



Indianhead



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August 29, 2008

USFK CDR meets with Warriors

Story and photo by Sgt. Leith Edgar

Editor

The commander of U.S. Forces Korea visited Warrior Country Aug. 25.

It was the first visit to Camps Casey and Hovey for Gen. Walter L. Sharp since he took charge of USFK, United Nations Command and Combined Forces Command in June 2008.

Sharp used the trip to assess the preparedness of 2nd Infantry Division Soldiers by touring motor pools, examining equipment and visiting command posts.

The visit was also an opportunity for Sharp to see the quality of life for 2ID Soldiers firsthand. Sharp visited the barracks of 4th Squadron, 7th Cavalry Regiment, 1st Heavy Brigade Combat Team, and then met with a group of Soldiers in the 4/7 Cav. Sports Cafe.

Following a catered meal, Sharp addressed the Soldiers, some of whom attended with their spouses and children. He asked them for their honest input and feedback. The discussion covered a number of topics, including dependent employment and education, and command sponsorship.

"Their biggest concern up here is the command-sponsorship issue and how it will be expanded," Sharp said.

Sharp said that during his last trip to Washington, D.C., in July, he discussed the expansion of command sponsorship with members of Congress and



Gen. Walter L. Sharp, commander of USFK, UNC and CFC, shakes hands with Sgt. Daniel Brown of 2nd Battalion, 9th Infantry Regiment, 1st HBCT, 2ID, while on top of an Abrams M1A1 tank on Camp Casey, as Spc. Garrett Weeks, also of 2nd Bn., 9th Regt., looks on.

told them that Soldiers returning from deployments and making a permanent change of station to Korea should not have to worry whether their Families can accompany them.

"The last thing we need is another one-year unaccompanied tour to send Soldiers," he said.

However, Sharp explained that Servicemembers and Family members stationed in Area 1 must understand the limited resources available. Since 2ID is slated to move to Camp Humphreys by 2012, new schools and medical services will not be added

to Area 1, he said.

Instead, Sharp said he anticipates he will be able to give 2ID Soldiers and their Families a better idea of the pending move's timeframe in the near future once he consults the engineer group in charge of the massive construction project.

"I really wanted to get around and see what's going on up here," Sharp said. "It was great to be here in the 2nd Infantry Division. I knew it was good up here, but it was the positive attitude of the troops I was most impressed with."

2ID honors women during Equality Day event

Story and photo By
Pvt. Brian Glass

Staff Writer

In 1848, Elizabeth Cady Stanton gave her Declaration of Sentiments at the first Women's Rights Convention held in Seneca Falls, N.Y. She is credited with helping to start the first organized women's rights and suffrage movements in the United States. One hundred and sixty years later, her work, as well as the work of other important women in history, was honored.

A showcase of women's achievements was displayed during a Women's Equality Day observance held Aug. 15 at the Camp Red Cloud

Theater in an effort to promote and honor pioneers in the women's rights movement.

While Women's Equality Day is Aug. 26, the event to honor it was moved up due to training at CRC on that date.

Aug. 26 is used to commemorate women's equality because of the passing of the 19th Amendment to the U.S. Constitution, which was proposed June 4, 1919 and ratified Aug. 18, 1920. To honor it, Senior Equal Opportunity Advisor for 2nd Infantry Division, Sgt. 1st Class Michael Hale, described what he wanted people to get from this event.

"I want the achievements of women to be recognized," said Hale. "People need to be aware of the past."

The guest speaker was Capt.

Kimberly Nelson, U.S. Army Garrison, Headquarters and Headquarters Detachment commander. She also wanted women to be recognized for their achievements and explained how the way to today was paved.

"I gave honor to the women who came before me," Nelson said. "Women like Susan B. Anthony, Rosa Parks and Elizabeth Cady Stanton. If not for them, women would not be where we are today."

The advancements women have made in the military aren't just in active duty. A hundred years after the U.S. Army Reserve was founded in 1908, three out of the five commanding generals in the U.S. Army Reserve are women. Their names are Maj. Gen. Mari K. Eder, Brig. Gen. Anne F.

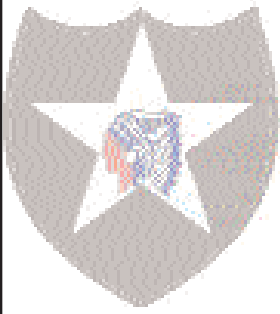
Macdonald and Brig. Gen. Julia A. Kraus.

