

Indianhead

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For the 2nd Infantry Division Community

Feb. 4, 2005

Good mental health essential for Soldiers

Pfc. JeNell Mattair

Indianhead staff

CAMP RED CLOUD – For the majority of people, life is a daily practice of making a living, raising a family, working out small problems, paying bills and taking care of physical needs.

Life is usually positive, active and gratifying. But, sometimes anxiety and strains change attitudes, behaviors and coping abilities.

Good mental health refers to an individual's thoughts, feelings and actions when faced with challenges and stresses, said Spc. Daniel Windham, mental health specialist, 302nd Brigade Support Battalion.

"The relative state of emotional well-being, freedom from incapacitating conflicts, and the consistent ability to make and carry out rational decisions and cope with environmental stresses and internal pressures defines good mental health," said Capt. Gary Sinclair, Division Mental Health, 302nd BSB.

Good mental health plays an important role in daily life, he said. It influences interaction with others, outlook on life, coping with stress and attitude.

The Surgeon General's report defines mental health as "the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people and the ability to adapt to change and cope with adversity."

According to the Surgeon General's report, an individual with good mental health will display several common characteristics. A sense of well-being and contentment, the ability to enjoy life and self confidence top the list.

"Self-esteem is important in good mental health," Sinclair

said. "An individual's sense of personal worth that is derived from inner thoughts and not dependant on what others think," he said.

But, if emotional burdens become overwhelming, help is available.

"Mental health services are always available for Soldiers," Sinclair said. "The Division Mental Health Clinic works by appointment. A Soldier need only call the office and make an appointment. If it is an emergency, the Soldier is seen immediately."

Be aware of the feelings and behaviors that suggest help is needed.

Feelings of sadness, emptiness or worthlessness and tearfulness are some major symptoms of depression, Sinclair said. A diminished interest or pleasure in most activities, significant weight loss or gain in a short amount of time, sleep disturbance, fatigue or loss of energy and a diminished ability to concentrate or make decisions can be signs an individual is depressed.

Recurrent thoughts of death and suicide and even suicide attempts are the more severe symptoms of poor mental health, Sinclair said.

"These characteristics in some people can be mild, intermittent and go undetected by observers," he said. "For others the traits can be more severe, constant and debilitating."

If a Soldier feels depressed, especially for a prolonged period he should seek help, Sinclair said.

"There are many reasons why a person may feel depressed," he said. "It could be due to a failed relationship, the death of a loved one, passed

See, **MENTAL**, page 6



Courtesy photo

Getting involved in various activities is essential in maintaining good mental health. Without good mental health, you might find yourself staring off into an abyss of loneliness.



Task Force 1-72 wins first Tomahawk Award

See story, Page 4



Bridging exercise on the Han River

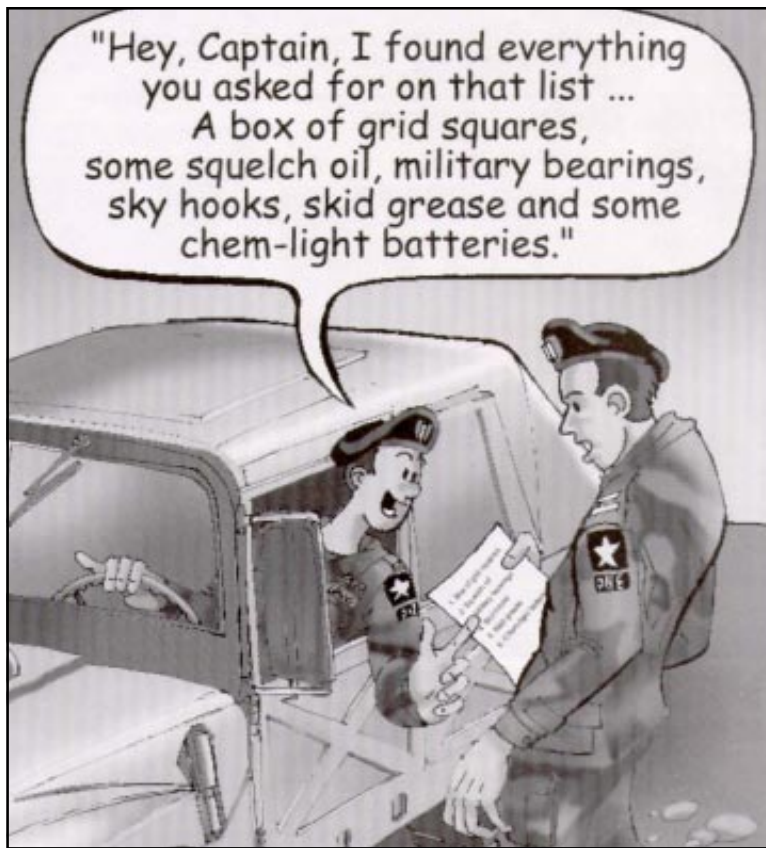
See story, Page 8



Papa Roach visits 'Warrior Country'

See story, Page 9

2nd Louie By Bob Rosenburgh



Sgt. 1st Class Roberto Aron, HHC, 2nd Inf. Div.
"Go out and enjoy the different ski resorts, visit malls and take advantage of the shopping."



Spc. Michael Briggs, 501st CSG
"Get away from post. Do some USO trips to Seoul, Everland or Lotte World."



Pvt. Michael Evans, 25th Transportation Co.
"Go on a date, go bowling or to the movies. Take college classes."



Master Sgt. Daniel Tourtelot, 2nd MP Co.
"Go on a Seoul City Tour. Buses go every half hour. Also take advantage of the mountains right off post."



What are some activities Soldiers can do to maintain a positive attitude?

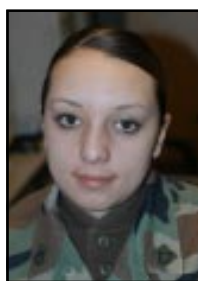


Sgt. Tonya Johnson, HHC, 2nd Inf. Div.
"They can go to more comedy shows, on more tours or more organizational functions."



Pvt. Derion Reynolds, 122nd Signal Bn.
"Work out. Go to the gym – lift weights."

Pfc. Elizabeth Ayala, 501st CSG
"Join the BOSS program where you can help out with community service and also tour Korea."



Pfc. Remille Cabigon, 25th Transportation Co.
"Spend more time in the rec center, enroll in college courses or go shopping."



Pfc. Cassandra Ross, HHC, 2nd Inf. Div.
"They can go out and explore Korea, go to the gym or go to company functions."



Spc. Jonathan Handley, 5/5 ADA
"Go to a movie."



Pfc. Gideon Hansen, 2nd MP Co.
"Just ride the subway without even looking at a map. Then just get out somewhere with lots of shops and look around."



Pvt. Ren Marroquin, 25th Transportation Co.
"Go to a CAC or USO to meet other people who have the same interests."



Sgt. 1st Class Jeffery Pettigrew, HHC, 2nd Inf. Div.
"Get involved in one of the many sports ongoing on post. Weightlifting and Tae Kwon Do are also good."



Pvt. Matthew Molina, 122nd Signal Bn.
"Soldiers can go to activities, like sports that are specifically set for E-4 and below."



Indianhead

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Warrior 6 ... Living the Warrior Ethos

Maj. Gen.

