



Indianhead



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August 1, 2008



Sgt. Shawn Edwards

Sling Blades

A UH-60L Blackhawk takes to the sky to transport a HMMWV to another section of the runway during sling-load training exercises at Camp Humphreys July 18. Soldiers of 2nd Combat Aviation Brigade trained to sling heavy loads to aircraft and transport the cargo from one location to another.



Aspen Zesiger (middle) watches as Soldiers play a game of foosball after the grand opening of the new Community Activities Center at Camp Eagle July 18.

New CAC means more fun for Camp Eagle Community

Story and photo by Spc. M. Benjamin Gable

2nd CAB PAO

Camp Eagle Soldiers and Family members celebrated the grand opening of their new Community Activities Center with a ribbon-cutting ceremony July 18.

Among those in attendance were Col. Joseph A. Bassani, commander of 2nd Combat Aviation Brigade, and Col. John Dumoulin, commander of USAG Humphreys and Area III.

Dumoulin opened the ceremony by noting the hard work and dedication needed to complete the renovation of the CAC.

"We want to do anything we can to help improve the quality of life within the community," said Dumoulin. "And this new Community Activities Center will help us do that."

Bassani then joined Soldiers, KATUSAs and family members for the ceremonial ribbon-cutting.

The new CAC wasn't always the place

See **EAGLE**, page 3



VOICE OF THE WARRIOR:

What is the number one on-the-spot correction you make?



"I yell at everything!"

1st Sgt. Melanie Carr,
4th Bn., 2nd CAB

"Keep the uniform clean."

Staff Sgt. Herbert Elliott
HHC, DSTB



"Soldiers wearing headphones in civilian clothes while walking."

Sgt. David Postel,
HHSC, DSTB



"Soldiers with their hands in their pockets."

Staff Sgt. Tia Mckissack,
HHSC, DSTB



"Cuffing of the sleeves."

Staff Sgt. Steven Key
HHC, DSTB



"Haircuts. I blast Soldiers for long hair."

Staff Sgt. Daniel Garcia Jr.,
4th Bn., 2nd CAB



COMMANDER'S CORNER:

Good Neighbors Ambassadors for America

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

Every service member and family member stationed in Korea in the Second Infantry Division represents the United States of America. As we serve in this ancient nation with a 5,000-year history and rich culture, we must respect that history and culture and remember the Golden Rule: treat our Korean friends as we would want to be treated.

The Warrior Division has a well-deserved reputation for highly disciplined Soldiers serving our ROK-U.S. Alliance in defense of the Republic of Korea. With your assignment to Korea and the Warrior Division you are joining a long, proud line of U.S. military and family members who have strengthened this alliance over the past 58 years.

Service in Korea produces results. The ROK-U.S. Alliance is the most successful alliance in the world today and over the years has helped the ROK grow to the world's 11th largest economy.

You are an American Ambassador and are a part of our Good Neighbor Program. Our Good Neighbor Program has numerous opportunities to get involved and to participate such as the Korean-American Friendship Council, the ROK-U.S. Partnership Program, the Home Visitation Program, the Individual Sisterhood Program, the Adopt-a-School/Orphanage Program, numerous cultural tours and many other venues.

All of these programs emphasize personal and professional relationships with our Korean hosts. The way you interact with our Korean friends makes a real and meaningful differ-

ence in the strength of our enduring alliance.

Our Korean Augmentations to the U.S. Army (KATUSA) Soldiers are invaluable and often overlooked assets within our ranks who can help introduce you to the culture of Korea. KATUSA Soldiers serve side-by-side with us everyday on Freedom's Frontier. They are combat multipliers who help ensure our ability to fight tonight and win decisively if called upon to do so.

However, our relationship with our KATUSA Soldiers doesn't have to end at the close of the regular workday. Our KATUSA Soldiers know the language and culture of Korea and I am sure, if asked, will be more than willing to share their insider's knowledge with you while off duty. Don't let language and cultural differences deter you from forming lasting, possibly lifelong friendships with our KATUSA Soldiers.

If you make the honest effort you will quickly realize how much more enjoyable your tour will be and what a better ambassador for the United States, and a better friend to the great people of the Republic of Korea you will be.

I challenge each one of you to embrace the wonderful differences that this great country offers, making real the refrain of "Katchi Kapshida-We Go Together."

Second to None!



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EAGLE

See Page 1

place to be. The building was once used as a component repair facility for maintenance and repairs.