Women's Equality Day shows the progress that has been made for women's rights, and for one Soldier, it means that much more.

"I do what I want to do now," said Pfc. Veronica Alvarez, healthcare specialist, Headquarters and Headquarters Support Company, Division Special Troops Battalion. "Everything that I'm doing today is all thanks to the women who came before me."

The event showed that while progress has been made in women's rights, so much more can be done.

"It took 42 years for the 19th Amendment to go through," said Hale. "The goal is to keep people aware that equal rights are not there yet, but it is



VOICE OF THE WARRIOR:

What was the most memorable moment of the 2008 Olympics?



"The French swimming team saying they would destroy the U.S., who then won by a split second."

Pfc. Markus Bell, HHB, 210th FSB

"The U.S. comeback in the men's swimming relay."

Pfc. Kyle H. Walton, 4th Bn., 7th Cav. Sqn.



"The U.S. winning all three medals in the fencing events."

1st Lt. Joyce C. Jordan, 1st BSTB, 1st HBCT

"The U.S. beating China in basketball."

Sgt. Kenneth L. Chambers, 2nd Bn., 9th Inf. Regt.



"Menho Choi winning the gold in Judo, giving Korea our first gold medal of this year's Olympics."

Pfc. Cho, Sung Hun, HHC, 2nd CAB

"The U.S. versus Korea baseball game was exciting, but, unfortunately we lost."

2nd Lt. Kelly Hasselman, HHC, 2nd CAB



COMMANDER'S CORNER: Labor Day holiday safety message

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

As we prepare to celebrate this approaching Labor Day holiday, I salute all of the Soldiers, Airmen, Civilians and Family members of The Second Infantry Division. This holiday is intended to honor the efforts of American working men and women, and no one works harder on a daily basis than our folks here in The Warrior Division. It is your disciplined service that continues to ensure a strong ROK-US Alliance.

Labor Day traditionally marks the end of the summer season. This well-earned four-day weekend is a great opportunity to have some final summer-time fun with family and friends before the fall training events get into full swing. However, please keep in mind that the off-duty environment is one of our most challenging environments. Don't let your recreational activities turn into tragedy by disregarding safe practices and principles. This holiday is your opportunity to relax; but always make safety an integral part of your off duty activities. Think and practice Composite Risk Management at all times.

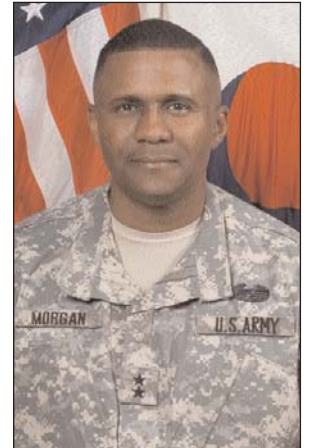
If planning water-based activities, remember basic water safety rules: Never swim alone and swim in approved areas only. Always wear a life jacket or personal flotation device when in any watercraft. Closely supervise all children when they are engaged in activities in or near the water. Alcohol and water activities don't mix.

Going hiking, biking or camping? Remember to use sun block if you will be outdoors. If riding your bicycle on a roadway with other vehicle traffic, use caution, and follow the rules of the road. Always wear an approved bicycle helmet and high visibility safety vest. Motorcycle riders should always wear approved helmets as well as all other mandatory personal protective equipment (PPE). If you are camping, please remember that fire is a constant danger. If

you are in an area that allows campfires, never leave your fire unattended, and make sure that it is out completely before leaving your campsite. Follow all posted regulations for the area in which you are camping.

Taking a road trip?

Make sure that there is a fully stocked first aid kit in your vehicle before you depart. Check your vehicle for safety, and include checks of tire pressure and brake systems. Plan your route ahead of



time, and remember to use the Travel Risk Planning System (TRiPS) located at <https://cra.army.mil>, under the "web tools overview" tab. Always wear seatbelts; ensure that children are securely fastened into child restraint seats or seatbelts. Ensure your

"Be safe and enjoy your well-deserved time off. I'll see you all safely back at work Wednesday morning."

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

immediate supervisor knows where you will be traveling and take good contact numbers along with you. NEVER drink and drive- it's not worth the risk, both personally and professionally.

Remember, no matter what you decide to do, use the buddy system and look out for one another. Make sure you and your buddy drink plenty of water when traveling throughout Korea by bus or train. Always have a fully charged cell phone and take your unit contact numbers with you in case of an emergency.

Let me conclude by saying thank you for your daily selfless service and outstanding contributions to this great division; I appreciate all you do and salute you. Be safe and enjoy your well-deserved time off. I'll see you all safely back at work Wednesday morning.

