



Indianhead



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July 6, 2007

Division honors wartime service

Three Warriors left the land of the morning calm more than a year ago to support OIF and OEF. Now, they return as heroes.

By Pvt. Philip Turner
Staff writer

CAMP RED CLOUD, Korea – Three Soldiers from the 2nd Infantry Division were honored for their service in Operation Iraqi Freedom and Operation Enduring Freedom during a recognition ceremony June 19 at Camp Red Cloud.

Maj. Anthony V. Demasi, 210th Fires Brigade, and Master Sgt. Norman R. Greene, Headquarters and Headquarters Company, 2nd Infantry Division, were both awarded a Bronze Star for exceptional meritorious service during OIF. Staff Sgt. Robert E. Kimes was awarded a Joint Service Commendation Medal for meritorious service in OEF.

These Soldiers' actions resulted in greater stability for the free nations of Afghanistan and Iraq, said Maj. Gen. James A. Coggin, 2ID commander. Their impact left a lasting impression on all those they trained and supported, he added.

Demasi was assigned as a military ad-

visor to the Iraqi National Police, Iraq Assistance Group, Multinational Corps Iraq, at Camp Victory, Iraq from Feb. 25, 2006 to Feb. 24, 2007. He was in charge of training and readiness for more than 400 Iraqi police officers, and commanded his transition team in more than 175 mounted combat patrols.

Being awarded a Bronze Star is a great honor, said Demasi.

"It is just a culmination of what the team accomplished in Iraq," Demasi said.

Greene was also assigned as a military advisor to the Iraqi National Police with Demasi. He was the principal advisor for all unit operations. Greene personally led a 12-man Iraqi police team on a house-to-house search for anti-Iraqi forces who had engaged a national police checkpoint with small arms fire. The search led to the apprehension of two anti-Iraqi forces personnel.

Kimes was assigned as a weapons intelligence team trainer, Task Force Paladin, Bagram Air Base, Afghanistan from May



Yu, Hu Son

Maj. Gen. James A. Coggin, 2ID commander, congratulates Staff Sgt. Robert Kimes after awarding him a Joint Service Commendation Medal for service in Operation Enduring Freedom.

See CEREMONY, Page 4



Spc. Beth Lake

Command Sgt. Maj. William J. Gainey, the Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff, does a push-up for Soldiers while teaching them a lesson about actively listening June 20 on Camp Red Cloud.

Senior enlisted advisor visits 2ID

By Spc. Beth Lake
Staff writer

CAMP RED CLOUD, Korea – The theatre was crowded. A line of Soldiers on stage began doing push-ups. Sweat dripped from their brows as they reached muscle failure.

Their brothers and sisters in arms watched from their seats, eagerly awaiting the final count of combined push-ups.

A tall figure walked on stage with a lesson in mind.

"I told these Soldiers I would add

the number of push-ups they did and do one more," said Command Sgt. Maj. William J. Gainey, Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff. "It is my honor to do one push-up for you all."

"This is a lesson to remember when you are listening to your troops," he said. "Listen to what they are saying, not what you think you are hearing. Listen to what they are saying because half the time it is not what you are thinking."

See SEAC, Page 4



**VOICE OF THE
WARRIOR:**

What does
Independence
Day mean to
you?



*A day to remember,
reflect and
celebrate.*

Sgt. 1st Class Joshua Coic
HHC, 2ID

*Remembering our
fallen heros.*

Spc. Robert Ditty
HHC, 2ID



*Just one word:
Freedom.*

Spc. Dan Kessler
CG s Mess, HHSC, DSTB



*Being able to serve
God freely.*

Staff Sgt. Dae J. Lee
Chaplain s Office, 2nd CAB



*Fireworks, going
crazy and the 4th of
July.*

Spencer Stall
Family member, HHC, 2ID



*Cookouts with
family.*

Spc. Tameka Hardy
HHSC, DSTB



Warrior 6 sends

Monsoon season safety is high priority

By Maj. Gen. James A. Coggin
2ID commander

Monsoon Season is a significant threat and poses potential, serious risks to 2ID personnel and operations. The wet summer normally runs from late June through early September. The heaviest rainfall normally occurs in July and can quickly become very destructive. Rainfall can cause significant flash flooding. All 2ID Soldiers, Airmen, civilians and Family members must be aware of the flash floods and landslides during this season.

