



Indianhead



**Trick-or-Treat
with 1HBCT
page 6**

**Thanksgiving
meal times
page 4**

**Manchu spirit
continues
page 7**



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November 21, 2007



Retired Lt. Gen. Jack Woodall (right) speaks to those in attendance at 2ID's 90th anniversary celebration in Washington D.C.

Sgt. Amanda Merfeld

2ID celebrates Division's history, tradition, service

Sgt. Amanda Merfeld

2CAB Public Affairs Office

A cold, rainy October day did little to dampen the spirits of 2nd Infantry Division veterans, past and present, who gathered in Washington D.C. to celebrate the division's 90th anniversary Oct. 26.

Generations of veterans who wore the Big Black Patch in World War II and the Korean War, and those who are currently serving in Korea and in Iraq today, stood at the Second Division memorial to celebrate the division's history, tradition and service.

Dallas Mossman's voice didn't crack as he shared his personal story of the time spent as a prisoner of war in a Chinese camp during the Korean War. As rain pelted his butterfly-print umbrella, he quipped about the primary form of sustenance he was

fed as a POW.

"Do you know what they fed us?," Mossman asked. "Mullet. You know, the kind (of fish) that birds eat."

Despite the harsh realities of war Mossman and others shared, the celebration was emotive and reflected the intent of the day: to formally pause and recognize the division's colorful history and its successes through four wars.

Whether or not those who wore the Big Black Patch had seen combat firsthand or served their nation proudly patrolling the Demilitarized Zone as the Republic Of Korea became a thriving democracy, all those in attendance shared one common theme: a pride in their service and in the 2nd Infantry Division, which ultimately brought them all together.

See **BIRTHDAY**, page 4

2ID announces change of command ceremony

Spc. Beth Lake

Editor

Camp Red Cloud, KOREA-- The Second Infantry Division will hold its change of command ceremony Nov. 28 at 10:00 a.m. on Indianhead Field Camp Casey.

Maj. Gen. James A. Coggin will relinquish command of the 2nd Infantry Division to Maj. Gen. John W. Morgan, III. Lt. Gen. David P. Valcourt, Commanding General of the 8th United States Army, will preside over the ceremony.

Coggin has served as the division commander since May 2006. He will retire to Washington, D.C.

Morgan comes to 2ID after serving as the U.N. Command, Combined Forces Command, U.S. Forces Korea C-3 officer.

Morgan's past command assignments include Deputy Commanding General/Chief of Staff, I Corps; Assistant Division Commander (Maneuver), 1st Infantry Division, where he deployed to Iraq in support of Operation Iraqi Freedom; 1st Infantry Division, 1st

Battalion, 41st Field Artillery, 24th Infantry Division, re-designated 3rd Infantry Division.

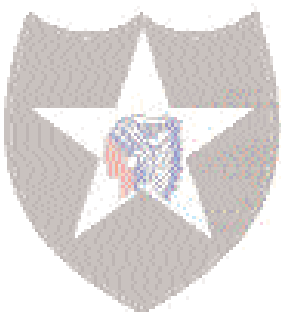
His awards and decorations include the Defense Superior Service Medal, the Legion of Merit, one Oak Leaf Cluster, the Bronze Star, the Meritorious Service Medal (5OLC), the Army Commendation Medal (1OLC), the Army Achievement Medal, the Combat Action Badge, the Joint Chiefs of Staff Identification Badge, and the Army Staff Identification Badge.



Maj. Gen. James A. Coggin
Outgoing Commander



Maj. Gen. John W. Morgan, III
Incoming Commander



VOICE OF THE WARRIOR:

What are you
most thankful
for this
Thanksgiving?



*"Having a good job
and being healthy."*

Spc. Maxwell J. Cormier
HHC, 1HBCT, S-3

*"For being a part of
the fine infantry."*

Pvt. Keith Friese
Trp. A, 4th Sqn.,
7th Cav. Regt.



*"The opportunity to
live in a free country."*

Pfc. Lauren Thompson
Co. C, 302nd BSB

*"For God, for provid-
ing me guidance."*

Maj. Andrew Choi
HHC, 2ID, Chaplain



*"My health and my
Soldiers."*

Sgt. 1st Class Sharon
Williams
WRC STB

*"My wife who is
visiting me for
Thanksgiving."*

WO1 Gilberto Martinez
2ID HHC, G-2



Warrior 6 Sends: Happy Thanksgiving 2ID

By Maj. Gen. James A. Coggin
2nd Infantry Division Commander

Thanksgiving is a time for all of us to pause, celebrate and enjoy a day of fellowship. It also provides us an opportunity to show our gratitude for the blessings we enjoy in a free and prosperous Nation.

