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INDIANHEAD

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Interview with Leaders

The Indianhead asked the following leaders their thoughts on the Division' upcoming birthday



IH: What are your overall thoughts on the Division's 98th Birthday?

CG: The Division's 98th birthday is special as we celebrate a huge milestone in our Army. There are only a few divisions that have stood the test of time. As the song says, we were born in France on October 26, 1917 in the hell of the first World War and lived on through World War II, Korea, Iraq and Afghanistan. We recognize those who have bravely fought and worn the "patch" with honor and distinction.

IH: With the Division now a Combined Division does it make this birthday that much more special?

CG: We are still discovering the true power of the combined division. In the midst of the events of August 2015 and provocation cycle that followed by north Korea we witnessed the benefits of a combined staff.

I think we're going to be pleasantly surprised to see how agile the Division operates in the combined environment.

IH: What are your overall thoughts on the Division's Birthday?

DCGR: The 2nd Infantry Division has a rich and proud history. This Division was the very first U.S. Division that deployed to safeguard the freedom and democracy of Korea. On July 1, 1965, the Division returned to Korea and has been stationed here for the last 50 years. Being together for 50 years with someone makes that 'someone' your family. I am honored to be here and congratulate on the 98th birthday of the U.S. 2nd Infantry Division, a true family of Korea.

IH: With the Division now a Combined Division does it make this birthday that much more special?

DCGR: Before the activation of the Combined Division, the ROK-U.S. Combined Forces Command was often referred as a symbol of the ROK-U.S. Alliance. However, being the first combined division in the world's history, this Division has become another symbol of the Alliance. I have no doubt that the Combined Division will further strengthen and develop this great Alliance.





IH: What are your overall thoughts on the Division's 98th Birthday?

DCSM: The 26th of October is a big day for the Division especially being that it's one of the second oldest and one of the most unique Divisions in our Army's history.

It's not just a patch. It's about the people, the hundreds and thousands of Soldiers both U.S. and foreign who have served wearing this patch.

IH: With the Division now a Combined Division does it make this birthday that much more special?

DCSM: We are the only Combined Division ever in our Army's history. We have foreign Soldiers serving in our formations - that is something pretty unique and special to be a part of.

As I relinquish responsibility as the command sergeant major, this Division has left a significant mark in my career and my heart. I will miss it!

UNDLANGBEAD LIBERTCY

Warriors Down Bayonets



Story And Photos On Page 8

Vol. I No. 15

2d Infantry Division, Korea

October 18, 1965

K Awards



MONORED SERVICEMEN—Standing in forma-lion are the U.S. Servicemen who were honored Sept. 24 for flood relief work in Korea during mid-July. In background are elements of the

Republic of Korea armed forces honor guard. Several individuals and units of the SECOND TO NONE 2d Inf. Div. were honored at the cere-mony. (U.S. Army Photo)

2d Inf. Div.

Several members of the 2d Inf. Div. received Korean Presidential Citations a nd Letters of Appreciation during award ceremonies held at the Republic of Korea Army Parade Field in Seoul Sept. 23, honoring units and individuals who aided the victims of the July floods.

Top officials who attended the ceremonies were: Defense Minister of the Republic of Korea, Kim Sung Eun; Winthrop G. Brown, United States Ambassador to Korea and General Dwight E. Beach, UNC/ USFK/Eighth US Army, commander in chief.

Lt. Col. John L. Jennings, commanding officer 2d Avn. En., received a Korean Presidental Citation plus a Letter of Appreciation for the 2d Inf. Div. spart in the July floods. A salute to both national flags was followed by the presentations which he accepted in shift of the men of the 2d Avn. Platons.

American Overseas Campaign Starts

The tenth annual American Overseas Campaign (AOC), a fund raising drive for nine relief organizations, began Sept. 30 and will continue through Oct, 31. In the "Indianhead Division" servicemen were asked to donate

servicemen were asked to donate money to the campaign in the September pay line and will be asked again this month.

The nine organizations which receive financial support from the AOC are the United Services Organizations (USO), the American-Korean Foundation (AKF), CARE, International Social Service, the United Seaman's Service, the American Social Health Association, the National Recreational Association, Radio Free

sociation, the National Recreational Association, Radio Free Europe and the SS Hope.

Mrs. Anna Keyzer-Andre, AOC Far East director, said that last year's campaign in the Orient collected \$133,000, almost one-fourth of that amount in Korea.

Those contributing to the AOC will have the right to designate what proportion of their gift goes to a particular agency. "Every

to a particular agency. "Every penny of your designated amount goes to the agency of your choice," Mrs. Keyzer-Andre reported.

Undesignated contributions are distributed to the agencies in the same percentages as the ear-marked funds.

"This is not a pressure cam-paign," she stated. "People give because they want to."



FIRST DONATION—Maj. Gen. John H. Chiles, commanding general 2d Inf. Div., discusses the American Overseas Campaign (AOC) with Maj. James P. Ellis, 2d Inf. Div. assistant G-2, 2d Inf. Div. campaign chairman. Gen. Chiles presented the first donation in the SECOND TO NONE division. The campaign, which officially opened Sept. 30 and will last through Oct. 31, will provide financial aid to the United Services Organization (USO), American-Korean Foundation (AKF), CARE, International Social Service, United Seamen's Service, American Social Health Association, National Recreation Association, Radio Free Europe and SS Hope. Those contributing to the AOC will have the right to designate what proportions of their gift goes to a particular agency. (2d Inf. Div. 10 Photo by SFC Evanoski)

Death by Fumes Danger Increases



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INSIDE THE ARMY

ARMY EMERGENCY RELIEF GIVES JUNIOR SOLDIERS DIRECT ACCESS

STORY BY J.D. Leipold ARMY PUBLIC AFFAIRS

Army Emergency Relief, or AER, has just made it easier for junior Soldiers to request interest-free loans and grants.

Effective Sept. 9, many junior Soldiers can apply for emergency financial assistance without involving their chain of command.

The new policy pertains to privates through corporals and specialists, who have completed Initial Entry Training and have a minimum of 12 months service or have completed Advanced Individual Training - whichever comes first. They will no longer be required to request an AER loan or grant by going through their chain of command.

Charles Durr, who serves as assistance chief for AER, said the change was brought on because AER feels that first year of service is essential in establishing trust between leader and a service members, and it's a kind of integration period where good financial fitness is being developed.

Another reason for the policy shift is because AER has seen about a 35-percent decline over the last six years in the number of active-duty Soldiers seeking assistance, Durr said.

