



# Indianhead



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June 6, 2008



Yu, Hu Son

An AH64-D Apache of 2nd Avn. Regt., fires hellfire missiles during a CALFEX at Rodriguez Live-Fire Complex May 22.

## U.S., ROK conduct Combined-Arms Live Fire

**By Sgt. Leith Edgar**  
Editor

The might of the U.S./ROK Alliance was on full display during a scenario-based Combined Arms Live Fire Exercise at Rodriguez Live-Fire Complex May 22.

Missiles, artillery rounds and machine gunfire pounded the range's mountainside as U.S. and ROK Soldiers shot, moved and communicated with one another on the battlefield.

"Today's event is centered around maintaining the ROK/U.S. Alliance. We've been out here for the last week, culminating with live fire," said Staff

Sgt. Jerry Trospen, fire support non-commissioned officer, Headquarters and Headquarters Company, 2nd Combat Aviation Brigade.

The training exercise also brought Soldiers from across the Korean Peninsula together to work in a realistic setting.

Soldiers of 4th Battalion, 2nd Avn.

Regiment, and 1st Bn., 2nd Avn. Regt., out of Camp Humphreys, worked with 1st Bn., 15th Field Artillery Regt., and 2nd Bn., 9th Infantry Regt., both part of 1st Heavy Brigade Combat Team, out of Camp Hovey.

See CALFEX, page 4

## 2ID recognizes top NCO, Soldier, KATUSA

**Story & photo  
by Cpl. Sohn, Joon Hyung**  
Staff Writer

The 2nd Infantry Division's NCO, Soldier and KATUSA of the Year recognition ceremony was held May 23 on Camp Red Cloud's Village Green.

Sgt. 1st Class James Holland, Headquarters and Headquarters Battery, 6th Battalion, 37th Field Artillery Regiment, was announced as the NCO of the Year. Spc. Eric Kocourek, Co. D, 2nd Bn., 2nd Aviation Regt., was named Soldier of the Year and the KATUSA of the Year was Cpl. Kyung Min Bae, Bty A, 1st Bn., 15th Field Artillery Regt.

Each Soldier received an Army Achievement Medal, a plaque from the Association of the U.S. Army and a three-night stay at the Dragon Hill Lodge.

The 2ID commander Maj. Gen. John W. Morgan III presented the NCO and Soldier of the Year a \$1,000 gift from the Korean Flowers



**Sgt. 1st class James Holland, HHB, 6th Bn. 37th FA Regt., Spc. Eric James Kocourek, Co. D, 2nd Bn., 2nd CAB, and Cpl. Bae, Kyung Min, Co. A, 1st Bn. 15th FA Regt. stand on the Indianhead patch during the NCO, Soldier and KATUSA of the year recognition ceremony at Camp Red Cloud's Village Green May 23.**

Mills Industrial Association Outstanding Soldier Fund. They also received a \$100 gift certificate from Exchange New Car Sales and \$70 from Community Bank. The

KATUSA of the Year received \$500 from the KOFMIA Outstanding Soldier Fund, \$60 from Community Bank and a free custom-made suit coupon from the Camp Red Cloud

Tailor shop.

"It is a great honor to be here to recognize 2ID's Noncommissioned Officer, Soldier and KATUSA of the Year," said 2ID Command Sgt. Maj. Brian M. Stall.

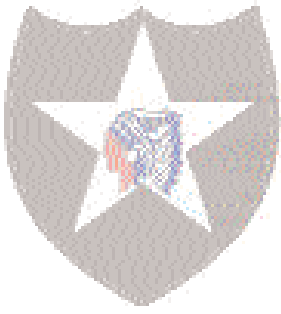
The selection process for the three Soldiers was not easy. Each Soldier had to attend numerous boards to beat numerous competitors. They were evaluated on military knowledge and Soldier skills.

"Division NCO of the Year was my goal," Holland said. "This is a goal that a young Soldier must challenge."

Kocourek said winning Soldier of the Year was a great opportunity in his Army career.

"I am grateful to the Army for all the great benefits of Soldiers," said Bae. "I will not stop trying to find more opportunities to be a better Soldier myself."

After the award ceremony, all the Soldiers in attendance congratulated the awardees, then everyone moved to the Commanding General's Mess for a reception.



**VOICE OF THE WARRIOR:**  
What advice would you give to an incoming Soldier?



*"See Korea as much as you can while you are here."*  
Spc. Jimmy Huynh  
HHC, DSTB

*"Try to stay out of trouble."*

Cpl. Kim, Young Tae  
Co. D., 1-72AR



*"Stay devoted to your job."*  
Cpl. Matthew Cooley  
F Tab, 1-38 FA

*"Don't be afraid to do the right thing."*

Sgt. 1st Class Kevin Scott  
Co. D., 302nd BSB



*"Take advantage of all trips and outdoor activities from MWR."*  
1st Lt. Heather Peterson  
HHC, DSTB

*"Do not drink if you are underage."*

Pvt. Devin Klusendorf  
Co. A., DSTB



# COMMANDER'S CORNER: Happy 233rd Birthday Army!

By Maj. Gen. John W. Morgan III  
Second Infantry Division Commander

Before there was a United States of America, there was an American Army. Born on June 14th, 1775 in the town square of Cambridge, Massachusetts, a small group of American colonists came together to form an Army, under the authority of the Continental Congress. Today, we look back over those 233 years and see clearly that the forming of the Colonial Army was the prelude to the birth of our Nation.