The Warriors of the 2nd Infantry Division and Area I, and your Families, can take pride in the fact that your service and sacrifices preserve the privilege of living and working in a free society characterized by the highest ideals of liberty.

On this special day, Donna and I extend our appreciation to all of you who serve our Nation with a level of devotion and selfless service unequalled in any other profession.

Thank you for all you do in the defense of freedom for our Nation and for the Republic of Korea.

Everyday you serve in the most forward deployed division in the United States Army. You train and maintain to be ready to fight tonight.

*"We are proud of
the Warrior Team
and offer a special
thanks to you for
your service and
the sacrifices you
make as you serve
away from relatives
and loved ones. "*



You keep the ROK/U.S. Alliance that has preserved peace on the Korean peninsula for over 50 years strong and vibrant.

We are proud of the Warrior Team and offer a special thanks to you for your service and the sacrifices you make as you serve away from relatives and loved ones. On behalf of two grateful nations, I salute you and your Families. We wish all of you and your loved ones a safe and happy Thanksgiving holiday. May God Bless each of you.

You are truly "Second to None!"



Sgt. Amanda Merfeld

Soldiers and Korean nationals enjoy a Thanksgiving meal together at the Shalom House.

Indianhead

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Commander, 2nd Infantry Division

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MAJ GEN and MRS. COGGIN BID 2ID A FOND FAREWELL

Fellow Warriors,

As most of you know by now, I will turn over command of 2nd Infantry Division one week from today after having served 19 months as your commanding general.

What has not been common knowledge until now, though, is that next Wednesday will also mark the end of my time in uniform.

After 33 plus years of service, I have decided to retire. I can think of no better way to exit the Army than following the high honor and privilege of serving with you as your division commander.

As my wife Donna and I made our plans and this day drew closer, my initial thoughts were to depart quietly without announcing my intent to retire until after leaving command here in Korea. As the weeks passed, however, I came to realize that I owe it to all of you to publicly share my decision and bid you, and our Army, a fond farewell.

Nearly four decades ago, I left the small Nash County, North Carolina farm that I grew up on and headed for West Point at the age of 17.

At that time, I could never have dreamed I'd be blessed with such a rich and rewarding career. Over the years, it has been my honor to serve as a Soldier in our United States Army, an institution whose foundation is built on selfless service to our Nation.

I have treasured my time serving in the 2nd Infantry Division, and feel great satisfaction in what we have accomplished as a team. Each major event from daily readiness, training and deterrence duties, to last year's Warfighter to this month's War Path exercise, and everything in between, has been outstanding.

The many cultural exchanges you've participated in, and that the Division has been fortunate enough to be a part of, has been special and further solidified the strong and long-standing ROK/US Alliance.

The friendships we have made



with many Koreans while stationed in this fascinating country will remain with us long after our tour in Korea has ended.

I am thankful for the friendships and relationships forged here on this peninsula and value them tremendously. I encourage you to continue to immerse yourselves in

the local culture, enriching your own lives while serving as an Ambassador for the United States of America here in Korea.

Over the past 19 months, initiatives and programs were introduced and developed to better serve each of you, most notably the effort to provide the growing population of non-command sponsored Service members and their Families more affordable and adequate housing in Area I.

Every decision that was made always had you, the Soldiers and Airmen who wear the Big Black Patch, as the primary focus. You are the centerpiece that makes our Army strong, powerful and professional. You are a credit to our Nation.

If the citizens of the United States could see and appreciate all that you do every day in selfless service to our Nation, they would be in as much awe of you as I am.

As one Soldier to another, I want to thank you for what you do and for answering your Nation's Call To Duty. I am grateful and humbled to have served beside you.

You are all Second to None!
Maj. Gen. Coggin

Several weeks ago my husband came home and told me he wanted to write a farewell letter to the Division. I know that letter will be difficult for him to write because the people of the 2nd Infantry Division and those associated with the Division have become very special to him. As I pondered the difficult task that lay before him, I too felt a tug at my heart to write a farewell letter to the Division and the Army that I have grown to love.

For 33 plus years I have walked side by side with my husband in this Army Family. We have shared both fun times and some sad times; we have climbed to the highest mountain tops, and, at times, together walked along valleys. So how do you say goodbye when it's time to go?

