



# Indianhead



**2-2nd Avn.  
'Wildcard'  
training true to  
namesake  
Page 3**

**Casey DFAC  
gets a facelift;  
now open for  
business  
Page 4**

**2nd ID Culinary  
Team brings  
home medals  
from Fort Lee  
Page 6**



Vol. 48, No. 6

www.2id.korea.army.mil

March 18, 2011

## Chemical, maneuver teams conduct operations

By Sgt. Karla P. Elliott

Assistant Editor

Wrapped in a cloak of darkness, with the echo of dogs barking in the distance, the faint silhouette of 2nd Infantry Division Warriors is seen as they make their way to the objective – a suspected underground chemical facility.

Warrior Country Soldiers, alongside their Republic of Korea counterparts, and highly specialized chemical, biological, radiological, nuclear and high-yield explosive Army units from the States, conducted “Operation Manchurian Fire” on Camp Stanley, March 8-10.

This first-ever CBRNE full-spectrum operation was designed to simulate Soldiers finding an underground facility with suspected chemical and biological labs containing weapons of mass destruction, said Sgt. Maj. Paul J. King, the 2nd ID the CBRNE senior enlisted adviser.

“Their job was to breach the facility, clear it and test for potential CBRNE threats,” said King, a Granada, Miss. native.

And breach, they did.

“Manchus” with B Company, 2nd Battalion, 9th Infantry Regiment, 1st Heavy Brigade Combat Team, the maneuver force for the exercise, carefully approached the objective and penetrated the heavily fortified entrance. Once inside, the forces moved forward in their Mission Oriented Protective Posture level 4 gear clearing the underground facility. At the same time, members of the 112th Chemical Reconnaissance Decontamination Detachment, out of Joint Base Lewis-McChord, Wash., determined whether it was safe to be inside, testing for potential hazards such as lack of oxygen, or explosive and chemical exposures, said Lt. Col. Kevin Titus, the 2nd ID CBRN officer.

The facility featured a small-scale chemical lab that simulated the production of blister agents, and a biological lab that simulated the growth of anthrax bacteria and other toxins, said James B. Munn, the Special Programs Division manager of Dugway Proving Ground in Utah, a U.S. Army chemical and biological defense testing and training area. “It also included a munitions station as well as an office for



Spec. Thomas Childs, 55th Signal Company

**“Manchus” with 2-9th Inf., 1st HBC, wearing their MOPP4 gear, clear the inside of a mock underground facility during Operation Manchurian Fire held on Camp Stanley, March 9.**

document exploitation.”

Munn added that he and a team of CBRNE trained personnel travel throughout the world setting up similar scenarios for the Department of Defense, the Department of the Army and the Federal Bureau of Investigation.

“The main goal for these scenarios is to give the war fighters the highest level of training, providing them with realistic and probable scenarios,” said Munn, a Great Falls, Mo. native.

Although this type of trainings may seem repetitive for those conducting them, Manchurian Fire was a first for 2nd ID Soldiers on the Korean Peninsula.

“These specialized CBRNE units have gone through this course many times, and 2-9th Inf. has trained to breach facilities plenty of times also, but this is the first time that we’ve integrated all the assets to accomplish the mission,” said Titus, an Orlando, Fla. native. “As a matter of fact, this is the first

time CBRNE assets have been used with maneuver forces since Operation Iraqi Freedom in 2003.”

Other units who took part in this full-spectrum operation included the Hazardous Response Platoon with the 63rd Chemical Company out of Fort Campbell, Ky.; the CBRNE Response Team with C Company, 110th Battalion, 48th Chemical Brigade out of Joint Base Lewis-McChord; Teams 1 and 2 of the Republic of Korea 24th Special Force Chemical Battalion; and the 4th Chemical Company with 1st Heavy Brigade Combat Team.

“The Manchus also had engineers and teams of psychological operations and civil affairs attached with them,” said Titus.

“These full spectrum operations are a great way for all assets to get used to working together because this is how they work in real operations,” said King. “This is also further strengthening our Forces as well as our Alliance here on the peninsula.”

## Warrior Friendship Week coming in April

Warrior Friendship Week, an annual Division team-building event, is slated for April 19-22 at Camp Casey and Camp Humphreys. This year’s program includes team and individual sporting events, MWR and FRG events, cultural exchanges, tae kwon do demonstrations and cheerleader team performances among other activities.

