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HEADQUARTERS, CAMP RED CLOUD, REPUBLIC OF KOREA



INDIAN HEAD

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INDIANHEAD



Command Sgt. Maj. Edward W. Mitchell, senior enlisted leader for the 2nd Infantry Division/ROK-U.S. Combined Division speaks to the audience during the Division Change of Responsibility ceremony at Indianhead Field, Camp Casey, South Korea, Oct. 14. (U.S. Army Photo by Pak, Chin-u, 2nd Infantry Division ROK-U.S. Combined)

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PHOTO OF THE MONTH COMPETITION COMING SOON

2ID photo of the month competition opens to Soldiers, family members and civilians in December. For rules and information, pick up December's Indianhead and visit the 2ID Facebook page.
<https://www.facebook.com/2IDFacebook>

INDIANHEAD

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INTERVIEW WITH LEADERS

The Indianhead asked the following leaders their thoughts on Thanksgiving.



IH: What Thanksgiving message do you have for the members of the Warrior Division?

CG: Thanksgiving is a special time for Soldiers and a great time to share the magic of Thanksgiving with our ROK counterparts. Take time to pause, reflect, and appreciate all the blessings that we have and all the great things that have happened.

IH: With Thanksgiving this month, what is something you are thankful for?

CG: I am extremely thankful for the opportunity to still be serving! This is my 32nd Thanksgiving as an officer in the Army.

IH: What is your most memorable Thanksgiving memory?

CG: My most memorable Thanksgiving was in Iraq in 2008. My command sergeant major and I were able to make it to every single outpost in the brigade. Although we were on the road all day, seeing all the Soldiers motivated and happy filled me with energy.

IH: What Thanksgiving message do you have for the members of the Warrior Division?

DCGM: I wish all 2ID soldiers and their Families a happy Thanksgiving. Although most of our Soldiers will be separated from their family, hopefully they will enjoy the opportunity to celebrate with friends in their unit.

IH: With Thanksgiving this month, what is something you are thankful for?

DCGM: Having had the opportunity to witness the human condition in many parts of the world, I can say, without reservation that I'm thankful to have been born an American and to live a life of relative security, to be free, to have a level of affluence that is unimaginable to 90% of the world's population ... to have the best job in America working with wonderful people ... and to have a family that loves our Soldiers and Families.



IH: What Thanksgiving message do you have for the members of the Warrior Division?

DCSM: Warriors, always remember to be thankful for what you have and for the opportunities you have been given. Keep in mind especially during this season to not only think about yourself but others as well. Happy Thanksgiving and many blessings!

IH: With Thanksgiving this month, what is something you are thankful for?

DCSM: I am thankful for having a healthy family, having the opportunity to continue serving and for all the blessings that the Lord has given me.

IH: What is your most memorable Thanksgiving memory?

DCSM: My most memorable Thanksgiving I would have to say was when I was in Iraq. Having the opportunity to go around to the different sites and eat and talk to the Soldiers was a wonderful experience. This particular Thanksgiving left a lasting impression on me, that you have to think about others and not only yourself which is why I find it rewarding to give back to the Soldiers, Families and the community.





INDIANHEAD LEGACY



THANKSGIVING SETS STOMACHS TO WORK

Vol. III No. 47

2d Infantry Division, Korea

Nov. 28, 1968



We Give Thee Thanks

Division Pauses To Celebrate Thanksgiving

Thanksgiving was first celebrated as a national holiday in 1863 when President Lincoln invited his "fellow citizens in every part of the United States and also those who are at sea and those who are sojourning in foreign lands to set apart and observe the last Thursday of November as a day of Thanksgiving."

Now, more than century later, American soldiers will once again pause on Thanksgiving Day and celebrate a true American's holiday.

The soldiers of the Division are no exception, because a true feast is planned to make Thanksgiving Day as enjoyable as possible. Mess halls throughout the area have made special preparations, drawing ample supplies from 2nd Supply and Transportation to dress up the dining hall's tables.

Thousands of pounds of turkey has been distributed to the Division's mess halls, along with cranberry sauce, mince-meat and pumpkin to make pies, and assorted candy, nuts and fruit to top off the meal with a home-style atmosphere.

Throughout the Division, chaplains are holding special Thanksgiving Day services offering the men in the Division a chance to give thanks for their many blessings.

Thanksgiving is an American tradition, and in the American tradition, the 2nd Infantry Division will celebrate it as such.

Relief Drive Progresses

The annual joint Korean National Red Cross and Korean National Tuberculosis Association fund drive began Nov. 15 and will continue to Dec. 15.

Lieutenant General Robert J. Friedman, acting commander, U.S. Forces Korea (USFK) has urged generous sup-

port for the campaign in a message to American servicemen, civilians and Korean employees of USFK.

Funds raised by this campaign will be used for the health and welfare of the Korean people in such areas as disaster relief and the fight against tuberculosis.

INSIDE THE ARMY

MILITARY'S HEALTH, WELLNESS ADVOCATES DIVE INTO DETAILS FOR TROOPS, FAMILIES

STORY BY KEITH OLIVER

A half dozen fired-up proponents of clean living and smart nutrition choices commanded the stage Oct. 13, at the Association of the U.S. Army's Annual Meeting and Exposition.

"We want the whole base community involved in providing accessible, appropriate nutrition to troops and their families," said Col. Deydre S. Tyhen of the Army Surgeon General's office. "That means the commissary, the Exchange, the chow hall and key agencies 'out in town.'"

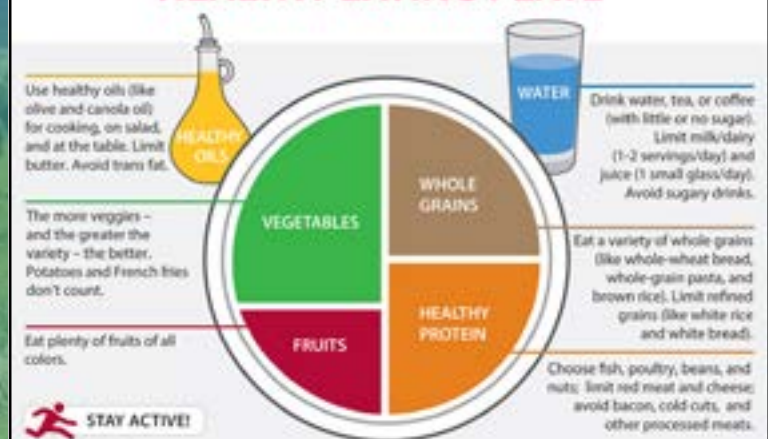
Another factor that experts like Tyhen and Capt. Kimberly Elenberg, head of U.S. Public Health Service Medical Readiness and Training Directorate, don't overlook is individual financial cost. American consumers have complained for years that eating healthy is more expensive, but Elenberg said it's troubling to see young mothers, "making choices based on cost."

"The store manager would welcome the opportunity to host classes on topics like 'Shopping Matters,' 'Cooking Matters,' or 'How to Cook on a Budget,'" Elenberg said.

Many dining facilities on the Peninsula are making sure that they follow the "Go for Green" program which is sponsored by the Department of Defense for the military community and one of those specifically is the Kilborne dining facility on Camp Red Cloud, South Korea.

Staff Sgt. Leonard Rosier, an advanced culinary noncommissioned officer with Kilbourne, explained that they provide Soldiers with less fattening and lower calorie meals by using this program. He also added that they provide Soldiers the opportunity to know which meals are healthier and which are not by clearly labeling them.

HEALTHY EATING PLATE



CHAPLAIN'S CORNER



BY
Chaplain (Lt. Col.) **BRIAN CHEPEY**
2ID CHAPLAIN

Leaning into Thanksgiving, I'm reminded of the ingredients of Thanksgiving. I'm not talking about the ingredients that induced the olfaction process that occurred when Mom's oven baked, bread stuffed, fifteen pound glazed gobbler danced within my nasal cavity as I laid in youthful drool slumbering holiday REM! Neither am I talking about the annual worship services of the Cowboys and Lions playing whomever! Lord willing, it was a team the Cowboys could beat. The Lions, really?

The Apostle Paul describes the ingredients this way; actually, he describes the characteristics of those who are ungrateful and in his description I find the ingredients. He writes in Romans 1:18-23: "...since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse. 21 For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. 22 Although they claimed to be wise, they became fools 23 and exchanged the glory of the immortal God for images made to look like mortal man and birds and animals and reptiles."

Ancient Romans understood the power and nature of the Empire. Its glory was on display for all to see: military superpower, architectural genius, and privileged citizenship to name a few. Surely, one would be a foolish Roman who enjoyed the benefits of Rome but said in his heart, "Rome, I owe you nothing. I would rather offer my thanks to a desert she-goat!" Truth exchanged for a lie, a lack of thankful ingredients. This exchange is characterized by a lifestyle of not rendering "thanks."

Although God displays His glory each day some were saying and still say today: "God, I owe you nothing." Thankless.

Bear with me for another minute. I'm trying to put something in your theological oven and encourage you to baste this thought and start a spiritual olfaction process.

I believe the ingredients of thanksgiving are: 1) humility; the realization that you are not the C.O.G. (Center of Gravity) of the universe. There are others around you who have made and who are making your life possible; parents, children, friends, co-workers...God... and 2) acknowledgement; verbal TEAM building that expresses your dependence upon those mentioned in ingredient 1.

Show me a thankless man, and I will show you a man who is a self-centered toxic user who leaves destruction and death in his wake. Show me a thankful man, and I will show you a man who inspires others by infusing life, direction, and hope so they may accomplish that which they could not do by themselves.

To whom do you owe thanks?

Task: Add the ingredients of humility and acknowledgement to your life's expression.

Purpose: Grow in thankfulness.

End State: The Warrior Family will celebrate this Thanksgiving with humble recognition and acknowledgement to those with whom we have the privilege of SERVING!

Happy Thanksgiving

SURGEON'S NOTE

SLEEP IS CRITICAL TO HEALTH AND HAPPINESS



BY
Lt. Col. **LEE BURNETT**
2ID DIVISION SURGEON

Research from the issue of "Sleep," shows that getting seven or more hours of sleep per night cuts your risk for catching the common cold by nearly four times over those who get less than six hours of sleep.

