

The Morning Calm Weekly

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Sept. 24, 2004



Soldiers aim for excellence

Page 5

Air Force restricts medical flights for retirees

Page 11



Chuseok: A holiday of tradition

Page 16

MPs fight human trafficking

By Sgt. Andrew Kosterman

Korea Region Public Affairs

YONGSAN – Nightfall in Korea is not totally unlike many places around the world where bar and club owners gear up for the evening’s business.

Throughout the country it’s also a time when partygoers make their way toward their favorite entertainment areas, places that include shopping, restaurants and hangouts where it’s possible to see scantily-dressed women waiting outside the bars. While some of these women may be working there of their own free will, there are those that may be part of, or victims of a human-trafficking problem in the Republic of Korea.

“That’s part of the reason why we conduct our patrols,” said Master Sgt. Dennis Stockwell, Area II and III provost sergeant major. We (U.S. Forces Korea) don’t support human trafficking.”

And neither do 95 percent of Koreans, according to a study released by the

Ministry of Gender Equality Sept. 8. A majority, 58.7 percent, of those surveyed believe that the sex trade is a crime that harms society.

The survey was conducted to spread awareness of new laws that went into effect Thursday that aim to protect victims of human trafficking.

Even though many people don’t support prostitution and human trafficking, enforcing laws against these crimes is not always easy.

“There aren’t the signs here like there may be in other places,” Stockwell said. These “signs” could include a victim passing a note or other information about the industry on to customers.

This is one of the various ways that military police and other law enforcement officials are tipped off to law violations.

U.S. Forces Korea combined military police and Korean National Police town patrols work together to reduce the amount of prostitution and human trafficking by enforcing the “zero-tolerance” policy, said Maj. Howard Hunt,

chief of the USFK Law Enforcement Division. These patrols are conducted in uniform. Investigations involving suspect establishments also are done in plain clothes.

“Outstanding command emphasis has been placed on the subject,” said Hunt. “We want to get the message out that involvement in prostitution and human trafficking by USFK-affiliated personnel is illegal. Prostitution and human trafficking will not be tolerated by USFK.”

In addition to sending out patrols, military police are trained to recognize situations and identify locations that appear to offer sexual favors for money, said Hunt.

“Off-post patrols are taught to identify possible locations that may be holding employees against their will. They carry a checklist to use,” said Hunt. “It’s a tool patrols use to help them know what to look for. Information these patrols gather is provided to provost marshals and commanders in each area for investigation and consideration in placing

establishments off-limits. In addition, we are passing out four-language leaflets advertising the KNP and USFK hotline phone numbers. It’s an ongoing fight and we are moving in the right direction.”

The ROK has invested millions of dollars to assist trafficking victims by building shelters, counseling centers and establishing telephone hot lines, according to the U.S. Department of State Trafficking in Persons Report 2004. In June 2003, the ROK stopped issuing E-6 visas to foreign entertainers. E-6 visas are what many who become victims use to enter the ROK.

There are ways to report trafficking in persons to law enforcement. Women who are victims can call 117 or 02-723-0183. USFK members should call DSN 333, or 0505-736-9333 when dialing from off post, to report prostitution and human trafficking.

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

19th TSC gets new commander

By Sgt. Jimmy Norris

19th Theater Support Command Public Affairs Office

CAMP WALKER — Soldiers from the 19th Theater Support Command bid farewell to one commanding general and welcomed another during a change of command ceremony Sept. 17.

Brig. Gen. Timothy P. McHale became the 17th commanding general of the 19th Theater Support Command after Maj. Gen. Jeanette K. Edmunds relinquished command to him at Camp Walker’s Kelly Field. The ceremony featured the 8th U.S. Army Band and a pass in review of more than 30 units from throughout the Republic of Korea.

In her address to the formation at the ceremony, Edmunds expressed confidence in McHale’s abilities as the next 19th Theater Support Command commanding general and affection for the unit she’d spent the last two years commanding.

“I am so glad that Gen. (Leon J.) LaPorte, Lt. Gen. (Charles C.) Campbell and the Army have tapped you (and Janice) to be the command team to take on this great organization, there is and always will be much more to do. Enjoy your time at the helm, it passes by all too fast,” said Edmunds.

“Commanding here, in this time, and in this place – the same place where I had my first command – has been an honor and a privilege which I have certainly



Brig. Gen. Timothy P. McHale (right) receives the 19th Theater Support Command colors from Lt. Gen. Charles C. Campbell during a change of command ceremony at Camp Walker Sept. 17.

cherished,” said Edmunds.

Edmunds will go on to work as the Army’s assistant logistician at the Pentagon.

McHale, while new to the 19th TSC, is no stranger to Korea. He spent the last two years as the deputy commanding general (support) for the 8th U.S. Army. He also served as the deputy assistant chief of staff for Logistics for the Republic of Korea and United States Combined Forces Command, and the assistant

See “Change” on Page 28

Army announces NCO, Soldier of Year

By Sgt. Reeba Critser

Army News Service

WASHINGTON, D.C. — After a week of enduring physical and mental anguish, Staff Sgt. Andrew J. Bullock and Spc. Wilfredo A. Mendez took home the titles of 2004 Department of the Army Noncommissioned Officer and Soldier of the Year in a Sept. 17 ceremony at Fort Myer, Va.

“Never quit” – was a motto instilled in the 20 candidates representing 10 major commands. But there could only be one winner.

Bullock is a Ranger instructor with the 5th Ranger Training Battalion, Fort Benning, Ga., and he represented Training and Doctrine Command in the competition.

Mendez is a signals intelligence analyst with Company A, 3rd Military Intelligence Battalion, Camp Humphreys, Republic of Korea. The 3rd MI Battalion is part of the 501st MI Brigade under the U.S. Army Intelligence and Security Command.

“From the bottom of my heart, it’s an experience of a lifetime,” said Sgt. Russell Burnham, the 2003 Soldier of the Year. “It’s demanding at times, but I wouldn’t trade it for anything. There are no words to

See “Soldier” on Page 3

NCOs key to winning war, peace

By Roger W. Putnam
Army News Service

History has taught us many lessons on what to do after a war is won.

Germany and Japan are just two examples of defeated countries that rose from the ashes of defeat to become leaders in the international community with the direct assistance of the United States. In no small respect, the U. S. military's noncommissioned officers and their troops became the ambassadors of goodwill in these countries, and played a major role in winning the hearts and minds of the people.

Earning the trust of the people is essential if any reconstructive effort or peacekeeping mission is going to be successful.

Today's problems in Afghanistan and Iraq are similar. The NCOs and their troops are the ones seen everyday on the streets of the cities and towns. It is their behavior that shapes the views of the local population and reflects what America is all about.

One of the hardest tasks for the NCO is to not blame all the people for the acts of a few. We have trained our Soldiers to be war fighters, and justifiably so, but America's Soldiers are still filled with compassion for children and the downtrodden.

It is difficult for the NCOs to see their Soldiers attacked by insurgents and not become cynical toward the populace. But, thank God, our NCOs have proved they have the values and ability to put those feelings aside and perform the acts of kindness we see them doing the world over, especially in Iraq and Afghanistan. Cynicism only undermines our ability to build a rapport with the population.

The NCO is instrumental in ensuring the populace understands America's values and that it is a truly compassionate country. In Vietnam, our Soldiers built orphanages and schools, treated the sick, and spent untold hours assisting the Vietnamese, even while being attacked daily by insurgents.

U.S. Soldiers have performed similar deeds in every conflict our country has been involved in, and the NCO has always been at the forefront of these activities. Without the noncommissioned officer, many of these endeavors would not have succeeded, or even existed. The NCO has to be the positive influence in both peace and war. NCOs make things happen.

The NCO must always remember that planning is done at a higher level, but implementation of orders is an NCO responsibility. The NCO is responsible for teaching and training his or her subordinates, not only in war fighting techniques, but also how to approach

the populace, how to understand and appreciate their culture, and how to treat them as they would want to be treated.

Trying to understand the rules they live by is as foreign to our culture as ours is to theirs. A smile to civilians from one of our troops is a language that anyone can understand, and lays a foundation that reconstruction can build on.

NCOs and their troops are crucial to showing the population that America liberates, not conquers; that we truly want to help their people gain a better life. It is imperative that NCOs realize that they are the key to winning not only wars, but also the peace.

Editor's note: Roger W. Putnam is a retired command sergeant major who participated in the occupation of Japan, the Korean War; two tours in Vietnam, and who also served as the VII Corps command sergeant major in the early 1980s.

"Earning the trust of the people is essential if any reconstructive effort or peacekeeping mission is going to be successful."

—Roger W. Putnam

Submitting commentaries

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

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

MP Blotter

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

■ A Korean National Police investigation revealed that two unknown Korean men approached a U.S. Soldier off post. One of the men grabbed the Soldier, who pushed away in self defense. The unknown man brandished a knife, cut him on the right arm and fled. The Soldier returned to his barracks and was transported to the emergency room where he was treated with 10 stitches and released. An investigation continues by KNP.

■ Recently, an military police investigation discovered a U.S. Soldier used a false identification card at an off-post club after curfew. The Soldier used an ID that stated he was a resident of another country. A few days later the Soldier was observed and identified by MPs. He was apprehended and transported to the provost marshals office for processing, was advised of his legal rights, which he invoked. He was further processed and released to his unit. An investigation continues by military police.

Morning Calm Weekly Soundoff:

What do people gain from playing sports?



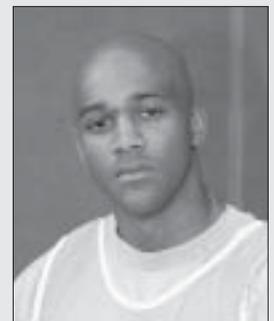
"People can develop competitive spirit while playing sports."
— Sgt. Kedric Lanier, 229th Signal Company, 307th Signal Battalion, Camp Carroll.



"They gain a sense of accomplishment by striving for a goal and achieving it."— Spc. Christopher Stephens, Headquarters and Headquarters Company, 2nd Infantry Division, Camp Red Cloud



"We can learn self-confidence and teamwork from playing sports."
— Staff Sgt. Kirk Keel, Company B, 307th Signal Battalion, Camp Carroll.



"If you're good at it, your confidence and self-esteem go up."
— Spc. Lorenzo Davis, 102nd Military Intelligence Battalion, Camp Red Cloud

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Support and Defend

NEWS & NOTES

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.

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 75,000 won. 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.

Absentee Ballots

There are seven weeks until the presidential elections. Voting officials said absentee ballots should be in the mail by Oct. 11 in order to guarantee they will be included in the elections. For more information, see a voting assistance officer.

Correction

There was an error in a story about the 8th U.S. Army Team Triathlon story printed in the Sept. 17 edition of the Morning Calm Weekly. Pictured on the front page is Cynthia S. Dennis, not Kate Harrison. In addition, Dennis was first out of the water in heat 1, not Harrison.

Morning Calm Weekly Printing

The will not be a Morning Calm Weekly printed Oct. 1 because of Chuseok.

Girl Scouts Registration

Girl Scouts Overseas - Seoul are now registering and troop meetings will begin within the next two weeks. Those interested in being a Girl Scout this year, would like to be an adult volunteer, or would like more information, should contact Trudy Heard at 6355-5060 or e-mail gsocseoul@yahoo.com.

ROK, U.S. work toward proper force levels: LaPorte

By Sgt. Andrew Kosterman

Korea Region Public Affairs

YONGSAN – The U.S. military in the Republic of Korea must transform for the future, the top U.S. commander in the ROK said at a Sept. 17 press briefing.

“As you may know, there was an opportunity to review roles, mission, troop strength, disposition of troops looking to the future, which is really important,” said Gen. Leon J. LaPorte, U.S. Forces Korea commander. “We must transform our military for the future, not for a war that was fought 50 years ago.”

He went on to comment about the reduction of U.S. forces in the ROK.

“After a long period of discussions, we have agreed to the Yongsan (Garrison) relocation and the (2nd

Infantry Division) relocation to two major hubs further south of the major metropolitan areas,” LaPorte said.

LaPorte added that the ROK has a plan to reduce forces by 50,000 and the United States by 12,500 on the peninsula.

“Both our governments and our militaries are looking at the appropriate force levels for the future,” said LaPorte.

LaPorte also talked about a possible explosion in North Korea. Even though the Republic of Korea and United States intelligence agencies exchange their findings in a “very full and rapid manner,” there is not yet a definite explanation to an explosion in North Korea last week, he said.

“I don’t know the exact purpose, if there was an explosion, but we know what North Korea has said,” said LaPorte. “Intelligence is both a process

and a product and many times you have to have an extended process in order to develop quality products. That’s exactly what’s happening now.”

LaPorte added that technical intelligence used has limitations and that there is little human intelligence gathering, information provided by sources on the ground, inside of North Korea.

The commander also dismissed any notion that USFK or Combined Forces Command had any information that the north would conduct a “October surprise” demonstration of its alleged nuclear abilities.

“We do not have any indication that North Korea is conducting or planning to conduct a nuclear test.”

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Soldier

describe the opportunity or experience I had. It’s a shame only one person can have it.”

“It’s a great opportunity and a chance to meet many Army leaders and make life-long connections,” said his wife, Elizabeth Burnham.

During the week-long competition, which started Sept. 12, Soldiers competed in the Army Physical Fitness Test, written exam and essay, day and night navigation, warrior task testing, day and night weapon qualification, a six-mile road march, NBC fire and other events at Fort Lee, Va.

Then the Soldiers completed the last leg of the competition Sept. 16 in Crystal City, Va. – the board, which was presided over by Sgt. Maj. of the Army Kenneth O. Preston.

While waiting for the results, the Soldiers toured Washington, D.C., and attend a Spirit of America show at the MCI Center.

Then the time came to announce the winner at Fort Myer.

“All the competitors are here because they know what it takes to be a winner,” Preston said before he announced the winners. “Take what you’ve learned in the past week and getting up to the event and apply it to your daily life.”

Both the winners said they felt relief when their name was called.

NCO winner Bullock is a native of San Diego. He has deployed to Kosovo, Egypt, and various rotations to the National Training Center, Fort Irwin, Calif.; and the Joint Training Readiness Center, Fort Polk, La.