During calendar year 2014, AER had 35,000 requests for assistance and disbursed nearly \$46 million to help active-duty Soldiers set up homes, repair autos and take care of expenditures that were unforeseen, he said.

"We attributed the decline in asking for help to what was an intimidating, time-

consuming process in that Soldiers would have to go to the squad leader, the squad leader to the platoon sergeant, the platoon sergeant to the first sergeant and so on," Durr said. "We think our Soldiers deserve to be afforded a streamlined process for resolving any of their short-term financial issues."

Durr said that no-interest loan requests and grants were down for fear of a perceived stigma that's associated with asking for help and being labeled as "bad Soldiers" because they had financial issues. Some Soldiers felt their need for financial help would threaten future promotion and selection for leadership positions or that they might lose their security clearances.

Direct access to AER has been gradual. In 2013, sergeants first class were given direct access to AER without going through their chain of command. After a further worldwide assessment, Jan. 1, 2014, AER extended direct access to sergeants and above, so it's been an incremental change over time, Durr said.

The retired command sergeant major said when Soldiers had to move through the laborious and embarrassing process of the chain of command, they would seek out alternatives like payday lenders for emergency financial assistance. Then they'd be stuck with high-interest loans.

Ways in which AER has assisted Soldiers and their Families in the past include initial deposits for utilities needed for establishing a new household, Durr said. He added that AER can also assist with the purchase of washers, dryers, beds and other furniture instead of renting-to-own.

"We can help with auto replacement, when it's not financially sound for a Soldier to continue to dump money into auto repairs that cost more than a vehicle is



\$90M \$80M \$70M \$60M \$50M \$30M \$30M \$30M \$30M \$30M \$30M \$30M

worth," he said.

In mid-July of this year, AER opened a new category of assistance - minor home repair for those Soldiers who choose to buy homes rather than rent. This new category is designed to cover repairs on interior, exterior wiring and the like which aren't covered by basic home-owners' insurance.

"We have a significant investment portfolio - so we're postured for disasters, payless paydays, things of that nature... and this is the Soldiers' fund, so they should be able to draw from it as needed," Durr said. "We continue to look for ways to meet the emergency financial needs of our Soldiers and their Families, so we have to be an organization that evolves as the Army changes."

AER was established in 1942 with \$1.5 million in seed money from the American Red Cross and \$12 million from Irving Berlin's musical, "This is the Army." It was incorporated as a non-profit organization to meet the emergency financial needs of a rapidly expanding Army.

The 2nd Infantry Division/ROK-U.S. Combined Division's goal for this year in regards to AER is reach to 138 thousand and have 100% participation from the Soldiers of the Division.





CHAPLAIN'S CORNER



Studies show that those who are grateful for many things are healthier and happier than their less grateful counterparts.

This is because gratitude is a necessary element in making our lives more abundant and fruitful. God proclaimed that the closer the world comes to its end, the less the people will be grateful.

Take a moment to think about all the blessings you've received over the entire course of your life. The list in your head may be growing by the second because the truth is, we have many reasons to be grateful. Why, then, is it so difficult to be grateful at times? Why do we struggle to do so on a daily basis?

An increasing reality of human nature is not knowing how to give thanks because we forget about the blessings we've received.

Today, we have more material things and access to greater information than those before us, yet we live with far less gratitude. Instead of being thankful for the blessings we have, we tend to focus more on the things we do not have.

Let's think about the list of blessings in our heads, once more. Despite what our current circumstances may look like, let's not be so quick to forget the rest of the blessings in our lives but always "give thanks in all circumstances." (1 Thessalonians 5:18)

Charles Swindoll said, "I am convinced that life is 10% what happens to me and 90% how I react to it." Likewise, there may be 10% of things going wrong in our lives, but there are 90% of things we should be thankful for--our health, our families, our lives, our freedom.

This is a practice that is easier said than done but take some time to reflect and search your heart and think about all the things to be thankful for in your life. May we allow gratitude to overwhelm our hearts to the point where it pours out into the lives of others.



SURGEON'S NOTE

ALL ABOUT THE FLU VACCINE



It's the beginning of fall. Time for leaves to turn colors and for you to get your flu vaccine! In the US, over 200,000 people are hospitalized and between 5,000 – 49,000 people die each year from the flu. Yet, it's a disease that is easily prevented with the flu vaccine. Soldiers will be receiving their flu vaccine through their unit through December. Family members can receive their flu shot at the TMC.

At the end of World War I the Spanish flu claimed 50 million lives worldwide. At the onset of World War II, research suggested a potential flu pandemic could strike our forces again.

Knowing that if U.S. forces were protected from the flu it would provide a combat advantage, the Surgeon General of the Army commissioned a team of physicians, including Dr. Jonas Salk, to develop the flu vaccine. After groundbreaking research and testing, the Army developed the first mass produced flu vaccine and began vaccinating all recruits in 1945.

Today there are two major types of influenza vaccines available, the "flu shot" and the "flu nasal spray." Both vaccinations are very effective, and all Soldiers are required to receive either the spray or shot every

year. Pregnant females, children, and older adults are at highest risk and should always receive the vaccine. The vaccine is given to those age 6 months and up, with the nasal spray being the preferred method for children 2-8. Nasal spray vaccine can be used for all Soldiers through age 49.

New strains of flu develop every year. The World Health Organization monitors 101 countries throughout the year for influenza trends, using computer models of disease spread. Every February the WHO predicts which flu viruses are most likely to cause illness during the upcoming flu season.

In the United States, the Food and Drug Administration (FDA) uses WHO's information to make their decision on which viruses will be included in the season's flu vaccine. These predictions aren't always perfect, which is why some years you may still get the flu despite getting the shot.

If you have more questions about the flu vaccine, please speak with your primary care provider.



SOUTH KOREA



The moment you step off post and visit cities throughout South Korea, you are immediately bombarded with signs you can't read, introduced to a language you can't understand or speak and even food that looks different. For a Soldier who's brand new to this country this experience can be extremely overwhelming.

Headquarters and Headquarters Battalion, 2nd Infantry Division/ROK-U.S. Combined Division Unit Ministry Team welcomes new Warrior Soldiers during the Tribe Newcomers Tour, by giving them a "taste" of what Area 1 has to offer.