Why is seven hours of sleep the magic number? When you don't get enough sleep, your body's cortisol level will often be higher and higher cortisol causes more inflammation.

Your body's immune system is like an army that is on constant defense against viruses and bacteria. Inflammation is a response by your immune system to help protect your body, but when the inflammation is chronic, it causes negative changes in your body that actually increase your risk for infection and other issues such as heart attacks and joint pain.

Studies reveal only one in three Soldiers get the recommended hours of sleep per night. Less than five hours of sleep per night is linked to increased risk of behavioral and physical health problems.

What can you do to improve sleep?

1. Most important is to go to sleep at a consistent time every night. That's not always possible due to operations, but when you can keep your bedtime consistent.
2. Avoid caffeine at least 6 hours before bed. Some people are very sensitive and need to avoid caffeine 8 or more hours before bedtime.
3. Don't use cell phones or laptops when in bed – the blue light from these appears to stimulate wakefulness.
4. If you go to bed but can't fall asleep, get up and go do something else (like reading a book). Then when you're tired, go back to bed.
5. Get a good workout every day - PRT helps you sleep!
6. If you're still having difficulty sleeping, especially due to shift-work, talk with your battalion provider about melatonin, which can help reset your sleep schedule but without the side-effects of sleeping pills.

Hispanic American Heritage Month



STORY AND PHOTO BY
Cpl. CHOI, YU-GANG
2ID PUBLIC AFFAIRS

Company C, Headquarters and Headquarters Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, hosted a National Hispanic American Heritage Month observance at the theatre on Camp Red Cloud, South Korea, October 15.

National Hispanic American Heritage Month is observed from September 15 to October 15, to recognize the contributions made by Hispanic and Latino Americans in the U.S. and celebrate their heritage and culture.

"It is important for all of us to understand our history and share individual stories that represent Spanish-speaking countries throughout the world," said the guest speaker, Chief Warrant Officer 3 Abel B. Salazar, electronic maintenance warrant officer with Company C, HHBN, 2nd Inf. Div. Combined and a native of Houston, Texas.

"The Latin American population is made up of diverse people who share a common language and important ideologies of family, duty, honor and integrity."

The observance started with the Korean and U.S. national anthems, followed by prayer led by Chaplain (Capt.) Benjamin Ahn, the chaplain for HHBN, 2nd Inf. Div. Combined.

After the prayer, Pfc. Lewis Nathan, a Texas native and a help desk technician with Company C, HHBN, 2nd Inf. Div. Combined read the 2015 National Hispanic Heritage Month proclamation on behalf of President Barack Obama.

The proclamation recognized the contributions of Hispanics and Latin Americans who serve in the military and government, attend schools across America, and strengthen the economy. America's community has woven unique threads into the diverse fabric of the U.S. and played an important role in shaping the nation's character and as people of limitless possibilities.



Chief Warrant Officer 3 Abel B. Salazar, an electronic maintenance warrant officer with Company C, HHBN, 2nd Inf. Div. Combined speaks about the importance of Hispanic history at the theater at Camp Red Cloud, South Korea, Oct. 15.

3-16 FA REGT. SHADOWS ARMY 10-MILER



STORY AND PHOTOS BY
Staff Sgt. JOHN HEALY
2ND ABCT PUBLIC AFFAIRS

While the annual Army 10-Miler was being held in Washington, D.C., the United Nations Command Security Battalion-Joint Service Area hosted their own official shadow run at Camp Bonifas, South Korea, Oct. 9.

The shadow run was held on a 10-mile route which looped through the Imjin River countryside, along Korean Demilitarized Zone.

Pfc. Zachary Davies, a 21-year-old forward observer from Eldred, New York, along with 49 of his comrades with the 3rd Battalion, 16th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, "Rolling Thunder," made the two-hour trip from Camp Hovey to Camp Bonifas in order to represent their unit.

Davies, who won multiple awards for track in high school, placed third, coming in at 1:04:40.

"I've been working out here and there and decided I wanted to go for a long run," said Davies. "This is the first one I've done here."

Aside from the two-mile during Army Physical Fitness Tests, Davies hadn't participated in any competitive runs consistently held on military installations.

One of the most enjoyable parts of the run was experiencing the pristine Korean countryside along the DMZ, an opportunity which Davies hadn't yet taken advantage of.

"As I ran the 10-miler, I looked over across the DMZ and I saw how beautiful North Korean mountains were," said Davies. "I plan on visiting the DMZ in a couple weeks, to see what it's like."

Sgt. Matthew Cabral, who didn't sign up to win the ten-miler, encouraged his Soldiers to join him to participate in recreational runs.

"It's good to see younger Soldiers trying to get better every day, and I try to lead by example," said Cabral.

One example for Soldiers to follow was Sgt. Noah Clark, a 29-year-old combat medic from Tacoma, Washington. Clark ran all 10 miles wearing his field protective mask.

"The farther the distance, the easier it got," said Clark. "I needed to start making my runs a little more difficult."

As difficult as running with a pro-mask is, the real example that Clark sets isn't how he runs, it's who he runs for.

"I run to support a young girl with epilepsy," said Clark. "Her name's Adrianna."

Clark met Adrianna and her family through a recreational run, which pairs athletes of all levels with children and adults with physical or mental disabilities. The athletes run on behalf of the individuals who signed up but can't run.

"Any time that I think I'm having a rough one, I don't have to think very hard about who is having it rougher," said Clark. "It's a good way to keep myself grounded."

Clark's efforts serve no other purpose than to brighten Adrianna's day.



Sgt. Noah Clark, a combat medic with the 3rd Battalion, 16th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, represents his unit during the shadow run of the Army Ten-Miler held at Camp Bonifas, South Korea, Oct. 9.



BLACK JACK'S 'JUGGERNAUT' COMPANY BUILDS NEW BONDS



STORY AND PHOTOS BY
Staff Sgt. JOHN HEALY
2ND ABCT PUBLIC AFFAIRS

For the past year, Juggernaut, the Forward Support Company for 1st Battalion, 9th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, has been involved in numerous support missions.

"Our battalion is logistically heavy, so they utilize us a lot," said 2nd Lt. Garrett Barber, a 25-year-old platoon leader with Juggernaut. "There's never a dull moment."

After 45 days at Rodriguez Live Fire Range, the warfighter exercise and the Expert Infantry Badge course mid-October, the unit was in need of a break.

"There was a need to step away from our day-to-day operations and build that team cohesion," said Barber. "Just a little bit of a rest, a pause."

With only two days of open space on the training calendar, leadership decided to hold team competitions at Camp Hovey's obstacle course, with a three-day pass up for grabs in order to help their Soldiers de-stress.

"They're obviously excited about a day off, but I think most of them are enjoying a change of pace and the opportunity to do something besides push fuel, food or ammo, or turn wrenches and things like that," said Barber.

However, there was a twist in the competition. Soldiers were shuffled into teams with personnel they never worked with before and forced them to build new working relationships and trust.

"We wanted to get some team building going across the company as a whole," said Barber. "We tried to get Soldiers to work with other Soldiers they don't work with, on a daily basis, to build camaraderie and teamwork," said Barber.

The setup presented new challenges for Pfc. Jacquez Passmore, a heavy

equipment operator from Montezuma, Georgia, whose teammates were all new to him.

"This is totally different, we've never done anything like this before," said Passmore. "This was excellent, just out of nowhere."

For two days Passmore and his team worked together during unit physical fitness training sessions, in order to build cohesion and tailor their assets to overcome the obstacle course.

"I know of them, but we've never hung around. I didn't know their strengths and abilities," said Passmore. "There's a lot of personalities that you'd never encounter during work, so you have to learn to work with other people and their emotions."

Pfc. Joshua Quinn, a 23-year-old track vehicle repairer from Fort Lauderdale, Florida, realized that success for his team required more than just personal strength. They needed to work together to win.

When one of their teammates experienced a slight sprain while trying to climb over a vertical wall, Quinn recognized the need to react.

"I stood in front of him and told him to use what you have to use," said Quinn. "He stepped on me and got up."

By the time the last few groups were rushing through the course, nearly everyone was exhausted. Still, each Soldier found the energy to stand up and cheer on their teammates as they made the final sprint to the finish line.

"In the Army, if you get stuck in the middle of nowhere with a Soldier, they're always going to be more than a co-worker," said Quinn. "That's what makes being a Soldier great."



(Left) Pfc. Joshua Quinn, a track vehicle repairer with Juggernaut Company, 2nd Armored Brigade Combat Team, 1st Cavalry Division, scales a vertical wall of the Camp Hovey obstacle course during a competition held within the company.

(Right) A team of Soldiers from Juggernaut Company sprint to the finish line during a competition held at the Camp Hovey obstacle course.



Keep Dreaming with Apache



STORY AND PHOTOS BY
Sgt. KIM, CHUNG-IL
2ND CAB PUBLIC AFFAIRS

An AH-64 Apache hovered the sky of the Rodriguez Live Fire Complex while tanks covered the ground. Every time a helicopter and tank fired, the air and ground tremored due to the thundering fire power.

The 4th Attack Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, and the 1st Battalion, 8th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, conducted a combined exercise at the Rodriguez Live Fire Complex in South Korea. For a large scale exercise, the role of every Soldier is crucial for its success. Spc. Charles Caraccilo is one of the many essential Soldiers for the training.

Caraccilo is a pad crew chief from the 4-2nd Avn. Regt. As a pad chief charged with maintenance and safety, Caraccilo has a lot on his plate to include keeping track of daily detail checks and assigning jobs to the Soldiers under him in an effective manner at the Forward Arming and Refueling Point (FARP) on the complex.

"For gunnery, we thoroughly check oil levels, transmission fluids and overall maintenance of the helicopter," Caraccilo said. "Attention to detail is the key quality for us because pilots' safety depends on our work."

Caraccilo's experienced skill and professional attitude comes not only from his work experience in the Army but also from his age.

Caraccilo is a little older than most of his fellow Soldiers. He is 43 years old. Before joining the Army in 2011 with his oldest son, Caraccilo was a construction businessman.

"I was busy and did not have time and energy to have fun with my family," said Caraccilo. "I find better life and work balance, here, in the Army and now my family is happier."