Mendez is from Rio Grande, Puerto Rico. He is working toward a bachelor’s degree in business administration, and is a graduate of the Combat Life Saver Course and Airborne School.

Still limping from the road march at the award ceremony,



PHOTO BY SGT. REEBA CRISER

Spc. Wilfredo A. Mendez accepts the award and title of 2004 Soldier of the Year from Sgt. Maj. of the Army Kenneth O. Preston Sept. 17 at Fort Myer, Va. Mendez represented Korea in the competition.

Mendez said, “The whole week has been a perfect challenge. The battlefield replications and timed events are there to show you what you’re made of.”

“It’s an extreme privilege to represent NCOs, especially those who are deployed, because I’m sure there are NCOs who wanted to be here but couldn’t,” Bullock said.

The next step for these winners is to accompany Sgt. Maj. of the Army Kenneth O. Preston in various travels as spokespersons for the Army.

“I’m looking forward to going with the sergeant major of the Army overseas and visiting troops,” Bullock said. “They deserve more accolades — by far more — than I did here. They’re putting their lives on the line.”

The Assignment of Choice



PHOTO BY SGT. ANDREW KOSTERMAN

Golfers lug their equipment across the Camp Casey Golf Course. The course is open 6 a.m. - 10 p.m. daily. Call 730-3424 for more information.

Doctor shares facts about Tuberculosis

By Col. Brian Allgood

18th Medical Command

YONGSAN—It is one of the leading causes of death worldwide, more than one million deaths per year. It is a disease that usually affects the lungs, and is spread from person to person through the air. Sometimes referred to as TB, this deadly menace is tuberculosis.

Germs from TB are put into the air when a person with an active form of the disease in the lung coughs and sneezes. Active TB can also affect other parts of the body, such as the brain, kidneys or spine. Medical officials estimate that

one-third of the world's population has latent tuberculosis infection. The Republic of Korea is one of the countries with high prevalence of

active TB disease cases. More than 30,000 active cases were reported in the ROK last year.

Symptoms of the disease

Symptoms depend on the particular part of the body that is affected. General symptoms may include feeling weak or sick, weight loss, fever, and night sweats. Symptoms of TB in the lungs may include coughing, chest pain or coughing up blood.

Testing for TB

The PPD skin test, which stands for "purified protein derivative," tests for TB bacteria. All U.S. servicemembers are required to have an annual PPD skin test while in, and before leaving the ROK.

Children attending school or day care are also required to have proof of PPD testing. Although people cannot isolate themselves from active TB cases, they can find out if they are infected through the PPD test.

There are two parts to the PPD test. First, a skin prick injects a small amount of solution into the skin of the forearm. A qualified technician conducts the second part, which is the reading within 48-72 hours of being pricked.

What to do if the PPD test is positive

If a person's PPD is positive, an Army community health nurse evaluates them for active TB. A positive reaction usually means that the person is infected with the TB germ, but does not necessarily mean the person has the active disease. Other tests, such as a chest X-ray or sputum sample, may be needed.

About 10 percent of people with LTBI develop active TB at some time in their life and about half of this risk occurs

within the first two years after infection.

The risk of developing TB is even higher for individuals with diseases such as diabetes or chronic kidney failure. Studies suggest that the risk of developing TB is 7-10 percent greater each year for persons who are HIV positive. To decrease the chance of getting active TB disease, one must take the full course of recommended Isoniazid pills.

Should one take medication if they have a normal X-ray

Even though the chest x-ray results are normal and show no signs

of active TB, taking the full course of TB medication will reduce the chances of getting active TB in the future.

"General symptoms may include feeling weak or sick, weight loss, fever, and night sweats. Symptoms of TB in the lungs may include coughing, chest pain or coughing up blood."

In the event of pregnancy

Medical officials said it is particularly important to screen for LTBI and active TB in pregnancy because the newborn's immune system is very immature, putting them at greater risk for contracting TB from an infected family member.

The PPD skin test is very safe during pregnancy. If positive, taking Isoniazid pills are safe during pregnancy as well, and is recommended by the Centers for Disease Control. If there is any reason to suspect LTBI, such as a positive PPD or undocumented PPD status, a chest X-ray is required to rule out active disease. If that is not done before delivery, there can be a delay in the new mother getting to hold her baby while a chest X-ray is obtained.

What if someone received the BCG vaccination as a child

BCG vaccination does not automatically cause a positive PPD reaction. PPD skin testing is approved for BCG-vaccinated persons. An individual vaccinated with BCG and has a positive PPD result is still considered to have LTBI. Medical officials said BCG-vaccinated people should be treated if the PPD is greater than 10 millimeters and if they had contact with another person with active TB; were born or have resided in a high-prevalence country; or are continually exposed to populations where TB prevalence is high.

For any questions or concerns regarding TB or PPD, contact 18th MEDCOM Community Health Nursing at 736-6693.

E-mail Brian.Allgood@kor.amedd.army.mil

AD
GOES
HERE

Marksmanship experts aim to train



PHOTOS BY DAVID McNALLY

Staff Sgt. Robert Craft, Company E, 702nd Main Support Battalion, carefully aims his M-16A2 rifle Sept. 17 during marksmanship training at Camp Casey's Apache Range.



Staff Sgt. Gary Wiley, Headquarters and Headquarters Battery, 5th Battalion, 5th Air Defense Artillery (left), sets his weapon down.



Spc. Chris Green, a U.S. Army Marksmanship Unit instructor (left), gives Craft sharpshooting advice.



Apache Range prepares shooters in a realistic environment. The rugged shooting range is on Camp Casey.

By David McNally
Area I Public Affairs Office

CAMP CASEY — Twenty-two Warrior Country Soldiers took careful aim Sept. 17 during an intensive four-day training session with U.S. Army Marksmanship Unit experts from Fort Benning, Ga.

“Our goal was to help 2nd Infantry Division Soldiers with the techniques they use to train other Soldiers in marksmanship,” said Sgt. 1st Class Grant Singley, mobile training team noncommissioned officer in charge.

The USAMU is a specialized team of sharpshooters who represent the U.S. Army in shooting competitions.

Since 1956, these Soldiers have won hundreds of individual and team competitions, including 40 world championships and 20 Olympic medals.

Most recently, Maj. Michael Anti, a USAMU team member, won a silver medal at the 2004 Athens Olympics.

While shooting is their specialty, team members said competing is not their only skill.

Singley said they teach Army

doctrine on marksmanship, but with different teaching techniques.

“We focus on the fundamentals of shooting,” Singley said. “We really push sight alignment and trigger control. If you can’t focus on the front sight and be smooth on the trigger, you’ll never be able to engage the target.”

Four instructors taught 74 Soldiers from units across Warrior Country. The Soldiers attended one of the three shooting clinics Sept. 6-17.

“There’s no school in the Army that teaches this once you get out of basic training,” Singley said, “There’s the sniper school, but that’s working with bolt rifles and it’s a different system than what we use for small arms like the M-16.”

“This is the greatest course I’ve been to in six years in the Army,” said Cpl. David Talbot, Headquarters and Headquarters Company, Division Support Command. “They brought me up five shots from where I was with my qualification.”

Talbot said he was confident in his marksmanship capabilities before the

See **Marksmanship** on Page 8



Sgt. 1st Class Grant Singley, mobile training team noncommissioned officer in charge (right), observes a 2nd Infantry Division shooter and his coach during firing. Four MTT instructors taught marksmanship to 74 Warrior Country Soldiers Sept. 6-17.

Only sharpest shooters make Army's elite team

Area I Public Affairs Office

CAMP CASEY — Because of intense competition, getting a spot on the U.S. Army Marksmanship Unit is a goal few Soldiers attain.

“There’s two ways to make the team,” said Sgt. 1st Class Grant Singley, a team member for 15 years. “One is if you had civilian experience shooting high-powered rifles, which is what we shoot. Or, we have the all-Army competition each year in March.”

The USAMU shooting teams are elite groups of the best shooters in the world, Singley said. He agreed the unit is like the “Golden Knights” of marksmanship.

“Actually it’s pretty tough to get on the team,”



he said. “Right now, there’s 16 shooters on our team. If we get a new shooter, and you’re the lowest shooter on the team, there’s a possibility you may have to leave.”

Singley said very few people “walk-on” to the teams without years of previous experience at national or international level competitions. The team does recruit a few shooters at the All-Army competition.

“We pick several people from there to be ‘pick-up’ shooters,” Singley said. “They’ll shoot for about four months in the interservice and national championships with us. After that, if they look like a real good prospect, we may pick them up as a full-time shooter for the team.”

The team’s Web site, <http://www.usamu.com>, also outlines advice for Soldiers who want to join the team:

- Contact the coach of the team you are interested in shooting with. He will want to see all of the scores that you have shot in registered tournaments, your current classification, and major accomplishments that you have had.

- If the coach feels like you have the right stuff, you will get a letter of acceptance from the USAMU commander. It is good for 90 days. The team will work your permanent change of station like any other assignment.

Singley said the team reinstated the all-Army competition this year. The event had been all but a memory, with the last such competition held 10 years ago.

NEWS & NOTES

Facility Chuseok Holiday Hours

Most Area I facilities will close or have adjusted schedules in observance of the Korean Chuseok holiday. Here a just a few examples:

- Area I branches of Community Bank will close Sept. 28.
 - The Camp Red Cloud Commissary will close Sept. 27 - 28.
 - Camp Red Cloud's Mitchell's Club will close Sept. 27 - 28.
 - Camp Red Cloud's Bowling Center will close Sept. 28.
 - Camp Casey's Bowling Center will close Sept. 29.
 - Camp Casey's Reggies will close Sept. 27-29.
- An additional listing of closings can be found online at <http://ima.korea.army.mil/morningcalmweekly.htm>.

Soldier Crisis Help Line

For immediate help call the suicide prevention hotline at 730-4357 (HELP) or from off-post 0505-730-4357. For an immediate or severe crisis, any Soldier can reach a health care specialist 24-hours a day. Call someone who cares and will listen. A health care specialist will assist and help the Soldier in any way possible. For less-immediate situations: A health care specialist will speak with the Soldier and set up an appointment at the Camp Casey Health Clinic.

Camp Casey Shoppette Hours

The Camp Casey Shoppette Friday and Saturday hours of operation have changed to 9 a.m. - 10 p.m. starting today.

Federal Employee Life Insurance

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

Red Cross Disaster Training

The local chapter of the American Red Cross is offering an Introduction to Disaster Services class 1 - 5 p.m. Sunday in the ARC classroom on Camp Casey. Call 730 - 3184 for more information.

Town Hall Meeting

The Area I Town Hall meeting will be 8-9 a.m. Thursday at the Camp Casey Theater at Camp Casey. The event is open to U.S. civilian employees in the pay grade GS-11 and above, Korean employees KGS/KWB-9 and above and all Soldiers E-6 and above.

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.

Warrior Boxing Competition

The 6th Annual "Tough Warrior" Boxing Competition is scheduled for 6 p.m. Nov. 13 at Hanson Field House at Camp Casey. Admission is free. The event, sponsored by the 177th Finance Battalion, is open to all identification card holders. There is a \$10 registration fee. For more information call 2nd Lt. Autarie Bivins at 730-3613.

Soldiers seek future at job fair

ACAP staff helps troops prepare for civilian life

By Pfc. Stephanie Pearson

Area I Public Affairs Office

CAMP MOBILE — The Camp Mobile Army Career and Alumni Program hosted a job fair here Sept. 14.

The job fair was geared toward finding jobs for Soldiers who are retiring or separating from the Army, said Joan Domengeaux, an ACAP career counselor.

"We had four companies represented, and we invited Soldiers to come interview with them today," Demongeaux said. "It's not like your typical job fair, where you just find out information. This was the next step, where you have those companies here conducting those interviews, and some actually hiring today."

The Wackenhut Corp., Accor Hotels, Vinnell and Anteon were represented at the fair.

Sgt. Sean Smith, a squad leader with Alpha Company, 2nd Battalion, 9th

Infantry Regiment, is separating from the Army Oct. 22. He said he's both nervous and excited about getting out, and he went to the job fair to interview with two companies.

"It's going good, so far," he said between interviews. "I feel pretty confident. The ACAP has been a big help; they went through a lot of trouble to set this up to help folks transition. I was surprised to hear they even had job fairs here (in Korea)."

Before the actual job fair, ACAP counselors helped participants prepare for interviews through a series of workshops.

"They helped me with my resume, and gave me pointers on what to do in an interview," Smith said. "It's helped me prepare for transition to the civilian world, because it's gotten me thinking about things I haven't thought of in seven years!"

Staff Sgt. Michelle Price, Headquarters and Headquarters Detachment, U.S. Army Garrison, Camp Casey personnel administration noncommissioned officer in charge, is

retiring in April and also interviewed at the job fair.

"If nothing else comes of it, it was the definitely the experience I was looking for," Price said. "It's helped me get in the mindset of retiring, because one of the first things you do to prepare for the future is interview for a new job. This job fair is great, because all the other ones I've been to or heard about were just for job search information. To have the interview on-site is a great idea."

Price just started working with ACAP, but plans to take advantage of all the programs they offer.

"In fact, I'll be back here tomorrow to get on the computer and start typing up a resume," she said.

Smith and Price both encouraged Soldiers getting ready to retire or separate to use ACAP and attend future job fairs.

"It's definitely a tool that everyone getting out of the military should take advantage of," Smith said.

E-mail stephanie.a.pearson@us.army.mil

Medical officials highlight weight-loss solutions

By Pfc. Stephanie Pearson

Area I Public Affairs Office

CAMP CASEY — Soldiers who struggle to meet the Army's weight standards have another resource they can turn to for help in fighting the "battle of the bulge."

The first and third Wednesday of each month, Soldiers take part in the "Weigh to Stay" class offered through the 121st General Hospital nutrition department, in conjunction with Area I community health services.

"The class is designed to provide Soldiers with appropriate knowledge and tools essential for them to lose weight," said Maj. Shelly Clyde, chief of clinical dietetics at the 121st General Hospital and one of the class instructors.

