



VOICE OF THE WARRIOR: What are your New Year's resolutions?



"My New Year's resolution is to work out regularly and get a perfect body."

Spc. Jerry Nguyen
B Co., 4-2nd Avn.

"...To manage my money better!"

Pvt. Auhdy King
HHC, 1st HBCT



"This year I want to be dedicated more to my children."

Spc. Elanzo Wilson
A Co., DSTB

"My New Year's resolution is to go to the gym more and to stop shopping."

Pfc. Katia Reed
HHC, 602nd Avn.



"My resolution is to be a better all-around Soldier."

Pvt. William Pirtle
HHB, 1-15th FA

"My New Year's resolution is no more smoking and drinking."

Spc. Sherard Foxworth
HHSC, DSTB



COMMANDER'S CORNER

2ID's eventful year and promising future

By Maj. Gen. Michael S. Tucker

2nd ID Commander

Warriors, I hope you enjoyed the holiday season and found some time to recharge your batteries. The past year was full of challenges for the 2nd Infantry Division, and we met them head on, standing side-by-side with our Alliance partners in the Republic of Korea.

What you see depends on where you sit and from my perspective, the Warrior Division played a critical role this year in maintaining security and stability here on the peninsula. The tragic sinking of the Choenan in March and the indiscriminate shelling of Yeonpyeong Island in November only serve to underscore the importance of what you do every day. When North Korean bluster and rhetoric came to a head last month, the Soldiers of the 2nd Infantry Division did not blink. I believe it was this stalwart display of solidarity with our ROK partners and the realization that we are (and always have been) truly ready to "Fight Tonight," that led to our northern neighbors' decision to tone it down a bit.

The coming year will bring new challenges but I am completely confident that the Warrior Division will remain ready and more than capable of handling anything that comes our way. We are already well on our way to upgrading our armored vehicle fleet with the latest M1A2 Abrams and M2A2/M3A2 Bradley Fighting Vehicles in the Army's inventory. The increased capability these upgrades offer will make the Division an even more lethal deterrent to those who would threaten peace on the Korean Peninsula.

Through the adversity of the past year, we have also experienced the positive impacts of tour normalization as it takes root in the Republic of Korea. More than 1,000 Warrior Families now call the Land of the Morning Calm their home away from home. The Command Sponsorship Program, with

its recent modifications, provides the flexibility to offer accompanied tours to Soldiers who will benefit from the stability of Family routines while maintaining the continuity of skills and leadership that will maximize our readiness.

Our improvements in readiness over the last 365 days have not been limited to the gun line or the motor pool. Soldiers of the Warrior Division have increased their own readiness with a commitment to personal development, both intellectual and emotional. Warrior University enrollments have skyrocketed and with WiFi now free in all our dining facilities, I expect on-line college courses to increase two-fold. We now have over 4,000 Soldiers who have received resiliency skills training, becoming the best battle-buddy a Soldier could ever ask for. The 2nd Infantry Division Soldiers have wholeheartedly embraced the R.E.A.L. Warrior concept and the difference shows with a 60 percent reduction in overall crime in the past 12 months. It is obvious that we are not only taking better care of ourselves, we are taking better care of each other.

Warriors, I look forward to the coming year with a sense of pride and excitement. I am proud of what you have accomplished over the past year—for yourselves, for our Army, our ROK partners, and for our Nation. And, I am excited about the road ahead. No question our resolve will be tested again and we will certainly wear down a few track pads along the way. But I have no doubt that our triumphs will be many and together, we will make 2011 a year that is "Second to None."

michael.tucker@korea.army.mil



Indianhead

Maj. Gen. Michael S. Tucker
Commander
2nd Infantry Division

Command Sgt. Maj. Peter D. Burrowes
Command Sergeant Major
2nd Infantry Division

Maj. William J. Griffin
Public Affairs Officer
william.griffin@korea.army.mil

Capt. Michael McCullough
Deputy Public Affairs Officer
michael.s.mccullough@korea.army.mil

Master Sgt. Robert Timmons
Public Affairs Chief
robert.timmons@korea.army.mil

Sgt. 1st Class Michelle Johnson
Plans and Operations NCO
michelle.m.johnson1@korea.army.mil

Newspaper staff

Sgt. Karla Elliott
Editor
Cpl. Lee Hyun-Bae
Korean Language Editor

Pvt. Choi Jung-Hwan
Pvt. Chang Han-Him
Staff Writers

Pfc. Hong Sang-Woon
Broadcaster

Mr. Kim Hyon-Sok
Public Affairs Specialist
Mr. Yu Hu-Son
Staff Photographer
Mr. Joshua Scott
Webmaster

www.2id.korea.army.mil

The Indianhead is an authorized publication for members of the Department of Defense. Editorial Content is the responsibility of the 2nd Infantry Division Public Affairs Office. Contents of the newspaper are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. This newspaper is printed semi-weekly by the Il-Sung Yang Hang Co., Ltd., Seoul, Republic of Korea. Circulation is 6,000.

Individuals can submit articles by the following means: e-mail **karla.pamela.elliott@korea.army.mil**; mail EAID-PA, APO, AP 96258-5041 Attn: Indianhead; or drop by the office located in Building T-507 on Camp Red Cloud. To arrange for possible coverage of an event, call 732-8856.

R.E.A.L. Warrior campaign makes difference *Campaign credited for crime reduction, increased college enrollment*

By Sgt. 1st Class Michelle Johnson

2nd ID Public Affairs

"Last year, this time, we were seeing some alarming trends in indiscipline," 2nd Infantry Division Commanding General, Maj. Gen. Michael Tucker told a group of Division leaders last November. "But, we have found a way to fix it."

The "fix" is a program developed shortly after Tucker took command, dubbed the R.E.A.L. (responsible, educated, alcohol-limiting) Warrior campaign.

"The campaign was borne out of a need to decrease the instances of indiscipline that were plaguing the Division," said Col. Jeffery Pedersen, Division staff judge advocate and R.E.A.L. Warrior campaign lead officer.

One year after the campaign's inception, crime of every kind is down 60 percent and college enrollment bounced from just 200 to more than 1,300 and growing.

Formed in November 2009, the group came up with a series of initiatives to remedy the problems that were endemic to 2nd ID, specifically misconduct among lower-enlisted Soldiers, "the majority of whom are young, first term Soldiers," said Pedersen.