Caraccilo is a relentless dreamer. He plans to reenlist next year and hopes to become a first sergeant one day. He also plans to go to college and major in physical fitness or nutrition to further challenge himself.

"Attention to detail is the key quality for us because pilots' safety depends on our work."

- Spc. Charles Caraccilo



OPERATION RISING STAR



Capt. Cydnia Jackson (right), a senior human resource advisor for the 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, won first place in the Camp Humphreys Operation Rising Star at the Community Activity Center at Camp Humphreys, South Korea, Sept 15.

“Singing gives an outlet for my emotion ... I sing more when I am happier and I break up the stress by singing.” - Capt. Cydnia Jackson



STORY AND PHOTO BY
Sgt. KIM, CHUNG-IL
2ND CAB PUBLIC AFFAIRS

On a stage at the Community Activity Center at Camp Humphreys, South Korea, a woman with a shining dress walked to the front. All of the lights went out except one that shined on her. As the music from the song, “Natural Women,” by Aretha Franklin began, she let her body feel the rhythm as she swayed side to side. When she opened her mouth and hit the first note, the audience clapped and screamed with joy.

The singer was Capt. Cydnia Jackson, a senior human resource advisor for the 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-US. Combined Division. She was the winner of the Camp Humphreys Operation Rising Star 2015.

Operation Rising Star is an individual vocal competition that helps demonstrate the Army's commitment to high-quality programs that support readiness and resilience. Operation Rising Star is part of the Installation Management Command's Army Family and Morale, Welfare and Recreation's (MWR) Army Entertainment Division. Now in its 11th year, Operation Rising Star is a productive platform where the Army's best vocal performers exemplify part of what it means to be a Soldier for life.

“At first, I was reluctant to participate,” said Jackson. “However, my friends and

family members strongly encouraged me to sing.”

Despite her humbleness, singing has always been a big part of her life. Her mother was a background singer for a gospel artist and her dad was a radio personality for 20 years. Jackson started singing when she was 4 years old in her church choir.

Even today, she is always honing her singing skills. She has voluntarily worked as a minister of music at the New Beginnings Christian Serviceman Center outside of Camp Humphreys since April. Every Thursday night, her choir practices for hours upon hours.

“Singing gives an outlet for my emotions,” said Jackson. “I’m responsible for overseeing day-to-day personnel activities and the work can sometimes be stressful.”

According to Jackson, singing out the emotions whether that is sadness or happiness is a great way to double the happiness and relieve the stress.

“I sing more when I’m happy,” said Jackson.

For Jackson, singing is another means for personal development.

“By putting myself out there on the stage despite the fear, I stepped outside of my comfort zone,” she said. “Soldiers should pursue their goals whether it’s a sport, music or academics.”

She hopes that her winning the Operation Rising Star could be an inspiration to her subordinate Soldiers.

“I want to tell my Soldiers that you don’t have to work, work, work, but to also follow your dreams.”

SPIRITUAL RESILIENCY CENTER OPENS AT 'THUNDER BRIGADE'



STORY BY
2nd Lt. ALEXANDRA N. EFAW
2ND BN, 20TH FA REGT.
UNIT PUBLIC AFFAIRS REPRESENTATIVE

After 40 days of hard work, the 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, cut the ribbon on its new Spiritual Resiliency Center during a ceremony on Camp Casey, South Korea, Sept. 23.

Housed in the completely renovated Stone Chapel, the Thunder Spiritual Resiliency Center provides brigade Soldiers a relaxed environment to nurture their spiritual well being.

The chapel, erected in memory of Chaplain (Capt.) Wendell Forrest Byrd, formerly served Camp Casey as a house of worship and a gathering point for ceremonies and general fellowship.

Over the years, however, the building began to age in comparison to other chapels at Camp Casey.

The 2nd Battalion, 20th Field Artillery Regiment, 210th FA Bde., 2nd Inf. Div. Combined, in conjunction with the Korean Service Corps, was instrumental in leading the building's renovation efforts.

"It's challenging at times to remember the importance of nurturing our spiritual and emotional sides," said Cpl. Melissa A. Czar-

nogursky, the battalion's chaplain assistant and an East Rutherford, New Jersey, native who played a key role in the restoration project. "The high operational tempos and time away from loved ones can accumulate to added stresses and anxieties, making us less effective in executing daily tasks."

When the battalion arrived to Camp Casey in May, unit leaders knew one of the greatest challenges they'd encounter would be maintaining a strong and resilient spirit during their nine months away from home.

With that in mind, battalion leadership coordinated with the chaplain to establish a comfortable environment where Soldiers could build resiliency and esprit de corps. The Stone Chapel proved to be an ideal opportunity to such an institution.

"We wanted a place where Soldiers could come to rest, relax, and lay down their burdens with a common ground based in faith," said Chaplain (Capt.) Hyung Choi, the battalion chaplain and a Harker Heights, Texas, native.

Soldiers have already taken the initiative and created a "Praise and Worship" team using the chapel's newly purchased musical equipment. Additionally, several themed nights like country music, rock and movie nights are also in the works.

"I know this resiliency center will prove extremely beneficial to this brigade and its warfighters," said Czarnogursky.



Illustration by Sgt. Kim, Kyung-gu (2nd Infantry Division/
ROK-U.S. Combined Division)

CHEMICAL SOLDIERS

TEST GUNNERY SKILLS



STORY AND PHOTOS BY
1st Lt. CLAYTON PELL &
1st Lt. MICHAEL KRANT
23RD CBRN
UNIT PUBLIC AFFAIRS REPRESENTATIVE

First Platoon, 4th Chemical, Biological, Radiological, Nuclear Company, 23rd CBRN Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, conducted an NBC – Reconnaissance Vehicle gunnery at the Rodriguez Live Fire Complex. This bi-annual exercise serves as the cumulative training event for Stryker crews to qualify together on their vehicle's primary weapon system, Common Remotely Operated Weapon Station.

Seven crews from the platoon qualified on Table VI at the Digital Multi-Purpose Range Complex located on RLFC. Of these, five qualified distinguished, with scores ranging between 900-1000 points and one qualified superior with a score between 800-899 points. The crew of an NBCRV is unique in that every crewmember actively participates in the scanning and identification of targets during gunnery. Each crew is comprised of a driver, a vehicle commander/gunner, and two CBRN surveyors, responsible for the identification and marking of chemical, biological and radiological agents.

"We were successful and able to qualify distinguished because we trained on bore-sighting along with electronic timing, and were able to seek and identify targets

using the Driver's Vision Enhancer and Remote Weapon System to assist the gunner. By qualifying distinguished we proved that we are technically proficient and can execute any mission with confidence," said Spc. Tresor Ngoma, a vehicle driver with 23rd CBRN Bn.

The platoon's success can be attributed to the deliberate process that leaders in the formation used to prepare their crews for the event, focusing on communication between crew members and repetition.

"Communication among the entire crew was crucial in order to be competitive," said Spc. Joana Palomares, a surveyor, with 23rd CBRN Bn.

An extensive gunnery skills test was conducted in preparation for the gunnery in order to ensure that all crew members were proficient in all of their assigned gunnery tasks and skills. Additionally, in between iterations at the range, crew members continually refined and rehearsed their fire commands in order to improve their performance based on observations from their crew evaluators.

Collectively, the platoon fired more than 13,000 rounds of ammunition over the course of six days. Their efforts earned 4th CBRN Company the 23rd CBRN Bn. 'Top Gun' streamer, identifying them as the most accomplished NBCRV platoon within the formation, and a title they are eager to keep as they prepare for their next gunnery in the spring of 2016.





“ I am overwhelmed with a sense of pride and honor at the opportunity to be a part of this historic occasion - Command Sgt. Maj. Edward [Name obscured]



WARRIOR DIVISION WELCOMES NEW SENIOR ENLISTED LEADER



STORY BY
Sgt. **NEYSA CANFIELD**
2ID PUBLIC AFFAIRS

Warrior Division Soldiers stood proud and tall as fog swarmed Indianhead Field during the Change of Responsibility Ceremony on Camp Casey, South Korea, Oct. 14.

Command Sgt. Maj. Andrew J. Spano relinquished responsibility to Command Sgt. Maj. Edward W. Mitchell, becoming the 2nd Infantry Division/ROK-U.S. Combined Division senior enlisted leader.

Spano, a native of Northborough, Massachusetts, who served as the division command sergeant major for approximately three years, experienced many historic milestones.

During Spano's tenure at the Warrior Division, he witnessed the 23rd Chemical Battalion's return to the peninsula, the first rotational armored brigade's arrival to Korea and the very first Combined Division activation in U.S. Army history.

Although, the Division is saddened with the departure of Spano they welcome the new senior enlisted leader with open arms.

"A professional noncommissioned officer by definition, it is with high hopes and great pleasure that I

welcome Command Sergeant Major Edward Mitchell and his lovely wife Esther to the Warrior Division," said Maj. Gen. Theodore "Ted" D. Martin, commanding general for the 2nd Inf. Div. Combined.

Before assuming responsibility as the 2nd Inf. Div. Combined command sergeant major, Mitchell, a Richmond, Virginia native, served as the Eight Army Command Sergeant Major and 8A Operations Sergeant Major.

"I am overwhelmed with a sense of pride and humility at the opportunity to be a part of this storied Division," said Mitchell. "Thank you for selecting me for this prestigious position. I will not let you down."

The Spano family will leave South Korea to continue their journey at Fort Stewart, Georgia with the 3rd Infantry Division. The Spano's said that although they will be leaving the Peninsula it will always hold a special place in their hearts.

"I want to thank all of the Soldiers and leaders of the 2nd Inf. Div. and the ROK/U.S. Combined Division," added Spano. "I have truly been blessed to serve with you. You have given 100 percent every day and made me proud to have been a part of this organization. You are truly Second to None!"



of pride and humil-
t of this storied Divi-
rd W. Mitchell

”



(Left) Command Sgt. Maj. Edward W. Mitchell accepts the Division colors from Maj. Gen. Theodore "Ted" D. Martin during the Division Change of Responsibility Ceremony at Camp Casey, South Korea, Oct. 14.



