



# INDIAN HEAD

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**and owns the ground**

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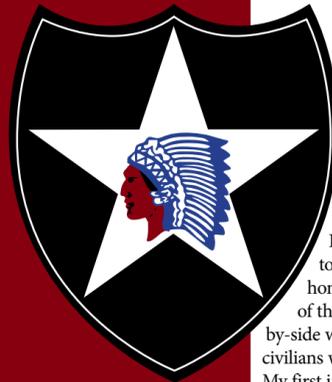
## FUELING THE VOLCANO

**crews shoot for qualification**

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# UNDER THE OAK TREE: NCO EXPECTATIONS



## INDIANHEAD

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2nd Infantry Division  
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In my 29 plus years, I have never been assigned to the 2nd Infantry Division or the Republic of Korea. But, one thing is certain, when anyone in the U.S. Army or other walks of life, think about service on the Korean Peninsula, only one patch ever comes to mind. The 2nd Infantry Division has a storied history, and I am very fortunate, I am honored and very humble to be a part of this division and now to stand side-by-side with the Soldiers, NCOs, officers and civilians who serve in the Warrior Division. My first impression of the division was during the Change of Responsibility Ceremony and that honorable Retirement Ceremony you gave Command Sgt. Maj. Michael P. Eyer. It says a lot about the pride and respect of all Warriors.

I am sure that everyone has been paying attention to current events with the fiscal situation in our country that is affecting the armed forces. I believe that we are, as an Army, going to experience the toughest two to three years ahead of us. Over our 237 plus-year history, the Army has gone through this before. After every major war, the military has gone through a transition. I have faith in our Soldiers and our leaders that we are ready for the challenges. I ask this question – Who is going to stick it out? During the winter of 1777-78, when our Continental Army was surviving at Valley Forge, so many gave up and went home, and decided that it was too hard. There were many who decided to stick it out though because they believed in their leadership, and they believed in the cause. Maybe we are in our own Valley Forge, and many will decide to walk away because it will be too difficult. I know that many I serve with are going to stick it out, because they believe in the leadership, and in the cause. I look at our careers as a relay race.

Each person on the team has a leg of the race to run. Who is going to be at the line waiting for you to pass the baton? Each of us has a responsibility to prepare our subordinates to carry the baton on their leg of the race.

Since my arrival, I witnessed many things that really work here in this division. Other divisions in the Army want to take some things from our playbook and use it in their units. There is a sense of belonging, in this division. Why do so many want to be here, stay here? Why do so many give so much for their unit, their division, for their buddies and for themselves? I can only relate this to the real mission, and sense of purpose of each and every member. The 2nd Infantry Division is the only Army division permanently forward-stationed outside of the continental U.S. The Warrior Division has faced a real enemy and assisted with the security of another country ever since the mid-'60s. Every leader knows their Soldiers matter and they train them to be able to "Fight Tonight!" The Warrior Division Soldiers are the most resilient Soldiers I have ever witnessed.

I want to leave you with a couple of things. We have to make sure that we reintroduce character in our lifestyle. Our character has to be equal to competence. You just can't be a competent leader; you have to be a person of character. We are a values-based Army, and everyone is expecting us to always do the right thing. Standards and discipline are two things that make our Army the strongest army in the world. When you look at all the things that we do, it is always the standards that guide and regulate us and keep us straight. It is also the discipline of our leaders and the Soldiers who wear the uniform of the U.S. Army. Without discipline you have brigands and hooligans, and from what I see, there are none in this division. There is an expectation that our troopers have the discipline to make the hard right over the easy wrong.



Command Sgt. Maj. Andrew J. Spano  
2nd ID Command Sergeant Major

We are all U.S. ambassadors in the Republic of Korea. The citizens of this country trust us to always respect them and their culture. It takes each of us to be a Ranger Buddy, to make sure none of us stray from the straight and narrow path. The way ahead is the partnership with our ROK Army counterparts. There is nowhere else in our Army where this means success or failure more. There is much that we can teach and learn from each other.

I look forward to seeing each and every one of you on the high ground. Many want to serve in the 2nd Infantry Division, but most will not. Because of that, it is unfortunate that they will not ever get their chance. Take every opportunity to excel and better yourself, to challenge yourself. No one is going to give you anything, you have to want it and go after it. Be prepared to "Fight Tonight!" It takes all of us to keep the team together.

Second to None!



Soldiers from 2nd Combat Aviation Brigade provide vital assets to support Republic of Korea and U.S. Marines Jan. 31. More than 100 U.S. Marines from Company B, 1st Battalion, 3rd Marines, 3rd Marine Division stationed in Japan are conducting arctic training with ROK marines in Korea.

Photo by Staff Sgt. Vince Abril, 2nd CAB PAO

## 2ID gets new top enlisted Soldier, says farewell to another



Command Sgt. Maj. Michael P. Eyer, outgoing 2nd Infantry Division command sergeant major; Maj. Gen. Edward C. Cardon, division commanding general; and Command Sgt. Maj. Andrew J. Spano, incoming division command sergeant major, salute the colors during a change of responsibility ceremony Jan. 30 at Camp Casey. (Photo by Kim Seung-nam 2ID PAO)

STORY BY  
SGT 1ST CLASS  
MICHAEL GARRETT  
2ID PUBLIC AFFAIRS

Command Sgt. Maj. Andrew J. Spano assumed the helm as the senior enlisted leader in the 2nd Infantry Division from Command Sgt. Maj. Michael P. Eyer during a change of responsibility ceremony Jan. 30, at Camp Casey.

Before the ceremony, Eyer's advice to his Soldiers echoed many of the same mentoring things he had said during his 2 year tenure as the division's highest ranking noncommissioned officer.

"To the leaders, I would tell them not to forget where they come from, and to share their knowledge with the young Soldiers coming up," said Eyer. "To the young Soldiers, I would say continue to strive to do your job to the best of your ability and get the education you require to further your

service."

Eyer's retirement ceremony was held after the change of responsibility.

In his remarks to his new Soldiers and attending U.S.-ROK dignitaries, Spano expressed heartfelt feeling on his new assignment as senior enlisted leader of the storied 2nd Infantry Division.

"I'm honored and privileged to be part of this division as we move forward," said Spano. "I look forward to serving with the NCOs, Soldiers, officers and KATUSAs of the 2nd Infantry Division."

From Northboro, Mass., and originally a quartermaster and a chemical equipment repairman, Spano became an Airborne Ranger after his first enlistment. He has held every leadership position from team leader to Ranger instructor and brigade command sergeant major.

## SPANNO SHARES INSIGHT

Command Sgt. Maj. Andrew J. Spano recently sat with the Indianhead staff to discuss his thoughts on his new position as the 2nd Infantry Division senior enlisted advisor.

**What do you look forward to as a Division Command Sergeant Major?**

The partnership with the Republic of Korea army is the way ahead for this division. I have served several tours in Afghanistan and have seen improvements from working with our Afghan partners. Korea is different because it is a well-developed country with a professional officer and noncommissioned officer corps. But to make this partnership work, it takes a combined effort between us and our Korean partners. I've never served in a heavy division before. So I'm looking forward to working with Soldiers and new equipment. Tankers, mechanized infantry, artillerymen – all new for me. I'm also looking forward to getting around the MLRS [multiple launch rocket system]; I've fired almost all artillery except MLRS.

**Did you always want to be a Soldier growing up?**

I always have. My mother would say since I was old enough to play with my buddies in the back yard. My dad was in World War II. He passed away when I was an infant. I felt it was my obligation as a citizen of the United States to serve. My initial term was for four years. But I'm still having fun serving Soldiers. I'm still living my dream.

**Tell us something about you that is not in your bio.**

I am a Family man. I have a beautiful daughter – Alyssa. She's 22 years old. She's my number one priority. She's in grad school at Northeastern University in Boston. She's done everything with guidance from me or her mother. You watch your child grow up and you pray they listen to you. She exceeds my expectations.



Command Sgt. Maj. Andrew J. Spano, 2nd Infantry Division senior enlisted advisor visits 2nd Combat Aviation Brigade Feb. 13 at Camp Humphreys. He toured the 2nd CAB facilities and gave out coins to the Soldiers for excellence. (Photo by Staff Sgt. Vince Abril, 2nd CAB)

**What are some of your philosophies?**

We are a values-based Army. The seven values mean something, not just for memorization. They're all important to me. The standards are black and white. There's no flexibility to that. My responsibility is not just to enforce that but instill standards and discipline to Soldiers.

"Can't" means "won't"; "won't" means "no"; and "no" means UCMJ. I hate defeatism. Don't tell me you can't, but how you can.

We are the only permanently forward-stationed division in the Army. We stand just kilometers from our enemy. Our division has to be the most prepared in the Army all the time. We train to fight tonight. So the training has to be realistic, tough, challenging and rewarding.

The way our Soldiers act every day on or off post, on or off duty, you have to be professional all the time. Respect other people's culture. What might be acceptable in the U.S. may not be here. So when Soldiers are out and about we must be respectable, not brigands and hooligans.

**What are some lessons learned from your career you'll apply in the division?**

When you get to this level you realize how big a division is. As a squad leader, I influenced nine people. As a platoon sergeant, it was 30 to 40. First sergeant was 120 to 140. Battalion command sergeant major was about 800. As a brigade command sergeant major, I had 3,500 people. Triple that, plus, and you get a division command sergeant major. How I influence Soldiers on a daily basis is different at each level.

You have to be creative. My plan is to get out often – rub elbows with them, see them in training and garrison, share experiences.

**What do your Soldiers need to know about you?**

I've been told I have OCD [Obsessive-compulsive disorder]. I hate disorganization. The hangers in my closet are all the same and two fingers apart. I'll try anything once. If I don't like it, I'll never try it again. I despise keeping Soldiers waiting to put out information or for someone. Soldiers' time is important.

**What do you want to tell your Soldiers in the division?**

Take a lot of pride in who you are, in what you're doing and what you represent. For 237 years Soldiers served in this Army. A lot of them have died and bled for the Constitution, not a king, but an American ideal. No other country can say they defend freedom and a way of life. We are American Soldiers – be proud to put on that uniform – stand taller, chest out and chin high.

## SALUTE BATTERY HONORS MEDAL OF HONOR RECIPIENTS



Six 75mm M1A1 Pack Howitzers line-up dress-right-dress ready for Soldiers with the 1st Battalion, 15th Field Artillery Regiment, 1st Armored Brigade Combat Team, to fire during a 2nd Infantry Division ceremony. The 1st Bn., 15th FA Regt., salute battery is the only American salute battery in South Korea. (Photos by Pvt. Kwon Yong-Joon, 1ABCT PAO)

**STORY BY  
STAFF SGT KYLE J. RICHARDSON  
1ST ABCT PUBLIC AFFAIRS**

A succession of booms rattles through the parking lot of Carey Gym on Camp Casey. "Pfc. David Smith" fires its round sounding-off with pride and valor like the Soldier the gun honors did for his country during the Korean War. Gun number two stands ready to fire again and honor the its namesake and the dignitaries for which it is fired.

Gun number two along with five others are the 75mm M1A1 Pack Howitzers used for the salute battery with the 1st Battalion, 15th Field Artillery Regiment, 1st Armored Brigade Combat Team, during special ceremonies and events.

The howitzers are named after 2nd Infantry Division Korean War Medal of Honor recipients. From each exploding round, tribute is paid to those six 2nd Inf. Div. Soldiers.

"These Soldiers made the ultimate sacrifice and deserve to have their names carried on through history," said 1st Lt. Mathew Deschenes, a Nashua, N.H.-native and the salute battery officer-in-charge, Battery B, 1st Bn., 15th FA Regt.

