

The Morning Calm Weekly

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Sept. 10, 2004

AFN looks for star power

Network to host casting calls

By Sgt. Andrew Kosterman

Korea Region Public Affairs

YONGSAN — Many would love the chance to be on television, and the American Forces Network-Korea is giving one away Sept. 25.

The network will host a casting call 10 a.m. at its studios in Yongsan, Building 1358, for all servicemembers and their families serving in the Republic of Korea.

“Basically, we want some fresh faces,” said Sgt. Sean Parrish, command information noncommissioned officer, AFN-Seoul. “Whenever we need talent for commercials, we have to rely on ourselves.”

Parrish added that the casting call won't be an “American Idol” style talent search.

“Perspective talent will be given an actual script that will be used in future television ads,” Parrish said. “We're gonna have them read it and while they're doing that, we'll be evaluating how they react to being on camera.”

Once talent is selected, they will be recruited for future television and radio advertisements.

All enlisted active-duty military must have a memorandum signed by their sergeant major or service equivalent that states they give authority for the servicemember to be on AFN programming. The memorandum also should reflect that there is no Uniformed Code of Military Justice or any other unfavorable actions pending against the servicemember.

A parent, guardian or military sponsor must accompany family members and those under the age

of 18. Family members should also have a typed and signed letter of release from their parent, guardian or military sponsor stating the minor is allowed to be on television and radio and give AFN-Korea permission to use their likenesses in television and radio ad campaigns.

Servicemembers must be ready to provide personal-contact information, their DEROS date and when they are available to record productions.

“We hope to see a lot of people there to take advantage of the chance to ‘be a star’ on AFN-Korea television or radio,” Parrish added.

Interested servicemembers can find more information about the casting call and reserve a spot by sending an e-mail to beastar@afn.korea.army.mil. More information is also available at AFN's new Web site, www.afnkorea.net.

E-mail Andrew.Kosterman@korea.army.mil

UFL exercise ends

Korea Region Public Affairs Office

YONGSAN — The Republic of Korea and U.S. Forces Korea completed the world's largest computer-simulated war exercise Sept. 3.

Ulchi Focus Lens 2004, an annual training event that is the 30th in a series of exercises across the Republic of Korea, is designed to evaluate and improve coordination between the services and the forces of both the ROK and the United States, according to USFK officials.

“This is a great opportunity to evaluate and improve combined and joint coordination, procedures, plans and system for those of both countries,” said Kevin Krejcarek, USFK spokesperson.

Krejcarek added that training is essential to all military forces and UFL is one exercise where Koreans and Americans can learn from each other.

To enhance training, participation from headquarters units outside of Korea was incorporated. About 6,500 out-of-country participants from various commands in the United States took part in the exercise, said USFK officials. Not all deployed to Korea.

Those that did come to Korea were from the various military services. Read more about how the Army supported the other services on Page 22.

Just the two of us



PHOTOS BY SGT. ANDREW KOSTERMAN

Left: Col. Tony Ierardi shows his son, Peter, how to ride a scooter Monday at the skate park on Yongsan Army Garrison. Many Soldiers across the Republic ogot a chance to relax during the Labor Day holiday weekend.

Above: David Schnorbus (left) and his son, Jack, practice their golf game at the Yongsan Garrison Family Fun Park Monday. See Page 16 for more photos.

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MP Blotter

The following entries were excerpted from the past several week's military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Korean National Police recently notified military police of a curfew violation and underage drinking when the KNPs found a U.S. Soldier passed out on the side of a road off post. They transported him to the nearest MP station. Military police administered a series of field sobriety test, which the Soldier failed. He was administered a command-directed laboratory blood alcohol test, was further processed and released to his unit. Later, the Soldier reported to the military police station where he was advised of his legal rights, which he waived. He rendered a written sworn statement admitting to the offenses.

■ Korean National Police notified military police of a U.S. Soldier who was involved in a verbal altercation that became physical when a Korean woman grabbed the Soldier to bring him into a local club. The Soldier pushed her in the face. Knocking her to the ground, he struck her in the face numerous times. Residents detained the Soldier until KNP arrived. He was charged with inflicting bodily injury on others by the KNP. The Soldier was released to the military police where he waived his legal rights and rendered a written sworn statement admitting to the above offense. He was further processed and released to his unit. An investigation continues by KNP.

■ Military Police were recently notified of an aggravated assault. An investigation revealed that three U.S. Soldiers were in a verbal altercation that turned physical when one Soldier swung at a second Soldier who hit the first in the head with a tequila bottle. The first Soldier went to the troop medical clinic and reported that the second Soldier caused his injury. He later made the same statement to the MPs. Both Soldiers were administered a laboratory blood alcohol test, with results pending. The first Soldier was evacuated to the 121st General Hospital and the second was further processed and released to his unit. This is an alcohol-related incident. An investigation continues by MPs.

■ An military policeman recently observed trespassing, wrongful appropriation of a government vehicle and conspiracy. An investigation revealed that three Korean Augmentation to the U.S. Army Soldiers were observed entering a military installation in a government van. Military police observed two Korean civilian women curled up on the floor board attempting to hide and to sneak on post. The three Soldiers were apprehended and were transported to the military police station where they were processed and released to their unit. The two Korean civilians were released to Korean National Police.

Commentary

**VA office helps
By retired U.S. Air Force Capt.
Jack Terwiel**

Osan Air Base Retiree Activities Office

While the Department of Veterans Affairs office at Yongsan is there to assist active-duty personnel who are preparing to separate or retire, it also is there to help retirees and widows who need assistance in preparing claims or resolving problems related to benefits they are already receiving.

For example, the VA helped me prepare a claim for a terminally-ill retiree claiming Agent Orange-related problems.

Together with the claim form I submitted to the Yongsan VA office, I included the Department of Defense Form 214 for retirement and for the period covering Vietnam service, along with medical records.

In less than two weeks, the claim had been processed and adjudicated right here in Korea.

The retiree will start receiving VA disability benefits very soon and, when he dies, his widow will

Submitting commentaries

E-mail commentary submissions to morningcalmweekly@korea.army.mil. Submissions may also be mailed to:

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Morning Calm Weekly
PSC 303, Box 51
APO AP 96204-0051

Keep submissions about a page in length and include your name, rank and duty station. The Morning Calm Weekly staff reserves the right to edit letters for length, taste and clarity.

right from the Dragon Hill Lodge main entrance.

For more information call 738-5121, commercial 0505-738-5121.

Thank you

By Mary Ring
American Forces Spouses Club

On behalf of the American Forces Spouse Club, I would like to express our appreciation for Morning Calm Weekly's participation in the Aug. 31 Welcome and Activities Sign-up Reception.

We are grateful that you took the time to provide information regarding your organization.

The reception gave newcomers the opportunity to not only meet new people, but also to become informed of all the programs and activities available on Yongsan and Seoul.

The positive feedback has been tremendous, which shows that our newcomers appreciated the information they collected about the surrounding communities of Yongsan and Seoul.

The AFSC members would like to say thank you for your show of support in the activity.

Morning Calm Weekly Soundoff:

What do you do to stay busy during your free time?



"I like to listen to music and watch 'SpongeBob SquarePants.'" — Pfc. Tiffany Stone, Headquarters and Headquarters Company, Camp Red Cloud



"I enjoy watching movies and collecting them." — Steve Tucker, Department of Veterans Affairs, Yongsan



"I'm involved in lots of physical activities, like PT." — Spc. Mariana Ramos, Headquarters and Headquarters Company, Cloud Red Cloud



"I'm taking graduate school classes and looking for a little piece of Iowa in Korea." — Tiffany J. Lassen, Department of Veterans Affairs, Yongsan

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NEWS & NOTES

Osan Air Show

There will be an air show at Osan Air Base 9 a.m. to 4:15 p.m. Sept 18 and 19. The show is open to Department of Defense and Republic of Korea Ministry cardholders. There will be no driving permitted, except for emergency, security and air show vehicles on Osan Air Base Sept. 19 because of the air show.

LDS Retreat, Conference

The Seoul Korea Military District of the Church of Jesus Christ of Latter-day Saints is holding a Koreawide conference for all church members noon- 9 p.m. Saturday and 10 a.m.- noon Sunday. Along with the conference, there will be a retreat for single members 7-9 p.m. today and 9 a.m. - 4 p.m. Saturday.

Center Offers Services

The Digital Business Center is a resource for the entire Yongsan community. Located at South Post Building 8105 across from Starbucks, the center offers Internet access, cyber games, document printing, copying, scanning, digital photo printing, fax services, computer software and hardware upgrades and repairs as well as office supplies and DVDs. The center is open 7 a.m. to 9 p.m., seven days a week. Children under age 12 must be accompanied by an adult.

121st General Hospital Lectures

The Department of Pathology (Lab) will be closed 8 - 9 a.m. the first Thursday of the month. The lab is instituting a continuing education lecture series. The target audience in the laboratory staff, but lectures will be open to all interested parties. The lectures will occur in the 121st General Hospital classroom, located on the second floor. For more information, call Maj. Rex Berggren at 737-6225 or Staff Sgt. Richard Krueger at 737-6918.

NSPS Town Hall Meetings

Reginald J. Brown, assistant secretary of the Army for Manpower and Reserve Affairs, and David Snyder, assistant G-1 for Civilian Personnel Policy, will conduct National Security Personnel System town hall meetings next week to hear employees' ideas and perceptions of the new National Security Personnel System. The first town hall meeting is scheduled 9-10:30 a.m. Tuesday at the Balboni Auditorium on Yongsan Main Post. Brown and Snyder also will conduct a town hall meeting 10-11:30 a.m. Wednesday at the theater on Camp Henry. The town hall meetings are open to all Department of Army civilian employees and military supervisors of civilians.

IDEA Openings

International Distance Education of Alaska is currently interviewing and enrolling members. Families may register on the IDEA Web site, www.intidea.org.

Eatery Closure

Yongsan American Eatery, Building S-1455, will be closed Sunday for an organizational day.

176th FINCOM FTX

The 176th Finance Battalion will conduct a field training exercise Nov. 1-5. In and out processing will have normal hours at the 1st Replacement Company. There will also be customer service at Camp Coiner's Tent City.

Why Korea is the Duty Assignment of Choice



Sgt. Charles Godby, a pathfinder at K-16, trims down a piece of wood at the Yongsan Craft Shop Monday. There are arts and crafts shops located at Army installations across the Republic of Korea. Visit <http://mwr.korea.army.mil> for a listing of shop hours

175th Finance explains move-in allowance

175th Finance Command

YONGSAN — There are several allowances servicemembers are entitled to when transitioning into a new duty station. One of those allowances is the move-in housing allowance, or MIHA.

It is comprised of three components: MIHA for miscellaneous, MIHA for rent, MIHA for security.

MIHA miscellaneous

This is a fixed-rate, lump-sum payment to offset expenses to make dwellings habitable. Examples of some items this allowance would be for are the purchase of supplemental heating equipment, wardrobes and transformers. This amount will equate

to about 2 percent of total overseas housing allowance.

MIHA for rent

Move-in housing for rent is a dollar-for-dollar payment made in the field for customary- or legally-required rent-related expenses, such as rental-agent fees. These are non-refundable charges paid by a servicemember in conjunction with procuring off-post housing.

MIHA for security

This is an actual-expense component paid for security-related enhancements to a physical dwelling when quarters need modification to minimize exposure to a terrorist or criminal threat.

The Per Diem Travel and

Transportation Allowance Committee review move-in housing allowance rates every three years. This is accomplished through a survey, which is monitored by the committee.

Servicemembers who receive overseas housing allowance are notified via e-mail when the rates are up for review. The most recent survey was performed during January and February.

The Housing Office negotiates with landlords and finding suitable housing that requires less expenses from servicemembers to make the dwelling habitable. The current fixed-rate, lump-sum payment for MIHA miscellaneous is 393,704 won. This will last until January 2007, when the rate is up for review.

PERSCOM urges lieutenants to review records

8th Personnel Command

YONGSAN — The captain promotion board is rapidly approaching. All eligible first lieutenants should review their records and ensure all documents are in place. The board will convene Oct. 26.

All first lieutenants with a date of rank between April 1, 2003 and March 31 will compete in the primary zone. Those officers with a DOR March 31, 2003, and earlier will compete above the zone. In order to be eligible for consideration by the board, all mandatory or optional Officer Evaluation Records must be received, error-free, in the Evaluation Reports Branch, before Oct. 19. The required "through date" for complete-the-record reports was Aug. 20.

Officers are also encouraged to review their official photo or submit a new one if required before Oct. 19, as well as their Official Military Personnel Files before the convening

date of the board. Officers will need to review their OMPF through Army Knowledge Online Web site account. The AKO link to review their OMPF on line is <https://ompf.hoffman.army.mil>.

Officers must review and sign their ORBs. Personnel Service Detachments will send signed ORB to the selection board before Oct. 19. For information on updating ORBs, contact respective servicing personnel detachments.

Personnel Service Detachments

- Camp Casey, Area I, 730-3828
- Camp Stanley, Area I, 732-5380
- Yongsan, Area II, 723-5777
- Camp Humphreys, Area III, 753-3335
- Camp Henry, Area IV, 768-6951

OIF vet at West Point: leadership more than 'duty, honor, country'

By Joe Burlas

Army News Service

WEST POINT, N.Y. — Great Army leaders not only live up to the values of duty, honor and country — they also demonstrate courage, commitment, compassion and caring, said a recent 101st Airborne Division brigade commander.

