

The Morning Calm Weekly

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PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

Sept. 17, 2004



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USFK draws 'line in the sand,' works to end human trafficking

By Kevin Krejcarek
U.S. Forces Korea Public Affairs Office

YONGSAN — The Department of Defense and U.S. Forces Korea communities have taken a firm stance on eliminating prostitution and human trafficking.

“Trafficking in persons is a violation of human rights; it is cruel and demeaning; it is linked to organized crime; it undermines our peacekeeping efforts; and it is incompatible with military core values,” said Deputy Secretary of Defense Paul Wolfowitz.

United States Forces Korea officials

and commanders at all levels have taken aggressive steps to end USFK personnel’s involvement in these illegal activities.

“Commanders have intensified courtesy patrols to help servicemembers and civilian employees by staying safe and avoiding criminal behavior at local night spots,” said Col. MaryAnn Cummings, director of USFK Public Affairs.

Military law enforcement officials are also working closely with their Korean National Police counterparts for them to investigate potential areas of prostitution and human trafficking.

KNP and military police routinely patrol local entertainment districts.

“Local businesses not meeting USFK standards are placed off limits,” said Cummings. “If indicators point to human trafficking or other criminal activities, these clubs are also placed off limits. Owners may appeal that decision through the Armed Forces Disciplinary Control Board process.”

Off-limits establishments are listed on the 8th U.S. Army intranet Web site at <https://www-eusa-1.korea.army.mil>.

“Action by leadership alone is not enough, it needs the support of everyone,” Cummings said. “If you

suspect human trafficking, report it. Look for signs of prostitution, private rooms for employee and patrons, money being exchanged for unknown reasons, and the appearance of someone’s freedom being restricted.”

“I expect those in authority at all levels to examine opportunities for combating trafficking in persons,” Wolfowitz said.

To report human trafficking incidents, call the USFK hotline at DSN 333. If calling from an off-post telephone, dial 0505-736-9333.

E-mail Kevin.Krejcarek@korea.army.mil

Breathe!



Cynthia S. Dennis breathes in a bit of air during the 500-meter swim portion of the 2004 8th U.S. Army Team Triathlon Sunday at Camp Casey. Read more about the event on Page 18.

Alleged deserter returns to Army after 39 years

By Maj. James Bell
Army News Service

CAMP ZAMA, Japan — Thirty-nine years after Sgt. Charles Jenkins allegedly left his last active-duty post in Republic of Korea’s demilitarized zone for life in communist North Korea, he voluntarily returned to U.S. control by reporting to the provost marshal at Camp Zama, Japan, Saturday.

Since arriving in Japan in July, Jenkins had been staying at the Tokyo Women’s Medical University Hospital under the care of Japanese medical personnel.

In accepting Jenkins’ surrender, Lt. Col. Paul Nigara, Camp Zama’s provost marshal, assured Jenkins that he and his family would be treated with dignity and respect at all times.

Jenkins, 64, was escorted into the military police headquarters, along with his wife and two adult daughters. He was issued a military identification card, military uniforms and a cash advance on his reinstated monthly military pay, which comes to about \$3,300 per month.

Legal proceedings against Jenkins are scheduled to start immediately, according to officials. Jenkins could face a number of charges under the Uniform Code of Military Justice, including desertion, soliciting others to desert, aiding the enemy and encouraging disloyalty. The maximum penalty among those charges is life in prison.

Capt. James Culp, an experienced trial lawyer with Trial Defense Services in the ROK, has been assigned as Jenkins’ defense counsel in the proceedings.

“He’ll be treated with dignity and fairness, and he’s innocent until proven guilty,” said Maj. John Amberg, U.S. Army Japan’s director of Public Affairs, during a press conference following Jenkins’ return to U.S. custody.

Jenkins has been assigned administrative duties at the Headquarters and Headquarters Company on Camp Zama.

Commentary

Afghan soldiers share our values, professionalism

By Maj. William S. Wynn

Office of Military Cooperation - Afghanistan

If you would exchange their AK-47s for M-16s and give some of them shaves, they would look very much like U.S. Army soldiers.

That is the thought that went through my head as I looked at the Afghan National Army, or ANA soldiers sitting on the runway at Kabul International Airport in the early morning hours of Aug. 16. They were soldiers who were waiting to deploy into what could have been a combat operation against their own countrymen.

In fact, apart from their weapons, beards and dialects, the Afghan soldiers I observed reminded me of Soldiers of the 82nd Airborne Division, waiting on the "Green Ramp" at Pope Air Force Base, N.C., to depart on a mission.

Certainly, the speed at which the decision had been made to deploy these soldiers and how quickly they were ready to deploy rivaled that of the 82nd, a comment that was later echoed by a senior U.S. Army commander in Afghanistan.

As I continued to watch them, sitting on their equipment and wondering – as all soldiers do – when someone is going to tell them to move out, I noticed that each of the soldiers was dealing with the upcoming mission in his own way. Here and there small groups talked, some slept and some nervously teased each other. They had reason to be nervous.

The news coming from Shindand was that there had been heavy factional fighting and a number of killed and wounded.

The word came down: load up and get on the plane. We boarded a Belgian C-130. The flight to the Shindand National Airport was about an hour and a half. It turned out to be an unexpected learning experience for me.

While I am no stranger to military air transportation, this was my first flight with non-US military personnel and at first, I felt awkward and isolated among the ANA troops.

That changed when the soldier sitting next to me, ANA Pvt. Abdul Kabir, began talking to me in English. It did not take long for me to become impressed with this ANA soldier. He was soon showing me pictures of his family from his wallet. While looking at them and talking with him about his family, it dawned on me again about the similarities that exist between soldiers, regardless of the country they serve. There is a commonality that transcends cultures and languages, a common bond that soldiers who volunteer to serve their country have among one another.

When we landed at Shindand Airport, the ANA soldiers exited the C-130 smartly and moved off to link up and augment their comrades who had arrived earlier.

The success of the ANA during this operation was due to the army being created as a force from and

for all the people of Afghanistan, said ANA Lt. Col. Sherbate Wardak, commander of the 5th Kandak, 3rd Brigade, one of three battalions sent to restore national government authority at Shindand.

More unusual was our interview with four of Amanullah Khan's militia fighters.

It was Amanullah Khan's militia that had taken control of the airport from Herat Governor Ismail Khan's forces on Aug. 14.

It was because of these fighters that the soldiers I had accompanied had been sent here, possibly to fight them, yet they proclaimed their gratefulness to the Afghan government for sending the ANA to restore peace and order – the peace and order that they had upset.

The militia fighters also stated that they have been fighting for too long and with the presence of the ANA, they truly believe that they will experience peace.

"We want one united Afghanistan that is accountable to the Afghan people," said Mohammad Ishaq, who is Amanullah Khan's deputy commander. "The ANA is an army of our own."

Brig. Gen. Afzel Aman, the ANA on-scene commander, said he was proud of his soldiers. "They have proven that they are capable of providing peace to the people of Afghanistan," he said.

I left with an appreciation for just how much the ANA has matured and changed into a truly professional military force in just a matter of two years, a force that is truly of the Afghan people and for the Afghan people.

MP Blotter

The following entry was excerpted from the past several weeks military police blotters. This entry may be incomplete and does not determine the guilt or innocence of any person.

■ A U.S. Soldier was recently observed by military police consuming alcohol in an AAFES taxi at a 100 percent identification card checkpoint. The Soldier was told to pour out the beverage and asked where he was going. The Soldier said he was going to an off-post hotel. When the Soldier was told that he could not leave the base during curfew hours, he became belligerent. The Soldier was apprehended and transported to the MP station, was further processed and released to his unit. The Soldier rendered a sworn statement admitting to drinking in a vehicle but denied the charge of drunk and disorderly conduct.

Morning Calm Weekly Soundoff: Where do you plan on going for your mid-tour leave?



"I'm thinking about taking a cruise." — Staff Sgt. Darin Pratt, 2nd Infantry Division Band trumpet player, Camp Red Cloud



"To my hometown to spend time with my husband and two children." — Sgt. Lakeysa Rule, Headquarters and Headquarters Company, Area III, Camp Humphreys



"I am stationed here with my wife, so we're not going to take mid-tour leave." — Sgt. John Ortiz, 168th Medical Battalion, Camp Stanley



"I'm bringing my family to Korea...so I will be staying here to show them around." — Master Sgt. Dennis Robidoux, Headquarters and Headquarters Company, Area III, Camp Humphreys

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Support and Defend

NEWS & NOTES

Osan Air Show

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

Chuseok Schedule

Many AAFES facilities will be open for business Sept. 27, but will be closed Sept. 28 in observance of Chuseok. Most facilities will be open Sept. 29. A list of Chuseok closures can be found at <http://ima.korea.army.mil/morningcalmweekly.htm>.

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.

Osan Curfew Changes

The curfew for the Osan Air Base area now is midnight. The curfew applies to all servicemembers. Servicemembers must be inside the Osan Air Base gate, at their off-base residence or hotel room by midnight, every night. For more information, call 784-4044.

EEO Training

Luther L. Santiful, Director of Equal Employment Opportunity and Civil Rights for the Department of the Army, will conduct mandatory EEO training throughout the peninsula Sept. 20-24. Sessions will be held for general officers, managers and supervisors (military and civilian) of civilian employees. The following is the training schedule:

- Monday — Area II, 1:30-3 p.m., Naija Ballroom, Dragon Hill Lodge, Yongsan
- Tuesday — Area I, 9-10:30 a.m. and 1:30-3 p.m. Post Theater, Building S-7, Camp Red Cloud.
- Wednesday — Area III, 9-10:30 a.m. and 1:30-3 p.m. Post Theater, Building S-1113, Camp Humphreys.
- Thursday — Area IV, 8:30-10 a.m. and 1:30-3 p.m., Post Chapel Building S-260.
- Friday — 1:30-2 p.m., Van Fleet Conference Room, 8th U.S. Army Headquarters. This is the senior leaders' executive session.

AFN Talent Search

The American Forces Network-Korea is looking for talent to star in upcoming television and radio spots. Log on to www.afnkorea.net to find out information for casting calls.

Marine Corps Birthday

The U.S. Marine Corps will celebrate its 229th year of existence with a birthday ball Nov. 10 at the Grand Hyatt Hotel Ballroom in Seoul. Tickets are \$60 or 75,000won. E-mail ombmcball@marfork.usmc.mil or call 723-7053 for information on purchasing tickets. A cocktail reception will start 6 p.m., ceremony 7 p.m. and dinner 7:30 p.m. This is a black tie or military equivalent event.

Video team to visit servicemembers

Team will tape holiday greetings for ROK-stationed troops

By John A. Nowell

Area II Public Affairs Office

YONGSAN — The Army and Air Force News Service video team will be in Korea from Sept. 30 through Oct. 12.

The Video Team will visit servicemembers around the Republic of Korea.

All military personnel and Department of Defense Civilians and their family members who are stationed overseas during the holiday period can participate in the program. Greetings must be to relatives only.

Accompanied servicemembers are encouraged to bring their families with them for the taping. Parents can pick up the children after school and go directly to their respective locations to make their family greeting.

United States military personnel must be in uniform for the video taping. The video will only show individuals waist high, so military personnel may come in civilian attire, but must bring the top half of their uniform for the video taping. Headgear is not required.

Participants are urged to bring sufficient information to fill-out a form providing relatives' name, city, state, zip code and telephone number. Phone numbers help ensure the relatives get to see the greeting. Family members may do greetings without sponsor only if the sponsor is on temporary duty, deployed or out to sea.

Participants can make several different greetings for family

members in different locations. Greetings can also be made in Spanish. A message in any other language must be translated into English by the participant.

Public Affairs officials encourage everyone to videotape a short personal holiday message for broadcast on hometown television and radio stations for your family members back home.

Participants will be taken on a first come, first served basis. Units in their respective areas are encouraged to call their respective Public Affairs Office for additional information.

E-mail NowellJ@korea.army.mil

Location	Time	Date
Kunsan AB Food Court	8:30 a.m. - 5 p.m.	Sept. 30
Kunsan AB Food Court	8 a.m. - 4:30 p.m.	Oct. 1
Camp Walker PX	8 a.m. - 5 p.m.	Oct. 2
Camp Henry Shoppette	8 - 11:30 a.m.	Oct. 4
Camp Hialeah	2 - 5:30 p.m.	Oct. 4
Camp Long helipad	9 a.m. - noon	Oct. 5
Camp Casey Food Court	1:30 - 5:30 p.m.	Oct. 5
Camp Red Cloud Museum	8 - 11:30 a.m.	Oct. 6
Camp Stanley PX	1:30 - 4:30 p.m.	Oct. 6
Camp Humphreys CAC	8:30 a.m. - 5 p.m.	Oct. 7
Osan Trumni Lodge	8 a.m. - 5 p.m.	Oct. 8
Osan Trumni Lodge	8 a.m. - 5 p.m.	Oct. 9
Dragon Hill Lodge	noon - 5 p.m.	Oct. 10
Dragon Hill Lodge	noon - 5 p.m.	Oct. 11
Dragon Hill Lodge	8 a.m. - 5 p.m.	Oct. 12

*All dates, locations subject to change

Fewer troops won't reduce deterrence in Republic of Korea: Rumsfeld

By Kathleen T. Rhem

American Forces Press Service

WASHINGTON — Defense Secretary Donald Rumsfeld is "not one slight bit" worried that fewer U.S. troops in the Republic of Korea will mean a reduced deterrent capability on the peninsula.

United States officials have announced they plan to reduce the number of U.S. troops stationed in the ROK by 12,500 over the next several years, starting with 5,000 moving out by the end of this year.

But officials have done careful analysis, and fewer of today's forces, with modern weapons systems, are just as capable as

far superior numbers of yesterday's forces, Rumsfeld said in a Sept. 7 Pentagon press conference.

