



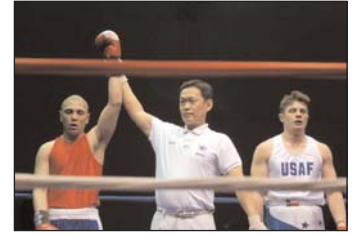
Indianhead



Prescription drug abuse in Korea
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Warrior country boxing
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Vol. 45, No. 2

www-2id.korea.army.mil

February 1, 2008

Beyond the call of duty

By Sgt. Amanda Merfeld

2CAB Public Affairs Office

CAMP EAGLE, South Korea— Two Soldiers rendered life-saving aid at the scene of an accident Jan. 11. Staff Sgt. Kimberly Veal and Pfc. Bradley Herron were traveling back to base when they saw the aftermath of a car accident near their exit.

"We observed a car that was turned up on its side and partially wrapped around a pole," Veal said. "I told the driver (Herron) to pull over and he

immediately jumped out of the vehicle."

While Veal called the Emergency Operation Center, Herron rushed to the car to render first aid.

"The car was still running so Herron was trying to find a way to cut the vehicle off, but he couldn't get to the keys," Veal said.

She added that she attempted to turn the engine off herself because she had smaller arms.

The Soldiers then proceeded to try to rip off the windshield and assess the victims and their injuries, keeping them calm while they tried to open

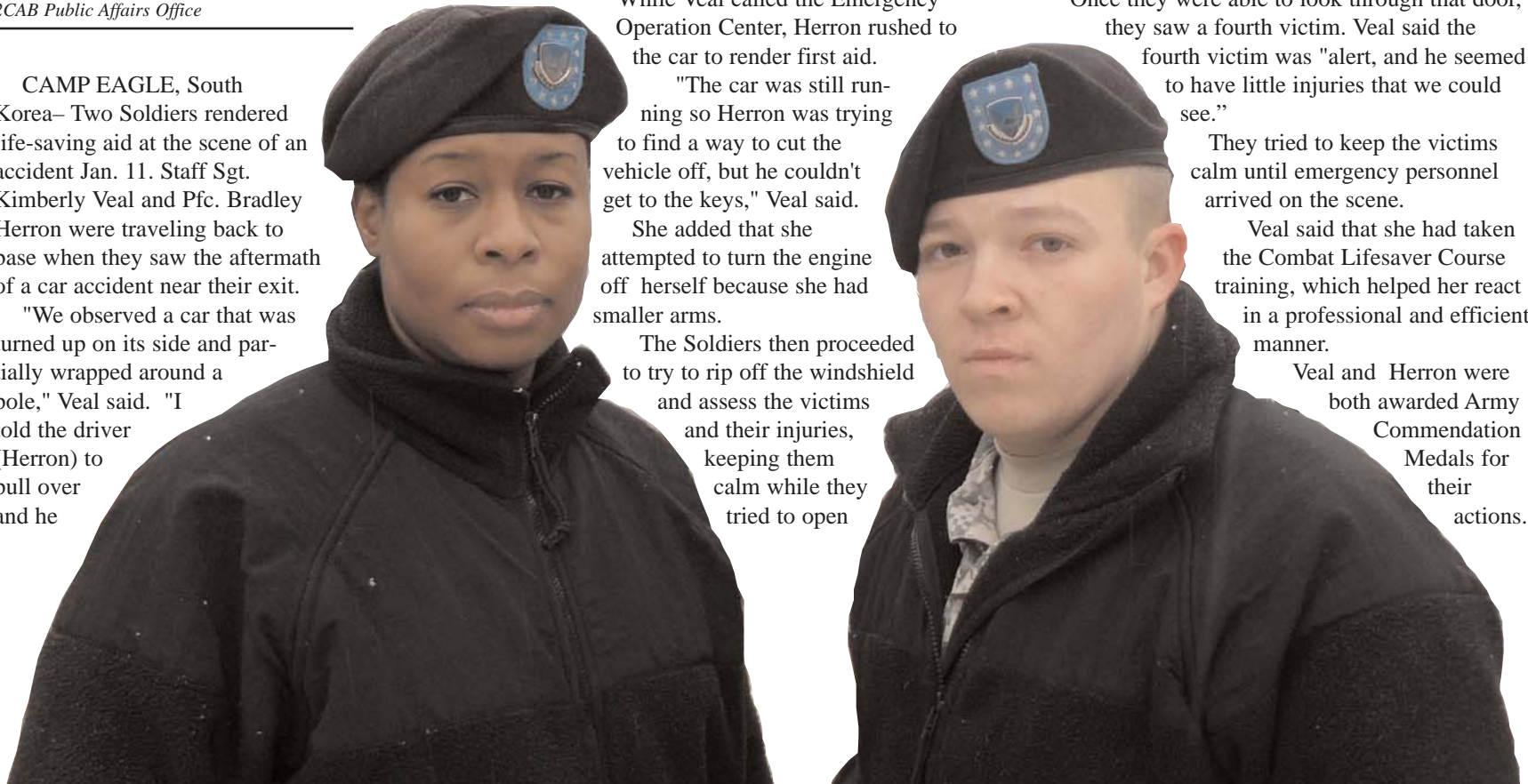
doors or windows.

