

Indianhead

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For the 2nd Infantry Division Community

Oct. 29, 2004

Campaign maps out HT&P battle plan

Story by
Pfc. Giancarlo Casem
Indianhead staff

This is the last story in a three-part series on human trafficking and prostitution.

The 2nd Infantry Division's human trafficking and prostitution campaign plan maps out a clear objective: to eradicate Soldier participation in activities that may encourage human trafficking.

According to the Provost Marshal's Office, the campaign plan has two main objectives. The first objective is to promote a zero-tolerance culture. The second, and most important objective, is to get rid of Soldier participation in activities that directly or indirectly enable human trafficking and prostitution in the division's area of operations.

"We are trying to create an organizational culture where participation in activities like prostitution that contribute to human trafficking is unacceptable," said Lt. Col. Scott Rainey, 2nd Inf. Div. Equal Opportunity officer.

According to the PMO, the campaign plan is divided into seven lines of operations. The first line of operation calls for further development of healthy alternatives. This will be accomplished by expanding and upgrading Morale, Welfare and Recreation programs. MWR hosts tours for Soldiers to locations like the Joint Security Area in Panmunjon.

The second line of operation is to set and enforce the standards. Leaders will be taught the standards and enforce them upon their Soldiers. The third line of operation is closely related to



Courtesy photo

the second, to educate and train. Upon entering into the Warrior Division, Soldiers new to the Army are briefed about human trafficking and prostitution. Seasoned Soldiers will also get a refresher course during the Eighth Army's New Horizon's day and other briefings.

"We want leaders to enforce standards and educate their Soldiers," said Col. Ross Ridge, 2nd Inf. Div. Artillery commander. "They have to be able to understand the problem and spot indicators."

Law enforcement initiatives make up the fourth line of operation. Military Police work alongside the Korean National Police to conduct patrols and investigations.

"We work very closely with the KNPs, they provide us with valuable information," said Maj. Kenneth Tauke, 2nd Inf. Div. Deputy Provost Marshal.

The fifth line is community relations initiatives. Warrior Division commanders are charged with developing and maintaining healthy and prosperous relationships with the local community outside their camps. This is achieved through programs such as the Korean-American Friendship Association (KAFA) and other good neighbor programs.

"We have a very active Korean-American Friendship Association that meets regularly to discuss areas of concern to both of us," Ridge said. "We also sit down with the Uijeongbu police officials and city officials to discuss issues of mutual interest to us both or invite them to appreciation dinners and thank them for their support of our Soldiers. We work hard to be a good neighbor."

The sixth and seventh lines of operations are public affairs

and legal initiatives. In the public affairs realm, command information channels spread the word about human trafficking and prostitution. In the legal realm, the Staff Judge Advocate works with Korean prosecutors by sharing information that may be used in prosecutions by either office. The SJA is also responsible for prosecuting Soldiers involved in such acts.

According to the 2nd Inf. Div. SJA, in the past two years, there have been five Soldiers who have been charged under the Uniform Code of Military Justice for activities directly associated with prostitution.

Over that same time span, there have been 400 UCMJ violations by Soldiers based on related offenses, such as visiting off-limits areas and curfew violations.

"To the extent that 2ID Soldiers participate in human

trafficking and prostitution, it degrades our standing as 'the good guys,'" said Lt. Col. Thomas Cook, 2nd Inf. Div. SJA. "By participating in human trafficking and prostitution, Soldiers are helping to create a market for this criminal enterprise."

An important fact that most Soldiers are unaware of is "buying out" contracts is illegal, said Rainey. United States Forces Korea Regulation 27-5 criminalizes the practice of Soldiers "buying out" the contracts of club employees or buying the "days off."

"While Soldiers may feel they are doing a service by getting one girl out of servitude, they are merely padding the pockets of those putting these girls into servitude and encouraging these 'managers' to continue

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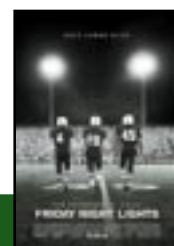
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**Former 2ID
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Warrior 66 ... See the future ... Be the future

Brig. Gen. Joseph Martz
2nd Infantry Division ADC (M)

A few years back, several Red Chinese Military Officers wrote a book titled *Unrestricted Warfare*. They made a comment on our Army's superb ability to transform and improve before and during armed conflict.

"The supercilious Americans often engage in actions which cause them to reflect on their mistakes. At the same time it also enables the Americans to time and again reap considerable benefits."

Ever since a book titled *America's First Battles* was published about twenty years ago, our Army sought a fresh approach to be trained and ready for our next fight. We developed our tremendous Combat Training Centers (CTCs), so we could have our next "first battle" prior to actual combat. Our CTCs introduced the After Action Review to ensure we improved by

understanding what went wrong and how we could fix that tactic, technique or procedure that kept us from being well-trained in execution.

Right now, we are a nation at war in several locations in the Global War against terror. Led by General Schoomaker, we are fighting and transforming because we have a glimpse of the future and lessons learned from deployments to understand the direction it must follow. The vision is for our Army to become a Joint and Expeditionary Army with campaign capabilities. To fully achieve this vision we must transform now.

Army transformation will follow the Army Campaign Plan. The Army Campaign Plan provides direction for detailed planning, preparation and execution of the full range of tasks necessary to provide relevant and ready landpower to the nation while

maintaining the quality of the all-volunteer force. The Army is pursuing the most comprehensive transformation of its forces since the early years of World War II, but the Soldier remains the centerpiece of our combat systems and formations."

Here in Korea, Army transformation will occur as 1st Bde. transforms into the 1st BCT.

The most important action each Warrior Division Soldier and leader can do as we move towards transformation here in Korea is to live our Warrior Ethos everyday.

Second to None!



Letters to the Editor

2nd Infantry Division
Public Affairs Office

The 2nd Infantry Division Public Affairs Office and the *Indianhead* are starting a new section called 'Letters to the Editor.'

We would like to hear opinions from Soldiers throughout Warrior Country on stories run in the *Indianhead* or other issues which concern the division.

This is also an opportunity to ask questions that may be of interest to the members of the division and Area I.

To submit a letter to the editor, email 2idpao@korea.army.mil, or bring it by the 2nd Infantry Division Public Affairs Office in Building T-910 on Camp Red Cloud.

As a rule, we will not publish the name of the person who submits the letter, but we do require a name be submitted with each email.

Spc. Andrew Batiste
Div. Chem.

"It is a day to celebrate all Soldiers who served our country and those that lost their lives. It is a day of remembrance."



Pfc. Karl Poppe
61st Maint. Co.

"I'm very proud of what the people before me who have served have done to help protect the country."



Sgt. 1st Class Jimmy Bennet
HHC 19th TSC

"It is a time to honor all of our fallen comrades and carry on the legacy they left behind."



2nd Lt. Joshua Fanning
1st Bn., 38th FA

"It means honoring those who paved the way to make the Army what it is today."



Voice of the Warrior: Camp Red

What does Veterans Day mean to you?



Spc. Shawn McClary
1st Bn., 38th FA

"It pays tribute to all Soldiers who fall in any war. They contributed blood, sweat and tears for our freedom."



Staff Sgt. Lee Christopher
552 Sig.

"The honoring of past and present Soldiers who have either given their life or dedicated their time to the freedom we have now."

Maj. Terrence Walsh
HHC Area 1

"The sacrifice of those who have gone before us."



Sgt. Thomas Brandt
122nd Sig. Bn.

"It is a time to render respect to past Soldiers, especially for family members."



