issues like distance from loved ones and COVID restrictions, and intangible stressors like abrupt changes to daily routines and language barriers can all lead to a heavy toll on a Soldier's mental health.

"Managing mental health - whether it be monitoring your own cognitive, behavioral, and emotional well-being or helping with others - is among the most prominent obstacles in the Army," said Capt. Jesse Goldblatt, 3rd Armored Brigade Combat Team Behavioral Health Officer.

Managing mental health requires constant effort, steadfast commitment, and often discomfiting self-reflection, willingness, and honesty. While every person is different, we as people tend to subscribe to a fairly predictable series of reactions - and the same could be said of

those currently on rotation. Initially, there may have been excitement - highlighted by nervousness, fear, or uncertainty; an expected and welcome reaction to any sudden or predicted change. As time progresses and we settle into a routine, some are likely to find solace while others get restless. This is when boredom and agitation creep in - we might find ourselves wishing for things to change or feel as if our brain won't let us sleep. "Creature of habit" is an accurate moniker, as we tend to favor the familiar and value the consistent. Yet why do we expect reliability and comfort in an inherently unreliable and chaotic environment? Life itself is constantly and expectedly changing and the dynamic nature of military life, especially while deployed, is a certainty. This - the intersection of expectation and reality - is where we confront new barriers to managing our own health.

Capt. Cameron Ashdown, Behavioral Health Officer for 3rd Armored Brigade Combat Team, suggests Soldiers try different methods to help deal with stress. "Some people rely on tried-and-true resources while others get inventive or experimental, and when we find something we think works for us, we stick to it," Ashdown said.

Capt. Cameron Ashdown, a mental health specialist with the 3rd Armored Brigade Combat Team, 1st Armored Division provides classes during the field training exercise to help leaders identify others who may be having a hard time coping with the rotation to Korea. (Photo courtesy of 3rd ABCT, 1st Armored Division)



Soldiers assigned to 123rd Brigade Support Battalion, 3rd Armored Brigade Combat Team, 1st Armored Division prepare for a field training exercise to test their skills. Stress from major life changes, like deploying to a new country and training exercises, can wear on a Soldier's mental health. (Photo courtesy of 3rd ABCT, 1st Armored Division)



Soldiers from the 3rd Armored Brigade Combat Team, 1st Armored Division load equipment in preparation for a field training exercise designed to simulate and prepare medical readiness and treatment in a deployed environment. (Photo courtesy of 3rd ABCT, 1st Armored Division)

When things don't align, and we know something is off - maybe we don't know exactly what - we search for solutions. We rack our brains for inspiration, blame, and explanations hoping to find a way to think our way out of a negative feeling. Whether this means wanting to feel happy when we are sad, trying to relax when we are stressed, or maintaining calm when angry, we turn to our big mammalian brain for an answer. But it tends to lead to an endless cycle of rhetorical reasoning; we try to avoid an emotional reaction when a complicated thought runs us in circles. There is an unavoidable discomfort associated with negative feelings; sadness, fear, worry, guilt, and shame are vulnerable states of being. We have to ask ourselves how comfortable we are with these experiences and respond to them. Do we bottle them up or push them down? Do we use alcohol to get rid of them? Or possibly express them in ways that hurt others or ourselves?

When everything takes a toll, but our emotional reservoir runs dry, we neglect our emotional health and would rather feel nothing than something. But suppose we were to shift our perspective and appreciate negative feelings as one half of the human experience. If we

appreciate how happiness gains value because of sadness, not in spite of it - we may begin to learn new ways of managing mental health. As the holiday season approaches and we near new challenges in life, remember to prioritize psychological issues as we would medical care; slight concerns should be addressed sooner to prevent major injury. Speak to loved ones, share concerns instead of bottling them up, and learn new ways of expressing emotion to help with sleep, stress, and other worries.

Be sure to utilize professional care for yourself or others and reach out to your Behavioral Health Team, visit the nearest Behavioral Health Clinic, or contact the Veterans Crisis Line (CIV:1-800-273-8255, CIV:080-855-5118, or DSN:118) if you need help or want to learn more.

Story by
Capt. Jesse Goldblatt &
Capt. Cameron Ashdown
3rd ABCT, 1st Armored Division

ROK-U.S. Forces Team-up for Joint Community Clean-up

CAMP CASEY, South Korea - The 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division and the 5th Artillery Brigade, Republic of Korea Army joined together to clean-up the training area located in Damteo Valley, South Korea, Saturday, Oct. 23.



The Damteo Valley training area is a frequently used training area for both the U.S. and ROK armies. Maintaining community relations with Damteo Valley residents and business owners is of great importance to both units, so the brigade command teams and approximately 40 soldiers from each unit assisted in the clean-up effort.

"This is really important for us to continue to build relationships with not only our ROK Army counterparts, but also with the community because it's their area and their land that we utilize," said Col. Wade Germann, the 210th FAB commander. "We want to make sure we are absolutely a part of their community and demonstrate to them that we understand how important it is to take care of their resources and their land."

While both the 210th FAB and 5th Artillery Brigade use the training area separately, the two units often train simultaneously. The relationship the units have forged over the years is key to mission success and community outreach events, like the Damteo Valley clean up, further solidifies the U.S.-ROK alliance.

Soldiers from 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division and 5th Artillery Brigade, Republic of Korea Army pose for a photo before starting the joint cleanup of Damteo Valley, Oct. 23. Joint community events like this help strengthen the ROK-U.S. alliance and their bond between the forces and the local community. (U.S. Army photo by Staff Sgt. Felix Mena, 210th Field Artillery Brigade unit public affairs representative)



A Korean civilian works alongside U.S. and Republic of Korea Army Soldiers to clean-up Damteo Valley during a joint cleaning event Oct. 23. By being good stewards of training ranges used by both forces, the ROK-U.S. alliance continues to grow stronger. (U.S. Army photo by Staff Sgt. Felix Mena, 210th Field Artillery Brigade unit public affairs representative)

"Community outreach efforts such as this are the basic foundation of mitigating potential conflicts between the local civilians and the military units that utilize the area for training," said Brig. Gen. Yang Gi-yeol, 5th Artillery Brigade commander. "The civilians had been taking it solely upon themselves to clean-up the area, but with the joint efforts of the U.S. and ROK armies, the civilians have a more positive attitude toward us when we use the area for training and they are grateful for our joint clean-up event."

