

FEBRUARY 2018

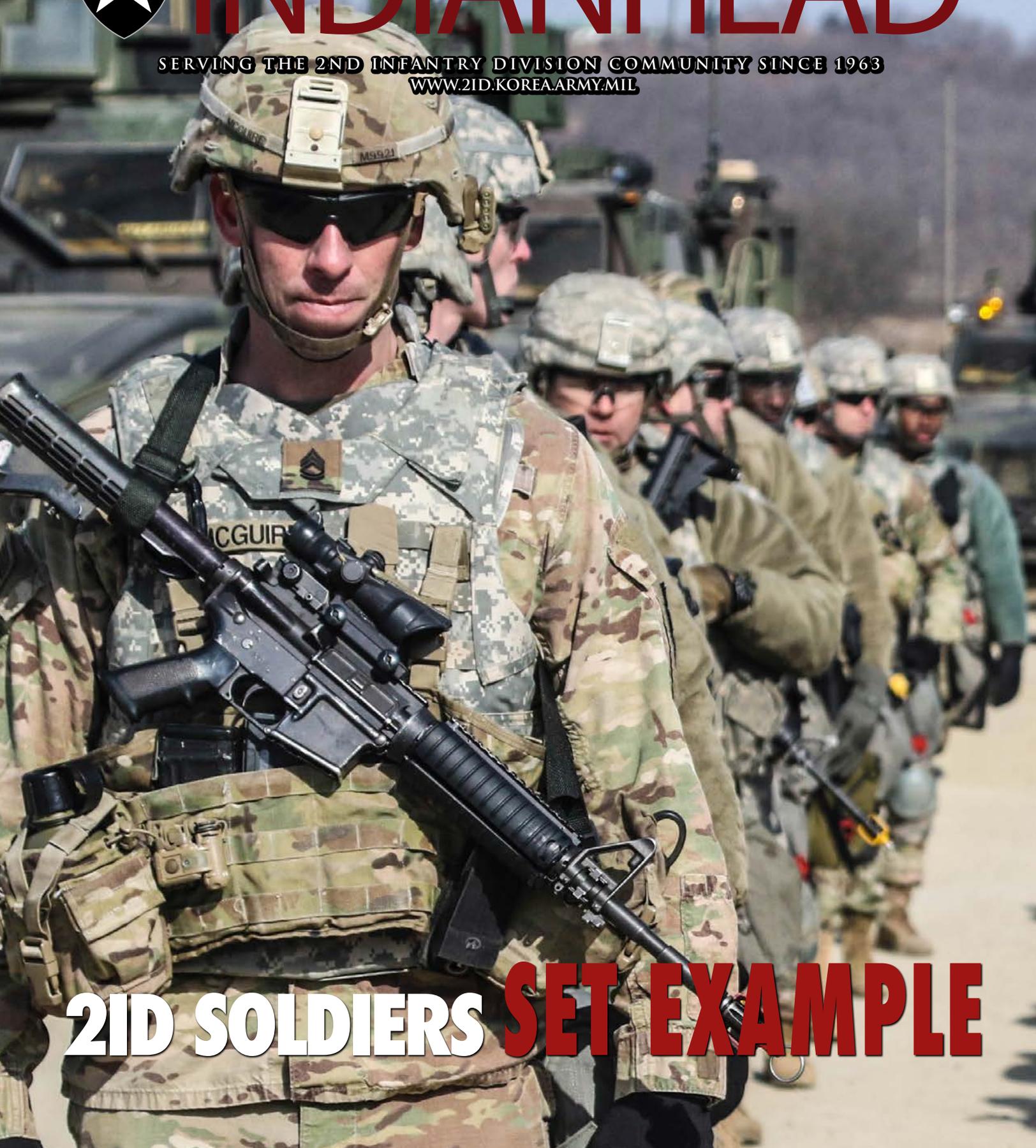
VOL. 55, ISSUE 02

HEADQUARTERS, CAMP RED CLOUD, REPUBLIC OF KOREA



INDIANHEAD

SERVING THE 2ND INFANTRY DIVISION COMMUNITY SINCE 1963
WWW.2ID.KOREA.ARMY.MIL



2ID SOLDIERS SET EXAMPLE

Cover Photo

Soldiers with 70th Brigade Support Battalion, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division, conduct rehearsal prior to their convoy training exercise at Dagmar North, Paju, Republic of Korea, Feb.11, 2018. The training was facilitated by the 194th Combat Sustainment Support Battalion, 2ID. (photo by Sgt. Michelle U. Blesam, 210th FA BDE PAO)



PHOTO OF THE MONTH

Soldiers from 210th Field Artillery Brigade ensuring vehicles are up and running and ready to roll through rain, sleet or snow.
(photo by Sgt. Michelle U. Blesam, 210th FA BDE PAO)

Features

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CHAPLAIN'S CORNER

SPRING IS HERE



BY
Ch (Lt.Col.) Moon Kim
21D/RUCD

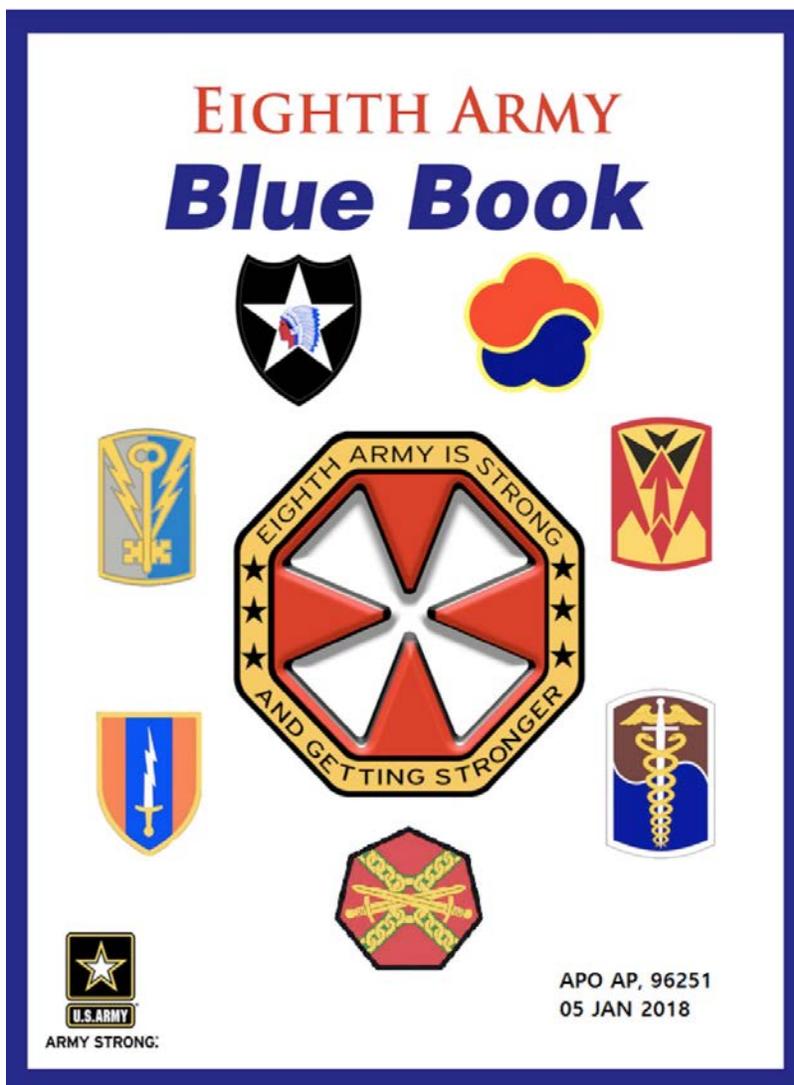
Warriors! Spring is on its way and many love the weather that comes with it: pollen-covered cars, stuffed up noses, cloudy skies, and rainy days. After a long and freezing cold winter, we are more than ready to welcome all the things about spring, even though sometimes it could be cumbersome for our daily activities.

The irony of our life is that not everything will be smooth sailing. There will be challenges. Without sweat and a little discomfort, we won't get a great workout during physical training, and the benefits that come from it. So we have to go through some pain in PRT (physical readiness training) to experience that it's great for our body and mind. It is only in time of distress that we truly learn how adaptable, strong and resilient we truly are. Yet too often our effort is spent shielding ourselves from the things that will help us the most, just to simply avoid the discomfort. We put away and get rid of the many adversities (that which makes us stronger as "Second to None," resilient soldiers), and protect ourselves from the things that stimulate our mental, emotional, and spiritual growth.

It's really a wasted opportunity to choose to run away from the benefits of life simply because they are uncomfortable and tiring. We learn from Romans 8:28 in the Christian Bible that "all things work together for the good of those that love God and are called according to His purpose." I encourage you to be patient in life's trials and stay calm in your situation. They last only but a season and then they are gone. In the end, when you have weathered life's storms, you are stronger and more prepared for what comes next.

It's been said that 'misery loves company. But you shouldn't fear the struggles that come with life. Instead, stand up, face it head on, and wait patiently for the victory that lies just over the next hill, For in trial you find strength and in overcoming you find hope. Take comfort in the words of the Psalmist, "weeping may spend the night, but joy comes in the morning."





