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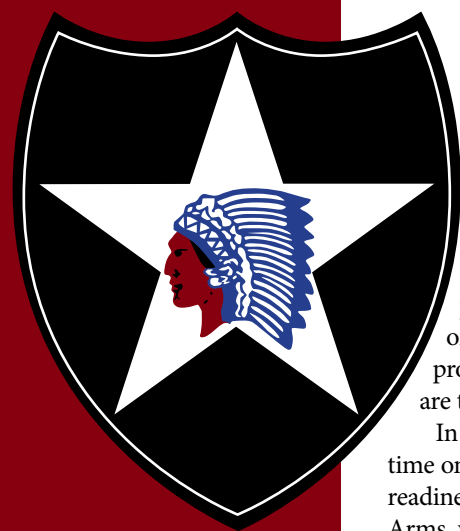
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INDIANHEAD

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COMMANDER'S CORNER: PROFESSIONALISM

Happy New Year to all the Soldiers and Families across the Warrior Division! 2012 was a year filled with tremendous progress for the 2nd Infantry Division. We made great strides toward increasing our readiness and strengthening our ability to accomplish our assigned missions. This was only possible due to the hard work and professionalism of our people – Soldiers are the true strength of our Division.

In 2013, we must concentrate more time on our profession as an element of readiness. As members of the Profession of Arms, we must remain true to our values and continue to strive to better ourselves, our teammates and our profession as a whole. As professional Soldiers we should rededicate ourselves to life-long learning this year as we each seek both personal and professional growth in our individual and collective competencies and character. Service as a Soldier in the defense of our nation is a more than a job – it is a calling to serve something larger than ourselves.

As members of this profession we are each charged with the responsibility of sharing the lineage of our organization and preserving the future of our profession, all while we keep faith, trust and confidence with and for whom the people we serve. We do this through education, tough and realistic training, and through the depth of our daily experiences – all of which combine to grow each of us as Soldiers and leaders.

Most importantly, trust underscores the relationship between professionals and the greater population which we serve. Trust between professionals is vital, but it is equally important to be trusted by those we serve. In every situation, we must be trusted to always do what is right, regardless of the circumstance. I also believe the importance

of trust extends to the communities in which we live and serve. For us, this means our gracious Korean hosts must also trust us, and by extension continue to support our presence.

The unique challenge for Soldiers is that we train each day to operate in a domain where the choices are not always clear or simple – where the most junior among us can be faced with life altering decisions at a moment's notice; and where the most senior are asked to make choices where the solution is not clear and the available options often seem equally clouded.

Our profession is exclusive in that our trust relationships must factor in the overwhelming lethality of the domain in which we are expected to operate. The moral implications of being a professional Soldier could not be greater and compel us to be diligent in our examination of what it means to be a member of this storied profession – to ensure we are ready when called upon to make the right decisions.

Ultimately, those for whom we serve will judge our success or failure. The American people, and our partners and allies around the world, will decide on the quality of our performance. With that as a backdrop, we must be mindful that each snapshot in time can and often will produce a media story, a blog or a tweet that may or may not represent us as a body of professionals. A snapshot in time and a snap decision could become the story that characterizes us in the minds of a widely diverse audience.

The bond of trust we create with those for whom we serve is based on our both our individual and our collective ability to make moral and ethical decisions every time – from the most junior Soldier to the most senior leader. The actions of each individual are the basis upon which our entire institution will be judged.

So, as we celebrate the New Year, let us



Maj. Gen. Edward C. Cardon
2nd ID Commander

remember our role as professionals. We are the stewards of our service and are answerable both to the American public, the countries in which we serve, and to each other. We must hold ourselves to a higher standard because we are in a position of trust and because of the gravity of our mission.

Again, Linda and I want to wish each of you and your Families a Happy New Year and challenge each of you to take the Profession of Arms to heart in 2013. Make this the year that you redouble your personal efforts to ensure the 2nd Infantry Division is dedicated to building professional Soldiers and leaders who are competent warriors, confident in their abilities, and who are grounded with the values and integrity that underscore our way of life and our institution. I am proud to serve with each and every one of you.

Second to None!



Spc. Aaron Benson sprays canned snow on Spc. Soo-hyun Kim during their rendition of *Let it Snow* at the 2nd Infantry Division Korean-American Friendship Holiday Concert Dec. 12 in the Uijeongbu Arts Center and included performances by the 2nd Inf. Div. Band, the Song-rang Preschool children's choir and BARD, an Irish band.

Photo by Kim Seung-nam, 2ID PAO

A HELPING HAND DIVISION FAMILIES MAKE WARM GESTURE



STORY AND PHOTOS BY
STAFF SGT KYLE RICHARDSON
1ST ABCT PUBLIC AFFAIRS

As Western folklore has it, individuals who were considered bad throughout the year received lumps of coal during the holidays, particularly for Christmas. While some may find the old myth entertaining, several families in a local Korean village were pleased when the 2nd Infantry Division arrived on a cold winter day to deliver coal.

With icy winds biting through their gloves and nipping their faces, U.S. and Korean Augmentation to the U.S. Army Soldiers from the 1st Armored Brigade Combat Team and 210th Fires Brigade, along with their Family members, unloaded several trucks of coal, more than 10,000 briquettes in all, for Korean families in the Soyosan area during their second annual Charity Charcoal Briquette Distribution Dec. 26.

As the group of volunteers removed the three-pound, cylindrical-shaped bricks of coal off the trucks, several villagers stood along the street smiling with joy, anticipating warmer homes during this winter.

"The spirit of Christmas is all around us right now," said 1st Lt. Joaquin Jucaban, a Killeen, Texas-native, and civil affairs officer for 1st ABCT. "It feels real good to have this opportunity to give back to those in need, especially since it's freezing cold right now."

Most Korean families use gas or oil to create heat for their homes, but the more unfortunate families living in older homes will use about three bricks of coal a day to heat their houses.

More than 40 families chosen by the Dongducheon Volunteer Center will benefit from the coal distribution.

During last year's distribution, volunteers donated close to 4 million won to purchase coal for needy Koreans. Jucaban said during this year's event, both brigades donated more than 5 million won to help purchase coal.

"It's very reassuring to me to know that we got about 60 Soldiers to come out on a cold morning to volunteer their time to deliver coal," said Command Sgt. Maj. Carl Ashmead, a Fairfield, Idaho-native, and the 1st ABCT command sergeant major. "No matter where they're assigned, Soldiers are connected to their communities. It's only natural that they want to give back. Sometimes people forget that Soldiers are humans too, and it's human nature to want to give back."

As the holiday spirit is still strong and the steaming hot chocolate is flowing through the Soldiers veins, everyone donated money or volunteered their time for various reasons.

"Despite the fact that my face, fingers and toes are frozen, I'm truly happy to be here," said Pvt. Anisa Rice, a chemical specialist with the 23rd Chemical Battalion, 1st ABCT. "Even in the cold this is fun, I know as long as I'm with my company and my battles, we can do anything. And I know, if my mom were to see me today, she would be proud of me."

While the final coal briquette is placed in the homes and the Soldiers walk away with coal-smudged faces, the Korean locals will not frown tonight from their gifts of coal. They will enjoy the heat that it produces and appreciate the cold that it keeps away.



Stacks of charcoal are lined up on a flat-bed truck just before U.S. and Korean Augmentation to the U.S. Army Soldiers and Family members deliver the charcoal to families in Soyosan during the second annual Charity Charcoal Briquette Distribution Dec. 26. Each charcoal briquette thoroughly heats a Korean home for eight hours.



