

Indianhead

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Know your limits Think before you drink

By Dan Silvia

Area I Substance Abuse Counselor

When I was a young Soldier, somewhere between Valley Forge and Desert Storm, I served under a great first sergeant who specialized in getting rookies like me out of war zones alive and in one piece. There wasn't a man in the unit we trusted or valued more than Top.

In fact, the only rap I ever heard against him was that "he couldn't hold his liquor." This seemed an odd criticism to me when I first heard it because Top didn't drink every day and he seemed more in control of himself than just about anybody else I had ever known.

But then I saw what they meant. Top went on a five day bender and we had to tie him to his bunk and take turns watching him before he sobered up.

Many months later, near the end of my tour of duty, after I'd earned enough respect to merit a one-on-one conversation; he confided in me that he knew the booze would kill him sooner or later. I asked him how he could get so out of control and he answered with a wry smile, "I just haven't figured out my limit yet."

Figuring out your limit when it comes to alcohol is no small matter. Incidents of Soldiers committing serious crimes, injuring themselves or harming others while intoxi-

cated not only scar the lives of those Soldiers and their families but also brings discredit to their units and everyone who wears the uniform.

The first thing to know when you're considering your limit is that there are really two critical measurements. The first is your Blood Alcohol Content, it is the measure that determines your limit in the eyes of the law. BAC is frequently expressed as a percentage by mass so that a 0.20 means 2 grams of alcohol per 1000 grams of blood. A Soldier is defined as impaired for duty when this measure exceeds 0.05; a driver in the United States is considered Driving Under the Influence with a BAC at or above 0.08. On Korean roads, the DUI standard is reached at 0.05.

A single drink, meaning 12 ounces of beer, 5 ounces of non-fortified table wine or one to one and a half ounces of liquor, will increase a person's BAC by between 0.02 and 0.04. Whether you are at the high end or the low end of those numbers will depend on variables such as body weight, gender and body fat percentage. Since alcohol is absorbed fairly quickly, the increase will usually be accomplished in 5 to 15 minutes. The BAC will drop between 0.015 and 0.025 for every hour that passes without additional drinking.

See **LIMIT**, page 10



Yu, Hu Son

A member of the 2ID Tae Kwon Do team breaks a board over his teammate's arm during a martial arts demonstration.

Sisterhood signing links nations on personal level

By Cpl. Amanda Merfeld

Indianhead Editor

Soldiers tearing off their shirts and screaming in front of the commanding general is not a typical way to start any military event, but that's what happened when Soldiers across Area I and citizens of Northern Gyeonggi Province paired up for a morning of cultural events and friendship exchange.

Members of the 2ID Tae Kwon Do team shouted their best "warrior cry" and ripped off their shirts during the opening performance at the Gyeonggi Province II Sisterhood Signing Ceremony at the Camp Red Cloud Gym Feb. 28.

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VOICE OF THE WARRIOR: What does being a battle buddy mean to you?



*Someone who looks
out for you the same
or more than himself.*

*Cpl. Matthew Cooley
1-72 Armor Regt.*

*Being concerned for
his fellow Soldiers.*

*Pfc. Kwon, Sun Hyung
1-72 Armor Regt.*



*A person that can
uphold responsibility,
maturity.*

*Chief Warrant Officer
Roderick McKeller
55th MP Co.*

*A person who
cares about your
well-being.*

*Pfc. Michelle Patterson
302nd BSB*



*A good friend who
watches your back.*

*Spc. Adam Morrisun
302nd BSB*

*He watches
out for you
when out drinking.*

*Spc. Jammarice Wilder
302nd BSB*



Battle buddies build trust, foster lasting friendships

By Sgt. 1st Class Rhonda M. Lawson
2ID Public Affairs Operations NCO

A few days ago, one of my Soldiers asked me to be her battle buddy so she could attend church in Uijongbu. Although we aren't the same denomination, I accepted the invitation. Who can refuse someone who wants to attend church?

Unfortunately, when we arrived at the church, we found that the service she'd planned to go to didn't take place. However, we both received so much more out of the trip. I learned more about her denomination, which, surprisingly, held some similarities to my own. I also got to know a little more about the person behind the rank, and in return, she learned a little more about me.

That experience gave me a new outlook on the division's battle buddy policy. Being a newly-arrived Soldier, I've heard some of the beliefs that the battle buddy system forces people who feel they don't know anyone to be restricted to post. However, there's much more to it.

When I accompanied my Soldier off post, it gave her a chance to show me

some of the shops and restaurants that I might want to frequent one day. I also had the chance to meet other Soldiers stationed at Camp Red Cloud, whom I may not have had the chance to meet until

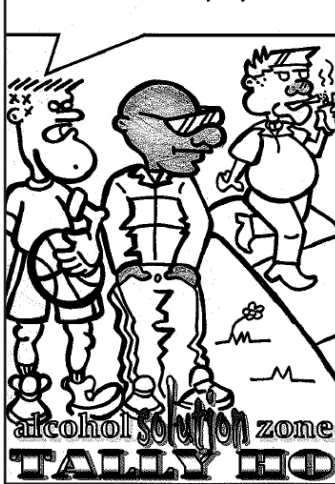
much later in my tour. In short, I had a fun, relaxing evening when I would have otherwise sat in the barracks.

Being a battle buddy doesn't have to be just another responsibility. It also doesn't have to be glorified baby-sitting. Instead, think of it as an opportunity. Battle buddies aren't only the people we cover in combat; they are also the people we work with or speak to on a daily basis. It aligns directly with the words we repeat in the Soldier's Creed: "I am a warrior and a member of a team."

If we expect to depend on our teammates during times of conflict, that trust must start during times of peace. Being a battle buddy can help establish that trust. I believe my Soldier and I have started walking down that road.



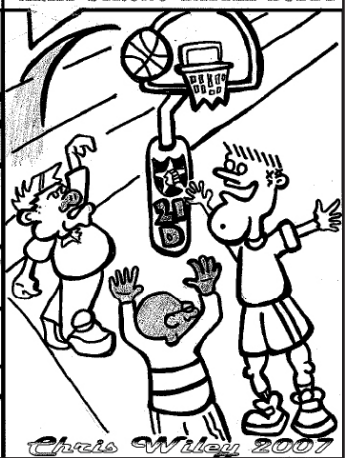
SPC Fish wanna play ball ?



*I was going downtown, but
I'm tired of drinking er' day.*



*This ain't so bad. Thanks for being an
ARMY STRONG BATTLE BUDDY*



Illustrations by Staff Sgt. Chris Wiley

Indianhead

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SIGNING

From page 1

This partnering serves to expand on the friendship and peaceful co-existence that has been in place since the Korean war. The event included martial arts demonstrations and traditional Korean dances and games, and of course, the significant signing of the sisterhood commitment.