Early on in our marriage Jim encouraged the children and me to approach a PCS move by focusing on the excitement of entering a fresh new chapter of our lives and not to dwell on what we were leaving behind. That mindset created an adventure in the Coggin household that caused PCS moves to take on an aura of excitement that helped lessen (but not subtract) the pain of leaving good friends and happy situations. So it is with tears in my eyes, a heart filled with emotion, and a smile on my face, that I will say goodbye to our cherished family in 2ID. You mean so much to us, and we know we can never repay you for what you have given us.

Thanks for the smiles and conversations as we passed each other in our hectic daily lives. For a few moments you were willing to just stop and talk. We talked about little things and big things in your life and in mine. It's funny how a simple morning exchange about an upcoming visit from your parents, a comment about how you miss your dog while you play with our dog, or a joke about our new Starbucks coffee shop made us feel

connected. Those are the conversations and the moments I will cherish.

Thanks for helping each other and truly caring about people. Everyday I see so many of you reaching out to help, and never thinking of what you will get in return. As a result, what you get in return is a priceless gift of hearts that warm up in brotherly love when you enter the room, and people knowing they can count on you when they need a friend. People of all ages, shapes, sizes and nationalities are touched by your simple acts of kindness. Keep it up. It is beautiful to watch. If you begin to drift into a mindset of feeling you don't make a difference, try volunteering at an orphanage, teaching English, visiting a Pear Blossom Cottage on post, or calling upon a new friend to walk through the streets of a busy Korean city with you. It is amazing how a simple readjustment of your attitude can cause a direct positive shift in your outlook of an assignment to Korea and the 2ID. I have seen firsthand the excitement and satisfaction on the faces of many of you after you have had one of those "outreach" experiences, and it makes me smile. You can and do make a difference!

Thanks for being Ambassadors for the USA in Korea. There is a good chance the vast majority of Koreans you meet will never travel to the United States, so you are the USA to them. Keep trying to speak little phrases your Mom would want you to use, like "please and thank you," "hello and goodbye." They seem so simple, but they mean so much to the people you meet.

Thanks for not taking yourselves too seriously. There is a time for working hard and staying firmly focused on the task at hand, and I strongly encourage you to be the professionals you are, but unless you learn to laugh and enjoy the situation you are in, you will miss opportunities to experience life to its fullest.

Thanks for allowing Jim and I to share this precious time with all of you. We have been and always will be part of your Army Family. You are a very special group of people, and I am thankful we were given the opportunity to experience Korea and 2ID together. As the saying goes; "bloom where you were planted. Please continue to take care of each other. I promise it will be worth it.

May God bless each of you in a special way.
Fondly, Donna Coggin

BIRTHDAY

from Page 1

Soldiers and spouses held their heads high as they made their way through a seafood restaurant for the second portion of the celebration. Many patrons took a break from their meals to stand and honor those who walked past their tables.

Retired Lt. Gen. Jack Woodall, former 2ID commanding general and president of the 2nd Infantry Division Association, narrated the ceremony and guided the audience through "90 years of proud history through impressive wars."

The 2ID Association coordinated the ceremony. The association provides support to 2ID veterans in many ways; one being it sends no less than two representatives to every funeral honoring fallen warriors who have served in the division.

As old Soldiers and new shared stories from their time served in 2ID, a common theme prevailed. Over and over, Soldiers who served in the great World War, in the Korean War or those still on active duty, said they often reflect on the triumphs of those who have served before them.

James Slater, a World War II veteran, said of his time on active duty years ago, "All I could think of was



Sgt. Amanda Merfeld

Veterans past and present, gathered at the 2ID Memorial in Washington D.C. as well as at Camps Red Cloud and Casey in the Republic of Korea to observe the Division's birthday.

the people who came before me and what it must have been like in other wars."

Symbolic of that sentiment and in traditional fashion, the oldest and

youngest Soldier present cut the birthday cake to finish the day's events.

Slater said it is the great pride and legacy the division holds which will

continue for years to come.

"It's just amazing how smart today's Soldier is," Slater said. "God bless America. Today's Soldiers are unbelievable."