Oh Se-chang, the mayor of Dongducheon, joins the assembly line with the U.S. and Korean Augmentation to the U.S. Army Soldiers with the 1st Armored Brigade Combat Team and 210th Fires Brigade to pass out coal during the second annual Charity Charcoal Briquette Distribution Dec. 26. More than 40 Korean families in Soyosan will receive charcoal briquettes from the Soldiers.



Pvt. Jane Pierce, originally from Letter Kenny, Ireland, and a chemical specialist with the 23rd Chemical Battalion, 1st Armored Brigade Combat Team, passes charcoal along the assembly line during the second annual Charity Charcoal Briquette Distribution Dec. 26. Newer homes and the more fortunate Koreans live in homes that are warmed by using oil or gas.

TANKER BOOTS: NOT AN EASY WALK, BUT WORTH THE JOURNEY



STORY AND PHOTOS BY
STAFF SGT KYLE J. RICHARDSON
1ST ABCT PUBLIC AFFAIRS

Light snow blankets the ground while mortar fire resonates through the canyon. The whirl and creek of several tracks add to the medley of sounds. Thunderous booms follow, penetrating nature's chorus and shaking the mountains ahead. Multiple eruptions then come, boom after boom, unsettling the ground beneath. After several minutes, the bombardments cease. In the wake of heat and exhaust, the earth lays still once again.

As the temperature continued to drop at the Rodriguez Live Fire Range in Paju, the chill in the air did not slow the "Manchu" tank crews of the 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, from dropping mortar and tank rounds into the mountain range during their Table VI tank crew gunnery certification exercise in December.

The Manchu crews conduct their certification training twice a year to ensure that they are combat ready.

"Our Table VI certifications are very important," said 1st Sgt. Philip Pitlick, a Seattle native and first sergeant for Company C. "This is where the tank crews will test their gunnery skills. They will use the coaxial machine gun, 120mm main gun, M240 machine gun and the .50 cal."

Besides testing the skills of tank crews on a variety of weapons systems, the Table VI crew certifications are one unique part of the Manchu tradition where tank crews solidify a position in the unit's history.

"Most importantly, the overall goal of the gunnery range is to safely

qualify our tank crews," said 1st Lt. Benjamin Nygaard, a Fort Collins, Colo.-native, and a tank platoon leader for Company C. "But as tradition goes, the Soldiers who qualify on the first time around will receive their first pair of tanker boots. Tankers are not allowed to wear the boots until they get certified."

Earning that first pair of boots becomes a proud moment in most tankers career.

"There's nothing like receiving that first pair of boots," said Sgt. Richard Kvinge, a Portland native, and gunner with Company C. "Tanks are important to any battle, you can't win a war without us, so when you step into a pair of tanker boots for the first time, you know you stand apart from other Soldiers in the Army."

Some Soldiers anticipate the moment when they earn their boots and can finally feel like an official tanker and a member of their team.

"I remember looking up to my drill sergeants thinking that one day I wanted to be good enough to earn a pair of tanker boots like them," said Pvt. Alec Gugzwiler, a native of Fairfield, Ohio, and tanker with Company C. "It's not to take away from the quality of the other Soldiers, but it's nice to have my tanker boots. I've got one up on some of the other Soldiers and I'm glad I've earned my bragging rights."

To earn the coveted tanker boots, tank crews have to go through the gunnery range and successfully engage eight out of 10 targets.

"I've learned a lot during this training exercise," said Gugzwiler. "I

Several tank crews with the 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, prepare their tanks before they participate in the Table VI gunnery qualification exercise at the Rodriguez Live Fire Range. The Manchu tank crews go through qualification tables twice a year.



was in the unit two days before we went to the field. I had to learn a lot in a short time. As a loader, learned kind of pace I need to have and how to keep up. Other than deploying, this is the closest to real world experience I will receive."

After qualifying and receiving their boots, most tankers found out and agree that their new boots were not meant to walk around in.

"Tanker boots are very uncomfortable," said Nygaard. "But that's why we're tankers, it takes a particular kind of Soldier that wants to strap these boots on. Then again, why walk, when you can use your boots to drive a tank."



A tank crew with the 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, participate in the Table VI gunnery qualification exercise at the Rodriguez Live Fire Range. The crew fires a 120mm round at a target along the mountain range.



Tank crews with the 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, participate in the Table VI gunnery qualification exercise at the Rodriguez Live Fire Range. The crews have to qualify on eight out of 10 engagements to become certified.

STANDING TALL BETWEEN THE KOREAS



STORY AND PHOTO BY
STAFF SGT KYLE J. RICHARDSON
1ST ABCT PUBLIC AFFAIRS

For more than 60 years, the Republic of Korea and the United States have maintained a strong alliance. Even before that fateful day of June 25, 1950, Korea flourished with a rich history and culture that stretched across the entire peninsula.

Service members, Families and people of all walks of life will visit and experience the Korean culture. However, one Soldier's trip to the Korean Demilitarized Zone changed his perspective on why he serves.

Pvt. Dillon Parido, a tanker with Company C, 1st Battalion, 72nd Armor Regiment, 1st Armored Brigade Combat Team, participated in his unit's culture tour of the DMZ and museum. Parido found himself standing on a side of the world that he thought he would only read about in history books.

"Walking into that blue NATO building was the best part of my trip," said Parido, an Avon Park, Fla.,-native. "I knew as soon as I walked passed that center table, I was standing in North Korea. I feel like I just lived history. Everything that I learned about North Korea in high school, I just became a part of."

"I think learning about the Korean culture is a very important aspect of our tour," said Capt. Blaine Decker, a College Station, Texas,-native. "Since my command, I've seen a steady decline in

discipline issues from my Soldiers. We educate our Soldiers on sexual assaults, which is very important, but why not educate our Soldiers on Korea, so they can understand why they're here."

The Company C commander believes it is important to arrange cultural tours for his unit because it will help his Soldiers understand their role as part of the historic ROK-U.S. Alliance.

Decker also mentioned that the tours provide an opportunity for Soldiers to explore beyond their local community and help with team building.

"I encourage Soldiers like Private Parido to go out and explore; look past the 'Ville,'" said Decker. "Wherever you go, every military community has its 'ville.' But once you get past those surrounding communities, the sunsets look a lot prettier."

Parido said he was ready to get away from the barracks and do some of the exploring that he's heard about.

As he listened to some music on his phone and looked out the window during the bus ride, he sat amazed by all the military fortifications leading up to the DMZ.

"This was my first time out to the DMZ," said Parido. "I think it's great that my unit wants me to learn about the culture and the Korean peninsula. This trip

helped me to put things into perspective of why we're here and what we're defending. Some Soldiers only get a chance to read about or see this part of Korea on TV. We are fortunate, because we get first-hand experience that the enemy is real."

At almost eight months in the Army, Parido did not expect to serve his first assignment overseas. However, he quickly learned that he could play a significant role while stationed here.

"I was surprised when I got my assignment," said Parido. "I've never expected to serve in Korea. I signed up to protect my country not someone else's," said Parido. "But when you get here and you see all the names of those Soldiers that we lost during the Korean War, you realize, we have just as much invested in protecting South Korea. So, it's just more than their fight - it's our fight."

"I'm proud to serve here for my country because I feel that I'm defending my grandfather and uncle who served over here before me," he said.

During the tour, the Soldiers were also able to see the third tunnel, DMZ museum, Dorsan Train Station, seventh tower and the Bridge of No Return.

"This trip has actually helped me see that there is a real threat out there," said Parido. "And being able to visualize that threat helps me to appreciate the training we receive. I fully believe that there is a reason we have to be ready to fight tonight."

As Parido found his seat on the bus again for the ride home, he resumed looking out the window. However, this time, he was ready for what was to come and ready to accept his mission. Like a chapter in his history book, Parido was done for the day, but tomorrow will start the next chapter.



