

Indianhead

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November 22, 2006

U.S., Australian Army aerial live-fire 1-2 AVN conducts Apache qualification



An Apache hovers over a FARP during a combined training exercise between the U.S. and Australian Army.

Story and photo by
Pvt. Kim, Hosik
Staff Writer

An AH-64D Apache attack helicopter swirled around the sky like a beast roaming around its prey. The Apache moved into a shooting position, hovering high above the ground.

Twenty-five pilots and gunners from the 2nd Combat Aviation Brigade, 1st Battalion participated at Rodriguez Range for their Aerial Gunnery Qualification Oct. 31, alongside the Australian Army who came to Korea as part of the Australian Army's Tiger helicopter project.

Twelve Apache aircrafts were used for the Aerial Gunnery Qualification. Every 20-30 minutes the Apaches landed on the Forward Arming and Refueling Point. The avionics maintenance and weapon loading was done by 1st Battalion, 2nd Aviation Regiment's Armament Platoon.

For six weeks, the Australian Soldiers lived with their U.S. Soldier counterparts, and were trained on how to operate a FARP and maintain an attack helicopter.

See **APACHE**, page 4

602nd ASB trains in convoy ops

By **Pfc. Antuan Rofe**
Staff Writer

"React to contact, react to contact," rings through the air as Soldiers return fire on insurgent forces as they are ambushed while recovering a vehicle during a convoy.

On Nov. 3rd Soldiers from the 602nd Aviation Support Battalion and the 42nd Aviation Company participated in a con-

voy live fire exercise, at Rodriguez Range, that was built to test their convoy operations skills, said Capt. Joshua Nanes, B-Company 602nd ASB.

"Our main focus is convoy operations. This is what's being fought in Iraq and we want to make it as real as it is over there. It's a real eye-opener to a lot of the Soldiers," said Maj. Ronnie Williamson, 602nd ASB.

The convoy consisted of two

gun trucks and three HMMWVs. One gun truck was placed at the front of the formation and one at the end of the convoy. A total of 27 Soldiers, both combat veterans and non-experienced Soldiers, participated in the event that consisted of two parts; a convoy hasty vehicle recovery and a convoy live-fire exercise.

See **CONVOY**, page 3

Cameras, questions flood battlefield

By **Pfc. Anthony Hawkins Jr.**
Staff Writer

Wild, energetic and a little bit eccentric, Evan Zimmer is not your average, mild-mannered reporter. Only 19 years old, the young video jockey with fiery red hair from MTV Asia was out on a mission.

Tasked with finding Soldiers to interview for a new show, "Battle Buddies," Zimmer was in the field with camera in hand.

There's just one problem. There is no Evan Zimmer. His real name is Pfc. Will Roberts, a

broadcast journalist with the 2nd Infantry Division at Camp Red Cloud, South Korea. Recently, he and several other Soldiers from the 2ID Public Affairs Office reversed roles with their civilian media counterparts and conducted media on the battlefield training.

"Being prepared for the media is just as important as other Soldier skills, especially in South Korea," said Sgt. Luciano Vera, 2ID PAO broadcast team leader. "Here, with there being a lot of political tension, one negative story will outshine many positive stories."

See **MOB**, page 3

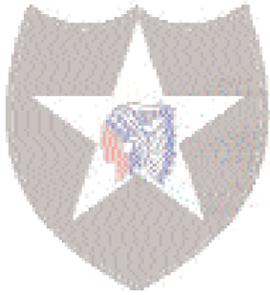


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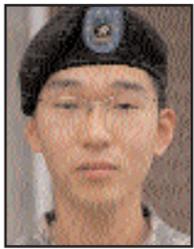
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**Korean American
Fellowship Night**
see page 8



VOICE OF THE WARRIOR:
How do you stay in shape over the holidays?



I'll go to the gym and do weight training.

Pfc. Lee, Joon Hee
HHSC, STB

I do pushups, sit ups and run two miles on a treadmill.

Spc. Gary Hill
A Co., 168th Medical BN



Running four miles in the snow and building snowmen.

Warrant Officer
Samuel Garrett
Fires Bde.

I do muscle failure three days and cardio for two days.

Sgt. 1st Class
Nathaniel Davenport
HHSC, STB



I hit the gym four days a week for running and weight training.

1st Lt. Anna Johnson
A Co., 168th Medical BN

The elliptical is my personal favorite.

Pfc. Lance Denison
2ID Band



Focusing on safety

By Gen. B. B. Bell
UNC/CFC/USFK Commander

We will celebrate two special holidays in November - Veteran's Day and Thanksgiving Day. While all Americans are familiar with the history of Thanksgiving, Veteran's Day is a holiday for us to honor all those who have served before us and those who are serving now, both here and around the world. Originally called Armistice Day to commemorate the ending of World War I, in 1954 the name of the holiday was changed to Veteran's Day to honor those who served in World War II and the Korean War. Today, the holiday honors all veterans for their selfless service.

Of course, Thanksgiving allows us to remember our many blessings and bounties. For those accompanied Servicemembers and civilian employees, it is a time to be with family and open our homes to those who are separated from their loved ones this year.

Notably, both of these holidays include four-day weekends and many of our USFK team members will take advantage of the time off to travel and enjoy the beautiful sites in the Republic of Korea. We do not want these long weekends to be marred by a tragic death.

To avoid needless tragedy and ensure our personnel return to their duties safely, first-line leaders must obtain a verbal behavior contract with their subordinates by conducting Under the Oak Tree

Counseling.