The awesome power of flash floods can move boulders, tear out trees, destroy buildings and bridges, and trigger catastrophic mud slides. In 1999, 2ID lost one Soldier and obtained over 6.5 million dollars in damage to property and equipment. Last year, we also obtained several million dollars in damage to property and equipment. This year, we want to continue to prevent a tragedy and limit damages as much as possible. Leaders at echelon must prepare for the worst and begin destructive weather planning now. Review destructive weather plans, rehearse evacuation plans and ensure all personnel view the Monsoon Safety video.

Some Monsoon planning tools include:

- Conducting risk assessments of installations, training areas and off post housing to identify hazards and mitigation measures.
- Identifying resources to assist in evacua-

tion and recovery efforts.

- Developing an information plan to inform all Service members, civilian employees and Family members of the weather conditions.

Other actions to mitigate risks associated with the monsoon include:

- Carefully select field training sites. Walk the terrain; develop and brief egress plans.
- Avoid areas subject to flooding or areas already flooded; never drive through flooded roadways or attempt to cross flowing streams.
- Do not camp or park vehicles along streams and washes.
- Be cautious of undercut roadways.
- Avoid downed power lines and wires.
- When advised, evacuate immediately.

Don't wait, even if it stops raining – it could still be raining upstream from your location.

"Under the Oak Tree Counseling" – This is an active Soldier and leader engagement imperative. Commanders and supervisors, you are responsible for ensuring your Soldiers, civilian employees and Family members understand the risks and the importance of planning and caution while conducting off-duty activities during this destructive period. 2ID Policy Letter # 2, Command Safety.

Remain focused and stay informed. Listen to your local AFN-K radio station and information channel on television and review the weather advisory on the 2ID Website. Let's ensure we are doing all we can to prevent tragedy during this Monsoon season by staying alert and planning effectively. Second to None!



Yu, Hu Son

Soldiers place sandbags during a flash flood in 1999 on Camp Red Cloud.

Indianhead

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Commander, 2nd Infantry Division

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Sgt Kim, Sang Pil

Warrior Stakes

(Above) Teams from each company in DSTB completed a 9-mile foot march during the battalion's Warrior Stakes competition June 27-29 on Camp Red Cloud. The three-day competition also included 10 stations that tested Soldiers on Warrior tasks and drills.

(Right) Sgt. 1st Class Elvira Pygatt, HHSC, DSTB, assists Soldiers in the map reading portion of the Warrior Stakes competition.



Sgt Kim, Sang Pil

2ID welcomes new division spiritual leader

By Sgt. Lee, Yoon Joo
Staff Writer

CAMP RED CLOUD, Korea – The 2nd Infantry Division welcomed its new spiritual leader at Warrior Chapel, Camp Red Cloud.

The stole was passed from the outgoing Chaplain (Col.) Mike Durham to incoming Chaplain (Lt. Col.) Frank Jackson, July 2.

Prior to the main ceremony, Durham received a Meritorious Service Medal from Maj. Gen. James A. Coggin, the 2nd Infantry Division commander, and a Plaque of Appreciation from the Korean/American Friendship Association on the Village Green.

"I thank you for serving us with the pastor's heart," Coggin said after presenting the medal.

The ceremony began with a prayer from Chaplain (Maj.) Andrew Choi, the deputy division chaplain, followed by the change of stole and speeches from the incoming and outgoing division chaplains.

"I had the best job in the Army with



Yu, Hu Son

Maj. Gen. James A. Coggin places the chaplain's stole on incoming division Chaplain (Lt. Col.) Frank Jackson during the 2ID Change of Stole ceremony July 2 at the Camp Red Cloud Warrior Chapel.

the best Soldiers," Durham said during his speech. "I am very blessed, and I promise I will always pray for you."

Jackson was the deputy chaplain for 8th Army before coming to 2ID.

"It is really a great honor to be the

pastor of this division," Jackson said. "I want to thank everyone for giving me this opportunity."



Pvt. Philip Turner

Command Sgt. Maj. William J. Gainey answers a question from a Soldier during a town hall meeting at Camp Hovey June 20.

SEAC

from Page 1

He shared this lesson of active listening during a town hall meeting June 20 at Camps Red Cloud and Hovey for Soldiers in the 2nd Infantry Division.

Gainey, who is the first person to hold the position of SEAC, explained that he looks for commonalities between the services.

