



# Indianhead



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**Vol. 46, No. 7**

**www.2id.korea.army.mil**

**April 10, 2009**

## Women's History Month Observance highlights progress

**Story & photo by  
Pfc. Brian Glass**

*Staff Writer*

The Army as a whole, no matter what job a Soldier has, comes together to work and fight as one. The differences of race, color, creed, and gender are disregarded to focus on the mission at hand. There are times when the Army stops to reflect on the contributions and honor certain groups within the Army. The contributions of women were recognized March 27, at the Commanding General's Mess on Camp Red Cloud, as the 2nd Infantry Division celebrated Women's History Month.

The idea for this observance started back in 1980, when Women's History week was proclaimed. Then in 1987, it was expanded to become Women's

History Month by congressional resolution.

The guest speaker for the observance was Lt. Col. Sharon McKiernan, deputy commander for clinical services, 65th Medical Brigade, 121st Combat Support Hospital, Yongsan. She reflected on how much Family means and the value of a special coin.

"As a mother of four daughters and being a pediatrician," said McKiernan. "We (Col. Brian J. McKiernan, commander of 210th Fires Brigade) had many late nights staying up being tooth fairies."

McKiernan went on to say that it became a Family tradition to put Sacajawea dollar coins under her daughters' pillows once they lost their baby teeth. Sacajawea provided more for McKiernan than just money for her children.

"Sacajawea was a self-reliant Native American woman," said

McKiernan. "She was instrumental in helping Lewis and Clark during their expedition."

McKiernan went on to list other important women who have paved the way for women today such as Clara Barton, founder of the Red Cross, Dr. Liz Blackwell, the first licensed woman doctor in America and Gen. Ann E. Dunwoody, head of Army Material Command. Gen. Dunwoody is the first woman to achieve the rank of four-star general.

McKiernan closed her speech with a quote she saw at Atlanta's Hartsfield-Jackson airport that sums up that even though women have made enormous strides in the Army and in society as a whole, there is still more work to be done.

"Women are the world's greatest untapped natural resource," said McKiernan.



**Guest speaker Lt. Col. Sharon McKiernan, deputy commander for Clinical Services, 65th Medical Brigade, poses with Maj. Gen. John W. Morgan III, 2ID commanding general, after receiving an award at the Women's History Month Observance March 27 at the CG's Mess.**

## 2ID celebrates 100th anniversary of the chaplain assistant

**Story & photo by  
Pfc. Han, By Yong**

*Staff Writer*

In 1909 the Army authorized enlisted personnel to assist chaplains. The Army's chaplain assistants have done their job constantly for the past 100 years by assisting chaplains and serving the nation. The 2nd Infantry Division invited Soldiers, NCOs and officers to a prayer breakfast at the Commanding General's Mess on Camp Red Cloud to celebrate the 100th anniversary of chaplain assistants and honor their role in the Army April 7.

Although the prayer breakfast started early in the morning, many Soldiers and civilians attended the event to honor the contributions of chaplain assistants to the Army.

"Chaplain assistants are like bodyguards for the chaplain," said Lt. Col. Richard F. Spencer, the 2ID division chaplain. "The NCOIC (Noncommissioned officer in Charge)



**Master Sgt. Daniel Kang, the 2ID NCOIC of chaplain assistants, gives a speech as the guest speaker at the CG's Mess on CRC to celebrate the 100th anniversary of Army chaplain assistants April 7.**

of the chaplain assistant, Master Sgt. Kang, will now step forward to share his reflective thoughts on the role of

NCOs in the chaplain corps," he added to invite Kang to the podium.

"Before I begin, I would like to pay tribute to Noncommissioned Officers," said Master Sgt. Daniel Kang. "In 1909, chaplain assistants were recognized as an important part of the Army's commitment to revive the spiritual and religious needs of the service and the Family."

Kang then talked about the role of chaplain assistants in the Army as well as what they do to support the chaplain.

"The chaplain assistant has to be the eyes for the chaplain," said Kang. "We provide religious support regardless of the stake or the environment," he added.

He then introduced some distinguished chaplain assistants in Army history to the audience and thanked them one by one.