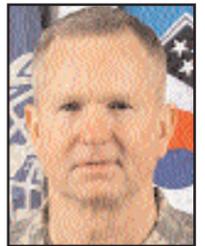
The procedures to be followed are contained in Command Policy Letter #2, "Under the Oak Tree Counseling."

Leaders at all levels are responsible and accountable for the behavior and safety of their subordinates. Areas to focus on during the upcoming holiday periods include the following:

- **Personal Accountability.** This is a core responsibility of leaders at all levels. Help your subordinates incorporate risk management into their holiday activity plans by emphasizing personal responsibility, hazards of alcohol abuse, indiscipline, and the requirement to employ the buddy system. All too often abuse of alcohol contributes directly to the death or injury of one of our Servicemembers.

- **Traffic Safety.** Help your subordinates prepare for their travel and recreational activities. If someone plans to drive, ensure they are counseled IAW our Winter Safety Campaign Memorandum and understand the unique fall and winter driving conditions in Korea.

With everyone's awareness and active participation, our goal of no deaths, no sexual assaults and no serious injuries is absolutely achievable. We must take care of each other and remain ever vigilant. We are accountable. I wish each of you safe holidays and I thank you for your continued selfless commitment to our Nation and to our Armed Forces. We go together!



BLACK MARKETING...

is the act of reselling duty-free goods purchased in USFK duty-free facilities except as provided in applicable regulations.

IF YOU WITNESS ANY SUSPICIOUS ACTIVITIES YOU MAY CONTACT THE BLACK MARKET HOTLINE AT 738-5118, OR SEND AN EMAIL TO BLACKMARKETHOTLINE@KOREA.ARMY.MIL. YOU MAY REMAIN ANONYMOUS IF YOU WISH.

Indianhead

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MOB

From page 1

Soldiers from A Battery, 6th Battalion, 37th Field Artillery, 2ID were in for more training than they expected when they awoke the morning of Oct. 19.

The wide-eyed privates and specialists of 6-37 FA were preparing for a typical day of training, one they had been looking forward to for weeks.

Reacting to ambushes and improvised explosive devices was what they were expecting, explained Capt. Todd D. Wickard, A Battery commander. What they were not expecting was the rush of civilian media onto the training site. Wickard was the only member of the battery who knew the seven civilian reporters were really fellow Soldiers.

"The training was aimed at helping Soldiers throughout the division learn what to expect from and how to respond to civilian media on the battlefield," said Spc. Amanda Merfeld, 2ID PAO newspaper editor.

Prior to the training, Soldiers in A Battery

received classroom instruction from the PA staff on the benefits of having the media on the battlefield, said Wickard. The class also taught Soldiers how to react to media on the battlefield and how to escort media.

"Media training like this helps Soldiers to realize the media has a very powerful influence," Vera said. "It allows them to put the classroom training they received into real-world practice."

"We were able to test the Soldiers' knowledge of handling the media rather than telling them what they need to do," Merfeld said.

The classroom training the Soldiers' received was noticeably beneficial to them, said Merfeld. You could tell by their answers, she said.

"Although the training was productive and showed that many Soldiers were prepared for handling media, there is always room for improvement. It was interesting to see how much OPSEC information I could get from some Soldiers," Merfeld said.

Even though the training



Pfc. Anthony Hawkins Jr.

Evan Zimmer from MTV Asia, aka Pfc. Will Roberts from the 2ID Public Affairs Office, videos a Soldier during media on the battlefield training.

was geared at helping members of 6-37 FA, the Soldiers from 2ID PAO were also able to gain valuable training themselves.

Roberts said it was interesting to see how Soldiers would respond when they thought you were a civilian reporter. He explained that in Army public affairs, Soldiers do much of the same thing as

civilian media.

Acting as civilian reporters also allows Army journalists an inside view of how to better perform their job.

"It's good to experience the civilian media's perspective on the battlefield, so you can incorporate that when escorting media in the future," said Pvt. Kim,

Hosik, a Korean Augmentee to the United States Army, or KATUSA, who participated in the training.

"You can never really tell what the media will ask," Vera said. "Training like this helps Soldiers prepare for media on the battlefield and understand the benefits they provide in telling the Army story."

CONVOY

From page 1

"It's all about the Soldiers and getting them comfortable with their weapons and themselves. When time comes for them to be in a convoy, we want them to be ready," said Lt. Col. Gregory Fawcett, commander, 602nd ASB.

The mission was for the convoy to encounter an un-exploded ordinance in the middle of the road and that was supposed to divert the convoy to their

alternate route on the opposite side of the military operation of urban terrain site. Along the way, there was an insurgent force in the area that was supposed to ambush the convoy as they moved through the area.

The convoy today, chose to by pass the UXO, so we simulated a vehicle being damaged by the exploding ordinance and the Soldiers performed a hasty vehicle recovery, pulled perimeter security, recovered the vehicle and

moved to the rally point, Nanes said.

The second part of the CLF training was the actual practice of firing at targets while on a moving convoy and dismantling the vehicles to pull perimeter security.

"This part is a lot more dangerous but has more realism. The Soldiers' that have been downrange give those of us that haven't been downrange advice on what to do in certain situations," said Pfc. Matthew Elder, 4th

Battalion, 2nd Aviation Regiment.

We want the Soldiers to be able to work with different units effectively that's why today's exercise wasn't just one unit, said Staff Sgt. Gary Jager, 4th Bn., 2nd Avn. Regt.

The Soldiers ended the exercise with an after-action review consisting of three sustainable and three improvable actions that can be done to make the exercise flow better at the next exercise.



Pfc. Antuan Rofe

A Soldier hands off his weapon while he reloads the five-ton truck.



Pfc. Antuan Rofe

Soldiers take cover behind their vehicles as they return fire on insurgent forces during a live-fire exercise at Rodriguez Range.