Mr. Yu, Hu Son



Pvt. Naveed Ali Shah

(Above) The 2nd Infantry Division's Warrior Band performs during a 90th anniversary celebration at Camp Red Cloud Oct. 26. Members of the Division also traveled to Washington D.C. to represent those currently serving on active duty and pay respects to those who have worn the Big Black Patch before. (From right to left) Brig. Gen. Joe E. Ramirez, ADC (M), Pvt. Jacob Turner, B Trp., 4th Sqn., 7th Cav. Regt., youngest Soldier in the brigade, 1st Sgt. David Farver, B Trp., 4th Sqn., 7th Cav. Regt., oldest Soldier in the brigade, and Command Sgt. Maj. Brian M. Stall, 2ID Command Sergeant Major cut a cake following a brigade run to celebrate Division's birthday.

Chapel Service Times

Camp Red Cloud

Warrior Chapel
Protestant:
11 a.m. Sunday
Catholic:
11:30 a.m. M-F
4 p.m. Saturday
9 a.m. Sunday
KATUSA
7 p.m. Sunday
COGIC
12:30 p.m. Sunday

Camp Casey

Stone Chapel
Protestant:
10 a.m. Sunday
KATUSA:
6:40 p.m. Tuesday

Memorial Chapel
Gospel:
11 a.m. Sunday

KATUSA:
6 p.m. Tuesday

West Casey Chapel
KATUSA:
6:30 p.m. Thursday
Protestant:
10:30 a.m. Sunday
Catholic:
12 p.m. Sunday
LDS:
2 p.m. Sunday

Camp Hovey

Hovey Chapel
Catholic:
9:30 a.m. Sunday
Protestant:
11 a.m. Sunday
KATUSA:
6 p.m. Tuesday

Crusader Chapel
Protestant:
11 a.m. Sunday

Camp Stanley

Protestant:
10 a.m. Sunday
Gospel:
11 a.m. Sunday
Catholic:
1 p.m. Sunday
KATUSA:
7 p.m. Tuesday

Camp Humphreys

Catholic:
11:45 a.m. M, T, T, F
9:30 a.m. Sunday
Protestant:
10:30 a.m. Sunday

Camp Castle

Castle Chapel
KATUSA:
6 p.m. Tuesday

Points of Contact:

USAG-Red Cloud:
732-7469
CRC Catholic: 732-6428
Hovey Chapel: 730-5119
Memorial Chapel
730-2594
West Casey: 730-3014
Stanley: 732-5238
Humphreys: 753-7952
Castle: 730-6889
Orthodox worship service
Saint Nicholas Cathedral:
753-3153
LDS: 730-5682
Other services including
bible studies and fellow-
ships are offered in some
chapels. Please call for
complete schedules.



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.

November 21 ... Halloween
November 22 ... Mr. Woodcock
November 23 ... 3:10 to Yuma
Sydney White
November 24 ... The Kingdom
3:10 to Yuma
November 25 ... Fred Clause
Fred Clause
Sydney White
November 26 ... Fred Claus
November 27 ... The Kingdom
November 28 ... 3:10 to Yuma
November 29 ... Sydney White
November 30 ... Eastern Promises
Good Luck Chuck

Camp Red Cloud

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

November 21 ... No Showing
November 22 ... Fred Claus
November 23 ... Fred Claus
The Kingdom
November 24 ... 3:10 to Yuma
Sydney White
November 25 ... The Kingdom
3:10 to Yuma
November 26 ... Superbad
November 27 ... 3:10 to Yuma
November 28 ... No Showing
November 29 ... Mr. Magorium's Wonder
Emporium
November 30 ... Eastern Promises
The Game Plan

Camp Hovey

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

November 21 ... Mr. Woodcock
November 22 ... Resident Evil: Extinction
November 23 ... The Kingdom
November 24 ... Sydney White
Fred Claus
November 25 ... 3:10 to Yuma
The Kingdom
November 26 ... Sydney White
November 27 ... Fred Claus
November 28 ... The Kingdom
November 29 ... 3:10 to Yuma
November 30 ... The Game Plan

Camp Stanley

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

November 21 ... Fred Claus
Fred Claus
November 22 ... Mr. Woodcock
November 23 ... 3:10 to Yuma
The Kingdom
November 24 ... Sydney White
Sydney White
November 25 ... The Kingdom
3:10 to Yuma
November 26 ... The Borne Ultimatum
November 27 ... No Showing
November 28 ... Mr. Magorium's Wonder
Emporium
Sydney White
November 29 ... 3:10 to Yuma
November 30 ... Eastern Promises
Good Luck Chuck