"I would like to talk about chaplain assistant, Sgt. 1st Class Agustin Mendez," said Kang. "He has served in the Army for 20 years and he has made an impact in every assignment

he has been assigned."

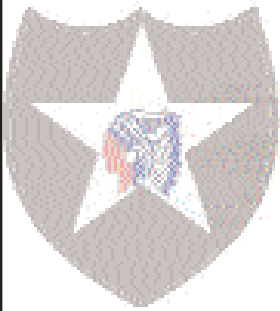
"Last August, he made \$1.5 million worth of renovations to enhance the comfort and well-being of Soldiers and Family members," said Kang. "I thank him for his great leadership and commitment," he added.

"We have the best chaplain assistants out of all the branches of the services," said Kang. "The Air Force, Navy and Marines look for us to provide them the training to conduct necessary religious support across the full spectrum of operations."

In the end, Kang praised his junior chaplain assistants by acknowledging them as the future leaders of the chaplain corps. Then, he asked them to stand up for the audience to recognize them and give them a round of applause.

The prayer breakfast ended as Spencer handed Kang a unique coin to commemorate and honor the 100th anniversary of the chaplain assistant and their commitment to the spiritual well-being of Soldiers fighting America's wars.





## VOICE OF THE WARRIOR:

What do you like  
most about  
KATUSA/US  
Friendship Week?



*"US and KATUSA  
Soldiers spending time  
outside of work and  
having fun."*

**Capt. Cher Jones**  
3-2 GSAB, 2nd CAB

*"The basketball  
tournament."*

**Pfc. Hong, Jung Huang**  
HHC, DSTB



*"The concert because  
we work backstage."*

**Cpl. Yoon, Sang Ho**  
HHC, DSTB

*"Learning about the  
Korean culture and  
language."*

**Pfc. Deshon McCaa**  
3-2 GSAB, 2nd CAB



*"Integrating with  
KATUSAs because I  
don't have many chances  
to do so."*

**Spc. Husam Haddad**  
HHC, 1st HBCT



*"The Taekwondo  
exhibition at the end of  
the week."*

**PFC Han-jung Jo**  
3-2 GSAB, 2nd CAB



# COMMANDER'S CORNER: KATUSA/ US Soldier Friendship Week

**By Maj. Gen. John W. Morgan III**  
Second Infantry Division Commander

*"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." - Andrew Carnegie*

The Korean Augmentation to the United States Army (KATUSA) initiative began in 1950. At the time, the Second Infantry Division's manpower, along with seven other embattled divisions on the Korean Peninsula, suffered from significant battlefield casualties. To bolster unit strength and sustain combative operations, the divisions received Korean Soldiers into their formations. The Warrior Division distinguished itself from other divisions in its deliberate training and pairing the newly recruited KATUSAs with American Soldiers - a manner foreshadowing today's battle buddy system. Together they heroically fought to defend and preserve the Republic of Korea.

Today, KATUSAs remain an integral part of our formations in the defense of the Republic of Korea. As in Iraq and Afghanistan, the Army in the Republic of Korea continues to leverage the expertise and talents of the local Soldiers to enhance our formations. Great responsibilities of leadership, craftsmanship, and technical competencies are laid at the feet of the KATUSA Soldier. I am proud of each and every KATUSA Soldier in the Second Infantry Division. I recognize them as combat multipliers that have the discipline and motivation to "Fight Tonight" and decisively win in major combat operations.

I charge every American Soldier in the Warrior formation with the duties and responsibilities of ambassadorship. It's not a charge that I take lightly. It's an expectation that I have for myself, and for every Soldier that wears the 2ID patch. I ask that each of you invest time into the

KATUSAs' professional and personal growth through involvement in the unit. The KATUSA Soldiers bring into our formations a unique perspective, background, and culture. Learn and better yourself as a professional Soldier and an American Ambassador through open dialogue and shared experiences with our KATUSA Soldiers.

It is in this spirit of gratitude and friendship that the Warrior Division celebrates its Annual KATUSA/US Soldier Friendship Week each Spring. The Division has hosted this event for over 30 years and recognizes it as an opportunity to enhance the alliance that Korean and American Soldiers have established for nearly 60 years. This event celebrates Korean culture, traditions, and heritage; and showcases our appreciation for the blessings of peace and prosperity that exist here in the Republic of Korea.