George A. Higgins

2nd Inf. Div. Commander

As I think most of you fully appreciate, the 2nd Infantry "Warrior" Division is the only permanently deployed division in the United States Army.

With a well-armed, capable and dangerous enemy just north of the Demilitarized Zone (DMZ), our mission requires every Soldier to be competent, confident, well-trained and ready to fight and win — and on extremely short notice!

Under such conditions, only men and women with the determination, focus, perseverance, tough mindedness and desire to win and be on a winning team — will be able to fulfill the mission requirements to deter war on the Korean Peninsula, and should deterrence fail, win decisively. Winning under such conditions requires men and women who truly are Warriors at heart.

A central aspect of service in the United States Army — the most capable and powerful Army in the world — is what General Peter Schoomaker, our Army Chief of Staff, has called the Warrior Ethos. Undoubtedly, you have heard about the Warrior Ethos, and I want to take a moment to explain what it really means in the Army and in the Warrior Division. The Warrior Ethos is not simply some words on paper that you or anyone should just memorize.

Leaders in the Warrior Division may well ask Soldiers to memorize the Warrior Ethos, but I think it is much more important for every Warrior to understand the essence of the Warrior Ethos — and what living the Warrior Ethos in our daily lives really means.

Living the Warrior Ethos means accepting some fundamentals about the nature of Soldiering in the American Army. Being a genuine Warrior — a person who lives by the Warrior Ethos — means, first, that you are at core a good human being. It means that you believe in treating other people — all other people — with great dignity and respect at all times and in all circumstances.

This is a tough principle to live by and live up to — but a man or a woman who is a genuine Warrior will strive in his or her daily life to always treat other people with dignity and respect. If you think about it, it is pretty fundamental — and clearly the way you would always like (and expect) to be treated by others.

The Warrior Ethos is also a statement about the sort of American citizen you are and what is expected of you as an American. As Americans, we cherish certain values and virtues that we think characterize Americans. You can see many of these values and virtues reflected in the way American Soldiers risk their very lives daily to help the men, women, children, aged, ill, hungry, poor and scared in Iraq.

Yes, our Soldiers are on a directed mission in Iraq, but what shines through is the way American Soldiers genuinely try to help others less fortunate than themselves—revealing the core values and virtues we cherish as Americans: compassion, kindness, respect for others, gratitude for what we have as Americans, loyalty, determination to make a positive difference in the world, and great courage to do the right thing at all times.

Third, the Warrior Ethos is a succinct statement about who we are as Soldiers in the American Army and who we are as Warriors in the Warrior Division. The Warrior Ethos is really a declaration about our sense of self-identity: we are American Soldiers who have courageously made the commitment in our lives to defend the Constitution of the United States, the American way of life, and all the values and virtues America stands for in the world. And so, the Warrior Ethos is a declaration about who we are—as American Soldiers, as American citizens, and as good human beings. The Warrior Ethos lays out a vision for our attitudes, our behavior and our identity, all framed by the Army Values.

The Army Values contain powerful words — Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. Collec-

tively, the Army Values are a statement — a promise if you will — about those things that will not change no matter how much transformation our Army undergoes. These Values tell others what to expect when dealing with an American Soldier.

Our Army will always be a values-based organization. But to truly become a values-based organization, these Values **MUST** be reflected in and **MUST** shape our everyday behavior — both on and off duty. If someone doesn't recognize our integrity by the way we conduct ourselves then it's simple — we have failed to live up to the cherished value of being a Warrior Soldier, whose word and behavior are shaped by a deep sense of integrity . . . period. You can clearly see that no matter how much anyone recites the Warrior Ethos or the Army Values, if that person does not live by those fundamental values and by the ethos, it makes no difference how well that person has memorized the Army Values **or** the Warrior Ethos.

An example of what I am talking about is in the application of the Warrior Ethos and its underlying Army Values in our off-duty behavior. While in Korea, we are representing America as part of the Republic of Korea-US Alliance. It should be obvious that we have a wonderful opportunity while serving in Korea to reflect all that is good about America and American Soldiers. More than an opportunity, we have an obligation as good Warriors to reflect our acceptance of American values I mentioned earlier — and be genuine Good Neighbors. And I want to make it perfectly clear to each of you that — **both on and off duty** — as guests in the Republic of Korea we have an obligation to always be Good Neighbors wherever we go in the Republic of Korea. We are **guests** in Korea — and I want each of you to be a Good Neighbor **ALWAYS** — in precisely the way a good Warrior who lives by the Warrior Ethos and Army Values would!

One vital way that we live the Warrior Ethos and the

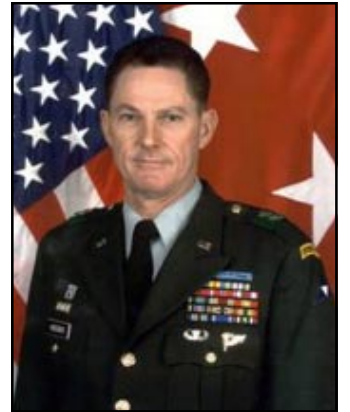
Army Values as Good Neighbors is by not tolerating any activities that support Human Trafficking and Prostitution. Human Trafficking is morally equivalent to slavery. Prostitution helps pay for Human Trafficking, and I want to make it perfectly clear to each of you that as Americans, Warrior Soldiers and simply good human beings, the Soldiers in the Warrior Division will not take part in any activities that — directly or indirectly — support either Human Trafficking or Prostitution. Not only that, but when Genuine Warriors — those who embrace and live by the Warrior Ethos — detect any evidence of Human Trafficking or Prostitution, they immediately report it. And that's what I expect from each of you.

But this message isn't just the boss telling you that Human Trafficking and Prostitution is wrong — you already know it's wrong. I'm telling you that supporting those types of activities says something about you and about your values. Your support of those activities says that you are not a good Soldier, and that — at your core — you are not a good human being.

Soldiers that support these kinds of activities aren't Warriors, and they certainly aren't living the Warrior Ethos or the Army Values. You cannot consistently say about another Soldier, "Well, yes he engaged in prostitution, but he's a good Soldier." It should be pretty obvious that if you accept what it means to be a genuine Warrior who lives by the Warrior Ethos and its underlying Army Values, then no...he's not a good Soldier.

The right values are the foundation of what makes a good Soldier, and Soldiers who support Human Trafficking and Prostitution do not live by and do not reflect the right values.

When I assumed command in September, I told you that ever since I first joined the Warrior Division in 1991 as the commander of the 1st Battalion, 5th Infantry Regiment (re-flagged 1st Battalion, 9th Infantry Regiment, and now in Iraq), I



have always been inspired by the quality, competence and confidence of the Warriors in the 2nd Infantry Division. And from what I've seen in these first few months of command, the overwhelming majority of Warriors **do** have the right values, **are** good Soldiers, and **are** wonderful human beings. Warrior Soldiers are the kinds of people whose behavior make it obvious that Army Values aren't simply words on paper — that the Warrior Ethos isn't just something a platoon sergeant made them learn. Every time I visit a unit or an event, I am uplifted by our Soldiers — dedicated to their mission, professional and inspiring. I am incredibly proud of you and what you accomplish on a daily basis.