"I get to travel the world to see my Servicemembers. I get to see the Army, Navy, Air Force, Marines and Coast Guard. I look for common issues that affect all my Servicemembers. I take them back to your sergeant major, the Sergeant Major of the Army, and I tell him what the Soldiers are saying."

Much of what the Soldiers at Camp Red Cloud said focused on the current state of the Army.

One Soldier asked about the standards for enlistment that Soldiers must meet when they join the Army.

Gainey responded with a story, referring to Baron Von Steuben who was brought to the U.S. in 1775 by George Washington to teach drill and discipline to the Continental Army.

"I remember like it happened yesterday when George and I were standing there talking," Gainey joked with a smile. "George looked at me and asked, 'What do you think we need to focus our training on?' I looked at him and said, 'Basics, the very bottom basics.' How do you build a house? You make sure you have a good foundation. If we don't have a good foundation, this young troop right here is

not going to know what is right and wrong."

Another issue Gainey focused on was training.

Korea serves as a good model for Soldiers to train as they fight, he said.

"You guys and girls here in Korea train as you fight more than any other area," he said. "When you go out to the field, who do you train with?"

"Right there," he said as he pointed to a Korean Augmentee to the U.S. Army Soldier. "If you don't think these ROK Soldiers are your brothers and sisters in arms, you are fooling yourself. Remember this is his country; we are here by invitation."

After the questions ended, Gainey lined all the Soldiers who participated in the meeting in front of the theatre. He held up a coin and explained its meaning.

"On the back of this coin at the top, it has the name of who is presenting it, not important. On the bottom is what is important. It says 'Pride is contagious.' I challenge each of you to maintain the pride that you have in your God, in your family, in the job that you serve in and everything else will fall into place."

After shaking their hands, Gainey left all of the Soldiers with one important message.

"I thought, 'What can I share with my young men and women?'" he said. "I want you to listen to this: don't let anyone stop you from fulfilling your dreams in life. You only have one life. I challenge you to live it to the fullest."

2-9 unit gets first alcohol incident-free streamer

By Pvt. Philip Turner
Staff Writer

CAMP CASEY, Korea – Company E, 2nd Battalion, 9th Infantry Regiment, 1st Heavy Brigade Combat Team was awarded a streamer for their company guidon June 28 for remaining free of alcohol-related incidents for 90 days.

"This is a hard streamer to get, because it is battle buddies looking after battle buddies," said Col. Christopher E. Queen, 1HBCT commander. "It's Soldiers knowing when and how to drink responsibly, and holding each other to a higher standard."

The company is the first recipient of a 90-day incident-free streamer in 1HBCT, as a few past incidents plagued the brigade.

The unit has had its share of stress throughout the year. The company has had to deal with alcohol-related incidents, as well as a fellow Soldier being diagnosed as terminally ill with leukemia, said 1st Sgt. John Stach, Co. E, 2nd Bn., 9th Inf. Regt.

"It is a big motivation for us. We are the only ones in the brigade with

the streamer," said Pfc. Cory Krager, Co. E, 2nd Bn., 9th Inf. Regt.

It had been an extremely rough time. The Soldiers have had their share of incidents and morale had been extremely low, said Stach.

"It makes me extremely proud to know that the Soldiers understood our issues and tried so hard to fix them," he added.

"We heavily enforce the battle buddy policy within the company, and that has seemed to be the turning point for my Soldiers," Stach said.

The Soldiers have found other outlets and forms of entertainment to eradicate alcohol incidents.

"We try to find more activities on post like barbecuing behind the barracks as well as going to the pool and participating in more on-post activities," said Pfc. Stephen Niemerg, Co. E, 2nd Bn., 9th Inf. Regt.

"After we implemented the measures and started getting on the right track, I saw morale and self-awareness build from there," Stach said.

"What it boils down to is that this streamer has boosted morale and given these Soldiers a sense of pride and personal confidence."

CEREMONY

from Page 1

15, 2006 to May 1, 2007 during OEF. He developed, implemented and trained incoming American and Coalition Forces on countering IEDs, imbedded explosives and other commonly encountered explosive traps. Kimes and his team trained more than 15,000 Soldiers, including elements of the 82nd Airborne Division.

"I am thankful to receive this award. It means I did what I could for the people of Afghanistan and future generations of Afghans," Kimes said.