In concert with America's small, newly created Navy and Marines, the Continental Army overcame every hardship and defeated the world's strongest military power during our nation's extraordinary fight for independ-

ence. That spirit of courage under adversity, courage in battle and will to win, empowers our Soldiers, leaders and commanders today.

For 233 years, our Army's purpose has been to fight and win our Nation's wars. America's Army exists to give the

decisive victory on the battlefield and wherever else the Nation needs us. Today, our Army is the greatest land fighting force in the history of the world.

Our Army is strong and this strength comes from our greatest assets: the American Soldier. American Soldiers have fought in 10 wars, from the American Revolution through the Cold War, the Gulf War and the current War on Terrorism. In every generation since the nation's founding, American

Soldiers have protected our national interests and our citizens from dangers of every kind. The conduct, courage and skill of our Soldiers made our national flag a powerful symbol of moral fortitude, resolve, strength and hope for all who believe in freedom and democratic values.

As America's Army defends our freedom and way of life, it continues to transform itself to ensure we have the doctrine, training, institutions, leaders, equipment, force structure, technology and capabilities to dominate across the full spectrum of conflict.



*"Our Army is strong and this strength comes from our greatest assets: the American Soldier."*

Maj. Gen. John W. Morgan III  
2ID Commander

That transformation is guided by the realization that whatever the mission, whatever the operational environment, whatever changes technology brings, Soldier are and will remain the centerpiece of our Army's formations. They and their Families are magnificent and have sacrificed personal comfort and safety so that others can live in freedom. On this day and every day, may we be reminded of how their sacrifices have built a better future for others and led our Nation to victory. We are grateful for their dedication, commitment and selfless service to our Nation.

God Bless each and every one of you and your Families, and God Bless America. Second to None!



AMERICA'S ARMY:  
THE STRENGTH OF THE NATION™

## Indianhead

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# 2ID Soldiers earn EFMB badges

By Pfc. Naveed Ali Shah

1st HBCT PAO

The efforts of 11 2nd Infantry Division Soldiers were rewarded with Expert Field Medical Badges as the Eighth U.S. Army conducted validation, standardization, and testing at Warrior Base from April 25 to May 24.

The purpose of the testing was to recognize Soldiers who demonstrated competence and outstanding performance through medical proficiency and physical stamina.

Soldiers from all over the Army came for the opportunity to earn their badge. Of 284 participants, 42 earned the EFMB badge.

Eighth U.S. Army medics provided the train-up prior to the testing phase for all the Soldiers participating in the competition.

"I would say that most all the Soldiers who came out here today were hungry for the badge, and some of the Soldiers' units have a high (operations) tempo and they're not able to conduct as much pre-training for the EFMB as they would like," said Capt. Michael S. Tomsik, 560th Medical Company commander, who acted as the 'mayor' of Task Force EFMB. "But all the Soldiers that I've talked to have said that this event has met and surpassed their expectations for the Expert Field Medical Badge competition."

"(I'm) nervous about the next task because the testing is not over, and we have to take it day by day, but the training has been incredible and I'm coming away a better medic than I came here," said Sgt. 1st Class James M. Taylor, a medic with 2nd Squadron, 11th Armored Cavalry Regiment, Fort Irwin, Calif.

Every year the EFMB testing adapts to the Army's most current mission.

"This year's training event, as compared to previous years, is taking the lessons learned from the Global War on Terror and applying and improving the medics' skill sets to be better prepared when they go into combat," Tomsik said.

Due to the large amount of manpower and materials necessary for the task force, the coordination was a challenge that had to be overcome for the success of the mission.

"It's always a challenge when you have different units. Different SOPs come together to perform a task and they've done this exceptionally well. We've

been highly successful in helping to train combat medics for the War on Terror," said Tomsik.

The participants were undaunted by the challenges they faced, and focused their attention on the task at hand and learned the skills they may use in the near future.

"Well, because they upgraded the tasks to correspond with the War on Terrorism, I'm going to be able to apply these skills on my next deployment," Taylor said. "It's been great training, the cadre has been awesome, this is my sixth EFMB and this is by far the best one I've been to."



Yu, Hu Son

Soldiers prepare to transport a simulated casualty by litter under barbed wire as part of the Expert Field Medical Badge test at Warrior Base May 20.

## 2ID band welcomes new, young Soldiers

Story & photo by  
Cpl. Sohn, Joon Hyung  
Staff Writer

The 2nd Infantry Division Band presented the 'Music on the Green' concert, which entertained more than 200 attendees Camp Red Cloud's Village Green May 29.

The Division Chaplain's Office sponsored the free concert, and Mitchell's Sports Grill provided free barbecue meals for the audience.

