



# Indianhead



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Vol. 48, No. 2

www.2id.korea.army.mil

January 21, 2011

## Talon team learns to fight as integrated force

By Cpl. Tim Oberle

2nd CAB Public Affairs

In an effort to prepare Soldiers for full-spectrum operations, one brigade commander is aiming to change the norm so Soldiers will be prepared to fight as an integrated team.

Col. James T. Barker, commander of the 2nd Combat Aviation Brigade, said his belief in a more inclusive training calendar for differing units was reaffirmed while on a recent temporary duty assignment to the Infantry War Fighters Conference at Fort Benning, Ga.

While at the conference, Barker said he repeatedly heard stories from infantry commanders and command sergeants major about how Army aviators had saved their lives when they were pinned down by numerically superior enemy forces.

"The greatest thing I took from the conference was that there is a huge appreciation for Army aviators today that hasn't been this strong since the Vietnam War," he said.

"It was clear that the best way to sustain this relationship was to conduct year-round full spectrum air and ground integrated training exercises with other U.S. and ROK units from around the peninsula," he continued.

Because the training is integrated, ground troops get to carry out missions that they would actually do in a wartime environment, integrating aviation into their operations at all levels, build rapport with other units, and learn the basics of how to use the tools other units have, he said.

Barker said the most important reason to conduct complex integrated training exercises is because it translates into a decrease of injuries and deaths to U.S. Soldiers on the battlefield.

"Every time a leader loses a Soldier in combat he has to look himself in the mirror for the rest of his life and ask if he did everything possible to prevent that Soldier from being killed or injured," Barker said.

He said helping Soldiers prepare for combat situations comes through training.

"Unfortunately, going to war usually means that some people may get injured, but under my command it certainly won't be because of a failure on my part to relentlessly push an aggressive training program," he said.

Operations in Iraq and Afghanistan reinforced his views.

"We have learned so many effective lessons from Operation Enduring Free-

dom and Operation Iraqi Freedom and if we don't institutionalize those techniques, tactics and procedures into our training programs we will begin to lose them as OIF and OEF wind down," he said. "The absence of real world combat interaction with other types of units will create a vacuum and all of the synergy that we have established in the last 10 years will be completely lost."

In September and October 2010, during one of 2nd CAB's annual gunnery tables, a shift in training happened when ground forces from the 1st Heavy Brigade Combat Team, passed target information to AH-64 Apache helicopters using a close combat attack request.

For 2nd CAB, the combination of aviation and ground forces during the gunnery exercise was just the beginning of things to come, he added.

"It is important that as leaders we stack as many training events into a single training opportunity as we can without making the scenario unrealistic," he explained. "For example, when it comes to gunnery qualifications, you typically only get to qualify twice a year. If all that takes place during that qualification is an individual qualification of the primary weapons system, then a huge opportunity is lost to integrate air and ground forces."

When asked what this all means, Barker stated that it is essential to adhere to the old adage of "train as

you fight."

"Typically when people say 'train as you fight,' it seems to be more cliché than anything," he said. "But for me it is something you must strive for every time you go out and train. You never send an Apache into combat to fight by itself, but rather you always send at least a team of two. So why do we train them to qualify on their gunnery tables as a single ship?"

Barker added, "I will simply not allow my brigade to train one way in vernacular and another way in the field. The only way I know how to accomplish this task is to work extremely hard to increase the realism in our training and go the extra mile required to layer as much effective training as possible. Shame on us if we are just flying around by ourselves, when we could be actively seeking customers to conduct integrated training with."

Barker said he hopes his vision for training on the Korean Peninsula will turn into something bigger, such as making Korea a place to train for major combat operations and to build warrior ethos.

"We have a great opportunity here in the Republic of Korea to be a training base for Soldiers that will sooner or later PCS to organizations that are deploying to Iraq or Afghanistan," he said.

He added that a time might come where Soldiers who only know OEF and OIF might fight in a full spectrum conflict.



Cpl. Paek Geun-Wook, 2nd CAB Public Affairs  
An AH-64 Apache helicopter, from 4-2nd Avn., 2nd CAB, flies over a ground vehicle with 1st HBCT during 2nd CAB's annual fall gunnery tables. This was the first time the units conducted an air and ground integrated gunnery exercise as part of an initiative by Col. James T. Barker, the 2nd CAB commander.