While tough, realistic training bonds Soldiers, the field of competition provides an equally excellent environment for Soldiers - American and Korean alike - to bond and solidify professional and personal relationships. Competition conceives mental, emotional, and physical toughness; and improves teamwork, leadership, and integrity.

To these ends, I wish every Soldier a safe and enjoyable KATUSA/US Soldier Friendship Week. My many thanks go out to the commanders and staffs whose hard work and efforts enable this annual event. I wish the best of luck to all the teams entering on the field of competition. Remember, no matter the score at the end, you are all winners in the Warrior Division.

"Second to None!"



## Indianhead

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# Warrior NCO Spotlight



Leading Soldiers is rewarding for experienced ADA NCO

Story & photo by Pfc. Brian Glass

Staff Writer

Leadership is defined as the position or function of a leader, the ability to lead, to be the leader of groups. Nowhere is leadership more important than in the Army.

The Noncommissioned Officer, known as the backbone of the Army, shows that through experience, leadership is provided.

A good example of this is Sergeant 1st Class Quentin Miles, platoon sergeant for 3rd platoon, Battery E, 1st Battalion, 43rd Air Defense Artillery Regiment.

"I've been in the Army 18 years 10 months," said Miles. "I've been doing this a long time."

Miles also said he thinks his rank and experience comes in handy.

"As a Sergeant First Class, I'm looked up to for leadership and advice from platoon sergeants and other sergeants," said Miles. "It helps that I'm a combat veteran; to give good firsthand knowledge on how things work."

Being a senior NCO, Miles has seen a lot of Soldiers come and go through the NCO ranks. Miles spoke about what makes a great NCO.

"It's important to take care of the Soldiers' welfare," said Miles. "NCOs need to be the complete package. They need to be well trained with the Army Physical Fitness Test, their Military Occupation Speciality and also be the standard setter for their Soldiers."

Being a leader of Soldiers can be a stressful job, but it does have its rewarding times as well.



Sgt. 1st Class Quentin Miles, Btry. E. 1st Bn. 43rd ADA, platoon sergeant, (far left) is grading Soldiers on their march order drill Feb. 24 during a Stinger competition administered by 210th Fires Brigade.

"I enjoy seeing the Soldiers happy," said Miles. "To be there for the Soldiers 24-7, to help cover all areas and general concerns (for the Soldiers). I'm their father away from their father, and their mother away from their mother."

Knowing that the majority of his Army career is behind him now, Miles offers this advice to junior-

enlisted Soldiers moving their way up the ranks about what it takes to be a great, not just a good, Noncommissioned Officer.

"Take the initiative," said Miles. "Govern business by regulations and stick up for what you believe in. Don't be afraid to make decisions and be firm with those decisions."

## Army Emergency Relief



Contact your unit AER representative for information on how to contribute



Yu, Hu Son

## Sergeants Major retire the colors

Sgt. Maj. James L. Addie (left), 2ID operations sergeant major, and Sgt. Maj. Michael T. Clark, 2ID CBRN sergeant major, retire the colors outside 2ID's Freeman Hall March 19. The senior NCO's took part in the retreat ceremony to commemorate the Year of the NCO.



## 2ID celebrates Arbor Day with tree planting

By Pfc. Han, Bu Yong

Staff Writer

In commemoration of the 64th Arbor Day there was a new tree planted in front of the Second Infantry Division Headquarters' Freeman Hall on Camp Red Cloud March 31.

The tree was donated by Choi, Hong Chul, the vice governor of Gyeong-gi Province who was invited to join the ceremony by Maj. Gen. John W. Morgan III, Second Infantry Division commanding general.

"I would like to thank vice governor Choi for the Juniper tree that he has graciously donated to our Division," said Morgan as he started the event. "We are extremely grateful that you have taken the time to come here and plant this tree with us in the celebration of the 64th Arbor Day."

He then emphasized the importance of Arbor Day by telling of the several meanings of trees.

"Trees are universal symbols of life, peace and hope," said Morgan. "Each year Korea is joined in this practice by the United States, Israel, and India," he added.