However, with the renovation complete, the CAC will now provide the Camp Eagle community with a place for rest and entertainment. The new CAC offers a movie and television room, ping pong and pool tables, a reading room and video game center. There is also a music room for practice and play.

According to Cpl. Jason Lavender, an Apache maintainer with Headquarters and Headquarters Company, 1st Battalion, 2nd Aviation Regiment, 2nd CAB, it means so much to Soldiers who have lived at Camp Eagle in the past to now have a place to relieve some of the everyday stresses. Lavender has been stationed at Camp Eagle for two years and remembers when they didn't even have a Commissary.

"The new CAC will really boost the morale of Soldiers living here," he said. "We are all excited to be able to finally have a place like this."

The new Community Activities Center is just the latest of what Camp Eagle will offer its community.

A new library is currently being constructed on the top floor of the CAC and will give Soldiers and Family members a place to surf the Internet and check out books. A new coffee shop is also in the works.

Camp Eagle Morale, Welfare, and Recreation will also use the CAC to promote its many activities such as trips to the ski resorts near the base.



Col. Joseph A. Bassani, (second from right), commander of 2nd CAB, looks on as Soldiers and Family members cut a ribbon signifying the grand opening of the newly refurbished CAC at Camp Eagle July 18. The new building, which was once used as a component repair facility, was renovated to improve the quality of life for those living at the military base.

Though other bases may have more amenities, Camp Eagle is quietly becoming a favorite.

"Camp Eagle is one of the best secrets in the Army," said Capt. Bryan Zesiger, commander of Co. D., 1st Bn., 2nd Regiment Aviation Attack Regiment, 2nd CAB, whose Family was in atten-

dance for the ceremony. "We now have something for everybody."

More than \$30,000 was saved during the refurbishing of the new CAC. This money will be used to purchase more items for Soldiers and Family members to enjoy.

2ID honors incoming and outgoing leaders

Story and photo by
Cpl. Sohn, Joon Hyung

Staff Writer

In the U.S. Army, the Shoulder Sleeve Insignia (SSI) is worn on the left upper arm, just below the shoulder.

However, Soldiers who are in a combat situation are authorized permanent wear of their SSI on the right upper arm. This SSI recognizes "former wartime service," and is called a "combat patch."

The patch is more than just a piece of cloth. It is a symbol for Soldiers who make achievements in overseas service.

"The patch ceremony is a tradition now to honor incoming and outgoing



Brig. Gen. Joe E. Ramirez, Assistant Division Commander (Maneuver), shakes hands with Col. (P) David A. Teeples, ADC (Support) after his retirement ceremony.

leaders," said William Alexander, director of the 2ID Museum. "We have also had patch ceremonies to honor Soldiers' retirements." In the past, 2ID has also honored incoming Soldiers who had received

awards for valor while deployed to Iraq and Afghanistan, Alexander said.

Most recently, Soldiers of the 2nd Infantry Division participated in a patch ceremony at Camp Red Cloud's Village Green July 23.

The ceremony recognized Col. (P) David A. Teeples, Assistant Division Commander (Support) for his service to 2ID and the Korean peninsula.

2ID also honored Col. Robert P. Pricone, Chief of Staff for his contributions and recognized formal farewell July 29.

Upcoming patch ceremonies are scheduled for outgoing Brig. Gen. Joe E. Ramirez, Assistant Division Commander (Maneuver) Aug. 5 and incoming Brig. Gen. Walter M. Golden Jr., ADC (S) Aug. 11 at the Camp Red Cloud's Village Green.



Retreat offers Soldiers relationship lessons

Story & photo by
Cpl. Bo Park

Staff Writer

One of the challenges each Soldier faces is maintaining a personal relationship and finding the right partner. It can be especially difficult with frequent deployments and relocation due to mission requirements. So the Army helps Servicemembers to find the right partners and build healthy Families.

Under the program of Strong Bond, initiated and fully supported by the Chief of Chaplains, 210th Fires Brigade chaplain's office offered a single Soldiers' retreat at the Dragon Hill Lodge, Yongsan July 10-11. Strong Bond for singles is used to bring Soldiers out of their comfort zones and give them a handful of resources to make smarter decisions when finding a mate in their private lives.

"We only provide tools to help them make informed decisions and chances to reflect on their values, but the choices are theirs to make," said the program instructor, Chaplain (Capt.) Chan Ham, 6th Battalion, 37th Field Artillery.