That was the message Col. Mike Linnington, commander of 3rd Brigade, 101st, from June 2002 through this past June, gave cadets from the U.S. Military Academy class of 2005 shortly after the West Point seniors donned their class rings for the first time.

"As I flash back to 1980, I can't help but wonder if my classmates and I didn't question our ability to take on the responsibility of leading the Corps (of Cadets), or leading platoons after graduation," said Linnington, a USMA 1980 graduate and father of cadet in the class of 2005. "What I didn't know then I know for certain today — we were ready, just as you're ready to be leaders of character at West Point, and on graduation, in places like Fort Campbell, Afghanistan, Iraq, Korea, the Balkans and others we might never predict. Our Army needs leaders of character; our Soldiers deserve leaders of character."

Linnington highlighted a number of academy graduates who have gone beyond the institution's values of duty, honor, country recently and demonstrated they were leaders of character.

Demonstrating courage under fire

Leading a platoon of Company A, 3-197 Infantry Battalion, 1st Lt. Jared Wharton, USMA 2001 graduate, organized one of the flank defenses of Baghdad International Airport, shortly after it was captured in 2003. They were attacked by an Iraqi infantry battalion and an armor battalion. Using direct and indirect fire, his platoon stopped the attacks 50 meters short of Wharton's position.

"Afterward, when talking to him, you would have barely known anything had occurred at all that night — in Jared's mind, all that he did was what was expected of him," Linnington said.

Commitment means leading from the front

Another 101st Airborne platoon leader and a USMA 2002 graduate, 2nd Lt. Sandy Boucher, exemplifies commitment to duty and to the Soldiers she leads, Linnington said.

"Thorough some of the most dangerous, harsh and physically demanding missions in all of Iraq, (she) could be found leading from the front on virtually every patrol...usually in 120-degree-heat with Kelvar and body armor on, because in her words, 'If my guys are gonna get in a fight, I need to

be there,'" Linnington said.

And while her duty has been demanding, her commitment to her Soldiers led her to participate in a company boxing smoker event during down time. Standing at 5-foot 3-inches tall and weighing in at 120 pounds, Boucher pummeled her opponent into the mat, much to the delight of her platoon, Linnington said.

Leaders are compassionate

Capt. Christian Teutsch, a 101st air assault company commander and 1997 USMA graduate, has ably demonstrated warriors can be compassionate, Linnington said.

A few days after some tough fighting in the northwestern part of Iraq, Teutsch was surrounded by Iraqi children who he gave all his food, and talking with tribal leaders about getting water deliveries to needy families in the area.

"That's one of the more difficult things to teach Military Science 401," Linnington said.

Loyalty is a two-way street

Maj. Rob Gordon, a 1993 USMA graduate and 101st Airborne Soldier, demonstrated loyalty to superiors and his Soldiers while with the 101st — extending his tour of duty following a tour in Afghanistan to stay with his unit through major operations in Iraq.

When orders finally came for him to serve at West Point, he wasn't ready to go.

"His words at his departure ceremony remain indelibly etched in my mind to this day, 'I leave under protest, because I know our work is not done,'" Linnington said. "That's loyalty to the mission and those that accomplish it."

Caring means sharing dangers

Lt. Col. Lloyd Miles, 1980 USMA graduate and a 101st battalion commander in the summer of 1996, cared so much for his Soldiers, that when a Soldier lost a grenade on a Fort Campbell, Ky., live-fire range with its firing pin pulled out but thumb safety clip still on, he was one of 10 volunteers who went looking for it. The clip failed when Miles found the grenade and lost a leg in the resulting explosion.

Miles fought to recover from his wounds and ended up returning to command the same 101st battalion two years later, Linnington said. Miles is now a colonel and a brigade commander with the 25th Infantry Division.

"I believe (these rings are) different than other college rings because they carry with them the legacy of the long gray line — forged in the values of courage, commitment, compassion, loyalty and care for subordinates. I have had the privilege to serve with many young West Point officers who truly exemplify these characteristics," Linnington said.

AD
GOES
HERE

USO tour hits whitewater waves

By Pfc. Stephanie Pearson

Area I Public Affairs Office

HANTAN RIVER — Eighteen adventurers braved cold waters and dangerous heights Sunday for a day of thrills.

The Camp Casey USO whitewater rafting and bungee-jumping tour took Area I Soldiers to the Hantan River to experience Korean culture and have fun outdoors.

“Long weekends are one of the only times Soldiers can really go out and see what Korea has to offer,” said Sally Hall, Camp Casey USO director, “not only in Area I but peninsulawide.”

The tour started at the river, where Korean river guides outfitted the Soldiers with helmets, life jackets and paddles.

Once everyone was properly suited up, the rafters grabbed their boats and headed down to the water.

See **USO** on Page 8



PHOTO BY SPC. CHRIS STEPHENS

Camp Casey's 2nd Lt. Brad Anderson experiences the pure mountain river first-hand.

A group of American rafters enjoy the cold whitewater waves of the Hantan River Sunday. The Camp Casey USO offers many tour opportunities across the peninsula.



PHOTO BY PFC. STEPHANIE PEARSON

The cold waters of the Hantan River challenge adventurers Sunday. The 18-member USO tour group combined forces with Korean tourists to take the two-hour trip down the rapids.



PHOTO BY SPC. CHRIS STEPHENS

Second Lt. Alicia Peterson (left) and Capt. Maria Berger, paddle their raft down the river as their Korean tour guide steers.



PHOTO BY PFC. STEPHANIE PEARSON

Rafters carry their boats to the river. The site is about an hour and a half trip from Camp Casey.

NEWS & NOTES

Sept. 11 Memorial Service

The Camp Red Cloud unit ministry teams, CRC Fire Department and the 2nd Infantry Division band will hold a Sept. 11 remembrance service 4 p.m. today at the Warrior Chapel. The event is open to all services and religions, and everyone is invited to attend.

8th Army Triathlon

The 8th Army Triathlon team competition will be held Sunday at Camp Casey's Hanson Field House. Race-day registration is from 8 to 9:30 a.m. and competition will begin 10 a.m.

Prevention of Sexual Harassment Training

The Area I Equal Opportunity office will be training Korean civilian employees in prevention of sexual harassment 9:30 - 11 a.m. Monday in the Camp Red Cloud Theater. All Korean employees are required to have this training.

Civilian Appreciation Week

The week of Sept. 13-17 has been designated U.S. Forces Korea Civilian Appreciation Week.

Job Fair

The 2004 Warrior Job Fair is scheduled Wednesday at Camp Mobile by appointment only. For more information, call 730-4044, or preregister online at <http://www.morejobs.net>.

FAST Class

The Camp Red Cloud Education Center is holding a Functional Academic Skills Training class, or FAST, for GT-score improvement 8 a.m. to 5 p.m. Sept. 20 - 24. Interested Soldiers must take the pretest of adult basic education, which is offered 8 a.m. every Monday at the education center. Registration for this class ends Thursday.

EEO Update Training

All U.S. military and civilian managers of civilian employees are required to attend a briefing Sept. 21 on changes and updates to U.S. federal equal employment opportunity and civil rights laws. Training will be held in the Camp Red Cloud Theater and will be offered in two sessions: 9 - 10:30 a.m. and 1:30 - 3:00 p.m.

Volunteer Luncheon

The Area I chapter of the American Red Cross will host its Volunteer and Volunteer Unit of the Quarter luncheon for the third and fourth quarter 11:30 a.m. Sept. 23 at the Camp Red Cloud pavilion. The luncheon will have a luau theme.

Troops to Teachers Awareness Day

Troops to Teachers representatives will be at the Camp Red Cloud Education Center Oct. 14 for Troops to Teachers Awareness Day. Activities will include presentations by TTT representatives in the morning and individual meetings in the afternoon, where representatives will be able to review transcripts, counsel and guide interested individuals. All Area I servicemembers and civilians are invited to attend.

Bowling Center Closure

The Camp Red Cloud Bowling Center will be closed Sept. 28 in observance of the Chuseok holiday.

NCOs prepare for promotion

By Capt. Stacy Picard

Detachment A, 509th Personnel Services Battalion

CAMP CASEY — Warrior Country personnel officials continue to prepare noncommissioned officers for the November sergeant first class promotion board.

Detachment A, 509th Personnel Services Battalion officials said they are leading the charge to keep Soldiers informed and prepared ahead of the Oct. 15 deadline.

"It is important for all eligible noncommissioned officers to update and validate their records," said Command Sgt. Maj. James Murray, 509th Personnel Services Battalion. "It shows the board members that they actually took the time to ensure their records were correct and accurate."

Noncommissioned officers have the option to go online to review their enlisted records brief, or ERB, to see if any corrections need to be made.

If their record is correct, the Soldier can elect to validate the record online to finalize the process before the board review.

Personnel officials said many staff sergeants preparing for the sergeant first class board are unaware of the online updating and validation process.

"I was under the impression that my information would be updated automatically," said Staff Sgt. Eric Trahan, Headquarters and Service Battery, 1st Battalion, 15th Field Artillery Regiment. "When I reviewed my ERB online earlier today, I realized that was incorrect."

Noncommissioned officers only need to go to their personnel services battalion if corrections are necessary.

The enlisted selection board system eliminates the need for hard-copy documents.

Previously, personnel services battalions mailed documents to the U.S. Army Enlisted Records and Evaluation Center in Indianapolis. Documentation is now submitted to the board as an electronic file.

"I've been able to make the corrections needed," Trahan said. "I'll validate it once it posts in the system."

It takes about 30 minutes to update records, depending on the number of

corrections needed. The updates take approximately 24 to 72 hours to show up in the system.

The online validation portion takes five to 10 minutes to complete. It is the only way to send a message to board members that the record has been verified by the eligible noncommissioned officer.

The 509th Personnel Services Battalion also implemented changes to ensure the process to update records for the sergeant first class board would run smoother than the master sergeant board update last month.

"When a Soldier comes into Enlisted

See **Promotion** on Page 8



PHOTO BY CAPT. STACY PICARD

Staff Sgt. Eric Trahan, Headquarters and Service Battery, 1st Battalion, 15th Field Artillery Regiment (left), updates his records with Pvt. Reginald Buggs, Detachment A, 509th Personnel Services Battalion. Trahan is preparing for the November sergeant first class board.

'Concert on the Green' makes good neighbors

PHOTO BY MANNY CHAPA

Korean dancers from a Uijeongbu church perform a traditional dance at the monthly "Concert on the Green" program Aug. 25 at Camp Red Cloud. The event, sponsored by the Area I Chaplain's Office and the 2nd Infantry Division Band, brings Koreans and Americans together to enjoy music, food and fellowship. The next and final program of the year is scheduled 6:30 p.m. Thursday.

Workers celebrate end of summer



PHOTOS BY PFC. STEPHANIE PEARSON

Kim Sang-ki serves up some of the 345 pounds of meat Sept. 3 during the Camp Red Cloud picnic.

Area I Public Affairs Office

CAMP RED CLOUD — Camp Red Cloud Directorate of Logistics workers celebrated an annual organization day Sept. 3 at the post pavilion.

“Unlike the garrison, which hosted a healthy luncheon, we had about 345 pounds of meat on tap,” said Ed Minnerly, director of logistics. “We also had baked beans, baked potatoes with real butter and sour cream, salads and beverages.”

The barbecue luncheon was followed by a Korean choku competition.

“We had teams from the directorate,” Minnerly said. “The winner, the transportation division, will have bragging rights for the next year.”

The U.S. Army Garrison, CRC directorate of logistics includes mostly Korean employees from transportation, logistics and food service. They also invited the 15th Korean Service Corps Company and field section.

“We had the Garrison’s transporters, maintainers, movers, travel agents, feeders and fixers taking an afternoon off to relax and enjoy some friendly competition,” Minnerly said.

The weather was perfect for the end-of-summer event, he said. “Partly cloudy and in the 90s.”



Yi Chae-kwan (left) plays choku as Kwon Su-young looks on.

Camp Casey transportation workers set records

Lessons learned during pack out

By David McNally

Area I Public Affairs Office

CAMP CASEY — In less than a month, workers from the Camp Casey Installation Transportation Office squeezed in six-months worth of moves.

The office moved more than 2 million pounds of personal property in three weeks,” said Pak Yong-hui, the installation transportation officer for Camp Casey and the Western Corridor.

The 2nd Infantry Division’s 2nd Brigade Combat Team pack out for deployment to Iraq produced a herculean challenge for the Korean employees, transportation Soldiers and contracted moving companies.

The transportation office processed more than moves between July 11-Aug. 2 with a small staff of six Camp Edwards Korean employees, 11 Camp Casey Korean employees and six U.S. Soldiers.

“One of the things I worried about was, ‘What if the contractors could not perform the work as scheduled?’” Pak said. “‘What if somebody got sick or hurt?’”

Under normal conditions, the transportation office maintains a

contract with one local moving company. Because of the number of deployment-related moves, the Army made a one-time contract to hire four companies.

Looking back, Pak said she is thankful the mission was accomplished on time, and without injuries or incidents.

“I’m proud of everybody on the team,” Pak said.

During the preparation for the deployment, ITO workers conducted group counseling for about 1,000 Soldiers a day at the Camp Hovey Theater.

“We expected to have the names and social security numbers for all the Soldiers before the move,” Pak said.

However, transportation workers soon found they had to adapt to changes or last minute additions, which resulted in incomplete paperwork.