For more information, contact Davis at DSN 732-7874.





## VOICE OF THE WARRIOR: What do you like most about Korea?



*"I like experiencing a new culture and working with KATUSAs in Korea."*

**Spc. Keith L. Paulino**  
HHC, 2nd CAB

*"I like experiencing a different culture."*

**Pfc. Eddie Schaub**  
D Co., 302nd BSB



*"I like the fact that I'm in a different country."*

**Pfc. Jayvonne Bowman**  
HSC, DHHB

*"What I like most about being stationed in Korea is learning a new culture and how nice Koreans are."*

**Pfc. Jenna Fulton**  
E Co., 4-2nd Avn.



*"It's a new adventure seeing a different part of the world."*

**Pfc. Lerogers Chestang-Smith**  
C Co., BSTB

*"I like Korean culture. I also like leading motivated Soldiers in a challenging environment."*

**1st Sgt. David Joshua**  
HSC, DHHB



# COMMANDER'S CORNER

## Course helps Families be resilient

By Maj. Gen. Michael S. Tucker

2nd ID Commander

Last year, we began incorporating resiliency training into our reception center for all incoming Soldiers. More than 5,000 Warriors learned skills that helped them bounce back from adversity. This spring, we will begin offering those same skills to our spouses.

Spouses should receive medals for their bravery just like we Soldiers do. While we cannot give out medals for the challenges and frustrations that our spouses face, we can help them cope with support and inner-strength. That is why we are offering multiple classes in resiliency skills to Warrior Country spouses, free of charge. We're even paying for childcare so you can concentrate on learning important skills that will help your life and your marriage grow.

We've taken the course that was originally designed to help Soldiers cope with their unique challenges and we've tailored it to meet the needs of our spouses. The four day course will teach you how to identify the way thoughts create attitudes and behaviors. By knowing how thoughts affect you, you can be more prepared to stop a negative thought and thus stop a negative reaction. It seems like a simple concept, and it is, but it is hard to execute without the tools that this course can provide you. The biggest "take-away" from the course is that the only person who can make you feel happy, or sad, or mad ... is yourself. This realization is very powerful and is one of the key factors in development of resiliency skills.

Teresa and I believe the skills taught in the Army's Military Resiliency Training program are life skills, which apply to all



situations, and spouses can use these skills to become even stronger than they already are. We sincerely hope that our spouse MRT program becomes attractive to many of our spouses. More resilient individuals make stronger partners in a marriage. They become better parents, too. This makes for a Family that is Army Strong. An Army Strong Family is one that is "Second to None."

Upcoming dates for spouse MRT training within 2nd ID are: Camp Humphreys, April 4-7, Camp Casey, May 9-12, and Yongsan, June 6-9. Please reserve your seat for these great classes at least three weeks in advance to coordinate for childcare.

For more information on spouse MRT classes, please visit the 2ID Web site or contact Maj. Christopher Duncan in the Division Surgeon's Office at christopher.duncan1@korea.army.mil or DSN 732-7791.

[michael.tucker@korea.army.mil](mailto:michael.tucker@korea.army.mil)

### Finance Hours

The Camp Casey finance office is located in Bldg. 2440, open 9:30 a.m.-4:30 p.m., Mon.-Fri., closed Thursdays. The Camp Stanley finance office is located in Bldg. 2245, open 9:30 a.m.-4:30 p.m., Mon.-Fri., closed Thursdays. The Camp Red Cloud finance office is located in Bldg. 267, open 9:30 a.m.-3 p.m., Fridays.

## Indianhead

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2nd Infantry Division

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2nd Infantry Division

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Photo by Sgt. Michael Dator, Editor

## Strykers roll into Korea, fire up Nightmare Range

Infantrymen with the 2nd Battalion, 3rd Stryker Brigade out of Joint Base Lewis McChord, Wash., provide a security perimeter during a dismounted Stryker demonstration on Nightmare Range, near Pocheon, as part of the peninsula-wide Foal Eagle Exercise, March 7. Foal Eagle is an annual exercise conducted in Korea to assess the state of readiness between the Republic of Korea and the U.S.

## 2-2nd Avn. 'Wildcard' training true to namesake

By Cpl. Tim Oberle

2nd CAB Public Affairs

Miriam-Webster's Dictionary defines a wild card, "as an unknown or unpredictable factor."

