

# Pulse



JULY/AUGUST 2017

**CARIUS DENTAL  
CLINIC OPENS**

**ROBOTS COME  
TO BAACH**

**PET PCS INFO**

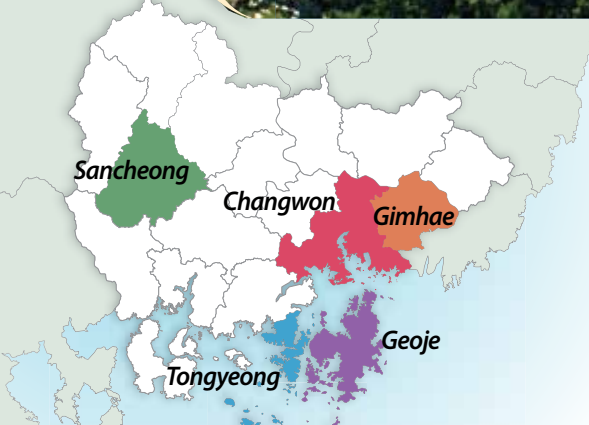
**TOP THREE SEOUL TEMPLES**

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# Gyeongsangnam-do

Located in the Southern-east side of the Korean peninsula, Gyeongsangnam-do, with Busan metropolitan city on its east, and Daegu metropolitan city on its north, has a temperate climate with a yearly average temperature of 13°C.

The province's main tourist attractions can be divided into two main categories. Its North-western area is renowned for 'Healing Tourism' with its dense, thick forests including Jiri Mountain, Deogyu Mountain, Gaya Mountain and clear valleys, all of where the beauty of nature meets the traditional culture of Korea. The southern area of the province is a famous tourist attraction amongst family units as well as couples for its southern coast, which is full of small islands and outstanding scenery, allowing people to experience and enjoy its charm.



Place Name	Gyeongnam Provincial Government
Population	3.4million
Area	Encompassing 10.5% of South of Korea
Administrative Divisions	18 Cities and Counties, 315 Districts
Major Cities	Changwon-si

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## EDITOR'S LETTER

Dear readership of the **PULSE 65**, WELCOME to the second edition of a new publication highlighting all things medical, dental, veterinary and public health throughout the peninsula. Throughout this issue you will find a wealth of information to include the clinical phone directory, the continuing series on how to navigate a Korean hospital and a variety of photos and stories covering the units within the 65th Medical Brigade. The highlights of this edition are two of our major subordinate commands, 168 Multifunctional Medical Battalion and the 106th Veterinary Detachment and the grand opening of the U.S. Army Dental Corps largest Dental Treatment Center, Carius Clinic at Camp Humphreys. Be sure to check out the top three Buddhist temples in Seoul as well as an in-depth look into the oriental medicinal practice of acupuncture and a highlight of the Brian Allgood Army Community Hospital Commander, the only physical therapist in the Army who is trained in the treatment of acupuncture.

We ask that if anyone has an interest in photography or is at an event that might be newsworthy to please submit articles and photos to the following email: 65thmedbdepao@gmail.com. We are always looking to broaden our coverage. Please share our publication with your family and friends so that others can see the great things the 'Mighty 65th' is accomplishing on the Korean peninsula.

Also check out our social media Facebook page at [www.facebook.com/65thmedbde](http://www.facebook.com/65thmedbde) and see all the photos of events throughout the Brigade at our Flickr page [www.flickr.com/photos/65medbde](http://www.flickr.com/photos/65medbde).

We hope that you enjoy our publication and assist us as we continue to strive to improve this publication. Suggestions and comments are always welcomed along with submissions. Help us in telling the Army Medicine, Army Dental, Army Veterinary, Army Logistics and Public Health story.


William Wight  
PULSE 65 Senior Editor  
65th Medical Brigade  
Public Affairs Specialist



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## Carius Dental Clinic Opens

Dr. Barry Goldman, a Prosthodontist with the Carius Dental Treatment Facility, inserts a crown implant into a patient at the new facility. Carius Clinic is the largest in the U.S. Army Dental Corps and one of the first completed buildings at U.S. Army Garrison Humphreys.



## Top Three Buddhist Temples in Seoul

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# Pulse65

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The summer is here, the weather is heating up. Check out the sunscreen tips, heat injury prevention and summer safety tips located inside this issue.

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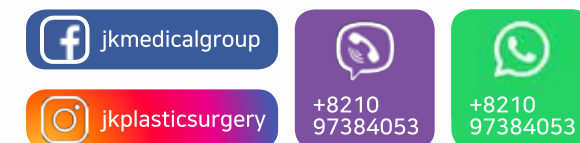
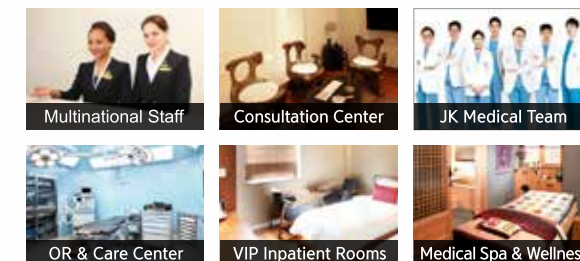
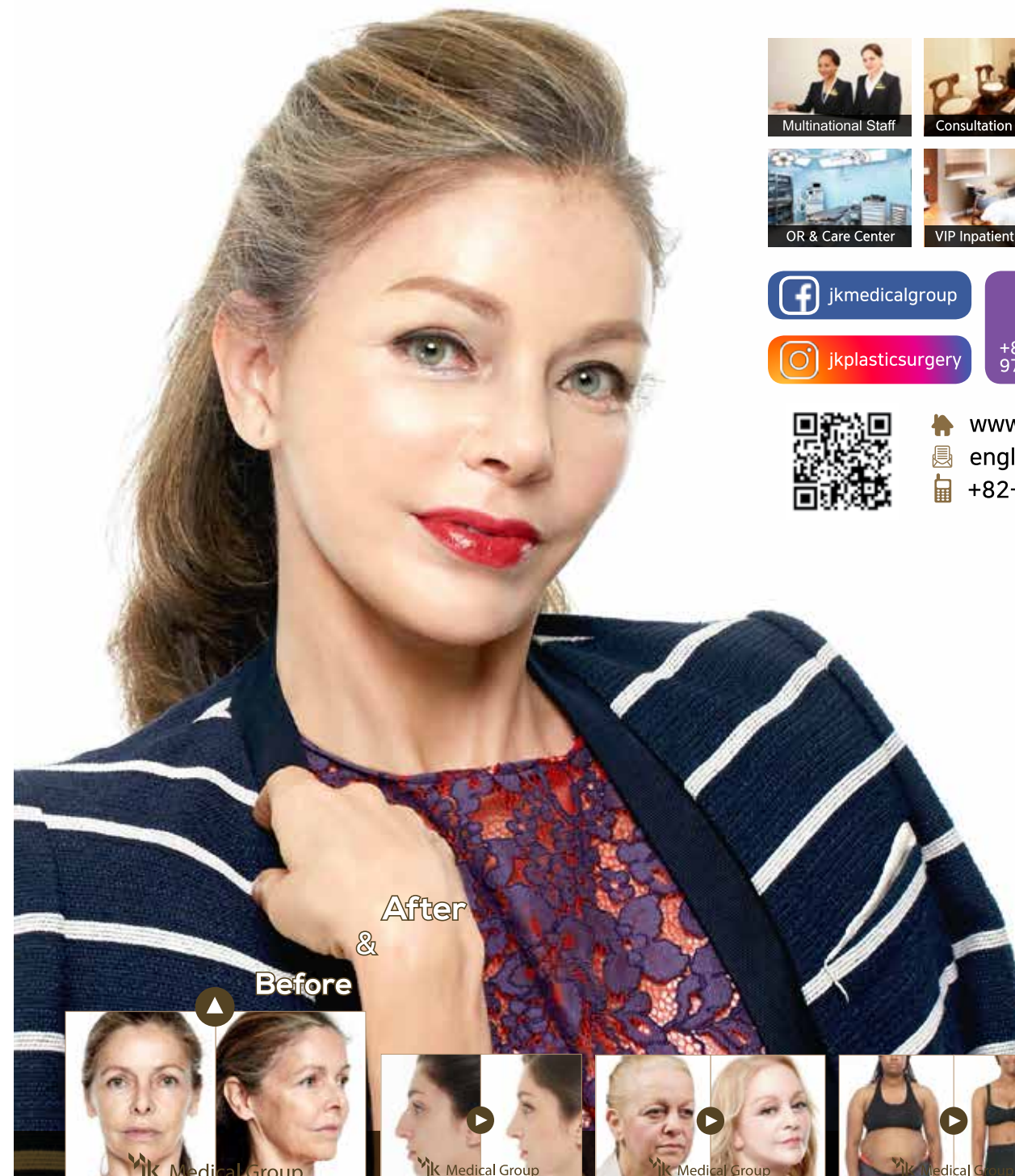
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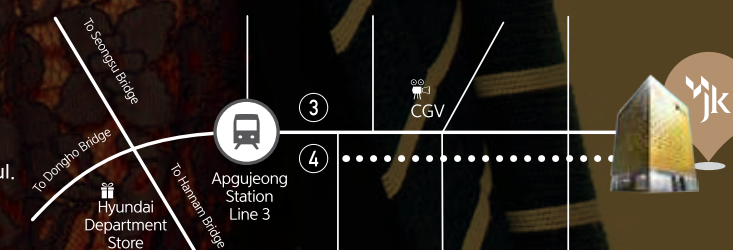
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# CALENDAR **EVENTS** *in* KOREA



**JUL21-30**

**Boryeong Mud Festival**

123, Meodeu-ro, Boryeong-si, Chungcheongnam-do  
+82-41-930-3882,3557



**JUL21-AUG20**

**Hangang Summer Festival**

11 different locations of Hangang River and Parks  
+82-2-3780-0598, 0625



**JUL24-AUG03**

**TAEAN F Festival**

Tae'an Nature World  
+82-41-675-7881, 9200



**JUL29-AUG05**

**Bonghwa Eun-Uh (Sweet Fish) Festival**

Bonghwa-eup, Bonghwa-gun, Gyeongsangbuk-do  
+82-54-679-6311~5



**AUG01-06**

**Busan Sea Festival**

344, World cup-daero, Yeonje-gu, Busan  
+82-51-502-6054



**AUG03-06**

**Busan International Magic Festival**

1, UN pyeonghwa-ro, 76beon-gil, Nam-gu, Busan  
+82-51-626-7002



**AUG03-06**

**Yeongwol Donggang Festival**

Areas near Donggang River in Yeongwol-gun, Gangwon-do  
+82-33-375-6353



**AUG11-15**

**The Great Battle of Hangan Festival**

328, Tongyeonghaean-ro, Tongyeong-si, Gyeongsangnam-do / +82-55-644-5222



**AUG12-15**

**Muan White Lotus Festival**

333, Baengnyeong-ro, Muan-gun, Jeollanam-do  
+82-61-450-5472



**AUG24-27**

**Yeongdong Grape Festival**

122, Yeongdonghwang-gan-ro, Yeongdong-gun, Chungcheongbuk-do  
+82-43-745-8918



**AUG26-SEP03**

**Muju Firefly Festival**

326-17, Hanpungnu-ro, Muju-gun, Jeollabuk-do  
+82-63-324-2440



**AUG31-SEP03**

**Goesan Red Pepper Festival**

92, Imkkeokjeong-ro, Goesan-gun, Chungcheongbuk-do / +82-43-830-3461



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## Sergeant Major's Corner



CSM Todd M. Garner

65th Medical Brigade  
Command Sergeant Major

“One of the most important obligations of our NCO's is counseling of our subordinates.”

The first day of summer officially arrived last month and the 65th Medical Brigade Summer Safety Campaign is in full swing until September.

The goal of the campaign is simple; prevent needless accidents and injuries while still having a great summer. I encourage each member of the 'Mighty 65th' team to take every action necessary to ensure a safe summer season.

There are many resources and websites Noncommissioned Officers will find useful in their safety initiatives. Take the time to tell you Soldiers about these resources and highlight the 'That Guy' Program website at [www.thatguy.com](http://www.thatguy.com).

Challenge your Soldiers to identify and mitigate the risks they and their Family members could face during the summer months by creating a plan tailored to their environment and activities.

One of the most important obligations of every NCO is to ensure the counseling of their Soldiers. If you have not seen the Army's newest doctrine on 'The Counseling Process,' ATP 6-22.1, I encourage you to read it from cover to cover. The entire book contains about 15 pages of actual text and should only take you a few minutes to read.

The success of our campaign depends on everyone, but without the full commitment of every leader, we cannot achieve our goal. Every Soldier has a first line supervisor and it is imperative we have their dedication to this vital campaign.

Take the time to listen to your Soldiers when counseling them. Ask the right questions: "Where are you going?", "What are your plans?", "Who will be your Battle Buddy?", "Do you have a way to return safely?", and "Do you have a designated driver?"

Have your Soldiers brief you on how they will act responsibly and take care of each other while enjoying their off-duty time.

I expect every NCO to be personally involved in this campaign. We have the safety of America's sons and daughters at stake.

Remember to also check out our website at [www.korea.amedd.army.mil](http://www.korea.amedd.army.mil) and our Facebook page at [www.facebook.com/65thmedbde](http://www.facebook.com/65thmedbde) as well the photos and videos from Brigade events found on Flickr at [www.flickr.com/65medbde](http://www.flickr.com/65medbde).

Thanks for all you do each and every day to make this the best medical brigade in the Army!

## ROKA Nurses Strengthen Brigade Alliance

Story and photos by William Wight,  
65th Medical Brigade Public Affairs Office



The Brian Allgood Army Community Hospital/121st Combat Support Hospital Commander, Col. Erica Clarkson presided over the 126th cycle graduation of the Integrated Service of Republic of Korea Military Health Care Personnel Program July 13 at the BAACH Chapel.

The ISRMHCPP was established in 1955 to facilitate wartime coordination between the U.S. and ROK military health care support system in the event of hostilities.

ROK Army officers work with their U.S. counterparts for six months, sharing expertise and increasing cultural understanding while gaining an appreciation of the U.S. military and its health care system. Over 500 students, including veterinarians, physicians, dentists, nurses and medical corps officers have graduated from this mutually beneficial program and gone on to serve distinguished careers in both the military and civilian sectors in the Republic of Korea.

Clarkson's welcome remarks echoed the continued success of the program. "For over 60 plus years this program has stood as a testament to the talents of our Soldiers, both Korean and American, and serves as a sterling symbol of the vigorous ROK/US alliance. We are proud to associate

with them and will always recognize them as colleagues and friends. Their charge upon reassignment back to the ROK forces is to share the lessons learned with their colleagues in the ROK Armed Forces Medical System."

The 126th cycle graduation ceremony graduates were Capt. Sangyeol Lee who served with USAMMC-K, Capt. Seungseok Kim who served with the 65th Medical Brigade S-3; Capt. Sueun Park who served with the Bio Surveillance Portal; Capt. Minkyung Kim who served with the Multi Care Unit, Progressive Care Unit and Quality Management Division; Capt. Sulhee Yoon who served with the MCU and PCU; Capt. Sujin Kim who served with the Clinical Education Division; Capt. Hanareum Park who

served with QMD and the Emergency Department; and Lt. j.g. Heejin Park who served with the 65th Medical Brigade Public Health Office, MCU and PCU.

"Their work and service makes us all better health care providers and better soldiers as we learned as much from them as they learned from us and I thank them for their contribution to our success," said Clarkson.

Col. Sung-Gyoon Hong, Chief of Staff of the ROK Armed Forces Medical Command was the honored guest speaker.



# Live MUSIC&DANCE CALENDAR



**JUL18-AUG08**

**Pyeongchang Music Festival & School**  
325, Solbong-ro, Pyeongchang-gun, Gangwon-do  
+82-33-240-1360



**AUG04-06/25-26**

**Universal Ballet: Swan Lake**  
AUG04-06: Chungmu Art Center  
AUG25-26: Daejeon Art Center



**AUG11-13**

**Incheon Pentaport Rock Festival**  
Songdo Moonlight Festival Park



**JUL28-30**

**Jisan Valley Rock Music & Arts Festival**  
267, Jisan-ro, Icheon-si, Gyeonggi-do (Jisan Resort)  
+82-2-446-2690



**AUG05-06**

**St. Petersburg State Ballet on Ice-Swan Lake**  
Keimyung Art Center(1095 Dalgubeol-dero, Dalseo-gu, Daegu)



**AUG14-15**

**Seoul Soul Festival 2017**  
Jamil Sports Complex Auxiliary Stadium



**JUL29**

**Ferry Corsten**  
Unite with Tomorrowland, Incheon



**AUG10-15**

**Jecheon International Film & Music Festival**  
1 Uibyeong-daero 18-gil, Jecheon-si, Chungcheongbuk-do / +82-2-925-2242



**AUG20**

**Dirty Loops**  
Hyundai Card Understage



**AUG04-05**

**Psy**  
Jamsil Sports Complex Stadium Secondary Stadium, Seoul



**AUG11-13**

**Busan International Rock Festival**  
Samnak Ecological Park  
+82-51-501-6051



**AUG24-30**

**International Festival-New Dance for Asia**  
Mary Hall, Sogang University. (25 Baekbeom-ro, Mapo-gu, Seoul)

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# NAVIGATING KOREAN HOSPITALS

## The Differences — *between* — Outpatient & Inpatient Care

If you are receiving outpatient care and have an appointment scheduled, sometimes unexpected delays may occur, for example a more emergent case; but usually you are seen promptly. Most Korean hospitals that are part of the network serve a very large community and work hard to ensure that each patient is seen and receives the best healthcare possible. They have each individual's best interest in mind and focus on fulfilling your expectations. It's a good idea to bring something to read or something to do to pass the time in case you experience a short delay. Also, the visit with your doctor is usually very brief. Doctors spend very little time with their patients. It is very in-and-out and onto the next patient. Most Korean hospitals in the

network file claims for TRICARE beneficiaries.

If you are admitted to a Korean hospital, can expect to share either a room with another patient or in the more recently built hospitals, a private room may be available. TRICARE does not cover private rooms unless a semi-private room is unavailable at admission time. If you are in a private room and a semi-private room becomes available, you will have to move since TRICARE will not authorize payment for the private room. The hospital staff will help move your belongings into your new room upon request.

During your admission, a Nurse Consultant from your local Military Treatment Facility can visit you as needed and you can also contact them if you have any questions or concerns. We highly recommend you to talk with the Nurse Consultant in your area to learn what you are expected to bring with you and what to expect at the hospital for admission. Contact your local TRICARE office at the MTF to find out who is the Nurse Consultant in your area. We want to ensure that there is continuity of care and a seamless delivery of healthcare between our Military Treatment Facilities and Korean hospitals that are part of the network. Please remember that U.S. Military and civilian providers' place of duty is on MTFs; therefore, you will not see U.S. medical staff during your stay at Korean hospitals.

Our goal is to ensure that you receive the best of care in a patient-friendly environment. Please let your TRICARE Office know if you are having difficulties or concerns so they can help.

**Next month's highlight will feature the cultural differences that exist between MTF care and the Purchased Care Sector Providers care.**



## THIS MONTH'S HIGHLIGHT AJOU UNIVERSITY MEDICAL CENTER

Ajou University Hospital's medical philosophy is to offer the best services to its patients and the newest information to local healthcare professionals, and to contribute to medical development in Korea through advanced research. Presently, the hospital sees a daily average of 1,000 inpatients and 4,000 outpatients.