“I told the staff, ‘Remember, service is our motto, and satisfaction is our goal.’” Pak recalled. “If we didn’t have complete paperwork, we worked around it.”

The workers came in early and worked late during the pack-out.

Pak said the most memorable moments were due to the hot, humid

weather.

“It was right in the middle of monsoon season,” Pak said.

Army officials lauded the Camp Casey ITO workers for their efforts during the deployment.

“We plan to use lessons learned from this experience on future moves,” said

Lt. Col. Stephen Murray, U.S. Army Garrison, Camp Casey commander. “Our goal was to make the pre-deployment phase go

as smoothly as possible.” Pak said the garrison provided everything they needed to make the pack out a success.

“The biggest concern was Soldiers with families wanted to move property to the states,” Pak said.

The Army is storing the personal property in Korea under temporary status during the deployment.

Under Army regulation, Soldiers on temporary change-of-station orders are only authorized temporary storage.

The next big challenge the office will face is the move of personal property for Western Corridor Soldiers.

“We’ve already started using the lessons-learned,” Pak said.

“If we didn’t have complete paperwork, we worked around it.”

—Pak Yong-hui

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Class teaches civilian supervisory skills

By Maggie Thomas

Area I Civilian Personnel Advisory Center

CAMPRED CLOUD — The Area I Civilian Personnel Advisory Center conducted its first human resource for new supervisors course Aug. 23-27.

The class, the first of its kind in Area I, was what CPAC officials hope to be a biannual or quarterly training offering, depending on the need.

“More experienced supervisors can also benefit from the course,” said Richard Lerdahl, Area I Information Management Office director. “Most supervisors have never had any formal training in (human resources) or (they) had training many years ago.”

The four- to five-day course was developed by the Civilian Human Resource Agency to teach civilian and military supervisors of appropriated-fund civilian employees about their responsibilities in human-resource management.

The course covered human resources legal and regulatory requirements. It also put the spotlight on the Army merit system principles.

Officials said topics like prohibited personnel practices and position classification, management-employee relations and labor relations were key areas within the new course.

The course, conducted at the Area I CPAC Computer Classroom, included lectures, class discussions and exercises for six students. Officials said their experience ranged from two months to more than 25 years.

The feedback from the class was positive.

“I have been a senior manager for over 20 years with technical and administrative staffs of all kinds and sizes,” Lerdahl said. “I have worked for the Defense Logistics Agency, Department of the Air Force, and Department of the Army. I felt I knew the HR Civilian Personnel arena pretty well, and didn’t need to attend the class for new managers. I found the class very informative, well-presented by all the briefers.”

Lerdahl said the course was well-developed and timely.

“I am new to Area I and Camp Red Cloud,” he said. “I found I knew some of the material and enjoyed relating some ‘old experiences,’ but I will admit I learned a lot about the subject I thought I knew.”

Lerdahl said he recommends this class to every Department of Defense supervisor, whether they are new or not.

See **Class** on Page 8

Class from Page 7

One of the classes newer supervisors, Kenneth Schlueter, transition service program officer said, "I would like to thank you for the opportunity to attend the first human resources for new supervisors course. I found the course so interesting I actually brought sections from the course materials binder home each night for further review."

Schlueter said every supervisor, no matter how long they have worked for the Department of the Army, should attend this training.

"The human resource role of the supervisor continues to evolve, and the only way a supervisor can stay on top of these new changes and requirements

is through a program of initial HR training with periodic refresher training," Schlueter said. "This course provided me with my initial HR training."

"The class was a great opportunity to get me involved in understanding the responsibilities of a supervisor and manager," said Challen Kelker, a new Camp Stanley housing supervisor. "And, a better understanding of civil service functions. I am now 100 percent better."

Civilian personnel officials hope to schedule the next class in January for new and senior supervisors.

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Promotion from Page 6

Records, we print off a copy of the ERB, have them review it, and make any changes to it as long as they have the source documents needed to do so," said Sgt. Reshawn Mucker, Detachment A, 509th Personnel Services Battalion.

"The Soldiers in the enlisted records section are doing an outstanding job supporting the senior NCOs coming in to update their records," Mucker said. "We've extended our hours to better support our customers. The response has been great."

Instead of a walk-in system, personnel officials set appointment dates for each unit, to allow both the administrative and enlisted records sections to have equal accountability for all eligible soldiers.

"I believe the appointment-by-unit (system) is the best way to support all the units on this installation," Trahan

said. "Walk-in service is time consuming and unpredictable. I waited only 10 minutes."

Eligible noncommissioned officers can review their electronic board file online at <https://www.hrc.army.mil>. Click on Human Resources Command Indianapolis, then select promotion file.

"As leaders, it's all about taking care of Soldiers," Murray said. "You cannot take care of Soldiers if you're neglecting to care for yourself."

Murray said noncommissioned officers want to do the right thing.

"It is an individual responsibility to ensure that their records are accurate and correct," he said.

Trahan agreed, "Validation only takes a few minutes and could mean the difference between getting promoted, or being passed over."

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USO from Page 5

For two hours, the thrill-seekers negotiated the Hantan, encountering rapids, having splashing battles with other rafts and jumping off of cliffs along the way.

"The boat ride with everybody was really fun," said Capt. Matt Linehan, 702nd Main Support Battalion maintenance officer in charge. "Everyone was just out to have a good time. It was fun splashing the other boats and jumping in the water."

After the raft trip, the tour took the Warriors to a local bridge with a bungee-jump tower on it. There, Soldiers got the opportunity to throw themselves over a 173-foot drop to the river below.

"The bungee jumping was my favorite part," said Pfc. Kevin Vandefifer, Headquarters and Headquarters Detachment, U.S. Army Garrison, Camp Casey, who jumped for the first time. "It was different, just free falling. It was scary and exciting all at once. I would definitely do it again!"

While not all of the Soldiers took the plunge, everyone had fun watching.

"I hate heights," Linehan said, "but it was cool to watch other people jump. I can't believe how some people went off the edge like it was no big deal!"

Overall, the day was a success, the participants said.



PHOTO BY SPC. CHRIS STEPHENS

A U.S. Soldier takes a bungee-jump plunge Sunday on a Camp Casey USO tour.

"It was pretty fun," said Sgt. 1st Class Cavin Clark, Headquarters and Headquarters Detachment, USAG, Camp Casey operation sergeant. "We got to mingle with people from other units and meet some Korean people. It shows the local community that the Soldiers stationed here in Korea are out enjoying the same activities they enjoy, too."

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Aviation commander recognizes newest NCOs into the corps

By Alex Harrington

Area II Public Affairs Office

YONGSAN — The noncommissioned officer corps received 33 new NCOs into its ranks Sept. 3 during an induction ceremony hosted by 1st Battalion, 52nd Aviation Regiment at K-16.

Once Soldiers attain the rank of sergeant, they transcend from enlisted Soldiers to noncommissioned officers, emphasized the guest speaker, Col. David Abramowitz, 17th Aviation Brigade commander. This transition is not just a promotion but is a dramatic changing of roles. It requires a Soldier to make the sometimes-difficult transition from a follower to a leader of Soldiers — with all the responsibilities and authority inherent in that role, Abramowitz said.

“You are now noncommissioned officers,” Abramowitz said. “With your new rank and title, there comes significant more responsibility, as a leader. First, you must comprehend the importance of what’s expected from you as new NCOs leading junior officers and Soldiers. Second, you must be articulate when instilling discipline and order among the junior ranks, and third, when dealing with junior Soldiers, you must be patient, but still provide direction to get the most out of your Soldiers.”

This time honored tradition of commemorating the passing of a Soldier to a noncommissioned officer can be traced to the Army of Frederick the Great, king of Prussia from 1740 – 1786. Before one could be recognized in the full status of an NCO, he was required to stand four watches, one every four days. At the first watch, the private soldiers appeared and claimed a gift of bread and brandy. The company NCOs came to the second watch for beer and tobacco and the first sergeant reserved his visit for the third watch, when he was presented with a glass of wine and a piece of tobacco on a tin plate.

During the ceremony, the inductees received a signed and bound copy of the NCO Creed in both English and Hangul.

Following the ceremony inductees and guests enjoyed refreshments and

See **Aviation** on Page 12

Evaluation rates 1st Signal's ability to deploy and fight

By Sgt. Donald Smith

1st Signal Brigade Public Affairs Office

YONGSAN — The 1st Signal Brigade earned high marks from the commander of U.S. Forces Korea’s main communication unit for performance during an Aug. 16-19 external evaluation.

“The bottom line is that the network is reliable and survivable,” said Col. Lawarren Patterson, 1st Signal Brigade commander. “It is the brigade’s contribution to the war fight and is a force enabler.”

The brigade set up, protected and sustained the force well while maintaining tactical and strategic communications during the annual EXEVAL, said deputy brigade commander, Col. Timothy O’Hara. The exercise, called EXEVAL, evaluates how the brigade deploys throughout Korea and performs its mission.

“I saw a lot of improvements in the short time we were out there,” O’Hara said. “In the fog of war, a confident staff will do well.”

In the event war, the 1st Signal Brigade provides trained and ready units to support the United Nations Command, Combined Forces Command, USFK and 8th U.S. Army with tactical and strategic communications.

The deployment of its assets is a difficult task, said brigade officials. This includes the set up of a peninsulawide communications network in more than 40 remote locations.

“Our tactical operation procedure is the document that outlines processes and procedures on how we operate during armistice, periods of increased

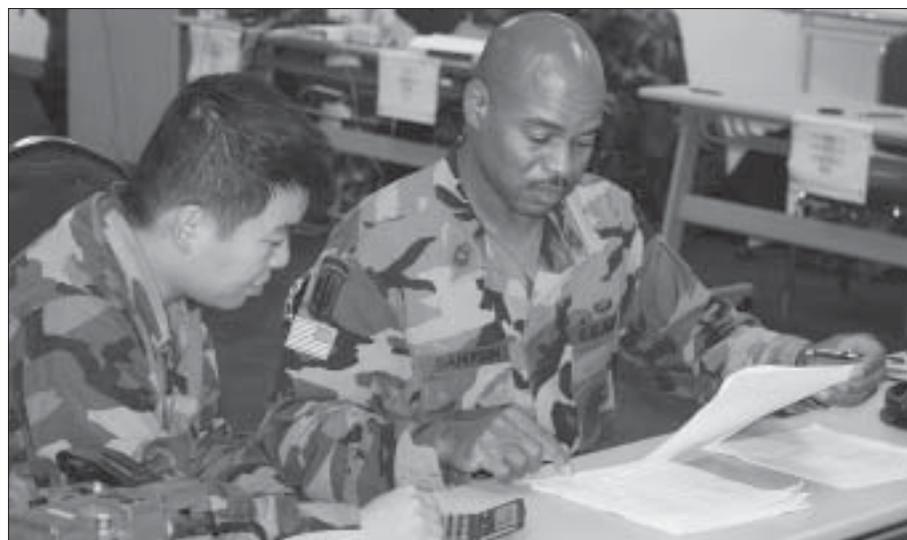


PHOTO BY PVT. HWANG DONG-HYUN

Master Sgt. D.J. Sampson, 1st Signal Brigade food services adviser, and Pfc. Namkoong Min, headquarters company nuclear, biological and chemical noncommissioned officer, review logistics reports at the brigade Administrative and Logistics Operations Center in the Peery Center during the brigade external evaluation Aug. 16-19.

hostility and should hostilities resume,” O’Hara said. “We wanted to see if the tactical standard operating procedure represented the actual procedures we use.”

While the brigade deployed throughout Korea and began to set up operations, a “white cell” of opposition forces inflicted pseudo attacks on the brigade’s assets.

“We tried to create damage and destruction to force the staffs to do some creative cross-leveling,” O’Hara emphasized.

“The white cell blew up every fuel tanker available to the brigade and then contaminated all of the remaining fuel supplies on the peninsula, just to see what the staff would do,” O’Hara said. “Many simulated attacks involved weapons of mass destruction to stress the system and push the staff out of their comfort zone.”

Overall, the entire brigade did well under the auspices of 311th Theater Signal Command, an Army Reserve unit that would command 1st Signal Brigade in Korea if hostilities resume on the peninsula, O’Hara added.

The evaluators from the 311th were pleased with the professional knowledge and experience demonstrated by 1st Signal Brigade staff members, but cautioned to not let up on continuous training, O’Hara said.

“You have to be careful not to fall into what’s easy and convenient,” said Brig. Gen. George Smith, 311th deputy commander and senior evaluator for the EXEVAL. “From an operational security perspective, this can be deadly.”

Results of the EXEVAL will be compiled soon by the 311th, officials said.

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AFSC showcases more than 60 community groups to newcomers

By Alex Harrington

Area II Public Affairs Office

YONGSAN — The American Forces Spouses’ Club hosted a welcome and activities sign-up Aug. 31 that showcased more than 60 private organizations ranging from community service to fraternal. The event at Dragon Hill Lodge introduced newcomers to Area II and encouraged them to get involved in various events and activities in the community.

“This was a wonderful opportunity

for all the newcomers to meet the various groups and learn about the services available at Yongsan and in the Seoul community,” said Mary Ring, AFSC second vice-president. “I appreciate all the private organizations who participated and getting the word out about their services to area newcomers.”

The event allowed attendees to register and join various groups as well as partake in the food and drinks.

For more information about what groups are in Yongsan, call the Area II Public Affairs Office at 738-7355.