In addition to their Soldiers, the 5th Artillery Brigade provided trash bags, tools and safety vests for the joint effort. The clean-up lasted several hours, in which time U.S. and ROKA Soldiers established friendships, exchanged unit patches and took photos together. The event proved to be a great success in furthering the U.S.-ROK partnership and maintaining good relations with the local community.

ship and maintaining good relations with the local community.

Story by
Staff Sgt. Felix Mena
210 Field Artillery Brigade
6-37 FAR Unit Public Affairs
Representative



Soldiers from 210th Field Artillery Brigade pose for a photo with a soldier from 5th Artillery Brigade, Republic of Korea Army during their joint cleanup of Damteo Valley Oct. 23. The Soldiers from the two units traded patches as part of their joint cleanup to further strengthen the ROK-U.S. alliance. (U.S. Army photo by Staff Sgt. Felix Mena, 210th Field Artillery Brigade unit public affairs representative)



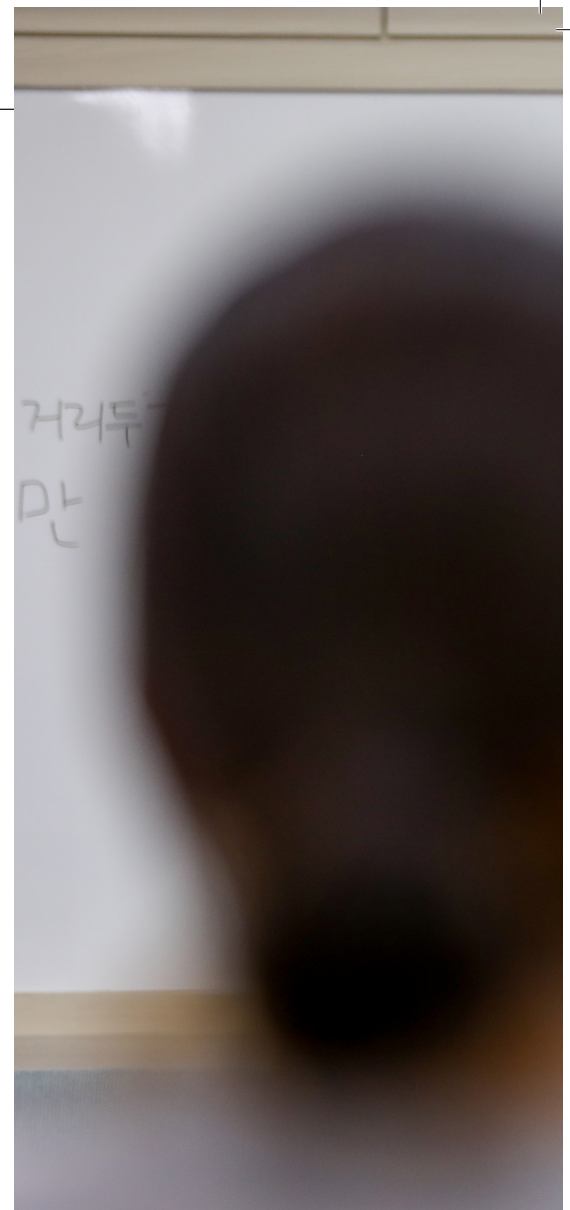
Ambassadors in Uniform

CAMP CASEY, Republic of Korea - Once every semester, the 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, together with Shinhan University's Dongducheon campus, hosts the Culture with Language Exchange Program. U.S. and Korean Augmentation to the U.S. Army Soldiers team up to teach English to Korean college students while learning valuable lessons about the Korean language and culture in return. This time, the program is composed of eight sessions spread out throughout three weeks.

Lt. Col. Baudelio Arias, 210th FAB deputy commander, addressed enrollees and Soldiers in an opening speech Oct. 12 encouraging everyone to "give it your all, have fun, and take something back."

After the speech, students went through short interviews with the KATUSA instructors to be sorted into the basic, intermediate, and advanced classrooms.

Capt. Devonta Banks, instructor of the basic class, centered the first hour of the course on icebreaking through simple conversations. Students practiced asking directions to specific destinations, aided by the instructing staff.





Capt. Devonta Banks, from the 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, explains English expressions to the basic class of the Culture with Language Exchange Program at Shinhan University's Dongducheon campus, Oct. 12, 2021. The CLEP program has been a tradition with the 210th FAB, even though the COVID-19 pandemic.
(U.S. Army photo by KSgt. Lee Young Ho, 210th Field Artillery Brigade public affairs)

"It's always refreshing to meet new people and have conversations off post," said KCpl. Kim Do Yeop, also an instructor of the basic course.

A handful of students from last semester returned for this semester's iteration.

"We had such a good time last semester - bonding with 210's KATUSAs and Soldiers. That's why we came back," said Park Seo Yeong, a sophomore from the department of Clinical Pathology. Her group of four friends were split between the basic and intermediate classes, where they continued to thrive in conversation.

Another class had students practice making reservations. Initially, a few students struggled to grasp the concept of complicated colloquial expressions, but all students were successfully able to book a place in the end.

CLEP is scheduled to continue until Oct. 29, when a closing ceremony will be held on campus. Previously, students were allowed a group visit of Camp Casey upon completion of the course, but COVID-19 restrictions have caused a temporary hiatus of this tradition.

Students from Shinhan University pose with Soldiers and KATUSAs from the 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, at the opening ceremony of the Culture with Language Exchange Program, Oct. 12, 2021. The program helps connect students to U.S. Soldiers and KATUSAs to help practice their English language skills. (U.S. Army photo by KSgt. Lee Young Ho, 210th Field Artillery Brigade public affairs)