The sun sets over North Korea during a culture tour of the Korean Demilitarized Zone.

THE GIFT OF VOLUNTEERING



STORY AND PHOTO BY
STAFF SGT AARON DUNCAN
2ND CAB PUBLIC AFFAIRS

Volunteering is an easy way to show a community that you care. That's exactly what the Soldiers from the 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, do.

As part of the brigade's Good Neighbor Program, the unit reaches out to their Korean neighbors to show that "Katchi Kapshida," Korean for "we go together," is not just a motto for the battalion Soldiers. As part of the outreach, the battalion conducts many events throughout the year to better their off-post communities. But there are three organizations the battalion works with frequently – An Nil Middle School, Pyeongtaek University and the Jacob's House orphanage.

"The intent is to get the Soldiers out there so they can really see how they can make a difference for the community as well as Pyeongtaek city. We do around 60 events a year ranging from English classes at the university and middle school to playtime at the orphanage," said Chief Warrant Officer Ivory J. Dugar, the battalion Good Neighbor Program coordinator.

The most recent volunteer trip was to the Jacob's Orphanage. To celebrate the spirit of the holidays, battalion volunteers dropped off gifts, large and small, to the children and spent time playing with them.

"Every time my children visit their grandparents, there is a certain look that appears on their faces. The children at the orphanage have that same happy look every time we visit," said Dugar.

The children eagerly ripped into the colorfully decorated packages to find new toys and memories. The children not only made memories for themselves but also



Sgt. Augustine Ramirez, Company E, 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, plays with a child at Jacob's Orphanage in Pyeongtaek Dec. 18.

2CAB SOLDIERS VISIT LOCAL ORPHANAGE

brought back memories for at least one volunteer of her own children.

"When I look at the kids I think of my son because he happens to be about the same age that most of them were. It was nice to get that nurturing feeling back," said Spc. Hannah Lee.

For others, the visit brought back memories of themselves as children excitedly opening presents under loving eyes on Christmas day.

"When I was a child I was always thrilled to see presents for me, it never mattered what it was," said Dugar. "I saw the same innocent excitement for Christmas in the children at the orphanage as they opened the presents we brought."

The children, in return, put on a festive presentation for the Soldiers in special holiday shirts with hearts to show their appreciation for the presents.

"It was great to get to hang out with all the kids and the presentation was awesome, especially considering how young they were. It made me feel really humbled," said Lee.

The Soldiers said when they visit the orphanage, it is always a special event because the extra attention and love shared highlights their day and is visibly noticeable on the children's faces.

"Every time my children visit their grandparents, there is a certain look that appears on their faces," said Dugar. "The children at the orphanage have that same happy look every time we visit."

With another visit finished, the Soldiers leave confident they left a lasting impression on the children at Jacob's Home orphanage. The Soldiers' faces change when they move to different duty stations but the battalion's commitment to these young children will last a lifetime.



Soldiers wait for the intra-post bus on Camp Humphreys. Junior unaccompanied Soldiers in the division are not allowed to have a privately owned vehicle which can be a large adjustment for service members coming to Korea as their first duty station.

NEW KIDS ON THE BLOCK

ADJUSTING TO MILITARY LIFE ON THE KOREAN PENINSULA



STORY AND PHOTO BY
STAFF SGT AARON DUNCAN
2ND CAB PUBLIC AFFAIRS

Although the American movie audience continues to be captivated by the military culture portrayed in films, seldom portrayed is the cultural struggle many new privates endure when joining the Army. During basic training, new Soldiers are taught core skills and immersed in military culture. Even basic English words are exchanged for military jargon, words that meant nothing months before are now part of their everyday lexicon.

In addition to the cultural challenges these Soldiers encounter, they are also faced with changes to their normal lifestyles. Some new Soldiers go from living by themselves in the civilian world to living in a barracks room, constantly surrounded by troops.

"One thing that is tough is that I'm constantly seeing the same people every single day and living with those same people," said Pvt. Nicholas R. Clark, an AH-64 Apache attack helicopter repairer from Riverside, Calif., with Company D, 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade. "You can go out and do your own thing but it is a lot harder. You are constantly with people whether you like them or not."

Privates new to Korea have the challenge of not only adjusting to life in the Army but also to living in a country very different from the one they left.

One major obstacle Soldiers face as they arrive in country is the language barrier off post. Unlike the other two common overseas assignments a Soldier is assigned to — Germany and Italy — the English language does not share a common alphabet with Korean, so it poses a challenge for Americans.

"Communication is a really big issue and struggle for me, it can be hard to get directions and when shopping sometimes the person selling the product has trouble understanding. Having a

KATUSA with me would be beneficial," said Pfc. Echoe M. Appleby, a Soldier with Headquarters and Headquarters Company, 4th ARB, 2nd Avn. Regt., originally from Fresno, Calif.

Also, many Korean customs can be very different. For instance, the Korean way of formulating their age can be confusing if you are not familiar with their culture. In Korean culture, a baby is 1-year-old upon its birth and turns 2 on their lunar birthday.

"Since Koreans calculate their age different, it is possible for me to be up to two years older by Korean standards than American. Americans are sometimes confused when I tell them about my age until I explain the difference," said Pvt. Park Chanhy-un, a Korean Augmentation to the U.S. Army soldier assigned to HHC, 2nd CAB.

One cultural obstacle many Soldiers enjoy experiencing is the difference in food.

"I enjoy the food; I'm not a big fan of Kimchi, but I enjoy everything else. There is some really good fish and I enjoy the octopus. I like to go out and try something new when I eat in local restaurants. My friends sometimes think some of the strange stuff I eat is funny but they just don't understand how good it is," said Pvt. Matthew O. Jarman, a UH-60 Black Hawk helicopter repairer with Company D, 3rd General Support Aviation Battalion, 2nd Avn. Regt., 2nd CAB.

Although the challenges faced by Soldiers arriving in Korea can be daunting, some Soldiers say the benefits easily outweigh the difficulties. The opportunity to travel and learn a new culture is not something most Americans experience. Only about a third of Americans even have passports, according to a Forbes.com article.

"What 20-year-old can say they have been to Korea and have visited all these different places? If I wasn't in the Army I would not have had the opportunity to come here because not only is traveling internationally expensive but it would hard to get the time off work in a civilian job," said Clark.

MANCHU WARRIORS DELIVER HOLIDAY CHEER

CHILDREN AT AE SHIN ORPHANAGE GET TO MEET THE MAN IN RED



STORY AND PHOTO BY
STAFF SGT KYLE RICHARDSON
1ST ABCT PUBLIC AFFAIRS

As Santa Claus prepared for the busiest time of his year, he made a slight detour in his delivery route and gave his reindeer the day off while delivering presents to special children in Korea.

This year, Santa traded in his black leather boots for a pair of tan combat boots, enlisted into the U.S. Army as Pvt. Clause, attached a 2nd Infantry Division patch to his sleeve, and hitched a ride to Korea in a High Mobility Multi-Wheeled Vehicle to deliver a few gifts to several lucky children.

Santa teamed up with the "Manchu" Soldiers of the 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, to deliver presents to the children of the Ae Shin Orphanage at a holiday party in their honor on Camp Casey Dec. 22.

The Manchu Soldiers, leaders and Family members donated more than \$5,000 worth of Christmas gifts for the 50 Ae Shin orphans.

"It's nice to be able to get the entire battalion together and have something of this caliber," said Capt. Scott Kennis, a Roanoke, Ala.-native,

and the battalion chaplain. "This was a great esprit de corps event. Many Soldiers are without their own Families here, so it's great to be able to bring those Soldiers in as well as do something good for the local community."