Second To None!

Correction:

A page 4 story about the FRG Round-up at USAG-Humphreys stated that the next Round-up will be held at USAG-Casey. The event will actually be held at Yongsan.

Indianhead

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Master Sgt. Donald L. Sparks

Yu, Hu Son poses with his personal camera that he has used to capture images of the Soldiers and Airmen serving in the Warrior Division over the past 11 years. He is celebrating 50 years of service to the U.S. Army.

Icon of Photography

Yu spends 50 years documenting Soldiers

Story by Cpl. Sohn, Joon Hyung
Staff Writer

He calls himself "Rice-Paddy Daddy," but to many, he is the joyful South Korean who has photographed U.S. Soldiers for the past 50 years.

The 71-year-old photographer, Yu, Hu Son, has followed 2ID Soldiers throughout the Korean peninsula. He has gone to numerous training areas and even took pictures when U.S. presidents visited Area I to visit the troops.

His photographs have appeared in several U.S. Army publications, including Soldiers Magazine, the Indianhead and the Morning Calm. Soldiers at Camp Red Cloud can easily find his photos in the Commanding



Courtesy photo

Yu holds his camera while taking pictures in Kyungbok Palace in Fall 1962.

General's Mess, Command Bunker and Freeman Hall. Also, many ROK Army units request copies of his pictures.

"Mr. Yu's fifty years of dedicated service, precisely epitomizes and personifies the strong, enduring ROK-U.S. Alliance. I am honored to have served just a small amount of time along side of him," said Maj. Gen. John W. Morgan III, 2ID commanding general.

Yu began working for the U.S. Army in August 1958 as a recreation specialist at Camp Red Cloud in I Corps Headquarters. Just six years prior, when he was still a teenager, he learned to speak English from Soldiers in the 69th Transportation Company, who were stationed near his house during the Korean War.

"Everyone in the company was black, I mean everybody," said Yu. "I tried to talk to them with broken English. I was surprised to see foreigners in Korea, but they were friendly when I tried to interact with them. I even received some candies from them for my efforts."

A few years later, he learned American slang and started wearing American jeans and T-shirts with sunglasses.

After the Korean War, he got a job at I Corps in 1958 and learned English from American staff and Servicemembers. He then completed his military service as a KATUSA Soldier in Wonju for 29 months. He later came back to the Arts and Crafts Shop and started taking pictures as a



First Lt. Steve Cunningham takes part in EIB training at Camp Casey in June 2000. The photo is Yu's favorite training picture, which appeared as the cover of the January 2001 issue of Soldiers Magazine.

photograph specialist for Soldiers.

He even taught ROK Soldiers from the 26th and 28th Divisions how to take pictures in 1967.

He worked at craft shops across Area I and won several South Korean photography competitions before he became the 2ID photographer in 1997, working in the 2ID Public Affairs Office at CRC.

"I was happy when I stayed with U.S. Soldiers," said Yu. "It has been 60 years that I have interacted with them. When I went to their training areas, it was a lot of fun."

"I love to take pictures of Soldiers doing training," Yu continued. "My best photographs are of infantry Soldiers and snipers with rifles. The expressions on their faces are hard to escape. After taking pictures, I usually

get near and talk to them. I realized that U.S. Soldiers are very cool to talk to."

"Mr. Yu carries a huge wealth of knowledge and history about the 2ID," said Maj. Kimeisha McCullum, former 2ID Public Affairs Officer. "I am proud to say that he not only loves what he does on a daily basis (photography), but he loves who he does it for. I wish him 50 more years of doing what he does best - preserving history and taking wonderful pictures that tell the 2ID story which is the Army story."

Yu added that 50 years is not the end of his story.

"After 50 years of service to the U.S. Army, I am not done yet, and I am still strong enough to hold two big cameras with several lenses."

Training brings ROK, U.S. together

Story and photo by
Pvt. Brian Glass

Staff Writer

Serving overseas is commonplace for Soldiers serving in the U.S. Army. For most Soldiers, training with Soldiers from the host nation gives them a chance to share ideas and techniques. A joint training exercise held Aug. 6-7 at Rodriguez Life Fire Complex gave some Soldiers a chance to do just that.

The training included ROK and U.S. Soldiers working together and against each other in events built around establishing a bond between the two armies.