Soldiers count on CLS support

By Pfc. Autuan Rofe
Staff Writer

Most Soldiers trust medics and doctors, but on the battlefield combat lifesavers are often times first on the scene to administer first aid and save a battle buddy's life.

The ratio of medics to Soldiers in a battalion is roughly 1 to 100.

The CLS help out a lot because they have been trained to treat battlefield injuries, said Sgt. Joshua Daigle, Headquarters and Headquarters Support Company, 2nd Infantry Division.

A major advantage of a CLS is that they will probably be nearby if a member of their squad or crew is injured, he said.

CLS are trained to provide immediate care that can save a casualty's life by stopping severe bleeding, administering intravenous fluids to control shock and performing needle chest decompression.

"The combat lifesaver is a bridge between the first aid training given to all Soldiers during basic training and the medical training given to the combat medic," Daigle said.

"They provide lifesaving measures as a secondary mission. The

CLS may also assist the combat medic in providing care and preparing casualties for evacuation when they have no combat duties to perform."

The CLS students cover several chapters out of the CLS guidebook. Trainees demonstrate intravenous training by sticking one another with real IVs.

"Everyone is really nervous on IV day because of the needles. They don't want to hurt anyone," Daigle said.

The five-day course is offered in Area I every month. A total of 40 hands-on hours are required from

each trainee.

Although CPR isn't taught anymore, other original lifesaver skills are taught, such as applying bandages, tourniquets and pressure dressings.

The combat lifesaver course teaches trainees how to treat real-world injuries. It prepares Soldiers for war.

The types of injuries that are covered in the course are the same injuries they will be treating in Afghanistan and Iraq, Daigle said.

For more information on scheduled classes, contact your local Area I education center.

APACHE

From page 1

For the Aerial Gunnery Qualification, an Apache pilot needs to perform three main attack methods - running, diving and hovering fire.

Though hovering may seem static, the constant challenge of wind and gravity makes it an unstable attack method. Dynamic movement such as running and diving fire, adds forward momentum to a helicopter, which guarantees a more accurate hit.

Capt. Richard Dunning, a 2nd CAB pilot, explained that everyone is required to do the qualification once a year, and that "the qualification maintains group efficiency and crew readiness. The master gunner also reviews an 8mm video recording of the performance, and holds an after action review."

"We're doing 30mm shots, hellfire shots, rocket shots, both dynamic and hover," said Chief Warrant Officer Patrick Taylor, a 2nd CAB pilot. As a former 3rd Infantry Division pilot who served in Taji, Iraq, Taylor said the Korean landscape is very different from where he came from.

"The mountains are pretty big, the

wires are everywhere. You really have to watch for the power management. It is totally different flying over here," Taylor said.

However, the mountainous landscape also provides dynamic tactical geography.

"One of the great things about Korea is that you have the opportunity to practice any tactic or technique that you are supposed to know," Dunning said. "There are a lot of spaces to maneuver."

"It's enlightening," said Maj. David McEvoy, executive officer of the 1st Aviation Regiment, Australian Army. "The men see the U.S. Soldiers coming in here and getting the job done; very professional army."

"The value the guys get out here is that the relationship has already started to build because they're living with U.S. Soldiers," McEvoy said. "The knowledge that they get out of these guys is the stuff that you probably wouldn't get in the school house. The school house will teach you the procedures exactly how it is in the book, whereas the guys on the line will actually teach you a few more things that will get the job done the easier."



Pvt. Kim, Hosik

Soldiers prepare to assist the aircraft at the Forward Arming and Refueling Point.

Museum Makeover



Pvt. Kim, Hosik

By Pfc. Jennifer Dolsen

2ID Public Affairs Office

Each week the 2nd Infantry Division museum creates new displays inside. Recently, a fresh look was given to the outside of the Warrior museum. The four tanks exhibited received a fresh coat of paint and as museum director Mike Alexander said, "It will reflect the markings that they used to wear during the Korean War."

The renovation is part of a two-phase upgrade to the inside first and now to the outside of the museum. "For the last 10 years, these tanks have been rained on, snowed on and especially here at 2ID, flooded on," Alexander said.

"So the vehicles were looking pretty worn down and it was time to give them an upgrade," Alexander said.

The goal of the museum is to display the history the tanks used to carry when they were in service. For example, the Pershing tank will carry the markings of the 72nd Tank Battalion as it was when it fought in the Korean War.

"The museum's mission is to inform and train Soldiers of yesteryear." The museum currently exhibits the Soldier's story from the beginning of the 2nd Infantry Division in 1917 to today. The 2ID museum is open Monday through Saturday 10 a.m. to 6 p.m.

Chapel Service Times

Camp Red Cloud

Warrior Chapel
Protestant:
11 a.m. Sunday
Catholic:
11:30 a.m. M-F
4 p.m. Saturday
9 a.m. Sunday
KATUSA
7 p.m. Sunday
COGIC
12:30 p.m. Sunday

Camp Casey

Stone Chapel
Protestant:
10 a.m. Sunday
KATUSA:
6:40 p.m. Tuesday

Memorial Chapel
Gospel:
11 a.m. Sunday

KATUSA:
6:00 p.m. Tuesday

West Casey Chapel
KATUSA:
6:30 p.m. Thursday
Protestant:
10:30 a.m. Sunday
Catholic:
12 p.m. Sunday
LDS:
2 p.m. Sunday

Camp Hovey

Hovey Chapel
Catholic:
9 a.m. Sunday
Protestant:
11 a.m. Sunday
KATUSA:
6 p.m. Tuesday