The program is mandatory for Soldiers on the Army Weight Control Program, Army Regulation 600-9, but is open to individuals who are not on the program, but still want to learn about weight loss.

The class, given via video-teleconferencing, starts by discussing reasons why people gain weight. In America, Clyde said, two out of three adults are above a healthy body weight. Several factors contribute to this, but the major issue is overeating.

Overeating occurs for many reasons, Clyde explained. In today's society, snack food is readily available and advertised in supermarkets, convenience stores and vending machines. Lifestyles today tend to be more fast-paced than 20 years ago, and so people tend to eat out more

instead of cooking. But the main culprit, Clyde says, is portion sizes.

"The standard size of a restaurant plate 20 years ago was 10 inches," Clyde told the class. "Today, it has grown to 12 inches. Bagels and muffins are now typically two thirds bigger than they were 20 years ago. It's portion sizes that, bottom line, affect how much we're consuming, and affects our weight status."

Clyde also blamed inactivity for contributing to weight gain. She said there are three steps for successful weight management: lifestyle and behavior changes healthy eating and exercise.

She recommends starting by figuring out the maximum amount of calories a person needs to take in each day to lose weight. She offered the class the following formula: add a zero to the end of your body weight, and multiply that number by a factor from 1.2 to 1.6, depending on your level of activity, with 1.2 being little or no activity and 1.6 being very active. The number

someone ends up with is the amount of calories they need each day to maintain their current weight.

Clyde explained that to lose one to two pounds a week, a person needs to consume 500 calories less each day. Clyde had the students subtract that from their number. The final number is the maximum calories an individual can take in and still lose weight.

"Once you know how much you should be eating, keep track of your calorie intake," Clyde urged. "It's like when you take a budget class, and the financial planner has you write down every day what you're spending each penny on, so you know where it's all going. It's the same with weight loss - you have to know where your calories are coming from."



SOURCE: U.S. ARMY HEALTH CLINIC, CAMP CASEY

Korean, U.S. runners sweat for Chuseok

By Pfc. Stephanie Pearson
Area I Public Affairs Office

DONGDUCHEON — Soldiers and civilians gathered Sunday on Dongducheon's Sangpae riverfront to celebrate the Korean Chuseok holiday with a friendship fun run.

"The purpose of today's event was to use athletics to bring our neighbors, the citizens of Dongducheon, together with Soldiers to do a fun run," said Lt. Col. Stephen Murray, U.S. Army Garrison, Camp Casey commander. "It's also a way of celebrating a very important Korean holiday, Chuseok. We call it the 'Chuseok Riverfront Run.'"

By hosting the event off the installation, Murray said they had increased participation.

"This is only the second time we've done this," he said. "We've taken an event we would normally do on post and moved it off post to tie-in with the Korean community. We had a 50 percent increase since the last run, and that's encouraging. We're looking to do more (of these events) and get more participation as people realize how fun it can be."

More than 70 Korean and American participants lined up to compete in the 5- and 8-kilometer runs.

Command Sgt. Maj. Vincent Parisi, 177th Finance Battalion senior noncommissioned officer, and winner of the 8-kilometer race, said this was his first time running along the river trail.

"It's kind of what got me to come out here to run today," he said. "It was great."

The Koreans were also happy to participate in the event.

"I enjoyed running with the Americans," said Yi Ui-ho, a member of the Dongducheon Running Club. "It was a nice run."

Yi finished second in the 8-kilometer race, and is looking forward to the next community race. Garrison officials said they are planning one for next spring.

"I think it does a lot (for the community)," Parisi said. "It shows the locals that we come out here to do things with them and participate in events like this outside the gate, rather than just inside."

Event organizers were pleased with the turnout.

"It looks like we had about as many Koreans here as American Soldiers – it really does show a great mix," said Col. Jeff Christiansen, Area I commander.



PHOTO BY PFC. STEPHANIE PEARSON

Korean and American runners take off Sunday at the start of the Chuseok Riverfront 5-and 8-Kilometer Fun Run.

See **Run** on Page 8

Warriors to observe Fire Prevention Week

Area I Public Affairs Office

CAMP RED CLOUD — Warrior Country fire departments are joining organizations across the United States to remind people about fire safety during Fire Prevention Week, Oct. 3-9.

"We have had a great year for preventing fires," said Fire Chief John Cook, U.S. Army Garrison, Camp Red Cloud. "We haven't had any deaths or serious injuries."

Testing smoke alarms is the theme of the annual awareness campaign.

"Smoke alarms are the most effective early warning device available," Cook said. "Since they were introduced to consumers in the 1970s, they have helped to reduce the home-fire death rate by one half."

Cook said fires can spread rapidly, and in some cases, individuals may have as little as two minutes to escape to safety once the alarm sounds.

"If an alarm sounds," Cook said. "Get out of the facility immediately."

Next week, firefighters will be highly visible at schools, units and other Area I public places to get the word out about fire safety.

Cook advised people to test their smoke alarms.

"The biggest problem we have is people not thinking about fire prevention," Cook said.

He explained how barracks cooking is a risk not worth taking, and urged Soldiers to think about fire safety.

"It is so much better to prevent something, rather than have to react to it," Cook said. "If you take a look around your home, or where you work, we can prevent a lot of incidents."

Army official explains equal employment opportunity

By David McNally
Area I Public Affairs Office

CAMP RED CLOUD — About 100 civilian employees gathered at the Camp Red Cloud Theater Tuesday morning to discuss equal employment opportunity with a senior Army official.

"We want a work force reflective of our nation's diversity," said Luther Santiful, equal employment opportunity and civil rights director for the Department of the Army at the Pentagon.

The official spoke with U.S. Army civilian employees from all areas in Korea during his visit. He led discussions at Camp Red Cloud on Tuesday, Camp Humphreys on Wednesday and Camp Walker on Thursday. He will conduct a final briefing to the senior leaders at Yongsan Army Garrison today.

"I invited him because he is our senior leader in equal employment opportunity," said Linda Galimore, 8th U.S. Army EEO director. "We're taking a proactive approach, rather than having some major issue going on for him to come over here to investigate."

"Equal employment opportunity and diversity are not the same thing," he said. "Diversity is everything about you that you bring to the workplace."

Santiful said everyone has something to offer if given the right opportunity.

"Affirmative action is not supposed to go on forever," he said. "Diversity is the desired end-state of where we want to be."

The Army will not reach that goal, he said, without EEO and affirmative action.

"Those two things are a means to the diversity we would like to have."

Santiful covered the EEO complaint process in detail: who can complain, the basis for a complaint, and how the Army addresses complaints.

He said failure to address an employee's EEO concerns leads to more problems with other employees.



PHOTO BY DAVID MCNALLY

Luther Santiful, Equal Employment Opportunity and Civil Rights director for the Department of the Army, speaks Tuesday to Warrior Country employees.

"If an employee sees you mistreat another person, they will start to look around and say, 'eventually they're going to do that to me so I'm going to leave.' We don't want to lose valuable employees after investing time, money and training. We want to keep people."

Findings of discrimination are costly and career damaging to the federal work force.

"It is a tremendous loss. We don't want to do that. Again, be careful how you treat people," he said.

Santiful said he is concerned about getting the information from the senior Army leaders to "the boots on the ground."

"We want the employees to leave this discussion with a better understanding of equal employment opportunity," Galimore said. "Hopefully they will have picked up some new pearls of wisdom from Mr. Santiful's briefing."

"Each time I attend one of these classes, I learn," said E. Dean Shaw, deputy to the Area I commander. "We may not have heard all of this information before."

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Marksmanship

from Page 5

training, but will take a lot away from the course.

"It's all about being comfortable," he said. "When you're out there and you're comfortable, you just go out there and shoot."

West said this is the first time USAMU instructors have trained Soldiers in Korea.

"We hope to turn this into an annual training event," West said. "I'd like to bring them back again in the spring, before we run a sniper school."

Soldiers spent the first day of training in the classroom discussing marksmanship techniques.

On day two, they went to Camp Casey's Apache Range to fire their M-16A2 rifles at 25-meter targets and adjust their sights.

The next day, Soldiers concentrated on the kneeling and standing positions.

"That's something a lot of Soldiers don't get to do," West said. "A unit going to the range wants to qualify and get off the range. Here, they get one-on-one instruction with the experts."

On the last day the Soldiers fired at pop-up targets for qualification.

As a parting gift, the instructors gave each Soldier a compact disc with training materials from the course. They said they hoped each Soldier would take the information to share with their unit.

"They focus on the basics," said Staff Sgt. Jack West, 2nd Infantry Division G3 schools. "That's the foundation for everything."

Singley estimated the Soldiers fired more than 7,000 rounds of ammunition during each four-day session.

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Run

from Page 7

"I would like to see even more people out here next time, and as we continue with our marketing efforts, we will ensure we have more Soldiers and members of our local community participate."

Christiansen said he was impressed with the community involvement at the event.

"I would really like to thank the city of Dongducheon and Mayor Choi for the support they provided, and allowing us to use the riverfront," he said.

Several city council members participated in the races, and locals who

didn't run still came out to watch.

"There were a lot of Koreans along the track, clapping for us," Parisi said.

In all, it was a successful day, officials said.

"What we've done today is bring together the civilian community of Dongducheon and Soldiers from Camp Casey to celebrate Chuseok, the Korean Thanksgiving," Christiansen said. "And what better way to do that than using athletics? Today we had both the 5-kilometer and 8-kilometer runs in the spirit of togetherness."

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PHOTO BY PFC. STEPHANIE PEARSON

Runners from the Dongducheon Running Club warm up Sunday for the run. Local citizens joined American Soldiers for the early-morning event.

Weight

from Page 6

Looking at it on paper helps Soldiers figure out where they might need to make lifestyle changes, Clyde added.

"It might be snacking for some, or eating fast food for others," she said. "I worked with a Soldier who didn't realize the average fast-food meal is 1,100 calories! Once we increased her awareness of calorie content, it was a matter of seeing if she could be satisfied with a smaller sandwich, or get a salad instead of fries."

Tracking calories also allows Soldiers

to find "hidden" calories, Clyde said. One such source is beverages. Soldiers don't realize how many calories they are drinking, she said.

"I've worked with Soldiers who have taken in all or more of their daily caloric needs through beverages," she said. "This includes fruit juice, soda, Kool-aid, sweet tea, lemonade and alcohol."

Editor's note: This is part one of a three-part series on weight control.

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Legal advice: Power of attorney and how it works

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

YONGSAN — Servicemembers in Korea face many challenges, among them the fact that they sometimes have obligations that would normally require their presence back in the United States or elsewhere. Depending on the circumstances, servicemembers may be able to meet the obligation without ever leaving Korea. This can be done by using a power of attorney.

The person giving the power of attorney, otherwise known as the grantor, can give anyone they wish, known as the agent, very broad powers to act on the grantor's behalf.



Vedra

For example, if a servicemember in Korea needs to register a vehicle with his state department of motor vehicles, the servicemember can appoint

an agent back in the United States. The agent, with a power of attorney, can register the vehicle for him.

There are two types of powers of attorney.

General power of attorney

The first, a general power of attorney, allows the grantor's agent to do almost anything the grantor could legally do for himself. For example, the agent could bind the grantor to a contract with a third party, have access to the grantor's bank account or sell the grantor's possessions. Since a general power of attorney grants such broad power, there is significant potential for abuse, and servicemembers should be aware of giving someone a general power of attorney.

Special power of attorney

With the second type of power of attorney, a special power of attorney, the grantor can limit the power he gives to his agent to accomplish specific tasks. Since the agent's authority is much more limited in a special power of attorney, it is usually

See **Attorney** on Page 10

Hannam Village festival wows residents

By John A. Nowell
Area II Public Affairs Office

HANNAM — Residents of Hannam Village were treated to a day of entertainment, food, games and cultural activities Saturday in spite of a rainy beginning.

The Korean National Housing Corporation and Area II Support Activity jointly hosted the Hannam Village Festival for the first time.

The corporation provided entertainment, Hannam Village residents provided dancers and the 8th U.S. Army Band rounded out the daylong entertainment program for the festival.

The ceremony began with remarks from housing officials and a representative from U.S. Forces Korea.

"It is a great honor and pleasure to introduce Korean culture and traditions to the Hannam families," said Cho Dong-lae, president of the Korea Housing Management. "The Hannam Village community festival is to reaffirm our commitment to customer satisfaction. We assure (you) that this event will contribute in promoting friendship between the U.S. and Korea."

Others added their own comments.

"On behalf of United States Forces Korea, we thank the Korean National Housing Corporation for hosting today's festival," said U.S. Navy Cmdr. Joseph E. Grealish, chief, USFK Real Estate and



PHOTO BY JOHN NOWELL

Korean folk dancers perform the farmer's dance before the Hannam Village residents Saturday during the Hannam Village community festival hosted by the Korean National Housing Corporation and Area II Support Activity.

Status of Forces Agreement Division. "This event helps to enhance our understanding of Korea's culture and traditions and sustains our Korean American Friendship."

KNHC provided free Korean food sampling, rice cakes and drinks as well as a kimchi-making class. Children and adults learned the art of making Korean-style kites while other residents learned how to play the traditional Korean drum called "puk."

This is the first festival sponsored by KNHC for USFK members. Officials said they intend to host similar events at the housing complexes in Daegu, Osan and Yongsan in the future.

"This is a great opportunity for our American personnel to experience Korean food, entertainment and culture," said 1st Lt. Tom Wenz, a resident of Hannam Village.

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SAMS student wins scholarship to space camp

By Alex Harrington
Area II Public Affairs Office

YONGSAN — "Reach for the stars!" took on a whole new meaning for 12-year-old Marc Warrior and 11 other recipients of the 2004 Bernard Curtis Brown II Memorial Space Camp scholarship. They had the opportunity to experience a weeklong space camp program at the U.S. Space and Rocket Center in Huntsville, Ala., Aug. 15-20.

Marc is a student from the Seoul American Middle School, part of Department of Defense Schools in the Republic of Korea.

During his time at space camp, Marc learned how to rescue astronauts from the International Space Station by designing and programming a robot using LEGO Mindstrom software and materials to complete a simulated mission to the ISS.