"We started with squads of (ROK) and (U.S.) Soldiers competing against each other to put up a triple-stand (barbed wire fence)," said Sgt. Denzel Annan, obstacle section sergeant, Company E, 1st Battalion, 72nd Armor Regiment. "The team that put up a triple-stand the fastest was the winner of the exercise."

After working as separate squads for the initial training, the ROK and U.S. Soldiers were put on the same squad to put their different styles of training on display.

"We put six (ROK) and six (U.S.) Soldiers on the same team so they



Sgt. Denzel Annan, obstacle section sergeant, Co. E, 1st Bn., 72nd Armor Regt. instructs, ROK and U.S. Soldiers in a Combined Field Training Exercise Aug. 6-7 at Rodriguez Live Fire Complex.

could show us their way and we show them ours," said Annan.

One difficulty with bringing them together was the language barrier. The KATUSA Soldiers played the role of translator between the two armies.

"Helping the (U.S.) Army and my country was a great opportunity," said Sgt. Jung, Woong, Co. E, 1-72 AR. "It was great to help the U.S. and ROK train together."

For lunch, they traded Meals-Ready-to-Eat.

"The Korean MRE had rice, beef,

kim-chee, and candy," said Pfc. John Orren III, Co. E. "It also had a heating pack with a pull tab; it got hot very quickly."

After an exchange of lunches, it was back to training, with the Soldiers working on different types of charges.

"We showed the (ROK) Soldiers how we use linear, silhouette and donut charges," said Sgt. Zachary A. Palmer, Co. E.

Soldiers from both armies were put into eight-to-12-man groups, with a KATUSA Soldier for translation, to

go set off the charges.

"We showed them (ROK Soldiers) how to run up to the door and set explosives," said Cpl. Vance Young, Co. E. "It was a good feeling to teach them things."

Young also mentioned that seeing them apply what they were shown made staying out in the sun all day worth the high temperature.

Soldiers from the ROK army were appreciative of what the U.S. had shown them.

"We learned about different types of explosives as well as the (M-11), (M-4) and (M-14) weapons," said Sgt. Kang, Yui Suk, ROK 26th Mechanized Division, Division Special Troops Battalion, Engineers Battalion-Yangu.

"It is good to improve on relations between armies. It saves time in cooperating later," Kang said.

One thing is for certain. The significance of the training was not lost on anyone there.

"Why not train together? We work in the same country," said Young.

Palmer added, "How often do we get to train with (ROK) Soldiers? It was quite the experience."

"It was a great chance to get to know each other," said Orren. "Training like this doesn't come along often."

HHC 2CAB prepares for tomorrow's fight today

Story & photo by
Spc. M. Benjamin Gable

2nd CAB PAO

The 2nd Infantry Division is one of only a few active units born on foreign soil. Shortly after its activation in 1917 at Bourmont, France, the Indianhead Division fought in major battles, including helping to end any hopes of a German victory in the Meuse-Argonne offensive. The 2nd Infantry Division then moved to Fort Sam Houston, Texas, where it served as an experimental unit that tested new concepts and innovations for the Army.

Fast forward 91 years. The 2ID, now based in Korea, has revisited its past in training the Soldiers of today for the fight of tomorrow. That training included the Headquarters and Headquarters Company, 2nd Combat Aviation Brigade, which trained with the latest in Army innovations during Operation Ulchi Freedom Guardian Aug. 18-22.

During the five-day exercise, HHC Soldiers tested a variety of new gear. Earlier in the month, they were issued new interceptor body armor and cold weather gear. Once in the

field, many also worked with the new command post of the future, or CPOF, which is a state-of-the-art visualization and collaboration system. It provides an executive-level decision support system for situational awareness and collaborative tools for decision-making. This was the first time many Soldiers from HHC had the opportunity to test their merit with the new system in the fight of tomorrow.

The new system helped HHC play a vital role in the peninsula-wide exercise by reacting to simulated battlefield situations.

"This mission is important because it gives us a chance to deploy with new command and control systems," said Capt. Matthew Minear, commander of HHC, 2nd CAB. "It gives our Soldiers a chance to gain experience with their jobs for the future."

This exercise is the first of four before the year 2012, in which Korean military forces will be phased in as the main defense against opposing forces while U.S. forces transition to more of a supporting role.

"We are still here and we are still relevant," said Col. Joseph A. Bassani, 2nd CAB commander. "We



Lt. Gen. Choi, Yong Joo, (foreground) Commanding General of Army Aviation Operations Command, meets with Col. Joseph A. Bassani, (background) Commander of 2nd CAB in the CPOF during UFG Aug. 21.

are committed here and ready to fight tonight."