"The 2nd Infantry Division has a long history of wartime heroes, and these Soldiers are its latest chapter. They are heroes to us all."

Maj. Gen. James A. Coggin
2ID commander

"The 2nd Infantry Division has a long history of wartime heroes, and these Soldiers are its latest chapter," Coggin said. "They are heroes to all of us. Their legacy, support and contributions will remain a vital part of those who serve so honorably in this division, today and forever."

2ID NCO, Soldier and KATUSA of the Quarter Board winners, 3rd Quarter FY 2007

NCO of the Quarter
Sgt. Rafael Barbosa
HHC, 2ID

Soldier of the Quarter
Spc. Mario W. Baker
HHSC, DSTB

KATUSA of the Quarter
Cpl. Seo, Hyung Suk
HHC, 2ID

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 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:

USAG-Red Cloud:
732-7469
CRC Catholic: 732-6428
Hovey Chapel: 730-5119
Memorial Chapel
730-2594
West Casey: 730-3014
Stanley: 732-5238
Humphreys: 753-7952
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.

July 6 ... *Georgia Rule;*
Lucky You
July 7 ... *Spider-Man 3;*
Georgia Rule
July 8 ... *Fantastic Four;*
Fantastic Four;
Lucky You
July 9 ... *Fantastic Four*
July 10 ... *Vacancy*
July 11 ... *Disturbia*
July 12 ... *Spider-Man 3*
July 13 ... *28 Weeks Later;*
Blades of Glory
July 14 ... *Spider-Man 3;*
The Condemned
July 15 ... *Next;*
The Condemned;
28 Weeks Later
July 16 ... *Georgia Rule*
July 17 ... *28 Weeks Later*
July 18 ... *The Condemned*
July 19 ... *Shooter*

Camp Red Cloud

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

July 6 ... *Fantastic Four;*
Georgia Rule
July 7 ... *Spider-Man 3;*
Lucky You
July 8 ... *Spider-Man 3;*
Georgia Rule
July 9 ... *Lucky You*
July 10 ... *Disturbia*
July 12 ... *Spider-Man 3*
July 13 ... *The Condemned;*
Blades of Glory
July 14 ... *28 Weeks Later;*
Next
July 15 ... *The Condemned;*
28 Weeks Later
July 16 ... *Lucky You*
July 17 ... *The Invisible*
July 19 ... *Transformers*

Camp Hovey

Show times: Sat.- Sun. 3:30 & 7 p.m.,
Mon.-Fri. 7 p.m.

July 6 ... *Spider-Man 3*
July 7 ... *Lucky You;*
Fantastic Four
July 8 ... *Georgia Rule;*
Next
July 9 ... *Spider-Man 3*
July 10 ... *Fantastic Four*
July 11 ... *Lucky You*
July 12 ... *Georgia Rule*
July 13 ... *The Condemned*
July 14 ... *28 Weeks Later;*
Invisible
July 15 ... *Georgia Rule;*
Spider-Man 3
July 16 ... *28 Weeks Later*
July 17 ... *The Condemned*
July 18 ... *The Invisible*
July 19 ... *28 Weeks Later*

Camp Stanley

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

July 6 ... *Spider-Man 3;*
Georgia Rule;
July 7 ... *Spider-Man 3;*
Disturbia
July 8 ... *Georgia Rule*
July 9-24 ... Closed due to renovation



WARRIOR NEWS BRIEFS

Update to Area I Incheon Bus schedule

The schedule for the free bus from Camps Casey and Red Cloud to Incheon International Airport has been updated to provide ample time for passengers arriving on the last international flight. The new schedule is below.

Departs Casey: 4 p.m.
Arrives CRC: 5 p.m.
Departs CRC: 5:30 p.m.
Arrives Incheon: 6:30 - 7 p.m.
Departs Incheon: 11 p.m.
Arrives CRC: 1 a.m. (departs)
Arrives Casey: 2 a.m.

Army Civilian Education System Presentations

Representatives from the Army Staff College and HQDA will give presentations on the Army Civilian Education System July 19 on Camps Casey and Red Cloud.

The presentation on Camp Casey is 9-10:30 a.m. at the Digital Conference Center. The presentation on Camp Red Cloud is 2-3:30 p.m. at the theater.