"The important thing is, in the 21st century if one takes numbers (of forces) and tries to equate them with old numbers from the 20th century, they make a mistake because the implication is if the number is lower, that you're weaker, and it's simply not true," he noted. "The capabilities that we have there (today) are vastly more capable than the exact same number of people were five, 10, 15 years ago."

The Defense Department is investing \$11 billion in enhancing more than 100

specific military capabilities in the region at the same time it's reducing the number of troops in the ROK.

Rumsfeld said that investment allows for the United States to provide for a "healthy deterrent" on the peninsula.

"Let there be no doubt that that's the case," he stressed.

In response to a question from a reporter, Rumsfeld said the United States understands the threat posed by communist North Korea and has no intention of allowing a power vacuum to develop in the region.

"And any suggestion to the contrary would be a fundamental mistake," he said.

Duty Assignment of Choice



Patrons use computers at the Digital Business Center on Yongsan Garrison. Located at South Post Building 8105 across from Starbucks, the center offers a variety of electronic services. 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.

650 rebuilding projects underway in Iraq

By Mitch Frazier

Army News Service

BAGHDAD — The pungent odor of human waste filled the debris-littered halls of the Najaf teaching hospital, a facility ransacked by Moqtada Sadr's Madi Army as they fought throughout the central Iraq city two weeks ago.

The 120-degree heat intensified the smell and offered little reprieve to the teams of Iraqi construction workers wading through rubble intent on returning the hospital to operation.

"The emergency room and the operating room will be operational within the week," said Ricardo Vasquez, a site manager with U.S. Army Corps of Engineers, as he pointed to a rubble-filled room. "We have to get this place up and running as quick as we can."

The renovation of the war-torn hospital is one of nearly 650 U.S.-led reconstruction projects now underway across the country, and is one of more than 1,800 projects slated for start before year's end.

"These new projects offer hope, and offer huge opportunities for Iraqi people to get a better country, job and feed their families," said "Hess", a 30-year old architectural engineer in North Baghdad. "I think that when they come it will be a very clear message to all Iraqi people

See "Build" on Page 4

Build

from Page 3

and Arab countries that America did what they promised.”

At 30, Hess is one of the elders in the country of 2.5 million people. The median age here is 19, a result of decades of fighting and dictatorship, he said.

“It was a huge disaster; therefore, a lot of Iraqi people ran away from this regime, like my sister,” he said. “She ran away out of Iraq risking capture at the border and hanging. It was a huge risk, but she had to. There was no future in Iraq.

“After the war, because the mercy of my God sent the Americans to help us, I got a wonderful salary and hope for a better future,” he said.

More than \$7 billion of the \$18.4 billion U.S. reconstruction fund has been obligated to perform the gargantuan task of building hope by rebuilding the nation’s infrastructure plagued by decades of poor maintenance.

Electricity generators now pump more electricity into the desert country’s power grid than before the war, and more than a thousand schools have been rebuilt.

It’s welcomed progress, “Hess” said, but it’s often overshadowed by the actions of a minority of Iraq – the weapon-toting militia intent on thwarting progress.

“It’s too clear the improvements have been made, but unfortunately what is stopping that improving wheel from going forward is the stupid people outside who just want to attack the American people here,” he said. “Unfortunately there are Arab countries in the neighborhood that are feeding the terrorists here with weapons and money to attack the Americans.”

Money here was reserved for the elite under the former regime and continues to be a suspected fuel for fighting.

Poverty-stricken families continue to sort through the landfills for food and shelter, but leaders here believe that will change as the reconstruction effort quickens and the demand for labor increases.

“Most of Iraq is very poor outside of Baghdad, and if you pay them good money to attack, they will because they need

money to feed their children and families,” Hess said. “They are blind-minded; they don’t see how they are hurting their country.

“Their only goal is money, not a better Iraq,” he said.

More than 110,000 Iraqi laborers and engineers are already on the rolls of reconstruction agencies and contractors. Thousands more are expected to be added as the additional projects come on line in the months ahead.

Reconstruction efforts have already showed signs of boosting the country’s economy, adding more than half a million new jobs, industries and factories, according to the Iraq Ministry of Electricity. The ministry reports the boost has not only put money into the hands of many in Iraq, it has fueled the sale of thousands of washing machines and air conditioners, which has rapidly increased the demand for electricity.

“The increase in demand is a good sign of a thriving economy emerging from three decades of isolation,” reads a fact sheet published by the ministry.

Like electricity, the demand for water has also increased as more and more Iraqis are able to connect to centralized water distribution systems across the country.

“It is frustrating when you see a water treatment plant being rebuilt, and it provides water every morning when you want it to,” Hess said. “Then that one guy who is out of his mind comes and cuts the line just like that.

“It’s frustrating because we can’t move forward when this happens,” he said.

“Movement forward for Iraq continues as infrastructure projects around the country begin and Iraqis become employed, which will improve security,” said Brig. Gen Thomas Bostick, the commander of the U.S. Army Corps of Engineers Gulf Region Division, a predominantly civilian organization charged with reconstructing Iraq.

“More projects are starting every day, and more of Iraq will begin to see a difference as these projects come on line,” Bostick said.

AD
GOES
HERE

Welcome to Korea



Christopher Hill, U.S. Ambassador to the Republic of Korea, speaks a welcome ceremony Monday at Knight field on Yongsan Garrison as Gen. Leon J. LaPorte looks on.
PHOTO BY SGT. ANDREW KOSTERMAN

Warrior Division looks to future

By David McNally

Area I Public Affairs Office

CAMP CASEY —

Second Infantry Division Soldiers formally welcomed a new commanding general Tuesday when



Lt. Gen. Charles C. Campbell, commander, 8th U.S. Army, passed the division colors to Maj. Gen. George A. Higgins.

Higgins said he and his wife came to Indianhead field with a deep sense of humility, pride and gratitude.

“It is immensely uplifting to serve in the ranks of American Soldiers who are forward deployed,” Higgins said. “They are quietly and steadfastly serving the nation in the vital mission of deterrence here on the Korean peninsula.”

The outgoing commanding general, Maj. Gen. John R. Wood, handed over an organization drastically different than the one he commanded for most of his tour of duty.

“Today marks week one in the transfer of authority in Iraq between 1st Brigade, 1st Infantry Division and the Strike Force,” Wood said.

“Strike Force” is the nickname of the 2nd Brigade Combat Team. More than 3,600 Korea-based Indianhead Soldiers deployed to Iraq early last month.

The departure of the Soldiers marks the first time U.S. troops have been deployed off peninsula in support of combat operations.

Wood recalled three Strike Force Soldiers by name “who made the ultimate sacrifice in the defense of freedom in Operation Iraqi Freedom.”

Wood acknowledged the somber and solemn moment by asking for a period of silence during his remarks.

“Fully 80 percent of our Army is operationally engaged serving our nation, protecting our interests, protecting freedom and supporting our allies,” Wood said. “This is important, hard, often dangerous work accomplished every day by these Soldiers on the field who represent all those in the ranks of this magnificent division.”

The U.S. Defense Department announced in August an agreement to make the Strike Force deployment part of an overall reduction of U.S. forces on the Korean peninsula.

Last month, Korean and U.S. employees and Soldiers learned that

See **Future** on Page 8



PHOTOS BY DAVID MCNALLY

About 2,000 2nd Infantry Division Soldiers pass in review Tuesday at Camp Casey during the change of command ceremony.



Maj. Gen. George A. Higgins receives the division colors during his change of command ceremony at Camp Casey.



Soldiers march to honor the incoming and outgoing Warrior Division commanding generals on Indianhead Field.



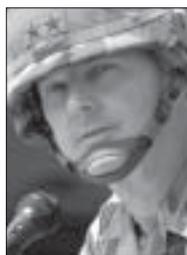
Lt. Gen. Charles C. Campbell lauds the outgoing commander and welcomes the incoming commander.

Veteran warrior returns to command 2ID

Area I Public Affairs Office

CAMP RED CLOUD — The new 2nd Infantry Division commanding general is a returning Warrior Division Soldier.

“We are thrilled to introduce George and Marilyn Higgins to the 2nd Infantry Division,” said 8th U.S. Army commander, Lt. Gen. Charles C. Campbell Tuesday during his remarks at the change of command ceremony at Camp Casey. “General Higgins is not new to the United States Forces Korea



Higgins

family or to the 2nd Infantry Division.”

Maj. Gen. George A. Higgins first served as a battalion commander in the division from 1991-92.

He most recently served as the assistant chief of staff for operations for the Republic of Korea and U.S. Combined Forces Command, U.S. Forces Korea and the 8th U.S. Army. Higgins arrived in Korea in October 2002.

The new commanding general is a 1972 graduate of the U.S. Military Academy at West Point, N.Y., where he studied alongside the former 2nd Infantry Division commanding general, Maj. Gen. John R. Wood.

“George and Marilyn Higgins are a

See **Veteran** on Page 8

DoD identifies first 2BCT combat casualty

Office of the Secretary of Defense for Public Affairs

WASHINGTON, D.C. — The Department of Defense announced Sept. 7 the death of a Soldier who was supporting Operation Iraqi Freedom.

Staff Sgt. Gary A. Vaillant, 41, of Trujillo, Puerto Rico, died Sept. 5 in Khalidiya, Iraq, when his tank ran over an improvised explosive device.

Vaillant was assigned to the Army's 2nd Battalion, 72nd Armor, Camp Casey, Republic of Korea.

The incident is under investigation.

NEWS & NOTES

Federal Employee Life Insurance

The Federal Employee Group Life Insurance open season is now through Sept. 30. For more information, visit the FEGLI homepage at www.opm.gov/insure/life or contact a civilian personnel advisory center.

Combined Federal Campaign Training

The Combined Federal Campaign for overseas installations is scheduled Oct. 4 – Dec. 3. Area I officials will conduct training for campaign volunteers 2 p.m. Monday in the Camp Red Cloud theater. All unit coordinators are required to attend. For more information, call 723-7233 or 723-8495.

Newcomers Orientation

Camp Red Cloud Army Community Service will host its monthly newcomers orientation 8 a.m. Wednesday at the ACS classroom. For more information, call 732-7292.

Volunteer Luncheon

Area I Army Community Service will host its Volunteer and Volunteer Unit of the Quarter luncheon for the third and fourth quarter 11:30 a.m. Thursday at the Camp Red Cloud pavilion. The luncheon will have a luau theme.

Hispanic Heritage Month

The Area I Equal Opportunity office will host a Hispanic Heritage Month luncheon at Camp Red Cloud's Mitchell's Club 11:30 a.m. Sept. 24.

Facility Chuseok Holiday Hours

- In observance of the Korean holiday Chuseok, all Area I branches of Community Bank will be closed Sept. 28.
 - The Camp Red Cloud Commissary will be closed Sept. 27 – 28.
 - Camp Red Cloud's Mitchell's Club will be closed Sept. 27 - 28.
- All facilities will reopen Sept. 29.

Town Hall Meeting

The Camp Casey garrison town hall meeting will be 10 a.m. – noon Sept. 30 at the Carey Fitness Center.

Darryl Worley Concerts

Country singer Darryl Worley will perform at Camp Casey's Carey Fitness Center 7 p.m. Oct. 22 and in front of Freeman Hall at Camp Red Cloud 5 p.m. Oct. 24. An autographed guitar will be given away in a drawing at the Camp Casey show. Participants must be present to win.

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.

CSM: Penalties for selling ID card severe

By Spc. Chris Stephens

2nd Infantry Division Public Affairs Office

CAMP RED CLOUD — Second Infantry Division officials highlighted Tuesday the penalties for black marketing military identification cards.

"For Soldiers who sell their identification card, they will absolutely be punished to the fullest extent possible," said 2nd Infantry Division Command Sgt. Maj. James Lucero. "There are no excuses for doing something like that. It's wrong and should never be considered by any Soldier."

The military identification card plays a major role in operational security in the 2nd Infantry Division and in the Republic of Korea, he said.

"Losing your identification card is the same thing as losing a sensitive item," Lucero said. "It's very critical that Soldiers don't give or sell their identification to anyone, especially a nonmilitary person. In many cases Soldiers who do, should be referred for Uniform Code of Military Justice action."

Officials said operational security is in danger by Soldiers who either sell or lose their identification cards. Punishment, however, is up to the Soldier's commander.

"It not only jeopardizes the Soldiers' entire career, but it also jeopardizes the lives of every other Soldier," he said. "Everything that Soldier has worked for, along with their character, will be lost."

Division Provost Marshal Lt. Col. Patrick Williams said Soldiers caught selling their identification card or who

are found to have sold it will be charged with Article 108 under the Uniform Code of Military Justice, which is wrongfully disposing of government property.

For the loss of an identification card, Article 108 carries a maximum of one year confinement and a bad-conduct discharge.

"The bottom line is don't do it," Williams said. "It's that simple."

Williams also suggested commanders, first sergeants and other unit noncommissioned officers, in every unit drill importance of the identification card into their Soldiers.

"A lot of times, Soldiers who lose their identification card are first-termers," Williams said. "It starts by educating Soldiers on the circumstances of losing or selling their identification card. By drilling the information into their heads about the identification card, then we can avoid some of these problems."

Williams said informing Soldiers their identification card is a sensitive item and a key force protection measure will help reduce the number of lost identification cards.

"If we enforce strict punishment on those who lose or sell their identification card, I think it will show the Soldiers how serious this matter is," Lucero said.

The Army requires Soldiers who lose their identification card to immediately notify the Provost Marshal's Office.

"If a Soldier doesn't notify PMO, they will not be able to get another identification card from the (Personnel Service Battalion)," Williams said. "So, it is an absolute must."



PHOTO BY DAVID McNALLY

Pfc. Damian Remijio, 5th Battalion, 5th Air Defense Artillery, scans an identification card at a Camp Red Cloud access control point.

For Soldiers who find an identification card, Williams said they are required to notify the Provost Marshal's Office to turn it in.

"All unit leaders need to let their Soldiers know what to do if they find an identification card," Williams said. "It's important that these get in the hands of authorities to be accounted for, and not in the hands of other individuals or organizations."