The Village Green was filled with many guests including the 2ID commander, Maj. Gen. John W. Morgan III, new Soldiers from the Warrior Readiness Center, Korean civilians and children from Kwangmyung child-care center.

"The primary purpose of this concert is to welcome our new young Soldiers," said Lt. Col. Franklin L. Jackson, the Division Chaplain. "For over 90 percent of the new Soldiers at Warrior Readiness Center, it is their first experience in a foreign country. I hope they enjoy the concert and feel



Spc. Juan Reyes, HHC, 2ID Band, plays the trumpet during the 'Music on the Green' concert at Camp Red Cloud's Village Green May 29.

free to interact with other people and the CRC community."

The special guests for the concert, 'Cornerstone,' an Area I Community Gospel Group, performed wonderful music. The nine member group with one member from Yongsan and others from Area I showed how different people can make flawless harmony

when they work together. The choir enhanced the concert's atmosphere, and the audience clapped and waved their hands during several songs.

"We prepared many songs for the audience," said Cpl. Kim, Dong Woo, the 2ID Band. "We performed the military, classical, movie sound tracks, rock music and traditional Korean

folk music. I think these songs really boost new young Soldiers morale."

During the show, the Division Chaplain Jackson drew raffles and gave a \$25 gift certificate from AAFES to a few lucky Soldiers from WRC.

"This was a wonderful thing to do for the orphanage and new young Soldiers," said Pvt. Christine Dekens, an in-processing Soldier at WRC. "It was a great chance to know that I am not alone in Korea and I have battle buddies here to help me."

"Thank you for this great concert," said Kim, Jung Soo, Kwangmyung child-care center deputy director. "Our children really enjoyed this concert. I felt good when I watched our Children running around the big green park. I hope we have another concert again."

The closing songs were 'Arirang,' a famous Korean traditional folk song and 'Hands and Hands,' the 1988 Seoul Olympic Games theme song. The two songs emphasized the strong ROK-U.S. friendship and pointed out "Let's go together."

**CALFEX**

from Page 1

The exercise also included Airmen of the 604th Area Support Operations Squadron and 51st Fighter Wing, as well as ROK Soldiers of the 409th ROK Avn. Bn.

This year, the challenge was the suppression of enemy air defense elements.

The objective of the ROK/U.S. Alliance was to suppress, neutralize or destroy the main body, forward security element and combat reconnaissance patrol.

The mountainside of the range served as the simulated enemy target and the participants' firepower bore upon it. From the sky and the ground, the vehicles bombarded the target with hellfire missiles, .20-, .30-, and .50-caliber rounds, as well as 155-millimeter high-explosive rounds.

"It's absolutely one of the best CALFEXs I've ever seen," Trosper said. "For artillery, this is one of the most looked forward to events. It gives units a sense of purpose as to knowing their roles."

In addition to valuable live-fire train-

ing, the CALFEX was also an opportunity for other Soldiers, commanders and Family members to witness the explosive spectacle.

"The artillery was shooting live rounds, so it was pretty cool. It's good to get the experience of the Apaches,"

said Pfc. Nathan Cdebaca, an artilleryman and driver for 1st Bn., 15th FA, who watched the CALFEX. "The amount of firepower they have is amazing. They cause total, complete annihilation."

Though the training involved many

working parts - four AH64-D Apaches, four AH1H Cobras, four M1A1 Abrams, one Bradley Fighting Vehicle, one UH-60 Blackhawk, seven 109-A6 Paladins - there were no accidents during the exercise.

"(The most difficult part of the CALFEX was) synchronization between the moving pieces: the aircraft in the air (and) the tanks on the ground," Trosper said. "Safety was a huge issue, but everything went as planned."

The sheer number of moving pieces and the numerous explosives involved in the exercise also impressed the spectators.

"It's amazing how they move on the ground and in the air without any injuries," Cdebaca said. "As Artillery, we live fire a lot, but you don't always get to see it like this."

Although the previous CALFEX was held two years prior, the U.S. Soldiers train regularly with their ROK counterparts.

"The 409th is our partnership attack battalion, which we've been partnered with now for almost two years," said Lt. Col Lonnie Hibbard, 4th Bn., 2nd Avn. Regt. commander.



Sgt. Kyle Dager, a forward observer with HHB, 1st Bn., 15th FA, 1st HBCT, monitors two microphones during the CALFEX at Rodriguez Live-Fire Complex May 22.

# Course helps develop true first sergeants

Story & photo by Cpl. Bo Park

Staff Writer

The thermometer only has the ability to measure the temperature, but thermostats can control the heat.

Such a difference was the metaphor used to explain the difference between first sergeants and other Soldiers during the First Sergeant Course graduation ceremony held at the USAG-Casey Theater May 23.

The ceremony marked the graduation of 46 first sergeants and soon-to-be first sergeants from all over the Korean peninsula.

"At a senior level, it's hard to get away from Soldiers and take time for self development and meet other senior Soldiers," said Command Sgt. Maj. Dennis Martinson, commandant at the Staff Sgt. Todd R. Cornell Noncommissioned Officer Academy at Fort McCoy, Wis.