Staff Sgt. Ricky McCant
HHD USAG

"To honor those who have gone before me, those who have gone to war and appreciate those who have paid the ultimate sacrifice."



Staff Sgt. Anthony Hobbs
602nd ASB

"It is a celebration in which we all get together to commemorate Soldiers in the past who have fallen."



Pfc. Michael Malitz
HHC 122nd Sig. Bn.

"It is a day for us to sit back and reflect on the sacrifices of those who went before us."



Pvt. Steven Parker
122nd Sig. Bn.

"It is a day to support all of the veterans of wars before us."



Pvt. David Bishop
122nd Sig. Bn.

"Both my grandparents were in the Korean War. One was a Soldier, the other a Marine. When Veterans day comes around it is special to me."



Sgt. Ariel Perez
50th Eng. Co.

"It is the hardship that people endured for a greater cause."



Indianhead

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2ID brigade launches 'Operation Bulldog' In Ramadi

Story and photo by Sgt.
1st Class Brian Sutton
Army News Service

RAMADI, Iraq (Army News Service, Oct. 6, 2004) – Soldiers who deployed to Iraq from Korea a month ago began a sweeping operation in Ar-Ramadi Sept. 30 to deny anti-coalition forces safe haven, round up suspected anti-coalition leaders, and find weapons caches.

This is the third brigade-level operation in as many weeks, officials said, with the goal of increasing the security environment for the residents of Ar-Ramadi by keeping enemy forces on the run.

'Not another Fallujah'

"We will not abandon Iraqi cities and see them suffer the same fate as Fallujah," said Warrant Officer Christopher B. Wallitsch, targeting officer for the 2nd Brigade Combat Team, 2nd Infantry Division. "We are determined to maintain our foothold in this city and drive out those who choose to disrupt peace and stability here."

This operation closely follows Operation Longhorn, last week's operation that officials said was successful in routing insurgents and criminal fighters in the city.

This operation, named Operation Bulldog, netted 75 anti-coalition fighters, as well as scores of ammunition, weapons systems, maps, and communications equipment.

"This brigade combat team will remain relentless in its pursuit of fighters in this city who are targeting the peaceful residents to instill fear within them," Wallitsch said. "We will not stand for that and we are taking every measure necessary to deny those fighters a safe haven to operate."

Marines, Iraqis fighting joint effort

The units fighting on the ground continue to work with Iraqi and multinational forces to bring peace to Ramadi, officials said.

"We can't do it alone," Wallitsch said. "It will take a consistent, coordinated effort between all friendly forces in



Army Sgt. Dustin Peregrin of 1st Battalion, 9th Infantry Regiment and Marine Sgt. Christopher Gimello of 4th Civil Affairs Group, log in the serial number from a captured AK-47 assault rifle in Ramadi, Iraq Sept. 30 during Operation Bulldog.

the area to improve the safety and security of Ramadi."

The 2nd Brigade Combat team, although an Army unit, is assigned to the 1st Marine Division at Camp Blue Diamond, Iraq, and is augmented with a

Marine infantry battalion.

2BCT being restationed

The 2nd BCT deployed from the Republic of Korea in August to replace 1st Infantry Division, which was operating in the Ramadi area for one year.

The Army recently announced the 2nd BCT will not return to its home station of Korea after its tour in Iraq is finished in one year. Instead, the brigade will be restationed at Fort Carson, Colo.

Warrior chef named best at craft in U.S. Forces Korea

Story by
Pfc. JeNell Mattair
Indianhead staff

In two months, Sgt. Scott Wharton, 6th Battalion, 37th Field Artillery, will have completed ten years in the Army.

He will leave Korea and travel back home to Lake Pleasant, N.Y. to pursue a dream of owning his own restaurant.

He will take with him a series of awards including the most recent, cook of the quarter for the Korean peninsula.

"It feels great," Wharton said. "It is the highest (commendation) I've received."

Wharton competed against one other Soldier for the prestigious acclamation.

In order to prepare for the board Wharton said he had to do a lot of studying.

"You can't cram," he said. "You have to be mentally and physically prepared. You have to know the answers. Even if you aren't sure, you have to be confident the answers you are giving the board are correct."

Wharton has been awarded other reputable citations during his dedicated Army career.

Even he had to start somewhere. He recalls putting an egg in the microwave when he was young.

When he pulled it out, it blew up in his face.

He worked as a short order cook in a



File photo

restaurant as a teen before joining the Army.

"There is more teamwork and camaraderie in the Army than on the outside," he said.

Even so, Wharton looks forward to completing his commitment to the Army and starting school to follow a career in

hotel restaurant management.

"As NCOs we are expected to lead from the front," said Master Sgt. Gary Fields, HHB DIVARTY. "Sergeant Wharton does that daily."

If any Soldier is looking to compete for and win this award he must commit to daily tasks, listen to noncommis-

sioned officers and take advantage of sergeant's time training on Thursdays, Fields said.

"Sergeant Wharton is definitely an example to be followed by NCOs and Soldiers alike," Fields said. "His dedication to the mission is 'Second to None.'"

Sgt. Scott Wharton, 5th Bn., 37th FA, works diligently to prepare Salisbury steak and biscuits during the "Second to None" Culinary Competition in May. Wharton was a runner-up in that competition. He received a 50 dollar savings bond, an Army Achievement medal and coins from the Commanding General, Division Command Sergeant Major and Food Service Sergeant Major. Wharton plans on pursuing a career in hotel and restaurant management upon completion of his duty.

UAVs, wave of the future for military

Story by
Spc. Chris Stephens
Indianhead editor

Today's military is working on ways to better equip Soldiers with the best technology on the battlefield.

The 102nd Military Intelligence Battalion is helping pave the way by testing their Unmanned Aerial Vehicles.

"The UAVs help the division commander and brigade commanders to make timely decisions on the battlefield and also provide Battle Damage Assessment to the field artillery commander" said 1st Lt. Dan Nadon-Rzasa, platoon leader. "It allows us to gather the intelligence needed from a safe distance away."

One of the main features of the UAV is a mounted camera. The camera shoots both video and still photos that give military leaders a clear view of the battlefield and allows them to formulate a plan.

"With this technology, we can take photos of the enemy's classified information," said Pfc. Jonathon Potter, tactical UAV operator. "We can do that without having to send someone in there to try and steal it. We know what they're doing just by taking a photo."

Potter said that although it looks like a video game when controlling the UAV from the command center, it's really much more than that.

"In a video game you can crash your plane and a few seconds later, a new screen will come up with another plane for you to control," he said. "This job isn't like that. We're using real military equipment, and it's important that while you're controlling the vehicle, you give your total concentration toward it. Because it's not a game up there; it's real life."

But, before the UAV is even ready to be put in the air, there are many tasks that have to be com-



Spc. Kelsey Fort

The UAV nicknamed "Geronimo" takes off the launch pad Oct. 21 at Camp Mobile. The 102nd MI Bn., regularly tests their vehicles and their Soldiers to ensure they are up to performance standards.

pleted.

Many of the tasks are the responsibility of the crew chief.

"The crew chief is responsible for the UAV when it's on the ground," said Sgt. Jonathan Matlack, crew chief. "I ensure that maintenance is up-to-date on the vehicle and that it gets in the air in a safe manner. However, my biggest responsibility is to ensure that safety is always practiced on the flight-line."

When the unit has been cleared for airspace and all pre-flight inspections have been completed, the crew chief gives the count down and sends the UAV into the air.

"Once the crew chief presses the button and puts the vehicle in the air, it becomes my bird," Potter said. "I control it the whole

time it's in the air."