Ajou University Hospital has state-of-the-art medical equipment to include: Rapid Arc (the first cancer treatment in Asia), the da Vinci surgical robot, PET-CT, 3.0T MRI, 256Slices CT, SPECT PET, and various Angiography machines. As medical equipment become more sophisticated, patients can benefit from early and accurate diagnosis of their disease, and receive optimum treatment.

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# SCENE & HEARD

NATIONAL & INTERNATIONAL

Story by Eric Young-Seok Park

## 2017 WORLD TAEKWONDO CHAMPIONSHIPS

The 23rd edition of the World Taekwondo Federation (WTF) World Taekwondo Championships was held in Muju, Jeollabuk-do on June 24-30. It was the largest world championships ever in the competition's 44-year history, with 971 athletes and 796 officials from 183 nations participating. The host South Korea was ranked at the top of the medal standings and it was the first time since 2013 that South Korea was both the men's and women's overall winner. International Olympic Committee (IOC) President Thomas Bach hailed the success of the 2017 World Taekwondo Championships at the closing ceremony.



## PUPPY LEFT IN AIRPORT WITH HEARTBREAKING NOTE

A three-month-old puppy named Chewy the Chihuahua was found in a bathroom at the McCarran Airport in Las Vegas along with a note from his former owner. The note said Chewy's former owner was in an abusive relationship and couldn't afford to bring the puppy with her on her flight even though she didn't want to leave him behind with all her heart. The note continued to say, "My ex-boyfriend kicked my dog when we were fighting and he has a big knot on his head. He probably needs a vet. I love Chewy sooo much - please love and take care of him." Someone found Chewy and he ended up in the hands of a dog rescue. Now Chewy has received tons of offers for adoption.



## FIRST VIDEO OF FORMER KO-REAN SEX SLAVES UNVEILED

The Seoul Metropolitan Government and the Seoul National University Human Rights Center released the 18-second-long video clip, the first video footage showing seven Koreans presumed to be sex slaves for Japanese troops during World War II. There have been numerous photos and documented testimonies of surviving victims of the sexual slavery, but this is the first discovery of a moving image, the center said. Researchers claim the clip supports existing evidence and testimonies of Japan's brutal trafficking of Asian women into front-line brothels. Up to 200,000 women, many from Korea, then a colony of Japan, are believed to have been coerced into sex slavery during the war.



## BILL GATES' PREDICTIONS IN 1999 WERE ACCURATE!

In the book titled "Business @ the Speed of Thought" he wrote in 1999, Bill Gates makes 15 bold predictions that at the time might have sounded outrageous. But as business student Markus Kirjonen pointed out on his blog, Gates' forecasts turned out to be "eerily prescient." His 15 predictions he made nearly 20 years ago include automated price comparison services, mobile devices, instant payments and financing online, personal assistants and the Internet of things, online home-monitoring, social media, automated promotional offers, live sports discussion sites, smart advertising using devices, links to sites during live TV, online discussion boards, interest-based online sites, project-management software, online recruiting, and business community software.



## U.S., CANADA, MEXICO TO OFFICIALLY ANNOUNCE JOINT BID FOR 2026 WORLD CUP

The U.S., Canada and Mexico will joint bid to host the 2026 FIFA World Cup for the 48-team tournament. The U.S. last hosted the World Cup in 1994, and U.S. Soccer president Sunil Gulati had stated previously that the country would be the major player among the trio with a number of suitable venues. The formal bidding process for the 2026 World Cup begins later this year, with a decision expected to be announced in 2020.

## PACQUIAO CALLS FOR REVIEW OF CONTROVERSIAL TITLE LOSS

When Manny Pacquiao lost his welterweight title to Jeff Horn in Australia on July 2, the Filipino icon and acting senator was accepting of a unanimous decision defeat that was widely panned. However, Pacquiao, 38, endorsed a formal call on July 5 by the Philippines' Games and Amusement Board urging the WBO to review the handling of the fight. "I love boxing and I don't wanna see it dying because of unfair decision and officiating," Pacquiao said in a statement. "I had already accepted the decision but as a leader and, at the same time, fighter, I have the moral obligation to uphold sportsmanship, truth and fairness in the eyes of the public." The letter sent to the WBO from the Philippines' regulatory body called for a thorough investigation of the scoring from the three judges (Waleska Roldan, Chris Flores and Ramon Cerdan) and the officiating of referee Mark Nelson.



# FOCUS

## ON PRODUCTIVITY

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# 106th 'Dragon Dogs' Welcome New Commander

Story and photos by William Wight  
65th Medical Brigade Public Affairs Office



**D**uring his two years as commander of the 106th Veterinary Detachment, Lt. Col. Dennis Bell's Soldiers took advantage of opportunities for self-growth, and opportunities to help others. They worked countless hours in various forms of volunteerism, helping others without any thought of gaining personal recognition.

As the reviewing officer for the 106th change of command, 65th Medical Brigade Commander, Col. Wendy Harter, commented and praised the Detachment for working diligently and silently behind the scenes keeping everyone on the peninsula healthy.

"As a forward deployed and geographically dispersed Army veterinary detachment, any given day the Soldiers of the 106th are protecting the force, inspecting produce, validating water plants, inspecting bakeries and commissaries, running the theater food laboratory, providing care for 65 military working dogs and providing compassionate care and travel documentation for our four legged and feathered family members," said Harter.



A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the quality of his actions and the integrity of his intent. In the end, leaders are much like eagles... they don't flock, you find them one at a time." – Unknown

Throughout the past two years, the 106th has supported the Non Combatant Evacuation Operation plan for pet evacuation, begun their transition to Camp Humphreys, advised the Status of Forces Agreement committee, deployed to naval bases and served on Air Force installations while securing public health in a complex international environment.

Outgoing commander Bell, spoke of his



challenging and demanding assignment as being the most rewarding of his career thus far. "The credit of this detachment's accomplishments belongs to every 'Dragon Dog,' you all have exceeded my expectations on a daily basis despite our complex mission and for that I am proud of each and every one of you."

Bell leaves Korea with his wife, Robin and heads to Germany to become the United States Army European Command Veterinarian.

Incoming commander, Lt. Col. Barbara Cloutier, comes to the 106th team having served as the deputy director for Armed Forces Health Surveillance Branch, Global Emerging Infectious Diseases Surveillance Section. She is accompanied by her husband Daniel, and her family. "I look forward to the future successes of this detachment and am humbled to lead and tackle this dynamic mission as we all embark on our movement to Camp Humphreys," said Cloutier.

"I welcome you and your family to the 65th Medical Brigade, and to command of the 106th," said Harter. "I know you will work hard to keep this great unit moving forward."

# MOU Signed between AUMC and the BDE



◀ Dr. Hee-sug Ryu, President of Ajou University Medical Center, was joined by the 65th Medical Brigade Commander, Col. Wendy Harter at the MOU signing between AUMC and the BDE at Ajou University Hospital July 7.

▼ (Seventh from left) Brig. Gen. Bertram Providence (Commanding General, Regional Health Command Pacific), Col. Wendy Harter (Commander, 65th MED-BDE), Dr. Hee-sug Ryu (President of Ajou University Medical Center), Dr. Cook-Jong Lee (Director of Regional Trauma Center), Dr. Seung-Jea Tahk (Director of Ajou University Hospital) posed for a group photo after a tour of AUMC.

Photos courtesy of AUMC Public Relations team



# 'Scorpions' Strengthen Alliances



Story and photos by 1st Sgt. David Ruiz HHC, 65th Medical Brigade

The Fourth of July weekend was enjoyed by the Soldiers of Headquarters, Headquarters Company 65th Medical Brigade but the real fun began a few days after as they joined with the Republic of Korea Army 11th Mechanized Infantry Division Medical Detachment and the U.S. Marine Forces Korea for an Alliance Sergeant's Time Training.

The combined training focused on the ability to "Fight Tonight" through physical readiness training, instruction on Tactical Combat Casualty Care providing immediate aid and emergency evacuation while being under enemy fire, familiarization on U.S and Korean weapons and training on self-defense techniques using Combat Taekwondo. The day ended with a liter team carry race and a friendship Tug o' War.



# Staff Ride Boosts Esprit de Corps

Photos by William Wight  
65th Medical Brigade Public Affairs Office

Staff rides represent a unique opportunity to convey past lessons to present-day Army formations. This historical study offers valuable opportunities to examine operational art while exposing Soldiers to the historical context that has shaped the current operational environment and unified land operations.

On July 14, Headquarters, Headquarters Company, 65th Medical Brigade conducted a staff ride to the Jipyong-Ni and Gapyeong battle memorials and a tour of Gapyeong High School Kaiser Memorial Museum. The staff ride strengthened esprit de corps as the ‘Scorpions’ learned about medical breakthroughs from an on-site historical observation gaining an appreciation from the shared U.S.-ROK history during the Korean War.



The U.S. Memorial at Gapyeong was funded and built by the Korean War Allied Veteran's Fraternity through the efforts of Korean Gyeonggi Office Chairman Choi Seung Sung.

# Commander Conducts Senior Leader Off-Site

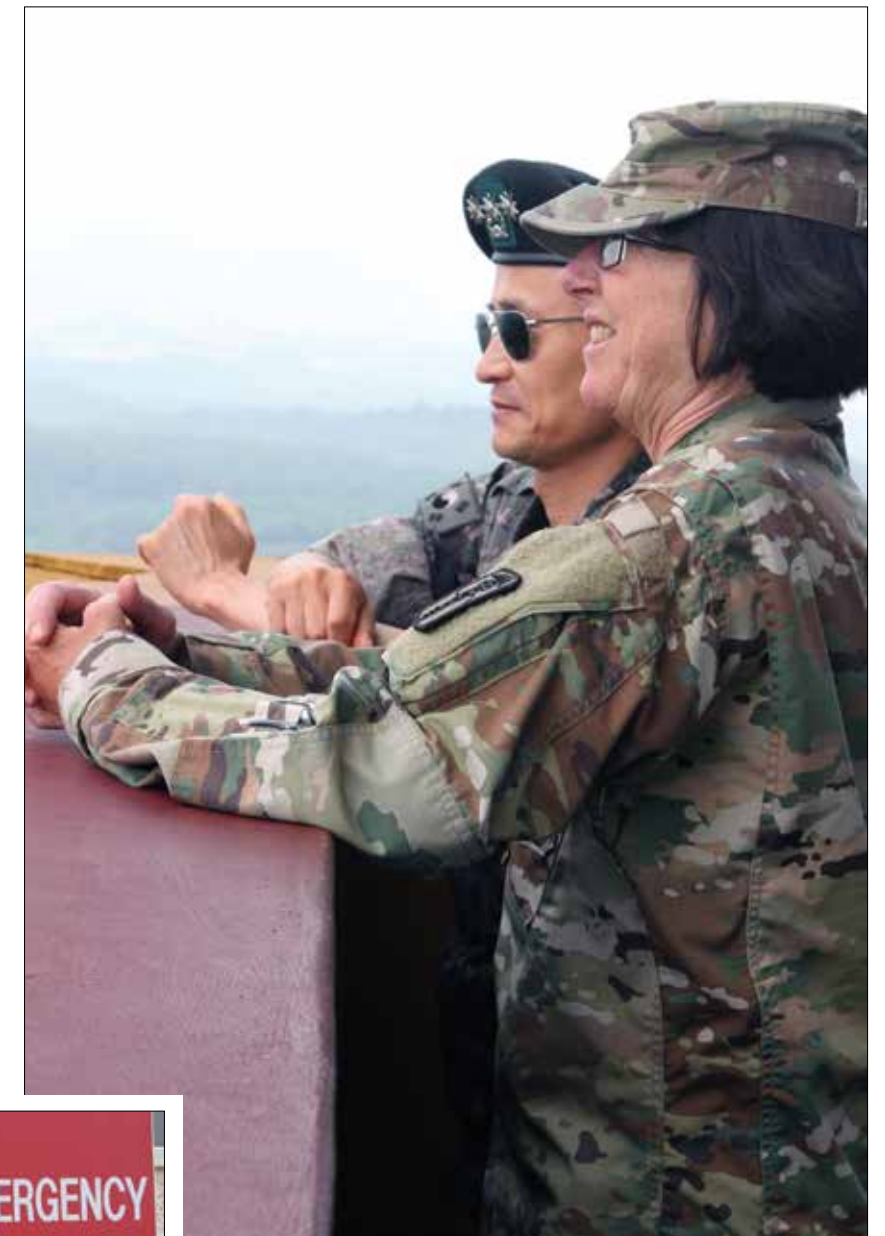
Photos by William Wight  
65th Medical Brigade Public Affairs Office



The Korean Peninsula presents a dynamic and unpredictable problem set that ranges from enjoying an armistice driven environment to preparing for contingency operations. Regardless of where we are on the spectrum, the decisive denominator is the Alliance between the U.S. and the Republic of Korea. Through persistent partnership opportunities, the readiness and teamwork of the Alliance will remain at optimal levels to always be ready to "Fight Tonight".

Last month, the 65th Medical Brigade Commander, Col. Wendy Harter, conducted a senior leader off-site visit to the 1st ROK Division Medical Command, OP Dora on the DMZ followed by a tour of Goyang ROKA Hospital in order to continually strengthen ties with the ROKA Medical Community while enhancing awareness of the medical capabilities of our ROK medical partners.

Leaders gain a heightened awareness and understanding of ROK Army and civilian medical capabilities, while also establishing contacts to build future relationships with ROK counterparts in order to strengthen the Alliance.



# SOCIAL JET LAG

## IS REAL AND BAD FOR YOUR HEALTH



**H**ave you ever heard of social jet lag? Well, chances are you have it. Not only do you have it, it's taking a substantial negative toll on your health and chances are, you suffer from social jet lag.

About 85 percent of people go to sleep and wake up later on the weekends than they do during the work week, thus triggering worse moods and chronic fatigue. A new study reveals that these effects, dubbed "social jet lag," even extend to long-term health issues like increased risk of heart disease, with each hour of jet lag resulting in an 11

percent increase in risk.

"These results indicate that sleep regularity, beyond sleep duration alone, plays a significant role in our health," according to author Sierra B. Forbush, an undergraduate research assistant in the Sleep and Health Research Program at the University of Arizona in Tucson. "This suggests that a regular sleep schedule may be an effective, relatively simple, and inexpensive preventative treatment for heart disease as well as many other health problems."

This isn't the first study to reveal the negative impact of social jet lag. A 2012 study also linked it to obesity, with a 33 percent increase in risk per hour of social jet lag. The study also found that people with social jet lag are more likely to smoke, drink more alcohol, consume more caffeine and be depressed than the rest of the population.

"The behavior looks like if most people on a Friday evening fly from Paris to New York or Los Angeles to Tokyo and on Monday they fly back," researcher Till Roenneberg PhD, a professor at the Institute of Medical Psychology at the University of Munich who coined the term. "Since this looks like almost a travel jet lag situation, we called it social jet lag. They have to live a life almost in a different time zone in comparison to their biological clock."

Not sure how much social jet lag you have? Both studies measure it by subtracting weekday from weekend midpoint. Roenneberg's research finds that most of the population would naturally like to sleep between 1 a.m. and 9 a.m. These are the people most likely to experience social jet lag during the week, when they have to get up early for work. Based on the formula, a person who goes to bed at 1 a.m. and wakes up at 6 a.m. during the workweek would have 1.5 hours of social jet lag.

And unfortunately, if this is something you're guilty of, countering the effects isn't so simple. Trying to keep your work schedule on the weekends will result in sleep debt, which can have "enormous" consequences, as Roenneberg pointed out. Instead, he proposes that society's attitude towards sleep needs to change completely, aligning work schedules with the biological clock.

If you're not making your own hours, Roenneberg suggests using daylight to your advantage. Early risers who need to fall asleep earlier in order to get more sleep should try to get more sunlight in the morning and avoid it in the evening, and vice versa.

Just be sure to get at least seven hours of sleep per night, based on recommendations from the American Academy of Sleep Medicine, and keep those hours as regular.

About 85 percent of people go to sleep and wake up later on the weekends than they do during the work week, thus triggering worse moods and chronic fatigue.

**Editor's Note:** Above article submitted via email to the PAO is a compilation from webMD and Reuters.





## Safe in the Sun

HEALTH TIP

By Ronald W. Wolf  
Army Medicine

Summer time is here and that means it's time to revisit smart practices to protect you, your family, and especially your children from exposure to the sun and its ultraviolet--or UV--rays. This is important, sunburn now increases your risk--and your children's risk--for skin cancer later in life.

Let's start by reviewing some of the risk factors for skin cancer. Although anyone of any skin color has some risk for skin cancer, some individuals are at much higher risk. If you have a lighter natural skin color, a family history of skin cancer, or a personal history of skin cancer, you are in this category. The same is true if your skin burns, freckles, or turns red easily in the sun.

There's more. If you have blue or green eyes, blond or red hair, or a lot of moles, you need to be careful in the sun.

Be wary of sunburns, especially with your children. The more time you have spent out in the sun in your lifetime also increases risk.

The culprit in skin cancer is UV rays. When UV rays reach the skin's inner layer, the skin's response to UV rays is to produce more melanin, the pigment that colors the skin. Melanin moves toward the outer layers of the skin, giving you a tan.

A tan, however, according to the Centers for Disease Control and Prevention, is not the glow of good health but a response to skin injury.

So, you're thinking, I need to keep my family indoors, but how can I grill on the barbecue indoors?



You can't, but here are some precautions and good practices to consider.

Wear broad spectrum sunscreen (UVA and UVB) or protective clothing and better yet wear both.

Put on broad spectrum sunscreen with at least SPF 15; a rating higher than SPF 15 is better (SPF stands for Sun Protective Factor). SPF ratings can go up to 100 and the higher the number the better you are protected. Exposed skin needs more sunscreen than skin under a shirt. Sunscreen works best when combined with other options--such as clothing--to prevent UV damage. Read and follow the directions on the sunscreen product.

If possible, wear long-sleeved shirts and long pants. Some clothing has ratings or information on its UV protective factors. Clothes made from tightly woven fabric offer the best protection.

If long sleeves and pants are not practical, say you're at the beach, wear a T-shirt or a beach cover-up. A typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Do you wear a hat? You don't have to look like Don Draper wearing a fedora, but you should wear a hat with a brim that shades your face, ears, and the back of your neck.

If you wear a baseball cap, protect your ears and the back of your neck by wearing clothing that covers those

areas or using the broad spectrum sunscreen (SPF 15 or higher).

Soldiers are issued protective eyewear for a reason. You need protective eyewear, too. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. Make sure sunglasses block both UVA and UVB rays. Wrap-around sunglasses work best because they block UV rays from the side. They also look cool.

Take advantage of shade if you can. Set up the barbecue grill and lawn chairs under a tree or canopy.

What about your children? The rules that apply to you also apply to them. But there's a catch. They are young and just starting their lifetime of exposure to UV rays.

Children need the same sunscreen protection and protective clothing as you do. Wearing hats may not be making a comeback as a fashion accessory, but it's never too early to start getting in the habit of wearing clothing that provides protection from the sun.

And children like to look cool; so get them sunglasses. Make sure they also have UVA and UVB ratings to protect their eyes.