Over five sessions, Soldiers learned to examine priorities, manage mate-choosing patterns and evaluate a



21D Chaplain (Lt. Col.) Richard Spencer expresses thanks to the Soldiers who attended the 210th Fires Brigade Single Soldiers retreat July 10 at the Dragon Hill Lodge during one of the five sessions informing them how to find the right relationship.

relationship's potential through active discussions and exercises. Guide books and an emotion measuring apparatus were given out for future references and visualization to help inform rational decisions.

The retreat also provided an escape from daily life.

"Yongsan offers more features that Area I could not provide, such as great accommodations and proximity to Seoul, where Soldiers can enjoy touring," said another instructor of the

program, Chaplain (Capt.) Chang Park, 70th Brigade Support Battalion. "Soldiers can concentrate on their personal matters and develop their skills more effectively."

However, this retreat was not just an opportunity for sightseeing Seoul and taking time off from work.

"I would have saved over \$20,000, if I came to this retreat earlier," said Spc. Daryl Olthoft, F Tab, 210th Fires Bde. He explained that he had been in a few relationships that were finan-

cially draining and time consuming. Now he is much more confident in making his current relationship work after attending the program.

"They geared us with all the necessary tools to accomplish the end result for a reliable mutual relationship. It was a good chance to get to know myself, and has given me a different perspective on relationships in general," said Olthoft.

"Thank you for coming to the retreat," said 21D Chaplain (Lt. Col.) Richard Spencer. "Think of this as an investment in your future. You are the biggest asset to the Army's inventory, so taking care of yourselves both mentally and spiritually as well as physically is essential."

During the after action review, the attendees complemented the practical and effective curriculum layout and location. The two chaplains thanked all those who made the retreat successful and wished to encourage other chains of command to get involved in chaplain activities to help Soldiers understand and overcome the challenges of their personal lives.

"I got a better understanding on how to make things work in a relationship," said Spc. Charles Micheles, Company B, 6th Bn., 37th FA. "This program is a reminder of how the Army is looking out for us, the Soldiers."



Col. Joseph A. Bassani, commander of 2nd CAB speaks to locals at the Pyongtaek city hall regarding air traffic noise during a town hall meeting July 11. During the meeting, Bassani spoke with the local community about ways to lower the noise from low-flying military aircraft during night missions.

2nd CAB pledges neighborly flights

Story & photo
By Spc. M. Benjamin Gable

2nd CAB Public Affairs

The commander of the 2nd Combat Aviation Brigade hosted a town hall meeting to discuss issues concerning the community of Pyongtaek July 11.

Col. Joseph A. Bassani addressed ways the U.S. military plans to control noise caused by low-flying aircraft and night time training exercises in and around Camp Humphreys.

The town hall meeting was an opportunity for concerned locals to voice their opinions and offer advice on ways to keep the noise to a minimum. Approximately 75 members of the Pyongtaek community attended the open meeting.

Bassani began by acknowledging the importance of military training in Korea, but also recognized that locals have the right to quality of life. He said the military's presence here should provide as few disruptions as possi-

ble.

During a slide show illustrating current flight paths for 2nd CAB, Bassani clarified arrival and departure routes and why these specific routes are vital to mission success.

"All pilots have their maps marked with these routes and these no-fly areas," said Bassani, asserting his dedication to noise control and safety. "We take every effort to avoid schools and built-up areas to operate friendly."

In addition to avoiding these locales, all pilots have also been instructed to avoid any needless hovering over residential areas and livestock. Bassani also informed those in attendance that he has a policy letter that is briefed to the crews and is designed to minimize the impact of operations on the lives of the citizens of the community.

Bassani summed up his presentation by saying it is important to keep an open dialogue with the community so they know the military is trying very hard to fly in a

neighborly manner and have minimum impact on the lives of those living in and around Camp Humphreys.

The floor was then opened for questions or comments regarding noise control within the community.

According to In-Jae Lee, a member of the Pyongtaek community and moderator for the town hall meeting, the citizens were pleased with both the answers given by Bassani and the actions 2nd CAB has already taken to relieve noise in the area.

"We have supported and will continue to support the American military here because we know they keep the best interests of the community," said Lee.

This town hall meeting was the first of many to come for Bassani as commander of the 2nd CAB.

Bassani added that any issues should be addressed, so the military can do its best to balance the need to train and fight with the need to protect the citizens' quality of life.