## VOICE OF THE WARRIOR: What teams would you like to see in the Super Bowl this year?



*"Pittsburgh will NOT be getting their seventh Super Bowl this year; unfortunately for Pittsburgh fans. It will be Ravens over the Bears."*

**Staff Sgt. Robert People**  
HHC, 2nd CAB

*"Baltimore, because it is a great team, and Green Bay so Aaron Rodgers can be recognized for the elite quarterback he is."*

**Sp. Eric Petersen**  
A Co., 1-72nd Armor



*"I want to see the Raiders because my hometown is really close to Oakland."*

**Sp. Francis M. Resulta**  
B Co., DSTB

*"The six-time Super Bowl champions Pittsburgh Steelers will defeat the Atlanta Falcons in this year's Super Bowl."*

**Staff Sgt. Brian Palazzolo**  
HHC, 4-2nd AVN



*"Baltimore and Green Bay because I want to see more diversity in the teams that play each year. I do not like seeing the same teams every year."*

**Sp. Eric Wade**  
F Co., 302nd BSB

*"I want to see the Jets because I'm a New Yorker. I want to see them against the Packers because they stopped my Giants."*

**Staff Sgt. Jamell Leeheung**  
B Co., DSTB



# COMMANDER'S CORNER

## Celebrating 'Seol-nal,' the Lunar New Year

By Maj. Gen. Michael S. Tucker

2nd ID Commander

Warriors, while we Americans welcomed in the New Year at midnight on January 1, according to the solar calendar, our Korean neighbors get to bring in the New Year twice. February 2-4 Koreans celebrate Seol-nal, or Lunar New Year, sometimes called the Chinese New Year. It's a three-day family celebration when people travel back to their ancestral homes to spend time together. You may know it by the characteristic animal zodiac signs representative of each year.

As we look forward to what our Korean friends forecast will be a placid 12 months under the year of the Rabbit zodiac, we cannot forget the tragic events of the ferocious year of the Tiger that was 2010. From the North Korean sinking of the Republic of Korea Navy Ship Cheonan, which killed 46 sailors on March 26, to the early morning hours of Nov. 23, when North Korea fired nearly 200 artillery shells on the South Korean island of Yeongpyeong, killing two ROK Marines and two civilians, as well as destroying homes and businesses, the past year has strengthened the Alliance between the U.S. and the Republic of Korea and brought our countries even closer together in defense of this common threat to the north.

During the last months of the year of the Tiger, our resolve and our "Fight Tonight" motto was tested and we passed with flying colors. From the "always at the ready" Thunder Soldiers who readied their MLRS platforms and radars for a call to support the ROK, to our Iron Soldiers of the 1st HBCT running 24-hour operations, and the great aviators of Talon standing by to provide aero-medical evacuation and lift support, to the DSTB manning the bunker 24/7 with command and control, all in support of our ROK brothers; each Warrior of the 2nd Infantry Division demonstrated that "Fight Tonight" is more than a motto – it's a promise and it's very real. I'm proud of your dedication to protecting the Korean people in the face of a determined and relentless adversary, and I'm just as proud of your terrific Families who support you.

This holiday is a great opportunity to celebrate the unbreakable bond that is shared by our two nations which you exhibited with your long hours and time away from Family over the last year and

especially the last few months. As we reflect on the events that have defined us this year, we faced our share of challenges, but we also accomplished great and unique achievements, both professional and personal.

However, the Asian tradition of celebrating the Lunar New Year is not about what has passed, but what is ahead. In that spirit, let us face the year of the Rabbit with equal measures of sophistication and sensitivity. As family is the key component of every Korean holiday, we can take their lead and let their traditions inspire us to put more emphasis on our own Families – you can never be too attentive to your kin. Look to the year ahead as a way to be more connected to those around you in your unit and in your Family. Let's not forget to be good neighbors to our fellow Soldiers and their Families as well as our Korean hosts.

