

Indianhead

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Jan. 19, 2007

MASCAL exercise



Cpl. Kim, Sang Pil

Soldiers of Charlie Co., 302nd Brigade Support Battalion unload casualties from a Chinook helicopter and prepare to transport them to a medical facility during a mass casualty exercise Jan. 12. The training was part of 1st Heavy Brigade Combat Team's Iron Focus exercise. See the next issue of the Indianhead for full coverage of 1HBCT's Iron Focus.

Realistic training prepares troops

Story and photo by
Pfc. Leigh Armstrong
Staff Writer

FIRING POINT 60 – Providing Soldiers realistic and valuable training is essential to battlefield success. Soldiers of 1-15 Field Artillery tested their mettle during a recent challenging and scenario-driven exercise meant to prepare them for a variety of situations. Dealing with civilian protestors, media on the battlefield and the ever-present threat of attacks, direct or indirect, at the same time allows Soldiers to think quick on their feet and multi-task, just as they would be required to do in combat.

“(The training) is to prepare us for real world if later on if we go to Iraq or another forward deployed unit,” said Pvt. Rashed Banjak, cannon crewmember.

For many Soldiers, dealing directly with media on the battlefield and hostile protestors, was a first. Soldiers learned the ins and outs while at the same time taking incoming fire as simulated car bombs exploded around them.



KATUSAs role-play the part of Korean national protestors during 1-15 FA training.

“They did a very good job with the knowledge of the things that they’ve been taught,” said Capt. Daniel Grieve, Bravo battery commander.

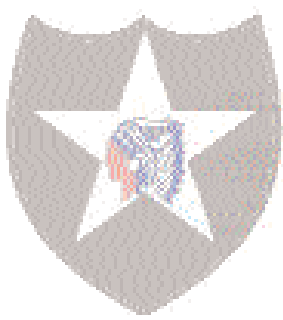
By throwing all these events in at the same time, 1-15 FA was able to help teach its Soldiers how to deal with multiple situations and how to remain focused on the mission and in control.



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VOICE OF THE WARRIOR:

What is your resolution for the new year?



Achieve more in 2007 than in 2006.

Sgt. 1st Class Thomas Reese
Div. FSE

To lose 10 more pounds.

Staff Sgt. Phyllis Jordan
19th AG Postal



Improve my English.

Pfc. Yoon, Se Yung
HHSC, STB

I don't make any.

Second Lt. Sherman Grayson
HHSC, STB



To quit smoking.

Sgt. Jerry Sam
2ID Band

To stay out of trouble.

Pvt. Kendra Yeager
HHSC, STB

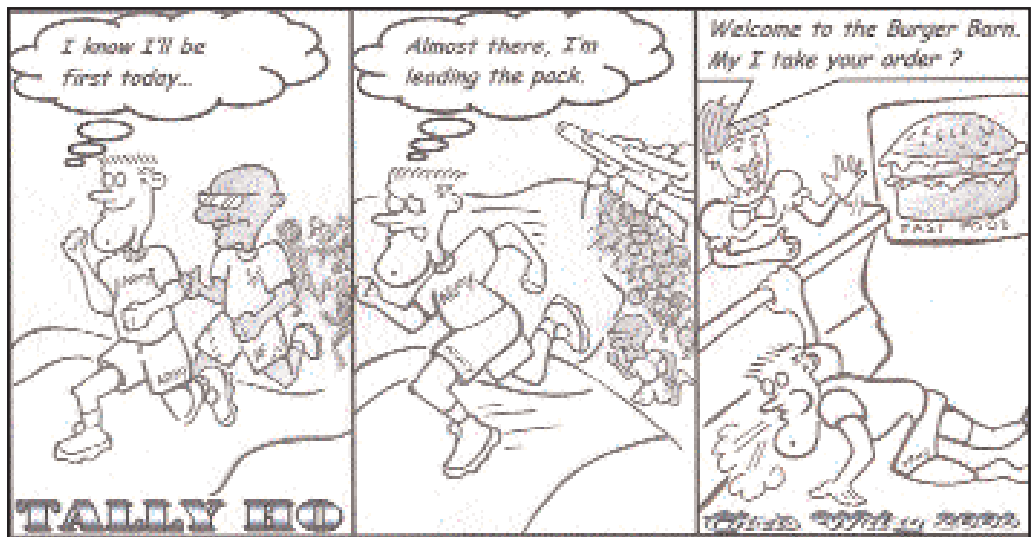


Illustration by Staff Sgt. Chris Wiley

Keep your resolutions

By Pfc. Anthony Hawkins Jr.

Staff Writer

As every new year begins, people all over decide on a resolution for that year.

Three weeks into 2007, to much disappointment, exercise machines sit in the corner of the room unused and diet plans hang on the refrigerator unnoticed. That doesn't mean it's too late to start over.

Why is it that so many people fail to follow their resolutions?

It can be many different factors, though there are ways to help ensure a resolution goes unbroken.

One way is to be realistic and strive for a goal that is attainable. For a person to say they will never eat junk food again is more along the lines of fantasy. Choosing such a goal is a sure way to fall short. Instead, resolve to eat fewer desserts or go on a diet plan.

Plans should be made ahead of time to ensure a resolution's success. Don't wait until Dec. 31, as the resolution will be based on how you are feeling that day.

After making a plan, you should outline it. Decide how you will handle the temptation to break the resolution, for example, by calling a friend.