Marc wrote an essay about his goals, patriotism and community service, but he also indicated how he first became interested in space.

"While living in Oklahoma, I took an extra curriculum class on space. However, my head was in the clouds and my imagination awakened when I met the mother of former Challenger crewmember and schoolteacher Christa McAuliffe at the Challenger Learning Center of Kentucky. Her insights and shared dreams were an inspiration to me!" he wrote.

Marc's scholastic achievements include winning the Vocabulary Bee last year and being inducted into the National

Junior Honor Society. He is also actively involved in Boy Scouts.

The scholarship is awarded on behalf of Bernard Curtis Brown II. Bernard, the 11-year-old son of Chief Petty Officer and Mrs. Bernard Curtis Brown, was killed on Sept. 11, 2001, when the hijacked airliner on which he was a passenger crashed into the Pentagon. At the time Bernard was en

route to California to represent his school in a science project.

The Bernard scholarship is managed by the Military Child Education Coalition of Harker Heights, Texas.

For more information about the Bernard Curtis Brown II Memorial Space Camp scholarship, go to Military Child Education Coalition at: <http://www.militarychild.org/>.



Warrior

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NEWS & NOTES

Commander's Hotline

The Commander's Hotline e-mail address is area1townhall@korea.army.mil. For more information, call 738-5017.

Area II Soldier's Retreat

The Area II Soldier's retreat will take place at the Oak Valley Resort Oct. 1 - 3. This is available to all Area II active-duty Soldiers, civilians and family members. For more information, call 736-3018. For more information on the site, visit www.oakvalley.co.kr.

Yongsan Commissary Operating Hours

The Yongsan Commissary will be closed Monday and Tuesday for Chuseok. It will be open 10 a.m. - 5 p.m. Wednesday.

Area II Closure

The Area II CSP/CIF will be closed Monday through Wednesday because of Chuseok. For more information, call 736-7493.

Nelson Denny Reading Test

Seoul American High School will administer the Nelson Denny Reading Test to all students 11 a.m. - 12:15 p.m. Thursday. For more information, e-mail Carol_Castelberry@pac.oddedodea.edu.

5-Kilometer Fun Run and Walk

There is a 5-kilometer run and walk sponsored by 18th Medical Command 9:30 a.m. Oct. 2 at Collier Field House. For more information, call 737-5001.

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 promotion files. Selection board will meet Oct. 26. Contact Personnel Services Detachment for records update.

OCS Board

The 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.

Theater Reservation

The Directorate of Plans Training Mobilization and Security, Area II Support Activity, now provides Balboni Auditorium and multi-purpose training facility, reservations. E-mail for reservation at Kyoohun.Kim@korea.army.mil or tony.alaniz@korea.army.mil. For more information, call 738-7907 or 738-7300.

ACAP Briefings

Those units in Area II that would like an ACAP briefing should contact the ACAP Manager, Laddie Broz. Briefings usually last about one-half hour depending on unit participation. They can be held 8 a.m. - 5 p.m. Monday through Friday. For more information, call 738-7322.

Oktoberfest Celebrations

Dragon Hill Lodge is hosting its annual Oktoberfest celebration for six nights, Oct. 1-3 and Oct. 8-10. The festivities begin 6 p.m. for Friday nights, 5 p.m. on Saturday nights and 2 p.m. on Sundays. For reservations and more information, call 738-2222.

ROK officers complete joint training with U.S. at 121st General Hospital

By Capt. Miguel de Leon

18th Medical Command

YONGSAN — Six Republic of Korea Army and Navy military health care officers received their diplomas and were awarded the U.S. Army Achievement Medal for completing training at the 121st General Hospital in Yongsan Army Garrison.

Four nurses, one physician and one Medical Service Corps officer were participants of a joint Korean American military training program called the Integrated Service of ROK Military Health Care Personnel Program.

The program was established 50 years ago to facilitate wartime

coordination between U.S. and ROK military health care support systems in the event of hostilities. The Korean Army officers worked with their American counterparts for six months, sharing expertise and increasing cultural understanding while gaining an appreciation of the U.S. military health care system.

This year's graduates and their areas of specialty are Maj. Chang Jin-ho, Acute Care Clinic; Capts. Jo Cheryung, Clinical Operation, Min Miyoung, Operating Room, Yang Ju-youn, Infection Control and Cho Jeong-nam, Inpatient Psychiatric Clinic; and Lt. Cmdr. Kim, Eun-jin, Intensive Care Clinic.

"The continued success of this program stands as a testament to the talents of our soldiers, both Korean and American, and serves as a sterling symbol of the vigorous ROK-U.S. alliance," said Col Brian Allgood, commander, 18th Medical Command and 121st General Hospital.

Since 1954, more than 400 students, including veterinarians, physicians, dentists, nurses and medical service corps officers, have graduated from the training program and gone on to serve in both the military and civilian sectors of the Republic of Korea.

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Separating Soldiers can continue to serve – in the classroom

By Alex Harrington

Area II Public Affairs Office

YONGSAN — Men and women separating from the U.S. Army can continue to serve as positive role models by instructing, inspiring and motivating young minds in public school systems through a program called "Troops to Teachers."

Troops to Teachers is conducted by the Defense Activity for Non-Traditional Education Support.

"This Troops to Teachers program facilitates and assists separating Soldiers to continue their service to country and community by offering them an opportunity to become teachers in public school systems throughout the United States," said William McAleer, the DANTES Far East advisor.

United States Army noncommissioned officers and officers have the potential to be powerful role models, McAleer said.

"Men and women who wore the uniform are powerful and positive role models because of the many leadership positions they held in the military," McAleer said. "They are successful, have sound integrity, commitment and a sense of service to others, which are all important attributes to be an effective teacher in the classroom."

The DANTES program developed Troops-to-Teachers in 1994 to provide referral assistance and placement services to military personnel interested in becoming teachers after their military service.

In 2001, President George W. Bush signed into public law the "No Child Left Behind Act," which authorized the continuation of the Troops-to-Teachers program for an additional five years, according to the DANTES Web site.

It also modified the program's focus by placing emphasis upon the need to make quality teachers available for high-need schools and high-need school districts throughout America.

The goal of Troops to Teachers, McAleer said, is to recruit quality teachers for schools that serve low-income families throughout America.

"This program helps relieve teacher shortages, especially in math, science, special education and other high-needs subject areas," he added.

Active-duty servicemembers interested in the Troops to Teachers program are encouraged to prepare for the education career field three to four years before their discharge dates.

"If within the next four years active-duty servicemembers are planning to leave service, either by retiring or honorable discharge, (they) owe it to themselves to look at all their options and begin planning now," McAleer said.

According to program officials, a network of state Troops to Teachers offices have been established to provide participants with counseling and assistance regarding certification requirements, routes to state certification and employment leads.

In addition, interested candidates may qualify for financial assistance. They could receive \$5,000 to \$10,000 in stipends for teaching certification and teach in public schools with children from low-income families, respectively.

The DANTES program will conduct a briefing at Yongsan on Oct. 15. For more information call 725-5581 or go to the DANTES Web site at <http://www.dantes.doded.mil>.

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Attorney

the best choice.

Like any tool, a power of attorney can be misused. Agents can potentially use a power of attorney to cause a great deal of harm to the grantor. Therefore, the grantor must be very careful in selecting an agent.

The agent must be at least 18 years of age and sufficiently mature to handle the responsibilities of acting as the grantor's agent. Most importantly, there must be a basis for trust in the relationship between grantor and agent. Normally, the best choice of agent is a spouse, close relative or long-time friend.

Powers of attorney will not

always work. Some actions, such as the execution of a will, cannot be done by power of attorney. In addition, third parties, such as banks and businesses, are not legally required to accept a power of attorney. If a third party does not wish to allow the grantor's agent to act in the grantor's place, there is nothing the grantor or agent can do to make the third party accept the power of attorney.

Powers of attorney normally last for a specific time period, detailed in the power of attorney itself. If a grantor wishes to revoke a power of attorney before it has expired, he can do so, but it can be a

complicated task.

Any client who wishes to revoke a power of attorney should consult a legal assistance attorney. Any eligible legal assistance client who wishes to execute a power of attorney can do so at his legal assistance office.

The Yongsan Army Garrison legal assistance office, located in Building 4329 on South Post, does powers of attorney on a walk-in basis. Hours are 9 a.m. to 5 p.m. Monday through Wednesday, 1-4 p.m. Thursday and 9 a.m. to 4 p.m. Friday.

E-mail:Robert.anthony.vedra@korea.army.mil

**Experience
Greater Seoul****Cultural Events, Tours and Entertainment****USO Tours**

- Cultural Tour – 8:40 a.m. - 3:30 p.m. Saturday
- Lotte World Amusement Park – 8:30 a.m. - 4 p.m. Sunday.
- Panmunjeom (DMZ) and Tunnel – 7:30 a.m. - 4 p.m. Thursday.
- Kangwha Island – 8:30 a.m. - 4:30 p.m. Friday.
- Korean Folk Village – 8 a.m. - 4:30 p.m. Oct. 1
- Panmunjeom (DMZ) and Tunnel – 7:30 a.m. - 4 p.m. Tuesday.

For more information, call the Seoul USO office at 02-792-3380.

Royal Asiatic Tour

- Ullung Island Adventure Tour – 6 p.m. today-Monday.
- Hansol Paper Museum and Kumsan-Sa Tour – 8 a.m. today.
- Hong-Do and Huksan-Do Island Adventure Tour – 6 p.m. Oct. 1 - 3.
- Bukchon Walking Tour – 9:30 a.m. - 1 p.m. Oct. 9.
- Jeju Tour – 8:30 a.m. Oct. 9 - 10.

Call 02-763-9483 for more information about Royal Asiatic Society events.

Entertainment

- Festival – The 7th Seoul International Dance Festival will be at the Seoul Arts Center 4 and 6 p.m. Oct. 1 - 2. For more information, call 02-763-1178.
- Concert – A David Russell Guitar Concert will be at the Seoul Arts Center 8 p.m. Oct. 3. For more information, call 02-541-6234.
- Art Fair – 2004 Seoul International Art Fair will be at the Seoul Arts Center 11 a.m. - 10 p.m. Oct. 1 - 13. For more information, call 02-514-9292.

Air Force restricts medical flights for retirees

By Soyoung Harleston

18th MEDCOM-TRICARE Marketing and Education

YONGSAN — Starting Oct. 1, Pacific Air Forces will no longer purchase commercial tickets for retirees traveling outside of the United States for routine medical appointments in accordance with the Joint Federal Travel Regulations.

Overseas retirees and their families are still eligible for aero-medical airlift when in-flight medical care is required, said PACAF officials.

The change is the result of the retirement of C-9 Nightingale aero-medical aircraft, which had operated within PACAF out of Yokota Air Base, Japan. Before the retirement of the C-9, overseas retirees were able to fly on invitational travel orders to routine medical appointments.

The Air Force aero-medical evacuation mission is now "requirements based," meaning those patients needing urgent

or priority care are flown via the Air Force's current fleet of mobility aircraft, such as KC-135R Stratotankers, officials said.

Military members and their families who do not require in-flight medical care now fly via commercial air for routine appointments, with PACAF covering the cost, said Lt. Col. Stephen Clutter, PACAF spokesman.

Since the retirement of the C-9, PACAF has been working with U.S. Transportation Command to create a new space available category called "MedPAX," which would be for people traveling for routine medical services that don't require in-flight medical care. If approved, the MedPAX category would give retirees and their families higher priority than they currently have when seeking "space-a" seats on military aircraft.

As a result of the changes, only patients requiring in-flight medical attention will be airlifted via the military aero-

medical evacuation system. This applies to flights to the continental United States as well as missions within PACAF.

Retirees and family members who require in-flight medical care en route to a medical facility may be transported on Department of Defense aircraft with AE-qualified crews.

Military aircraft available for air evacuation include the U.S. Air Force's C-130, C-141, C-21, C-17 and KC-135.

If in-flight medical attention is not required, retirees or their family members may use military air to travel to an appointment if space is available, or use commercial means at their own expense.

There is no charge for military "space-a" flights within PACAF and only nominal customs fee for flights to CONUS.

E-mail So.Harleston@kor.amedd.army.mil



Community News

touring throughout the Republic of Korea Oct. 14-18. For more information contact Shirley Commander, 723-3749.

Chili Cook-Off

Command sergeants major are holding their first Chili Cook-off 11 a.m. to 4 p.m. Oct. 2 at Collier Field. The public is welcome. There will be 25 teams of four that will compete to make the best chili in Korea. A panel of judges will determine the winner for the event. The public will be able to taste all the teams' chili starting at 1 p.m. There will be live music and kid's activities. For more information call 02-795-3028.

NCOA Softball Tournament

The Noncommissioned Officers Association is looking for 16 softball teams to participate in a tournament Oct. 9 – 10. Trophies will be awarded for first through third place. Also, there are cash prizes for the top three home run hitters. For more information, call 738-8608.

PTO special program

There is a Parent-Teacher Organization special program sponsored by the Seoul American High School Guidance Office. It will feature several college admissions professionals who are scheduled to give a presentation to the parents and

students 5:30 p.m. Oct. 5, at SAHS. For more information, call 011-9687-0604.

Quilter's workshop

U.S. Forces Korea members are invited to a quilter's workshop 9 a.m. to 2:30 p.m. Oct. 18 at the South Post Chapel. Attendees will learn how to make baby blankets for the 121st General Hospital's Stork's Nest Unit. Baby blankets are donated to new moms who have had to wait at the hospital for the birth of their babies. For more information, call 02-319-2683.

Learn to be a better husband and leader

The Men of the Morning Calm holds Bible studies for Area II men who want to learn to be a better husbands and leaders in their community. Bible studies are held at the South Post Chapel 6 a.m. every Tuesday. Also, there is a men's breakfast 8 a.m. on the first Saturday of each month at the South Post Chapel.

Program funding opportunity

The American Forces Spouses Club provides funding to qualified organizations that have special projects that benefit Soldiers and their families. Contact the AFSC project chair to get more

information on how to apply for funds at afscamericanprojects@yahoo.com. All funds are generated by the Chosun Gift Shop.