Crusader Chapel
Protestant:
11 a.m. Sunday

Camp Stanley

Protestant:
10 a.m. Sunday
Gospel:
11 a.m. Sunday
Catholic:
1 p.m. Sunday
KATUSA:
7 p.m. Tuesday

Camp Humphreys

Catholic:
11:45 a.m. M, T, T, F
9:30 a.m. Sunday
Protestant:
10:30 a.m. Sunday

Camp Castle

Castle Chapel
KATUSA:
6 p.m. Tuesday

Point of Contact:

Camp Red Cloud
732-7469
CRC Catholic: 732-6428
Hovey Chapel 730-5119
Memorial Chapel
730-2594
West Casey: 730-3014
Stanley: 732-5238
Humphrey: 753-7952
Camp Castle: 730-6889
Orthodox worship service
Saint Nicholas Cathedral:
753-3153
LDS: 730-5682
Other services including
bible studies and fellow-
ships are offered in some
chapels. Please call for
complete schedules.



Movies

Camp Red Cloud

Show times: Fri.-Sat. 7 & 9 p.m.,
Sun. 6 & 8 p.m., Mon., Tue. & Thur.
7 p.m.
Nov. 22... *No Showing*
Nov. 23 ... *Stranger Than Fiction*
Nov. 24... *Stranger Than Fiction;*
Jackass Number Two
Nov. 25 ... *Jackass Number Two;*
Jet Li's Fearless
Nov. 26... *Jet Li's Fearless;*
Flyboys
Nov. 27 ... *Flyboys*
Nov. 28... *Jackass Number Two*
Nov. 29 ... *No Showing*
Nov. 30 ... *Deja Vu*

Camp Casey

Show times: Fri.-Sat. 6:30 & 8:30
p.m., Sun. 3, 6:30 & 8:30 p.m., Mon.-
Thur. 7:30 p.m.
Nov. 22... *Gridiron Gang*
Nov. 23 ... *The Black Dahlia*
Nov. 24... *Jackass Number Two;*
Jet Li's Fearless
Nov. 25 ... *Jackass Number Two;*
Flyboys
Nov. 26... *Stranger Than Fiction;*
Stranger Than Fiction;
Flyboys
Nov. 27 ... *Stranger Than Fiction*
Nov. 28 ... *Jet Li's Fearless*
Nov. 29... *Jackass Number Two*
Nov. 30 ... *Flyboys*

Camp Hovey

Show times: Sat.- Sun. 6:30 & 8:30
p.m., Sun. 3, 6:30 & 8:30 p.m., Mon.-
Thur. 7:00 p.m.
Nov. 22 ... *Idlewild;*
Invincible
Nov. 23 ... *Idlewild;*
The Wicker Man
Nov. 24 ... *Flags of Our Fathers;*
Flags of Our Fathers;
Invincible
Nov. 25 ... *Flags of Our Fathers*
Nov. 26... *The Wicker Man*
Nov. 27... *Idlewild*
Nov. 28 ... *Accepted*
Nov. 29 ... *Crank;*
Hollywoodland
Nov. 30 ... *Crank;*
The Last Kiss

Camp Stanley

Show times: Mon. -Fri. 7 p.m., Sat. 7
& 9 p.m., Sun. 7 p.m.
Nov. 22 ... *Stranger Than Fiction;*
Stranger Than Fiction
Nov. 23 ... *Gridiron Gang*
Nov. 24 ... *Jackass Number Two*
Nov. 25 ... *Jackass Number Two;*
Jet Li's Fearless
Nov. 26... *Flyboys*
Nov. 27 ... *Jet Li's Fearless*
Nov. 28 ... *No Showing*
Nov. 29 ... *Deja Vu*
Deja Vu
Nov. 30 ... *Flyboys*

Warrior News Briefs

Broadcasting MOS

Soldiers are encouraged to consider broadcasting, 46R, when reclassing. Fifty percent of 46R positions are overseas at Armed Forces Network locations. Soldiers reclassing into that MOS will learn television, radio, announcing and writing skills and will earn a very civilian-marketable job skill.

Active duty Soldiers that want to reclass from any MOS, or reserve/guard Soldiers of other MOSs that want to go active duty are applicable. Applicants must be an E1-E5 (E5 must be non-promotable) and have at least a 107 GT score. Applicants must be able to obtain a secret security clearance or interim secret clearance.

Most importantly, applicants must be able to pass a voice audition. For more information on the voice audition, to learn more or to ask any questions, contact Sgt. 1st Class Jim Guzior at goose.guzior@us.army.mil, or call DSN 221-2578 or 1-703-325-2578.

Immigration

The Area I Army Community Service will host a immigration presentation presented by U.S. Citizenship and Immigration Services from 9:30-11:30 a.m. Dec. 6, at Camp Casey Theater. Call 730-3107 to sign-up.

Wash Rack Canteen Needs Volunteers

The Camp Casey Wash Rack Canteen is open for business. The American Red Cross needs volunteers to help hand out coffee, hot chocolate, popcorn and other items to our Soldiers. If you are able to donate an hour or two to help keep the coffee pot going and the popcorn popping, please call Sandy Chambers at the American Red Cross at 730-3184.

91W EMT Course

EMT refresher courses for 91W will be held on Camp Casey in Building 2036. The classes will be held from Dec. 1-5, 6-8 and 11-13. For more information call, Staff Sgt. Apphia Taylor at 730-2113.

Flu Immunizations

The flu immunization is available to family members at the following locations and times:

121 General Hospital 7 a.m.- 4 p.m. Monday through Friday.

Camp Humphreys 8:30 a.m.- 3:30 p.m. Monday through Friday.