"Force protection is everyone's issue," Williams said. "(Military) identification cards are part of force protection in Korea and we will continue stress that to every Soldier who comes here. "It's every Soldier's responsibility to know where their identification card is at all times."

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Korean students explore Camp Casey

PHOTO BY PFC. STEPHANIE PEARSON

Headquarters and Headquarters Detachment, U.S. Army Garrison, Camp Casey Senior Korean Augmentation to the U.S. Army Sgt. Hwang Chang-ha escorts students from Hanbuk University on a tour of Camp Casey Sept. 7. The students visited Soldiers' barracks, the post library and the USO. Many said they were impressed with the amount of recreational activities available to Soldiers.

Former Soldier takes a trip to DMZ, memory lane

By Pfc. Stephanie Pearson

Area I Public Affairs Office

CAMP IL-WOLSONG—A former Soldier had his dreams come true Sept. 8 when he took a trip back to his old military base on the southern boundary of the demilitarized zone.

Kenneth Marcheschi, a postal-service worker from Chicago, was stationed at Camp Wilbur, now a Republic of Korea Army installation called Camp Il-Wolsong, from April 1965 – July 1966 with the 2nd Battalion, 23rd Infantry. He has been dreaming of returning since the day he left 39 years ago.

“I thought about (coming back to Korea) when the plane was leaving Gimpo (Airport) that day,” Marcheschi said. “I looked down, thinking I’d be able to see something I could recognize, but the plane got above the clouds so fast I didn’t see anything. Then it dawned on me: I’d just spent over a year here and had so many experiences, but all I had to take with me were memories. So I thought, someday I’d like to come back here.”

While he often thought about it, Marcheschi didn’t seriously consider the idea of coming back until recently, when he found a bag of memorabilia from Korea.

“I had this black satchel full of pictures and letters and everything that I had when I was over here,” he said. “I hadn’t looked at it since, gosh, 1966 I guess. When I opened it up, it was an emotional thing. It was like a genie coming out of a bottle; it just overwhelmed me, and I knew that I wanted to go back. So I started planning on it.”

Marcheschi sent e-mails to the U.S. Embassy in Seoul and military bases along the Demilitarized Zone, but didn’t get much help.

“I got one reply back from a colonel from Camp Greaves, saying he’d like to help but he was in Iraq,” he said. “So I figured, that’s it, nobody’s interested; I’m just some old Soldier trying to reminisce and nobody cares.”

Then he got an e-mail from Sally Hall, Camp Casey USO director. The Embassy had contacted her, and she was willing to help. Hall contacted Jerry Epperson, U.S.

Army Garrison Camp Casey fire chief, and together with assistance from Kim Ki-chol, assistant fire chief, they coordinated with the ROK Army to allow Marcheschi access to his old base.

“It has changed so much,” he explained. “It is probably 80 percent different than when I was there. It’s the buildings, mostly; the ground is fairly similar, although there have been some changes there. It was weird; you think about the nights and days you spent there, and guys you hung out with, and it brings back a lot of memories. It was emotional.”

Despite the changes, Marcheschi was glad to see the base again.

“It was great,” he said. “It’s real emotional. There are a lot of mixed feelings, like wishing I would have come years ago before a lot of this had changed, yet I’m really glad I’m here.”

After leaving the base, the group stopped in Chongpa Ri village, the town just down the road where the Soldiers used to go on weekends.

“The town was different, but yet the same,” Marcheschi said. “The old buildings made it seem like the old village, but they’re all run-down and deserted now. It had a sort of ghost-town feeling. I still enjoyed going there – I’d like to go back again – but it was just a lot nicer when we were there.”

The last stop for Marcheschi and his escorts was Observation Point Dort, where Marcheschi’s squad used to patrol.

“I’m glad I got to go,” Marcheschi said of the trip. “I’m really glad that Sally and Chief Epperson got involved; without them, I wouldn’t be here.”



PHOTOS BY PFC. STEPHANIE PEARSON

Kenneth Marcheschi (right) shows Lt. Col. Kim Dong-uk a terrain feature he remembers from when he was stationed at the camp in 1965-66 while it was still under U.S. control.



Lt. Col. Kim Dong-uk, Camp Il-Wolsong commander (left), gives Kenneth Marcheschi, a tour of his old camp Sept. 8.

And also the Korean troops that man the observation posts and the camps. They could have just said ‘No, we don’t have time for you.’ But they didn’t, and everything worked out great. It really is a dream come true. If I never would’ve gone, I would have always wondered and wanted to come. I’m glad I came, and I would come back in a minute.”

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Camp Essayons tourney challenges KATUSA Soldiers

Area I Public Affairs Office

CAMP ESSAYONS — Korean Augmentation to the U.S. Army Soldiers battled for pingpong dominance Sept. 10 in a Republic of Korea Army-sponsored event.

The event consisted of two tournaments, a single and team competition, with the victors set to get a full five days of free leave.

“When I was young, we played ping-pong all the time,” said Cpl. Park Hyun-jun, Headquarters and Headquarters Detachment, U.S. Army Garrison, Camp Casey. “Every school had a pingpong table, and there were shops where you could go and pay to play pingpong.”

Korea’s Olympic team won a gold medal in the pingpong at this summer’s Athens Olympics.

Korean Soldiers said they would not be surprised if the sport becomes popular again.



PHOTO BY PFC. STEPHANIE PEARSON

Pfc. Wi Jung-jae, Headquarters and Headquarters Detachment, U.S. Army Garrison, Camp Casey, returns a serve in the Korean Augmentation to the U.S. Army Soldier’s table tennis tournament Sept. 10 at Camp Essayons.

Future

from Page 5

Western Corridor camps could be turned over to Korean control as early as this year. The United States will also turn over Camp Falling Water, a small Uijeongbu installation.

The 2nd Infantry Division's mission is the defense of the Republic of Korea in the initial stages of an invasion until other American units can arrive.

Maj. Gen. John R. Wood (left), Lt. Gen. Charles C. Campbell and Maj. Gen. George A. Higgins salute during the change of command ceremony.

"We are mindful of the enormous privilege it is to be entrusted with the leadership, care, and command of American Soldiers," Higgins said. "It is no casual or trivial responsibility, and I will never treat it or regard it as such."

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PHOTOS BY DAVID MCNALLY



Capt. Scott Pence (left) and Capt. Lee Barnard, both of 72nd Armor Regiment, salute during the 2nd Infantry Division change of command ceremony Tuesday.

Veteran

from Page 5

"George and Marilyn Higgins are a wonderful team," Campbell continued, "who will bring with them a wealth of experience as they begin this tour leading this wondrous division."

Campbell described Higgins as an accomplished leader who has served in a variety of challenging positions in five U.S. Army divisions.

"I have every confidence that George Higgins will continue in the long tradition of outstanding commanders that have led this division," Campbell said. "Like those who have gone before him, he will ensure that the 2nd Infantry Division maintains its 'fight-tonight' readiness."

After graduation from high school in June 1967, Higgins enlisted in the U.S. Army. He attended basic combat training at Fort Benning, Ga., in the summer of 1967. In August 1967, he was assigned to the U.S. Military Academy Preparatory School at Fort Belvoir, Va., where he competed for an appointment to the U.S. Military Academy.

"Your reputation for excellence is well known," Campbell told Higgins. "We are all excited about being able to continue to serve with you."

In his change-of-command ceremony Higgins told the Indianhead Division Soldiers how he felt about returning to Warrior Country.

"When I first joined the ranks of the warriors some 13 years ago," he said, "your professionalism, soldierly deportment, warfighting competence, and pride inspired me then—and today you serve as an inspiration for anyone who deeply appreciates the demands of professional soldiering, and the commitment and dedication it takes to achieve all that this great division has achieved under Major General Wood's leadership."

He added, "I want you to know that you inspire and uplift me this morning."

In addition to a Bachelor of Science degree from the U.S. Military Academy, Higgins holds a Master of Arts in Philosophy from the University of Virginia and a Master of Military Art and Science from the U.S. Army Command and General Staff College at Fort Leavenworth, Kan.

He is a 1994 graduate of the Army War College, as well as a graduate of the School of Advanced Military Studies, Command and General Staff College, Infantry Officer Advanced and Basic Courses, and Airborne, Ranger, Pathfinder and Jumpmaster Schools.

Higgins also served at West Point as an assistant professor of philosophy, English and logic from 1980-83.



Divorce guidelines vary by state

By Capt. Robert Vedra
U.S. Army Legal Services Activity-Korea

YONGSAN — Frequent and often-lengthy absences due to deployments are part of the military lifestyle that places significant strain on many marriages. These absences, as well as financial troubles and personality differences are the main causes



Vedra

that lead many couples down the road toward divorce.

Whatever the reason behind the breakup of their marriages, men and women who choose the

unfortunate recourse of divorce should take the time to familiarize themselves with the basic process and procedures to save themselves time and frustration later. This is especially true when one, or both, is here in the Republic of Korea.

The most important principle to understand is that state law controls divorce and each state's divorce law is unique. While most state divorce laws are similar, each state, however, has its own particular way of dissolving a marriage between the two spouses. What is true in one state may not be true in another.

Filing for divorce

In most cases, a couple must file for divorce in either the husband's or the wife's state of legal residence. Once either spouse files a petition for divorce, that respective spouse will normally be required to locate the other spouse and serve them with a copy of the petition, personally or through the mail.

Once the petition for divorce has been filed, many states require the couple wait for a period of a month or more before the court will act on the petition. After the waiting period is over the court will hold a hearing to determine the various issues involved, such as child custody, child support, spousal support, division of property and assets and division of debts. When the court has decided these issues, it issues a divorce decree that decides each issue. This decree is binding on both parties, and a spouse that refuses to comply may be held in contempt of court.

If the spouse that did not file the divorce

See **Law** on Page 11

34th Support Group folds its colors

By John A. Nowell
Area II Public Affairs Office

YONGSAN — Headquarters, 34th Support Group faded into history Sept. 9 at Lombardo Field on Yongsan Garrison South Post. Maj. Gen. Jeanette Edmunds, commander, 19th Theater Support Command, hosted the ceremony for outgoing commander of the 34th Support Group, Col. Timothy McNulty.

After the official party was brought to the reviewing stand the narrator called for the presentation of colors. Command Sgt. Maj. Kevin Witt, command sergeant major for Area II Support Activity, stepped forward for the traditional casing of the colors.

"It is always a sad occasion to inactivate a unit because of the history associated with it and the people who served with it over the years," Witt said.

McNulty, who has commanded 34th Support Group and Area II since July 29, 2003, will continue his concurrent position as commander of Area II Support Activity, which was activated on Oct. 7, 2003.

In her remarks, Edmunds explained the reasons for the inactivation of the 34th Support Group.

"... The Army determined that the base operations and installation management should be consolidated under a single chain of command, the Installation Management Agency and its regions," Edmunds said. "Here in Korea, of course, we have the Korea Region Office of the Installation Management Agency that has assumed responsibility for installation management that the 19th TSC used to have.



PHOTO BY PFC. PARK, YUNG-KW

Command Sgt. Maj. Kevin Witt, command sergeant major for Area II Support Activity, steps forward for the traditional casing of the colors.

"As a result, in October of last year, Area II Support Activity was established as a separate organization and took on the responsibility of base operation functions. At the same time that the 34th was being relieved of the Area II responsibility, we in the 19th Theater Support Command were looking at our overall command and control structure and plan for armistice and contingency.

"In doing so, we found out that without the base operations functions we were actually over-structured in the number of headquarters we had to support our post (Korea Region) missions.

"So, in 2003 we submitted a plan through the 8th United States Army to the Department of the Army to inactivate the

See **Inactivation** on Page 12

Students bridge culture gap with music

By Chief Warrant Officer Teddy Datuin
1st Signal Brigade

YONGSAN — A small gathering of people lent their ears to the melodies of 12 Korean university students who played traditional classical Korean and American compositions using string, woodwind and percussion musical instruments Aug. 31 at the Community Services Center on South Post.

"Through our music, we hope to bring better understanding between Koreans and Americans," said Ki Won-yong, a violinist.

The small Korean ensemble consisted of two violinists, a flutist and nine percussionists.

The flutist and violinists played a rendition of "Moon River" and "Memories," as well as Korean classics and folk songs such as "Castle Magic" and "Mok Yun Wha."

Newcomers to Area II were invited to this event to experience a taste of Korean arts, said Michael Lee, a volunteer teacher at the area community center who coordinated this event.

"This is just the second of this type of series," Lee said. "There will be more to come. This concert is an addition to our Korean-language course."



Musicians perform a rendition of "Moon River" before newcomers to Area II during a musical concert Aug. 31 at the Community Services Center on South Post.

Lee hopes to expand the concert and attract more people from the American community to enjoy the different styles of Korean music.

"We thought the classical trio played very inspiringly," said Anne Willey, a student at Yongsan Garrison's Seoul American High School. "The music played on the various percussions was very powerful, quite different to the music played on the woodwinds and strings."

Many attendees indicated their hope that this type of venue will continue at the Army Community Services orientation.

"The monthly concert series is an

excellent way for the Yongsan community to interact with the local population," said Capt. Mickey De Leon, who works at the 121st General Hospital. "The concert given by the college students and folk musicians was very entertaining."

Chaplain (Maj.) James King, director of the Area II Religious Retreat Center, said this is an excellent program for adults and students.

Many Koreans said they think the program builds positive host nation relations between the United States and Korea.

"The students love to play their music for the American community," said Jang Il-gyu, department head at Korea University and who volunteers his time to teach Americans Korean history, culture and language.

Jung Chan-ryong, a freshman at Korea University, emphasized, "We want to introduce Korean music and culture to the Americans and hope to cultivate a better understanding between our two countries, thus creating harmony."

For more information about the free concerts call 738-7999 or e-mail hun0765@dreamwiz.com.

E-mail DatuinT@korea.army.mil

NEWS & NOTES

Commander's Hotline

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

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. Wednesday at the Dragon Hill Lodge. For more information, call 738-5950 or contact respective Equal Opportunity offices.