WARRIOR NEWS BRIEFS

Hovey Indoor Swimming Pool Hours

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

The new schedule is as follows:

- Sunday, Monday, Thursday, Friday & Saturday: 11 a.m.-8 p.m.
 - Tuesday & Wednesday: Closed
- For more information, call 730-4135.

Army Tuition Assistance

As the beginning of a new fiscal year approaches, and in preparation for year-end close-out, the following guidance is provided concerning use of end-of-year Army Tuition Assistance (TA).

All course enrollments with start dates through Sept. 30 must be requested in 'GoArmyEd' on or before midnight, Eastern Standard Time (EST) Sept. 25. Attempts to enroll in courses after midnight, EST on Sept. 25 will not be approved. This enrollment cut-off is necessary to allow for the fiscal year "change-over."

Education Services Officers (ESO) should work very closely with their supporting Academic Institutions (AI) to ensure registration deadlines of midnight, EST on Sept. 25 for courses with start dates through Sept. 30.

ESOs should also take full advantage of the media to initiate a campaign to help get this message to Soldiers.

This enrollment cut-off has no impact on registration for courses starting Oct. 1 or later (FY09 enrollments). Please note that as always, FY09 enrollments are subject to availability of funds.

For more information, call 732-7015.

Warrior Country Flag Football Championship

MWR is sponsoring the "Warrior Country" Flag Football Championship Aug. 30-31 at the Camp Red Cloud Field.

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

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

New PX Hours

AAFES has changed the operational hours of the new Troop PX for Camp Red Cloud. The hours are Monday through Friday from 4-9 p.m. and closed on Saturday and Sundays. This will be a 60-day trial period.

For more information, call 732-6263.

Federal Women's Program Symposium

The Equal Employment Opportunity Federal Women's Program (FWP) will host its first Special Emphasis Program (SEP) event entitled "Women's

Professional Development Symposium (WPDS)" on Aug. 12 from 8 a.m. to 4 p.m. at the Camp Casey Digital Conference Center.

Topics will highlight career enhancement, health issues, training, development and fun.

The registration form must be used to sign up for the seminar of your choice.

The event is free and open to all civilian and military workforce, tenant activities, and U.S. Army Garrison and Area I Community members.

For more information, call 730-4144.

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-foot screen 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.

Aerobics Class

The Camp Red Cloud Fitness Center is sponsoring an aerobics class every Tuesday and Thursday from 7 p.m.-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 732-6309.

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.

August 1 ... Indiana Jones and the Kingdom of the Crystal Skull
August 2 ... The Strangers
August 3 ... The Chronicles of Narnia: The Lion, the Witch and the Wardrobe
August 4 ... The Dark Knight
August 5 ... The Chronicles of Narnia: Prince Caspian and the Witch
August 6 ... Iron Man
August 7 ... Indiana Jones and the Temple of Doom
August 8 ... You Don't Mess with the Zohan
August 9 ... You Don't Mess with the Zohan: The Happening

Camp Red Cloud

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

August 1 ... The Dark Knight
August 2 ... Indiana Jones and the Kingdom of the Crystal Skull
August 3 ... The Strangers
August 4 ... Sex and the City
August 5 ... The Chronicles of Narnia: Prince Caspian and the Witch
August 6 ... No Showing
August 7 ... Step Brothers
August 8 ... Step Brothers
August 9 ... Indiana Jones and the Kingdom of the Crystal Skull
August 10 ... The Happening

Camp Hovey

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

August 1 ... The Chronicles of Narnia: The Lion, the Witch and the Wardrobe
August 2 ... Indiana Jones and the Temple of Doom
August 3 ... Deception
August 4 ... The Chronicles of Narnia: Prince Caspian and the Witch
August 5 ... The Dark Knight
August 6 ... The Strangers
August 7 ... You Don't Mess with the Zohan
August 8 ... Speed Racer

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.