SUMMARY OF CHANGE

- Shaving for males off duty in civilian clothing not required while on a military installation IAW 670-1.
- Ear rings worn by males off duty while in civilian clothing on or off military installations is permitted IAW 670-1 standards.
- Change to Electronic Devices (para 3-6b).
- Headgear worn while wearing civilian clothing on military installations is permitted in doors IAW 670-1 and Eighth Army established norms. The Eighth Army established norms for no headgear permitted while wearing civilian clothing in doors while on a military installation is:
 - A. DFACs (as a respectful gesture).
 - B. Movie Theaters (so those sitting behind another person can see the movie screen).
 - C. Chapels (as a respectful gesture)
- There is no longer any restrictions to wearing ball cap type headgear with a bill sideways or backwards, it is authorized IAW AR 670-1.

To learn more visit 8th Army Website (<http://8tharmy.korea.army.mil/>) >>
Resources >> 8A Blue Book



ARMY SECRETARY LANDS ON PENINSULA

(Top) CAMP HUMPHREYS, Republic of Korea—Secretary of the Army Mark T. Esper talks with Soldiers during lunch at the Provider Grill Dining Facility on Jan. 9, 2018.

(Bottom) OSAN AIRBASE, Republic of Korea—Secretary of the Army Mark T. Esper and U.S. Army Lt. Gen. Michael A. Bills, the commanding general of Eighth Army, speak after arriving at Osan Airbase on Jan. 8, 2018. (photo by Staff Sgt. Carl Greenwell)



STORY BY
Spc. Roger Houghton
20th Public Affairs Detachment

CAMP HUMPHREYS, South Korea—Secretary of the Army Dr. Mark T. Esper visited the Korean Peninsula to interact with U.S. Forces Korea Soldiers and better understand the political situation on the Korean Peninsula through the eyes of the Soldiers and Families stationed there.

The Gulf War veteran visited installations across the Korean Peninsula to understand the unique infrastructure and capabilities, as well as the needs of the Eighth Army Soldiers, Families and Civilians, who maintain a state of constant readiness alongside the Republic of Korea Army.

As part of modernization efforts in Korea, Esper observed various unit material capabilities which highlighted the cross-military competencies that allow ROK-U.S. forces to meet their training and deterrent objectives.

At Camp Red Cloud, commanders briefed Esper on the 2nd Infantry Division's unique support to Eighth Army's key missions.

"We have a special responsibility on the Korean Peninsula," said Esper. "The alliance we share with the Republic of Korea is incredibly strong, and it's important that we continue to honor our commitment to the Korean people."

He said maintaining the Alliance is rooted in readiness.

"Improving readiness is the benchmark for everything we do," said Esper. "It should guide our decision-making."

He said, the Soldier is the lynchpin in the Army's ability to adapt to innovation and reform.

"These soldiers have an excellent array of knowledge in their fields. They know their equipment as well as their jobs. They are an asset to our organization, which requires their level of commitment to excellence and mental agility in order to stay ahead of the curve."

The former Army Infantry officer explained how this trip offered him a chance to hear directly from the men and women serving in Korea and their Families.

At a town hall meeting held at Camp Humphreys, he told Family Readiness Group members and Soldiers that he wants make living in Korea simpler for Soldiers and their Families.

"We can't solve problems unless we talk about them," Esper told the town hall audience.

Esper committed to "pulling the thread" on several of the issues discussed during the town hall and to keeping Eighth Army Commander Lt. Gen. Michael A. Bills updated as he works on common sense solutions.



SYMBOL OF HOPE AND UNITY

WINTER OLYMPIC TORCH RELAY



STORY BY
Spc. Kevin Ku
UNCSB-JSA

The Olympic Torch carries several symbolic meanings. It represents the light of spirit, knowledge, and life, but most importantly, liberty enlightening the world. The origin of the Olympic Torch relay started from ancient Greece, where a fire remained lit throughout the ancient Olympics. Throughout the years, relay teams have carried the torch from Olympia, Greece to the host-city of the games. In the same fashion, the blazing Olympic Torch is on its way to the 2018 Winter Olympics in Pyeongchang, South Korea. Today, I had the utmost privilege of being a part of the relay team to carry the torch in South Korea.

My name is Specialist Kevin Ku, and I am a U.S. Army Soldier currently stationed at Camp Bonifas, Korea as a member of the United Nations Command Security Battalion - Joint Security Area (UNCSB-JSA). I was tremendously humbled to be selected to participate in the winter Olympic Torch relay ceremony. Only seven participants ran this 700 meter leg of the relay in Tae Song Dong village, also dubbed the "Freedom Village," which lies uniquely inside the DMZ within our unit area of operations. As the third runner of the group, though it was a short distance, everything around me seemed to slow down as I absorbed the illusory emotions of the experience. From the moment I grasped the torch, to the moment the torch caught flame, to the moment I extended my arm to pass the torch to the next runner, the entire collection of moments felt like a surreal dream. Furthermore, I felt very warmhearted and humbled to see the village elders, volunteers, and strangers from all walks of life that came to show support, help, and cheer for the ceremony and the torch bearers. This event showed me that people can put aside their differences and come together as one, behind one single cause, for unity and peace. Truly, it was an incredible honor to participate in this prestigious and timeless ceremony. As the torch bearers continue to light the torches across the peninsula, I found myself hoping that the torch flames will continue to light the darkness. Most importantly, as the winter Olympics draw to a close, I hope that the flame of the Korean people for unity and peace on the Korean peninsula does not die out, but continues to brightly shine, so it may pave a way for future possibilities.



Spc. Kevin Ku (middle) and fellow runners pose in front of Tae Sung Dong Village, which is located within the Demilitarized Zone.



Spc. Kevin Ku represents both his American and Korean lineage by holding both U.S. -ROK flags in true Olympic Spirit.



Spc. Kevin Ku celebrated completing the run by hoisting the Olympic Torch high in the air outside of the Panmunjom Church.



(Left to Right) Lt. Col. Brian A. Jacobs, Commander, U.S. Army Garrison Casey, Col. Brandon D. Newton, Commander, U.S. Army Garrison Red Cloud and Area I, Pvt. Justin Shaw, Soldier with 210th Field Artillery Brigade, Command Sgt. Maj. Jason R. Copeland, U.S. Army Garrison Command Sergeant Major, and Capt. Jeremy Lewis, assigned to 2nd Infantry Division ROK/US Combined Division, cut a cake during the Camp Casey Tax Center Opening Ceremony at Maude Hall, Camp Casey, Republic of Korea, Jan. 25, 2018.

2018 CAMP CASEY TAX CENTER OPENING CEREMONY

CAMP CASEY TAX CENTER

2D FLOOR, MAUDE HALL, CAMP CASEY

MONDAY THROUGH FRIDAY 0930-1700

DSN: 730-4888





Soldiers with 210th Field Artillery Brigade pose for a group photo after the Opening Ceremony for the Camp Casey Tax Center at Maude Hall, Camp Casey, Republic of Korea, Jan. 25, 2018. The Tax Center will open its doors on Jan. 29 until April 17 to provide services for active-duty service members, military retirees, Department of Defense civilian employees, and dependents. (photo by Sgt. Michelle U. Blesam, 210th FA BDE PAO)



CAMP CASEY, Republic of Korea – Every year Camp Casey Tax Center opens its doors during tax season to provide services for active-duty service members, military retirees, Department of Defense civilian employees, and dependents. This year the Tax Center will open their doors beginning Monday, Jan. 29 until April 17.

The center will have 12 volunteers, all coming from 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division.

“It’s a great service for Soldiers to have somebody that knows what they are doing, that’s been trained,” said Col. Brandon D. Newton, Commander, U.S. Army Garrison Red Cloud and Area I, during his Opening Ceremony speech. “You guys have all had training to work on this particular problem that is ubiquitous that happens every year.”

Although walk-ins are available, it is recommended customers set up an appointment to ensure fast service.

“We encourage appointments because we don’t want somebody to wait for too long,” said Cpt. Jeremy Lewis, the legal assistance officer, Office of the Staff Judge Advocate, 2nd Infantry Division/ROK-US Combined Division and officer in charge of the Camp Casey Tax Center. “We have five stations up and running, but it could take a little while if you are just a walk in for us to be able to get to you.”

Documents you will need to bring:

- Print out the W-2 from MyPay
 - Valid Social Security number and date of birth for every person on return
 - Valid power of attorney (POA), or fill out 2848 at the Tax Center for joint/married returns
 - Military ID card or military Family member or retiree ID card
 - If claiming child support, alimony et c, copy of LES allotment or divorce decree (service member must provide evidence of payments made in order to claim credit for them).
 - 1099G, 1099DIV, 1099INT, 1099-T, and so forth as applicable.
- These are other forms for college tuition, state, local, or property taxes, as well as interest earned, and other stocks and bond accounts. If the client wishes to file a state return, we must have the appropriate state based tax documents.
- Bank account information, such as checking or savings account, and routing number if the client wishes to opt into electronic filing.
- If you have any questions please call the tax center at 730-4888. They will be open Monday thru Friday, from 9:30 a.m. to 5:00 p.m.

BLACK HISTORY MONTH

February 2018

AFRICAN AMERICANS in TIMES of WAR



Designed by DEEM





DEPARTMENT OF DEFENSE 2018 BLACK HISTORY MONTH POSTER

The Department of Defense 2018 Black History Month poster depicts the commemoration title, “Black History Month” centered at the top of the poster with the month, “February 2018” immediately below on the right hand side. Underlain behind the title and layered from top to bottom of the poster is a collage of photos of Black Service Members in wartime from each of the Armed Services. Photos at the top of the poster begin with the Civil War period and progress through time to WWI, WWII, Korea, and ending in the contemporary era.