Learn all about the Army CES. It is a progressive and sequential system designed to develop Army civilian leaders for the 21st Century. It compliments both career programs and functional skill

training. The system is divided into four development courses: the Foundation, Basic, Intermediate and Advanced courses. The program also combines distance learning with resident attendance at both the Fort Leavenworth and Fort Belvoir campuses.

For more information on the CES presentations, contact Dan Silvia at 730-4817 or at daniel.j.silvia@us.army.mil.

Youth Leadership Forum

Applications for MWR's 2007 Youth Leadership Forum are due by July 20. This year's forum will be held at the Hyundai Sungwoo Resort in the eastern province of Gangwon. The week-long trip is open to students all across Korea in grades 8-11. Participation in the event is free.

Twenty students from across the peninsula will be chosen to attend.

Contact a local Middle School Teen facility to pick up an application.

2008 2ID AFAP Conference

The deadline to submit issues for discussion at the 2008 2ID Army Family Action Plan conference is Oct. 29. The conference is scheduled for Nov. 6-8.

AFAP is the Army's primary tool to communicate to leaders issues of impor-

tance to Soldiers, Retirees, Family members and DA Civilians.

Submit the issue, recommendations and solutions with the AFAP pamphlet, which can be picked up at your local ACS.

For more information, call 732-7314 or contact your local ACS.

Community Bank Closures

All Community Bank centers will be closed July 17 in honor of Korean Constitution Day.

2ID Volunteer Recognition Luncheon

The 2nd Infantry Division and Camp Red Cloud will be hosting the 3rd Quarter 2007 Volunteer Recognition Luncheon July 19 at Camp Casey's Warriors Club. The luncheon will be from 11:30 a.m. to 1 p.m.

Maj. Gen. James A. Coggin, 2ID commander, will be the guest speaker at the event.

The price for each attendee is \$10. Registered volunteers dine for free. Attendees must be in business attire or duty uniform.

Please reserve your spot by July 10. For more information, contact SuJin McClintock at 730-3183 or su.mcclintock@korea.army.mil.

Manchu aims for Olympic Games

2-9 INF Soldier ranked No. 7 pistol marksman in world

By Pfc. Anthony Hawkins Jr.
Editor

“Load!”
The clock starts ticking. Sixty seconds remain. Hands move quickly to adjust sights and load the magazine. Three, two, one.

Pop, pop, pop, pop, pop.

The 32-year-old staff sergeant from San Antonio, Texas lowers his arm and places his .22-caliber Pardini SP rapid-fire pistol down beside him.

“In this sport, you live or die by the clock,” said Staff Sgt. Keith Sanderson, the weapons squad leader for 2nd Platoon, Company A, 2nd Battalion, 9th Infantry Regiment.

Sanderson is currently competing for a 2008 Olympic Games spot in the International 25-Meter Rapid-Fire Pistol Event. The last American to win an Olympic gold medal in pistol marksmanship was Marine Corps Capt. William McMillan in 1960.

Sanderson, who is no stranger when it comes to firing a weapon, has been shooting competitively for nearly 14 years.

At the age of 18, Sanderson enlisted in the U.S. Marine Corps, where he first began competitive shooting. Most of the competitions he participated in at that time were with a rifle.

“While stationed at 29 Palms in California, I really wanted to become pistol qualified,” Sanderson said. “The only way to do that was to be on the pistol marksmanship team.”

Thus began his path of competitive pistol shooting.

Eight years and many competitions later, Sanderson decided to leave the Marines and join the Army Reserve.

“I left because in the Army Reserve, I could serve as a marksmanship instructor,” he said.

As an instructor, Sanderson taught mobilizing Soldiers basic rifle marksmanship, pistol marksmanship and also how to fire automatic weapons like the M249 SAW, he said.

“I like to think the training helped save someone’s life and complete missions,” he said.

Sanderson spent four more years in the Army Reserve, then in April 2005, he crossed over onto active duty.

Now, six and a half years since joining the Army, Sanderson has much to reflect on, including being a part of the U.S. Army Marksmanship Team.

“I’ve been privileged to fire with some of the best Army pistol shooters,” he said.

It was during this time that Sanderson also began competing internationally.

Prior to coming to Korea in August 2006,

Sanderson spent his leave competing in the World Shooting Championships in Zagreb, Croatia. He was the top American in both the 50-Meter Free Pistol and 25-Meter Rapid-Fire Pistol events, and he finished fifth overall in the rapid-fire pistol competition.