The First Sergeant Course is for current and potential first sergeants.

"The course prepares them with all the necessary tools that they need to perform as first sergeants more effectively," said Master Sgt. Curtis Watts, the course manager. "Also it provides a chance to network with other first sergeants to share the knowledge and help each other throughout their career

path."

The first phase of the course is an independent studying element, which includes taking online courses from Fort McCoy. The second phase is a 15-day residential course in which students learn practical tasks like writing an operation order and planning sustainment operations, which varies from resupplying the Soldiers to simply how to take care of Soldiers.

Information briefing, decision briefing and sustainment operations are the three evaluation points in the second phase.

During the sustainment operation, the 202-08 class received training on the use of a Blue Force Tracker, which is an advanced digital device used in HMMWVs to receive and send text messages and enable leaders to locate other units in the field using the Global Positioning System.

"The course is moving more toward warfighter leadership from the traditional garrison environment leadership," said Martinson. "This is why we include a hands-on experience with the latest equipment in this course."

"Some vital skills can be attained by attending the First Sergeant Course, such as learning new regulations and different transferable skills, which all give 'cut-above' status over other first sergeants," said Sgt. Maj. Edwin Kerns, Headquarters and Headquarters Company, 1st Battalion, 72nd Armor Regiment.

Despite logistical challenges, like the senior instructor being stateside and having to give lectures through video teleconference systems, everything went smoothly with the help of assistant instructors and administration staff, according to Watts.

"The course helped me because it showed me the areas that I have not yet had a chance to see or learn," said 1st Sgt. Almitra Hamlin, HHC, 70th Brigade Support Battalion. "We are the ones who uphold the standards. So if anybody needs to do right, we've got to do right ourselves first."



1st Sgt. Tina Irvin, 568th Medical Co., 18th MEDCOM, and 1st Sgt. Larry Sack, Co. D, 2nd Bn., 9th Inf. Regt., sing the Army Song during the First Sergeant Course graduation ceremony at the USAG-Casey Theater on Camp Casey May 23.

## WARRIOR NEWS BRIEFS

### Warrior Country Powerlifting Championship

MWR is sponsoring the "Warrior Country" Powerlifting Championship Sept. 3 at the Camp Red Cloud Physical Fitness Center.

The event is open to active-duty Servicemembers assigned to Warrior Country.

The weight classes are as follows:

- Men's - 123lbs, 132lbs, 148lbs, 165lbs, 181lbs, 198lbs, 220lbs and over 220lbs
- Women's - 114lbs, 123lbs, 132lbs, 148lbs and over 148lbs

For more information, contact the Warrior (Area I) Sports Office at 732-6927.

### Area II Community Theatre Auditions

Area II Community Theatre is sponsoring Auditions for Arsenic and Old Lace June 12-13 at 6 p.m.

Roles are available for as many as five females and as few as seven men. This is the stage version of the film made famous by Carey Grant.

The Carey Grant character has two lively old Aunts, one brother who thinks he is Teddy Roosevelt, another brother who is a sociopath (in the film played by Raymond Massey) whose constant companion is a plastic surgeon, Dr. Einstein, (played by Peter Lorre in the film). The aunts rent rooms to older

men who have no family then poison them, telling Teddy that they are yellow fever victims and he must bury them in the cellar where he is digging the Panama Canal.

For more information, contact John M. Wood III, DMWR Area II Support Activity at 723-5721 or e-mail at woodjo@korea.army.mil or visit <http://area2.korea.army.mil>.

### Warrior Country Tennis Championship

MWR is sponsoring the "Warrior Country" Tennis Championship Sept. 4-5 at the Camps Red Cloud and Stanley's Tennis Court.

The event is open to active-duty Servicemembers assigned to Warrior Country.

The age categories are as follows:

- Men's Open - 31 and under
- Men's Senior - 32 and older
- Women's - No age limit

For more information, contact the Warrior Sports (Area I) Office at 732-6927.

### Family Safety Day

The USAG Humphreys Safety Office will host Family and Motor Vehicle Safety Day at Camp Humphreys June 20.

All Soldiers, Family members, civilians and invited guests are welcome to attend this event.

The purpose is to provide safety education to members of the Humphreys and Area III community.

Various activities including POV and Motorcycle Safety Inspections, bike rodeo and DUI Simulation are scheduled.

Blood pressure, cholesterol, and body fat screenings are also a part of this event. All participants will receive free refreshments, lunch, and a chance to win prizes.

All events will take place at the USAG Humphreys Community Activity Center from 8 a.m. to 4 p.m.

For more information, contact Randy Turnage at 754-6000.

### Aerobics Class

The Camp Red Cloud Fitness Center sponsors an aerobics class every Tuesday and Thursday from 7 p.m. to 8 p.m.

The instructor is Maj. Cutie J. Jackson. This free class is available for men and women of all ages.

For more information, call the Camp Red Cloud Fitness Center at 732-6309.

### Movie Night

Camp Red Cloud's Community Activity Center sponsors a movie night every Friday at 6 p.m.

This is your opportunity to see your own DVD on a big 10-footscreen with your friends. All you have to do is bring your favorite DVD to the Camp Red Cloud CAC.