Hopefully, you already have good sun protection practices. Remember, if you sunburn easily and don't get much of a tan, extra precaution is needed.

So enjoy the summer, be mindful of your and your family's risk and exposure to the sun.

# Powerhouse Battalion Changes Commanders

Story by William Wight  
 65th Medical Brigade Public Affairs Office  
 Photos by Pvt. 1st Class Cheon Oh Son  
 168th Multifunctional Medical Battalion

The 168th Multifunctional Medical Battalion recently said farewell to their commander, Lt. Col. Anthony King and welcomed a new commander, Lt. Col. Anthony Gray during a ceremony June 22 on Camp Walker's Kelly Field.

The 168th MMB is the only MMB in the U.S. Army with a continuous healthcare mission that is prepared to 'fight tonight' while meeting Joint Commission accreditation standards.

Aside from focusing on the daily healthcare mission in all four of the Ambulatory Health Clinics under the battalion's purview, the members of this multi-functional medical battalion are in indeed ready to support combat troops in the field.

Continuously, the battalion provides synchronized combat casualty care, ground evacuation, medical logistics, blood products, and preventive medicine and optometry services in order to save lives, decrease suffering and preserve combat power across the Republic of Korea from point of injury to hospitalization.

Having transformed the battalion into field soldiers and members of a true multi-functional medical battalion, outgoing commander, Lt. Col. King commented to the entire battalion team. "Powerhouse team the remarkable achievements that we have executed in the past two years would not be possible without each and every one of you. There is no victory I can call my own because it is with your great work and expertise that our success was possible."



“  
 To Command is to  
 serve. Nothing more  
 and nothing less.”  
 – Andre Malroux



King departed the Brigade towards his new assignment as the Executive Officer for Maj. Gen. Robert Tenhet, Deputy Surgeon General and Deputy Commanding General (Support) U.S. Army Medical Corps in Falls Church, Virginia.

The incoming commander, Lt. Col. Gray, is no stranger to the battalion, having served as the 65th Medical Brigade Chief of Staff prior to taking the 'Powerhouse' mantle of leadership. "I look forward to serving as a steward leader of our most valued resource....the Soldier. I accept the charge of faithfully executing character based leadership and ensure Powerhouse remains ready to 'fight tonight.' Our focus is clear; remain ready, trained and disciplined, capable of providing Army Health system support anytime anywhere."





# 8th Army Opens Doors at Humphreys

Photos by Sgt. Dong-in Jung, Eighth Army Public Affairs Office



Photo by William Wight  
65th Medical Brigade Public Affairs Office

**E**ighth Army United States Army celebrated the grand opening of their new headquarters during a ribbon-cutting ceremony at U.S. Army Garrison Humphreys on July 11. The ceremony marked the unit's transformation and represented its successful relocation from USAG Yongsan to USAG Humphreys.

8th Army Commanding General, Lt. Gen. Thomas Vandal and 8th Army Command Sergeant Major Richard Merritt joined with retired Republic of Korea Army Gen. Paik Sun-Yup, ROKA's first four-star general and honorary 8th Army Commanding General during the ceremony.

One highlight of the historic transition began back in April as the Gen. Walton Walker memorial statue, which memorializes the first commander of Eighth Army in Korea began its journey from Yongsan to the new Eighth U.S. Army Headquarters building at USAG Humphreys.





## 618th Dental Company Opens Doors to Army's Largest Dental Treatment Facility

Story by Sgt. Dong-in Jung  
Eighth Army Public Affairs Office  
Photos by William Wight  
65th Medical Brigade Public Affairs Office

**A**midst the numerous high rises and brand new buildings within United States Army Garrison Humphreys rests one of the very first completed facilities, the Carius Dental Clinic. This 40,000 square foot state of the art clinic is the largest of its kind in the Army Dental Corps. Featuring 79 dental treatment rooms, it is designed to offer a complete range of oral health care services to the Soldiers, Civilians and other eligible beneficiaries.

The new facility offers a variety of dental specialties to include prosthodontists, periodontists orthodontists and endodontics, as well as pediatric dentistry care. Amidst the four bay two story facility is a supply room, surgical sterilization room, an enlisted training room, headquarters suite, conference room with video teleconference capability, two waiting areas and the Tricare dental office.

Last May, the 65th Medical Brigade welcomed the Eighth United States Army community as they cut the ribbon symbolizing the largest dental facility's grand opening.

It is named after U.S. Army Maj. Marvin Wilbur Carius, a dentist with the Medical Company, 25th Infantry Division who was killed in action during the Korean War. At the opening ceremony, the command paid tribute and honored the surviving family members in conjunction with the grand opening of the dental clinic named in his honor.

Carius was an Army dentist known for turning out "combat choppers" under fire. He was killed in action while serving with the Medical Company, 24th Infantry Regiment, 25th Infantry Division at the front-line during the Korean War. Carius was later awarded the Purple Heart for his wartime service.

"This is a memorialization of Maj. Marvin Carius and celebration of the transfer of the Carius' legacy from Yongsan, which used to be the hub of Eighth Army," said Col. Jae Hwang, 618th Dental Company Commander. "As the center of gravity has now moved down here, we believed it was the right thing to do to bring the name to Camp Humphreys so we can continue to memorialize the late Maj. Marvin Carius."

"Carius Dental Clinic is a testament of the Army dentistry's commitment on the Korean Peninsula that began over 67 years ago by ultimate sacrifice of Maj. Marvin Carius," said Hwang. "His supreme sacrifice is the basis on which the 618th Dental Company today continues the Fight Tonight Mission. This building represents our promise, strong partnership with the Republic of Korea and the long standing fight for freedom."

Hwang stressed the improvements of the new clinic upon the existing one and the necessity of it in order to facilitate the company's efforts to support the needs of Eighth Army.

"We are going to accomplish our mission without any issues because we had a limitation on the number



"This is a memorialization of Maj. Marvin Carius and celebration of the transfer of the Carius' legacy from Yongsan, which used to be the hub of Eighth Army."  
— Col. Jae Hwang



of chairs, space and resources at the old clinic," said Hwang. "As we open this brand-new clinic, we have full specialty and great capabilities to provide quality armistice dental care."

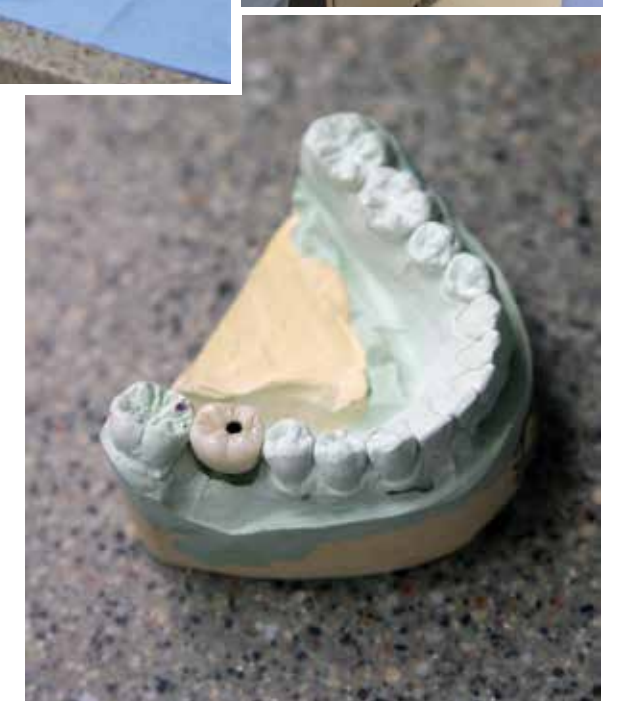
Dr. Michael Carius, son of Maj. Marvin Carius shared his father's thoughts on the Republic of Korea.

"When dad left for Korea, it was the last time that we saw him," Michael said. "In many of his letters home during the Korean War, dad wrote about how much respect he had for the South Korean people. Even during those difficult times, he saw them as a kind, gentle and industrious society striving for a better life."

Michael said his family never failed to remember his father's sacrifice thanks to people who constantly celebrated the legacy.

They are reminded of him on annual celebrations of his birthday and of his death, during frequent visits to the Camp Butler National Cemetery in Springfield, Ill., where he was buried, and during parades in their hometown Michael said. He added that the parades always ended at the American Legion building, in front of which was a flag pole dedicated in honor of our father.

The Carius family has a rich history of military



medical service. Michael Carius was a doctor in the Navy and Air Force, and his son, Brandon, is a physician's assistant in the Army.

Michael said that his father was an honor to his family and expressed his gratitude for the Army's continued efforts to remember his father.

"Our mother always spoke so proudly about our father and his accomplishments," said Michael. "She felt especially proud when the original Army dental clinic in Seoul was named for him in 1959. Our entire family is extremely proud of our father and his legacy. We thank the Army for this recognition of him, his dedication and his accomplishments. It is a fitting testament to his Army and his dental career."

The clinic is open Monday through Friday from 7:30 a.m. to 4:30 p.m. and provides emergency services 24-hours a day, seven days a week.

# Top Three Buddhist Temples in Seoul

Story and photos by Travis James  
Pulse 65 Staff Writer

## JOGYESA

# 3

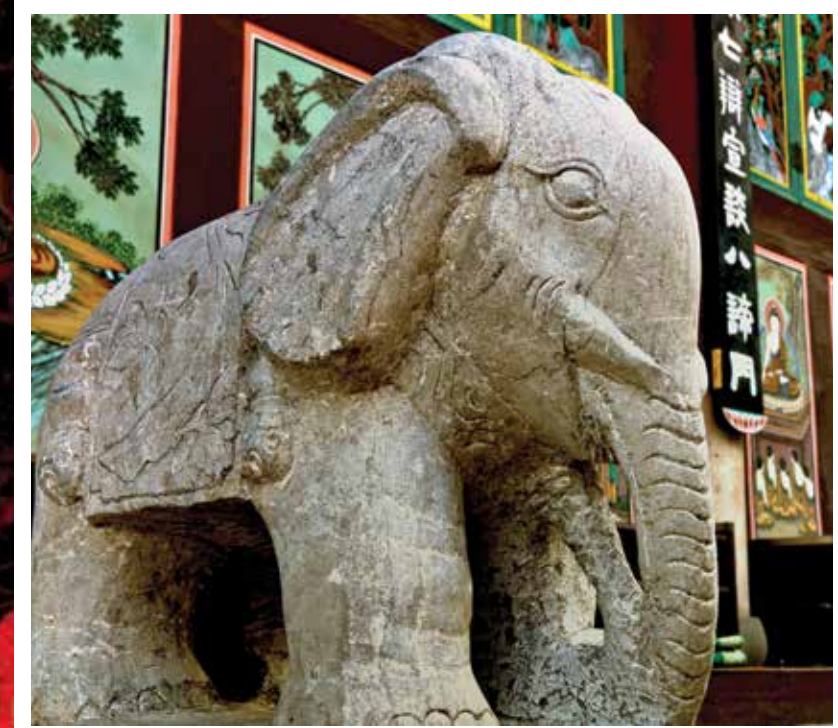
### Zen Haven in The Center of Seoul

Seoul boasts one of the top Buddhist temples in all of Korea. Nestled between modern-day skyscrapers, Jogyesa is one of the city's most profound symbols and religious monuments.

This 622-year-old temple is a perfect place to step outside of the bustling city to recap with your inner peace. The temple houses a 500-year-old lacebark pine tree so revered for its rarity and beauty that it has been declared a national monument.

The Temple Stay program allows foreigners to partake in various activities relating to Buddhism and Korean traditions. Here one can learn how to control their feelings to maintain positive thoughts.





It's hard to shake off the city feeling when arriving at Jogyesa until one merely crosses the small quaint bridge surrounded by gentle fountains. Spring is a magical time to visit Jogyesa Temple. Thousands of lanterns blanket the sky with various hues of pinks, yellows, greens, and blues. Come in the afternoon, close to sunset, and you will experience a plethora of colorful lanterns turning on at 7:00 p.m. While Jogyesa may lack in a variety of temple buildings, it certainly makes up for the one it has. Three golden-sitting Buddhas greet you upon entering. While being located conveniently in the center of Seoul, the temple always has a number of worshipers paying their respect to the Buddha. It's almost as though the 'Iljumun' (first gate entrance of many Korean Buddhist temples) is a portal into a world so far removed from the eccentricities of Seoul; here simplicity reigns. Friendly monks greet you with warm smiles and a peaceful glow of hospitality. Jogyesa is a quick and convenient temple to visit when touring through Seoul.

**FUN FACTS AND STATS**

- ▶ Built at the Beginning of the Little Ice Age (First Constructed in 1395)
- ▶ The Lace Bark Pine Tree on Site is 500 years old
- ▶ The 30-foot tall Stupa (Spire) contains relics of the Buddha

# BONGEUNSA 2

## Temples Scattered About Like Islands

Over 3,479 original Buddhist scriptures reside in the temples scattered throughout the grounds at Bongeunsa. These temples truly do have that ancient feel despite modern skyscrapers and luxury malls dispersed around them throughout the Gangnam region.

Twice a day you can experience a percussion ceremony led by traditional monks at the main temple. This ceremony is meant to save and awaken beings of the planet. Buddhism believes that beings can be 'awakened' by different drums such as; beings in the sea are awakened by the wooden fish bells, beings in the sky are awakened using the cloud drum and beings under the ground are awakened using the gong. Whatever you believe, the number of rituals, prayers, and monks walking around the grounds make for a surreal-like experience. Walking from temple to temple along the forest-like paths quickly help you forget that you are in the center of a bustling city. Being surrounded by the city, there are always a number of worshippers paying their respects to the Buddha. However, you do not feel that the place is overcrowded or like a tourist attraction, here one can escape away from the city. What a tranquil place to clear your head from all the noise of Seoul. Jogyesa is a quick and convenient temple to visit when touring through the bustling city of Seoul.





**FUN FACTS AND STATS**

- › Founded before the Vikings made their epic quest to North America.
- › Offers a well-know temple-stay program.
- › Located in the middle of Gagnam, one of the most modern districts of Seoul.

# Back to School

Performance Triad



Be Ready!



- Establish a healthy sleep plan for the school year
- Plan for at least 60 minutes of moderate-intensity exercise during or after school hours
- Ensure children have at least 8 servings of fruits and vegetables each day



performancetriad.mil



## Temples Forgotten By Time

Where in the world is this Buddhist temple was my first thought when I stepped off of Jongno 3-ga subway station.

As I was crisscrossing my way through the back-alley streets, I wondered to myself if I was in the right place?

So how can a 'famous' temple be hidden in such a small area?

After walking for, what seemed like 30 minutes, I finally saw a glimpse of a roof structure resembling a Buddhist Temple.

As I made my way around a couple of corners and narrow alleys, Daegaksa Temple finally opened up and unveiled its grandeur.

This massive Buddhist Temple, with a bell 'pavilion', stands alone surrounded by typical back-alley Korean-styled buildings. The massive size of this temple reminded me of something similar to King Kong being caged up desperately wanting to break through to the now-modern Korean lifestyle and to shine its significance back onto the people of Seoul. Daegaksa Temple is a three-story building that houses live-in monks and has a quaint, peaceful prayer room in front of three statues of Buddha on the top floor. The sheer size and decor of the rooms and the outside is definitely worth the visit. Make your way here if you want to witness an impressive temple that is surrounded by the city, but is closed off from tourism simply due to the lack of their knowledge.



### FUN FACTS AND STATS

- › Daegaksa started off as a one-story Hanok-style home and was transformed into a 3-story temple in 1986.
- › The first floor is a sanctuary for attending lectures on the teachings of Buddhism.



# Hospital Commander

## Practices ACUPUNCTURE

Story and photos by William Wight, 65th Medical Brigade Public Affairs Office

When she was a little girl growing up in California, Erica Clarkson always had a desire to assist and help people. Now serving as the commander of the Brian Allgood Army Community Hospital/121st Combat Support Hospital, Col. Clarkson continues down the path of a long chain of family military service with a special twist. Surprisingly, she is the ONLY practicing Doctor of Physical Therapy in the Department of the Army

that is an actual trained and certified acupuncturist.

"I think it was in elementary school that I decided to join the military," said Clarkson. "I always wanted to be a doctor growing up and never changed my goals as I always wanted to help people."

In the beginning of her military career, Clarkson was unsure of which path of medicine to follow. As the top graduate of the University of Southern California Reserve Officer Training Corps program and a

George C. Marshall Award receipt, she went on active duty.

"As a Medical Service Corps officer at Walter Reed Army Medical Center, I realized after observing many types of medical professionals and specialties, I determined physical therapy was the right medical profession for me," said Clarkson.

It was within the early part of her military career that she became exposed to Oriental medicine, acupuncture and holistic healing. "I remember during my deployment



to Kosovo as the chief physical therapist for the 212th MASH I also worked in a British Army hospital and encountered a therapist using acupuncture," Clarkson reminisced. "I asked two questions as I observed. Have you ever hurt anyone and how many people have you helped?"

With the answers being a resounding no and thousands, Clarkson embarked during her weekends and free time to England to complete her first level of training on acupuncture while assigned to Germany. "It was a lot of self and independent study, but I showed competence and gained self-confidence to begin practicing this with wonderful results," she said.

According to Clarkson, holistic healing is an approach that uses natural methods to improve health,

without using drugs or surgery to correct problems. Some of her holistic modalities included acupuncture, manual therapy, relaxation techniques and prescribed exercises specific to each patient's physical ailment. "There are no significant adverse side effects like there are with using drugs to treat problems," she said. "Different medicines have been linked to ulcers and other gastrointestinal irritations, and even death."

Clarkson details acupuncture as a component of the health care system of China that can be traced back at least 2,500 years. The general theory of acupuncture is based on the premise that there are patterns of energy flow (Qi) through the body that are essential for health. Disruptions of this flow are believed to be responsible for disease. Acupuncture may,

it has been theorized, correct imbalances of flow at identifiable points close to the skin.

The practice of acupuncture to treat identifiable pathophysiological (disease) conditions in American medicine was rare until the visit of President Richard M. Nixon to China in 1972. Since that time, there has been an explosion of interest in the United States and Europe in the application of the technique of acupuncture to Western medicine.

Acupuncture is a family of procedures involving stimulation of anatomical locations on or in the skin by a variety of techniques. There are a variety of approaches to diagnosis and treatment in American acupuncture that incorporates medical traditions from China, Japan, Korea, and other countries. The most

thoroughly studied mechanism of stimulation of acupuncture points employs penetration of the skin by thin, solid, metallic needles, which are manipulated manually or by electrical stimulation.

After her European tours, Clarkson found herself being stationed in Washington State not far from Canada which led her to complete her board certification and credentials in acupuncture techniques prior to her multiple deployment to Iraq.

"I really honed my skill set during the deployments," said Clarkson. "As the only practicing physical therapist using acupuncture in conjunction with traditional medicine and therapeutic techniques, I realized that this was a great technique and tool for me to help people recover from their injuries."

On a sad note, Clarkson commented that one of the reasons that she wanted to come to the Republic of Korea, particularly to command the BAACH, was her affiliation of having worked with the late Col. Brian Allgood who was among 12 people that were killed when their UH-60 Black Hawk helicopter was shot down by hostile fire on January 2007. He had been serving in Iraq for about six months before the crash northeast of Baghdad.