Because the battalion's salute battery is the only American salute team on the Korean peninsula, they travel throughout the country rendering honors when called upon. The team appears at approximately 15 events throughout the year.

To this day, the Medal of Honor recipients continue to maneuver through the Korean Peninsula firing at the ready command. The guns, line-up in formation dress right dress, wheel-base to wheel-base, all polished and ready to fire.

"Sgt. 1st Class Tony Burris" leads the squad as gun



Soldiers with the 1st Battalion, 15th Field Artillery Regiment, 1st Armored Brigade Combat Team, fire the 75mm M1A1 Pack Howitzers on the salute battery team during a 2nd Infantry Division ceremony. The salute battery renders honors at approximately 15 events per year.

one followed by "Smith." Then "1st Lt. Lee Hartell," "Sgt. Charles Long," "Sgt. 1st Class William Sitman" and followed by "1st Lt. Frederick Henry" as the trail gun six. During the Korean war, these six Soldiers gave all in the flesh, now as steel and gunpowder they continue to pave the way for new Soldiers. The team that cares for the guns take pride knowing that they serve next to historical names.

"It a good feeling knowing that I'm a part of something that is bigger than myself," said Pfc. Jacob Ferguson, a Post Falls, Idaho,-native and a field artilleryman for Battery B. "It's a real honor firing a gun named after a Medal of Honor recipient. If you see someone sitting on the gun, you yell at them to get off. You have to respect the guns and what they signify. Those actual Soldiers gave a lot for us and you really have to respect that."

The war may have concluded 60 years ago but Burris, Smith, Hartell, Long, Henry and Sitman, still stand ready for their nation and are ready to serve their fellow Soldiers - brothers in arms.



Sgt. Travis Guidry, a field artilleryman and a Dallas-native, with the 1st Battalion, 15th Field Artillery Regiment, 1st Armored Brigade Combat Team, readies the salute battery during a 2nd Infantry Division ceremony. The salute battery named their guns after 2nd Infantry Division Korean War Medal of Honor recipients.

# DRAAGONS

## EARN NEW STREAMER

**STORY AND PHOTO BY  
SGT JUAN F. JIMENEZ  
1ST ABCT PUBLIC AFFAIRS**

Pride, honor and discipline manifest on the faces of the Soldiers in Company D, 1st Battalion, 72nd Armor Regiment, 1st Armored Brigade Combat Team, Jan. 25. All because Maj. Gen. Edward Cardon, commanding general of the 2nd Infantry Division, presented and attached to the unit guidon a Zero Alcohol Incident Streamer during a ceremony at Rodriguez Live Fire Complex.

"You represent your unit, 2ID and the Army," said Cardon. "I am proud of you and all your NCOs. Remember stay ready and let's fight tonight!"

The "Dragon" Soldiers earned the streamer by surpassing more than 365 days without any incidents involving alcohol, making them the first in their battalion and brigade to earn such an honor.

"The Soldiers of Dragon Company showed personal discipline, accountability and team-work to achieve 365 days of zero alcohol related incidents," said Capt. David W. Lambert, company commander. "It has been incredibly tough to keep this going. But what has made it a little easier is how close our tank crews are with each other."

Because of their discipline, the Soldiers in Co. D have a liberal pass and leave policy. No other restrictions are placed on the Soldiers, beside the policies already in place peninsula-wide.

Lambert believes in treating his Soldiers as grown men because they act like it.

"All of the Soldiers, noncommissioned officers and officers take personal pride and have made it their mission to look out for their comrades," said 1st Sgt. John P. Bernard, company first sergeant. "They understand that each member of their team is important to our unit and the mission."

The Dragon Soldiers consider it an honor to receive the streamer because it shows their camaraderie is recognized in the division.

"It proves they care about their fellow Soldiers. It proves they care about the mission, and it gives them a sense of pride," said Lambert.



Maj. Gen. Edward C. Cardon, commander of the 2nd Infantry Division, presents a streamer to the Dragon Soldiers of Company D, 1st Battalion, 72nd Armor Regiment, 1st Armored Brigade Combat Team, during an award ceremony at Rodriguez Live Fire Complex. The company earned the streamer for going 365 days with zero alcohol-related incidents. (Photo by Pfc. Kwon Yong-Joon, 1ABCT PAO)

"This award isn't for me or the commander; this award is for the Soldiers," Bernard added. "It's to recognize all of the things they have done right."

Each of the Dragon Soldiers received a company coin and Lambert and Bernard plan on hosting a barbecue to celebrate.

## READ ABOUT COBRA GOLD NEXT MONTH



Staff Sgt. Andrew Renfro of Company B, 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, 2nd Infantry Division, conducts a weapons familiarization course for members of the Royal Thai army on the fundamentals of the M320 grenade launcher during the company's combined known distance and explosive urban breaching range Feb. 12 in the Kingdom of Thailand. The training will help improve joint interoperability between members of the U.S. military and the Royal Thai army during the annual Cobra Gold exercise. Read more about Cobra Gold in next month's issue of the Indianhead. (Photo by Capt. Lindsey Elder, 1st ABCT PAO)



A UH-60 Black Hawk helicopter takes off as the pilot and crew prepare to dispense mines from an M-139 Air Volcano Mine Dispensing System during a training exercise Jan. 9 at Bisung Range.



Spc. George Cuadrado Jr., a member of Company E, 2nd Battalion (Assault), 2nd Aviation Regiment, 2nd Combat Aviation Brigade, handles a canister from an M-139 Air Volcano Mine Dispensing System during a training exercise Jan. 9 at Bisung Range.

## FUELING THE VOLCANO

STORY AND PHOTOS BY  
STAFF SGT VINCENT ABRIL  
2ND CAB PUBLIC AFFAIRS

Soldiers waste no time getting the job done on a snow-covered river bed in 22 degree weather. The 16-knot wind is intensified by the rotor wash of the massive UH-60 Black Hawk helicopters with crews training and qualifying on the M-139 Air Volcano Mine Dispensing System.

The mine system, used to dispense mines via aircraft over a large area, requires trained personnel to ensure that it works properly and safely during the battalion training mission on Jan. 9 at Bisung Range.

Spc. George Cuadrado Jr., a native of Kissimmee, Fla., and member of Company E, 2nd Battalion (Assault), 2nd Aviation Regiment, 2nd Combat Aviation Brigade, enjoys the responsibility of working with the mine system.

"I love doing this job because it's outside my normal job. I enjoy getting

other experiences outside my [military occupational specialty]," said Cuadrado.

Cuadrado, a petroleum supply specialist who normally distributes fuel to aircraft and vehicles, has been working on the volcano system since 2010.

It is no surprise that Cuadrado remains focused on a system that has been praised by Maj. Gen. Edward C. Cardon, the 2nd Infantry Division commander, who said, "What 2nd Combat Aviation Brigade has done here, especially 2-2 Assault Battalion, is put together a task force concept that's leading the way for the Army on how to employ these assets."

The 2nd Bn. is currently the only aviation battalion in the Army actively training on this system making Cuadrado a prized asset in his unit.

"Cuadrado is a high-speed Soldier," said 1st Lt. Shannon C. McGee, distribution platoon leader with Co. E. "He is my subject matter expert on the volcano because he has worked on this system more than anyone else on my team. There is no [military occupational specialty] for this system."

"I love my unit and my coworkers. We are the best and I live by the distribution platoon motto 'The Best Supports the Rest' and I believe that," Cuadrado said.

## Spice places Soldiers in hot water

STORY BY  
PFC LEE JI-HWAN  
2ID PUBLIC AFFAIRS

Dec. 18, 2012 — The Seoul Central District Court found Pvt. Michael A. Lehmkuhl, 70th Brigade Support Battalion, 1st Armored Brigade Combat Team, guilty of importing and distributing synthetic Marijuana, also known as Spice, on 12 occasions under the laws of the Republic of Korea from August 2011 to January 2012. He was sentenced to confinement in Korean prison for five years and a fine of over 10 million Won.

Recent substance abuse among Soldiers in 2nd Infantry Division has been frequently shown on the news. According to the Office of the Staff Judge Advocate, possessing, purchasing, or distributing Spice in Korea is illegal. This is true even though Spice may be legal in some states back home.

According to the 2nd Inf. Div. Provost Marshal

Office, Spice is one of the most frequent drugs smuggled into Korea — usually by mail. As a result, mail entering Korea are thoroughly scanned. When it is determined that illegal drugs are in the package, the authorities are notified.

"All international mail is also searched, and we have undercover Korean and American police everywhere," said Sgt. 1st Class Richard Littlefield, 2nd Inf. Div. PMO.

If spice is discovered, U.S. and ROK agents are sent to arrest the receiver. After apprehension, the receiver is sent to the Korean government for prosecution.

"If convicted, possession or distribution of narcotics in Korea carries serious penalties. The majority of these cases result in fines and even jail time," said Capt. Brian Baker, criminal lawyer, 2nd Inf. Div. OSJA.

Littlefield said Spice is popular because it's cheaper

than marijuana and is more readily available.

According to the Status of Forces Agreement the Korean government has primary jurisdiction over crimes committed by U.S. service members against Korean nationals or the Korean government.

"Substance abuse in Korea is taken very seriously and is seen as a crime against the Korean government, and our Soldiers can expect to be vigorously prosecuted by the Korean authorities if they are accused of distributing or possessing illegal narcotics," said Baker.

Bottom line: The 2nd Infantry Division and the Republic of Korea have a zero tolerance policy when it comes to substance abuse. The importing, possession, use or distribution of Spice is a serious crime and punishable under both UCMJ and the Status of Forces Agreement. It's just not worth it.

## Self defense laws vary in Korea

STORY BY  
SGT. LIM HYUNG-SUB  
2ID PUBLIC AFFAIRS

Protecting your own — self-defense — is a basic human right. Where the laws vary worldwide, is in how much defense is acceptable.

While stationed in Korea, 2nd Infantry Division Soldiers are required to follow Korean and American laws, as well as the Uniform Code of Military Justice. While American Soldiers are familiar with U.S. laws and the UCMJ code, they may be unfamiliar with Korean law.

"U.S. Soldiers, off-post, have similar rights and responsibilities as ROK civilians under Korean law," said Capt. Brian Baker, International Law, 2nd Infantry Division Office of the Staff Judge Advocate. "However in any circumstance, Soldiers must make every effort to de-escalate any confrontation."

If de-escalation is not effective, the Soldier should seek out the nearest Korean National Police for assistance.

According to the division Provost Marshall Office and the OSJA, there are three major guidelines to determine when and how self-defense could be established.

First, for your action to be considered as an act of self-defense someone must be violating your legal rights at that moment. For example, Pvt. Alpha punches you. And you choose not to punch Pvt. Alpha back and escalate the situation.

Instead you report it to the chain of command. Three days later, you run into Pvt. Alpha at the PX. You cannot punch him right then and call it self-defense for what he did to you three days ago.

Second, you must have a legitimate reason for your actions — usually protection of life, limb or eyesight. Self-defense also includes the action against violation of any laws. For example, Pfc. Bravo is riding in the metro and sees two males assaulting Darlene who is sitting at the end of the car. Bravo can use minimum amount of force to stop the altercation or physically restrain them. In another example, if you see a break-in, call the authorities and do not interfere.

Lastly, your defense has to be reasonable within the limit of social convention. In the case of over-defense, in which the defender used an excessive measure to defend himself, their action will not be considered self-defense. For example,

1st Lt. Charlie is in a bar and someone throws a beer bottle at him. You can't pick up a stool and beat the assailant.