August 1 ... Indiana Jones and the Kingdom of the Crystal Skull
August 2 ... The Forbidden Kingdom
August 3 ... The Chronicles of Narnia: Prince Caspian and the Witch
August 4 ... Indiana Jones and the Temple of Doom
August 5 ... No Showing
August 6 ... Step Brothers
August 7 ... Indiana Jones and the Temple of Doom
August 8 ... You Don't Mess with the Zohan: The Happening

Camp Humphreys

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

August 1 ... The Dark Knight
August 2 ... The Dark Knight
August 3 ... The Dark Knight
August 4 ... You Don't Mess with the Zohan
August 5 ... You Don't Mess with the Zohan: The Happening
August 6 ... The Happening
August 7 ... The Happening
August 8 ... Ratatouille
August 9 ... The Chronicles of Narnia: Prince Caspian and the Witch
August 10 ... The Chronicles of Narnia: Prince Caspian and the Witch

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



Sgt. Jeremy Berry of 1st Heavy Brigade Combat Team goes up for a shot during the Gunline Showcase 2008 at the CRC gym July 12.

Area 1 Ballers battle on hardwood for charity

Story & photo by Sgt. Leith Edgar

Editor

No million-dollar contracts motivated the players. Lucrative endorsement deals weren't available. None of the best plays even made the highlight reel of the nightly news.

Yet the players competed as if the four-team, double-elimination tournament was March Madness or the NBA Finals.

More than a chance to win bragging rights, the Gunline Showcase 2008 July 12 offered an opportunity for Servicemembers from across Area 1 to have fun while supporting a good cause.

The proceeds of the tournament at Camp Red Cloud's Gym benefitted the Evergreen Orphanage of Uijeongbu, which the 2nd Infantry Division chaplain's office regularly supports, said Sgt. 1st Class William Benjamin, who organized the event.

For Benjamin, the event was simply the natural fusion of his two passions.

"I love Soldiers and I love basketball. When you put them together, it's great," said the 2ID chaplain's operations noncommissioned officer, Headquarters and Headquarters Company, 2ID.

Although it is softball season, Benjamin saw that many Soldiers wanted to battle on the hardwood. He decided to create a college-rules tournament to fill the void and serve the community's needs.

"It's just a chance to show Soldiers what right looks like; that you can put together something which you like and help people at the same time," said the Bronx, N.Y. native.

Each of the 28 players – from Camps Red Cloud, Casey, Hovey and Stanley – donated

\$7 to participate in the tournament, said Benjamin, who coached the CRC men's team for the past two years and played on the CRC Over 33 men's team.

Aside from the monetary donations, the coaches volunteered their time. Members of the CRC Old School basketball team drafted and coached the four teams.

Teams were determined by a draft "to make it more balanced and to allow Soldiers and players to interact with people who they normally do not," Benjamin said.

The tournament's referees were also volunteers, including Sgt. Maj. James Addie, 2ID operations sergeant major.

Addie said events like the tournament enhance Soldiers' morale and are important for leadership to support because they are a positive alternative to less constructive off-duty behavior.

"If they know they have to be here at 8 a.m. for a game, they probably won't consume alcohol the night before," said Addie, a native of Montgomery, Ala.

Following the tournament there was a three-point shootout, the most-valuable player selection and trophy presentations. To select the tournament's overall MVP, each coach voted for a player from the opposing team.

Benjamin said it wasn't about the money he spent buying the uniforms, shirts and trophies. He was just rewarding good Soldiers who showed their commitment by showing up at 8 a.m.

"If you give them something they want to do and show them who will benefit, you will always have volunteers," Benjamin said. "It's a chance for them to do what they like to do."

Daily Mass

11:30-11:50

Mon. to Fri.

Camp
Red Cloud
Warrior
Chapel



Cpl. Sohn, Joon Hyung

Concert in the Gym

Sgt. Donald Petersen and Sgt. Jonathan Milburn, HHC, 2ID Band, play the saxophone and clarinet during the 'Music on the Green' concert which was held at Camp Red Cloud's Gym July 24 due to inclement weather. The Division Chaplain's Office sponsored the free concert, and Commanding General's Mess provided free barbeque meals for the audience.

Green Mile tortures Warriors on CRC

Commentary by Donald L. Sparks
Public Affairs NCOIC

The payback had to come to me eventually. Years removed from wearing my "brown round" in which I tortured new troopers during early morning and sometimes late afternoon PT sessions, the payback is here. I recalled echoing with a thunderous roar, "It only hurts for a minute!" as I made a mockery of their pitiful plight in dealing with the pain that countless push-ups does to the human body.

So upon my arrival to the famed 2nd Infantry Division and being assigned to Camp Red Cloud, it was time to pay what I owed. It was time to meet the Green Mile. My operations NCO failed to warn me about what my calves were about to endure - "We're doing the Green Mile this morning," she said enthusiastically.