Once they were able to look through that door, they saw a fourth victim. Veal said the fourth victim was "alert, and he seemed to have little injuries that we could see."

They tried to keep the victims calm until emergency personnel arrived on the scene.

Veal said that she had taken the Combat Lifesaver Course training, which helped her react in a professional and efficient manner.

Veal and Herron were both awarded Army Commendation Medals for their actions.



Pvt. Naveed Ali Shah

Two M109 Howitzers from 1st Bn., 15th FA, prepare to engage targets down range with their 155mm main gun during live-fire training at RLFC Jan. 10.

1-15 Soldiers learn to adapt, overcome

By Pvt. Naveed Ali Shah

IHBCT Public Affairs Office

A deafening blast rocked the earth and, a split second later, an explosion downrange sent debris flying in all directions. The sound of the big guns filled the atmosphere at the Korean Training Center when 1st Bn., 15th FA conducted live-fire training Jan. 10.

The training consisted of several different elements from 1-15's arsenal. Soldiers also performed military operations in urban terrain training.

"We have Howitzers that are moving down the main range into a series of battle positions and then engaging targets with their M2 .50-caliber machine gun," said Capt. Paul Lashley, commander, Btry. A, 1st Bn., 15th FA.

See 1-15, page 4



**VOICE OF THE
WARRIOR:**
Why is
volunteering
important to you?



"It's a good opportunity to make you a better, more responsible Soldier."

Sgt. Justin Alexander
HHC, 2ID, G-2

"You can do something you enjoy while helping others."

Pfc. Anthony Zepeda
Co. B, FSE, 70th BSB



"Those of us with so much have the ability to help those with so little."

Air Force Maj. Scott Sieting
604th Air Spt. Ops. Sqdn.

"It's a chance to serve my country."

Cpl. Kim, Chung Rim
HHC, 2ID, G-9



"It helps others who are less fortunate."

Sgt. 1st Class Melvin Grant
2ID Tax Assistance Center

"It's a chance to improve morale and influence other people to volunteer."

Pvt. Paul D. Hay
HHC, 2ID, G-2



A struggle for peace:

History repeats itself through racial profiling

By Pvt. Naveed Ali Shah
IHBCT Public Affairs Office

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'"

Dr. Martin Luther King, Jr.

I've heard this quote countless times, yet its powerful meaning has never lost its effect on me. However, I think that if the great Dr. King were alive today he would be sadly disappointed at the state of world affairs.

It's true that in the decades after his death America has progressed immensely. Segregation was wiped out with the passing, and more importantly, the enforcement of the Civil Rights Act of 1964. But while state-sponsored racism was banned, stereotypes and prejudices lingered, and now state-sponsored racism has returned, under a different banner: Racial Profiling.

As a young American-Muslim I have seen racial profiling at work first-hand. I watched as another American-Muslim Soldier, a friend, was hand-cuffed and led away by police, based on "suspicion" alone. The same happened to an uncle in Texas, leaving his family with no idea where he was or how long he'd be gone. He was the sole breadwinner for the household, whisked away because of a notion of mistrust.

On the other hand, I know better than to blame American society alone for these unfortunate incidents. The real fault lies upon the shoulders of those claiming to be "Islamic Jihadists" for misleading the rest of the world. Islam is not a religion of violence; the word itself means Peace. Nowhere in the Quran are Muslims directed to slaughter civilians.

Nowhere in the Quran is it stated that a martyr will receive 77 virgins in the afterlife. Jihad literally means struggle. Therefore, Islamic Jihad plainly means "A Struggle for Peace."

Mahatma Gandhi, the Hindu political and spiritual leader of the Indian Independence movement during the mid-20th century, was more of a jihadist than the violent extremists we are familiar with today. His peaceful protests eventually gained his homeland freedom, while the aggressive terrorist groups of today gain little at the cost of many lives.

"America's civil rights movement was peaceful and, despite the amount of violent resistance they faced, in the end, successful."



Religious extremists are not limited to the Islamic denomination. The alleged "Pro-Life" Christian extremists bomb family-planning clinics and have killed dozens in the process of trying to achieve their goals.

America's civil rights movement was peaceful and, despite the amount of violent resistance they faced, in the end, successful.

Dr. King also said, "In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred."

Dr. King's poetic words seem more relevant today than ever, if only the extremists would heed them, progress would not be so tragically stalled.

The heart of the world's problem is now, and has always been, ignorance and apathy. Some Americans today know more about what is going on in celebrities' lives than their own children's. Most extremists are so narrow-minded that compromise cannot enter their realm of reason because their own brand of justice is so skewed.