"My favorite part about today was

the Tae Kwon Do demonstration. I thought it was very important to show that part of the Korean culture," said. Capt. Tamisha Norris, Headquarters and Headquarters Company, 2nd Infantry Division.

Norris signed an agreement with her Korean "sister," Choi, Ji Hae, bonding the two in friendship. Their signatures were used as the official seal on the friendship commitment

between the U.S. and the ROK.

This sisterhood event was the third of its kind held recently in Area I.

"This sisterhood relationship began formally with an initial signing ceremony in September of last year," said Maj. Gen. James A. Coggin, Commanding General, 2ID.

In the past, this program focused on female ROK and U.S. Soldiers creating everlasting friendships with each other. The program has since evolved to include men and women of both the military and business communities building the same type of communal friendship.

"This signifies more than an extension of our friendship," Coggin said. "It's a promise for future cooperation on cultural events and joint progress. I think we should celebrate these accomplishments, and continue to expand on its success by developing future relationships for Korean students and U.S. Soldiers."

The relationships developed at the sisterhood signing ceremony are meant to be everlasting and bridge gaps in cultural differences and understanding, Norris said.

"It was very nice to bring the unity together. To have an opportunity to work with the local population is a beautiful thing, and I think it's important to live the intent of the ROK alliance," Norris said.

Coggin said that those stationed in Korea get to experience the unique heritage of Korean culture, and "makes service in Korea special." "I thank the leadership of Gyeonggi Province because you will help make the ROK/U.S. alliance stronger than ever."

"Because supporting this program and those like it will make what is already a strong bond between the Republic of Korea and the United States even stronger, and I say let it begin with Gyeonggi Province and the Second Infantry Division."



Yu, Hu Son

Master Sgt. Calvin Coler, Geronimo TAC sergeant major, and Lt. Col. Leslie Brown, Division Special Troops Battalion commander, participate in a tug-of-war contest with other Soldiers and Korean friends. Many traditional Korean games were played during the day of friendship and cultural events held at the Camp Red Cloud gym Feb. 28.



Yu, Hu Son

Capt. Tamisha Norris from HHC, 2ID, and Choi, Ji Hae sign a sisterhood agreement as Maj. Gen. James A. Coggin, 2ID commander, and Seo, Hyo Won, Gyeonggi Province vice governor, look on. The signing reaffirmed the ongoing friendship between 2ID and the Gyeonggi provincial government office.

Tune in to Warrior Radio for 2ID Talk with your Division Command Sergeant Major

Every 4th Wednesday of the month, join CSM Brian Stall who will take questions and discuss concerns from 2ID and Area I Soldiers.

To ask a question, call 730-6324.
Tune in to 88.3/88.5 FM- 3-6 p.m.

The show will air again
the following Monday at 6 p.m.

In Memoriam



Courtesy Photo

Sgt. 1st Class Carlton L. Briscoe of the Warrior Readiness Company, Special Troops Battalion, passed away Feb. 16 on Camp Stanley. Briscoe served his nation for more than 19 years as a health care specialist. According to friends, he will be remembered as a Soldier who put the welfare of others before his own. He is survived by his wife, Lydia A. Briscoe, his three sons, Vernon, Daron and Carlton Jr., as well as his sister, Hope Jackson, and his mother, Mary Fontenette.

ROK, U.S. tanks fire together

First combined forces joint gunnery since Korean war

By Pfc. Anthony Hawkins Jr.

Staff Writer

For the first time since the Korean War, Republic of Korea and U.S. Army tanks fired alongside each other during a joint-gunnery exercise at Rodriguez Range Feb. 15.

During this historic training event, Soldiers from 2nd Battalion, 9th Infantry Regiment conducted a joint-gunnery live-fire with the ROK Army's 23rd Tank Battalion, 25th Infantry Division. Soldiers from both armies benefitted from the unique training opportunity, said Sgt. Joel Raglin, a tank crew member from Charlie Co., 2-9 Inf. Regt.

"It's a great experience," Raglin said. "Just in case we ever have to go to combat with these guys, we'll know what their capabilities are, and they'll know ours."

Although communication and language barriers can pose a problem in joint-training exercises, the KATUSA Soldiers in 2-9 Inf. Regt. helped bridge the gap, Raglin added.

The training consisted of both U.S. M1A1 Abrams and ROK M48 tanks firing simultane-

ously at pop-up targets from varying distances. Later in the training, the tanks rode along a pre-planned path, with gunners firing mounted .50-caliber and M240B machine guns at pop-up targets.

The need for this type of joint training is ever-present on the Korean peninsula, said Maj. Shane Gries, operations officer for 2-9 Inf. Regt.

"I think it's very important to do these events as often as we possibly can," Gries said. "During the Korean War, the 9th Regiment fought and bled on the same hills as our ROK allies. These combined exercises re-strengthen and re-affirm our bond as allies and bring together the coalition."

The training also helped Soldiers on both sides understand how to fight and operate together in any hostile environment, Gries said.

Leaders were also impressed with how well the training went, as well as how much Soldiers learned from each other.

"I'm very excited because whenever we have a chance to train with (the U.S. Army), I think it's a very good chance to learn tank gunnery methodology and skills," said Capt. Sun, Yu

Kwon, commander of the ROK Army's 23rd Tank Battalion. "I'm very excited and impressed with how (the U.S.) trains. (They) have many experiences in war, like Iraq and Afghanistan."

Since the ROK Army has fewer opportunities to participate in combat operations, the Korean soldiers learned many things from the Americans, like combat skills, Sun said.

It was not just Koreans learning from the Americans during the training. Soldiers from both armies had much to bring to the table during the exercise, Gries said.

"They have different training methodologies, and they learn different things from their units in the way they train," he said. "When they get together and train, they teach each other small things that are important out there, such as field craft, how to operate on the battlefield and how to operate in Korea, specifically."

With modern warfare and battlefield tactics constantly changing, both the U.S. and ROK armies have a unique opportunity to continue joint-training exercises. It is training like this that ensures both armies remain combat effective and are prepared to fight tonight, Gries said.

3-0 Deuce trains during Iron Mustang exercise

Story and photo by

Pfc. Antuan Rofo

Staff Writer

Five companies from the 302nd Brigade Support Battalion participated in a four-day field training exercise known as the Iron Mustang, Feb. 5-9.

This exercise was designed for the support elements and the military occupational specialties that are not the direct warfighters, said Sgt. Maj. Michael Ortiz, operations sergeant major, 1st Heavy Brigade Combat Team.

"This is good for the support elements because they aren't trained the same as the combat MOSs," said Sgt. Soo Myung Kim, a former infantryman who is now a mechanic with the 302nd BSB. "It makes you more combat and battle-focused, and I've learned a lot."