"The task force realized that Korea is unique in many ways, and the leadership would have to come up with some innovative ideas if they wanted to significantly change the way Soldiers were behaving," said Pedersen.

One of the most popular and successful campaign initiatives is the Warrior University program, which offers Soldiers time-off during duty hours to take college courses.

"So many Soldiers want to go to college as a result of Warrior University that we are furiously working to find the professors to teach them and the space to seat them," said Byron Johnston, education services officer for Area I.

Tucker said that's a good problem to have.

"I've done this twice before and I knew we'd eventually make the education center very busy," Tucker said. "But, the key is, we are helping Soldiers pursue

their educational and personal goals. They see we are invested in what matters to them and that makes them invest in us."

Tucker added, "Soldiers who hit the books are less likely to hit the MP blotter report."

Pedersen also sees the program as a way to get Soldiers to behave responsibly on and off duty.

"The numbers are promising: 37 percent fewer Article 15s, 31 percent fewer Soldiers chaptered out of the Army and 54 percent fewer courts martial," he said.

Pedersen says Warrior University played a big part in the downturn of the numbers, but thinks some of the less well-known initiatives dreamed-up by the R.E.A.L. Warrior task force helped turn the Division in this new direction.

"We realized leaders had to be included in anything we decided to try, and they needed to be sensitive to the specific needs of our first-term Soldier population," he said. "So, we gave them tools."

One of those tools was published in an operations order which provided leaders with administrative options in support of good order and discipline.

Another way to get leaders reinvested in the Division's unique leadership environment was the addition of a new course for all new noncommissioned officers in the Division, called Company Alcohol Skills Intervention Curriculum. CASIC gives new leaders a glimpse of the challenges they will face as they begin to mentor Soldiers in the Division and helps them understand the resources and steps they should take to help keep their troops mission-focused.

As the Army as a whole was tackling the problem



Pfc. Robert Young, 2nd ID Public Affairs

Pfc. Arlene Dantes of Headquarters & Headquarters Support Company, Division Special Troops Battalion, develops her artistic abilities during a session of Elements of Drawing I at the Camp Red Cloud Education Center during time allotted for "Warrior University." College enrollment in Warrior Country bounced from 200 to more than 1,300 in months.

of suicides in 2010, 2nd ID mandated all incoming Soldiers receive resiliency training. Since the summer, more than 4,300 Soldiers have gone through the three-day program, designed to teach coping skills.

Less than a year after implementing the campaign, more than half the Soldiers in the Division are Master Resiliency Trainers.

"They are the best battle-buddies you could ask for, because they know how to analyze and destroy unproductive thoughts like suicide," said Pedersen.

"We're seeing more suicide interventions since the start of the mandatory training," Tucker added.

Pedersen expects more positive trends in 2011 as a result of the R.E.A.L. Warrior campaign.

(Editor's note: Capt. Briana McGarry, administrative law attorney for the 2nd Infantry Division, contributed to this article.)

A new year and new "listen" at AFN Casey

By Sgt. 1st Class Damian Steptore

American Forces Network Casey

As the American Forces Network Korea moves into 2011, the Casey station is adding two new disc jockeys and a new radio show to its program-

ming in an effort to provide more information and entertainment to the Warrior Country community.

"This is about providing more of an opportunity to engage our local audiences," said Dan Valler, AFN Korea's chief of network radio. "With the in-

crease in Families being assigned to Korea, there's more command information that specifically applies to the local audience."

The increase in live local radio is a peninsula-wide initiative. AFN stations in Osan, Kunsan, Yongsan and Daegu are also increasing their services. The local shows will replace regional radio, which used to air from 10 a.m.-6 p.m. from the AFN Korea headquarters in Yongsan.

AFN Casey will continue to provide live radio from 6-10 a.m., but Spc. Sabrina Black, "The Morning Diva," has replaced Staff Sgt. Jake Hughes as the morning DJ. Staff Sgt. Vin Stevens, "The Wise Guy," has been added to the mix as the DJ for AFN Casey's new afternoon show from 2-6 p.m.

"I like to get the callers every day," said Black, a native of Orlando. "It shows that people are listening and they are benefiting from something I'm doing. It makes you feel good."

Stevens has groomed himself since

he was a 17-year-old listening to classic rock in his native town of Rome, N.Y.

"I used to go to live concerts and talk to the local DJs who would announce the bands; they would inspire me by the stories they told on-air, and how they interacted with the local community," he said.

Stevens said one of his favorite DJs, DJ Scorch, had a knack for telling great stories on the air, and he's excited to have a chance to engage the Area I audience in the same way.

Since Jan. 3, The Wise Guy is providing some of America's best retro music from the last few decades on AFN "The Eagle." The Morning Diva will continue to offer a progressive, hot adult contemporary morning radio show from America's top-40 billboards.

Warrior Country Soldiers can tune in weekdays on 88.1, 88.3, 88.5 or 102.7 on the FM dial, depending on the listener's location.



Staff Sgt. Vin Stevens, "The Wise Guy," entertains AFN Casey listeners during his new afternoon show from 2-6 p.m.



Sgt. Andrea Merritt, 2nd ID Public Affairs

Sgt. Shim Jae-Ha, the satellite terminal trailer team leader for the Main Support Platoon, A Company, Division Special Troops Battalion, pulls security during a convoy live-fire exercise Jan. 24 at Story Live-Fire Range on Warrior Base. More than 150 DSTB Soldiers participated in the week-long exercise.



Pfc. Paul Holston, 1st HBCT Public Affairs

A Warrior Division Soldier shows Korean Military Academy cadets a weapon system during their tour to Area I installations Feb. 12. They also visited the 2nd Infantry Division museum on Camp Red Cloud and the Close Combat Tactical Training facility on Camp Casey.



Pfc. Robert Young, 2nd ID Public Affairs

One Soldier takes advantage of the Warrior University program, which began in January 2010, in order to get her "degree at three." The program allows Soldiers to be released at 3 p.m. Tuesdays and Thursdays in order to take college courses – both online and in-classroom courses apply. Wireless internet is now available in most Area I dining facilities for those taking online courses.