Camp Casey, Camp Red Cloud and Camp Stanley 1-3 p.m. Monday through Friday.

Not all TMCs will be fully operational on Thursdays and times may vary. For more information, please call your local TMC.

Volunteers Needed

Volunteers are needed for the Troop Medical Clinic and the Dental Clinic at Camp Casey.

Volunteers will provide a host of services including chaperoning, administration, pharmacy and other vital functions. Persons who are bilingual are very much needed. Please contact the American Red Cross at 730-3184 for more information.

New Chapel Event

The Camp Red Cloud Warrior Chapel will hold a male-only Bible study and breakfast at 8 a.m. every 2nd and 4th Saturday of the month.

If interested, call Chaplain (Lt. Col.) Mike Durham at 732- 7998, or just come in the Annex located just next door to the Warrior Chapel.

2ID Safety Guy

Show

Tune in Fridays at 5 p.m. on Warrior Radio FM for "The 2ID Summer Safety Show" featuring Chuck Ryan, the 2ID Safety Guy. Listen all-week to the station, learn that week's Safety Phrase that Pays, be the right numbered caller, and you'll win a \$50 AAFES coupon courtesy of Area I Exchange New Car Sales.



Soldiers fight holiday depression

By Pfc. Antuan Rofe
Staff writer

Many Soldiers stationed in Korea will not be able to be with their family and friends this holiday season and instead of experiencing the joys of family gatherings and togetherness, they may get a visit from the 'holiday blues.'

Depression will strike more than 19 million Americans this year. That's more than AIDS, cancer or coronary heart disease combined, according to the National Institute of Mental Health.

Holiday depression is manifested by a combination of symptoms that interfere with the ability to work, study, sleep, eat and enjoy once pleasurable activities. A disabling episode of depression may occur only once but more commonly occurs several times in a lifetime.

Many factors can cause the 'holiday blues,' including stress, fatigue, unrealistic expectations, over-commercialization, financial constraints and the inability to be with one's family and friends. The demands of shopping also contribute to feelings of tension.

"Low energy, over-eating or a

loss of appetite are all common symptoms. Alcohol and drug abuse can also be a coping mechanism that some may turn to," said Chaplain (Capt.) Christopher Moellering, Headquarters and Headquarters Company, Area I Support Activity.

Some other symptoms of depression are pessimism, feelings of guilt, insomnia, loss of interest in hobbies and activities that were once enjoyed, irritability and persistent sad or empty mood. Such negative thoughts and feelings make some people feel like giving up.

It is important to realize that these negative views are part of the depression and typically do not accurately reflect the actual circumstances, according to the NIMH.

To avoid becoming depressed, there are several positive ways to spend free time. Enjoying activities that are free is a good way to focus energy. Soldiers can do volunteer work. There are over 250 orphanages in South Korea down time can be given to. Most units have family readiness groups, Army Community Services and the chapels can help Soldiers serve oth-

ers. Most of the time, it helps put Soldier's needs in perspective, said Moellering.

"Doing something for someone else helps increase our outlook on ourselves and our situation. Realize it is okay to miss home and family and that (being in) Korea isn't forever," Moellering said.

According to the National Mental Health Association, mild exercise, going to a movie, a ballgame, or participating in religious, social or other activities may help. Also, positive thinking will replace the negative thinking that is part of the depression and will disappear.

Maintain contact with home, friends and loved ones, and make sure to maintain friendships with others in the local area some ways to prevent depression, Moellering said.

It's important that the facts about holiday depression get out to Soldiers. He said depression effects mission readiness, satisfaction with the Army, a Soldier's assignment and their life. Often, just a little information and reassurance that 'this is normal and I can get through this,' are a great comfort, Moellering said.

Winter-ize your driving habits

By Pfc. Anthony Hawkins Jr.
Staff writer

The cold and inclement weather during winter months pose specific risks to drivers. Suddenly, your car begins to act differently. It won't start as easily, and it's more difficult to steer or stop. Snow-covered roads turn to slush, which is often as slippery as ice, and become even more hazardous. Visibility can be low due to foggy and icy windshields.

Since it is not possible to predict the elements, a good habit winter drivers should develop is planning and preparation. Prepare your vehicle before winter arrives by ensuring it is properly tuned to run efficiently.

During preventative maintenance checks and services, certain areas of the vehicle should have extra attention paid to them when driving in the winter.

•**Battery:** Vehicles are more difficult to start in cold weather, so ensure that the battery is fully charged and the connections are properly cleaned.

•**Ignition:** Check the condition of ignition wires and the distributor cap. An engine brownout can occur if snow or slush is thrown onto a cracked cap or faulty wires.

•**Heating System:** Test the

heater and defroster to ensure they work properly. Also make sure there is antifreeze in the radiator.

•**Exhaust System:** Check the entire exhaust system for leaks. Even a small leak can allow carbon monoxide into the vehicle. It is a good idea to always drive with at least one window cracked.

•**Windshield Wipers:** Wiper blades should be checked, and there should be washer antifreeze in the reservoir.

•**Tires:** Ensure all tires have good tread for traction. Snow tires or chains allow more grip when driving on snow or ice.

•**Brakes and Suspension:** The brakes and suspension system should be checked to prevent problems with stopping and handling.

•**Seat Belts and Lights:** Also make sure all seat belts and lights are operational.

Although winter weather conditions are a hazard, the biggest problems with winter driving are the drivers themselves. Often they are in a hurry, or they do not worry about road conditions. Driving on snow and ice can be treacherous. Here are several tips drivers should follow.

•**Accelerate slowly** to keep the tires from spinning and losing control of the vehicle.