PHOTO BY PFC. PARK, YUNG-KWI

Newcomers sign up for membership in Seoul American Elementary School Parents and Teachers Organization.

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NEWS & NOTES

Commander's Hotline

The Commander's Hotline e-mail address is areaitownhall@korea.army.mil. For more information, call 738-5017.

Cub Scouts Pack 89 Events

The Cub Scouts Pack 89 has sign-ups at the Seoul American School Cafeteria 7 p.m. today. Training for all leaders will be at the Scout Hut on South Post 9 a.m. Sept. 18 at Building 3793. For more information, call 738-3181 or e-mail xringfocus@yahoo.com.

Christian Men's Monthly Breakfast

South Post Chapel offers a breakfast buffet with praise and worship services 8 a.m. Saturday. The buffet and services are opened to all. For more information, call 725-8022, 011-9000-6064 or e-mail grandinj@korea.army.mil.

Tuesday Night Party

There is a party 5 p.m. Tuesday at the Dragon Hill Lodge. The admission for the personnel who are not AUSA or NCOA members is \$2. For more information, call 724-3201 or e-mail Alvinia.Young@korea.army.mil.

Area II Town Hall Meeting

There will be an Area II town hall meeting 6 - 8 p.m. Tuesday at the Army Community Services Building auditorium. For more information, call 738-7453.

Air Force Birthday Celebration

There is an Air Force birthday celebration 9:30 a.m. Thursday at Dragon Hill Lodge Mezzanine.

Search for Talent

The Area II Ethnic Observance Committee is searching for talent to sing, dance and recite poetry in contribution to the celebration of "Hispanic American Heritage Month" 11:30 a.m. - 1 p.m. Sept. 22 at the Dragon Hill Lodge. For more information, call 738-5950 or contact respective local Equal Opportunity offices.

Area II Closure

The Area II Customer Service Points, or CIF, will be closed Sept. 27 - 29, and 30. The CSP office will be open for turn-ins and direct exchanges 8 - 11:30 a.m. and issues 1 - 4 p.m. weekdays except every Thursday. For more information, call 736-7493.

Kenneth Copeland Ministries

South Post Chapel offers Kenneth Copeland ministries Oct. 18 - 19. Services are open to all. The suggested donation for limited seating is \$5. For more information, see unit chaplains.

Army Competitive Category Promotion Board

There is a promotion board for all first lieutenants, with a date of rank of March 31 and earlier, for promotion to captain. Applicants need to update their promotion files. Selection board will meet Oct. 26. Contact Personnel Services Detachment for records update.

KNP receive warm welcome from Area II commander

By Pfc. Park Yung-kwi

Area II Public Affairs Office

YONGSAN – More than 100 Korean National Police were invited by the Area II commander to spend a day on Yongsan Garrison Aug. 30.

During the morning welcome brief, Area II Commander Col. Timothy McNulty, said, "Thanks to you... we can feel safe while we work and live here at Yongsan. I appreciate the partnership we have with you (KNP) and how you help us to continue our mission day in and day out."

On the tour the KNP were given the opportunity to visit the Heritage Center, located on South Post, to learn and appreciate the long-standing history between Korea and U.S. alliance, since the Korean War.

Following the base tour they were hosted for lunch at the 34th Support Groups' Three Kingdoms Inn.

The day at Yongsan ended up with the visitors watching a movie at the multipurpose training facility with free popcorn and soft drinks.

"It is like a small America in Seoul," said Pfc. Yoo Jung-jae, KNP.



PHOTO BY PFC. PARK YUNG-KWI

The Korean National Police visited the Heritage Center as part of a tour of Yongsan Garrison Aug. 30. The KNP learned about the history between the Korea and U.S. alliance.

More than five KNP companies provide force protection to U.S. Forces Korea installations in Area II, according to an official at the Yongsan-gu police department.

The official added there are about 24,000 U.S. residents living in the Seoul metro area that the KNP protect from various potential harms, such as protest rallies.

According to its Web site, the KNP provides 24-hour security service to the community, preventing and detecting crime, traffic control, securing social stabilization — like riots and protests — and preventing international crimes.

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ROK, U.S. Army medics get hands-on experience at mass-casualty drill

By Alex Harrington

Area II Public Affairs Office

YONGSAN — At the sound of a siren, military personnel methodically began exiting a training facility during a mass-casualty evacuation drill conducted Aug. 29 by Republic of Korea and U.S. Army fire and emergency services.

Officials wanted to assess shortfalls and publish a viable standing operating procedure for future operations when conducting mass-casualty evacuations at the facility, according to an Army memorandum of instruction. The facility is undisclosed because of operational security.

"The overall purpose was to reduce the human-safety risk at this facility in the event of a fire or major accident," said Alex Temporado, Area II fire chief.

Temporado elicited to the fact that they wanted to evaluate fire reporting and air evacuation, as well as personnel accountability, firefighting operations, command and control, and operation of facility fire alarms and fire-suppression systems.

Through dense, simulated smoke, more than 500 people hastily exited the facility to predetermined areas so that emergency services could perform accountability checks on all personnel.

Dressed in silver fire suits, Korean firefighters jumped out, grabbed their gear and headed toward the entry point to search for victims, assess the scene and notify medical personnel about the status of each of the injured.

The exercise involved detailed planning and coordination between ROK and U.S. officials, Temporado said.

"It took over six months to plan the mass-casualty evacuation exercise that included seven firefighting crews, security forces and medics from 18th Medical Command," Temporado said. "The last time we conducted this type of exercise was Oct. 9, 2003, at Hannam Village.

"This was a great learning experience which gave us an opportunity to implement, evaluate and test emergency-



PHOTO BY ALEX HARRINGTON

An Area II firefighter carries out a victim from the scene during the mass-casualty evacuation drill which was conducted Aug. 29.

operational procedures for this facility and to work with our host nation firefighting and medical crews," Temporado said.

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Youth program teaches kids about love, obedience and work ethic

By Alex Harrington

Area II Public Affairs Office

YONGSAN — South Post Chapel is gearing up for another year of Awana club by hosting registration Monday for Area II residents.

According to the South Post Chapel Awana club commander, Ned Stoll, the Christian program offers an alternative setting compared to other youth programs and teaches children and teenagers lessons in character building. Awana club is a nondenominational ministry that assists churches in reaching children and teenagers with the gospel of Jesus Christ.

When asked what Awana stood for Stoll said, "Awana stands for Approved Workmen Are Not Ashamed and comes from 2 Timothy 2:15."

The Awana program was started in 1950 at the North Side Gospel Center in Chicago. Lance Latham, the church pastor who worked with Art Rorheim, who would serve as the club's chief executive officer, developed a program that would appeal to young people, reach them with the gospel of Christ and train them in the Lord's work. Other churches heard about the success of the Awana program and asked if they could use it. Within 10 years, Awana had chartered 900 clubs, which today has grown to 46,741 clubs in 104 countries, according to Awana's Web site.

The program first started at Yongsan Garrison in 1998, said Stoll, who began working with the

program in Germany after he and his wife took their youngest son to see what it was about.

"The first year was one of introducing the concepts of Awana to the community and promoting the awareness of the program and how it could benefit the youth," Stoll said. "There were less than 45 people involved in the first year."

Stoll added, "In 2003, the South Post Chapel Awana club registered nearly 300 children from ages 3 through middle school."

Compared to other youth programs, the South Post Chapel Awana club varies in its approach to children and teenagers, as well as to parents.

"With the exception of Club Beyond, which is a sponsored military community youth ministry, Awana differs

from other youth groups in Yongsan because it focuses on the Bible, salvation and developing a relationship with Christ," Stoll said.

"Secondly," he added, "Awana is a family program in that parents can't just 'drop their kids off,' so others can take care of them, but they are involved in helping their children memorize scripture verses and other handbook activities that are reviewed during each weekly Awana meeting. By getting involved, parents also benefit from the

spiritual growth that takes place in their children."

The Awana program also teaches children and teenagers lessons in character building.

"Both youth and teenagers focus on the way Jesus lived his life and the way he taught us to live," Stoll said.

While the program does vary from other youth programs and teaches youth and teenagers character building traits, Stoll said the club's main focus is reaching other children in the area.

"Awana differs from other youth groups in Yongsan because it focuses on the Bible, salvation and developing a relationship with Christ."

—Ned Stoll

"One of the successes for the growth of the Awana program is that it is the children in Awana who tell others about the program, Stoll said. "When a program is really reaching kids in a productive and fun way, the response is

for kids to want to return again and again and also invite others to come and check it out for themselves."

The South Post Chapel Awana program also supports the U.S. Forces Korea Good Neighbor Program, said Stoll.

"There are a number of activities in the community in which Awana plays a significant role

See **Awana** on Page 12

Units of action get new modular barracks

By Jim Cunningham

Army News Service

WASHINGTON — When the 3rd Infantry Division at Fort Stewart, Ga., began organizing a fourth brigade-sized “unit of action,” the U.S. Army Corps of Engineers rushed to build facilities for the new unit.

“We’re involved in Savannah District with short-term impacts on some of the reconfiguration of the Army,” said Dwight Beranek, deputy director of military programs for the Corps of Engineers, “and need to use temporary or semi-permanent construction in a hurry to respond to the modularization of the Army.”

On May 25, the Corps awarded Clark Design/Build, LLS a \$73.6 million emergency funded contract for the design, site development, and construction of a modular barracks

campus. The site will include laundry facilities, battalion headquarters, company operations, arms vaults, and vehicle maintenance facilities for three battalions (852 Soldiers) at Fort Stewart.

In 142 days of near round-the-clock activity, construction workers are clearing forestland, installing underground utilities, and piecing together the buildings.

The first of 142 custom modular barracks were delivered on June 30, just 20 days after the design layout and construction requirements were approved. At peak delivery points, 12 trailer sections per day will be received and set to meet the completion schedule.

“This is the most aggressive schedule I’ve encountered in my 24 years with Clark,” said Dave Young, the on-site Construction Executive.

The buildings fit together to form three private rooms

with a shared bath and a shared kitchenette, according to Judy Milton, Savannah’s lead architect on the project. Similar modular buildings piece together to form brigade or company headquarters, maintenance, and other facilities. As Army needs change, the buildings can be modified at a much lower cost than traditional construction.

This modular project cost \$73.6 million, compared to an estimated \$140 million for traditional construction. Plus the project can be finished and ready to house troops in weeks instead of years, according to Tim Corley, the project manager.

Modular construction like this project at Fort Stewart may be used elsewhere in the Army to fill gaps in construction due to the rapid changes needed to fight the Global War on Terrorism, officials said. They said the speed of construction makes the design highly responsive to the needs of the Army.

Aviation

from Page 9

a cake that that featured the sergeant insignia of rank representing both the U.S. and Korean armies.

Soldiers inducted were: Sgt. James Cash, Sgt. Sammy Forge, Sgt. Justin Havins, Sgt. Dale Hunter, Sgt. Kendal Jackson, Sgt. Gerald Laventure, Sgt. Candice Mason, Sgt. James Murray, Sgt. Japeth Nelson, Sgt. Chad Olsen, Sgt. Terrell Reed, Sgt. Takeiya Rias, Sgt. Manuel Rios, Sgt. Alexander Santana, Sgt. Casey Taylor, Sgt. Im, Ji-won, Sgt. Lee, Jung Hoon, Sgt. Lee, Yoon

Sang, Sgt. Lee, Hae Myung, Sgt. Park, Sang Young, Sgt. Michael Lamb, Sgt. Lucas Benson, Sgt. Jeff Triplett, Sgt. Sean Antonucci, Sgt. Adrian Nielson, Sgt. Wilber Sanchez, Sgt. Nathaniel Yohe, Sgt. Daniel Morrison, Sgt. David Hottle, Sgt. Xavior Ridep, Sgt. Woo, Hyun Chul, Sgt. Anthony Crolla and Sgt. Rudy Mendez.

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Awana

from Page 11

with the Good Neighbor Program,” Stoll said. “During the Columbus Day parade, we have more than 100 participants march and sing the Awana song in front of the judges. Also, our older kids participate in a Bible quiz where they compete against kids from other Awana Clubs in Korea, including Korean clubs, to see who is able to answer the most questions asked by the Awana Missionaries about the Bible.”

It’s not just the parents and children who get something out of the program, but the volunteers as well.

“I get much pleasure of being a part of a family of believers whose hope is that all children and youth throughout the world might come to know, love and serve the Lord Jesus Christ,” Stoll said.

When asked what she gets from volunteering with the children with Awana, 1st Lt. Clevette Edwards,

executive officer, Alpha Company, 532nd Military Intelligence Battalion, said, “The rewards outweigh the time served. The children remind me that I must always remain humble. They enable me to see God’s love through their innocence, gentleness and their desire to learn.”