Even today as commander of the hospital, Clarkson is still passionate about acupuncture and helping others to become better. "I stay consistent in my field of physical therapy and practice by seeing 3 to 5 patients a week before work, during lunch or after work. I enjoy seeing the changes my techniques bring to people's lives and how quickly they heal."

For this holistic healing physical therapist, Clarkson lamented, "Acupuncture will always be a part of my life. It is a safe, effective, and inexpensive treatment with no down side."



# What is Acupuncture?

**A**cupuncture is a complementary medical practice that entails stimulating certain points on the body, most often with a needle penetrating the skin, to alleviate pain or to help treat various health conditions.

Developed millennia ago in China, numerous recent studies conducted by scientists in Europe and the United States have found that acupuncture is at least moderately effective in treating pain and nausea.

"Right now acupuncture is really used to alleviate cancer treatment-induced side effects or cancer-induced symptoms, but never to directly treat cancer," said Dr. Ting Bao, an integrative medical oncologist at Memorial Sloan-Kettering Cancer Center in New York.

How acupuncture is said to work

Acupuncture dates back to at least 100 B.C., which is when an organized system of diagnosis and treatment using needles was first described in writing in China. However, the practice likely precedes this written history, according to Dr. Edzard Ernst, a research physician specializing in the study of complementary and alternative medicine.

But the modern practice of acupuncture has changed considerably since it was first introduced in China, according to David W. Ramey and Bernard E. Rollin, who describe the evolution of acupuncture in their book "Complementary and Alternative Veterinary Medicine Considered" (Wiley-Blackwell, 2003). By the 18th century, acupuncture looked much different than the practices described in ancient Chinese texts. And by the early 20th century, aspiring doctors at the Chinese Imperial Medical Academy no longer studied acupuncture, according to the authors.

However, during the so-called Great Leap Forward of the 1950s and the Cultural Revolution of the 1960s, China's communist leader, Mao Zedong, began actively promoting acupuncture and other traditional medical treatments as "pragmatic solutions to providing health care to a vast population that was terribly undersupplied with doctors," the authors write. There is no evidence to suggest that this revival of the ancient practice of acupuncture resulted in improved health for Chinese citizens, according to the authors.

In traditional Chinese medicine, acupuncture is linked to the belief that disease is caused by disruptions to the flow



of energy, or qi, in the body. Acupuncture stimulates points on or under the skin called acupuncture points or acupressure points, releasing this qi. The qi then travels through channels called meridians, according to the Center for Spirituality & Healing at the University of Minnesota.

There is a growing body of research exploring whether acupuncture also can be used to treat depression, sleep disturbances and drug addiction. In general, however, acupuncture is considered complementary to conventional treatments, and it is likely most effective when implemented along with certain healthy lifestyle habits, according to Bao.

Study also uses acupuncture to aid in anxiety, gastrointestinal issues, weight loss, infertility, and chronic pain, in which she specializes. Acupuncture has been shown to work very well in conjunction with medications and other treatments to greatly increase their effects.

"Usually, when people are more health conscious, they pay attention to diet, they exercise more, they think about a mind-body approach to decrease stress, and they might also use acupuncture. Ideally, I think these things should all come together, rather than having the goal be to use acupuncture to treat everything. That doesn't necessarily work," Bao said.

**Editor's Note:** The above article is an extract from a Live Science interview with Dr. Bao.

# Germ Killing **ROBOTS** Arrive at BAACH

Story and photos by William Wight, 65th Medical Brigade Public Affairs Office



is a 5-foot-5 germ killing robot. Technically, Tru-D SmartUVC™ – short for Total Room Ultraviolet Disinfectant – is a mobile, automated disinfection robot with patented Sensor 360 technology.

She is designed to be deployed in the hospital operating rooms after an environmental services member cleans the area with the traditional cleaning methods. Using chemical-free UVC energy, Tru-D operates from a single position and administers a single cycle of Ultraviolet light with minimal labor impact.

“Think of the Tru-D as a total room ultraviolet disinfection like an autoclave,” said Ed Manley, government accounts representative

Her nickname is “Trudi,” and she is a 5-foot-5 germ killing robot.

for TRUDefense, Inc. “Currently you have a two-step process when it comes to cleaning and disinfecting operation and patient rooms. Staff will come in and clean up and wipe surfaces down. But many times these environmental surfaces will still hold multi drug resistant pathogens, thus the need for the Tru-D.”

“Although the BAACH has a very low infection rate, below national standards, the command saw this concept as a way to add an additional protocol and supplement

In a scene from the 1960's science fiction British television show, Doctor Who, mobile robots roamed the streets using ultraviolet rays to ‘exterminate’ any humans in their path. Fortunately for the Brian Allgood Army Community Hospital and all of medical

beneficiaries within the Republic of Korea, the three new robots that recently arrived will only ‘exterminate’ germs. With the rising hospital acquired infections, the BAACH has invested in a safer solution to address and combat infections giving patients peace of mind.

Her nickname is “Trudi,” and she

our room cleaning process, said Maj. Michelle Wells, Chief Operating Room nurse.

“Composed of 28 lamps, the Tru-D floods the room with UVC energy light that will eliminate any known bacterial or viral pathogen known to man, making sure to eliminate any pathogens left after regular cleaning protocols. This is not a replacement for those protocols but rather an additional step to further sanitize the rooms for patient care,” said Manley.

Walter Reed Army Medical Center, Martin Army Community Hos-

Tru-D allows hospital staff to easily and confidently disinfect virtually any environment.

pital at Fort Benning and Womack Army Hospital at Fort Bragg have the Tru-D and results are showing a significant lower hospital infection rate.



How does the Tru-D work? Tru-D SmartUVC is a portable UV disinfection system that delivers

an automated, measured dose of UVC light to consistently disinfect an entire room during a single cycle. Operating from a single position in the room, Tru-D ensures significant pathogen reduction in direct and shadowed areas. Validated by more than a dozen independent studies and the only



Spc. John McIlvaine, a LPN with BAACH, received instruction on how to operate the TRU-D iPad.

CDC-funded randomized clinical trial on UV disinfection, Tru-D's automated, measured dosing capabilities and real-time usage-tracking features make it one of the most advanced UV disinfection systems available.

Its patented technology eliminates human error and ensures

that a proper dose of UV light is distributed throughout the room. The technology can be used to fight such deadly pathogens as C. diff, MRSA, CRE, VRE, MERS, Ebola and many more.

Tru-D allows hospital staff to easily and confidently disinfect virtually any environment, includ-



Its patented technology eliminates human error and ensures that a proper dose of UV light is distributed throughout the room.

ing patient rooms, intensive care units, operating rooms, emergency rooms and public areas. The UV disinfection robot kills deadly pathogens and common health care-associated infection culprits such as Clostridium difficile (C. diff), Methicillin-resistant Staphylococcus aureus (MRSA), carbapenem-resistant Enterobacteriaceae (CRE) and other bacteria that can compromise patient outcomes.

By adopting the Tru-D as an integral adjunct to the BAACH facility infection prevention solution, every corner, crevice and shadow in the operating rooms are disinfected. This best practice will not only improve patient outcome and make the BAACH an even much cleaner facility but will elevate our commitment to patient care.

◀ Ed Manley, government accounts representative for TRUDefense, Inc. discussed with BAACH Operating Room staff the operational procedures of the TRU-D device.



HISTORY

# The Miracle of TWO Dollars

Story and photos by Charles Chong  
*Oriental Press CEO*

**G**apyeong is in the center of the Korean Peninsula and it was the site of one of the fiercest battles of the Korean War (1950-1953). In June 1950, invaded by the North Korean military, Gapyeong became an occupied town. It was returned to the South in June 1951. The ongoing harsh fighting completely destroyed the middle school buildings and many of the young students had to study in a tent classroom.



In 1952, the mayor of Gapyeong-gun County asked the U.S. Army's 40th Infantry Division, the "Sunshine Division," which was stationed in the region, to build a new school. Each of about 15,000 soldiers from the division, led by Brig. Gen. Joseph Cleland, gathered \$2 per person to raise money for a new school. Thanks to the funds, assistance from the Army Corps of Engineers and some donated equipment, a new school was built by August 1952.

The division named the school the Kenneth Kaiser Middle and High School after the first U.S. casualty from the division who lost his life in the battle, Kenneth Kaiser Jr. who died in the Battle of Geumseong on Jan. 20, 1952, at the age of 19. The school was called "Gaisa School," as Gapyeong villagers pronounced the name "Kaiser" as "Gaisa." It was later changed to the Gapyeong High School. In April 1955, the 40th Infantry Division also established the Gwanin Middle School in Gwanin-myeon, Pocheon-si City. Naming the school after its insignia, the sun and the





division dubbed the village the “Sunburst Village.”

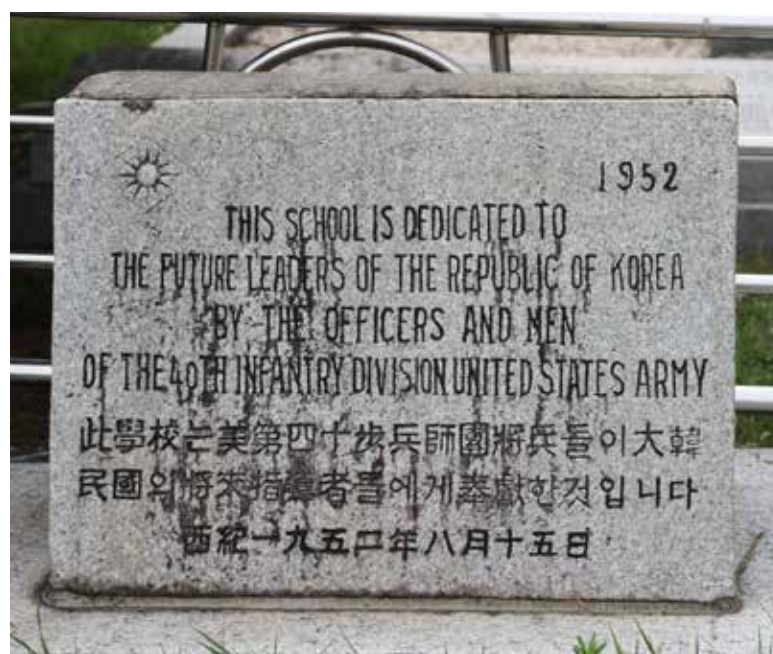
On April 24, 1964, Gapyeong residents erected the “Tower of Hope,” with a bust sculpture of Maj. Gen. Cleland and Sgt. Kaiser to hand their name down to posterity.

Every year, Gapyeong High School invites war veterans and family members of the Association of 40th Infantry Division Korean War Veterans to their graduation ceremony as they honor their contributions.

The surviving veterans, their families and members of the Association visit the every year and give scholarships to the students. Veterans, Robert Kuenzil, William Mossman and David Moore, along with the son of Vice Commander, Brig. Gen. John W. Lathrop attended the graduation ceremony this year marveling at the results a mere two dollars achieved.

Kuenzil, who delivered a commencement speech at the graduation ceremony, said “I am deeply moved that the school which was established during the devastating war is growing with 65 years of history. I am impressed and filled with emotion to see it develop into a prestigious high school.”

Col. Wendy Harter, 65th Medical Brigade Commander and leaders from Headquarters, Headquarters Company toured the grounds of Gapyeong Middle High School as part of their staff ride. (See the staff ride story on page 26.)



“ I am deeply moved that the school which was established during the devastating war is growing with 65 years of history.”  
— Robert Kuenzil



Photo by William Wight  
65th Medical Brigade Public Affairs Office

# BE ON THE **LOOKOUT** FOR HEAT INJURIES

By Clint Stone

U.S. Army Garrison Humphreys Public Affairs Office

**W**ith summer in full swing and the temperatures rising everyone needs to be aware of the possibility of heat-induced illnesses at work and at home. This is especially true for those Soldiers, Civilians and family members just arriving during this summer PCS season.

Higher rates of heat illnesses are seen among new personnel, especially those from northern locations in the United States. This is often due to a lack of acclimation, when personnel are not used to the high heat and humidity here. Newcomers to Korea should gradually increase their exposure to the local climate and higher exertion levels and include rest periods over an extended period of time.

The spectrum of heat illnesses includes dehydration, heat cramps, heat exhaustion, heat injury and heat stroke. Dehydration results when fluid losses from sweating and urination exceed fluid intake. During exercise in the heat, there is very high demand for blood flow to the exercising muscles and skin for heat dissipation. When this demand exceeds the pumping capacity of the heart, heat exhaustion may occur. Heat exhaustion is therefore primarily a cardiovascular event caused by exercise and often made worse by dehydration.

Heat injury and heat stroke are the most-severe heat illnesses. Heat injury is characterized by organ and tissue damage resulting from strenuous exercise and heat stress. When profound central nervous system dysfunction also occurs, heat injury has progressed to heat stroke. Common signs include loss of consciousness, combativeness and altered men-

tal status. If not properly treated with aggressive cooling, heat stroke is potentially fatal.

Off duty, heat illness can still be a serious life-threatening condition to Soldiers, but there may be an even greater threat to other family members. In the U.S. civilian population, heat illness and related fatalities are highest among infants and young children, athletes, outdoor laborers and the elderly.

Unlike in a military environment, there is no “buddy sys-



tem” and others may not be aware of the signs and symptoms. Soldiers and family members should be alerted by general heat illness red flags, including high temperatures, direct sun, lack of air conditioning and activities leading to dehydration. Under these conditions, be on the lookout for those at greater risk—

- Infants and young children and the elderly, whose body systems are not as able to regulate heat are at risk. Minimize

their exposure to high temperatures and direct sun.

- School aged athletes or those participating in outdoor activities in hot weather, especially while wearing uniforms. For example, football training season is a high-risk school activity for heat illness.

- Distance running or racing, especially between April and October.

- Drinking alcohol while playing sports or other outdoor recreational activity can increase dehydration and lower awareness.

- Dogs die each year from heat stroke — and not just those left in hot cars. Dogs can't sweat. They can only pant to cool themselves, so they're less able to accommodate heat stress from the hot sun or running in even moderate weather than their human.

Outdoor warm-weather activities can be fun and healthy or dangerous and deadly. Remember, the heat can kill. The following are some facts about working in the heat, as well as some commonly held beliefs that are simply not true.

**Fact:** Acclimatization to the heat is extremely important and represents what might be the most important thing anyone new to Korea can do to prepare. Acclimatization results from moderate exercise in the heat; and while full acclimatization may take up to two weeks of two hours per day of exposure, most of the changes occur within the first five to seven days. Heat acclimatization causes body core temperature to be lower at rest and at a given exercise intensity. Sweating starts sooner and reaches a higher rate, so evaporative heat loss is increased.

**Fiction:** Heat illnesses only occur during the summer months. While you are correct to expect increased heat stress during the summer, heat illness risk is present year-round. A recent analysis by the U.S. Army Public Health Center (Provisional) indicates that about 18 percent of all heat illnesses occur outside the heat season and there was not a single week during the calendar year when there was not a heat illness, including heat stroke. At some locations, 30 percent of all heat illnesses occurred outside of the heat season.

**Fact:** Proper fluid replacement is important for preventing heat illness. Dehydration is associated with increased cardiovascular strain, lower sweat rate, lower skin blood flow and reduced exercise performance. When sweat rate and skin blood flow are reduced, heat transfer from the body to the environment is reduced, resulting in an increased core tem-



perature. To estimate how dehydrated you are, step on a scale before and after exercise. If you weigh 150 pounds and lost 1.5 pounds during exercise, you're 1 percent dehydrated, which is of little concern. However, if you lost 4.5 pounds, you're 3 percent dehydrated. When dehydration exceeds 2 percent of body weight, physiological strain and risk of becoming a heat casualty increase.

**Fiction:** Fluid replacement is the only thing that is important for preventing heat illness. Data from the U.S. Army Research Institute of Environmental Medicine shows that only 17 percent of heat stroke cases were associated with dehydration. The reality is there are many contributing factors, including dehydration, acclimatization status, physical fitness, medication and/or dietary supplement usage, and if they've recently experienced a viral infection (cold or flu). Focusing solely on fluid replacement may cause individuals to overlook other equally important risk factors.

**Fact:** Drinking water is preferable for re-hydration. Sports drinks are effective but often not necessary, as long as people are eating meals, which typically contain enough electrolytes to replace those lost from sweating. Other beverages, including milk, coffee, tea and soft drinks, will also help you rehydrate; but due to the sugar content of some drinks, they should not be relied upon exclusively. Drinking water and fully consuming meals will be sufficient to replace fluid and electrolyte losses.

## Conclusion

The risk of becoming a heat casualty exists year-round. By maintaining a high degree of physical fitness, proper body weight, acclimatizing to the heat and re-hydrating appropriately we can each do our part to minimize the risk.

## One in Five Persons Develop SKIN CANCER

Every year, we have massive awareness campaigns relating to medical ailments. However, we seem to forget about the one area where people put themselves at risk virtually every day. And that is skin cancer. Known as the most common type of cancer, one in five persons will develop some form of skin cancer during their lifetime.

The majority of diagnosed skin cancers are non-melanoma skin cancers. It is very rare for these skin cancers to spread to other parts of the body and cure rates of 95% can be achieved if detected early and treated promptly. Although melanomas make up less than 5% of skin cancers overall, they are the most common form of cancer for young adults 25-29 years old and the second most common form of cancer for adolescents and young adults 15-29 years old. They are also the deadliest form of skin cancer.

All forms of skin cancer are highly treatable when caught early. You can play an active role in the detection of skin cancers by checking yourself. If you notice anything changing, growing, or bleeding on your skin, talk to your health care provider about it.

Learn how to decrease your risk of exposure. Harmful rays of the sun include ultraviolet A (UVA) and ultraviolet B (UVB). UVA rays cause premature aging such as wrinkling and age spots. This form of ultraviolet radiation can penetrate window glass, exposing you even when indoors or inside your vehicle. UVB rays are the sun's burning rays. Although they are blocked by window glass, they are the primary cause of sunburn. Both UVA and UVB rays are linked to the development of skin cancer. While there are non-modifiable risk factors for skin cancers such as genetics and fair skin, the most preventative risk factor for skin cancer - exposure to ultraviolet light



from the sun and indoor tanning devices - can be controlled. Seek shade when appropriate, especially between 10a.m. and 4p.m. when the sun's rays are strongest. Wear protective clothing (such as a long-sleeved shirt, pants, and wide-brimmed hat and sunglasses) when possible. Apply sunscreen when going outdoors.

As for sunscreens, you want a broad-spectrum,

water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30. SPF refers to the product's ability to provide primarily UVB protection, which helps prevent sunburn. The higher the SPF, the more UVB protection, but the level of protection does not increase proportionately with the SPF value. SPF of 30 blocks about 97% of UVB rays. 'Broad-spectrum' provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB rays). Ingredients in sunscreen that provide broad-spectrum protection include titanium, zinc, avobenzone (Parsol 1789), and ecamsule (Mexoryl). Look for these in the list of ingredients.

Sunscreen should be applied to the skin 20 minutes before going outdoors. Coat all exposed skin liberally, paying particular attention to the face, ears, hands, and arms, and rub it in thoroughly - most people apply only 20-50% of the recommended amount of sunscreen. One ounce, enough to fill a shot glass, is the typical amount of sunscreen needed to cover the exposed areas of the body evenly. Sunscreen should be reapplied at least every two hours or after swimming or perspiring heavily.

For more information about skin cancer and prevention go to: [www.skincancer.org](http://www.skincancer.org).