Potter said that during the flight, he always has to think one step ahead of himself and keep a cool head.

"It does you no good to get tense while you're controlling the bird, because that's when the problems start happening," he said. The main thing to do is relax, complete your mission and enjoy the flight."

After completing the mission, the bird lands and immediately becomes the responsibility of the crew chief.

"Just because the mission is over doesn't mean that our job is over," Matlack said. "The bird is to be taken care of at all times whether on the ground or in the air."



Spc. Chris Stephens

The UAV takes less than a second to get off the launch pad at takeoff. "It's pretty quick," said Pfc. Jonathan Potter.

TRAFFICKING,

from page 1

this deceitful practice," Cook said.

Although the campaign plan is only in its early stages, it has already proven useful and vital, according to Rainey.

"We are still very early in the execution phase of the campaign plan," Rainey said. "That said, some initial indicators, like volume of calls to the Human Trafficking and Prostitution Hotline, indicate a positive response to these early efforts."

The Provost Marshall's Office has indicated that they have taken and followed leads from the hotline but would not comment on any specifics due to the sensitivity of the on-going cases, Tauke said.

Working with local authorities has been beneficial for DIVARTY, Ridge said.

"We recently had a KAFA working group meeting that focused on the issue of human trafficking and prostitution," he said. "The intent of that meeting was to identify issues that we have regarding entertainment clubs that our Soldiers visit and what we could do to address those concerns."

"It also allowed me to bring the leadership of DIVARTY, Aviation Brigade, the Division and Korea Region Office installation staffs together to focus on concerns that I have regarding the safety of Camp Stanley Soldiers," he said.

Cook stressed that Soldiers should be aware of their actions.



Courtesy photo

Buying services from a prostitute is illegal for all Soldiers stationed on the Korean peninsula. Engaging in these acts also puts Soldiers lives and careers in jeopardy.

"Soldiers who choose to engage in this practice, put their own lives and careers in jeopardy, while also putting into question the Army's

good name and reputation," Cook said. "(It's) an insidious practice that dehumanizes and enslaves women around the globe."

News Briefs

Bad e-mail

The RCERT has reported an increase in users receiving an e-mail falsely claiming to be from Citibank requesting account information.

Users who click on any portion of the message risk the possibility of being connected to a hostile site. RCERT stated in the TNOSC meeting that this e-mail could not be blocked. If you receive this e-mail, do not respond to it and contact your IMO/IA personnel.

CID

CID is offering a \$1,000 reward for information leading to the successful apprehension and prosecution of the person(s) responsible for stealing six U.S. Government Compaq desktop computers and nine Hansol flat screen computer monitors from building 3752 at Camp Hovey. The crime happened between Aug. 1 and Sept. 13.

Anyone with information pertaining to the whereabouts of these items and/or person(s) responsible for the theft are urged to contact the CID office at the following numbers: 730-3820 or cell 011-695-1784.

Vet Support Group

Division Mental Health has begun to hold a Combat Veterans Support Group on Camp Casey.

This support group is for combat veterans who are having problems adjusting with their actions in the Middle East.

It also provides Soldiers a fellowship with other people who were in the same situation.

For more information, call 730-4304.

Holiday Postal Hours

From Nov. 22 to Dec. 23 the Camp Casey Post Office will be open from 10 a.m. to 6 p.m. Monday, Wednesday and Friday, 1 to 6 p.m. Thursday and 10 a.m. to 3 p.m. Saturdays.

The Camp Hovey Post Office will be open from 10

a.m. to 5 p.m. Mondays, Wednesdays and Fridays, 3 to 5 p.m. Thursdays and 10 a.m. to 2 p.m. Saturdays.

Holiday Mail Deadlines

The deadlines have been set for all post offices.

For letters and packages going to the states deadlines are: Dec. 11 for First Class letters and cards, and Priority Mail and Dec. 4 for Space-Available Mail.

For more information, call your camp's post office.

Vocalist Needed

The 2nd Infantry Division Band is looking for a female vocalist.

Requirements are:

- * be able to sing the National Anthem in Bb, the Warrior March and the Army Song.

- * obtain consent from command to be released to the band before auditioning.

- * have at least six months before DEROS.

For more information, call 732-6695.

Tough Warrior Boxing Competition

177th Finance Battalion will be sponsoring the sixth annual Tough Warrior Competition at 6 p.m. Nov. 13 at Hanson Field House on Camp Casey.

The competition is open to all military ID card holders. There is a \$10 registration fee, which includes prizes and a t-shirt. The competition is free to the public. For more information, call 730-3613.

Floating checks

A new law will go into effect Oct. 28 that will allow all checks to be cleared electronically within minutes ... even at night and on weekends.

Checks a Soldier writes will bounce and the Soldier will be charged overdraft fees if they don't have available funds.

For more information, visit the Web site <http://www.consumersunion.org/finance/ckclear1002.htm>.

Features boost security for myPay users

Story by
Pfc. JeNell Mattair

Indianhead staff

Soldiers can now allow someone to look at their pay information online without also permitting them to make pay changes.

A Sept. 1 change to the myPay system lets Soldiers establish a "restricted access" personal identification number. A person using the new PIN and the Soldier's Social Security number can view or print leave and earnings statements or W-2 forms, but cannot request pay transactions online.

The myPay Web site is the Defense Finance and Accounting Service's online pay information system. It can be reached at <http://mypay.dfas.mil>.

"It is more or less for the benefit of Soldiers deploying," Sfc. Whitney Byrd, 177th Finance Battalion said. "They are able to let their spouses or someone they trust to view the information for them."

Capt. Tim Lancaster, military pay operations manager for the 9th Finance Battalion, cited the example of a well-intentioned spouse who changes a Soldier's direct deposit to a different financial institution, then because of lack of e-mail or

phone access, is unable to tell the Soldier about it in time to avoid problems.

It is common for Soldiers, especially getting ready for deployment to give their myPay PIN to spouses or someone they trust with a need to monitor their pay, Byrd said. However, the new PIN acts as a safeguard by keeping someone from using the latest enhancements to change anything without the Soldier's knowledge, Byrd said.

"With the primary PIN, based on the latest enhancements, you can change allotments, bonds, pull down LES, change where pay goes and make changes to the TSP, (thrift savings plan), as well," Byrd said.

If a person has malicious intent they can do a lot of damage, Byrd said. With the new PIN, all they can do is look at the Soldiers information.

Defense Finance and Accounting Service spokeswoman Carol Garcia said the new features are available to government civilian pay users of myPay as well.

Another addition to myPay allows users to designate a personal e-mail address to receive finance-related correspondence.

Active Army Soldiers re-

cently got the ability to start, stop or change savings allotments online, a feature that will migrate to the reserve components in the coming months.

"The system is being used by quite a few people in 2nd ID," Byrd said. "It is a substantial number."

According to figures provided by Lancaster, about 85 percent of the active Army and 68 percent of the reserve components are using myPay accounts. Those figures are based on the number of Soldiers who have established a "customized PIN," which is an indication of account activation and use.

That works out to 77 percent of Soldiers Army wide. The percentage is up from the 2003 figure of 56.5 percent, but it also means almost 250,000 Soldiers have not begun using the system.

Lancaster said he hopes these enhancements will provide Soldiers the control they want over their pay while adding efficiency to Army finance operations.

The new PIN is part of a package of recent or upcoming changes to myPay.

Editors note: J.C. Mathews from the Northwest Guardian contributed to this story.

4/7 CAV Gunnery



Capt. Catina Barnes

4th Squadron, 7th Cavalry Regiment Soldiers prepare to fire rounds from their mortar track during a gunnery exercise at the Korean Training Center. This exercise is done to ensure the continual readiness of the Soldiers.