Talking about your resolution

and telling others will help develop support from family and friends. Don't keep your resolution to yourself. The extra motivation will help you keep the resolution.

Reward yourself over time for keeping your resolution. This doesn't mean splurge if you are good about keeping your resolution, but do treat yourself to something you enjoy.

Make short-term goals to help keep track of your success.

Short-term goals are easy to keep and completing them will help motivate you to continue.

If you fail to keep your resolution once, don't obsess over it. Resist the temptation to do away with the goal and take it one day at a time.

Stay with your goal. It takes around 21 days to form a new habit from an activity, and six months for that habit to become part of your everyday life.

If you start to lose momentum after a few weeks or months, don't despair. Just start your resolution over. It is better to start over than to completely scrap your resolution.



Indianhead

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Meet Warrior 7: 2ID's new DCSM

By Command Sgt. Maj. Brian Stall
2ID Command Sergeant Major

Warriors, for this issue of the Indianhead, I was asked to share personal background information with the Soldiers and Airmen serving in this storied division. I readily agreed with this request because it serves an opportunity for you to become somewhat familiar with your division command sergeant major beyond conventional name and face recognition.

Long story short, I was born in July 1965 at Offutt Air Force Base, Nebraska, the youngest of six children. My father retired from the Air Force in 1968 and settled our family in Newport News, Va., where I lived until graduating from Homer L. Ferguson High School in June 1983. I joined the Army under the Delayed Entry Program in October 1983 and

entered active military service in February 1984 intent on fulfilling a three-year commitment and nothing more.

Well, a day or two has passed since ...huh? I'll do my best to condense 23 years of Soldiering. Remember, this material is furnished to familiarize you with my experiences and not intended to present a "look how great I am" effect. I achieved this present duty position due to Soldiers, peers and superiors just like you and their belief in my ability to serve with greater responsibilities.

After receiving Advanced Individual Training as a 71D - Legal Clerk, I attended Basic Airborne training and reported for duty with the 3rd Ranger Battalion in July 1984. Here I served until February 1987. My leaders encouraged my attendance and in March 1986 I became the Army's first Ranger-qualified legal clerk. From February 1987 to August



1989, I served as the Legal NCOIC at the 75th Ranger Regiment Headquarters and in March 1989 reclassified to 11B due in part to already living the life of an Infantryman.

From August 1989 to April 1991, I served in the 4th Ranger Training Battalion as a Light Leaders Course instructor. This course was designed to train Light Infantry and Special Forces leaders on basic and advanced infantry tactics, techniques, and procedures. I served in the 2nd Infantry Division as a Long Range Surveillance Team Leader from May 1991 to May 1992. Following my Korea assign-

ment, I became a Ranger Instructor with 6th Ranger Training Battalion (Florida Phase) and performed these duties from June 1992 to June 1994.

I served in the 82nd Airborne Division from July 1994 to February 2000. Here I performed duties as platoon sergeant, platoon leader, company executive officer, battalion operations NCOIC, rifle company first sergeant, and Headquarters company first sergeant with 2nd Battalion, 505th Parachute Infantry Regiment. From March 2000 to July 2001, I served with the 25th Infantry Division. Here I was appointed the responsibilities of Rifle Company first sergeant and battalion sergeant major for 2nd Bn., 27th Rgt.

I served a brief stint at Ft. Carson, Co. - July 2002 to October 2002 - as the Brigade Operations Sgt. Major for 3rd Brigade, 4th Inf. Div. Next, I served with the 101st Airborne Division

and was appointed the responsibilities of battalion sergeant major in 1st Bn., 327th Inf. Rgt. from Dec. 1, 2002 to Nov. 30, 2003 and brigade sergeant major for the 502nd Regimental Combat Team (2nd Brigade) from Dec. 1, 2003 to Nov. 15, 2006.

Here's how to sum this story. I truly enjoy being a Soldier and serving alongside America's best sons and daughters. I've spent countless hours honing my skills as a Soldier and leader. However, I have not cornered the market on knowing ALL. The days ahead will prove challenging for us all; I will not shirk the responsibilities inherent in my role as Warrior 7. I ask you do the same, regardless of rank or duty position. I am proud to join your ranks and look forward to serving the men and women who compose the 2nd Infantry Division.

"Second to None!"

Remembering the exploits of Martin L. King Jr.



Pfc. Leigh Armstrong

In a ceremony commemorating Dr. Martin Luther King Jr., Soldiers gathered at the Camp Red Cloud theater to hear Col. Kevin Hawkins, the guest speaker from Eighth Army, discuss King's influence on today's society. Hawkins urged Soldiers to take in the spirit of King's birthday by getting to know people from other nationalities and learning about other cultures.

'Coler' than Ice

By Pfc. Leigh Armstrong
Staff Writer

Master Sgt. Calvin Coler has a creative way to spend his time for when he's not operating as the G-3 training noncommissioned officer in charge. Coler has transformed his barracks room into a recording studio and he takes up the alias "Rooster" to create hip-hop songs.

Coler, who has been creating music for 15 years, is releasing his eighth album as the Rooster.

He writes about a variety of subjects in his life, like his brother, mother, the military. He even wrote a song about Geronimo Tactical Command Post for the Warfighter exercise.

Coler comes from a background of very little musical experience growing up. "I played a lot of sports, but I never touched an instrument," Coler said. He also wasn't exposed to hip-hop, his music of choice for writing, until later on in his life.