Essay contest

Korean corporate members of the Association of U.S. Army are sponsoring an essay contest, "Life in Korea," for active-duty Soldiers, family members, and Korean Augmentation to the U.S. Army Soldiers. For more information, call 723-6306 or e-mail: Petersenjc@korea.army.mil.

Sookmyung Women's University

Sookmyung Women's University offers Korean-language classes throughout the semester. For more information, call 02-710-9623.

Support group meeting for overweight people

Weight management support group meetings are 6:30 p.m. – 7 p.m. the first and third Mondays of each month. For more information, call 736-3029 or 736-6693.

Yongsan Sergeants Major Association

The Yongsan Sergeants Major Association meets 4:30 p.m. on the first Tuesday of every month at Whispers Lounge, Dragon Hill Lodge.

School Jam

Alpha Phi Alpha Fraternity Inc. is hosting a "School Jam" Oct. 23 at the Dragon Hill Lodge's Najia Ballroom. This event is accepting donations to build scholarship funds for local students. Alpha Phi Alpha Fraternity was founded on Dec. 4, 1906, with the goal of "service" to all mankind.

ARC first aid and safety courses

American Red Cross is offering the following courses to Area II residents:

ARC orientation – 9 a.m. to noon Oct. 11. (Free)

Community first aid and safety – 9 a.m. to 5 p.m. Oct. 16, (\$30)

Babysitting – 9 a.m. to 3 p.m. Oct. 30, (\$25)

Body fitness king comes to Yongsan

Billy Blanks, the creator of Tae Bo, the total body fitness system, will be

Now showing at AAFES Reel Time Theaters

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

AT THE MOVIES

Sept. 24 - 30



Location Phone No.	Sept. 24	Sept. 25	Sept. 26	Sept. 27	Sept. 28	Sept. 29	Sept. 30
Casey 730-7354	Bourne Supremacy	Paparazzi	Paparazzi	Bourne Supremacy	Thunderbirds	Thunderbirds	The Punisher
Essayons 732-9008	No Show	King Arthur	No Show	King Arthur	Paparazzi	No Show	A Cinderella Story
Garry Owen 734-2509	No Show	Anacondas	Catwoman	Catwoman	A Cinderella Story	No Show	A Cinderella Story
Henry 768-7724	Thunderbirds	Harry Potter and the Prisoner of Azakban	Anacondas	Bourne Supremacy	No Show	No Show	No Show
Humphreys 753-7716	Paparazzi	Paparazzi	Paparazzi	Bourne Supremacy	Bourne Supremacy	Thunderbirds	Thunderbirds
Hialeah 763-370	Anacondas	A Cinderella Story	Catwoman	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	Anacondas	Spider Man 2	No Show	No Show	No Show	No Show	No Show

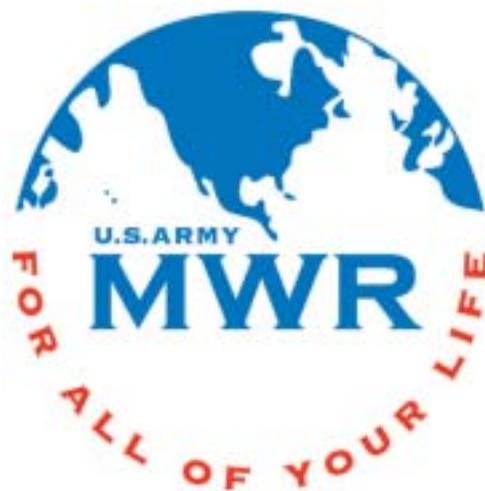
Bourne Supremacy



When a Chinese vice-premier is executed by notorious assassin Jason Bourne, it causes serious trouble and hubbub in the CIA. Why? There is no "Jason Bourne", as that

name is just a cover for CIA agent David Webb, so it appears that someone has taken the "Bourne identity" away from him, creating a diplomatic crisis between the U.S.A. and China.

PG-13



Schedule subject to change



Thunderbirds



When dangerous situations exceed the limitations of ordinary military and international security forces, the world calls upon the high-tech assistance of International Rescue - a mysterious band of

fearless adventurers and their fleet of awesome, imaginatively engineered vehicles known as: Thunderbirds!

PG

Location Phone No.	Sept. 24	Sept. 25	Sept. 26	Sept. 27	Sept. 28	Sept. 29	Sept. 30
Kunsan 782-4987	Without a Paddle	Without a Paddle	Bourne Supremacy	No Show	Bourne Supremacy	Thunderbirds	Thunderbirds
Long 721-3407	Collateral	No Show	King Arthur	Anchorman	No Show	No Show	No Show
Osan 784-4930	Resident Evil	Thunderbirds	Thunderbirds	Bourne Supremacy	Bourne Supremacy	Thunderbirds	Thunderbirds
Page 721-5499	No Show						
Red Cloud 732-6620	Paparazzi	Bourne Supremacy	New York Minute	Thunderbirds	Thunderbirds	No Show	Resident Evil
Stanley 732-5565	Thunderbirds	Bourne Supremacy	Bourne Supremacy	Thunderbirds	No Show	Resident Evil	Hellboy
Yongsan I 738-7389	Resident Evil	Resident Evil	Resident Evil	Bourne Supremacy	Bourne Supremacy	Bourne Supremacy	Bourne Supremacy
Yongsan II 738-7389	Thunderbirds	Thunderbirds	Thunderbirds	Man on Fire	Man on Fire	Man on Fire	Man on Fire
Yongsan III 738-7389	Thunderbirds	Thunderbirds	Thunderbirds	Troy	Troy	Troy	Troy

Stress: Don't let the animal get you down

By Chaplain (Maj.) Shawn Connors

2nd Infantry Division Support Command Chaplain

CAMP CASEY — Stress is all too common in our lives. Have you ever asked why this is so? What is stress? It's a biochemical response to performance that results from a combination of many factors involved in one's work, health and social environments, among other things.

Stress is caused by demands placed on us by individuals, situations or simply ourselves. When we can't fulfill those demands we become frustrated and anxiety and unrest begin to set in.

Every individual is faced with that problem we call stress, however, the most important thing to ask yourself is "How am I handling stress in my life?" In answering the question, we must first realize that we

have to be truthful with ourselves and admit we all have limitations and once we realize that, we will find ourselves admitting we can't be and do everything people expect.

I was stationed in Korea almost seven years to date. One thing I realized while stationed here was that I had to learn how to depend on God to handle all my situations.

We have little or no control over many situations that occur in our lives, which can and does bring about stress.

We must then follow the advice the Apostle Paul wrote in the book of Philippians 4: 4-7, "Rejoice in the Lord always: I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.

Do not be anxious about anything, but be in everything, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all

understanding, will guard your hearts and minds in Christ Jesus."

Often times we don't take the Apostle Paul's advice, and when we don't, that animal we call stress comes out. We must not let that animal control our lives. In the event we allow that to happen, we open up ourselves to the many negative stress problems such as mental unrest, physical problems, short temper and a host of other problems that will control our thoughts, actions and behavior. We must at all costs be as Paul and realize we have limitations!

Once we realize that we have limitations, then that animal we call stress can be a positive thing in our lives.

We then can begin to learn that God is in total control of our lives, which will bring about a total peace in our lives.

Area I Worship Services

Distinctive Faith Group Services

Islamic Prayers	Fri 1 p.m.	DISCOM Chapel
COGIC	Sun 12:30 p.m.	Warrior Chapel
Eucharistic Episcopal	Sun 5:30 p.m.	Stanley Chapel
Latter-day Saints	Sun 1 p.m.	Crusader Chapel

Catholic

Daily	11:45 a.m.	Stanley Chapel
	11:45 a.m.	Stone Chapel
Saturday	6 p.m.	Stanley Chapel
Sunday	9 a.m.	Warrior Chapel
	9 a.m.	Howze Chapel
	9:30 a.m.	Hovey Chapel
	10:30 a.m.	DISCOM Chapel
	11 a.m.	Essayons Chapel
	noon	Crusader Chapel
	noon	Stone Chapel

Protestant

Sunday	8:30 a.m.	Happy Mountain Chapel
	9:30 a.m.	DISCOM Chapel
	9:30 a.m.	Essayons Chapel
	10:30 a.m.	Kyle Chapel
	11 a.m.	Warrior Chapel
	11 a.m.	Howze Chapel
	11 a.m.	Hovey Chapel
	11a.m.	Stanley Chapel
	11a.m.	Crusader Chapel
	noon	Castle Chapel
	1 p.m.	Jackson Chapel

Protestant Gospel

Sunday	11 a.m.	Memorial Chapel
	1 p.m.	Stanley Chapel
	1 p.m.	Howze Chapel

ROK/KATUSA Services

Monday	7 p.m.	Howze Chapel
	7 p.m.	Castle Chapel
Tuesday	7 p.m.	Stone Chapel
Wednesday	7 p.m.	Hovey Chapel
Thursday	6:30 p.m.	DISCOM Chapel
	7 p.m.	Stone Chapel
Sunday	1 p.m.	DISCOM Chapel
	6 p.m.	Warrior Chapel
	7 p.m.	Stanley Chapel

Protestant Contemporary

Saturday	6 p.m.	Crusader Chapel
Sunday	10 a.m.	Stone Chapel
	6 p.m.	Reggie's
	6 p.m.	Crusader Chapel

추석

Chuseok: Korean Thanksgiving

By Pfc. Oh Dong-keun

Most countries and ethnic groups throughout the world traditionally celebrate the fall harvest with holidays, such as Thanksgiving Day in the United States, and Korea is no exception. Chuseok, along with the Lunar New Year, is one of Korea's most important holidays.

Koreans traditionally celebrate a plentiful harvest, pay respect to their ancestors and wish for another good year on Chuseok, which falls on Sept. 28 this year. The holiday falls on a different date each year because it is celebrated in accordance with the lunar calendar. Chuseok is the 15th day of lunar month of August, which may be the reason for the holiday's other name, Hangawi. "Han" meaning great or big, and "gawi" meaning middle or center.

The origin of Chuseok goes back to the times of the Shilla Dynasty (57 B.C. - A.D. 935) of the Three Kingdoms Era. According to the book "Samguk Sagi" or "The History of Three Kingdoms" by Kim Bu-sik, written in A.D. 1213, Chuseok originated during the ancient Shilla Dynasty, when a month-long weaving contest was held. For the contest, the king divided the capital city into teams and appointed princesses to lead them. The king announced the winner on the day of the eighth full moon and the losing team had to provide food, drink and entertainment at a party for the whole city.

The tradition gradually evolved into celebrating the annual fall harvest and remembering ancestors. By the 15th Century Joseon Dynasty, the holiday evolved to the format that is observed to this day.

Traditionally, families travel to the hometowns of their forbearers to celebrate Chuseok.

Since a majority of Koreans live in metropolitan areas, millions of vehicles pour onto the nation's highways during the holiday period leading to near gridlock throughout the peninsula.

Once travelers arrive at their ancestral homes, often after 12 hours of driving or more, the true celebration begins. The first item on the list of things to do is to visit the ancestors' graveyard to mow the grass and spruce up the site. This is referred to as beolcho. It should be done at least a day before the actual holiday. The night before the holiday, family members gather together to prepare special holiday food to bring to the grave for charye, an ancestral ritual service. Charye is conducted early on the morning of Chuseok, with everyone in the family dressed in their hanboks, the traditional Korean costume.

The most important aspect of the holiday, however, is to have the opportunity for everyone in the family to visit their ancestral homes and have a good time together. In modern Korean society where people are so busy dealing with day-to-day issues, the holiday provides them with a time to relax and to think about the importance of family.

For foreigners who would like to get a taste of what Chuseok is all about and enjoy the holiday "Korean style," the Korean Folk Village near Seoul offers various holiday activities Saturday-Wednesday, including special performances, traditional games and the opportunity to experience traditional lifestyles. For information regarding transportation, hours of operation and others, visit the Korean Folk Village Web site at www.koreanfolk.co.kr or call 031-286-2116.



PHOTO BY DAVID McNALLY

Many Korea graves adorn the hills on Camp Casey. The families who owned the land on are allowed special permission to visit the graves and perform ceremonies. On the Korean Chuseok holiday, it is customary to visit ancestor's graves to pay respect.



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.

Hispanic Heritage Month

Those interested in Hispanic Heritage Month may check out the book display and reading list about the month at the Camp Casey Library Saturday through October 15th.

Tae Kwon Do Championships

The 8th U.S. Army Tae Kwon Do Championships will be 1 p.m., Oct. 2 at Camp Casey Hanson Field House. This event is open to active-duty military personnel stationed on 8th U.S. Army installations. Weigh-ins and medical exams are 10 a.m., Oct. 2. For more information, call 732-6276.

Soccer Tournament

The Camp Casey Carey Fitness Center is hosting a Warrior Post Level Invitational Soccer Tournament on Oct. 2 - 4. The tournament is open to post-level soccer teams from Warrior Country. Each camp desiring to enter a team must register through their respective Garrison Sports Director no later than today. For more information, call 732-6276.

Osan Shopping Tour

Camp Casey Community Activity Center is hosting an Osan Shopping Tour 8 a.m. Oct. 2. For more information, call 730-4602 or visit the Camp Casey Community Activity Center to sign up.

Redskins play host to military youth-football teams in D.C.

By Tim Hips

USACFSC Public Affairs

LANDOVER, Md. — Three military youth-football teams were guests of the Washington Redskins for their exhibition season finale Sept. 3 against the Atlanta Falcons at FedEx Field.

Teams from Fort Belvoir, Va.; Fort Meade, Md.; U.S. Marine Corps Base Quantico, Va.; and Palmer Park, Md., Boys and Girls Clubs of America were part of numerous "Play Football Week" celebrations conducted around the league Aug.

28 through Sept. 4.

Fort Belvoir Bulldogs running back/linebacker Ricky Morgan Jr. got an up-close view of the coin toss before the Redskins' 27-0 victory over the Falcons.

Morgan, who plays in Fairfax County Youth Football League's anklebiter division with father/coach Sgt. Maj. Ricky Morgan, accompanied referee Jeff Tripplette and the NFL teams' captains onto the field for the pregame ceremony.