This led to Morgan taking more time to tell the crowd about the meaning of Arbor Day, especially here in Korea because of the country's history of division.

"Today we may simply venture to the DMZ and gaze across the Imjin River, for across the river exists a land whose scars remain unhealed," said Morgan. "Economic hardship and ecological indifference there have left the environment neglected. Thankfully this is not the case here in the Republic of Korea."

After the commanding general finished his



Yu, Hu Son

**Maj. Gen. John W. Morgan III, the commanding general of the 2ID shovels some dirt while planting a tree with Choi, Hong Chul, the vice governor of Gyeong-Gi Province, during an Arbor Day ceremony in front of Freeman Hall on Camp Red Cloud March 31.**

speech, he invited the vice governor to speak as well. Choi, Hong Chul took the chance to thank 2ID and its Warriors for their support of the country.

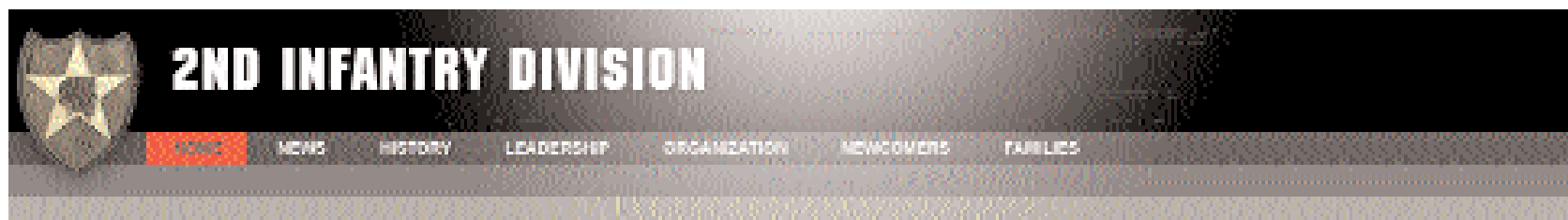
"I'm thankful that I'm participating in the Arbor Day ceremony here in the 2nd Infantry Division Headquarter for it's the symbol of the ROK-US alliance," said Choi, Hong Chul. "I guarantee that Gyeong-gi Province will always remain a friend for anyone who serves in the Republic of Korea," he added.

After the speeches, the general and the vice gov-

ernor took the shovels and added some dirt to the new tree. Morgan then presented Choi, Hong Chul a gift of a tomahawk, which symbolizes 2ID's history as the Indianhead Division.

This friendly event strengthened the friendship between the US and ROK.

"Today, as we did yesterday and will tomorrow, the Republic of Korea and the United States of America will remain committed to an enduring defense and peace in the name of freedom," said Morgan.



**Check out the latest 2ID videos and photos on:**



**by visiting 2ID's Department of the Army award-winning Web site at:**

**[www.2id.korea.army.mil](http://www.2id.korea.army.mil)**

**• Top Web site in the Active Duty Army**





WARRIOR NEWS BRIEFS

Annual Aviation  
Birthday Ball

The Second Combat Aviation Brigade and The Morning Calm Chapter of the Army Aviation Association of America will sponsor the Annual Aviation Birthday Ball on Friday, April 17, 2009 at the Grand Hyatt Hotel in Seoul, South Korea.

The attire is Mess Dress, Dress Blues or Class A, or Formal Civilian Dress.

The event is open to all military service members and their Families.

It begins at 5:15 p.m. and the dinner begins at 6:15 p.m. Tickets are \$45 and for more information, contact Capt. Laura McKenna at 753-5863 or 010-5846-1581.

Tax Assistance  
Available in Area 1

Tax Assistance will be offered at three locations:

- Camp Casey: Division Tax Assistance Center  
Maude Hall, Room 241  
Tuesday, Wednesday, Friday: 9 a.m. to 5 p.m.  
Thursday: 1 p.m. to 6 p.m.  
Saturday: 9 a.m. to 1 p.m.
- Camp Red Cloud: Mobile Tax Assistance Center  
Freeman Hall, Room 122  
Tuesdays: 9 a.m. to 5 p.m.
- Camp Stanley: Mobile Tax Assistance Center  
Bldg. 2333

Wednesdays: 9 a.m. to 4 p.m.