The tour, which begins at the Tribe Center on Camp Red Cloud, consists of a scavenger hunt throughout Area 1. New Warriors are set on a mission to find four different objectives with the help of the KATUSAs and take a group "selfie" to track what they find. With each correct objective they find they earn five points. Groups lose one point for every ten minutes over their time limit.

The Soldiers are then given a packet which includes hints for each objective, emergency contact information, an email address for the pictures to be sent and bus and subway routes.

"During the tour Soldiers not only learn how to use the transportation system in Korea. They are also building a relationship with these KATUSAs and learning about the Division and Korean history." said Capt. Benjamin Ahn, the chaplain for HHBN, 2nd Inf. Div. Combined, and a native of Los Angles, California.

Pvt. Jewdy M. Bautista, a human resources specialist with HHBN, 2nd Inf. Div. Combined, and a native of Bronx, New York, said South Korea is his first assignment and after being part of the tour, he feels more comfortable and confidante in exploring this unfamiliar country he gets to call home for the

next year.

Unlike Bautista, not all Soldiers in the HHBN experienced the tour during their newcomer's integration to the Battalion.

Sgt. Shenea Andrews, the operations noncommissioned officer for the Division's chaplain office with HHBN, 2nd Inf. Div. Combined, and a native of Tampa, Florida, said most Soldiers, like herself, learned how to use the different transportation systems and the necessities to get around Korea through their peers. She believes this tour will allow Soldiers to learn how to get around earlier during their integration motivating them to explore Korea sooner rather than later.

Although the Tribe Newcomers Tour began in July for the Warriors of HHBN according to the HHBN unit ministry team with all the positive feedback from the Soldiers going through it's going to continue to stay to help new Warrior's feel comfortable with their new found home.







STORY AND PHOTO BY Cpl. LEE, SEO WON 2ND ABCT PUBLIC AFFAIRS

In the past enlisted military personnel have been declared to have the most stressful job in America. Being separated from family members, enduring heavy physical demands, and traveling frequently were some of the reasons why.

In order to survive this stressful job, Soldiers start hobbies, hang out with their buddies, or explore local communities.

Staff Sgt. Anthony Allen, a brigade religious affairs noncommissioned officer with the 2nd Armored Brigade Combat Team, 1st Cavalry Division, plays a mandolin, a guitar-like instrument, daily in his room to relieve work-related stress.

"I was always interested in instruments," said Allen. "I played a banjo and guitar prior to the mandolin. I just wanted to give it a try and I've been playing it exclusively since 2010." A mandolin is a string instrument that produces four different notes. It has eight strings in total: each pair of the strings working together to create different notes.

Allen plays his mandolin after work for an hour or so in his room. He sometimes plays along with his friend, Sgt. Elliot Valdez, a public affairs broadcast journalist with the 2nd ABCT, who plays the guitar.

"It's a great stress relief," said Allen. "If I feel stressed or overwhelmed, I go pick it up and jam out for half an hour. You can forget about what was going on in your life and just focus on one thing and it helps you decompress."

Playing musical instruments not only provided him leisure times, but it also brought him opportunities to interact with other Soldiers. By participating in different band activities, Allen built camaraderie with his battle buddies.

"I participated in several bands before," said Allen. "I played some sessions when I was stationed in Maryland."

His participation continued even when he was deployed to Afghanistan.

"I joined a band that was coming through Afghanistan in 2013," Allen added. "It was an Air Force band and they had a mandolin player. I was sitting in my office when I heard somebody chopping on the mandolin. I recognized it and went out, met up with them and played two songs with them."

While he is stationed in South Korea, Allen said he would like to perform a concert on the musical street in Seoul with his friends. He is also planning on practicing jazz on the mandolin during this nine month rotation.

Even though being a Soldier is tough, with a decent hobby or two, a Soldier should be able to endure their time in service and even enjoy it, said Allen.

"Find something productive that you enjoy doing and get better at it," Allen said. "Set time aside each day to practice."



SOLDIERS EXPERIENCE THE BEST SEDUL HAS TO OFFER



Soldiers from the 2nd Armored Brigade Combat Team, 1st Cavalry Division, were given a two-day tour of the historic districts of Seoul, South Korea, courtesy of the Dongducheon City Council, Sept. 3-4.

The purpose of the tour is to introduce Soldiers to Korean culture, said Chu Hyuk Yin, translator for the city of Dongducheon and liaison to the U.S. Army units located in the area.

"We used to have the Dongducheon tour, but there's not as many things to show," said Yin. "We tried to add the Seoul tour in order to let you guys understand our culture more effectively."

Soldiers were treated to lavish meals with authentic Korean foods, a Korean musical performance, and tours of two of the many palaces and historical districts interwoven in Seoul's infrastructure.

"I like seeing new and different stuff, so I'm having a good time with it," said Pfc. John Getchell, an M1 Abrams crewmember with 2ABCT and one of the Soldiers who participated in the tour.

Meals were particularly educational for the Soldiers, few of whom had taken the chance to expand their palates since arriving in Korea in June.

"I didn't know most of what I was eating, but I enjoyed all of it," said Getchell.

The biggest hit was the tour of the Gyeongbokgun Royal Palace, first built in 1395 under the Joseon Dynasty.

"I'm interested in the architecture and geographical design that they used to build all the buildings," said Spc. James Hackworth currently serving with 2ABCT. "It seems like they've got a central point and they branch out from there kind of like Arabic countries with mosques."

This was also the first opportunity for many of the Soldiers to interact with the Korean people firsthand.

The group stayed overnight at a Korean guesthouse, a single-story villa nestled in the heart of Seoul's Jongno District.

"I kind of figured I'd be seeing authentic traditional Korean signs and historical monuments and things of that nature," said Hackworth. "But the guest house I didn't really think that would be a thing. I thought it would be a hotel or something."

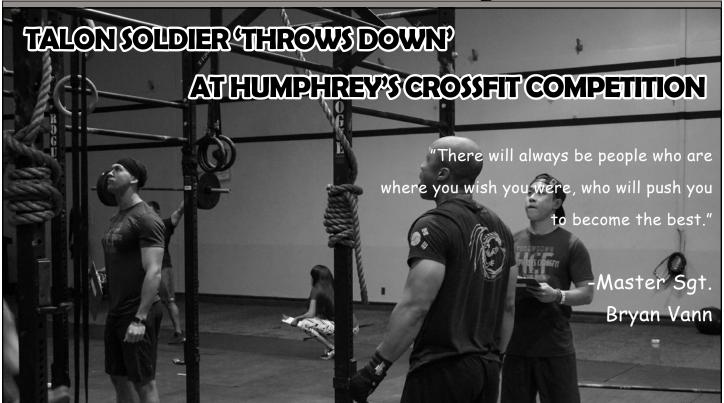
Overall the Soldiers were very grateful to have such a unique and enlightening opportunity.