Artillerymen from the Republic of Korea Army 2000th Field Artillery Battalion, 1st Artillery Brigade fire a rocket during a combined live-fire exercise held with U.S. 1st Battalion, 38th Field Artillery Regiment at Rocket Valley, April 22.

Pfc. Robert Young, 2nd ID Public Affairs

January

February

March

April

Col. James T. Barker
2nd CAB
Commander



As the new year kicks off, I reflect back on all of the brigade's fantastic accomplishments in 2010 and look forward to continue advancing the Talon training program in 2011 so that we remain ready to "Fight Tonight." The Talon Brigade is made up of some of the finest Soldiers in the U.S. Army, and I can't even begin to tell you how proud the 2nd CAB command team and I are of the hard work and dedication each one of you contribute to the brigade on a daily basis.

We remain equally grateful for the dedication and sacrifices of our Family members and vigilant assistance from all of the Korean Augmentation to the U.S. Army Soldiers here in 2nd CAB that compliment us each day with a hard-nosed tenacity any Army would be proud of.

With that said, each one of us must continue to increase our individual and team readiness in 2011 so that we are ready to defend the Korean Peninsula from future aggressions. The rest of the 2nd CAB command team and I will give the brigade nothing less than 110 percent in the new year with a larger variety of integrated training events and realistic exercise simulations.

I look forward to working side-by-side with each one of you in the year ahead. Keep up the good work and I know that we will be successful in our mission.



Maj. William Griffin, 2nd ID Public Affairs

A capacity crowd listens attentively to guest speaker Dan Davis during the culminating presentation of the R.E.A.L. Warrior speakers program conducted at the Camp Casey Carey Fitness Center Feb. 26. Guest speakers included a nationally recognized author and an associate professor from the U.S. Military Academy at West Point.



Pfc. Paul Holston, 1st HBCT Public Affairs

First Sgt. James Birdsong of Headquarters & Headquarters Company, 1st Heavy Brigade Combat Team, grapples with an obstacle during the "Shield Ride" conducted on Camp Hovey March 24. Participating Soldiers had to complete several warrior tasks in order to earn their "Order of Hoplite" belt buckle shield.



Cpl. Ma Ju-Ho, 2nd CAB Public Affairs

Left: Warrior Division Soldiers from 2nd Combat Aviation Brigade "get set" for a relay race held at Camp Humphreys during the annual Warrior Friendship Week April 6.

Below: Soldiers with C Company, Division Special Troops Battalion, aided by several Republic of Korea Army Soldiers, pull together during a tug-of-war event held at the Camp Red Cloud soccer field April 6.



Pfc. Robert Young, 2nd ID Public Affairs

More than 900 Republic of Korea Soldiers from the ROKA 20th Division put on a dramatic re-enactment of the battle of Chipyong-ni during a commemoration May 26. French, Korean and American veterans of the Korean War gathered there nearly 60 years after the battle which took place February 1951.



Yu Hu-Son, 2nd ID Public Affairs



Pfc. Robert Young, 2nd ID Public Affairs

Medics navigate an obstacle course while carrying a loaded litter through a combat training lane during the Expert Field Medical Badge qualification held at Warrior Base May 17. More than 250 medics from around the peninsula and as far as Hawaii vied for the badge during the two cycles of the qualification.

Col. Ross E. Davidson
1st HBCT
Commander



I would like to commend all Strike Force Iron Soldiers and Families for their exemplary service and dedication to duty during a crucial year for our Alliance. Through your constant vigilance and dedication to excellence, you proved time and time again that our team can seamlessly integrate with our Republic of Korea allies in order to fight and win tonight under any conditions.

As I look back across the past year, I take exceptional pride in knowing that this brigade sets the standard for the Army in full-spectrum training. From January through April, Strike Force Iron hosted the 75th Infantry Brigade (ROKA) at Rodriguez Live Fire Complex to conduct an unprecedented combined-arms live fire exercise that fully integrated our partners down to platoon level. During Iron Challenge from August through October, the Brigade honed its battle command systems to a fine edge and thoroughly humbled the vaunted World Class Opposing Force. Last, but not least, we established and validated a new full-spectrum training model with the enormous success of Iron Forge Lite in December. When combined with our strong gunnery program, our constantly

progressing readiness initiatives, and our continued fielding of new and cutting edge equipment, this has truly been an incredible year of dynamic growth for the team.

In addition to keeping the brigade ready to 'Fight Tonight,' we have continued to make a difference in the local communities by participating in the Good Neighbor program at local schools and orphanages. Our growing Area I community of Families and volunteers has established themselves as a fixture of the Dongducheon community, and has shown the strength that will come from continued tour normalization. Jodi and I would especially like to thank all the military Family members— especially those in Area I—who supported their Soldiers by selflessly donating their time and efforts to the Family Readiness Groups and hosting social events throughout the year.

While this has been a truly outstanding year, 2011 promises even greater things for Strike Force Iron. Major combat system upgrades combined with the full implementation of our new gunnery and Iron Forge training programs will continue to develop our reputation as the Army's premier full-spectrum operational strike force. New command sponsorship programs along with the expansion of Casey Elementary will continue to move us down the path of tour normalization and help further expand our Area I community.

Thanks again for a job well done. I eagerly anticipate your accomplishments over the coming year.



Sgt. 1st Class Michelle Johnson, 2nd ID Public Affairs

Left: Two Soldiers enjoy the water during the Area I "Fun in the Sun" Kkoggi Beach trip sponsored by the Better Opportunities for Single and Unaccompanied Soldiers program July 9. More than 170 2nd Infantry Division Soldiers shed their Army Combat Uniforms for swim suits and beach gear.

Below: Soldiers bite into a watermelon eating competition while on the BOSS sponsored Kkoggi Beach trip July 9.



Sgt. 1st Class Michelle Johnson, 2nd ID Public Affairs



Courtesy photo

A line of Strykers convoy in the early hours of Aug. 16, part of the 4th Stryker Brigade Combat Team, 2nd Infantry Division, make their last patrol through Iraq as the last combat brigade to leave theater. The nearly seven-year conflict came to an end as the last tires crossed the border into Kuwait, ushering in Operation New Dawn and marking a new beginning for the people of Iraq.

Col. Ross E. Davidson assumed command of the 1st Heavy Brigade Combat Team from Col. Thomas Graves in a change of command ceremony held at the Camp Casey Indianhead Field on Aug. 3.