(Right) Command Sgt. Maj. Andrew J. Spano wipes tears from his eyes after an emotional awards presentation before the Change of Responsibility Ceremony at Camp Casey, South Korea, Oct. 14. (U.S. Army Photos by Pak, Chin-u, 2nd Infantry Division ROK-U.S. Combined Division)



INDIAN HEAD HONOR FEATHERS



Soldiers from the 229th Signal Company, 2nd Sustainment Brigade, 2nd Infantry Division/ROK-U.S. Combined Division demonstrated their readiness to provide Command, Control, Communications, Intelligence, Surveillance and Reconnaissance (C4ISR) capabilities during last month's Warfighter 16-1 exercise. The Joint Network Node (JNN), Command Post Node (CPN), and Combined Operation Very Small Aperture Terminal Network Korea (COVN-K) teams provided communications support to the sustainment brigade at Camps Casey and Humphreys, South Korea. The Soldiers played a vital role in ensuring communications remained operational during the exercise.



Soldiers from the 2nd Infantry Division/ROK-U.S. Combined Division and the Republic of Korea army's 26th Infantry Division participated in the Division truck rodeo at Camp Mobile, South Korea from Oct. 15 – 16. The teams competed to demonstrate their skills at operating military vehicles and their ability to Fight Tonight.



WARRIOR FITNESS King of Cardio



BY
OXANA BALAKINA
SPORTS SPECIALIST

Has the thought – “Running? No, not again..?” ever crossed your mind? If it has I completely understand. I still have a love-hate relationship with running. But how do I overcome this? The answer, by burning my “hate running” shirt and go for a run! Stay consistent with it and you will learn to love it. Take it outdoors as much as you can, give trail running a chance, enjoy long road runs or hill sprints. If you still hate running after giving it some time, focus instead on your love for fitness, the endorphin rush you love so much, the sweat of accomplishment, and a simple opportunity to be healthier and stronger. No matter what you do, nothing replaces a good run. Do not skip a chance to increase your endurance, and mental and physical strength.

There are a number of things you can do to boost your running performance. One of them (that is often overlooked) is developing your posterior

kinetic chain (gluts, hamstring, and calves). Training these muscles will help you become faster, stronger and will prevent injuries that sadly runners experience. Uphill sprinting or intensive hiking can be very beneficial in training those muscles. In the gym utilize big compound movements such as squats, dead lifts and variety of lunges.

To assist with your running, I recommend this post-exhaustion superset. A post-exhaustion superset simply means that you perform a heavy compound lift followed by an isolation exercise that challenges the same muscles. Perform the superset with no rest between exercises: Romanian Deadlift (RDL) (lower the weight over 4 seconds and explode up) 8 to 12 reps, followed by Pron Leg Curl (pause at the top, lower weight slowly) 10 to 15 reps. Go through 4 or 5 sets.

**“Focus instead on
your love for fitness.”**



SABOR LATINO RESTAURANT

 **STORY AND PHOTOS BY**
Sgt. 1st Class JOHN CORTEZ
2ID PUBLIC AFFAIRS

During my first tour in South Korea back in 1997 I found a post card that featured a traditional Korean meal. I sent it to my mom and wrote on the back, "If it looks like I've lost weight the next time you see me just look at this post card and you will know why." Nothing against Korean food but I wasn't a fan.

Seventeen years later I found myself back in South Korea. Of course I'm older, more experienced in life, and still not a fan of Korean food (although I have opened up to local beef and leaf restaurants ... I'm all about meat and rice minus the vegetables and sauces of course). I do like Central and South American food though so

when I ventured out to the Ville outside of Camp Casey for the first time and found Sabor Latino, I did not hesitate to step inside and give it a try.

If you're expecting tacos and enchiladas with chips and salsa at Sabor Latino you will be disappointed. Sabor Latino is a Peruvian restaurant that serves meals you will find throughout Central and South America. The menu consists of various pork chops, chicken, steak, seafood, and Peruvian rice entrees. Appetizers offered include tostones (fried plantains), salchi papas (fried potatoes and small slices of hot dog with ketchup, mayonnaise, and mustard), and lumpia (fried spring roll). I'll be honest, I never found lumpia while traveling throughout South America but it works at Sabor Latino. For dessert, arroz con leche and flan (caramel custard pudding dessert)

are offered.

During my last visit to Sabor Latino I had the number 6, bisteck a lo pobre (steak with rice, fried egg, French fries, and salad) along with an order of tostones and lumpia. I washed it down with a bottle of Coke. The table next to me ordered Sangria with their meal and I will admit it did look good. Maybe I'll try that next time.

If you're looking for something different to eat during your tour in South Korea I recommend Sabor Latino. I have been there several times over the past 11 months and have yet to have a bad meal. You get a lot of food for what you pay and it's a nice atmosphere to dine in.

Who would have thought that I had to come all the way to South Korea to find a good Peruvian restaurant?

Directions to Sabor Latino: 212-9, Sangpae-ro, Dongduchon-si, Gyeonggi-do, South Korea (436-56, Bosan-dong) Call: 031-859-3730 or 010-8597-3730

If you have a suggestion for a restaurant review to be published in the Indianhead please email us at usarmy.redcloud.2-id.list.pao-editorial-submissions@mail.mil or call 732-9132.

CAMP CASEY

DATE	DAY	SHOW TIME	MOVIE TITLE/CAST	Rating	ADM
Nov-1	Sun	17:00	*SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	2D-4
		19:00	*SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	2D-4
Nov-2	Mon	19:00	*PARANORMAL ACTIVITY: THE GHOST DIMENSION	R	2D-4
Nov-3	Tue		CLOSE		
Nov-4	Wed	19:00	The Visit	PG-13	2D-3
Nov-5	Thu		CLOSE		
Nov-6	Fri	18:00	*BRIDGE OF SPIES	PG-13	2D-4
		20:30	*SPECTRE	PG-13	2D-4
Nov-7	Sat	15:00	*THE PEANUTS MOVIE	PG	3D-4
		17:00	*SPECTRE	PG-13	2D-4
		20:00	*SPECTRE	PG-13	2D-4
Nov-8	Sun	17:00	*SPECTRE	PG-13	2D-4
		20:00	*SPECTRE	PG-13	2D-4
Nov-9	Mon	19:00	SICARIO	R	2D-3
Nov-11	Wed	19:00	CAPTIVE	PG-13	2D-3
Nov-12	Thu		CLOSE		
Nov-13	Fri	18:00	THE 33	PG-13	2D-4
		20:30	*SPECTRE	PG-13	2D-4
Nov-14	Sat	18:00	*THE 33	PG-13	2D-4
		20:30	*THE 33	PG-13	2D-4
Nov-15	Sun	17:00	*THE 33	PG-13	2D-4
		19:30	THE 33	PG-13	2D-4

DATE	DAY	SHOW TIME	MOVIE TITLE/CAST	Rating	ADM
Nov-16	Mon	19:00	*SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	2D-4
Nov-17	Tue		CLOSE		
Nov-18	Wed	19:00	*SPECTRE	PG-13	2D-4
Nov-19	Thu		CLOSE		
Nov-20	Fri	18:00	*THE NIGHT BEFORE	R	2D-4
		20:00	*THE HUNGER GAMES: MOCKINGJAY-PART 2	PG-13	2D-4
Nov-21	Sat	15:00	*THE HUNGER GAMES: MOCKINGJAY-PART 2	PG-13	2D-4
		18:00	*THE HUNGER GAMES: MOCKINGJAY-PART 2	PG-13	2D-4
		21:00	*THE HUNGER GAMES: MOCKINGJAY-PART 2	PG-13	2D-4
Nov-22	Sun	17:00	*THE HUNGER GAMES: MOCKINGJAY-PART 2	PG-13	2D-4
		20:00	*THE HUNGER GAMES: MOCKINGJAY-PART 2	PG-13	2D-4
Nov-23	Mon	19:00	THE 33	PG-13	2D-4
Nov-24	Tue		CLOSE		
Nov-25	Wed	19:00	*CREED	NR	2D-4
Nov-26	Thu		CLOSE		
Nov-27	Fri	18:00	*THE NIGHT BEFORE	R	2D-4
		20:30	*CREED	NR	2D-4
Nov-28	Sat	15:00	*THE GOOD DINOSAUR	PG	3D-4
		17:00	*THE HUNGER GAMES: MOCKINGJAY-PART 2	PG-13	2D-4
		20:00	*CREED	NR	2D-4
Nov-29	Sun	17:00	*THE HUNGER GAMES: MOCKINGJAY-PART 2	PG-13	2D-4
		20:00	*VICTOR FRANKENSTEIN	PG-13	2D-4
Nov-30	Mon	19:00	*THE NIGHT BEFORE	R	2D-4

For more information on movie schedules visit:
 Reel Time Theaters @ www.shopmyexchange.com
 (*) : First run or special engagement



ADMISSION FEES					
Admission		1st Showing	Regular	Repeat	Special
Adult	2D	\$6.50	\$6.00	\$5.50	\$4.50
	3D	\$8.50	\$8.00	\$7.50	\$6.50
Child (6-11)	2D	\$3.75	\$3.50	\$3.25	\$2.75
	3D	\$5.75	\$5.50	\$5.25	\$4.75