Find a couch to sit on, grab free refreshments, and enjoy the show.

For more information, call 732-6246.

## 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.

June 6 ... Nim's Island  
Run Fatboy Run  
June 7 ... 21  
Stop Loss  
June 8 ... Indiana Jones and the Kingdom  
Superhero  
June 9 ... Indiana Jones and the Kingdom  
June 10 ... 21  
June 11 ... Stop Loss  
June 12 ... Nim's Island  
June 13 ... Prom Night  
21  
June 14 ... The Ruins  
Street Kings

### Camp Red Cloud

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

June 6 ... Indiana Jones and the Kingdom  
Nim's Island  
June 7 ... 21  
Stop Loss  
June 8 ... Stop Loss  
Nim's Island  
June 9 ... Leatherheads  
June 10 ... Run Fatboy Run  
June 11 ... No Showing  
June 12 ... Sex and the City  
June 13 ... Sex and the City  
The Ruins  
June 14 ... Prom Night  
Street Kings

### Camp Hovey

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

June 6 ... 21  
June 7 ... Nim's Island  
Indiana Jones and the Kingdom  
June 8 ... Stop Loss  
Run Fatboy Run  
June 9 ... 21  
June 10 ... Indiana Jones and the Kingdom  
June 11 ... Run Fatboy Run  
June 12 ... Stop Loss  
June 13 ... Horton Hears A Who  
June 14 ... Prom Night  
Sex and the City

### 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.

June 6 ... Nim's Island  
21  
June 7 ... Nim's Island  
Stop Loss  
June 8 ... Run Fatboy Run  
21  
June 9 ... Nim's Island  
June 10 ... No Showing  
June 11 ... Sex and the City  
June 12 ... Stop Loss  
June 13 ... The Ruins  
Prom Night  
June 14 ... Prom Night  
Street Kings

### Camp Humphreys

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

June 6 ... Indiana Jones and the Kingdom  
June 7 ... Indiana Jones and the Kingdom  
June 8 ... Indiana Jones and the Kingdom  
June 9 ... Run Fatboy Run  
June 10 ... Run Fatboy Run  
June 11 ... Superhero  
June 12 ... Superhero  
June 13 ... Bee Movie  
Sex and the City  
June 14 ... Nim's Island  
Sex and the City

For additional movie times visit:  
[www.aaffes.com](http://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

athedral: 753-3153

LDS: 730-5682



# Hip-Hop artist aims to keep Soldiers out of trouble



**Story & photos**  
**by Master Sgt. Donald Sparks**  
*Public Affairs NCOIC*

During his first tour with the 2nd Infantry Division from 1997-1998, then-Pfc. Jason Mitchell was a regular in the "Ville." Labeling himself as a knucklehead back in the early days of his Army career, he constantly sought and found trouble.

"I used to get into fights, drink excessively, and miss curfew," Mitchell said, now wearing the rank of

chief warrant officer. "Some of the same incidents that I see our young troops doing today reminds me of the same stuff that I got into - but now I want to do my part of keeping them out of trouble."

"All of these incidents bring a negative impact on the mission and those Soldier's units," he added.

Mitchell, a gospel hip hop artist, sponsored a Kingdom Fest Hip Hop event as an alternative to Soldiers going to the "Ville." It was held at the Camp Casey Digital Conference Center May 10. He personally invited

other gospel Hip Hop artists and poets on the peninsula to participate in the event, provided free barbecue and gave \$200 out of his own pocket in a raffle.

"Music is a huge influence in our world and when you hear music with cursing and negative messages, the same message will eventually come out of you," Mitchell said.

Currently assigned as a logistics management officer with the 210th Fires Brigade, Mitchell told the audience that he didn't always rap with a positive message. The 31-year-old native of Augusta, Ga., used to open up for famous Hip Hop acts such as OutKast, Goodie Mob and Pastor Troy, and he lived the wild and violent lifestyle that came with it.

After he survived a near-death drive-by shooting attempt on the day his child was born, Mitchell's wife, Miranda, made him go to church to be thankful for still living. This is when, he said, he began to slowly transition from his former lifestyle and realized that he could perform his love of rapping while delivering a spiritual message through beats and lyrics.

Since 2005, Mitchell has taken his style of rap all over the country to thousands of people. He has been

nominated for a Stellar Award, the premier gospel event that recognizes and honors gospel, and last year made 150 performances on stage.

Despite all the success he's had, he mentioned that, "it doesn't mean anything if I can't help other people who were once in my position."