•**Test the brakes** at a slow speed

to determine how slippery the roads are. Brake gently and only when traveling in a straight line.

•**Be aware of ice patches,** especially near intersections. Condensation from cars' exhaust causes ice to form.

•**Use the four-second rule** when following another vehicle and ensure you travel at a safe distance.

Even the most careful driver is bound to have problems on the road. When you find yourself in a skid, don't panic. Do not make sudden movements until you have control of the car. Remove pressure from the gas pedal, do not apply the brakes and gently steer in the direction of the skid.

There may also be times when your car will get stuck in deep snow. If this happens, make a path by clearing out the snow in front of the car, underneath it and behind each wheel. Also, use a higher gear so the wheels spin less. Sand or cat litter helps to give wheels traction when stuck. This should be a part of every winter driving survival kit.

Although driving in the winter is a necessary part of life for Soldiers, they must be aware of the risks caused by the weather. Planning, preparation and a little patience go a long way to ensure accidents are avoided and the mission is successful.

Uijeongbu Ice Rink thaws winter blues

By Cpl. Kim, Sang Pil
Staff writer

The season is swiftly shifting from fall to winter as the trees are barer and our uniforms are more layered. We tend to workout indoors more as the temperature drops.

Besides working out, playing basketball, racquetball or using cardio equipment in the gym, Soldiers in Area I have a place to skate.

Located just outside the Camp Red Cloud back gate, the Uijeongbu Ice Rink provides the local community with a sound and healthy pastime and enhances skating training conditions for the northern Gyeonggi area.

The ice rink, with nearly 1,000 spectator seats and an electric light score board, meets international standards for short track and ice hockey games.

On the first floor, at the lobby, there is ticketing office. Admission is 3,000 Won for adults, 2,500 Won for high school and middle school students and 2,000 Won for elementary school students and below.

If you go as a group of more than 20 people, 500 Won is discounted from both admission and rental fees. The rental fee for skating shoes is 2,500 Won for everyone. Safety helmets are provided free of charge.

Skating is a healthy sport for everyone regardless of gender and age. It is a sport that uses the center of gravity and all of the muscles are involved in the exercise.

According to Uijeongbu Ice Rink website (www.siseol.go.kr), it helps well-balanced development of body structure. It also helps to strengthen your immune system against bronchitis and colds by enhancing adaptability to cold temperatures. Furthermore, it prevents osteoporosis and helps correct the posture of a person.

But, as always, safety is the top priority even when skating. Gloves and helmets are required to be worn.

Always remember to fully stretch before skating so as not to strain yourself. Always skate counterclockwise to prevent bumping into other skaters.

Beginners must skate on the outer circle of the rink, and must immediately stand back up if they fall on the ice. Do not make abrupt turns and do not hold hands with your buddies. These are all measures to prevent accidents.



The ice rink is open from 9 a.m. to 6 p.m., and the ice rink is closed on the last Tuesday of each month.

AFAP gives options

By Pfc. Anthony Hawkins Jr.
Staff Writer

Some Soldiers may think their opinion doesn't matter. After all, one voice can't make a difference, right?

Wrong. The Army Family Action Plan is a program that was developed so all members of the Army, from the newest privates to Army civilians, and their families can have a voice. The AFAP was started in 1983 by Army spouses as a way for Soldiers, Army civilians and their families to give feedback to Army leadership.

"The AFAP lets Soldiers and their families say what's working, what isn't and what they think will fix it," said Heejung Sackett, the Area I AFAP program manager.

The program shows commanders what issues need their attention, and it helps them put plans together to resolve those issues, said Sackett. The first step is for Soldiers and their families to submit issues to be reviewed at installation and local level forums.

At the local level, delegates from that specific area meet to discuss issues that are needed to maintain a good standard of living, she said. It is then up to the local commanders to see which issues are valid concerns.

"About 90 percent of the issues are retained and worked at a local level, resulting in ongoing community improvements," she said.

However, there are some issues that go beyond the local level, she said. Commanders send those issues to their higher command, and in some cases, to Department of the Army headquarters. At that level, conferences are held and delegates are chosen from across the Army to determine which issues will go to the AFAP review board.

Twice a year, the General Officer Steering Committee reviews the process of AFAP issues. This board, made up of key Department of Defense officials and Army general staff officers, is the final authority on deciding the status of AFAP issues. After reviewing each issue, they state whether the goals have been met,

if they are unattainable or if work should continue on achieving the goals.

The affects of the AFAP can be felt across the entire Army. Some examples of successful AFAP initiatives include increasing Servicemembers' Group Life Insurance benefits, authorizing Soldiers to use the Thrift Savings Plan, increasing Family Separation Allowance and initiating the Better Opportunities for Single Soldiers program.

Although some issues reach all the way to the Pentagon, some issues are closer to home for Soldiers in Korea.

Each year after hosting a local AFAP conference, the 2nd Infantry Division and Area I commanders hold a steering committee meeting with subject-matter experts in order to resolve local issues.

"During this meeting, issues that can be resolved at the community level are assigned to the office responsible for the area of that issue," she said. "Those offices then develop a plan to resolve the issue, and the steering committee monitors progress."

The local affects of the AFAP initiatives in Area I are felt by Soldiers every day, whether they are aware of them or not. Some of the successes the AFAP has had locally include constructing an outdoor playground for children on Camp Casey, increasing the number of free busses on Camp Casey and establishing a free bus schedule between Camps Stanley and Casey, and authorizing Soldiers in Korea to wear a black backpack.

The AFAP cannot operate without help. That help comes in the form of volunteers. Commanders support a strong AFAP program in Area I by encouraging Soldiers to participate in local conferences, she said. They can participate as delegates for their units, or they can submit issues to be looked at during the conference.