Story by KSgt. Lee, Young Ho
210th Field Artillery Brigade
Public Affairs Office

Getting Married While Stationed in the Republic of Korea

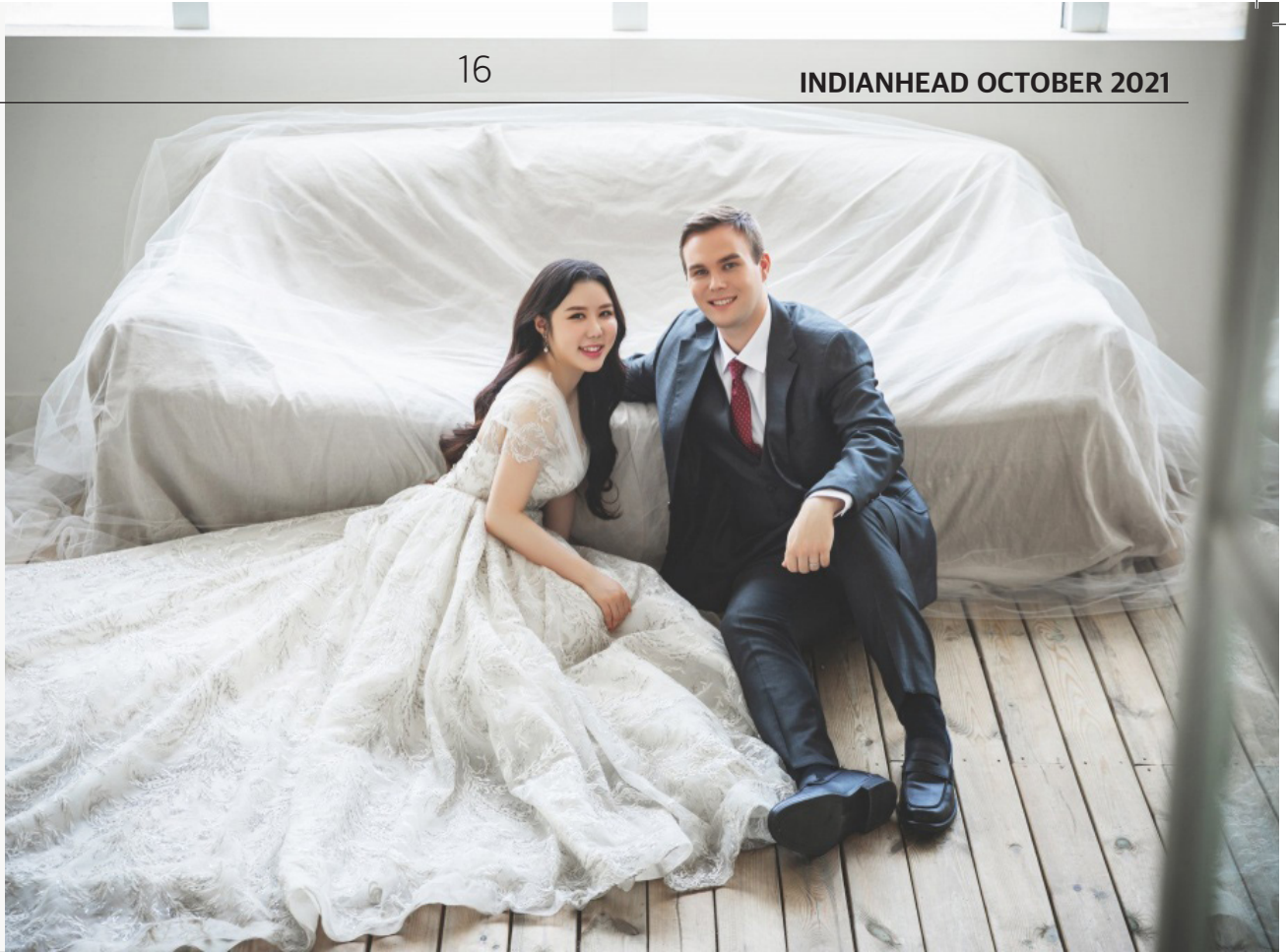
Service members stationed in the Republic of Korea find love, too. Soldiers have been entering marriages in the ROK since the Army began permanently stationing Soldiers here in the 1950s. To assist Soldiers hoping to marry in South Korea, there are specific guidance and regulations on this topic.

USKF Regulation 600-240, International Marriages of USFK Personnel, helps lay out the requirements to marry a non-U.S. citizen, so those wishing to marry here can confidently set a wedding date without conflicting with any procedural requirements. The regulation applies to all active duty U.S. military personnel assigned in the ROK and does not apply to marriages to U.S. citizens, U.S. service members, or lawful permanent residents also known as “green card holders.”

Anyone taking a glance at the regulation may feel overwhelmed. The numerous pages outline many steps to obtain command approval to enter into a marriage while stationed in Korea. However, keep in mind the regulation not only helps Soldiers successfully get married while stationed here, but also makes the immigration process for the new spouse smoother. The regulation was specifically written with the immigration of the new spouse in mind. The good news is the regulation provides a helpful checklist, and Soldiers can seek assistance as they head toward marriage.



Capt. Jacob Zent, a Client Services Chief with the 19th Expeditionary Support Company at Camp Henry, married his wife, Park Chansong, while stationed in Korea in June 2021. Soldiers looking to marry overseas can face several hurdles, and their unit Staff Judge Advocate can help them navigate the process. (Photo courtesy of Capt. Jacob Zent)



It is helpful to review the required forms to understand the full process, which begins with notifying the chain of command and filling out form 163E. USFK Form 163E, Pre-Marital Certification Application, is the bulk of the process outlined in USFK Regulation 600-240, and it doubles as a handy to-do list to obtaining command approval for the marriage. The couple seeking marriage must meet with the chaplain and battalion commander to ensure the Soldier understands the implications of marriage. Working with unit intelligence and meetings with the brigade commander, medical and legal sections must also take place.

The Affidavit of Eligibility is the last hurdle required by USFK Regulation 640-240. The Korean government recognizes this form so it ensures the couple may legally marry. The next legal issue is immigration. Potential international marriage applicants need to be aware that the immigration process is a separate and distinct process from getting permission to get married. The U.S. Citizenship and Immigration Services handle that process.

Getting married and spending the rest of your lives together is an important decision. Though it may appear intimidating, the Client Legal Services Office at Maude Hall on Camp Humphreys is available to answer questions you may have. Additionally, the CLS Offices at Camp Casey and Camp Henry also provide marriage guidance. Soldiers and commanders working together play a big part in making this process run smoothly so that Soldiers and their spouses can enjoy their honeymoon.

Story by
Capt. Thomas Liang
Legal Assistance Attorney
2nd Infantry Division/
ROK-U.S. Combined Division





Danyang

[단양]

City of
Natural
Spectacles



Danyang, located in the northeastern part of Chungcheong province, is a tourist city consisting of natural spectacles such as limestone caves, Sobaek Mountain and Silla Jeokseongbi. It is also a historical location that has been ruled by three kingdoms, Baekje, Goguryeo, and Silla.

Danyang has many tourist attractions from canyons to limestone topography, sixteen of which are nationally designated as the Great Scenic Views of Danyang. There are also four famous caves in Danyang, including Gosu Cave and Cheondong Cave. Gosu Cave, the most famous among them, was created about 450 million years ago and is also designated as a natural monument.