Centered at the bottom of the poster is the theme, “African Americans in Times of War.” Arced around the theme are highlighted photos of several key individuals: (left to right) Cathay Williams (1866: first Black female to enlist in the Army), Coast Guardsman Marvin Sanders (Fireman 1st Class, in the Southwest Pacific), Cadet Emily Jazmin Tatum Perez (first minority female Cadet Command Sergeant Major at the United States Military Academy at West Point – as a second lieutenant she was the first female graduate of West Point to die in Iraq, Sept 12, 2006), Howard P. Perry (first African American to enlist in the first U.S. Marine Corps’ class of 1,200 Black volunteers, 1942), and General Colin L. Powell (first Black Chairman of the Joint Chiefs of Staff and CJCS during Desert Shield/Desert Storm).

At the bottom left corner is the Defense Equal Opportunity Management Institute seal and a quick response code to the DEOMI website and in small typeset the words, Designed by DEOMI - Defense Equal Opportunity Management Institute. At the bottom right corner are in horizontal order the Service seals for the Army, Marines, Navy, USAF, Coast Guard, and Department of Defense.

From top left to right:

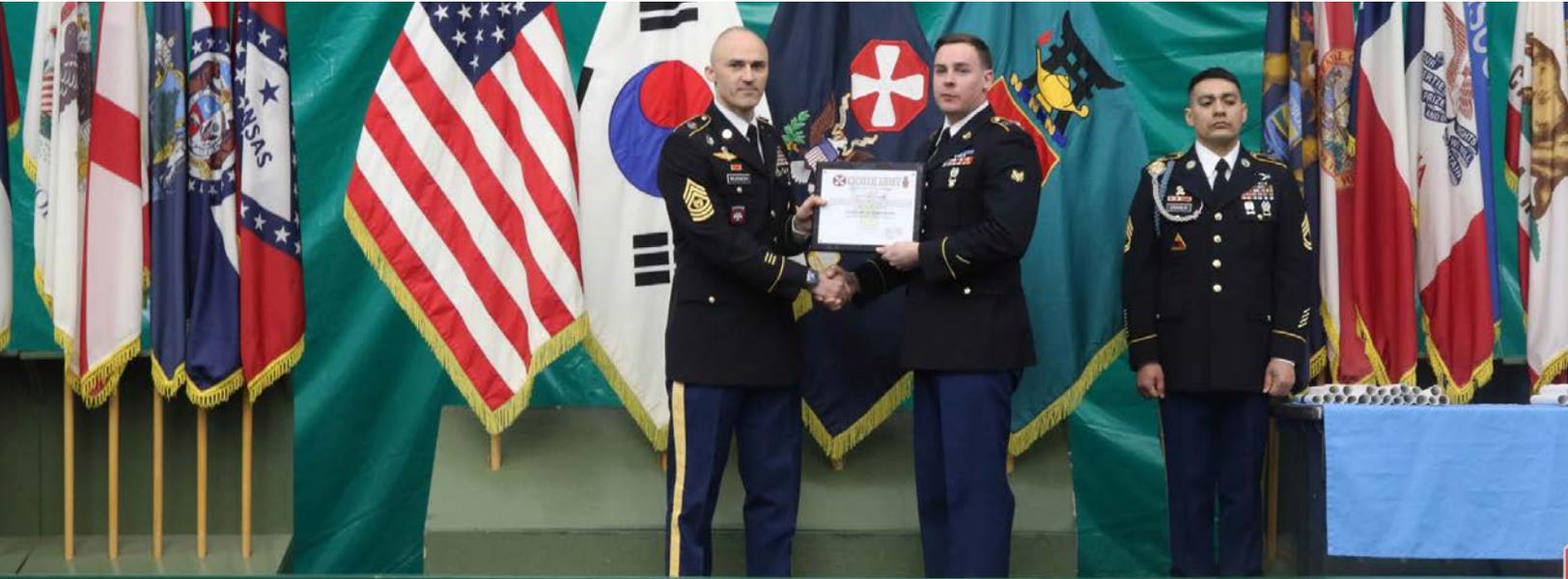
1. Officers of Famous [African American] Regiment arriving home from “France.”
2. Unidentified African American Soldier in Union infantry sergeant’s uniform and black mourning ribbon with bayonet in front of painted backdrop.
3. Buffalo Soldier Cavalry Troopers.
4. Unidentified Civil War veteran.
5. Co. E, 4th U.S. Colored Infantry at Fort Lincoln, Washington, D.C.
6. Unidentified African American Soldier in uniform and helmet with rifle.
7. Navy African Americans during World War II.
8. Unidentified African American Soldier in Union uniform.
9. African Americans during World War II.
10. Battalion Commander Maj. Charity Adams and Executive Officer Capt. Abbie Noel Campbell inspect the first Soldiers of the 6888th Central Postal Directory Battalion to arrive in England, February 15, 1945.
11. African Americans during World War II.
12. Capt. Benjamin Oliver Davis, Jr., of Washington D.C., climbing into an Advanced Trainer. Tuskegee, Alabama. January 1942.
13. 2nd Lt. Marcella Hayes, first Black female pilot in the U.S. Armed Forces.
14. The Golden Thirteen were the first African American men selected as officers in the Navy during World War II.
15. Center: Emily Jazmin Tatum Perez (19 February 1983 – 12 September 2006) became the first minority female Cadet Command Sergeant Major at the United States Military Academy at West Point. The second lieutenant was buried at West Point as the first female graduate of West Point to die in Iraq. Perez, a platoon leader, was killed while patrolling southern Iraq near Najaf on Sept. 12, 2006, when a roadside bomb exploded under her Humvee.
16. African Americans during World War II.
17. Maj. Shawna Kimbrell, first Air Force Black female fighter pilot.
18. Coast Guardsman Marvin Sanders, Fireman 1st Class, in the Southwest Pacific.
19. African Americans during World War II.
20. Howard P. Perry was the first African American to enlist in the first U.S. Marine Corps’ class of 1,200 Black volunteers, 1942.
21. Olivia Juliette Hooker, the first African American woman to wear a Coast Guard uniform.
22. Gen. Colin L. Powell 1989: first Black Chairman of the Joint Chiefs of Staff. 23. Cathay Williams 1866: first Black female to enlist in the Army.



Graduating Soldiers say The creed of the Noncommissioned Officers during BLC graduation at the Eighth Army Wightman NCO Academy.

2ID SOLDIERS SET EXAMPLE

AT NCO ACADEMY



BASIC LEADER COURSE

Command Sgt. Maj. James Musnicki presents Spc. Christopher McKinney the Distinguished Honor Graduate award.



Spc. Christopher McKinney, and Cpl. Rafael Mendez, are recognized for their achievements following the BLC Class 03-18 graduation ceremony with (from left to right) Command Sgt. Maj. Phil K. Barretto, 2ID command sergeant major, Command Sgt. Maj. Rick Merritt, Eighth Army, command sergeant major, Command Sgt. Maj. William Justice, 2nd ABCT, 1st CD, command sergeant major, Command Sgt. Maj. Patrick A. Thomas, 2ID SBDE, command sergeant major.



STORY AND PHOTOS BY
Spc. Sarah Williams
2ID/RUCD Public Affairs

CAMP JACKSON, Republic of Korea – Two 2nd Infantry Division Soldiers were recognized for their performance earning the highest achievement at the Eighth Army Wightman NCO Academy Feb. 9.

Spc. Christopher McKinney, Columbia, S.C. native, assigned to 61st Sustainment Maintenance Company, 194th Combat Sustainment Support Battalion received the highest overall academic average. The NCO Academy commandant awarded McKinney the title of Distinguished Honor Graduate.

Cpl. Rafael Mendez, Houston native, assigned to Golf Forward Support Company, 1st Battalion, 9th Cavalry Regiment, achieved the second highest average. The NCO Academy commandant awarded Mendez the title of Honor Graduate.

Both graduates stood out among their 94 peers to be selected as the top two Soldiers of Basic Leader Course (BLC) Class 03-18.

Both graduates also qualified as part of the NCO Academy Commandant’s List. For this distinction, students must earn an average grade of 90 percent or higher, receive no adverse counseling statements, earn a first-time “pass” rating on all graded criteria, and achieve a superior rating in three of the four demonstrated abilities (written communication, oral communication, leadership skills, and contribution to group work).