Paul Bishop, a member of the 75-pound Cougars of Fort Meade, fetched the kicking tee off the field

following the opening kickoff. He is the son of Marine Gunnery Sgt. Paul Bishop, stationed at the Defense Information School at Fort Meade.

Benjamin Mitchell, a youth-football player from Quantico, retrieved the tee from the field after the second-half kickoff.

The inaugural "Play Football Week" was created by USA Football, the NFL and the NFL Players Association to celebrate the sport and to recognize folks involved with the game at the grassroots level.

Tim.Hips@cfsc.army.mil

Trophy shop offers gifts, memorabilia

Soojin Atwater

Area I Marketing Division

CAMP RED CLOUD — Those looking for a farewell gift have a place to add to list of establishments that offer personalized gift.

The Camp Casey MWR Trophy Shop offers not only trophies, plaques and coins, but also T-shirts, umbrellas, mounting frames, special crystal gifts and more.

"Generally, our price is equal to or less than other venues," said Christopher L. Bishop, the chief of Service Division, Area I. "The quality of the material we are using here is different from the ones in downtown.

"We focus on detail and specification of customer needs, Bishop added. "(The) MWR Trophy Shop is a part of service division. If coming to our office to pick up the order is trouble for you we will deliver to your preferred camp for your convenience."

The Camp Casey MWR Trophy Shop takes pride in not only variety of items its offer but also excellent customer service that it provides for each customer's need, said Bishop.

"If you have an idea on how to make your gift more special, just let us know. We are glad to work with you and that is one way for us to learn new skills" said Addie McDuffie, MWR Trophy Shop sales clerk.

"Sometimes Soldiers would like materials only we have. They want to design their gifts on their own. I provide them what they need. I am here for Soldiers" said Jin Baek, MWR Trophy Shop manager.



PHOTO BY SOOJIN ATWATER

Addie McDuffie, Trophy Shop sales clerk, assists Capt. Todd Buchheim, Headquarters and Headquarters Company, 2nd Infantry Division Support Command, at the trophy shop.

Currently, the MWR Trophy Shops in Area I are located at Camp Casey and Camp Red Cloud. For more information call 730- 6278 or 732- 7519.

E-mail AtwaterS@korea.army.mil

Family Advocacy to hold classes for domestic violence

Family Advocacy

community to prevent domestic violence."

YONGSAN — October is domestic violence prevention month in the Army. This year's theme is, "It takes a

The military has a policy of no tolerance for domestic violence, as it negatively impacts military readiness, said

Family Advocacy officials. Domestic violence permeates all aspects of family and community dynamics. Domestic violence not only encompasses a husband and wife, but also other personal relationships, officials said.

Prevention helps change attitudes and in turn changes lives. Family Advocacy said it teaches the prevention of domestic violence through educational programs.

The group is sponsoring stress and anger management classes and return and reunion classes at Camps Casey, Stanley, Page and Red Cloud. Family Advocacy programs and classes are available to all members of the military community.

For more information on scheduled classes and programs, call Eunice Oh at 732-7326.

Day	Time	Class	Camp	Location
2nd Tues	10 - 11 a.m.	Stress Management	Stanley	ACS Classroom
2nd Tues	11 a.m. - noon	Anger Management	Stanley	ACS Classroom
2nd Wed	9 - 11 a.m.	Stress Management	Casey	ACS Classroom
2nd Wed	1 - 3 p.m.	Anger Management	Casey	ACS Classroom
3rd Tues	10 -11:30 a.m.	Stress + Anger Management	Page	ACS Classroom
3rd Tues	1 - 3 p.m.	Return & Reunion	Page	ACS Classroom
3rd Wed	9 - 11 p.m.	Stress Management	CRC	ACS Classroom
3rd Wed	1 - 3 p.m.	Anger Management	CRC	ACS Classroom
3rd Fri	11:30 a.m. - 1 p.m.	Return & Reunion	Stanley	Stanley Reggie's
3rd Fri	2 - 3 p.m.	Return & Reunion	Casey	ACS Classroom
4th Wed	1:30 -3 p.m.	Return & Reunion	CRC	ACS Classroom

Central Region

Sept. 24, 2004

Page 21



PHOTOS BY STEVE DAVIS

Twin towers of a new six-story barracks and dining facility rise above the Camp Humphreys fence line. Projected completion date for the \$26 million project is February 2006.

Humphreys Rising

Quality of life continues to climb

Area III Public Affairs Office

CAMP HUMPHREYS — Camp Humphreys, once a sleepy little post amidst the rice fields near Pyeongtaek, is starting to look like something new.

Almost gone are the temporary 1950-era Quonset huts and slap-'em-up barracks that for many years defined the post's architectural style. One-by-one, they are being replaced by more attractive permanent working and living facilities.

"It's a somewhat slow, but steady and deliberate process, but Camp Humphreys is starting to catch up with some of the larger Army posts in terms of quality of life," said Bart Mirabal, Area III director of Public Works. "What people are seeing now is a major infrastructure overhaul."

Most of the 37 major projects now underway have little to do with the planned relocation of troops north of the Han River to a proposed "hub" around Osan Air Base and Camp Humphreys.

"Most of these improvements are part of an ongoing five-year plan to modernize 'old' Camp Humphreys to meet a long-term defense commitment and make a better quality of life for Soldiers, civilians and families serving here," said Mirabal.

Some of the improvements already completed are a new post exchange and food court, opening of the new Humphreys Lodge and a youth center, conversion of the old post exchange into a consolidated bank-credit union-postal facility, construction of unit work and living areas, officer and enlisted quarters upgrades and the construction of additional parking areas and a new road in the Camp Humphreys "Downtown" area. A one-stop in-processing center is scheduled to open in October.

The first phase of Army Family Housing was completed in 2003 and the old bowling alley next door was converted into the kindergarten through sixth-grade Humphreys American Elementary School. The new Strike Zone

Bowling Center and Augusta West miniature golf course were opened during the past year.

Recent force protection enhancements include security upgrades at the CPX gate and perimeter fence improvements.

Many other projects are in progress, including the construction of twin six-story barracks and a consolidated dining facility at Zoekler Station at a cost of \$26 million. Each barracks tower will house 204 Soldiers and the dining facility will be able to serve 800.

Outdoor basketball and volleyball courts and a covered picnic area will also be included in the project, scheduled to open in early 2006.

Upgrades to existing barracks are currently underway in excess of \$21 million to provide quarters for senior-enlisted Soldiers currently living off post. New barracks construction at a cost of \$33 million is scheduled this fall at "MP Hill" in the Butler City area of Camp Humphreys.

Pizza Hut and Subway concessions are scheduled to open next month at the Zoekler Station Exchange.

The ongoing upgrade of electrical, water and communication systems, replacement of old underground fuel tanks with environmentally friendly above-ground systems will continue for at least another year, Mirabal said.

On the drawing board are Army Family housing phases two and three at a combined cost of about \$36 million, a \$7 million above-ground two-story parking garage, sports fields across from Beacon Hill, a water park near the main gate, the installation of artificial turf at existing sports fields, transformation of the Nitewatch Cafe into an "Alaska Mining Company" franchise, construction of additional single-Soldier quarters and a theme restaurant in the Freedom Field area, among other projects.

Many other projects have been initiated to beautify Camp Humphreys, including walls, sidewalks and improved bus stop shelters, said DPW officials.



Above: Work continues on a \$7 million, 230-car underground parking garage for the three-phase Army family housing area. Phase one opened last year.



Left: A construction worker totes insulating material at the site of the \$7.2 million, 20,450 square-foot commissary slated for a summer 2005 opening.



Scaffolds surround one of five barracks being renovated to house senior enlisted Soldiers.



A banner heralds the opening of Pizza Hut and Subway concessions at Zoekler Station.

NEWS & NOTES

Movie Theater Renovation

The Camp Humphreys Post Theater will close Thursday 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.

Holiday Greeting Videos

Area III Soldiers, civilians and family members can record a holiday video greeting from 9 a.m. -noon Oct. 5 at the Camp Long helipad or from 8 a.m. -5 p.m. Oct. 7 at the Camp Humphreys Community Activities Center. A team from the Army and Air Force Hometown News Center will record the greetings and distribute them to local television stations in the United States. For more information, call 753-8598.

Area III Receives CFC Money

Area III has received \$2,778.92 from the Combined Federal Campaign, Overseas Pacific for family and youth programs. The check was presented Sept. 10 by Renee Acosta, president of Global Impact, the corporation that administers the Combined Federal Campaign. The check was presented to Area III as a means of returning contributions from donors who had identified family support and youth programs on their CFC pledge card. The Combined Federal Campaign will be Oct. 4-Dec. 3. Area III will host a kick-off ceremony Oct. 8 with a ceremony and activities in front of the post exchange. For more information, call 753-8618.

Fire Prevention Week

The Area III Fire Department is hosting Fire Prevention Week activities Oct. 3-9. Activities begin 11 a.m. Oct. 4 with an opening ceremony at the Camp Humphreys Fire Department.

■ On Oct. 5-6, Fire Prevention Week handouts will be available 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.

■ Sparky's Annual Cookout will offer a free lunch on Oct. 7 at the fire station beginning at 10:30 a.m.

■ On Oct. 8, informational material will be handed out 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.

Protestant Women of the Chapel

Protestant Women of the Chapel invites all Area III women to attend Bible study and fellowship 9:30-11 a.m. every Wednesday at Freedom Chapel at Camp Humphreys. Childcare will be available.



Sgt. 1st Class Kim Fawley, left, and Pfc. Shandell McClain work in the 6th Cavalry Brigade war room. Fawley is assigned to Company D, 58th Aviation Regiment.



PHOTO BY STEVE DAVIS

Above: Sgt. Tiffany Richards maintains communications.

Left: Pfc. Sally Ashley stands at the entrance of the 6th Cavalry Brigade plans van.

Hi-tech Soldiers staff 6th Cav operations center

Area III Public Affairs Office

YONGIN — Even in the thick of battle during exercise Ulchi Focus Lens 2004, 6th Cavalry Brigade officers are quick to say that important decisions would be tougher without enlisted Soldiers who help run the attack helicopter brigade's tactical operations center, or TOC.

"The TOC used to be in five tents and we used paper maps and charts," said Sgt. Andre McAdoo, an air missile defense workstation operator who has helped the hi-tech TOC evolve. "Now it's in four expando vans joined together and we use a video wall and other hi-tech equipment."

"We've come a long way in a short time and are now fully in the digital era," said Staff Sgt. Tim Long, the TOC battle noncommissioned officer. "We are able to move to any location and set up in a short time to present real-time battle information and teleconferencing."

The 12-panel video wall in the war room is operated by enlisted Soldiers

working 12-hour shifts.

"We can display any information the battle staff needs," said Pfc. Shandell McClain, one of several video wall operators.

The information may include live feeds from unmanned aerial vehicles, artillery targeting information, three-dimensional airspace management information, situational map and overlays and other information crucial to battle decision making.

In addition to the war room, the TOC has secure plans, communications and briefing areas.

In the commo van, Sgt. Tiffany Richards, Sgt. Robert Hernandez and others provide telephone, radio and video teleconference capability to the entire TOC complex.

"We can have communications up and running within no time," said Hernandez.

In a large work area between the interconnected vans, six Soldiers from the 193rd Army Space Support

Battalion's Team 11 were providing satellite imagery and other space-based information.

The TOC also has a tactical airspace integration system operated by Sgt. Lorena Ruiz and others to keep track of air traffic for the attack helicopter brigade.

"We all work with programs that produce routes and graphics for the exercise," said Pfc. Sally Ashley in the plans van.

Ashley has participated in five field training exercises with the brigade in her six months in Korea.

While officers huddle over information, plan mission objectives or respond to simulated battle situations, Ashley and other enlisted Soldiers keep the information flow going.

"The plans van is always crowded, but I manage to make little miracles happen from my spot in the corner," she said.

"It's a great experience," she said. "I feel like I'm a part of the exercise instead of sitting on the sideline."

Area III boxing smoker draws capacity crowd

Area III Public Affairs Office

CAMP HUMPHREYS — A capacity crowd watched 40 boxers duke it out Saturday at the post gym.

"At 20 bouts, this is the largest boxing smoker we have had here," said Area III Sports Director Jim Howell.

Results of the boxing smoker, which included a women's exhibition bout, are:

Bout 1: Jonathan Mejil over Earl Glasco; referee stops contest.

Bout 2: Javie Medina over Brent Arancio; referee stops contest.

Bout 3: Miguel Vega over Larry Fortner; unanimous decision.

Bout 4: Ciro Garcia over John Charles; referee stops contest.

Bout 5: Randy Collins over Rellie Lorenzo; referee stops contest.

Bout 6: Rosalio Gomez over Jon Russell; unanimous decision.

Bout 7: Mario Carranza over John Pickard; referee stops contest.

Bout 8: Josh Kidwell over Michael Scadden; referee stops contest.

Bout 9: Quadi Hudgins over Marlon Anthony; split decision.



PHOTO BY STEVE DAVIS

Rory Fitzgerald (right) connects with a jab to the jaw of opponent Gabriel Rodriguez. Fitzgerald won the bout in a split decision. Both Soldiers are from the 304th Signal Battalion.

Bout 10: Eric Raymon over Richard Hernandez; referee stops contest.

Bout 11: Princess Finn and Malaia Vaiau; both women declared winners and receive first place trophies in this exhibition bout.

Bout 12: Dexter Phillips and Lawrence Blackwell; both declared winners in this out-of-weight category exhibition bout.

Bout 13: Matt Miller over Joshua Davis; referee stops contest.

Bout 14: Jeremy White over Jason Lewis; referee stops contest.

Bout 15: Alejandro Delbrey over Timothy Nash; unanimous decision.

Bout 16: Ricky Clay over Christopher Henry; referee stops contest.

Bout 17: Rory Fitzgerald over Gabriel Rodriguez; split decision.

Bout 18: Gavin McBean over Alvin Baker; split decision.

Bout 19: Matthew Loeb over Brandon Wainwright; referee stops contest.