**Editor's Note:** Above article courtesy of SkinCancerFoundation.org

# Heat Injury Controls



## Decision to accept risk is made at the appropriate level

- See TRADOC Reg 385-2, para 1-5e. (<http://go.usa.gov/3EbCH>)



## Identified controls are in place

- Monitor and record Wet Bulb Globe Temperature (WBGT) hourly.
- Adhere to work/rest cycle in high heat categories.
- Run in formation at a double arm interval (the extra space helps an individual's heat dissipate during runs).
- For tasks requiring continuous effort, adhere to the Work/Rest Times and Fluid Replacement Guide (<http://go.usa.gov/3Ebg3>) and other guidelines for warm weather training conditions. Allow several hours of rest afterwards.



## Monitor and enforce hydration and eating

- Encourage frequent drinking. Do not exceed 1½ quarts per hour or 12 quarts per day. If possible, cool water to make it more pleasant to drink.
- Do not allow Soldiers to empty canteens to lighten load.
- Ensure Soldiers are well hydrated before training. Ask about urine color - urine is nearly clear if well hydrated.
- Ensure adequate time to drink and to eat entire meals.
- Table salt may be added to food when the heat category is high. Salt tablets are not recommended.



## Execute random checks

- Spot checks by Cadre, Senior NCOs, and Drill Instructors.
- Enforce battle buddy checks — need to be aware of each other's eating, drinking and frequency of urination.
- Plan placement of leaders to observe and react to heat casualties in dispersed training like land navigation.



## Follow clothing recommendations

- Heat category 1-2: Normal wear.
- Heat category 3: Unblouse trouser legs, loosen belt.
- Heat category 4-5:
  - » Unblouse trouser legs, loosen belt.
  - » Remove t-shirt from under ACU top or remove top down to t-shirt (depends whether biting insects are present).
  - » Remove helmets unless there are specific safety reasons to keep them on (such as being on a firing range).
- MOPP 4: Add 10°F to WBGT index for easy work, and 20°F to WBGT index for moderate and hard work.
- Body Armor: Add 5°F to WBGT index.

**Have Soldiers take cold showers** at the end of the day when moderate or heavy work was performed in Heat Category 3 or higher, to "dump" excess body heat.

# BAACH — receives — SAFETY STAR

By In Kyeong Yun  
BAACH Public Affairs Representative



The Brian Allgood Army Community Hospital (BAACH) recently received a 'Safety Star' as recognition of its successful completion of the Army Safety and Health Management System (ASHMS) audit, making it the first military treatment facility within Regional Health Command-Pacific to be given the honor.

ASHMS is the development of a culture of safety in which safety is part of everyone's daily routine. The purpose of ASHMS is to promote an effective worksite-based safety and health program. It is a cooperative, action-oriented approach where supervisors, managers, employees and the contractors work together to combat workplace hazards to reduce injuries and illness.

BAACH demonstrated that the organization has met all Occupational Safety and Health Administration Voluntary Protection Program's requirements for full implementation of the Army's Safety and Health Management System. During a year of preparation, work site analysis was completed which was followed by strategic efforts to eliminate and control hazards in the workplace. Management commitment and repetitive trainings raised active participation of the staff in the hospital which nurtured the culture of safety in the hospital.

To effectively manage worksite hazards, BAACH created the 'ASHMS tracking log' that performs as the control

tower. It helped track each department's safety plan from hazardous chemical inventories to fire plans.

"We marked ones that are good in green and ones that need development in red. It allowed faster identification of where the improvement should made," said Un Chong Cho, BAACH safety specialist.

Cho also emphasized that a successful audit was possible because the staff was actively engaging in making their workplace safer.

Employees in BAACH have been putting in efforts to assimilate the culture of safety in their daily routine by practicing to assess and prevent the potential hazards in their work stations. All sections appointed 'ASHMS Safety Representatives' to ensure the entire staff understood their OSHA rights. Monthly Safety training was also conducted by the Command Safety Office for all safety representatives to include the Veterinary and Dental Command.

"Coming to work knowing that you are working in the safe place and that you are participating to make it safer is very important. This recognition will serve as the cornerstone on which our organization will continue to build a continuously safer organization for those we serve," said Col. Erica Clarkson, BAACH commander.

The celebration of being recognized as one of the safest places to work will take place on the arrival of the banner in August.



## The New Brian Allgood Army Community Hospital App

**Who:** Anyone Requiring Information on Emergency Numbers, BAACH Contacts, Korean Hospital Maps, Translation Services, and More!

**What:** BAACH App for iPhone and Android

**How:** Download Free by Searching "BrianAllgood" in the App Store



NEW 2013 NEW PRODUCT **NFERA**

*Perfect Evolution  
of Premium Tires*

**NFERA SUI**  
Ultra High Performance Premium Tire designed for Sports Driving

**NFERA RUI**  
Premium Tire for High Performance SUVs



**NEXEN TIRE**



# Helping Kids When Relocating

**M**ilitary families often have to move, and learning how to make this transition can sometimes be difficult. The experience for kids moving, in particular, may lead to feelings of sadness. There also might be anxiety around how to make friends in a new school. By expressing a positive attitude about military moves and asking your child to participate in the process, you can help her feel more at ease about the changes that may come with military relocation. Take a look at our military moving tips.

## ☺ Breaking the News

When telling your child about the move, treat it as a special announcement. Make sure all of your family members are sitting down together, and tell them that you have exciting news about a “new family adventure.”

The prospect of how to make friends in a new school might cause anxiety. Tell your child that this is an opportunity for making friends in a new city. You can say, “It’s difficult to say good-bye to friends. But the good news is, soon you’re going to have even more friends, and you can still keep in touch with your old friends, no matter where you are.” Making friends in a new city can be exciting.

If you notice that your child is feeling anxious or up-

set, give him the language to explain how he’s feeling. You might say, “I notice that you’ve been frowning a lot today. Are you feeling sad or nervous about being in a new place?” Let him know that it’s okay to have big feelings about the move, and talk about things you can do to help him feel better, such as draw a picture for his new room or play his favorite game.

Do some research (online, at a library, and/or in person) about the place you are moving to so you’ll be prepared to answer questions your child may have. This will also help you and your child feel less nervous about what to expect.

## ☺ Preparing for Military Moves

To help make packing more exciting, encourage your child to help by decorating each of his boxes with markers and stickers. That way, when you arrive at your new home, you’ll know which boxes are his and can unpack those first.

Positive reinforcement helps to build your child’s confidence and remind him that he is loved and supported. You can say, “I like how helpful you’re being by packing up your toys and books” or “You’re being a great big brother by helping Sara pack her things for the move.”

Allow your child to bring a few of her favorite items along with her in her backpack, so she’ll have something comforting at hand during the journey.

Go for a walk around your house and neighborhood with your child and say good-bye to important people and places. Take a picture at some of his favorite places, such as the neighborhood playground, to help him remember them after the move.

Create good-bye cards to give to friends. Include your new address, as well as your e-mail so that it’s easy to stay connected.

## ☺ Process of Moving

Discuss how you’re going to get to your new home (by plane, car, etc.). If you are going to pass anything exciting on the way, be sure to tell him so he has something to look forward to seeing.

If you start to feel overwhelmed during the process of moving, take a break from unpacking and do something fun together as a family. Healthy outings (such as a walk or bike ride) are a great way to get a fresh perspective and regroup as a family. Or for a shorter break, try putting on music and dancing around the room.

A few hours in the car or on a plane can feel like days to a young child. Play an exciting game to help her focus on something fun. Create “I Spy” challenges to play with your child during the journey, such as “Find a dog on the street” or “Spot a red suitcase at the airport.”

## ☺ Settling In

Together with your child, unpack her room first, allowing her to choose where to put special items. Then unpack a room where the family can spend time together, such as the living room. Put up family pictures to remind your child of the many people who care about her. Involving your child during the unpacking process will help her feel that she’s an important part of the move.

Be patient if your child is sad or behaving differently than usual, such as clinging to you or being resistant at bedtime. It may take some time, but with your love and support, you can help your child learn how to transition to his new environment.

Maintain family routines, such as Friday Family Game Night or Taco Tuesday, as much as possible to help your child know what to expect. Also try creating new traditions to celebrate being in a different place together. For example, at dinner, each of you might describe the high points of your day, or on Sunday afternoons you can gather for a story hour.



Have fun exploring your new community together once you’ve arrived. Go for a walk and discover the closest parks and playgrounds, and talk about places that look interesting to your child and that she would like to go back to and explore, such as a mini-golf course or zoo.

Set aside a time to catch up with friends and family and put it on the calendar so your child can look forward to it. Remind your child that those you love are always reachable by phone, e-mail, letters, or video chat.

Help your child make new friends by practicing with dolls or puppets. Act out a scenario with language he might use to approach a new friend. You can say, “Hi, my name is \_\_\_\_\_. What’s yours?” Encourage your child to think about the qualities of a good friend. Ask, “What does a good friend do?”

# HERE IT COMES



## WARFIGHTER SLEEP MANAGEMENT

A Soldier's performance is enhanced by 7-8 hours of quality sleep – but that is not always possible in the Army. As a rule of thumb, Soldiers should get as much sleep as much as they can, when they can.

Leaders and Soldiers can implement the following strategies to manage Soldiers' sleep debt:

### GARRISON SLEEP QUALITY

Ensure dark, quiet, comfortable sleep environment and address conditions in barracks/family housing that interrupt quality sleep (e.g., garbage pick-up at 4 a.m.; routine fire alarms at night)

### REVERSE CYCLE PHYSICAL TRAINING

Delay start of duty day (e.g., until 8 am) and conduct PT in the afternoon instead of morning to synchronize with Soldiers' circadian rhythms, reduce stress, and increase cognitive functioning

### SLEEP BANKING

Plan ahead and increase your daily amount of sleep up to two weeks prior a period of limited sleep

### TACTICAL NAPS

During sustained operations take a short nap when opportunities allow

### "NAPPUCCINOS"

Drink 12 oz of coffee and then take a 30 min nap; must be able to fall asleep quickly.

### CAFFEINE

Can help short-term alertness at the proper dose and frequency for the situation – see article for doses\*

\* see <https://safety.army.mil/shrinklink/152>

# READY ... OR NOT?

**Ready ... or Not** is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their readiness for what lies ahead - both the known and unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making. #Armysafety

The U.S. Army Combat Readiness Center has the tools to keep you and your Soldiers safe, both on and off duty. Visit us online at <https://safety.army.mil>.

So are **YOU** ready ... or not?



<https://safety.army.mil>

## "PERFORMANCE TRIAD TRAINING PROGRAMS

## ARE THE CORNERSTONE FOR THE SYSTEM FOR HEALTH"



~LTG NADJA WEST

## ACCIDENTAL DROWNINGS AMONG U.S. SERVICE MEMBERS

MILITARY MEMBERS ARE AT RISK FOR UNINTENTIONAL DROWNINGS DURING TRAINING, OCCUPATIONAL ACTIVITIES AND OFF-DUTY RECREATION. INCREASE YOUR AWARENESS TODAY TO LOWER YOUR RISKS:

### DROWNING PREVENTION

Water-related recreational activities in or near water can be potentially dangerous — particularly for non-swimmers and weak swimmers — in hazardous conditions and settings (e.g., storms, currents, riptides), and when safety measures are not observed. Military Members are at risk for unintentional drownings during training, occupational activities and off-duty recreation. Here are 4 ways you can prevent unintentional drowning:

- ▶ Wear life jackets.
- ▶ Take swim lessons to become a stronger swimmer.
- ▶ Swim with a buddy; never swim alone.
- ▶ Be knowledgeable of water environments you are in.

Increase your awareness and lower your risks by reading the MSMR Vol. 22 No. 6 – June 2015 report, "Update: Accidental drownings, active component, U.S. Armed Forces, 2005–2014" at [www.health.mil/MSMR](http://www.health.mil/MSMR). #SwimSafe

Follow us on Twitter for more info: @AFHSBPAGE  
Also check out hashtag #SwimSafe

Source: Defense Health Agency, Armed Forces Health Surveillance Branch.

Strategies provided by the Army Public Health Center (APHC) and Office of the Surgeon General. For more information go to the Performance Triad app

# Soldiers who Smoke may be more likely to get hurt during training

By Madeline Kennedy  
Reuters Health

**P**ulled muscles and broken bones are common during military training and even more common among soldiers who smoke, according to a review of past research.

The study can't say why the more soldiers smoke, the greater the increase in their risk of "overuse musculoskeletal injuries," but since smoking is a preventable risk factor, it's another good reason to quit, they write in *Medicine and Science in Sports and Exercise*.

Smoking rates are higher, at about 35 percent, in the U.S. military than in the general U.S. population, where about 19 percent of civilians smoke, the authors write.

Muscle and bone injuries are also very common for military members, said lead author Dr. Sheryl Bedno of the Womack Army Medical Center in Fort Bragg, North Carolina, adding that as many as one third of military men and two thirds of military women seek medical care for these types of injuries.

"We suspected that smoking was associated with injury, but the findings from the research were not consistent," Bedno told Reuters Health by email. She noted that smoking decreases bone density and slows down wound healing.

To determine whether smoking is linked to injury among members of the military, the study team reviewed 18 studies on military training injuries, such as stress fractures, hip fractures, knee pain or lower extremity injuries and tobacco use.

Overall, they found that soldiers who smoked were 31 percent more likely to sustain injuries than non-smokers.

For women, the extra injury risk tied to smoking was somewhat lower at 23 percent.

The more one smoked, the greater the risk increase. Nine studies had data on the amount soldiers smoked, and they found that men who were light smokers had 26 percent higher injury risk compared to nonsmokers, and the heaviest smokers had an 84 percent risk increase.

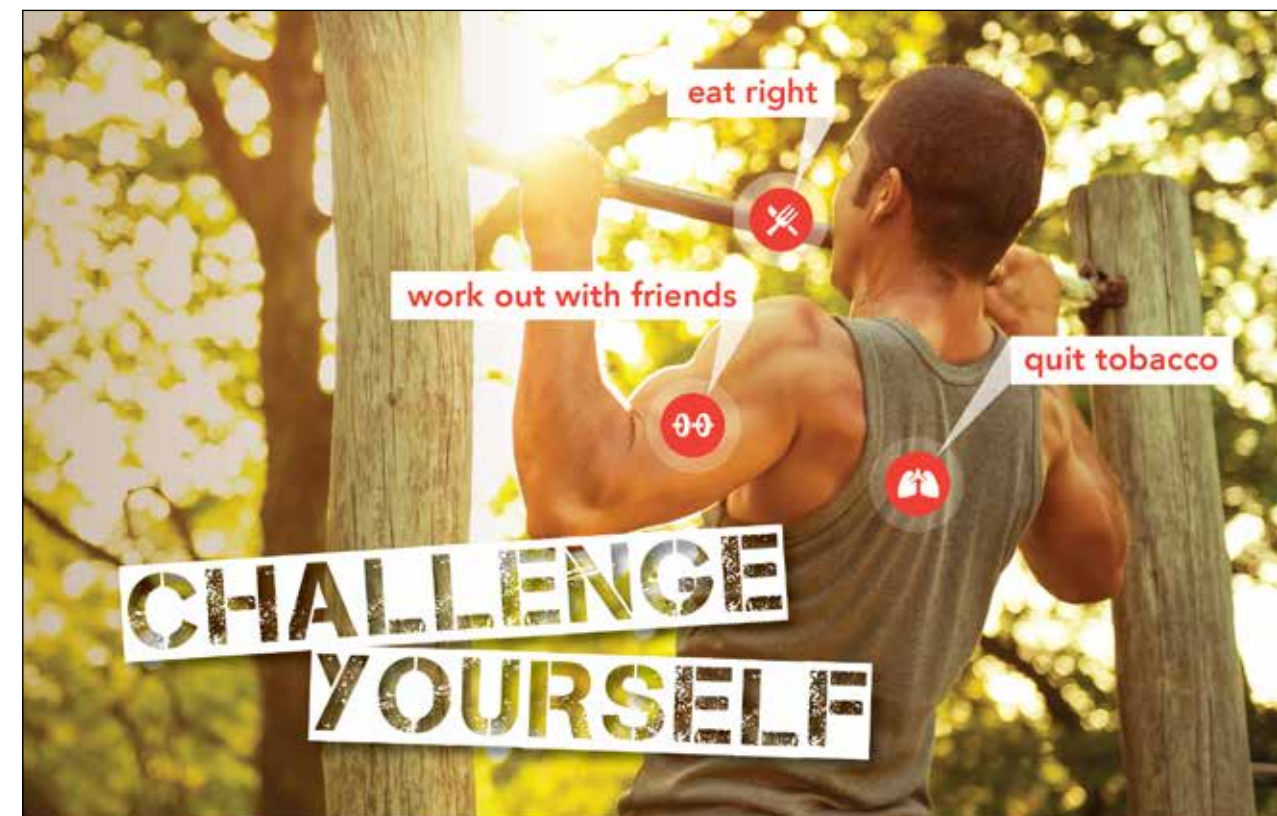
Though smoking likely plays a large role in the increase in injury risk, there may be other characteristics of people who smoke that could have an effect on their risk, said Edgar Vieira, an injury researcher who was not involved in the study.

"There are many other things that will have a stronger effect on injury prevention than smoking cessation, such as reducing overtraining, providing sufficient recovery time and stretching," said Vieira, who directs the physical therapy doctorate program at Florida International University in Miami.

Even quitting smoking during training times may not be enough to protect military members from injury, said Vieira, noting that the inflammation and decreased blood flow caused by smoking can have long-term effects.

"The best protection is not to smoke. In addition to all we well know health harms it causes, it may also increase your risk of injury," Vieira said.

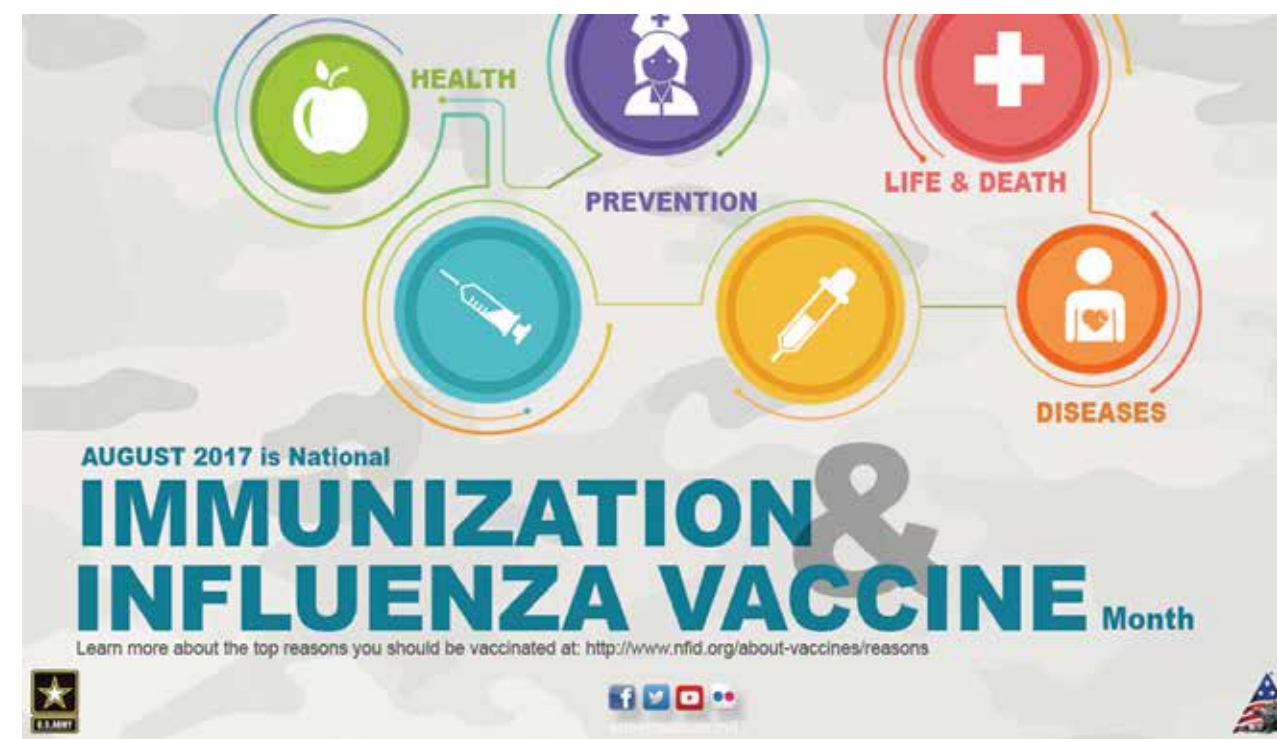
"Smoking increases the chances of getting an exercise-related injury about 30 percent, and the more you smoke, the higher the risk of injury," Bedno said. "We encourage anyone who smokes to stop at the earliest time possible."