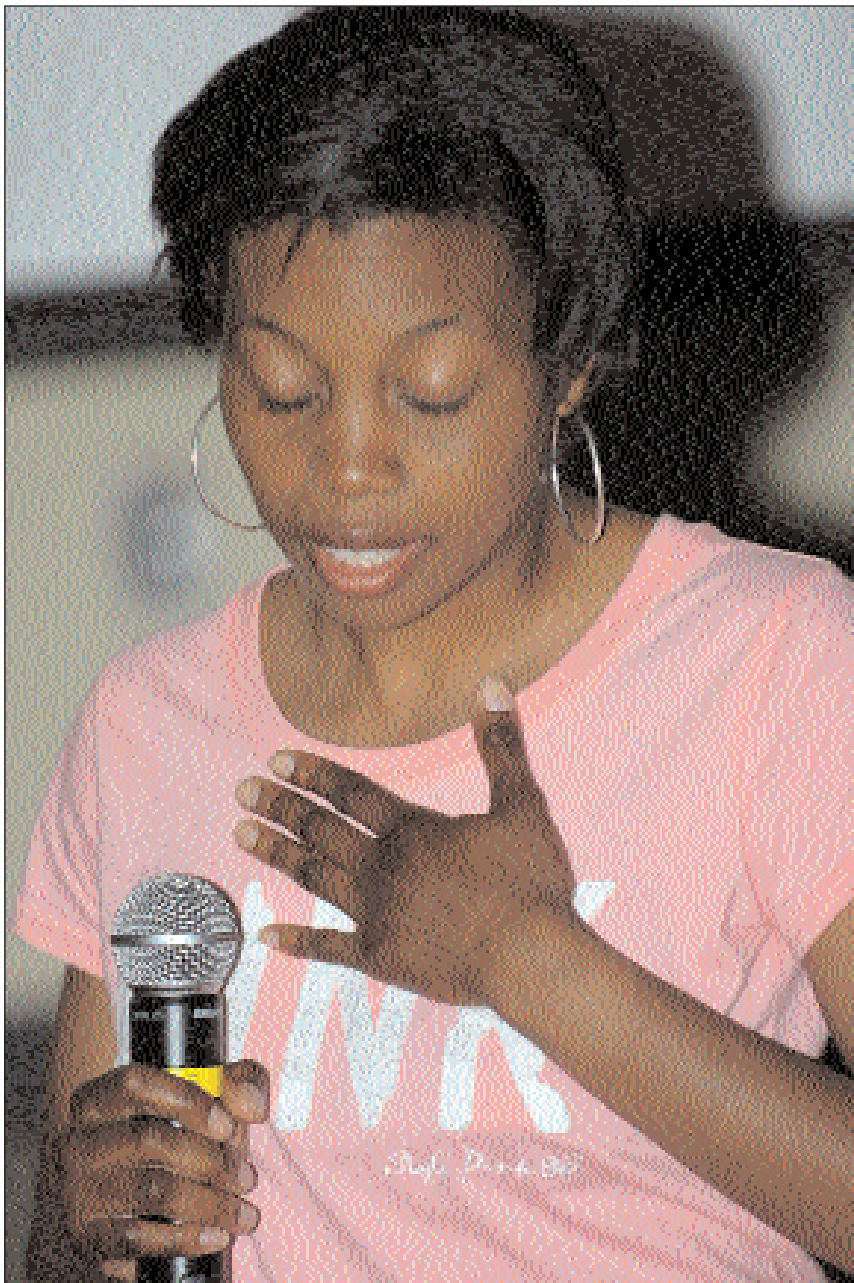
"This event should help Soldiers learn more about the positive side of rap/Hip Hop and see that you can still have fun without all the negativity, deglamorizing women, drinking and fighting," Mitchell said.

Staff Sgt. Leon Spikes, Headquarters and Headquarters Troop, 4th Squadron, 7th Cavalry Regiment, was invited by a friend to come to the event and was surprised by what he heard.

"I'm glad that I came to check this out," Spikes said. "The music had the same Hip Hop style, but with a positive message. It shows that you can still dance, fellowship and have a good time."

Mitchell plans to host another Kingdom Fest later in the summer.

"We hope this event will change a Soldier's life and in turn, spread to other Soldiers, which will have a better impact and readiness for our units across Area 1," he said.



Sp. Shameeka Cunningham, Company A., Division Special Troops Battalion, recites a poem during the Hip Hop Gospel Fest.



Chief Warrant Officer Jason Mitchell, 210th Fires Brigade, performs one of his gospel hip hop tracks during the Hip Hop Gospel Fest.

# Troop 203 beats odds

Story & photo by Stacy A. Ouellette

USAG-H Public Affairs

HUMPHREYS GARRISON – What has four heads and eight legs?

The USAG Humphreys Boys Scout Troop 203. With only four members enrolled, this Troop continues to provide boys with a fun, positive learning environment.

"Troop 203 has had some issues in recruiting new scouts here," said Chief Warrant Officer Thomas Bain, Company B, 3rd Military Intelligence. "As the Garrison continues to grow, I see those challenges diminishing as families and boys seek out scouting. The low numbers means that the boys have to work harder at events, and the parents chip in when we can."

Ideally, a Troop would have a full patrol consisting of five to eight boys. The only requirement to joining the Boy Scouts is age, rather than experience. Scouts must be at least 11 years old, or 10 years old and have completed the fifth grade.

They can continue on through the program until they are 17 years old. There is a yearly prorated \$24 membership fee for all participants.

Troop 203's current Scout Master Sgt. Leigh Muckey, 527th Military Intelligence Battalion, 501st Military Intelligence Brigade. Muckey has been involved in scouting since he was 5 years old.