The best way to get to know someone is to ask them about their culture. Trust me, they will be eager to share. As I continue to learn the intricacies of the Korean culture, I am amazed at its similarities with our own country's traditions. During Seol-nal, children put on their Korean traditional clothing called Hanbok and kneel and bow to their elders. This show of respect is the fundamental ideal behind our military's salute. While the practices are different, the sentiment is the same – a show of dignity and respect for each other. And I'll point out that no bow and no salute goes unreturned – that is why it is a mutual display of esteem.

So, as you pass neighbors, friends, and leaders – offer a salute or a bow – whichever is more appropriate – and usher in the New Year with a renewed commitment to being all you can be at home, in the community and at work. Let's look forward to another year of great progress and great achievement as we continue our 60-year tradition of supporting the greatest Alliance in the world, which will always be "Second to None."

**michael.tucker@korea.army.mil**



## Indianhead

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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.



Sgt. Ryan Elliott, 1st HBCT Public Affairs

“Manchu Lightfighters” with 2-9th Inf., 1st HBCT, wait for the arrival of UH-60 Blackhawk helicopters during a nighttime air assault training exercise Dec. 9-10. The Manchus, along with crew members from 2nd Combat Aviation Brigade participated in Operation Iron Forge Lite at Rodriguez Live Fire Complex.

## ‘Manchu Lightfighters’ sneak exercise in darkness of night

By 2nd Lt. Scott McCartney

2-9th Inf.

Several battalions from the 1st Heavy Brigade Combat Team and 2nd Combat Aviation Brigade combined their assets for a nighttime air assault training exercise during Operation Iron Forge Lite at the Rodriguez Live Fire Complex Dec. 9-10.

The operation centered on an air assault conducted by the “Manchu Lightfighters” of 2nd Battalion, 9th Infantry Regiment, 1st HBCT, to secure key terrain at the complex while other Soldiers simultaneously maneuvered virtual armored vehicles at the Close Combat Tactical Training center on Camp Casey.

“This was a battalion-level air assault, at night, with limited visibility and challenging weather conditions,” said Maj. Toma Kim, the 2-9th Inf. executive officer. “It incorporated mounted and dismounted elements from the battalion, both live and virtual, along with numerous enablers from around the brigade against a challenging opposing force.”

The “Wildcards” of 2nd Battalion (Assault), 2nd Aviation Regiment, and the “Death Dealers” of 4th (Attack) Battalion, 2nd Aviation Regiment transported more than 150 Manchu Lightfighters over a complex air route to the objective.

In addition to 2nd CAB’s air support, Soldiers throughout the Iron Team participated in the exercise. The 1st Brigade Special Troops Battalion provided two squads of engineers for point obstacle reduction and reconnaissance; a tactical human interrogation team to question enemy

prisoners of war; and the chemical decontamination platoon to decontaminate a tank platoon following a simulated attack. The 302nd Brigade Support Battalion provided a facility at the objective to refuel units on the move. The 1st Battalion, 15th Field Artillery Regiment provided indirect fire coverage and were instrumental in setting the conditions to get the air assault into the objective. Soldiers with 1st Battalion, 72nd Armor Regiment served as observers and exercise controllers to ensure all training objectives were met.

With temperatures below freezing and the mountainous terrain coated with fresh snow, the Manchus fought through the night destroying enemy squads and securing key infrastructure to accomplish the mission.

“Soldiers benefitted greatly from a challenging mission,” said Kim. “All of this stretched the battalion’s command and control capabilities, and exercised numerous individual and collective tasks across the entire battalion and every (Military Occupational Specialty).”

He added the exercise served as the baseline for future training, while lessons were learned on how to continue to conduct tough, realistic combat focused training across the Iron Team and the entire Warrior Division.

“All battalion-level training objectives were met,” Kim said. “Excellent feedback from the observant controllers helped us recognize what we need to focus on next quarter.”

“Overall 2-9th Inf. Soldiers performed very well, but we need to continue training events like this to get better,” concluded Kim.

## Students, Soldiers team up to learn, practice English

Story and photo by Pvt. Chang Han-Him

Staff Writer

Fifty-eight elementary and middle school students from throughout Dongducheon, and 2nd Infantry Division Soldiers, participated in the “Kum-ta-rae” Teenage English Camp on Camp Casey Jan. 7, where students were taught English for four days and were given a chance to use what they had learned on the final day.