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## Korean War Commemorative Service at the ROK Navy Central Chapel

Last month, the chief of pastoral care at the Brian Allgood Army Community Hospital, Maj. Tim Ryu, delivered a message at the Korean War Commemorative Service at the Republic of Korea Navy Central Chapel in Yeongdeungpo, Seoul. By remembering the noble sacrifices of the allies' service members through shared spiritual and military heritage, the event further strengthened the ROK-US alliance and fostered good will.

*Photos courtesy of Brian Allgood Army Community Hospital Pastoral Care*



## Brian Allgood Army Community Hospital Opens Lactation Support Room

Hospital Commander Col. Erica Clarkson was joined by Clinical Nurse Maj. Suzanne Cobleigh, Col. Edith Ruiz the Chief of the Nursing Department and Sgt. 1st Class Christopher Birch, the WICU NGOIC at the Lactation Support Room ribbon cutting ceremony.



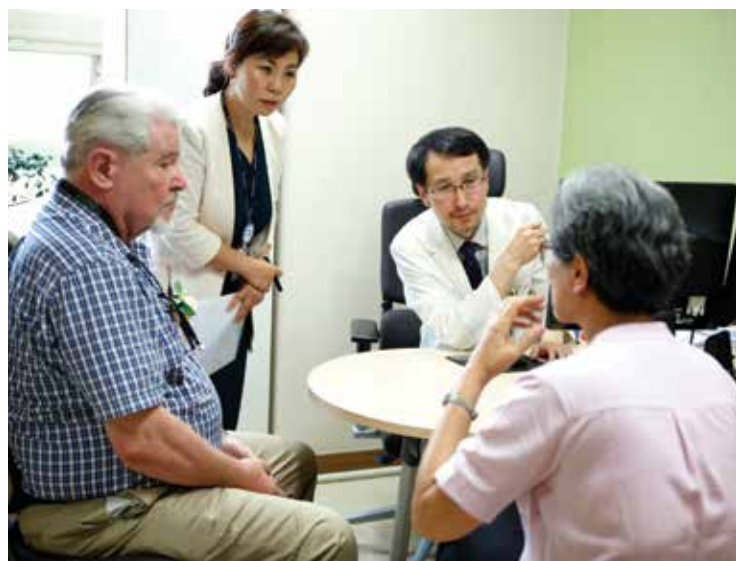
Last month, the staff of the Brian Allgood Army Community Hospital came together to celebrate the grand opening of the Women and Infant Care Unit's new Lactation Support Room. This Medical Command initiative provides a peaceful and private area that lactating mothers and employees can nurse their growing children.

*Photos by William Wight  
65th Medical Brigade Public Affairs Office*



# SAM Hospital Provides Comprehensive Health Check-Up To Retirees

Story and photos by SAM Medical Center Public Relations Team



To express their appreciation to those who were devoted to defending Korea, SAM Medical Center invited military Retirees and their families to participate in a systematic health screening at their health screening center. SAM provided the comprehensive health screening which also included Oriental medicine treatment and holistic healing for the Retirees and their family members June 22.

The health check-up included chest X-ray, urine test, audiometry, vision test, blood pressure, blood glucose and dental screening as well as a one on one consultation with a physician.

One unique aspect of the visit was the education of Oriental Medicine and the participants being able to talk to a Korean medicine specialist, who consulted with them about their body type and health condition and treated them with acupuncture, cupping therapy and moxibustion.

Carl Reed, the President of the Area II Retiree Council, was amazed with the facility. "When I looked around the hospital, I could meet many patients who came from

abroad. All of the medical staff was really nice and fluent in English. I was impressed," Reed said.

"My first impression of the hospital was the cleanliness of the facility and the friendliness of the staff. It was impressive that patients are able to get quick feedback with an accurate diagnosis from the medical staff," said Richard Deppe, Secretary of the Area II Retiree Council.

SAM Medical Center is composed of two general hospitals, a Women's hospital and a Korean Oriental Medicine hospital that offers integrative medicine combining modern medicine techniques with alternative and comprehensive treatment using a holistic approach. They also offer various programs such as music therapy, drawing therapy, laughing therapy and horticultural therapy.

Dr. Park, Sang-Eun Park, the superintendent of SAM Medical Center said, "This event was meaningful in terms of expressing the gratitude for these veterans sacrifice and devotion and as a result we will continue to offer this healing program for Retirees in Korea."



**Editor's Note:** The opinions, beliefs and viewpoints expressed by the author do not necessarily reflect the opinions, beliefs and viewpoints of the Pulse 65 editorial staff, 65th Medical Brigade Public Affairs Office or the Department of the Army.

◀ The delegation from Area II Retiree Council and the SAM Medical Center medical staff posed for a commemorative photograph.

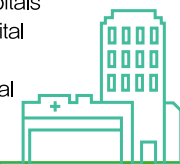


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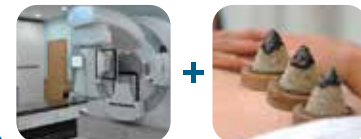


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# Kimchi

## *Korea's Greatest Food*

*Courtesy of Korea Tourism Organization*

Kimchi is the most famous traditional food and icon that well-represents Korea itself, as it accompanies almost every meal served in the country. The name of the dish also differs depending on the main ingredient used, where cabbage, radish or cucumber most often play the main role. In addition, there are many variations in recipes and forms, offering the fun of tasting different textures and flavors from all across the nation. In addition, kimchi is gaining more attention nowadays worldwide due to its enormous nutritional value, becoming an international wellbeing food not just limited to Korea.

### Origin of Kimchi

For as long as humans have been harvesting crops, they have enjoyed the nutritional elements of vegetables. In order to preserve the vegetables to enjoy during the cold winter months when cultivation was practically impossible, people soon developed a storage method known as pickling in which vegetables were fermented. Rich in vitamins and minerals, kimchi was introduced in Korea around the 7th century.

It is presumed that beginning from the 12th century, several spices and seasonings began to gain popularity. The exact date when hot pepper powder was first added remains unknown, but was finally used as one of the major ingredients for making kimchi in the 18th century. In fact, the very same kimchi we know today has retained the same qualities and cooking preparations that prevailed ever since it was first introduced.



▲ Baecheu kimchi

### Nutritional Value of Kimchi

Eating kimchi is highly recommended because of its nutritional values. Thanks to the fermentation process, kimchi is packed with tons of vitamins and minerals. It also contains lactic acid bacteria, a bacterium that not only helps with digestion and combats harmful bacteria, but also helps prevent the growth of cancer. It was also featured in *Health* magazine, as one of the top five healthiest foods in the world.

## Types of Kimchi

Since kimchi is so nutritious in many ways, and consumed throughout the entire year, it is often referred to as a staple food. This explains why you can find kimchi in all households throughout Korea. Regions, temperatures and other environmental conditions have led to the creation of more than 100 different types of kimchi. Read on to learn more about this fascinating dish.

### Baechu kimchi

The most popular kimchi enjoyed by most Koreans is made with a whole salted cabbage (uncut) mixed with hot pepper powder, garlic, fish sauce and other spices, which is then left for fermenting. This particular kimchi varies by region, with the southern part of the country known for its saltier, spicier, and juicier flavors.

### Kakdugi: Diced Radish Kimchi

The basic ingredients used for fermenting are similar to that of baechu kimchi, with the exception that radish plays the main role in this particular case. Although radishes are available all year-round, winter radishes are sweeter and firmer, a top reason why many preserved side dishes are made of radishes.

### Nabak kimchi: Water Kimchi

This is a less spicy version of kimchi with both cabbages and radishes combined. Using a great deal of kimchi stock, it tastes sweeter than other types of kimchi due to the addition of sliced fruits such as apple and pear.



▲ Kakdugi



▲ Nabak kimchi



▲ Oi sobagi

### Yeolmu kimchi: Young Summer Radish Kimchi

Although they are thin and small, young summer radishes are one of the most common vegetables for kimchi during the spring and summer season. Prepared with or without the fermentation process, yeolmu-kimchi completes almost all foods eaten on a hot summer day.



▲ Yeolmu kimchi

### Oi sobagi: Cucumber Kimchi

This kimchi is preferred during spring and summer days, as the crunchy texture and juiciness of cucumbers create a refreshing variation to kimchi.



▲ Ingredients of kimchi

## Where to Buy

The making of kimchi, or gimjang in Korean, is a significant household event taking place annually all across the nation with the taste of the dish varying by family and region. Recently, however, the number of households still practicing gimjang has been decreasing, with many preferring to consume store-bought kimchi instead. Reacting to this consumer behavior, more and more supermarkets, and even convenience stores are stocking large quantities of kimchi in their inventory. For the convenience of visitors and travelers coming to Korea, duty free shops located in major international airports and seaports also have airtight sealed kimchi products available.



# WORLD CULTURAL HERITAGE SITES

Korea's Cultural Heritage conveys a genuine sentiment of simplicity and peacefulness. The historical background of the heritage is diverse, encompassing the history of Korea from ancient times (Dolmen sites) to the Joseon Dynasty. The sites embody a wide variety of values from tidy and neat artistic spirit to scientific rationality as witnessed in such traditional constructions as a royal palaces or temples.

A total of eleven Korean cultural sites are registered on the list of World Cultural Heritage Sites including Jongmyo Shrine (1995); Haeinsa Temple Janggyeong Panjeon, the Depositories for the Tripitaka Koreana Woodblocks (1995); Seokguram Grotto and Bulguksa Temple (1995); Hwaseong Fortress (1997); Changdeokgung Palace Complex (1997); Gyeongju Historic Areas (2000); Gochang, Hwasun and Ganghwa Dolmen Sites (2000); Royal Tombs of the Joseon Dynasty (2009); and, finally, Historic Villages of Korea; Hahoe and Yangdong (2010); Namhansanseong Fortress (2014); Baekje Historic Areas (2015).



Series I

## Gochang, Hwasun and Ganghwa Dolmen Sites (Designated 2000)

**Location:**  
Gochang-gun, Jeollabuk-do;  
Hwasun-gun, Jeollanam-do;  
Ganghwa-gun, Incheon

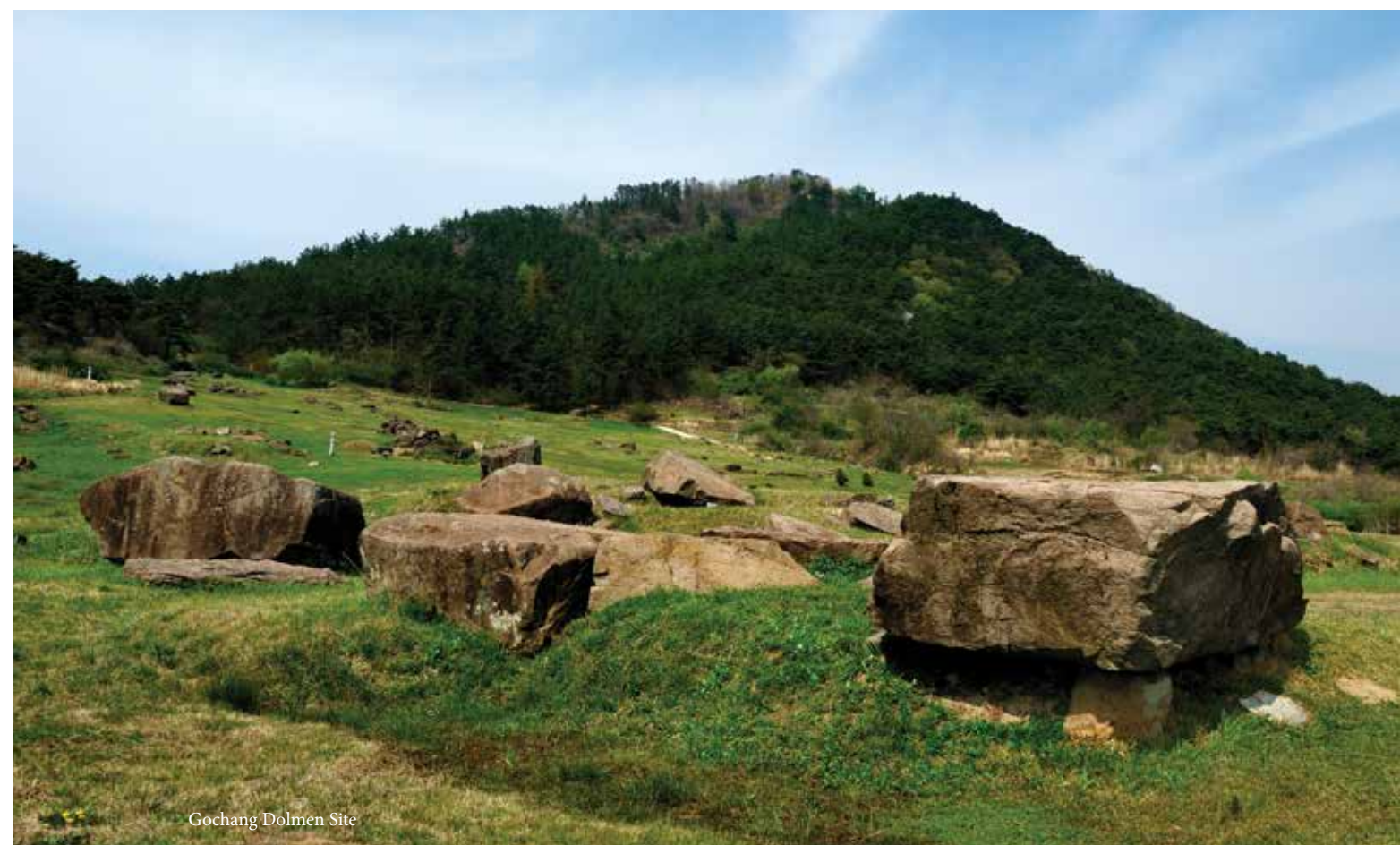
*Courtesy of Korea Tourism Organization*

**D**olmens are stone graves that were built in the prehistoric era. Gochang Dolmen Site, Hwasun Dolmen Site and Ganghwa Dolmen Site are unparalleled in the world, given the degree of concentration and diversity in the forms and scales of dolmens discovered in these three sites. Most of the dolmens were built in 1000 BC, providing modern people with a vital glimpse into the society and technological advancement of the period.

Recognized by UNESCO in 2000, dolmens in Gochang, Ganghwa, and Hwasun are considered the finest artifacts for studying the social structure of Korea in the Bronze Age and cultural exchanges with people in Northeastern



Bugeulli Jiseok Dolmen, the representative dolmen in Ganghwa



Gochang Dolmen Site

Asia during the Prehistoric Era. In particular, the dolmens exact construction process can be known from existing quarries, providing vital materials in studying the history of dolmens and how they have changed over time.

Gochang Dolmen site in Jungrim-ri, Gochang-gun, Jeollabuk-do, has one of the largest concentrations of dolmen, with over 1,550 dolmens discovered in the area as of 2008. Of the many dolmens, 447 of Gochang's dolmens were officially registered with UNESCO. Gochang is a well-known dolmen site in Korea for allowing visitors to see many dolmens in a variety of shapes and sizes.

Hwasun Dolmen Site is spread throughout a 10km-long mountain valley linking Hyosan-ri and Dae-sin-ri. The site has a total of 596 dolmens, usually found at the foot of the mountain or on the rocky mountain tops. Being located in areas difficult for humans to access, the dolmens have remained nearly perfectly preserved.

There are over 120 dolmens remaining from the Bronze Age at Ganghwa. The distribution of dolmens here is quite widely spread throughout a diverse topography, which is conclusive evidence that the societal structures were quite different depending on the dates the dolmens were built.

The most representative dolmen in the region is 'Bugeulli Jiseok Dolmen', a table-styled dolmen with a huge cover stone resting on two supporting stones. The purpose of this dolmen has not yet been discovered.

For more information visit:

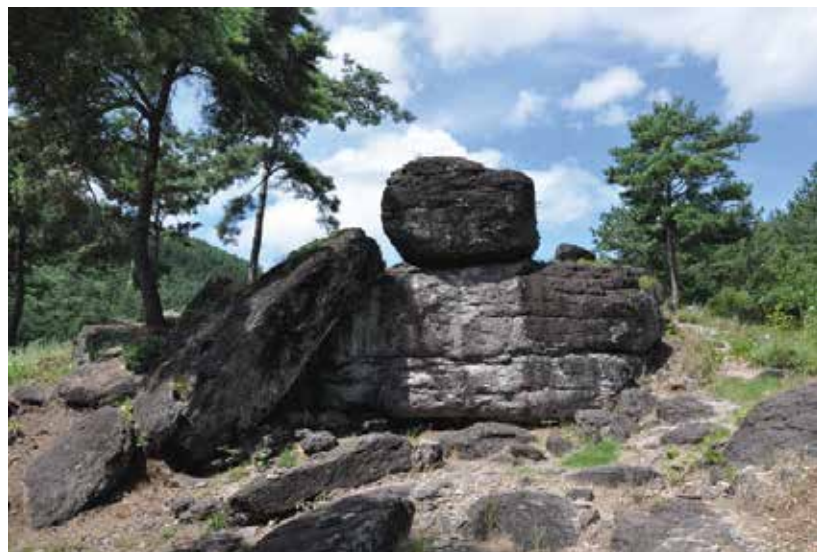
Gochang Dolmen Site: [www.gochang.go.kr/dolmen](http://www.gochang.go.kr/dolmen) (Korean, English, Japanese, Chinese)

Hwasun Dolmen Site: [www.dolmen.or.kr](http://www.dolmen.or.kr) (Korean, English, Japanese, Chinese)

UNESCO Site: [whc.unesco.org/en/list/977](http://whc.unesco.org/en/list/977)



Pingmaebawi in Hwasun Dolmen Site



Gamtaebawi in Hwasun Dolmen Site



Dalbawi (Moon Rock) in Hwasun Dolmen Site

# UNESCO World Heritage of Korea



UNESCO World Heritage refers to both cultural and natural heritage sites registered on the World Heritage List. In November 1972, UNESCO adopted the "Convention Concerning the Protection of the World Cultural and Natural Heritage" in the General Conference during its seventeenth session. Under the Convention, the World Heritage committee established a World Heritage List that includes cultural and natural heritage with outstanding value whose conservation is recognized to be in the interest of all humanity. As of December 2016, Korea has eleven cultural heritage sites and one natural heritage site.