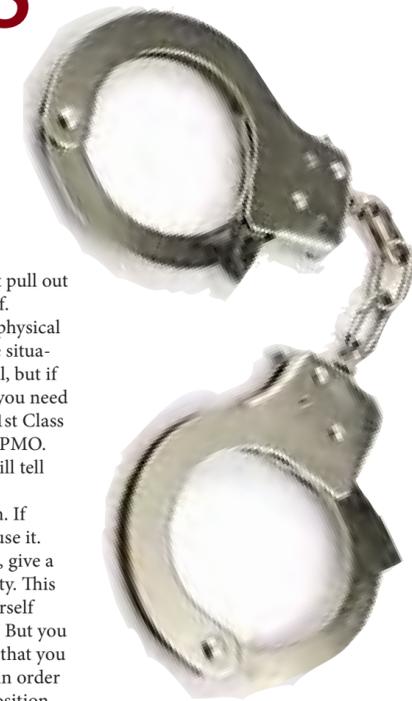
Many states in the U.S. have lenient self-defense laws, for example, if there is an intruder in your house and you feel threatened or if he has a weapon, you can use force. In Korea, you cannot do the same — the proportional threat posed and the justifiable force used in response is very strict. In other words, if you're

purse is being stolen, you cannot pull out a knife and kill or injure the thief.

"When you are involved in a physical altercation, try to de-escalate the situation and not have it turn physical, but if that can't be accomplished then you need to call the authorities," said Sgt. 1st Class Richard Littlefield, 2nd Inf. Div. PMO.

Any self-defense instructor will tell you:

- Avoid physical confrontation. If there is a safe avenue of retreat, use it.
- If confrontation is inevitable, give a warning when defending property. This does not mean that you give yourself fake Special Forces qualification. But you should give the aggressor notice that you intend to use force against him, in order to allow him to reconsider his position.
- Ensure that you are not seen as the aggressor. This does not require taking the first hit.
- Be aware of the aggravating and mitigating factors. Is there a size, age, or ability differential? Are you or the attacker armed or trained? All of these factors will help you determine the appropriate level of force.
- Use only the amount of force necessary to deter the attack. This does not require the use of ineffective technique, but it does require you to think of what's appropriate in that situation.
- Once the initial threat is neutralized, stop. This does not mean that you must give your opponent a fighting chance.



Rather, you may immobilize the attacker while awaiting the police, but do no further damage. If a "victim" uses excessive force they become the aggressor.

• When intervening on behalf of a third party, ensure (as much as possible) that the intervention is justified and necessary.

For 2nd Inf. Div. Soldiers, additional steps to consider are:

- Pull out your phone and record everything.
- Call the military police or staff duty.
- Do not to use any weapons, if possible.
- Try not to hit anyone.
- Walk away!

# THE FUNCTIONAL FITNESS

# CHALLENGE



A CrossFit instructor uses another instructor to demonstrate while describing the proper form for an exercise at Collier Community Fitness Center located at U.S. Army Garrison Yongsan.

STORY AND PHOTOS BY  
STAFF SGT AARON DUNCAN  
2ND CAB PUBLIC AFFAIRS

It is early morning and a Soldier is tossing his duffle bag into the back of a truck — sound familiar? Functional Fitness, the ability to perform normal daily activities around the house or at work without undue fatigue, is the cornerstone of being able to successfully perform your mission as a U.S. Army Soldier, but how do you improve it?

Two Soldiers from the 2nd Combat Aviation Brigade recently learned how to bring the advantages of functional fitness to their fellow Soldiers in a train-the-trainer CrossFit certification class Jan. 15-16 at U.S.

Army Garrison Yongsan.

CrossFit, created in the 1980s by Greg Glassman, is a fitness program designed to provide increased fitness for its participants without specialization. Whether the trainee is young or old, out or in shape, CrossFit can be scaled to easily meet the needs of an individual's fitness level.

"CrossFit is constantly varied, functional movements done at a high intensity. So, what we do is take normal natural body movements that any person on the planet should be able to do well and turn those into exercises. We then do them at a high intensity based off a person's ability level," said James Thurman, one of the "Fight Tonight" CrossFit trainers.

The evidence of its success has not only been touted by the population of CrossFitters who proudly talk about what the program has done for them but also the scientific community. In 1996, a study was published in *Medicine & Science and Sports & Exercise* by Izumi Tabata, of Japan's National Institute of Fitness and Sports, that show the high-intensity training that characterizes CrossFit results in noteworthy improvements in both aerobic and anaerobic (strength) capability.

"We get people who come in here and want to raise their [physical training] score," said Thurman. "The old school thing is that you will get better at that by doing pull-ups, pushups, sit-ups and running. That's not necessarily the case. If you come here, CrossFit will make you a stronger athlete which will help raise your PT score."

The trainer's course is designed to teach the fundamentals of CrossFit's methodology, concepts and movements. It consists of classroom sessions, small

and large group training, and is rounded off with a 50-question test.

"It is definitely challenging, not only physically but mentally," said Capt. Nathan D. Williams, a battalion physician assistant from Headquarters and Headquarters Company 2nd Aviation Battalion (Assault), 2nd Aviation Regiment, 2nd CAB. "There is a lot of information that is presented in a short period of time and I had to prepare by becoming extremely familiar with the CrossFit methodology prior to attending."

Since seats for the trainer course were limited, the competition to attend was stiff.

"Another Soldier and I had the highest male and female [physical training] average," said Spc. Joselyn Rodriguez, a power generation equipment repairer assigned to Headquarters Support Company, 602nd Aviation Support Battalion, 2nd CAB. "We both submitted our packets to battalion to attend but there was only one slot available though and luckily I was chosen."

The two-day instructor course must be taught by CrossFit employees. Once the Soldiers are certified, they become level one instructors.

Although the knowledge the Soldiers gained from this experience will benefit their units, the real benefits of attending classes like the CrossFit level one certification and others is how the Soldiers take the knowledge and transform it to assist their fellow Soldiers.

"With the movement towards functional movements in the PRT [physical readiness training] program, this course will help me to rehabilitate patients because if I know if they hurt themselves in a certain way, say if they were doing a squat incorrectly, I can then help them avoid reinjuring themselves in the future by teaching them the correct techniques in my office so they can rehabilitate and return to duty doing it correctly," said Williams.

"I want to help out with remedial physical training and see if I can introduce CrossFit to the program. If I can just help people who are not on that level yet to get fit and stay in the military, that would be good," said Rodriguez.



Spc. Joselyn Rodriguez, assigned to Headquarters Support Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, performs an exercise while the instructor checks to ensure proper form during the CrossFit level one certification class at Collier Community Fitness Center located in U.S. Army Garrison Yongsan.

## 210D SOLDIERS OFFER TIPS FOR A BETTER RUNNING EXPERIENCE

STORY BY  
CAPT MATT McMILLAN  
210TH FIB PUBLIC AFFAIRS

There's more to running than you think. Running comfortably and successfully, that is. "Cheek to pocket" – can you explain that phrase? If not, read on. You'll probably learn something.

Enter the expert. Staff Sgt. Eduardo Jones, from Newport News, Va., is assigned to Headquarters and Headquarters Battery, 210th Fires Brigade, 2nd Infantry Division. He's been hitting the track for the last 15 years. He's notorious for turning Soldiers under his leadership who flunk the Army Physical Fitness Test into PT studs. And, now, he shares his coaching tips with you.

### 1. Stretching

Jones says we don't do enough of it.

"I would encourage more stretching [prior to your run], at least 15 minutes," he says. "Stretch in your room before formation." An even better idea? "Jog a half mile or a mile to warm up, nice and slow, then stretch," says Jones.

Other experts agree.

"That's probably pretty accurate," says Maj. Genny Gudorf, of Lexington, Ky., physical therapist for 1st Armored Brigade Combat Team. "The Army has gone to more of a dynamic warm-up since they realized we weren't stretching enough."

The stretches are nothing fancy or new. Just do them longer.

### 2. You don't need a closetful of gear

\$300 running watch? Unnecessary, according to Jones.

"If you have a little \$10 stopwatch, you can note times and write them down," he says.

His solution is to note landmarks on your run – signs, buildings, your turnaround point – and remember the time it took you to reach them.

Then, shoot for that time. As the weeks go by, shoot for a faster time. No predefined, prescribed distances, just consistency and steady improvement.

### 4. Posture

"Run on the balls of your feet – I've seen and heard Soldiers stomping while they run by, putting unnecessary stress on their joints. On their knees, especially," Jones says. "You want to run on the balls and toes of your feet."

On this one, the jury is still out – but you won't hurt yourself doing it.

"[Running on the balls of your feet] is debatable – the research is still out on what the better answer is ... but so

far, the evidence seemsto suggest that it's at least as good as a mid-foot strike," says Gudorf.

Don't forget your arms, either.

"You want to use your arms to drive forward, not flailing all around. Don't waste your energy," says Jones. "It's a good idea to run with five-pound weights and practice moving your arms 'cheek to pocket' [a helpful way to picture good arm movement while you run]."

### 5. Diet and hydration

The things that most affect your run may be the things you do two days prior.

"I've been running for 15 years," Jones says. "I know that for a PT test, I'll take at least 48 hours prior and cut off soda, beer, anything like that. That lets you know your system is flushed out. You can throw in your juices for breakfast, have your Gatorade, but cut the other stuff out."

For a technique like this, the key is: does it work for you? "I notice a world of difference in how you run and how you feel afterward," Jones says.

Don't go crazy with it, though.

"Ultimately, the PT test is an easier day than your average PT day – you're probably doing fewer situps and pushups," says Gudorf. "[Flushing your system is] certainly not a bad habit, but I wouldn't say it's necessary, either."

Anything to add?



Soldiers and their Korean neighbors put running techniques to good use at the 2012 Gyeonggi Province Marathon. With practice and some dedication, running can become an enjoyable (and healthy) pastime. (Photo by Kim Seung-nam, 210 PAO)

### 6. The next step

If you're trying to improve your run, it will take time – specifically, your personal time. Jones recommends three additional runs aside from your regular physical training schedule, with one on the weekend.

If you have some tips, techniques or success stories of your own, share them! Get online at [www.facebook.com/210.fires](http://www.facebook.com/210.fires). See you there.

# 1ABCT consolidates 'Iron Chefs' on Camp Hovey

STORY BY  
STAFF SGT KYLE J. RICHARDSON  
1ST ABCT PUBLIC AFFAIRS

As the grill heats up, premium steaks are laid down for eagerly waiting Soldiers. The sizzling meat creates a familiar sound for some waiting patrons. Aroma from the steaks fills the kitchen and spreads throughout the dining facility.

Anxious and hungry Soldiers line-up outside the Iron Café, waiting patiently for the grand reopening of the only dining facility on Camp Hovey in anticipation of a delectable feast meant for the motley-crew of Soldiers and civilians.

Pvt. Benjamin Flores, a San Jose, Calif.,-native and a food service specialist with the 4th Squadron, 7th Cavalry Regiment, 1st Armored Brigade Combat Team, and Command Sgt. Maj. Carl Ashmead, the senior enlisted leader for the 1st ABCT, with the help of the American Forces Network Eagle and an overly-sized pair of scissors, the ceremonial red ribbon was cut, declaring the DFAC open for business.

"The World's Greatest Café shut down and the staff was consolidated with the Iron Café," said Sgt. 1st Class Morris Mackey, a food service advisor with the 1st ABCT. "Consolidating the two DFACs allowed us to provide better service and a higher quality of food to the Iron Team Soldiers and other patrons throughout Area I."

Coming together under one roof allowed more staff to work each shift, creating opportunities to serve more patrons per meal.