In order to combat or mitigate the effects that a wild card poses, the U.S. Army often conducts contingency training, a form of training where the leadership keeps the mission secret from everybody until the last minute to catch Soldiers off guard and see how they react, said Lt. Col. Erik Gilbert, the commander for the 2nd Assault Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade.

To better prepare for any situation and identify weaknesses and vulnerabilities here in the Republic of Korea, 2-2nd Avn., appropriately nicknamed the "Wildcards," conducts contingency training throughout the annual training cycle.

The Wildcards, stationed on Seoul Air Base, began conducting contin-

gency training upon Gilbert's arrival as the battalion's new commander last year.

"Surprise missions are all about teaching our leaders and flight crews how to deal with contingencies, those unexpected things that happen, so that they are prepared if they ever face a similar scenario in real battle," said Gilbert.

Soldiers always show the capability to be resilient, and exercises like this help to instill confidence in their ability to assess and deal with unforeseen situations, he said.

"The more they find themselves involved in surprise scenarios, the more it will seem routine," Gilbert added. "It is entirely possible that at some time in their military career, these Soldiers will have to deal with a similar situation."

The Wildcards conducted one such surprise mission with the "Manchus" of 2nd Battalion, 9th Infantry Regiment, 1st Heavy Brigade Combat Team, during an ongoing combined air assault between the two brigades

in December.

During the mission, Blackhawk pilots were given an envelope which they were instructed to open on their way to Rodriguez Live-Fire Complex, near Pocheon. Out of 15 total Blackhawks involved in the air assault, one was given special instructions to land at Biseong Range rather than continue to Rodriguez Range with the rest of the aircraft.

"I opened the letter and it said that we had experienced a catastrophic failure and that we were to follow some points in our GPS to the training area, located at Biseong Range," said 1st Lt. James Keaton, a pilot from 2-2nd Avn. who flew the mission. "Once on the ground, we found out that we had to evade a group of enemy forces and make it safely to a pickup point."

Biseong Range is a tank range just outside Yangpyeong, used by both Republic of Korea and U.S. Forces.

"The Soldiers from 2-9th Inf. (who were with us) had no clue what was going on when we shut down in

the middle of nowhere," said Keaton. "The looks on their faces were priceless."

Once on the ground, the Blackhawk crew then had to set their Survive, Evade, Resist and Escape training skills into motion.

"All U.S. Army aviators are required to go through SERE school because they are more likely to be captured during a conflict," said Gilbert. "These skills are necessary because the worst possible day of evading enemy forces is much better than the best day in captivity."

The U.S. Air Force also took part in this full spectrum contingency training by flying two A-10 Thunderbolts over Biseong Range providing situational awareness and close air support for the SERE team below.

"Overall, the Soldiers did really well despite the surprise nature of the event," said Gilbert, "and we have plans to conduct another similar mission soon with the Manchus. However, we will mix up the details a little bit to ensure the element of surprise."



# Casey dining facility reopens after facelift



U.S. Soldiers and their Korean counterparts enjoy lunch at the newly opened Camp Casey Main Oriental Garden Dining Facility, Feb. 28.

Story and photo by Pfc. Mardicio Barrot

USAG Red Cloud Public Affairs

For the past decade, the Casey Main Oriental Garden Dining Facility has developed a reputation for serving not only some of the best food in Korea but also throughout the Army. Now the newly renovated facility that re-opened for business Feb. 28 has a fresh appearance to match its tasty fare.

This year Camp Casey is celebrating its 60th Anniversary.

The \$720,000 DFAC renovation that began Nov. 1, 2010 and was completed Feb. 27 by Yibon Construction Company from Seoul upgraded a variety of areas within the facility to improve energy and water conservation, as well as the working and dining atmosphere for DFAC staff and diners.

The Casey Main DFAC managed by Headquarters and Headquarters Detachment, U.S. Army Garrison. Casey has a history of excellent in dining service. It won the 43rd Annual 8th Army and Installation Management Korea Phillip A. Connelly Awards competi-



tion Oct. 1, 2010 in the large garrison dining facility category – the second time in three years. The DFAC also received the Department of the Army Phillip A. Connelly Award in 2002.

Among the major improvements to the building are energy-saving roof material and heater units, and new water pipes and sewer lines.