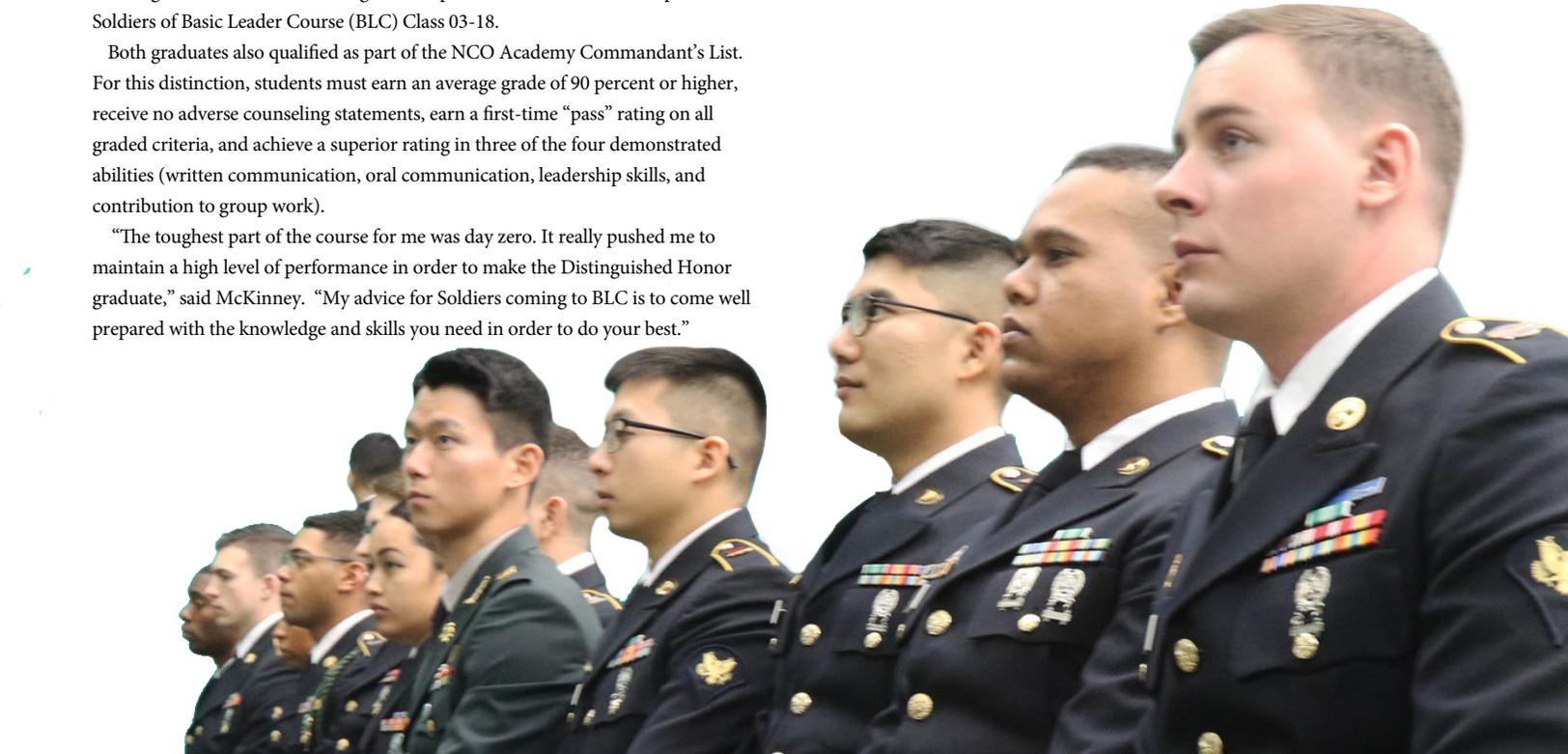
“The toughest part of the course for me was day zero. It really pushed me to maintain a high level of performance in order to make the Distinguished Honor graduate,” said McKinney. “My advice for Soldiers coming to BLC is to come well prepared with the knowledge and skills you need in order to do your best.”

Soldiers attend BLC as a requirement to become Noncommissioned Officers (NCO). BLC cadre train Soldiers in basic leadership skills like responsibilities and authority, and how to conduct performance-oriented training.

“My favorite part of BLC was working with other Soldiers with different military occupational specialty’s (MOS),” said Mendez. “It was fun working with all the other future NCOs in order to complete the task at hand.”

BLC is a leadership development school designed for personnel whose performance has indicated their potential for advancement and increased responsibility. The course produces battle-competent junior NCOs to serve as qualified leaders.

“The best you can do to prepare for the course is to have a good mindset and positive attitude,” said Mendez. “At the end of the day, the most important thing to do as a leader is to always take good care of your Soldiers.”



Distinguished Honor Graduate Spc. Christopher McKinney, 61st SMC, 194th CSSB and Honor Graduate, Cpl. Rafael Mendez, G FSC, 1-9 CAV, await the opportunity to receive their diplomas with other commandant’s list Soldiers during the BLC graduation at the Eighth Army Wightman NCO Academy Feb. 9.

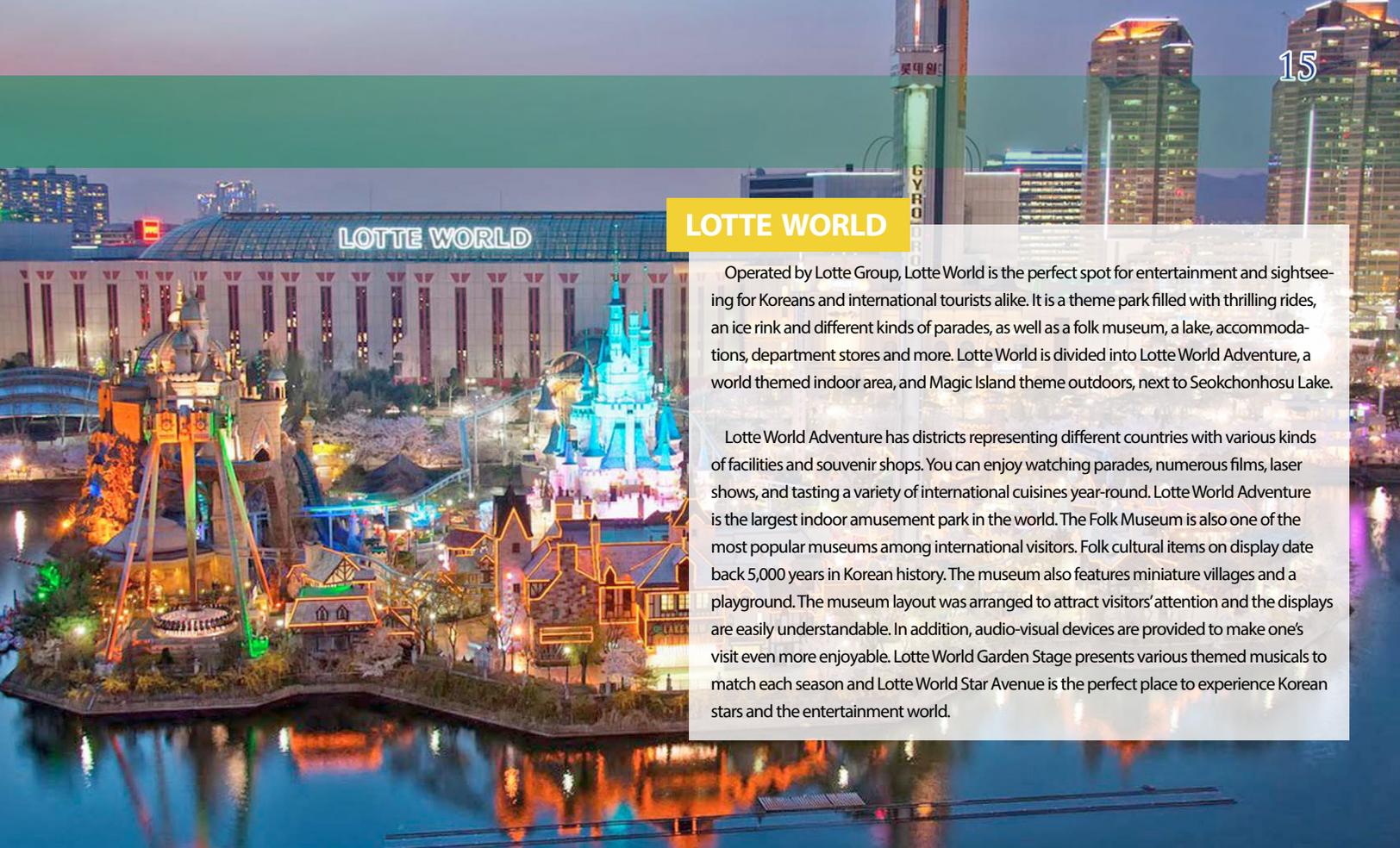
#TravelSeoul

MYEONG DONG

Myeong-dong is one of the primary shopping districts in Seoul. The two main streets meet in the center of the block with one beginning from Myeong-dong Subway Station (Seoul Subway Line No. 4) and the other from Lotte Department Store at Euljiro. Many brand name shops and department stores line the streets and alleys. Common products for sale include clothes, shoes, and accessories. Unlike Namdaemun or Dongdaemun, many designer brands are sold in Myeong-dong. In addition, several major department stores have branches here, including Lotte Department Store, Shinsegae Department Store, Myeong-dong Migliore, Noon Square and M Plaza. The department stores carry many premium labels and other fashionable goods at reasonable prices.

Myeong-dong also has family restaurants, fast food, plus Korean, Western and Japanese dining options. Many restaurants in Myeong-dong specialize in dongaseu (pork cutlet) and kalguksu (noodle soup). Other businesses in the area include hair salons, banks and theaters.





LOTTE WORLD

Operated by Lotte Group, Lotte World is the perfect spot for entertainment and sightseeing for Koreans and international tourists alike. It is a theme park filled with thrilling rides, an ice rink and different kinds of parades, as well as a folk museum, a lake, accommodations, department stores and more. Lotte World is divided into Lotte World Adventure, a world themed indoor area, and Magic Island theme outdoors, next to Seokchonhosu Lake.

Lotte World Adventure has districts representing different countries with various kinds of facilities and souvenir shops. You can enjoy watching parades, numerous films, laser shows, and tasting a variety of international cuisines year-round. Lotte World Adventure is the largest indoor amusement park in the world. The Folk Museum is also one of the most popular museums among international visitors. Folk cultural items on display date back 5,000 years in Korean history. The museum also features miniature villages and a playground. The museum layout was arranged to attract visitors' attention and the displays are easily understandable. In addition, audio-visual devices are provided to make one's visit even more enjoyable. Lotte World Garden Stage presents various themed musicals to match each season and Lotte World Star Avenue is the perfect place to experience Korean stars and the entertainment world.



CHEONGGYECHON

Until it was restored in 2005, Cheonggyecheon Stream existed only as a neglected waterway hidden by an overpass. Today, it has been transformed into a haven of natural beauty amidst the bustle of city life.