I believe that the great majority of Warriors in the Warrior Division want to be part of an American Division — forward deployed in the Republic of Korea — that is in every way **Second To None**.

I am asking each of you for your help in a very special way. I want to ask the Warriors in this great Division — those who are living the Warrior Ethos and exemplifying the Army Values — to help your fellow Soldiers. Help them to understand — and live up to — what we believe in as American Soldiers and what the essence of the Warrior Ethos is and means in our lives.

In this context, think for a moment what "*I will never leave a fallen comrade*" really means in our daily lives and how you can make the Warrior Ethos and the Army Values come to life.

Ultimately, it's about what's in your heart and how you live your life. Pretty powerful idea, if you think about it.

Second To None!

Task Force 1-72 takes home first Tomahawk Award

Spc. Chris Stephens
Indianhead editor

CAMP CASEY – Many times excellence goes unnoticed in small tasks that are essential to completing the mission.

But now, the G-1 section of the 2nd Infantry Division has created the Tomahawk Award, which recognizes the intangibles of unit readiness. The award is presented once a quarter.

“Most competitions in the Army focus on ‘Hooah’ categories – shooting, physical training, road marching, etc.” said Maj. Janet Holliday, deputy G-1, 2nd Infantry Division. “This competition recognizes units that excel in Soldier care.”

The first winner of the Tomahawk Award is Task Force 1-72.

“It’s a nice satisfaction to know that we won the very first Tomahawk Award,” said 1st Lt. Frank Slavin, battalion adjutant. “But, we’re not in the business of winning awards – we’re in the business of taking care of Soldiers. That’s what the Army is all about.”

Slavin said a major factor in Task Force 1-72 winning the award was because everyone knows how to do everyone else’s job.

“If someone is on quarters or on leave, we can still continue to run smoothly because each person knows how to do every job,” he said. “With each Soldier having knowledge in every area, there are no worries on our part when something suddenly comes up.”

The categories graded in the Tomahawk Award are PAC Excellence, Safety, Equal Opportunity, Dental, Medical, Lost IDs, Army Career and Alumni Program (ACAP) and Alcohol and Drug Control Office.

“This is not an easy award to attain,” said Brig. Gen. Charles A. Anderson, Assistant Division Commander (Support). “The grading is tough and units have to get things done right and on time.”

In all but the Safety category, units were given either a green or red light based upon their statistics. In Safety, the amber light was added. To receive a green light in this category meant having no accidents during the quarter. An amber light meant having an accident with less than \$2,000 of damage and a red light meant a reportable accident.

- For Equal Opportunity, units had to have 90 percent or more of their assigned personnel attend an equal opportunity and consideration of others’



Photo by Spc. Chris Stephens

Brig. Gen. Charles A. Anderson, Assistant Division Commander (Support), left, and 2nd Infantry Division Command Sgt. Maj. James Lucero, present members of Task Force 1-72 with the first Tomahawk Award.

class. Any percentage below was given a red light.

- For Lost IDs, no more than 0.5 percent of ID cards within the unit can be lost.

- For Medical, 80 percent of all personnel need to have or be on their anthrax cycle and have a small pox shot.

- For Dental, 95 percent has to be dental deployable, and have company scrubs at the dental clinic monthly.

- For ACAP, units have to have 90 percent of schedule departures, not including chapters.

- For ADCO, 90 percent have to have ASAP training and 90 percent attendance at all scheduled rehab appointments.

The PAC Excellence is awarded each month to units with excellence in actions, promotions, awards, etc. To re-

ceive a green light in this category, units had to have three consecutive months of PAC Excellence.

Holliday said that the award also creates a different type of competition among the units.

“No matter where you go in the Army, units always want to outshine another,” she said. “A competition is a great way to get maximum participation in achieving the division’s goals.”

DIVARTY celebrates history with annual St. Barbara’s Day Ball

Pfc. JeNell Mattair
Indianhead staff

CAMP STANLEY - Second Infantry Division Artillery Soldiers came together to celebrate their rich history with a Saint Barbara’s Day Ball on Camp Stanley Jan. 28.

Brigadier General Rhett A. Hernandez, Director, Officer Personnel Management Directorate, Human Resources Command in Alexandria, Virginia, was the honored guest speaker of the event.

Also in attendance were Col. Ross E. Ridge, DIVARTY Commander and DIVARTY Command Sgt. Maj. James M. Sherrill.

The 2nd Inf. Div. Artillery was originally constituted on Sept. 21, 1912 and was completed in January 1918 after deployment to Le Valdahon, France.

DIVARTY’s storied history includes battles fought in World War II and the Korean War. For its actions in WWII the unit earned campaign streamers embroidered Normandy, Northern France, Reinhold, Ardennes Alsace and Central Europe. The unit was mentioned in official dispatches for actions

in Ardennes and Elsenborn Crest and was awarded the Belgian Fourragere.

For actions in Korea the unit earned 10 Campaign Streamers and was awarded two Republic of Korea Presidential Unit Citations.

“Artillery has supported maneuvers in every conflict and at times has been the decisive branch in winning major fights,” said Maj. Fred West, HHB, DIVARTY.

“This is a night of celebration,” Brig. Gen. Hernandez said. “They should be proud of who they are; more importantly be proud of where they are going. They make history every day as part of an Army that is at war while in the midst of transformation.”

The Saint Barbara’s day ball not only commemorates DIVARTY military history but incorporates the saintly tradition.

“Saint Barbara is part of our history, as the patron saint of field artillery,” Ridge said. “She has become part of our tradition, and we have the opportunity to continue to indoctrinate Soldiers to those traditions (with the ball.)”

Saint Barbara is known throughout the world as the patron saint of

artillerymen. According to legend she was the beautiful daughter of a wealthy heathen. Because of her beauty she was kept in a tower to protect her from the outside world. When her father learned she had converted to Christianity, he carried out her beheading. Following the execution, he was struck by lightning and his body was consumed.

The legend of the lightning bolt caused Soldiers to call upon her to protect them against accidents from explosions of early artillery pieces.

This legend grew and she became the patroness of all artillerymen. As she is the patroness of firearms and protector of sudden deaths, her image is frequently an ornament on shield, armor, and in particular, great guns and field pieces.

“If someone messes with artillery we come back firing fast like lightning,” said Staff Sgt. John McNeely, HHB, DIVARTY.

The Army is like a family, Ridge said. Just like family Soldiers want to belong and understand our roots.

“The artillery has a rich history that goes back hundreds of years and the ball allows us to pass that history on to

“Saint Barbara is part of our history, as the patron saint of field artillery. She has become part of our tradition, and we have the opportunity to indoctrinate Soldiers to those traditions (with the ball.)”

*Col. Ross E. Ridge
DIVARTY Commander*

younger Soldiers,” he said. “They should embrace it and let it remain a part of who they are.”

Today the Division Artillery supports the Second Infantry Division with Soldiers assigned at Camps Page, Hovey, Casey and Red Cloud.

“The Division Artillery should know that red legs are engaged in the war on terror and making history,” Brigadier General Hernandez said. “I would like to thank them for their service and Godspeed.”

Even with transformation – dining-in a constant

Spc. Chris Stephens
Indianhead editor

CAMP CASEY – With all of the changes the Army has gone through in its 228 year history, the one thing that has remained constant is dining-in.