"I never thought of doing hip-hop because I'm from Louisiana. There's nothing but jazz down there," Coler said.

Part of the reason Coler enjoys doing hip-hop is because he likes to be able to get his message across in music and lyrics.

"When you're doing hip-hop, you tell a story," Coler said.

When Coler was growing up, he met a friend who had a drum machine and inquired to what it was and how to use it. He's been creating his art ever since.

"After playing the drum machine several times, the beat just came to me. I don't know how, it just came to me," Coler said.

Coler then moved on to buy keyboards, drum machines and other equipment until he had built up the arsenal of computers and sound equipment that he now owns.

In addition to making his own hip-hop songs, he also produces his own music under his label of "Coler than Ice."

By helping the Soldiers that he knows and works with, Coler tries to show them how to express themselves through music.

Soldiers are encouraged by Coler that there are other things to do while stationed somewhere like Korea. There's more than just the "ville" and getting drunk on the weekends, Coler said.

Coler always encourages the Soldiers to find some way to express themselves and he wants to try to influence them to share their talent and find a positive outlet for the free time that they have here in Korea.

"A lot of guys around here have talent. I just try to help them out," Coler said.

Battle of Kapyong remembered

By Pfc. Kim, Hosik
Staff Writer

Geographically located on the pathway to Seoul, Kapyong is popular for its rocky valleys and crystalline lakes. Today the valley swarms with tourists, lake shore jazz bars and extreme sports enthusiasts. It's hard to imagine that this valley, only 50 years ago, was the site of a fierce battle that will forever be remembered in Korean War history.

In the spring of 1951, North Korean and Chinese aggression towards the United Nations force was stronger than ever. Taking full advantage of their superior troop strength, the Chinese People's Volunteer Army moved the battlefront back to the south. The U.S. Army 72nd Heavy Tank Battalion, along with the British, Canadian, Australian, and New Zealand Army formed a defensive perimeter around the valley of Kapyong. In the battle which continued for three long days, 72nd HTB stood out as it fought restlessly against the waves of enemy troops. Finally the Chinese gathered

the remaining forces and fled to the north. The Chinese army has suffered over 10,000 casualties in the battle. The U.N. force not only kept the defensive strong, but also changed the climate of the war and began to counter-attack.

On a hillside looking over the Kapyong Valley now stands a monument dedicated to the Soldiers who bravely fought in the battle of Kapyong. On Dec. 5, a new memorial was dedicated to 72nd HTB, now known as the 1st Battalion, 72nd Armor Regiment, for the support and loyalty the regiment has shown in the Korean War, and continues to show today. The Rededication ceremony was led by the Battle of Kapyong Memorial Foundation, which financed the memorial. Soldiers and officers from ROK 6th Army and 1-72 AR also came to honor their predecessors.

"By remembering the heroes and victories of the past, we understand our duty all the better," said Lt. Col. Thomas Isom, 1-72 commander. "As great as the battle of Kapyong was, it was just one of many for the battalion." 72nd HTB earned the Presidential unit citation for the victory and heroism it showed at

Kapyong.

Over 50 Korean War veterans, including retired Col. Kim, Dong Sok of the ROK Army, also visited the ceremony. Despite of the cold weather, the veterans kept their seats.

"I remember marching down the valley that day," said Cho, Won-Heung, president of the Battle of Kapyong Memorial Foundation, as he gazed over the valley. "We

marched right in front of the house where I lived. But I couldn't stop. I had a rifle in my hand and family to think of."

When the war was over, Cho came back to the valley and settled there. "Ever since I returned, I thought about dedicating a memorial to the young souls who died here. And now the memorial stands where it oversees the entire valley."



Yu, Hu Son

Lt. Col. Thomas Isom, 1-72 battalion commander puts a flower in front of the memorial, remembering the heroes of the 72nd Heavy Tank Battalion.

Concert shows appreciation for 2ID Soldiers

By Cpl. Kim, Sang Pil
Staff Writer

CAMP CASEY, Carey Physical Fitness Center – At the end of the year, a concert was held to show appreciation for Soldiers. Sponsored by Gangnam-gu (district) of Seoul, the event celebrated the two years of sisterhood between the Eighth U.S. Army and Gangnam-gu Dec. 28.

About 500 U.S. Soldiers, including Lt. Gen. David P. Valcourt, the Eighth U.S. Army commander, public service personnel from Gangnam-gu office and local citizens of Dongducheon participated at the event to enjoy various musics by Gangnam-gu Symphony Orchestra, Samulnori and pop singers.

Gangnam-gu Symphony Orchestra played classical music pieces, selections from "Westside Story" by L. Bernstein, familiar songs like "My Way" and "The Stars and Stripes Forever." The orchestra also played "Arirang

Variation" and "Auld Lang Syne."

While the song, "The Stars and Stripes Forever" was being played, the conductor of Gangnam-gu Symphony Orchestra looked at the spectators and asked for a volunteer to take over his place. A Soldier from the crowd jumped out of his seat and ran up to the stage to take charge of the orchestra.

It was Pvt. Keith Scott of A Battery, 1-15 Field Artillery who did an impromptu performance, generating applause from all around the crowd as he conducted the orchestra.

"I felt excited," Scott said. "I was in orchestra when I was in junior high school. All the music is my favorite part of today's concert."