From August 2006 to February 2007, Sanderson spent his time doing what every good sergeant does – training his Soldiers.

“Training them took 100 percent of what I had,” he said. “I trained them as best I could, and I’m really proud of my guys. They’re the best squad in all of 2-9.”

After coming to Korea, Sanderson kept in touch with the U.S. shooting team. In February, he was offered the opportunity to compete for a spot on the U.S. Olympic Pistol Team. With permission from his chain of command, he went on temporary duty and began training at the Olympic Training Center in Colorado Springs, Colo.

“I can’t express enough thanks to Lieutenant Colonel Rauhut and Colonel Queen for giving me this opportunity,” he said.

Sanderson said this is a once-in-a-lifetime experience, and he is using it to his advantage.

“I’m surrounded by champions from all Olympic events at the OTC,” he said. “The training we do is both physical and mental. This place is engineered to produce champions.”

His training consists of both firing and a high-intensity weightlifting routine. On an average day, Sanderson will begin firing around 6 a.m. Throughout the course of the next 10-12 hours, he will have fired 700-1,000 rounds. After this, he goes through a rigorous weightlifting program designed by Olympic weight trainers.

“When firing, I train just as I would shoot in a competition,” he said.

This requires him to meet all of the Olympic regulations for his event, including wearing special shoes and glasses, and making special adjustments to his pistol.

During a competition, Sanderson has 60 seconds to adjust his sights and load a magazine. On the count of one, the pistol has to be at a 45-degree angle. He then has four seconds to fire at five evenly-spaced targets 25 meters away. Only one round can be fired at each target.

Sanderson must train hard, as he faces tough international competition. He is currently ranked 7th in a sport dominated by China and Eastern European countries. Currently, the top-ranked shooter in the world is from China, and Russia has three of the top seven shooters in the world.

“I have an advantage over my competition because I’m an American fighting man,” he said. “I want to be the best I can because I have a competitive nature.”



Over the past decade, his competitiveness has proven beneficial to his success. Sanderson has won enough trophies to literally fill a room.

One of his most notable wins was his first win in the Western Division Pistol Match at Camp Pendleton in 1998, where he set a record that still stands.

His single biggest win was the 2005 Military Rapid Fire World Championship in Switzerland. The competition came down to a shoot-off for first place between Sanderson and the undefeated Chinese champion. The win brought Sanderson into the international spotlight, as he was the first American to win the event in more than 20 years.

So far in 2007, Sanderson has competed in four major World Cup competitions hosted by the International Shooting Sport Federation. The competitions were the USA World Cup at Fort Benning, Ga., where he finished 31st; the Australia World Cup in Sydney, where he finished 16th; the Thailand World Cup in Bangkok, where he finished 5th; and the Germany World Cup in Munich, where he finished 3rd. The World Cup in Munich was also the largest in history, with more than 900 athletes.

Along with earning a bronze medal in Munich, Sanderson also earned an invitation to the World Cup Final in October, in which the top eight shooters in the world will compete. In mid-July, he will go to Rio de Janeiro, Brazil, to compete in the Pan American Games, a multi-sport event similar to the Olympic Games. The event is held every four years between competitors from nations across North and South America.

For all he has done, Sanderson still feels no different than his fellow Soldiers.

“A lot of good Soldiers have the potential to be in the Olympics,” he said. “Rapid-fire shooting is the closest Olympic discipline to Soldier skills. Marksmanship and the ability to shoot define us (the Army) as a fighting force.”

Any Soldier can make it to where he is with effort, he said.

“Don’t live in a check-the-box world,” he said. “Some Olympic events favor those born with good genetics, but anyone can be a good shooter if they put forth the effort. It just requires discipline.”

He also said a little hard work can go a long way.

“If you try hard and have a good work ethic, you can be the best at whatever you do. If it were easy, everyone would do it. The difficult things are worth the effort.”



“I have an advantage over my competition because I’m an American fighting man.”

Staff Sgt. Keith Sanderson

Turnin' up the HEAT

Summer safety: Keeping Soldiers alive

By Pvt. Phillip Turner
Staff Writer

Summer is a time for fun in the sun, getting together with friends and enjoying warm weather at the beach, on the softball field or out and about in Korea.

However, enjoying the summer months comes with its own set of hazards and responsibilities.