For the newly formed 1st Headquarters Brigade Combat Team, (also known as a brigade unit of action) Jan. 29 provided them with an opportunity to partake in this military tradition for the first time together as one unit.

“Dining-in is one of many traditions that hold units together,” said Lt. Col. Mark Bliese, executive officer, 1st HBCT. “It’s a chance for us to bring all of the members of our team together for a shared experience and have a good time.”

Making up the 1HBCT include 4th Battalion, 7th Cavalry Regiment, Task Force 1-72, Task Force 2-72, Task Force 2-9, 1st Battalion, 15th Field Artillery Regiment, 302nd Brigade Support Battalion, the Brigade Troops Battalion and Headquarters and Headquarters Company, 1st HBCT.

“We’re a make-up of a lot of different job fields,” Bliese said. “The beauty of the transformation BCT is that the infantry, armor and field artillery Soldiers work with the multitude of supporters

every day and not just when we task organize to go to the field. It is a tremendous opportunity to train as we fight every day.”

The BUAs enable greater capacity for rapid packaging, and responsive and sustained employment to support combatant commanders.

BUAs also enhance the expeditionary and campaign qualities of Army forces by better enabling Joint/coalition operations, according to www.globalsecurity.org/military/agency/army/bua.htm.

“We’re going through so many changes right now with the Army, it’s important for leaders of units to get together,” said Lt. Col. Paul Greenhouse, commander, 1st Bn., 15th Field Artillery Regt. “That’s the whole reason for dining-in. It’s a time to be in a relaxed environment and enjoy the camaraderie you have with your fellow leader.”

After a meet and greet, the formal portion of the dine-in began with a bang of the gavel by mess president and 1st HBCT Commander, Col. Michael Feil. Toasts and the invocation were next followed by testing of the meal by Maj. Andrew Horvath, otherwise known as Mr. Vice. After the okay was given by Mr. Vice, the meal was allowed to be consumed by all members of the mess.



Photo by Spc. Chris Stephens

Officers from Task Force 2-9 perform their skit during the informal “entertainment” portion of the dine-in at Camp Casey’s Reggie’s.

But, dining-in isn’t like any other dinner function normal to man. Games, toasts and other happenings are constantly going on. One game challenged one first sergeant from each unit to compete and see who could stuff five crackers down their throat the fastest.

“There are no words to describe seeing first sergeants stuff crackers in their mouth,” Greenhouse said. “All you can do is sit back, enjoy the show and laugh.”

The guest speaker for the evening was 2nd Infantry Division Commanding General, Maj. Gen. George A. Higgins.

After his speech, and the formal part of the evening was concluded, it was on to the entertainment portion of the evening.

“Overall, this is a great evening for all Soldiers in 1st HBCT,” Bliese said. “It’s a wonderful time to be part of this great unit and to serve in Korea.”

Redleg Warriors celebrate barracks grand opening

Spc. Chris Stephens
Indianhead editor

CAMP STANLEY – Over a hundred Soldiers from 6th Battalion, 37th Field Artillery Regiment, are now able to rest easy after their barracks were renovated by some of their own.

Five Soldiers from A Battery, along with 12 Area I Department of Public Works employees and some Korean Service Corps employees were honored at an awards ceremony, Jan. 6, to celebrate the grand opening of Camp Stanley’s newly renovated barracks.

“The work was dedicated to improving their quality of life of all Soldiers in the battalion,” said Spc. Daniel Trussel and Pfc. Son H. Do, who supervised daily renovation operations. “They taught the other Soldiers in their renovation team to install flooring, patch walls and do interior painting,” Flavin said.

Other jobs they completed included repairing cracks in shower rooms and latrines, replacing broken glass on windows and doors, install new lighting and replacing damaged walkways.

Originally built in 1970, the renovated barracks is a three-story; 30,860 square foot build-

ing that can house 122 Soldiers.

One feat the Soldiers were able to accomplish was that the cost of renovation was half of what it cost to renovate the same type of barracks on Camp Red Cloud.

“Soldier labor along saved over half the dollars, so they could be used on other projects,” Roux said. “In addition, we brought in new items, (TVs, furniture and microwaves) for the Soldiers.”

As the project foreman, Flavin coordinated with DPW and KSC to do the required plumbing, electrical work, exterior painting and ventilation system renovation. Also assisting him were Spc. Daniel Trussel and Pfc. Son H. Do, who supervised daily renovation operations.

“The battery commander and first sergeant took this space and made it into a Soldier’s ‘Dream Home,’” he said. “No hot tubs or monster garages ... I said a Soldier’s home. This is the Soldier’s homes now ... their own space. It’s their building and my hope is that pride of

ownership will be passed along.”

While completing this renovation project, the battery was also able to maintain six of six qualified crews, conduct two live-fires, conduct two sets of unit certifications and competitions, DIVARTY Command Inspection and win the Eighth U.S. Army Award for Maintenance Excellence Competition.



Courtesy photo

Second Infantry Division Commanding General, George A. Higgins, left, looks through one of the newly renovated rooms of 6th Battalion, 37th Field Artillery Regiment. Soldiers from the unit banded together to not only cut down the costs of the renovations, but also improve their quality of life.

dilemma or they can roll up their sleeves and get to work – but, you did both at the same time. Together, Americans and Koreans turned a building into a home and improved the quality of life for an entire battalion of Soldiers.

“They did all this and saved money,” Higgins said. “The currency of Soldiers is, quite often, their time. The men of Alpha Battery gave their time willingly for the good of the unit and themselves.”

Editor’s Note: Capt. David Roux and Spc. Eric Flavin contributed to this story

News Briefs

New AIP

As of Feb. 1 Assignment Incentive Pay is now better than ever with three significant changes to serve you better.

* No more short sign-up windows – you have a continuous open AIP sign-up window from the day you arrive in Korea until 90 days from your DEROS or until your receive reassignment instructions.

* Freedom of Choice – You choose either 12 or 24 month AIP during the continuous sign-up period.

* Immediate payment – Whether you choose 12-month AIP for \$300 per month or 24-month AIP for \$400 per month, you begin receiving AIP payments the month you sign the AIP request.

For more information, call your unit personnel officer or visit the 8th PERSCOM Web site at <http://www-8perscom.korea.army.mil>.

Super Bowl Party

Camp Casey Primo's Club will host a Super Bowl party on Monday, February 7. The club will open at 7 a.m. The party includes a Super Bowl T-shirt and hat give away and free coffee and hot chocolate.

US Army Special Forces

The Army is seeking out Soldiers for Special Forces. Qualifications include a GT score of at least 100, rank of E-4 through E-7 or an officer in YG 03 or later. Candidates must be male and have a score of 229 in the 17-21 age range of the APFT. Combat and support MOS's can apply.

More information can be attained through the Camp Casey Education Center Building 2451 every Tuesday at 1:30 and 5:30.

AFSC Scholarship

American Forces Spouses' Club Scholarship Applications are now available. Merit Scholarships are available for high school seniors, college students and adult students.

Applications can be picked up at the Chosun Gift Shop and the Yongsan Education Center.

To be eligible for the scholarship, make sure you (or family member) belonged to the AFSC before Dec. 31, 2004.