Soldiers, Army civilians and their families may not notice the affects of the AFAP, but they are surrounded by them every day. From the lowest-ranking Soldiers and their families, to the highest-ranking officers and Army civilians, the AFAP shows that one voice can make a difference.

Make your vote count with AFAP

By Pfc. Anthony Hawkins Jr.
Staff Writer

Soldiers can make their vote count at the fiscal year 2007 Army Family Action Plan conference Nov. 28 and 29 at the Gateway Club on Camp Casey.

The conference is scheduled to begin at 8 a.m. Nov. 28.

The 2nd Infantry Division and Area I will host the annual event, which is a means for Army leadership to receive input from Soldiers, Army civilians and their families.

Delegates who were selected from each 2ID unit will meet at the Gateway Club for the in-briefing. Following the briefing, the AFAP workgroups will meet at the Education Center for the remainder of the day. The out-briefing to commanders will be held at 10 a.m. Nov. 29 at the Warrior's Club.

The conference allows members of the Army to inform every level of leadership, from installation and local command to the Department of the Army, about the current quality of life in the Army and ways it can be improved.

Soldiers were chosen from different ranks in each 2ID unit to act as representatives for their unit. They will serve as delegates to the conference and will vote on issues involving force support and entitlements, medical and dental care, housing and transportation, and family and community services.

Soju: Korea's historical drink revisited

By Cpl. Lee, Yoon Joo
Staff Writer

When Soldiers arrive in Korea and adapt to their new environment, many want to have a "Soju experience." Before partaking of Korea's most popular alcohol drink, there are some facts and etiquette one must know.

The origin of Soju production in Korea goes back to Goryeo Dynasty in the 13th century when the Persian distilling technique came to Korea via Mongolia and the Chinese Yuan Dynasty.

At first, Soju was made at home, but after Korea liberated from Japan in 1945, breweries started to take over Soju production.

From 1965 until 1991, in order to alleviate rice shortages, the Korean government prohibited the traditional methods of distilling Soju from pure grain.

From then, the companies started to make Soju using the dilution method,

a technique that used water and additives to dilute the alcohol base which is made by sweet potatoes and tapioca. Most Soju served today is made using the dilution method.

Each province in Korea has its own Soju brand because of the government policy to consolidate the breweries into one for each province.

The biggest brewery in the country since its establishment in 1924 is Jinro, based in Seoul. The most popular Soju brand is currently Chamisul, which means "real dew." This green-bottled Soju makes up more than 55 percent of Soju consumption in Korea. It is seen in almost any restaurant or bar in Korea.

There are nine more Soju brands that are found in each province of Korea. They are: Bohae of South Jeolla province; Sunyang of Chungcheong province; Kumbokju of North Gyeongsang province; Daesun of Busan; Muhak of South Gyeongsang province; Doosan of Gangwon province; Hite of North

Gyeongsang province; Sunyang of Chungcheong province; and Hallasan of Jeju Island.

Koreans consider table manners very important, and they believe drinking manners are the most important courtesy of all. So, when drinking Soju with a Korean, or even without a Korean, certain rules need to be obeyed in order to not disrespect other Koreans around the table.

Koreans always drink Soju together. When one drinks Soju alone, that is a sign that he or she is having a hard time. Koreans do not fill their own shot glasses unless they are with very close friends.

If one fills his or her own glass, this is showing disrespect to the others by refusing their sincerity.

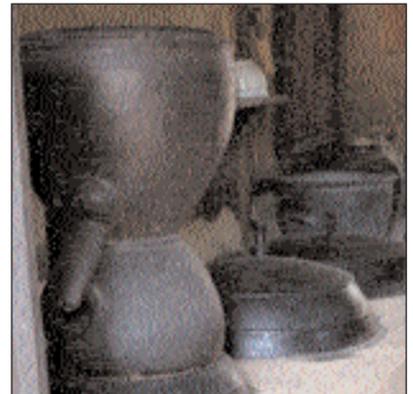
It is always the others who fill the glass. And, if one's glass is going to be filled by the elder, he or she should hold the glass using two hands.

When pouring Soju for an elder, one holds the bottle with two hands. What is more, one should never fill up

the glass unless it is totally empty. If these rules are not followed, one is considered rude and uneducated.

The way to step closer to the culture is to show interest in the details of the daily life of the local people. Soju is very close and intimate with Koreans.

Ask your Korean friends to take you out for some Soju. It will bring you closer to your Korean friends as well as the Korean culture.



Courtesy Photo

Traditional soju stills are still used.

Concert promotes local connections

By Cpl. Kim, Sang Pil
Staff Writer

CAMP RED CLOUD, South Korea – On a chilly evening, 2nd Infantry Division Soldiers from all over Area I gathered around a stage on the soccer field Nov. 2. Second Gyeonggi Province Office prepared a special night for 2ID

Soldiers. Recently having established sisterhood with 2ID, GPO II wanted to express their appreciation for the hard work to defend the Republic of Korea.

The two-hour show started off with Maj. Gen. James A. Coggin, commander, 2ID, presenting Vice-Governor Kwon, Doo Hyun an Honorary 2ID Lifetime

Member Award for his achievement and contributions to strengthen the ROK/US alliance and promote friendship between Gyeonggi Province and 2ID.

Kwon said he worked hard to thank the Soldiers who are here, thousands of miles away from their home, to serve and defend peace in Korea.

A series of performances followed with opening with Elec Cookie, a female trio of an electric keyboard, cello and violin. Elec Cookie performed various music, fusing pop and classical sounds with vigorous swinging of the bows and instruments. The Soldiers of 2ID sitting in the front row stood up to cheer the crowd and performers.