Education. The world can be salvaged through education. The youth of the world are the future of the world. We can either sit idly by in our comfort zone, or we can give a voice to reason, peacefully, like my hero's did. Show future generations the right way to achieve their goals. For only then can we achieve ours.

As one who can see both sides of the story, I know that the situation is not as simple as black and white, right and wrong. The world today is complex and its diversity is at once its beauty and its downfall.

I am not going to sit idly by as Dr. King's dream floats away. I am going to stand up and give voice to freedom and equality for all. One day I will sing as Dr. King wished for us all to sing: "Free at last! Free at last! Thank God Almighty, we are free at last!"

Indianhead

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KATUSA wins board: excels in life, Army

By Pfc. Bo Park
Staff Writer

This is the second in a series of stories on the winners of the Gen. Paik, Sun Yup Board winners.

Many KATUSA Soldiers get ready to go back to the civilian world near their ETS date. Some have to go back to college to finish their degrees and some go to work after their obligatory military service of two years. Hence many Soldiers are busy making that transition back to civilian life.

Sgt. Jo, Doo Yeon, Headquarters and Headquarters Support Company, Division Special Troops Battalion, committed to the Paik, Sun Yup board and became one of four 2ID KATUSAs to win the award for the first quarter of 2008. His time and effort spent preparing for the board meant some sacrifice of his personal time.

"It is easy to neglect the fact that I am still a Soldier on days like this but I wanted to give the very best until the last day," said Jo. "I wanted to try something new and didn't think twice when I was recommended to go to

"...I changed my attitude and geared myself with a positive, 'can-do mind, and confidence. I think it will help me a great deal after the Army."

*Sgt. Jo, Doo Yeon
Paik, Sun Yup Board Winner*

the board by Command Sgt. Maj. (Antonio) Holder, (DSTB command sergeant major)."

Jo emphasized the importance of attitude and confidence as the keys to success, not only for the board, but also for the military as well as everything in life.

"It requires a good attitude to everything because it has a power to turn an unfavorable situation around and make it work for you," said Jo. "I believe confidence comes from one's self, independent of others' opinion or external situations. Without confidence, no matter how well trained or



Pfc. Huh, Hojin

Sgt. Jo, Doo Yeon looks up from his desk at the DSTB S-1 office. He is one of the winners of the Gen. Paik, Sun Yup award for the first quarter of 2008.

equipped, you will never win in a war."

Persistence is one of the many qualities that the award represents and Jo certainly exemplified that quality by pushing himself further for personal challenge.

Jo said that he gained a lot of life knowledge from this experience that he can use even after his military career. He is due to go back to col-

lege to finish his bachelor's degree, but he will keep the values and lessons that he learned in the Army to continue to succeed in his life just as he had with the board.

"I used to feel inadequate, but I changed an attitude and geared myself with a positive 'can-do mind' and confidence," he said. "I think it will help me a great deal after the Army."

DXM abuse increases among Soldiers in Korea

Indianhead Special Report

With the winter season upon us, many Soldiers have naturally turned to cough suppressants and other medication to fight off colds. Unfortunately, medications such as dextromethorphan have received increasing attention as a substance of abuse.

A rising number of Soldiers have taken dextromethorphan, commonly known as DXM, with or without alcohol in an attempt to get high.

Dextromethorphan is an over-the-counter medication available in Post Exchanges and Commissaries throughout DOD. Common products containing the drug include Coricidin® Cough and Cold, Robitussin DM, and other generic labels. In an attempt to get high, individuals often take 16-32 Coricidin® tablets at a time.

Coricidin® and the generic equivalent tablet formulas have been removed from all AAFES stores in Korea. However, since these products are sold over the counter, individuals may still order it through the Internet or purchase them through local stores in Korea.

Commanders should be aware that some individuals are using DXM both with and without alcohol as a means to get high. At high doses, DXM acts similarly to morphine in the brain.

Anyone suspected of DXM overdose and/or abuse should be taken to the nearest healthcare facility for evaluation and treatment. Management of dextromethorphan overdose is mainly support-

ive. Gastric decontamination and gastric lavage may be used by emergency room providers.

For more information on dextromethorphan, contact the U.S. Army Medical Command-Korea Emergency Room at 737-5545 / 737-6001.

Soldiers may also contact Dr. (Maj.) Christopher Perry at 730-4304, or Lt. Col. Laurel Fields, pharmacy consultant, at 737-4375.

Editor's note: See the next issue of the Indianhead for an in-depth feature on the effects of dextromethorphan and other prescription drugs.

An acute overdose of dextromethorphan can be potentially life threatening and may cause the following symptoms:

- Nausea / Vomiting
- Drowsiness or lethargy
- Hyperexcitability, euphoria
- Restlessness
- Hallucination
- Slurred speech
- Dizziness
- Increased heart rate
- Dilated pupils
- Intense psychosis

Korean Lunar New Year brings Families together

By Sohn, Joon Hyung
Staff Writer

Korea has two different New Year's days, Solar and Lunar New Year. Feb. 7 is Lunar New Year, the first day of the lunar calendar, called 'Sul Nal'. On 'Sul Nal', Koreans enjoy activities and games.