Please remember to bring your military or government ID card, Social Security card for you and all eligible dependents, copies of ALL W-2 and 1099 forms and any other tax-related documents, and bank account routing information.

For appointments and information call 730-3592.

National Healthcare  
Decisions Day

National Healthcare Decisions Day is April 16.

The Camp Casey Legal Center will be having walk-ins from 9 a.m. to 4:30 p.m. for Wills and Healthcare Powers of Attorney.

MBA Faculty Recruiting

The University of Phoenix is looking to recruit part-time faculty to be instructors in our MBA program. We are especially looking for candidates who are in Camp Casey or Red Cloud or are willing to travel there.

For questions send an email to [jimparkins@email.phoenix.edu](mailto:jimparkins@email.phoenix.edu).

Dental Clinics Closings

Camp Red Cloud and Camp Stanley Dental Clinics will be closed from April 16-19 due to a unit FTX and will resume regular operations April 20. All dental emergencies will report to Camp

Casey Dental Clinic. For questions and concerns call 730-6753.

Easter Egg Hunt

There will be an Easter Egg Hunt held April 11 at the Camp Casey Stewart Field from 11:30 a.m - 4 p.m.

There will be events featuring egg dyeing, arts and crafts, cotton candy stands and an Easter Egg Hunt for kids ages 2-6 and 7-10.

There will also be BBQ available and prizes awarded at the end. For more information call 730-4602.

Days Of Remembrance

There will be a Days of Remembrance event held Apr. 15 at 11 a.m at the Commanding General's Mess.

The guest speaker will be Mr. William Alexander, 2ID museum director.

For more information contact the Camp Red Cloud, Equal Opportunity office at: 732-8815.

Two-Man Golf  
Tournament

There is a two-man best ball golf tournament being held at Camp Casey and Camp Red Cloud Golf Clubs from 4:30 p.m - 7 p.m.

For more information, call: Casey Golf Club : 730-4884 and CRC Golf Club: 732-6843.

Movies

Camp Casey

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

- April 10...Monster vs. Alien  
Bride Wars  
Notorious
- April 11...Monster vs. Alien  
Inkheart
- April 12...New In Town  
Notorious
- April 13...Bride Wars
- April 14...No Showing
- April 15...Notorious
- April 16...No Showing
- April 17...Hanna Montana: The Movie  
Paul Blart:Mall Cop
- April 18...Hanna Montana: The Movie  
He's Just Not That Into You

Camp Red Cloud

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

- April 10...I Love You Man  
Paul Blart: Mall Cop
- April 11...Taken
- April 12...He's Just Not That Into You
- April 13...Inkheart
- April 14...Last Chance Harvey
- April 15...No Showing
- April 16...Notorious
- April 17...Friday The 13th  
Taken
- April 18...Push
- April 19...The Pink Panther 2
- April 20...New In Town
- April 21...Bride Wars
- April 22...No Showing

Camp Hovey

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

- April 10...New In Town
- April 11...Letter From Iwo Jima  
Bride Wars
- April 12...Inkheart
- April 13...No Showing
- April 14...Notorious
- April 15...No Showing
- April 16...Hanna Montana: The Movie
- April 17...Bride Wars
- April 18...Paul Blart: Mall Cop
- April 19...Hanna Montana: The Movie
- April 20...No Showing
- April 21...He's Just Not That Into You

Camp Stanley

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

- April 10...Frost/Nixon  
The Spirit
- April 11...I Love You Man  
Taken
- April 12...I Love You Man
- April 13...He's Just Not That Into You
- April 14...No Showing
- April 15...Hanna Montana: The Movie
- April 16...Pall Blart: Mall Cop
- April 17...Notorious  
Friday The 13th
- April 18...Taken  
Push
- April 19...The Pink Panther 2
- April 20...He's Just Not That Into You

Camp Humphreys

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

- April 10...Monster vs. Aliens
- April 11...Monster vs. Aliens  
Notorious
- April 12...Monster vs. Aliens  
Notorious
- April 13...He's Just Not That Into You
- April 14...He's Just Not That Into You
- April 15...Taken
- April 16...Taken
- April 17...Hanna Montana: The Movie
- April 18...Hanna Montana: The Movie  
Friday The 13th
- April 19...Hanna Montana: The Movie  
Friday The 13th
- April 20...The Pink Panther 2
- April 21...The Pink Panther 2