Soldiers should always maintain situational awareness for themselves and their battle buddies, as the consequences of the summer heat and weather conditions could cost a Soldier his or her life.

The 2007 Summer Safety Campaign is designed to inform Soldiers of the dangers they face and how to combat them with good risk assessment.

"The focus of this year's campaign ensures our USFK team trains, moves and maintains safety throughout the summer period," said Gen. B.B. Bell in Bell Sends 20-07.

In 2006, USFK Soldiers all over Korea sustained 220 heat stroke cases. Of those, 57 were hospitalized, 163 were treated and released, and two died, said Kenneth L. Cobb, Area I health promotion coordinator.

There are easy safety tips Soldiers can use to protect themselves from heat-related injuries.

Soldiers can protect themselves from the sun by using sunscreen lotions with a sun protection factor of at least 15, and applying the sunscreen 15 minutes prior to going outdoors and every two hours thereafter, Cobb said. Soldiers should also drink plenty of fluids.

Soldiers need to be more aware of alcohol intake during the summer months, as well.

Servicemembers should learn to consume alcohol in moderation on the weekend to help prevent heat injuries from occurring during PT sessions throughout the week.

Alcohol reduces the amount of electrolytes in the blood and hinders the body's attempt to stay hydrated during physical activity, said 1st Sgt. Harry E. Clark, Headquarters and Headquarters Support Company, Division Special Troops Battalion.

"I encourage all of my Soldiers to refrain from drinking alcohol on Sundays and drink water to better prepare themselves for Monday morning's PT session," Clark said.

He also said he has started training his NCOs to be more proactive in identifying Soldiers who may be dehydrated during PT.

"These are small measures we should all take because it could save a Soldier's life," he added.

The heat is not the only summer threat Servicemembers face in Korea. Adverse weather conditions, such as monsoons, also affect Soldiers' health and welfare.

"Everyone should become familiar with their unit SOP pertaining to what must be done during monsoon season. Also, Soldiers need to know that the rains come suddenly, and they should stay away from areas prone to flooding," Cobb said.

"Soldiers need to be prepared. They should have flashlights, batteries and a food reserve, as power in the barracks and on post can and will go out during heavy downpours here in Korea," Clark said.

Soldiers need to have wet weather gear ready and

accessible.

They must also be prepared to assist in home evacuations, as Soldiers never know where or how the monsoon season is going to affect life on post and in surrounding communities, Clark said.

"We all need to be aware of our surroundings and our everyday activities here in Korea, and stay hydrated to be fit to fight," he added.

"These safety precautions are not a suggestion. They should be taken seriously, as the repercussions are life and mission threatening. They are passed down the chain of command for a reason, and we should all be proactive in implementing them into our everyday lives here on the peninsula," Clark said.

"There is no greater priority than the safety of the people whom we are privileged to serve," Bell concluded in his message. "My greatest desire is for all of us to serve in this wonderful country of Korea safely, with no loss of life. Together and by aggressively executing our individual and leadership responsibilities, we can all return to the United States alive, having done our best to assure peace and stability in this wonderful region of the world."



2ID Band delivers despite rainy weather

By Spc. Jennifer Gold
2ID Public Affairs

'Old Blue Eyes', Count Basie or Sir Duke couldn't have given a better performance for Soldiers, Family members and DoD civilians at the 2nd Infantry Division Band's first 'Music on the Green' at Camp Red Cloud Gymnasium.

The title of the show implies that the 2ID Band would perform outside, but inconsistent rain throughout the day forced the show indoors.

"We were a little worried about the turnout," said 2ID Band member Pfc. Virginia Canchola.

"The weather turned sour at the last minute so we were actually expecting a lot less people."

About 150 Soldiers and family members came to the event.

The 2ID Chaplain's office sponsored the concert, which also included gospel hymns by band members and a vocal performance by the Chaplain's Office assistants



Spc. Jennifer Gold

Sgt. 1st Class Lance Powell, 2ID Band platoon sergeant and guest director of 2ID's first Music on the Green, conducts a rendition of 'What a Wonderful World' June 28 in the Camp Red Cloud Gymnasium.

comprised of Korean Augmentees to the U. S. Army Soldiers.

Chaplain (Col.) Mike Durham,

2ID chaplain, said the goal of the concert was to bring Soldiers together.