To request an application online, go to the Web site, afscscholarships@yahoo.com.

Bataan Death March Qualifier

The 2005 Eighth U.S. Army Bataan Death March Qualifier will be Feb. 19 at Camp Casey's Hanson Field House.

The event is open to all military personnel assigned to 8th Army installations.

The event is a half-marathon (13.1 miles)

Registration will be from 6-8:15 a.m., with the course briefing at 8:30 a.m. and the march to begin at 8:45 a.m.

The competition will be conducted in two individual categories and one team category.

* Active-Duty Men's Open (all ages)

* Active-Duty Women's Open (all ages)

* Military Team (Five military personnel from same organization and/or installation)

The top finishers will go onto the The Bataan Memorial Marathon Road March at White Sands Missile Range, N.M.

Equipment required includes, BDUs, at least 35 lbs. in your rucksack and a full canteen.

For more information, call Warrior Sports at 732-6276.

Indianhead event coverage

The *Indianhead* staff wants to know what events your unit is holding.

The *Indianhead* staff is especially interested in unit 'Good Neighbor' events held with local Korean community members and training exercises.

For more information, call 732-8856 or email 2IDpao@korea.army.mil.

Sexual Harassment Hotline

The numbers to report Sexual Harassment are:

2IDEO: 732-6266

Area I: 732-6069

Yongsan: 738-5950

MENTAL

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over for promotion or being lonely. A certain amount of depression related to a life occurrence is normal, but if the characteristics are prolonged and cause significant distress or impairment in social, occupational or other areas of function, it is time to seek professional assistance."

It is important to identify the reason for the depression, Sinclair said. Sometimes a person can be pre-disposed to depression or other mental health related illness.

It is best to be assessed by a mental health professional to help determine if the problem is short-term and directly related to a recent event or if the problem is more severe.

"There continues to be a stigma related to seeking assistance for mental health related challenges," he said. "This is slowly changing, but continues

to be a barrier. Some people think it is a sign of weakness to ask for assistance for problems related to mental health. However, mental challenges are no different than physical challenges and sometimes we are not able to resolve them without assistance."

Soldiers should not be worried about what their peers think, Windham said. Every Soldier has a right to privacy and everything is completely confidential.

"A person needs to determine what is most important," Sinclair said. "It can take a lot of courage to ask for help but the longer it is delayed, the more severe the problem may become."

When the characteristics are prolonged and cause significant distress or impairment in social, occupational or other areas of function, it is time to seek professional assistance, Sinclair said. However, if the problem is mild and a specific reason can

be identified for the emotional change, a Soldier may attempt to regain and maintain good mental health on his own.

"Approach any type of situation with a calm and positive attitude," he said. "Many times individuals allow themselves to become overwhelmed with a problem and are not able to look beyond the situation. Often times, a problem is not nearly as bad if you focus on solutions rather than dwell on the negative. Practice finding the positive side to every situation.

"Taking time for yourself is vital," he said. "We all need personal quality time. This can be meditation, exercising, reading, writing or a favorite hobby."

If a Soldier does want to seek help for a mental health issue he should begin with his chain of command, Sinclair said. If there is fear of no support then he can call and make an appointment with mental health services or visit with a chaplain.

Battalion wins Maintenance Award

Spc. Chris Stephens

Indianhead editor

CAMP STANLEY – The 6th Battalion, 37th Field Artillery Regiment recently won the Eighth Army's Award for Maintenance Excellence.

The program is designed to recognize units that have in place a maintenance program that not only meets the Army Standard, but exceeds it.

"This program is a big deal because along with all the other training that a unit has to do in a year, they still have to prepare a maintenance plan for review and inspection," said Chief Warrant Officer Robert Allen, battalion maintenance technician.

As part of the competition, the battalion was put through several on-site and packet inspections.

"As a member of the best maintenance program for the heavy division on the peninsula, I'm very proud of all our hard word and dedication to mission accomplishment," said Sgt. 1st Class Thomas L. Cremeans Jr., senior maintenance supervisor. "We strived everyday to go

above the standard and the norm to achieve excellence in our maintenance program."

But, maintenance doesn't just go for the NCOs or leaders of the battalion.

"From the lowest private, to the battalion commander, maintenance has a high priority and supports the mission being accomplished," Cremeans said.

To prepare for the competition, units had to submit a Unit Maintenance Plan (UMP) based on data gathered during fiscal 2004.

Among the parts of the UMP that were used to assess total maintenance status of the unit was mission accomplishment, resource management, safety, production quality control, quality of life, self-help, community, humanitarian and training programs, and community projects.

"During the competition, the unit learned what the Army standard is for maintenance," Allen said. "The program not only improves your maintenance program, but it improves unit cohesion and morale, and instills the will to win."

By winning the award, Allen said that the unit now has a very

high standard to maintain.

"When you get all of your programs in place and you win a MACOM award, you have to improve and sustain unit maintenance, evaluate the status of the total unit maintenance operations, and recognize outstanding unit accomplishments and initiatives," he said.

Cremeans also said that the biggest thing is that the unit needs to remember what got them to where they are.

"We know what got us here," he said. "Now, we can not ever let that slide. We have to continue to improve our training techniques for battalion personnel on a daily basis."

Cremeans also expressed the great job the junior Soldiers in the unit did.

"The performed a lot of hard work and did a lot of preparation for the competition," he said. They came in here day in and day out, and worked within the guidance and direction provided by their leadership. They executed the tasks beyond the set standard, thus ensuring that the 6/37 Field Artillery is ready for any mission, anytime – anywhere."

Operational Security is everybody's responsibility

'Warrior' band performs for special audience

Pfc. Giancarlo Casem

Indianhead staff

UIJEONGBU – The 2nd Infantry Division "Warrior" band performed for a very important audience, not for generals or political dignitaries, but children.

The "Warrior" band performed for kindergarten students and parents of the Ye Dam School at the Uijeongbu Labor and Welfare building, Jan. 21.

"We played for entertainment and for exposure of the U.S. Army to the audience as the musical ambassadors of the U.S. and the 2nd Infantry Division," said Chief Warrant Officer William Brazier, 2nd Inf. Div. band commander. "The principal of the Ye Dam School was also familiar with a previous 2ID band commander and once again requested the band perform for her students."

More importantly, the concert directly strengthens Eighth U.S. Army's Good Neighbor Program by being part of the Uijeongbu community, Brazier said.

Gen. Leon LaPorte, U.S. Forces Korea commander, started the good neighbor pro-

gram in 2003 to strengthen relations between the Republic of Korea and the United States. It also allows members of the U.S. military to more directly interact with local communities.

"To enhance the bilateral relationship of the ROK and U.S., the 2nd Infantry Division and 2ID band become directly involved in the community in this musical outreach," Brazier said. "It is a vital part of the 2ID band's community relations mission, incorporated into the band mission statement."

Soldiers of the band enjoyed the opportunity to perform for the children.

"It's nice to perform for our neighbors in Uijeongbu," said Sgt. 1st Class Troy Hunt, 2nd Inf. Div. band. "The more positive interaction we have with our host nation, the better."

Hunt stressed the importance of their performance.

"It is important that we continue to reach out to our local community," he said. "Music is such a great community relations tool."

The "Warrior" band performs for the local communities as often as they can, Brazier said.