May

June

July

August

A 2nd Combat Aviation Brigade change of command ceremony was held on Camp Humphreys June 29 in which Col. Joseph A. Bassani Jr. handed over the brigade to incoming commander Col. James T. Barker.

Right: Hundreds of Soldiers ruck through the rough terrain near Warrior Base as they strive to complete the Manchu Mile, a 25-mile ruck march, June 24. Although the majority of the participants were 2nd Battalion, 9th Infantry Regiment Manchus, many Soldiers throughout the Korean Peninsula travelled to Warrior Base to take part in the historic march as well.



Cpl. Tim Oberle, 2nd CAB Public Affairs

A pilot in an AH-64 Apache with 4th (Attack) Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade fires a "Hellfire" missile at Jikdo Island during the annual gunnery event June 3. In order to prepare for the event, 4-2nd Avn. underwent extensive training months prior.



Cpl. William Servinski, VISC



Yu Hu-Son, 2nd ID Public Affairs

U.S. Secretary of Defense Robert M. Gates speaks to more than 300 "Iron" Soldiers from 1st Heavy Brigade Combat Team on Camp Casey during his visit to Area I July 20. Chairman of the Joint Chiefs of Staff, Adm. Mike Mullen, visited with Soldiers on Camp Red Cloud the following day.



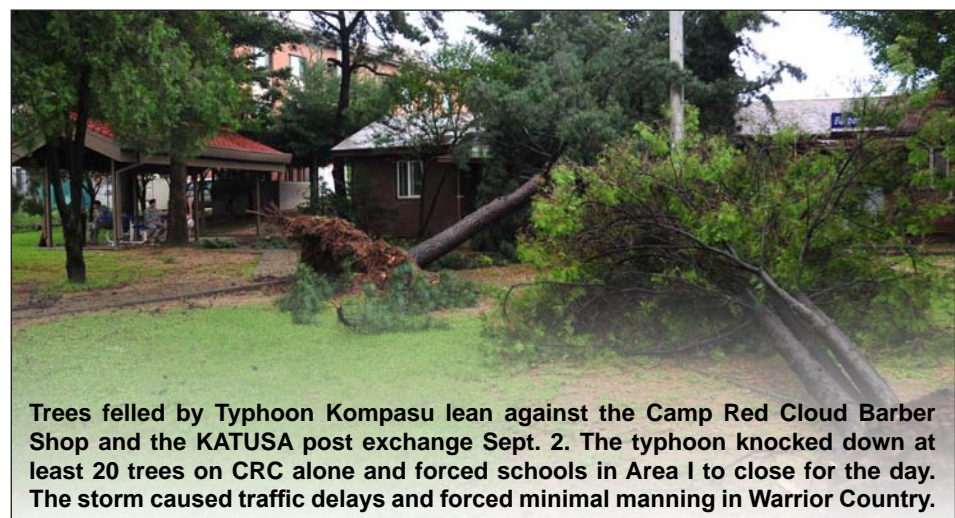
Maj. William Griffin, 2nd ID Public Affairs

Warrior Division children receive instructions from a teacher on their first day of school at the Casey Elementary School Aug. 30. The Casey school is the first to be built in Area I.



Cpl. Tim Oberle, 2nd CAB Public Affairs

Soldiers with 3rd Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade conduct a flight line run on Camp Humphreys Sept. 17. The runway was shut down for the formation and a CH-47 Chinook and two UH-60 Blackhawks hovered above.



Trees felled by Typhoon Kompasu lean against the Camp Red Cloud Barber Shop and the KATUSA post exchange Sept. 2. The typhoon knocked down at least 20 trees on CRC alone and forced schools in Area I to close for the day. The storm caused traffic delays and forced minimal manning in Warrior Country.

Master Sgt. Robert Timmons, 2nd ID Public Affairs



Cpl. Lee Hyun-Bae, 2nd ID Public Affairs

Warrior Division Soldiers enjoy a traditional Korean meal in celebration of Chuseok, which is the Korean Thanksgiving, while the Evergreen Children's Choir sang them a few Korean songs at the Camp Casey Thunder Inn dining facility Sept. 17. Chuseok is one of Korea's biggest holidays in which people throughout the peninsula gather with their families, enjoy their company and a large meal, and pay their respects at their ancestral tombs.



Courtesy photos



Family members from 2nd Combat Aviation Brigade board a CH-47 Chinook enroute to Camp Red Cloud during the 2nd Infantry Division's Noncombatant Evacuation Operations exercise Nov. 4. All 2nd ID units across the Korean Peninsula participated in an exercise dubbed "Focused Passage" to test the division's ability to move noncombatants out of harm's way.