The first day was the set up of all of the buildings and infrastructures for the exercise. Soldiers and leaders also rehearsed their combat readiness skills by preparing themselves mentally for the days that lay ahead, said Maj. Chris Connolly, 1 HBCCT operations officer.

The next day of training consisted of several class instructions on how to perform some of the Soldier skills that many support Soldiers have not used since AIT. This part of the training is known as the "crawl" phase, Ortiz said.

"They learn how to call for fire, how to call in a nine-line medevac, how to react to contact and how to readjust fire during the second day," Ortiz said.



A 302nd BSB Soldier mans a .50-caliber machine gun mounted on top of an LMTV as it rolls through a mock village during a convoy live fire. The training was part of the Iron Mustang exercise.

"Our mission is to ensure that every Soldier receives this type of training for their next mission, should they leave Korea, or when called upon to answer the call of duty in Korea," said Command Sgt. Maj. Joseph Santos, 1HBCCT command sergeant major, .

The "walk" phase came on the third day, where platoons did complete walk-throughs of possible scenarios that they could encounter during their convoy. Soldiers also performed pre-combat maintenance inspections on their weapons and equipment, said Pvt. Frederick Foster of Golf Company,

302nd BSB.

"Practice makes perfect. That is why everyone does so well," Foster said.

The final day of the exercise was the convoy live fire. One platoon, which consisted of five vehicles, would meet the opposing forces after an IED was disarmed just outside the mock city. Both the OPFOR and the convoy Soldiers were equipped with the new high-tech Initial-Homestation Instrumentation Training System, also known as I-HITS, as well as their Multiple Integrated Laser Engagement System, Ortiz said. The two systems

added intense realism because it not only shows that the Soldier was hit, but the I-HITS will tell exactly where they were hit.

After the firefight, Soldiers treated the wounded, called in a nine-line medevac and had wounded Soldiers lifted to the medical point. They then convoyed back to their starting point for an after action review.

"The Soldiers have grown tremendously with this mission. They are more confident now than when they started, and I'm very proud of them," Santos said.

Warrior News Briefs

2ID replacing security ID badges

The Second Infantry Division will be replacing Division security identification badges currently in circulation with updated Division security identification badges beginning on Feb. 21 and completing replacement March 14 to enhance Division physical security posture and maintain effective access control to Division restricted areas, classified information and material.

CID offers \$500 reward

The U.S. Army CID is offering a \$500.00 reward for information leading to the identification, apprehension, and prosecution of the person(s) responsible for the following offense:

Investigation revealed person(s) unknown by unknown means gained access to the 2nd Infantry Division Bunker, Room 133, and stole one Dell Laptop Computer Model Number D610.

Anyone with information pertaining the whereabouts of the property or the individual(s) responsible, please contact SA Ryan D. Anderson. You can contact the Camp Red Cloud CID Office at 0505-732-7052 or the Military Police Desk at 0505-732-6693. You can remain anonymous.

Mardi Gras 2007

Camp Casey is preparing to bring a taste of New Orleans to the enclave through our Mardi Gras 2007 parade and celebrations.

On March 10, a short parade will go up Casey Blvd., and celebrations will be at the Casey Digital Training and Conference Center, Bldg 2236.

Start picking out your costume and masks now. Prizes will be given to the best ones. Don't forget the beads!

There will also be an American Red Cross Fundraiser in support of citizens and residents of New Orleans.

American Red Cross

The American Red Cross needs your help. Become one of the Hometown Heroes and volunteer today.

Hometown Heroes are needed in the following areas:

- Lead, plan and coordinate special events, publicity, health and safety, and other areas
- Greet Soldiers and family members, answer phones and data entry
- Teach others how to save lives through CPR
- Help the care providers in our

TMC, pharmacy and dental clinic

Volunteering fits your schedule and there are no special skills required. They provide all the training.

Take the New Employee and Volunteer Staff Orientation on March 13, from 10 a.m. to 12 noon and take the first step to being a Hometown Hero!

Learn how to save lives with CPR training on March 17 from 9 a.m. to 2 p.m. Be sure to reserve your spot in advance!

For more information about how to volunteer with the American Red Cross, call Sandy Chambers at 730-3184.

Earn \$2,000 in the Army SMART program

The SMART program (Sergeant Major of the Army Recruiting Team) is a new program in which the Department of the Army is paying a \$2,000 bonus to Active Duty personnel or retirees who refer an individual to enlist in the Army. They can earn \$2,000 for making a referral who enlists, complete basic training, and graduates from Advanced Individual Training. Referrals must not have previously served in the Armed Forces or conducted an appointment with an Army Recruiter. Referrals may not be an immediate family member.

Alcoholics Anonymous

For information about AA in Korea, visit the Alcoholics Anonymous website, available in English and Korean. For more information, go to www.aakorea.co.kr.

You can also visit the Central Office at Chunil building, Room 503, 69-13 Taepyeongro 2-KA, Chung-Kym, Seoul, or call 02-774-3797 for more information.

Estate Claim

Anyone who has a claim or debt against the estate of Sgt. 1st Class Carlton L. Briscoe, who passed away at Camp Stanley Feb. 16, should contact the Summary Court Martial Officer, Capt. Marc Estepa at 010-4723-2096 or by email at arc.estepa@korea.army.mil.

Security at ROK Airport

Effective March 1, all passengers departing from all airports in the ROK carrying liquids and gel items in their carry-on baggage must adhere to the following updated

Airport security requirements:

•Each individual liquid or gel container must not exceed 3.5 ounces.

•All liquid or gel items must be placed and properly fit in a single 1-quart resealable plastic bag.

•All passengers will be required to remove this bag during security X-ray screening.

This new policy applies to all international flights (including transfer and transit flights) departing Korea. All other liquid items to include shampoo, suntan lotion, creams and toothpaste (over the 3.5 oz. limit) can still be placed in checked baggage.

Exceptions to the new policy are passengers may carry Baby Formula, breast milk or juice if a baby or small child is traveling, and prescription medicine, to include insulin, must match the name of passenger.

Airport security officials also recommend you arrive at least 3 hours prior to your estimated time of departure to ensure proper security screening. Passengers are urged to contact their respective airlines for the latest security measures or log onto www.airport.or.kr.

Korea AIP changes

Effective March 1, the application deadline for AIP will change from 90 days prior to DEROS to 120 days prior to DEROS. Applications received by the 8th Army G1 inside the 120 day DEROS window are exceptions to policy and will require a General Officer letter of endorsement. The Brigade/USATC-K Commander (vice the Battalion Commander) must recommend approval or disapproval on the DA Form 4187 for all AIP requests and forward to the 8th Army G1 for processing.