Bout 20: Theodore Nelson over Kingrobert Brooks; unanimous decision.

Community fair draws health-conscious crowd

Area III Public Affairs Office

CAMP HUMPHREYS — Health-conscious community members braved wet weather Saturday to attend a health fair held at the Camp Humphreys Community Activities Center.

“The health fair was held to give Soldiers, civilians and family members an idea of programs and services the community has to offer to further personal health and welfare,” said Health Promotion Coordinator Marci Torres.

Representatives staffed more than 12 booths, including blood pressure, nutrition and carbon monoxide screening stations, Army Community Services the American Red Cross, the fire department and installation safety offices, the post chapel, the Osan Veterinary Clinic and the United Club, a community service organization at Camp Humphreys.

The Community Counseling Center and volunteers from the Osan Drug Abuse Resistance Education program passed out literature and an “Aerobathon” was held in the post gym.

People left each booth with a

message and probably some handouts.

“I came to get some health information for Sugar Daddy, my dog,” said Rosalinda Mazon, who had Sugar Daddy, a two-month-old pup, comfortably stuffed in a handbag.

Spc. Terrance Ellis, a chaplain’s assistant at Freedom Chapel, had a couple of messages.

“The chapel program is here for everyone,” he said, adding that the chapel hosts a free brunch every first Sunday of the month at the Nitewatch Cafe.

Medics manning the nutrition and health promotion booths said they wanted everyone to understand benefits of regular exercise and to avoid tobacco products.

While Spc. Andrew Colburn and Spc. Shannon Fredricks talked to visitors at the blood pressure screening booths, Area III Fire Chief Anthony Marra and Chief Fire Inspector Barry Becton talked about fire prevention.

One of their tips:

“Don’t hang clothes on barracks sprinkler heads,” said Becton. “If you break the sensor, it will trigger the system and flood your room.”



PHOTOS BY STEVE DAVIS

Nutrition booth volunteers Spc. Andrew Colburn, Staff Sgt. Rod Bost and Pvt. Choi Seung-jae talk with Health Promotion Coordinator Marci Torres, holding models of five pounds of fat and muscle.



Rosalinda Mazon and dog Sugar Daddy visit the Camp Humphreys Health Fair.



Soldiers, civilians and family members take part in the aerobathon held at the post gym.



Area III Safety Officer Jim Bellware passes out safety information during the health fair.

Soldiers remember Edmunds as 'one-of-a kind' leader

By Sgt. Jimmy Norris

19th Theater Support Command Public Affairs Office

CAMPWALKER — Following a two-year stint as commanding general of the 19th Theater Support Command, Maj. Gen. Jeanette K. Edmunds left the "land of the morning calm" for the Pentagon where she'll serve as the Army's assistant G-4.

During her tenure as the head of Team 19, Edmunds steered the unit through many changes. It was during this time that the 19th Theater Support Command handed its installation management responsibilities over to the Installation Management Agency-Korea Region, initiated Good Neighbor Program events and sponsored several incentive programs throughout the peninsula.

Despite these and numerous other changes and improvements in the way the 19th does business, Edmunds swears she didn't accomplish a thing.

"I don't accomplish anything. The organization accomplishes everything, and the people in the organization have accomplished a lot," she said. "They've accomplished the reduction of command and control and eliminated an area support group. They've accomplished multiple Connelly Awards. We've written new operational plans ... I could name a litany of different things in the well-being arena. The organization has accomplished a lot, but I do not take personal credit for any of that."

Edmunds explained that her participative style of leadership allowed for more lasting results in policy and practice.

"You can have a dictatorship, and whatever you change will only be changed for as long as you're there, because it's important to people to have a choice," she



PHOTO BY SGT. JIMMY NORRIS

Incoming 19th Theater Support Command commanding general, Brig. Gen. Timothy P. McHale (left rear), deputy 19th Theater Support Command commanding general, Brig. Gen. Charles Barr (left front), 8th U.S. Army Commanding General, Lt. Gen. Charles C. Campbell (center) and outgoing 19th Theater Support Command commanding general, Maj. Gen. Jeanette K. Edmunds, inspect the Soldiers in formation from the back of a High-Mobility Multipurpose Wheeled Vehicle during the 19th Theater Support Command change of command ceremony Sept. 17 at Camp Walker's Kelly Field.

said. "If on the other hand, you have a participative type of environment, we bring together every one, all the senior leaders. We collectively agree on where we're headed. We collectively agree on what the problems are to begin with, and we collectively agree on what we need to do. Once we agree on what our vision is, on what our goals are, I merely hold them accountable."

But Edmunds' leadership has left the Soldiers in the 19th with more than just lasting results. It's left them with lasting impressions.

"I have never met a general officer like this in my 26 years in the Army," said Command Sgt. Maj. Larry Taylor, 19th Theater Support Command command sergeant major. "I have never met an officer

who's as caring as she is and holds to the standards and believes in the Army values as much as she does. She stands by them, and anybody that knows her would not tell you different."

It's not just members of the military community who've learned to think highly of Edmunds. Through community outreach initiatives such as the Friendship Circle Program, in which American and Korean community members joined together to sponsor groups of students in cultural activities, and Operation Apple Pie, in which American community members showed their appreciation to the Korean National Police with a gift of more than 100 apple pies, Edmunds has garnered a favorable

reputation for herself among the Korean people. She was even featured on the cover of "Woman Life" magazine, a Korean magazine focused on women's issues.

"With her superior leadership and thoughtful consideration she has taken the lead to strengthen friendship between U.S. Soldiers and the local community," said Daegu Mayor Cho Hae-nyoung. "She has contributed much to the local community."

"The Korean people love her," Taylor said.

According to Edmunds, the feeling is mutual.

"The Korean people are very hospitable. They're kind. They're generous and hard working. They're definitely interested in their future and the future of the alliance and continuing to maintain strong relations," she said.

Despite her admiration for the Korean people and her dedication to the 19th Theater Support Command, Edmunds said she's looking forward to her assignment at the Pentagon where she'll get to play a part in shaping the Army transformation.

"The Army's transforming. I've been on the receiving end of that transformation. Now I'm going to go on to the developing end," she said. "I'm looking forward to it. There's a lot going on in the Army. Between the transformation, the Global War on Terrorism, our equipping issues and our personnel issues I think there's a lot of work to be done. If there's a lot of work to be done I might as well be in the middle of it."

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Scouting for Scouts

Col. Mark Ferretish, Marine Corps liaison officer for the 19th Theater Support Command Support Plans Office, teaches scouts how to tie a variety of knots during the "Scouting for Scouts" recruiting and school-year kick-off event Saturday at Taegu American School. More than 50 Cub, Boy and Girl Scouts attended the event in which they learned about fire safety, created crafts and participated in a variety of other activities.



PHOTO BY GALEN PUTNAM

NEWS & NOTES

Holiday Greetings Videos

An Army and Air Force News Service video team will be visiting Korea to tape holiday greetings from servicemembers, Department of the Army civilians, contractors and their families. The videos will be sent to hometown television stations to air over the holidays. Servicemembers need not be in uniform, but must wear the top half of their uniforms. Area IV tapings are scheduled 8 a.m. – 5 p.m. Oct. 2 at the Camp Walker Main Exchange; 8 – 11:30 a.m. Oct. 4 at the Camp Henry Shopette; and 2 – 5:30 p.m. Oct. 4 at Camp Hialeah Army Community Service. For more information, call the Area IV Public Affairs Office at 768-7604.

Office Closure

The U.S. Army Contracting Command Korea – Taegu Branch will move to a temporary location while undergoing renovations. The temporary office will be a container building (with no assigned building number) behind the Camp Henry Lodge, Building S-1712. The U.S. Army Contracting Command Korea – Taegu Branch will be closed Oct. 4-6 during the move. Regular business hours will resume at the temporary location Oct. 7. For more information, call Maj. Melody Charles at 768-7430.

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.

Commissary Closures

All Area IV commissaries will be closed Monday and Tuesday for the Chuseok holiday. Plan ahead and shop early for holiday needs. All commissaries will reopen Wednesday with normal operating hours. For more information, call Celine Ruiz at 764-5311.

Chuseok Hours of Operation

Many Area IV AAFES stores will have holiday operating hours during the Chuseok holidays. Check with stores in local areas for specific hours of operation. For more information, call Kim Chu-sung at 768-7384.

Developmental Screening

The Camp Hialeah Army Community Service is offering a developmental screening for children up to 36 months old 2 – 5 p.m. Thursday at the Camp Hialeah Army Community Service. The developmental specialists will screen and monitor the children's growth at their age levels and provide information, advice and resources to help parents. For more information, call Chong Ho-tae at 763-7416.

Catholic Women of the Chapel

The Area IV Catholic Women of the Chapel will have its first meeting 6 p.m. Oct. 5 at the Camp Walker Chapel. Subsequent meetings will be held 6 p.m. every other Tuesday. For more information, call Marie Raglind at 621-9124 or at meraglind@aol.com.

POW/MIA Remembrance



PHOTO BY GALEN PUTNAM

Members of the Veterans of Foreign Wars Hill 303 Memorial Post 10033 render honors to their captive and missing comrades during the POW/MIA Recognition Day ceremony Sept. 17 at the Images Teen Center on Camp Walker. About 25 guests attended the ceremony featuring guest speaker Wilfred J. Plumley, Camp Carroll installation manager. More than 88,000 American servicemembers are still missing from World War II through today.

Camp Carroll focuses on community relations

By Kevin Jackson

Area IV Public Affairs Office

CAMP CARROLL — He's only been on the job one month, but to steal a line from television host and master chef Emeril Lagasse, the Area IV Support Activity's new commander wants American and Korean leaders in the Camp Carroll area to embrace the U.S. Forces Korea Good Neighbor Program and "kick it up a notch."

Col. Donald J. Hendrix, who assumed command in early August, chaired his first Commander's Advisory Council meeting at Camp Carroll Sept. 13. The council consists of 25 Korean and U.S. Army leaders who advise the him on matters that influence the Republic of Korea-United States alliance.

"I am thrilled to see all the people around the table," Hendrix said in his opening remarks. "This is a grand opportunity and that is in essence what the Good Neighbor Program is all about."

Camp Carroll Installation Manager Wilfred Plumley opened the meeting, the fourth since the council formed on July 21, 2003, by providing the members with an overview of the USFK Good Neighbor Program. It was the first council meeting since Lt. Col. William King, 23rd Chemical Battalion; Lt. Col. William Ackerman, 16th Medical Logistics Battalion; and Lt. Col. Jobie Roach, Combat Equipment Battalion-Northeast Asia, took command of their respective units at Camp Carroll.

While King is relatively new to Camp Carroll, the 23rd Chemical Battalion has already developed a reputation not only in Waegwan, but also throughout the

peninsula for its neighborly endeavors. Its Soldiers have been teaching English to Seokjeon Middle School Students for nearly a year and a half and the program has received national news coverage. In addition, the unit has conducted beautification projects along the Nakdong River the past two years. Plumley hopes it can be undertaken as an installation-wide project in the future.

"It shows the Korean community our concern for our host nation and our intention to be good neighbors," he said. "It also demonstrates how important we think the environment is whether its in the (United States) or Korea."

Plumley used the forum to unveil plans to import to Camp Carroll an English Camp he organized for the 20th Area Support Group in Daegu last January. Tentative plans call for it to be available to three students and one teacher from each of Chilgok County's seven middle schools and five high schools between Jan. 10-14, 2005.

Plumley also mentioned plans to host an open house for students at Camp Carroll next spring to show U.S. and Republic of Korea military equipment.

Waegwan Lion's Club President Cho Jin-hyon thanked Camp Carroll for the Better Opportunities for Single Soldiers members who participated in activities in the community the past year. Last November the Soldiers served a traditional American Thanksgiving meal for elderly residents at Saint Bundo House in Waegwan. Earlier this year, the Soldiers assisted elderly Waegwan residents who are too frail to attend medical appointments in the community. Jo praised their efforts, but he wasn't the only council member extolling the

praises of Camp Carroll Soldiers.

"This Commander's Advisory Council contributes greatly to Chilgok County in various areas. I would also like to ask you what Chilgok County can do for you," said Chilgok County Governor Pae Sang-do through Pak Chong-ku, Area IV Support Activity Camp Carroll community relations officer, who served as a translator throughout the meeting.

For starters, Hendrix hopes Korean council members will involve Soldiers in activities around the community. He said that once the Head Start Program is imported to Camp Carroll, he hopes council members will assist with developing a tour of the local area for new Soldiers. The Head Start program, which was incorporated into the monthly newcomer's orientation and Korean community tour in Daegu in May, is a three-day program that includes Korean language, history, and culture.

Gyeongbuk College of Science President Choe Gae-ho is prepared to assist and offered to ease Soldiers' transition to Korean culture by providing a tour of the Waegwan campus. Choe also suggested goodwill sports events between his students and the Soldiers.

"I heard some great ideas – events with significant enthusiasm," Hendrix said in his closing comments. "I applaud it and I'm very happy to see it. I will export some of these ideas and use them throughout Area IV so the people in Busan and Daegu will also benefit from this meeting today."

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Job fair helps Soldiers go from green suits to pinstripes

By Pfc. Oh Dong-keun

Area IV Public Affairs Office

CAMP HENRY – More than 100 job seekers in Area IV attended the Army Career and Alumni Program Job Fair Sept. 17 at Henry's Place on Camp Henry, the second job fair held in Area IV, according to Carl W. Reed, Army Career and Alumni Program manager at Yongsan Garrison.

"We try to have (a job fair) at least twice a year for each area," Reed said. "What we do here is that we bring in employers, both local and the states, to offer jobs around the world for the Soldiers who are about to get back into the civilian life."

The job fair was sponsored by Military Overseas Recruiting Events, Inc., the company that sponsors job fairs each year for U.S. military around the world including Korea, Germany and on several stateside bases. The company has 67 public and private clients listed including corporations such as Federal Express, Lockheed Martin, Sprint and Verizon Communications.