"Before, when we were operating with two DFACs, we saw a few hundred Soldiers per meal, but the lines were long and both DFAC staffs and all shifts were stretched thin," said Mackey. "The consolidation was a good move for everyone. It allows us to provide a higher quality of service to thousands of Soldiers daily."

"If we don't cater to our Soldiers then they will waste their money off-post on a less quality of food and service," he said.

At the opening, the café chefs unleashed a few of their seasoned trade secrets and enticed the gathering with a four-star meal.

"Having extra hands in the pot will help to increase our productivity while giving us a little more time to be creative," said Spc. Annabelle Hallenbeck, a food service specialist from the 1st Battalion, 15th Field Artillery Regiment, 1st ABCT. "We have a few regular cakes behind the glass right now but that's nothing; there are Soldiers in the kitchen right now making a red velvet cake from scratch. We're definitely prepared to bring some good home cooking to the Soldiers on Camp Hovey."

While the Iron Café's top chefs supervised the junior cooks and walked around the DFAC and several food service specialists helped divert the AFN Eagle from its stuffed turkey cousins on the serving line, another local legend stood by watching the Soldiers enjoy their meals.

Sgt. Rodriguez Bracey, from Warsaw, N.C., a food service noncommissioned officer with the 1st Bn., 15th FA Regt., 1st ABCT, is best known for his ability to create art from food. His last tantalizing food piece was a large Indianhead sculpture displayed during the last Thanksgiving's holiday meal. Although he didn't prepare any displays for the opening, Bracey said he enjoys creating special pieces for the DFAC.

"It is an opportunity and I just jump on it," said Bracey. "It's exciting, it allows you to get out of your element a bit."

Bracey hopes his future display pieces will help Iron Soldiers realize how important they are to the food service Soldiers.

Soldiers were able to feast until their duties recalled them to work. Although the operating hours will remain the same for the DFAC, patrons can expect an increase in productivity and service.



Pvt. Krystal Gonzalez, a Juneau, Alaska, native and food service specialist with the 1st Brigade Special Troops Battalion, 1st Armored Brigade Combat Team, checks on a row of hot dogs during the reopening ceremony of the newly named Iron Café. The consolidation of the two dining facilities allows more Soldiers per meal in the DFAC. (Photos by Pvt. Kwon Yong-joon, 1ABCT PAO)



Sgt. Marques Moore, a Tampa, Fla., native, and food service specialist with the 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, prepares some onions for a dish in the kitchen of the Iron Café during its reopening ceremony. The ceremony commemorates the consolidation of the two dining facilities on Camp Hovey.

# Interesting facts about Seollal

STORY BY  
CPL HAN CHOL-HWAN  
2ID PUBLIC AFFAIRS

Seollal, as Lunar New Year is called in Korea, is, along with Chuseok, one of the two most important holidays in Korea. Korea is not the only country to celebrate the Lunar New Year, but its celebration is pretty distinctive. During the three-day national holiday, Koreans return to their hometowns, hold a memorial service for their ancestors and eat tteokguk, a soup with rice cake.

The most interesting Seollal custom is "Sabae," a greeting event between distant relatives. It involves a deep bow that young people give to their elder relatives. After that, the elder relatives give the younger some money, called "Sabae-don," and words of blessing.

But as in most cases, when money is involved, relatives can go a little crazy. The amount of sabae-don is usually a problem. Like your car and house, it reveals economic state of your family. It is important to get up a proper sabae-don, which is neither too small nor too big. If it's too big, givers are under a heavy burden. If too small,

receivers may complain.

"I have 14 cousins who are older than me. Because there are too many kids, my maximum sabae-don is always 5,000 Won," said Pfc. Kim Woo-jung, the 2nd Infantry Division liaison officer.

Traditionally, Koreans don't receive sabae-don after they get married. But because most Koreans delay marriage, the receiving standard has changed too. Nowadays, the turning point between receiver and giver is stable income.

"I was an elementary school teacher before joining the army," said Cpl. Kwak Min-sub, 2nd Inf. Div. Inspector General's Office Korean Augmentation to the U.S. Army soldier. "I was supposed to give sabae-don, but I'm not sure about this Seollal because I'm in the army and earn less than 100,000 won a month."

Even though sabae-don is a big event in Korea, giving sabae-don is not an original Korean custom. In Chinese tradition, the elder relatives give the younger money in red envelopes on the Lunar New Year. Japan, Vietnam and Mongolia also have similar customs.

According to the 19th century custom

book in Korea, sabae-don did not always exist. The record states that, some rich Koreans in Seoul brought the custom over from Japan. This is assumed to be the beginning of sabae-don in Korea. During the economic growth in 1960s, the amount of currency increased and sabae-don became a common custom in Korea.

Unfortunately, there are some disappearing Seollal customs, such as wearing the traditional hanbok and passing the sabae-don in a silk luck sack. But at night of the Seollal, family members make a big circle and play yut-nori, a board game similar to monopoly. As the night progresses and the children fall asleep, the adults start playing hwa-too, a Korean traditional card game. Most clever children will stay around the game table and perform chores for pocket money.

After the all-night card game, some families go back home, while others go to another family's house to repeat the Seollal events. That's why Seollal is three-day holiday in Korea.

Although Korean lifestyle has changed a lot, the spirit of Seollal has not changed in 1,000 years. Happy Seollal!

In the Chinese lunar calendar, every year is named with two Chinese letters. One letter represents the color and the other for the animal. So there are 12 animals and five colors, so a specific color-animal come every 60 years.

Gone is the Year of the Black (water) Dragon. In comes the Year of the Black (water) Snake.

In Chinese symbology, snakes are regarded as intelligent, but with a tendency to be somewhat unscrupulous. Snakes are enigmatic, intuitive, introspective, refined and collected of the animal signs. Ancient Chinese wisdom says a snake in the house is a good omen because it means that your family will not starve. As the Year of the Snake, 2013 is meant for steady progress and attention to detail.

You probably already know some famous snakes: Hulk Hogan, Oprah Winfrey, Michael Bolton and Tony Blair.

The last time the water snake came around was at the signing of the Korean War Armistice.

## HOW TO: Ground guide properly

COURTESY OF  
2ND INFANTRY DIVISION  
SAFETY OFFICE

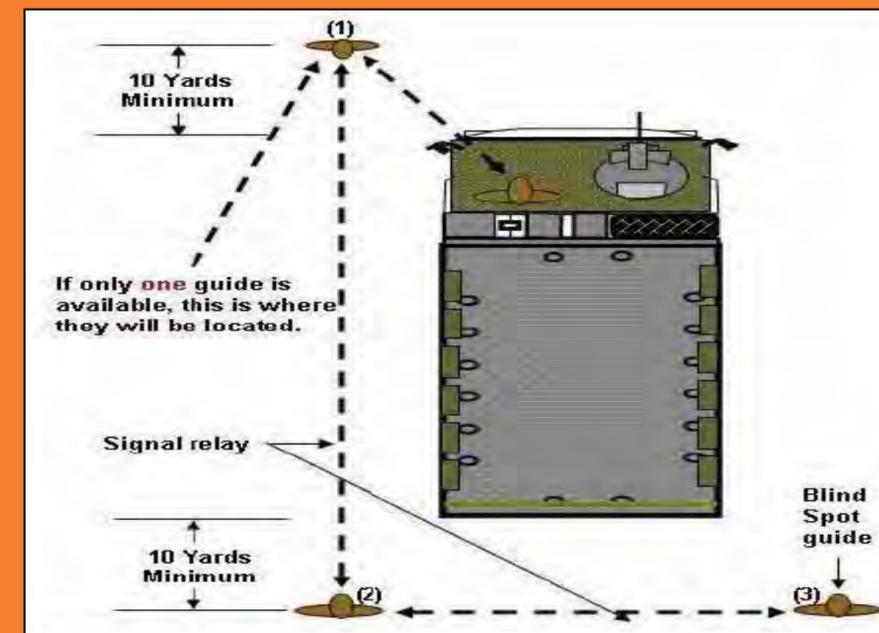
Ground guiding is a task almost every Soldier performs, but when not done safely, may result in death, injury or property damage. AR 385-10 requires the use of ground guides and training per TC 21-305-20, TC 21-306, and FM 21-60. The new TC 7-31 provides ground guide safety procedures specific to MRAPs. To perform these duties safely, review and train to these references and practice the following ground guide safety rules:

### Ground guides must:

- Position yourself 10 yards to the left front of the vehicle so you can see the driver at all times and the other ground guide when two or more are used.
- Never run or walk backwards while guiding, stop the vehicle and reposition.
- Never get between the vehicle and another object when ground guiding to prevent being crushed in case of an engine surge or loss of control.
- Use a flashlight at night to ensure you and your visual signals are seen.

### Drivers will:

- Stop if ground guide signals are not un-



derstood or you lose sight of ground guide.

- Stop the vehicle if you see the ground guide in a dangerous position and make an on-the-spot correction.

- Use two ground guides (front and rear) when visibility is limited by the vehicle or

the conditions. A third may be needed to compensate for blind spots.

- Take direction from the primary ground guide when more than one is used. This must be briefed beforehand to avoid confusion.



A Soldier with 2nd Combat Aviation Brigade, 2nd Infantry Division, conducts his safety checks as the helicopter takes off during an air-assault mission near Rodriguez Live Fire Complex Jan. 31.

# Manchu Soldiers reach new heights

STORY AND PHOTOS BY  
SGT JUAN F. JIMENEZ  
1ST ABCT PUBLIC AFFAIRS

"One minute," yelled the crew chief to the Soldiers in his UH-60 Black Hawk helicopter. "20 seconds," he called out. As soon as the Black Hawk touched the ground the Soldiers, strapped with 70 pounds of their personal equipment, jumped out laying suppressive fire as they hit the ground. The scene did not look like utter chaos because these Soldiers, from Company A, 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, knew exactly what to do. For two days more than 100 "Manchu" Soldiers from Company A perfected their air assault mission at Rodriguez Live Fire Complex.

"The air assault mission is something Soldiers don't get to do often," said 1st Sgt. Danny Davis, the company's senior enlisted noncommissioned officer, and native of Fayetteville, N.C. "Over the period of two days these Soldiers conducted drills and rehearsals. Making sure

the Soldiers stay motivated and focused during training was [the company commander and my] intent and goal."

The hours of practice paid off because the Soldiers were able to demonstrate they can drop into an area and quickly target the enemy.

"The most dangerous part during an air assault is landing and assaulting the objective," said Davis. "That was definitely something we spent quite a bit of time on rehearsing and making sure we knew what to expect and making sure each key element knew where they were going."

A typical air assault mission will have several rotary wing aircrafts drop off Soldiers simultaneously. So preparing for all possible "Murphy's law" scenarios is part of this training.

"There are so many moving parts that just in itself makes this [the air assault mission] challenging," said Sgt. 1st Class James H. Clayton, platoon sergeant, 1st Platoon, Company A.

Conducting an air assault isn't

something these Soldiers get to do often so this opportunity allows the unit to expand their training in an offensive manner.

Pvt. Ryan M. Barr, a rifleman and a native of Seattle, said he has several reasons to be excited about this training – his first time on a helicopter, first air assault mission and first exercise with his company.

"The ride on the Black Hawk was a rush," explained Barr, who arrived to the company straight from infantry school. "When I heard my sergeant yell 'Go,' my adrenaline kicked in and muscle memory took over. Everything was smooth with no surprises."

With the mission concluding as planned, the Soldiers received the training their leaders intended, demonstrating that they are always ready to fight tonight.