Future changes to AIP include:

•Soldiers without a deployment to OIF/OEF since Sept. 9, 2001 will be limited to one 12-month extension. This change includes accompanied and unaccompanied personnel and will apply to new requests only. Personnel with a deployment to OIF/OEF since Sept. 9, 2001 may continue to apply for AIP until they reach the 5 year Theater limitation.

•Brigade or USATC-K commanders will be the final approval or disapproval authority for fully qualified AIP requests. Eighth Army G1 will continue to process all exceptions to policy and manage DEROS adjustments.

The effective date for the future changes has yet to be determined.

Movies

Camp Casey

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

March 9 ... *Primeval: Alpha Dog*
March 10 ... *Primeval: Codename: The Cleaner*
March 11 ... *The Number 23; The Number 23; Alpha Dog*
March 12 ... *The Number 23*
March 13 ... *Night at the Museum*
March 14 ... *Alpha Dog*
March 15 ... *Primeval*
March 16 ... *Freedom Writers; Alpha Dog*
March 17 ... *Freedom Writers; Stomp the Yard*
March 18 ... *The Good Shepherd; Wild Hogs; Wild Hogs*
March 19 ... *Wild Hogs*
March 20 ... *Stomp the Yard*
March 21 ... *Freedom Writers*
March 22 ... *Stomp the Yard*

Camp Red Cloud

Show times: Fri.-Sat. 7 & 9 p.m., Sun. 6 & 8 p.m., Mon., Tue. & Thur. 7 p.m.

March 9 ... *The Number 23; Primeval*
March 10 ... *Alpha Dog; Rocky Balboa*
March 11 ... *Primeval; Alpha Dog*
March 12 ... *Code Name: The Cleaner*
March 13 ... *Primeval*
March 15 ... *Wild Hogs*
March 16 ... *Wild Hogs; Stomp the Yard*
March 17 ... *Freedom Writers; Stomp the Yard*
March 18 ... *Freedom Writers; Alpha Dog*
March 19 ... *Children of Men*
March 20 ... *The Good Shepherd*
March 22 ... 300

Camp Hovey

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

March 9 ... *The Good Shepherd*
March 10 ... *Alpha Dog; The Number 23*
March 11 ... *Primeval; Code Name: The Cleaner*
March 12 ... *Alpha Dog*
March 13 ... *The Number 23*
March 14 ... *Primeval*
March 15 ... *Alpha Dog*
March 16 ... *Stomp the Yard*
March 17 ... *Primeval; Wild Hogs*
March 18 ... *Freedom Writers; Stomp the Yard*
March 19 ... *Freedom Writers*
March 20 ... *Wild Hogs*
March 21 ... *Stomp the Yard*
March 22 ... *Freedom Writers*

Camp Stanley

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

March 9 ... *Primeval*
March 10 ... *Primeval; Alpha Dog*
March 11 ... *Alpha Dog*
March 12 ... *Rocky Balboa*
March 14 ... *Wild Hogs; Wild Hogs*
March 15 ... *Children of Men*
March 16 ... *Freedom Writers*
March 17 ... *Freedom Writers; Stomp the Yard*
March 18 ... *Stomp the Yard*
March 19 ... *Alpha Dog*
March 21 ... 300; 300
March 22 ... *Primeval*



From Gobi to Gyeonggi-do, Yellow sand goes the distance

By Pfc. Anthony Hawkins Jr.
Staff Writer

As springtime steadily approaches, a major concern for health officials begins to show its head.

Asian dust, known in Korea as Hwang-sa, meaning “yellow sand,” is an annual occurrence which affects much of East Asia.

Yellow sand consists of particulates of fine dust bound with heavy metals and pollutants, said Air Force Tech Sgt. Demetrius L. Poole, staff weather NCO for the 607th Weather Squadron, Detachment 1. It is caused by strong surface winds uplifting loose soil from the dry desert regions of China and Mongolia. These thick clouds of sand are then carried east over China, Korea and Japan.

The primary months for yellow sand storms in South Korea are March, April and May, Poole said. Yellow sand storms could be more intense this season due to a strong winter drought in northern China and parts of Mongolia.

The first record of the phenomenon in Korea was around 174 A.D., during the Silla dynasty. The people believed the gods in heaven became so angry that they poured down dirt instead of rain or snow.

Other historical records include an instance in 606 A.D. during the Baekje dynasty when the sky of the capital city was darkened like night in the middle of the day. In the Joseon dynasty, a record in March 1549 stated, “there was a fog that looked like smoke creeping into every corner in all directions.” The cloud, which lasted for three days, covered rooftops, crops and trees with a yellow-brown dust.

Although yellow sand usually only affects Asia, some dust clouds become so immense that they travel across the Pacific Ocean in five to seven days and reach the United States. An example was during April 2001 when a dust cloud reached the western U.S., which had a dramatic impact on visibility across the National Park system, including the Grand Canyon.

Yellow sand not only decreases visibility, but it

also can cause health problems. A Chinese study conducted in 2001 showed that yellow sand contains high concentrations of silicon, aluminum, calcium and iron. The airborne particles of sand and minerals significantly affect air quality, which can lead to irritation in the eyes, nose, mouth and throat. Serious cases can also lead to respiratory and cardiovascular problems.

The amount of yellow sand in the air is measured by micrograms per cubic meter. The normal level of yellow sand particles is below 100 micrograms per cubic meter. Dust concentration above 100 micrograms begins to pose health risks.

Prolonged exposure to unfiltered air and heavy exertion during this time should be avoided. If the concentration of yellow sand goes above 300 micrograms, personnel at high risk, which includes children, the elderly and those with heart or lung disease, should remain indoors. The situation is considered extremely hazardous if the level of yellow sand goes above 500 micrograms. People should remain indoors and limit physical activities until the dust subsides.

When yellow sand levels are elevated, there are several things people should do to ensure they are safe:

- Avoid unnecessary outdoor activities when yellow sand levels are high.
- Keep windows and doors closed.
- Wear glasses instead of contacts.
- Brush your teeth and wash your hands when you come indoors.
- Drink plenty of water to keep your eyes from drying out.
- Before eating, wash your hands and the food carefully.
- If you must go outdoors, wear a mask or neck gaiter to keep sand out of your mouth.

After the yellow sand passes, air out your room and wash exposed objects before using them. Be careful when doing this, so as to not stir up more dust.

Over the past few years, Korea and China have

taken part in reforestation efforts in the desert regions in hopes to decrease the amount of yellow sand. So far, these efforts have not affected the problem significantly. In April 2006, Korean meteorologists reported the worst case of yellow sand in the past four years.

It is important to remember safety measures when faced with yellow sand this spring. To see the current yellow sand concentration across Korea, visit the 18th Medical Command’s Web site at www.seoul.amedd.army.mil/sites/yellowsand.