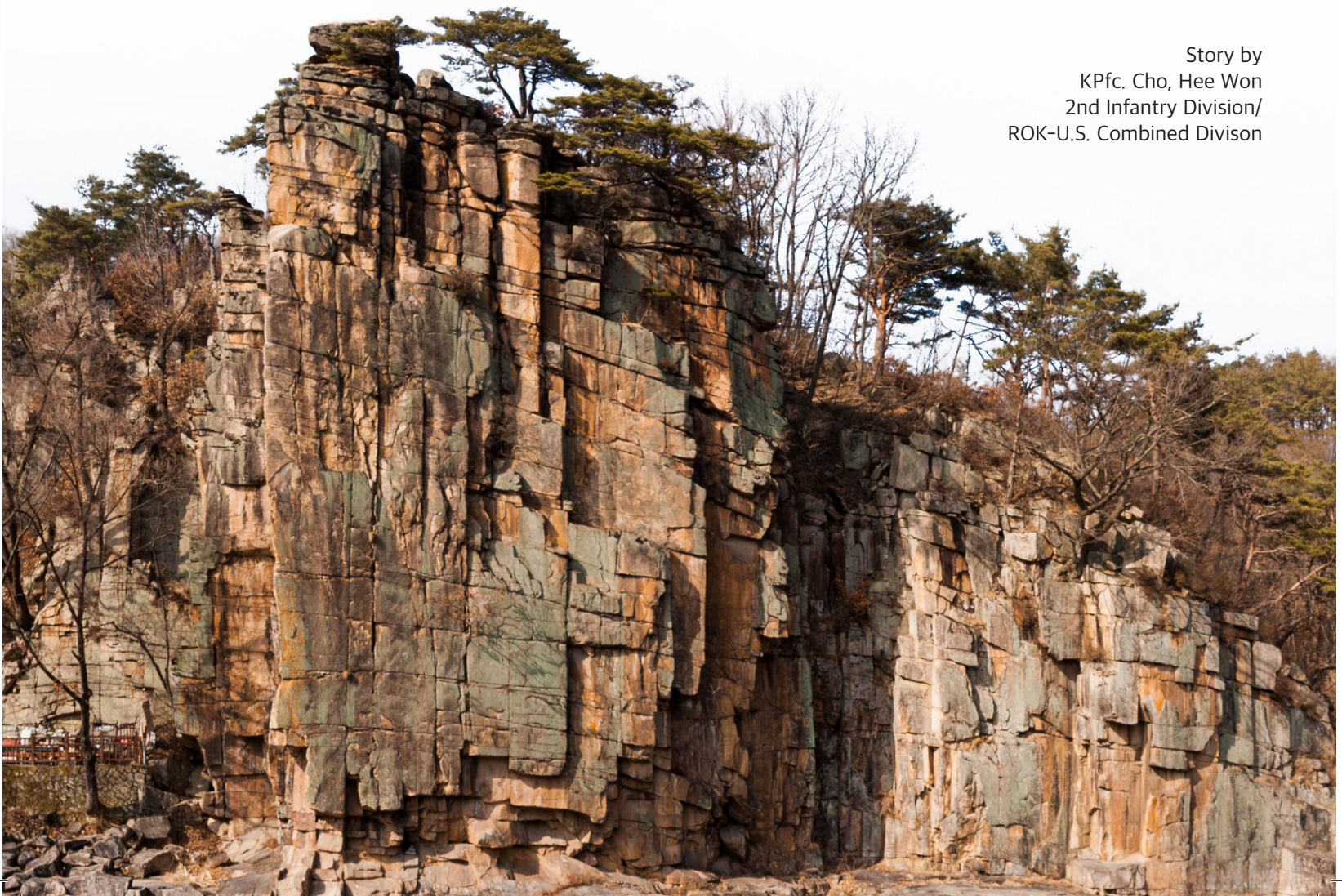
The Silla Jeokseongbi Monument is located on the sacred property of Danyang. Here, King Jinheung of Silla took Danyang, which was an important strategic base by the surrounding terrain at the time, from Goguryeo, and built the Jeokseong Fortress and built the Jeokseongbi Monument to commemorate it. Visiting the Jeokseongbi Monument, you can walk directly over Jeokseong Fortress, where you can see the surrounding cities of Cheongpung and Chungju, as well as the beautiful scenery overlooking the Namhan River.

Garlic and mandarin fish are specialties here. The city serves various garlic dishes such as garlic tteok-galbi and garlic boiled pork. Also, near the Namhan River, you can catch mandarin fish and taste spicy mandarin fish stew. In particular, there is also a mandarin fish stew street, so you can experience a variety of foods made of mandarin fish.

Danyang is a place where you can experience beautiful and unique scenery, historical culture and special delicacies.