"I was fortunate enough to be a part of the program from an early age," said Muckey. "Scouting trains boys to become men and helped me become the person I am today. It taught me values but it especially prepared me for adulthood. It taught me the meaning of keeping ones word. It teaches boys how to be leaders."

As the Scout Master, Muckey is responsible for guiding the scouts. Since the program focuses on the boy scouts themselves running it, they decide where to campout and what they want to teach and learn together.

"My role is simply to facilitate and serve as a mentor and guide for the



The USAG Humphreys Boy Scout Troop #203, consisting of (l to r) Mathew Collins, Jared Collins (back), Jose Lopez, Tommy Bain, and Tom Bain, are the smallest troop in the ROK.

boys. They do all the hard work. In scouting the authority doesn't lie with the adults. They lead each other so they have to learn how to interact in order to accomplish what needs to be done. It's a skill they have for the rest of their lives," Muckey said.

In the program scouts are taught the Scout law it is: trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent. Scouts are also taught leadership and selfless service, Muckey said.

Recently, the troop attended the annual Spring Camporee held at Camp Carroll, Daegu. This weekend was dedicated to campsite set-up and sporting events. Five troops from across the Peninsula gathered for this event. Pack leaders from each served as the judges for various competitions in camp site set-up, scout spirit and overall site. This year, Troop 203 earned three ribbons, which was great since they were the smallest group in attendance, Bain said.

"The Boy Scouts and other scouting organizations on USAG-Humphreys are a great experience for both the children and the adult leaders that support them. It not only serves as a means to keep oneself busy, but gives you great satisfaction in seeing the children succeed in the events they undertake," Bain said.

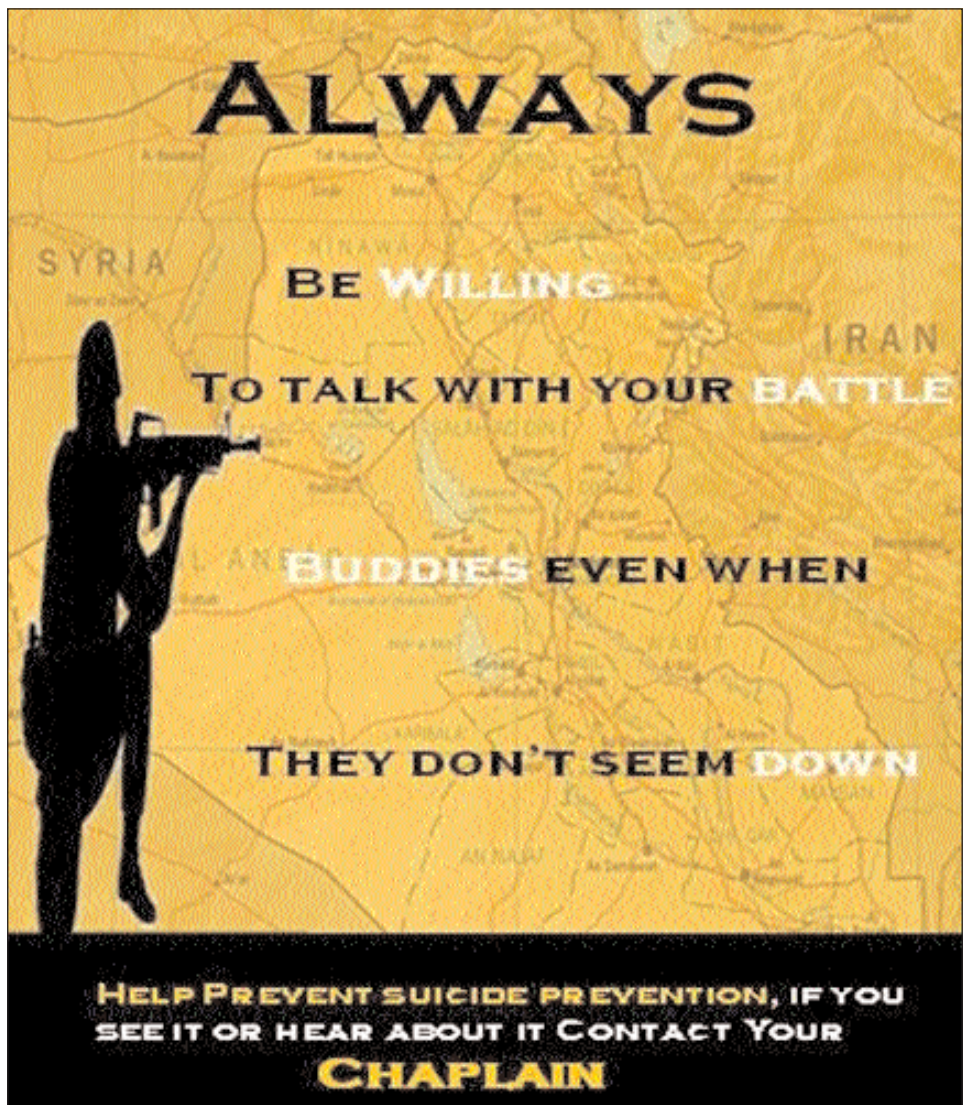
The next big event is the Summer Camporee, held off post in this area. The Troop meets every Tuesday at 7 p.m. in the Commander's Community Center in the Zoekler Station area.