Photo by Cpl. Kim, Jin Suk

The 2nd Infantry Division "Warrior" band performs for kindergarten students of the Ye Dam School at the Uijeongbu Labor Welfare building Jan. 21.

"We play as often as requested," he said. "On average of once a month. We are always looking for more ways and opportunities to extend goodwill and to share our music with the gracious hosts."

The "Warrior" band performs songs that have proven to be fan favorites and has roused ovations from the audience.

"One of the key connections to our audiences by the 2ID

band is the number of Korean selections we have to offer them to enjoy," Brazier said. "They always react favorably and with enthusiasm when they hear a U.S. Army band play their music. The 'Warrior' band's Korean theme song is 'Hand in Hand.' Our audiences have always embraced the unification symbolized by our KATUSA (Korean Augmentee to the United States Army) and Ameri-

can Soldiers' joining together to sing in English and in Korean."

Performing for an audience made up of guests from the local community not only strengthens the bond between the U.S. and ROK, but also is beneficial for Soldiers, Hunt said.

"It can only be a win-win situation for all concerned," he said. "There were so many smiles and warm wishes from our Soldiers and our audience alike."

Reaching into your innermost soul for truths

Chaplain (Maj.) Jerry Owens

2nd Infantry Division deputy division chaplain

In 1861, at the outbreak of the Civil War, Major Sullivan Ballou, a young Providence lawyer and former speaker of Rhode Island's House of Representatives, interrupted a promising political carrier to join the 2nd Rhode Island Volunteers. From a camp near Washington one week before the first battle of Bull Run, the first major land battle of the war, he wrote home with premonitions of death to his wife, Sarah:

"Sarah, my love for you is deathless. It seems to bind me with mighty cables that nothing but Omnipotence could break; and yet my love of Country comes over me like a strong wind and burns me irresistibly on with all these chains

to the battlefield.

The memories of the blissful moments I have spent with you come creeping over me, and I feel most gratified to God and you that I have enjoyed them so long. And hard it is for me to give them up and burn to ashes the hopes of future years, when, God willing, we might still have lived and loved together, and seen our sons grown up to honorable manhood around us.

I have, I know, but few and small claims upon Divine Providence, but something whispers to me – perhaps it is the wafted prayer of my little Edgar



that I shall return to my loved ones unharmed. If I do not, my dear Sarah, never forget how much I love you, and when my last breath escapes me on the battlefield, it will whisper your name. Forgive my many faults, and the many pains I have caused you. How thoughtless and foolish I have often times been! How gladly would I wash out with my tears every little spot upon your happiness, and struggle with all the misfortunes of this world to shield you and your children from harm. But I cannot. I must watch you from the Spiritland and hover near you, while you buffet the storm, with your precious little freight, and wait with sad patience till we meet to part no more....

As for my little boys—they will grow up as I have done, and never know a father's love and care. Little Willie is too young to remember me long, and

my blue-eyed Edgar will keep my frolics with him among the dim memories of childhood.

Sarah, I have unlimited confidence in your maternal care and your development of their character, and feel that God will bless you in your holy work.

Tell my two Mothers I call God's blessing upon them. O! Sarah. I wait for you there; come to me and lead thither my children."

A week later, Sullivan Ballou was killed at Bull Run.

Major Ballou, placed by destiny at of approaching mortality, reached into his inmost soul for the truths that, having given meaning and purpose to his own life, would also outlast him, comforting and inspiring those he was about to leave behind.

— From the Broken Hearth by William Bennett

Check out the Web site <http://www-8perscom.korea.army.mil> for new updates on Assignment Incentive Pay.

Poor weather great for bridging exercise

Pfc. Giancarlo Casem
Indianhead staff

SEOUL— Snow, wind and fog proved to be no match against the “Pirates” as they worked relentlessly to bridge the Han River, Jan. 29.

The 50th Multi-role Bridge Company “Pirates” trained in cooperation with the Republic of Korea Army to accomplish a vital training mission.

“We have coalition training between 50th MRB and 312th ROK Engineer battalion,” said Capt. David Stewart, 50th MRB company commander. “The plan for today was to execute bridging operations on the Han River in conjunction with airlift operations with CH-47 assets.”

Although the snow, wind and poor visibility forced the airlift missions to be cancelled, the “Pirates” adapted to the situation and continued with their training.

“The weather did cancel these airlift operations, but we have practiced and are trained to be very flexible,” Stewart said. “We changed our mission to launching our rafts and bays from the shore.”

The adverse weather conditions further enhanced the real-world situations that could alter the mission.

“It’s just another way we need to practice and be flexible,” he said. “The mission could change anytime and you never know what the conditions are going to be, so we need to be prepared to execute our mission no matter what the conditions.”

Some Soldiers were disappointed that the airlift missions were cancelled, said Staff Sgt. Alexander Campillo, 50th MRB airlift non-commissioned officer.

“It would have been a lot of the Soldier’s first time working with that,” Campillo said. “Other than that, training has been going pretty well. We’re still learning a lot today and we still have a lot to go over.”

Training is paramount for the “Pirates” as they conduct field exercises almost every month.

“Training is very important,” said Spc. Jeremy Barnett, 50th MRB Co. “If we are not able to do our job effectively and in a good amount of time, it could cost people their lives. It could cause the mission to not go as it should.”

Barnett was the “pin-man” for a boat crew during the exercise. He had the responsibility of jumping onto a piece of the bridge and connecting the ramps, Barnett said.



Photos by Pfc. Giancarlo Casem

The 50th Multi-role Bridge Company “Pirates” work through snow, fog and wind to put together segments of a bridge. The U.S. Soldiers worked hand-in-hand with the ROK’s 312th Engineer Bn. during an exercise at the Han River, Jan. 29.

“It was my first time being a ‘pin-man’ connecting the ramps,” he said. “I just made sure I didn’t mess up and did my best.”

Barnett said he enjoys his job and his favorite part of the job is putting the bridge together.

“My favorite part of the job is putting the bridge together,” he said. “I like doing the work, I like running around and getting the mission done. The hardest part is sleep. Being out in the field, you don’t get as much sleep, but it all pays off when we get the mission done.”

The 50th MRB take as much as they can to go out into the field, said Pvt. Justin Harris, 50th MRB Co.

“We can’t really train on-post,” he said. “The only thing we can do in the rear is take care of our equipment. It gets the adrenaline going, everybody moves a lot faster.”

Working with the ROK Army is a very unique opportunity for U.S. Soldiers, Stewart said.

“Working with the ROK Soldiers is excellent training,” Stewart said. “It is some of the best training we do and it’s a great opportunity for the U.S. Soldiers to learn from the ROK Soldiers. So, that in the event of war, we’re prepared to work together.”

The training exercise afforded the “Pirates” a chance to work hand-in-hand with their ROK counterparts from the 312th Eng. Bn.

“We both need to know how the other works, and it also gives us a chance to learn each other’s



TOP: Soldiers of the 50th MRB “Pirates” pull two pieces of a bridge together. Boat crews hurriedly attached pieces of the bridge together as more pieces were dropped on the river by trucks on the river’s shores.