Young people take advantage of the time off to go skiing or traveling. The highways and railroads are full of travelers who visiting their families.

The morning of 'Sul Nal,' everyone dresses in Korean traditional clothes.

During a ceremony called 'Cha Reh,' food and liquor offerings are placed on a table in honor of the last four generations of ancestors.

After 'Cha Reh,' families share the food and drinks on the table. This is called 'Eum Bok', which means "partake of sacrificial food and drink," and represents the continuity of family virtue and togetherness.

After 'Cha Reh,' the family has rice-cake soup for breakfast. Following breakfast, the young offer formal bows, called 'Jol' to the older generation and this is called 'Sae Bae'. They do this to wish the elders good health, long life and good luck through the whole year.

'Sul Nal,' is a time of family bonding for Koreans. On this Lunar New Year's Day, share some words of virtue with your friends and colleagues.



Pvt. Naveed Ali Shah

Soldiers from 1st Bn., 15th FA, dismount their tracks, moving into a file to prepare to clear a building as part of MOUT training at the RLFC Jan. 10.

1-15

from Page 1

"At the same time, we have four of our resupply vehicles providing covering fire with their MK-19 grenade launcher. Along with that we have another platoon from our battery positioned at Firing Point 180 providing indirect suppressive fire."

The goal of this complicated scenario is to allow the Howitzers to maneuver within range of the target and engage it with their main gun, while other elements of the unit provide covering fire.

"Typically, the Howitzer's 155mm rounds are used indirectly, but today they're being used as direct fire to the tank target," Lashley said.

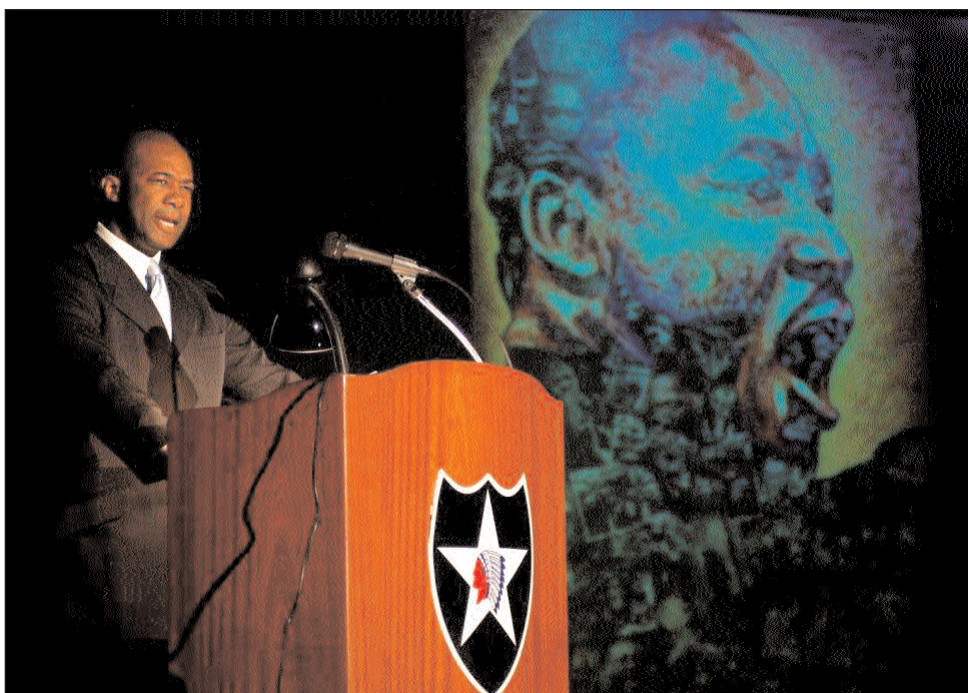
The purpose of the training was to demonstrate to the Soldiers, many of whom have never seen combat, how the unit would fight as a whole in real-life circumstances, in sync with one another.

"I want the Soldiers to see how their platoon moves as a whole," Lashley said.

The Soldiers of 1-15, were given this opportunity to learn valuable lessons that will considerably improve their performance in the future.

"It's a really good opportunity for the Soldiers to cross-train and learn all of the different positions within their section," Carpenter said.

"The training is exciting from a leadership perspective to see us doing something outside the box, rather than the same thing every time," Lashley said.



Pvt. Naveed Ali Shah

Chap. (1st Lt.) Tony Hampton recites a few words from Martin Luther King, Jr.'s *I Have a Dream* speech during his keynote address to servicemembers and Families at the 2008 Martin Luther King, Jr. Celebration Program Jan. 18 at Camp Casey's Community Activity Center. The event was held in honor of Dr. Martin Luther King, Jr., who led America's Civil Rights Movement in the 1950s and '60s.

Prostitution & Human Trafficking
Don't support it!