Ae Shin Orphanage was adopted by the Manchus in 1997. During the annual holiday party, each child received three gifts.

Pvt. Clause took his place on a Santa-size chair on the stage and played his part throughout the big event.

"This is my first time doing something like this in the Army and it's a great feeling," said Pfc. Auston Duggins, a Yuba City, Calif.-native, a chaplain's assistant for the Manchus. "It's a great feeling and a blessing to be able to give back to people. I love the Christmas time. I love everything about Christmas, the whole setting, the trees, the lights, the decorations – it's just a great time of year."

Although Duggins is not the biggest or oldest Soldier in the unit, this jolly Soldier volunteered for the ultimate North Pole makeover.

For the party, Duggins was transformed into the revered present toting, candy cane slinging, sleigh guiding character in the famous red and white that most people know as Santa Claus.

During the party the children showed their appreciation with a few musical selections and dance routines. However, no party in Korea is complete without a version of the song "Gangnam Style." As the familiar beat filled the room, the older children performed their rendition of the song and Santa got his groove on and joined in on the dance.

"Being Santa is a hot job," said Duggins. "But if I made at least one child smile, it was more than worth the extra heat for a few hours of my time."

The mingled laughter of Soldiers, Families and orphans was heard throughout the event – at dinner, opening presents and playtime. "A lot of time and effort went into putting this event together," said 2nd Lt. Debbie Smith, senior mentor for the Lady Manchus. "But it was well worth it, for the 10 minutes it took those kids to rip through their presents. It was amazing to see them just rubbing their noses in their teddy bears, just as happy and joyful as any other kids."

"It makes my heart full knowing that I'm in a unit that cares," said Smith. "Words alone cannot describe how I feel. I was moved to tears so many times, this was beautiful. This just says a lot about my command."



Pfc. Auston Duggins, a Yuba City, Calif.-native, and chaplain's assistant for the 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade, plays the part of Santa Claus at the unit's holiday party held at the Gateway Club on Camp Casey Dec. 22. Duggins took his place on stage to help hand out gifts during the party.

210TH FIRES BRIGADE WRAPS UP ANOTHER ROUND

SOLDIERS BECOME CLS CERTIFIED



STORY AND PHOTO BY
STAFF SGT CARLOS R. DAVIS
210TH FIB PUBLIC AFFAIRS

More than 40 Soldiers with 210th Fires Brigade attended Combat Lifesaver training at the Camp Hovey Education Center Jan. 2.

The training is an intensive one-week course designed to provide nonmedical personnel with advanced combat lifesaving skills, including hemorrhage control, prevention and treatment of shock, treating burns and evacuation of casualties, said Staff Sgt. Gregory White, from Wimberley, Texas, assigned to Headquarters and Headquarters Battery. White is the brigade's senior combat lifesaver instructor.

Many Soldiers remember CLS training for one infamous reason – administering an IV to a fellow Soldier. However, White said, intravenous training was removed in 2009 in order to emphasize other skills like tactical casualty movement.

According to the brigade medics, the program works.

"With the way the Army has revamped the training and focused on these lifesaving skills, we can save 70 to 90 percent of casualties on the battlefield," said combat medic Pfc. Tristan Alexander, from Colorado Springs, Colo., assigned to HHB, 6th Battalion, 37th Field Artillery Regiment.

The Army requires 20 percent of personnel in each unit to be combat lifesaver certified, said White. However, the brigade's plan is to certify everyone.

The training provides Soldiers or civilians who aren't trained medics the common knowledge to treat casualties in peacetime or combat situations, according to Alexander.

Instructors train their students through a combination of classroom and practical application exercises.

"CLS training opens their eyes to real-world situations," said Spc. Christopher Laboy, from Cleveland, Ohio, currently serving as a combat medic assigned to 1st Battalion, 38th Field Artillery Regiment.

According to Laboy, Soldiers who have received the training prior to being deployed in combat environments have more confidence in themselves to perform medical care.

Soldiers certified as lifesavers also fill various peacetime needs when medical personnel cannot.

"Today, I had an officer come up to me and request a medic to go out to a range with his unit – and we medics aren't available since we have training going on," said Spc. John Munnely, from Elk River, Minn., and a combat medic assigned to HHB, 6th Bn., 37th FA Regt. "So I asked him, 'Do you have any CLS certified guys? They can be out there and you can still perform your training as scheduled.'"

Although combat lifesavers do not replace medics, they fill a very important niche.

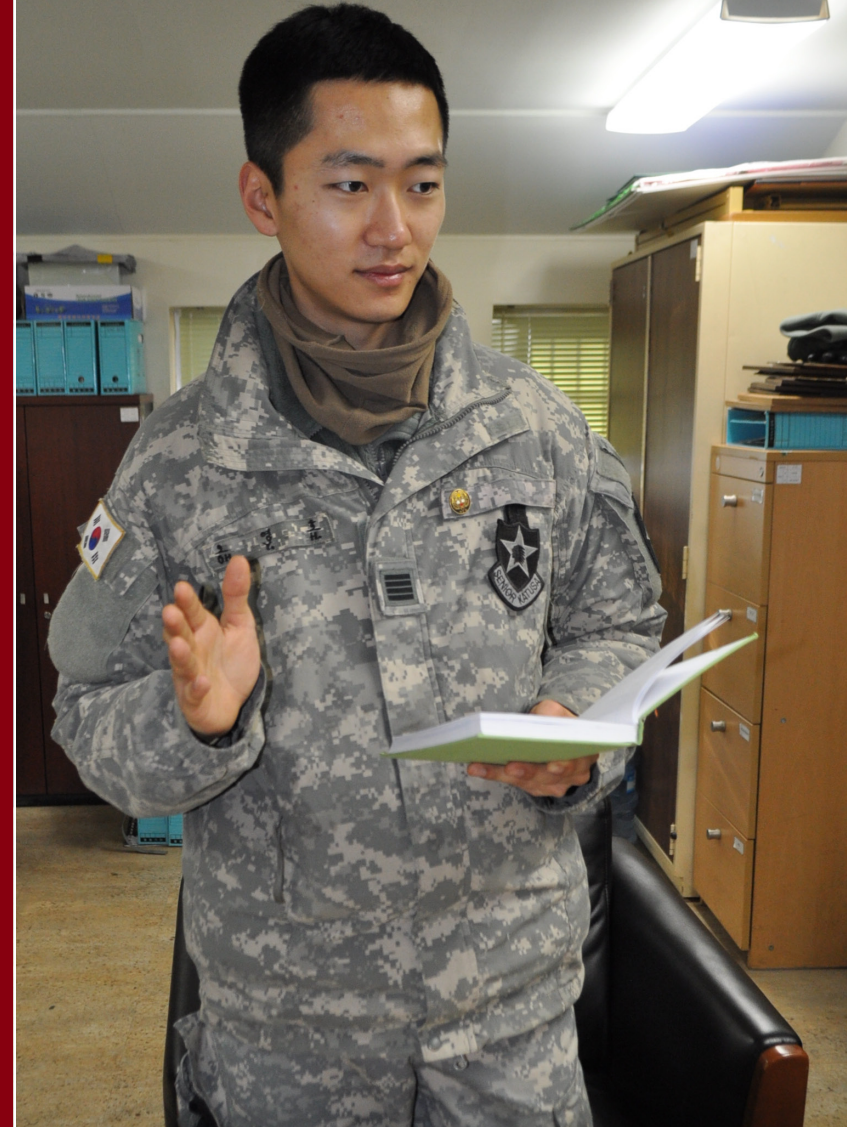
"It's nice to know if something were to happen to me [the medic] on the field of battle, there is someone there to perform my job on me if I cannot," said Laboy.