The tour was designed to expose Soldiers to areas they might like to revisit, said Yin. By doing so, the city of Dongducheon might inspire Soldiers to use their time to experience all that Korea has to

"I want Soldiers to have a different mindset, a more adventurous mindset," said Yin. "There's much more for a Soldier to learn or experience. I encourage Soldiers to be courageous and mingle with the culture."



Enjoy Seoul

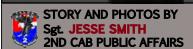


Master Sgt. Bryan Vann, the noncommissioned officer in charge of the 2nd CAB communications section, prepares himself to perform a pullup during a



Throw Down CrossFit competition at the Fitness Annex on Camp Humphreys, South Korea.

Master Sgt. Bryan Vann performs an overhead squat during a CrossFit competition at the Fitness Annex on Camp Humphreys, South Korea. The squat was only one of the four exercises that were part of the first workout of the day.



Sweat dripped down his face as he pulled his body to the top of the bar. His face showed the determination and fight he felt in his heart. He breathed in deep, pulled himself up once, dropped his feet to the ground and moved to the next exercise. The pullup was only one of the exercises included in the Throw Down Crossfit competition held at the Fitness Annex, Camp Humphreys, South Korea on Sept. 12.

Master Sgt. Bryan Vann, noncommissioned officer-in-charge of the with the 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-U.S. Combined, communications section, said he wasn't going to compete, but the lead Humphrey's CrossFit coach, Angela Whidden, motivated- him to do otherwise.

"She is not only one of the best Crossfit coaches out there, but also just a great person," Vann said. "She has an awesome personality and really helps people improve."

After participating in a two-week, peninsula-wide exercise Vann trained for two and half weeks, twice a day, and focused on his form for the different exercises.



Master Sgt. Bryan Vann performs a deadlift during a CrossFit competition at the Fitness Annex on Camp Humphreys, South Korea.

"I felt endurance was my weakness, so I did a lot of running working up to the event and was confident I had improved," Vann said.

Vann volunteered to help run the 9/11 Hero Workout of the Day (WOD) at the Fitness Annex the day before the competition.

"The Hero Workout provides a great way for people to get together to honor the first responders who lost their lives on September 11," said Vann.

He was ready for the competition the next day and was happy finishing in eighth out of 15 competitors added Vann.

"I think I could have done better, but I did match a personal record on the clean and jerk," he said.

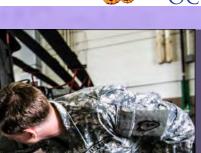
Vann will leave Korea in October and does not know when his next competition will be, but he said he will always continue with Crossfit due to the supportive community it fosters.

"You will always see people who are where you were, and you will want to help them to get better, and there will always be people who are where you wish you were who will push you to become the best," Vann said.

Vann hopes to continue doing competitions and dreams of one day owning a CrossFit gym, so he can coach others using the knowledge he has learned over the years.







Spc. Devin Fullmer checks the weapon system on an OH-58 Kiowa in the 2-6 CAV hangar on Camp Humphreys, South Korea.



Spc. Devin Fullmer, poses in front of an OH-58 Kiowa in the 2-6 CAV hangar on amp Humphreys, South Korea.



Spc. Devin Fullmer performs maintenance on an OH-58 Kiowa in the 2-6 CAV hangar on Camp Humphreys, South Korea. Fullmer performs maintenance on multiple helicopters on a daily basis for his unit.

LIKE A DRAGON FLY



uring the summer in South Korea it is the best weather for dragonflies. As the sun gets hotter, the butterflies that flourished during the spring time fade, and dragonflies take over the grass. If you take a walk down the flight line on Camp Humphreys, you will see dozens of dragonflies, dancing around the aircraft. If you look up the sky, the chances that you will see an OH-58 Kiowa helicopter are as often as you will the dragonflies.

Spc. Devin Fullmer, a native of Soda Springs, Idaho and an OH-58 Kiowa armament specialist from the 2nd Squadron, 6th Cavalry Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-U.S. Combined takes care of dozens of Kiowas in the 2-6 CAV hangar.

"I check the electronics, armament and safety," said Fullmer. "I make sure that our OH-58 Kiowa is ready to fly."

Fullmer first joined the Army in 2012 because he "wanted to fly." Although he does not hover the sky, he does help pilots stay in flight and he is proud of his job.

"During training, I work at the Forward Arming and Refueling Point (FARP) pad," said Fullmer. "I also keep all the parts ready in case of any accidents or mechanical faults so that the helicopter can function properly."

Spc. Brandon Quinata, another OH-58 Kiowa armament specialist from the 2-6 CAV, spoke about how proud he was of Fullmer.

"Fullmer and I have worked together since day one," said Quinata. "We have been through multiple gunneries, the Pohakuloa Training Area in Hawaii, the National Training Center in California and more." Tapping Fullmer's back, Quinata said, "All his work exceeds the standard."

Spc. Nicholas Quinn, another OH-58 Kiowa armament specialist from the 2-6 CAV, said, "Fullmer always puts 100 percent into his work."

When not in a field or work, Fullmer said he is a hardcore fan of dirt biking. He rides mountains with an auto bicycle. Once the unit goes back to Hawaii, Fullmer plans to go "Green to Gold", a two-year program that provides eligible enlisted Soldiers an opportunity to complete a two-year graduate degree and earn a commission as an Army Officer.

'THUNDER' MEDICS CONDUCT ANNUAL FTX

STORY AND PHOTOS BY Pfc. OH, JAE-WOO 210TH FA BDE PUBLIC AFFAIRS

The Health Care Specialists of 210th Held Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, conducted a combined medical field training exercise at Camps Casey and Hovey, South Korea.

The exercise was designed to train, execute and evaluate the Thunder medics

ability to provide health service support under realistic environments with actual hands-on training.

"As they progress through the training, the Soldiers became more familiarized and more knowledgeable with the resources available to them in this theater of operations," said, 2nd Lt. Andrew Obelgoner, a brigade medical planner with Fleadquarters and Fleadquarters Battery, 210th FA. Bde, 2nd Inf. Div. Combined.

During the initial phase of the exercise Soldiers performed emergency deployment readiness

drills. The units also set up their Battalion. Aid Stations in order to provide a space for medies to train their close-contact health care operations with patients.