YONGSAN MOVIE

		SCREEN 1			
Date	Day	SHOW TIME	MOVIE TITLE	Rating	ADM
01-11	Sun	1330/1630	HOTEL TRANSYLVANIA 2 (2D)	PG	3
		1930	SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	4
02-11	Mon	1900	SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	4
03-11	Tue	1900	SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	4
04-11	Wed	1900	SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	4
05-11	Thu	1900	SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	4
06-11	Fri	1730	THE PEANUTS MOVIE (3D)	G	4
		2000	SPECTRE	PG13	4
07-11	Sat	1330	THE PEANUTS MOVIE (2D)	G	4
		1600/1930	SPECTRE	PG13	4
08-11	Sun	1330	THE PEANUTS MOVIE (2D)	G	4
		1600/1930	SPECTRE	PG13	4
09-11	Mon	1830	SPECTRE	PG13	4
10-11	Tue	1830	SPECTRE	PG13	4
11-11	Wed	1530/1830	SICARIO	R	3
12-11	Thu	1830	SICARIO	R	3
13-11	Fri	1730/2030	THE 33	PG13	4
14-11	Sat	1330/1630	THE PEANUTS MOVIE (2D)	G	4
		1930	THE 33	PG13	4
15-11	Sun	1330/1630	THE PEANUTS MOVIE (2D)	G	4
		1930	THE 33	PG13	4
16-11	Mon	1830	THE 33	PG13	4
17-11	Tue	1830	THE 33	PG13	4
18-11	Wed	1830	THE 33	PG13	4
19-11	Thu	1830	THE 33	PG13	4
20-11	Fri	1900	THE HUNGER GAMES : MOCKINGJAY - PART 2	PG13	4
21-11	Sat	1200/1600/2000	THE HUNGER GAMES : MOCKINGJAY - PART 2	PG13	4
22-11	Sun	1200/1600/2000	THE HUNGER GAMES : MOCKINGJAY - PART 2	PG13	4
23-11	Mon	1830	THE HUNGER GAMES : MOCKINGJAY - PART 2	PG13	4
24-11	Tue	1830	THE HUNGER GAMES : MOCKINGJAY - PART 2	PG13	4
25-11	Wed	1830	VICTOR FRANKENSTEIN	PG13	4
26-11	Thu	1530/1830	THE GOOD DINOSAUR (3D)	PG	4
		1330/1630	THE GOOD DINOSAUR (3D)	PG	4
27-11	Fri	1930	VICTOR FRANKENSTEIN	PG13	4
		1330/1630	THE GOOD DINOSAUR (2D)	PG	4
28-11	Sat	1930	VICTOR FRANKENSTEIN	PG13	4
		1330/1630	THE GOOD DINOSAUR (2D)	PG	4
29-11	Sun	1930	VICTOR FRANKENSTEIN	PG13	4
		1330/1630	THE GOOD DINOSAUR (2D)	PG	4

SCREEN 2				
SHOW TIME	MOVIE TITLES	Rating	ADM	
1500/1800	MARTIAN (2D)	PG13	4	
1830	BRIDGE OF SPIES	PG13	4	
1830	BRIDGE OF SPIES	PG13	4	
1830	PARANORMAL ACTIVITY: THE GHOST DIMENSION (2D)	R	4	
1830	PARANORMAL ACTIVITY: THE GHOST DIMENSION (2D)	R	4	
1930	SPECTRE	PG13	4	
1500/1800	THE VISIT	PG13	3	
1500/1800	THE VISIT	PG13	3	
1900	CAPTIVE	PG13	3	
1900	CAPTIVE	PG13	3	
1530/1830	HOTEL TRANSYLVANIA 2 (2D)	PG	3	
1900	CAPTIVE	PG13	3	
1900	SPECTRE	PG13	4	
1500/1900	SPECTRE	PG13	4	
1500/1900	SPECTRE	PG13	4	
1830	SPECTRE	PG13	4	
1830	SPECTRE	PG13	4	
1900	SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	4	
1900	SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	4	
1830	THE HUNGER GAMES : MOCKINGJAY - PART 2	PG13	4	
1300	THE PEANUTS MOVIE (2D)	G	4	
1630/1930	THE NIGHT BEFORE	R	4	
1300	THE PEANUTS MOVIE (2D)	G	4	
1630/1930	THE NIGHT BEFORE	R	4	
1900	THE NIGHT BEFORE	R	4	
1900	THE NIGHT BEFORE	R	4	
1900	CREED	NR	4	
1600/1900	CREED	NR	4	
1330/1630/1930	CREED	NR	4	
1500/1900	THE HUNGER GAMES : MOCKINGJAY - PART 2	PG13	4	
1500/1900	THE HUNGER GAMES : MOCKINGJAY - PART 2	PG13	4	





2ND AVIATION REGIMENT



CREST

Description/Blazon

A Silver color metal and enamel device 1 1/8 inches (2.86 cm) in height overall consisting of a shield blazoned: Per chevron Azure (Teal Blue) and Argent a pair of wings conjoined in lure counterchanged.

Symbolism

Teal blue is the color formerly used for Aviation units. The white peak represents the highest elevation in North America located in the McKinley Mountains in Alaska, where the unit was activated. The wings refer to the aviation function of the organization.

Background

The distinctive unit insignia was originally approved for the 2nd Aviation Battalion on August 5, 1963. It was redesignated for the 2nd Aviation Regiment and amended to update the symbolism on December 8, 1988.



COAT OF ARMS

Description/Blazon

Per chevron Azure (Teal Blue) and Argent a pair of wings conjoined in lure counterchanged.

Motto

EXCELSUS (Lofty).

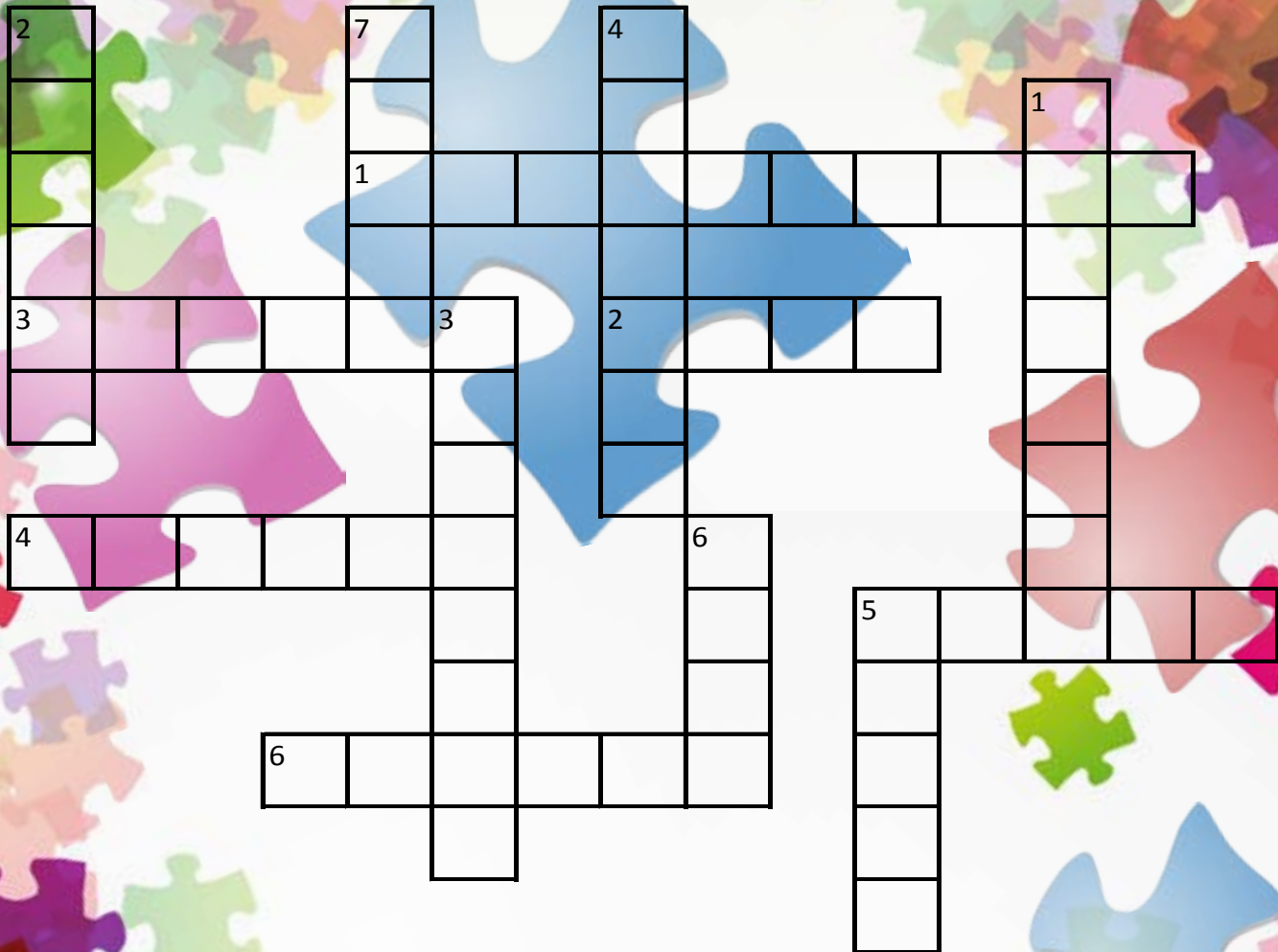
Background

The coat of arms was originally approved for the 2nd Aviation Battalion on 5 August 1963. It was redesignated for the 2nd Aviation Regiment and amended to update the blazon on December 8, 1988.



Crossword

NATIVE AMERICAN INDIAN HERITAGE MONTH



ACROSS:

November celebrates and ____1____ the accomplishments and ____2____ and diverse cultures of the U.S. original inhabitants, explorers, and settlers.

Native American ____2____ Heritage Month was declared on August 3, 1990 by President ____3____ H. W. Bush.

More than ____6____ American Indians are ____5____ of Honor recipients.

Check out next month's Indianhead for answers.

DOWN:

Corporal Mitchell ____1____ Jr. received the Medal of Honor for his ____2____ actions on ____3____ 5, 1950.

Master Sergeant ____4____ W. Keeble was awarded the Medal of Honor on ____5____ 3, 2008 for going above and beyond the call of ____6____ in action with an armed enemy near Sangsan-ni, ____7____ on October 20, 1951.

Last Month's Answers

Cross	Down
1) Division	1) Corps
2) October	2) Indian
3) Marine	3) Four
4) Great	4) Decorated
5) Twice	5) Forty
6) France	6) Campaign
7) Combined	7) Combined
8) Continuous	

2015년 11월

VOL. 52, ISSUE 11



인디언헤드

INDIANHEAD KOREAN EDITION

[HTTP://WWW.2ID.KOREA.ARMY.MIL/KOREAN-SITE](http://www.2id.korea.army.mil/korean-site)

[WWW.ISSUU.COM/SECONDID](http://www.issuu.com/secondid)



2015년 11월 간추린 뉴스

매달 영문판에는 들어가지만 한글판에는 들어가지 않는 기사들을 보면서 아깝다는 생각을 했습니다. 그래서 만들었습니다! 간추린 뉴스! 한글판에는 넣지 않았지만, 영문판에 실린 기사들을 사진으로 정리하는 지면입니다.