Camp Humphreys

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

November 21 ... Resident Evil: Extinction
November 22 ... Resident Evil: Extinction
November 23 ... Fred Claus
3:10 to Yuma
November 24 ... Fred Clause
3:10 to Yuma
November 25 ... Fred Claus
3:10 to Yuma
November 26 ... Sydney White
November 27 ... No Showing
November 28 ... The Kingdom
Sydney White
November 29 ... The Kingdom
November 30 ... Mr. Magorium's Wonder
Emporium

WARRIOR NEWS BRIEFS

Overseas Housing Allowance Survey

The Annual Overseas Housing Allowance Utility and Move-In Expenses Survey for Korea will run until Dec. 7. The Per Diem Travel and Transportation Allowance Committee conducts an annual survey to collect utility and recurring maintenance expense data from Service members who receive OHA. This data is used to compute OHA Utility and Recurring Maintenance Allowances for Servicemembers worldwide.

Every three years, a Move-In Expenses portion of the survey is included. The purpose of MIHA is to defray the move-in costs associated with occupying privately leased quarters covered under the OHA program. To be eligible for MIHA, Service members must be receiving OHA.

OHA and MIHA are valuable entitlements for Service members stationed overseas.

The time spent answering the survey questions enable the DoD to set equitable OHA utility and MIHA rates. Maximum participation in the survey will help us in this endeavor.

All Service members in Korea who reside off-post and receive OHA may access the survey at <https://www.perdiem.osd.mil/oha/survey/novoha.html>, or at <http://175fmc.korea.army.mil/>.

The 175th FMC Web site has a sample survey in PDF Format as well as OHA/MIHA briefings to allow Service members to familiarize themselves with the survey and the allowances.

To complete the survey, respondents should review bills of their utility and maintenance expenses for the last twelve months. A monthly average for each expense will be required.

Respondents whose utilities are included in their rent are not required to report the actual monthly average of utility bills because a monthly flat rate utility supplement is already included in their OHA.

For MIHA, respondents should identify expenses associated with making their residence livable.

The 175th Financial Management Center, as the USFK Financial Element, appreciates your efforts to ensure that this allowance accurately reflects today's overseas living environment. Taking these surveys is critical to help ensure that our Service members continue to get the OHA and MIHA they need and deserve.

Volunteers needed for 2ID EO office

The 2ID Equal Opportunity Office is looking for two volunteers to speak at the Martin Luther King,

Jr. Commemoration in January, 2008. Anyone interested in reading a speech at this event can contact the 2ID EO office at 732-8815.

ACS holiday food, voucher, toy drive

The Food Voucher and Toy Drive will run until Dec. 14. This program provides food voucher and toys to Area I Families in need. Recipients must be E5 or below, or civilian equivalent. In addition, they must have children. Expectant mothers can also apply. People can make a donation from 1-4 p.m. on weekdays. ACS centers in Camp Casey, Red Cloud, and Stanley will take money and checks for donations, which will be converted to food vouchers and given to Families. Toys will also be accepted. For more information, contact Gwendolyn McCarthy at 730-3142.

Scholarships for Military Children

Applications for the Defense Commissary Agency's 2008 Scholarships for Military Children Program are available now in commissaries or online by visiting <http://www.militaryscholar.org>.

The program kick-off each year in November coincides with "National Military Family Month."

Soldiers, local children trick-or-treat at 1HBCT

By Pvt. Naveed Ali Shah

1HBCT Public Affairs Office

A hundred pumpkins, princesses, witches, and superheroes took over 1st Brigade's Special Troops Battalion barracks Oct. 31.

It's not a scene from a horror movie, but rather a charity event organized by the USO and 1st BSTB to give 100 elementary school-children from Cheongwon elementary school the opportunity to participate in traditional American Halloween festivities.

Soldiers from BSTB got dressed up in various costumes and put together a haunted house for the children, as they would if they were at home.

"Doing events like this boosts our morale," said Sgt. William Berryman, B Company, 1BSTB, 1st Heavy Brigade Combat Team, "and it helps us cope with being away from Family."

Even though most Soldiers in the 2nd Infantry Division are here without their Families, this event gave them the chance to experience Halloween customs as they would at home.

The trick-or-treat night also gave the local Korean community the chance to interact with the American Soldiers whose mission here is to defend them from the ominous North Korean threat.

"It helps us build better relations with our Korean comrades," said Sgt. Franklin Stonom, B Co., 1BSTB.

It gave the Korean nationals the chance to see the Soldiers who serve in 2ID are caring and compassionate men and women who want to strengthen relations with their host nation.