The KATUSA Snack Bar on Camp Red Cloud will now be open on Sundays from 11 a.m. to 9 p.m.

Best DFAC in Korea competes for top Army honors

Story and photos by
Pfc. Giancarlo Casem
Indianhead staff

The Division Support Command Dining Facility at Camp Casey is representing the 2nd Infantry Division in the highest level of food services competition, the Philip A. Connelly Award.

The award is given to the best DFAC in the Department of the Army. The DISCOM DFAC was evaluated Oct. 21 by a panel of judges. It has already won the honors as the best DFAC in Eighth Army back in June. Now, they are aiming higher.

"This is exhilarating," said Staff Sgt. DeAnn Roman, DISCOM DFAC shift manager.

The competition is sponsored by the U.S. Army Quartermaster Center and School, out of Fort Lee, VA, and the International Food Service Executive Association. The IFSEA is a professional organization dedicated to raising food service standards, educating members and future industry leaders, recognizing member achievements and serving the growing needs of the diverse, dynamic multi-billion dollar a year food market.

Evaluation of the DFAC was performed by a committee made up of members from QMC&S and the IFSEA. Scores were based on many different criteria such as food receiving and stor-



Spc. Jennifer Levine, 2ID DISCOM, hands over food to another Soldier. The dining facility's staff members cohesion and teamwork shows even during busy hours.

age, record keeping, cleanliness, and service among others.

The committees visit each finalist across the U.S. and the world to conduct evaluations.

Each committee will choose a winner and runner-up from their category. The winners will be notified in December, said Sgt. Maj. Verlana Wilson, a committee member from the QMC&S.

The DFAC's staff are optimistic about their chances against the six other finalists from around the world.

"There is a lot of pressure on us to focus on exceeding the Army standard," said Sgt. 1st Class Sheila Adams, DFAC manager. "That makes us very confident and motivated."

Adams also attributed their success to teamwork and

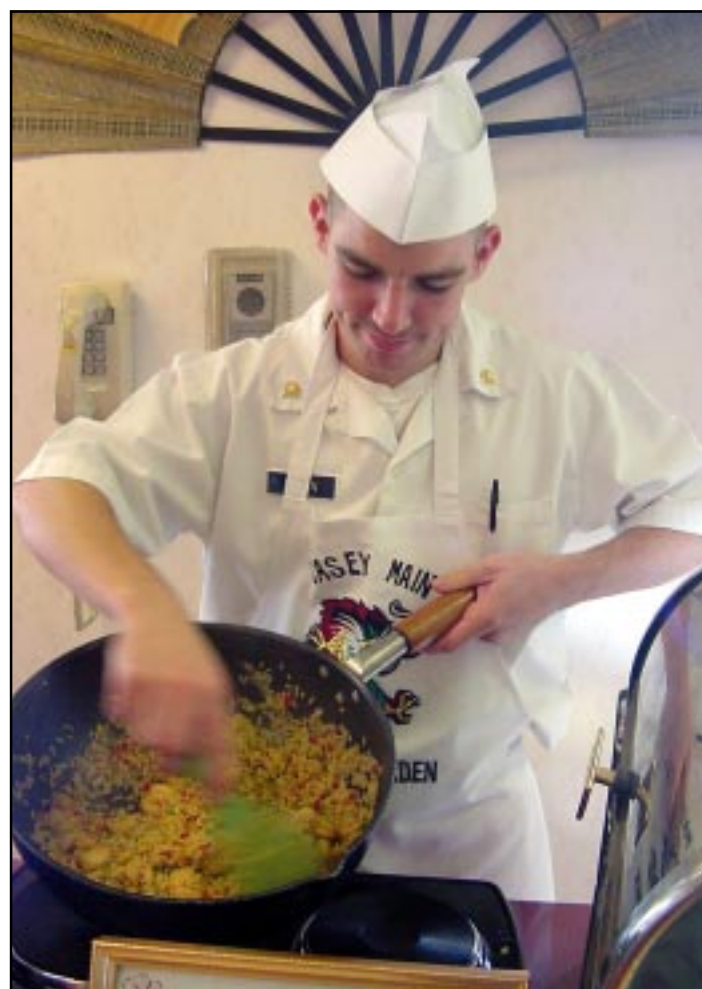
praised her Soldiers and civilian workers for all their hard work and dedication.

"We have good teamwork," she said. "We maintain a positive attitude even through the long hours that we work. We have to give credit to our civilian employees for their help and assistance. They make it feel like a big family."

With all the accolades and awards that this DFAC has already won in the past, the pressure is on them to keep their award-winning ways and traditions, said Adams.

"Working here is an adrenaline rush," said Staff Sgt. Wilbert Anderson, ration noncommissioned officer.

In the very early stages of evaluation, Wilson had good points for the DISCOM DFAC.



Spc. Ryan Baken, DISCOM, stirs up the dining facility's newest concoction, shrimp fried rice. The sampler is an example of the staff's willingness to try new things.

"They are a very coordinated team. They work well together," she said. "They were courteous to us and their guests. They showed professionalism."

As the DISCOM DFAC staff members, and their trophy case,

await the results of the competition. They vow to continue with their top-notch service.

"It's not just practicing for this one event," Adams said. "It's about the standards that we maintain and exceed."

Buy unique merchandise from Far East at 'Warrior Country Holiday'

Story by Maj. Janet Holliday
Project coordinator

Chosun Gift Shop in Yongsan will host a "Warrior Shopping Day" Nov. 7 providing Warrior Soldiers a unique shopping opportunity just in time for the Christmas Holidays.

At 9 a.m. division-provided buses will leave from Camp Red Cloud, Camp Casey, Camp Stanley and Camp Garry Owen to allow Warriors and spouses with valid ID and ration cards to shop from 10 a.m. to 2 p.m. Soldiers will be able to spend time in Yongsan after shopping as the buses will not leave Yongsan until 1800.

According to Marilyn Higgins, one of the gift shop volunteers, they want to host this special day to thank the Warriors for their service to both Korea and the United States.

"The American Forces' Spouses' Club (AFSC)'s Chosun Gift Shop wants to have a special opening for the 2nd Infantry Division Soldiers because we want them to know how much we value what they do every day," Higgins said. "They are ready to 'Fight Tonight' to protect the freedom, peace and prosperity that both Americans and Koreans place such great value on. This is just a small way to

say how much we appreciate them."

The shop will provide free gift-wrap and the 2ID spouse volunteers will provide holiday refreshments to the Soldiers. The Pack and Wrap will be open to assist with preparing gifts to mail, and the post office will also be open for mailing gifts back to the states.

Chosun Gift Shop offers a unique selection of merchandise including cloisonné, jewelry, linens, silk clothing items, cashmere sweaters, quilts, dishes, ceramics, lamps, carpets and furniture.

"We know that the service men and women train hard and have very little time to shop for the holidays, and they have few opportunities to travel to exotic places," Higgins said. "Since our merchandise comes from places like China, Hong Kong, Thailand, the Philippines and Japan, the Chosun Gift Shop is able to bring the Far East to them."

Chosun Gift Shop is the fundraising arm of the American Forces' Spouses' Club. The membership of AFSC consists primarily of spouses married to American service members and last year the organization gave \$200,000 back to the community, dividing the money equally between American projects and Korean charities.