HHC Soldiers contended with daily rain and extended work schedules. Many arrived days before UFG kicked off in preparation for the exercise to ensure they were ready for simulated contingencies on the peninsula.

"I've been conducting radio checks and disseminating the information to multiple outlets," said Pfc. Alex Bloch, an aviation operations specialist with 2nd CAB. "This is my third field training exercise here and I have

learned so much with the new systems in just these few days."

With the new structure in place, both Soldiers and Korean Forces are learning their new and ever-expanding roles as they defend the peninsula. They continue to polish their war-fighting skills during simulated war-time events.

As military tours increase in longevity in Korea, Soldiers will better learn how to deal with possible conflicts in the future and be better equipped in their respective fields of expertise.

WARRIOR NEWS BRIEFS

Warrior Country Rucksack Challenge

Family, Morale, Welfare and Recreation is sponsoring the "Warrior Country" 8-Mile Rucksack Challenge Nov. 15 at Camp Casey's Carey Physical Fitness Center.

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

The age categories are as follows:

- Men's Open - No age limit
- Women's Open - No age limit
- Team Category - 5-person Team

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

New Vehicle Access Control

To allow organizations to get the old USFK Form 82 and USFK Form 195EK-E that may already be in the system processed, both of the Pass & Vehicle Registration Offices (CRC & Casey) now accept only the new vehicle registration form.

Also, all Non-Tactical Vehicles (NTV) that do not have a vehicle decal will be denied access, directed to park the NTV in the visitor center parking lot, and directed to proceed to the servicing Pass & Vehicle Registration Office to register the NTV.

If NTV vehicle decals are not working properly when scanned at

the gate, the driver will be directed to the servicing Pass & Vehicle Registration Office to have the decal re-registered or replaced.

For more information, contact Anthony G. Iafelice at 732-7843.

Telling War Stories

Capt. Mike Warren, an instructor at the Military Academy at West Point, is seeking to pair Soldiers' stories with cadets enrolled in English 101.

Cadets will provide constructive feedback and editorial advice for each story received through correspondence with the author, with the eventual end-state of publishing their stories. Please submit stories to michael.warren@usma.edu.

For more information, call (845) 938-2006.

Vehicle Inspection Station

Family, Morale, Welfare and Recreation is sponsoring a Vehicle Inspection Station from 9-11:30 a.m. and 1-4 p.m., Mondays through Fridays and U.S. holidays at the Camp Mobile Motor Pool.

The motor pool provides minor, safe vehicle operation repairs both in and out of pre-inspection and inspection windows for Privately Owned Vehicles on a reimbursable basis.

The facility has two bays and operates on a first come, first served basis. Cost for vehicle inspection is \$20.

For more information, contact Paek, Yong Ki at 730-3928.

USAG-RC Visitor Access Policy Change

Effective immediately, visitor center operations will be available 24 hours on all USAG-RC installations within USAG-RC and USAG-Casey. This change allows authorized DOD ID Card holders to sponsor guest visitation Sunday - Saturday, 24 hours a day, unless otherwise restricted by the USAG-RC Commander or during FPON C & D when visitor operations cease.

Sponsoring personnel will maintain positive control of the visitor pass and their guests at all times.

This policy change has no effect on organizational barracks/visitor control policies or the USFK Curfew Policy.

For more information, contact Anthony G. Iafelice at 732-7843.

Eighth Army Track & Field Championship

Family, Morale, Welfare and Recreation is sponsoring the Eighth Army Track & Field Championship Sept. 20 at the Camp Casey Schoonover Bowl.

The event is open to active-duty Servicemembers assigned to Eighth Army installations in Korea.

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

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 29 ... Kung Fu Panda
Wanted
August 30 ... Deception
The Love Guru
August 31 ... Star Wars
An American Girl
September 1 ... Star Wars
September 2 ... No Showing
September 3 ... The Love Guru
September 4 ... No Showing
September 5 ... The House Bunny
Hancock
September 6 ... The House Bunny
September 7 ... Wall-E
The Incredible Hulk

Camp Red Cloud

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

August 29 ... Star Wars
Wanted
August 30 ... The Incredible Hulk
August 31 ... Wanted
September 1 ... An American Girl
September 2 ... Wanted
September 3 ... No Showing
September 4 ... The Incredible Hulk
September 5 ... The Happening
Hancock
September 6 ... Hancock
September 7 ... Wanted
September 8 ... Wall-E