"We've received great support from 1st BSTB and 1-15 FA, they've opened their hearts in helping us coordinate these types of events," said Jim Allen, director, Area 1 USO.

Allen added, "We need to thank the



Pvt. Naveed Ali Shah

Elementary school children from Cheongwon Elementary School, dressed as monsters and angels, wait for candy and treats. The children trick-or-treated with Soldiers at 1HBCT Oct. 31 as part of the USO and the Brigade's Halloween celebration.

commanders, the senior leaders, the command sergeants major that help support this. They didn't have to, but they were very willing to do it, and these kids had a wonderful time because of it."

Army offers Soldiers resources to stop smoking

By Capt. Ana Foster

Public Health Nurse, Area 1

The U.S. Department of Health and Human Services reports that smoking is responsible for more than 400,000 deaths per year and is the leading cause of preventable deaths in the United States today. The cost of treating smoking-related illnesses is \$50 billion each year, with an additional \$47 billion for lost work time and disability.

The health risks are obvious, but unfortunately breaking the addiction --a process known as smoking cessation -- is very difficult because nicotine is addictive. If you have tried to quit smoking, you know how hard it can be. For some people, it can be as addictive as heroin or cocaine. The U.S. Department of Health states it usually takes people an average of seven attempts before finally being able to quit. Each time you try to quit, you can learn about what helps and what doesn't. Quitting takes hard work and a lot of effort, but you can do it! Thousands of people quit smoking every day.

There are many good reasons for quitting. You will live longer and live better. Quitting will lower your chance of having a heart attack, stroke, or cancer. If you are pregnant, quitting smoking will improve your chances of having a healthy baby. The people you live with, especially your children, will be healthier. You will have extra money to spend on things other than cigarettes.

There are keys steps for quitting. Studies have shown that these steps will help you quit and quit for good. You have the best chances of quitting if

you use them together. The steps are to get ready to quit, receive support, learn new skills and behaviors, and receive medications.

Prepare to stop smoking by writing down your personal reasons for stopping. Be specific. Keep your list with you so you can look at it when you feel the urge to smoke. To help you understand your smoking habit, keep a diary of when and why you smoke. Using information from this diary, you can make a plan to deal with the things that make you want to smoke. Just before you stop, get rid of all of your cigarettes, matches, lighters and ashtrays.

Support is important to stop smoking. Tell your family and friends what kind of help you need. Their support will make it easier for you to stop smoking.

Telephone hotlines, such as the American Cancer Society's Web site www.cancer.org can be helpful.

You may have a habit of using cigarettes to relax during stressful times. Luckily, there are other ways to manage stress without smoking. Relax by taking a hot bath, going for a walk, or taking slow deep breaths, without the cigarette. Isn't that what smokers do? Take deep breaths to get that toxic smoke deep down into their lungs. Think of changes in your daily routine that will help you resist the urge to smoke. For example, if you used to smoke when you drank coffee, drink hot tea instead.

If you are unable to quit smoking cold turkey, there are different types of medications that can help. Nicotine replacement products are made to take in nicotine without the cigarette. You get pure nicotine without the extra 250 other toxic chemicals

found in cigarettes and chewing tobacco. These products come in several forms: gum, patch, nasal spray, inhaler and lozenge. You can buy the nicotine gum, patch and lozenge without a prescription from your doctor. Nicotine replacement works by lessening your body's craving for nicotine and reducing withdrawal symptoms. This lets you focus on the changes you need to make in your habits and environment. Once you feel more confident as a non-smoker, dealing with your nicotine addiction is easier. It's very important that you don't smoke while using nicotine replacement products. Prescription medicines such as bupropion SR (one brand name: Zyban) and Vernicline (brand name: Chantix) helps some people stop smoking. These medicines do not contain nicotine, but help you resist your urges to smoke. Consult with your physician before using these medication, they are only available if used with the Tobacco Cessation Classes.

The Army have Smoking Cessation programs throughout the United States and Overseas to include Korea. In Area one, the program includes attending a two-hour class, Nicotine Patches and Zyban. The program is based on the Freshstart Program from the American Cancer Society. The program has small group support, behavioral modification techniques, and medication for withdrawal symptoms. Remember, If you can quit for a day, you can quit for a lifetime.

For more information, contact the 18th MED-COM Health Promotion team for Area 1 at 730-3542 and ask for Mr. Cobb, or the Public Health nurse at 730-6796.