Yongsan Commissary Operating Hours

The Yongsan Commissary will be closed Sept. 27-28 due to the Korean Chuseok holiday, and will be open 10 a.m. - 5 p.m. Sept. 29.

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.

5-Kilometer Fun Run and Walk

There is a run competition sponsored by 18th Medical Command 9:30 a.m. Oct. 2 at Collier Field House. Registration for this competition 8 - 9:15 a.m. For more information, call 737-5001.

PTO Special Program

A special Parent-Teacher Organization program sponsored by the Seoul American High School Guidance Office that features several college admissions professionals who are scheduled to give a presentation to parents and students 5:30 p.m. Oct. 5 at Seoul American High School. For more information, call 011-9687-0604.

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 Service Detachments for records updates.

OCS Board

Area II Support Activity local Officer Candidate School board will meet 9:30 a.m. Nov. 1. at the Command Conference Room, Building 4305, Room 107. For more information, call 738-5017.

Bible Study

There is a Bible study about "Discussion of the Word and Christian Issues" that meets 7 - 8:30 p.m. every Friday at the South Post Chapel. For more information, call 018-310-5178.

High School Football Opener

Seoul American High School's football team takes on Osan American High School 2 p.m. Saturday at Falcon Field, Yongsan South Post. This is the season opener for Department of Defense Dependent Schools-Korea football. Taegu American School also fields a team in the Korea. conference

Schools, institutes offer classes in Korean language studies

By Pfc. Park Jin-woo

Area II Public Affairs Office

YONGSAN — The biggest challenge for almost all newcomers, to include those who have been in Korea a while, is learning the language. As a result, they might find themselves living in a vacuum, precluding them from establishing relationships with Koreans and limiting their experience to life in Seoul.

There are many places and programs that help those who are eager to learn the Korean language, as well as gain a deeper appreciation and perspective in Korea's culture and traditions.

The University of Maryland has a satellite campus located on Yongsan Main Post, in the education center next to the base library. It offers accredited classes on Korean studies. The classes cover subjects like introduction to the Korean language, culture and society. These classes have the advantage of being on post and are free through the tuition assistance program available to active-duty and Reserve Soldiers.

Those with busy schedules, participating in field-training exercises or stationed in remote areas can take UM

Korean classes online said Kim Hak-sun, a collegiate associate professor.

"We have people signing up from all over the peninsula, and even Soldiers who are in Iraq have signed up for my classes," Kim said. "There is more than one way to take Korean classes, such as Web-based classes that help Soldiers make up classes they missed."

Soldiers who already have master's degrees are still eligible for tuition assistance, said Renee Finley, education services specialist.

Another option for those who want to learn Korean is go outside the base to one of Seoul's many institutions that offer Korean language classes for beginners, such as Sookmyung Women's University, located just between the subway stations at Sookmyung Women's University, line number 4, exit 10, and Hyochang Park, line number 6, exit 4. At Sookmyung Women's University, there is the International Institute of Language Education, called "Lingua Express."

"The Lingua Express has taken a new style of teaching from the traditional ways," said Park Mi-kyung, a Korean foreign language professor and

coordinator. "Our Korean-studies program is unique compared to other language institutes. We conduct our lessons by stressing that the student communicates 90 percent of the time to the instructor, where as other places the instructor speaks most of the time and the student passively listens."

Sookmyung Women's University offers optional schedules to fit a student's busy life, with both day and night classes.

What's unique about Sookmyung Women's University's Korean language courses, said Park, is that it gives westerners the opportunity to participate in field trips, to practice their Korean-language skills and experience traditional Korean culture, like making kimchi.

"We always try to teach real-life situations, what we call 'Survival Korean.' Students learn different forms of conversation and dialogue that is common in everyday life," she said.

For more information about UMUC's Korean language classes call 723-7783 and for the Sookmyung Women's University Lingua Express program, call 02-701-9623.

E-mail ParkJinW@korea.army.mil

Web sites offer learning alternatives

Area II Public Affairs Office

YONGSAN — There are many online sites available to those who have a desire to learn about Korean culture and language. Here are a few of those Web sites.

University Programs (Commercial)

Yonsei's Korean Language Institute
<http://www.yonsei.ac.kr/~kli/>

Konkuk's Language Institute
http://www.konkuk.ac.kr/~kfli/hj/korean_course_introduction_eng.htm

Korea's Korean Language & Culture Center
<http://tnosc.korea.army.mil/siteblock.htm>

SNU's Language Education Institute
http://language.snu.ac.kr/snu2/new_home/index.php

Ewha Womans Institute of Language Education
<http://elc.ewha.ac.kr/english/>

Sogang's Institute for Korean Language Education
[http://www.sogang.ac.kr/~ckss/html/about\(e\).htm](http://www.sogang.ac.kr/~ckss/html/about(e).htm)

HUFS's Foreign Language Training & Testing Center
<http://maincc.hufs.ac.kr/~flttc/hufsENG/index0.htm>

Sungkyun's Language Institute
http://home.skku.edu/~sli/4/1_eng.php

Sun Moon's Korean Language Institute
<http://kli.sunmoon.ac.kr/eng/default.asp>

Private Institutes (Commercial)

Ganada Korean Language Institute
<http://www.gkli.co.kr/en/main.htm>

Seoul Korean Language Academy

http://www.seoul-kla.com/eng/main_00.htm

Korean Language Education Culture Center

<http://www.edukorean.com/edue/EDU-EMAIN.htm>

Language Teaching Research Center

<http://www.ltrc.co.kr/eng/>

LMC Language Center

<http://www.lmclc.com/english/>

Jang's Korean Language Immersion School

<http://www.kimmersion.com/>

Free Korean Classes

Korean Language Study

<http://www.interedu.go.kr/indexe.html>

Learn Korean through English

<http://www.mct.go.kr/hangeul/>

International House (IH)

<http://www.ih.or.kr/>

Related Sites

All about Hangeul (Korean Alphabet)

<http://www.bestkorea.kr21.net/index.php3>

The Association of Korean Language Teachers

<http://myhome.naver.com/koreanedu/englishgate.htm>

Korean Studies Sites

Academy of Korean Studies

<http://www.aks.ac.kr/english/>

Korea International Cooperation Agency

http://www.koica.or.kr/english/default_main.jsp

Pro golfers conduct clinic at Sungnam



PHOTO BY JOHN A. NOWELL

PGA member Kevin Na corrects the hand grip of Staff Sgt. Paul Baza at Sungnam Golf Course during a golf clinic Sept. 9.

By John A. Nowell
Area II Public Affairs Office

YONGSAN – United States Forces Korea personnel learned golfing tips from Professional Golf Association member Kevin Na, better known in Korea as Na Sung-ook, and Asian Tour golf professional Simon Yates at the Sungnam Golf Club Sept. 9.

The two pros, who were participating in the 47th KOLON Korea Open, came to the Sungnam Golf Course to conduct a golfing clinic and autograph session for USFK personnel.

Na and Yates started the clinic by driving a few golf balls from the

number one tee and explained to the 80 some odd amateurs how the hand grip on the golf club determines where the ball will go.

Later they asked for a few golfers, one at a time, to come forward and tell them what problems they experience in their golf game.

More than 16 players came forward for some personal advice about their golf swing and follow through.

Staff Sgt. Paul Baza, Combined Forces Command Operations, said, "I hook the ball so I wanted help to correct it. Kevin Na told me to change my grip. He said that I use a hooking grip. I was breaking my wrist too soon. He also told me to stand closer

to the ball and take the club straight back," said Baza.

Baza said he maintained a handicap average of 8 or 9.

"I didn't get picked to join in the golfing clinic, so I just showed up to observe. But somehow I was asked to join the others for a one-on-one golf lesson with Kevin," said Baza.

Na and Yates signed autographs on free KOLON provided golf caps for the 80 plus golfers following the clinic during an autograph session.

"I had both pros autograph my Sungnam Golf member's golf ball bag," added Baza.

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Law

petition receives notice of the petition and fails to file an answer or appear in court for the hearing, the court will normally award a default judgment to the spouse that filed the petition. This usually means that the spouse who filed receives everything that he or she has asked for in the petition.

Military legal assistance

Although legal assistance attorneys are very rarely allowed to represent clients in state court, the legal assistance office can help with the process in several ways.

First, legal assistance attorneys can research state divorce law and provide answers to many of the questions that a spouse might have about a particular state's divorce procedures.

Second, legal assistance attorneys can draft a separation agreement for the couple. This is simply an agreement between divorcing spouses that covers the issues that the court will eventually decide, such as child custody or spousal support. In most cases, a court will take a separation agreement, examine it and include it in the divorce decree if the court decides that the agreement is fair.

This can save a substantial amount of money spent on civilian attorneys because there is much less need for time-consuming research and negotiation by the civilian attorneys if a separation agreement already exists. Since a civilian attorney usually charges by the hour, less time spent by the civilian attorney on the case means less money coming out of the client's pocket.

One final way the legal assistance office can help is by providing referral lists of civilian attorneys for clients who will require more help than a legal assistance attorney can provide. Depending on the complexity of the case, a particular client may or may not need a civilian attorney, such as in cases where couples are married for only a short time, have no children, and no significant assets or debts.

Since every case and state's divorce laws are different, spouses seeking a divorce should first seek legal counsel.

For more information contact the Yongsan legal assistance office at 738-6841.

E-mail robert.anthony.vedra@us.army.mil

Inactivation

from Page 9

34th tactical structure and reinvent those spaces generated by the inactivation to improve the readiness of other units in the Korean theater of operations.

“Together these two converging events, the establishment of the Installation Management Agency and (Korea Region) and the command and control review conducted by the 19th TSC, are part of an extraordinary large and complex transformation process that the Army has been and continues to undergo,” said Edmunds.

McNulty reflected on the history of the 34th and thanked the thousands of personnel who served within it.

The 34th Support Group can trace its beginnings in Saigon and Tan Son Nhut, Vietnam, during the Vietnam War. It was inactivated in Vietnam in 1972 and reactivated in March 1984 to assume command of the U.S. Army Garrison, Busan. It was later moved to U.S. Army Garrison, Yongsan where it served as the installation command, beginning in September 1990.

“In that time, 34th Support Group has been a leader in the Army Community of Excellence Program having received first place or runner up awards in eight out of the past 13 years of participation,” McNulty said.

The 34th Support Group had the

privilege to host visits to Yongsan Garrison by three U.S. presidents, two U.S. vice presidents, most recently that of Vice President Dick Cheney, several secretaries of defense and VIPs too numerous to mention, added McNulty.

“(The) 34th Support Group has accomplished much and we would be here far too long to enumerate them all. Suffice to say, the 34th Support Group has served its nation in war and in peace. And, now as it fades into history, we bid a fond farewell to all the officers, (noncommissioned officers), enlisted personnel, civilians, Korean Augmentation to the U.S. Army Soldiers, Korean Service Corps workers, contractors and volunteers who dedicated years of service,” said McNulty. “Life goes on and so does the mission of Yongsan Garrison and Area II.

“As many of you may know, on Oct. 7, 2003, we officially activated the United States Army Area II Support Activity, which assumed control of the base operations element of the Installation Management Agency, Korea Region Office for Area II. This activation has been transparent to our customers, residents and workforce. Most of the support and services rendered by 34th Support Group personnel continue to be provided to the tenant units,

soldiers, sailors, airmen and Marines, civilians, family members, contractors and visitors to Area II installations.

“Our goal has been and continues to be to provide ‘Quality of Life’ and ‘Well Being’ for all those we support and serve in our effort to make ‘Yongsan and Area II the assignment of choice in Korea,’” said McNulty.

McNulty ended his remarks by

thanking the chain of command for helping him provide the services and support for the Area II installations as well as numerous officials, officers and members of over 10 Korean government agencies and private organizations that work with and support activities for Area II installations.

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VIP Visits Yongsan



PHOTO BY PFC. PARK YUNG-KWU

The prime minister of the Republic of Korea, Lee Hae-chan (right) answers questions from a member of the local press at the site of a former Japanese prison located near the gas station on Yongsan South Post Sept. 1 with Installation Management Agency Director Brig. Gen. John A. Macdonald.

Now showing at AAFES Reel Time Theaters

For additional listings or
matinees call respective theater or
see www.aafes.com

AT THE
MOVIES



Sept. 17 - 23

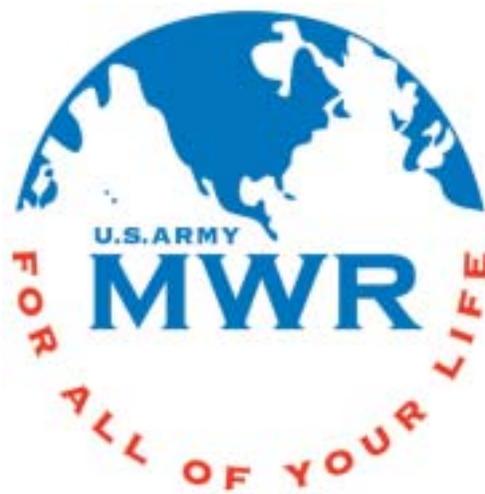
Location Phone No.	Sept. 17	Sept. 18	Sept. 19	Sept. 20	Sept. 21	Sept. 22	Sept. 23
Casey 730-7354	Catwoman	Anacondas	Anacondas	A Cinderella Story	A Cinderella Story	Van Helsing	Van Helsing
Essayons 732-9008	No Show	Spiderman 2	No Show	Sleepover	Anacondas	No Show	Kill Bill 2
Garry Owen 734-2509	No Show	Alien vs. Predator	Spider Man 2	Spider Man 2	Anchorman	No Show	Anchorman
Henry 768-7724	Catwoman	A Cinderella Story	Without a Paddle	Dodgeball	No Show	No Show	No Show
Humphreys 753-7716	Anacondas	Two Brothers	Two Brothers	Catwoman	Catwoman	A Cinderella Story	A Cinderella Story
Hialeah 763-370	Without a Paddle	Shrek 2	Anchorman	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	Without a Paddle	The Notebook	No Show	No Show	No Show	No Show	No Show

Paparazzi



The paparazzi stalk Bo everywhere. He accepts the veritable invasion of his life ... until photos of his wife, Abby, and his son, Zach, begin appearing on covers of one particularly sleazy tabloid. All efforts to convince the photographers to spare his family are ignored. The paparazzi become increasingly relentless, ruthless - even criminal. One night they trap Bo and his family in a high-speed chase that ends in a terrible accident. Veteran Los Angeles detective Burton believes Bo's version of the accident but when Burton can't make the case against the photographers, Bo seeks vengeance on his own.