Directly following the orchestra, eight members of Samulnori team named Kwang Myung appeared from the rear, formed in a circle, and drew people's attention to the back. As they rotated their heads while playing the tradi-

tional instruments, a cord connected on the top of their hats made circles similar to a ribbon dance.

Gorilla, the dance crew, performed next. The performers' acrobatic movements on the stage thrilled the eyes of those who watched.

"Arirang variation, Gorilla's break dance and

Samulnori were the best part," said Cpl. Shin, Min Sik, A battery, 1-15 FA. "It was an event where the cultures of two countries mixed very well."

The concert reached its end when yet to debuted singer Yuri sang "Run to you" and "I'll be there" followed by rock band, T.A.-Copy's

singing "Can't help falling in love," "All the small things" and "Super star."

"We held this concert to appreciate all the works of the U.S. Soldiers who are away from their home and family," said a Gangnam-gu official. "I hope this concert helped strengthen the friendship between the ROK and U.S."



Yu, Hu Son

As Samulnori team rotated their heads while playing the traditional instruments, a cord connected on the top of their hats made circles similar to a ribbon dance.

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

Points 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 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.

Jan. 19 ... *Let's Go To Prison;*
Deck the Halls
Jan. 20 ... *Casino Royale;*
Deja Vu
Jan. 21 ... *Stranger Than Fiction;*
Deja Vu; Deck the Hall
Jan. 22 ... *Casino Royale*
Jan. 23... *Deck the Hall*
Jan. 24 ... *Man of the Year*
Jan. 25 ... *Casino Royale*
Jan. 26 ... *Turistas;*
The Holiday
Jan. 27 ... *The Prestige;*
Turistas
Jan. 28 ... *Code Name: The Cleaner;*
Code Name: The Cleaner;
The Grudge 2
Jan. 29 ... *Code Name: The Cleaner*
Jan. 30 ... *Turistas*
Jan. 31 ... *The Holiday*

Camp Red Cloud

Show times: Fri.-Sat. 7 & 9 p.m., Sun. 6 &
8 p.m., Mon., Tue. & Thur. 7 p.m.

Jan. 19 ... *Casino Royale;*
Deja Vu
Jan. 20 ... *Deja Vu;*
Deck the Hall
Jan. 21 ... *Casino Royale;*
Deck the Hall
Jan. 22 ... *Man of the Year*
Jan. 23... *Casino Royale*
Jan. 25 ... *Code Name: The Cleaner*
Jan. 26 ... *Code Name: The Cleaner;*
Turistas
Jan. 27 ... *The Prestige;*
The Holiday
Jan. 28 ... *Turistas;*
The Grudge 2
Jan. 29 ... *The Holiday*
Jan. 30 ... *Turistas*

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.

Jan. 19 ... *Deja Vu*
Jan. 20 ... *Borat;*
Deck the Hall
Jan. 21 ... *Casino Royale;*
Let's Go to Prison
Jan. 22 ... *Deck the Hall*
Jan. 23... *Deja Vu*
Jan. 24 ... *Casino Royale*
Jan. 25 ... *Let's Go to Prison*
Jan. 26 ... *The Grudge 2*
Jan. 27 ... *The Holiday;*
Code Name: The Cleaner
Jan. 28 ... *Turistas;*
The Holiday
Jan. 29 ... *The Prestige*
Jan. 30 ... *Code Name: The Cleaner*
Jan. 31 ... *Turistas*

Camp Stanley

Show times: Mon.-Fri. 7 p.m., Sat. 7 & 9
p.m., Sun. 7 p.m.

Jan. 19 ... *Casino Royale*
Jan. 20 ... *Deja Vu;*
Deck the Hall
Jan. 21 ... *Casino Royale*
Jan. 22 ... *Man of the Year*
Jan. 24 ... *Code Name: The Cleaner;*
Code Name: The Cleaner
Jan. 25 ... *Deck the Hall*
Jan. 26 ... *Turistas*
Jan. 27 ... *The Grudge 2;*
The Holiday
Jan. 28 ... *Turistas*
The Grudge 2
Jan. 29 ... *The Prestige*
Jan. 31 ... *Freedom Writers;*

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DSN 635-9819
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- ▶ Mission Oriented / Stable under Stress
- ▶ Completed one operational flying assignment prior to assignment to 160th.

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- ▶ Forward Looking Infrared Radar
- ▶ Sere Level C
- ▶ Dunker/Heeds
- ▶ Aerial Gunnery and Refueling
- ▶ Various Environmental Training (Desert, Jungle, Urban, Mountain, Overwater and Deck Landings)

Unit Aircraft

- ▶ MH-6
- ▶ AH-6
- ▶ MH-60L
- ▶ MH-60K
- ▶ MH-60 DAP
- ▶ MH-47E
- ▶ MH-47G

http://www.campbell.army.mil/newinternet/UnitPages/SpecialForces/160recruiters.htm



Rediscover Hangeul, the Korean alphabet

By Cpl. Lee, Yoon Joo
Staff Writer

Throughout history, humans have taken great steps from ancient times to the modern world we are living in today. And, no one doubts that written language played a great role in developing culture, society as well as science. Yet, for Koreans, it means far more than that.

Hangeul, the Korean alphabet, was created under King Sejong of Chosun Dynasty (1393 - 1910). Before Hangeul was invented, Koreans had to use Hanja, the Chinese characters, to read and write. However, because it was foreign language, it could not fully express the thoughts and spoken language of Koreans. Moreover, Hanja was too complicated for the common people, mostly farmers, to learn.



