



The voice of the

HWARANG



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For the warriors of Summer Breeze

August 12, 2004

Soldiers use PT as downtime Activity

Story and photos by
Pfc. Michael Noggle

While on deployments to Camp Walker, many Soldiers encounter the issue of not being allowed off post due to training policies.

However, many Soldiers know the situation is only temporary and use their free time to conduct additional physical fitness activities.

“Basically my downtime consist of going to the gym,” said Spc. Leevan C. Collins, billeting driver. “I like to go to the gym already, but seeing we can’t go off post, it’s easier for me to get to the gym during UFL.”

“When I finish work early, I would go and workout,” said Pvt.



Soldiers run on the streets of Camp Walker. An average Soldier runs at least three times a week.



A Soldier takes part in physical training during Summer Breeze. Muscle strength and conditioning is one of the many exercises the Army does.

Chun, Yung-pil, engineer. “It is important to workout and keep our physical stature.”

With other activities also occurring on post, going to Kelly Gym has been a popular spot among Soldiers.

According to Staff Sgt. Shawn L. Floyd, platoon guide and PT instructor for 8th U.S. Army, many Soldiers are working out at the gym or outside in the evenings and on the weekends during the exercise.

“I would say there is more physical fitness activity going on while being down here in Camp Walker than in Yongsan,” said Floyd. “They need a break from the monotony and go to the gym.”

Whether it’s lifting weights,

running on the treadmill or simply taking a walk, Soldiers are getting a workout and are even getting others involved.

“A lot of it is done by initiative from the Soldiers,” said Sgt. Roy M. Rodriguez, the morale, welfare and recreation NCOIC. “Some of the Soldiers pull other Soldiers into the gym and they’ll go together.”

Along with performing their jobs during this training exercise, these Soldiers realize that staying in shape is part of being in the Army.

“We are a representation of the U.S. Army,” said Pfc. Lorena B. Zuniga, 8th Army HHC S-1. “We have to be physically fit and ready for combat at any time.”



Voice of Warriors: What as an individual do you do to prepare for an exercise?



Sgt. 1st Class Matthew Gross
Exercise NCO
8th U.S. Army G-3

"I supported evaluators making sure they are ready to evaluate the exercise. So when it kicks off, it is ensured that the plan in place comes together."



Staff Sgt. Hector Majano
S-1 NCOIC
8th U.S. Army S-1

"I prepared for all last minute changes that are issued in this type of exercise and prepare for redeployment if that is the case."



Spc. Heather Kinzey
Information Systems Analyst
8th U.S. Army G-2

"I maintain computers and information systems for G-2 Operations. I helped them communicate on both the unclassified and classified systems."



Pvt. Jung, Duk-ki
Management Specialist
8th U.S. Army G-4

"As it is my first exercise I didn't have much knowledge on it. So, I tried to prepare well based on what I was briefed and the given material."



Voice of the Hwarang Staff (AUG 2004)

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ISS Branch leads the way for better Communication

Story and photos by Pvt. Kim, Do-ho

It might be said that war of the past were fought with guns and bullets. But in present times, military information is playing an even larger part than weapon itself. This is especially true for Summer Breeze and UFL where Soldiers deal with key strategies. In between all this, Information Service Supporters (ISS) branch, part of G-6, plays an essential role in keeping the information flowing.

To support the other sections, the Soldiers of ISS branch deployed three or four days prior to the exercise from Yongsan Garrison. During this time, they set up network line within Command Post Oscar for Summer Breeze and Ulchi Focus Lens 2004.

“We are here to prepare the automation equipment for operation throughout CP Oscar,” said Sgt. Maj. Willie Williams, G-6, 8th U.S. Army. “We make sure that proper software is installed, appropriate equipment is properly connected, make any updates that can be performed on the system, and ensure phone lines are operational prior to the



Sgt. Kenya George, senior information systems technician, 8th U.S. Army G-6, checks the program after finding password error.



Spc. Rebecca Bombe, information systems technician, G-4, ISS branch, counsels an exercise participant.

exercise.”

Once the exercise begins, these Soldiers support all other missions throughout CP Oscar and provide monitorial systems of this process. Performing upgrades, preparing computers, and replacing network systems are also the main duties they conduct in CP Oscar as well as back in Yongsan.

Since all personnel working in the ISS branch are well-trained technicians, it is challenging to have new Soldiers trained and ready for duty with the same ability of other personnel in the office. Only by overcoming this challenge, can these Soldiers completely perform their mission; and consisting of only few Soldiers, they accomplish their mission flawlessly.

“We are not really in combat. But we do basic Pre-Combat Inspections for this exercise to make sure that all the equipments here work well,” said Sgt. Christopher Conn, senior information systems technician, G-6. “We make sure that all the systems are in good condition.”

So the next time you use the internet or use the computer network, keep in mind the ISS branch Soldiers make the connection possible for you and the exercise.



OPSEC, every Soldiers duty in war and peace

**Story by
Pfc. Yum, Tae-sung**

Operations security is essential in the Army as failures to safeguard information from possible adversaries can lead to the disclosure of its strengths and weaknesses, thus making it difficult for the U.S. to maintain its advantage. All Soldiers, regardless of rank, title, or position, are responsible for protecting this security.

Staff Sgt. Jennifer Hartley, security manager, G3, 8th U.S. Army, said knowing what Soldiers should and should not do is crucial in safeguarding information in the Army.

“All Soldiers should do their responsibility to properly safeguard and protect the information they have access to, in particular, classified information,” she said. “If someone is found guilty of compromising classified information they can lose their security clearance, be dishonorably discharged from the military, pay a fine and possibly go to jail.”

“Security in the Army means safeguarding information from unauthorized disclosure. This is done by making sure only people with the proper security clearance have access to the information,” she said.

There are three levels of classified information, top secret, secret and confidential. Top secret refers to information in which the unauthorized disclosure could reasonably be expected to cause exceptionally grave damage to the national security. Secret refers to information in which the unauthorized disclosure could reasonably be expected to cause serious damage to the national security. And confidential is the information in which the unauthorized disclosure could reasonably be expected to cause damage to the national security.

Sgt. 1st Class Jeffrey Bopp, an 8th U.S. Army Operations Security officer said that it is important for commanders to identify the essential elements of friendly information, which will give Soldiers further guidance about information they are required to safeguard.

Hartley also said that it is important for Soldiers not to discuss work related topics, such as unit deployments or the number of people deploying. “When you are going out with your friends in public areas, it may not seem like significant information, but that information combined with other information, could tip an adversary off to your units intentions,” said Hartley.

She also mentioned that we

should watch what we discuss over cell phones and any unsecured telephone lines, as well as the e-mails back home, for these are excellent sources for adversaries to gain information.

“If you come across classified information that is not secure, inform your supervisor or security manager immediately,” said Hartley. “Report any suspicious activity and put your Command Post Oscar badges away once outside of the Command Post Oscar compound.”

OPSEC VIOLATION !
YOU NEVER KNOW WHO IS LISTENING !

You just became another victim of the Eighth Army OPSEC Awareness Program. The information you release may be the last piece of the puzzle the adversary needs to get the full picture.

INSTRUCTIONS ON BACK OF THIS CARD

**Weather for Daegu,
South Korea**

AUGUST 12

	Hi	Low
	89 F	77 F
	32 C	25 C

AUGUST 13

	Hi	Low
	93 F	77 F
	34 C	25 C