10월 14일, 캠프 케이시(Camp Casey)에서 제2보병사단(연합) 주임원사 앤드류 스페노가 연설을 하고 있다.
〈사진 - 박진우 / 제2보병사단 공보처〉



9월 21일, 로드리게즈 실사격장에서 아파치(Apache) 헬기가 공중에서 공격 지원을 하고 있다.
〈사진 - 제스 스미스 병장 / 제21포병여단 공보처〉



10월 15일, 캠프 레드클라우드(Camp Red Cloud) 극장에서 히스패닉 문화 유산의 날을 맞아 연설을 하고 있다.
〈사진 - 최유강 상병 / 제2보병사단 공보처〉

facebook

THE 2ND INFANTRY DIVISION

U.S. ARMY

THE ARMY'S ONLY PERMANENTLY FORWARD-STATIONED DIVISION

"SECOND TO NONE"

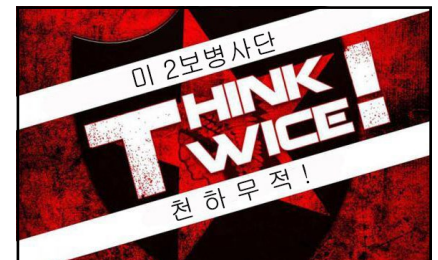
주한미군 제2 보병사단 (2nd Infantry Division-Korean ver.)

402 likes · 8 talking about this

Government Organization

미2사단은 1917년에 창설되어 제1, 2차 세계대전과 한국전쟁에 참전하였고, 그 후 세계적인 테러와의 전쟁에 참여했다. 전사 사단은 대한민국에 전진배치 되어 한미동맹에 기여하고 있다.

402



Think Twice! 한 번 더 생각하고 행동하십시오!

• 제2보병사단 공식 페이스북 페이지 많은 좋아요와 공유하기 부탁드립니다.



10월 16일, 그랜드 하얏트 호텔에서 열린 제2보병사단 무도회에서 미군과 한국군이 음악 맞춰 춤을 추고 있다.

〈사진 - 박진우 / 제2보병사단 공보처〉

인디언헤드 한글판 스태프

미 제2 보병사단장
소장 시어도어 D. 마틴
한국군지원단 지역대장
중령 이일수
공보참모
중령 리처드 C. 하이드
공보행정관
상사 김벌리 A. 그린
공보관
김현석
편집장
병장 김경구
기자
상병 최유강
일병 김진혁
이병 이종국
사진 전문가
박진우
심화가
일병 박재운
글꼴 배포처

아리따체 : AMOREPACIFIC
함초롱체 : 한글과컴퓨터

인디언헤드 한글판은 미 제2보병사단 카투사들을 위해 공보처에서 발행하는 미 국방성 공인신문입니다. 신문 내용은 미 육군의 의견과 다를 수 있습니다.

인디언헤드는 일성 인쇄소에서 월간지로 발행됩니다.

취재 요청은 732-9132로 전화 바랍니다.

Operation Rising Star 2015 우승자

캠프 험프리(Camp Humphreys) 커뮤니티 센터(Community Center) 내 공연 무대에 빛나는 드레스를 입은 여성이 올랐다. 모든 불빛이 꺼지고 그녀를 밝히는 빛 한줄기만 비쳤다. 아레사 프랭클린(Aretha Franklin)의 "Natural Woman"의 반주가 흐르자 그녀는 리듬을 타기 시작했다. 그녀가 입을 열고 마이크에 첫 소절을 부르자 관객석에서 박수와 환호가 쏟아졌다.

그녀는 제2전투항공여단 제3-2 항공지원대대 인사과 시드니아 잭슨 대위(Capt. Cydnie Jackson)다. 그녀는 2015 캠프 험프리(Camp Humphreys)의 Operation Rising Star 노래 경연대회 우승자다.

Operation Rising Star는 11년째 진행되는 행사로 부대내 사기증진 및 미 육군 최고의 보컬리스트를 뽑는 대회이다.

잭슨 대위는 "처음에는 대회에 나가지 않으려 했다"며 "하지만 내 친구들과 가족들의 권유로 나가게 됐다"고 말했다.

그녀의 겸손한 발언에 불구하고 노래는 그녀의 인생에 큰 부분을 차지하고 있다. 그녀의 어머니는 복음서 가수의 코러스로 활동했고 아버지는 음악방송 라디오 진행을 20년간 했다. 잭슨 대위는 4살 때부터 교회 성가대에서 노래를 불렀다.

잭슨 대위는 "노래를 부르는 건 감정을 표현할 기회를 준다"고 잭슨 대위가 말했다. "매일 하는 인사 업무에 가끔 스트레스받을 때 노래를 함으로써 화를 긍정적으로 승화시킬 수 있다."

그녀는 노래를 부르면 슬픔은 덜어지고 기쁨은 더 커진다고 말했다.

그녀에게 노래는 또 다른 자기 계발이다.

잭슨 대위는 "두려워도 나 자신을 무대 위에 올려놓는 거 자체가 나에게겐 굉장한 도전이다"며 "다른 장병들도 음악, 스포츠, 학문 등 자신들의 목표를 쫓아야 한다"고 말했다.

그녀는 자기가 Operation Rising Star에서 우승한 모습을 보고 사무실에 있는 다른 장병도 자극을 받고 영감을 받았으면 좋겠다고 얘기했다.



<기사 및 사진 - 제스 스미스 병장 / 제2전투항공여단 공보처
번역 - 김충일 상병 / 제2전투항공여단 공보처>

아파치와 같이 꿈꾸다

제2전투항공여단 제4-2 전투대대가 포천에 있는 로드리게즈 사격장(Rodriguez Live Fire Complex)에서 지난 9월 21일 대규모 사격 훈련을 했다. 이러한 훈련의 성공을 위해서는 톱니바퀴처럼 모든 장병의 역할이 중요하다. 찰스 카라칠로 상병(Spc. Charles Caraccilo)은 이번 훈련에 중요한 수많은 장병 중 한 명이다.

카라칠로 상병은 4-2전투대대의 기장 역할을 하고 있다. 그는 아파치(Apache) 헬기의 정비와 안전을 담당하고 있다. 그는 헬기 점검의 모든 세부 사항을 알고 있어야 하고 그의 책임 하에 있는 장병들에게 적절한 일을 지시한다. 그리고 그는 로드리게즈 사격장에 있는 전방지역무장 및 재급유소에 있는 모든 것들이 효율적으로 돌아가도록 하는 역할을 한다.

카라칠로는 "사격을 할 때 우리는 기름양, 송신, 그리고 전체적인 헬기의 안전 점검을 자세히 확인한다"며 "조종사의 목숨이 우리의 손에 달려있기 때문에 아주 사소한 것도 놓치지 않는 것이 중요하다"고 말했다.

카라칠로의 경력은 그의 전문적인 태도에서만 오는 것이 아니라 그의 연륜에서도 나오는 것이라고 한다.

카라칠로는 다른 장병들보다 나이가 조금 많다. 그는 올해 43살로 자신이 운영하던 공장을 닫고 지난 2011년 장남과 함께 입대를 했다.

카라칠로는 "나는 늘 바빴고 가족들과 함께할 시간과 에너지가 없었다"며 "나는 군대에 들어와서 훨씬 더 나은 그리고 여유 있는 삶을 살고 있다"고 말했다.

카라칠로는 나이가 많지만 웬만한 젊은이들보다 더 많은 목표가 있다. 그는 내년에 연장복무를 하여 선임하사관까지 되는 것이 목표다. 그리고 그는 대학교에 들어가 영양학을 전공해 다른 사람들의 건강을 책임지는 트레이너가 되는 것이 목표다.



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번역 - 김충일 상병 / 제2전투항공여단 공보처>

쉬지 않고 일하다

어떤 장병이 정비병인지 아닌지는 그의 신발을 보면 알 수 있다. 먼지가 가득 묻은 작업복과 엔진 오일로 인해 검게 물든 부츠를 신고 있는 장병이 정비고를 지나가고 있다면 그 장병은 아마 소켓 렌치(Socket Wrench)같은 공구를 아주 잘 다루리라는 것을 쉽게 짐작할 수 있다.

미 육군의 공병에게 이와 같은 복장은 훈장 과도 같다. 어려운 일을 피하지 않는 대담한 작업 정신을 지니고 있다는 사실을 말해주기 때문이다.

제1기병사단 제2기갑전투여단 제1-8기갑대대 예하 찰리 중대 (Charlie Company) 소속 사모아 출신 M1 에이브람스(Abrahms) 전차 시스템 정비부사관인 오세탈리아 타오투아 병장(Sgt. Ausetalia Taotua)은 위와 같은 일에 대해 “자신이 하는 수많은 일 중 일부분이다”고 말했다.

1-8기갑대대는 로드리게스 실사격장(Rodriguez Live Fire Complex)에서 9월 25일에 대대 포격훈련을 완수했다. 찰리 중대는 실사격장에서 부대의 전차가 언제든지 어떤 임무라도 완수할 수 있을 수 있도록 준비하면서 45일간의 시간을 보냈다.

타오투아는 “만약 작업복이 깔끔한 상태로 작업이 끝난다면 그것은 일을 충분히 열심히 하지 않았다는 증거다”고 말했다.

그러나 타오투아는 또한 이와 같은 이유가 개인의 청결을 유지하지 않는 변명이 될 수는 없다고 덧붙였다.

장병 대부분은 정비고를 떠날 때를 대비하여 여분의 깨끗한 작업복을 항상 곁에 지니고 다닌다. 중요한 점은 만약 개인의 청결과 차량의 정비 중 한 가지를 선택해야 한다면 공병은

언제든지 차량 정비를 선택할 것이라는 점이다.

타오투아와 그의 장병들은 1-8기갑대대의 전차들을 정비해야 하는 책임을 갖고 있다. 다시 말해, 만약 전차에 문제가 발생한다면 타오투아와 그의 장병들은 정비가 끝날 때까지 밤을 새워가며 일할 것이라는 뜻이다.