Apart from this, UNESCO also has a separate program called 'Memory of the World' and 'Intangible Heritage of Humanity'. In Korea, there are thirteen and nineteen of them respectively.



Nanjung Ilgi; War Diary of Admiral Yi Sun-sin (Designated 2013 as a Memory of the World)

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# Pet Ownership Responsibilities in Korea



It only makes sense that with the high operating tempo here in Korea that you might want to get your very own hairy ball of love to help lower your stress and improve your sense of well-being through animal companionship.

The benefits of pet ownership are numerous but you must never underestimate the responsibilities that come with pet ownership. So, what should you know before asking how much is the doggie in the window?

Pet ownership responsibilities include both financial and physical commitments in order to care for your pet.

The financial part usually surprises most people. This includes the cost of food, toys, accessories, veterinary care, and travel with cost usually starting at several hundreds of dollars a year. Veterinary care alone for both dogs and cats usually averages \$250 annually with a \$150-\$300 one time neutering cost if you use a Veterinary Treatment Facility (VTF).

Additional veterinary fees may occur as a result of selecting some breeds that are predisposed to certain medical conditions requiring treatment. In some cases you may need to consider pet insurance for high risk breeds. Also, all pets belonging to SOFA personnel are required to have a microchip per

USFK Regulation 40-5.

Micro-chipping helps to ensure responsible pet ownership and is required to assist with identification during a non-combatant evacuation operation (NEO). In the event of a NEO, you would be required to also evacuate your pet in an approved airline carrier and have ready any medication and food needed for ten days. Single personnel with pets need to ensure they have a pet care plan in the event of a NEO to ensure pets will be evacuated off peninsula to include a designated care giver at the final destination.

As far as PCS travel goes, a commercial airline fee can range from \$700 for a small animal up to \$2,500 for a giant breed. Once you make it past the travel fee hurdle for a PCS you need to remember to coordinate your departure time because many airlines have both high and low temperature travel restrictions for pets during certain seasons causing you delay if you do not coordinate for pet travel during booking. The physical care needs by a pet will vary depending on the type of pet. Pets in general need walks (potty breaks) or litter box changes and grooming to reduce the shedding and smell.

So, remember that you need to be willing to modify your lifestyle to allow for time to care for your pet each

and every day, including during vacation time.

You will also need to plan to give up space for litter boxes or room on the floor, couch or even your bed. If it is a big dog, you need to get ready to give up as much room as you would for another person. After all, dogs are considered by some people to just be four legged children that continue to eat off the floor and potentially have accidents in the house or neighbor's yard but don't grow out of it.

So, before you get a pet in Korea I recommend that you keep these tips in mind and do some research first. The truth is that pets can truly be a blessing in life but they are not disposable. If you are not able to ensure a full and lasting commitment as an owner for the life of the pet and not just your tour in Korea then I would recommend you consider volunteering or pet sitting for someone going out of town rather than pet ownership. After you choose your new pet, remember to register at the local VTF and schedule them for a physical to make sure.

**Editor's Note:** The above article was first written By Lt. Col. Douglas S. Owens, Commander, 129th Med Det (Veterinary Medicine) on May 31, 2012 and is relevant today.

## PET PCS Q&A

Do you have questions about PCS'ing with pets?

A permanent change of station move can be stressful, especially when overseas. You have to schedule flights, household good pick-ups, vehicle shipments and if you have a pet, you have to get them to your new home as well.

The 65th Medical Brigade wants to help eliminate some of the stress of getting your pet ready for a PCS, so we sat down with Maj. Sean B. Majoy, Clinical Operations Officer with the 106th Medical Detachment (Veterinary Services Support), to get the information you need.

draw but results take UP TO 6 WEEKS to be released from the laboratory. So, folks can't just get a FAVN drawn within a week of travel in the USA and expect that their pet will be cleared by customs at their destination. That animal WILL END UP IN QUARANTINE at their expense! Many countries also require a USDA veterinarian to do a USDA-endorsed health certificate (Form 7001). This form is valid for 30 days from date of exam but MUST BE PROPERLY ENDORSED and filled out correctly. For civilian veterinarians who are USDA-certified, they need to take this form and mail it into their regional USDA office for endorsement and assignment of a certificate number. THIS CAN

**Q:** Maj. Majoy, its PCS season and a lot of families are getting ready to leave Korea with their pets; can you talk about the requirements for leaving Korea with a pet and heading back to the states?

**A:** This is only valid for CONUS and Alaska, NOT Hawaii:

- Health certificate filled out by a veterinarian within 10 days of flight. (\*)

- Current rabies vaccine

- Recommended ISO-compliant microchip

- Animal exportation certificate acquired by Korea Quarantine services (QIA) within 2 days of travel (\*) (^) (\*) require animal present for examination

- (^) require completed paperwork such as health certificate, valid rabies vaccine, and microchip identification information

- All animals need airline approved hard top kennels for cargo shipment.

- BIRDS are not eligible for importation into the USA because of concerns regarding Avian Flu. Don't buy a bird here and don't bring one here.

**Q:** What if you have orders to another country? Is the process different?

**A:** Yes. Hawaii, Japan, EU, Australia, Guam, UK are all markedly more strict in animal importation requirements. All of these countries require ISO-compliant microchips, a current rabies vaccine, a rabies blood titer test (FAVN) that is completed and passes minimum standards, and multiple different forms. Each country is slightly different. In all cases, the FAVN, rabies vaccine(s), and microchips must be completed WEEKS TO MONTHS before PCS date. Otherwise the dog or cat may face a daily quarantine for anywhere between 90-180 days at the owners expense. The FAVN is valid from the date of the blood

TAKE DAYS TO WEEKS. Military veterinarians are all USDA-accredited and can endorse and issue a certificate number themselves.

**Q:** How soon should families begin getting their pet ready for their PCS?

**A:** 4-6 months.

**Q:** Do military families need to be seen at a military veterinary clinic to prepare for a PCS, or can these things be done with a vet on the local economy?

**A:** They can be done with a local veterinarian, but it is highly recommended to try and get an initial planning appointment on post so the local vet has guidance for each country.

**Q:** What paperwork are families required to show at the airport for their pet to be able to fly? And is this the same for commercial as well as Patriot Express?

**A:** Valid health certificate(s), Valid FAVN and original signed rabies certificate

**Q:** What about families who are just arriving to Korea? Is there anything they need to do?

**A:** For pets coming into Korea, they need a valid FAVN, a valid rabies vaccine, two health certificates (a 10 day health certificate and a USDA endorsed health certificate (Form 7001)). **Q:** Is there anything else pet owners should know about, either if they just arrived or if they are getting ready to leave?

**A:** Register your pets at the vet clinic on post for NEO purposes. This does not mean you need to use the on-post clinic for services. Garrison requires a current rabies vaccine and a microchip for your cat or dog. <https://www.aphis.usda.gov/aphis/pet-travel/pet-travel-home-page>

Above is the USDA website that provides current country requirements for pet importation. Contact your local veterinary clinic for further information; see the clinic phone numbers on page 91.

# Pet Importation Requirements

For the most current information on PCSing with pets, please visit: 106th Medical Detachment Veterinary Service Support (106th MED DET VSS)

<http://www.korea.amedd.army.mil/veterinary/index.html> Korean pet importation requirements are also available at <http://www.qia.go.kr> (Animal, Plant, and Fisheries Quarantine and Inspection Agency).

Care for pets at military veterinary treatment facilities (VTF) is limited and primarily provides routine preventive medical and surgical care. Emergency care is not available at military VTFs and civilian veterinary clinics are limited in some areas. Only 2 pets (cats and dogs only) are authorized transport in the event of a non-combatant evacuation operation (NEO) in Korea. All pets must be registered at the installation VTF upon arriving in Korea (or when purchased in Korea). Not all housing areas allow pets. When assigned housing in pet restricted areas, service members that have brought pets have been required to find new owners/pet housing arrangements (including shipping them back to the states). Confirm housing options before transporting pets.

1. Korea allows importation of no more than four (4) animals per person.\* a. Customs clearance is required upon entry into Korea. Service members must present travel orders and pet documentation at the Customs desk to request the SOFA import tax waiver. Pets imported more than 6 months after initial entry will be assessed an import duty. b. Pets shipped separate from the service member or their family may incur additional costs when they travel as air cargo. Owners should discuss the details of these costs with the transportation broker prior to shipment.



2. Dogs and cats less than 90 days of age at entry are not required to have been vaccinated and are exempted from FAVN testing requirements.

3. Pet travel from the US/CONUS area: a. Original health certificate (APHIS Form 7001; see appendix A for an example of a Military endorsed form) issued by an accredited veterinarian (endorsed by a USDA veterinarian unless signed and stamped by a Military/GS veterinarian in both blocks with a valid certificate number) must be presented at time of entry. All health certificates must include original signatures (in blue ink), no copies will be accepted.

4. Pet travel from locations outside of US/CONUS area: a. Consider contacting the Korean QIA office directly or through your sponsor to confirm the travel documentation for your pet's travel.

b. Original health certificate issued by an official government veterinarian from the host nation (e.g. certificate and kennel stamp from the Japanese export veterinarian or an EU pet passport signed and stamped by a German government veterinarian) must be presented at time of entry. Service members are directed to contact the servicing VTF for assistance. All health certificates must include original signatures, no copies will be accepted.

5. ISO compliant microchip (ISO11784 or 11785):

a. Mandatory for all dogs and cats regardless of age. Microchip number should be stated on official health certificate.

b. Pets that do not have ISO compliant microchips should have a compliant microchip placed prior to travel (list both on health certificate) or the owner should transport a microchip reader.

6. Rabies Antibody Test (FAVN) for cats/dogs over 90 days old:

a. Result should be equal or greater than 0.5 IU/mL.

b. Result should be stated in the remarks section of the health certificate (APHIS Form 7001). The name of

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the laboratory conducting the test and the date the sample was drawn must also be listed in the remarks section (See appendix A).

c. Testing should be performed at least 30 days but not more than 2 years prior to travel to Korea.

d. Original test result report (not a copy) should be presented at time of entry.

e. Results from these labs will be accepted as valid: [http://ec.europa.eu/food/animal/liveanimals/pets/approval\\_en.htm](http://ec.europa.eu/food/animal/liveanimals/pets/approval_en.htm) i. DoD Food Analysis & Diagnostic Laboratory <http://www.vetlab.army.mil/pet.html> Note: Tests performed from 21 September 2012 through 1 January 2014 are not considered valid due to complications with the EU certification ii. Kansas state (<http://www.vet.k-state.edu/depts/dmp/service/rabies/favn.htm>)

7. Rabies Vaccination: a. Rabies vaccination should be performed at least 30 days prior to and be within the reported expiration date (1 or 3 year vaccination) at the time of arrival.

Animals from a Rabies free country (according to current OIE standard)\* must be microchipped with and ISO compliant microchip and be presented with an official health certificate but no FAVN test is required.

\*Japan, Taiwan, Cyprus, Australia, New Zealand, Portugal, Iceland, Guam, Hawaii, Samoa, Cayman Islands, French Polynesia, Martinique, Department of Reunion, Wails and Futuna, Albania, Dominican Republic, Macedonia, Lichtenstein, Malaysia, Switzerland, Ireland, Fiji, Singapore, Jamaica, United Kingdom

Any dog or cat presented for entry that does not meet these requirements will be quarantined at the owner's expense until compliance is met. Quarantined animals will be housed at an Official Approved Korean Quarantine Facility, which on average cost \$20-40/day.

Quarantine release for a dog or cat will be dependent on resolution of the deficiency:

1. Valid health certificate from an official veterinarian (eg. APHIS form 7001); must be the original and endorsed correctly.

2. No microchip: a. An ISO compliant microchip must be placed.

3. Incomplete/improper rabies vaccination, absent/deficient rabies antibody titer (not greater than 0.5 IU/mL):

a. Revaccination for animals as appropriate.

b. Test will be performed by Korean government lab (at owner's expense; around \$250).

c. Animals with results less than 0.5 IU/mL will be held until the antibody response to revaccination results in an adequate titer.

# Information Sheet for Pet Exportation on the AMC Patriot Express

1. Pet owners must notify their personnel office of their intention to ship their pet upon Permanent Change of Station as soon as possible.

2. IAW Korean Law, all dogs and cats departing Korea must have the following:

a. Rabies Certificate. Must be current and contain the animal's identifying microchip number. The duration of immunization (i.e. 1-year or 3-year vaccine) must not expire while in transit.

b. United States Health Certificate, DD Form 2209. It must be issued within 10 days of departure. Contact your local Veterinary Treatment Facility for an appointment for your pets.

3. The owner MUST also obtain a Korean Inspection Certificate from the Korean Animal Quarantine Office. This is in addition to the US Health Certificate.

a. Currently, these must be obtained from the QIA office at Incheon Airport or Pyeongtaek Port only.

b. You need to apply for animal inspection at the Animal Quarantine office at least 3 hours prior to departure. If the flight leaves early in the morning or late at night, the Korean Inspection Certificate may be obtained up to ten days prior to departure at either the Incheon airport or Pyeongtaek Port; however, a US Health Certificate must be presented to the Quarantine official for export certificate approval.

c. What you need to bring to the Animal Quarantine Office for pet exportation:

i. The animal to be inspected (dog, cat, etc.)

ii. Traveler's passport

iii. E-ticket for the flight

iv. Current rabies certificate

v. US Health Certificate

vi. Fees (contact office for most current fee schedule)

1. W10,000 per dog/cat

d. The office hours for the Animal Quarantine Facilities are

i. Incheon Airport – 9 a.m. - 6 p.m., seven days a week (including holidays). Officials are on-call 24-hours.

1) Phone: (032) 740-2660/2661/2662

2.) Location in the airport: Behind F on the Departure Floor 3

3) [www.nvrqs.go.kr](http://www.nvrqs.go.kr) or <http://cafe.naver.com/iaaq>

ii. Pyeongtaek Port – 9 a.m. - 6 p.m. Monday - Friday (17 miles, 30-40 minutes driving from Osan AB)

1) Phone: 031-8053-7707, ext 9

2) Address: 401, 73, Pyeongtaekhanman-gil, Poseung-eup, Pyeongtaek-si, Gyeonggi-do, Korea 451-821

4. Animals who meet the above requirements to leave Korea will automatically meet the requirements to enter the United States, except for Hawaii and Guam. Animals traveling from the ROK to Hawaii, Guam, or countries other than the United States should contact the Military Veterinary Treatment Facility in the area for specific importation requirements.

5. If the service member is PCSing to Japan, the above requirements DO NOT meet the pet import requirements for Japan. If you are PCSing to Japan, please contact the Military Veterinary Treatment Facility in the area for more specific importation requirements for Japan

6. It is the service member's responsibility to verify reservations with the airline. The service member is responsible for all fees charged by the airlines for shipping the animal.

7. When preparing the animal's cage for travel, attach the following to the cage:

a. One copy of the rabies vaccination certificate (NOT the original).

b. One copy of the US Health Certificate (NOT the original).

c. One copy of your flight itinerary.

d. A feeding schedule for your animal, if your pet is on a special diet.

e. One copy of your Korean Health Certificate will be attached by the airline. The airline will verify your paperwork and cage labeling and will take your pet to the plane (if it is not traveling in the cabin with you as carry-on).

8. Animals can be fed up to six hours before the flight. However, to minimize the risk of vomiting, please consult with your veterinarian. Water can be given up to the time of the flight in limited amounts. Walking or exercising your animal before presenting it to the airline desk for loading is also highly recommended.

9. Questions to ask AMC:

a. What is an animal transport reservation?

b. Is it possible to carry my animal with me on my flight?

c. What is the cage limit size?

d. Is a soft cage allowed?

e. How much does the flight cost? Is there a fee for each leg of my flight?



## Vaccine Usage in Military Medicine: The forefront of disease prevention



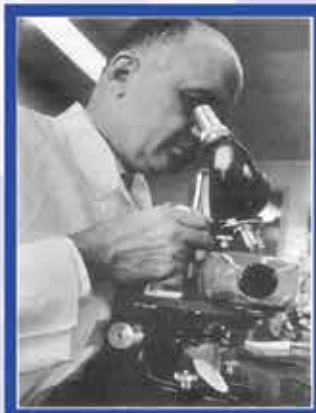
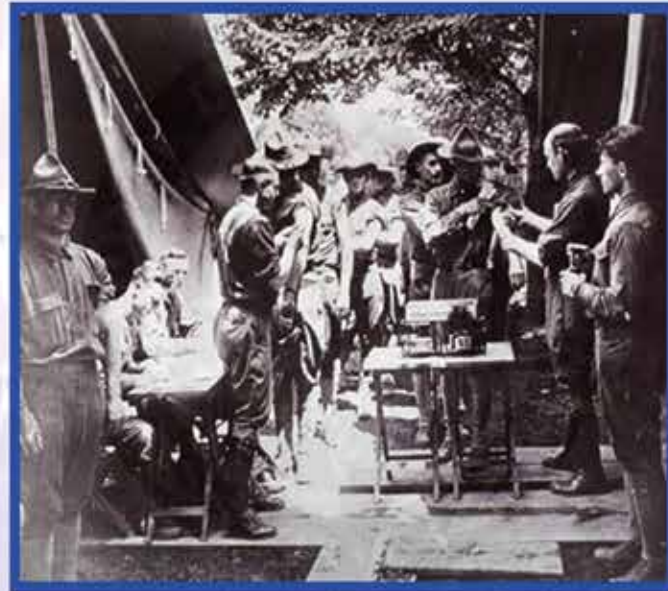
• George Washington protected his troops from smallpox in 1777 using a forerunner of vaccination called "variolation" after Americans suffered 5,500 smallpox casualties, including the task force commander, Major General John Thomas.

• Typhoid vaccine reduced typhoid cases from 20,000 in the Spanish-American War of 1898 to just 1,500 in World War I.

• In 1898, MAJ Walter Reed isolated the source of yellow fever virus, which would eventually lead to the development of a vaccine that was administered 7 million times by 1942.

• In 1909, the first American typhoid vaccine was developed at the US Army Medical School by CPT Frederick Russell.

• During World War II, only 12 cases of tetanus occurred among vaccinated U.S. troops, but numerous tetanus deaths occurred among the unvaccinated Germany Army (Wehrmacht).



• In 1963, Dr. Maurice Hilleman, formerly of the Walter Reed Army Institute of Research, isolated mumps from his 5-year-old daughter and used it to create the first-ever live mumps vaccine, which led to the near-eradication of the disease. Dr. Hilleman created nearly three dozen vaccines over a 60-year career.

• In 1985, COL Leonard Binn and colleagues tested a formalin-inactivated Hepatitis A vaccine at the Walter Reed Army Institute of Research, and conducted pivotal efficacy studies in 1991. Their efforts led to the 1995 licensure of a Hepatitis A vaccine to combat the most common vaccine-preventable infection among international travelers.