image from heritage.go.kr



Story by
KPfc. Cho, Hee Won
2nd Infantry Division/
ROK-U.S. Combined Division

Kimchi Fried Rice

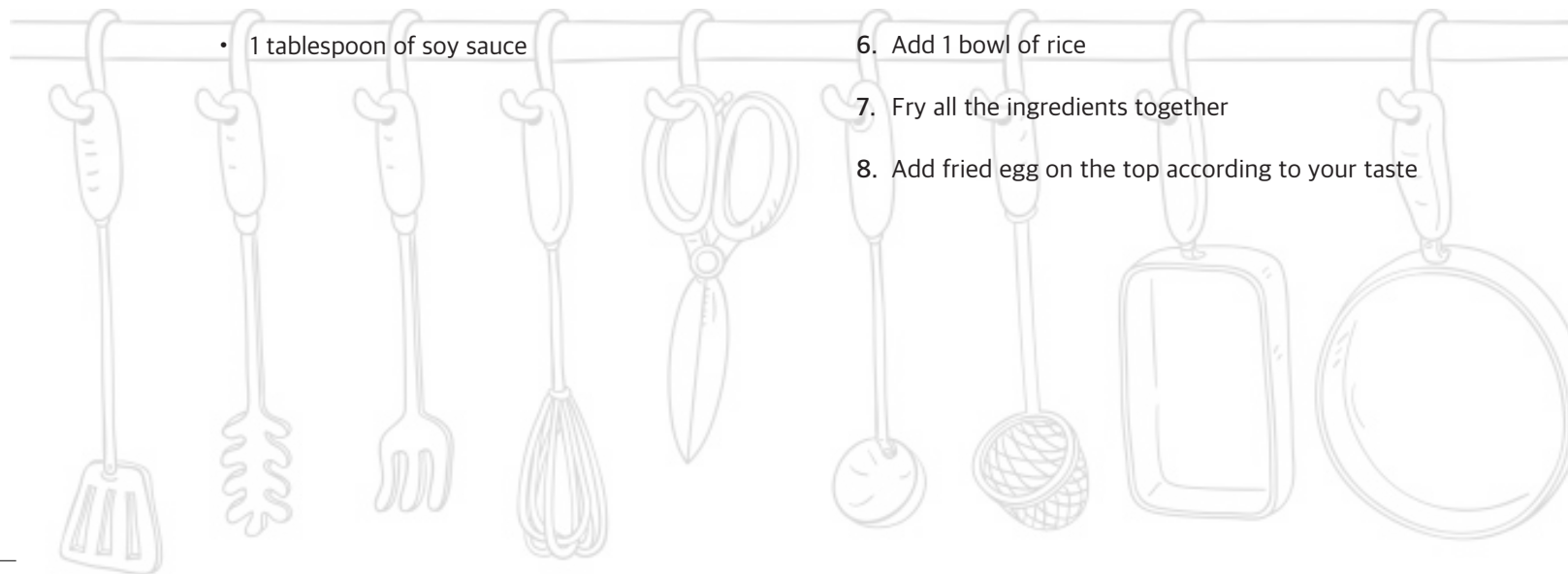


Ingredients

- 1 cup of cabbage Kimchi
- 1 green onion
- 3 slices of bacon
- 1 egg
- 1 tablespoon of olive oil
- 1 tablespoon of soy sauce

Instructions

1. Chop green onion into small pieces
2. Pour olive oil on the pan and fry green onion on strong fire
3. Add bacon on the pan
4. Add 1 tablespoon of soy sauce on the pan
5. Add Kimchi
6. Add 1 bowl of rice
7. Fry all the ingredients together
8. Add fried egg on the top according to your taste



NOVEMBER OUTLOOK

02**BOSS Representative Training**

Are you a new BOSS rep? Come to this training to learn the ropes!

06**Korean Painting Class**

Participants will learn the skills of traditional Korean painting.

13**Super Smash Bros. Tournament (Hosted by BOSS)**

Youths ages 15 and younger must be accompanied by a parent or legal guardian.

16**BOSS Mock Board**

Mock board with Senior Enlisted Soldiers as panel members to provide feedback.

20**Digital Photography 101 : Fundamentals of Photography**

Learn the fundamentals of photography!

25**Run A La Carte (Turkey Trot)**

Run all five runs or choose a la carte!

25**A Happy Thanksgiving Buffet**

Join us for a special Thanksgiving buffet at the Morning Calm Center.

30**Tuesday Family and Friends Night**

Are you bored? Nothing fun planned for Tuesday night? Head over to Downtown Lanes and take Tuesday night off!

The above schedule is tentative. For the latest information, visit Humphreys Family and Morale, Welfare and Recreation (MWR - QR code on the right).

*All participants are required to adhere to the current HPCON measures, which includes wearing a mask and / or practicing social distancing.



인 디 언 헤 드

THE INDIANHEAD MAGAZINE / KOREAN EDITION



인 디 언 헤 드

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2021년 10월 호 / 제 58권, 제 10호, 통권 제 696호

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인디언헤드지는 미 제2보병사단/한미연합사단을 위해 사단 공보참모처에서 발행하는 미 국방성 공인신문입니다.

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인 디 언 헤 드

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소장

데이비드 A. 레스퍼런스

사단장



프랑스 부르몽에서 대한민국 평택에 이르는 미 제2보병사단("전사"부대)의 역사는 영웅적인 군인 개개인 임무수행들로 가득 차 있고 제1차 세계 대전부터 글로벌 테러와의 전쟁에 이르는 공로가 대단한 부대 작전들로 무려되어 있습니다. 미 제2보병사단의 일원으로서, 여러분은 104년 동안 전 세계 사람들을 위해 세계를 안전하게 지켜온 팀에 속해 있습니다. 우리가 공유하는 역사는 정말로 전설적인 역사입니다. 그 역사의 작은 일부로서, 여러분은 동아시아 지역 안보뿐만 아니라 세계 안보에 대한 우리의 유산, 업적, 공헌을 자랑스러워해야 합니다. 매일, 여러분의 임무수행은 자유를 보장하고 우리 부대 역사의 대단한 다음 장을 쓰는데 도움을 주고 있습니다.

오늘날 우리가 알고 있는 대한민국은 지난 56년간 인디언헤드 패치를 착용한 군인들의 피와 땀, 눈물 그리고 지속되는 "전사" 정신의 결과물이라는 것을 상기시켜 드립니다. 한국 전쟁 중에 우리 사단은 강력한 전투 병력으로 항상

되었습니다. 2015년 한미연합사단의 창설로 우리 팀은 더욱 강력하고 치명적인 전투 제대로 현대화되었고, 한미동맹은 더욱 강화되었습니다. 우리의 준비태세는 그 어느 때보다 강화되었습니다. 과거와 현재를 막론하고 미 제2보병사단(한미연합사단)의 모든 장병은 앞으로도 대한민국 국민의 자유와 민주주의, 삶의 전통을 수호하고 지속해 나갈 것입니다.

미 육군의 유일한 상설 전방 배치 사단의 일원이 된 것을 영광으로 생각합니다. 그리고 여러분도 자랑스러워해야 합니다. 우리 사단은 늘 상시 전투 태세를 갖추고 있습니다. 오늘날 우리의 임무는 1953년 그대로 남아있습니다. 즉, 침략을 저지하고 역지력이 실패할 경우 대한민국을 방어하는 것입니다. 우리는 한미연합군이 즉각 싸울 준비가 되었음을 확인함으로써 북한의 공격을 저지하는 것에 초점을 맞추고 있습니다. 칸스 사단주임원사와 저는 여러분이 올해 이룬 성과와 매일 우리의 준비태세 및 전투력을 지속적으로 향상시키는 노력에 대해 자랑스럽게 생각합니다. 한미동맹을 위해 애써주시고 희생하시는 여러분 모두에게 감사드립니다. 여러분들과 함께 근무하고, 여러분의 사령관으로서 복무하게 되어 영광입니다.