Narae Bridge, representing a butterfly in flight, and Gwanggyo Bridge, symbolizing the harmony of the past and future, are just two of the more than twenty beautiful bridges that cross the stream. The Rhythmic Wall Stream, lined with fine marble and sculptures, and Palseokdam adorn Cheonggyecheon Stream.

Cheonggyecheon Stream passes close to Deoksugung Palace, Seoul Plaza, the Sejong Center, Insa-dong Street, Changdeokgung Palace, and Changgyeonggung Palace, allowing visitors to easily visit major tourist sites after a leisure stroll along the stream.



CAMP RED CLOUD, Republic of Korea- 1st year cadets from the Korea Military Academy march to Kilbourne Dining Facility from Freeman Hall Feb. 6.
 (photo by Cpl. Jung, Wonkee, 2ID/ RUCD Public Affairs.)

KOREA MILITARY ACADEMY CADETS VISIT CAMP RED CLOUD



Korea Military Academy was founded on May 1, 1946, as South Joseon Defense Academy by National Defense Command, under the authority of then-U.S. military administration in South Korea. With the end of the Pacific War and the subsequent disbandment of the Imperial Japanese Army, which had been occupying Korea since 1910, a void of indigenous security force was created, while the pool of human resource was composed of various backgrounds, including the Imperial Japanese Army, Manchurian Army, and Korean Liberation Army. As a preparatory measure, the U.S. military administration opened Military Language School in Seoul on December 5, 1945, in order to train military interpreters as well as the new generation of commissioned officers with unified, predominantly American military doctrine.

Following the establishment of South Joseon National Defense Force, the predecessor of Republic of Korea Army, in January 1946, the School closed down on April 30, and South Joseon Defense Academy was founded the next day, taking over 60 cadets from the school and augmented by 28 new officer candidates drafted from line units. Henceforth, May 1 has been recognized as the official foundation day of KMA. Cham-ryeong (current rank of major) Lee Hyeong-geun was appointed as the first superintendent of the academy, and Bu-wi (current rank of first lieutenant) Jang Chang-kuk was appointed as the commandant. Following the establishment of the South Korean government on August 15, 1948, the National Defense Force was renamed to Republic of Korea Army, and so was South Joseon Defense Academy to Korea Military Academy accordingly.



(Top) CAMP RED CLOUD, Republic of Korea- 1st year cadets from the Korea Military Academy ruck march during morning combat physical training session February 8, 2018. (photo by Cpl. Jung, Wonkee, 2ID/ RUCD Public Affairs)



As part of the English Intensive Course of Korea Military Academy, 39 cadets visited different shops of 2nd Infantry Division/ROK-US Combined Division from Feb. 6, 2018 to Feb. 8, 2018. During the visit, cadets experienced the life of US Army Soldiers by following their daily schedules. For example, the cadets participated in U.S. Army Physical Training. It was quite different from what we were used to at KMA.

At KMA, first year cadets attend Taekwondo classes for 2 hours on Tuesdays and Thursdays. After we conduct Physical Training, supervised by fourth year cadets. During PT, we usually run 3 miles and do strength exercises. Although our PT schedules are coordinated by fourth year cadets, starting next year as sophomores we will get to autonomously conduct PT. Also, combat PT is assigned once a week; we usually train in obstacle courses or run in the mountains.

Broadly speaking, PT at 2ID/RUCD was similar but there were some minor differences compared to KMA's PT. PT at KMA is in the afternoon but PT at 2ID/RUCD is conducted in the morning after formation. Also, U.S. Army PT is very regimented; there is a manual for warm-ups, main workouts, and the recoveries. It was interesting that they were called "drills". In addition, every Thursday U.S. Soldiers conduct various combat PT exercises: ruck march, runs, and all kinds of exercises that enhance Soldiers' actual combat capabilities.

I tried some exercises and they were mostly similar to those conducted at KMA. While talking about PT during my visit I learned that strength for PT tests and combat is totally different. It is important to run 4 miles fast during a PT test, but it is also important that we have the ability to run 300ft as fast as we can with rucks on our back, then shoot immediately and accurately during combat. Including myself, many cadets are aware that PT is important for us to grow the strength needed in the battle field. However, many of us are still more focused on the PT tests and how we can get good records. If we engage in PT with the thought that this will save our lives in the battle field, I believe it will help us in both PT tests and in real combat. "The more you sweat now, the less you bleed in battle."



As we passed the back gate, the building's style was the first thing that surprised me. Even though Camp Red Cloud is in the peninsula, it seemed very foreign, much like a building from an American movie. The red color of the buildings was different from Republic of Korea Army's green color. Also, the camouflage pattern used in combat uniform was unseen in KMA and ROK Army. The dining facility was a great shock to me. Unlike ROK Army's one-way food distribution counter with just a few menus, there were at least 30 kinds of food, that I have never ever eaten in the ROK Army before. Also, we could go for seconds; which was an added plus.

In the ROK Army, we always have to move with battle buddies. This was not the case at Camp Red Cloud. This might be the case because we are still cadets, but generally speaking U.S. Soldiers seemed very independent. For example, they were allowed to conduct morning Physical Training, either on or off post. I particularly take pride in the ROK Army's focus on cooperation and "group-mentality." However, I was impressed by the balance between control and freedom that U.S. Army displayed. With more freedom comes more responsibility. By being granted enough freedom in balance with control, U.S. Soldiers seem to develop responsibly autonomous.

On February 7, we visited 70th Brigade Support Battalion headquarters company at Camp Casey to observe supply and maintenance shops. During our visit, we had the opportunity to sit in at the company's briefing. Present were the company commander and representatives from each section. The meeting was mainly facilitated by the company executive officer. I was impressed because regardless of rank, each Soldier expressed his or her opinion to contribute to the discussion. I think the proper balance between vertical and horizontal communication structure makes the U.S. army constantly improving and moving forward. Also, relationships are not confined to rank structure; Soldiers, regardless of their ranks, build personal relationships which consequentially have positive impact on their community.

2018 LUNAR NEW YEAR



CAMP RED CLOUD, Republic of Korea-2nd Infantry Division Command Sergeant Major, Command Sgt. Maj. Phil K. Barretto, Dongducheon city mayor Oh, Se chang, 2ID Commanding General, Deputy Commanding General-ROK, Brig. Gen. Kim, Tae Up prepare to cut a cake in celebration of Lunar New Year at Mitchells on Feb. 8, 2018. (photo by Mr. Pak, Chin U 2ID/RUCD Public Affairs)

HAPPY N

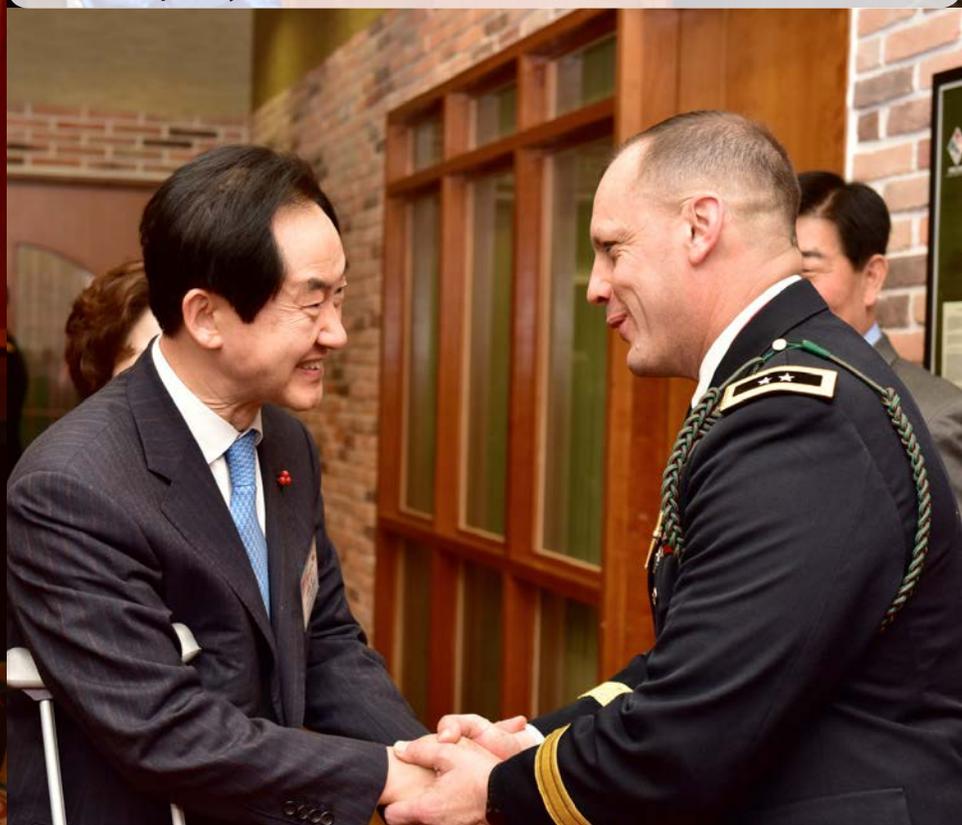
YEAR RECEPTION



...ral, Maj. Gen. Scott McKean, Uijeongbu city mayor Ahn, Byung yong, 2ID
(airs)



CAMP RED CLOUD, Republic of Korea-Uijeongbu city mayor Ahn, Byung yong presents a toast to celebrate Lunar New Year. (photo by Pak, Chin U, 2ID/ RUCD Public Affairs)



CAMP RED CLOUD, Republic of Korea-2nd Infantry Division Commanding General, Maj. Gen. Scott McKean greets Uijeongbu city mayor Ahn, Byung-yong. (photo by Pak, Chin U, 2ID/ RUCD Public Affairs)

NEW YEAR

WARRIOR FITNESS

PROTEIN FOR POST-WORKOUT RECOVERY



BY
2nd Lt. **STEPHANIE TICER**

JOINT BASE LEWIS-MCCHORD, Wash. -- The more protein you eat after your workout the better, right? While protein plays an important role in muscle repair and growth post-workout, eating or drinking more than recommended may not have any additional benefits. So how much protein do you really need?