Over the course of a week medies notated through Medical Evacuation
Training, Mass Casualty Training, and Chemical, Biological, Radiological, and
Nuclear Training to ensure steady performance of medical care while experiencing realistic environments.

"There is a difference between Soldiers who have gone through the exercises and those who haven't said Obelgoner. "Through repetitions under pressure and stress, they build confidence and become more professional."

Being an expert on an operation ensures safety and success of the operation in

thefield

"We are dealing with heavily dangerous rotary wings here" said Capt. Dawn Herron, a native of Clarksville, Tennessee, and an aeromedical execution of ficer from Company C, 2rd General Support Aviation Battalton, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, 2nd linf. Div. Combined. "There are safety concerns, so everyone has to have clear understanding on MEDIEWAC operations."

Soldies learned to load patients safely onto helicopters and practiced calling mino line MIDDEVAC requests.

"It is up to the medies on the ground and in the air to do everything necessary to increase the survivability of the patients. Our purpose is to keep the patient alive from point A to R," said

Medies go through multiple practices to forge their skills to treat patients under pressure, as they cannot afford to make mistakes.

"It is up to the medica in the

field to take one of all the injured Soldiers and conserve life as much as possible. This is one of the hardest tasks, because no body can determine how many injured Soldiers there will be before the incident takes place? said Chief Warrant Officer 2 Humphrey B. Hills, a CHRN technician from Srd Battellon, 16th Hold Antillery Regiment, 210th BA Bde., 2nd Inf. Div. Combined.

"There is no telling how many patients will come in or how serious their injuries will be. Before going into the field, we try to overcome this using Mass Casualty training," added Obelgoner. "By putting the medies under a lot of stress with a large amount of casualites and then reinforcing the necessary measures, we ensure that we do as much good for the people."









INDIAN HEAD HONOR FEATHERS







The 2nd Infantry Division/ROK-U.S. Combined Division strengthened the alliance by hosting a Chuseok Reception at Mitchell's Club, Camp Red Cloud, South Korea, Sept. 22. Vice Governor Kim, Hee-Kyuem of Gyeonggi Province, Vice-Mayor Song, Gyeong-sik of Uijeongbu City, and other community representative celebrated Korean Thanksgiving with senior leaders and spouses.







Soldiers from 2nd Infantry Division/ROK-U.S. Combined Division demonstrated their readiness to Fight Tonight by competing in a Triathlon, 10K and 5K runs at two different events in Seoul, South Korea, Sept. 19. Participation in events such as these shows the support for the local community and strengthens our continuing alliance with the people of the Republic of Korea.



With the change of season and transition from the summer to the winter physical fitness uniform you might want to consider also changing you PT/athletic shoes. Although you may feel comfortable with the pair you currently have it still might not be giving you the correct support you need. A few factors that contribute to the "wear and tear" of shoes are: weight, how often you use them, what activities you use them for, and how you take care of them. In other words although the shoes might look and feel okay it might be time to replace them. According to some researchers anywhere between 300 to 500 miles is around the time to start replacing them. For those runners out there it could be every five to six months! Let's hope Santa comes twice this year!!

The arch of your foot falls into one of three categories: Low-arched, neutral-arched, or high-arched. The type of arch determines whether your foot has a tendency to roll in or out during sports activities. If you have a low arch, your ankle rolls inward when you walk, and your shoe shows more wear on the inside. If you have a high arch, you have a tendency to walk on the outside of your foot, and your shoe shows more wear on the outside. Right choice of athletic shoes can make a significant difference in your performance and prevention of injuries.

While shopping try to remember:

- · Have your feet measured while you're standing
- · Always try on both shoes, and walk in the shoes before buying them
- \cdot Buy for the larger foot; feet are rarely the same size
- $\cdot \ Shoes \ should \ feel \ comfortable \ immediately$
- \cdot Shop for shoes later in the day; feet swell during the day
- · Be sure that the widest part of your foot corresponds to the widest part of the shoe
- · Try on shoes while wearing the same type of socks you'll be wearing with the shoe.





After more than 60 years we still have a strong bond of unity between our two countries and our Soldiers.

- Command Sgt. Maj. Carlos Gonzalez

We had to show up with camel backs and eye pro. I thought it was going to be a detail.

- Sgt. William Reynolds

We're actually going to have your back.

- Spc. Hung Buong











The city of Dongducheon hosted a Korean Memorial Day Ceremony Saturday at the Dongducheon Sports Complex to pay respects to their fallen patriots and commemorate the foreign heroes who died protecting their homeland 65 years ago.

Soldiers of the 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, Republic of Korea army units and students from the Dongducheon Foreign Language High School participated in the ceremony.

"After more than 60 years, we still have a strong bond of unity between our two countries and our Soldiers," said Command Sgt. Maj. Carlos Gonzalez, the senior noncommissioned officer of the 210th

The ceremony began with solemn remarks commemorating all those who lost their lives during the Korean War. Special thanks and gratitude was given to the few living Korean War veterans in attendance.

The first event was a TaeKwonDo exhibition by the ROK army's 1st Corps Honor Guard. Soldiers spun flips and kicks through the air, smashing boards and bricks to splinters and shook the crowd from their respectful silence into a roar.

The 1st Corps Honor Guard was followed by the Korean pop group Cheer Coke. U.S. Army Soldiers joined them on the field, after Cheer Coke's second song, laughing and cheering while whipping miniature Korean and American flags through the air. The band performed one encore before exiting the stage.

"For some of them its culture shock but at the same time they can see that it doesn't matter which country you're in," said Gonzalez.

The mayor of Dongducheon, Oh Sechang, announced the start of the highlight of the ceremony, the athletic exchange.

"Today's athletic exchange will help us to strengthen national defense, capabilities, and ties between the ROK and US, thereby making the basis for peaceful unification of the Korean peninsula," said Oh Sechang. Each group formed teams to compete in a series of contests meant to test physical abilities through

Spirit Spof Friendship

"It's an honor because we share the same sacrifices, bravery, courage, and also friendship."

- Command Sgt. Maj. Carlos Gonzalez



Spc. Hung Buong, a machinist, assigned to the 210th Field Artillery Brigade, 2nd Infantry Division ROK/US Combined, faces off against a ROK army Soldier in an arm wrestling match.



Soldiers of the Republic of Korea's 1st Corps Honor Guard perform a TaeKwonDo expedition for U.S. and ROK Soldiers during the Dongducheon Memorial Day Ceremony.