Manchu Mile inspires infantrymen

Pvt. Naveed Ali Shah
IHBCT Public Affairs Office

Though they were dust-coated, sweat-soaked, and exhausted after the 25-mile hike known as the Manchu Mile, the Soldiers of the 2nd Battalion, 9th Infantry Regiment nonetheless charged across the finish line in a final push that has been the hallmark of the fierce Manchu spirit to "Keep up the fire."

The 9th Regt. acquired the name "Manchu" during its deployment to quell the Boxer rebellion in Manchurian China at the turn of the 20th Century. The original Manchu Mile was actually an 85-mile march done in early July 1900 to position the regiment for an attack.

The modern Manchu Mile is a 25-mile tactical road march with gear and weapon.

The Manchus who complete the march receive and are authorized to wear the Manchu belt buckle. Manchus who complete the march three times during their tour of duty in Korea are awarded the Army Achievement Medal.

The Soldiers of 2nd Bn., 9th Inf. Regt. trained hard for the march, both as a unit and as individuals.

"Every Thursday we did a six mile road march to toughen our feet," said Pfc. Deryk J. Damon, Co. A, 2nd Bn., 9th Inf. Regt., 1st Heavy Brigade Combat Team.

"I ran 5 miles of this route once a week," said Pvt. John C. Love, infantryman, Co. A. "It's important to train on your own."

They did not train simply for physical skill but also for mental toughness.

"We did a lot of battle-focused training to get that personal determination," said 1st Lt. Joshua Y. Tripisovsky, executive officer, Co. E.

During the march, most of which was an up hill battle through extremely rugged terrain, the Manchus bonded together to encourage each other to keep on going.

"It's good to see all these fellow Manchus overcoming the Manchu Mile," Tripisovsky said. "You look to your left and right and get inspiration from them to continue."

"I definitely have a sense of pride when I see them pushing on," said Pfc. Joshua Merrill, infantryman, Co. E.

For the Soldiers who carried the unit's flag with the command group, it was a special privilege.

"It's an honor to be in front carrying these colors," said Pvt. Brian D. Butler, infantryman, Co. A.

At the end of the grueling event the Soldiers of Manchu were visibly full of pride and surprisingly energized, despite the backbreaking march they just completed.

"Esprit de Corps," said Staff Sgt. William Neal, Co. B. "This is for the

people who made this country the way it is."

"When you're done and you're tired as hell, but you didn't quit, that's what it's all about," Damon said.

Through sheer determination and unit solidarity the Soldiers of 2nd Bn., 9th Inf. Regt. proved that no test, not even the Manchu Mile, is too tough for them.



Pvt. Naveed Ali Shah

Infantrymen from 2nd Bn., 9th Inf. Regt., marched 25-miles for the annual Manchu Mile Nov. 7th.

Avoid Cold Casualties!

When using Cold-Weather Clothing,
Remember C-O-L-D

C ~ Keep it... Clean

O ~ Avoid... Overheating

L ~ Wear it... Loose and in Layers

D ~ Keep it... Dry

Notify an instructor / leader,
if you or your buddy experience --

In cold environments ...

Effects to the skin, such as:

- Swollen red or darkened
- Pain, tenderness, hot or itchy
- Numbness or tingling
- Bleeding or blistered
- Gray, waxy feeling or "wooden" to the touch

Effects, such as:

- Dizziness, weakness or blurred vision
- Vigorous shivering
- Lack of coordination and impaired judgment
- Painful, red, watery or gritty feeling in the eyes (snow blindness)

In enclosed areas where heaters are used ...

- Excessive yawning, cherry red lips or grayish tint to lips and mouth
- Confusion, disorientation or mental slowness
- Drowsiness, lack of coordination or unconsciousness



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Health Information Operations Division at (800) 222-9698 or CHPPM HealthInformationOperations@apg.amedd.army.mil.
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Dining Facilities
Thanksgiving Schedule

Camp Red Cloud	
Kilbourne D-FAC	11 a.m. – 2 p.m., Nov 21
CG's Mess	1 p.m. – 3 p.m., Nov 22
Camp Casey	
Oriental Garden	11 a.m. – 2 p.m., Nov 22
Thunder Inn D-FAC	11:30 a.m. – 2 p.m., Nov 22
Manchu Inn D-FAC	11 a.m. – 4 p.m., Nov 22
Crusader Restaurant	12 p.m. – 2 p.m., Nov 22
Iron Horse Café	12 p.m. – 2 p.m., Nov 22
Camp Stanley	
Champion's (Nov 22)	11:30 a.m. – 12:30 p.m. (For 304 th Sig Bn)
	12:30 p.m. – 1:15 p.m. (For 46 th + 61 st Maint Co)
	1:15 p.m. – 2 p.m. (For 150 th + 168 th Med Co)
Camp Hovey	
World Café	10 a.m. – 2:30 p.m., Nov 22
Camp Castle	
Kimbro Hall	11:30 a.m. – 2 p.m., Nov 22