First, let's look into the basics of protein. Protein is a macronutrient that gives the body energy; in fact there are four calories in every one gram of protein. It has many functions in the body including muscle repair and growth. Beans, meats, dairy products and nuts are some sources of food that contain protein. While the recommended dietary allowance for protein in one day is 0.36 gram of protein per one pound of body weight, protein needs differ depending on the type of physical activity. According to the Sports Nutrition Care Manual from the Academy of Nutrition and Dietetics, protein needs are 0.55-0.77 gram per pound a day for endurance training and 0.64-.77 gram per pound a day for strength training.

Now you know how much protein you need in a day, what about after a workout? About 20-30 grams of protein around 30-60 minutes after

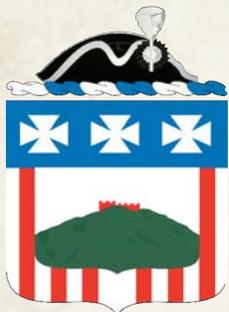
resistance training will give your body what it needs to repair muscle tissue and help in muscle growth. Protein greater than 30 grams after a workout is not related to additional muscle growth or improved performance. Most individuals do not need protein from supplements and can get enough from food alone. For some, supplements may be more convenient than eating a meal or snack, but they are typically costlier than buying foods that contain protein.

Ideally, post-workout food or drinks should have carbs as well as protein. Carbs will replace the energy that was used during training and protein will work on repairing muscle. Aim for 0.5 gram of carbs for every one pound of body weight for your post-workout food or drink immediately after training or as soon as you can. Some healthy workout snacks include 20 ounces of non-fat chocolate milk, a sandwich with three ounces of lean meat and a medium apple, or a fruit smoothie made with one cup of milk, one-half cup of fruit and one scoop of whey protein.

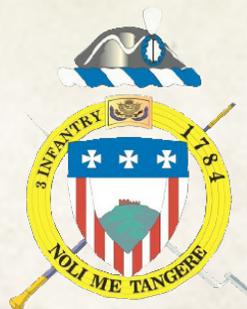
More protein is not always better; try to aim for 20-30 grams of protein after a workout. Protein is important for muscle recovery and growth but don't forget about carbs after your workout; they are your body's main source of energy. Lastly, supplements may be a convenient source of protein but they are usually more expensive than protein found in food.

FEBRUARY 2018

2ND BATTALION 3RD INFANTRY REGIMENT



Coat of Arms



Crest

MISSION/CONSTITUTION

The 2nd Battalion, 3rd Infantry Regiment traces its lineage to when it was first constituted on 3 June 1784 as a company of the First American Regiment and organized on by September 1784 in Pennsylvania or New Jersey. The unit was redesignated on 29 September 1789 as a company of the Regiment of Infantry, on 3 March 1791 as a company of the 1st Infantry, in 1792 as a company of the Infantry of the 1st Sub-Legion, and lastly on 31 October 1796 as a company of the 1st Infantry.

HISTORY/2ID RELATIONSHIP

On 15 March 2001, 2-3rd Infantry was reactivated with a new generation of soldiers as a part of the 3rd Stryker Brigade Combat Team, 2nd Infantry Division at Fort Lewis, Washington. 2-3rd Infantry operated at forefront of Army Transformation, as the lead battalion in the interim brigade combat team concept. At the time its total authorized strength was 691 personnel.



인디언헤드

INDIANHEAD KOREAN EDITION

2018년 2월 간추린 뉴스

매달 영문판에는 들어가지만 한글판에는 들어가지 않는 기사들을 보면서 아깝다는 생각을 했습니다. 그래서 만들었습니다! 간추린 뉴스!

한글판에는 넣지 않았지만, 영문판에 실린 기사들을 사진으로 정리하는 지면입니다.



매년, 남세 기간동안 미군들을 돕기 위해 캠프 케이시 세금 센터(Tax Center)가 열린다. 올해는 1월 29일부터 4월 17일까지 캠프 케이시 세금 센터를 사용할 수 있다. 위 사진은 1월 25일 캠프 케이시 머드 홀(Maude Hall)에서 열린 캠프 케이시 세금 센터 개장 행사의 모습이다.

<사진_ 제210포병여단 공보처 병장 미셀 블레스>



2월 8일, 캠프 케이시 핸슨 필드 하우스에서 제210포병여단 제1-38야전포병대대의 대대 주임원사 취임식(Change of Responsibility)이 진행되었다. 제프리 프라이스 주임원사(Command Sgt. Maj. Jeffrey D. Price)가 새로 취임하여 권한을 이어 받았다.

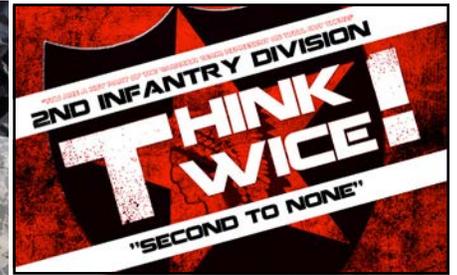
<사진_ 제210포병여단 공보처 일병 이견희>



1월 8일, 캠프 험프리스에 마크 에스퍼 미국 육군성 장관(Secretary of the Army, Mark T. Esper)이 방문하였다. 새로 부임한 육군성 장관은 미8군과 제2보병사단을 방문하여 한미동맹을 확인하였다.

<사진_ 제20공보처파견대 상병 로저 후턴>

이달의 사진



• 제2보병사단 공식 페이스북 페이지
www.facebook.com/2IDKorea/
많은 좋아요와 공유하기 부탁드립니다.

표지 사진:

1월 11일, 캠프 험프리스에서 제2지원여단 제194전투지원대대 제348지원중대 소속 카투사 장병이 전투 대응 훈련을 진행중이다.

<사진_ 제2보병사단 지원여단 공보처 사진 제공>

인디언헤드 한글판 스태프

제2 보병사단장
소장 D. 스콧 매킨
한국군지원단 지역대장
중령 이재승
공보참모
중령 주넬 R. 제프리
공보행정관
중사 랄프 V. 스티븐스
공보관
김현석
한글판 편집장
상병 김연오
영문판 편집장
상병 정원기
사진 전문가
박진우
글꼴 배포처

아리파체 : AMOREPACIFIC
함초롬체 : 한글과컴퓨터
그 외 인터넷에서 무료로 배포한 폰트를 사용했습니다.
인디언헤드는 미 제2보병사단을 위해
공보처에서 발행하는 미 국방성 공인신문입니다.
신문 내용은 미 육군의 의견과 다를 수 있습니다.
인디언헤드는 열성 인쇄소에서 월간지로 발행됩니다.
취재 요청은 732-9132으로 전화 바랍니다.

이달의 사진:

포천 로드리게스 실사격장 - 1월 24일부터 2월 1일까지 제2보병사단/한미연합사단은 야전 훈련을 진행했다. 1월 25일 이번 훈련을 진행할 때 사용될 DRASH(Deployable Rapid Assembly Shelter) 텐트를 설치하고 있는 카투사 장병들의 모습이다.



올림픽 성화는 많은 상징적인 의미를 담고 있습니다. 지식, 영혼, 삶의 불빛을 나타내기도 하지만, 가장 중요한 것은 성화가 세상을 계몽하는 자유를 표현한다는 것입니다. 올림픽 성화 릴레이의 기원은 고대 올림픽 전역에서 성화가 꺼지지 않았던 고대 그리스에서 시작되었습니다. 그 후 수천년 동안, 성화 봉송 팀은 그리스 올림피아(Olympia)에서 올림픽 개최지로 성화를 옮겨왔습니다. 이처럼, 대한민국 평창에서도 2018 동계올림픽을 향한 올림픽 성화가 불타오르며 옮겨지고 있습니다. 오늘 저는 대한민국에서 성화 봉송을 하게 되는 최고의 특권을 얻었습니다.

안녕하십니까. 제 이름은 상병 케빈 구(Specialist Kevin Ku)입니다. 저는 현재 대한민국 캠프 보니파스(Camp Bonifas)에서 유엔군 사령부 경비대대 - 공동경비구역(UNCSB-JSA : United Nations Command Security Battalion - Joint Security Area)에 소속된 미군입니다. 이러한 전략적으로 긴장되고 중요한 시기에 저는 동계 올림픽 성화 봉송 행사에 참여할 수 있게 되어 굉장히 영광스럽게 생각하였습니다. 특이하게도 저희 부대 작전 구역 DMZ 내부에 있는 대성동 자유의 마을을 지나는 700미터 거리를 단 일곱 명의 주자만이 달렸습니다.

그룹의 세 번째 주자로 나서 짧은 거리임에도 불구하고 환상적인 감정을 흡수하면서 달리다 보니 제 주변의 모든 것들이 느껴지는 것처럼 보였습니다. 성화를 잡은 순간부터 성화가 불이 붙은 순간을 거쳐, 다음 주자에게 건네기 위해 팔을 펴는 순간까지의 시간은 초현실적인 꿈과 같이 느껴졌습니다. 더 나아가, 마을의 어르신들, 자원 봉사자 분들을 비롯해 많은 사람들이 오셔서 저를 응원해주시고, 도와주시는 모습을 보았습니다. 낯설고 처음 보는 사람들이었지만, 마음이 매우 따뜻해지고, 더욱 겸손한 마음으로 달릴 수 있었습니다. 이 행사를 통해 저는 사람들이 그들의 다른 점들은 옆에 두고 단합과 평화를 위해 하나의 원인으로 하나로 모일 수 있음을 볼 수 있었습니다.