마지막으로, 참전용사들에게 한 말씀을 드리고자 합니다. 미 제2보병사단/한미연합사단의 모든 장병들과 가족들을 대표하여 미합중국과 대한민국을 위한 여러분의 노고에 경의를 표합니다. 우리는 영원히 참전용사들께 빛을 지고 있습니다.

Fight Tonight.
Second To None.
같이 갑시다.

주임원사 션 F. 칸스

사단 주임원사



기술은 훌륭한 것입니다. 그것은 매우 재미 있고, 우리에게 도움이 되고, 많은 것들을 쉽게 만듭니다. 하지만 장점이 지나치게 많습니다. 우리는 일과 삶의 균형을 이야기하지만, 우리의 일상적인 기술에 대한 균형에 대해서는 이야기하지는 않습니다.

저는 우리 중 많은 사람들이 기술의 균형을 잃었다고 생각합니다. 당신이 아침에 일어나서 침대에서 일어나거나 배우자에게 인사하기 전에 핸드폰이나 컴퓨터를 본다면, 그것은 문제가 있는겁니다. 만약 당신의 주요 의사소통이 문자라면 그것 또한 문제가 있는겁니다.

디지털을 최소화시키는 것이 과제입니다. 앱 터치 한 번으로 모든 정보를 얻을 수 있기 때문에 우리는 중독을 인지하지도 못하게 됩니다. 우리는 TV를 볼 필요가 없고 핸드폰이나 컴퓨터로 TV를 볼 수 있습니다. 최신 뉴스, 스포츠 등을 볼 수 있지만 디지털화가 우리 삶에 불균형을 만들고 있습니다. 많은 사람들이 항상 저

에게 "시간이 없어요"라고 말합니다. 하루에는 1440분이 있으니, 당신의 하루의 매 분을 계획하는 시간을 가지세요. 그 시간 중 얼마나 많은 시간을 휴대폰, iPad, 컴퓨터 또는 디지털 기기에 소비하고 계십니까?

저는 디지털 상호 작용을 최소화할 수 있는 방법이 있습니다. Cal Newport는 그의 책 '디지털 미니멀리즘'에서 세 가지 쉬운 단계에 대하여 설명했습니다. 첫 번째 단계는 디지털 상호 작용 없이 하루에 한 시간씩 보내는 것으로 시작하는 것입니다. 이걸 시작에 불과합니다. 저는 병사들을 방문할 때마다 차량이나 사무실에 핸드폰을 두고 디지털 기술 대신 장병들과의 상호작용에 집중합니다. 저는 회의에 갈 때 핸드폰을 사무실에 두고와서 핸드폰의 알람이 아니라 브리핑이나 발표에 집중할 수 있도록 합니다. 이것들은 제가 사용한 두 가지 예시일 뿐입니다. 이것은 중독에서 벗어나는 것처럼 쉽지 않습니다. 따라서 당신은 스스로에게 "아니오"라고 말할 수 있도록 강요해야 합니다.

두번째 단계, 쉬는 시간에 디지털 기기를 사용하지 마세요. 책을 읽거나, 산책을 하거나, 명상을 하세요. 당신이 쉬는 시간에 몸을 충전하기 위해 화면에서 잠시 멀어질 필요가 있다는 것을 기억하세요.

세번째 단계, 문자 메시지 보다는 대면 대화를 하세요. 당신이 이야기하고 싶은 사람에게 걸어가거나, 운전하거나, 대중교통을 타고 직접 가서 대면하여 대화를 나누세요. 이것은 당신에게만 의미가 있는 것이 아니라, 응집력 있는 팀을 만드는 데에도 의미가 있습니다. 우리는 사회적 상호작용의 생명체이지만 디지털 상호작용의 생명체가 되었습니다. 디지털 사용에 대한 약간의 제지는 큰 장점을 가져옵니다.

시장 마틴 박사

필센 시 시장



친애하는 제2보병사단의 신사 숙녀 여러분, 제2보병사단의 창설기념일을 맞이하여 우리의 아름다운 도시 필센에서 인사말을 전하게 되어 매우 기쁘고 영광입니다.

필센 시는 76년 전 우리 도시를 나치 지배로부터 해방시킨 제2보병사단의 군인들을 기억합니다. 우리의 전통 광복 기념 행사는 매년 5월 며칠 동안 열립니다.

Earl Ingram, James Duncan, 그리고 전장에서 용감하게 싸운 Herman Geist...연례 행사 동안 우리는 이러한 용감한 사람들을 기억합니다.

제2차 세계 대전에서 우리가 간절하던 자유를 그들이 선사해 주었습니다. 이 사람들은 우리 시민들의 가슴 속에 깊이 새겨져 있습니다.

인류 역사상 가장 피비린내 났던 제2차 세계 대전 중에 목숨을 잃은 사람들을 우리는 잊지 않을 것입니다.

우리는 그들 모두에게 진심으로 감사합니다!

진심을 담아,
마틴 박사
필센 시 시장

2021년 10월 22일 대한민국 캠프 험프리스 모닝 캄
에서 개최된 미 제2보병사단 연회에서 초청 연사 전
인범 전특전사령관이 말을 전하고 있다. (사진 출처:
박진우, 미 제2보병사단/한미연합사단 공보참모처)



담터계곡 청소 한/미 연합봉사활동

캠프 케이시, 대한민국 - 미 제210야전포병여단과 대한민국 제5포병여단이 합동으로 2021년 10월 23일 토요일 담터계곡에 위치한 훈련장을 청소했다.

흔히 "로켓밸리"로 알려진 담터계곡 훈련장은 미군과 대한민국 육군이 자주 이용하는 훈련장이다. 담터계곡 주민과 사업주와의 공동체적 관계를 유지하는 것이 두 부대에게 매우 중요하기 때문에 각 여단은 청소 작업을 돕기 위해 40여명의 군인과 함께 지휘팀을 파견하였다.

"우리가 이용하는 것은 그들의 지역이고 그들의 땅이기 때문에, 이것은 우리의 육군 파트너들뿐만 아니라 지역사회와도 관계를 지속하는 것이 매우 중요합니다" 라고 제210야전포병여단 여단장 웨이드 저먼 대령이 말했다. "우리는 우리가 전적으로 그들 공동체의 일원이라는 것을 확실히 하고 그들에게 우리가 그

들의 자원과 땅을 돌보는 것이 얼마나 중요한지 이해한다는 것을 보여주고 싶습니다."