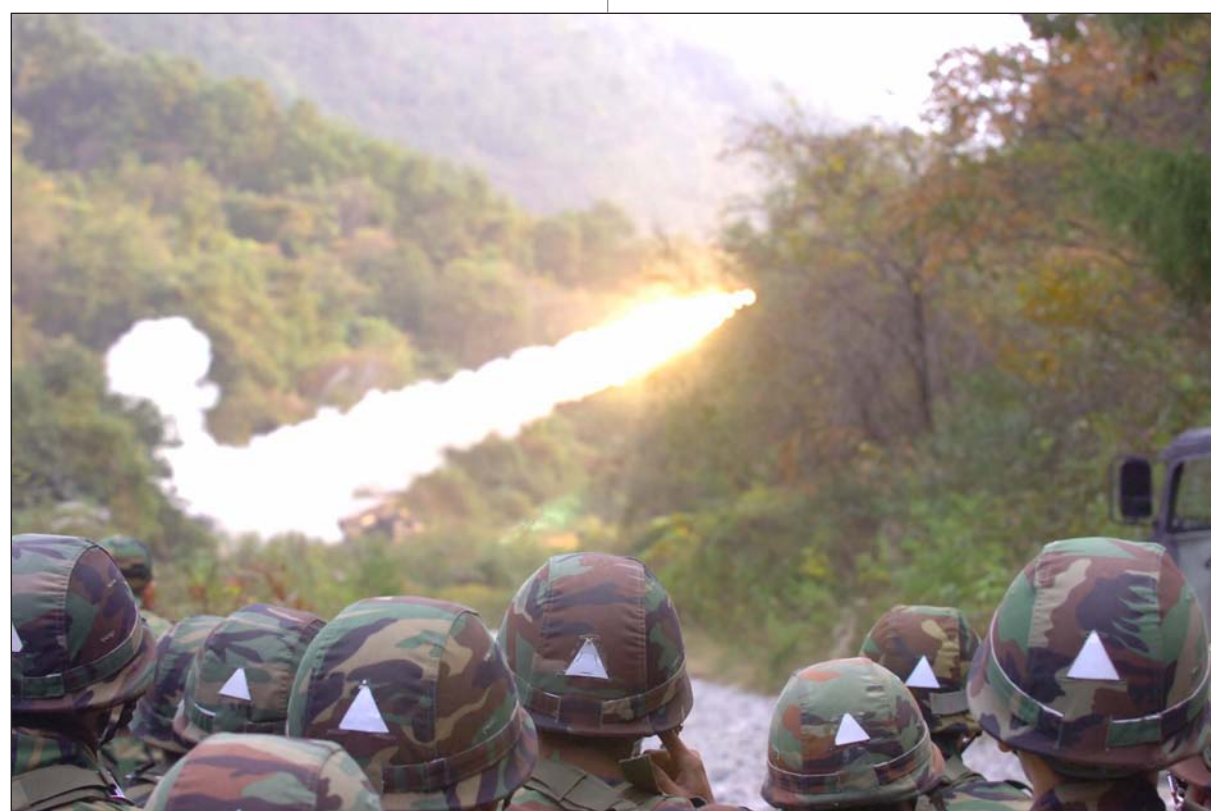
Cpl. Tim Oberle, 2nd CAB Public Affairs

September

October

November

December



Cpl. Lee Hyun-Bae, 2nd ID Public Affairs

Republic of Korea Army Soldiers with 5000th Field Artillery Battalion watch as a Multiple Launch Rocket System fires a rocket during a combined exercise with U.S. Army 6th Battalion, 37th Field Artillery Regiment, 210th Fires Brigade at Rocket Valley, Oct. 14. The ROK and U.S. Army units trained together for a week.



Sgt. Karla Elliott, 2nd ID Public Affairs

A Division Special Troops Battalion child hits a skeleton-shaped piñata during the Halloween Trick-or-Treating event held on Camp Red Cloud Oct. 31. More than 30 Families, some dressed for the occasion, walked throughout DSTB barracks where Soldiers had a chance to hand out candy.

Col. Steven Sliwa
210th Fires
Commander



"Thunder" Team,

This year has been extremely eventful and productive for the 210th Fires Brigade. As your commander, I am extremely proud of your accomplishments and I thank you for your outstanding efforts – one and all. Our schedule has been fast-paced and action packed, but no matter what tasks you are given and no matter what obstacles lay in your paths, you never fail to accomplish the mission. You have excelled in theater level exercises such as Key Resolve and Ulchi Freedom Guardian.

You repeatedly raised the bar on maintenance readiness as evidenced by your outstanding performance on the 2nd ID Maintenance Readiness Assessments. You have continuously improved your command supply discipline and administrative processes as evidenced by the remarkable improvement you showed during the Division Command Inspection.

Both dining facilities have won quarterly "Best Dining Facility" awards from the 2nd Infantry Division, as well as winning the 2nd ID Best Decorated DFAC Competition for the FY 2011 holiday season.

You have steadily improved your "fight-tonight" war-winning readiness through aggressive brigade, battalion, and battery level training exercises. You have also strengthened the Alliance by conducting combined live-fire exercises with your ROK counterparts as well as investing your personal time in the local community through the Good Neighbor Program. Most importantly, you proved you were indeed ready to "fight tonight" by providing the theater commander a flexible deterrent option while supporting the December 2010 ROK Army live-fire exercise. In everything you have done, you have excelled.

My wife, Erin, and I feel blessed to serve with such fine Soldiers, civilians, Family members, and friends of the Brigade who have sacrificed selflessly serving our nation. We also thank our KATUSA Soldiers who are invaluable to enabling us to perform our mission here in Korea and with whom we stand side by side in her defense.

Thank you for all you do each and every day to make this Brigade the premier Fires Brigade in the United States Army. To the Families and friends of the Brigade, thank you for the love and support you give your Soldier.



Staff Sgt. Jennifer Bunn, 1st HBCT Public Affairs

The 1st Heavy Brigade Combat Team received the latest M1A2 Abrams main battle tanks Dec. 18. They will receive the M2A2/M3A2 Bradley fighting vehicle in the upcoming months.



Master Sgt. Robert Timmons, 2nd ID Public Affairs

Two Dallas Cowboys cheerleaders entertain Soldiers on Christmas Day at the Camp Red Cloud Kilbourne dining facility. The cheerleaders performed for Warrior Division troops stationed in Area I later that day at the Camp Casey Carey Gym.

WARRIOR NEWS BRIEFS

CRC Commissary hours

Effective Jan. 24, the Camp Red Cloud Commissary will be OPEN on Mondays 11 a.m.-7 p.m. and will be CLOSED Wednesdays. The rest of the days and hours remain unchanged.

Gas station hours

The gas station on Camp Red Cloud Garrison has returned to its normal operating hours of 10 a.m.-6 p.m. Mon.-Fri. and 10 a.m.-5 p.m. Sat.-Sun.

Bicycle clean up

The 2nd Infantry Division Provost Marshal's Office has begun identifying all unregistered and abandoned bicycles throughout Area I installations. Once bicycles have been identified, they will be tagged and confiscated by 2nd ID PMO from Jan. 1-15. Confiscated bicycles will be held by the 2nd ID PMO for 60 days. Soldiers wanting to claim their bicycle can go to the Camp Casey Military Police Station. In order to claim a bicycle, the Soldier must know the make, model, and the bicycle's location of confiscation. Any bicycles not claimed after the 60 days will be disposed of by the Camp Casey Military Police Station.

For more information, contact the 2nd ID PMO operations officer, Capt. Tide Gile at DSN 730-4415.