CHAPEL SERVICE TIMES

Camp Red Cloud

**Protestant:**  
11 a.m. Sunday  
**Catholic:**  
11:30 a.m. M-F  
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:**  
6:30 p.m. Tuesday

*Memorial Chapel*  
**Gospel:**  
11 a.m. Sunday  
**KATUSA:**  
6:30 p.m. Tuesday

West Casey Chapel

**Protestant:**  
10:00 a.m. Sunday  
**Catholic:**  
12 p.m. Sunday  
**KATUSA:**  
6:30 p.m. Thursday  
**LDS:**  
2 p.m. Sunday  
**Jewish:**  
6:30 p.m. Friday

Camp Hovey

*Hovey Chapel*  
**Catholic:**  
9:30 a.m. Sunday  
**Protestant:**  
11 a.m. Sunday

*Old Hovey Chapel*  
*Bldg. 3592*  
**Orthodox:**  
10 a.m 1st and 2nd  
Sunday

**KATUSA:**  
6 p.m. Tuesday

Crusader Chapel

**Protestant:**  
11 a.m. Sunday

Camp Stanley

**Protestant:**  
10 a.m. Sunday  
**Gospel:**  
12:30 a.m. Sunday  
**Catholic:**  
11:30 a.m. Sunday  
**KATUSA:**  
7 p.m. Tuesday

Camp Castle

**Protestant:**  
10 a.m. Sunday  
**KATUSA:**  
6 p.m. Tuesday

Camp Jackson  
Auditorium

**KATUSA:**  
9 a.m. Sunday

**Points of Contact:**  
**USAG-Red Cloud:**  
**732-6073/6706**

**CRC Catholic:**  
**732-6016**

**Hovey Chapel:**  
**730-5119**

**Memorial Chapel:**  
**730-2594**

**West Casey:**  
**730-3014**

**Stanley:**  
**732-5238**

**Humphreys:**  
**753-7952**

**Castle: 730-6889**  
**LDS: 730-5682**



Civilians from the DOD's Executive Leadership Development Program arrive on CH-47 Chinook Helicopters in order to train with Soldiers on basic warrior tasks from 2nd Battalion, 9th Infantry Mar. 25 at Rodriguez Live Fire Complex.



## DOD civilians taste life as Soldiers

Story & photos by Sgt. Scott Kim

1st HBCT Public Affairs

It is sometimes a challenge for civilians who have not served in the military to understand the work of the men and women serving in the Armed Forces. That's why Department of Defense civilians from the Executive Leadership Development Program trained with Soldiers from 2nd Battalion, 9th Infantry Regiment, in order to help increase knowledge on what it's like to be a Soldier and how they can help the future of the military Mar. 25 at Rodriguez Live Fire complex.

The ELDP is a 10-month DOD training program in which 54-60 potential future leaders, within DOD and other agencies, are taken into the field to train with men and women in uniform so that they can make better decisions based on experience, not hearsay.

"It's critical for DOD civilians, like myself, who have no military experience, to get this kind of exposure to Soldiers in order to understand the challenges they go through and to make sure that we prioritize correctly the support that they need in the field," said Sean Roberts, DOD desk officer and member of the current class of the ELDP program.

During the training event, civilians were able to experience firsthand what it takes to get a Soldier combat ready by learning how to provide first aid care at the Medical Simulation Training Center, train on simulated weapons at the Engagement Field Trainer and finally actually firing a variety of weapons at Navajo Range.

"Our intent was to get them away from

'death by power point' by giving them hands-on training," said Maj. Sung Kato, operations officer for 2-9 Inf. "I think this had a positive impact as they enjoyed getting their hands dirty, especially the live weapons fire portion."

Although the training was mostly to familiarize the ELDP class with some of the warrior tasks, Soldiers from 2-9 Inf. took their roles as instructors very seriously and were impressed at how well the class performed under pressure.