Garry Owen dominates combatives tournament

Pvt. Naveed Ali Shah

1HBCT Public Affairs Office

Soldiers from the 4th Squadron, 7th Cavalry Regiment from the 1st Heavy Brigade Combat Team dominated the 2nd Infantry Division Combatives Tournament Nov. 3 at Camp Casey's Carey Fitness Center.

With the lead in overall points and wins, Garry Owen went into the semi-finals strong, but the 6th Battalion, 37th Field Artillery Regiment, gave them intense competition.

"We're dominating because we've got a lot of guys who've gone undefeated," said Pfc. Jordan J. Choiniere, Btry. C, 6th Bn., 37th FA, 2-10th Field Artillery Brigade,

"We've got more heart, the drive to win," said Pfc. Ryan Padilla, Btry. B, 6th Bn., 37th FA, 2-10th FAB.

Unfortunately for the Soldiers of 2-10th FAB, at the end of the semi-finals, Garry Owen defeated 6th Bn., 37th FA to advance to the finals.

The 4th Sqn., 7th Cav. Regt. faced off against 2nd Battalion, 9th Infantry Regiment in the finals.

The Soldiers from Manchu trained hard prior to the competition.

"We trained six days a week, three hours a day, leading up to the competition," said Pvt. William E. Sutton, combat engineer, Jr., E co., 2nd Bn., 9th Inf. Regt., 1st HBCT, Sutton was Combatives Level II certified.

Meanwhile Soldiers from Garry Owen took the competition a little less serious.

"We're combatives level motivated," said Pfc. Andrew S. Hansen, cavalry scout, A troop, 4th Sqn., 7th

Cav. Regt., 1st HBCT.

"We sparred for about a week before the tournament," said Pvt. Jonathan Gosselini, cavalry scout, A troop, 4th Sqn., 7th Cav. Regt., 1st HBCT. "But we're already trained to kill and motivated."

There were five, single elimination matches in the finals. Garry Owen defeated Manchu by only one match to become the overall victors.

"A total of 99 soldiers, from 13 teams, battled it out for over 10 hours until the champions were crowned," said Sgt. Jeremy Stone, 2ID combatives instructor, Headquarters and Headquarters Company, 2ID. "Points were awarded for dominant position, sweeps and other good fighting techniques," he added.

Stone said the participants were broken down by weight class, regardless of gender. Four females also participated in the tournament.

"I was nervous but I had a lot of confidence that with all the experience I already had I'd get better if I fought," said Pfc. Ka Xiong, E co., petroleum supply specialist, 2nd Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade. "I encourage more females to participate; it's fun."

All the competitors went through a medical screening prior to competing, but that did not deter severe injuries.

"We've had a number of serious injuries today," said Capt. Marion J. Smith, III, physicians assistant, 1st Battalion, 15th Field Artillery Regiment. "Hyperextensions, rib fractures, a jaw dislocation, and of course the customary temporary loss of consciousness."



Pvt. Naveed Ali Shah

A Soldier from 2nd Bn., 9th Inf. Regt. applies an armbar to a Soldier from the 4th Sqn., 7th Cav. Regt. during the final round of the 2ID Combatives Tournament.

Despite such the dangerous nature of the event, Smith adds, "As long as (combatives are) done safely, it's a good thing."

Stone said, "Combatives pushes your limits and it makes Soldiers more equipped to handle combat."

The lengthy day of fighting left

even the most well trained and conditioned Soldiers exhausted, but, for some, it was worth it.

After a long day of fierce competition, Spc. Woo, An Min, Co. A, 302nd Brigade Support Battalion, 1st HBCT, summed it up best, "I'm going to be sore in the morning."



Pvt. Naveed Ali Shah

Old time rivalry

Pfc. Spencer M. Hill, HHC, 1st BSB, avoids a tackle during the closing seconds of the Army vs. Air Force football game Nov. 17 at Camp Casey's Soldier Field. The Army defeated the Air Force 34-24. See the next issue of the Indianhead for the full story.