King Sejong of Chosun Dynasty (1393 - 1910) created Hangeul, the Korean alphabet.

They could not submit legitimate complaints to the authorities, other than through oral communication, and they had no way to record the agricultural wisdom and knowledge they gained through the years.

King Sejong felt great sympathy for the people and searched for solutions. What he envisioned was a set of letters that was uniquely Korean and easily learnable, rendering it accessible and usable for the common people. After years and years of research with great scholars, Hun-min-jung-um, the first Korean alphabet, was born.

In the preface of proclamation, King Sejong states as follows: "Many common people had no way to express their thoughts in writing due to the complexity of Hanja. Out of my sympathy for their difficulties, I have created a set of 28 letters. The letters are very easy to learn, and it is my hope that they improve the quality of life of all people."

When King Sejong first proclaimed Hun-min-jung-um, it had 28 letters in all, but only 24 are used today, 10 vowels and 14 consonants.

The shapes of the consonant letters represent the outlines of the parts of the mouth and tongue used to pronounce them. The vowel letters come from the shape of sky, earth and people. By resembling the shape of the mouth and three elements, one can easily learn how to write and read Hangeul. Its simplicity and small number of letters lessen the burden of memorizing them as well.

It is no coincidence that by the time the Korean children reach school age, most master Hangeul. Hangeul also pulled down the illiteracy rate to near zero percent mark in Korea.

Hangeul is also the most original alphabet in the world. Most of the alphabets in other countries have gone through many complicated changes with a long history in order to become the letters they use today. Some, like English alphabets and Kana letters of Japanese, derived from other languages such as Latin and Chinese. However, Hangeul was originally creat-

ed in Korea and had gone through only minor changes to become the letters we use today in shortest history compare to other languages.

It is the only alphabet in the world which has the exact record of the creator, the purpose and the date of creation. Today, there are about 3,000 spoken languages and, among them, there are only about 100 languages which have written letters. There are no alphabets that have exact information on the date of origin, the purpose of creation and the name of creator other than Hangeul.

Lastly, nearly any sound or language can be translated in Hangeul without any difficulties. By combining each consonant and vowel, Hangeul can write 12,768 letters, meaning it can produce 12,768 sounds, which is the largest sound pool in one language in the world. Usually a vowel and a consonant can be combined into a letter, but sometimes a letter can be a combination of two consonants with one consonant, or one vowel with two consonants. Such a system enables Hangeul to produce so many different sounds.

The versatility of Hangeul was also acknowledged worldwide. On Oct 9, 1990, United Nations Educational, Scientific, Cultural Organization awards King Sejong Literacy Prize for those who contribute to reducing illiteracy rate in recognition of King Sejong's achievement. On Oct. 1, 1997, UNESCO even designated Hun-min-jung-um as world archive property.

Hangeul has been at the root of the Korean culture and has preserved its national identity. It is in the heart of Koreans as the greatest heritage of all. Koreans even designated 'Hangeul Day' to celebrate the creation of Hangeul every Oct 9. Smart brains and diligence were not the only elements that derived the miracle of Han River and many other economic revolutions in Korea. It was the cultural power like Hangeul that drove Koreans to where they stand now, and they will always be proud.

Red Cross connects Soldiers with their families

By Cpl. Lee, Yoon Joo
Staff Writer

Have you ever worried about your family while you are deployed overseas? How will you be able to know when a family emergency happens?

This is a very important issue when you are deployed half way around the globe. There is a great organization that helps Soldiers to be aware of any emergency back home. This organization is the American Red Cross.

The Red Cross was born from its founders witnessing many tragedies from war. The battle of Solferino in Italy inspired the International Red Cross Movement while the Civil War prompted the campaign for the American Red Cross and thus the ratifications of the Geneva Conventions by the United States. Part of this movement has evolved into today's American Red Cross emergency messages, the messaging service to help verify the illness or death of a family member of an active duty Soldier.

When a family member gets sick back home, they contact their local Red Cross who, in turn, contacts the doctor for a statement as to what is wrong, the outlook, and if there is a need to bring a Soldier home.

Then the message is given to the Red Cross office for the Soldiers military installation, which is then passed on to the Soldier's chain of command, normally the first sergeant. The message provides verification for the command to make a decision on emergency leave as well as providing the Soldiers with an objective verification of the situation.

"When emergency leave is granted by an O-5 or above, the Army provides transportation to CONUS," said Sandra Chambers, the station manager of American Red Cross at Camp Casey. "Emergency leave is normally granted for situations involving immediate family - parents, persons in place of parents, siblings, spouse, or children. Grandparents are not generally immediate family unless they raised the service member or spouse."

When the Soldier receives a Red Cross message, they are eligible to request emergency leave with the DA 31 form, which needs to be signed by an officer of O-5 rank or above. Then the form needs to be taken to Military Personnel Detachment for an accounting cite.

Once that has been obtained, the Soldier can go to U.S. Air Alliance for their flight reservations and itinerary. The Soldier also needs to personally contact American Red Cross so that a reply message may be sent to inform the family that the Soldier has received the message.

If there are extra costs that are not covered by the emergency leave and the Soldier needs financial assistance, they can contact Army Emergency Relief. If it is after business hours, weekends or holidays, the Soldier can contact American Red Cross, which acts as an agent for AER.