U.S. and Korean Soldiers cheer on the Korean pop group "Cheer Coke" during the Dongducheon Memorial Day



Leaders of the 210th Field Artillery Brigade, join Dongducheon Mayor Oh Sechang on stage at the Dongducheon Memorial Day Ceremony.

unusual means, like arm wrestling, and a footrace through an inflatable bounce house.

Sgt. William Reynolds, the senior intelligence analyst for the 210th was surprised at the day's turn of events. "We had to show up with camel backs and eye pro," said Reynolds. "I thought it was going to be a detail." The crowd cheered during the arm wrestling competition, when one of the 210th's biggest Soldiers was defeated by an ecstatic ROK army Soldier, who was carried off

by his comrades like he'd just won the Olympics.

Old Korean War veterans joined in. Each team received an honorary member. Everyone present crowded around to watch the old men duke it out on stage, and the Americans won their next point thanks to an elderly Korean man in a tank top.

"They still have the energy of their youth," said Spc. Hung Buong, a 25-year-old machinist from Oakland Ca., currently assigned to the 210th.

Buong was extremely vocal in his support, cheering on every Soldier as they stepped up on stage to face off.

"This kind of activity basically shows them that we're here and we have your back," said Buong. "We'll work with you, and we can have fun with you."

The culminating event was the tug-of-war contest. A three-inch thick, 100-meter braided rope was dragged out to the field while the groups chose 80 of their strongest to participate.

The first match was one of the ROK army units against the high schoolers, who put forth a valiant effort, but were ultimately defeated by the fully-grown Soldiers.

The next match was the American Soldiers versus the remaining ROK army unit. The Soldiers bent down to secure the rope, and the men at the middle met with nervous grins. Command Sgt. Maj. Gonzalez, dove out of the crowd at the last possible second and took his place at the head of the line.

The whistle blew and a hush grew over the crowd. Seconds passed, and neither side gave an inch. Without warning, each side surged backwards, sending Soldiers tumbling over each other. One Soldier emerged from beneath the pile on the American side, holding one end of the severed rope overhead.

ROK and U.S. army Soldiers leapt to their feet, cheering as each group rushed towards the center of the field. There was laughing and shouting, hugs and high-fives. Even though they were pitted against each other in competition, the Soldiers found their own way to win. Together. Just like they did 60 years ago.





Platoons from the 61st Chemical, Biological, Radioactive, Nuclear Company, 23rd Chemical Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, supported the 1st Squadron, 9th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, during their Super Table XII Gunnery at Rodriguez Live Fire Complex, South Korea. The company integrated immediately with the squadron to provide CBRN expertise on operational decontamination prior to mission execution.

Fourth platoon conducted a demonstration and familiarization of operational decontamination and buddy team Mission Oriented Protective Posture (MOPP) gear exchange for the 1-9th Cav. Regt.; which resulted in all levels of leadership being trained to include the battalion commander and command sergeant major. This training offered cavalry Soldiers the opportunity to familiarize themselves with the concept of decontamination operations. "We as combat arms leaders are thankful to receive this training from the SME's (subject matter experts) on CBRN related tasks," said Command Sgt. Maj. Randel Bettger, senior enlisted leader for the 1-9 Cav. Regt., 2nd ABCT, 1st Cav. Div.

During the Table XII Gunnery, maneuver platoons went through a simulated chemical attack while attempting to cease an objective. The contaminated platoon was then required to submit a CBRN one report. Once the platoon was contaminated they were given the grid coordinates to the site of a decontamination support element.

Upon arrival at the decontamination site the contaminated platoon established communications with the decontamination element and conducted link up procedures.

The decontamination platoon proceeded to support the contaminated unit by performing operational decontamination and supervising buddy team MOPP gear exchange.

During the duration of the 14 day exercise over 20 M1A1 Abrams and 20 M2A3 Bradley Fighting Vehicles were decontaminated as well as over 100 infantrymen conducted MOPP gear exchange. "The Table XII exercises reinforced CBRN knowledge for my platoon and at the same time allowed us to highlight its importance to Soldiers of other MOS's," said Spc Brendan Casper, an assistant squad leader with 61st CBRN Company, 23rd Chemical Bn., 2nd Inf. Div. Combined.







OCTOBER 2015









EATS IN KOREA









STORY AND PHOTOS BY Sgt. 1st Class CLINTON CARROL 2ID PUBLIC AFFAIRS

I'm winding my way through the busy streets of Uijeongbu trying to find a place to eat. I'm not interested in authentic Korean cuisine tonight, nor do I want some greasy fast food. Tonight I am just looking for a regular kind of place for a regular kind of night. Then I look up and see a big black and white sign with three letters, TAB, short for Take A Break. The sign proudly displays this place is a hand-crafted beer house, so I decide to give it a try.

Once I get inside it almost looks like I am back in bar in the States because the atmosphere is distinctly western. Only the large window overlooking downtown Uijeongbu reminds you where you are.

I am greeted by staff member Christopher Marsh who is from Manchester, England but now calls Uijeongbu home. I ask him if he can tell me a little about the beer. Chris says, "The beer is all handcrafted beer supplied from four different companies - all in Korea."

So, I do what any true red blooded American would do and order a beer sampler. With a sampler you can order four of any beers on tap. If you're not sure what to get you can just ask a staff member to explain them to you or just ask them to surprise you and let the staff choose, which is what I did. The moment the first beer touches my lips my taste buds thank me and I am absolutely certain I came to right place. Chris tells me that TAB is the only place in the Uijeongbu area that offers the amount of craft beers they do. "There are other places that have one or two on tap - but not six. I've not seen that anywhere else."

Just as I am starting to settle in, I start to get a little hungry. The menu is a simple one page menu with what at first looks like the usual suspects of bar food, but don't be deceived. The menu boast everything from hand made non-frozen hamburgers to the gigantic hash brown pizza, which Chris challenges anyone to try to eat alone. I opt for the more subtle, and order the onion rings and the baked mac and cheese. Then I watch as the staff works as team, they select an onion and chop it up, cover the rings in a homemade batter and let them slowly fry in a skillet. The mac and cheese is also handmade - and cooked with homemade ingredients - but it doesn't look like any mac and cheese I've had before. They serve it to me on a board - the mac and cheese consists of four fried squares...and inside these squares is cheesy slightly spicy bundles of goodness that make you say "where has this been all my life?"