Photo by Martha West

This Chosun Gift shop's 'Warrior Country Holiday' offers 2ID Soldiers and their spouses a unique opportunity to purchase items unavailable anywhere else in Korea. The event includes free gift-wrapping, refreshments, and many different types of merchandise. The Post Office will also be open on that Sunday to allow packages to be mailed.

Some of the American projects included helping the community with chapel activities, Army Family Action Plan (AFAP), Army Family Team Building (AFTB) and scholarships to high school seniors, college students and adults who are continuing their education. AFSC also donated funds to help with the 2BCT farewell in August.

In addition, the AFSC donates funds

to help buy food, medical equipment, washers, refrigerators and hygienic supplies for orphanages and homes for the elderly, physically handicapped and mentally disabled here in Korea.

Commanders will provide additional information about sign-ups and the bus pick-up points in the next few weeks. For more information, call Maj. Janet Holliday at 732-7308.

Nutrition plays important role in weight loss

Story by

Pfc. Stephanie Pearson

Area I Public Affairs Office

This is the second story in a three-part series on nutrition

Watching what you eat is just as important as watching how much you eat when trying to lose weight.

Nutrition instructors teach Soldiers that message in the "Weigh to Stay" program. The 121st General Hospital nutrition department offers the class here in conjunction with Area I community health services.

To lose weight, you should not have to eliminate any foods from your diet, said Maj. Shelly Clyde, chief of clinical dietetics at the 121st General Hospital and one of the class instructors. In addition to giving you energy to function in the form of calories, food is also the main source of nutrients which are essential for preventing diseases. It is important to use balance in meal planning to ensure that you are getting proper nutrients from a variety of food sources.

The best way to do this is by using the food guide pyramid, Clyde said.

The U.S. Department of Agriculture created the food pyramid in 1992 as a universal tool for healthy eating. This familiar chart separates foods into six

groups: grains, vegetables, fruits, meat and meat alternatives, milk and milk products, and fats and sweets. Using a pyramid structure, the guide offers serving suggestions for each of the food groups in proportion to the amounts a person should consume each day to get the maximum benefit of nutrients (see chart).

In addition to maintaining a healthy balance of foods,

Clyde warned the class to avoid fad diets, which often limit which foods you can eat.

"Fad diets frequently lack important nutrients," she explained, "and while they usually lead to rapid weight loss, it is not fat loss and most often is not long-term. They also support unhealthy eating habits."

Clyde said recognizing a fad diet is easy, and advised the Soldiers to stay away from diets that offer a "magic" or "miracle" weight-loss food; require you to eat bizarre quantities of a certain food; prescribe rigid menus or specific food combinations; don't require an increase

in physical activities; or promise a weight loss greater than one to two pounds per week. Examples of these include liquid diets, low-carbohydrate diets, and single-food diets.

She also cautioned Soldiers about using vitamin supplements, saying that while some have real benefits, students should be aware of any that make questionable claims, such as weight loss,

higher energy levels or improved physical performance. Some supplements are even dangerous, and there are unfortunately not many laws governing the production and sale of supplements.

"Reconsider the use of vitamins," Clyde urged.

Another important resource in maintaining proper nutrition is food labels, Clyde said. Found on most food packages, these labels offer a lot of information about nutritional content. But the most important piece of information on that label, Clyde said, is the serving size. Look at how many servings are in each package, she said, explaining that a lot of

people think one package is one serving, when in reality it is often two or more.

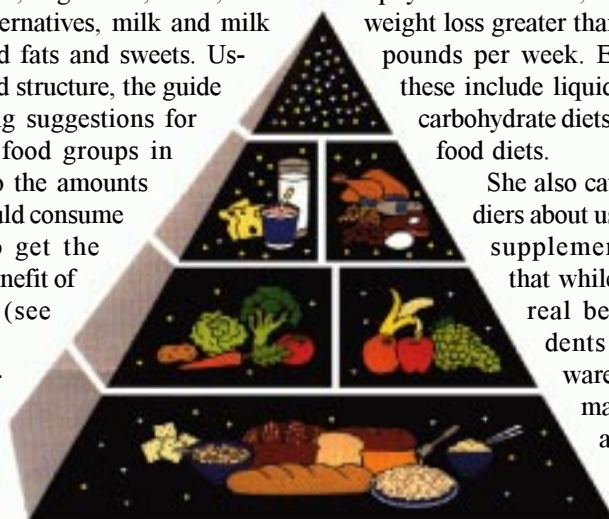
"For example, a 20-ounce bottle of soda has 250 calories per serving, and most people drink the whole bottle," she said, "But in reality, there are two and half servings in that bottle!"

Beverages are a huge source of hidden calories, Clyde added, calling them "empty" calories because they offer little nutritional value. This also includes alcohol – one gram of alcohol contains seven calories, compared to one gram of carbohydrates or one gram of protein, each of which has four calories. One gram of fat contains nine calories.

Clyde left the class with the following basic nutrition guidelines:

- * eat a variety of foods
- * eat often - four to five small meals a day are better than two or three big meals
- * don't skip meals
- * strive to eat the proper number of servings each day
- * choose lower-fat foods
- * drink eight to 10 glasses of water a day
- * include all foods in moderation
- * read labels
- * be active, and keep a food and activity log

By following these simple guidelines, Clyde said, Soldiers can achieve – and maintain – a healthy weight and lifestyle.



Report theft, fraud, damage of property to commander

Story by **Capt. Christine Fontenelle**

Division Judge Advocate

Article 139 of the UCMJ allows those who believe they are the victims of a wrongful taking or the willful damage of real or personal property committed by a service member to present their claim to the Commander of that service member.

"Wrongful taking" is any unauthorized taking or withholding of property, with the intent to temporarily or permanently deprive the owner or person lawfully in possession of the property.

Claims for property taken through larceny, forgery, embezzlement, misappropriation, fraud, or similar conduct are normally recognized as proper

claims under Article 139.

"Willful damage" is damage that is inflicted intentionally, knowingly, and purposefully without justifiable excuse.

Accidental, thoughtless, or inadvertent loss or damage caused by a service member's negligent conduct is not payable under Article 139. However, conduct that shows a reckless disregard for the property rights of others is a proper claim.

If the claim is substantiated, the Commander can direct personnel at the Finance Office to pay the victim directly from the wrongdoer's pay.

The use of Article 139 is separate and distinct from disciplinary action taken under other sections of the UCMJ, and an Article 139 claim should never be delayed because criminal

charges arising from the same incident are pending.

In fact, if action is taken against a service member, such as a court-martial or nonjudicial punishment, it could result in the Soldier receiving a reduction in pay or forfeiture of pay and allowances.

PROPER CLAIMANTS

Proper claimants include civilians, service members, business entities, state, territorial, or local government, and non-profit organizations.

A claim may be filed against members of the Armed Forces, including Active Duty personnel, retired personnel, and Reserve and National Guard personnel when their duty status subjects them to the UCMJ.

PROCEDURE

a. A claim must be submitted

within 90 days of the incident that gave rise to it, unless good cause for delay is shown.

The claim may be submitted orally but it must be reduced to writing and signed by the claimant within ten calendar days. The claim must be for a stated definite amount in U.S. dollars. Any Army officer may receive the claim, however, he or she must forward the claim within two working days to the Special Court-Martial Convening Authority (SPCMCA) (typically a Brigade level Commander) of the service member.

For service members not subject to the SPCMCA's jurisdiction, the SPCMCA will forward a copy of the claim to the SPCMCA who does exercise jurisdiction.

b. If the claim appears cogni-

zable, the SPCMCA must appoint an Investigating Officer to conduct an investigation.

In order to recommend liability, the Investigating Officer must conclude that it is more likely than not that the claim is valid.