To start the camp, Brent Abare, the deputy garrison commander of Camp Casey stood in front of the students and taught them the word “hooah,” which they later said together with their Soldier counterparts.

“Our goal is to go beyond the camp and provide students a better opportunity to learn English,” said Abare. “This program will be great for both the students and the Soldiers since it brings cultures together.”

Some students were shy while others were actively having conversations with the Soldiers. To the hesitant ones, Soldiers showed some personal belongings they brought to break the ice. After getting to know each other, they moved to the theater to watch a movie.

Everyone took their seats in the theater with hands full of popcorn and beverages. As soon as the movie was over, they headed to Warrior’s Club to have lunch.

“This is my second time participating,” said Choi Do-Hyun, a 1st grader from Sin-heung Middle School. “I learned a lot my first time here, so I decided to take part again. I always have a lot of fun here with my teachers since they are very nice to me. I would like to meet them again if I have chance.”

After lunch, Soldiers took their students to the gym on Camp Hovey and did several sports activities. They also toured the fire station and also bowled together.

“I have only been in Korea for three weeks,” said Pvt. Samuel Huston, from C Company, 1st Brigade Special Troops Battalion. “However, I volunteered for the program when I heard about it from our first sergeant. I will engage in this campaign if I can and will surely recommend it to my comrades.”

Students are given an opportunity to examine the improvement by giving a speech in front of their peers and taking a written test back at their schools.

“We always make a graph comparing the test results of the student took before the camp and after the camp, and improvements are visible,” said Kang Mi-Ja, the vice-principal from Dongducheon Middle School. “Our middle school teachers have a good impression of U. S. Soldiers as they participate in the program. Therefore, I can confidently say that this English camp has a positive effect not only for the students but also for 2ID.”



A Soldier grabs popcorn from his Korean student counterpart during the Teenage English Camp held on Camp Casey Jan. 7.



Sgt. Ryan Elliott, 1st HBCT Public Affairs

## Troopers 'ride to the sound of guns'

Two troopers with the 4th Squadron, 7th Cavalry Regiment, 1st Heavy Brigade Combat Team, in a Bradley fighting vehicle, drive off the firing lane during Table II Gunnery qualifications at Chi-pori Range Jan. 11. Despite the bitter cold, 4-7th Cav. Troopers vigorously carried out their mission during the month-long training designed to enhance the Squadron's direct fire lethality.

Lt. Col. Yi S. Gwon  
1-15th FA  
Commander



*Congratulations to the members of the "First to Fire" Battalion on a tremendous 2010, and thank you for a job well done. It was truly a year of opportunities for the 1st Battalion, 15th Field Artillery Regiment, and it is through the collective efforts of every Servicemember and Family member that our capabilities, experiences and capacity levels are at the highest they have been in years. Resiliency, dedication, and commitment; these are the traits we saw time and time again from the Redlegs of the Strike Force Iron Brigade.*

*During this year's Iron Challenge III, the ability of the Battalion and Battery Command Posts to provide destructive fires was on full display as the guns fired a wide range of missions in support of our ground forces resulting in a first class victory against a world-class opposition force. This success was equally matched by the Guns Focus, Guns Steel and Guns Ripper Live Fires which trained and qualified all elements of the Fire Support Team – sensors, shooters and sustainers. Most notably were the six secondary crews comprised of our junior enlisted Soldiers that put in the extra time and effort to successfully qualify as Paladin chiefs and gunners.*

*This year also brought our highest number of new Families to Korea in our battalion's history. We took advantage of this opportunity to grow the "First to Fire" Family Readiness Groups into more than a source of upcoming training events. The reception, integration and support/social network initiatives enacted by our great spouses truly made the Korean experience an enjoyable one for the entire Family.*

*Keeping in the spirit of our Battalion motto "Allons - Let's Go," the opportunities in 2011 look even brighter, and we will continue to leverage those opportunities head-on.*



Photos by Pvt. Choi Jung-Hwan, Staff Writer

## A time for sharing and caring

Left: A Soldier with C Battery, 6th Battalion, 37th Field Artillery Regiment, 210th Fires Brigade, plays with two children during the unit's visit to "House of Isaac," an orphanage located in Uijeongbu, Dec. 21.