***High risk personnel include people:**

- 7-years-old and younger
- 65-years-old and older
- who have heart disease, diabetes or lung disease, such as asthma

†Heavy exertion which should be limited include:

- Field training exercises
- Road marching of any distance
- Mowing lawns
- Organized outdoor activities such as sports

Commanders, supervisors and leaders should:

- Identify individuals at high risk and implement appropriate protective measures
- Commanders should include yellow sand conditions in training risk assessments

Dust Concentration microgram/m ³	Level of Health Concern	Personnel at High Risk*	All Others
0-50	Good		
51-100	Moderate	Consider reducing prolonged or heavy exertion [†]	
101-150	Unhealthy for Personnel at High Risk*	Reduce prolonged or heavy exertion [†]	
151-200	Unhealthy	Avoid prolonged or heavy exertion [†]	Reduce prolonged or heavy exertion [†]
201-300	Very Unhealthy	Avoid all physical activity outdoors	Avoid prolonged or heavy exertion [†]
301-500	Hazardous	Remain indoors and keep activity levels low	Avoid all physical activity outdoors
>500	Extremely Hazardous	Remain indoors and keep activity levels low	Remain indoors and keep activity levels low

Illustration courtesy of 18th Medical Command

Army secretary resigns in wake of Walter Reed outpatient-care shortfalls

By **Kathleen T. Rhem**

American Forces Press Service

WASHINGTON – Defense Secretary Robert M. Gates announced March 2 that he accepted the resignation of Army Secretary Francis J. Harvey in light of allegations of shortfalls in care of outpatients at Walter Reed Army Medical Center here.

Published reports in February shed light on shortcomings in outpatient care for troops wounded in Iraq and Afghanistan. Army officials announced yesterday that the hospital commander, Maj. Gen. George W. Weightman, had been relieved of duty.

In announcing that Harvey had resigned, Gates expressed disappointment that Army leaders were not taking the situation seriously enough.

“I am disappointed that some in the Army have

not adequately appreciated the seriousness of the situation pertaining to outpatient care at Walter Reed,” he said in a brief statement at the Pentagon. “Some have shown too much defensiveness and have not shown enough focus on digging into and addressing the problems.”

He also said he is concerned that some Army leaders hadn’t communicated well enough that caring for wounded troops is their top priority.

“Addressing (troops’ and their families’) concerns about the quality of their outpatient experience is critically important,” Gates said. “Our wounded Soldiers and their families have sacrificed much, and they deserve the best we can offer.”

In contrast to his criticism of Army leaders, Gates praised the medical staff at Walter Reed for “their professionalism and dedication to providing caring treatment.”

“From what I have learned, the problems at

Walter Reed appear to be problems of leadership,” he said. “The Walter Reed doctors, nurses and other staff are among the best and the most caring in the world. They deserve our continued deepest thanks and strongest support.”

Harvey had been secretary of the Army since Nov. 19, 2004. Gates announced that Undersecretary of the Army Pete Geren will serve as acting secretary until a new secretary is in place. Geren served as acting secretary of the Air Force from July to November 2005.

Army officials announced after Gates’ news conference that Maj. Gen. Eric R. Schoomaker will be the new commander of Walter Reed Army Medical Center and North Atlantic Regional Medical Command. Schoomaker currently is the commanding general of the U.S. Army Medical Research and Materiel Command at Fort Detrick, Md.

DoD’s America Supports You Program success shows deep Troop support

By **Steven Donald Smith**

American Forces Press Service

WASHINGTON – The Defense Department’s America Supports You program transcends politics in its mission to support the men and women of the U.S. armed forces, a senior defense official said Feb. 11 in an appearance on Fox News Channel’s “Fox and Friends” program.

“I think we have a great history of that through our America Supports You program,” Allison Barber, deputy assistant secretary of defense for internal communications and public liaison, said. “Over the past two and a half years, we’ve seen hundreds

and thousands of people who say, ‘We’ll debate the policy of the (Iraq) war in a certain venue, but we will never, ever debate the important piece of whether or not we support the people who fight our wars.’”

America Supports You is a Defense Department program launched in fall 2004 to highlight and facilitate the ways Americans and the corporate sector are supporting the nation’s servicemembers. “America Supports You is all about the people,” Barber said.

Despite negative news coverage about the war in Iraq, the success of the America Supports You Web program is evidence that people continue to support the troops, Barber said.

“Over two and a half years ago our troops were hearing things in the media and seeing things that made them question if the folks back home were still supporting them,” she said. “Because of those questions, the Department of Defense launched ... the America Supports You program.”

More than 250 groups now are taking part in the program, doing various things for the troops from sending care packages to donating frequent flyer miles to building homes for wounded servicemembers, she said. Barber said people can learn more about these groups and how to get involved by visiting the America Supports You Web site.

In addition, private citizens have

stood up an America Supports You fund to raise money for participating America Supports You groups. “And also to help our Guard and reserve members who have so many unique needs,” she said.

Barber said she is confident the American people have always supported the troops. But because of poor communication channels, the troops did not always get the message.

“It was just a disconnect,” she said. “We saw great things happening here on the home front, and we needed a way to communicate that directly to our troops, and that’s what we do through the America Supports You program.”

Secretary Gates meets with ROK defense minister

U.S. Department of Defense news release

WASHINGTON – United States Secretary of Defense Robert Gates and Republic of Korea Minister of National Defense Kim Jang Soo met in Washington, D.C., Feb. 23.

Secretary Gates welcomed Minister Kim to the Pentagon with an honor cordon, then hosted the Minister for an office call and working luncheon.

During the 90 minute session, Secretary Gates and Minister Kim reaffirmed the basic tenets of the Alliance and reconfirmed fundamental understandings on Alliance transformation, including the importance of taking a forward-looking approach to the full range of Alliance management issues.

Secretary Gates and Minister Kim discussed the importance of combined readiness in the face of the North Korean conventional, nuclear and mis-

sile threat and assessed that the Alliance was capable of meeting any challenge posed by North Korea. The two agreed on the importance of training and exercises to maintaining this high level of combined warfighting capability.

After noting that the two sides agreed to the future command relationship structure at the October 2006 Security Consultative Meeting, Secretary Gates and Minister Kim agreed that the two sides will disestablish the current ROK-U.S. Combined Forces Command on April 17, 2012 and complete the transition to the new supporting-supported command relationship between U.S. and ROK forces at the same time.

In this regard, Secretary Gates and Minister Kim further agreed that implementation of the OPCON transition “Road Map” will commence in July 2007 immediately following agreement on the “Road map” and culminate in a Certification Exercise in March 2012.

Following on the successful bilateral Security Policy Initiative talks of Feb. 7-8, Secretary Gates and Minister Kim reiterated commitments to work closely to accelerate the relocation of USFK units and facilities and the full implementation of both the Yongsan Relocation Plan and the Land Partnership Plan.