PG-13



Schedule subject to change



A Cinderella Story



Samantha lives at the beck and call of her self-obsessed step-mother Fiona and her sinfully wicked step-sisters. She finds her less-than-sparkling social life wonderfully complicated when she meets her Prince Charming online. Her anonymous cyber soul mate turns out to be Austin, her high school's quarterback. Fearing rejection, Sam dodges Austin's efforts to discover the identity of his princess. Will Sam let fear hold her back, or will she find the courage to be herself and claim the life she's always wanted? Her chance at "happily ever after" depends on it.

PG

Location Phone No.	Sept. 17	Sept. 18	Sept. 19	Sept. 20	Sept. 21	Sept. 22	Sept. 23
Kunsan 782-4987	Alien vs. Predator	Alien vs. Predator	Catwoman	No Show	Catwoman	A Cinderella Story	A Cinderella Story
Long 721-3407	The Manchurian Candidate	No Show	Spiderman 2	White Chicks	No Show	No Show	No Show
Osan 784-4930	Paparazzi	Two Brothers	Two Brothers	Catwoman	Catwoman	A Cinderella Story	A Cinderella Story
Page 721-5499	No Show	No Show	No Show	No Show	No Show	No Show	No Show
Red Cloud 732-6620	Anacondas	Catwoman	Around the World in 80 Days	A Cinderella Story	A Cinderella Story	No Show	Paparazzi
Stanley 732-5565	A Cinderella Story	Catwoman	Catwoman	Van Helsing	No Show	Paparazzi	Van Helsing
Yongsan I 738-7389	Paparazzi	Paparazzi	Paparazzi	A Cinderella Story	A Cinderella Story	A Cinderella Story	A Cinderella Story
Yongsan II 738-7389	Shrek 2	Shrek 2	Shrek 2	King Arthur	King Arthur	King Arthur	King Arthur
Yongsan III 738-7389	Around the World in 80 Days	Around the World in 80 Days	Around the World in 80 Days	Catwoman	Catwoman	A Cinderella Story	Catwoman

Chaplain's corner: Pain can be celebrated

Chaplain (Maj.) Kenneth Yates

6th Cavalry Brigade chaplain

CAMP HUMPHREYS—"Count it all joy, my brethren, when you encounter various trials..." James 1:2.

In his epistle, James tells us we should consider the trials we go through as occasions for joy. It is probably safe to say that it is not natural to feel this way when we experience difficulties. None of us welcomes hardship in our lives.

James is not a masochist. His message is that God can use difficult times to accomplish good in our lives. Since this is the case, we can have joy when we encounter these trials.

I saw this principle at work at my last duty assignment. As the pastor of the chapel responsible for cadets going through officer candidate school, many cadets attended my services. These young men and women were not

allowed to have anything with sugar during the first part of their training. The only exception was at chapel. After services, we always provided cakes, cookies and assorted desserts.

The person who baked these desserts every week was an 80-year-old widow known as "Chapel Mom." She had been the wife of a retired command sergeant major who had died about five years earlier. She spent every Friday and Saturday preparing the desserts she would serve on Sunday to the cadets.

When I asked her why she did it, she told me that when her husband died many of her friends brought desserts to her home as a gesture of good will. After the funeral, she had a house full of cakes and cookies. She didn't know what to do with them.

She decided to bring them to chapel to share them with the Soldiers. That started a tradition that continues to this day.

Chapel Mom told me how much this ministry has meant to her. There are literally thousands of officers in the Army who remember her kindness. She frequently gets calls from around the world from these men and women telling her how they are doing in their new assignments, of upcoming weddings and new births. Chapel Mom has made an impression on numerous lives.

All this was brought about because her husband died. Did she enjoy the pain of that "trial?" No. But God was at work in her life through that difficult time to accomplish good in her life as well as the lives of others. For that good, she has experienced much joy.

James told us to count it all joy when we experience various trials. We all experience difficult times. When we do, may we take these words to heart and look at somebody like Chapel Mom as an inspiration for us all.

Area III Worship Services

Protestant

Lutheran	Sunday	8 a.m.	Freedom Chapel
Collective		10 a.m.	Suwon Air Base
		10:30 a.m.	Camp Eagle
Collective		10:30 a.m.	Zoeckler Chapel
Collective		11 a.m.	Freedom Chapel
		12:30 p.m.	Camp Long

Gospel	Sunday	1 p.m.	Freedom Chapel
Later-day Saints		4 p.m.	Freedom Chapel
Contemporary		6 p.m.	Freedom Chapel
Korean		7 p.m.	Camp Long

Catholic

Mass	Daily	11:45 a.m.	Freedom Chapel
Mass	Sunday	9:30 a.m.	Freedom Chapel

Mass	Sunday	1 p.m.	Suwon Air Base
Mass		4 p.m.	Camp Long
Mass		5:15 p.m.	Camp Eagle

Area III Chaplains

Chaplain (Lt. Col.) James Benson

bensonja@usfk.korea.army.mil

753-7274 or 011-9496-7445

Chaplain (Capt.) Darin G. Olson

olsondg@humphreys1-501mi.korea.army.mil

753-3049

Mark Levasseur leaps from a 200-foot tower at an extreme sports facility near Jechon. He was one of 17 people from Camp Humphreys who took the leap of faith. Others in a group of 28 bungee jumped, rode a powerful catapult or took a giant swing ride Aug. 28 on an extreme sports tour.



PHOTOS BY STEVE DAVIS

Even for extreme souls,
bungee jumping can be a

Leap of Faith

By Steve Davis

Area III Public Affairs Office

JECHON — As they stepped out of the tiny elevator that took them to the top of the bungee tower, jumpers from Camp Humphreys gasped at the beauty of the blue sky against Cheongpung Lake. Then they prepared mentally to take a giant step into oblivion.

Most had never bungee jumped before and the thought of plunging nearly 200 feet straight down tied to a thread took inner strength some wondered if they really had.

“It’s scary up there,” said Paul Busic, visiting his son in Korea. “You can’t think about it. You just jump.”

Busic’s wife Linda, son Drew and daughter-in-law Layzel all took the

plunge as a matter of family pride.

They were among 28 extreme sport enthusiasts from Camp Humphreys who visited Cheongpung Land near Jechon where the bungee tower is one of three extreme sports activities. There is also a catapult that launches two people into space. Riders are strapped into a seat and shot slingshot-style into the air by a mechanical arm. They rocket to an apex, then bounce back toward earth attached to a bungee-like rope.

Others rode a giant swing that swept across the sky like a pendulum.

Another extreme sports outing is planned for Oct. 2. Cost is \$55 for two events. For more information, call the Camp Humphreys Community Activities Center at 753-8825.

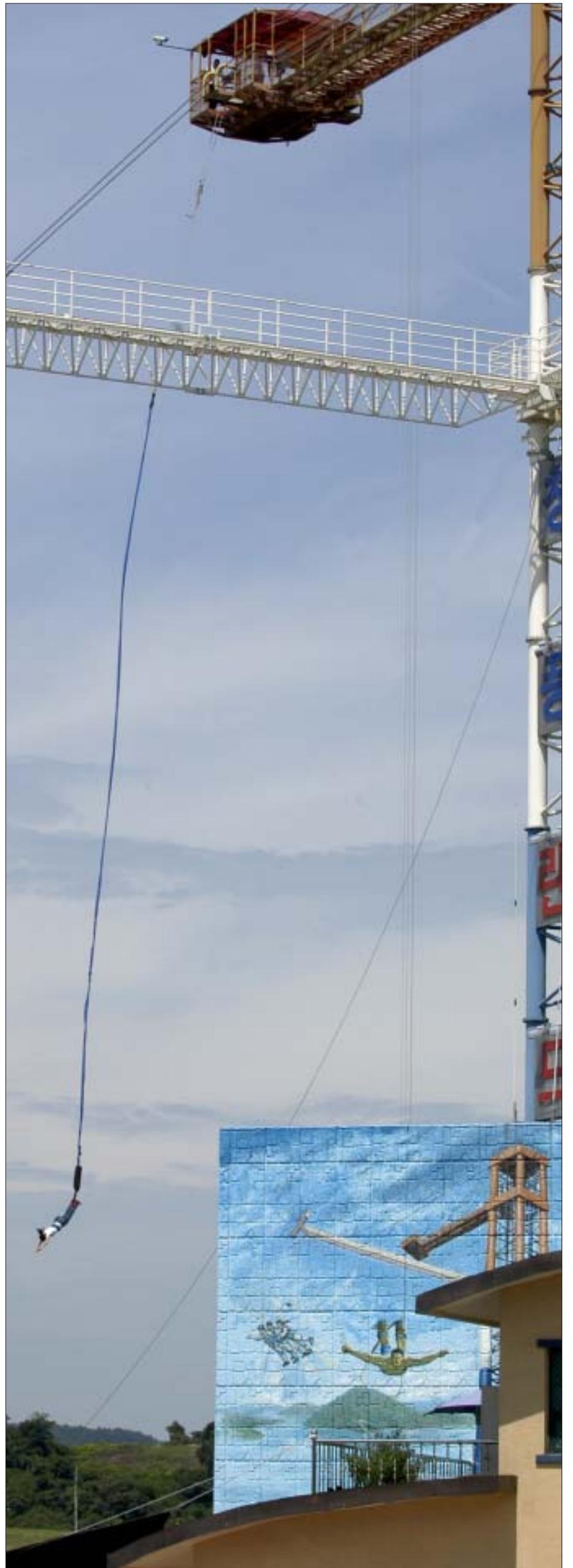
Paul and Drew Busic prepare to blast off in the catapult ride Aug. 28 at Cheongpung Land. The catapult is one of three thrilling rides at the extreme sports mecca near Jechon, south of Wonju.



Extreme sports enthusiasts ride the giant swing at Cheongpung Land near Jechon.



Amanda Rodriguez and John Garland tumble on the catapult ride at Cheongpung Land.



A bungee jumper soars during an extreme sports tour sponsored by the Camp Humphreys Community Activities Center. Another tour is scheduled for Oct. 2.



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.

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

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 Monday-Wednesday. Pre-tournament meeting is 12:30 p.m. Monday 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.

Golf Club Championship

A Golf Club Championship will be held at the Camp Red Cloud golf course. Participants must register by the end of today. Entry fee is \$45. Championship award is \$200 and total award \$1,675. All awards will be not cash but gift certificates. For more information, call 732-6843.

Warrior Division Boxing Championship

Warrior Division Boxing Championship will be held at Hanson Field House, Camp Casey Thursday – Sept. 25. Three competitors in each weight class will advance to the 8th U.S. Army Championship in October. The competition begins at 6 p.m. on each night. For more information call 732-6276.

Triathlon tests Soldiers' strength, endurance

By Sgt. Andrew Kosterman

Korea Region Public Affairs Office

CAMP CASEY – Sixty-nine people took parting the 2004 8th U.S. Army Team Triathlon Sunday at Camp Casey.

Participants came from as far away as Camp Henry in Area IV to compete in the event, which was made up of 23 teams.

The race started at the Hansen Field House pool with a partly-cloudy sky. After a 500-meter swim, Cynthia S. Dennis was first out of the water in heat 1. Individual times were not recorded because the triathlon was a team event.

After a quick tag, athletes competing in the bicycling portion of the event began to make their way through the 30-kilometer course. The course did cause a few bumps for the competitors, including one who had on-site medical personnel pulling embedded rocks from his skin.

"Yeah, I totally ate it hard," said Michael Hutt, bicyclist for team 5, of his crash that sent him to see the medics.

A 10-kilometer run finished the triathlon. Team 15 led the charge in heat 1, as Clinton Mercer flew across the finish line, bringing with him some rain showers.

The team was happy, but refrained from making any comments about their performance until heat 2 competitors finished.

"I know we did well," said Keelan McNulty, team 15. "It's tough to compete against the clock."

McNulty, Mercer and James Porter would take 2nd in the Men's Division with a time of 1 hour, 36 minutes and 23 seconds.

Top honors for the category went to Charles Unruh, Dana Munari and James Corliss of team 1 with time of 1:35.53.

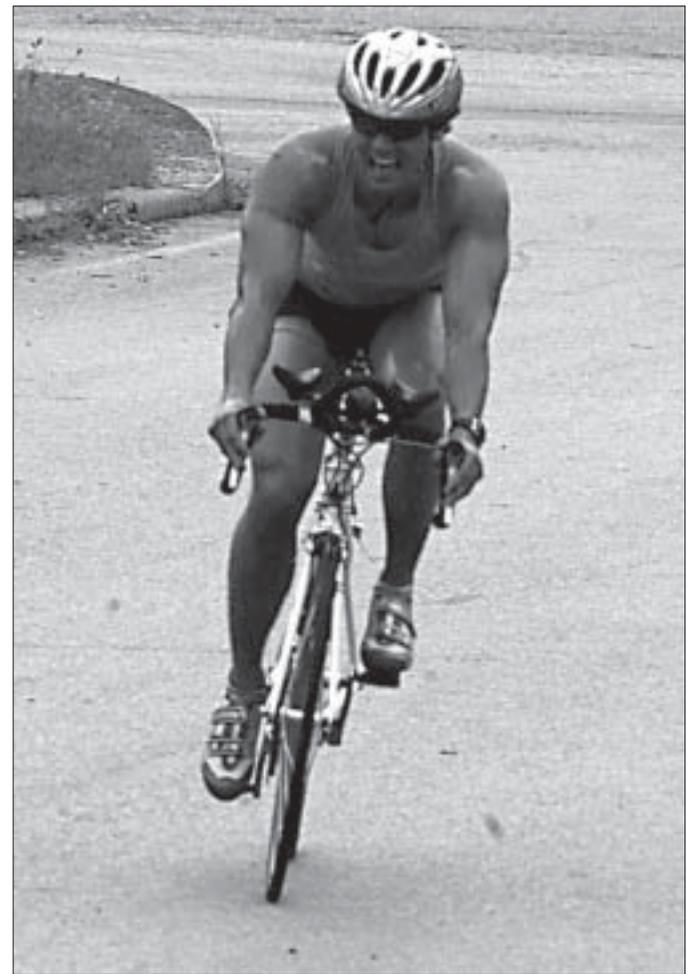
"We did alright," Unruh said. "We had a little mishap, but put the bike back together."