Four-hundred and thirty five steps later (that is one-way and I know because I ran it again last week and counted each step); I realized that any relation to the movie of the same name is non-existent. In Green Mile the movie, the symbolism is tied to the power of faith healing. On CRC, the Green Mile symbolizes only one word - hell.

Somewhere around step 211, to take my mind away from the volcanic eruption of pain that was going on through my calves, I wondered how this Green Mile came to be, so I did what a journalist does best - I researched and asked questions.

Here is some of the history that I discovered about the Green Mile as told by Col. Brian Vines, who served as the

Garrison Commander of USAG-Red Cloud from 2002-2004.

"During that time I probably ran the Green Mile hundreds of times," Vines said. "For many of us that could conduct PT on our own, the Green Mile was a social event as well as a physical event. Everyone shared the same pain while running, and the same sense of accomplishment afterward."

Vines mentioned he did not know the history of the Green Mile, but Indianhead archives from 2005 suggested that it underwent construction for two months. I'm sure there was a celebration

of sorts by all the Soldiers during that span.

"I assume it was easy access for the security guards to get to their guard posts behind the GO quarters," Vines said. "The guards used to plant small gardens of vegetables along the Green Mile near their guard posts."

Hmmm, green vegetables along the route, I think we may be on to something. I doubt it very seriously that I would notice and tell a green tomato from a green jalapeno because I'd be too busy trying not to fall from step number 86.

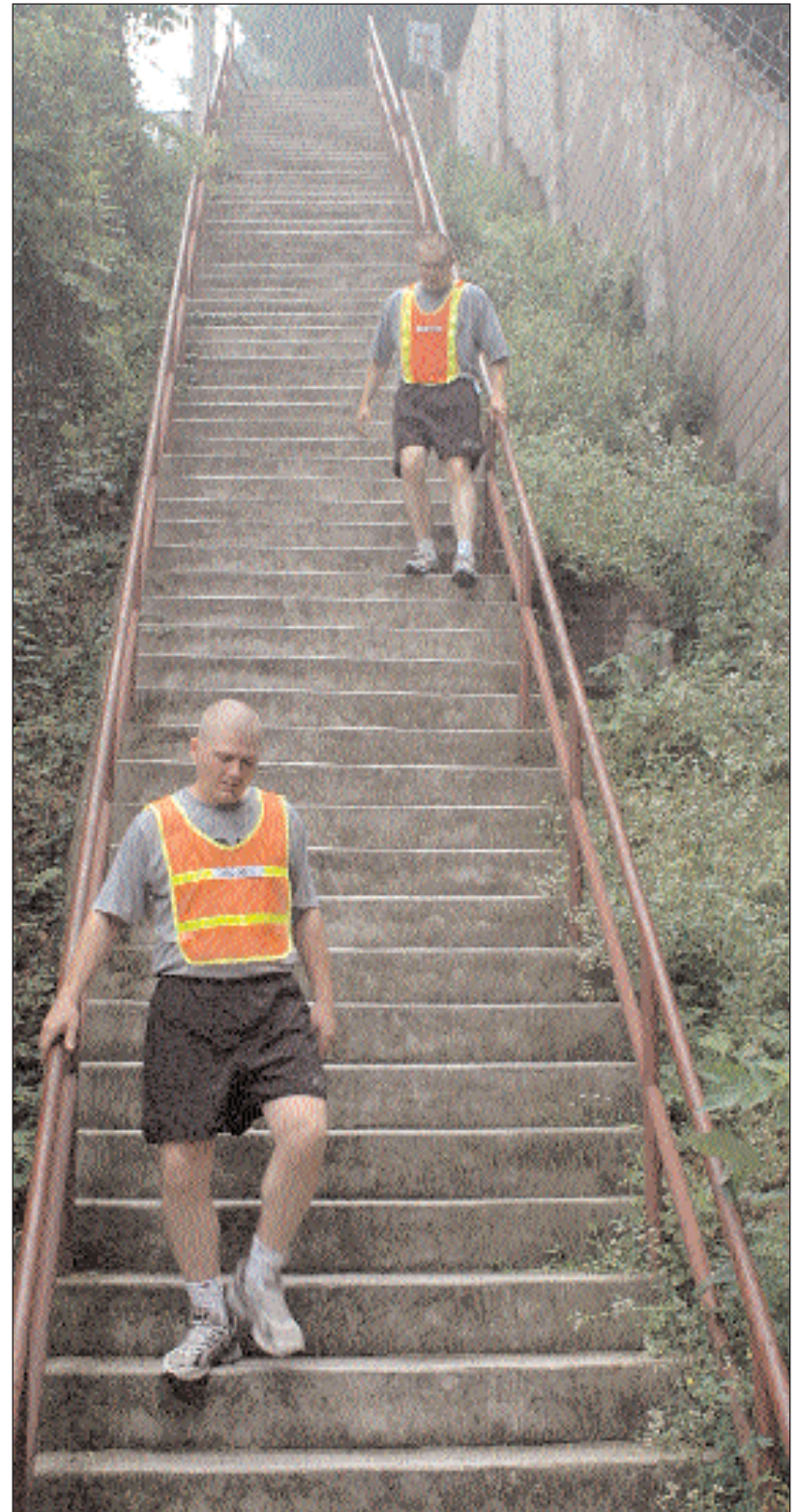
Vines did enlighten me about an unknown fact.