제210야전포병여단과 제5포병여단은 담터계곡 훈련장에서 함께 훈련하는 경우가 많다. 두 여단이 수년간 쌓아온 관계는 한반도에서의 임무 성공에 필수적이다. 담터계곡 청소와 같은 지역사회 봉사 활동은 한미 동맹을 더욱 공고히 한다.

"이와 같은 지역사회 봉사는 지역 민간인과 그 지역을 훈련에 활용하는 군부대 사이의 잠재적인 갈등을 완화하는 기본 토대입니다" 라고 제5포병여단 여단장 양기열 준장이 말했다. "그동안 지역을 민간인들이 청소를 해왔는데, 미군과 한국군의 공동 노력으로 민간인들은 이 지역을 훈련장으로 사용함에 대해 더 긍정적인 태도를 갖게 되었고, 봉사를 감사해하고 있습니다."

제5포병여단은 청소를 위해 쓰레기봉투, 도구, 안전조끼를 제공했다. 청소는 몇 시간 동안 진행됐는데, 이 시간 동안 미군과 대한민국 국군 장병들이 우정을 쌓고 부대 패치를 교환하며 함께 사진을 찍는 모습이 포착되었다. 이번 행사는 한미 파트너십을 발전시키고 지역 사회와 좋은 관계를 유지하는데 기여하였다.

하사 필릭스 메나 / 기사
제210야전포병여단
미 제2보병사단/한미연합사단
공보참모처

일병 조정현 / 번역
미 제2보병사단/한미연합사단
공보참모처

제210야전포병여단 장병들이 10월 23일 담터계곡 연합청소 도중 제5포병여단 장병들과 함께 기념촬영을 하고 있다. 두 부대의 군인들은 서로 패치를 교환하며 깊은 한미 유대를 보여주고 있다.
(사진 출처: 하사 필릭스 메나, 제210야전포병여단)





미 제210야전포병여단과 대한민국 제5포병여단의 장병들이 10월 23일 담터계곡 연합봉사에 앞서 단체 촬영을 하고 있다. 이와 같은 공동행사는 한미 부대 간 유대뿐만 아니라 지역 사회와의 관계를 강화하는 데 도움이 된다.
(사진 출처: 하사 필릭스 메나, 제210야전포병여단)

한 어린 소녀가 10월 23일 담터계곡 청소 중에 제210야전포병여단 주임원사 케네스 볼이 그녀에게 선물한 제210야전포병여단 코인을 자랑하고 있다. 청소에는 미군, 대한민국 육군, 그리고 지역 민간인들이 참여했다.
(사진 출처: 하사 필릭스 메나, 제210야전포병여단)



군복 입은 외교관



신한대학교 학생들이 2021년 10월 12일 제 210야전포병여단의 장병들과 함께 언어/문화 교류 프로그램 개막식에서 포즈를 취하고 있다. 이 프로그램은 학생들을 미군과 카투사와 연결시켜 영어 회화 연습을 돕는다.
(사진 출처: 병장 이영호, 제210야전포병여단)

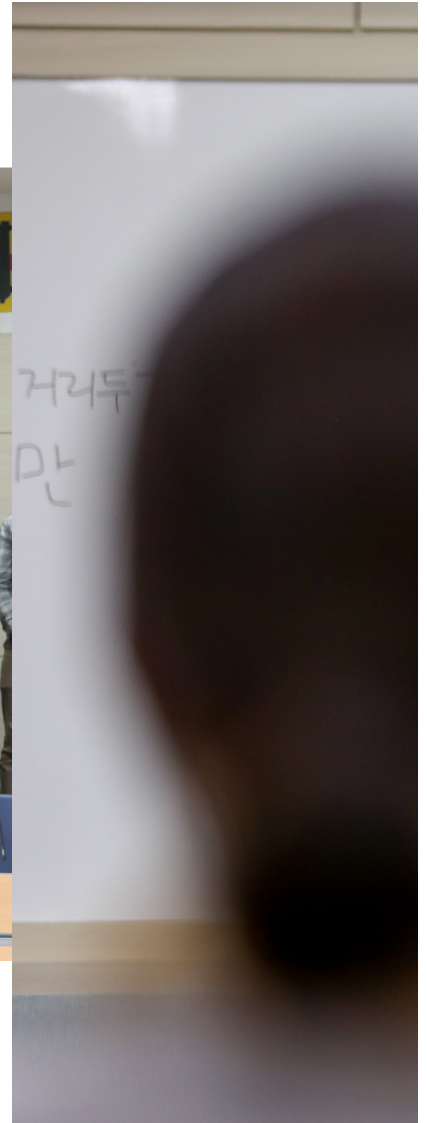
캠프 케이시, 대한민국 - 제210야전포병여단은 학기마다 신한대학교 동두천캠퍼스와 함께 언어/문화 교류 프로그램(Culture with Language Exchange Program)을 진행하고 있다. 미군과 카투사는 팀을 이루어 대학생들에게 영어를 가르치는 한편, 학생들로부터 한국어와 한국 문화에 대해 배우게 된다. 이번에 진행된 교류 프로그램은 3주 동안 8개의 수업으로 구성되었다.

2021년 10월 12일, 제210야전포병여단의 여단장 보들리오 아리아스 중령은 개회사를 통해 모든 참가자들과 병사들에게 "최선을 다하고 즐거운 시간을 보내며 새로운 것을 배우십시오" 라고 전했다.

연설이 끝난 후 학생들은 카투사 강사들과의 짧은 인터뷰를 통해 기초, 중급, 고급 교실로 분류되었다.

첫 교시가 시작되며 기초반 강사인 데본타 벅스 대위는 서로 간단한 대화를 나누는 친목 활동을 진행했다. 학생들은 강사들의 도움을 받으며 영어로 길을 묻는 법을 배우고 연습했다.

"부대에서 벗어나 새로운 사람들을 만나고 대화를 나누는 것은 항상 신선했습니다" 라고 기초반 강사 김도엽 상병이 말했다.





지난 학기에 참여했던 학생들의 다수가 이번 학기에도 참여하였다.

"우리는 지난 학기 제210야전포병여단의 장병들과 친해져 정말 즐거운 시간을 보냈습니다. 그래서 이번 학기에도 참여하게 되었습니다" 라고 임상병리학과 2학년 박서영 양이 말했다. 그녀와 네 명의 친구들은 기초반과 중급반으로 나뉘었고, 모두 열심히 영어 회화를 연습했다.