Unruh was referring to a malfunction in his teammates bicycle handlebars that caused the bike to crash into a tree, thus knocking the chain out.

The women's event was won by Elizabeth Thomas, Angela Kreh and Beth Bierden with a time of 1:59.19. Finishing first in the mixed division were Cynthia Dennis, Ethan Chang and Glenroy Haskins at 1:47.36.



Jeff Christiansen sneaks a breath in during the 500-meter swim at the 8th U.S. Army Team Triathlon.



Edward Vaught makes his final approach to the finish line at the 8th U.S. Army Team Triathlon Sunday.

To view more pictures of the event, visit <http://ima.korea.army.mil/morningcalmweekly.htm>.

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



Samuel Voreis shuffles along the running path Sunday.

Playing in the rain



Soldiers brave the rain to take part in the 8th Army Rugby Championship Saturday at Camp Humphreys. Area III won the match 27-0.

PHOTOS BY STEVE DAVIS

Air Force unit provides combat communications

Area III Public Affairs Office

CAMP HUMPHREYS —The Dragons of the U.S. Air Force's 607th Combat Communications Squadron stationed at Camp Humphreys have a unique mission that spans the Republic of Korea.

That mission is to rapidly establish and sustain tactical communications at all primary and contingency operating bases to provide survivable command and control to the air component commander and joint and coalition forces.

"About every six weeks, we roll out personnel to locations across the Korean peninsula to provide tactical communications for two main operating bases and four contingency operating bases," said Capt. David Simpson, combat systems flight commander.

Simpson said the squadron averages three operational readiness exercises, two Joint Chief of Staff-sponsored exercises and four peninsulawide 7th Air Force training exercises per year.

To stay ready, crews work day and night inspecting and maintaining satellite communications equipment and transportable troposcatter microwave radio terminals and other communications support equipment.

The squadron's AN/TRC-170 V2 tropospheric microwave communications equipment can be employed in wartime to provide secure digital communications, including voice and data transmission links, to major nodes of a tactical communications network.

However, Simpson said there's a lot more than communications equipment.



U.S. AIR FORCE PHOTOS

A satellite dish installed and operated by the U.S. Air Force's 607th Combat Communications Squadron deployed from Camp Humphreys stands ready for action during a recent training exercise.



An Airman from the 607th Combat Communications Squadron defends his position during an exercise.



Airmen from 607th Airman operate in a simulated chemical environment.

"We have the largest active tactical vehicle fleet in all of Pacific Air Force, more than 80 generators and a staff of professionals responsible for maintaining equipment, vehicles, power and other support," Simpson said.

Because everyone is on a one-year tour, training for such a mission must be intense, Simpson said.

Training starts with a 10-day "Mobility School" that all squadron personnel are required to complete. After completing the school, each new unit member earns the coveted squadron coin.

"The Mobility School not only provides every Dragon with the basic training they need to deploy; it also teaches them about leadership,

communication, and teamwork," said Capt. Jason Fick, combat support flight commander.

"Whether it's during the unbearably hot, humid summer months, in the midst of torrential rains of late spring or in freezing winter weather, everyone must work as a team to build, defend and improve their communications site," he said.

Squadron members often work closely with other services. Last December, the unit spent a week participating in its first joint training exercise with the 226th Signal Company from Camp Carroll, which uses similar communications equipment. Because there are differences between the Army and the Air Force versions of the equipment, airmen and Soldiers cross-trained to learn each others' equipment.

The 607th also supported the 1st Marine Air Wing during two major exercises in 2004.

The unit stays in the field so much that they feel a kinship with Army units that also deploy to the field from Camp Humphreys. They even sound like some of the Army troops.

"It's a sight to see, as many as 70 vehicles rolling out over a period of hours to establish tactical communications across the Republic of Korea," said Simpson. "Our success depends on teamwork."

"Every Dragon has a story to tell about deployment challenges that had to be overcome," Simpson said. "Their dedication ensures we are ready to do our part in the fight."



PHOTO BY STEVE DAVIS

Maj. Moon Hong-taek, commander of the 71st Republic of Korea Aviation Maintenance Company, discusses helicopter maintenance with Maj. Perry Orr at the 23rd Area Support Group partnership luncheon Sept. 8 at Camp Humphreys. Also present were Sgt. Maj. Yu Sang-ho, 1st Sgt. Greg Anderson, and translator Sgt. Jun Sang-hoon. Orr, Anderson and Jun are from Company G, 52nd Aviation Regiment.

Partner units bond at luncheon

Area III Public Affairs Office

CAMP HUMPHREYS — Officers and senior noncommissioned officers from the 23rd Area Support Group hosted an informal luncheon for their Republic of Korea Army counterparts Sept. 8 here.

"It's very important that we get together to share thoughts, ideas and camaraderie," said Col. Gregory L. Johansen, 23rd Area Support Group commander, before the group set down to lunch.

The ROK units included the 3rd Logistic Support Command; the 1st Battalion, 51st Division, 169th Regiment; the 71st Aviation Maintenance Battalion; and the 3rd Ammunition Depot.

"Our units are located nearby and we get together occasionally for lunch and sports," said 1st Sgt. Greg Anderson of Company G, 52nd Aviation Regiment, who sat with Korean partners from the 71st Aviation Maintenance Battalion. "This was another good opportunity to get to know each other better."

NEWS & NOTES

Hurricane Relief donation and Victim Information

Soldiers from the 3rd Military Intelligence Battalion presented a \$1,470 check to the American Red Cross Tuesday for hurricane victims in Florida. Community members may make donations at www.Redcross.org, the American Red Cross Web site. Servicemembers who want to know the status of family members in hurricane-affected areas can send a Disaster Welfare Inquiry at their local American Red Cross office. For more information call the Camp Humphreys American Red Cross at 753-7173.

Cultural Experience

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

Blood Drive

The 121st Evacuation Hospital will hold a blood drive 10 a.m.-2 p.m. Thursday at the Camp Humphreys Community Activities Center. All community members are encouraged to donate.

Movie theater renovation

The Camp Humphreys post theater will close Sept. 30 for renovation. An Area III Directorate of Public Works spokesman said 470 seats will be replaced, walls and the ceiling will be painted, epoxy will be applied to the floor and rubber matting placed in the walking areas of the floor and add acoustic paneling on certain wall areas. The \$42,000 project is expected to be completed by Oct. 16.

Fire Prevention Week

The Area III Fire Department urges everyone to increase fire safety awareness Oct. 3-9 during Fire Prevention Week. The week's activities will begin at 11 a.m. Oct. 4 with an opening ceremony at the Camp Humphreys Fire Department.

■ Fire Prevention Week handouts will be available Oct. 5-6 in front of the Camp Humphreys Post Exchange. Sparky the Fire Prevention Dog will be roaming the area. There will also be activities at Humphreys American Elementary School.

■ On Oct. 7, Sparky's Annual Cookout will offer a free lunch at the fire station. Festivities are scheduled to begin around 10:30 a.m.

■ Informational material will be handed out Oct. 8 at the Camp Humphreys main gate.

Infant Care Class

An infant care class will be 11 a.m.-1:30 p.m. Oct. 5 at Room 7 in the Camp Humphreys Education Center. Preregistration is required. For information, call Family Advocacy at 753-6252.

Troops-to-Teachers

All Area III servicemembers and civilians are invited to attend an all-day "Troops to Teachers" workshop Oct. 11 at Osan Air Base. Troops to Teachers representatives will facilitate a morning informational seminar. Individual counseling, including transcript review, will take place in the afternoon. For more information, call Beverly Suenaga at 753-8904.



U.S. ARMY PHOTOS

Sgt. 1st Class William Stratton briefs Soldiers during the 527th Military Intelligence Battalion "Warrior Shield" exercise.

Soldiers sharpen skills during 'Warrior Shield'

By Sgt. 1st Class William Stratton
527th Military Intelligence Battalion

CAMP HUMPHREYS — Soldiers from the 527th Military Intelligence Battalion honed their skills Aug. 19-28 in the battalion's first "Warrior Shield" exercise at Camp Humphreys.

Designed to prepare Soldiers for combat either on the Korean peninsula or somewhere else in the world, Warrior Shield taught Soldiers basic combat skills and culminated with a tactical mission that incorporated skills they had learned during the first part of the training.

The training focused on squad operations and battle drills derived from Field Manual 7-8, Infantry Rifle Platoon and Squad, the bible for squad tactical operations.

Due to the real world, around-the-clock high operational tempo of the battalion, training was divided into three-day segments to ensure all Soldiers had the opportunity to train on these critical tasks.

Soldiers received training on multiple tasks including troop leading procedures, issuing an operations order, patrolling, sand tables, pre-combat checks and inspections, emplacing listening and observation posts, communicating both on the radio and using hand and arm signals, moving tactically and basic land navigation.

The first day of training included one-on-one instruction, as well as a land navigation terrain walk.

During the second day, Soldiers executed tasks they had learned during the first day, including a land navigation course, basic tactical movement and implementing troop leading procedures.

On the third and final day, each squad was issued a platoon operations order to conduct a hasty ambush. Squad leaders conducted necessary planning, rehearsals, then executed the ambush. Their target was an infiltrating three- to five-man



Above: Soldiers practice squad tactics during "Warrior Shield," held Aug. 19-28 at Camp Humphreys.



Right: Soldiers plan a military operation using a sand table that represents the local terrain.

opposing force patrol. Upon mission completion, squads were issued an order to return to their tactical assembly area, where they conducted a final after-action review.

The planning, preparation and execution phases of the operation were video recorded and used during the AAR to facilitate discussion and to present a first-class AAR for the Soldiers going through the training.

"This training event allows us to bring Soldiers back to the basics and to hone perishable combat skills," said Maj. Gregory Meyer, battalion operations officer. "Many of the Soldiers here will be headed to a combat zone when they transfer from Korea to another unit. This training will better prepare our leaders and Soldiers for success during combat rotations."

The ability to train combat-ready Soldiers will also enhance force protection efforts.

"Once trained, we will have the ability to call on any squad in the battalion to fulfill perimeter defense force duties, preventing disruption of our real-world daily mission," said Staff Sgt. Sonya Grandinetti, battalion PDF platoon sergeant.

"It was really great. I learned many things," said Cpl. Joon Sung Kang, a 527th Military Intelligence Battalion Korean Augmentation to the U.S. Army Soldier. "I can use the training in real world situations. During Sergeants Time Training we do not have the time go so in depth, but with this training, I got to spend time practicing and asking questions."

About 240 Soldiers were trained during the exercise, including those from the 3rd Military Intelligence Battalion, the 532nd Military Intelligence Battalion and the Republic of Korea's 1998th Military Intelligence Battalion.

Soldiers learn to slingload equipment during class

By Capt. Crystal M. Hills
and 2nd Lt. Bryan H. Rhee

194th Maintenance Battalion

CAMP HUMPHREYS – Twenty-five 194th Maintenance Battalion Soldiers participated in a slingload certification and training exercise Aug. 26 at Camp Humphreys.

The Soldiers, from Headquarters and Headquarters Detachment, 194th Maintenance Battalion, the 520th Maintenance Company and the 348th Quartermaster Company, learned to slingload equipment onto a CH-47 Chinook.

After weeks of training four five- to eight-person slingload teams from three companies within the battalion, the battalion safely certified three types of loads for both day- and night- slingload operations.

The training for these teams was conducted in four phases.

During an instruction phase, Soldiers were familiarized with the equipment, followed by a hands-on phase where they were trained to properly rig the equipment.

A “shadowing” phase followed as three of the teams watched as another certified team conducted an actual mission.

Finally, the actual “hot” slingload

mission in which teams actually hitched a load to a hovering Chinook helicopter.

Phases I and II followed guidelines prescribed in Field Manual 10-450-4, Multiservice Helicopter Slingload Single-Point Rigging Procedures. Those phases began about one month before the “hot” slingload mission under the instruction of slingload certified personnel from the 348th Quartermaster Company. Phase III was conducted as an “opportunity training” during a water-support mission for 17th Aviation Brigade and the Salem Top Demo Mission. The “hot” slingload mission took place Aug. 26 at Camp Humphreys’ “Safe Haven” and “A” pads.

Each team rigged and slung a 500-gallon water bladder, a large ISU-90 cargo container and an A-22 Cargo Bag of Meals-Ready-to-Eat onto a CH-47 twice during the day and once during the night. The missions began at 9 a.m. and lasted until after midnight.

“It gives you an adrenaline rush the first time with all the wind from the aircraft, but after a couple of iterations we all felt more confident,” said Pfc. Princess Finn, from the 348th Quartermaster Company.

Capt. Nancy Church, commander of Headquarters and Headquarters Detachment, 194th Maintenance



PHOTO BY CAPT. CRYSTAL M. HILLS

Soldiers from the 194th Maintenance Battalion attach cargo to a CH-47D helicopter during a slingload training and certification class conducted in August at Camp Humphreys.