"Many don't realize that they pass a Korean cemetery on Camp Red Cloud when running the Green Mile," he said. "It is a very nice burial plot belonging to a prominent Korean family."

By step 400 and almost at the end of my tormenting journey, I am ready to find rest at that very same cemetery. Then hopefully, John Coffey can come and use his healing powers to restore me so I can do it all over again.

"Everyone shared the same pain while running, and the same sense of accomplishment afterward."

*Col. Brian Vines,
former Garrison
Commander of
USAG-Red Cloud*



Photos by Cpl. Kim, Hyo Joong



Top: Soldiers descend the stairs of the Green Mile on Camp Red Cloud. Left: Soldiers finish the final stretch of the Green Mile, which is made up of 435 stairs. Above: Soldiers run one of the Green Mile's many hills July 23.



Cpl. Bo Park

Sunyudo: eyesore turns into green landscape

Above: The Sunyu bridge is the only pedestrian bridge on the Han river. Below: Rows of poplar trees line the path on the island. Bottom: A lotus flower floats on the aquatic plants area, where a water purification system used to be installed.



Have you ever imagined a botanical garden in a sewage plant? Normally, a clean and oxygen-rich garden is not something that comes to people's minds when a pool of filthy and grimy water is waiting to be treated. Nonetheless, Sunyudo Island now makes a great green space compared to what it used to be: an old filtration plant.

Sunyudo Island was a water-filtration plant from 1978 to 2000. The water that was filtered supplied the southwest of Seoul through water pipes beneath the Han River until its redevelopment in 2002.

It is highly evident that the recycling of old infrastructure is a global trend in architecture and urban planning. Many old factories, warehouses and power plants are converted into something that serves a better purpose for its surroundings. From the world-famous art gallery in London, Tate Modern, that was converted from a power plant to a dental-tool factory that was redeveloped into medium-sized town houses in Missouri, these urban spaces are not only eco-friendly, but also provide a platform for ingenious creativity in conversion.

Sunyudo Island is exactly the same. The entire island is full of trees and aquatic plants, but finding the residual structure from the old days and how they are transformed is even more intriguing. To name a few, the cafe that is on the edge of the island used to be a water-pumping station, and the rusty water valve makes a great statue in the park.

Virtually all of the things that are on the island are from the water recycling plant and transformed into a large natural park.

The island is broken into different sections with themes. Most of the small vegetation and flowers are planted in the garden of time. However, as the name tells, rough concrete and grayness bring out more of the beauty of nature and tell how old the island is. Also, there is a history museum of the Han River, which helps to answer a lot of the questions about the river, including its ecosystem, cultural heritage and redevelopment. Waterfall and bamboo-tree mazes are ideal places to cool off during the summer season like this.

As you walk on the path, you will come across many different types of trees and plants, all properly labeled, until you reach the only pedestrian bridge on the Han River that connects the island to the land. The National Assembly building can be seen on this half-kilometer bridge, which can also cause a little dizziness because of its height.

It is not anywhere spectacular but rather a cool place to visit on a quiet weekend. It definitely attracts lots of local photographers for its serene greens and picturesque paths. At night, the entire island gets all lit up so visiting the island after dusk is also recommended.

How to Get There: To get to the island, take metro and get off at Hapjung Station, served by line #6, the brown line, using Exit #7. As you walk, you will see a big bridge called Yanghwa Daegyo. Follow the bridge. Two-thirds of the way in, there is an entrance to the island on your right.



Cpl. Bo Park



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