타오투아는 “때때로 우리는 우리가 얼마나 열심히 일하는지 있는 경우가 있다”며 “우리는 시간에 연연하지 않는다. 그저 작업을 성공적으로 끝내는데 집중한다”고 말했다.

타오투아와 그의 장병들은 이런 작업에 불평하지 않는다. 사실 그들이 가장 싫어하는 일은 차량이 비가동 시간에 머무를 때 일어난다.

버지니아 주 리치몬드(Virginia State Richmond) 출신 M1 에이브람스 정비병인 알렉산더 왕 일병(Pfc. Alexander Wang)은 “비가동 시간에는 우리는 그저 똑같은 곳을 쓸고 닦기를 반복한다”며 “차라리 손을 더럽혀가며 빠르게 활동하는 것을 더 선호한다”고 말했다.

왕은 “전차에는 언제나 정비할 것이 존재한다”며 “그들은 끊임없이 정비를 필요로 한다”고 말했다.

전차를 고칠 때면 왕은 늘 한 가지 목표를 세우곤 한다. 어떤 일을 하든 그가 자랑스러워할 수 있게 끝 맞춘다는 것이다.

왕은 “정비하는 것은 분명 어려운 일이지만, 그런 전차들을 바라보면서 우리에게 이런 국력이 있다는 것을 실감한다”며 “조국을 수호함에 내가 한 역할을 하고 있다는 것을 알 때, 비록 한낱 정비에 지나지 않는 일이지만 뿌듯함을 느낀다”고 말했다.

플로리다 주 세인트피터즈버그(Florida State St. Petersburg) 출신 M1 에이브람스 정비병이자 그의 아내와 딸에게 헌신적인 엘리엇 켈버 일병(Pfc. Elliott Kaelber)은 깨닫



고 보니 해병대에서 정비병으로 근무했던 자신 아버지의 뒤를 잇고 있는 자신을 발견할 수 있었다고 한다.

그렇다고는 해도 막상 정비병이 되고 보니 켈버는 이 직업이 마음에 들었다고 한다.

켈버는 “이 직업의 가장 좋은 점은 무수한 잠재력을 품고 있다는 점이다”라며 “여러 가지 문제에 부딪치다 보면 어떤 문제든지 자발적으로 해결할 수 있는 능력을 기를 수 있다”고 말했다.

켈버는 그의 일에 대해 또한 “배우고자 하는 의욕과 응용력, 결단력이 필요할 뿐”이라며 “무척 어렵지만, 자신이 하기에 따라 충분히 끝낼 수 있다”고 말했다.

켈버와 그의 팀원들은 항상 최선을 다해 그들의 작업을 해낸다.

켈버는 “내 직업에 대해 충분히 잘 알고 있지만, 최고는 아니므로 바쁘든 안 바쁘든 매일 공부할 필요가 있다”며 “내가 숨 쉴 수 있고 내 몸이 피를 흘리지 않고 있다면 어떤 것이든 할 수 있는 것이 존재한다”고 말했다.

이런 종류의 자존심은 정비병들 사이에서는 매우 흔하게 찾아볼 수 있다. 그들은 누가 군대를 돌아가게 하는지 너무나도 잘 알고 있다.

켈버는 “내가 최선을 다하는 것이야말로 내가 군대에 해줄 수 있는 일이며, 더 나아가 내 가족과 딸에게 해줄 수 있는 일이다”라며 “나의 일은 다른 사람들의 일과 같이 매우 중요하다”고 말했다.

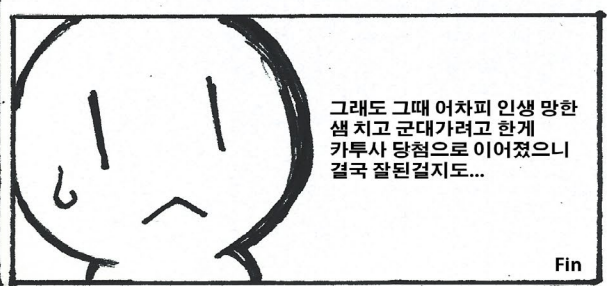
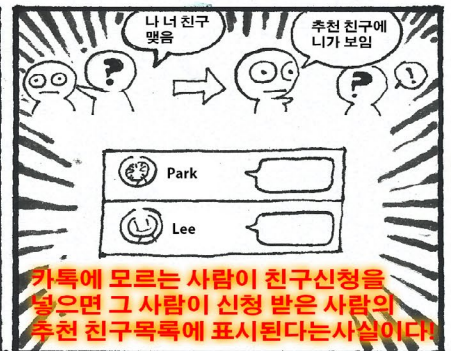
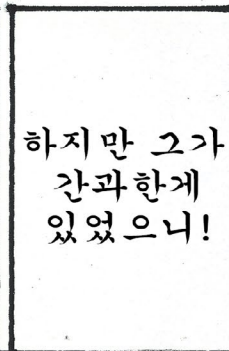
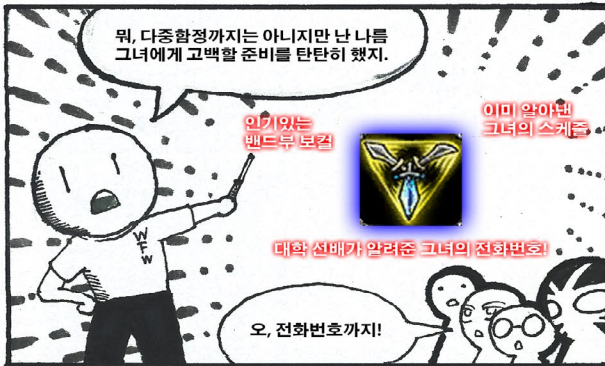
켈버는 또한 자신은 그저 “큰 퍼즐에 한 조각을 차지하고 있을 뿐이다”고 말했다.



1-9J중대 상병 박채운

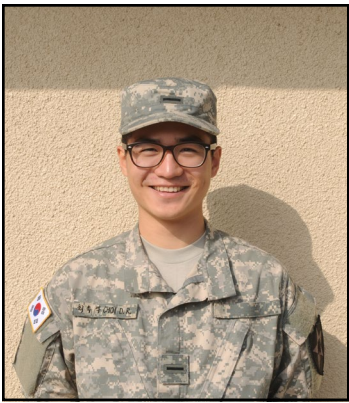
WELCOME TO AREA 1

썰전 리의 입대사연 후편



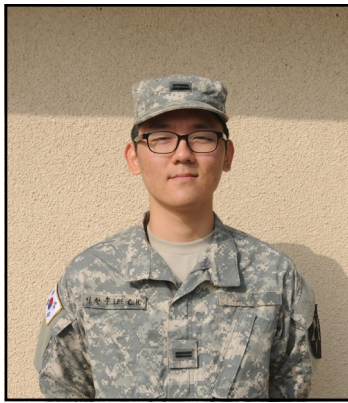
인디언헤드가 만난 사람들

"가장 기억에 남는 논산 훈련은?"



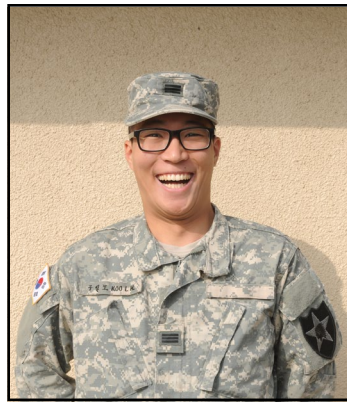
**210포병여단 본부포대 인사과
행정/PC운용병 이병 최득락**

저희 기수는 두 가지 차별화된 사건이 있었습니다. 첫째로, 화생방훈련 취소입니다. 7월에 입대한 저희 기수는 한낮 37도까지 치솟은 무더운 날씨 덕에 1시간 넘게 행군하여 도착한 훈련장 앞에서 화생방훈련 전면 취소를 통보받았습니다. 두 번째로, 탄피 분실사건입니다. 사격훈련 2일차, 당시 저녁 7시까지 야간 훈련을 하던 우리 중대는 탄피가 이리저리 튀어 당시 중대장님을 크게 노하게 했습니다. 탄피 회수에 1시간을 보내고 저녁 9시가 넘어서야 부대에 복귀했습니다.



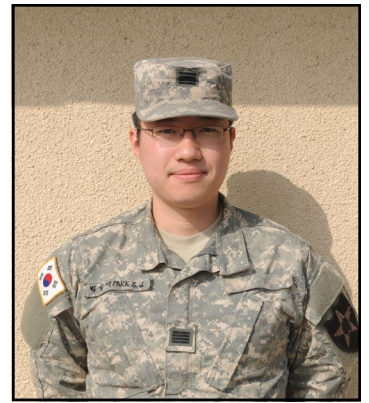
**210포병여단 본부포대 인사과
행정/PC운용병 일병 이찬후**

논산 훈련소에서 가장 기억에 남는 일은 수류탄 투척입니다. 수류탄 투척을 시행하기 전 훈련소의 병사들은 사고에 대한 걱정이 참 많았습니다. 정신교육도 하고 연습용 수류탄도 여러 차례 던져 보았으나 병사들의 걱정은 쉽게 사라지지 않았습니다. 수류탄 투척장에서 느껴지는 폭발의 위력을 느끼고 더욱 긴장하기도 했습니다. 하지만 그동안의 준비는 헛되지 않았고, 병사 모두 멋지게 수류탄을 던지고 돌아왔습니다. 무사히 마친 후 성취감은 이를 멋진 경험으로 만들었습니다.



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행정/PC운용병 상병 구일모**

제가 1소대 1분대에 있다 보니 분대원들의 훈련번호가 모두 한 자리 수였습니다. 훈련 번호가 빨라서 오물장같은 일들을 가장 먼저 해볼 수 있는 특권을 누렸던 것이 가장 기억에 납니다. 훈련소에 들어가자마자 모든 잡역을 우리 소대가 맡아서 하는 것만 같아 힘들었고 저희는 그렇게 3주차 이내에 모든 잡역에 능한 다재다능한 훈련병이 되어갔습니다. 고역스런 급식 배분, 설거지, 독수리, 그리고 오물장이 끝나고 나니, 훈련들이 그러한 일들에 비해 쉽게 느껴졌습니다.