Express bus to Osan

An express bus going from camps Casey and Red Cloud to Osan Air Base for leisure travel is now available Saturdays and Sundays. The bus

departs Casey at 9 a.m. and Red Cloud at 9:40 a.m., arriving to Osan at 11:30 a.m. A returning bus departs Osan at 3:30 p.m., arriving to Red Cloud at 5 p.m. and Casey at 5:50 p.m.

Civil Defense Drills

The Republic of Korea conducts a civil defense drill the 15th of each month at 2 p.m. for approximately 20 minutes. The drill is marked by a loud siren signaling that pedestrians must seek shelter, preferably underground, and remain there until the drill is finished. Drivers are required to pull to the right side of the road and remain stopped for the duration. USFK personnel living in the Republic of Korea are expected to comply.

Off-post housing brief

All military and Department of Defense personnel seeking housing on the economy are required to attend Off-Post Housing briefings prior to making off-post housing arrangements. The briefings are held at the Camp Red Cloud Community One Stop, Bldg. 267, and at the Camp Casey housing office conference room on the 2nd floor inside Maude Hall, Bldg. 2440, 8:30-9:30 a.m. and 1:30-2:30 p.m. Mon.-Thurs. Off-post housing documentation will be provided during the briefings. For more information, call DSN 732-6779.

Patriot Express update

Because of problems in the past, the following has been enforced: If a Soldier misses movement on a sched-

uled Patriot Express flight, the act may be punishable under UCMJ Article 87. The Soldier will not be issued a reservation to another flight without a memorandum from the first O-6 in the Soldier's chain of command. Two transportation charges will then be assessed – one charge for the missed flight and a second for the rebooked flight. Depending on circumstances, a commander may direct the Soldier to pay the cost of the missed movement.

Patriot Express shuttle

All military personnel, dependents and civilians with official travel orders who are on PCS, ETS or TDY status and have been manifested for the Patriot Express may take the Area I Patriot Express shuttle. The shuttle runs every Tuesday and Thursday with sign-up sheets located at the camps Casey and Red Cloud travel offices.

The shuttle arrives at the Camp Casey Lodge, Bldg. 2626, at 1 a.m. and departs at 1:30 a.m. It arrives to the Camp Red Cloud Lodge, Bldg. 322, at 2:30 a.m. and departs at 2:45 a.m. The estimated time of arrival to Osan Air Base is 4:30 a.m.

Actors/Producers wanted

Would you like to be in pictures? Or do you have a special skill at shooting and producing video? The 2nd Infantry Division Public Affairs Office is currently looking for Soldiers willing to appear in videos and behind the camera. For more information, call Sgt. 1st Class Michelle Johnson at DSN 732-8015.

Movies

Camp Casey

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

Jan. 7: Little Fockers / Due Date
Jan. 8: Megamind / Little Fockers (2)
Jan. 9: Saw 3D / Due Date
Jan. 10: Little Fockers
Jan. 12: Gulliver's Travels
Jan. 14: True Grit / For Colored Girls
Jan. 15: Gulliver's Travels (2) / True Grit
Jan. 16: Gulliver's Travels / For Colored Girls
Jan. 17: True Grit
Jan. 19: Morning Glory

Camp Red Cloud

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

Jan. 7: Tron / Megamind
Jan. 8: Gulliver's Travels
Jan. 9: Gulliver's Travels
Jan. 10: Jackass 3D
Jan. 11: Paranormal Activity 2
Jan. 13: Little Fockers
Jan. 14: Little Fockers / Saw 3D
Jan. 15: Megamind
Jan. 16: Jackass 3D
Jan. 17: Easy A
Jan. 18: Skyline
Jan. 20: True Grit

Camp Hovey

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

Jan. 7: Saw 3D
Jan. 8: Due Date
Jan. 9: Little Fockers
Jan. 11: Gulliver's Travels
Jan. 13: True Grit
Jan. 14: Gulliver's Travels
Jan. 15: Paranormal Activity 2
Jan. 16: True Grit
Jan. 18: Morning Glory
Jan. 20: For Colored Girls

Camp Stanley

Show times: Sun., Mon. & Thu. 7 p.m.
Wed. & Sat. 7 & 9 p.m.
Fri. 9:30 a.m., 7 & 9 p.m.

Jan. 7: Gulliver's Travels / Saw 3D
Jan. 8: Tron / Due Date
Jan. 9: Tron
Jan. 10: Paranormal Activity 2
Jan. 12: True Grit (2)
Jan. 13: Saw 3D
Jan. 14: For Colored Girls / Due Date
Jan. 15: Little Fockers / Skyline
Jan. 16: Little Fockers
Jan. 17: Morning Glory
Jan. 19: For Colored Girls / Morning Glory
Jan. 20: Due Date

Camp Humphreys

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

Jan. 7: Gulliver's Travels/How Do You Know
Jan. 8: Gulliver's Travels/How Do You Know
Jan. 9: Gulliver's Travels/How Do You Know
Jan. 10: How Do You Know
Jan. 11: Paranormal Activity 2
Jan. 12: Saw 3D
Jan. 13: Saw 3D
Jan. 14: True Grit / Little Fockers
Jan. 15: Megamind / True Grit / Little Fockers
Jan. 16: Megamind / True Grit / Little Fockers
Jan. 17: True Grit / Little Fockers
Jan. 18: For Colored Girls
Jan. 19: For Colored Girls
Jan. 20: Morning Glory

New year: a fresh start to realistic resolutions

Every year we go through the same ritual. On Dec. 31, when the stroke of midnight proclaims a new year, many pledge to make a healthier and safer year. We resolve to give up smoking, lose weight, start an exercise program, or stop drinking alcohol. New year's resolutions are usually pie-in-the-sky goals which fail because we want to accomplish too much – too quickly.

This year consider focusing on your own and others' safety and health. Resolve to:

•**Improve safety at home and at play.** Pay more attention to home and community safety, which today surpasses the workplace in accidental death and injury rates.

•**Improve your driving habits.** Put away your cell phone and text messages when driving. Using the phone without a hands-free device while driving is illegal in most places and forbidden on all Army installations.

•**Improve your awareness about prescription drugs.** Always read the instructions on medications you are taking, realizing that failure to do so is part of what's behind a steep increase in accidental poisonings by overdose. Help children understand the dangers of taking someone else's prescription drugs.

•**Learn first aid.** Refresh your first-aid and CPR training.