정말로, 이 소중한 행사에 참가하는 것은 제게는 굉장한 영광이었습니다. 성화 봉송이 계속해서 반도를 가로지르는 동안 저는 불빛이 계속해서 어둠을 비추길 희망하게 되었습니다. 물론 동계 올림픽이 가까워지면서 가장 중요한 것은, 미래의 가능성을 위한 길을 열어 줄 수 있도록 한반도의 평화와 화합을 위한 한국인의 불길이 사라지지 않고 밝게 빛나는 것이라고 생각합니다.



위 사진 : 구 상병(Specialist Ku)은 이번 올림픽 성화 봉송 주자의 일원이다. DMZ 내에 있는 대성동 마을 앞에서 동료 주자들과 함께 기념 촬영을 하는 모습이다.
오른쪽 사진 : 대성동 마을 앞에서 성화 봉송을 하는 구 상병의 모습이다.
왼쪽 사진 : 구 상병은 미국과 대한민국 양국적을 나타내기 위해 양 국기를 들고 달렸다.
<사진 - 대위 제프리 리/UNCSB-JSA>



<기사 - 상병 케빈 구/유엔군사령부경비대대-공동경비구역>
<번역 - 상병 김연오/제2보병사단 공보처>

육군사관학교 생도들



캠프 레드클라우드를 방문하다

2월 6일부터 8일까지, 육군사관학교 생도들은 제2보병사단/한미연합사단 본부가 위치한 캠프 레드클라우드를 방문해 연합작전부대 실무 현장 체험을 했다. 막 1학년을 마친 생도들 중 39명이 참가해 다양한 섹션에서 3일동안 미군과 같은 시간표를 따르며 체험을 하였다. 현장 체험은 영어로만 진행이 되었고, 아침 PT부터 미군들과 하루 일과를 진행하며 연합작전 현장을 체험하였다. 이 프로그램을 통해 생도들은 한미연합 사단을 체험하고 영어 능력도 키울 수 있었으며, 미군의 문화도 경험해 볼 수 있었다.



2월 6일 연합작전부대 현장체험에 참여하는 육군사관학교 생도들이 식사를 하기 위해 프리먼 홀(Freeman Hall)에서 킬본 디팩(Kilbourne DFAC)으로 열을 맞추어 걸어가고 있다.

<사진 _ 제2보병사단 공보처 상병 정원기>



2월 7일, 연합작전부대 현장체험에 참여하는 육군사관학교의 생도 몇 명은 캠프 케이시에서 70여단지원대대의 모터풀을 방문했다. 생도들은 미군들의 서플라이 보급과 차량 유지, 인벤토리 방식 등에 대해 배웠다.

<사진 _ 제2보병사단 공보처 상병 김연오>



2월 8일 아침, 캠프 레드클라우드에서 연합작전 체험을 하는 육군사관학교 생도들은 함께한 섹션과 전투 체육을 진행했다.

왼쪽 사진은 섹션의 NCO와 함께 군장을 메고 부대 밖으로 행군하고 돌아오는 생도들의 모습이다. 위의 사진은 캠프 레드클라우드 체육관 안에서 전투체육을 진행하는 생도들과 미군들의 모습이다.

<사진 _ 제2보병사단 공보처 상병 정원기>

2월 6일부터 8일까지 캠프 레드클라우드에서 연합작전부대 체험을 한 생도들 중 저희 제2보병사단 공보처와 함께 체험했던 김지원 생도와 김지윤 생도의 소감을 인디언헤드 잡지에 담았습니다. 소감문은 영어로 작성되었고 원본은 잡지 영문판 p17에 있습니다.



김지원 생도

2월 6일부터 2월 8일까지, 대한민국 육군 사관 학교(이후 육사)의 영어 집중 과정의 일환으로 39명의 생도들이 제2보병사단/한미연합사단의 다양한 섹션을 방문했습니다. 방문하는 동안 생도들은 미 육군 병사들의 일정을 따르면서 그들의 하루 일과를 경험했습니다. 예를 들어, 생도들은 미 육군 PT에 참여했는데 육사에서 익숙했던 것과는 상당히 달랐습니다.

육사에서 1학년 생도들은 화요일과 목요일에 두 시간 동안 태권도 수업에 참여합니다. 태권도 수업이 끝나면 4학년 생도들이 감독하는 PT를 진행합니다. 일반적으로 PT시간에는 3마일을 뛰고 근력 운동을 합니다. 1학년의 PT 시간은 4학년 생도들이 조정하지만 내년부터 2학년이 되면 저희가 스스로 자발적으로 진행할 수 있습니다. 또, 전투체육도 일주일에 한 번씩 진행이 됩니다. 이때는 장애물 코스나 산에서 뛰면서 훈련을 합니다.

대체로, 미2사단의 PT는 육사의 PT와 비슷한 것 같으면서도 약간의 차이가 있었던 것 같습니다. 우선, 육사의 PT는 오후에 진행되지만 미2사단의 PT는 아침 포메이션 끝나고 진행이 됩니다. 또, 미 육군 PT는 모두 정비가 되어 있습니다: 준비운동, 주 운동, 회복 운동 모든 것이 규범이 있고 설명서가 있습니다. 이 모든게 "Drills"라고 불린다는 점이 흥미로웠던 것 같습니다. 게다가 미 육군 병사들은 매주 목요일마다 행군(Ruck March), 달리기를 비롯해 군인의 실제 전투 능력을 향상시킬 수 있는 다양한 전투 체육(combat PT)을 진행합니다.

저는 제2보병사단 공보처에서 일하시는 스티븐스 중사(SFC Stevens)와 조이세 중사(SFC Joycé)와 함께 몇가지 운동을 진행했고, 육사에서 하는 운동과 비슷하다는 것을 느꼈습니다. 스티븐스 중사와 함께 PT에 대해 대화를 한 적이 있는데, 그는 PT 시험을 위한 힘과 전투를 위한 힘은 다르다고 말씀하셨습니다. PT 시험에서 4마일을 빨리 뛰는 것도 중요하지만, 우리가 전투시에 군장을 메고 300피트를 최대한 빨리 달려가 곧바로 대응 사격할 수 있는 능력도 중요하다고 하셨습니다. 저를 포함해서, 많은 생도들은 PT가 전장에서 필요한 힘을 기르기 위해 필수적이라는 것을 알고 있습니다. 하지만, 우리 중 많은 사람들은 여전히 PT시험과 더 좋은 점수를 얻을 수 있는 방법에 더 초점을 맞추고 있습니다. 만약 PT가 우리를 전장에서 살릴 수 있다는 생각을 하며 참여한다면, PT시험과 실제 전투 모두에서 우리를 도울 것이라고 생각합니다. "지금 더 많이 땀 흘려야, 전투에서 피가 덜 흐른다."



김지윤 생도

2월 6일, 40명의 대한민국 육군 사관학교(이후 육사) 생도들이 캠프 레드클라우드를 방문했습니다. 우리가 후문을 지날 때, 처음으로 놀란 것은 건물의 스타일이었습니다. 캠프 레드클라우드는 한반도에 있지만, 마치 미국 영화에 나올 것만 같은 이질적인 모습이었었습니다. 건물의 붉은 색은 한국군의 초록 색과 차이가 있었습니다. 또, 전투복에 있는 위장 무늬는 육사와 대한민국 군대 모두에서 볼 수 없었던 것이었습니다. 식당 시설도 상당히 충격이었습니다. 대한민국 군대에서는 일방 통행 방식의 카운터에 제공되는 음식도 종류가 적지만, 미군 식당에는 한국군 식당에서 먹어 보지 못한 음식이 30가지가 넘었습니다. 게다가 한국군은 모든 병사가 주어진 양을 받는 반면에 이곳에서는 몇 번이든 더 받을 수 있었습니다. 저는 병사들이 먹고 싶은 만큼 많은 음식을 받을 수 있는 것이 굉장히 좋다고 생각했습니다.

한국군에는 항상 전우조로 움직여야 했습니다. CRC의 모습은 그렇지 않았습니다. 이것은 우리가 아직 생도여서 그런 것일 수도 있었지만, 일반적으로 미 육군 병사들은 훨씬 더 독립적인 것 같아 보였습니다. 예를 들면, 미군들은 아침 PT를 영내, 영외 그 어디서든 하고 싶은 곳에서 할 수 있습니다. 저는 한국군이 협력과 "집단정신"에 초점을 두는 것에 자부심을 가지고 있습니다. 그러나 동시에, 미군들이 보여주는 통제와 자유의 균형에 큰 인상을 받았습니다. 더 많은 자유에는 더 많은 책임감이 요구됩니다. 미군들은 통제와 균형 있게 자유를 부여 받으면서 자율적으로 책임감을 키우는 것 같습니다.

2월 7일에는 캠프 케이시에 있는 70여단지원대대 본부 중대를 방문했습니다. 그곳을 방문하는 동안, 중대 회의에 참관할 수 있는 기회가 있었습니다. 중대장과 각 섹션의 대표들이 참석한 가운데, 회의는 대부분 부중대장(XO)이 진행했습니다. 계급과 관계 없이 각 병사들이 자신의 견해를 자유롭게 표현하는 모습이 굉장히 인상 깊었습니다. 저는 수직적인 소통과 수평적인 소통 간의 균형이 현재 미 육군을 끊임없이 앞으로 나아가게 하는 것 같습니다. 또한, 계급과는 상관 없이 개인적인 관계가 맺어져 공동체에 긍정적인 영향을 주는 것 같습니다.