Above: Children line up to receive a gift from Santa during the 6-37th FA visit to "House of Isaac" orphanage Dec. 21.

## 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.

### Women's Recovery Group

A Women's Recovery Group will start Jan. 25, at the Camp Casey Troop Medical Clinic Social Work Services office on the second floor of Bldg. 802 across the street from the main TMC building. The group will meet weekly on Tuesdays from 9-10:30 a.m. and is designed to assist the recovery process for active duty females who have been victims of sexual assault and/or childhood sexual abuse.

### 2ID Warrior Band auditions

The 2nd Infantry Division Warrior Band is accepting inquiries for on-the-job training and MOS reclassification to 42R Male Vocalist. For audition requirements, contact the 2ID Band Commander, Chief Warrant Officer 2 Michael J. Moore at DSN 732-6623 or email michael.jeffrey.moore@korea.army.mil

### Employment readiness

Need job search assistance or help with a resume for your return stateside? How about a listing of job skills trainings and educational funding opportunities from organizations with grants money? Army Community Service Center's Employment Readiness Program can help. They can also provide one-on-one employment counseling to determine your employment needs.

For more information or to make an

appointment, call DSN 730-3107.

### 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 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 scheduled 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 colonel 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 signup sheets located at the camps Casey and Red Cloud travel offices.

Tuesday, the shuttle arrives at the Camp Casey Lodge, Bldg. 2626, at 2 a.m. and departs at 2:30 a.m. It arrives to the Camp Red Cloud Lodge, Bldg. 322, at 3:30 a.m. and departs at 3:45 a.m. The estimated time of arrival to Osan Air Base is 5:30 a.m.

Thursday, the shuttle arrives at the Camp Casey Lodge, Bldg. 2626, at 3:30 a.m. and departs at 4 a.m. It arrives to the Camp Red Cloud Lodge, Bldg. 322, at 5 a.m. and departs at 5:15 a.m. The estimated time of arrival to Osan Air Base is 7 a.m.

## 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. 21: Unstoppable / Morning Glory  
Jan. 22: Legends of the Guardian: Owls of the Ga'hool / Harry Potter: Deathly Hallows Pt. 1 / For Colored Girls  
Jan. 23: Saw 3D / For Colored Girls  
Jan. 24: Harry Potter: Deathly Hallows Pt. 1  
Jan. 26: Harry Potter: Deathly Hallows Pt. 1  
Jan. 28: The Green Hornet / Unstoppable  
Jan. 29: Megamind / The Green Hornet (2)  
Jan. 30: Morning Glory / For Colored Girls  
Jan. 31: The Green Hornet

### Camp Red Cloud

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

Jan. 21: True Grit / Unstoppable  
Jan. 22: Harry Potter: Deathly Hallows Pt. 1  
Jan. 23: For Colored Girls  
Jan. 24: Unstoppable  
Jan. 25: Harry Potter: Deathly Hallows Pt. 1  
Jan. 27: Case 39  
Jan. 28: Burlesque / Due Date  
Jan. 29: Life as We Know It  
Jan. 30: Unstoppable  
Jan. 31: The Next Three Days

### Camp Hovey

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

Jan. 21: For Colored Girls  
Jan. 22: Unstoppable  
Jan. 23: Harry Potter: Deathly Hallows Pt. 1  
Jan. 25: Harry Potter: Deathly Hallows Pt. 1  
Jan. 27: The Green Hornet  
Jan. 28: Morning Glory  
Jan. 29: Harry Potter: Deathly Hallows Pt. 1  
Jan. 30: The Green Hornet

### 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. 21: Harry Potter: Deathly Hallows Pt. 1  
Unstoppable  
Jan. 22: True Grit / Harry Potter: Deathly Hallows Pt. 1  
Jan. 23: True Grit  
Jan. 24: Unstoppable  
Jan. 26: The Green Hornet (2)  
Jan. 27: For Colored Girls  
Jan. 28: Unstoppable / Hereafter  
Jan. 29: Harry Potter: Deathly Hallows Pt. 1  
Morning Glory  
Jan. 30: Unstoppable  
Jan. 31: Paranormal Activity 2