Another type of message the Red Cross receives is the requests for Health and Welfare reports. These messages normally happen when the Soldier does not get a chance to mail

or to call their family due to Permanent Change of Station moves, field exercises, holidays or world events. These messages are sent by families who are worried about their Soldier. They contact their local Red Cross office and the message reaches to the Soldier. By doing this, families can determine that there is nothing wrong and when they can expect contact.

In addition to the request for emergency leave, the Red Cross also receives the Red Cross messages relating to the birth of the Soldier's child, or even grandchild.

To contact your local Red Cross in Area I, call 730-3184 for the Red Cross office at Camp Casey, or 732-6160 for the office at Camp Red Cloud. After business hours, weekends and holidays, the call will be forwarded to the Yongsan office at 738-3670. The business hours are Monday - Friday, 8:00 a.m. - 4:30 p.m.

To find out more about the American Red Cross, visit the website at www.redcross.org.

Mall offers more than just shopping

By Cpl. Kim, Sang Pil
Staff Writer

The COEX Mall opened in May 2000 in the basement floor of the World Trade Center in Gangnam-gu, Seoul. It quickly became a gigantic cultural area with thousands of visitors each day.

With a span of 1.3 million square feet, the mall is 15 times bigger than Jamsil Olympic Stadium in terms of floor space. From its main entrance where Samseong subway station (line number two) is located, curvy paths lead to the other side of the mall with various culture, entertainment, shopping and exhibitions facilities, making it very easy to get lost.

COEX Mall has been called an 'underground city' due to its vastness and it is easy even for those who have been there quite a few times to get lost. To enjoy your time in COEX Mall without getting lost, understanding the basic theme of the mall can be helpful. The theme is 'flow of water.' The main path is divided into sections of water. The very beginning portion of the path is called 'Summit Walk,' then is followed by 'Forest Walk,' 'Lake Walk,' 'Waterfall Walk,' 'Canyon Walk,' 'Riverside Walk,' 'Tropics Walk' and 'Sea Walk.' Each part is in different colors.

The fun of COEX MALL begins at the meet-up

place called, 'Millennium Plaza' which is the main entrance area connected to Samseong station. From there, begins Summit Walk leading to Forest Walk. On the way are family restaurants, as well as various clothing shops. There are also two banks on Forest Walk so that you can draw money to shop and eat.

To your left as you walk through Forest Walk there is a food court named 'Lake Food Court' with 16 different restaurants. The place has a pyramid-shaped glass ceiling so that natural light can enter and has waterways dividing up the floor with 600 seats where you can enjoy your food. The food varies from Korean and Chinese to Indian and Italian.

After dining at the Lake Food Court, continue your trip down Forest Walk and you will come across a Y intersection with a mega book store 'B&L' in the middle. The book store is furnished with over 2 million books, in both English and Korean. As you make your way left along the book store, there lies SONY Plaza and Linko, a mega stationery shop.

Making right at the Y intersection, you come across Canyon Walk with Evan, a record store. Evan is an area where the record store and café is combined. The record store offers Korean pop, American pop, jazz, classical, movie original sound track, techno and underground music divided by sections. At the music café, those who bought music

and even those who are just passing by can rest. There is another bank and pharmacy on Canyon Walk.

At the end of Canyon Walk, where Tropics Walk begins, you will come across various accessory shops, cosmetic shops and toy stores with animation characters. Finally, you arrive at MEGABOX, a 16-screen Cineplex with 4,300 seats. It can be said that 50 percent of those who come to COEX Mall intend to go to MEGABOX. The theater shows all the newly released movies, including Hollywood movies, and takes down whichever movies that do not sell well. All Hollywood movies are shown in English with Korean subtitles. MEGABOX also releases movies one evening earlier than any other theater in Korea.

Passing by MEGABOX on Tropics Walk, you arrive at COEX Aquarium on Sea Walk. The tunnel-shaped aquarium has 70 sharks and 30,000 different types of fish. The interior of the entrance resembles that of an airplane and there the guide explains about the aquarium before starting the tour. Next to the aquarium is located a restaurant, Deep Blue, where visiting families and friends can eat after seeing the aquarium.

The COEX mall offers a full day of shopping, eating and watching movies or going to the aquarium. Dedicate a day to having fun in Seoul, regardless of weather, since it is a city underground.

Use sense when buying computers

By Pfc. Leigh Armstrong
Staff Writer

Computers are no longer a just a mere luxury in today's society. In overseas environments especially, they can act as the easiest way for Soldiers to communicate back home to their loved ones.

Computers also offer games that can be the much-needed escape for the Soldiers in their off-duty hours. With so many different things to do on computers, it's important that when buying a computer do research before throwing down a lot of cash.

One of the main things showcased in computers is the Central Processing Unit speed. Another thing that people should look at with conjunction with the CPU is Random Access Memory.

CPU is what processes the jobs that one would have their computer do like running a music player or opening a web browser. A CPU's power is measured by the cycles per second it can perform, also know as hertz, and they can usually perform billions of cycles per second.

RAM is the memory that the CPU uses to run the programs on the computer. RAM is storage is measured in bytes and one character, such as a letter, on a screen would usually be around one byte, thus the more things on screen or running, the more RAM is used.

This is something to lookout for when buying a computer because a high gigahertz processor isn't going to be using its full potential with only a few megabytes of RAM.