Spc. Christopher Laboy, originally from Cleveland, Ohio, a combat medic assigned to 1st Battalion, 38th Field Artillery Regiment, 210th Fires Brigade, teaches students how to insert a nasopharyngeal airway on Pvt. Marcus Aubourg, 19, from Jersey City, N.J., serving with Battery A, 6th Battalion, 37th Field Artillery Regiment, during Combat Lifesaver training at the Camp Hovey Education Center Jan. 2.

FIGHT TONIGHT

PREPARATION KEY TO KATUSA'S SUCCESS



Sgt. Oh Young-ho, who hails from Daegu, is a poster child for preparation. Recently named the 210th Fires Brigade's Korean Augmentation to the U.S. Army Soldier of the Quarter, he exemplifies the traits that earned him the honor.

A SIT-DOWN WITH 210TH FIRES BRIGADE'S KATUSA OF THE QUARTER: SGT OH YOUNG-HO



STORY AND PHOTO BY
PFC KIM HAN-BYEAL
210TH FIB PUBLIC AFFAIRS

Sgt. Oh Young-ho, who hails from Daegu, is a poster child for preparation. Recently named the 210th Fires Brigade Korean Augmentation to the U.S. Army Soldier of the Quarter, he exemplifies the traits that earned him the honor.

For one thing, he spent three months preparing for this competition. "I rehearsed the board [competition] with other NCOs in the company. We studied together," said Oh, assigned to 580th Forward Support Company, 1st Battalion, 38th Field Artillery Regiment.

He added that the board was a valuable experience for a KATUSA.

"During preparation and the board itself, I was proud of being a KATUSA," said Oh, the senior KATUSA supervisor in his company. "I hope other KATUSAs participate in this board, have good results and feel the same pride that I'm feeling right now."

Oh, doesn't slow down while off-duty, either. He likes music, so he enjoys his free time playing piano, guitar and the jembe – a goblet drum played with bare hands.

"Jembe is not a popular musical instrument, but when I saw street musicians playing [it], I thought it was interesting," said Oh. "After that, I played jembe in my spare time."

He didn't exempt himself from studying. When he was young, he started to study diligently after meet-

ing a mentor.

"My father was a teacher, and I met one of his students," said Oh. "He became my mentor, and we visited Seoul together, and visited some universities. From then, I became motivated and started to study hard."

Oh's effort paid off when he was admitted to the prestigious Seoul National University, where he chose to study agricultural economics and rural development. Not letting music fall by the wayside, he also began playing the keyboard in a band composed of friends and fellow students; and he organized the acoustic band at Seoul National University.

Joining the Republic of Korea Army in May 2011, Oh said a big change was his improved health.

"I created an athletic club called 'Spark' in my company," he said. "I work out steadily with other Soldiers and that helps my health improve."

After his military service, Oh plans to return to Seoul National University, begin classes in business administration to broaden his career options and perform in his band. After he graduates, he wants to work at an investment bank on Wall Street – and he expects his experience in the U.S. Army will aid him.

"In the Army, I have met a variety of people," said Oh. "I learned how to communicate and hang out with different people. This will help when I go back to the university and when I get my job, because I learned how to get along with many people."

MEDAL OF HONOR

FORMER WARRIOR TO RECEIVE NATIONS HIGHEST AWARD



STORY COURTESY OF
ARMY NEWS

President Barack Obama said that former Army Staff Sgt. Clinton L. Romesha will receive the Medal of Honor Feb. 11 for his actions in Afghanistan.

Romesha will be the fourth living recipient to be awarded the Medal of Honor for actions in Iraq or Afghanistan. He and his family will join the president at the White House for the award.

The staff sergeant helped repel an enemy attack of some 300 fighters who outnumbered the defenders of Combat Outpost Keating in Nuristan Province, Afghanistan. The Soldiers awoke Oct. 3, 2009, to find the enemy occupying the high ground surrounding their combat outpost.

Romesha braved intense enemy fire to mobilize a five-man team, according

to sources who were there. He reportedly took out an enemy machine-gun team and while engaging a second, the generator he was using for cover was struck by a rocket-propelled grenade, inflicting him with shrapnel wounds. Yet he continued to fight.

He directed air support that destroyed more than 30 Taliban fighters and personally took out several other enemy positions, according to reports. He provided covering fire and helped three of his wounded comrades to reach the aid station. He also braved fire to recover several fallen comrades.

Romesha's efforts enabled Bravo Troop, 3d Squadron, 61st Cavalry Regiment, to regroup and fight off a force that greatly outnumbered them, according to reports. At the time he was a section leader with Bravo Troop, which was part of the 4th Brigade Combat Team, 4th Infantry Division, in Afghanistan.

Romesha separated from the Army April 4, 2011. He and his family currently live in Minot, N.D. He is married to Tamara Romesha and they have three children; Dessi, Gwen, and Colin.

Romesha enlisted in the Army in September 1999 as an M1 armor crewman. After completion of training at Fort Knox, Ky., he was assigned as a tank gunner with B Company, 1-63rd Armor, Camp Vilseck, Germany. His tour there included an operational deployment to Kosovo.

After Germany, he was assigned as a gunner/assistant tank commander with A Company, 2-72nd Armor, Camp Casey, Korea. Following Korea, which included a combat tour to Iraq, he was assigned as a section leader with 3-61st Cavalry, Fort Carson, Colo. There he completed the Long Range Reconnaissance Course, Advanced Leader Course, and Air Assault Training.



Former Staff Sgt. Clinton L. Romesha of Minot, N.D. will receive from President Obama the country's top award for valor in an upcoming ceremony. (Photo courtesy of breitbart.com)



13 January 2013

Dr. Martin Luther King Jr., Holiday Safety Message

On 21 January, we honor Dr. Martin Luther King's life, sacrifices and accomplishments with a Holiday. Dr. King dedicated his life to freedom and justice and worked tirelessly to ensure equality for all Americans. This Holiday is a time for our Nation to pause and remember Dr. King's life and work, and commit ourselves to living our values described in our founding documents. We honor his legacy by reflecting on our service and contribution to our local communities and the people around us.

As we enjoy this holiday, it is important that we stay safe and manage risk.

Risk management is a Leader responsibility. This is how we take care of our team. Leaders must take a deliberate approach to ensure the safety of our Soldiers, families, civilians and host-nation partners.

Sound judgment should extend to everything we do as Soldiers. We have a duty to represent the self-discipline and professionalism of an American Soldier all the time, not just when wearing our uniform. Be responsible and accountable in the use of alcohol. We can prevent acts of inappropriate behavior by looking out for one another – leader to led, peer to peer, friend to friend, Soldier to Soldier and family to family.

Prevent cold weather injuries. The Division has done a great job preventing cold weather injuries. In this weather, "routine" activities like driving, hiking and other outdoor activities take on additional risk. We must remain vigilant and ensure our risk management practices are in place.

We have an opportunity unlike any other in the United States Army. The US-ROK Alliance starts with those directly in our formation! The Korean Augmentation to the United States Army (KATUSA) program is critical to the readiness of the 2nd Infantry Division. Let us take pride in this fact and continue to build upon this incredible partnership. I have received numerous reports of great unit level activities sponsored by the KATUSAs - what an incredible way to explore Korea and get a first-hand experience of the culture. I encourage you to take advantage of these opportunities.

Enjoy the weekend – be safe!

Second to None!

EDWARD C. CARDON
Major General, USA
Commanding

Fight Tonight!