### Camp Humphreys

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

Jan. 21: Due Date  
Jan. 22: Harry Potter: Deathly Hallows Pt. 1  
Due Date  
Jan. 23: Harry Potter: Deathly Hallows Pt. 1  
Due Date  
Jan. 24: Morning Glory  
Jan. 25: Unstoppable  
Jan. 26: Unstoppable  
Jan. 27: The Green Hornet  
Jan. 28: The Green Hornet  
Jan. 29: You Again / The Green Hornet  
Jan. 30: You Again / The Green Hornet  
Jan. 31: The Green Hornet

## 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:

7:30 p.m. Thursday

#### LDS Worship:

4 p.m. Sunday

### 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 Sunday

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

## Top chefs add spice to menu for Division Families



(From left) Spc. Honey Soalo, Spc. Richard Ziedenburger and Sgt. David Allen ladle Thai spiced soup for 80 guests at the Camp Red Cloud Commanding General's Mess Jan. 18

**Story and photos by  
Sgt. 1st Class Michelle Johnson**

*2nd ID Public Affairs*

Thai spiced soup with shrimp and cod, adobo chicken with lemon gravy and roasted vegetables over rice, topped-off with a slice of pomegranate mouse chocolate cake served with a tangerine and pineapple glaze and a butterfly wafer; a menu not typically found at an Army dining facility. These days, in Warrior Country, menus like this will be popping up all over as the Division's top chefs test their skills as they prepare for the Army-wide culinary competition at Ft. Lee, Virginia.

"Today we are practicing our menu for the field com-

petition category of the big Army competition," said Sgt. David Allen, 2nd Infantry Division Culinary team captain.

The team served nearly 80 troops and Family members their Asian-themed dishes as a test of their ability to prepare a three-course meal for 80 people in less than three hours, at the Commanding Generals' Mess on Camp Red Cloud Jan. 18; something they will need to perfect in order to win the category.

The guests filled out judging sheets, which required them to grade the meals and give their comments.

"We'll take those comments and make our adjustments and continue to do this over and over again every Sunday until the competition," said Allen.

Some of the competitors were happy to simply have a

Maggie Shermer cuts 5-year-old Rebecca's adobo chicken during a taste test at the Camp Red Cloud CG's Mess Jan. 18.



tasty meal and couldn't bring themselves to say anything but good things.

"The fact that I didn't have to cook it, made it taste twice as good," said Randy Behr who took the team up on the offer for a free gourmet meal. "I just like food so, I was very pleased. And, I'm a health conscious kind of guy, so I liked the healthy foods."

The youngest diner at the test-dinner was 5-year-old Rebecca Shermer who thought the soup was "sort of spicy." She said she does sometimes like spicy food "like daddy's jalapeño chips." But, it was the pink cake, shaped like a butterfly that won Rebecca's heart.

"This was a perfect way to practice doing a meal for so many people, while giving the Soldiers good food and giving us a chance to perfect our techniques," said Allen.

And this isn't the end of the free gourmet meals. "We are gonna do the full 80 meals every week. We have to for Ft. Lee," said Allen.

Allen has been to the competition twice before and says he thinks this team has a good chance of taking home some trophies and getting Soldiers certified in their craft.

"We have a long way to go, but we started earlier than the other teams I was on," he continued.

He says there is a lot of talent and a lot of drive among the 10-member team.

"Some of them have been doing this for years. And they live for it," Allen said.

Allen himself has been cooking since he was a kid alongside his dad, a former Army cook during the Korean War.

Allen says despite having several veteran chefs on the team who've made a living creating meals for executives and sports figures, they all still learn from each other, even the novice chefs.

The team members were chosen from DFACs across Warrior Country. Team organizer, Staff Sgt. Geoffrey Blanchette began the search for his top chefs in the summer by offering advanced culinary training every Sunday afternoon. The DFACs sent some of their best candidates, who then went through a two-week cooking boot camp, which culminated in an Iron Chef face-off, 2nd ID-style in December.