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AT THE
MOVIES



Sept. 10 - 16

| Location Phone No. | Sept. 10 | Sept. 11 | Sept. 12 | Sept. 13 | Sept. 14 | Sept. 15 | Sept. 16 |
|------------------------|--------------------|--------------------|--------------------|--------------|------------------|--------------|--------------------|
| Casey 730-7354 | King Arthur | Without a Paddle | Without a Paddle | King Arthur | Kill Bill 2 | Kill Bill 2 | Catwoman |
| Essayons 732-9008 | No Show | The Note Book | No Show | Spider Man 2 | Without a Paddle | No Show | Alien vs. Predator |
| Garry Owen 734-2509 | No Show | Alien vs. Predator | Spider Man 2 | Spider Man 2 | Anchorman | No Show | Anchorman |
| Henry 768-7724 | King Arthur | Garfield | Alien vs. Predator | Anchorman | No Show | No Show | No Show |
| Humphreys 753-7716 | Without a Paddle | King Arthur | King Arthur | King Arthur | King Arthur | Spider Man 2 | Spider Man 2 |
| Hialeah 763-370 | Alien vs. Predator | Two Brothers | Troy | No Show | No Show | No Show | No Show |
| Hovey 730-5412 | No Show | No Show | No Show | No Show | No Show | No Show | No Show |
| Howze 734-5689 | Alien vs. Predator | The Terminal | No Show | No Show | No Show | No Show | No Show |

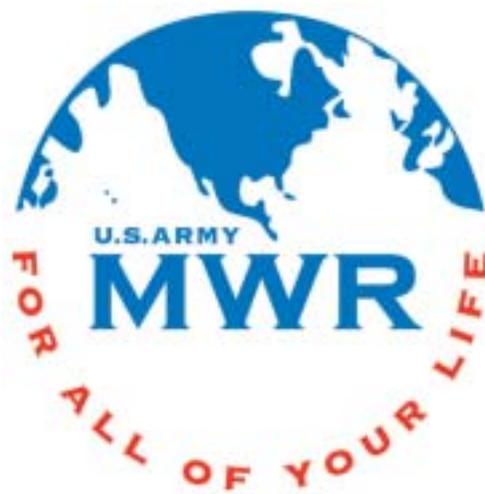
Anacondas



A scientific expedition is sent to the jungles of Borneo to search for a rare black orchid by a powerful pharmaceutical company that hopes the orchid can be used to unlock the secrets of youth and

immortality. What they discover is that the orchid is already being used by a powerful group... a swarm of giant snakes that derive their super strength, size and vitality from the flowers, and extremely large snakes are also extremely hungry snakes.

PG-13



Schedule subject to change



King Arthur



Arthur and his knights have served in the Roman military for 15 years, and now have only one mission to fulfill before being granted their freedom. As the Saxons attack Britain, they must head north

to rescue the last Roman officials left in a village. Once there, the Knights of the Round Table team set free Guinevere, a fierce fighter imprisoned by the Romans, so they can face the Saxons in battle.

PG-13

| Location Phone No. | Sept. 10 | Sept. 11 | Sept. 12 | Sept. 13 | Sept. 14 | Sept. 15 | Sept. 16 |
|-------------------------|------------------|--------------|--------------|--------------|--------------|--|--|
| Kunsan 782-4987 | Collateral | Collateral | King Arthur | No Show | King Arthur | Anchorman | Anchorman |
| Long 721-3407 | Catwoman | No Show | Van Helsing | Van Helsing | No Show | No Show | No Show |
| Osan 784-4930 | Anacondas | Shrek 2 | Anacondas | King Arthur | King Arthur | Anchorman | Anchorman |
| Page 721-5499 | No Show | No Show | No Show | No Show | No Show | No Show | No Show |
| Red Cloud 732-6620 | Without a Paddle | King Arthur | Garfield | Anchorman | Anchorman | No Show | Anacondas |
| Stanley 732-5565 | King Arthur | King Arthur | Anchorman | Sleepover | No Show | Anacondas | A Cinderella Story |
| Yongsan I 738-7389 | Anacondas | Anacondas | King Arthur | King Arthur | King Arthur | Anchorman | Anchorman |
| Yongsan II 738-7389 | Anacondas | Anacondas | King Arthur | White Chicks | White Chicks | Harry Potter and the Prisoner of Azakban | Harry Potter and the Prisoner of Azakban |
| Yongsan III 738-7389 | Two Brothers | Two Brothers | Two Brothers | Spider Man 2 | Spider Man 2 | Van Helsing | Van Helsing |

Chaplain's corner: What can you see?

Chaplain (Lt. Col.) David Colwell

Deputy Area II Chaplain

YONGSAN—A few weeks ago I was scanning the Internet for pictures from the Mars spacecraft that recently landed on that planet's surface.

Intrigued by what I saw, I began to move to other images taken by the Hubble space telescope. The Hubble orbits our Earth and sends back pictures of the universe to scientists.

The pictures of the objects sent back to Earth in many cases are thousands of light years away. The images are bright and clear. Apparently, the Hubble telescope can see farther into the universe than any man has standing on earth. In fact, the

Hubble can see millions more objects than has ever been seen previously.

I want to take away this idea of seeing deeply for a minute and relate it to religion. In my own experience, I know that religion badly understood can lead to misunderstandings between people and even be a cause for violence.

On the other hand, it seems that throughout history every true spiritual leader sought to give us deeper and clearer views about hard questions, such as why we are here and how we should live our lives.

Put another way, religion offers insights about who we are based on a deeper view of the universe.

For instance, religion by in large tells

us that there is more to us than just blood, brain, bone and other material elements.

From a spiritual stand point our limited senses simply fail to get us a true idea of what is beyond the material picture of things.

Just like the Hubble space telescope, religion offers us new views of reality and in doing so helps give meaning to life.

From the vantage point of my computer screen I can peer into deep space and see literally 10,000 galaxies. Each galaxy contains about 200 billion suns like our own. But without help all the naked eye can see from earth is a very small picture of what is out there. The truth of the matter is that each picture is made up of light. Human vision depends

upon light that enters the eye to form an image.

Again, from a religious perspective, light is always a property of God. When we pray for light, for example, we usually mean that we want to understand something better or be guided by something higher than our own limited vision.

We know very little about the limits of the physical universe. It is my prayer for everyone reading this article that we begin the journey of finding God's light in our lives.

Like the scientists that built the marvelous Hubble telescope, we have to desire better and higher views before we can receive them.

Area II Worship Services

Protestant

| | | | |
|---|--------|-----------|--------------------------------|
| Contemporary | Sunday | 10 a.m. | Multipurpose Training Facility |
| Episcopal | Sunday | 10 a.m. | Memorial Chapel |
| Church of Christ | Sunday | 2 p.m. | South Post Chapel |
| United Pentecostal Church International | Sunday | 1 p.m. | Memorial Chapel |
| Collective | Sunday | 8 a.m. | Memorial Chapel |
| | | 9:30 a.m. | 121 Hospital Chapel |
| | | 9:30 a.m. | Hannam Village Chapel (Korean) |
| | | 10 a.m. | South Post Chapel |
| | | 11 a.m. | Hannam Village Chapel |

| | | | |
|------------|-------------|------------|---------------------|
| Collective | Sunday | 6 p.m. | South Post Chapel |
| | | 1 p.m. | Camp Colbern Chapel |
| Korean | Tuesday | 6 p.m. | Camp Colbern Chapel |
| | Thursday | 6:30 p.m. | Memorial Chapel |
| | 2nd Tuesday | 11:45 a.m. | Memorial Chapel |

Catholic

| | | | |
|------|------------------|------------|---------------------|
| Mass | Sunday | 8 a.m. | South Post Chapel |
| | | 11:30 a.m. | Memorial Chapel |
| | Tuesday | 12:05 p.m. | 121 Hospital Chapel |
| | | 7 p.m. | South Post Chapel |
| | Mon/Wed/Thur/Fri | 12:05 p.m. | Memorial Chapel |

Jewish

Friday 6 p.m. South Post Chapel

Area II Chaplains

Chaplain (Lt. Col.) Thomas Drake
DrakeT@korea.army.mil or DSN 738-3011

Chaplain (Lt. Col.) Vincent Burns
BurnsV@korea.army.mil or DSN 725-2955

Chaplain (Lt. Col.) David Colwell
David.Colwell@korea.army.mil or DSN 738-4043

Chaplain (Maj.) Stanley Whitten
Whittense@korea.army.mil or DSN 736-3018

U.S. Forces Korea celebrates Labor Day

By Alex Harrington
Area II Public Affairs Office

YONGSAN — Young and old gathered throughout the Republic of Korea to join in the celebration of Labor Day.

United States Forces Korea members, family members of Korean employees, Korean Augmentation to the U.S. Army Soldiers and their families were invited to join in the celebration that included balloons, live music, fun runs and rides.

Samuel Gompers, founder and longtime president of the American Federation of Labor once said, "Labor Day differs in every essential way from the other holidays of the year in

any country. All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly, national tribute to the contributions workers have made to the strength, prosperity and well-being of the United States.

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PHOTO BY GALEN PUTNAM

Patrons react as they ride the "Viking" attraction at Woobang Tower Land Saturday. The amusement park is one of Daegu's most popular attractions.



PHOTO BY PFC. PARK YUNG-KWI

Zoe Aoussou, 9 year-old student from Seoul American Elementary School tries her best to reach the far end of an inflatable obstacle.



PHOTO BY PFC. PARK YUNG-KWI

The band Dash-20 shows its unknown talent during the Yongsan Labor Day Block Party talent show Saturday. Their performance was the highlight of the show.



PHOTO BY PFC. PARK YUNG-KWI

Students from Seoul American High School dance along the music at Area II's Labor Day Block Party.



PHOTO BY STEVE DAVIS

Left: Sumo wrestlers get ready to rumble during the "Oop-Say-O" end-of-summer and Ulchi Focus Lens block party sponsored by MWR Saturday at Camp Humphreys.



Weight Loss Support Group

Yongsan Weight Support Group is now accepting new members. The group is a free weight loss support group offering exercise and workout options, healthy eating support and weight loss support. E-mail nannyhere@yahoo.com or call 011-9699-7064 for membership information.

Auto Show

The Yongsan Auto Crafts Center will conduct an Auto Show Saturday. The show will feature a variety of cars competing for bragging rights and cash prizes in the categories of best paint, interior, engine compartment and best overall. This event will feature lots of food, music, prize drawings and vendors. Participants from all over the peninsula are invited to bring their car and compete. For more information, call 738-5315 or 738-5419.

All You Can Eat Buffet

Camp Red Cloud Mitchell's All-U-Can-Eat-Lunch Buffet is available 11:30 a.m. -12:30 p.m. on weekdays. For more information call 732-8189.

Monday — Italian buffet

Tuesday — Barbecue ribs

Wednesday — Oriental buffet

Thursday — Mexican buffet

Friday — Variety buffet

Area II Triathlon

There will be a triathlon 9 a.m. Saturday at Yongsan Garrison. Events include a 400-meter swim, 15-kilometer bicycle race and a 5-kilometer run. Call 738-8608 for more information.

Playgroups For Children

Yongsan Playgroups is now accepting new members. The group plans play dates, educational activities and field trips for families with infants, toddlers and preschoolers in Yongsan and Hannam Village areas. E-mail joyner57@hotmail.com for membership information.

Outdoor Cookout

Camp Casey Warrior's Club presents Special Outdoor Cookout, St. Louis Baby Back Ribs 11 a.m.-1:30 p.m. every Wednesday. Corn on the cob, beans, salad and drink are included. For more information, call 730-2193.

Warrior Division Bowling Championships

The Warrior Division Bowling Championship will be at Camp Red Cloud Bowling Center Sept. 20-22. Pre-tournament meeting is 12:30 p.m. Sept. 20 and the competition begins 1 p.m. each day. The top eight men's and four women's bowlers will advance to the 8th Army Bowling Championships in October.

'Touchdown Tuesdays' to kick off

Morale, Welfare and Recreation

CAMP HENRY — Some critics claim there is no such thing as Monday Night Football in Korea, but starting Tuesday things will change.

The Hideaway Club on Camp Carroll, Henry's Place on Camp Henry and the Busan Pub on Camp Hialeah have created an authentic sports bar atmosphere for Soldiers to kick back and watch those long awaited games, said Morale, Welfare and Recreation officials.

Dubbed "Touchdown Tuesdays," it promises customers across Area IV the same kind of football fun they expect back in the United States, officials said.

"A football program had never been attempted before because it was speculated no one would show up to watch a second airing of the game," said Gary LaRose, MWR Program Director at Camp Hialeah. "But the first time we ran Touchdown

Tuesdays, they packed the house at every location. Budgeting for the event was the biggest challenge."

The three clubs will continue to open weekly to football fanatics. Patrons can take advantage of pregame hors d'oeuvres, win sponsor and MWR giveaways and register for a chance to win end-of-season round-trip tickets to the U.S.

Another activity, the end-zone dance contest, gives patrons an opportunity to bust out their best post-score moves using a toy football and a little creativity. The crowd judges contestants.

Winners score the title of "armchair quarterback" and the privilege of donning an AQ T-shirt while viewing the remainder of the game from a recliner. The recliners will be given away at the end of the season by drawing from the pool of weekly winners.

"By bringing sponsors on board, we were able to purchase additional

giveaways and provide a constant flow of quality prizes over a four-month period," LaRose said. "For example, US Airline Alliance provided the trips to the (United States)."

The games air live early Tuesday morning on American Forces Network, then re-air 7 p.m. People want to view the game as if seeing it for the first time, so scores are usually kept secret and AFN listeners shy away from NFL announcements until they can watch the show for themselves, MWR officials said.

"These are football fans we're talking about, and they take it seriously," LaRose said. "Giving away the score is a terrible infraction."

Pregame activities for Touchdown Tuesdays begins at all three locations 6:30 p.m. and kick off 7 p.m. The program will continue at each club every Tuesday through football season. For more information, call 768-7563 or stop by Area IV clubs.

Museum allows visitors to 'get in the spirit'

By Sgt. Andrew Kosterman

Korea Region Public Affairs Office

SEOUL — Just because the Olympic Games in Athens are over doesn't mean that fans have to wait another four years for the games to return to their memories.