In order to play the newest games on the market, a computer usually needs to have a good quality graphics card. One thing to make sure not to get when buying a computer

is an integrated graphics card. A graphics card will come with a set amount of memory it can use, like 256MB, but when using integrated graphics cards, the card just takes memory from the RAM causing the CPU to be unable to run as many programs or as fast as it could.

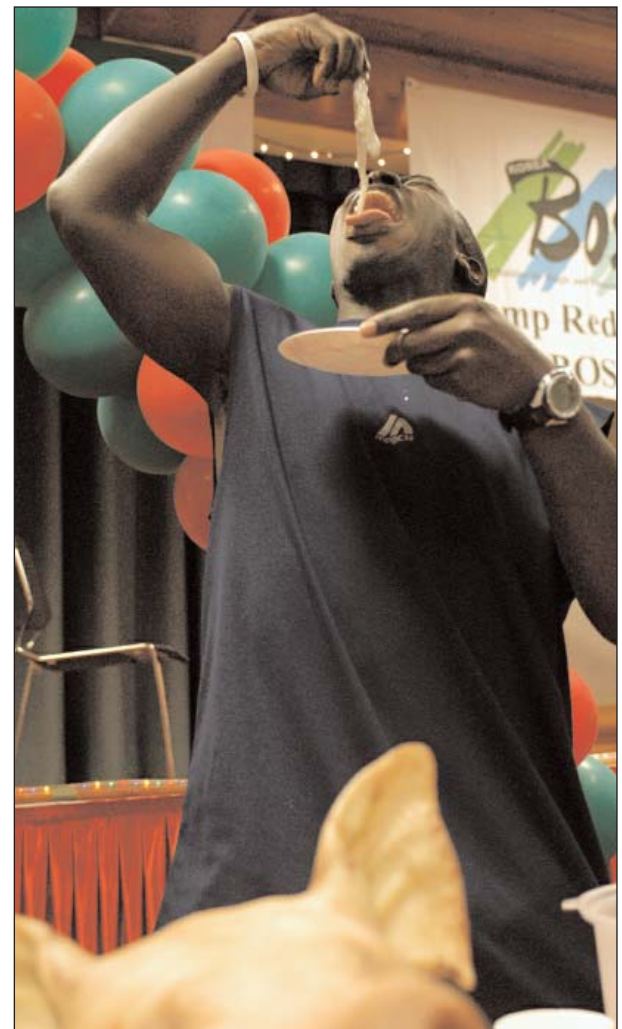
Notebooks have enough perks to make them a viable option for any computer shopper. They're portable and can be easily set-up with wireless adaptors allowing them to access to the internet with minimal work. They also come pre-equipped with everything needed so there's no need to worry about connecting cables, just charge it up and turn it on. A lot of space is saved by having all the components together as well.

Notebooks are more expensive than a normal desktop computer though and pack a lot less power. The CPU is usually a lot weaker than a desktop with the same price. With the smaller chassis, the notebook computer can only hold so much RAM and ports around the machine so there is limited connectivity for peripherals.

Buying a computer can be a fairly large expenditure, usually costing upwards of \$1,000. Just like anything else that costs a lot of money, research should be done to make sure that the computer fits its purpose whether that is to be a high-powered gaming machine or a notebook to check Internet wirelessly on the go. Buying a computer doesn't have to be an arduous ordeal when equipped with the right information.

To learn more about shopping for computers visit the Camp Stanley computer building and set-up in the Main Post Exchange or visit www.cnet.com to check out specifications and reviews on the latest models.

FEAR FACTOR



Pfc. Anthony Hawkins Jr.

Spc. Roderick McGee, from Bravo Co., Special Troops Battalion, gobbles down some octopus legs during BOSS's version of Fear Factor Jan. 3. He placed 2nd in the overall competition to see who was willing to eat the grossest object.

Madden game curses NFL players

By Pfc. Antuan Rofe
Staff Writer

Madden, the football game phenomenon that has had the biggest stars of the game grace the cover including Donovan McNabb, Shaun Alexander and most recently Michael Vick.

All of the athletes that have been on the cover of Madden have all suffered the same fate, a plagued, unproductive following season.

'The Madden Curse,' as it's called, has plagued all of it's poster children and many still remain faithful that it's just a run of bad luck.

Since Madden 2000, the premier offensive athlete on the cover has had a successive season that is the complete opposite of what put them on the cover. Then, Detroit Lion runningback Barry Sanders shared the cover with John Madden but abruptly retired before the start of training camp and former Green Bay Packers running back Dorsey Levens took Sanders' place.

Levens, after rushing for 1,034 yards in 1999, only gained 224 yards from scrimmage the following year and was cut from the Packers in 2001. He was then bounced around the league, having one year stints with the New York Giants and Philadelphia Eagles before hanging up his cleats retiring with the Packers in 2004.

Eddie George was the first athlete to be the lone Madden model player, not sharing the cover boy title with anyone. George compiled Pro Bowl caliber numbers in the 2000 season and the following year his stats dropped two-thirds in rushing, receiving and touchdowns. Also, during the 2001 playoff game against the Baltimore Ravens, George bobbled a pass that was then picked off by Pro Bowl linebacker Ray Lewis and was returned for a touchdown. He would also begin to have constant nagging injuries the rest of his professional career.