Next was a talent show of two KATUSA Soldiers and one U.S. Soldier showing off their skills in front of the crowd, followed by 2ID rock band performance.

During the break, Coggin and Governor Kim, Moon Soo came on stage.

"I deeply thank all the USFK Soldiers who have left their home to defend our country, for democracy and liberty," Kim said.

In response, Coggin said that he wants Governor Kim and Vice-Governor Kwon to know that 2ID appreciates them. He also said that people can get a good night's sleep because 2nd Infantry Division is on the job.

The concert continued with the Provincial Art Group's performance of beautiful traditional dances in Korean costumes such as boochae-chum (fan dance), tal-chum (mask dance), and jango-chum (drum dance).

Then, the crowd was awed by the Korean B-boy team, Extreme Crew, who showed their international award-winning break dance and power moves to hip-hop beats. In fact this team of six young Koreans won first place in an international B-boy competition held in France last year.

The show reached its grand finale with Korean female singer duo, Foxy. The KATUSA Soldiers especially went crazy as Foxy sang and danced.

Korean American Fellowship Night, sponsored by Gyeonggi Province, ended successfully with a maximum participation of the Soldiers. Gyeonggi Province and 2ID are looking forward to establishing more one-on-one sisterhood events.



Yu, Hu Son

The dance team performed the boochae-chum (fan dance) in perfect order for 2ID Soldiers at Camp Red Cloud's soccer field.

NFL, Warriors need head protection

By Chuck Ryan
2ID Safety Office

This week I write about the NFL's mandatory protective head gear, known as the 'helmet, and how it closely compares to the safety gear that should be worn by 2ID's Warriors.

Helmet: In the NFL regulations, a helmet's padding consists of both foam-rubber pads and inflatable (air) pads. Teams hire professional equipment managers measure a player's head to make sure the helmet fits correctly.

These managers are also allowed to issue one of six different styles of chin straps. So the players we see on the TV are wearing helmets that are 'state of art.' I tragically estimate that half the bicycle helmets I see lately are in a 'state of disarray.' And it always for one of two reasons.

In summary USFK regulation 190-1 mandates all personnel operating or riding on a bicycle, inline skates, roller skates, coasters or skateboards will wear a Department of Transportation approved helmet.

This eliminates those ultra thin

helmets that are being bought out on the economy.

Yes, I know these unauthorized helmets have some shiny paint patterns, but they are too thin, and the padding is not three-quarters of an inch of foam, as needed; but one inch of sponge. A thin plastic shell plus sponge lining equals an unsafe helmet.

Chinstrap: The NFL offers equipment managers six different styles of chin straps to issue its players.

Football fans rarely see our NFL heroes playing with their chinstrap dangling; so why does the Safety Guy see so many of our bike riders and skate-boarders not using them?

I have a name for a helmet that is not being used with its chinstrap, and name is 'hat.' That's right, a hat, because a helmet not fastened properly could fly off just as easily as a hat!

I have a cracked DOT bike helmet mounted next to my desk. It represents the success of a helmet worn correctly, even during an accident. The rider did suffer an arm injury, but thanks to his DOT endorsed, properly worn helmet,

he'll ride another day.

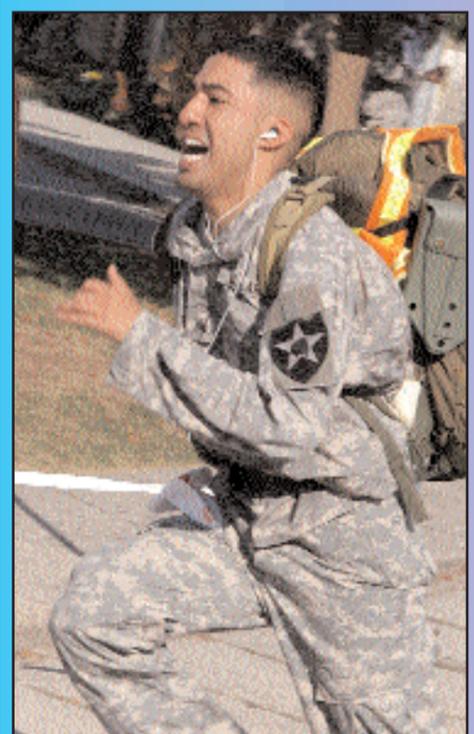
Facemask: The NFL has 15 styles of face masks, ranging from one single protective bar, to a pattern with six protective bars. Recently many wide receivers and running backs have attached see-through shields to their face masks to prevent a tackler's hands and fingers from injuring their eyes.

There are times during duty and off duty, when Soldiers should be protecting their eyes also. Working outdoors with swing blades, sledgehammers, weed-eaters and lawnmowers means there could be flying debris; and safety goggles will protect you from that debris.

The next time you and a buddy go to play racquetball, remember that DA Pam 215-1 reads 'Eye protection devices approved by the national governing body are mandatory for individuals playing racquetball, and prescription glasses don't count Warriors.

Head injury prevention and eye safety of the biggest superstars in the NFL is just as important as that same safety of one of 2ID's Warriors. Wear your gear, and be safe!

Ruck Challenge



Pfc. Leigh Armstrong

Sgt. Luciano Vera, HQ, 2ID, pushes himself during the final few steps of the Ruck Sack Challenge. Over 80 Soldiers participated in the 2nd Annual Ruck Sack Challenge at Camp Casey Nov. 11. The fastest runner, 2nd Lt. Michael Woundenberg, came across the finish line at Carey Fitness Center in just under one hour.