More obvious improvements that benefit kitchen staff and customers include new serving and kitchen areas, the installation of better lighting in the kitchen to aid in food preparation and in the dining area to create a more pleasant experience, and non-slip floor tiles to prevent accidental slips and falls.

“Having some of this state of the art equipment will save thousands of dollars on future food service operations, loss of man power due to accidental falls and energy cost savings,” said Chief Warrant Officer 3 Luis Aviles, Casey Main DFAC manager.

Aviles stressed that the newly improved DFAC will provide a healthy and pleasant option for Soldiers to enjoy their daily meals.

“The DFAC provides a state of the art dining facility just like a 5-star restaurant to promote a family-oriented atmosphere for Soldiers away from home,” he said. “Providing free meals to Soldiers in a renovated dining facility will prevent these Soldiers from turning to non-nutritional food items such as junk food that has a negative effect on a Soldier’s health and fitness.”

Many of the Soldiers who visited the facility Feb. 28 said the food was good in the past and that the new overall appearance makes a visit to the DFAC even more pleasant.

“The DFAC looks new and has that new smell to it,” said Staff Sgt. William Griffin Jr., HHD, USAG. “It’s great that they have workers in here that are nice and treat us very well. I also enjoy the fact that it’s right around the corner from my barracks. It’s more than good enough for my Soldiers to eat and I’m going to start eating here three times a day now.”

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WARRIOR NEWS BRIEFS

Swimming Championship

The 2011 Indoor Swimming Championship will be held at 10 a.m., March 19 at the Camp Red Cloud pool. Competition will be in the men's open 32 years and under, men's senior 33 years and over and women's open categories. Registration will be held from 9-10 a.m.

For more information, call Warrior Country Sports at 732-6927/6276.

Dongducheon City tour

The City of Dongducheon is offering a free tour of the city for military spouses at 9:30 a.m., March 22. Spouses will visit a local museum, community center, traditional Korean market, mall and mountain park. Those taking the tour should bring 8,000 won for lunch or a sack lunch. Space is limited and is offered on a first-come, first-serve basis. Transportation is provided.

To sign up, call 730-4601/4602 no later than March 21.

Spouse Adviser Training

Senior Spouse (Resiliency) Training for battalion commanders and command sergeants major's spouses will be held at the Yongsan Main Post Club March 22-25, from 8:00 a.m.-2 p.m.

Follow on training, open to all spouses, will be conducted at the Camp Humphreys Family Readiness Center, April 4-7; the Camp Casey FRC, May 9-12, and in Yongsan (location to be determined) June 6-9.

Softball team try-outs

The Lady Warrior Softball Team will hold team tryouts at 1 p.m., March 26, at Soldier Field on Camp Casey and 1

p.m., March 27 at Red Cloud Field at Camp Red Cloud. All female soldiers, DoD civilians, and their family members are eligible for the team.

For more information call DSN 730-3671

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 9:00-11:30 a.m. and 1:00-4:00p.m. by appointment only.

Walk-ins are available on Tuesday from 9:00-11:30 a.m. and 1:00-4:00 p.m. and Thursdays from 1:00-4:00 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, 2011 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, building 2440, Camp Casey, will be adjusted to 9 a.m. to 6 p.m., including through the lunch hour, to better serve customers.

Movies

For a complete listing, please visit:  
<http://www.shopmyexchange.com/ems/>

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.

March 18: Rango / True Grit  
March 19: Rango (2) / True Grit  
March 20: Country Strong / The Fighter  
March 21: True Grit  
March 23: Country Strong  
March 25: Mars Needs Moms / Green Hornet  
March 26: Mars Needs Moms (2) / The Rite  
March 27: Country Strong / True Grit  
March 28: Green Hornet  
March 30: The Rite

Camp Red Cloud

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

March 18: True Grit / Hall Pass  
March 19: The Dilemma  
March 20: Country Strong  
March 21: Rango  
March 22: The Fighter  
March 24: Season of the Witch  
March 25: The Green Hornet / The Fighter  
March 26: Tangled / True Grit  
March 27: The Rite  
March 28: Country Strong  
March 29: Season of the Witch  
March 31: Mars Needs Moms

Camp Hovey

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

March 18: The Dilemma  
March 19: The Fighter  
March 20: True Grit  
March 22: The Fighter  
March 24: Country Strong  
March 25: True Grit  
March 26: Country Strong  
March 27: True Grit  
March 29: Country Strong  
March 31: Paul

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.