Camp Hovey

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

August 29 ... Iron Man
August 30 ... An American Girl
Star Wars
August 31 ... The Love Guru
Wanted
September 1 ... No Showing
September 2 ... The Love Guru
September 3 ... No Showing
September 4 ... The House Bunny
September 5 ... The Love Guru
September 6 ... Hancock

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 29 ... Wanted
An American Girl
August 30 ... The Incredible Hulk
Wanted
August 31 ... Wanted
September 1 ... Wanted
September 2 ... No Showing
September 3 ... The House Bunny
September 4 ... An American Girl
September 5 ... Hancock
Wanted
September 6 ... The Happening
Get Smart
September 7 ... Indiana Jones

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 29 ... Star Wars
August 30 ... Star Wars
August 31 ... Star Wars
September 1 ... Wanted
September 2 ... Wanted
September 3 ... Hancock
September 4 ... Hancock
September 5 ... The House Bunny
September 6 ... An American Girl
The House Bunny
September 7 ... An American Girl
The House Bunny

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



Pfc. Landon Waugh, a military policeman for HHC, 1st BSTB, 1st HBCT, cleans his protective mask during a preventative maintenance checks and services class.



Spc. James Shipley, a chemical operations specialist for 4th Chem. Co., 1st BSTB, 1st HBCT, checks to make sure a Soldier has donned his Mission Oriented Protective Posture gear properly.



Staff Sgt. Richard Fagan, an avenger system repairman for Co. A, 1st BSTB, 1st HBCT, decontaminates his face during a mock chemical attack.

1st BSTB learns NBC during Spartan Stakes

Story & photos by
Sgt. Scott Kim

1st HBCT PAO NCOIC

Chemical and biological attacks are a constant threat to a Soldier's life. To help mitigate this threat, Soldiers from 1st Brigade Special Troops Battalion conducted training on Nuclear Biological and Chemical tasks Aug. 12-22 at Camp Hovey.

Seven critical tasks, such as the proper way to don Mission Oriented Protective Posture gear properly, decontamination procedures, and how to mark a contaminated area, were taught in various stations all over Hovey.

"I thought it was a good reminder of the NBC tasks," said Yung Jae Ryoo, an interpreter for Headquarters and Headquarters Company, 1st

HBCT. "Repetition is necessary because you will end up forgetting this type of stuff if not done regularly."

Soldiers going through the training weren't the only ones learning new things. Some of the instructors found themselves picking up a few new skills as well.

"I learned more about proper radio protocols along with the right time zones," said Spc. Sophie Cantrell, a human intelligence collector for Alpha Company, 1st Brigade Support Troops Battalion and instructor on how to send a NBC report.

"Also, rotating all the MOS' through helped me become a better instructor because I could tailor the class to each specific MOS," she added.

The training, though rigorous at times, helps to ensure that Soldiers will be able to react confidently and correctly during combat situations.

"The main thing was focusing on individual tasks and enhancing the readiness of our Soldiers," said Command Sgt. Maj. William Hunter, 1st BSTB sergeant major.

Another reason for the training is that new Soldiers are coming into Korea everyday and they need to be integrated and brought up to the standards of whatever unit they will join.

"We've had a large turnover of Soldiers in the past three months, so it's good to get those Soldiers on board and trained up," Hunter said. "Especially on these tasks that have to deal with NBC reconnaissance and assembly area occupation, which has been this month's training focus."

"Overall I think the training went well, the stations were well organized and the instructors did a great job teaching the classes and rotating the groups through," Cantrell said.



Soldiers from 1st BSTB, 1st HBCT, don their protective masks as a mock alarm is sounded at Camp Hovey Aug. 19.

Say Hello to Your Family

An Army and Air Force Hometown News Service video team will record and air your holiday greetings.

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5 fruits helpful for losing weight

Story by
Maj. Karen Fauber
Defense Commissary Agency Dietitian

FORT LEE, Va. – The heat is on in more ways than one as the dog days of summer are here. To keep cool and look good in those shorts and swimming suits, try some of the refreshing summer fruits that are in abundance at your commissary. Growing evidence shows that eating fruit for snacks and at meals can help you lose weight while providing many of the nutrients, including antioxidants, that your body needs.

Fresh fruit is low in calories and high in water, which means it helps fill you up without filling you out. Some fruits are also high in fiber, another bonus for those



of us trying to win the weight battle. Here are five fruits you can find in your commissary to enjoy this summer - all at savings of 30 percent or more.