"No matter the terrain or weather, we have the capability to come down on them [enemy] at any moment," said Clayton.



A Soldier with Company A, 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, gives commands to his team during an air assault mission near Rodriguez Live Fire Complex Jan. 31.



Soldiers with Company A, 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, conduct security during an air assault mission near Rodriguez Live Fire Complex Jan. 31.



A UH-60 Black Hawk helicopter drops Soldiers from Company A, 2nd Battalion, 9th Infantry Regiment, 1st Armored Brigade Combat Team, into a drop zone during an air assault mission near Rodriguez Live Fire Complex Jan. 31. A typical air assault mission will have several rotary wing aircrafts dropping off Soldiers simultaneously.

# Scouting: not just for the boys in Korea



Deana L. Porretta, the overseas chair for Girl Scouts of America at Camp Humphreys, talks with her troops about business and people skills Jan. 13.

**STORY AND PHOTO BY STAFF SGT VINCE ABRIL 2ND CAB PUBLIC AFFAIRS**

Hilary Clinton, Condoleezza Rice, Sandra Day O'Connor, Mariah Carey and Jacqueline Joyner all share a few things in common. Besides the obvious fact that they are all famous, successful women, even more interesting is the fact that they are Girl Scouts of America alumni.

According to girlscouts.org, "girl scouting builds girls of courage, confidence and character, who make the world a better place." It's evident that the program has the capacity to do just that based on its large list of well known alumni in media, sports, government, business, education and the military, to name a few.

Deana L. Porretta, the overseas chair for the Girl Scouts and a former Army noncommissioned officer, helps instill those qualities in her girls.

"We are molding our girls to be excellent role models for younger generations," Deana Poretta says.

Deana Poretta, a native of Fallon, Nev., and spouse of a 2nd Combat Aviation Brigade aviator, is also the leader of the Camp Humphreys Brownies Troop 301 and Juniors Troop 77. She, along with other scout leaders, teach their troops important life and leadership skills that will assist their girls become good citizens by applying learned skills and leadership to educate and lead future generations.

"As the head girl scout organizer-leader, I'm in charge of making sure that the other leaders know what to do," said Deana Poretta.

Aside from providing vital leadership skills to our young generation, Deana Poretta is also setting examples for her girls to emulate by volunteering with the United Club, 2nd CAB Family Readiness Group, Youth Sports Group and as a gymnastics coach. She is also a substitute teacher at Humphreys American

School.

"It's important that my girls know that they have a strong female role model that's involved in the community and can interact with people," said Deana Poretta. "I do it so that I keep programs going because I know that without volunteers, a lot of times programs will kind of fade away or people will forget about them."

Her hard work does not go unnoticed by those she leads.

"It makes me feel good that my troop leader cares about our community and wants to help out," said Reece Webster, 9, of Fort Rucker, Ala., and member of Brownies Troop 301. "She is amazing at what she does and she is a very busy person."

Deana Poretta's husband, Chief Warrant Officer 3 Arthur J. Porretta, an AH-64D Apache pilot and battalion safety officer with the 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment, and native of Pensacola, Fla., is very proud of his wife's activism in the community.

"I really like that she gets our daughters involved in activities that they enjoy," Arthur Porretta said. "It makes me happy that she supports the variety of programs on post that service members and their families participate in."

As a mother of two, Poretta explains the importance of girls participating in a program that focuses on positive development.

"Everyone wants their children to be raised with the right set of skills but more importantly values," said Deana Poretta. "While living and being part of the Army community, we are held to a much higher standard. Girls Scouts allow us to drive home those important values and skills that will make our children better people."

If anyone is interested in joining the Girl Scouts of America at Camp Humphreys as a scout or leader, call Deana Poretta at 010-2663-5329.

# 2nd Infantry Division Resilience Team, Army Community Service partner for spouses' training



**STORY BY CAPT MATT McMILLAN 210TH FIB PUBLIC AFFAIRS**

Soldiers of the 2nd Infantry Division are already familiar with the Army's Master Resilience Training program. Having completed multiple levels of the training as required by division policy, they have resiliency tools at their disposal.

But, what about their spouses?

The 2nd Infantry Division Resilience Team and the Area I Army Community Service have partnered to provide spouses with quarterly, voluntary resilience training, held most recently at the Camp Casey Golf Course clubhouse Jan. 21-25, to equip them with some of their same tools as Soldiers.

"I attended this program to learn more about military lifestyle, and to know myself," said Naruemel Pettitt, the spouse of Chief Warrant Officer Nicholas Pettitt, assigned to the 210th Fires Brigade.

According to trainers, the course is adapted to spouses' needs. "The purpose of this program is to teach spouses coping skills to handle everyday life challenges as military spouses," said trainer Dacia Florencio, originally from Hilton Head, S.C.

Soldiers in the rank of private to specialist must complete levels one and two of the training when they arrive to Korea; Soldiers in the rank of sergeant and above must complete levels one through four. The spouses' program is optional.

"The training is strictly voluntary. If the Soldiers are made to attend the training, they may be a little reluctant to come share and to come out their shell," said trainer Billy Mullins, of Austin, Texas. "The spouses take time out of their busy schedules to attend the course. They are always so eager and willing to put the training compliances into practice, it's just awesome."

Training material covers self awareness, self regulation, optimism, connection, strength in character and mental agility. These are the six skills the trainers focus on and hope to build upon.

Spouses face unique challenges - dealing with moving, children and the Army life in general can be a real shock to a lot of them, according to Mullins. The shock increases if they are young, new to the military and do not know how the Army life works.

"[One thing] that stood out so far is mainly about problem solving," said Anna Smith, a native of Hawaii, the spouse of Sgt. 1st



2nd Infantry Division spouses participate in specialized spouses' resilience training at the Camp Casey Golf Course clubhouse Jan. 24. The training, adapted from the Army's Master Resilience Training program, is specifically tailored to military spouses. (Photo by Pfc. Kim Han-byeol, FIB PAO)

Class Edward Smith, assigned to the 210th Fires Brigade.

"The course teaches you not just within a circular view, or a spouse's point of view, or a military point of view," Smith continued. "This training teaches us no matter what aspect of your life you are

at or in, you can use this resilience training."

The next class will be held Feb. 26 to March 1 at the Camp Casey Community Activity Center. For more information, call Master Sgt. Deondre Long at 732-7791.

# Friends explore Korea at cloud level



Pvts. Eric Bruce, Laqwointaye Ross and Jacob Alexander, infantrymen with the Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, walk up trail heading up a mountain outside the Teogeo-ri gate by Camp Hovey. The three Soldiers have been friends since their advance individual training at Fort Benning, Ga.

**STORY AND PHOTO BY STAFF SGT KYLE J. RICHARDSON 1ST ABCT PUBLIC AFFAIRS**

Rather than staying glued to a chair clicking away at a keyboard or rapidly tapping a video game controller, there are some great alternative ways for Soldiers to pass their time over a long weekend. Whether it's indoors or outdoors, Korea has a lot to offer Soldiers.

Approximately 75 percent of Korea is covered by mountain ranges and hiking is a popular hobby for most Koreans and many Soldiers as well. So at some point during their tour Soldiers should invest in at least one decent pair of boots because there are plenty of hiking trails calling out to anyone who wants to get some great exercise and experience a little nature.

"Going on hikes reminds me of back home," said Pvt. Jacob Alexander, a Greenwood, S.C.,-native, and an infantryman with the Headquarters and Headquarters Company, 1st Armored Brigade Combat Team, as he pulled on a pair of boots and headed toward the Teogeo-ri gate on Camp Hovey with his two battle buddies for a quick three-mile hike. "When I was little we [his family] used to go hiking all the time."

"When I got to the trail I was like, 'wow, this is steep,' said Alexander. "But as soon as I got to the top, I was amazed how much it reminded me of home. It was amazing being able to see everything. I felt like I was on top of the world."

Although a downpour began, the trio, who have been friends since Advanced Individual Training at Fort Benning, Ga., continued to trek up the trail in an effort to experience Korea at new heights.

"Going up the mountain, I thought I was going to die, but I made it to the top and it was nice see Korea over my shoulder," said Pvt. Laqwointaye Ross, a Flint, Mich.,-native and an infantryman with HHC. "I've never done anything like this before. I've never walked up a mountain and I've never gone hiking. I typically hang-out with friends to have fun, but encourage everyone to get out and see Korea."

The group made their way up the final 500-meter ascent and was happy to find an old Chinese temple tucked away on the backside of a farm.

"Going hiking was a good experience. I'm glad that my leadership allowed me to do it, I really didn't expect to do this when I got here," said Pvt. Eric Bruce, a Charlotte, N.C.,-native an infantryman with HHC. "I'm from the city, so I haven't really done anything like this, I usually hangout or play basketball. I'm more of a level-ground kind of guy. I felt great after going up and down the mountain. I would definitely do it again."

The trio took time to explore their surroundings and catch their breaths. While the rain refused to stop, they trekked down the mountain and back to the barracks in under an hour.

DIRECTIONS: Exit through the Teogeo-ri gate on Camp Hovey. Take the first right toward the mountain bike course. Once on the course take the road that veers to the left. If already off post, drive toward the Teogeo-ri gate. When close to the gate, veer to the left toward the mountain bike course, then take the left road up the mountain.

# SPECIAL TO THE INDIANHEAD: SPOUSES' COLUMN

63 Building has tall tales for everyone

**STORY BY JESSAI CANADAY WARRIOR COUNTRY SPOUSE**

Recently cabin fever set in at my house. We faced a dilemma: how to escape the house yet stay warm throughout the winter day. What was our solution? The 63 Building in Seoul. It was opened in 1985 during the peak of Korea's economic boom. Because of its golden colored glass and height, it is a recognizable building in the skyline and a popular tourist spot. The building gets its name from the 63 floors that it has (three of them underground). Measuring 866 feet, it is one of the tallest buildings in Korea.

There is an observation deck and art exhibit on the 60th floor that many visitors flock to every year. The cultural and educational exhibits are enjoyable. This experience is similar to the Empire State Building's Observation Deck, just 384 feet lower. If you have been to the iconic New York office building you will not be disappointed with the 63 Building. It is 871 feet above sea level and 821 feet above street level. Onlookers see a romantic landscape view of what surrounds them. The tower has many scenic views including the Namsan, Gwanaksan and

Bugaksan mountains as well as the lovely Han River with its gentle curve toward the Seoul skyline.

A main attraction is the 63 Sea World, located on the three basement floors of the building and totaling 38,358 square feet. On these floors you and your family will discover 80 different aquariums. An epic seven-foot high, 138-foot circumference tank, that holds 200 tons of water and a 4.5-inch thick crystal clear acrylic, it is the largest this Sea World has to offer. It boasts having 400 different species and 20,000 marine creatures. Guess what else is here? Exciting Fur Seals and trainer shows! These are meant to entertain kids and parents alike. Finally, there is a reptile hall where you can view rare snakes, lizards and salamanders. The basement of 63 Building has a lot more to offer than just Sea World, though.

What else is going on in this building? There are financial offices and work spaces for business, so don't expect the entire building to be set up only for tourism. However, there is still more to see. Hungry? Try a Buffet Pavilion featuring western and eastern food. There is no shortage of options, the buffet is gigantic. Other restaurants are present if the buffet does not appeal to you. Event halls are

available and may have things going on in them during visits. The lower levels feel like a shopping mall with stores to browse. A wax museum is also there. Many waxed Korean and American icons, historic figures and imaginary characters will be found. Finally, there is a great 63 IMAX theater to view new movies.