Battalion and a senior team member, praised the training.

“This was a successful and excellent training exercise and I thank 1st Sgt. Lopez and the 2nd Battalion, 52nd Aviation Regiment for making it possible,” said Church.

She was referring to 348th Quartermaster Company 1st Sgt. Natividad Lopez Jr., undertaking his last training mission while assigned to the 194th Maintenance Battalion. He had some departing words for Soldiers in

the battalion on slingload training.

“Slingloading operations are a key asset that the battalion has leveraged during numerous training exercises,” said Lopez. “After being here for two years I know how fast the operational tempo is here and I wanted to ensure teams were trained to continue the mission.”

Lopez said the certification improved the battalion’s combat readiness and brings meaning to the 194th Maintenance Battalion motto, “Forward with support!”



Area IV quality of life spotlight: Camp Carroll

By Pfc. Oh Dong-keun

Area IV Public Affairs Office

CAMP CARROLL – A series of significant infrastructure improvement projects and quality of life initiatives are underway in an effort to make Camp Carroll “the crown jewel of Area IV.”

“At Camp Carroll, we have been working very hard to make the place better for everyone in the community to live and work,” said Wilfred J. Plumley Jr., Camp Carroll installation manager. “Some of the things started coming in place since the end of last year, and we have a lot more quality of life improvements still to come in various aspects of living and working here.”

Several new construction projects have been completed during the past year at Area IV’s largest installation, including the new \$6 million state-of-the-art physical fitness center.

“One of the things here at Camp Carroll that we are most proud of is our new gymnasium,” Plumley said. “I am 100 percent sure it is the best gymnasium in all of Korea and I am sure it is one of the best in the whole Army. It’s a great facility for Soldiers.”

The Camp Carroll gymnasium, which opened on Jan. 17, serves more than 30,000 users on average each month, said Kim Su-yop, a sports specialist at the gym.

“I believe we have the best facility in the country,” Kim said. “I don’t see much room for improvements as of now because we have all the best equipment.”

Hoping to make a top-notch facility even better, the gym staff recently installed small televisions onto each of its treadmills to make the work out experience less tedious. The staff is also taking steps to accommodate the community’s desire for more diverse programs by adding an aerobics class beginning today. By starting new programs such as this, the staff expects



PHOTO BY PFC. OH DONG-KEUN

Camp Carroll gymnasium staff members install a television on a treadmill. Televisions have been installed on all of the facility’s cardiovascular machines.

accomplish a two-fold task: satisfying the needs of the community and getting more use out of the facility.

The gym has also played host to a variety of public events such as concerts, ceremonies and athletic competitions. According to Kim, the gym has hosted many concerts including the 8th U.S. Army Band

concert in August and will host the Area IV boxing championships at the end of this month.

Another major new addition to the community’s list of highlights is the \$2.3 million Child Development Center, which had its grand opening in July.

“We offer age-appropriate programs and developmental services for every age group all the way from 6 weeks old to 18 years old,” said Lloyd Buster Jr., the Camp Carroll Child and Youth Services director. “We also offer School Age Services program, middle school and teen program, and child development services for preschool and under.”

Currently, the Child Development Center has seven staff members to take care of 19 children enrolled in the various full- and part-time programs. Its full-time program begins at 5:30 a.m.

“We work with all military and Department of Defense civilian families, whether they are command sponsored or not,” Buster said. “They are all eligible for our programs.”

The Child Development Center has a library, a computer lab, a playroom, an art room, video games and a pool table to keep children busy and entertained.

While the children are having fun in the new Child Development Center, some of the Soldiers in the community moved into, or will soon move into new barracks. There are several barracks upgrade projects taking place currently in various parts of the installation in which existing barracks buildings receive a complete refurbishment. There are also new barracks being built from scratch.

The most recent barracks project to be completed was the new senior enlisted quarters that opened in August. The three-story building will accommodate 26 senior enlisted Soldiers with the rank of sergeant

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Remembering the heroes of September 11



PHOTO BY GALEN PUTNAM

Area IV firefighters salute their fallen comrades in front of the Camp Walker Fire Station Saturday during a memorial ceremony marking the third anniversary of the Sept. 11, 2001, terrorist attacks in the United States. A ceremonial marker was placed in front of the station following the attacks as a tribute to the firefighters who lost their lives in the attacks. The marker, adorned by a New York Fire Department helmet, reads, “For those who gave some and for those who gave it all . . . never forgotten 9-11.”

NEWS & NOTES

Bus Route Change

The shuttle bus between Camps Walker and Carroll now has an additional stop at Camp Henry on Friday through Sunday and holidays for the midnight bus through the last bus at 3 a.m. Area IV taxis will also be available 2:30 – 3 a.m. Friday through Sunday and holidays in front of the Camp Walker Hilltop Club. For more information, call James Adamski at 768-8969.

Toy Land Grand Opening

The grand opening for Toy Land will be 9 a.m. – 7 p.m. today at the Camp Walker Four Seasons store. Many attractions, including costumed characters, balloon art, face painting and giveaways are scheduled. For more information, call Yi Su-yong at 764-4638.

Job Fair

The Army Career and Alumni Program Job Fair will be noon today at Henry's Place on Camp Henry. Various employment opportunities with major companies will be represented. It is open to all job seekers with Department of Defense identification cards. For more information, call Dale Garringer at 768-7571 or Brenda Conner at 763-7470.

Men and Women's Conference

The Camp Henry Collective Protestant Gospel Service and New Dimensional Christian Ministry is hosting a Men's and Women's Unity Conference today through Sunday 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 476-9824 or 018-525-6076.

Commissary Case Lot Sale

Area IV Commissaries will be participating in the "Worldwide Case Lot Sale" Saturday and Sunday. The Daegu Commissary case lot sale is 9 a.m. – 4:30 a.m. Saturday and 10 a.m. – 4 p.m. Sunday at the Camp Walker Commissary. For more information, call Celine Ruiz at 764-5311. The Busan Commissary a case lot sale is 10 a.m. – 5 p.m. Saturday and 11 a.m. – 5 p.m. Sunday at the Camp Hialeah Commissary. For more information, call Sidney Conner at 763-3154. Camp Carroll will hold its case lot sale 11 a.m. – 5 p.m. Saturday and Sunday. For more information, call Eun P. Sim at 765-8978.

'Back to School Night'

The Taegu American School will have a "Back to School Night" 6 p.m. for elementary school and 7 p.m. for middle and high schools on Monday. The entire community is invited and will have a chance to meet teachers and students. For more information, call Karin Puffenberger at 768-9503.

Embassy visit to Busan

Officials from the U.S. Embassy's Consular and Immigration offices will be available on the third floor of Busan Metropolitan Simin Municipal Library 9 a.m. – 4 p.m. Monday and Tuesday. American citizens will be able to receive consular services and an official from Citizenship and Immigration Services will provide information regarding various immigration and naturalization processes. All fees must be paid in cash. For more information, visit www.asktheconsul.org.

Chief of chaplains graces Daegu enclave

By Pfc. Oh Dong-keun

Area IV Public Affairs Office

CAMP WALKER – The top officer of the Army Chaplaincy visited Area IV Sunday and Monday, taking part in a number of events including a prayer breakfast and the ribbon cutting of the new Camp Walker Chapel Annex.

Chaplain (Maj. Gen.) David H. Hicks, U.S. Army chief of chaplains, came to Korea to speak at a major Christian conference in Seoul and decided to spend some time down south upon requests from Chaplain (Maj.) Richard J. Bendorf, the Area IV Support Activity chaplain, and Sgt. 1st Class Daniel L. Kang, the Camp Walker chapel noncommissioned officer in charge.

"It's very rare that we get to host the chief (of chaplains) in Area IV because when the chiefs visit Korea, they mostly stay up in Seoul," Kang said. "It is a very significant event. This is probably the first time in a decade that we had the chief in our area."

Hicks' schedule was packed while he was in the area. On Sunday, he participated in three different worship services. He later attended the Korean-American Partnership Association dinner with all Area IV chaplains and chaplain's assistants.

On Monday, he spoke at the Area IV Community Prayer Breakfast held at the Evergreen Community Club on Camp Walker followed by briefings from unit chaplains in Area IV. Following that, he participated in the ribbon-cutting

ceremony for the new Camp Walker Chapel Annex. He also visited the Area IV Support Activity headquarters on Camp Henry to meet with leaders and Soldiers.

In spite of his hectic schedule, Hicks didn't mind the side trip to Daegu.

"Sometimes (having a busy schedule) gets a little overwhelming, but what energizes me is the people I get to meet," Hicks said. "Last night, for example, I was at the Korean-American Partnership Association dinner, and it was fantastic. After having three services during the day, you would think it would be taxing, but it was rather energizing. I went back to my quarters last night rejuvenated, thrilled and excited that I was able to come back to Korea."

Hicks is no stranger to Korea. Before he entered Army Chaplaincy, Hicks served nine years as an enlisted infantry Soldier. He spent 13 months of that time with the 2nd Infantry Division on the Demilitarized Zone.

"At the time I served at the DMZ, I had a (Korean Augmentation to the U.S. Army Soldier) in my squad who was from Daegu and I have always wanted to visit," Hicks said. "When the opportunity came up, I was very excited, not only because of my past experience,



Hicks

but also because of what I have heard about this wonderful area. I am just thrilled to be here."

His visit to Daegu was highlighted by the Area IV Community Prayer Breakfast Monday morning. As the guest speaker, Hicks gave a testimony to more than 190 officers and enlisted Soldiers. He told them his life story, how he became a Christian and how God has led his life ever since. He also emphasized the importance of prayer.

"I wanted to bring the message of encouragement and the importance of prayer to the Soldiers today," Hicks said. "I hope that my life story has a profound impact on Soldiers' lives. I believe telling my life story, how I struggled as unchristian young Soldier, is quite effective, because it brings life to my preaching and my storytelling."

Hicks converted to Christianity in 1965, two years before his discharge as an infantry staff sergeant. He entered the Army Chaplaincy in 1974 after his ordination as a Presbyterian minister. He has served in a variety of assignments, including the 759th Military Police Battalion, Fort Dix, N.J.; 1st Brigade, 82nd Airborne Division, Fort Bragg, N.C.; The Office of the Chief of Chaplains and as the deputy chief of chaplains, Pentagon.

He was promoted to major general and became chief of chaplains Aug. 1, 2003.

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Americans join Korean pros for bass tourney

By Galen Putnam

Area IV Public Affairs Office

CAMP HENRY – An O-dark-30 departure time, three and-a-half hour bus ride and dreary weather couldn't prevent 32 American anglers from teaming up with 45 Korean bass fishing professionals at a pro-am tournament held Sunday at Chungpyeong Lake.

The tournament is one of two held each year by the Korea Sportfishing Association that teams Americans with Korean bass fishing professionals. For an entrance fee of 50,000 won, the Americans got more than just admission to the tournament. Each participant also received a pole, reel, line, bait and a tackle box. Although the freebies came in handy, the experience or fishing with and learning from the pros was the real highlight.

"The pros had their arms wide open to us from the moment we stepped off the bus," said Walt Cannon, active directory senior system administrator, Theater Network Operations Support Center - Korea. "They were stepping all over themselves to teach the Americans their techniques. They were very helpful and very cordial."

Others enjoyed the experience as well. "It was great, I learned a lot. There



PHOTO COURTESY KOREA SPORTFISHING ASSOCIATION

Pak Mo-sup, Korean Sportfishing Association overall bass champion (left), teams up with Thomas Hew, Headquarters and Headquarters Detachment, 36th Signal Battalion during the pro-am bass fishing tournament held Sunday at Chungpyeong Lake.

are a lot of different ways to cast," said Tony Choi, active directory system administrator, also with TNOSC-K, who been bass fishing for only about a year. "The good thing is that there isn't a language barrier once everybody gets on the boats."

Fishing appeared to be an international language as four of the top five teams

included Americans. Taking second through fourth place with their Korean partners were Luis Rios, Kenyon Porter and Ron Hubble of Camp Henry. Brian Allen of Camp Page took fifth place. Plaques were awarded to the top five teams.

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Dining facility survives exercise growing pains

By Spc. Katrina Loseke

111th Press Camp Headquarters, Army National Guard

CAMP HENRY— It may not be the Olive Garden or even the Outback Steakhouse, but the lines for chow and the availability of seats indicate that the 20th Support Group dining facility on Camp Henry is giving military personnel something that these well-known establishments are not.

From Aug. 23 until Sept. 3, the Camp Henry dining facility revamped its hours to feed almost three times the number of people it normally feeds. This was done to accommodate the servicemembers participating in the Ulchi Focus Lens exercise held annually in Korea.

“My Soldiers are working longer hours and feeding more people, yet they are striving to always better the service. That’s the kind of unit we are,” said the Camp Henry dining facility manager Sgt. 1st Class Dave Bernard, Headquarters and Headquarters Company, 20th Area Support Group.

Even with the many places on post and around the city of Daegu to eat, servicemembers flocked to the dining facility.

Bernard said the facility tried to create a comfortable atmosphere.

“I’m not sure what people expected the food would be like in Korea, even on an Army base, but we have gotten a great response,” he said. “People are filling out our comment cards and just coming in to tell us what an excellent job we are doing.”

Bernard said the number of people the dining facility feeds tripled due to the exercise. Before the UFL exercise started, the cooks typically served about

150 people for breakfast. With the influx of people staying on Camp Henry during the exercise, the cooks prepared breakfast for about 600 people daily.

Lunch numbers also increased from about 200 people to around 500 people, but the surprising numbers came in the evening. Even with the lure of Daegu, an overwhelming number decided they would rather eat at the dining facility.

To accommodate the 600 troops who ate at the dining facility each night, the staff set up a midnight meal to supplement the regular-evening meal. This allowed servicemembers who worked shifts during the night and slept during the day access to quality meals, not just a greasy snack out of a bag.

The added service meant the dining facility had to expand to a 24-hour operation.