Sgt. Peter Adams, a member of Headquarters Support Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, acts out a scene during a production of "A Christmas Carol" at the Camp Humphreys Community Theater Dec. 23 at Camp Humphreys. (Photos by Sgt. Daniel Carroll, 602nd ASB)

SOLDIERS, FAMILIES STEAL THE SHOW



STORY BY
STAFF SGT VINCENT ABRIL
2ND CAB PUBLIC AFFAIRS

Volunteers hurry backstage making last minute adjustments to costumes and props just before the curtain is about to go up. The auditorium lights go dim; the roar of the anxious spectators calms to a whisper in sincere anticipation. Then, the curtains rise and another Camp Humphreys Community Theater production is on its way to entertain a packed house of community members.

One year ago the community theater was a mere idea existing between two 2nd Combat Aviation Brigade spouses. Christi Mancha, the theater's production director, and Lesa Craig, the artistic director, became motivated to inspire the community through performing arts. It was a way for them to involve their home-schooled children in different activities while strengthening bonds in their local community.

"We are inspired by the fact that being able to express yourself creatively through performing arts is a way that helps people feel better about themselves and feel like they're participating in their community. We want to make Camp Humphreys a wonderful place to work and live," said Mancha.

Sgt. Peter B. Adams of Kenai, Alaska, and member of Headquarters Support Company, 602nd Aviation Support Battalion, 2nd CAB, was inspired and now volunteers with his wife and children.

"I've always loved theater and my wife has always loved dance," said Adams. "We owned a dance studio for a few years in Monroe, Washington. Arts have just been a huge part of our Family and this is a great Family activity. It really brings you together and there is a sense of accomplish-

ment at the end of each show, where you're high-fiving your kids and everyone is so excited."

While most of the cast and crew consist of 2nd CAB Soldiers and Family members, the theater has volunteers from across Camp Humphreys and the peninsula. As a team, they have already performed three shows since the theater's opening.

The first show featured a musical called "Honk," followed by "The Legend of Robin Hood" and the most recent production, "A Christmas Carol." The performances have garnered the cast and crew Army-wide accolades at the 2012 U.S. Army Festival of the Arts award ceremony.

Adams is confident that all who come to see their productions will not be let down.

"It just keeps getting better and better with every show," he said. "We continue to hear it out there – how great the shows are. Go ask anyone who went to see them and they will tell you how awesome the shows are. The next one is going to be even better."

Volunteers of the theater are currently in discussion on what the next big show will be. In the meantime community members are encouraged to start thinking about volunteering. There are many positions to be filled.

"We absolutely invite and encourage anyone that has an interest in theater to come out. We are always looking for newcomers who would even be willing to step in leadership roles such as the role of director," said Mancha.

For more information on the theater, visit them on Facebook at Camp Humphreys Community Theatre, or call Mancha at 010-6818-1223.



Adams poses with his son, Joshua, during a production of "A Christmas Carol" at the Camp Humphreys Community Theater Dec. 23.



Soldiers with Company C, 302nd Brigade Support Battalion, assist doctors and nurses at the St. Mary's Hospital with a patient in the trauma room during the first rotation of the Progressive, Rotational Integrated, Developmental and Educational program. The Soldiers participated in a four-week rotation at the hospital.

302ND BSB BRINGS *PRIDE* TO ST. MARY'S HOSPITAL

STORY BY
STAFF SGT KYLE J. RICHARDSON
1ST ABCT PUBLIC AFFAIRS

PHOTOS COURTESY OF
302ND BSB

At any time of the day, peace within the sterile, white room may be interrupted by the double doors crashing open and an injured person on a squeaky gurney rushed, being into a curtained-off section of the emergency room.

Here at St. Mary's Hospital Korean doctors give quick orders and point to emergency tools and equipment they need in a flash. Nurses bustle to the aid of the doctors. In the midst of potential

chaos, several U.S. and Korean Augmentation to the U.S. Army medical specialists stand alongside the Korean doctors receiving some real-world training.

In December these "Cougars" medical specialists with Company C, 302nd Brigade Support Battalion, 1st Armored Brigade Combat Team, 2nd Infantry Division, participated in a trial partnership program with the medical staff at St. Mary's Hospital located in Uijeongbu.

The Cougars leadership initiated the Progressive, Rotational Integrated, Developmental and Educational program to allow their medical specialists the opportunity to receive real-world training outside of a classroom. After speaking with the head doctor at St. Mary's, the PRIDE program was

ready for the emergency room.

"I never dreamed when I first approached the hospital about this program that it would be this good from the start and that they would be so receptive," said Lt. Col. Adam Gamez, the 302d BSB battalion commander. "It's important that Soldiers know we can't take care of every medical issue on post. Our commitment to assist the hospital that supports us in the event of our more serious medical needs bridges the gap between our Camp Casey and Hovey communities and the hospital that supports us all."

Many medical specialists who are assigned to units throughout Korea will not have a chance to work in an actual hospital or treatment facility. The partnership with St. Mary's provides these Soldiers the chance to experience trauma as it happens.

"Before this program started, we would train at the TMC or through sergeant's time training," said Cpl. Jong-ho Lee, a Los Angeles-native, and a medical specialist for Co. C. "But none of our training reached the level of experience we gained from working at St. Mary's Hospital. I was shocked when they let us assist with an appendectomy. I may never get another chance to do another surgery."

Still in its early stages, the PRIDE program began the last week of November with four Soldiers working at the hospital for four weeks – two

weeks in the trauma center and two weeks in the emergency room. Gamez hopes to incorporate more medical specialists from other 2nd Infantry Division units over time.

Along with real-world training, PRIDE provides an opportunity for Soldiers to gain experiences in the sometimes forgotten, but very significant areas of the medical field – emotions and grieving.

"This was my first real-world medical experience," said Pfc. Jessica Hoffman, a Spencerville, Ohio, native, and a medical specialist with Co. C. "This is the first time that I've seen blood, trauma and deformity. This has opened up my eyes and it's helped me to get past those mental barriers."

"A patient had died from his wounds while we were here, but we got to help the doctors try to save his life," she said. "I cried when he passed away. That was hard to deal with and something you can't learn from a power point."

The four-man team quickly learned to adapt to the real-world situations and leaned on each other for support when needed.

At the end of the four weeks, the Soldiers learned multiple lessons in medical procedures. As the first cycle of the PRIDE program comes to an end, the curtains are drawn back, the blood is washed away, and the gloves are thrown out, they can return back to their unit with valuable lessons to pass on to other medical specialists.



Soldiers with Company C, 302nd Brigade Support Battalion, assist Korean doctors and nurses during a surgery at St. Mary's Hospital during the first rotation of the Progressive, Rotational Integrated, Developmental, Educational program. The Soldiers did a four-week rotation, gaining a real-world experience and participating in case studies.

Pfc. Jessica Hoffman, a Spencerville, Ohio native, and a medical specialist with Company C, 302nd Brigade Support Battalion, 1st Armored Brigade Combat Team, looks over a patient during a surgery while participating in the first rotation of the Progressive, Rotational Integrated, Developmental and Educational program. During the PRIDE program, Soldiers worked alongside with Korean doctors and nurses at the St. Mary's Hospital in Uijeongbu.



2ID SOLDIERS SEE STARS

ARMY CHIEF OF STAFF VISITS THE TRENCHES



STORY BY
MASTER SGT **REEBA CRITSER**
2ID PUBLIC AFFAIRS

The 2nd Infantry Division Soldiers often see stars, but few have seen the bright stars of the Army's top general in person.

A towering figure, all eyes were on locked on Gen. Raymond T. Odierno, the 38th Army chief of staff, as he moved his way through the different displays showcasing the division's newly acquired equipment during his visit to Camps Casey and Hovey Jan. 11.

"I thought his visit boosted the morale for the Soldiers and it gave everybody an excellent opportunity to showcase their technical and tactical skills," said 1st Lt. Joshua Sumpter, the Battery B executive officer, 6th Battalion, 37th Field Artillery, 210th Fires Brigade.