The tower is open all year round. Hours of operation are from 10 a.m. to 10 p.m. seven days a week. Entertainment facilities like the observation deck, 63 Sky Art, 63 Sea World and 63 Wax Museum are also open from 10 a.m. to 10 p.m., with the last admission being 9:30 p.m. The 63 IMAX Theater is open from 10 a.m. to 6:25 p.m., except for Mondays and the first and third Tuesday of each month, when it is open from 10 a.m. to 9:10 p.m.

A few ways to get there by train are to head toward Daebang station (subway line 1). Go out exit six and take bus number 62. Or, head to Yeoido station (subway line 5) take exit five and bus number 62. For those who prefer to avoid bus travel, you could go to Saetgang Station (subway line 9), and take exit three. Remember, the building is large and easy to see. Once you arrive in the general location, it will be simple to make your way toward it.





## 인디언헤드는 사랑을 싣고

이번 호의 주인공은 미 2사단 사단본부중대 태권도팀 이정민 일병과 여자친구 김수지 양입니다. <인디언헤드는 사랑을 싣고>는 여러분의 참여로 이루어집니다. 게재를 바라시는 분은 미 2사단 공보실 이지환 일병 jihwan.lee.fm@mail.mil 또는 732-9518로 연락주시기 바랍니다.

미니아 안뇽! 나야 너의 사랑스러운 여친 수지ㅋㅋㅋ  
이렇게 편지쓰고있으니가 훈련소 때 생각난다. 난 정말 태어나서 한 사람에게 그렇게 편지를 많이 쓴건 오빠가 처음인것같아. 그리고 그때 연락도 잘 못하고 많이 힘들었는데...ㅜ진짜!! 그렇게 맘고생하면서 기다렸던게 엇제같은데 벌써 시간이 이렇게 흘렀네ㅋㅋㅎ 헛 우리가 사관지도 벌써 400일이 훌쩍넘었고 말이야  
오빠랑 사귀면서 나는 얼마나 행복한지몰라. 세상에서 제일 사랑받고 있다는 느낌이 뭔지 알게 해줘서 고마워 히히 정말 아무것도아닌 나를 오빠가 공주님으로 만들어주는것 같앙 비록 오빠가 지금 군인이어서 우리가 매일 만날수 없고 연락도 마음대로 할수 없어도 마음만은 항상 같이 있다는거~~ 전역하는 그날까지 잘 기다리면 그 다음부터는 매일매일 데이트 할수 있겠지??ㅋㅋ  
내가 암전히 기다리고 있을테니까 걱정따워 하나도 하지말공!! 오빠도 군생활 열심히 하고 미래에 대한 계획도 차근차근 세워두공! 내가 말안해도 잘하고 있겠지만^^  
항상 내 투정 받아주고 이해해줘서 정말정말 고맙고 많이많이 사랑해ㅎㅎㅎ 마지막으로 오빠에게 바치는 노래ㅋㅋㅋㅋ소녀시대 I GOT A BOY 티파니소절!!!!  
ㅋ어쩔뻔 오빠처럼 뚱뚱하지만! 애교를 부릴때면 너무 예뻐 죽겠어!ㅋㅋㅋㅋ사랑해- 진짜 안뇽!

2월 14일 수지가

내 사랑 수지에게  
수지야 안녕~ 오빠야. 수지랑 오빠랑 만남지 벌써 400일 넘게 지났다는게 아직도 믿기지 않아.  
우리가 만난지 겨우 150일 남짓 지났을 무렵 수지를 혼자 남기고 오빠 혼자 홀쭉 나라를 지키러 떠났을 때 혼자 남겨졌을 너를 생각하면 아직도 마음이 아파. 하지만 이렇게 항상 오빠곁을 지켜준 수지를 생각하면 지나온 날보다 앞으로 다가올 날들을 더 잘해야겠다고 다짐해^^  
요즘 순천에서 시험공부 한다고 서울에 홀로 상경해서 열심히 공부하는 모습을 보면 정말 대단하고 멋있다는 생각이 들지만 한편으로 타지에서 외롭게 지낼 생각하면 항상 옆에 있어주지 못해서 미안해.  
아직 많은 군 생활이 남있지만 다가올 전역 이후에는 더 많은시간 수지랑 함께 보내고 아껴주고 이쁘게 사귀자.  
가끔 사소한 일로 서로를 이해 못해서 다투는날도 있지만 그로인해 더 우리 사랑이 더 커지고 굳건해 지는 거라고 생각하고 앞으로 열심히 사랑하자.  
수지야 ~!오빠가 하늘만큼 땅만큼 우주를 뚫고 신세계가 펼쳐져도 못 담을 만큼 사랑해!!

항상 단결하는 오빠가



이달의 사진

지난 2월 8일, 1 전투여단 1-15 야전포병대대는 로드리케즈 실사격 훈련장에서 전자 실사격 훈련을 수행했다. 또한 국사포 사격 훈련, 소형 무기 훈련과 화생방 환경 생존 훈련도 실시하였다. 1-15 야전포병대대 소속 장병들이 방독면 상태를 검사하고 있다.

<사진\_김성남 / 미 2사단 공보실>



많은 좋아요 & 공유하기 부탁드립니다.

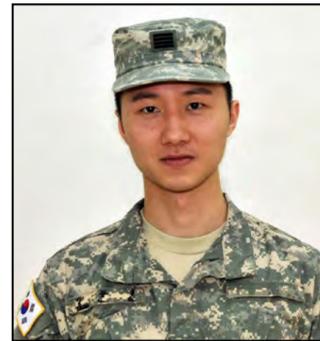
### 인디언헤드 한글판 스타프

미 2사단장 소장 에드워드 C. 카돈  
한국군지휘단 지역대장 중령 김종욱  
공보참모 중령 조세프 스크로카  
공보행정관 상사 리바 크라이치  
공보관 중령 김현식  
편집장 일병 이지환  
사진 전문가 장병 김성남  
상화가 상병 심한준  
일병 서성우  
글꼴 배포처 아리마체 : AMOREPACIFIC  
한조용체 : 한글과컴퓨터  
공체 흘림체 : 문화체육부

인디언헤드 한글판은 미 2사단 카투사들을 위해 공보실에서 발행하는 미 국방성 공인신문입니다. 신문 내용은 미 육군의 의견과 다를 수 있습니다. 인디언헤드지는 일성 인쇄소에서 월간지로 발행됩니다. 취재 요청은 732-9518으로 전화 바랍니다.

# 인디언헤드가 만난 사람들

## "자신이 가장 멋있어 보일때는?"



미 2사단 사단본부중대 태권도팀 태권도교육병 병장 양광군

잠들기 전 그 날 하루를 되돌아보고 정말 보람차다고 생각될 때 입니다.  
새로운 기술을 성공해서 태권도 시범단원으로서 팀에 기여한다는 생각이 들 때, 하루 공부목표를 완벽히 성취했을 때, 독서를 하다가 좋은구절을 읽고 심경의 변화를 느낄 때, 주변 사람에게 따뜻한 말을 전해 주었을 때 뿌듯함을 느낍니다.  
이제 얼마 남지 않은 복귀기간동안 제 자신을 돌아보고 주변사람에게 따뜻한 말 한마디 더 해줄 수 있도록 해야겠습니다.  
어제보다 나은 오늘을 살겠다는 다짐을 다시 한번 되새기며 전역 날 행복한 미소를 짓는 제 모습을 상상해봅니다.



미 2사단 사단본부중대 태권도팀 태권도교육병 일병 최규민

저는 태권도를 하면서 제가 기본 발차기를 잘했을 때 가장 멋있다고 생각합니다. '기본 발차기'라는 것이 가장 먼저 배우기 시작하여, 가장 오랫동안 어렵게 배우는 발차기입니다. 그런 이유로 제가 생각하는 이상적인 기본 발차기가 나올 때, 스스로 뿌듯하고 멋있다고 생각합니다. 또 위험성도 있고 겁도 나는 여러 체조 동작들을 시도하여, 많은 실패와 시행착오 후 성공했을 때, 성공하였다는 그 사실뿐 아니라 제 스스로의 두려움을 이겨냈다는 점에서 스스로 매우 대견스럽고 자랑스럽게 생각합니다. 하지만 여전히 실력이 부족하므로 더 많은 노력을 통해 저 뿐만이 아닌 타인으로부터 멋있다고 생각 될 수 있는 제가 되어야겠습니다.



미 2사단 사단본부중대 태권도팀 태권도교육병 일병 김한주

저는 제가 예쁜 여자 앞을 아무렇지 않게, 나가 뛰는 듯 당당히 지나갈 때 가장 멋있다고 생각합니다. 저는 예쁜 여자를 좋아합니다. 그런데 예쁜 여자들은 보통 자기가 예쁜걸 알기 때문에 걸음 이 파워워킹입니다. 그래서 예쁜 여자 앞을 지나갈 때는 뭔가 주눅들고 자신감이 없어집니다. 하지만 가끔, 아주 가끔 이유 없이 용기가 솟구쳐서 태연하고 당당하게 예쁜 여인들을 지나 때가 있습니다. 마치 톨스타라도 된 것 마냥 말입니다. 그러면 운동으로는 킬을 수 없는 부분도 만족스럽습니다. 이런 저를 날아주시 부모님께 감사드립니다. 샤워를 할 때마다 제 몸이 여자친구가 반했다는 확신이 듭니다. 앞으로도 열심히 운동해서 몸짱의 반열에 오르고 싶습니다.



미 2사단 사단본부중대 태권도팀 태권도교육병 일병 이정민

제가 가장 멋있어 보일 때는 샤워를 할 때 입니다. 태권도 시범연습이 끝난 후 샤워실이 몸으로 가끔 샤워를 할 때가 있는데 샤워를 마친 후 거울에 비친 제 모습을 볼 때 정말 기분이 좋습니다. 특히 운동을 마친후 근육이 커지는 느낌이 드는데 샤워하고나서 거울에 비친 제 모습을 보면서 흐뭇해지는 저를 느낍니다. 또한 근육 외에도 촉촉한 머리카락이나 여드름 하나 없는 얼굴, 그리고 기타 운동으로는 킬을 수 없는 부분도 만족스럽습니다. 이런 저를 날아주시 부모님께 감사드립니다. 샤워를 할 때마다 제 몸이 여자친구가 반했다는 확신이 듭니다. 앞으로도 열심히 운동해서 몸짱의 반열에 오르고 싶습니다.

### 인- 자기소개를 부탁드립니다.

우- 안녕하세요! 저는 사단본중 팀 3 선임병장 상병 우주화입니다. 선임병장이 되기전엔 현병대 사무소에서 근무했으며, 현재는 태권도팀, 사단장 통역병, 사단 주임원사 통역병, SJA, 기회군동부, 감찰부,현병대 사무소를 포함하는 팀 3의 선임병장으로 임명되어 활동하고 있습니다.

### 인- 부대소개를 부탁드립니다.

우- 저희 사단본부중대는 사단본부에서 일하는 카투사들로 구성된 지원반입니다. 선후임은 서로 챙겨주고, 나보다 남을 생각하는 가족같은 분위기라고 자신있게 말할 수 있습니다.

### 인- 가장 기억에 남는 미군은?

우- 제가 현병대에서 근무할때 제 NCO였던 SFC LITTLEFIELD가 가장 독특했습니다. 저는 태어나서 그렇게 달리기 좋아하는 사람은 처음 봤습니다. 매일 아침 저녁으로 10마일씩 뛰는 그의 열정을 따라가다가 여러번 가랑이가 찢어졌었습니다.