LEFT: Spc. Jeremy Barnett, 50th MRB Co., ties a line onto a bridge piece during a training exercise on the Han River, Jan. 29. The mission was Barnett’s first time as the “pin-man,” which required him to jump from his boat onto a bridge piece.

culture,” Stewart said. “Training went very well, we had a chance to work on what each other’s plans are, how we operate, how we differ and how our

training is the same. It’s been a tremendous opportunity and we’ll continue to train and work on our skills.”

“Training is very important

because we are a key asset to this division,” he said. “So we must maintain our proficiency in our task in our mission to be prepared to fight tonight.”

Papa Roach rocks Warrior country

Pfc. Giancarlo Casem

Indianhead staff

CAMP ESSAYONS - Hundreds of rock fans flocked to the Camp Essayons gym to rock out to Papa Roach, Jan. 28.

Triple-platinum recording artist Papa Roach played for old and new fans alike as they played their third show in as many days.

"We got the call to come to Korea to play for the troops," said Jacoby Shaddix, Papa Roach front man. "We thought it would be cool and people would appreciate it. Plus, we've never been here before, so it's a new experience."

The four-man group hails from Sacramento, CA, and consists of four high school buddies, front man Jacoby Shaddix, guitarist Jerry Horton, drummer Dave Buckner and bassist Tobin Esperance. The band's "mini-tour" is in support of their latest release "Getting Away with Murder."

"We just got done with a stateside tour and we just put out a record worldwide," Shaddix said. "We've been out touring on that for the last six months and January is kind of like a downtime tour season and we were looking elsewhere to see what else is out there."

Papa Roach's strong work ethic and love for music has fueled the band since their inception in 1993.

"We had put our independent records previously to "In-fest," we had been touring in a van, selling records from the trunk of our car, just ghetto style, that's just where we came from," Shaddix said. "We got together in high school and just love to play music, we took all the money we had and put it into our band and did recordings and scraped by. We love music, that's what we're all about, I'll be doing this until the day I die."

Playing for the band was very important, Shaddix said.

"We know what its like to be gone from home for extended periods of time," he said. "To get a taste of home is always cool, so we figured the Soldiers would appreciate that, the vibe has been cool, everyone's been thankful."

For some Papa Roach fans in the 2nd Infantry Division, seeing Papa Roach perform for them was something they thought would never happen.

"It was pretty cool," said Pfc. Brandon Grable, Headquarters and Headquarters Company 2nd



Photos by Pfc. Giancarlo Casem

Papa Roach front man Jacoby Shaddix gets up close and personal with rock fans at the Camp Essayons gym, Jan. 28. The band hails from Sacramento, CA. The four-man band has played together since their high school days in 1993.



Papa Roach guitarist Jerry Horton, shows off his skills during the concert at the Camp Essayons gym.

Inf. Div. "They are a incredible band. To come overseas and play for us really shows that they really care about their fans, no matter where they are."

Grable, who has been a fan of the band since 1998, has seen the band once before and said he was still surprised at how the band performed.

"I was pretty surprised," Grable said. "They came out pretty strong. Coby was full of energy and he really got the crowd excited. I got into it early."

Grable was surprised at how the Papa Roach concert was like the concerts he had been to.

"We were actually closer to the stage," he said. "I was pretty

surprised that people were actually jumping and crowd surfing."

The band enjoyed performing for the Soldiers, Shaddix said.

"It's good, the vibe is cool," he said. "A lot of people haven't been home in a while. Its fresh for people to come out and have a good time, its seems like people are very appreciative, I think even people who would normally not come to see our band live are coming to see our fans too, which is cool."

The concert was also a great way for leaders to show Soldiers their appreciation, Grable said.



Papa Roach bassist Tobin Esperance dons his new 2nd Inf. Div. baseball cap presented by the 102nd MI Bn. commander.



Hundreds of fans rocked out to new and old tunes by Papa Roach at the Camp Essayons gym, Jan. 28. The band will be on tour in support of their new album, "Getting Away with Murder."

"It's important because it shows the command understands that they have a younger crowd that is away from family and friends," he said. "It shows

Soldiers that they can still have a good time. Overall, the best thing I've enjoyed since I've been to Korea. Not only was it fun, but it was also free."



Photos by Pfc. Giancarlo Casem

Great steak, salad in western Seoul

Spc. Chris Stephens
Indianhead editor

SEOUL – A couple of Friday's ago, I was reminded of what great steak tasted like when I went to VIPs Steak and Salad Restaurant in western Seoul.

Now, going in, I didn't expect too much from this restaurant, thinking it would be just another bad imitation of Ruth's Chris Steak House or Bone's, which are two top of the line steak houses back home in Atlanta.

But, this was no imitation steak house. VIPs is a bona-fide steak house that tops my list as one of the best in Korea. One thing I knew going in was that it was going to cost a little bit of money, but I had no problem with that because I hadn't eaten a decent steak in a long time.

As soon as you walk into the place, you automatically feel comfortable in your surroundings. The hostesses greeted my group and I, and promptly seated us at our table.

Upon looking at the menu, my mouth began to water at the sight of all of the steaks, seafood and other delicacies available. From prime-rib to t-bone, it was enough to make your mouth just hang open for a period of time.

After deciding on the prime-rib and a baked potato, I was able to hit up the salad bar where they offered various Korean dishes along with smoked salmon that really gets you ready for your main meal.

Also available were an assortment of breads and something I had never seen before – a pizza baguette.

Once the meal was brought out, I took my time savoring each and every bite.

It's not that often that I get to enjoy steak cooked the way I like it.

After finishing my meal I decided it was time for dessert. When I went up for ice cream, all they had was vanilla yogurt, chocolate ice cream or a mix of both.

Now, I'm not one to complain, but I would've enjoyed vanilla ice cream more than the yogurt. But, I guess that's why the restaurant wasn't called Burger King. Because if it was, then I could 'Have it my Way.'

Overall though, my experience at VIPs was a good one. I enjoyed the food and for what I got, the prices were not that bad.

Most steak meals range from 20,000-30,000 won, which includes the salad bar and your drink.

To get to VIPs take the Line 1 subway to Shingilk (a little over 20 stops from Uijeongbu Station), then transfer to Line 5 and go 10 stops to Balsan station.

Once you get off of the subway go up the stairs and go straight. There will be an Outback Steakhouse on your left, and about one block farther down is VIPs.

If you have the time to make it down there, I highly encourage it. You'll definitely get more than your money's worth.



TOP: VIPs features a bread bar with fresh bread on the counter every 10 minutes. Behind the same counter the chefs prepare fresh pasta in view of hungry patrons.

BOTTOM: The restaurant features an enormous salad bar. Guests can dine on sushi, tropical fruits, soups, salad, nachos and a variety of other delicious appetizers.



CRC falls short in comeback effort, 88-85

Spc. Chris Stephens
Indianhead editor

CAMPRED CLOUD – With two minutes left in the game, CRC forward Andre Boler delivered a reverse lay-up to complete the comeback, tying the score at 81 against Camp Casey.

However, the Casey team pulled together the last two minutes to pull out the victory 88-85 in the 2nd Infantry Division Post Basketball League.

“When they came back and tied the score, we knew we had to hunker down on defense,” said Terrell Moorer, Casey forward.

The Casey team came out of the gate firing on all cylinders, starting the game on a 24-10 run. Another factor in the early score differential was the CRC team missing open threes.