The claim may be approved by the SPCMCA in an amount equal to or less than the amount recommended by the Investigating Officer, provided that the amount does not exceed the limit of their approval authority. Once a final decision is made with respect to the merits of the claim, notification of the final decision will be provided to the parties involved.

Both the claimant and the service member each have the right to request reconsideration of the SPCMCA's final decision.

**Check with your
local post office for
holiday mailing deadlines**

Darryl Worley thanks troops with concert

Story by
Spc. Chris Stephens
Indianhead editor

Country music star Darryl Worley continued his tour of U.S. military installations in Korea with concerts at Camp Casey Oct. 22 and Camp Red Cloud Oct. 24.

The concerts brought thousands of 2nd Infantry Division Soldiers out for a chance to see one of country music's biggest and brightest stars.

"I feel that it is important for me to be here and show support for the Soldiers of 2ID," Worley said. "With the wars going on in Afghanistan and Iraq, people sometimes forget there are Soldiers over here defending their freedom. I just wanted to let everyone know that I haven't forgotten about them either."

Prior to performing at Camp Red Cloud, Worley watched part of the Flag-Football All-Star Game between Camp Stanley and Camp Red Cloud. He was also given a tour of other areas on Camp Red Cloud.

"You can read all about what the military does and never really understand it," he said. "Once I saw it in person for myself, then I understood it and gained a bigger appreciation for everything our military does for us."

The concert itself featured songs from Worley's current album, "Have You Forgotten," as well as his new album, "Darryl Worley" set for release in November.

Songs included favorites POW 369, Tennessee River Run, I Miss My Friend and #1 hit Have You Forgotten.

"(Worley) connected with the audience," said Spc. Amber Walker, Headquarters and Headquarters Company, 2nd Infantry Division. "He has really shown us the respect for what we do and he also makes us feel more appreciated for what we do."

Throughout the concert, audience members cheered for every song and showed support for Worley and his band.

"It says and shows a lot that someone of his caliber will take the time to come all of the way to Korea and perform for us," said 1st Lt. Michelle Bridegroom, 2nd Engineer Battalion. "It's the kind of positive reinforcement that Soldiers need. They like to know somebody cares about them."

After singing his hit song, Have You Forgotten, Worley was presented with gifts from Maj. Gen. George Higgins, division commander. After presenting the gifts, Higgins delighted the Soldiers with more good news by canceling PT the next morning and having Worley do two extra songs.

"Having PT canceled the next morning was good," Walker said. "It helped to get a good start to the week."

After the last song, Worley signed autographs and took photos with those who wanted them.

"Support for our military is



Photos by Yu, Hu Son

Darryl Worley put on a concert at Camp Casey Oct. 22 and Camp Red Cloud Oct. 24 in support of 2ID Soldiers.



Band members play for the crowd during Darryl Worley's concert Oct. 24 at Camp Red Cloud. Songs included in the performance were POW 369, I Miss My Friend, Tennessee River Run and Have You Forgotten. Soldiers laughed and cheered the whole night to show their support. Worley said it should be all the Soldiers on stage and the band and he in the field performing for them.



Fans cheer at the beginning of Darryl Worley's concert.

something I firmly believe in," Worley said. "I don't understand why some people back in the states want to not show their support to our military. As citizens of our great country, it's our first duty to show support for the men and women who put their lives on the line for us daily."

When asked what the military meant to him, Worley said 'Bold.'

"They are the blanket that provides our shelter," he said.

"As citizens of our great country, it's our first duty to show support for the men and women who put their lives on the line for us daily."

Darryl Worley



Although blessed with a singing voice, Worley said he enjoys getting on the guitar for a good 'ole time.

Former 2ID Soldiers experience changes in life after incidents

Story by
Spc. Chris Stephens
Indianhead editor

This is the last story in a three-part series chronicling the Axe Murders, in which Capt. Arthur G. Bonifas and 1st Lt. Mark T. Barrett were murdered, Operation Paul Bunyan, and what was learned from both in August, 1976.

I was fortunate enough to interview the Soldiers who lived this experience, via e-mail.

After the Axe Murders and Operation Paul Bunyan, Soldiers stationed near the DMZ had a lot to think about. Not only of the incidents, but also the lessons they learned from both.

But, everything wouldn't process through their heads within the next few days; rather it would take the next few years for everything to sink in.

"We all learned that given any challenge, an American Soldier can do anything the command sets its mind to do," said Retired (Col.) Victor Vierra, who commanded Task Force Vierra during Operation Paul Bunyan. "We ran a near perfect operation with no injuries, and thank God, no loss of life. That is certainly not what we expected when we launched the operations."

For Jack Parris, a sergeant at the time, he looks back on his experiences on a regular basis.

"When I have a bad day, I think back on Operation Paul Bunyan and realize things could've been much worse," he said. "I also realized that at the time, the North Koreans had no respect for life and the U.S. will take action when necessary."

Another aspect learned by one Soldier, James P. McMillin, a sergeant at the time, was the importance of family.

"The decision to leave the material items that you have accumulated in combat boils down to one thing only," he said. "It's not your money or your camera, but the photos of your family. Until you get there, you don't truly have the



Courtesy photos



TOP: The Military Demarcation Line, which is the official border between North and South Korea, along with the 'Bridge of No Return' is one of the most isolated spots in the world.

LEFT: The poplar tree which was the site of the Axe Murders and Operation Paul Bunyan.

After the tree was cut down, Joint-Security Area Forces had a clear view of command posts inside the JSA.

appreciation for what you have been given in this world. That leaves me with a favorable impression of where my priorities are in this world."

Second Lieutenant Charles Ladd learned how to take on the responsibilities of leading men in a combat situation.

"The responsibilities I felt for my platoon hit me right between the eyes," he said. "I learned to trust my Infantry, Ranger and Airborne training, much like you trust that your parachute will open on the count of four."

For Specialist 4 Mark Luttrull, who was Capt. Arthur Bonifas' driver, he remembers the good times he had with his

commander.

"I was Captain Bonifas' driver for nearly a year," he said. "We spent a lot of time together and talked about many things."

"Since I was from Indiana, Captain Bonifas spent a lot of time speaking of Indiana University's basketball coach, Bob Knight," Luttrull said. "Coach Knight had been coach at West Point while Bonifas was there and in a manner of speaking, 'set the program on fire.'"

Luttrull said that he has carried something else with him over the past quarter-century.

"Out of all of the games I

have watched Knight coach, I know that I'm watching it for two people," he said.

Not too long after Operation Paul Bunyan, the Soldiers started dispersing to other duty stations.

Some went state-side; others went to another overseas assignment, while some extended their tour in Korea for an extra year.

Upon finding out about the Axe Murders, Lt. Col. Michael Brouillette, a private first class at the time, said he had a burning desire to get revenge.

"After the incident, I volunteered to be the new company commander's driver for a year and extend a year,

"I found strong patriotism I did not really possess prior to the incidents, which I still enjoy today."

*Lt. Col. Michael Brouillette
a PFC during incidents*



which was unheard of back then," Brouillette said. "I found a strong patriotism I did not really possess prior to the incidents, which I still enjoy today."

For others, the memories of what happened between the Axe Murders and Operation Paul Bunyan will continue to be with them every day of their lives.

"Many of us keep the memories (Axe Murders and Operation Paul Bunyan) with us each day," Parris said. "I know it was a special time in my life and I look back on it with pride for the mission we accomplished and sorrow for the loss of life on Aug. 18."

USO & Recreation Center tours ...