두 번째 수업에 학생들은 영어로 예약을 하는 법을 연습했다. 처음에는 몇몇 학생들이 복잡한 구어체의 개념을 이해하는데 어려움을 겪었지만, 결국 모든 학생들이 성공적으로 예약 하는 법을 배웠다.

언어/문화 교류 프로그램은 캠퍼스에서 폐막식이 진행되는 2021년 10월 29일까지 계속될 예정이다. 프로그램 종료 후, 학생들은 원래 캠프 케이스를 방문할 수 있었지만, 코로나바이러스로 인한 제한으로 인해 이 전통은 아쉽게도 일시적으로 중단되었다.

제210야전포병여단의 데본타 बैंक्स 대위가 2021년 10월 12일 신한대학교 동두천캠퍼스에서 언어/문화 교류 프로그램의 기초 회화 수업에서 영어표현을 설명하고 있다. CLEP 언어/문화 교류 프로그램은 제210야전포병여단의 전통이다.

(사진 출처: 병장 이영호, 제210야전포병여단)

병장 이영호 / 기사
제210야전포병여단
미 제2보병사단/한미연합사단
공보참모처

일병 조정현 / 번역
미 제2보병사단/한미연합사단
공보참모처

세대를 이은 복무의 전통



어렸을 때 우리는 가족을 인생의 롤 모델로 삼기도 한다. 우리는 종종 그들이 한 것들 또는 그들의 행동이 세상이나 우리의 삶에 어떠한 영향을 미치는지 이해하지 못한다. 하지만 가끔 그들의 영향은 우리 가족 역사의 일부가 되고 우리 가족이 사회에 기여했다는 것을 끊임없이 상기시켜주는 역할을 할 정도로 지대하다. 제 501 지원여단 제2 보병사단 제2 전투항공여단 제6기병연대 제1대대 앤드류 아서 보니파스 상병의 경우도 그러하다.

보니파스 상병은 비무장지대에서 북한군에 의해 마크 배렛 중위와 살해된 아서 보니파스 대위의 손자이다. 그는 9개월 동안 한국에서 복무한다는 것에 대해 어떻게 생각하느냐고 물었을 때 “사람들은 할아버지의 사건에 대하여 잘 알지 못하고 저 또한 제 가족에 대하여 자랑을 하지 않습니다”라고 말했다.

보니파스 상병은 2015년에 비무장지대에서 의 사건 40주년을 추모식에 참석하기 위해 그의 가족과 함께 한국에 처음 방문했다. 그 추모식은 할아버지와 함께 복무하신 대한민국 육군 참전용사들을 만날 수 있었기 때문에 그에게 매우 의미 있는 행사였다. 대한민국 육군 참전용사들은 보니파스 상병과 그의 가족들에게 할아버지가 비무장지대에서 복무하시는 동안 얼마나 위대한 리더이셨는지 에 대한 이야기를 들려주었다.

이러한 경험은 보니파스 상병이 미 육군에 입대하여 군인이 되고자 하는 열망에 불을 지피게 되었다. 그의 할아버지와 그의 희생, 또한 어머니가 육군 간호사로 근무하시는 것은 그의 가족에게 세대를 이은 복무의 전통을 심어 주었다.

보니파스 상병은 포트 라일리로 돌아가면 장교 후보 학교에 입학하여 장교로서 할아버지를 따라 복무의 전통을 이을 계획이라고 말했다.

“저는 할아버지 계급까지 따라서 임관할 계획입니다.” 라고 보니파스 상병은 말하였다.

만약 그의 할아버지께서 살아계셨다면 어떠한 말을 전하고 싶은지 물었을 때, 그는 “할아버지와 그가 남기신 유산이 자랑스럽고 그는 어떠한 것이든지 적극적이었습니다” 라고 말하였다. 보니파스 상병은 할아버지와 같은 근면함과 결단력을 가지고 하루하루를 살아가려고 하며, 할아버지의 유산에 부응할 수 있도록 노력한다.

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공보참모처

자연경관의 도시

단양



image from heritage.go.kr

대한민국 충청도 북동부에 위치한 단양은 석회동굴과 소백산 등의 아름다운 자연환경들과 신라적성비와 같은 관광명소로 이루어진 관광도시입니다. 또한 백제, 고구려, 신라의 통치를 모두 받아본 유서 깊은 곳이기도 합니다.

단양에는 협곡과 석회암 지형을 이용한 관광지가 발달했으며 이곳에는 국가지정문화재인 명승지로 지정된 단양 팔경과 제2단양팔경이 있습니다. 이 총 16개 관광지의 경치는 금강산의 그것만큼 아름답다고 여겨집니다. 또한 단양에는 고수 동굴, 천동 동굴 등 4개의 유명한 동굴들이 존재합니다. 이중 가장 유명한 고수 동굴은 약 4억 5천만년 동안 생성된 천연기념물로 지정된 장소이기도 합니다.

단양의 성재산에는 신라적성비가 세워져있습니다. 이곳에서 신라의 진흥왕은 당시 주변의 지형에 의해 중요한 전략 기지였던 단양을 고구려로부터 차지한 후 퇴위식 산성인

적성을 건축하고 그에 대한 기념으로 적성비를 세웠습니다. 신라 적성비에 가면 적성의 위를 직접 걸어볼 수도 있으며 이곳에서 주변의 도시인 청풍과 충주를 한눈에 볼 수 있고 남한강 줄기가 내려다보이는 아름다운 경치를 볼 수 있습니다.

단양은 마늘과 쏘가리가 특산물인 곳입니다. 이곳에 가면 마늘떡갈비와 마늘수육 등 다양한 마늘요리로 이루어진 마늘정식을 맛볼 수 있습니다. 또한 단양의 남한강 부근은 쏘가리가 매우 잘 잡히는 곳으로 쏘가리 매운탕을 맛볼 수 있습니다. 특히 쏘가리의 경우 쏘가리 매운탕 거리도 조성되어 있음으로 쏘가리 매운탕과 함께 쏘가리 찜 등 다양한 쏘가리로 만들어진 음식을 경험해볼 수도 있습니다.

단양은 아름다운 경치와 유서깊은 문화, 그리고 먹거리를 모두 경험할 수 있는 곳으로 한국의 문화에 대하여 다양한 경험을 하기 매우 좋습니다.

일병 조희원 / 기사
미 제2보병사단/한미연합사단
공보참모처



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