● Prostitution and human trafficking are illegal and immoral, and they deprive an individual of basic human rights. The Department of Defense and USFK have a "Zero Tolerance" policy regarding the illegal activities of prostitution and human trafficking.

● Prostitution and human trafficking are illegal under Korean law. All personnel must respect Korean laws or risk apprehension, trial and confinement by ROK authorities. Prostitution and human trafficking shall not be facilitated in any way by USFK personnel.

● Trafficking in persons is a violation of human rights. It is cruel and demeaning, is linked to organized crime, undermines the USFK mission and is incompatible with our military core values.

From USFK Policy Letter #12

WARRIOR NEWS BRIEFS

Pass & ID new office location

The U.S. Army Garrison-Red Cloud Pass & Vehicle Registration DEERS ID Card office at CRC is now located on Nori Road at the north end of Bldg. S-225. It is co-located with the USAG-RC Directorate of Human Resources directly across the street from Mitchell's Sports Grill.

MWR soccer championship

MWR is sponsoring the Warrior Country Post Level Indoor Soccer Championship. The MWR Championship will be March 13-14 in the Carey Fitness Center, Camp Casey. Each Enclave within 2ID is authorized to enter four teams. The top two teams from this championship will represent Warrior Country in the 2008 Eighth Army Indoor Soccer Championship at Camp Carroll April 17-19. For time and date changes contact your local MWR.

Claims

Anyone who owed money to Pfc. Jason L. Williams should contact Capt. Christopher Walsh at 730-6224 or Christopher.e.walsh@us.army.mil.

Army uniform changes

Effective April 30, Soldiers may

no longer wear the following items:

- The Army Battle Dress Uniform
- The Desert Battle Dress Uniform
- Brown T-shirt
- Black leather combat boots,
- Jungle boots, green or black
- The woodland and desert camouflage pattern caps
- Olive drab green nametape and U.S. Army
- Black rigger belt
- Web belt with open-face black buckle
- Subdued Olive green, shoulder sleeve insignias and subdued shoulder sleeve insignias for former wartime service

Domestic abuse symposium

The ACS Family Advocacy Program and Zeta Phi Beta Sorority, Inc. are sponsoring a program to raise awareness of domestic abuse in the community 7:30 a.m. - noon Feb. 7. The event will be held in the Multi-Purpose Training Facility #3, Yongsan Garrison. For more information, contact your local ACS.

Stanley

indoor pool hours

MWR has changed the operational days of the Camp Stanley Indoor Swimming Pool.

The new schedule is as follows:

- Monday, Tuesday & Friday: 5 a.m.-8 a.m., 11 a.m.-3 p.m., 4 p.m.-8p.m.

● Wednesday & Thursday: Closed

● Saturday, Sunday & US Holidays: 11 a.m.-3 p.m., 4 p.m.-8 p.m.

During the hours of 3-4 p.m., the pool is closed for lunch.

2ID Tax assistance

The 2ID Tax Assistance Program provides free tax preparation assistance to service members, DoD civilians, and their Families. There will be Tax Centers at Camp Casey, Camp Red Cloud, and Camp Stanley, which will be open from February 5-June 15. Hours are as follows:

Camp Casey

Division Tax Assistance Center Maude Hall, Room 241, Call: 730-3958

● Tuesday, Wednesday, Friday: 9 a.m.-5p.m.

● Thursday: 1-8 p.m.

● Saturday: 8 a.m.-noon

Camp Red Cloud

Mobile Tax Assistance Center Freeman Hall, Room 122, Call: 732-8796

● March 5 through May 30

● Tuesdays: 9 a.m.-5p.m.

Camp Stanley

Mobile Tax Assistance Center Call: 730-3958

● March 5 through May 30

● Wednesdays: 9 a.m.-5 p.m.

Bring your military ID card and copies of your W-2 and 1099 forms.

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.