Secretary Gates expressed appreciation for the Minister’s efforts in this regard and noted that the relocation, including the return of valuable lands to the Korea people, was an important step for both nations.

In this regard, the two sides expressed their willingness to expeditiously complete the return of USFK facilities in accordance with the ROK-U.S. Status of Forces Agreement.

Finally, Secretary Gates noted the contributions of ROK forces in both Iraq and Afghanistan, and offered appreciation for the ROK efforts as an important partner in the Global War on Terror.

Remembering the Bataan Death March

2ID Public Affairs Office

The Bataan Death March was one of the biggest atrocities U.S. Soldiers have ever faced. It all started with the surrender of U.S. troops in the Philippines who felt they would not survive much longer fighting the Japanese. They were low on food, ammunition and morale. Men were dying from lack of nourishment more so than from enemy fire.

After realizing there were more prisoners than they were prepared to take, it was decided that the prisoners would be marched to their POW camps. Problem was, most of the prisoners were already malnourished, weak and barely able to walk. This set the stage for an onslaught of inexcusable brutality.

First, the troops were searched. Any prisoner found with Japanese souvenirs was executed immediately, because the Japanese believed the Soldier must have killed a Japanese soldier in order to get it. Many Soldiers had found these items, such as money and shaving mirrors. Their own personal property was usually stolen as well.

Next came six days and 70 miles of marching through the hot Philippine sun.

Throughout the march, the Japanese offered no food and barely any water to the prisoners. Those who fell down or fell behind during the march were bayoneted, beheaded or shot.

Those who stepped out of line or had fallen out of ranks were beaten with clubs and rifle butts. Some of those who couldn't keep up were even run over by Japanese vehicles. The Japanese offered no mercy. Some considered those who were murdered by the Japanese lucky.

Officer status didn't provide protection either.

On the few occasions they were allowed to stop during the day, the prisoners were made to sit down in an open field with the sun beating down on them, often referred to as sun treatment.

When the prisoners were allowed to sleep for a few hours at night, they were packed into enclosures so tight that they could barely move. Those who lived collapsed on the dead bodies of their comrades.

By the time the Soldiers had reached the different

prisoner of war camps, thousands had been killed.

When we take a look at everything these Soldiers went through, one can't imagine the terrible pain and torture they went through. It doesn't mean only the physical realm either. These Soldiers dealt with the mental and emotional ends of the spectrum as they saw many of their friends being killed.

For those who survived the Bataan Death March,

three years of continued malnourishment and harsh treatment awaited them at the different prisoner of war camps.

These Soldiers truly went through hell, and many didn't live to tell about it. Out of the 72,000 American and Filipino soldiers that started the march, only approximately 54,000 reached the prison destination.

2007 8th Army Bataan Death March Qualifier Winners

Men's division

1. Lt. Col. Troy D. Busby
USFK CJ35
2. Capt. Max V. Self
HHC, 2ID
3. Command Sgt. Maj. Mark Sullivan
176th Finance Bn.
4. 1st Sgt. Andrew Rhoades
C Co., 302nd BSB
5. Spc. Chao Carvalho
HHD, 36th Engineer Bn.

Women's division

1. Jamie A. Sullivan
176th Finance Bn.
2. Spc. Vicki B. Cody
16th MEDLOG Bn.
3. Staff Sgt. Jennifer Adams
HHD, 41st Signal Bn.
4. 1st Lt. Evelyn Kudary
HHC, 2ID
5. 1st Lt. Shavonne Holden
210th FA Bde.

Team Event

1. A Co. 1-72 Armor Regt.
Cpl. Michael Young
Capt. Patrick Stone
Cpl. Gavin Erickson
Pfc. Brian J. Gotterson
1st Lt. Walter E. Pratt
2. E Co. 1-72 Armor Regt.
Pvt. Ryan A. Henderson
Pfc. William Moogan
Pfc. Ivan Verela
Staff Sgt. Sovath Keo
Pvt. Mitchell Surrate



Cpl. Amanda Merfeld

Soldiers participate in the 8th Army Bataan Death March Memorial qualifier at Camp Casey Feb. 24.

Three nations honor pivotal Korean war battle

2ID Public Affairs Office

A combined ROK/US/French memorial ceremony was held Feb. 12 at the Chipyeong-ni battlefield monuments that were unveiled last year to honor the anniversary of the pivotal battle in the Korean War.

Maj. Gen. James A. Coggin, 2nd Infantry Division commander, Maj. Gen. Oh, Jeong Suk, 20th Mech (ROK) Infantry Division commander and Col. A. Nass, the French Defense Attache participated representing each army.

This battle took place on Feb. 13-15, 1951 and was significant because U.N. forces gained confidence finally pushing back human wave attacks by the Chinese which had seemed impossible.

Since that point, U. N. forces were able to advance northward, taking control of Seoul and eventually settling near the 38th parallel what is now in the area of the demilitarized zone.



Yu, Hu Son

4-7 CAV celebrates Korean cultural day

Story and photos by
Pfc. Kim, Hosik
Staff Writer

Soldiers from 4th Squadron, 7th Cavalry Regiment enjoyed Korean folk games and traditional rice cake at a Korean culture day event held at the Camp Hovey baseball field Feb. 15.

The day's events began by introducing Korean folk games to Soldiers, followed by actually experiencing them. Soldiers circled around and played Jegi-Chagi, a Korean style hacky-sack, or played Tu-ho, the traditional dart game favored by the royal family of the Joseon dynasty.

Neol-twigi also caught the Soldiers' attention. It's a standing seesaw using counteraction to bounce the other player off of the board in order to win.

"It's fun. I like it," said Pvt. Mike Abelido of Headquarters Headquarters Troop, 4-7 Cav. Regt. as he recovers from a fall during Neol-twigi. "I'm skinny, so I go up high. At first, it was kind of complicated, but you learn how to do it."

The group also competed in Dak-ssaum, in which players stand on one foot while holding the other foot with their hands. The player has to hop, keep balance and collide into other players to knock them down. In a group match between HHT and Alpha Troop, 20

players from each side joined the match and showed their skills. Pvt. Jonathan Pesnell from Alpha Troop and Pvt. Christian Charlton of HHT were the last two standing in the first round.

"I tried to keep my balance as long as I could and let the other players screw up," said Pesnell. "It's not every day that we get the entire troop together and go out and have fun. It's a good break."

Meanwhile, Bravo Troop and Charlie Troop were preparing for Kima-Jon, the Korean equivalent to a chicken fight. In Kima-Jon, three people lift a lead player, who fights for the opposing player's hat, or in the 4-7 Cav. Regt. adaptation, a P.T. wash cap.

"Kima-Jon is my favorite game," said Pvt. Michael Hertzman, Bravo Troop. "Today was really motivated; energy I've never seen before. The KATUSAs worked hard to prepare a good event for everyone."