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## Saliva spits for CRC

Josey Scott of Saliva sings for Soldiers outside Mitchell's Sports Grill on Camp Red Cloud May 21. Saliva and Puddle of Mudd performed as part of a tour for United States Forces Korea.



# Insadong: Korean island in westernized Seoul



Soon, your time will be up in Korea and you will feel somewhat pressured into bringing something back for your friends and Family. Where do you start? Insadong is probably your best bet.

Insadong is where you can get most Korean souvenirs, including pottery, accessories, jewelry boxes, calligraphy, hand-pressed papers and much more.

It is an area in the center of Seoul with one main street, which hosts many antique shops, restaurants, souvenir shops, street-food vendors and art galleries. The common denominator of these places is they are all very traditionally Korean. It is an island of Korean extravaganza in westernized Seoul.

The Seoul metropolitan government is deliberately trying to keep it as original as possible. One example of this is the fact the Insadong Starbucks coffee shop. It is the only one in Korea with its sign written in Hangeul.

Other shops try to keep the originality of old buildings, which is more apparent if you take side streets.

Insadong is traditionally an area with lots of antique shops and art galleries because the Ministry of Art used to be located in this area. Antique shops have been in business since the 1920's.

The fame of Insadong has grown every year since the 1988 Olympic

Games, when many foreign tourists came to visit Seoul. Since then, it went through a series of road renovations, making it more pedestrian friendly, and bringing more commercial shops and tea houses for tourists.

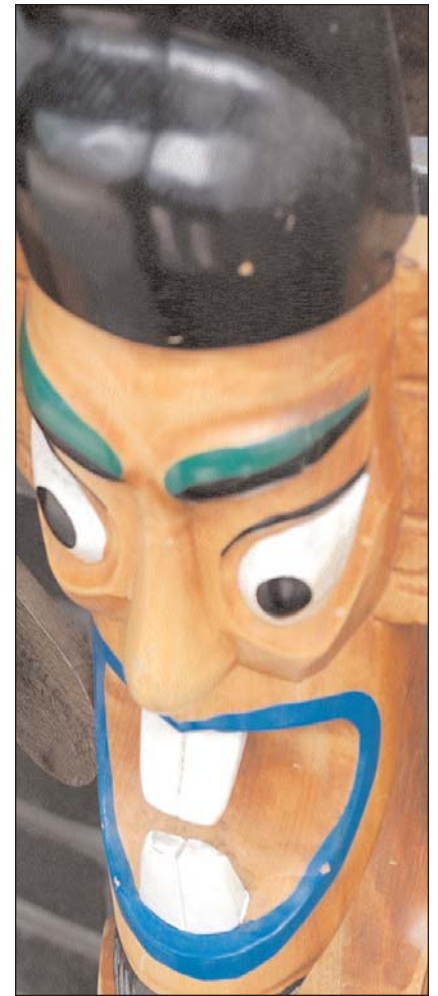
There is no doubt the place is touristy, but you have to dive into a pond to catch a fish. If you are looking for souvenirs, you have to go to the most tourist place to find them. However don't be put off by the touristy price or quality because local restaurants are frequently visited by the nearby office workers at lunch time and galleries are always filled with local artists.

The street has a flea market feel to it. There are loads of vendors selling things like Ninja swords and antique Buddha statues. You will find lots of the same items in different shops, but they may have different prices, so sure you check elsewhere or bargain before purchasing. There are tons of souvenir items, so however little or large your budget is, you will definitely find something to buy.

The best way to browse Insadong is to follow the main street called Insadonggil from the very bottom to the top once. Then on the way back, explore the little side streets. Insadonggil is almost like a tree, branching out to many side alley ways, which are very interesting to walk along because they are very narrow and curvy with Korean restaurants and traditional tea houses. You need to look out for traditional houses converted into restau-



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rants. Many of them have an excellent selection of Korean food and lunch-set menus, which gives you a tasteful sample of dishes that are more than enough to fill your stomach.

Whether you are looking to get souvenirs for your stamp-collecting dad and art-loving mom, or simply something to remind you of your time in Korea, check out Insadong this weekend!

**How to get there:** Take the Metro line #1 (Dark Blue) toward Incheon, from Uijeonbu and Dongducheon Station, and get off at Jongno-3-ga Station. Come out of Exit #1 and walk straight for two blocks. After crossing at the main junction, turn right. The road splits into two, one to the right and one to the left, take the left one and follow the crowd. That is the main street, Insadonggil.



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Top: Korean traditional guardians are displayed for sale in front of an antique shop along the Insadonggil. There is a pagan belief that the female guardian protects the underground and the male guardian protects anything above the ground. Above: A man in traditional labour dress hammers down ddukmae, which is the old fashioned way to make rice cake. Many food stalls display a visual presentation of how food is prepared in Insadong.