Odierno made an effort to spend one-on-one time with the Soldiers he met in the division. He listened as the 2nd Inf. Div. Soldiers talked about their jobs and their training on the peninsula.

"He seemed genuinely interested in everything I had to say and was very attentive," said Sumpter, a native of Fort Leonard Wood, Mo.

Odierno told Soldiers that a Korea assignment is not only a cultural experience, but gives the Soldier a stronger military experience as well.

"You have the opportunity to work with one of our closest allies on a daily basis," he said. "You have the opportunity to operationally work through missions that I think is a greater opportunity than anywhere else we have in our Army. So really, in my mind, this is a great opportunity for Soldiers to improve their own capabilities with their own technical and tactical mission that they have."

Odierno addressed the future of the Army is taking and provided his reassurances to the Soldiers.

"We're looking into what the characteristic and capabilities of our Army need to be for the future," he said. "As we do this we keep in mind the impact it has on Soldiers and Families. That's very important on both myself and the secretary of the Army [John McHugh] to insure we put the policies in place so our Soldiers and Families can continue to perform admirably as they continue to serve. And if they choose not to serve, we'll provide them that great opportunity as they leave the Army to be successful."

Splitting their movements to make the most use of their time, Odierno's wife, Linda, met with the spouses of the 2nd Inf. Div. Soldiers and listened to their brief on the command sponsorship program and ideas on how to improve life for Families in Korea.

"It was nice that someone that high up would take time out of her busy schedule and see what our opinion is," said Melissa Jacobs, wife of Command Sgt. Maj. Joseph Jacobs, 1st Battalion, 15th Field Artillery Regiment, 1st Armored Brigade Combat Team, and a Creston, Ohio, native. "She really seemed to be concerned on how we felt."

After almost five years in the Army, Spc. Leah Weiss, a CBRN specialist with 4th Chemical Company, 1st Brigade Special Troops Battalion, 1st ABCT, had never met anyone with that many stars on his chest, until now. Originally from Bethlehem, Pa., Weiss said of her five-minute conversation with Odierno that he made her feel at ease with small talk about being stationed in Korea.

Odierno's amiable personality left a strong mark on those he met in the 2nd Inf. Div. And even hours after Odierno's flight left the Korean peninsula, Weiss said "We're still talking about him."

Odierno's two-day visit to the Korean peninsula allowed the Army's top general to strategize on President Barack Obama's policy to rebalance the U.S. focus to the Asia-Pacific region.

"The [Republic of Korea-U.S.] Alliance has been going on now for over 60 years and the strong relationship with Republic of Korea continues to be and will always be a very important relationship for us," said Odierno at a press conference. "As we shift our strategy in the Pacific, Korea clearly is an important part of that shift."

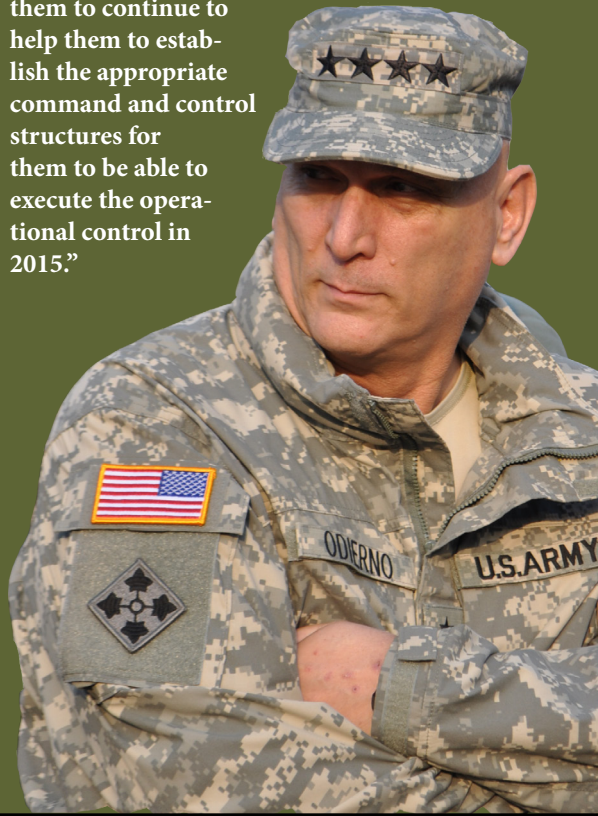
Odierno said requests for expanding U.S. military presence on the peninsula with additional Apache and infantry battalions is still being discussed in Washington, D.C.

"We discussed the requirement, potentially, for additional support here in Korea," Odierno said at a briefing at Camp Casey in South Korea. "We expect a decision on whether we will provide additional capabilities here very shortly."

In addition to visiting the division Soldiers, Odierno also met with his counterpart in the ROK Army, Gen. Cho Jung Hwan and Gen. James Thurman, commander of U.S. Forces Korea. They discussed how to further build on their military relationship through a continued commitment to multi-lateral training exercises. Odierno hopes through the continued combined exercises, the ROK Army will be able to hold command and

control of future exercises and operations.

"I am very confident the Republic of Korea and their army is more than capable of taking over responsibility for their security," said Odierno. "And with them being in the lead will help us to enable them to continue to help them to establish the appropriate command and control structures for them to be able to execute the operational control in 2015."



1st Lt. Joshua Sumpter, executive officer for Battery B, 6th Battalion, 37th Field Artillery, 210th Fires Brigade provides Odierno with details on the inner workings of his unit. (Pfc. Kim Han-byool, 210th FIB PAO)



Linda Odierno, wife of Gen. Raymond Odierno, meets with the Families of Warrior Division Soldiers during their recent trip to the peninsula. (Photo by Pak Chin-u, 2ID PAO)



Honor guards conduct a ceremony at the War Memorial of Korea, in Yongsan. Seoul holds many ceremonies and exhibitions on a regular basis. (Photo by Edward N. Johnson, IMCOM-Korea PAO).



ROCKIN' THE ROK

TALES FROM LEISURE'S FRONT LINES

ON THE KOREAN PENINSULA



STORY BY
PFC **KIM HAN-BYEOL**
210TH FIB PUBLIC AFFAIRS

How do you spend your weekends? Sitting in your room and playing computer games? If you're looking for something a little more exciting, but don't know how to take that first step, read on. Seoul is closer than you think – and there's plenty to do.

These opportunities are all within the greater Seoul metropolitan area.

Yeouido Hangang Park. Making it here is easy if you take a train. Many festivals, like the cherry blossom and international fireworks festivals, take place here. Nature is preserved well, so it's a great place for an outing. You can ride on a bike lane, swim

and go inline skating. And, on weekend evenings, there are often film screenings and live music.

The park is near Yeouinaru station or Yeouido station, both on line number 5 (purple line).

The cost is \$3 for a one-hour bike rental, then 25 cents for each additional 15-minute segment. You'll need an identification card to secure the bicycle, but don't use your military ID! Keep it on you at all times. A driver's license will work.

There is no website in English. For Hangul, check http://hangang.seoul.go.kr/park_yoido/index.html.

Hours are 8 a.m. – 9 p.m.; the park often closes early at 8 p.m. during winter.

Bukchon Hanok Village. Bukchon means North Village, and a Hanok is a traditional Korean-style house. Bukchon is a traditional residential area where aristocrats lived during Chosun dynasty. There are a lot of historical sites and cultural assets. Also, there are many galleries, interesting food for sale, and characteristic cafes. If you want to look deeper, you can stop by the Bukchon Culture Center during your trip. The culture center provides traditional culture courses on subjects like folk painting, traditional crafts and Korean classical music. You can also find various events and programs, including film screenings, concerts, and exhibitions.