"I used to be the program manager for the Office of Secretary of Defense from 1992 to 99 where I put together Department of Defense job fairs," said Larry Harris, one of the co-founders of Military Overseas Recruiting Events, Inc., "When they were terminated, I decided to create the company that works hand-and-gloves with the Army Career and Alumni Program in putting together military job fairs in Europe, stateside and Far East."

A total of 15 organizations were represented at the job fair, including U.S. Department of State, U.S. Department of Defense Troops to Teachers Program and Accor North America, which manages more than



PHOTO BY PFC. OH DONG-KEUN

Sgt. Alexander R. Mistretta, Company A, 307th Signal Battalion from Camp Carroll, speaks with Norman Soucy, a representative from Northrop Grumman Information Technology, regarding potential job opportunities with the company.

1,200 hotels in U.S., Canada and Mexico.

"I try to find companies that are user-friendly and like to hire military (personnel)," Harris said. "I try to tailor the companies and keep the numbers small so we have something for everybody that walks in the door."

Soldiers liked having a chance to get some information on what they could be doing to make a living after they leave the service. They also like being able to meet potential employers, particularly since they are overseas.

"I am leaving Army next February," said Spc. Jeffery R. Dunnagan, Company C, 307th Signal Battalion on Camp Carroll. "At the job fair today, I learned what kind of jobs I can have with the skills that I have from my MOS. They had a good variety of companies represented."

"It was a good opportunity to find out about what kinds of jobs are available for me once I get out, because I plan to retire soon," said Master Sgt. Jose Torres, Headquarters and Headquarters Company, 19th Theater Support Command. "I got a lot of information today. It was an excellent event."

According to Harris, the job market for the ex-military personnel is improving, and being ex-military has advantages over others when competing for a job.

"The economy is in an upswing, and companies are hiring," Harris said. "They are slow to hire, but they are hiring. They like to hire military personnel because of their work ethic. (Military personnel) show up on time, they do a good job, and they get promoted fast."

The Army Career and Alumni Program is planning to offer more job fairs for Soldiers in Area IV, according to Reed.

"The reception for our vendors in Area IV has been very well," Reed said. "The Army Community Service, the Army Career and Alumni Program and other related organizations have worked well together to put (the job fairs) together. We've been having excellent turnouts and excellent support in Area IV so far, and as long as we have good participation, we hope to continue with it."

The Area IV Army Career and Alumni Program Office is located in Building 1307 on Camp Henry, across from the Area IV Support Activity and 20th Support Group headquarters. The office provides transition assistance and job assistance services for officers, warrant officers, enlisted Soldiers, Department of Defense civilians and their family members.

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CFC to kick off in October

Korea Region Public Affairs Office

YONGSAN — “The charities of the Combined Federal Campaign give gifts education, nutrition and other life-giving support to those who need it.”

Those are the words of Deputy Defense Secretary Paul Wolfowitz at the Pentagon in 2001.

Those in the Republic of Korea who wish to donate to the CFC this year will have their chance starting Oct. 4.

The annual fund-raising drive’s theme for this year is “Service to Others.”

During the campaign season, donors can designate contributions to a variety of deserving American and U.S.-based international charities through the CFC-O.

“Last year, U.S. military members and federal employees pulled together and generously raised over \$14.1 million overseas,” said Renee Acosta, president of the campaign management organization for the CFC-O. “This year we know the tradition of giving will continue.”

More than \$249 million was donated in last year’s campaign. Of those donations, more than 1.25 million pledges were made from U.S. Forces Korea, according to CFC-O officials.

An Executive Order signed by President John F. Kennedy made the CFC a reality and turned an innovative idea into a uniquely effective way for federal employees to help those in need close by and throughout the world.

For more information about the Korea region CFC, visit the CFC-O Web site, www.cfcoverseas.org.

Change

from Page 1

chief of staff for Logistics for U.S. Forces Korea.

During his remarks following the traditional passing of the colors, McHale expressed excitement about his new position leading Team 19, while at the same time praising the success of his predecessor.

“I’m taking over an absolutely outstanding outfit; a high-performing organization that has been brilliantly led by one of the Army’s finest leaders and logisticians,” he said.

McHale holds a bachelor’s degree in philosophy from St. John’s University in Minnesota, a Master of Science degree in management from Salve Regina University and a Master of Arts degree in national security and

strategic studies from the U.S. Naval War College.

His military education includes transportation officer basic and advanced courses, the U.S. Naval Command and Staff College and the Senior Service College fellowship program.

During his 27 years in the Army, McHale has earned many awards and decorations including the Defense Superior Service Medal, the Legion of Merit with Oak Leaf Cluster, the Meritorious Service Medal with four Oak Leaf Clusters, the Ranger tab, the Senior Army Aviation Badge, and the Divers First Class Badge.

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Toy Time



PHOTO BY GALEN PUTNAM

Caleb Heighway, 2, accepts a balloon sword from a performer as his mother, Bridget, with sister Trinity, 2 months, looks on at the Toy Land Grand Opening Sept. 17 on Camp Walker. The event, which attracted more than 100 shoppers, featured performers, special discounts and a live radio remote broadcast by AFN-Daegu. The opening day posted a 57 percent increase in sales over last year. The early opening gives patrons plenty of time to do their holiday shopping, according Chester R. Hires, Area IV exchange business manager. Hires also pointed out that items placed on layaway will be stored for customers until the holidays arrive.

환절기 대비 운동 요령

이병 정준하

여름에서 가을로 가는 길목에는 유난히 감기환자가 많다. 왜 많을까? 이는 체력소모가 많은 여름철에 열을 억제하는 체질로 변해 있던 신체가 원상태로 돌아가야 하지만 환절기 급작스런 심한 일교차로 쉽게 적응하지 못하기 때문이다. 이럴 때 쓸 만한 건강 증진법이 바로 운동이다. 환절기 운동을 보약이라 하는 것은 바로 이런 이유에서 비롯됐다. 날씨가 선선해져 운동에 대한 욕구가 자연스럽게 일어나는 이즈음 올바른 운동 요령을 살펴본다.

운동 첫날은 가볍게

첫 운동 후, 48시간 회복기 필요 처음 운동을 시작한다거나 여름내 운동을 접었던 사람들은 운동강도나 종목선택에 세심한 주의가 필요하다. 그동안 운동량이 부족해 강직되거나 이완된 근육이 급작스런 고강도 운동으로 인해 파열될 수 있기 때문이다. 따라서 한동안 쉬었다가 운동을 시작한다면 한 번 운동을 한 후 48시간을 쉬어 회복기를 갖도록 한다. 이후 한달 간은 수영이나 자전거 타기 등 관절과 근육에 무리가 덜 가는 운동을 하루걸러 간격으로 시행한다. 평소 스트레칭을 자주 하는 것도 좋다. 운동에 적응력을 길러야만 미세 충격에 의한 손상을 최소화할 수 있다.

운동을 처음 시작하는 사람은 하루 20분 정도만 하고 한 달 동안 40분~1시간으로 조금씩 늘린다. 운동은 약간 숨이 찰 정도로만 하고 1주일에 3회 이상 운동해야 효과가 있다.

무리한 고강도 운동은 피로만 가중 운동 강도는 운동을 하면서 가볍게 말할 수 있는 정도가 좋다. 운동을 하다 실패하는 원인 중 하나는 갑작스런 고강도 운동으로 오히려 피로가 가중되기 때문이다. 즉 운동에 적응되지 못한 신체가 갑자기 한 시간씩이나 운동을 하게 되면 근육 내 젖산 등의 물질이 쌓여 쉽게 피로하게 된다.

처음에는 5분이라도 좋은 만큼 무리하지 않게 시작하여 서너 달을 내다 보고 운동 시간을 서서히 늘이도록 한다. 하루 운동시간은 25분에서 45분이 적당한데 워밍업 5분, 본격운동 20분, 마무리 스트레칭 5분 정도로 시행하면 좋다. 한번 운동시 300kcal를 소비할 정도면 적당하다. 구체적으로는 운동의 강도가 최대맥박수(최대 맥박수=220-자신의 나이)의 65% 이하면 하루에 한번, 65% 이상이면 이틀에 한번 하는 것이 좋다.

연령별 운동법 운동은 근력이나 지구력, 기초대사량 등을 고려해 나이에 맞게 하는 것이 좋다. 20대는 기구를 이용한 운동이나 윗몸 일으키기, 팔굽혀펴기 등 자신의 신체를 이용한 중량운동으로 근력을 키운다. 하루 20~60분 1주일에 3~4회 꾸준히 한다. 30대는 바쁜 사회생활로 인해 체력관리가 소홀하기 쉬운 만큼 고강도 운동에 속하는 조깅이나 축구보다 하루 20분 정도 산책하는 것으로 운동을 시작하는 게 바람직하다. 특히 30대 여성은 골다공증에 대비, 조

깅, 윗몸 일으키기 등 근력운동을 하면 좋다.

40대는 비만해지기 쉬운 때이므로 체중감량에 초점을 맞춘 운동이 필요하다. 상대적으로 저강도 운동에 속하면서도 칼로리 소비량이 많은 골프, 수영, 계단 오르기 조깅 등이 권장운동이다. 여성의 경우 골다공증의 위험이 있으므로 줄넘기, 농구 등 양발이 지면에서 떨어지는 운동은 피하는 것이 좋다. 골절의 위험이 있기 때문이다.

지병 환자를 위한 환절기 운동 요령

고혈압 혈압이 170/110 mmHg 미만이고 합병증이 없다면 아무 운동이나 가능하다. 하지만 혈압이 정상치 이상이라면 갑작스럽게 힘을 쓰는 운동을 가급적 피해야 한다. 역기 들기, 투포환, 씨름, 레슬링, 노젓기 등은 혈압을 급속히 상승시킬 수 있다. 운동 전후에는 준비 운동과 정리 운동을 하여 혈액 순환이 적절히 되도록 해야 한다. 운동 후 사우나 할 때 냉탕과 온탕을 넘나드는 것도 고혈압 환자에게는 위험하므로 삼가는 것이 좋다. 비교적 쌀쌀한 이른 아침이나 늦은 저녁 운동은 혈관수축과 혈압상승 우려가 있는 만큼 피하도록 한다. 만약 이 때에 운동을 한다면 땀이 식은 상태에서 오래있지 않도록 주의해야 한다. 걷기, 속보, 물속 운동, 사이클 등 가능한 한 부담이 안가는 운동을 선택하는 것이 좋다.

요통이 있는 환자들은 걷는 운동이 좋다. 특히 가을 맞이 레포츠로 각광받는 등산은 허리근육 강화와 척추뼈의 교정효과를 가져오는 최고의 운동이다. 만성요통환자나 척추관련 수술을 한 경험이 있는 사람은 자신의 체력이 허용하는 한 마음껏 등산을 즐기도록 한다. 자전거 타기도 허리근육 강화에 좋은 운동이다. 1시간 탄 후 10분 정도 쉬는 시간을 가진다. 각 운동을 시작하기 전 스트레칭 등의 맨손체조를 하면 운동효과가 더 뛰어나다.

관절염 환자들은 운동을 시작하기 전 주의가 필요하다. 약화된 관절주위 근육은 관절 자체에 가해지는 외부충격을 잘 흡수하지 못하며 몸무게로 인한 압박 역시 제 대로 견디지 못해 관절 통증을 더 심하게 한다. 따라서 날이 선선해지는 이 시기부터 관절근육 강화 운동을 단계별로 시작할 필요가 있다. 그런데 기온차가 심한 환절기에는 근육의 강직과 이완이 잘 조절되지 않아 통증이 심해질 수 있으므로 운동 선택에도 주의를 요한다. 간단하게 할 수 있는 무릎 관절 부위 근육 강화 운동으로는 500~100g에 해당하는 무게의 물건을 발목에 묶고 누운 상태에서 들어올리는 것이다. 누운 상태에서 30도 각도로 다리를 올렸다 내리는 운동을 하루에 약 100회씩 이행하면 좋다. 잔디가 깔린 길을 하루 30분 이상 편안하게 걷는 것도 관절 근육 강화에 도움이 된다.

This article is about "Health Care."

Learn Korean Easily



Language Instructor
Minsook Kwon



"Juel-guh-oon
choo-suhk-eem-nee-dah."
"It's a happy Chuseok."

ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㆁ	ㅌ	ㅍ	ㅎ
gu	nu	du	ru, lu	mu	bu	shu, su	ng	ju	chu	kuh	tuh	puh	huh	
Single Consonants														
ㄲ	ㄸ	ㅃ	ㅆ	ㅉ	ㅊ	ㅌ	ㅍ	ㅍ	ㅍ	ㅍ	ㅍ	ㅍ	ㅍ	ㅍ
ggu		ddu		bbu		su								jju
Double Consonants														
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ					
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee					
Single Vowels														
ㅘ	ㅙ	ㅚ	ㅜ	ㅠ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ					
ae		yeh		weh	wah	weo	wee	ui						
Double Vowels														

Word of the week

고향

ㄱ; g, ㅛ; oh /
ㅎ; h, ㅑ; yah, ㅇ; ng

'goh-hyahng'

hometown

The phrase of the week

"Are you going to your hometown for Chuseok?"

추석에 고향 가세요?

Choo-suhk-ae goh-hyahng gah-sae-yo?

Chuseok -for (your) hometown are you going to

Conversation of the week

추석 휴일이 길어요. It's a long Chuseok holidays.
Choo-suhk hyou-eel-ee geel-uh-yo.

정말 좋습니다. That's wonderful!
Juhng-mahl joh-suem-nee-dah.

추석에 뭐 하십니까? What do you do for Chuseok?
Choo-suhk-ae mwuh hah-seem-nee-ggah?

차례 지냅니다. We do an ancestor memorial service.
Chah-ryae jee-naem-nee-dah.

추석 놀이로 뭐 하십니까? What games do you enjoy for Chuseok?
Choo-suhk nohl-ee-roh mwuh hah-seem-nee-ggah?

(윷놀이) 합니다. We enjoy (four-sticks game).
(Yout-nohl-ee) hahm-nee-dah.

(제기차기) (jae-gee-chah-gee) (shuttlecock games)

(널뛰기) (nuhl-ddwee-gee) (seesaw)

Share this column with a Korean co-worker.