February 1 ... I am Legend

Enchanted

February 2 ... I am Legend

The Mist

February 3 ... Cloverfield

Enchanted

February 4 ... Cloverfield

February 5 ... Enchanted

February 6 ... I am Legend

February 7 ... The Mist

February 8 ... The Golden Compass

Aliens vs. Predator Requiem

February 9 ... I am Legend

Aliens vs. Predator Requiem

Camp Red Cloud

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

February 1 ... Cloverfield

I am Legend

February 2 ... Enchanted

The Mist

February 3 ... I am Legend

The Mist

February 4 ... Enchanted

February 5 ... I am Legend

February 6 ... No Showing

February 7 ... Meet The Spartans

February 8 ... Meet The Spartans

Aliens vs. Predator Requiem

February 9 ... The Golden Compass

Aliens vs. Predator Requiem

Camp Hovey

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

February 1 ... The Mist

February 2 ... Enchanted

Cloverfield

February 3 ... I am Legend

The Mist

February 4 ... Enchanted

February 5 ... Cloverfield

February 6 ... Enchanted

February 7 ... I am Legend

February 8 ... The Mist

February 9 ... The Golden Compass

Meet The Spartans

Camp Stanley

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

February 1 ... I am Legend

Enchanted

February 2 ... I am Legend

The Mist

February 3 ... Enchanted

I am Legend

February 4 ... The Mist

February 5 ... No Showing

February 6 ... Meet The Spartans

February 7 ... The Mist

February 8 ... The Golden Compass

Aliens vs. Predator Requiem

February 9 ... The Golden Compass

Aliens vs. Predator Requiem

February 10 ... I am Legend

Aliens vs. Predator Requiem

Camp Humphreys

Show times: Sat.-Sun. 3:30, 6:30 & 9 p.m., Mon.-Tues., Thur.-Fri. 6:30 p.m. & 9 p.m.

February 1 ... Meet The Spartans

February 2 ... Enchanted

Meet The Spartans

February 3 ... Enchanted

Meet The Spartans

February 4 ... I am Legend

February 5 ... I am Legend

February 6 ... The Mist

February 7 ... The Mist

February 8 ... Cloverfield

February 9 ... The Golden Compass

Cloverfield

For additional movie times visit:

www.aaffes.com

CHAPEL SERVICE TIMES

Camp Red Cloud

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:

9:30 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 Castle

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

Saint Nicholas

Cathedral: 753-3153

LDS: 730-5682



Pvt. Angela M. McKenzie



Pvt. Angela M. McKenzie

(Above) Pvt. Vincent Zoccolillo, Co. E, 1st Bn., 72nd Armor Regt., works along side Korean nationals while cleaning up the oil spill at Malipo Beach, Taeon Jan. 27.

(Left) Pfc. Kim, Sung J. and Pvt. Ahn, Jung H., Co. E, 1st Bn., 72nd Armor Regt., are dressed in HAZMAT equipment and face masks to aid in cleaning the oil off a rock wall.

(Below) Oil formed a thin layer across the ocean's surface and the boats docked surrounding Malipo Beach. Soldiers and Korean nationals have been cleaning the eco-system surrounding the spill since it occurred Dec. 7.



Pvt. Angela M. McKenzie

1-72 aids oil spill cleanup

By Pvt. Naveed Ali Shah
IHBCT Public Affairs Office

After the disastrous oil spill off the west coast of South Korea Dec. 7, 2007, thousands of volunteers mobilized to help clean up the beaches in an area that was once a beautiful tourist magnet.

Among the volunteers were Soldiers from Company E, 1st Battalion, 72nd Armor Regiment, who organized a company trip to Malipo Beach Jan. 27. They were the first unit from Area 1 to visit the site of the oil spill.

"I wanted to do something that involved our KATUSAs and U.S. Soldiers to help the Korean environment after this disaster," said Capt. Nathan J. Smith, commander, Co. E, 1st Bn., 72nd Armor Regt. "The entire event was organized by my senior KATUSA."

The event involved a lot of coordination.

"I had to get approval from the commanders, call the USO for a bus, take care of food for the Soldiers, get HAZMAT gear, and call Taeon City Hall to coordinate," said Cpl. Seo, In Jun, Senior KATUSA, Co. E, 1st Bn., 72nd Armor Regt.

Despite the amount of planning and logistics, the Soldiers seemed pleased with the outcome of the day. They each took turns talking about the experience and how, for some of them, it was their first time volunteering.

"I want to continue the Good Neighbor Program by aiding the Korean people in this clean-up," said Smith.

"When I first became a KATUSA I dreamed of having the KATUSAs and U.S. Soldiers work together like this," Seo said. "Thirteen months later, with this trip I've accomplished my goal."

The Korean nationals who were also volunteer-

ing were very grateful to the U.S. Soldiers and KATUSAs for their effort.

"We wanted to help to show that we're not just here taking up space -- that we want to help our host nation," said 1st Lt. Peter D. Cha, executive officer, Co. E, 1st Bn., 72nd Armor Regt. "We've had a lot of Korean nationals come up and thank us for what we're doing."

The event was not only an occasion for U.S. troops to help, but it was also an opportunity for the company to get together outside of the working environment.

"We had a few new Soldiers come in, and they got a unique opportunity to see Korea, to get to know the company and help out," Cha said.

"While the volunteers are accomplishing a lot, the eco-system of the beach is still going to take years to recover, but every little bit helps," said Lee, Won Yol, a coast guard official at Taeon.

Lights stay lit after Christmas: Seoul City Hall

By Pfc. Bo Park
Staff Writer

World of Travel is a new column by staff writer Pfc. Bo Park. It will contain different travel tips, and you don't have to travel the world to enjoy them. Often we are constrained by money, but you can still make the most of your time in Korea. You can then say you've been there and done that (at least some of it!).

Usually when Christmas lights stay lit long after the New Year, they soon look tired and tacky. However this is not the case near the Seoul City Hall when I rediscovered the delights of the area recently.