"At one point we had one civilian putting on tourniquets to a wounded dummy while there were strobe lights, gunfire noises and us screaming in his ear," said Pfc. Jimmaron Poole, a medic for Headquarters and Headquarters Company, 2-9 Inf. "I was impressed with him as he kept his cool and got the job done."

Still, in order for the program to be truly well rounded, the students train with the various military branches so that the experiences they can draw upon is quite large.

"We went to the Air Force Academy to see how Air Force leaders are trained and developed. At a Navy submarine learning center they learned how to stop leaks in the hull of a submarine, and they had three days with the Marine Corps learning what it's like to be a new recruit," said Kimberly Kessler, director for the DOD's Executive Leadership Development Program. "All this is so that they have a broad understanding of the military services as a whole."

While some may argue that the lessons could be learned just as well through less harsh tactics the ELDP motto is for their stu-

dents to immerse themselves into the military life in order to have a better reference.

"There's a lot of things that the military does that is supported by the civilians everyday, and if they don't understand what we're doing as warfighters, they'll never be able to fully appreciate the sacrifices that go on in the military as well as how to best support those that are away from home," said Air Force Maj. Denise Hamilton, intelligence officer for US Forces Korea Headquarters and class member for the current ELDP.

Chances like this training exercise are also a good way for the Soldiers and their leaders to demonstrate the capabilities today's Army has to offer.

"We're able to show them the level of sophistication in our training and that we're not just going out there pretending," said Kato.

Along with combat training, Soldiers and civilians have a chance to get to know one another better and to bond on a different level.

"What I'll take away from this is the professionalism of our Soldiers and the sacrifice that they make on behalf of the country," said Roberts. "It's very difficult for a lot of citizens in the US to understand what they go through."

Soldiers also walked away with spirits high as spending time with the people they are trained to protect helps put a human face on what they are out fighting for.

"The Soldiers came away feeling genuinely appreciated by the civilians," Kato said. "They did a fantastic job in representing the unit and the US Army."



Civilians from the DOD's ELDP learn how to properly put on a tourniquet at the Medical Simulation Training Center Mar. 25 at Rodriguez Live Fire Complex.



DOD civilians attending the ELDP depart on CH-47 Chinook Helicopters after training with Soldiers from 2-9 Inf.



Civilians from the DOD's ELDP learn what it's like to be inside an M2 Bradley Fighting Vehicle.



Civilians from DOD's ELDP learn the capabilities of an M1 Abrams Tank.



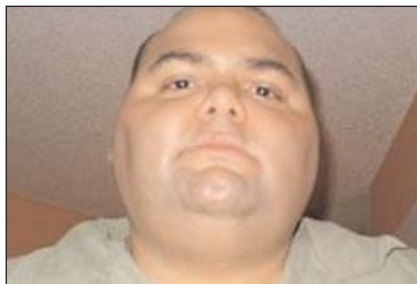
# Road to Thin: One Soldier's quest to be fit

**Commentary by  
Capt. Ronald Freeman**

The Military has strict standards when it comes to weight and physical fitness. Meeting those standards isn't easy for everyone. When I first wanted to join the Army I wasn't able. In 2004, I weighed about 360 lbs. To say the least I was slightly over the weight requirement.

According to the Army for someone my height (72 inches) I should weigh 200lbs or less. So what did I do that allowed me to join the Army in 2008? A lot! Weight loss is not an easy goal and it is not something that happens overnight. These are some of the things that, for me, were keys in achieving weight loss:

- Completely stop eating sugar. This was extremely hard at first. I switched to adding artificial sweeteners to virtually everything. I would buy healthy cereal and add 2-3 tablespoons of splenda to it. After a year or so the amount of splenda that I add to my food has decreased, but even today I add a little to my cereal.
- Completely stop eating white flour. This switch wasn't as hard as it would seem. I switched white bread for whole wheat or multi-grain and I did the same with pasta. It is hard here in Korea because I love wraps and finding wheat/whole grain wraps isn't very easy. They do have them in



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the Yongson Commissary though....