The Seoul Olympic museum at Olympic Park offers visitors a chance to relive moments of the games' history through video and other displays.

Visitors "experience the most successful games in Olympic history and learn about the spirit and ideals of past, present and future Olympics," according to a museum brochure.

Inside the museum are several rooms that highlight the history of the Olympics and, specifically, the 1988 games held in Seoul.

The "Place of Harmony" room was designed as a presentation of the glory of the Seoul Games, officials said.

Other rooms include "Place of Peace," "Place of Hope," and "Place of Prosperity."

Admission to the museum is 1,500 won for children, 2,000 for youths and 3,000 for adults. There are discount fares for groups.

Also available to foreigners are multilingual guide systems. These are headsets that guide visitors through the museum. They work through sensors installed throughout the building.

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PHOTOS BY SGT. ANDREW KOSTERMAN

Above: In the "Place of Harmony" room, visitors can relive the 1988 Seoul Olympic Games.



Left: A teacher leads her students through the museum. The museum is near the Mongchontosung subway stop on Line 8.

A game that's fast: speed pool

By Soojin Atwater

MWR Marketing Division, Area I

CAMP RED CLOUD — This Halloween, servicemembers will get a chance to participate in a unique event — speed pool.

This is the opportunity to challenge Dave "The Ginger Wizard" Pearson and win \$50,000 or a pool table, said MWR officials.

A few things make speed pool different from a normal game. Here are a few of the rules:

- Play speed pool on the Valley Great 8 Table with the dollar-bill acceptor and timer.

- To start a speed pool game, rack

all 15 balls. Make sure the eight ball is in the middle and the head ball is on the spot.

- As soon as the player hits the cue ball the clock starts. Press the speed button to start the timer.

- Pocket all stripes and solids in any order, as long as the eight ball is last.

- The cue ball must come to a stop between shots. Any other ball can be moving, as long as the cue ball has stopped.

- After all balls and the eight are made, press the speed button again to stop the timer.

- The time shown on the screen is the player's speed pool time. Add any penalties and post score.

The preliminary tournament will be at Primo's Express, Camp Casey, 1 p.m. Oct. 23. The winner will receive a pool stick and advance to the finals.

At 6 p.m. Oct. 30, participants will have a chance to watch the speed pool performance by seven champions from Korea competing against each other to win the opportunity to play against Pearson.

The winner will receive a pool table, shipped to his home address. Additionally, \$50,000 will be awarded to the winner if he beats Pearson.

For more information on the speed pool tournament call 730-4334.

E-mail AtwaterS@korea.army.mil

Military Intelligence Soldiers 'decontaminate' aircraft



Spc. Angelia Canavan, front, and Cpl. Jung Ji-hoon team up to decontaminate an RC-7B aircraft at Camp Humphreys.

By 2nd Lt. Christina Fanitzi
3rd Military Intelligence Battalion

CAMP HUMPHREYS — Thirty Soldiers from the 3rd Military Intelligence Battalion (Aerial Exploitation) got some hands-on experience in aircraft decontamination during a three-day "Dragon Exercise" conducted recently at Camp Humphreys.

The unit chemical team, known as "Dragons of the Battlefield," conducted the exercise with support from the 51st Republic of Korea Army Chemical Company and the Avtel/DynCorp contractors who help maintain the aircraft.

Classes were given on the first day of the exercise to familiarize Soldiers with the wear of chemical clothing, hydration in a chemical environment and personnel and aircraft decontamination procedures.

On the second day, Soldiers had to respond to a simulated air-chemical attack that contaminated an RC-12 Guardrail aircraft and an RC-7B reconnaissance aircraft in flight, a High-Mobility Multipurpose Wheeled Vehicle and a truck on the ground and all of the personnel in them.

When the planes landed, pilots and their equipment were decontaminated and teams of Soldiers worked with the Republic of Korea Army chemical company to decontaminate the aircraft.

Decontamination teams operated for more than four hours at a time in full chemical suits and protective masks.

"It was awesome," said Pfc. Erika Rodriguez, from Headquarters and Service Company. "This stuff (chemical suits and mask) isn't that bad, especially when you know it's going to save your life."

Staff Sgt. Alfred Gonzalez, nuclear, chemical and biological noncommissioned officer in charge for the battalion's Headquarters and Service Company said it is essential for Soldiers to get used to the equipment.

"Having Soldiers execute their wartime mission is key to the readiness of our battalion, and proves that we are ready to fight tonight," Gonzalez said.

Cpl. Kim Min-joo, who took part in the exercise agreed.

"Our training has prepared us to defeat the threat," he said.



A 3rd Military Intelligence Battalion Soldier "decontaminates" an aircraft in the "Dragon Exercise."

Ordnance officer teaches English to ROK counterparts

By Capt. William T. Smith
52nd Ordnance Company

CAMP HUMPHREYS — The 52nd Ordnance Company executive officer is finding out that moonlighting for free by teaching English at a Republic of Korea ammunition depot pays great dividends.

Since February, 1st Lt. Jeff McCullough has been traveling to Republic of Korea Army Ammunition Depot 3, the primary issuing point for ammunition for Areas II and III, to teach English.

"Because we work in a combined operational environment, the depot commander, Col. Shin Yong-sung, felt that his Soldiers would benefit from English lessons," McCullough said.

To facilitate the accomplishment of both army's ammunition mission, McCullough created a lesson plan that focuses on conversational English.

"Most students could read and write English pretty well, so we work heavily on speaking skills," McCullough said.

Reinforcement from the Internet, books and the students themselves has produced "dramatic" improvement in pronunciation and vocabulary, McCullough said.

Shin agrees wholeheartedly.

"These classes have improved my Soldiers' English abilities, and that contributes to an even stronger Republic of Korea-U.S. alliance," Shin said.

McCullough said the class is a "win-win situation" for both armies.

"This has led to improved daily operations, especially in conjunction with quarterly combined training such as stored basic load retrievals and slingload missions," he said. "It is also a way that U.S. and Republic of Korea Soldiers can exchange cultures and grow in their relationships outside of the daily work environment."

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Chinook pilots fly last missions in Korea

By Capt. Dana L. Marchand
2nd Battalion, 52nd Aviation Regiment

CAMP HUMPHREYS — A retiring 2nd Battalion, 52nd Aviation Regiment pilot has been chosen to be a CH-47D Chinook instructor pilot at the U.S. Army Aviation Center at Fort Rucker, Ala.

Chief Warrant Officer Chuck Mineo, whose military career spans 26 years in both the U.S. Army and Air Force, took his last flight in Korea Aug. 25. Mineo, who logged 500 hours in Korea with the Company B "Innkeepers," is retiring with 4,500 hours of rotary wing flight time.

"Very few Army aviators achieve the hours and experience that Chief Warrant Officer 4 Mineo has, and fewer still endeavor to pass that knowledge on with the passion he brings to the cockpit," said Maj. Eric A. McEldowney, Company B commander.

Another "Innkeeper" pilot, Chief Warrant Officer 3 Ken Scull, also made his last flight in Korea in August. With the regiment commander Lt. Col. Richard Juergens as his co-pilot, Scull pulled the Chinook helicopter's engine condition levers to a stop Aug. 18 and watched the blades wind down for one last time.



Scull

PHOTO BY DENNIS GREER

Scull joined the Army as an enlisted helicopter repairer. After 10 years, he attended CH-47 flight school. During his 20-year career, Scull has served as an instructor pilot, a standardization pilot, a maintenance test pilot, a maintenance examiner and flown combat missions in Operations Just Cause and Desert Storm.

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PHOTO BY SEAN BARCOE
Mineo

NEWS & NOTES

Improved CPX Gate officially reopens

The Camp Humphreys CPX Gate heavily used by commercial trucks and tactical military and civilian vehicles was officially reopened at a ribbon-cutting ceremony Sept. 2 following a \$720,000 upgrade to improve security. Bullet-proof guardhouses, pop-up barriers and other security measures were installed during the year-long project by the U.S. Army Corps of Engineers and the Krima Construction Company. Parking areas and improved roadways were also built to improve traffic flow.

Camp Eagle Unit Wins Army Maintenance Award

Company G, 52nd Aviation won the Department of the Army Supply Excellence Award in July. The Army Chief of Staff established the supply excellence program to recognize units that demonstrate outstanding supply operations. Company G also won the 8th Army Category C Level 1 (A) Small Direct Support Unit award in January. The aviation maintenance unit operates a forward distribution point for the 194th Maintenance Battalion based at Camp Humphreys. The unit accountable officer, Chief Warrant Officer Carlos Forde, and the warehouse noncommissioned officer in charge, Staff Sgt. Althea Davis will receive the award at the Pentagon in September.

Community Health Fair

Everyone in the Camp Humphreys community is invited to attend the a Community Health Fair from 10 a.m.-3 p.m. Saturday at the Camp Humphreys Community Activities Center and the post physical fitness center. The fair, sponsored by Area III Morale, Welfare and Recreation and the 18th Medical Command, will include an aerobathon, a taekwondo exhibition, blood pressure and carbon monoxide screening, body-fat analysis and other health and nutritional information.

Breastfeeding Class

The Army Community Service Family Advocacy section will sponsor a breastfeeding class from 11 a.m.-1:30 p.m. Tuesday at the Camp Humphreys Education Center. Preregistration is required. For more information, call 753-6252.

Exceptional Family Member Bowling

The Army Community Service Exceptional Family Member Program will sponsor a bowling night from 6-8 p.m. Sept. 16 at the Strike Zone Bowling Center at Camp Humphreys. Preregistration is required. For more information, call Yuritza Nocera at 753-8327.

Cultural Experience

Gyeonggi Province will provide a free interactive cultural experience to explain Chusok customs to Soldiers and family members from 10 a.m.-5 p.m. Sept. 22 at the Camp Humphreys Community Activities Center. There will be exhibits throughout the day and opportunities for participants to play traditional Korean musical instruments, play traditional games, learn how Koreans honor the ancestors and much more. For more information, call 753-8598.

News & Notes Deadlines

News & Notes deadlines are every Friday two weeks before the intended publication date. E-mail requests to davisst@korea.army.mil or call the Area III Public Affairs Office at 753-8847.



U.S. Marines come ashore at Pyeongtaek Port after a high-speed vessel trip from their base in Okinawa. The trip took under nine hours.



PHOTOS BY STEVE DAVIS

Transportation coordinators Sgt. Yolanda Cooley and Cpl. Bae Dong-hyuk check their rosters as Marines board buses bound for Ulchi Focus Lens 2004 life support areas.

Area III units support Ulchi Focus Lens 2004

Area III Public Affairs Office

CAMP HUMPHREYS — When U.S. Marines bound for Exercise Ulchi Focus Lens 2004 disembarked from the high-speed ship that had transported them from Okinawa to Pyeongtaek Port, Area III Soldiers were prepared to support them.

Waiting at the port, Spc. Yolanda Cooley and Cpl. Bae Dong-hyuk from the 25th Transportation Battalion's 138th Branch Movement Control team were among the first.

"Our unit was responsible for arranging transportation to get troops from Pyeongtaek Port to the various UFL life support areas," said Cooley, checking some paperwork with Bae as Marines boarded buses.

Months before the first boots of out-of-country Ulchi Focus Lens-bound troops hit the ground, Area III units had been planning for their arrival.

The U.S. Army Area III Support Activity Directorate of Plans, Training, Mobility and Security had coordinated construction of life support areas, or LSAs, at several locations and worked with other Area III directorates and units to provide logistical support for 1,687 additional Marines and Soldiers in Area III during the exercise.

In addition to providing tents, cots,

footlockers, fans and air conditioners, water, fuel, generators or direct electricity, transportation and other basic amenities, U.S. Army Area III Support Activity and tenant units worked to make UFL guests feel safe and at home.

Units from the 501st and 23rd Area Support Groups, including the 473rd and 348th Quartermaster companies, and the 520th Maintenance Company, deployed troops to LSAs to distribute water and fuel and to maintain generators, environmental control units and laundry and bath facilities. The 226th Signal Company provided communication support.

Site mayors at each life support area made sure an acceptable quality of life was maintained. Morale, Welfare and Recreation furnished "rec tents" with television and other entertainment and the Army and Air Force Exchange Service set up small post exchanges.

During off-duty time, Area III Army Community Service representatives and chaplains helped visiting Marines coordinate goodwill trips to orphanages, hospitals and Korean reading programs.

"We have had awesome support this year," said Capt. Sarah Lukes, Palan LSA camp commandant from Marine Forces Pacific for the second year in a row. "It's been a total success."



A welcome sign greets visitors at the Palan life support area built by the 22nd Korean Service Corps Company.



Pfc. Jeremiah Missita and other Soldiers from the 348th Quartermaster Company provide drinking water at the Palan life support area.



Petroleum specialists from the 348th Quartermaster Company conduct refueling operations at the Palan life support area.

Camp Humphreys throws Ulchi Focus Lens block party

Area III Public Affairs Office

CAMP HUMPHREYS — To celebrate the end of summer and a successful Ulchi Focus Lens 2004 exercise, Area III Morale, Welfare and Recreation threw an action-packed block party Sept. 4 at Camp Humphreys.

"It was a way to show our support for UFL troops right up to the end of the exercise," said Mike Mooney, MWR marketing chief.

The block party included 14 contests to see which military service could eat the most kimchi, call hogs the best, eat the most hardboiled eggs, bowl the highest game and best other services in a "Fear Factor" event.