The Korean culture day was put together by the KATUSAs of 4-7 Cav. Regt., with support from the Dongduchoen Korean Cultural Center and the 8th Army ROKA staff office.

"We hope this event could open Soldiers' eyes to our beautiful Korean culture and heritage," said ROKA Sgt. Maj. Yang, Yong-Duk of 4-7 Cav. Regt. "The more the ROK and U.S. Soldiers understand and care for each other, the stronger the morale and alliance will be."



Pvt. William Cannon, a cavalry scout from Alpha Troop, 4-7 Cav. Regt., throws a dart during a game of Tu-ho, a traditional Korean folk game.



Pvt. Mike Abelido tries to bounce another Soldier off of a board during a game of Neol-twigi.



Soldiers from Bravo Troop and Charlie Troop prepare for another round of Kima-Jon, the Korean equivalent to a chicken fight.

Warriors race for championship



Sgt. Lee, Yoon Joo

Pfc. Shin, Jin Soo (top), Area I, in men's division and 2nd Lt. Kate Dafoe (right), HHC 2ID, in women's division took 1st place in three events out of eight, proving to be the best swimmers in the Warrior Indoor Swimming Championship at the Camp Red Cloud swimming pool Saturday.



Sgt. Lee, Yoon Joo

2ID Soldiers celebrate Black History Month



Pfc. Antuan Rofo

Spc. Juan Reyes of the Second Infantry Division Band plays a trumpet solo during the Black History Extravaganza held on Camp Red Cloud Feb. 23. The 2ID Band performed several other songs by artists such as Marvin Gaye, Miles Davis and B.B. King. Other entertainment included a poetry reading, original music, an authentic African dance and the history of Hip-Hop.

LIMITS

From page 1

The second critical measurement is not so numerical. It is individual alcohol tolerance.

We've all known people who get red-faced and woozy after one drink and also people who consider 10 rounds just a good beginning. Tolerance is affected by many factors such as genetics, individual drinking history, fatigue, stress and the use of other drugs.

Since most of us are not born with ample supplies of the enzymes that effectively metabolize alcohol, we start off life being fairly intolerant of alcohol. That's why your very first bottle just doesn't go down all that smooth unless you hail from a long line of heavy drinkers. However, with dedicated repetitions, most people can significantly increase their tolerance.

While practice won't make perfect when it comes to drinking, it can add considerably to the volume of alcohol required to get a person to that toxic condition normally referred to as drunk.

Most people show measurable signs of impairment such as slowed reflex times, decrease in visual ability and diminished problem solving skills at 0.05. We begin to exhibit the classic

symptoms of intoxication when our BAC is in the range of 0.10 to 0.20.

Most of us know the drill. The brain and the body seem to part company. The clinicians call it psychomotor retardation. All alcoholic beverages contain a mind and mood altering drug, all are central nervous system depressant and all act as anesthetics to a person's conscience. As the amount of alcohol sloshing around in your brain goes up, so does the level of impairment.

Soldiers with a normal tolerance for alcohol will pass through the described stages of impairment and intoxication pretty much on track with the BAC levels cited above. However, Soldiers with above average tolerance for alcohol including almost all heavy drinkers and those who inherited a high tolerance genetically will not experience impairment or intoxication until their BAC measurement is higher, sometimes much higher.

Counselors in the Army Substance Abuse Program encounter Soldiers who have been able to pass a field sobriety test or operate a motor vehicle with BACs above 0.20 or even

above 0.30. That's a level that would leave most of us incoherent, passed out or at the very least saying our prayers over the old porcelain bowl.

For these individuals, a BAC of 0.10 isn't even close to their personal definition of drunk. But legal limits on blood alcohol content are not written for people with exceptionally high tolerance anymore than speed limits are written for professional race car drivers or the voting age is established for child prodigies with IQs over 130.

So what's a Soldier who enjoys drinking supposed to do? Give up the booze and switch to ginger ale, grenadine syrup, and orange juice garnished with a maraschino cherry and a slice of lemon? Walk around with a shoulder-harnessed breathalyzer? Move to Margarita Ville? Hopefully, none of the above.

What a Soldier should do is know the laws and the policies established in his or her command. Also, have a basic understanding of the realities regarding absorption, metabolism and tolerance as described above. Understand that recreational intoxication is a bad idea even if you don't have to be tied to your bunk.

Green tea: a doctor in a glass

By Pfc. Antuan Rofo

Staff Writer

Most people rely on doctors and medicine to cure what ails them. For others, there is green tea.

Green tea has long been consumed throughout India, China, Japan, Hong Kong, Korea and even the Middle East. Its health benefits date back over 5,000 years, and although the United States Food and Drug Administration has yet to endorse green tea's medicinal benefits, several studies show that its consumption is something to look into.

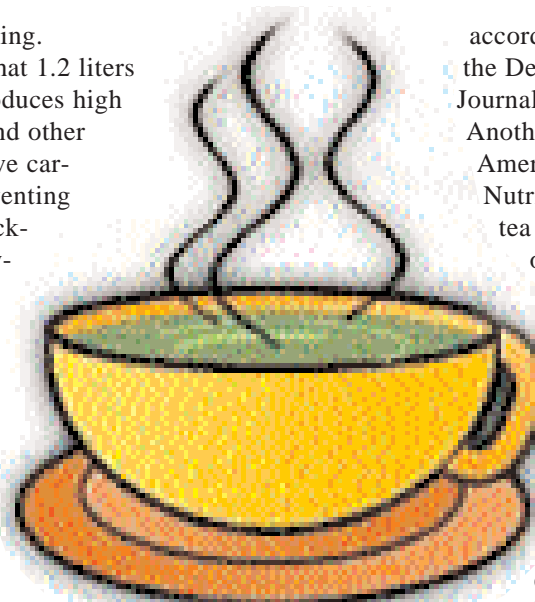
In 2004, an article was published in the Journal of the National Cancer Institute stating that compounds found in green tea tended to inhibit the growth of cancer cells. The reason is green tea is high in an anti-oxidant known as epigallocatechin gallate, or EGCG for short. Tests show that EGCG not only inhibits the growth of new cancer cells, but it also kills existing cancer cells without harming normal cells. Green tea also prevents the formation of blood clots which have been known to cause thrombosis, one of the leading causes of heart attacks and stroke.

May 2006, a study conducted by the Yale University of Medicine found what they called the "Asian Paradox," which refers to the lower rates of heart disease and cancer despite the high

levels of cigarette smoking. Researchers theorized that 1.2 liters of green tea per day produces high levels of polyphenols and other antioxidants that improve cardiovascular health, preventing blood platelets from sticking together and improving HDL (good) cholesterol and lowering LDL (bad) cholesterol levels. This study appeared in the May issue of the Journal of the American College of Surgeons.