The Army-wide culinary competition takes place the first week in March.

## 2nd ID aims to fuel Soldiers via 'Go for Green' menus



Spc. Jesse Jamoralin serves a 2nd ID Soldier a plate of "green" and "amber" color-coded foods from the Thunder Inn dining facility on Camp Casey Jan. 11.

**Story and photo by Cpl. Jin Choi**

*USAG Red Cloud Public Affairs*

Beginning Feb. 1, Soldiers eating in 2nd Infantry Division dining facilities will find making healthy choices to turbo-charge their tactical performance easier thanks to a new "traffic light" system of labeling food selections.

Called the "Go for Green" program, the green-amber-red color coded plac-

ards above each food choice on the serving line, is based on nutritional guidelines developed at Fort Benning, Ga., in 2007. The World Class Café at Camp Hovey was the first 2nd ID dining facility to open a low-calorie serving line with better nutritional food choices in September.

The program is designed to help Servicemembers easily identify foods associated with the three categories and better their nutritional decisions. The shifting emphasis from providing patrons infor-

mation about calories, fat grams and carbohydrates for each item to a green-amber-red scale makes it easier for patrons to balance their meals and eat healthier at a glance.

Green food items are those lowest in calories and fat and highest in fiber such as baked chicken and broccoli. Amber foods are moderate in calories, fat and fiber. Red foods are those highest in calories and fat and lowest in fiber such as hamburgers and french fries. These are generally referred to as "comfort" foods and are typically found on the short order menu.

"The goal is to encourage Soldiers to choose more green foods and eat yellow and red only on an occasional basis," said Chief Warrant Officer 3 Erica Nowells, food service technician for the 2nd Infantry Division.

"The Army must treat its Soldiers as tactical athletes to improve not only physical training, but also to get them to make the right nutritional choices to prepare them for the battlefield and for life; so they need to eat like athletes," she said.

Thunder Inn on Camp Casey was the second 2nd ID dining facility to open a low-calorie serving line and while it's still new to Soldiers, they understand the intent and see the benefit.

"I tried to order mostly from the green menu," said Pvt. Christopher Macelroy,

Headquarters and Headquarters Battery, 1st Battalion, 38th Field Artillery Regiment, who admitted to gaining 20 pounds last year. "You should not gain weight in combat so this program will influence Soldiers like me."

The program isn't just a big change for the Soldiers who eat there. Staff Sgt. Ivey McKinstry, Thunder Inn dining facility manager, said the shift from fried foods to healthier baked foods has made food preparation easier and less time-consuming for her staff.

She likes the Go for Green program and is eager to see it implemented throughout the Division.

"I want to have all 2nd ID dining facilities on the same page as far as nutrition and encouraging Soldiers to have better eating habits," she said. "This program will enable Soldiers to make better dietary decisions and improve their health."

While Nowells said all 2nd ID dining facilities will open low-calorie serving lines by the end of the month, efforts to promote the "Go for Green" began Dec. 15 when brochures and posters were distributed throughout Warrior Country. Armed with an easier to understand traffic light system of nutritional information, organizers hope Soldiers throughout Warrior Country will soon have the fuel they need to increase their performance on the battlefield and all aspects of their lives.

## Scholarship available to military children

**By Tammy L. Reed**

*Defense Commissary Agency*

**FORT LEE, Va.** – It is time for parents to remind students to apply for the 2011 Scholarships for Military Children program.

Scholarship applications are available in commissaries worldwide and online at <http://www.commissaries.com> – choose the "News & Info" tab and then the "Scholarship Info" tab. Applications are also available at <http://www.militaryscholar.org>

Since the program was announced in 2000, it has awarded \$8.3 million in scholarships to more than 5,400 children of Servicemembers.

"The Scholarships for Military Children program was created to recognize the contributions of military Families to the readiness of the fighting force," said the Defense Commissary Agency's Acting Director and CEO, Thomas E. Milks. "It also celebrates our role in the military community, as the scholarships are awarded annually through each commissary operated by DeCA."