Teams from the U.S. Marines got the most points, followed by the Air Force, the U.S. Army and Korean Augmentation to the U.S. Army Soldiers.



PHOTO BY STEVE DAVIS

Contestants in the kimchi-eating contest keep bottled water close at hand. Fourteen contests were held during the block party at Camp Humphreys.

Sailing Soldier, crew take yachting prize

By Steve Davis

Area III Public Affairs Office

CAMP HUMPHREYS — A Camp Humphreys Soldier overcame severe jet lag and fickle weather to place third with his crew in the OdysSail Regatta held in conjunction with the 2004 Summer Olympics.

Capt. Omer Ozguc skippered the "Love Knot," his 41-foot Beneteau Oceanus yacht, to third place in the International Rule Club class of the regatta that traced the journey of the legendary Homeric hero Odysseus across the Mediterranean.

Ozguc, a Turkish-American family nurse practitioner who had not sailed since coming to Korea last year, flew to Turkey to meet his crew at the dock.

"I arrived in Turkey at 2 a.m. and went straight to the boat in Kusadasi," said Ozguc. "We sailed to Samos and at 7 a.m. I had a skippers' meeting. The race started at 8:55 a.m."

Ozguc, who has won races before with same crew, said they had to get used to sailing together after a long time apart.

They raced 30 hours straight on the 200 nautical mile first stage.

"We were trying to get synchronized when around sundown the wind starting blowing around 30 knots. Near the Fiorini Islands, the wind surged to 37 knots and our spinnaker ripped and fell into the water," Ozguc said. "It was in

rough water, and one of the crew was seasick."

Despite the shaky start, the crew finished fifth out of 20 boats.

Stage two consisted of a series of inshore and offshore races off Crete. Ozguc and crew grew more optimistic about their chances.

The third stage was a 200 nautical mile race from Crete to Nafplio, Greece.

"The race started the morning of Aug. 9 and went from heavy winds to no wind," said Ozguc.

"I remember sitting for six hours hoping for wind."

Ozguc's yacht finished respectfully two-and-one-half hours after the first boat.

"You never know your standing until winners are announced," Ozguc said.

At an awards dinner on Aug. 12, the crew learned they had won third place, missing second by one point. Yachts from Russian and Israel took first and second

Ozguc and crew took home two trophies, two plaques and 1,000 Euros, about \$1,200.

"We also attended the opening ceremony of the Summer Olympics," Ozguc said.

Ozguc left Korea Sept. 1 for an assignment in Darmstadt, Germany.



Ozguc



Cooks from the 6th Cavalry Brigade talk about a popular ingredient - humor.

PHOTO BY STEVE DAVIS

Cavalry Soldiers cook up comedy with meals

Area III Public Affairs Office

YONGIN — "Mississippi Mud Coffee," "Tyresse's Tantalizing Tea," and "Run O.J. Run" orange juice were some of the funny drinks served by 6th Cavalry Brigade cooks during exercise Ulchi Focus Lens 2004.

"After working long shifts, people seem to appreciate a little humor," said Pvt. Andrew Bond, 25, from Jackson, Tenn. He was one of a handful of cooks at the brigade's tactical operations center during the exercise. He created "Coffee Anon," named after United Nations Secretary General Kofi Annan of Ghana.

Sgt. Robert Stratton, 26, from St. Louis, Mo., came up with "Mississippi Mud Coffee," named for his hometown on the Mississippi River.

Pfc. Samuel Dudley, 26, from

Lynchburg, Va., dubbed a morning drink "Gary Coleman Grape Juice" after a popular television celebrity.

"I didn't name nothing," said Pfc. Deandria Rogers, 19, of Bishopville, S.C., the serious cook of the group who devoted her energies to serving up good meals.

Staff Sgt. Tyrus Reddick, 27, of Atlanta, Ga., said the dining tent was a popular place during the exercise.

"Soldiers have told us the food is better here than back at home base," he said. "They want us to set up the mobile kitchen trailer there."

The cooks served a couple of "hots" each day, supplemented by Meals-Ready-to-Eat or "Jimmy Deans" at lunch.

Bond said "Jimmy Deans," sandwiches, canned foods, desert and a drink on Styrofoam under plastic wrap, were slightly more popular than MREs.

E-mail DavisSt@korea.army.mil

Area IV fields state-of-the-art hazmat gear

By Galen Putnam

Area IV Public Affairs Office

CAMP WALKER – Area IV’s Fire Department is preparing for the unexpected. More than \$750,000 in new hazardous materials response equipment is being fielded to protect residents from wide range of chemical, biological, radiological and other threats.

The new equipment includes self-contained breathing apparatus systems, decontamination showers, decontamination spraying hoops, inflatable shelters, hazardous material spill control systems, detection meters, chemical containment kits, protective suits and more.

“Four years ago this place was kind of stumbling for direction and had a lot of old equipment,” said Area IV Fire Chief Bobby Purvis. “Since 9-11, (the Department of Defense) has tasked the fire service to be the first responders on any type of WMD (weapons of mass destruction) or CBRNE (chemical, biological, radiological, nuclear, explosive) incident. For us to do that, and do it the right way, we have to have equipment and training.”

Along with the high-tech equipment, training was included in the contract to ensure firefighters can employ the complicated, state-of-the-art gear. In addition, Han Un, Camp Hialeah Fire Station assistant chief, attended the five-week Hazmat Train-The-Trainer Course at Goodfellow Air Force Base, Texas, and is now training his colleagues.

Area IV residents won’t be the only beneficiaries of the new equipment and training.

“The local community isn’t aware of our capability yet,” Purvis said. “I’m setting up a meeting with all mutual aid fire chiefs and we are going to put on a display to show them exactly what we can do and what we are capable of. I’d like to invite them in and show them how we can help them. We’ve done it with crash rescue and structure firefighting and now I want to do it in the hazmat arena.”

The problem of transporting all of the new equipment was eliminated when Area IV received three hazardous material response vehicles about six months ago. The vehicles, which double as command posts at hazmat incidents, were custom-built in Korea to defray costs and get them into the field more quickly. They are stationed at Camps Walker, Carroll and Hialeah to provide



PHOTOS BY GALEN PUTNAM

Firefighters from the Hazardous Materials Team check each others' equipment before responding to a simulated biological attack during the consequence management exercise held at Camp George July 29.

the most efficient hazmat coverage throughout Area IV.

Purvis credits the Installation Management Agency–Korea Region fire chief for securing the much-needed equipment.

“None of this would have happened without the foresight of KORO Command Fire Chief (Leopold) Dumond,” he said. “He is the one who beat the bushes and got all this equipment funded. He was also the key player in getting all of the trucks. Without him, it wouldn’t have happened.”

Extra equipment and training means extra work for Area IV firefighters, but they aren’t complaining.

“There is a lot to learn with all of the new equipment but it is much better and easier to set up,” said Choe Tal-cho, Camp Walker assistant fire chief. “The firefighters are very happy to have it and are eagerly training and practicing with the equipment.”

“The new vehicle and hazmat equipment makes things much better for us,” said Chong Tae-song, a driver and operator at the Camp Walker Fire Station. “With the training we have received, everything is simple and easy to understand.”



A firefighter from Camp Walker helps set up a portable decontamination shower.

NEWS & NOTES

9-11 Memorial Ceremony

The Area IV Fire Department will hold a ceremony marking the third anniversary of the Sept. 11, 2001, terrorist attacks on the United States. The ceremony will be 10 a.m. Saturday at the Camp Walker Fire Station. For more information, call Area IV Fire Chief Bobby Purvis at 764-5901.

NSPS Town Hall Meeting

A National Security Personnel System Town Hall Meeting will be 10 a.m. Wednesday at the Camp Henry Theater. The meeting, presented by Reginald Brown, assistant secretary of the Army (Manpower and Reserve Affairs) and David Snyder, assistant G-1 for civilian personnel policy, is open to all Department of the Army civilians, their supervisors and those interested in civil service. For more information, call Dean Tom at 768-7947.

Free Vehicle Inspections

The Camp Carroll Transportation Motor Pool maintenance shop is conducting free privately-owned vehicle safety inspections every Tuesday. Inspections are conducted by appointment only and are required for vehicle registration. To make an appointment, call 765-7829. For more information, call Sgt. 1st Class Dennis Gayles at 765-7804.

Estate Claim

Anyone who has a claim against the estate of Pfc. Jonathan Beverly, 4th Quartermaster Detachment, 20th Support Group, Camp Hialeah, should contact Maj. Courtney Brooks, garrison executive officer, at 763-7475 or at brooksct@korea.army.mil.

Protestant Women of the Chapel Fall Kick-Off

Protestant Women of the Chapel invites all women to come and "Delight in the Lord" at the fall kick-off 10 a.m. today at the Camp Walker Chapel Sanctuary. Protestant Women of the Chapel will also hold Friday Bible studies Sept. 17 and 24. Childcare and children's ministry are available. For more information, call Michele Pelletier at 764-4292.

Retiree Council Meeting

The Area IV Military Retiree Council will meet 2 p.m. Saturday at Henry's Place on Camp Henry. All Area IV military retirees and their spouses and widows are invited to attend. For more information, call Wilfred Plumley at 765-7705 or Bud Rader at 768-6922.

Prayer Breakfast

The Area IV Community Prayer Breakfast will be 7 a.m. Monday at the Evergreen Community Club on Camp Walker. The guest speaker is Chaplain (Maj. Gen.) David H. Hicks, U.S. Army chief of chaplains. The suggested donation is \$3 and will be accepted at the door. For advance tickets or more information, see unit chaplains or call Sgt. 1st Class Daniel Kang at 764-4498.

Men and Women's Conference

The Camp Henry Collective Protestant Gospel Service and New Dimensional Christian Ministry is hosting the Men and Women's Unity Conference Sept. 17-19 at the Evergreen Community Club and Camp Henry Theater. The guest speakers will be Pastor Telefair Pickett III of the Word Alive Ministries Inc. and Pastor Maria Bumpers of Community Center of Hope Church and Ministries. For more information, call Martha Collins at 476-9824 or John Griffin Jr. at 018-525-6076.



PHOTOS BY GALEN PUTNAM

Tony Brunson, Headquarters and Headquarters Detachment, 36th Signal Battalion, squats 285 pounds en route to a first-place finish in the 170-pound and higher category at the Area IV Powerlifting Championships Saturday.

Powerlifters push the limit

By Galen Putnam

Area IV Public Affairs Office

CAMP WALKER – When it comes to powerlifting in Area IV, there is a new sheriff in town as the reigning U.S. military interservice champion blew away the competition in the Area IV Powerlifting Championships Saturday at the Kelly Fitness Center at Camp Walker.

Calvin Thompson, who has been with Headquarters and Headquarters Detachment, 6th Ordnance Battalion at Camp Carroll for just a month, posted a total of 1,500 pounds to take first place in the 200-pound and heavier category. Thompson, the interservice champion in the weight class since 1997, squatted 545 pounds, bench pressed 425 pounds, and deadlifted 530.

Shaun Gibbs, 169th Signal Company,

36th Signal Battalion, Camp Walker, came in second with a total of 1,070 pounds. Taking third place was Robert F. Nelson Jr., Headquarters and Headquarters Detachment, 36th Signal Battalion with a total of 1,045 pounds.

The lone competitor in the 170-pound and heavier weight class was Tony Brunson, Headquarters and Headquarters Detachment, 36th Signal Battalion. Brunson posted a total of 905 pounds.

"I did pretty good. I surprised myself," said Thompson who, like the other competitors, had little time to train due to the just-completed Ulchi Focus Lens exercise. "I'm getting back up to speed. I'll definitely be ready for the 8th Army championships."

All four Area IV competitors qualified for the 8th Army competition scheduled for Sept. 25 at Camp Humphreys.



The strain shows on the face of Calvin Thompson, Headquarters and Headquarters Detachment, 6th Ordnance Battalion, as he squats 545 pounds.

Circle the sun



PHOTO BY GALEN PUTNAM

Revelers appear to circle the sun as they take a spin on the Hurricane roller coaster at Woobang Tower Land in Daegu Saturday. The amusement park, along with many other attractions, is located in Daegu's spacious Duryu Park.

CAC staff treats Camp Carroll personnel to holiday meal

By Pfc. Oh Dong-keun

Area IV Public Affairs Office

CAMP CARROLL – The Camp Carroll community got an early start on the Labor Day holiday with a barbecue cookout Sept. 1 in the backyard of the Community Activities Center.

Everyone on the installation, including exercise participants, were invited to enjoy the food and camaraderie on behalf of the Community Activities Center staff who hosted the event and prepared enough burgers, hot dogs, chicken and fixings to feed the crowd of more than 150.

“We wanted to relay the message and the meaning of Labor Day to the people of Camp Carroll community before they disperse for the weekend,” said Master Sgt. Mary Smith, Camp Carroll installation noncommissioned officer in charge. “We also wanted to appreciate everyone who works in the community for what they do for us.”

In addition to planning and executing a variety of other community activities, the CAC staff hosts several cookouts throughout the year including Memorial Day, Independence Day and the annual community summer block party. The big gastronomical event of the year, however, is Thanksgiving. Last year the staff prepared and served an estimated 500-600 full-course meals.

Surprisingly, the CAC manages to pull off these culinary feats with only five staff members.