The TAB house isn't overly busy either. It's a place where you can have a drink and actually have a conversation. You can enjoy the high quality beer and homemade food without it being pretentious or overpriced.

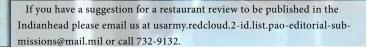
Don't worry, I didn't see a single hipster - and the menu, as far as I could tell, is not gluten free. This isn't a trendy bar trying to attract what is fashionable this week. It is a place, as the name suggests, where you can just take a break. They aren't trying to be like anyone else, they just do what they think is good - and I have to tell you, it's damn good.

2nd Floor, Simin-ro I2Ibeon-gil, Uijeongbu-si,

Gyeonggi-do, South Korea

Call: 070-4413-1171 or

visit: www.facebook.com/tabcraftbeerhouse



CAMP CASEY

									E 5.44	
PAY	SHOW TIME	MOVIETITLE/CAST	Rating	ADM	DATE	DAY	SHOWTIME	MOVIE TITLE	Rating	ADM
Thu		CLOSE					15:30	*GOOSEBUMPS MOVIE	PG	3D-4
Fri	18:00	'BLACK MASS	R	20-4	Oct-17	Sat	18:00	*CRIMSON PEAK	R	2D-4
	20:00	*THE MARTIAN	PG13	2D-4			20:30	*BRIDGE OF SPIES	PG13	2D-4
Sat	18:00	*THE MARTIAN	PG13	3D-4			18:00	*BRIDGE OF SPIES	PG13	2D-4
94.	20:00	'THE MARTIAN	PG13	2D-4	Oct-18	Sun	20:30	*CRIMSON PEAK	R	2D-4
Sun	18:00	"THE MARTIAN	PG13	2D-4	Oct-19	Mon	19:00	AMERICAN ULTRA	R	2D-3
	20:00	*THE MARTIAN	PG13	30-4	Oct-20	Tue		CLOSE		
Mon	19:00	*MAZE RUNNER: THE SCORCH	PG13	2D-4	Oct-21	Wed	19:00	*NO ESCAPE	R	2D-3
Tue		CLOSE			Oct-22	Thu		CLOSE		
Ned	19:00	*EVEREST	PG13	2D-4			18:00	*JEM AND THE HOLOGRAMS	PG	2D-4
Thu		CLOSE			Oct-23	Fri	20:00	*PARANORMAL ACTIVITY: THE GHOST DIMENSION	NR	2D-4
Fri	18:00	WE ARE YOUR FRIENDS	R	20-3			18:00	'PARANORMAL ACTIVITY: THE GHOST DIMENSION	NR	2D-4
	20:30	THE GIFT	R	2D-3	Oct-24	Sat				2D-4
	15:30	*PAN	PG	3D-4	Oct-25					2D-4
Sat	18:00	*THE MARTIAN	PG13	3D-4		Sun			-	2D-4
	20:30	AMERICAN ULTRA	R	2D-3	Oet 26	Hon			-	
Sun	18:00	*THE MARTIAN	PG13	20-4		2000	19:00		n .	2D-4
	20:30	SNISTER 2	R	2D-3			0.72	7777		
Mon	19:00	*THE PERFECT GUY	PG-13	20-4		1 0 30	19:00	*BRIDGE OF SPIES	PG13	2D-4
Tue		CLOSE			Oct-29	Thu		CLOSE		
Ved	19:00	*MAZE RUNNER: THE SCORCH	PG-13	2D-4	Oct-30	Oct-30 Fri	18:00	*SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	2D-4
Thu		CLOSE					20:30	*SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	2D-4
		*BRIDGE OF SPIES	PG13	2D-4	Oct-34		18:00	*SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	2D-4
Fri	18:00	BRIDGE OF SPIES	1010	20 1	Oct-31	Sat				
Sul Mo	uu ii i	18:00 18:00 20:00 18:00 20:00 18:00 20:00 19:00 19:00 18:00	CLOSE 18:00 'BLACK MASS 20:00 'THE MARTIAN 18:00 'THE MARTIAN 20:00 'THE MARTIAN 18:00 'THE MARTIAN 18:00 'THE MARTIAN 19:00 'THE MARTIAN 19:00 'THE MARTIAN 19:00 'MAZE RUNNER: THE SCORCH CLOSE 19:00 'EVEREST CLOSE 18:00 WE ARE YOUR FRIENDS 18:00 THE GIFT 15:30 THE GIFT 15:30 THE MARTIAN 20:30 AMERICAN ULTRA 18:00 THE MARTIAN 20:30 AMERICAN ULTRA 18:00 THE MARTIAN 20:30 SNISTER 2 19:00 THE PERFECT GUY CLOSE 19:00 "MAZE RUNNER: THE SCORCH 19:00 TMAZE RUNNER: THE SCORCH 19:00	18:00	18:00		18:00			CLOSE

For more information on movie schedules visit: Reel Time Theaters @ www.shopmyexchange.com