"It is also an opportunity for the community to see what the Chaplain's office can do for them," Durham said. "Both organizations decided they would like to do something that reaches out to the community and says we care for the Soldiers."

While listening to the blast of trumpets, french horns and solo artists, many audience members chowed down on free barbeque.

"We came out to support the event and ended up having a blast just relaxing, eating good food and listening to quality music," said Spc. Dorrn Nickerson, an incoming Soldier from Warrior Readiness Center. "I especially liked the Jazz Quartet."

The 2ID Band finished the evening with old and new patriotic music.

"I'm just so pleased everyone came out to support the show and took something home that hopefully reached out to their hearts," Durham said.

ROK All-Army Team slams Casey post team

By Sgt. Kim, Sang Pil
Staff Writer

CAMP CASEY, Korea – The ROK All-Army Basketball Team, Sang-Mu, visited Camp Casey for a match with the post's basketball team June 28.

The game, which was held at Carey Fitness Center, was arranged by Shin, Seon Woo, the head coach of the LG Sakers, a Korean Basketball League team.

Casey's team held their own against Sang-Mu, even though the team was made up of many former KBL players. At half time, The U.S. led 43-42.

As the game continued, the ROK Soldiers' skill became more evident. Sang-Mu changed their strate-

gy to fast break and created a big gap in the score.

In the end, the Casey team was unable to keep up. The final score was ROK - 105, U.S. - 80.

Unfortunately, the team did not have much time to prepare for the event, said head coach 1st Sgt. Timothy Alston, Headquarters and Headquarters Company, 1st Brigade, Special Troops Battalion. The team formed up the day prior to the event purely out of volunteers.

"I wanted to contribute to the ROK/U.S. friendship and let the Soldiers have some fun outside of their routine," Shin said.

"They're very good and well-coached," Alston said. "We look forward to having more games like this in the near future. This kind of event builds a good relationship between ROK and U.S. Soldiers.



Sgt. Kim, Sang Pil

A ROK player lines up to shoot a free throw during the ROK All-Army Basketball Friendship tournament held at Carey Fitness center at Camp Casey, June 28.



Sgt. Kim, Sang Pil

A member of the ROK All-Army Basketball team goes for a lay-up during the U.S./ROK Army Friendship Basketball tournament June 28.

Commander's Cup brings units together 1HBCT Soldiers battle for athletic dominance in competition

By Pvt. Philip Turner
Staff Writer

"I firmly believe that any man's finest hour, his greatest fulfillment of all he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle, victorious," said Vince Lombardi.

In everything that a Soldier does while wearing the uniform, the welfare of his team comes before his own. No matter what the mission is, the goal is to accomplish it together as one.

It is this philosophy that the 1st Brigade Heavy Combat Team's Commander's Cup and Iron Team Sports Program are developing in its Soldiers.

The Commander's Cup is a brigade-wide competition where units battle for athletic supremacy in individual and team sports.

"Sports have a lot of similarities with what we do on a daily basis, training and execution, whether on the field of play or on the field of



Pvt. Philip Turner

Col. Christopher E. Queen, 1HBCT commander, awards Lt. Col. Eric Sweeney, former 1st BSTB commander, the Commander's Cup during a ceremony June 21 at Camp Casey.

battle," said Col. Christopher E. Queen, 1HBCT commander.

"This was a chance to use sports as a way to improve units and give Soldiers something to do that is constructive in helping to build discipline and confidence in him and his team," said Maj. Christopher M. McGowan, engineer officer for

Headquarters and Headquarters Company, 1HBCT.

Units accumulate points for placing and participating in post intramural league sports, team competitions and tournaments, as well as individual competitions such as swimming events and track and field events.

The Commander's Cup season

starts with the softball season in June, and ends with the last sport to close out the month of May.

The commander's intent for the Iron Team Sports Program is to provide Soldiers and units the opportunity to improve mental and physical toughness, discipline, pride and teamwork.

"When you have these organized events that promote participation, Soldiers and leaders are coming together and learning about one another," McGowan said.

This year's competition was definitely a success, and the unit is looking forward to expanding the Commander's Cup across Area 1, said McGowan.

While organizing events such as this is an enormous task, the benefits and results are abundant. Unit participation is on the rise and everyone is out to win the Cup on the next go around.

Everyone wants to win now that they know what it's all about, McGowan said. They all want to display the Commander's Cup in their trophy case next year.