The cultural center is near exit 3, Anguk

station, on train line 3 (orange line).

The website is <http://bukchon.seoul.go.kr/index.jsp> (select the "ENG" button at top right for English).

Programs run from 9:30 a.m. – 9:30 p.m. at varying times.

Insa-dong. This market is easy to find, and it is a great place to experience Korean food and culture because the roads are full of shops selling drawings, pottery, rice cakes and refreshments.

Insa-dong is near Jongno 3(sam)-ga station, exit 1; or Jonggak station, exit 3; both stations are on train line 1 (dark blue line).

Hours vary by vendor and establishment.

Namsan. This is in the city center. You can see historical places like Seoul castle, beacon mounds, bronze statues and monuments. If you want to see the whole of Seoul, you can visit the N Seoul Tower and enjoy the panoramic view from the top. Namsan is where you can enjoy the modernized benefits of the city – like the great restaurants.

The best stop for Namsan is Chungmuro station, a transfer station on both lines 3 (orange line) and 4 (sky blue line).

For the observatory, \$8 for adults, \$6.50 for the elderly and teenagers, and \$4.50 for children.

The website is www.nseoultower.com/index.asp (select the English button at top right).

For the observatory, 10 a.m. – 11 p.m. Monday-Thursday and Sundays; 10 a.m. – midnight on Fridays and Saturdays.

Coex Mall. This is the largest underground shopping mall in Asia. There are many exhibitions, conventions and performances going on here. You can enjoy a movie at the 16-screen multiplex and see the aquatic life at the Coex Aquarium. There are a lot of stores, so you can buy everything from clothes to electronics to gifts. Also, visit the Kimchi Field Museum to get to know more about that ubiquitous Korean dish.

Coex is at exit number 5 or 6, Samsong station, line number 2 (green line).

The website is www.coex.co.kr/ (select the English button at top right).

Hours vary by shop, but most are open 10:30 a.m. – 10 p.m.

And, it's all a short train ride away.

SPECIAL TO THE INDIANHEAD: SPOUSES' COLUMN

Setting Goals

STORY BY
JESSAI CANADAY
WARRIOR COUNTRY SPOUSE

Do you remember the last time someone told you a goal they were pursuing? When someone does this it is pronounced and attention drawing. They are verbally taking a step. It can be an unplanned moment in the middle of a thought that begins the goal setting. It is a declaration about a change they want to make to their personal behavior. Telling other people about your goals increases your motivation and accountability toward it. Also it will help you determine the type of support network you have. After expressing a desire to quit smoking publicly, allies emerge. Attend a smoking cessation class and you will be encouraged to express and find support.

Think about the positive things that will happen if you

accomplish your goal. This is not a call to fantasize excessively about your goal. Instead, keep a realistic twist on the benefits. If you get a good grades this year it will help your GPA, but good grades alone will not get you into the college of your choice this fall.

Maintaining excellent grades will shape the discipline needed to survive in a college atmosphere. Once you arrive, you will need to commit, refine, adapt and further your skills to flourish.

Reward yourself for making progress in your goal. Keep in mind that the rewards should be geared toward further progress. If the big goal is to save more money this year and at the end of the month you accomplish your mini-goal a reward is in order. Reward yourself, however, in a way that is not spending focused. Set special time aside to engage in your favorite free amusement. These

small rewards help push us on to major successes.

Finally don't forget to record your progress. Large long-term goals can take five or more years to accomplish.

Keeping a journal, graphing or developing a drawing that plots your progress during the accomplishment of short-term goals and mid-term goals displays progress over an extended period of time. Envision career progression, not the outcome. Conceptualize the tasks that need to be mastered at each step, the time taken to navigate them, the personal development that challenges our complacent comfortable character. Then log them, add them to your testimony, further build your resume as they are achieved.

Tracking and visualizing these growths and accomplishments is good for self-esteem, realization and advocacy.

DIRTY JOBS

**STORY AND PHOTO BY
STAFF SGT VINCENT ABRIL
2ND CAB PUBLIC AFFAIRS**

While most Soldiers are getting their morning workout, there is another group of Soldiers who begin their work day at the garrison post office. It is a well known fact that mail is a key ingredient to unit morale and welfare and this small group of Soldiers make that possible.

Spc. Lee Wong Thao, a native of Sacramento, Calif., and a member of Headquarters and Headquarters Company, 2nd Combat Aviation Brigade, is a member of the mailroom team and knows the work is hard, yet satisfying. "We work from 6 a.m. to 6 p.m., six days a week, and during the holidays we hit it hard," said Thao. "This job is very important because it makes people happy and keeps people sane by staying in contact with loved ones. I enjoy seeing the smile on people's faces when they receive mail."

A regular work day for these Soldiers consists of sorting the mail twice a day,

accounting for it, and processing and distributing it.

"It's harder than you think. You have a lot of responsibility with people's mail and there is a lot of accountability to it. There are a lot of federal offences and you could go to jail just for mishandling, taking mail or even giving mail to the wrong person," Thao explained.

The team works diligently ensuring mail reaches every Soldier and Family member but the mail room does kindly ask for your assistance so they may serve you better.

"Please pick your mail up on time," said Thao. "We want everybody to get their mail and we don't want to send anybody's mail back so it is important. If mail is not claimed within 30 days, we are required to return it to the original sender."

Thao also suggests that everybody ensure their box numbers are on every piece of correspondence they receive. This will save his team the trouble of tracking you down or possibly sending your mail back to the sender.



Special Duty - Mail Clerk

My Korea, My Life

A brief insight into Soldiers, Civilians and Family members in Warrior Country

My name: Spc. Michael D. Brown of Cheyenne, Wyo., with Headquarters and Headquarters Company, 1st Armored Brigade Combat Team.

My job: I work at the brigade S1 office as a human resource specialist.

Why I joined the army: A promise to my grandfather before he passed away. He wanted me to do something constructive with my life.

What I like about Korea: What I like best about Korea is the NCO leadership. We have strong NCO leadership in my section.

Who inspires me most: My children inspire me. I want to be the best role model for them.

Where I see myself in five years: I see myself as a staff sergeant, being a good leader and mentor for young Soldiers.

It's the zombie apocalypse and you must lead a five-man team. Survival is your only mission but you must pick the other four members of your squad from your current unit: I would pick Private Troillette and Private First Class Combs. They are great battle buddies who I know will be there for me. Staff Sergeant Martinez, he is a great leader. Specialist Hackett, he is a fun person to have around and knows how to lighten the mood.

In a fight between Batman and Superman, I'm putting my money on: I think Batman would win because he has better morals, and is a stronger and smarter guy.

If a skilled photographer's pictures are worth 1,000 words, mine are worth: If the picture represented a moment in my life then I would say maybe a million words.

The worst band in history is: I would have to say Skrillex, because he ruins most of the music he tries to remake.

The world is ending in one week: I would pray for forgiveness and spend every last minute with my wife and kids and try to have fun.

Would you like to say hello to anyone? I would like to send a shout out to Sergeant First Class Dixon in brigade S1.

Do you have a story to tell?

If you would like to share your experiences in Korea with the division, please contact your public affairs office.



WARRIOR NEWS BRIEFS



Suicide hotlines

Anyone in Warrior Country considering suicide or trying to help someone who may be suicidal can call any of these numbers, 24 hours a day, seven days a week.

Area I: 010-3762-0457

Area II: 737-4673 or 737-0508

Area III: 753-7657 or 753-8111

Hangul Facebook page

As we strive to embody the Katchi Kapshida mindset, the 2nd Infantry Division wants to share those stories with our Korean allies. We are proud to announce our new Hangul Facebook page. Please visit and share with friends and family at