Green tea also has been found to fight off Alzheimer's disease. A British study found that drinking green tea inhibited three important brain-healthy chemicals: acetylcholinesterase, butyrylcholinesterase, and beta-secretase. These three chemicals are associated with breaking down chemical messengers and forming plaques and protein deposits in the brain, perfect for crystal clear thinking.

One of the biggest surprises about green tea is that it increases metabolism. People who took green tea extract three times a day saw their metabolic rate increase by about four percent,



according to a study published in the December 1999 American Journal of Clinical Nutrition.

Another scientific paper from the American Journal of Clinical Nutrition concludes that a green tea diet increases metabolism and oxidizes fat, without raising heart rates. The heart-rate item merits significance because increased heart rates can lead to adverse cardiac effects.

Since there are only two ways to get rid of fat, decreasing food intake (diet) or increasing energy expenditure (exercise), this makes green tea a much-needed

helper for those unable to cut back on calories. Also to expend energy without putting a load on the heart makes green tea that much more of a winning alternative to stimulant-laden weight-loss concoctions.

Green tea is a little known herbal doctor that many people don't know the benefits of taking. This one drink has so many positives that the reason many people don't know about it is unimaginable. People are concerned with health, and this paradox will help them live a full and healthy life.

Tampa Bay cheerleaders visit Area I



Master Sgt. Kanessa Trent

Aubrey Gainey is given a 2ID jacket by Col. Christopher Queen, 1 HBCT commander, during the Tampa Bay cheerleaders' visit to Area I.



Master Sgt. Kanessa Trent

Tampa Bay Buccaneer cheerleaders line up on stage dressed in BDU tops as part of their performance at Camp Casey's Hanson Field House Feb. 11.

Gyeonggi English Village provides for future of Korea

By Pfc. Kim, Hosik
Staff Writer

What if you could travel to Europe or the United States without an expensive and long airplane flight? What if you could eat, sleep and study in a state of the art language institute for as low as \$80 a week?

This is the opportunity that Gyeonggi English Village provides for the future generation of Korea. Any student from kindergarten to middle school who lives in Gyeonggi province can now hop on a school bus and head to this 70-acre village that aesthetically resembles the look of a European town.

Inside, 108 teachers from the United States, Australia and various other English speaking countries live, work and teach students on a daily basis. After class, students can go to the theater and see their classmates on stage, grab a book from the English library or taste exotic cuisines at the multinational restaurants lining along the main street. Gyeonggi English Village is a living organism which lets the student freely experience anything English.

"It's our third time visiting the Fun Museum," said Sul, Hee-Ja, a

study group instructor from Paju. She and primary school students from her study group make a regular visit to the English village every month. "The museum exhibits unusual toys that one could play with. The kids never get tired of trying them. We've also been to the English musical, the magic show and cookie baking program."

Though it focuses on providing English education for the Korean students, Gyeonggi English Village also makes a great day trip for Soldiers and their families stationed in Korea.

Eye-catching architecture makes a photographer trigger-happy, and the food on the main street is well-priced and tasty. The shows and exhibitions might not satisfy the adult audience, but for the kids, they beat Broadway shows. Staffs and teachers are friendly and gentle, and of course, speak fluent English. Daily programs such as the Toy and Robot craft course run from Monday through Friday, and available for children ages 5 to 13. There are shows available in the main concert hall and off the street almost every hour. However, most of the activities and programs end around 4 p.m., so one should plan accordingly.

Now, don't be surprised if a stu-

dent approaches you and says 'hello.' No matter how casual the conversation goes, the student will likely never forget the special day that he or she was brave enough to take a step forward and speak in a foreign language.

Located south of Paju, Gyeonggi English Village is only 40 minutes away from Seoul, and about an hour drive from Uijongbu. Public trans-

portation is also available. Buses No. 32 and 32-1 depart from Uijongbu express bus terminal every seven minutes and make their final stops at Gyeonggi English Village. The admission fee is 6,000 won for adults and 5,000 won for children.

For more information, visit the official website at <http://english-village.gg.go.kr/eng/paju/about/overview.jsp>



Yu, Hu Son

Gyeonggi English Village students take a short break on the main street.

Discover Korean style in Myungdong

Story and photo by
Sgt. Lee, Seung Hyub
KATUSA Editor

Seoul is a huge city of 10 million people. There are several shopping districts that people can visit to such as Gangnam, COEX, Sinchon and Dongdaemun. Myungdong is another one of these places located in the middle of Seoul.

In the 1950s, Myungdong was the center of culture, where artists came to drink coffee and compose poetry. In the 60s and 70s, Myungdong became the street of youth, where singers with acoustic guitars sang and DJs played music. Today, Myungdong showcases several shopping malls, small stores, multiplex cinemas and restaurants. On average, about 2 million people visit Myungdong per day.

The main street of Myungdong has shopping malls on each side. On the right side is the popular 'Migliore.' Inside, there are many retail shops, accessory stores and bag stores. On the other side of the street is 'Hi harriet,' a shopping mall combined with a multiplex cinema.

The shopping area spreads to even more stores and restaurants. Many vendors sell accessories and foods not found at restaurants.

Further down, patrons will find another mall named 'Avatar,' which is also combined with the multiplex cinema 'CGV,' which shows

American movies as well as Korean.

On the other side of the road are Lotte Department store, Lotte Young Plaza and Lotte Avenuel. At Young Plaza, there are all kinds of brands which cater to young customers' taste. Avenuel is a specialized shopping mall with luxury goods. If you were not able to find food that meets your taste or if you want to eat some western food such

as ribs, you might want to go there.

Those who desire Korean food may want to visit 'Myungdong Gyoja,' which is famous for Korean noodles. This 30-year-old restaurant is popular with many foreigners.

Myungdong Cathedral also stands in Myungdong, built about 100 years ago. It is the only Gothic style architecture in Korea. Additionally, the cathedral has a

back garden for visitors seeking a calm getaway.

To get to Myungdong, take Line No. 1, the dark blue line at Uijongbu station and transfer to line No. 4, the blue line at Changdong station, which is six stops to the west from Uijongbu station. Myungdong station is 12 stops to the west from Changdong station towards Seoul Station.



Crowds gather near stores and restaurants found in Seoul's Myungdong shopping district.

Entertainment events bring joy to 2ID Soldiers



Pfc. Antuan Rofe

(Above) Comedians Steve Brown, Spike Davis, Sherman Golden and Shaun Jones perform their stand-up routines on stage at Mitchell's on Camp Red Cloud Feb. 21.

(Right) A participant in the Texas Hold 'Em tournament at Camp Casey's Warrior Club Feb. 25 collects his winnings after a hand.



Pfc. Leigh Armstrong