•**Focus on fire safety.** Get in the habit of checking smoke alarm and carbon monoxide detector batteries twice a year. Make sure you store your flammables safely.

Also consider trying some new tactics for self-improvement.

•**Set attainable goals for the coming year.** Start with small goals and reward yourself for attaining each level. Join a support group if you are trying to lose weight, stop smoking, give up drugs or alcohol. Enjoy your successes a day at a time.

•**Like yourself.** You can't change your basic

shape so focus on who you are and not how you look. If you are a happy person, you can be a safer and healthier person. Unhappiness can be a life-threatening distraction from the safe operation of vehicles, machinery, or equipment.

•**Control your blood pressure.** Learn to control unsafe blood pressure with diet, exercise, weight loss and medication as prescribed by your doctor. Visit your doctor for a complete physical before embarking on any change in your current exercise levels. For added personal safety, make sure you have regular checkups.

•**Eat for health.** Reduce your fat and cholesterol intake and increase the fiber in your diet. Avoid food with saturated fats such as whole milk, fatty red meats, lard and shortening, which can contribute to heart disease. Add whole grain breads, cereals such as oatmeal, fresh fruits, vegetables, beans and peas to your meals.

•**Be active every day.** Try climbing extra flights of stairs on your way to work. After work, get off the bus several stops too early and walk the rest of the way home. Try swimming, gardening or mowing the lawn for half an hour. Wash your car or play fetch with your dog. Being in good physical condition makes you safer by giving you the ability to respond quickly to a hazard.

•**Reduce stress.** Learn to control your stress with exercise, diet and plenty of relaxation, not drugs and alcohol. After work, play sports with your children or walk the dog. Treat yourself to a long warm bath

facebook

2nd Infantry Division (Official Page)

Wall Info Notes Photos Videos Pear Blossom

Pear Blossom Family Outreach Center

The 2nd Infantry Division was formed in 1917 and has served in WW I, WW II, the Korean War, and the Global War on Terrorism. The "Warrior" Division is forward deployed to the Republic of Korea, serving side-by-side with our ROK allies.

The Pear Blossom Family Outreach Center offers support services for Area I spouses and safe, comfortable, American-style homes, offering Area I spouses and children a place to call home. The center also provides support services for foreign-born spouses to American soldiers, including language classes, TV/VCR, ovens, and play areas. The center also provides support services for children of soldiers, including cultural adaptation, financial planning, and healthy family functioning. The center also offers to all interested family members information on Camp Red Cloud, Stanley and Casey.

Information Location: Gangbuk, South Korea 1,793 People Like This

Get the latest in news from Warrior Country when you "Like" us on Facebook

2nd Infantry Division (Official Page)

while you listen to good music or read an interesting book. Learn to say "no" to extra commitments and "yes" to time with Family.

This year, resolve to make realistic new year's resolutions. Small changes to your habits can add up to a healthier and safer new year.

(Editor's note: This information was courtesy of the IMCOM Safety Gram.)

CHAPEL SERVICE TIMES

Camp Red Cloud

Protestant:

11 a.m. Sunday

Catholic:

9 a.m. Sunday

KATUSA:

7 p.m. Sunday

COGIC:

12:30 p.m. Sunday

Camp Casey

At Stone Chapel

Protestant:

10 a.m. Sunday

At Memorial Chapel

Gospel:

11 a.m. Sunday

KATUSA:

6:30 p.m. Tuesday

At West Casey Chapel

Protestant:

10 a.m. Sunday

Catholic:

Noon Sunday

LDS Bible study:

7 p.m. Thursdays

Camp Hovey

At Hovey Chapel

Catholic:

9:30 a.m. Sunday

Protestant:

11 a.m. Sunday

KATUSA:

6:30 p.m. Tuesday

At Old Hovey Chapel

Bldg. 3592

Orthodox:

10 a.m. 1st, 3rd Sundays

At Crusader Chapel

Protestant:

11 a.m. Sunday

Camp Stanley

Protestant:

10 a.m. Sunday

Gospel:

12:30 p.m. Sunday

Camp Humphreys

At Freedom Chapel

Catholic:

9 a.m. Sunday

Protestant:

11 a.m. Sunday

Church of Christ:

5 p.m. Sunday

Gospel:

1 p.m. Sunday

KATUSA:

7 p.m. Tuesday

Points of contact

Camp Red Cloud:

732-6073/6706

Memorial Chapel:

730-2594

West Casey:

730-3014

Hovey Chapel:

730-5119

Camp Stanley:

732-5238

Camp Humphreys:

753-7952

Pear Blossom Family Outreach Center Schedule

Camp Casey

Manager: Lindsay Ejnik

DSN: 730-3837

Jan. 4, 11, 18, 25 10:30-11:30 a.m.:

Playgroup

Jan. 4, 11, 18, 25 2-4 p.m.:

Sewing guidance

Jan. 6, 13, 20, 27 1-2 p.m.:

Parenting support group w/ Military

Family Life Consultant

Jan. 12, 19, 26 1-2 p.m.:

Relationship support group

w/ MFLC

Jan. 12, 26 2-3 p.m.:

Children's craft class

Jan. 21 noon-2 p.m.:

Baby shower

Jan. 24 2-5 p.m.:

Bowling at Casey Bowling Center

Camp Red Cloud

Manager: Natalia Levchenko

DSN: 732-7168

Jan. 3 10 a.m.-3 p.m.:

Cleaning day

Jan. 5, 12, 19, 26 11 a.m.-noon:

Knitting circle

Jan. 7 9 a.m.-5 p.m.:

Cultural exploration trip

Jan. 11, 18, 25 10-11 a.m.:

Story time @ CRC library

Jan. 11 1-3 p.m.:

Parenting class

Jan. 13 1:30-3 p.m.:

Movie w/ popcorn

Jan. 14 11 a.m.-noon:

Cooking class

Jan. 27 1-4 p.m.:

Crochet class

Jan. 28 2-5 p.m.:

Ice skating trip

Camp Stanley

Manager: Kati Groseclose

DSN: 732-5400

Jan. 3, 31 1-3 p.m.:

Monday tea time

Jan. 4 noon-3 p.m.:

Zumba class @ CRC gym

Jan. 5, 26 1-5 p.m.:

Knitting project w/ Emily

Jan. 7 10 a.m.-2 p.m.:

MFLC movie and discussion

Jan. 11 9 a.m.-5 p.m.:

Cultural trip to COEX Aquarium

Jan. 12 noon-5 p.m.:

Scrapbooking class @ Casey CAC

Jan. 19 11:30-2 p.m.:

Winter season baby shower & lunch

Jan. 25 11 a.m.-3 p.m.:

Lunch & shopping trip to Uijeongbu

Jan. 28 9 a.m.-1 p.m.:

Stroller fit class @ Casey



THE SUN NEVER SETS ON THE 2ND ID



Family cherishes Skype-free Christmas

By Laura M. Levering

Northwest Guardian

JOINT BASE LEWIS-MCCHORD, Wash. – Carrie Livengood spent last holiday season counting down the days until her husband, Capt. Eric Livengood, would be home. This year, she is counting her blessings.