Grapes

Grapes contain vitamins C and K, calcium, along with more than 20 antioxidants found in the red, purple and black varieties. For a delicious treat, try freezing grapes and eating them with a little powdered sugar sprinkled on for color. Fifteen grapes have about 60 calories for those of us who are counting.

Papayas

Look for papayas that have a ripe, yellow skin that yields to a little pressure. Along with being an excellent source of vitamins A and C, potassium and fiber, papayas are high in antioxi-

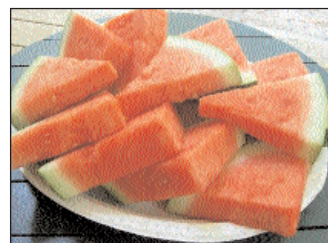
dants. Eating papayas may help prevent heart disease and colon cancer. With an unripe papaya, try ripening it at home in a paper bag for a day or two. Add chunks of papaya to salads and salsa for a tropical treat.

Mangoes

Mangoes are high in vitamins A, C and B6, along with potassium. Rich in antioxidants, they are the most popular fruit in the world. With only 110 calories in one mango, you can eat a whole one for a snack without any guilt. Try adding some mango chunks to a salad, yogurt, cereal or salsa for a change.

Watermelon

A true American treat, watermelon is full of water, and only 45 calories in one cup. What it does have is vitamins A, C and B6, along



with potassium and the amino acid citrulline. Eating watermelon helps the heart and arteries work well due to the amino acids found in it, according to USDA studies. Watermelon is higher in lycopene, an antioxidant, than any other fruit or vegetable, including tomatoes. Try adding watermelon to a salad or a salsa for a refreshing treat.

Berries

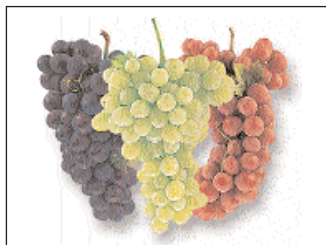
Blueberries, strawberries, blackberries and raspberries are all high in vitamin C, which helps the immune system. According to one major study, berries have been found to have the most antioxidants of any fruit. Both blueberries and strawberries have been found to be good for the mind and the memory. With only 80 calories in a cup, try adding them

to cereal, yogurt, salad or salsa.

Choosing fresh, frozen or canned fruit instead of high-calorie foods can help with weight loss. When choosing frozen or canned fruits, choose those packed in fruit juice or light syrup to save even more calories. Try a new fruit today while enjoying the variety available this summer at your commissary.

See you in the commissary where with savings of 30 percent or more, it's always worth the trip!

For more information about fruits and other nutrition topics, go to www.commissaries.com and visit Ask the Dietitian where you can post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's



Labor Day Fall Festival

Operation Rising Star returns to 2ID

Story by Pvt. Brian Glass

Staff Writer

Singing is a very unique talent. It is a talent that Soldiers often display while calling cadences when marching or running, but now these Soldiers have another arena to showcase their gift.

The Operation Rising Star competition is back this year, giving all active-duty military members and their Families a chance to enter and showcase their skills. The first round will be held at Camp Casey during the Labor Day Fall Fest. All participants from 2ID will need to be there for the first round. The semi-finals and the finals will be held on Sept. 20 and 27 at the Gateway Club, located on Camp Casey.

Speaking to the success of Operation Rising Star is 1st Lt. Jacqueline M. Evans, Executive Officer, 579th Signal Company, 70th Brigade Support Battalion. She was very successful in last year's event, making it to the top six overall in the

Army wide competition in 2007.

"I saw the advertisement and decided that I wanted to do it," said Evans.

With each of the three rounds, contestants are asked to do something different each time.

"You're required to sing an acappella song in the first round," Evans said. "I sang *God Bless the Child* in front of 50-60 people in the first round."

Local Family Morale, Welfare and Recreation locations will post the local rules for each week's musical theme. Contestants should check with their closest location for details on selection and availability of music provided.

Those who move on to the second round are picked by a panel of three judges, who will be judging the event each round.

"There were two male and one female judge," Evans said. "It had an American Idol look to it."

Round two all the way through the finals is different from the first round because it requires an Internet vote as well as the judges' vote in order to

move on. The judging does get stricter as the rounds move along.

"They definitely judge a bit harder in the second round than the first round," Evans said. "There as a definite Randy, Paula and Simon feel to the second round."

The judging is different as the rounds continue, but the judges are not as bad as people would think.

"They offer constructive criticism on each performance," said Evans.

Each location will offer one ballot to each patron and additional ballots after they order an appetizer or meal.