March 18: The Dilemma / The Fighter  
March 19: True Grit / Hall Pass  
March 20: Hall Pass  
March 21: The Dilemma  
March 23: True Grit / The Fighter  
March 24: Country Strong  
March 25: The Green Hornet / Country Strong  
March 26: The Rite / True Grit  
March 27: The Rite  
March 28: Country Strong  
March 30: Paul (2)  
March 31: The Green Hornet

Camp Humphreys

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

March 18: Rango / The Fighter  
March 19: Rango (2) / The Fighter  
March 20: Rango (2) / The Fighter  
March 21: True Grit (2)  
March 22: True Grit (2)  
March 23: Country Strong (2)  
March 24: Country Strong (2)  
March 25: Mars Needs Moms (2)  
March 26: Mars Needs Moms (2) / The Green Hornet  
March 27: Mars Needs Moms (2) / The Green Hornet  
March 28: The Green Hornet (2)  
March 29: The Green Hornet (2)  
March 30: The Rite (2)  
March 31: The Rite (2)

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



## Asian flavors win 2nd ID Culinary Team medals



Sgt. David Allen, a Pontiac, Mich. native, heats up the kitchen as he prepares his dish for the hot meal category during the 36th Annual Culinary Arts Competition at Fort Lee, Va., March 8.

**Story and photos by  
Sgt. 1st Class Michelle Johnson**  
*2nd ID Public Affairs*

Asian flavors were on the table at Fort Lee, Va., during the 36th Military Culinary Arts Competition March 3-10, where ten Soldiers from the 2nd Infantry Division sliced, diced and served their way to gold medals during the largest culinary arts competition in North America. "This is my third time here," said Sgt. David Allen, 2nd ID Culinary Team captain. "It was tough this year."

The team, made-up of food service specialists from all-over Warrior Country, competed against 24 other teams; consisting of a total of more than 250 cooks, for honors in more than 25 categories.

"I was so proud of what they accomplished," said Allen, a Pontiac, Mich. native. "They worked harder than you can imagine and did outstanding."

The 2nd ID team took a gold medal for their field menu that included a Thai-inspired soup and spicy adobo chicken.

Allen said he and team manager, Staff Sgt. Geoffrey Blanchette, knew what to expect from the competition, but no one else on the team had ever competed at Fort Lee before. He added, despite being novice competitors, the team garnered many awards.

"One of our first-time competitors even came out with a silver medal in the junior chef category," said Blanchette. "That just goes to show you the kind of talent and passion the Soldiers on this team have."

Spc. Richard Ziedenburger, the silver

medal junior chef, said he loves to cook.

"Food is what can make you have a good day or a bad day," said Ziedenburger.

With his thick Boston accent, Ziedenburger recounted how he started off the junior chef competition confident that his training was going to pay off, but as the time ticked away, his nerves got the best of him.

"I put my plates down with just 50 seconds left," said Zeidenburg. "I really had to hustle and bustle."

Zeidenburg said Blanchette and Allen were his inspirations during the competition.

"Your co-workers are your family," said Zeidenburg. "You spend so much time with them, you share their ups and down and they help you get through the difficult times."

He added, "They have such passion for culinary, and they've taught me so much."

New to the competition, but not to cooking, was Spc. Adam Hermann, who was stunned when his name was announced at the awards ceremony as one of five chefs chosen to be part of the elite U.S. Army Culinary Arts Team.

"USACAT is the cream of the crop; I was so surprised to hear my name that the person sitting next to me had to push me out of my seat," said Hermann.

The 2nd ID Culinary Team members earned a total of 26 medals during the competition.

**Click on  for more photos of the event at [www.2id.korea.army.mil](http://www.2id.korea.army.mil).**

## Zumba classes take Warrior Country by storm

**Story and photo by Sgt. Karla P. Elliott**  
*Assistant Editor*

"Alright guys I want to see some energy out there," said the dance instructor enthusiastically.

Just like a scene from the popular '80s movie "Footloose," members of the Warrior Division Family sported their spandex pants, leg warmers, and arm and head bands.

More than 50 Soldiers, military spouses and children gathered at Camp Casey's Carey Fitness Center for two-and-a-half hours of dancing, aerobics and fun, March 5.