“Everyone has been really good about staying motivated, which helps when we are working longer shifts,” said food service specialist Spc. Jong Park, Headquarters and Headquarters Company, 20th Area Support Group.

Park, who has been working for the Camp Henry dining facility for a little over one year, said the exercise brought added excitement to his work environment.

“The work is more intense and stressful, but that makes it fun,” he said. “We are constantly moving. It seems like we never have a moment’s rest, which makes the day fly by.”

Because of the exercise, the dining facility is staying open longer hours and serving more people, but the workers take it in stride.

Park said he and the other Soldiers, as well as the Korean contracted workers, are accustomed to the

fast-paced service.

It is that fast-paced, quality service that has won the dining facility the 8th U.S. Army Connelly Award for the past two years.

The Connelly Award recognizes the “best in the Army food service.” Dining Facilities on all posts receive a monthly inspection and then are rated once a year based on their menus, cleanliness, service, and atmosphere, Bernard said. He added the award recognizes the “best of the best” in Army food service.

Bernard said they are still working hard to keep up their award-winning service.

“The stress buildup we experience during this exercise is great training and helps us be more prepared and efficient on our normal days,” Bernard said.

Both Bernard and Park agreed that working more hours and serving more people is a great way for their dining facility to keep lifting the bar higher in regards to the kind of service they can accomplish.

The workers in the dining facility have said that they will not just settle with their back-to-back wins, but will strive for a third Connelly Award next summer.

One dining facility patron said it was easy to understand why so many service members decided to eat at the dining facility instead of other establishments. Lt. Col. Scott Witte, a Louisiana Marine Corps Reservist with the 4th Force Service Support Group, said he couldn’t say enough good things about the dining facility.

“The food has been outstanding and the service has been great,” Witte said. “I’ve never eaten at a chow hall this willing to get us anything we need.”

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first class and above. Each of the units is furnished with living room and bedroom sets, a full-size kitchen and a washer and a dryer.

"I am very happy and satisfied with my room," said 1st Sgt. Calvin Thompson, Headquarters and Headquarters Detachment, 6th Ordnance Battalion, who was one of the first Soldiers to move in. "This is way better than what I expected. I just came to Korea not a long time ago and now I know why people say Korea is the assignment of choice."

More than 600 Soldiers will have moved into new barracks buildings by March 2005, when all construction projects that broke grounds during fiscal 2003 are expected to be completed.

"We will have a new set of renovations beginning in November which will take about one year to finish," Plumley said. "That will add space for 74 more Soldiers. With all of these extra spaces we will have, we are going to focus on bringing more junior enlisted and junior (noncommissioned officers) on post."

More barracks buildings on post means more Soldiers living and working on the installation. To effectively accommodate the influx of troops and their needs, Camp Carroll is looking to bring in a string of new and expanded service facilities including an upgraded food court.

Construction has already begun on a new Popeye's fried chicken franchise in the food court. After the renovation of the entire food court is over, it will include a Subway sandwich shop, a Pizza Hut Express replacing Anthony's Pizza and a bigger Baskin Robbins ice cream shop.

In addition to the upgraded food court, installation management is planning on bringing in services that could lessen the need of traveling to Daegu.

"One of my goals when I came to Camp Carroll



PHOTO BY GALEN PUTNAM

Maeng Kum-chu, a housekeeper at the Camp Carroll Army Lodging Annex, touches up a room. The facility was recently named the Army's best in the small lodging facility category.

was to eliminate or reduce the amount of travel Soldiers have to spend going to Daegu for different services," Plumley said. "I am currently working with the 516th (Personnel Support Battalion) to have a small office down here, which should happen in a few months. Besides the PSB office, the Civilian Personnel Advisory Center will have an office on post soon. Also I am working with Area IV transportation office to establish a Personal Property Shipping Office here in Camp Carroll."

The Personal Property Shipping Office at Camp Carroll will help people who move in or out of Waegwan area by eliminating the need to travel to Daegu to coordinate their shipments, Plumley said.

Installation management also worked with the Army and Air Force Exchange Service to implement taxi service to Camp Carroll and the surrounding areas. The service will primarily help junior noncommissioned officers who live off post, but can't drive.

While wrapping up a spate of new construction, renovations and making small but significant improvements in quality of life for Soldiers, Camp Carroll didn't forget to plan for the future.

More construction and renovation projects are lined up for fiscal 2005 and beyond including the renovation of the post dining facility.

"Sometime during (fiscal) 2005, we will begin a much-needed DFAC renovation," Plumley said. "We will be expanding the seating capacity and changing the entire layout to bring more friendly and inviting atmosphere for both customers and staff."

The installation soon will be breaking ground for a new 50-room lodge to replace the current 16-room lodge that was named the 2003 Army Lodging Operation of the Year in the small category with 49 or fewer rooms.

In addition to the new lodge and the dining facility renovation, a new post club with dining area, and a 12-lane bowling center are in the works. The installation will also be renovating the existing multipurpose field and outdoor swimming pool. The new multipurpose field will feature artificial turf, improved lighting and a new score board. Volleyball and picnic areas will be added to the swimming pool complex.

"In getting all these projects approved and funded, I have received a 100 percent support from the higher headquarters such as Brig. Gen. (John A.) McDonald, Col. (Donald J.) Hendrix and Command Sgt. Maj. (Patricia A.) Keit," Plumley said. "At some of the meetings I had with them, they showed big interest and support for our projects and even gave some more ideas. With their support, we have been able to get much done for quality of life in Camp Carroll, and we will keep striving to make this place the true 'crown jewel of Area IV.'"

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우유에 대한 여러 논쟁

이병 정중하

미국내에서 우유에 대한 논쟁이 벌어지게 된 것은 1992년 9월 "신뢰성 있는 의학 의사 위원회(PCRM)" 기자회견에서부터이다. PCRM은 우유가 매우 다양한 보건상의 문제를 일으키며 이중에는 철분 결핍성 빈혈, 심장질환, 알러지, 소화장애, 당뇨병, 소아 복통이 포함되어 있으며, 수많은 위험한 물질이 오염되어 있기 때문에 좋은 영양을 위해서는 우유는 불필요하다고 주장했다. PCRM은 정부의 가이드라인과 프로그램을 수정하여 우유 소비를 권장하지 않도록 요청했다. 뿐만 아니라 부모들에게는 그들의 자녀들에게 우유를 미시지 말게 하라고 권장했다.

어린이의 철분 섭취가 충분해야 한다.

American Academy Pediatrics의 현재의 입장은 우유는 철분함량이 낮기 때문에 생후 1년간은 우유를 먹이는 것이 좋지 않다는 것이다. 우선 초기 6개월간은 우유의 성분과 일반 우유의 성분의 차이가 심하고, 아기는 오직 우유에서만 필요한 영양소를 모두 섭취해야 하므로 단 한가지 음식으로서 우유는 좋지 않다는 것이다. 우유에는 모유에 비해서 몇몇 성분은 지나치게 높고 어떤 성분은 지나치게 낮기 때문이다. 그러므로 우유를 먹이는 경우에는 철분과 기타 성분이 보강되고 조정이 된 유아용으로 먹여야 한다.

유아에게 철분이 보강되지 않은 우유를 먹이면 철분 결핍성 빈혈이 생긴다는 것이 알려졌던 것이며, 좀더 연구를 통해서 유아기 후기의 아이들도 영양이 보강되지 않은 우유를 먹었을 때 지나치게 낮은 철분 함량이 보고되었고, 일부의 연구에서 어린 시절의 철분 함량의 부족이 장기적인 행동의 변화와 연관이 되어있다는 결과를 보여주었다.

PCRM의 주장과는 반대로 과학계에서는 우유와 유제품에 대해서 훌륭한 식품이라고 생각하고 있으며, 어린이와 성인의 영양에 매우 긍정적인 역할을 한다고 말하고 있다.

우유의 철 함량이 부족하므로 부모는 아이가 지나치게 우유만 섭취하여 철분함량이 부족해지지 않도록 살펴야 한다. 우유의 섭취가 지나치게 많은 경우는 소아과나 기타 주치의와 상의해야 하며, 우유의 섭취량을 줄여야 하지만 우유를 전혀 섭취하지 않는 것은 다른 영양소의 부족을 초래할 가능성이 있다. 이 나이의 우유 섭취가 장에서 영양학적으로 문제가 될 정도로 출혈을 일으키지 않으며, 이러한 문제는 매우 어린이에게서만 발생한다. 설사 유아기때 우유에 상당히 민감하여 많은 양의 출혈이 있었다고 하더라도 아이가 자라면 부작용 없이 우유를 섭취할 수 있다.

우유가 심장병을 일으키는가? PCRM은 상대적으로 높은 지방 함량으로 인하여 혈액의 콜레스테롤치가 높아지고, 그로 인하여 심장병을 일으킨다고 한다. 그러나 지방의 섭취를 줄이기 위해서 유제품을 먹지 말아야 할 필요가 있는 것은 아니다.

지방함량이 낮거나 혹은 탈지 우유는 지방을 제외한 모든 영양소를 공급해준다. 지방함량이 낮은 혹은 전혀 없는 요구르트나 치즈도 사용이 가능하다. 많은 권위자들은 모든 성인은 일상적으로 지방함량이 낮거나 혹은 전혀 없는 유제품을 섭취하기를 권하고 있다. 지방이 제거되지 않은 우유에 대해서는 2살 아기에겐 권장되지만 그 이후의 아이들에게는 서로 의견이 다르다. 부모는 그들의 아이들에게 언제 저지방 우유로 바꾸어야 할지 건강 담당자와 상의할 필요가 있다.

유당 과민성

PCRM은 우유는 소화장애를 일으킨다고 말한다. 그들은 유당(lactose)을 분해하는 효소(lactase)가 부족하게 되면 소화되지 않은 유당이 대장까지 이동하게 되고 대장에서 균들에 의해서 발효가 일어나서 가스가 발생하게 되며 이로 인하여 헛배부름과 경련, 설사를 일으킨다는 점에 근거하고 있다. 일부사람들은 유당분해효소가 평생에 걸쳐 충분하게 나오지만 일부의 사람들은 유아기와 어린이시절에만 나오고 성인이 되면서 이러한 기능을 잃어 버린다. 우유과민성을 병을 앓고 있는 중 혹은 항생제 치료에 단기간 문제를 일으킬 수 있다.

유당이 적게 포함된 유제품이 있다. 그러나 저지방이나 탈지 우유는 유당이 적지 않다. 그러므로 더 좋은 선택으로는 유당 함량을 줄인 우유를 마시면 된다. 이러한 우유는 슈퍼마켓에서 구입할 수 있다. 혹은 소비자가 유당분해효소 알약이나 물약을 미수도 있다. 유당 과민성이 있는 사람들에게는 치즈가 또 다른 좋은 선택이 될 수 있다. 집에서 만든 치즈가 아닌 대부분의 가공 치즈는 유당이 거의 없다. 그러나 요구르트는 유당의 함량이 우유와 마찬가지로 많은 유당과민성이 있는 사람들이 부담없이 먹을 수 있는 데 이는 요구르트안의 박테리아가 소화과정중에서 유당을 분해하기 때문이다. Butter는 다른 박테리아에 의해서 생성되므로 과민 반응을 일으킬 수 있다.

우유 알러지

우유에 알러지 반응을 일으키는 것은 유당민감성보다 훨씬 적으며 성인 보다는 유아와 어린 아이에게 흔하다. 0.4-7.5%의 유아가 우유의 단백질에 알러지를 일으킨다는 것으로 예상된다. 이러한 단백질은 모든 종류의 우유에 있기 때문에 이러한 증세가 있다면 우유를 삼가야 한다. 이러한 증세는 일시적일 수 있으며 나이가 들 어가면서 없어지기도 한다. 음식(우유, 달걀, 해산물, 콩, 밀, 땅콩등)을 너무 일찍 먹으면 알러지가 생기기도 한다. 최근의 유아식은 이러한 문제를 최소화시킨 것들이다. 그들은 될 수 있으면 모유를 권장하고 4-6개월 이전에 딱딱한 음식을 주지 말아야 하며, 알러지를 일으킬 만한 음식은 될 수 있으면 늦게 주어야 한다.

This article is about "Milk and Health."

Learn Korean Easily



Language Instructor Minsook Kwon



ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㆁ	ㅍ	ㅎ
gu	nu	du	ru, lu	mu	bu	shu, su	ng	ju	chu	kuh	tuh	puh	huh
Double Consonants													
ㄱㄱ	ㄷㄷ	ㅂㅂ	ㅅㅅ	ㅈㅈ	ㅊㅊ	ㅋㅋ	ㆁㆁ	ㅍㅍ	ㅎㅎ				
ggu	ddu	bbu	ssu	jjju	chju	kkk	ngng	ppp	hhh				
Single Vowels													
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ				
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee				
Double Vowels													
ㅘ	ㅙ	ㅚ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ						
ae	yeh	weh	wah	weo	wee	ui							

Word of the week

난방

ㄴ; n, ㅏ; ah, ㄴ; n / ㅅ; b, ㅏ; ah, ㅇ; ng

'nahn-bahng'

heater

The phrase of the week "Please fix heater."

난방 고쳐 주세요.

Nahn-bahng goh-chuh joo-sae-yo.

heater Please fix

Conversation of the week

(방)이 차가워요. The (room) is cold.
(Bahng)-ee chah-gah-wuh-yo.

난방 안되요? Doesn't the heater work?
Nahn-bahng ahn-dweh-yo?

안되요. No, (the heater doesn't work).
Ahn-dweh-yo.

난방 기사 부르셨어요? Did you call a heater repair man?
Nahn-bahng gee-sah boo-rue-shuh-suh-yo?

아직요. Not yet. (I have not called the heater repair man.)
Ah-jeek-yo.

빨리 전화 하세요. You should call him soon.
Bbahl-lee juhn-hwah hah-sae-yo.

(거실) (guh-sheel) (living room)
 (부엌) (boo-uhk) (kitchen)

Share this column with a Korean co-worker.