'Lucevita' means festival of lights in Italian. They celebrate the religion of the Saints. The Seoul City Council uses it to promote their popular public display of the light towers. They are not necessarily Christmas lights, as there is no particular characterization of the holiday. No pictures, no words, just thousands of eye-blinding vibrant light bulbs. The color and the size of the towers are enough to make a tourist attraction on its own.

What is more, is that there is an ice rink as well. It may not be the ice rink in Central Park in New York or Somerset House in London, but the ambience it creates is just as romantic. It sits right in the middle of bustling roads with the city hall in front and Seoul Plaza Hotel in the back. The square is full of people taking pictures and standing in long lines for very civilly priced ice rink tickets.

Originally Seoul City Council was going to take it



Pfc. Bo Park

Light towers are set up in front of Seoul City Hall. Visitors can enjoy the ice rink and the light towers until Feb. 10.

down during the first week of January along with the display in Cheonggyecheon area. However, due to the surging number of visitors from in and out of Seoul, the city council decided to keep the display in the City Hall Square until Feb. 10, despite its electricity cost of \$5,000 per night.

The only possible downside to this is that there are a lot of kids. I mean, we all love kids, but it can be a bit much when you are trying to skate on the ice and enjoy the atmosphere.

I still had fun skating though there was a mad rush of children who are half as tall as I am. So do keep in mind that there are many little ones to look out for.

So why not visit Seoul City Hall this Saturday evening and take a walk around the city and get

entertained for free?

How to get there: From CRC and Casey, go to Uijeongbu Station and Dongducheon Station and travel on the dark blue line #1. Get off at City Hall Station and use exit #6, then it's right in front of you. It takes 55 minutes on the metro from Uijeongbu Station.

From Camp Humphreys, go to Pyeongtaek Station and travel on the line #1 to City Hall Station. It takes 1 hour and a half from Pyeongtaek Station.

Hours: The lights will be lit from dusk until midnight. The ice rink opens from 10 a.m.-10 p.m. on weekdays and until 11 p.m. on weekends. Tickets for the ice rink are sold hourly for 1,000 won. Skate rentals are for free, but skaters must wear gloves.

Soldiers and civilians to embrace EMS system

By Margaret Banish Donaldson
Area 1 Public Affairs Office

The Camp Red Cloud and 2nd Infantry Division leaders are encouraging their Soldiers and civilians to embrace the Environmental Management System by taking the general awareness training by visiting <http://emssupport.ursokr.com/index.htm>.

"This is a new Army requirement to comply with Executive Order 13148," said Col. Larry 'Pepper' Jackson, Camp Red Cloud garrison commander. "For an effective EMS to be developed and implemented, commitment is needed from the top as well as all the staff. I challenge all personnel to meet the area's commitment to continual improvement in all aspects of our mission, especially the protection of the environment."

To review environmental actions affecting the garrison, an Environmental Quality Control Committee was organized and meets quarterly. The committee members review the status of the 2nd Infantry Division and Camp Red Cloud environmental programs and plans actions in preparation for the upcoming Environmental Performance

Assessment System.

In addition, the Camp Red Cloud environmental office along with Kee Bum Chang, EMS consultant, is conducting environmental staff assistance visits for 2ID units, other tenant units, Camp Red Cloud organizations and contractors. The focus is on key environment concerns: EMS, drinking water, wastewater, hazardous waste, petroleum, oil and lubricants, spill prevention and response planning, storage tanks and polychlorinated biphenyls.

From Feb. 25 to March 5 a 12-member EPAS team will identify the strengths and weaknesses of the environmental programs at Camps Red Cloud and Casey and remote sites, and Rodriguez and Story Ranges, to bring the installation into full compliance with United States Forces Korea Pam 200-1, Environmental Governing Standards.

"An EMS is not a static device, but rather a living and dynamic tool designed to allow for gradual changes to be made over long periods of time in order to achieve realistic and measurable goals," Chang said. "The goal is to encourage all government agencies to evaluate their current facility operations and integrate environmental stewardship initiatives into their operations."



Super Bowl parties in Warrior Country
Watch the game
at your favorite location:

Camp Red Cloud
Mitchell's Club 6 a.m.
CAC 7 a.m.
C.G.'s Mess 7 a.m.

Camp Casey
Food Court 8 a.m.
Gateway Club 5:30 a.m.

Camp Hovey
302nd BSB DFAC 8 a.m.
CAC 8 a.m.

Camp Stanley
CAC 6 a.m.

Nothing to lose versus nothing to prove

By Pfc. Phillip Adam Turner
Assistant Editor



"If you believe in yourself and have the courage, the determination, it is essential to understand that battles are primarily won in the hearts of men." - Vince Lombardi

That is why in 1971 the Super Bowl trophy was renamed the Vince Lombardi trophy. He understood that sometimes on the field one man can make the difference through pure passion and determination.

For the 18-0 New England Patriots and the 11-5 New York Giants, the formula should be no different, it's just a question of who?