Dubbed "Zumba Jam," the aerobics workout session featured an array of Hispanic music, from Bachata to Reggeaton to Cumbia.

But what is "Zumba?"

According to the Web site [www.zumba.com](http://www.zumba.com), Zumba Fitness is a Latin-inspired dance-fitness program that blends international music and "contagious steps to form a fitness party that is downright addictive. Zumba classes feature exotic rhythms set to high-energy Latin and international beats."

"For me, teaching Zumba has become more than just a job; it's my passion," said Kathleen Walsh, a Warrior Country Zumba instructor. "As an instructor, I have had the privilege to meet amazing people that inspire me to keep on going, dancing and teaching Zumba."

Walsh, a Grand Rapids, Mich. native, added that every class is an adventure.

"I meet people from different walks of life; I experience diverse cultures; I see smiling faces; I hear giggles from the first-time dancers; I get 'woots' and whistles from the avid dancers; but most importantly, I witness positive changes from the regulars – physically, mentally and emotionally," Walsh said with pride.

One regular said that this was exactly what she was looking for when she and her husband arrived to Korea last June.

"I love coming out here because you can just let

more men show up for a good workout.

"Time flies when you're having fun," said Pfc. Emmanuel Albaladejo, with Headquarters & Headquarters Company, 1st Battalion, 72nd Armor Regiment. "You don't even realize you're getting a workout until you stop and realize you're out of breath."

After a couple months of attending Walsh's classes, one frequenter decided to take a leap and become a Zumba instructor, herself.

"I feel happy and very much alive when I'm out here instructing," said retired military spouse, Mabel Simonetti, a Trujillo Alto, Puerto Rico native. "It's like I'm teaching others about my culture through dance and music."

Walsh, who has been teaching Zumba for more than two years, said that Soldiers can request classes and she, as well as the other certified instructors, will be more than happy to show Soldiers that this, too, can be a workout.

"Some units have already asked us to give them a session during PT," added Albaladejo, a Vega Alta, Puerto Rico native.

Units interested in having Zumba classes during PT hours can contact Carey Fitness Director, Robert Gobble, at DSN 730-2322.

Zumba classes are available at the Camp Casey Carey Fitness Center Mon.-Fri. 1-2 p.m., Mon. and Wed. 5:30-6:30 p.m. and Saturdays 11:30 a.m.-12:30 p.m.

"If you have never tried Zumba before, now is the time," said Walsh. "If you have no one to watch your kids, bring them with you."



go," said military spouse, Meghan Schaut, a Boise, Idaho native. "Dance is my passion, so it's right down my lane. Plus it's a great way to meet friends and the instructors give off great energy."

But Zumba isn't only a class for women; more and

## Camp Red Cloud activity center is open for business

**Story and photos by  
Pvt. Chang Han-him**

*Staff Writer*

The Camp Red Cloud Community Activity Center's "under construction" sign has at last been removed and the center is back in business. After a long construction period, which started May 2010, the CRC CAC opened its doors again in early February.

The renovated activity center has free

Wi-Fi, pool and pingpong tables, board games, a video game room with gaming systems and sound-proof musical rooms – all free of charge. It is open from 10 a.m. to 9 p.m. daily.

"The best part for me, since I am part of the band, is that the sound proof room has all the instruments to play with," said Pvt. Shin Dong-Chan with the 2nd Infantry Division Band. "I think it is a wonderful environment to practice instruments as a team with people I like."

"Our goal is to provide better commu-

nity service for the better quality of lives of Soldiers, Korean nationals, civilians and Family members," said Yong-ae Black, the CRC CAC director and CRC Better Opportunities for Single Servicemembers/Family and Morale, Welfare and Recreation adviser.

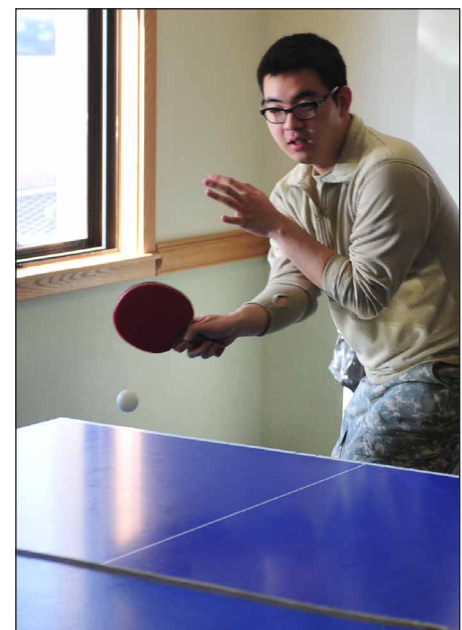
Not only does the CAC provide a place to hang out, but it also holds special events and contests. On Saturdays, gaming enthusiasts can test their skills against other gamers while pool sharks compete for bragging rights every Sunday. Pingpong tournaments for weekdays are also being planned. CAC also supports BOSS and FMWR activities by offering a place for their events and meetings.