Former Minnesota Vikings quarterback, Daunte Culpepper appeared on the 2002 cover of Madden

and suffered a very similar fate. Culpepper proceeded to have the post-Madden slump where he passed for one-third of the passing yards that he had in 2001. He only threw one more touchdown then he threw interceptions in 2002 with 14. The Vikings missed the post season that year with a record of 5-11 and missed another postseason.

The next year St. Louis Rams running back Marshall Faulk, who after being on the cover, injured his ankle and missed six games, preventing him from having an eighth 1,000-yard season. Faulk had averaged approximately 1,026 yards per season never had another 1,000 yard or more season. Without Faulk and his running and receiving skills, that led them to the Super Bowl two out of three years, the Rams finished the season 5-11.

Coverboy for Madden 2004 was Michael Vick who had his worst set back. During a preseason game against the Baltimore Ravens, Vick went for his usual quarterback scramble and was brought down awkwardly on his left ankle. He was out for six weeks with a broken fibula. Vick came back off of his injury and threw and rushed for the lowest numbers in his career, 558 passing yards and 255 rushing yards. The Falcons finished the season 5-11.

The breakthrough year of Madden NFL's franchise came in 2005. Baltimore Ravens linebacker Ray Lewis became the first defensive player to ever be on the cover. Because of a hamstring injury, Lewis only started six regular season games and had a career low 46 tackles. His injury also forced the Ravens' defense to have a gap and the team fell to 6-10 and missed the playoffs for the second year straight.

Madden NFL 2006 put quarterback Donovan McNabb on the cover because of a third consecutive winning season. The Eagles, led by McNabb, made it to the Super Bowl but fell to the New England Patriots 24-21. The next season he suffered a severe sports hernia following a tackle from Atlanta Falcons defensive tackle Chad Lavalais. He

continued to start until he received an additional groin injury due to a shove on a Dallas Cowboy linebacker. McNabb had surgery to fix the sports hernia and the groin injury and sat out the rest of the season; the Eagles finished the season 6-10 and missed the playoffs for the first time in five years.

Runningback Shaun Alexander, who was the 2005 NFL Most Valuable Player, held the rushing title and set the record for most touchdowns scored, became the next victim. After piling up 1,880 yards, 28 touchdowns and became the first runningback in NFL history to score 15 touchdowns or five or more consecutive seasons, Alexander felt the wrath of the curse.

In the first game of the 2006 season, he suffered a small crack in a non-displaced bone in his left foot against the Detroit Lions. This injury impaired Alexander and he didn't rush for more than 100 yards in any of his first three games for the first time in the last two seasons. He then sat out the next six games and during his return he only gained 37 yards from scrimmage. Week 15 brought about another devastating blow to Alexander; his single season touchdown record was shattered by San Diego Chargers' runningback LaDainian Tomlinson, with 31. Alexander rushed for almost 1,000 yards less, only had all purpose touchdowns and only averaged three point six yards per carry during the 2006 season.

Many football fans believe that there is a Madden Cover Curse. Every player that has been on the cover has had their career turned upside down. The constant pattern of statistical and health misfortune for those that shine in the Madden light can clearly be seen.

In every NFL game that is played, the body is pushed to its limits and sometimes players get hurt. But think about this, when a player is on the cover of Madden, defenses want to key in on that player to keep him from doing whatever it was that got him on the cover. So is it really a curse, or are the other players getting better?

Coach safety during training, meetings

By Charles Ryan
2ID Safety Office

This week I write about the NFL's coaches meetings and how similar they are to a military unit's training meeting. Both meetings have an itinerary, a plan and a goal.

NFL Coach's Meetings: In these meetings they talk about offense, defense, special teams, weather and even travel plans. These are five keys areas to defeat their opponent; but all five of these areas parallel to any unit deploying to any winter field training exercise or gunnery. These areas should be discussed at training meetings before deploying:

Offense: Company-level leadership can go on the offensive by giving their unit all the tools needed before any training event. Pencil in such training as cold weather injury prevention and first aid, winter driving safety and heater safety. Winter acclimatize your Soldiers by installing

some local, controlled exposure to the Korean elements.

Defense: While the knowledge of cold weather injuries is a great defense, the best defense is equipment. Not just tent heaters like a Yukon stove, but the most personal equipment in the military; your uniform.

I often stop Soldiers and ask 'Where is your Gortex jacket?' or 'Have you heard about the new cold weather boot and ACU wear policy?' They often reply with "But I'm hooah!" or "I don't need that 'snivel' gear." But in fact we all do. As hypothermia effects you once your core temperature starts to drop, no matter how 'hooah' you think you are. Have your Soldiers start their day with all 'snivel' gear on or readily available, then let them shed layers, as the day rolls on.

Special Teams: Your special teams in the unit are your Soldiers who are new to Korea, or come from a warm climate, and those that have had a



cold weather injury in the past. At your training meeting identify these Soldiers, so everyone can keep an especially sharp eye out for their safety.

Weather: In the NFL weather often controls the outcome of games, and in Korea it could control the safety outcome of your training. During training meetings, discuss the potential hazards, of rain, snow, sleet, icy road, and

decreased night time illumination.

No NFL team could win a single game without first holding their coaches meetings. No unit in 2ID should move to any field site without proper safety planning.

Mr. Ryan, 1 HBCT Safety manager hosts AFN-K Casey's Football Guru Show, where he gives NFL picks and safety tips Fridays at 5 p.m. on Warrior Radio FM 88.3, or 88.5