“They were open shots, we just didn’t hit them,” said Jonathan Stanford, CRC forward. “The rock just wasn’t kind to us early in the game.”

But, the score wouldn’t stay like that for long. With the Casey team continuing to hit their shots, the CRC team began faking the outside shot and drove the ball inside. With a strong inside presence, CRC was able to get some easy hoops.

“They kept thinking we were going to take the three, and that’s when we started putting the ball inside, for the easy buckets,” Stanford said.

The Casey team kept up their attack on the offensive end and by the end of the first half, had a 46-36 lead.

But, the Casey team came out in the second half a little more relaxed than they should have been, and the CRC team promptly took advantage of it.

“That hurt us at the outset of the second half,” Moorer said. “We should’ve just continued to play our game and not worry about what they were doing. That’s how they were able to come back.”

The CRC team was able to come back and tie the game at 69, but Casey had a seven point run and put them in control of the game.

But, the CRC team didn’t quit, fighting for every loose ball and rebound and cleaning up their own misses on the glass.

“We weren’t going to quit,” Stanford said. “And, they knew that.”



Photos by Spc. Chris Stephens

CRC guard Francis DeQuincy, right, drives to the hoop past Casey forward Andre Boler during first half action at the Camp Red Cloud Gym. The CRC fell short in their comeback effort, losing 88-85.

“We came back from every deficit the whole night, so this time wasn’t going to be any different.”

With the score tied at 81, the Casey team put themselves in front for good behind clutch shooting from forward Carl Moses and guard Marcus Reed.

Leading scorers for the CRC team were Stanford with 21 points and 12 rebounds, and Boler with 18 points. The Casey team was led by Moorer with 24 points, Reed with 21 points and Moses with 17 points.

With the win, the Casey team took sole position of the top spot in the standings.

“We’re not concerned about records,” Moorer said. “On any given night, any team can beat the other. So, you have to bring it each night and take it game by game.”



Casey guard, Carl Moses, center, tries to get past CRC defender Jonathan Stanford during second half action. In the second half, the CRC team started pressing Casey and forced them out of their comfort zone. However, Casey hit clutch shots late in the game take home the victory.

Camp Casey hosts Warrior Invitational Competition

Pfc. JeNell Mattair
Indianhead staff

CAMP CASEY – Warrior Country pugilists pounded, pummeled and punched for their chance at glory at Hanson Field House Jan. 29.

Boxers competed in 11 weight-classes, each with hopes of winning.

In the novice lightweight class, Anthony Carcano won by point over Antonio Ferro. For novice light welterweight, John Barnes pulverized Jeremy Barnett and David Barrios hammered George Reyes in the open-light welterweight class.

In the novice welterweight class, Wayne Rush took out Juan Torres followed by the novice middleweight class when Saul Pelayo beat Eric Phillips.

Also in the novice middleweight class Shawnon Lott knocked out Erik Burnes and Travis Benford took the next match over Ken Marrero for the novice light-heavy weight class.

Also in the novice light-heavyweight class Bradley Biggs eradicated Steve Marshall.

“Boxing is a competitive thing for me,” Biggs said. “Ever since I was a kid I have been competitive. Boxing is a total rush.”

In the open heavyweight class Javier Avila clobbered Albert Romera.

“This is my seventy-eighth win,” Avila said. “It’s always a great feeling to win.”

In the novice heavyweight division Myron McNary took out Thomas Chiles followed by Joshua Johnson obliterating Gabriel Kleven in the novice super-heavy division.

In the last two matches of the night, in the novice super heavy class, Alberto Camacho thrashed Tyler Alerding and Clinton Douglas eliminated Vincent Avery.



Photos by Pfc. JeNell Mattair

Two Warrior Country Soldiers duke it out with sights on a first place win.



Boxers spent their Saturday night competing in 11 divisions.



Warrior boxers ruthlessly battle it out for top honors at the Warrior Invitational Competition at Hanson Field House on Camp Casey, Jan. 29. Soldiers from all over Warrior Country came to watch and cheer on their combating peers.

Movies

Camp Red Cloud

Show times: Mon.-Tues. & Thurs. 7 p.m., Fri.-Sat. 7 & 9 p.m., and Sun. 3, 6 & 8 p.m.
Feb. 4 ... *Coach Carter*
Feb. 5 ... *Women Thou Art Loosed*
Feb. 6 ... *The Grudge* (Matinee)
Feb. 6-7 ... *Blade: Trinity*
Feb. 8 ... *SAW*
Feb. 10-11 ... *Are We There Yet?*
Feb. 12-13 ... *Ocean's Twelve*
Feb. 14-15 ... *Closer*

Camp Casey

Show times: Mon-Thur 7:30 p.m., Fri.-Sat. 6:30 & 8:30 p.m. and Sun. 3, 6:30 & 8:30 p.m.
Feb. 4-5 ... *Blade: Trinity*
Feb. 6-7 ... *Coach Carter*
Feb. 8 ... *SAW*
Feb. 9 ... *RAY*
Feb. 10-11 ... *Ocean's Twelve*
Feb. 12 ... *Closer*
Feb. 13-14 ... *Are We There Yet?*
Feb. 15 ... *Closer*
Feb. 16 ... *Seed of Chucky*

Camp Hovey

Show times: Mon-Fri. 7 p.m., Sat-Sun. 3:30 & 7 p.m.
Feb. 4 ... *Ocean's Twelve*
Feb. 5 ... *Coach Carter*
Hero
Feb. 6 ... *Ocean's Twelve*
Sky Captain and the World of Tomorrow
Feb. 7 ... *The Incredibles*
Feb. 8 ... *Coach Carter*
Feb. 9 ... *After the Sunset*
Feb. 10-11 ... *Flight of the Phoenix*
Feb. 12 ... *Are We There Yet?*
Resident Evil: Apocalypse
Feb. 13 ... *The Forgotten*
Feb. 13-14 ... *Closer*
Feb. 15 ... *Are We There Yet*
Feb. 16 ... *Alfie*

Camp Stanley

Show times: Sun-Mon & Thur.-Fri. 7 p.m. and Wed. & Sat. 7 & 9 p.m.
Feb. 4-5 ... *Blade: Trinity*
Feb. 6-7 ... *Ocean's Twelve*
Feb. 9 ... *Are We There Yet?*
Feb. 10-11 ... *Closer*
Feb. 12-13 ... *Flight of the Phoenix*
Feb. 14 ... *SAW*
Feb. 16 ... *Hide and Seek*

Camp Essayons

Show times: Tue-Fri. 8 p.m., Sat. 7 & 9 p.m., Sun. 7 p.m.
Feb. 4-5 ... *Bridget Jones: The Edge of Reason*
Feb. 6, 8 ... *Women Thou Art Loosed*
Feb. 9 ... *The Incredibles*
Feb. 10 ... *Coach Carter*
Feb. 11 ... *Alfie*
Feb. 12 ... *Taxi*
Feb. 12-13 ... *Blade: Trinity*
Feb. 15 ... *Seed of Chucky*
Feb. 16 ... *After the Sunset*

The movie titles for each day are subject to change without notice at the discretion of movie theater management.

Check out the February issue of *In the Zone* to see what your local CAC or USO is doing.