"For Soldiers stationed overseas like me, it is great news that we now have a place to hang out and have something to do when we are bored. The CAC on post will definitely enhance my quality of life in Korea. I look forward to visiting the place," said Nebraska native Pvt. Andrew Boon with Headquarters Support Company, Division Headquarters and Headquarters Battalion.

The CRC CAC will celebrate its official opening on April 2 during the Community

Spring Fest, which will feature a parade, games, refreshments and a magic show.

Black added that they are also looking for volunteers who would like to teach instruments in class. For more information call DSN 732-6246.



Sgt. Kim Sung-gak with HSC, DHHB, tests his reflexes with a game of ping-pong at the CRC activity center.



Soldiers fill the CRC CAC to play pool and other games during their lunch break.

## LEGAL ADVICE: applying for a security clearance, do's and don'ts

**By Capt. Eric Tellado**

*Camp Casey Legal Assistance Office*

The recent controversy surrounding Army Pfc. Bradley E. Manning, who is currently being detained under military law pending charges that he unlawfully disclosed classified information to a popular Web site, has raised a host of questions concerning the denial and revocation of security clearances. Namely, what exactly will be considered before a security clearance is granted? What options are available to an applicant if he or she is denied a security clearance or if their clearance is revoked?

For those Soldiers who need to obtain a security clearance as part of their job, it is important that you understand that no one has a right to a security clearance. Rather, the burden will fall on you to demonstrate that you are worthy of being granted a clearance. You will be evaluated on a number of variables known as the "whole person concept" which includes, but is not limited to, an examination of your honesty, discretion, sound judgment, potential for coercion, strength of character, and your ability to handle and protect classified information.

Perhaps more than any other single factor, your ability to demonstrate your honesty will be hugely influential

in whether you are ultimately granted a security clearance. This means that when filling out the application materials, you must be upfront about any potentially negative incidents from your past even if they were minor and occurred years ago. An applicant will always be hurt more by attempting to hide past behavior than he would have been had he just been honest during the application process. If you are worried about a particular incident from your past, you may submit a statement with your application attempting to mitigate the negative impact on your final adjudication.

An adjudicator will make the initial determination on whether to grant a security clearance. Some of the most common reasons for initially denying (or revoking) a security clearance relate to alcohol or drug abuse, financial irresponsibility, and various forms of criminal conduct.

If you are initially denied a security clearance, or your clearance is revoked, there are avenues available to submit information in rebuttal. First, you will be given a letter expressing the intent to either deny or revoke your clearance. Remember, this is not a final determination. Rather, it is your initial notice that your application may be denied. This letter will explain in detail the procedural options available to the applicant. The applicant may either forfeit his opportunity to contest the security clearance determination, or elect to submit a statement

and materials for consideration in the final adjudication. The applicant will generally have ten days in which to make a decision on whether to submit a statement and materials for consideration. You are advised to do so. Thereafter, you will have an additional period of time to put your rebuttal together. During this time you should request a copy of the investigative file and seek legal advice from a judge advocate.

Lastly, the letter of intent to deny or revoke will also contain a statement of reasons for the denial or revocation. The attorneys at the Camp Casey Legal Assistance Office, located on the second floor of Maude Hall, can help you use this information to craft a response statement that is both material and relevant, thereby increasing the likelihood of a favorable outcome. Particular emphasis should be placed on mitigating factors by looking at the nature, extent, and seriousness of the conduct; the motivation and circumstances surrounding the conduct; the frequency of the conduct and how recent it occurred; the individual's age and maturity at the time of the conduct; the presence of rehabilitation and other pertinent behavior changes; and the likelihood of continuation or recurrence. If you have received a letter of intent to deny or revoke your security clearance, contact the Camp Casey Legal Assistance Office immediately at DSN 730-3660 to discuss your options.