The winner moves on to the semi-finals, where if they are selected as the first-place winner at each location they will qualify for the Rising Star finals.

Then the local Morale, Welfare and Recreation program will forward the winners' package, including the video of their acappella song, to the Army Entertainment Division.

The winner will be determined after the evening's performances. Ballots will be tallied to rank the evening's contestants and determine who moves on to the next round the

following week. All local decisions are final.

The winner of the entire Rising Star competition receives an all-expense paid trip for them and a guest to Los Angeles for three days. Winners also get studio time to create their own demo CD.

"The winner will also get two tickets to see a taping of a late night talk show," said Joseph Lee, marketing specialist for FAMily, Moral Welfare and Recreation, USAG-Red Cloud. Other prizes will be awarded as well.

"There will be money prizes given to the second and third place finishers as well as the winner," Lee said. He added that first place receives \$500 for them and their unit, 2nd place receives \$250 for them and their unit, and 3rd place receives \$100 for them and their unit.

To participate in Rising Star, Servicemembers must be active duty, Reserve or National Guard. For military Family members, they must be 18 years or older. The deadline for signing up is Aug. 29. Applications can be submitted to any participating MWR location.

Circus coming to Area I

Story by Cpl. Bo Park

Staff Writer

Labor Day originated in 1882 from the Central Labor Union of New York City, which sought to create "a day off for the working man." Since then the day was made into a federal holiday and has been a day of celebration marking many occasions.

For some, it means getting ready to go back to school, and for others it means long-awaited college and professional football games start.

Whether it is the end of summer or all the hard work laborers put in, there are many reasons to celebrate this day, and Warrior Country will also do it right this year.

Soldiers from the 2nd Infantry Division and Area I can expect a fun-packed day of entertainment and festive spirits on Camp Casey. The USAG-Red Cloud/Area I Family and Morale, Welfare and Recreation department are putting together many events, including the Dong Choon circus and a display of the moon rock.

The Dong Choon circus team is a Korean version of Cirque du Soleil and has been around more than 70 years. The Korean locals easily recognize the name for its famous stunts and artistic performances

during its tour to every corner of the peninsula.

"Everyone loves carnivals and, of course, the circus," said Frank DeSilva, FMWR Marketing event project officer. "The Korea Association Art Circus is different from western circus shows in that they don't have the large animals and flying trapeze performances."

Along with the circus, there will also be numerous eating contests including burgers, tacos, kimchi, pizza, watermelon and even banana splits.

"Our division being an infantry unit, it is known for hard training and a high standard in completing its mission," said Cpl. Jung, Sung Min, Headquarters and Headquarters Company, Division Special Troops Battalion. "This time, 2ID will prove that Soldiers can play as hard as they work. I am excited to see the circus and day-long entertainment that both single Soldiers and Soldiers with Family can enjoy. It will definitely be a morale boost."

FMWR director Denise James said Camp Casey will be a popular place on Labor Day.

"This FMWR event is going to be the largest celebration of the year for the USAG-RC/Area 1 community," said James. "We've never had a circus on post, and this is the first time a piece of the moon has ever been brought to Korea."

Labor Day Schedule

10:00 a.m.	Opening Ceremony
10:00 a.m.	Carnival Rides for kids
10:30 a.m.	Robotic Creatures
11:00 a.m.	Rising Star Competition (1st)
12:00 p.m.	Dong Choon Circus
1:30 p.m.	Watermelon Eating Contest
1:45 p.m.	Banana Split Eating Contest
2:00 p.m.	Taco Bell Eating Contest
2:15 p.m.	Burger King Eating Contest
2:30 p.m.	Subway Eating Contest
2:45 p.m.	Primo's Pizza Eating Contest
3:00 p.m.	Kim Chee Eating Contest
3:15 p.m.	Robotic Creatures
3:30 p.m.	B-boy Break Dancing
4:00 p.m.	Dong Choon Circus
5:30 p.m.	Korean Band performance
6:00 p.m.	B-boy Break Dancing
6:30 p.m.	Photo session with characters
7:00 p.m.	Dong Choon Circus
8:30 p.m.	Rising Star Competition (Final)
9:10 p.m.	Aerial fireworks Display
9:30 p.m.	Final Caged Motorcycle Demo

- All events will take place on the grounds of Gateway Park, Camp Casey, with the exception of the Operation Rising Star competition final round, which will be held inside the Gateway Club.

- Carnival rides, face painting, souvenir photos, horseback rides and many other mini games and exhibits will take place throughout the day. Food and beverages will be available for sale in the food booths.