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









YONGSAN MOVIE

			SCREEN 1					SCREEN 2					
Date	Day	SHOW TIME	MOVIE TITLE	Rating	ADM	Date	Day	SHOW TIME	MOVIE TITLES	Rating	ADM		
Oct-01	Thu	1900	WAR ROOM	PG	4	Screen #2 will be closed							
Oct-02	Fri	1730	MARTIAN (3D)	PG13 4		Oct-13	Tue	1900	from 1 Sep. to 12 Oct. WE ARE YOUR FRIENDS	R	3		
		2030						300		Dece.			
Oct-03	Sat	1330	MARTIAN (3D)	PG13	4	Oct-14	Wed	1900	THE INTERN	PG13	4		
OGI-03	Sut	1630 1930				Oct-15	Thu	1900	THE INTERN	PG13	4		
		1330			G13 4	Fri	1730	GOOSEBUMPS MOVIE (3D)	PG	4			
Oct-04	Sun	1630	MARTIAN	PG13				2030	CRIMSON PEAK (3D)	R	4		
55.51	- Cum	1930				0447	Sat	1330	GOOSEBUMPS MOVIE (3D)	PG	4		
Oct-05	Mon	1900	MARTIAN	PG13			Sat	1630/1930	BRIDE OF SPIES	PG13	4		
Oct-06	Tue	1900	SINISTER 2	R	3			1330	GOOSEBUMPS MOVIE (2D)	PG	4		
Oct-07	Wed	1900	AMERICAN ULTRA	R	3	Oct-18	Sun	1630	BRIDE OF SPIES	PG13	4		
Oct-08		1900	AMERICAN ULTRA	R	3			1930	CRIMSON PEAK (2D)	R	4		
Oct-08	Thu	1730	AMERICAN OLIKA	-	3	Oct-19	Mon	1900	CRIMSON PEAK (2D)	R	4		
Oct-09	Fri	2030	PAN (3D)	PG	4	Oct-20	Tue	1900	CRIMSON PEAK (2D)	R	4		
		1330				Oct-21	Wed	1900	EVEREST (2D)	PG13	4		
Oct-10	Sat	1630	PAN (3D)	PG	4	Oct-22	Thu	1900	EVEREST (2D)	PG13	4		
		1930		_			1730	JEM AND THE HOLOGRAMS	PG	4			
Oct-11	Sun 1630		PAN	PG	4	Oct-23	Fri	2030	PARANORMAL ACTIVITY: THE GHOST DIMENSION (3D)	R	4		
		1930						1330/1630	JEM AND THE HOLOGRAMS	PG	4		
Oct-12	Mon	1530	PAN	PG	4 0	Oct-24	Sat	1930	PARANORMAL ACTIVITY: THE GHOST DIMENSION (2D)	R	4		
		1830						1330/1630	JEM AND THE HOLOGRAMS	PG	4		
Screen 1 will be closed from 13-26 Oct.				Oct-25	Sun	1930	PARANORMAL ACTIVITY: THE GHOST DIMENSION (2D)	R	4				
Oct-27	Tue	1830	MARTIAN	PG13	4	Oct-26	Mon	1900	PARANORMAL ACTIVITY: THE GHOST DIMENSION (2D)	R	4		
Oct-28	Wed	1830	MARTIAN	PG13	4	Oct-27	Tue	1900	PARANORMAL ACTIVITY: THE GHOST DIMENSION (2D)	R	4		
Oct-29	Thu	1830	MARTIAN	PG13	4		100		TAN AS AN AS	P'			
Oct-30	Fri	1730 2030	SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	4	Oct-28	Wed	1900	BRIDE OF SPIES	PG13	4		
	1330				Oct-29	Thu	1900	BRIDE OF SPIES	PG13	4			
Oct-31	Sat	1630	1630 SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE	R	R 4	Oct-30	Fri	1730/2030	GOOSEBUMPS MOVIE (2D)	PG	4		
		1930				Oct-31	Sat	1330/1630/1930	PAN (2D)	PG	4		













Description/Blazon

A Gold color metal and enamel device 17/32 inches (3.10 cm) in height consisting of a coat of arms blazoned as follows: Shield: Or a cross moline Sable, on a chief embattled of the last a Maltese cross Argent. Crest: On a wreath of the colors (Or and Sable) a bundle of five arrows Sable armed and flighted Gules, tied with a rattlesnake skin having five rattles Proper; the device enclosed within a motto scroll arcing over the top of the shield and inscribed "Loyalty" on the dexter side and "Courage" to sinister in Black letters.

Symbolism

The shield is yellow for Cavalry. The cross moline symbolizes the charged of this Regiment on Longstreet's troops at Gaines Mills in 1862; a charge which saved the Union artillery and which is characterized by the Regimental historian as "its most distinguished service." The cross moline is supposed to represent the iron pieces of a mill stone (moulin, the French word Mill). The chief is for the Puerto Rican Expedition of 1898. The original name of the island was San Juan, named for the old knights of St. John who wore a white maltese cross on a black habit. The partition line is embattled to suggest the castle on the Spanish arms. The crest is for the Indian campaigns of the Regiment; the number of arrows corresponds to the numerical designation of the organization.

Background

The distinctive unit insignia was originally approved for the 5th Cavalry on 19 January 1923. It was redesignated for the 5th Cavalry Regiment (Infantry) on 16 December 1953. The insignia was redesignated for the 5th Cavalry on 10 July 1959. It was amended to revise the symbolism on 23 June

Description/Blazon

Shield or a cross moline Sable, on a chief embattled of the last a maltese cross Argent.

Motto

LOYALTY AND COURAGE.

Background

The coat of arms was originally approved for the 5th Cavalry on 11 June 1921. It was redesignated for the 5th Cavalry Regiment (Infantry) on 16 December 1953. The insignia was redesignated for the 5th Cavalry on 10 July 1959. It was amended to revise the symbolism on 23 June 1960.



CREST



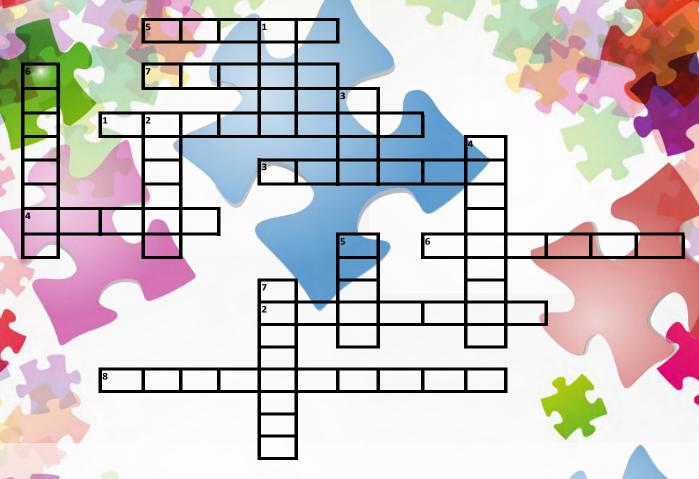
COAT OF ARMS







Crossword DIVISION HISTORY



400		
M	111	OSS:

The 2nd Infantry 1 was organized on 2 26, 1917.

During this time it was composed of Army and 3 units.

During "The 4 War" the Division was commanded by Marine Cops generals 5_.

The 2nd Infantry Division was organized at Bourmont, Haute Marne, 6.

After fifty 7 of service on the Peninsula the 1st Armored Brigade Combat Team deactivated to make way for a rotational brigade (armor).

July 1st, 2015 will mark 50 years of 8 service for the 2nd Infantry Division on the Korean peninsula.

DOWN:

Maj. Gen. John A. Lejeune one of the Marine officers to command the Division was nicknamed "The Old __2_."

The Division fought in 3 wars and is one the most 4 Divisions in the U.S. Army.

The Division holds 5 Medal of Honor recipients and over twenty 6 participation credits.

The 2nd Infantry Division became the first ever ROK-U.S. 7 Division on June 3, 2015.

> Check out next month's Indianhead for answers.