# THE SUN NEVER SETS ON THE 2ND ID



## Therapy dogs all about the love

*Deploying unit to use military dogs to encourage therapy for stressed Soldiers*

By Laura M. Levering

Northwest Guardian

**JOINT BASE LEWIS-MCCHORD, Wash.** - When 98th Medical Combat Stress Control Detachment deploys later this month, the unit will be arming itself with more than ammunition and standard Army-issued equipment. The team of about 50 Soldiers and officers will fight a less visible enemy — stress — using therapy dogs as its weapons.

Butch and Zack were selected to deploy to Iraq after intensive training by America's VetDogs, a nonprofit organization that raises and donates dogs to military units and veterans with needs. The dogs were handed over to 98th Med. Det. last week, and will continue training alongside their military partners in preparation for deployment.

Commander of 98th Med. Det. and psychiatric nurse practitioner, Lt. Col. John Gourley, said the unit spent one week training with four dogs before selecting Butch and Zack because of their temperaments.

"Butch and Zack are more outgoing and they're more engaging with people," Gourley said. "What we need the dogs to be able to do is break the ice with the Soldiers."

"Breaking the ice" can be a critical first step in getting a Soldier help, especially downrange where the stakes are high and the risks real. The detachment is deploying with a dozen providers, including psychiatrists, psychologists, psychiatric nurse practitioners, social workers and occupational therapists who will split into multiple small units to provide treatment across theater. Their main challenge will be getting Soldiers into their clinics for care. That's where the dogs will help the most.

"Our goal is to try to help the Soldiers cope with the stressors they're dealing with to be able to stay on mission, or if they're having issues, to certainly help get them to where we can get them more help in a rear medical area," Gourley said.

Butch, a 23-month-old black Labrador retriever, proved her value with each Soldier she encountered Feb. 11, as she made her way around a JBLM training site. Navigating the grounds with her new handler, Spc. Jon Miles, the pair was received with open arms at every stop.

"There's really no real rhyme or exact reason why, but it works," Miles said of Soldiers' affection for Butch as they flocked to pet her.

Miles remembered a previous deployment without the luxury of therapy dogs. Instead, he and fellow Soldiers adopted and cared for several local dogs in the area.

"Dogs generally have a calming effect on people,



Ingrid Barrentine, Northwest Guardian

**Spc. Cynthia Phelps, left center, and Spc. Traci Smith, both with 3rd Bde., 2nd Inf. Div., greet Staff Sgt. Butch, a female black Labrador stress-relief dog assigned to the 98th Med. Det., during a training exercise conducted on Joint Base Lewis-McChord. Butch will soon deploy to Iraq with the unit.**

so if a Soldier's having a hard time because they're homesick or stressed out at work, we've got a great opportunity to just decompress," he said. "It's an opening for them to relax and speak with us so we can see if they need help."

For Sgt. Liz Wright, a mechanic with 3rd Brigade, 2nd Infantry Division, seeing Butch broke up the monotony of a long day working outside in the cold.

"We had been here all day working hard, putting up tents, then we saw them," Wright said. "We stopped what we were doing and went over to pet her. It took our minds off what we were doing out in the cold."

Specialist Francis Fattal, a medic with 3rd Bde., 2nd Inf. Div., had contact with military police working dogs during his first deployment and could see how having therapy dogs would benefit troops downrange.

"The working dogs were a big morale boost every time we saw them," Fattal said. "These ones I can sit and play with, so it's even better. They're happy and just want to be loved. It's enough to lift anybody's

mood."

Gourley expects other troops will have similar reactions. Not everyone who comes in contact with Butch or Zack will be referred to a clinic or require help of any kind. Simply interacting with the dogs can be enough to enhance morale.

"Often times a big tough guy (who) doesn't want to talk to a mental health person will feel comfortable getting down and talking while petting the dog," Gourley said. "It doesn't necessarily mean they will go to a clinic for help. Just interfacing with a dog is good and can help them."

Captain Andrea Lohmann, an occupational therapist with 98th Med. Det., said the unit is fortunate to be deploying with Butch and Zack, and has the generosity of the American people to thank.

"Essentially, the Americans are the ones that we are grateful for," Lohmann said. "Their donations made the dogs possible, and (the dogs) are absolutely amazing. We are so lucky to have them."

**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.**