### 인- 입대후 지금까지 가장 허무했던 하루는?

우- 가장 허무했다면 역시 현병대 사무실 페인트 작업입니다. 페인트 요청을 하고 1년이 지났지만, 작업이 진행되지 않아 결국 저희는 스스로 페인트 작업을 시작했습니다. 무려 2개월에 걸쳐 작업을 완료했을때, 작업하시는 분들이 찾아왔고 너무 허무했습니다.

### 인- 여태까지 본 신병중 가장 답답한 신병은?

우- 군장과 더플백을 WRC에서 바꿔 가져온 신병이 있었습니다. 생각해보면 너무 혼란스럽고 당황해서 충분히 생각할 수 있는 일이라고 생각합니다. 지금은 사단본중의 귀영들이입니다.

### 인- 하루동안 대대 주임원사가 될 수 있다면 무엇을 할것인가?

우- 일단, 하루의 시작은 피터없는 08시 기상으로 시작합니다. 미군들은 이날 한국어를 공부해서 한글을 써야합니다.

일부는 하프데이가 적당하다고 생각합니다. 점심은 스태이크 정도가 적당할 것 같습니다.

### 인- 만약 전역후 뭐 재입대 해야한다면?

우- 설마 진심으로 물으신겁니까? 저에게 영장이 다시 날라온다면 당신을 찾아가겠습니다. 농담이었고 정말 재입대를 다시해야 한다면 이전보다 더 규칙적이고 계획적인 삶을 살아보겠습니다.

### 인- 전역 후 계획은?

우- 전역 후에는 PEET 준비를 꾸준히 해서 악대에 진학하고 싶습니다. 또 현재 사단본중 인원들 과도 좋은 관계 유지하고 싶습니다. 물론 군대에서 기본 체력도 꾸준히 운동하여 유지할 것 입니다.

### 인- 전역 후 꼭 한번 보고싶은 부대원은?

우- 모든 인원들과 좋은관계를 유지하며 만나고 싶지만, 논산 훈련소부터 함께해온 동기들이 많이 그립고 다시 보고 싶을 것 같습니다. 군생활을 하면서 힘들때 서로 털어놓고 서로 챙겨주고, 되돌아보면 정말 소중한 인연인 것 같습니다.

### 인- 부대 내에서 자신의 외모 순위는?

우- 사단본중은 카투사의 홍일점 같은 부대입니다. 그 중 전 133명중 25등이고, 곧 18등이 될 것입니다. 어서빨리 1등이 되는 그날을 기다릴 뿐입니다.

### 인- 가장 편하다고 생각하는 보직은?

우- 제가 다른 보직을 판단 할 수는 없다고 생각합니다. 하지만 자신이 하는일에 보람을 느끼면 그게 가장 좋고 편한 보직이 아니겠습니까? .... 아 왜이리 힘들지?

### 인- 부대원들에게 하고싶은 말은?

우- 안녕하세요! 이 기회를 빌려 여러분께 먼저 감사하다는 말을 전하고 싶습니다. 선임병장으로서 부족한 점도 많고, 배워야 할 점도 많은데 지금까지 믿고 따라와주셔서 감사합니다. 아직 많이 남았지만 제가 전역을 한 후에도 지 금같이 좋은 분위기 유지해주셨으면 좋겠습니다.

<기사 및 사진\_이영 이지환 / 미 2사단 공보실>



## 상병 우주화

미 2사단 사단본부중대 팀 3 선임병장

# 2013년 2월의 간추린 뉴스



1-15 야전포병대대 예포대 병사들이 미 2사단 행사중에 75mm M1A1 팩 하위저 (Pack Howitzers)에 포를 발포하고 있다. 모든 예포는 한국전쟁 당시 미 2사단 명예의 훈장 (Medal of honor) 수여자들의 이름을 따으며, 1-15 야전포병대대 예포대는 1년에 대략 15건 정도의 행사에서 예포를 발사한다. <사진 - 일병 권윤준 / 1 전투여단 공보실>



지난 1월 15일부터 16일까지 용산에서 열린 크로스핏 (Crossfit) 1단계 인종 교육에 2 항공여단 장병 2명이 참가했다. 크로스핏은 고강도 운동을 통해 여러가지 신체 능력을 동시에 키우는 운동이다. 2-2 전투항공대대 내이션 윌리엄 (CPT Nathan D. Williams) 대위가 강사에게 정확한 운동자세를 확인받고 있다. <사진 - 아론 던컨 (SSG Aaron P. Duncan) 하사 / 2 항공여단 공보실>



지난 1월 24일, 아이언 카페 (Iron Cafe)가 재개장했다. 아이언 카페의 개장으로 인해 더 많은 장병들이 DFAC에서 식사를 할 수 있게 되었다. 1 전투여단 휘사병 크리스탈 곤잘레스 (PVT Krystal Gonzalez) 이 병이 아이언 카페 개장식에서 핫도그를 굽고 있다. <사진 - 일병 권윤준 / 1 전투여단 공보실>



지난 1월 25일, 1-72 전차대대 D 중대는 지난 1년간 음주관련 사고가 한 건도 없었던 업적을 인정받아 음주사고 0건 장식띠를 받았다. 에드워드 카돈 (MG Edward C. Cardon) 미 2사단 사단장이 중대 깃발에 장식띠를 달아주고 있다. <사진 - 일병 권윤준 / 1 전투여단 공보실>



지난 1월 9일, 2-2 전투항공대대 E중대 유류보급병 조지 쿠아드라도 주니어 (SPC George Cuadrado Jr) 상병이 양평 비성 사격장에서 훈련중 M-139 에어 볼케이노 (Air Volcano) 지뢰 설치 시스템의 지뢰 용기를 운반하고 있다. 에어 볼케이노 시스템은 넓은 지역에 지뢰를 설치하기 위한 시스템이다. <사진 - 빈센트 에이브릴 (SSG Vincent Abril) 하사 / 2 항공여단 공보실>

추석과 함께 한민족 양대 명절로 꼽는 설날이 왔다. 설날에서 '설'의 뜻에 대한 설명은 여러 가지가 있다. 또 한 설날을 기념하기 시작한 때 역시 명확하지 않다. 하지만 최소 1000년 전, 즉 고려시대부터 설날이라는 명칭의 명절이 있었던 것이 역사에 남아 있다.

설날에는 보통 고향으로 내려가 그동안 못봤던 일가 친척들과 인사를 나누며, 제사를 지내고 떡국을 먹는다. 하지만 설날의 대표적인 모습은 역시 세배를 드리고 덕담과 세뱃돈을 받는 것이다. 미 2사단 장병 중에도 세뱃돈을 쥐어줄지 받아야 할지 걱정하는 나이의 장병들이 있을 것이다.

세뱃돈의 액수는 상당히 중요한 문제이다. 이는 그 집안의 경제적 형편을 드러내며, 또한 액수가 너무 크거나 너무 작아도 안된다. 액수가 너무 클 경우 부담스러우며 액수가 너무 작을 경우 안 것만 못한 경우가 나오기 때문이다.

미 2사단 한국군 연락반 김우중 일병은 "사촌이 14명인데 그중에 내가 제일 막내여서 매년 세뱃돈을 5000원밖에 못받았다. 다행히 요즘은 10000원으로 올랐다"고 말하고 "지금 가장 나이가 많은 사촌은 36살이고 아내와 아이까지 있는데도 아직도 세뱃돈을 받으려고 한다"고 덧붙였다.

전통적으로는, 결혼한 뒤에 세뱃돈을 받지 않는 것이 관례였다. 하지만 현대화와 더불어 결혼 시기가 뒤늦춰짐에 따라 기준도 자연스럽게 바뀌게 되었다. 요즘에는 직업을 가지고 안정적인 수입이 생기면 세뱃돈을 받지 않는 것으로 보인다.

미 2사단 감찰부 박민섭 상병은 "입대하기 전에는 초등학교 선생님이었기 때문에 세뱃돈을 주는 입장이었다"고 말하고 "하지만 지금은 군인인데다 월급이 10만원도 안되기 때문에 어떻게 될지 모르겠다"고 덧붙였다.

이렇게 설날의 고민거리가 되는 세배돈이지만, 한국에 세뱃돈을 주는 풍습이 정착된 것은 그리 오래되지 않았다. 중국에는 오래 전부터 '홍과오'라는 붉은 봉투에 세뱃돈을 넣어 주는 풍습이 있었고 일본에도 17세기부터 오도시마라는 풍습이 있었으며 베트남과 몽골에도 비슷한 풍습이 있었다. 하지만 19세기 조선의 풍속을 묘사한 '동국세시기'에는 세뱃돈에 관한 기록이 없다.

한국에 세뱃돈 풍습이 들어온 것은 일제 강점기로 추정된다. 일제 강점기 서울 상류층 중 일부에게 오도시마 풍습이 전해졌으며 1960년대 경제 발전과 화폐 사용량의 증가로 보편적인 풍습이 되었다는 설이 있다.

그동안 한민족의 생활 방식은 많이 변해 왔지만, 조상을 공경하고 좋은 한 해를 바라는 설날의 정신은 변하지 않았다. 새해 복 많이 받으시라.



# 세뱃돈의 추억

# 새로운 미 2사단 주임원사



미 2사단 사단장 에드워드 카돈 (MG Edward C. Cardon) 소장과 미 2사단 주임원사 앤드류 스페노 (Andrew Spano) 주임원사, 마이클 아이어 (CSM Michael P. Eyer) 주임원사가 1월 30일 사단 주임원사 교대식에서 경례를 하고 있다.

지난 1월 30일, 캠프 케이시 (Camp Casey)에서 있었던 사단 주임원사 교대식에서 앤드류 스페노 (CSM Andrew J. Spano) 주임원사는 마이클 아이어 (CSM Michael P. Eyer) 주임원사에 이어 미 2사단 주임원사가 되었다.

이 행사 전에 있었던 아이어 주임원사의 장병들에 대한 조언은 그가 미 2사단 주임원사로 복무하는 동안 했던 말들의 반복이었다.

아이어 주임원사는 지휘관들에게 "자신들이 어떠한 계급부터 시작했는지 잊지 말고 새로 입대하는 병사들과 지식을 공유하기를 바란다"고 말하고 젊은 병사들에게 "자신의 업무를 수행하기 위해 최선을 다하고 군 복무를 지속하기 위해 필요한 교육을 받기 바란다"고 덧붙였다.

아이어 주임원사의 은퇴식은 교대식 이후에 열렸다. 미 2사단 장병들과 교대식에 참석한 한미 교외 관료들에 대한 연설에서, 스페노 주임원사는 전통있는 미 2사단의 새로운 주임원사가 되는데 대한 진심어린 마음을 표현했다.

스페노 주임원사는 "미 2사단의 일부가 되어 발전해 나갈 수 있다는 것이 명예롭고 영광스럽다"고 말하고 "미 2사단의 부사관, 병사, 장교, 그리고 카투스사와 같이 일하는 것이 기대된다"고 덧붙였다.

매사추세츠 노스보로 (Massachusetts Northboro) 출신이며 본래 보급병과 화학장비 수리병이었던 스페노 주임원사는 그의 첫 복무 후에 공수부대 레인저 (Ranger)가 되었다. 그는 팀 리더부터 레인저 교관, 여단 주임원사까지 각종 요직에서 근무했다.

## 아래 내용은 미 2사단 공보실과 스페노 주임원사의 대답 내용이다.

**사단 주임원사로서 무엇을 기대하는가?**  
한국군과의 협력은 사단이 나아가야 할 방향이다. 나는 아프가니스탄에 여러번 파병되었고 아프간 사람들과 협력할 때 발전하는 것을 보았다. 물론 한국은 훨씬 발전된 국가이며 잘 훈련된 장교와 부사관들이 있기 때문에 상황이 다르다. 하지만 이러한 협력관계가 작동하게 하려면 우리의 한층의 노력이 필요하다.