- Stop drinking alcohol. The amount of calories in beer is amazing....even light beer.
- Increase your metabolism. When I started dieting I took prescription diet pills. I do not know if these worked or not and I would not recommend them to someone that isn't severely overweight. One thing, that I think works most for increasing your metabolism and weight loss is cardiovascular exercise.
- Cardiovascular Exercise! This is an absolute must and I personally notice increases in my weight when I stop or skip this. I recommend 30 minutes of cardio-exercise every day. At first when I was severely overweight this was simply walking 30 minutes on a treadmill. Gradually, I started jogging/walking, which progressed to jogging. Now I run 20-30 minutes every day. On days that I run 20 minutes, I incorporate either biking or the elliptical machine for 10 minutes. I believe this is the key to



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speeding up your metabolism.

- No high fructose corn syrup! Read labels this stuff can be hard to avoid but avoiding it is essential.
- Cut down on red meat. I found that if I reduced my intake of red meat and chicken to one time a week and substituted other forms of protein (whole wheat pasta, soy, eggs, fish, etc...) as my protein on other days I would lose weight and my metabolism would be faster. I won't kid you this was hard for the first 2-3 months, but after that my body adjusted. In fact, I seldom eat any red meat anymore as my stomach gets upset when I eat it. In addition, I completely cut

sausage, bacon, and other high fat meats from my diet completely. This too was very hard, but it is a matter of what you want most. I really miss bacon..., but like all addictions substitution works and sooner or later you will adjust to not having it.

- Take vitamins. With a restriction in diet comes the threat of losing essential vitamins and minerals. Therefore make sure you take a good multi-vitamin. In addition, specific supplements like vitamin B-12, Conjugated linoleic acids (CLA), Biotin, and Creatine have been known to suppress appetite and contribute to weight loss.

- Eat foods prepared with olive oil. This isn't possible when eating out, try to limit how much you eat out. I also eliminated butter and deep fried food from my diet. There are many alternatives out there to butter. For example, there is a spread made from olive oil that I found works well.

There are a lot of other things I have tried on my road to being thin and I'm still working on it, but these are some staples I found that work for weight loss. It is a hard road and there is no overnight answer to losing weight, but if you have the will and the desire you can do anything!

*(Note: The statements made in this article are the opinions of the author. Please see your health care provider for your specific situation.)*

## 'Warriors' host Korean basketball team in a friendly match at Casey

**Story & photo by  
Sgt. Scott Kim**

*1st HBC Public Affairs*

Carey Gym was the site of a basketball game between the 2ID and Area 1 "Warriors" basketball team and the professional basketball players turned Republic of Korea Soldiers on the Korean Armed Forces Corps March 26 at Camp Casey.

The game started off with the Warriors striking first scoring 10 points within the first five minutes. However, the Korean team rallied back and put up 10 of their own in the next five minutes. During the rest of the quarter both teams battled it out, each trying to gain the upper hand. But by the end of the first quarter the Korean team managed to pull ahead.

"Last time I was here the game was pretty difficult because (the US players) were great jumpers and very powerful so I expected this game to be tough as well," said Yang, Dong Geun, point guard for the KAFC team.

In the second quarter the Warriors

valiantly tried to close the gap, but were frustrated by the Korean defense and accurate shooting. The US team was able to make back to back steals, one of which ended in a spectacular dunk by Capt. David Cornelius, signal officer for Division Special Troops Battalion and shooting guard for the Warriors. But it wasn't enough to overcome the loss of 105-89.

"They got off to a slow start but once they got it going they actually played really well," said Cornelius.

Many were caught off guard by how well the Korean team played as the end score of 105-89 showed.

"I knew they were all well rounded players, but I was surprised to find out how well they shot, how patient they were, and they played as a team throughout the course of the game," Cornelius said.

Besides the spirit of friendly competition, events such as these help bring US and Korean forces closer as they learn more about each other.

"I thought this really brought us together, the sportsmanship was good; we helped each other. We played hard, but at the end we still came together as one," said Cornelius.



**Spc. Balou Faustin, a forward for the Warriors assigned to the Camp Jackson NCO Academy, 8th Army, dunks the ball on an assisted steal from Pvt. Simeon Handy, a guard on the team from Alpha Forward Support Company, 70th Brigade Support Battalion, Camp Castle, during a friendly basketball game between the Warriors and the Korean Armed Forces Athletic Corps March 26 at Carey Gym on Camp Casey.**