“Our employees are all-around players,” said Gina White, director of the Camp Carroll Community Activities Center. “They manage to coordinate everything for the CAC, from the everyday opening



PHOTO BY PFC. OH DONG-KEUN

Pak Yoon-jung, Camp Carroll Community Activities Center staffer, serves lunch to Mark Eldridge, U.S. Army Material Support Center-Korea, during the Labor Day barbecue cookout Sept. 1 at the Camp Carroll Community Activity Center patio.

and closing of the facility to large community events like this. So we don't really have our own area of specialty. Everyone knows how to do everything, even cooking.”

“We really have a great CAC staff,” said Wilfred J. Plumley Jr., Camp Carroll installation manager. “Our Soldiers love the place. (The staff) has been doing great things for the community with the limited number of people and resources they have.”

Soldiers enjoy the facilities and atmosphere the Community Activities Center offers.

“I am at the CAC all the time,” said Spc. Daniel Jones, Area IV Adolescent Substance Abuse Program noncommissioned officer in charge, who is also the vice president of Camp Carroll Better Opportunities for Single and Unaccompanied Soldiers program.

“I enjoy the facility a lot. I usually come here over lunchtime and after work. I can always find something to do and I get to meet a lot of people here, too.”

“I come to CAC just about everyday,” said Pfc. Dustin Clark, Headquarters and Headquarters Detachment, 23rd Chemical Battalion. “I'm mostly here during lunchtime to play pool or to use computers. I think (the Community Activities Center) is pretty good. I have been to the one at Camp Walker and they don't have as many facilities as we do here. This one is really nice. I like it a lot.”

According to White, her staff is doing its best to provide as much service as they can so people who come to the facility can enjoy their time.

“We are open seven days a week, 365 days a year,” said White. “We are here to provide the Soldiers with the most comfortable place to relax, socialize and play everyday. Soldiers come in with their meal and eat while watching TV, sleep on the couches or play games. We even provide free popcorn on the nights we have our mini theater. We want them to be as comfortable as they can.”

The Camp Carroll Community Activity Center is equipped with seven pool tables, two ping pong tables, a big screen television, a library and a computer lab for Soldiers' convenience. The CAC also offers a selection of board games and features a miniature golf course to compliment its park-like back yard.

“I enjoyed the event,” Jones said. “I think it was a great way to get Soldiers together for a time of socializing and friendship.”

E-mail ohdk@korea.army.mil

Coalition helps build Afghanistan's 'West Point'

By Lt. Col. David Wallace

Office of Military Cooperation – Afghanistan

KABUL, Afghanistan — Teams of officers from the United States are working closely with their Afghan counterparts to establish the National Military Academy of Afghanistan, modeled after West Point.

The purpose of the NMAA is to provide the Afghan National Army with professional officers who support and defend the Constitution of Afghanistan, officials said.

The effort began in August 2003 when Maj. Gen. Karl Eikenberry, then chief of Office of Military Cooperation – Afghanistan, sought the assistance of the United States Military Academy in establishing a National Military Academy of Afghanistan. Lt. Gen. William J. Lennox Jr., USMA superintendent, sent Col. George B. Forsythe, USMA vice dean for education, and Lt. Col. Casey Neff, special assistant to the commandant for systems and planning, to assist with the efforts of establishing the military academy.

For a six-week period starting in October 2003, Forsythe, Neff and other international officers joined a working group from the Afghan Ministry of Defense to work in Kabul, to produce a concept plan that would serve as the blueprint for the new military academy. The plan outlined the NMAA's mission and purpose, the three developmental pillars of the NMAA, a cadet leader development system, an honor code and much more.

The concept plan envisions a rigorous four-year program which should prepare professional officers for service in the ANA and to the Afghan nation. Much like West Point, the NMAA will have three developmental pillars – academic, military and physical.

The academic program is designed to establish the intellectual foundation for service as a commissioned officer. Moreover, the plan explains how academic study develops in NMAA cadets, the knowledge and skills necessary for service and continued growth as an officer. During their first year at the NMAA, cadets will take courses in chemistry, information technology, composition, calculus, world history and introduction to the military profession.

Under the concept plan, the NMAA's military program will provide an organized framework for the sequential and progressive military training and leadership development.

The ink hardly dried on the concept plan before a second team arrived from West Point to begin working on implementation. Lt. Col. Donna Brazil and Maj. Bill Caruso, both from the Behavioral Science and Leadership Department, made significant progress in making the NMAA a reality. Among other things, they developed a detailed implementation plan and identified a temporary site for the new academy. Additionally, they screened a pool of Afghan candidates for the USMA Class of 2008.

The current West Point team came together and hit the ground running.

Col. Barry Shoop, who is the chief of the current team, is a professor of electrical engineering and Electrical Engineering program director at West Point. The other member of the current team is Lt. Col. David Wallace, a faculty member in the Department of Law.

"The work we are doing here in Afghanistan is important to the future success of the army and the nation," Shoop said. "A national military academy will teach a nascent Afghan National Army officer corps about their new constitution, civilian leadership of the

military, what it means to be a member of the profession of arms, and to instill the values of duty, honor and country, and of selfless service to the nation."

During the most recent term, much has been done to move the NMAA toward its opening in February 2005.

For example, the selection process for the NMAA's key leaders moved forward. Within a relatively short amount of time, the Afghans will move forward with the board selection process and appointment of the NMAA's key leadership.

Additionally, the Afghan minister of defense formally designated the former Air Academy in the vicinity of Kabul Airport as the temporary site of the NMAA. While this establishes the site for the NMAA, renovations to the facility are scheduled to begin soon.

The team developed and provided department head duty descriptions and credentials, faculty recruiting, a faculty development program and a computer network architecture. Finally, the team worked hard on the admissions process for the new military academy outlining key considerations for the first class and beyond. The first entering class for the new academy is projected to be 100 students. Most of the students will likely come from the Kabul Military High School.

In addition to the specific work on the NMAA, the current West Point team also screened and interviewed six Afghan candidates for admission to the United States Military Academy. One candidate, Shoaib Yosoufzai, has been selected for a West Point Preparatory Scholarship Program. He will study at a civilian university in the United States for a year to better prepare him for possible admission to the United States Military Academy next year.

발 건강과 우리 몸의 관계

이병 정준하

발은 건강의 거울이며 탈이 나면 그 즉시 우리 몸에서 증상이 나타난다.

인간수명 70세를 기준으로 평생 걷는 거리는 줄잡아 지구의 네바퀴 반이다. 땅에 부딪치는 횟수만 1억번 정도이며 1km를 가는데 약 16t의 무게를 지탱해야만 한다. 수많은 근육과 신경 그리고 혈관들이 거미줄처럼 얽혀 다리를 통해 척수, 심장, 뇌로 연결되는 것도 발이다.

그럼에도 불구하고 발은 웬지 모르게 얼굴이나 손에 비해 천대를 받는다. 발이 편해야 하루가 편하듯 발 관리가 제대로 되지 않으면 원인모를 피로가 축적돼 또다른 장기에 영향을 준다. 올바른 발 관리요령을 알아본다.

최근 통계에 따르면 많은 사람들이 발의 모양과 보행에 이상이 있는 것으로 밝혀졌다. 영동세브란스병원 문제호 교수팀은 전국 성인 203명을 대상으로 발의 모양과 보행에 대해 조사했다. 이 결과 걸을 때나 서 있을 때 발의 통증을 호소하는 사람이 27.5%였고 발모양이 변형됐거나 이상이 생긴 경우도 20.1%나 됐다.

또 인간은 신발을 신으면서 발병이 생겼다고 해도 과언이 아니다. 신발이 발을 보호하는 측면도 있지만 제대로 된 기능적인 신발보다는 아름다운 모양만을 강조하는 신발이 많은 것도 발의 통증과 피로, 변형을 일으키는 원인이다. 발의 피로와 통증은 비정상적인 발구조에 정상적인 힘이 가해지거나 혹은 정상적인 구조에 정상적인 힘의 준비가 안된 상태에서 가해질 때 나타난다.

운동을 하지 않다가 몇년 만에 조깅을 했을 때 급성 통증이 나타날 수 있고 반복적인 과도한 힘이 약해져 있는 발의 근육이나 인대에 가해져 통증을 일으킨다. 이러한 일이 자주 반복되다 보면 발에 퇴행성변화를 일으켜 발뼈관절이 약해진다. 결국 관절염과 발의 변형을 초래한다.

발통증의 원인은 대부분 잘못된 걸음걸이나 과도한 행동으로 발을 혹사시키는 데 있고 체중의 증가도 한 요인이다. 이와 함께 통굽 구두, 하이힐, 큰구두 등도 발통증의 주된 원인으로 지적된다. 뿐만 아니라 또다른 질환이 발을 공격하기도 한다. 가장 흔한 것이 당뇨병에 의한 합병증인 당뇨병성 족부질환. 당뇨병에 걸리면 혈액순환장애를 일으켜 발이 썩어 들어갈 수 있다.

또 엄지발가락이 튀어나와 몹시 아프고 신발을 신는데도 문제가 많은 무지외반증도 있다. 무지외반증은 굽이 높고 볼이 좁은 신발을 신는 여성들에게 많다. 특히 남들보다 발이 쉽게 피곤하다면 자신의 발이 평발임을 의심해볼 필요가 있다.

의학계에서는 평발의 발생 원인을 크게 두가지로 보고 있는데, 평발은 태어날 때부터 기형으로

생기는 경우가 있고, 발뒤꿈치가 부러져 그 후유증으로 생기기도 한다는 것이다.

의학계에 따르면 발의 아치는 어린이가 자라 걸어나가면서 조금씩 발달한다는 것. 유아기에는 대부분 발이 평평하고 5~6세가 돼야 발의 아치가 형성된다. 따라서 어린이들 가운데 발이 평평하다고 해서 평발이라고 걱정할 필요는 없다. 초등학교때까지 기다려 보고 그때 가서 치료시기를 결정해도 늦지 않다. 청소년을 비롯, 성인이 돼 질병이나 사고에 의해 발에 이상이 생겼다면 담당 주치의와 상의해 병행 치료를 받아야 하지만 평소 발이 건강한지의 여부를 체크하는 것도 발 건강관리에 도움이 된다.

우선 발이 아프지 않아야 하고 발모양이 변형됐는지 사후후나 양말을 갈아신을 때 주의깊게 살펴보는 일이 중요하다. 또 발바닥과 발가락에 굳은 살이나 티눈이 없어야 하고 부위가 없어야 한다. 걷는 것이 건강에 좋지만 개인에 따라 걷는 거리와 속도를 조절해야 한다.

타월, 골프공, 봉 등으로 매일 매일 문질러주길

발에는 큰 근육과 작은 근육이 있는데 서로 상호작용을 하며 원활한 운동을 수행해낸다. 이때 큰 근육은 일을 많이 해도 잘 견디지만 작은 근육은 그렇지 못하다. 특히 작은 근육이 모여지는 아치 밑(발바닥 가운데 움푹 파인 곳)과 발가락 사이에서 피로가 주로 발생한다. 따라서 발의 작은 근육들을 잘 활용하면 피로를 푸는데 도움이 된다. 몇가지 근육 피로를 푸는 데 도움이 될 방법을 소개한다.

우선 타월을 이용하는 방법이 있다. 평소 시간이 날 때 타월을 발가락으로 꼬는 것을 습관처럼 생활화하면 작은 근육을 강화하는 데 좋다. 또 계단 끝에서 발가락으로 서기를 수시로 해주어도 발의 피로를 푸는 데 효과적이다. 지압효과를 위해 골프공이나 봉으로 발을 문질러 주어도 좋다. 발을 마사지할 때는 반드시 심장쪽을 향해 해주어야 한다. 이렇게 해 줄 경우 혈액순환에 도움을 주기 때문이다.

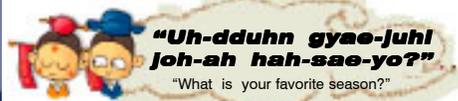
이와 함께 발을 강화하기 위한 방법으로는 식사후 막간을 이용해 볼펜으로 발바닥을 문지르거나 한 발로 다른 발의 발등 밟기, 줄넘기, 진공청소기를 이용해 발바닥을 흡인하는 것 등이 있다. 이외에도 큰 대나무를 반으로 쪼개 수시로 밟는 것도 도움이 된다. 평소 위와 같은 생활속의 운동들을 시간날 때마다 반복해 주면 돈을 들이지 않으면서 발의 건강을 극대화할 수 있다.

This article is about "Health and Foot."

Learn Korean Easily



Language Instructor Minsook Kwon



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Word of the week

가을

ㄱ; g, ㅏ; ah / o; silent, ㅡ; ue, ㄹ; l
'gah-uel'

fall

The phrase of the week

"I like fall."

가을 좋아 해요.

Gah-uel joh-ah hae-yo.

fall

I like

Conversation of the week

날씨가 시원해요. The weather is cool.
Nahl-see-gah shee-wuhn-hae-yo.

이젠 가을입니다. It's fall now.
Eo-jaen gah-uel eem-nee-dah.

주말에 시간 있으세요? Do you have time this weekend?
Joo-mahl-ae shee-gahn ee-sue-sae-yo?

네. Sure.
Nae.

주말에 (등산) 갑시다. Let's go (hiking) this weekend.
Joo-mahl-ae (dueng-sahn) gahp-see-dah.

좋습니다. Great!
Joh-suem-nee-dah.

(소풍) (soh-poong) (picnic)

(골프) (gohl-pue) (golf)

Share this column with a Korean co-worker.