Only dependent, unmarried children, younger than 21, or 23 if enrolled as a full-time student at a college or university, may apply for a scholarship. Their sponsor must be a Servicemember on active duty, a reservist, guardsman or retiree. The applicant may also be a survivor of a Servicemember who died while on active duty or while re-

ceiving military retirement pay. Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current DoD ID card. The applicant must be planning to attend, or already be attending, an accredited college or university, full time in the fall of 2011 or be enrolled in a program of studies designed to transfer directly into a four-year program. Applicants must submit an essay on the following topic and answer the question: "Our nation has a goal of improving health and wellness. What are your ideas and, more importantly, how do you propose to put these ideas into action in your local community?"

Applications must be turned in to a commissary by close of business Feb. 22. At least one scholarship will be awarded at every commissary with qualified applicants.

Scholarship awards will be based on funds available, but the scholarship program anticipates awards of at least \$1,500. If there are no eligible applicants from a particular commissary, the funds designated for that commissary will be awarded as an additional scholarship at another store.

If you have any questions about the scholarship program application, call Scholarship Managers at 856-616-9311 or e-mail them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com)



John L. Hanger, Camp Casey CAC

## 'I have a dream...'

Command Sgt. Maj. Yolanda Lomax of 70th BSB, 210th Fires Brigade, recites a portion of Martin Luther King Jr.'s speech "I Have a Dream" during an MLK celebration held at the Camp Casey Community Activity Center Jan. 14. There, Soldiers had the opportunity to enter an MLK speech recital contest and the winner took home a \$100 gift certificate.



## THE SUN NEVER SETS ON THE 2ND ID



Ingrid Barrentine, Northwest Guardian

### A good day to re-enlist

Second Lt. Michael Bettez leads (from left) Sgt. Terry Wetzels, Pfc. David Cruz, Spc. Anthony Verdin, Spc. Justin Gallagher, and Spc. Edward Stefankiewicz in the Army Oath of Enlistment during a special re-enlistment ceremony prior to the Seattle Seahawks game against the St. Louis Rams at Quest Field, Wash., Jan. 9. All six Soldiers, assigned to 1st Battalion, 38th Infantry Regiment, 4th Brigade, 2nd Infantry Division, received tickets to the game and watched the Seahawks defeat the Rams 16-6 to claim the NFC West championship and advance to the NFL playoffs.

## American Forces' Spouses' Club Scholarship deadline nears

The application deadline for the American Forces' Spouses' Club Scholarship looms. Applicants must be an AFSC member or reside in Area I/U.S. Army Garrison Yongsan and hold a USFK ration card and be in good standing within his/her community.

Applicants still in high school must graduate between January and June of 2011, have a cumulative grade point average of 2.5 or higher and physically reside in the Republic of Korea.

College student applicants must have a current minimum GPA of 2.5, be currently enrolled in a 2-year or 4-year college, university, nursing school, business school or vocational/technical school. He/she must be a dependant of an AFSC member or a USFK ration card holder residing in Area I/USAG Yongsan.

An adult applicant must be an AFSC member or a USFK ration card holder residing in Area I/USAG Yongsan and physically reside in the Republic of Korea. He/she must have a minimum GPA of 2.0. Active duty military are not eligible for the adult scholarship.

Applicants must have a completed application to include the following: a copy of ID card, volunteer activities, employment, awards, two reference letters, applicable high school and/or college transcripts, and an essay.

The applicant must be accepted or enrolled in an institution of higher education, or expect to be accepted by the same, with a serious intent toward completing a plan of study.

Completed application must be postmarked by Feb. 26 or presented to the Scholarship Chairman in compli-

ance with the pre-selected deadline date of March 5, as determined by the Scholarship Committee. Late applications with most unusual circumstances may be accepted upon Committee review.

Any student who has received a full four-year scholarship(s) to include tuition, room and board, or an appointment to a military academy will not be eligible for the AFSC Scholarship. Please notify the Scholarship Chairman immediately if this applies.

The Scholarship application is available online at [afskorea.org](http://afskorea.org)

The application must be postmarked by Feb. 26 or hand-delivered to Chosun Gift Shop in USAG Yongsan by 3 p.m. March 5.

Recipients will be awarded in May/June.