The Giants, who appeared in their last Super Bowl in 2000 against the Baltimore Ravens, are coming into Super Bowl XLII with a lot of momentum and confidence. They have not lost a game away from Giants Stadium since their opening season loss to "Tony Romeo" and the Dallas Cowboys. Essentially, being as

they will have to travel to Arizona to play in the Super Bowl, one more road win could definitely be in the cards for New York.

The biggest surprise of this remarkable run the "G-Men" have had is the play of Eli Manning.

Manning is not a prolific, game-changing QB like Terry Bradshaw, Joe Montana, Brett Favre, or Tom Brady. Eli is cool and collected as long as he has a pocket to throw from. He doesn't feel pressure well and rarely evades an outside rush. I think a Dan Marino comparison fits well.

Most of the time it is the supporting offensive cast that generates most of the production. In a game as big as this one, playing against a seasoned defense, Plaxico Burress, Armani Toomer and Brandon Jacobs need to let their presence be felt early and often. I think it's important to also remember that the Giants haven't produced a lot of points, only recording 22 more points than their opponents this season.

When facing a team that put up almost 600 points, and a quarterback that has thrown more than 50 TDs, whose favorite target is probably one of the top three greatest receivers of all time, you'd better be able to score points.

However if you can't find a way to light up the scoreboard, you'd better hope your defense can contain the most dominant offense in professional football. How do you do that?

I don't think you can; the Patriots have too many weapons. If they can't run it, they'll throw it. If they can't throw it, they'll pull a trick play, and if they can't do either of those their defense will score 21 points against you. It's like being the fat kid in the locker room during changing time. You're going to get it from all angles.

As for Bill Belichick and the Patriots, the game plan is simple. Don't think too hard out there just do what you've been doing ... WIN!

I hate to say it, because I am wanting this to be an exciting game, and rooting for an upset. However, the only way that will happen is for the Patriots to collectively shoot themselves in the foot.

I don't see Tom Brady coming out and having a bad game in the Super Bowl, but let's just speculate and say he does. You have then only removed one brick in the wall. It will not collapse. Even without Brady you have Teddy Bruschi, Mike Vrable, Junior Seau, Randy Moss, and Kevin Faulk who is probably the best receiving back in the league. It's like bringing a grenade to a knife fight.

As much as I hate to admit it after the "Spy-Gate" scandal, I don't think anyone on the field will make a difference in this game. On the sidelines will be two coaches brought up in the league and groomed by Bill Parcells, a true general of the sidelines.

Tom Coughlin (Giants) and Belichick (Patriots) are former Parcells assistants who share a lot of history and similar approaches to big games.

For me I think Belichick is the better of the two and will not leave Arizona without his fourth Lombardi Trophy. I think Coughlin and his Giants are just thankful to be there and will bow down graciously to the Patriots dynasty, saying "we'll get 'em next time."

For myself and all football fans, I pray this is a well-played high-scoring shootout with all the "fixins." However I am always confident with a sure thing, which leads me to my pick for the winner of Super Bowl XLII. Massachusetts over New York once again, and a Dynasty is born. Patriots 38 - Giants 19.



Warrior Country Boxing Invitational is a knockout

By Pvt. Naveed Ali Shah
1HBCT Public Affairs Office

Warrior Country's best jabs, hooks and haymakers were on display at the Boxing Invitational, Jan. 19 at Camp Casey's Hanson Field House.

Matches ranged from welterweight to super-heavyweight, between Army, Air Force and Marine Corp servicemembers for a total of 17 fights. Airmen from Kunsan Air Base came to challenge the Army boxers.

"We come from a really small base so we get excited when we can come and fight and feel the energy from the crowd," said Airman 1st Class Aaron A. Valdes, traffic manager, 8th Logistics Readiness Squadron. "We'd like to say thanks to the Army for having us."

"We've still got that interservice rivalry, but we could learn a lot from each other at the same time," Air Force Staff Sgt. Richard Mora, team coach, added.

Marines from Okinawa, Japan, on temporary duty here in Korea, also participated in the event.

"We just got to Camp Casey on the 16th, and here I am two days later in the ring, so I'm glad the Army gave me the opportunity to do this," said Marine Sgt. Omar Reece, infantryman, 3rd Intelligence Battalion, 3rd Marine Expeditionary Force.

The Assistant Division Commander (Maneuver), Brig. Gen. Joe E. Ramirez, was on hand to provide commentary on the match, as well as present the winners of each fight their plaques.

The next Warrior Country Boxing Invitational will be held March 22 at Camp Stanley, but for you blood sport enthusiasts, a wrestling invitational will be Feb. 16 at Camp Red Cloud.



Pvt. Naveed Ali Shah

Garrett Stokes, HHC, 1st Bn., 72nd Armor Regt., 1st HBCT, pins his opponent, Joseph Smith, Co. E., 2nd Bn., 9th Inf. Regt., 1st HBCT, against the ropes during the Warrior Country Boxing Invitational Jan. 19 at Camp Casey's Hanson Field House.