<사진 _ 제2보병사단 공보처 상병 정원기>
<번역 _ 제2보병사단 공보처 상병 김연요>

Lunar New Year Reception



2018년 2월 8일 캠프 레드클라우드 미첼 (Mitchells)에서 제2보병사단/한미연합사단이 설날 기념 행사를 진행했다. 행사에는 제2보병사단/한미연합사단 사단장 스킷 맥킨 소장(Maj. Gen. D. Scott McKean), 부사단장 김태업 준장, 사단 주임원사 필 바레토 주임원사(Command Sgt. Maj. Phil K. Baretto), 안병용 의정부 시장, 오세창 동두천 시장 등 여러 귀빈 등이 참석하셨다.

(왼쪽 사진) 바레토 주임원사, 오세창 시장, 맥킨 소장, 안병용 시장, 김태업 준장이 미첼에서 설날 축하 케이크를 자르는 커팅 행사를 진행 중이다.

<사진_ 제2보병사단 공보처 사진전문가 박진우>



(위부터 시계 방향) 제2보병사단/한미연합사단 사단장 맥킨 소장이 설날 기념 행사에 참석한 안병용 의정부 시장 내외에게 감사 인사를 전하고 있다.

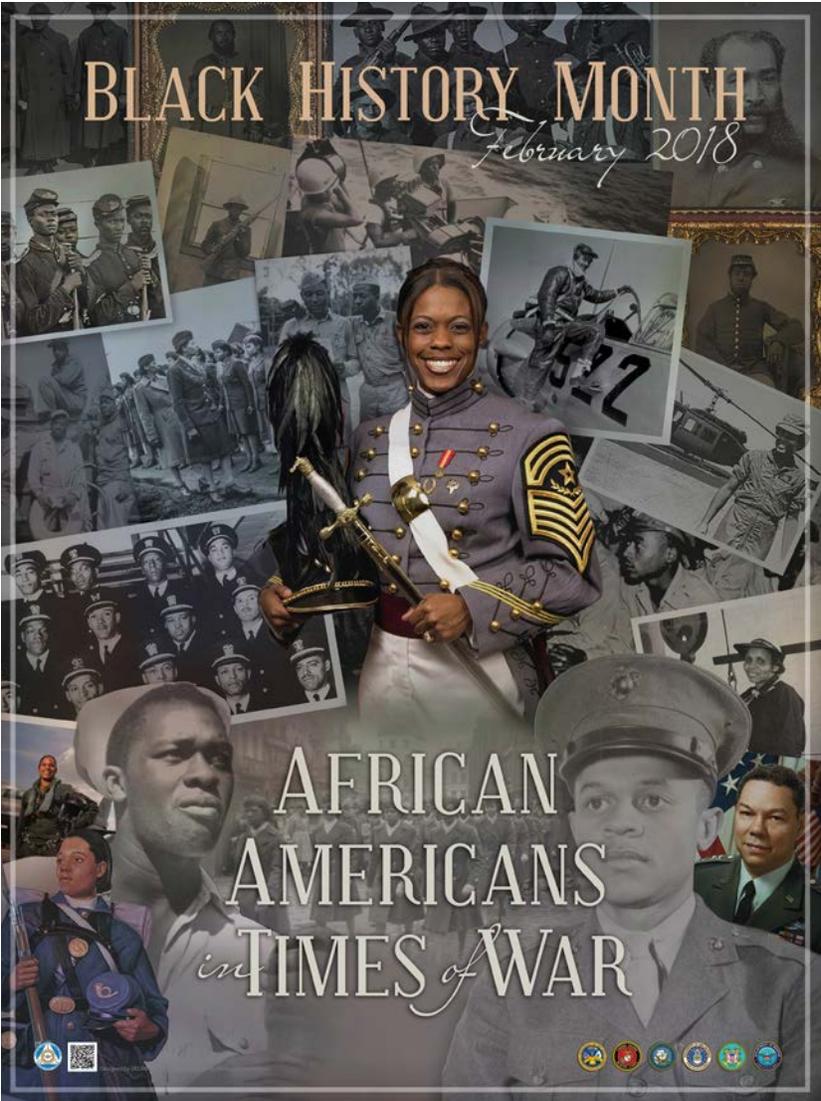
제2보병사단/한미연합사단 사단장 맥킨 소장이 설날을 기념해 참석한 귀빈들에게 건배사를 올리고 있다.

제2보병사단/한미연합사단 사단장 맥킨 소장이 설날 기념 행사에 참석한 오세창 동두천 시장을 맞이하고 있다.

<사진_ 제2보병사단 공보처 사진전문가 박진우>



제2보병사단/한미연합사단 카투사 장병들도 새해 복 많이 받으십시오
-제2보병사단 공보처 일동-



BLACK HISTORY MONTH

흑인 역사의 달

매년 2월은 흑인 역사의 달이다. 이를 기념하여 미 국방부 고용심사 기
획국 (Defense Equal Opportunity Management Institute)
에서 흑인 역사의 달 기념 포스터를 제작했다.

포스터 설명 : 미 국방부 2018 흑인 역사의 달 포스터 중앙 상단에 표제
"흑인 역사의 달"이 써져 있다. 제목 뒤로는 포스터 상단부터 하단까지,
전시에 군에서 종사했던 흑인 군인 사진의 콜라주를 삽입했다. 포스터의
상단부 사진은 남북 전쟁에서 시작해서 1차 세계대전, 2차 세계대
전, 한국 전쟁 순으로 나아가다 현대의 사진들로 끝을 맺는다.

포스터 중앙 하단에는 "전시의 아프리카계 미국인"이란 테마가 나
타난다. 테마 주위로는 여러 주요 인물들의 클로즈업 된 사진들이 호를
이루어 삽입이 되어있다 : (왼쪽부터 오른쪽으로) Cathay Williams
(1866 : 최초로 군에 입대한 흑인 여성), 해안 경비대원 Marvin
Sanders(남서태평양에서 근무한 상병), 생도 Emily Jazmin Tar-
tum Perez (웨스트포인트 미군 사관학교 최초의 소수 민족 여성 생도
주임원사 - 2006년 9월 1일 이라크에서 웨스트포인트 여성 졸업생들 중
가장 먼저 전사하셨다/당시 계급 소위), Howard P. Perry (1942
년 미 해병대의 1200명의 자원입대자 흑인들로 이루어진 부대에 첫번
째로 입대를 신청한 아프리카계 미국인), 그리고 Colin L. Powell 장군
(데저트 실드/데저트 스톰 작전에서 합동 참모부와 CJCS 에서 의장을
맡았던 첫 흑인계 의장)이다.

좌 하단부 코너에 Defense Equal Opportunity Manage-
ment Institute의 마크와 DEOMI 웹사이트로 연결되는 QR 코드, 그
리고 작게 Designed by DEOMI - Defense Equal Opportunity
Management Institute 를 넣었다. 우 하단부 코너는 왼쪽부터 육군,
해병대, 해군, 공군, 해안경비대와 국방부의 마크가 있다.

한미 문화 교류

Super Bowl 슈퍼볼

<기사 - 상병 김연요/제2보병사단 공보처>

슈퍼볼은 세계 최대의 스포츠 경기중 하나이다. 미국에선 가장 큰 스포츠 대회이며, 미국의 미식축구리그(NFL)
의 두 컨퍼런스인 내셔널 풋볼 컨퍼런스(NFC)와 아메리칸 풋볼 컨퍼런스(AFC)의 결승팀이 단판으로 NFL의 결승전을
치르는 경기이다. 매년 1월 말에서 2월 초의 일요일에 열리는 데 (미국 시간 기준), 이를 슈퍼볼 선데이 혹은 슈퍼 선데이라
고 부른다. 이 날 하루 동안은 미국 전체가 관심으로 불타오르며, 슈퍼볼을 보는 미국인은 2010년 이후로 항상 1억명 이상
이고 시청률 점유율 또한 매년 70%이상일만큼 굉장히 인기가 많다. 이 날은 가족, 친구, 친척들이 모
이고 술집도 모두 가득 차, Super Bowl Party를 한다.

미국에서 가장 인기가 많은 스포츠인 만큼 많은 관심이 쏠리고, 미식 축구 경기와 관계 없
이 하프타임 광고와 쇼를 보기 위해 모이는 사람들도 많다고 한다. 슈퍼볼 하프타임 광고비는 어
마어마하기로 유명하고, 2016년 CBS 책정 기준 하프타임 30초 광고가 한화 60억 정도
했다고 한다. 그래도, 항상 광고를 방송시키고 싶어하는 기업들이 줄을 선다. 또, 슈
퍼볼은 하프타임 쇼가 하이라이트라고 해도 과언이 아닌데, 전 세계적으로 유명한
스타가 나와 엄청난 규모의 퍼포먼스를 선보인다.

올해는 '슈퍼볼 LII' 즉, 제52회 슈퍼볼이 한국 시간 기준 2월 5일 열렸다. 결승전
대진은 AFC 우승팀 뉴잉글랜드 패트리엇스와 NFC 우승팀 필라델피아 이글스였
다. 많은 전문가들의 예상을 뒤엎고 필라델피아가 뉴잉글랜드를 41:33으로 꺾고 챔
피언이 되었고, 구단 최초의 슈퍼볼 우승을 거두었다.