Make your tour in Korea more enjoyable and memorable. The USO at Camp Casey and your local Community Activity Center (CAC) or Recreation Center hosts trips visiting locations and events throughout Korea. Below are tours and trips from Nov. 1-11. For more information contact the USO or your nearest CAC or Recreation Center



USO at Camp Casey (730-4813 or 4812)

Nov. 6	JSA	7:30 a.m.
Nov. 7	Osan Shopping	8 a.m.
Nov. 11	Lotte World	8 p.m.
Nov. 11	China Tour 4 Days 3 Nights	

Camp Red Cloud Community Activity Center (732-6190)

Nov. 4	Table Tennis Tournament	6 p.m.
Nov. 6	Nanta Performance Theater	2 p.m.
Nov. 7	9-Ball Tournament	1 p.m.
Nov. 8	8-Ball Tournament	1 p.m.

Camp Page

Nov. 4	BOSS "Bring Your Right Arm Night"	5 p.m.
Nov. 6	Kangchon 4 Wheelers Cart Tour	8 a.m.
Nov. 6	5 Km Run	8 a.m.
Nov. 6	Darts Tournament	7 p.m.

Camp Stanley

Nov. 5	BOSS Hail and Farewell at Reggie's	6 p.m.
Nov. 6	Osan Overnight Shopping Tour	10 a.m.
Nov. 6	Table Tennis Tournament	6 p.m.
Nov. 9	Table Tennis Tournament	1 p.m.

Camp Essayons

Nov. 1	Table Tennis Tournament	6 p.m.
Nov. 6	Nanta Performance Theater Tour	2 p.m.
Nov. 10	9-Ball Tournament	6 p.m.
Nov. 11	Veteran's Day Celebration Ps2, Spades and Chess Tournament	2 p.m.

Camp Garry Owen

Nov. 11	Veteran's Day Special, Madden NFL Video Game Tournament	8 a.m.
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Camp Stanton

Nov. 1	Table Tennis Tournament	5 p.m.
Nov. 11	Veteran's Day Tournaments	5 p.m.

Pear Blossom cottages for 2ID/Area 1 families

If you are a spouse in a non-command sponsored family in Area 1 and you're looking for opportunities for personal development and social support with other spouses and family members or just something to do, look no further than your nearest Pear Blossom Cottage (PBC).

Here are some highlights of what's happening in the next two weeks at PBCs throughout Area 1.

Camp Red Cloud's PBC will have Halloween trick-or-treating Oct. 29, an ESL class Nov. 2 and 9, a relationship class Nov. 4, clean-up day Nov. 5, a Chapel luncheon Nov. 8, a cosmetics from my kitchen class Nov. 10 and will be closed for Veterans Day Nov. 11. For information, call Natalia Lyons at 732-7168 or 031-870-7168.

The Camp Casey PBC will have sharing time Oct. 29, an ESL class Nov. 1, 3, 8 and 10, a KSL class Nov. 2 and 9, a birthday party Nov. 4, a cottage clean-up Nov. 5, and will be closed for Veterans Day Nov. 11. For more information, call Tess Compton at 730-3837 or 031-869-3837.



Camp Page's PBC will have Halloween arts and crafts Oct. 29, a beads class Nov. 1 and 8, a yoga class Nov. 2 and 4, a children's story time/class Nov. 3, clean-up day Nov. 5, an ESL class Nov. 9, a cookie baking for kids class Nov. 10, and will be closed for Veterans Day Nov. 11. For more information, call Chong Won Darling at 721-5562 or 033-259-5562.

The Camp Stanley PBC will have Halloween events Oct. 29, Dongdaemon trip Nov. 2, earrings making Nov. 3, sewing blankets Nov. 4, a fitness class Nov. 5, a newborn parenting class Nov. 8, a water painting class Nov. 9, a cooking class Nov. 10, and will be closed for Veterans Day Nov. 11. For more information call Kay Jordan at 732-5400 or 031-870-5400.



For more information on any of the events at the Pear Blossom Cottages, call Polly Hancock at 730-3107.

Movies

Camp Red Cloud

Show times: Mon.-Tues. & Thurs. 7 p.m., Fri.-Sat. 7 & 9 p.m., and Sun. 3, 6 & 8 p.m.
Oct. 29... *Taxi*
Nov. 1-2 ... *Superbabies: Baby Geniuses 2*
Nov. 4-5 ... *Derek Luke*
Nov. 6 ... *Suspect Zero*
Nov. 7 ... *Suspect Zero, Princess Diaries 2: Royal Engagement*
Nov. 8 ... *Vanity Fair*
Nov. 9 ... *The Cookout*
Nov. 11-12 ... *Surviving Christmas*

Camp Casey

Show times: Mon-Thur 7:30 p.m., Fri.-Sat. 6:30 & 8:30 p.m. and Sun. 3, 6:30 & 8:30 p.m.
Oct. 29 ... *Exorcist: The Beginning*
Nov. 1 ... *Taxi*
Nov. 2 ... *Exorcist: The Beginning*
Nov. 3 ... *Superbabies: Baby Geniuses 2*
Nov. 4 ... *The Cookout*
Nov. 5-6 ... *Suspect Zero*
Nov. 7-8 ... *Derek Luke*
Nov. 9-10 ... *Vanity Fair*
Nov. 11 ... *Heder*

Camp Hovey

Show times: Fri-Sat. 7 p.m.
Nov. 1 ... *Superbabies: Baby Geniuses 2*
Nov. 2 ... *Taxi*
Nov. 3-4 ... *Suspect Zero*
Nov. 5 ... *Exorcist: The Beginning*
Nov. 6 ... *Derek Luke*
Nov. 7 ... *Exorcist: The Beginning*
Nov. 8 ... *The Cookout*
Nov. 9 ... *Derek Luke*
Nov. 10 ... *The Cookout*
Nov. 11 ... *Vanity Fair*

Camp Stanley

Show times: Sun-Mon & Thur.-Fri. 7 p.m. and Wed. & Sat. 7 & 9 p.m.
Oct. 29 ... *Without a Paddle*
Nov. 1 ... *Superbabies: Baby Geniuses 2*
Nov. 3 ... *Derek Luke*
Nov. 4-5 ... *Suspect Zero*
Nov. 6-7 ... *Anacondas: The Hunt For The Blood Orchid*
Nov. 8 ... *Vanity Fair*
Nov. 10 ... *Surviving Christmas*
Nov. 11 ... *The Cookout*

Camp Garry Owens

Show times: Sat., Mon.-Tue. & Thur. 7 p.m., Sun. 3 & 7 p.m.
Nov. 1 ... *Without a Paddle*
Nov. 2 ... *Open Water*
Nov. 4 ... *Open Water*
Nov. 6 ... *Taxi*
Nov. 7-8 ... *Exorcist: The Beginning*
Nov. 9 ... *Superbabies: Baby Geniuses 2*
Nov. 11 ... *Suspect Zero*

The Camp Page theater is temporarily close for renovations.



Get out of the barracks and explore Korea

Story by

Pfc. JeNell Mattair

Indianhead staff

Tired of spending all of my free time sleeping, I decided to venture into downtown Seoul. The plan was simply to wander the streets and see what I could find.

I stepped off the train in Seoul and began roaming the streets in search of an Olive Garden. I had heard rumors of its existence, but wasn't sure of the location. After about 15 minutes my battle buddy and I located the elusive Olive Garden inside the Ace Tower.

This version of the restaurant was more of an 'Olive Garden Express.' I had the seafood pasta, which was good, but without the breadsticks and salad that you would get at an American Olive Garden, it lacked what I was looking for.