Eric was deployed with 1st Battalion, 17th Infantry Regiment, 5th Brigade, 2nd Infantry Division, the brigade's hardest hit unit during its year in Afghanistan.

Carrie, like hundreds of spouses on Joint Base Lewis-McChord, spent the holidays waiting for her husband's safe return. She had been through a deployment before, but it was nothing like this one. Carrie was pregnant with their fourth child during his first deployment, and Eric had made it home just in time.

"He came home the day Matt was born, so I was able to recover with his help," Carrie said. "This time I didn't have that help." Eric's deployment in July 2009 left her caring for their four children and a fifth child on the way.

With Willow born in September 2009, Carrie knew she needed an extra hand. Juggling a newborn, let alone five children, was hard for even the strongest of mothers. Resisting the temptation to move back to her home state of Alaska, Carrie sought local help. She developed a relationship with an older woman from her church.

"She would help with the laundry, cleaning and babysitting," Carrie said. "I could call her last minute, and she would be here."

The holidays brought with them new challenges and traditions. While other Families were preparing for Thanksgiving with the usual fanfare, Carrie made last-minute plans for Alaska. Her driver's license was close to expiring, so she took her five children on a space-available flight with the intent of renewing her license. Carrie was joined by a friend whose husband was also deployed, which helped make the trek manageable.

"It actually worked out great," Carrie said. "Traveling on a (space-available) flight – it's a cargo plane – so the kids got to run around, and it was so nice because everybody just helped out."

Carrie spent Thanksgiving Day eating crab and salmon, while Eric, thousands of miles away, had turkey at a dining facility on his forward operating base.

"They went all out with the food and decorated for Thanksgiving," Eric said. "There wasn't a whole lot going on that day, so we were able to take a little break."

That break gave Eric a chance to call his wife. It was a brief conversation, but one of more that followed and that they both quickly learned not to take for granted.

Christmas 2009 was the first Carrie ever spent with just the children. She missed Eric and their Family tradition of going to a live tree farm and choosing a tree.

"I didn't really even want to have a tree with Eric being gone, but I had to for the kids," she said.

Keeping her children's best interest in mind, Carrie took them shopping for a fake tree and let them pick out new ornaments.

"We got fun bulbs. We got green and blue and pink versus the traditional ornaments," Carrie said. "Then of course I was Santa for them, and we opened presents in the morning, but it was just us. Nothing fancy."

Eric's Christmas was "just another day." He was thankful to be able to watch the children open gifts via Skype, but it was hardly the same as being home.

"I remember wondering what kind of Christmas they had and what each of the

kids were doing," Eric said. "Just thinking about them and wishing I could be there to see what they thought of their gifts – that sort of thing."

This year, Eric doesn't have to wonder. Since his return home in July, Family traditions have been in full effect, including a Thanksgiving feast at their unit's dining facility.

"We spend it there because it's a cheap meal, and we get to spend it with the Soldiers," Carrie said.

"It's nice to just go there and spend time together as a Family and not have to rush that morning making food or cleaning up," Eric said.

As for Christmas, last year's fake tree was stored away and replaced with a live one. Eric will see his children open their gifts in person, and the Family will participate in a new tradition Carrie called a "progressive dinner."

"We'll start out having appetizers at one friend's house, the main course at another, then desserts at another," Carrie said. "That way dinner's not all on one person, and we can all move from house to house while showing off our Christmas trees, our presents and just enjoying each other."

It will be a bittersweet celebration, Carrie said, as they remember 41 Soldiers from Eric's unit who did not make it back for Christmas and the Families they left behind.

"Because we're so involved with the Gold Star Families, there is some guilt that he came home safe," Carrie said. "But at the same time it makes it more special that we can."

Eric said he thinks of the Soldiers on a daily basis, but one in particular often comes to mind. Private 1st Class Jonathan Yanney was one of the first from 5th Bde., 2nd Inf. Div. killed last year. He is also one of the reasons Eric strives to be the best father and Soldier he can be.

"(Yanney) was 20 years old and didn't have a chance to get married, he didn't have the chance to have kids, and so I reflect on that a lot," Eric said. "It causes me to want to do a better job."

The Livengoods honor the fallen Soldiers on a

regular basis – not just during the holidays – by participating in weekly remembrance runs and by reaching out to Gold Star Families in the area. It is the least they can do for those who sacrificed so much so that they could spend the holidays together, Carrie said.

"In our Family, it is never a burden for us to give the Gold Star Families help when they need it," she said. "It's important they remember that their loved one paid the ultimate price and are still a part of the Army Family, and we owe it to them for that sacrifice."

The past 18 months have been a constant flow of ups and downs that ultimately brought the Family closer together. With Eric's recent promotion to commander of Bravo Battery, 2nd Battalion, 17th Field Artillery, and Carrie's added responsibility as Family Readiness Group leader, the Livengoods are looking forward to the new year.

"I'm happy with the direction we're going, and I hope to make the best of the year and continue in the direction we've been going," Carrie said.

"It's the little, simple things that I enjoy and I look most forward to," Eric added.



Ingrid Barrentine

Eric Livengood, top left, gets to join his wife, Carrie, left, and children Alison, 10, Mickey, 7, Delaney, 6, Matt, 4, and Willow, 15 months, this year for the holidays at their Lacey, Wash., home.

Go to www.2id.korea.army.mil, the 2nd Infantry Division Web site, to view other stories and photos.