나는 기갑사단에서 복무해본 적이 없다. 그래서 장병들과 새로운 장비로 일하는 것이 기대된다. 전차, 기계화보병, 포병 - 모든 것이 새롭다. 또한 다연발 로켓 시스템에 보는 것도 기대된다. 이것을 제외한 거의 대부분의 포를 발사해 본 적이 있기 때문이다.

**어릴 때의 장래희망이 군인이었는가?**  
항상 그랬다. 내 어머니라면 내가 친구들과 뒷마당에서 놀기 시작했을 때부터라고 말할 수 있을 것이다. 아버지는 2차대전 참전 용사였고 내가 아기를 출산할 때 돌아가셨다. 나는 군 복무가 미국 시민으로서의 의무라고 느꼈다. 내 첫 복무기간은 4년이었지만, 여전히 군대에서 즐거움을 느낀다. 나는 여전히 내 꿈을 이루고 있다.

**자기소개서에 없는 내용을 말해줄 수 있겠는가.**  
미 육군은 가치를 사랑한다. 내겐 스포츠 두살의 아름다움 딸 알리사가 있다. 딸은 내게 있어서 가장 중요한 사람이다. 지금 보스턴 (Boston)의 노스이스턴 (North-eastern) 대학 대학원을 다니고 있다. 나와 내 아내의 도움을 받아 성장한 딸은 내 자랑거리이다. 보통 아이들이 자라면서 말을 잘 듣기를 기도하는데, 알리사는 항상 내 기대 이상이었다.

**당신의 철학은 어떤 것이 있는가?**  
미 육군은 가치를 중요시 한다. 육군의 임무까지 가치들은 단순 암기만을 위한 것이 아니라 의미를 담고 있는 것들이다. 이 모든 가치는 나에게 굉장히 중요하다. 장병들은 좋은 사람들이 되어야 하며 모든 사람들이 우리를 닮고 싶어해야 한다.

내 기준은 흑백이며 예외란 있을 수 없다. 내 업무는 단지 기준을 강요하기만 하는 것이 아닌 장병들에게 기준과 원칙을 스며들게 하는 것이다.

"할수 없다"는 것은 "하지 않을 것이다"를 의미하며 "하지 않을 것이다"는 "틀리다"를 의미하고 "틀리다"

는 미 군법을 의미한다. 나는 패배주의를 싫어한다. 불가능하다고 말하는 것이 아니라 어떻게 할 것인가를 말해라.

우리는 미 육군에서 유일한 전진 주둔사단이며 적들로부터 불과 몇 킬로미터 떨어진 거리에 있다. 따라서 우리 사단은 단지 9개월 동안만 준비된 것이 아니라 항상 준비되어 있어야 하고 항상 싸울 수 있도록 훈련해야 한다. 그러므로 훈련은 현실적이고 힘들며, 도전적이고 보상이 있어야 한다.

우리는 계속해서 한국군과 연합 훈련을 해야 한다. 돌발상황에서 그들과 함께 싸우기 때문이다. 같이 갑시다!

장병들이 군사 교육을 받기 위해 경쟁하고 최고 전사 대회에서 높은 성적을 얻기 바란다. 공중감속학교는 단순히 휘장을 얻는 것이 아니라 기술을 익히기 위해 가는 것이다. 지휘관들은 레인저 (Ranger) 학교에 가야한다. 레인저 학교는 지휘능력을 키우는 학교이다. 힘들긴 하지만 충분히 통과할 수 있으며 많은 지식과 경험을 얻을 수 있을 것이다.

민간교육 역시 중요하며 때문에 전사 대학 프로그램도 중요하다. 나는 교육의 중요성을 전파할 것이다. 장병들은 학교에 갈 기회를 얻어야만 한다. 모든 장병들이 고학력자가 되기 위해서 29년간 복무한 원사가 될 필요는 없다. 요즘의 기회는 교육에 있으며 등록금 보조금이 경제적 부담을 없애준다. 사단장과 나는 장병들이 이러한 이점을 안도도록 도울 것이다.

우리 장병들은 모두 외국 땅에서의 외교관들이다. 부대 안팎에서, 혹은 업무 중이건 아니건 항상 군인다운 모습을 보여야 한다. 다른 사람들의 문화를 존중해라. 미국에서 가능한 것이 여기서는 아닐 수 있다. 우리는 존중받는 사람이 되어야 하지 도둑이나 불량배가 되어서는 안된다.



들과 만나 어울리고 훈련하는 것을 지켜보고 경험을 나누는 것이었다. 후시라도 그렇게 만난 병사가 나중에 사단 주임원사가 될 수도 있을 것이다.

내 계급이 낮을 때 주임원사와 대화를 나눠 볼 수 있는 기회는 완전히 없었다. 우리 대대 주임원사 말고는 단 한명의 주임원사도 우리를 찾아오지 않았다. 지금은 많이 달라졌다. 그래서 이러한 변화가 목표이자 내 자신에 대한 도전이다.

**병사들이 당신에 대해 알아야 할 것이 무엇인가?**  
나는 강박증이 있다는 말을 들었다. 난 정리정돈이 안된 것을 중요한다. 내 벽장에 옷걸이들은 항상 손가락 두마디만이 들어갈 정도의 간격을 유지한다. 그리고 나는 무엇이든 한번 시도해보고 싶으면 다시는 안한다. 또한 누군가에게 정보를 알려주기 위해 병사들을 대기시키는 것을 싫어한다. 병사들의 시간은 매우 중요하기 때문이다.

**사단에 소속된 병사들에게 무엇을 말해 주고 싶은가?**  
항상 자신이 하는 행동이나 자신이 대표하는 것에 대한 자부심을 가져라. 육군의 역사는 237년이고 수많은 병사들이 복무했다. 많은 이들이 왕이 아닌 헌법을 위해서 피를 흘리며 죽었다. 그 어떤 다른 나라도 자유와 삶의 길을 보호한다고 말할 수 없을 것이다. 워런 미군 병사들이며 군복을 입는 것에 대한 자부심을 간직해야 한다. 곳곳이 서서 가슴을 펴고 고개를 들어라.

<기사 - 상병 한원환 / 미 2사단 공보실>



지난 1월 31일, 로드리게즈 실사격 훈련장 (Rodriguez Live Fire Complex) 근처에서 수행된 2-9 보병대대 공중강습 훈련에서 2-9 보병대대 A 중대 병사가 부대원들에게 공중강습 명령을 내리고 있다.

# 벧속까지 군인

공중강습은 미 2사단의 중요한 공격 방식이다.  
최근 2-9 보병대대가 공중강습 훈련을 수행했다.



지난 1월 31일, 2-9 보병대대 A 중대 병사들이 블랙 호크 헬리콥터에서 로드리게즈 실사격 훈련장 (Rodriguez Live Fire Complex) 근처의 강하지점에 낙하하고 있다.

UH-60 블랙 호크 (Black Hawk) 헬리콥터의 기장은 병사들에게 "1분이다"고 외쳤다. 잠시 후, 기장은 "20 초다"고 알렸다. 블랙 호크가 착륙하자마자 병사들은 70 파운드 (pound)의 개인장비를 착용한 채 제압사격을 실시했다. 100 명이 넘는 2-9 보병대대 소속 병사들은 훌륭하게 임무를 수행했다.

2-9보병대대 A 중대 대니 데이비스 (1SG Danny Davis) 일등상사는 "병사들은 공중강습 훈련을 할 기회가 별로 없다"고 말하고 "이번 이틀간의 훈련동안 병사들은 예행연습을 했다. 훈련기간 동안 병사들이 집중할 수 있게 하고 동기부여를 하는 것이 나의 목표였다"고 덧붙였다.

예행연습을 통해 병사들은 특정한 지역에 투입되어 목표물을 빠르게 제압할 수 있다는 것을 보여줬다. 데이비스는 "공중강습 과정에 있어서 가장 위험한 부분은 착륙하는 것과 목표물을 공격하는 것이기 때문에 이 부분에 시간을 많이 투자했으며 병사들이 각자의 역할을 인지했는지 실시간으로 확인했다"고 말했다.

전형적인 공중강습 훈련에서는 여러 대의 헬리콥터에서 병사들이 뛰어내린다. 따라서 임무 수행중에 일어날 수 있는 모든 머피의 법칙 (Murphy's law)에 대응하는

것도 훈련의 일부이다. A 중대 1소대장 제임스 클레이튼(SFC James Clayton) 중사는 "공중강습 훈련은 돌발적인 요소가 너무 많아서 까다롭다"고 말했다.

공중강습 훈련은 병사들이 자주하는 훈련이 아니기 때문에 이번 훈련은 부대의 공격적인 특성을 증강시킬 것이다.

소총병 라이언 바르(PV2 Ryan Barr) 이병은 "이번 훈련을 통해 헬리콥터를 타게 되고 처음으로 중대와 같이 훈련할 수 있게 되어서 기대됐다"고 말했다.

훈련소를 끝나치고 바로 중대로 배치받은 바르 이병은 "블랙 호크 위에서는 모든 것이 급히 진행됐다"고 말하고 "내 담당 부사관이 '출발'이라고 외쳤을 때 아드레날린이 분비되는 것이 느껴졌으며 연습한 그대로 몸이 반응했다. 모든 것이 별 문제 없이 진행됐다"고 덧붙였다.

병사들은 계획대로 훈련을 진행함으로써 항상 싸울 준비가 되어 있다는 것을 보여주었다.

클레이튼 중사는 "지형이나 날씨에 상관없이 우리는 언제든지 적 본진에 공중강습 할 준비가 되어 있다"고 말했다.

<기사 및 사진 - 후안 히메네즈(SGT Juan F. Jimenez) 병장 / 1 전투여단 공보실  
번역 - 일병 이지환 / 미 2사단 공보실>

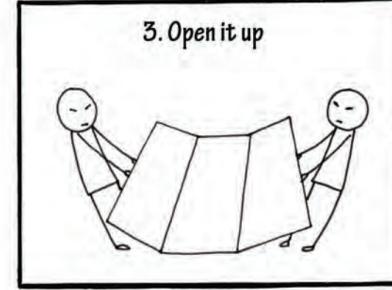
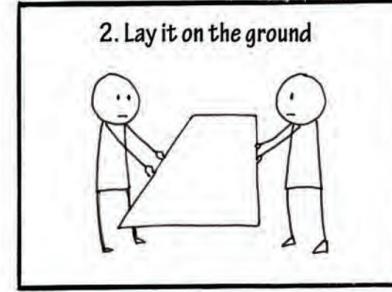
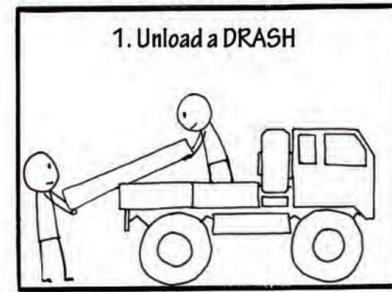
\*본 작품에 등장하는 인물, 배경, 상황, 조직 등은 모두 가상이며 현실과 무관함을 밝힙니다.

# 카툰4컷

## 18. 설날



## 19. How to: Build a DRASH



## 20. 정훈교실



## 4 PANEL COMIC BY SGT SIM, HAN JUN

COMIC SERIES INSPIRED BY YOTSUBA&! and AZUMANGA DAIOH By AZUMA KIYOHICO  
This Issue features parody of HOW TO: DRAW A HORSE by VAN OKTOP



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