After lunch we began our roving mission once again. We roamed the streets until we walked upon the Seoul Metropolitan Museum of Art. One of the artists featured was Korean artist Chun Kyung-Ja. The exhibit was entitled "The Soul of Chun Kyung-Ja" and was definitely worth the 10,000 won admission.

The autobiographical paintings express the world of dream, fantasy and compassion. The portraits are said to reflect the painter herself. They are absolutely beautiful reflections on life through the artist's eyes and I recommend any person with an eye for art take time to go and see them.

My personal favorite of the collection was called "The House of Hemingway, Keywest." It is quite literally a painting of Hemingway's house surrounded by brilliant palm trees. The museum is definitely a good place to go on a date with someone who has a more cultured taste and it beats spending an evening drinking down range.

Next, the two of us strolled around until we saw the Seoul Financial Center. We decided to venture into the mall downstairs and were elated with what we saw. There are restaurants with themes from all over the world, including an Indian restaurant, an American pub, Japanese cuisine, Italian delicacies and, of course, Korean.

We left the mall in search of adventure, keeping the Italian restaurant in mind for dinner.

Next we discovered the Korean National Museum.

This building was completely full of artifacts from the dawn of man until present day. With so many interesting things to look at, one could easily spend an entire afternoon there.

The museum features cultural relics of the prehistoric age, such as tools made from simple rocks found at a paleolithic site.

On display were various pieces



Photo by Pfc. JeNell Mattair

The square in front of the Seoul City Hall is home to a beautiful garden. Parents brought their children to play in the grass.



Photo by Pfc. Giancarlo Casem

An interesting sculpture by an unknown artist graces the steps of the Seoul Performing Arts Center.



Photo by Pfc. Giancarlo Casem

Korean nationals and tourists alike spend the day perusing three floors of paintings and sketches at the Seoul Museum of Art.

of pottery from the earliest civilizations, including obsidian arrowheads. The museum even plays host to a skull said to be dated as far back as 5,000 – 3,000 B.C.

An elaborate replication of a wall painting in the simulated antechamber gives museum visitors an idea of the life of the tomb occupants and their wishes for the afterlife in Buddhist context. In the main chamber, the walls are decorated with the paintings of the lotuses in full bloom, the sun, moon and constellations.

A 19th century painting featuring a dragon really caught my eye. Traditionally the dragon is believed

to ward off evil spirits and disasters.

The dragon is also a royal symbol and was used as a decorative motif for the throne, carriage and robe of the ancient kings. The use of color in the painting was brilliant. Blues, greens and gold seemed to make the dragon come to life.

Fortunately for me, I made it to the museum quite by chance; on the last day it was open. It closed on Oct. 16 and will reopen in Yongsan in October 2005. If you happen to be around next year, go and visit the museum. It will be worth your while.

After a couple of well-spent

hours we decided to make our way back to the Seoul Financial Center. We again ventured into the mall beneath the building and decided to have dinner at a restaurant called, "La Mezza," Italian food at it's best. I ordered the shrimp and crab stuffed ravioli and a glass of red wine.

The food was unbelievable. The ravioli seemed to melt in my mouth, leaving behind the fantastic flavor of crab and shrimp. This is a must-go restaurant for the Italian food lover. It is a little on the expensive side, but well worth the money spent.

I will definitely be making an-

other trip.

But, if Italian food isn't your thing, there are plenty of other restaurants in the mall to suit your tastes.

After our incredible meal we decided to go to Starbucks. Lucky for us, there was one across the street from the financial center.

After we drank our coffee and reveled in the events of the day, we decided it was time to head back to Warrior Country for the night.

It was a very enjoyable day and I sincerely recommend grabbing a battle buddy and just wandering around Seoul one Saturday instead of spending the night drinking.

Billy Blanks breaks sweat at Carey Gym

Story and photos by
1st Lt. Nicole Chilson
Deputy Public Affairs Officer

More than 50 people turned out for an intense workout with Tae Bo creator Billy Blanks, Oct. 16 at Carey Gym on Camp Casey.

The workout took the participants through intense exercises which tested them both mentally and physically.

"I've been doing Tae Bo since I got to Korea," said Pfc. Emily Martinez, 50th Engineer Company. "I lost 10 pounds after doing his workout for a month."

Blanks, who was accompanied on the tour by his daughter Shellie, conducted a challenging workout that left everyone feeling a sense of accomplishment at the end.

"Tae Bo brings many different aspects of physical fitness into one workout," Billy said. "It brings center, core, boxing, martial arts and cardiovascular fitness into one workout."

After the session, Blanks gathered the class to take a deeper look at physical fitness and what it means to him.

Blanks, who has trained stars like Shaquille O'Neal, Goldie Hawn and Tiger Woods, stressed the importance of fitness being a sound mind, body and spirit approach to life.

"The most important part of any fitness program is a strong foundation," he said.



Billy Blanks took 50 people through a rigorous Tae Bo workout Oct. 16. Tae Bo, which was created by Blanks challenges participants physically and mentally. Blanks has also trained the likes of Shaquille O'Neal, Goldie Hawn and Tiger Woods.

Through demonstrations, he emphasized the role of the mind in accomplishing goals.

Staff Sgt. Isaac Smalls, 1st Bn., 72nd Armor Regt., originally came to meet Blanks and have a good time.

"The best thing about his message was to let people know that if you don't have the mind, then you won't do it," Smalls said.

Blanks has been motivating Soldiers and bringing a first class workout to them for more than two years. Included in the locations he has taught are Bosnia, Macedonia, Kosovo, Iraq and Kuwait.

"I do it to say thank you for what you do," Blanks said.



Blanks has motivated Soldiers for more than two years bringing workouts to them.

	2nd Lt. Jonas Angeles 2nd Eng. Bn. 27-17 (6-5)	Pfc. Seo, Seok Ho Indianhead staff 26-18 (4-7)	Cpl. Choi, Kyung Seung HHC 2X 24-20(6-5)	Spc. Dean Rudolph HHC 2X 24-20 (7-4)	Staff Sgt. Charles Tyson 302nd FSB 23-21 (6-5)	Spc. Chris Stephens Indianhead editor 22-22 (5-6)
Oklahoma at Texas A&M	Oklahoma	Oklahoma	Oklahoma	Texas A&M	Oklahoma	Oklahoma
Oklahoma St. at Texas	Texas	Texas	Oklahoma St.	Oklahoma St.	Texas	Texas
Minnesota at Wisconsin	Wisconsin	Wisconsin	Wisconsin	Minnesota	Wisconsin	Wisconsin
Air Force at Army	Air Force	Air Force	Army	Air Force	Air Force	Army
Georgia Tech at N.C. State	N.C. State	N.C. State	N.C. State	Georgia Tech	N.C. State	Georgia Tech
Minnesota at Indianapolis	Indianapolis	Indianapolis	Indianapolis	Indianapolis	Indianapolis	Minnesota
New England at St. Louis	New England	St. Louis	New England	New England	St. Louis	St. Louis
Cleveland at Baltimore	Baltimore	Baltimore	Baltimore	Baltimore	Baltimore	Baltimore
Chicago at NY Giants	NY Giants	NY Giants	NY Giants	NY Giants	NY Giants	NY Giants
Kansas City at Tampa Bay	Kansas City	Kansas City	Kansas City	Tampa Bay	Kansas City	Kansas City
WILD CARD: Philadelphia at Pittsburgh	Philadelphia 24-14	Philadelphia 34-16	Pittsburgh 24-21	Philadelphia 14-7	Pittsburgh 21-13	Philadelphia 31-14