**210포병여단 본부포대 인사과
행정/PC운용병 병장 박성재**

제가 논산훈련소에서 가장 기억에 남는 일은 종교 행사였습니다. 이 행사는 평일에 훈련을 받고 몸과 마음이 지친 우리를 주말에 달래주었습니다. 저는 불교여서 법당에 갔었는데, 맨 처음 안에 들어갔을 때 규모가 어마어마해서 입이 떡 벌어졌습니다. 하지만 그게 다가 아니었습니다. 법사님께서 가르침을 주신 다음 '가룟빈가'라는 걸그룹이 저의 마음을 사로잡았습니다. 평소 걸그룹에 관심이 없었기 때문에 가룟빈가의 등장은 저에게 사막의 오아시스와 같은 존재였습니다.

인- 자기 소개를 부탁드립니다

윤- 안녕하세요. 미 2사단 210포병여단 본부포대 여단 선임병장 상병 윤상웅입니다. 여단 선임병장이 되기 이전에는 본부포대 작전 과에서 근무하였으며, 현재는 선임병장로서 제2의 군 생활을 시작하였습니다. 보직이 바뀐 만큼 낯설기도 하지만 나날이 새롭습니다.

인- 부대소개를 부탁드립니다

윤- 210포병여단 본부포대는 여단의 본부이니만큼 많은 일들이 정말 다양합니다. 포대급 부대임에도 본부이니만큼 예하 대대와 다양한 훈련을 수행하고 있으며, 정말 다양한 색션이 있는 만큼 여러 성향의 사람들과의 교류하고 다양한 경험을 쌓을 기회가 있는 곳입니다.

인- 여태까지 군대에서 가장 기억에 남는 에피소드는?

윤- 지난 8월 UFG 이전에 육군 승진 훈련장에 있었던 훈련에서 복귀한 날이 가장 기억에 납니다. 진행 과정에서 여타 훈련과 큰 차이는 없었지만, 한여름에 불구하고 8박 9일간 샤워를 할 수 없는 환경이었습니다. 부대로 복귀했을 때는 첫 외박을 나갔을 때만큼이나 감동이

있었습니다.

인- 부대 내에서 자신의 외모 순위는?

윤- 더도 말고 덜도 말고 34명 인원 중 중간정도라고 생각합니다. 최근 전입하는 신병들의 외모 수준이 높아지는 것을 보면 대한민국 미래의 외형적 부분이 밝은 것 같습니다.

인- 하루 동안 대대 주임원사가 될 수 있다면 무엇을 할 것인가?

윤- 하루동안 여단에 있는 여러 색션을 돌아다니며, NCO보다는 일, 이병 미군과 카투사의 이야기를 온종일 듣고 싶습니다. 미측 색션에 있으면서 보고 느낀 점은 NCO들이 생각하지 못하는 병사들의 고충들은 분명 존재하고, 이를 위해 시니어 NCO들이 힘을 필요가 있다고 생각했기 때문입니다.

인- 전역 후의 계획은?

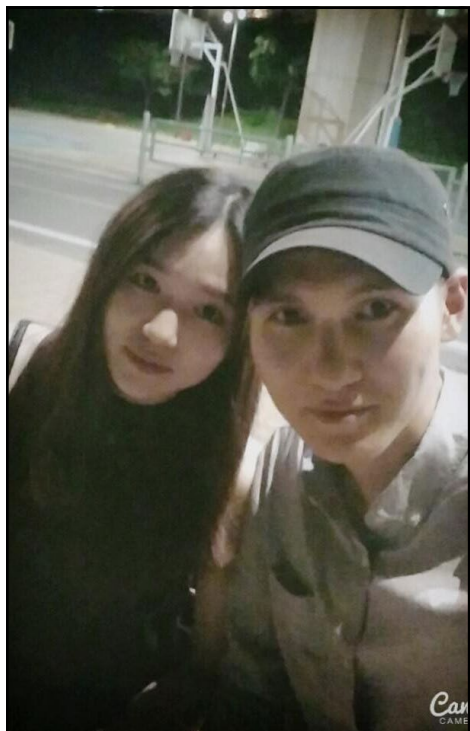
윤- 전역 직후 복학 전까지 3개월 반가량의 시간이 있는데, 영어 실력을 개발하고 싶습니다. 기존에 보직이었던 '어학병'으로서의 경험을 살려 제 전공과 관련된 주제에 대한 통역, 번역 능력을 향상할 계획입니다.



상병윤상웅

210포병여단 본부포대 여단선임병장

인디언헤드는 사랑을 싣고



이번 호의 주인공은 210포병여단 본부포대 여단장 통역병 일병 정명수와 여자친구 박소연양입니다. <인디언헤드는 사랑을 싣고>는 여러분의 참여로 이루어집니다. 게재를 바라시는 분은 미 2사단 공보처 카투사 메일 2idkoc@gmail.com 또는 732-9132로 연락주시기 바랍니다.

To. 소연

소연아! 내가 인디언 헤드를 통해서 너한테 편지를 쓸 줄은 생각도 못했네 ㅋㅋ 뭔가 어색하다... 아무튼, 내가 군인 신분이어서 여느 커플들처럼 연락도 잘 되고 자주 만날 수 없는 거 알면서도 나랑 만나줘서 고마워. 우리가 아직 오랫동안 같이 하지 않아서 투닥거리고 서로에게 부족한 점들이 많지만, 앞으로 더 서로에 대해서 많이 알아가고 노력하면서 잘 지내보자! 이제 곧 중간고사 기간인데 화이팅 하고 얼른 시험 끝내고 같이 맛있는 것도 먹으러 가고 좋은 곳들 구경하러 가자! 날씨가 점점 추워지는데 옷 따뜻하게 입고 감기 안 걸리게 항상 조심해. Love from Jung.

From. 정명수

To. 명수오빠

오빠 안녕! 이렇게 편지 쓰는 건 처음이라 어색하다..ㅎㅎ 잘 지내지? 난 잘 지내. 요즘은 시험 기간이라 수업 듣고, 공부 하러 도서관 가면서 지내. 그래서 학기 초처럼 막 늦게 들어가는 거 없이 오빠가 걱정할 일 없이 지내고 있어요. 오빠 많이 힘들지? 안 그래도 힘들 텐데, 내가 많아서 운해하고, 짜증 내고 그래서 미안해. 내가 너무 어리까 봐ㅠㅠ그래도 내가 별거 아닌 거로 짜증 낼 때 내 기분 풀어주려고 노력 해줘서 항상 고마워. 나도 오빠를 좀 더 이해하고 괜히 짜증 내지 않도록 더 노력할게, 싸우는 거 많이 줄이고 더 사이좋게 지내자. 다음 만남은 나 시험 끝나고, 오빠 휴가 때 보게 되겠네. 요즘 날씨가 너무 추운데 감기 걸리지 않게 조심하고, 항상 말하는 거지만 밥 제대로 챙겨 먹어야 해, 알았지? 빨리 내년이 돼서 매일 매일 만날 수 있으면 좋겠다. 그때까지 같이 힘내자! Love from Park

From. 박소연

한미 문화 교류

추수감사절

THANKSGIVING DAY

추수감사절은 미국의 연중 주요 국경일 중의 하나로 11월의 네 번째 목요일이다. 크리스마스와 새해와 더불어 추수감사절도 연말연시의 일부가 되었다. 그 다음날인 금요일에 많은 미국인들이 직장을 쉬기 때문에 4일간의 연휴를 즐기게 된다. 이 연휴에 미국인들은 고향에 있는 가족이나 친구들과 함께 만찬을 즐기고 좋은 시간을 갖는다.

추수감사절의 역사는 자신들의 종교적 자유를 위하여 영국을 떠난 청교도들이 미사추세츠주에 도착한 해인 1621년에 시작됐다.

그러나 혹독한 겨울의 추위와 피혈병으로부터 살아남지 못하고 절반 가량이 목숨을 잃게 되자, 청교도들은 주변 인디언들에게 도움을 청했다. 인디언들은 그들에게 옥수수나 다른 작물들을 재배하는 방법을 가르쳐 주었다. 그 다음 해 가을에 많은 수확을 거두게 되자, 청교도들은 인디언들과 하나님께 감사하는 의미에서 수확한 곡식으로 축제를 드렸다. 최초의 추수감사절은 3일동안 거행되었고, 53명의 필그림과 90명의 인디언 원주민에게 넉넉한 음식을 제공했다.

이런 전통을 이어 1864년 미국의 에이브러햄 링컨 대통령은 11월 넷째 주일을 추수감사주일로 정했으며, 1941년부터 11월 넷째 목요일을 추수감사절로 정한 이래 현재까지 미국 어느 곳에서나 지키는 전통으로 자리잡게 되었다. 그 이유는 단지 미국인들이 경제적으로 번영하게 되었을 뿐만 아니라 자유를 위하여 희생을 아끼지 않았던 당시의 청교도들의 의지가 아직도 미국인들의 마음속에 살아있기 때문이다.

추수감사절 저녁에 먹는 음식들은 지금도 과거의 전통을 계속 유지하고 있다. 추수

감사절 지역에는 구운 칠면조 요리, 크랜베리 소스, 감자, 효황과이 등을 먹는다. 이 음식들을 실제로 초기부터 먹어오던 음식들로 상당히 미국적인 의미를 나타내고 있다. 추수감사절에는 저녁 식사를 하기 전에 가족들이나 친구들이 함께 한 자리에 모이게 될 것을 감사 드리며 자신들이 받은 축복을 감사하는 기도를 드린다.

한편 추수감사절 다음날을 ‘블랙 프라이데이(Black Friday)’라고 하는데, 이날부터 성탄절까지 연말 대세일이 시작된다. 이때가 1년중 최대 규모의 쇼핑이 이뤄지는 시기로서 미국 연간 소비의 약 20% 가량을 차지하는 것으로 집계되고 있다. 또한, 추수감사절에는 많은 단체에서 여러 프로그램을 가지고 행사를 여는데 이 중에는 가난한 사람들을 위한 음식기부 프로그램도 포함되어 있어 하나 님에 대한 감사의 마음을 생각하는 추수감사절의 의미를 다시 새길 수 있게 한다.