• By 2006, the morbidity of nine major vaccine-preventable diseases had fallen an average of 98.8 percent from the height of 20th century cases.

• DoD surveillance assets in 2009 identified some of the initial cases of H1N1 influenza infection in the U.S., leading to a highly successful vaccination campaign.

• A live, oral vaccine against adenovirus types 4 and 7 was developed and licensed in 2011 specifically for the U.S. military recruit population. Within two years, adenovirus-associated disease burden was reduced 100-fold among recruits.



Defense Health Agency (DHA) Immunization Healthcare Branch  
877-461-VACC (877-461-8222)  
www.health.mil/USVaccines  
"Medically Ready Force...Ready Medical Force"

## USAG Yongsan to/from Camp Humphreys



USAG Yongsan to Camp Humphreys Schedule					
Departure	Yongsan Bus Terminal	0700	0800	1600	1800
Arrival	8A HQ- BLDG 12400	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)

Camp Humphreys to USAG Yongsan Schedule					
Departure	8A HQ- BLDG 12400	0700	0800	1600	1800
Arrival	Yongsan Bus Terminal	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)

- **Pick-up and drop-offs occur only at the USAG Yongsan Bus Terminal and the new 8A HQ Building 12400 (CP Humphreys)**
- No cost to the Soldier or Unit
- Pay bus option still available for Family Members/Dependents at USAG-Yongsan and USAG-Humphreys Bus Terminals

## Authorized Passengers

### Purpose:

A bus contract was developed to support the Yongsan Relocation Plan. This bus system transports passengers (at no cost to the passenger) directly between USAG-Yongsan and USAG-Humphreys during the workweek IOT provide USFK personnel transportation for official business. Only authorized passengers are entitled to bus transportation.

### Authorized passengers are:

- Passengers with valid ID Cards (Active/Retired Military, DA Civilians, Legal Dependents)
- Local National Employees
- ROK Armed Forces member
- Contractor employee
- Bus company employee who possesses a pass or ID card issued by US PMO

### The following order of priority applies to passengers boarding on US military installations:

- Active-Duty US Military
- KATUSA personnel
- DOD Civilian employees
- Contractor Employee
- Korean National Employees
- ROK Armed Forces
- Legal Dependents accompanying those personnel
- Unaccompanied dependents of personnel
- US Military Retirees

Pay Bus option still provided by New Kyong Dong Bus Company for Family Members/Dependents at USAG-Yongsan and USAG-Humphreys Bus Terminals. No pets are allowed on the free bus.

# BAACH Department of Behavioral Health Ranks First in MEDCOM

Story by In Kyeong Yun  
BAACH Public Affairs Representative

**T**he Brian Allgood Army Community Hospital Department of Behavioral Health has been ranked first among 35 Military Treatment Facilities by the Office of the Surgeon General Behavioral Health Service Line's for their Critical Initiatives. The department topped the list of compliance rates on nearly a dozen health promotion and treatment outcome measures.

With the rapidly growing volume of Army behavioral health care visits since 2003, the OTSG BHSL produced and implemented an integrated computer-based system that helps determine whether patients accessing behavioral health care were getting better and how to precisely customize their treatment.

The Behavioral Health Data Platform collected patient-reported data using standardized screening instruments, incorporated a redesigned patient and care team workflow to allow consistent monitoring, and embedded clinical decision support systems to provide individualized feedback and action at the point of care. It also tackled two of the most difficult challenges of ongoing precision care: trending symptoms over time and patient movement geographically and across various multi-disciplinary behavioral health providers.

To maximize quality outcomes, the BHSL introduced CI that gauged the effectiveness of behavioral health delivered at each MTF. These initiatives include Behavioral Health Data Portal (BHDP) provider input; Anxiety, Post-traumatic stress disorder (PTSD) and Major Depressive Disorder (MDD) treatment outcomes; PTSD/MDD treatment dosage; patient access to care; provider

staffing levels; and use of the BHDP by patients accessing behavioral health services.

When beneficiaries access behavioral health care at BAACH or an outlying clinic, front desk staff ensure the BHDP computer-based survey is completed before each appointment. Front desk staff also ensure that any patient newly diagnosed with key diagnoses (e.g., PTSD, MDD or an Anxiety disorder) are scheduled for three follow up appointment within 90 days. As research shows repeatedly that attending following up behavioral health care appointments improves most diagnoses. Additionally, department and clinic leadership teams, including group practice and nurse care managers regularly analyze BHDP use and outcomes to maximize treatment effectiveness.

"We have been getting after BHDP CI's for about a year now and it is very rewarding to see the progress we've made thus far," said Lt. Col. Emile Wijnans, DBH's chief. "The achievement reflects a genuine team effort—from clinic chiefs, senior enlisted, providers, nurses, group practice managers, and administrative staffs in all of BAACH's behavioral health clinics, to deputy and command-level leadership. BAACH's monthly Clinical Business Forum also helps focus clinic leadership and staff on key metrics; true interlocking fields of fire."

"This is a prime example of BAACH's effort to recognize the importance of improving the mental health of our service members and military families," said BAACH Commander, Col. Erica Clarkson. "I am very proud of the team for performing at the highest level of care provision; BAACH will always strive to bring the best health-care to our beneficiaries."

## DRAGON HILL CHAPTER NON COMMISSIONED OFFICERS ASSOCIATION



July 17, 2017 Received NCOA Outstanding Large Chapter of the Year Award



Hosted Birthday Party for Baby Box Orphanage

The **Non Commissioned Officers Association of the United States of America (NCOA)** was established in 1960 to enhance and maintain the quality of life for noncommissioned and petty officers in all branches of the Armed Forces, National Guard, Reserves and their families. This is accomplished by a myriad of programs that are designed to provide assistance for men and women who have served and their families. These programs include, but are not limited to: the NCOA Benevolent Programs (NCOA Scholarship Fund, Disaster Relief Fund and NCOA Betsy Ross Educational Fund), Career Fairs, and legislative representation in our Nation's capital. Our members around the world are making a difference in their local communities. The NCOA offers its members a wide range of benefits and services designed especially for enlisted service members and their families.

**The NCOA Korea Dragon Hill Chapter #1507** was chartered Feb 12, 1991. NCOA Korea Chapter #1507 represents All Branches of Service. We serve our Military and surrounding communities by sponsoring or co-sponsoring Service Member Recognition Programs (SAMC Induction, BLC Distinguished Graduate etc.), Civic Organizations, DOD Schools, Community Programs to include USO Six Star Salute and other Service And Families Programs.

**We contribute funds and or promotional items to Unit activities, Charitable Organizations, Family MWR Programs, NCOA National and Local Scholarship Programs. We sponsor the Give Out Love Handicap Home Baby Drop Box, and Hyesimwon Youth Welfare Center, in support of the Good Neighbor Program.**

**In the last 2 years our members logged in over 17,000 volunteer hours and contributed over \$90,000 Dollars to these and other programs.**

**For more info: [chairman.joe@gmail.com](mailto:chairman.joe@gmail.com) or visit our websites @ [www.your.ncoakorea.org](http://www.your.ncoakorea.org) [www.ncoausa.org](http://www.ncoausa.org)**



**NCOA "The Voice Of The Enlisted"**



## Facilities Directory

### HEALTH CARE/TMC

#### AREA I

**Camp Casey Patient Centered Medical Home (PCMH)**  
737-2273  
Mon – Fri 0830-1200 & 1300-1730;  
Thursday 1300-1730  
(soldiers/family members/retirees/DOD Employees)

**Camp Red Cloud Troop Medical Clinic (TMC)**  
732-6011  
Mon – Fri 0830-1200 & 1300-1700;  
Thursday 1300-1700  
(soldiers only)

**Camp Stanley TMC**  
732-5314  
Mon – Fri: 0800-1200 & 1300-1700;  
Thursday 1300-1700  
(soldiers only)

#### AREA II

**Brian Allgood Army Community Hospital PCMH**  
737-2273 (Press 1-1)  
M-W 0800 – 1200; 1300 - 1900  
Thurs-Fri 0800 – 1200; 1300 - 1700  
(soldiers/family members/retirees/DOD Employees)

**Yongsan Soldier Centered Medical Home (SCMH)**  
737-2273 (Press 2-1-1)  
M-F 0800 – 1200; 1300 – 1700  
(soldiers only)

**K16 TMC**  
741-6300  
M-W, F 0900 - 1130  
M-F 1300 - 1530  
(soldiers only)

#### AREA III

**Camp Humphreys SCMH**  
BLDG #P6370  
Mon-Wed, Fri: 0830 - 1700; Thurs: 1300 - 1700  
(soldiers only)

**Camp Humphreys PCMH**  
737-2767  
Mon – Fri: 0830 - 1200; 1300 – 1700  
(family members/retirees/DOD Employees)

#### AREA IV

**Camp Carroll SCMH**  
737-4300  
Mon – Fri: 0900-1300 & 1400-1700;  
Thursday 1300-1800 (soldiers only)

**Camp Walker PCMH**  
737-2273 (Press 2-5-1)  
Mon – Fri 0800-1200 & 1300-1700; Thursday 1300-1700  
(soldiers/family members/retirees/DOD Employees)

#### AREA V

**Osan Air Base**  
0505-784-DOCS (3627)

**BHC Chinhae**  
762-5415  
0830-1630 M-F

### DENTAL CLINIC

#### AREA I

**Camp Casey DC**  
BLDG #808  
737-9011 / 737-9012  
Monday - Friday: 07:30 - 16:30  
In/Out Processing (Mon - Fri) : 07:30 - 16:00 (Lunch 11:30-12:30)

**Camp Stanley DC**  
BLDG #2376  
737-9007 / 737-9008  
Mon - Wed & Fri: 09:30 - 16:30, Thurs: 13:30 - 16:30  
In/Out Processing: Walk-in during clinic hour

**Camp Red Cloud DC**  
BLDG #S-306 - TMC  
737-9009 / 737-9010  
Mon - Wed 07:30 - 16:30, Thur 13:00 - 16:30, Fri 07:30 - 15:30  
During normal hours of operation

#### AREA II

**Dental Clinic #2**  
BLDG 5107

737-9089 / 737-9090  
Mon - Fri: 07:30 - 11:30 & 12:30 - 16:30  
Exams: Mon - Fri: 08:30 - 11:00 & 12:30 - 13:30 call for appointment  
In/Out Processing: Mon - Fri: 08:30 - 11:00 & 12:30 - 13:30

**Dental Clinic #3**  
BLDG #3576  
737-9087 / 736-5221 / 736-5799  
Mon thru Friday 07:30 - 16:30  
FM exam: Call for appointment

#### AREA III

**Camp Humphreys Troop Dental Clinic**  
BLDG #P6370  
737-5129 / 5130  
Mon-Wed, Fri: 0830 - 1700; Thurs: 1300 - 1700

**Carius Dental Treatment Facility**  
BLDG #3020  
737-9206/9207  
Mon-Fri: 7:30 a.m. – 4:30 p.m.

#### AREA IV

**Bodine Dental Clinic**  
BLDG #220  
737-9452 / 737-4791  
Mon - Fri: 07:30-16:30  
Dental Exams: Activity Duty: Mon - Wed & Fri (Walk in only): 09:00 - 11:00, Thurs: 13:00 - 15:00  
\*LIMITATIONS DUE TO SERGEANTS TRAINING  
Activity Duty Family appointment only: (Call 12:30-15:30 Mon-Fri) Space Available appointments.

**Camp Carroll Dental Clinic**  
BLDG #S180, Second Floor  
737-4201/4202  
Mon - Fri: 09:30 - 16:30  
Call to make appointments for all dental treatment

#### AREA V

**Osan Air Base Dental Clinic**  
BLDG #UB12  
784-2108  
Monday-Wednesday & Friday — 7 a.m. - 5 p.m.  
Thursday - 9 a.m. - 5 p.m.

### VET CLINIC

#### AREA I

**USAG Red Cloud**  
BLDG #S-437  
732-7434  
Closed in observance of all Federal Holidays.  
Monday through Friday: 0900-1600

#### AREA II

**USAG Yongsan**  
BLDG #4728  
737-2450  
Closed in observance of all Federal Holidays.  
Monday - 1300-1700  
Tuesday - 0900-1700 (Closed for lunch 1130-1300)  
Wednesday - 0900-1700 (Closed for lunch 1130-1300)  
Thursday - 1300-1600  
Friday - 1300-1700

#### AREA III

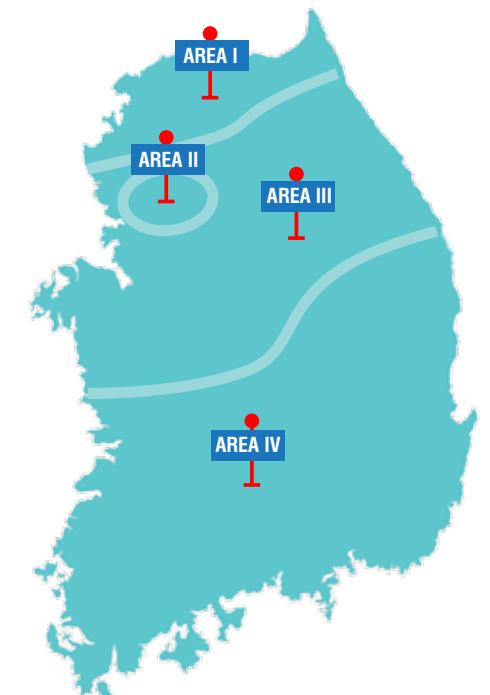
**USAG Humphreys**  
BLDG #891  
753-7038  
Closed in observance of all Federal Holidays.  
Monday through Friday: 0900-1600

#### AREA IV

**USAG Walker**  
BLDG #S-341  
764-4858  
Closed in observance of all Federal Holidays.  
Monday, Tuesday, Wednesday, Friday: 0900-1200, 1300-1600 Thursday: 1300-1600

#### AREA V

**Osan Air Base**  
BLDG #766  
784-6614  
Closed in observance of all Federal Holidays.  
Monday through Friday: 0800-1630



# PURCHASED CARE SECTOR PROVIDERS

### AREA I

- Dongducheon Jooang St. Mary's Hospital **031-863-0550 (ext.104)**
- Inje University Ilsan Paik Hospital **031-910-7777**
- Uijeongbu St. Mary's Hospital **031-820-3636**

### AREA III

- Good Morning Hospital **031-659-7736**
- Pyeongtaek St. Mary's Hospital **070-5012-3420**
- Hwain Metro Hospital **041-622-1300**
- Dankook University Hospital **041-550-7640**
- Hallym University Dongtan Hospital **031-8086-2300**
- South Seoul Hospital **031-218-0761**
- Ajou University Hospital **031-219-4010**
- St. Vincent's Hospital **031-249-8016**
- Seoul National University Bundang Hospital **031-787-2038**
- Cha University Bundang Medical Center **031-780-5168**

### AREA II

- AHS Korea **02-749-7915**
- Yeouido St. Mary's Hospital **02-3779-2212**
- Seoul St. Mary's Hospital **02-2258-6818**
- Drs. Woo&Hann's Skin and Laser Clinic **02-777-2991**
- The Mindcare Institute **070-8888-8277**
- Hangang Sacred Haert Hospital **02-2639-5025**
- Severance Hospital **02-2228-5819**
- Cha Gangnam Medical Center, Cha University **02-3468-3127**
- Seoul National University Hospital **02-2072-4100**
- Tong Il Medical (DME only) **02-766-2433**
- Ewha Womens University Mokdong Hospital (West) **02-2650-5890**
- EZPAP Care (DME only) **10-3106-0414**
- Asan Medical Center **02-3010-5001**
- Samsung Medical Center **02-3410-0203**
- Withmed (Southwest;DME only) **031-395-4397**
- Inha University Hospital (West) **032-890-2080**

### AREA IV

- Hyosung Hospital **053-766-7073**
- Yeungnam University Hospital **053-640-6645**
- Keimyung University Dongsan Medical Center **053-250-7997**
- Daegu Fatima Hospital **053-940-7520**
- Women Medi Park Hospital **054-450-9870**
- Gumi Cha Hospital **031-219-4010**
- Samsung Changwon Hospital **055-290-6229**
- Pohang St. Mary's Hospital **054-260-8105**
- Busan St. Mary's Hospital **051-933-7061**
- Dongeui Medical Center **051-850-8523**
- Ilsin Christian Hospital **051-630-0411**

## Foreigners Feel At Home At Columbia Dental Clinic

### US-educated Dentists Offer Comprehensive Dental Care

Like a lot of foreigners who move to Seoul without speaking Korean, 15 year-old Angela Castillo was nervous about not being able to communicate with her healthcare providers. Until the Castillos, from San Antonio, Texas, found the Columbia Dental Clinic, Angela says that getting dental work was frustrating, "because no one could explain it in English. I want to know what's going on with my teeth." A year ago, her mother, Insun Castillo was referred to Columbia Dental by an American friend, and Angela felt comfortable immediately. "They speak English, and they take good care of my teeth, even though I've always had teeth problems."

Shortly after Angela got her first braces at Columbia Dental, she needed intensive procedures to correct overcrowding. "It was scary and it was worrisome," she remembers "but they always made sure that I was all right and that nothing was hurting." On top of the good care, Angela's mother, Insun, likes that the clinic is extremely convenient, especially because it's set-up for TRICARE coverage. "In other places, they don't know how to do the paperwork for TRICARE, but here there is everything we need. There's even valet parking". Now, Insun, Angela, Jadon, and Ret. Military



"McBride family and Glossup family gathered for little photo session with Dr. Yun and his hygienist Suhyun."

Rank Mr. Castillo are all regular patients. "Dr. Yun has really taken care of our family," said Sarah Burns, age 13 from Kansas. Michael Burns and his family moved to Seoul from Kansas City, Oklahoma a year ago. Sarah started with braces and then the rest of the family started visiting the clinic too. "Her's also good with younger children, like my brother, Joshua, who is 8 years old. Dr. Yun is a good mix of professional and kind."

For the Lenfant family, Columbia Dental was a critical link in continuing the quality of service they'd had in the States. "Dr. Yun is U.S educated and licensed, with significant experience" said Col. Babbette Lenfant and her husband Phil, who brought their 12-year-old son in the Phase 2 orthodontic treatment. "On the basis of comparison with an American orthodontic clinic, other U.S. general dentistry clinic in Seoul, Columbia Dental Clinic stands out as one of the best we have ever experienced."

### Wide-range of dental treatments provided at Columbia Dental Clinic



Woosung Yun, DDS	Son A Kim, DDS
<ul style="list-style-type: none"> <li>- Columbia University School of Dental Oral surgery Division of Orthodontics.</li> <li>- Columbia Presbyterian Hospital General Dentistry Residency.</li> <li>- Columbia University School of Dental &amp; Oral surgery Advanced Education in General Dentistry.</li> <li>- Yale New Haven Hospital Dental Department Externship.</li> <li>- Columbia University School of Dental &amp; Oral Surgery Doctor of Dental surgery.</li> <li>- Dr. Parlow's Orthodontic Clinic Partnership Practice.</li> <li>- Licensed in New York, New Jersey, Connecticut U.S.</li> <li>- Diplomate of the American Board of Orthodontics.</li> <li>- 18th Medical and Dental Company Affiliated Hospital.</li> </ul>	<ul style="list-style-type: none"> <li>- Columbia University School of Dental &amp; Oral surgery Advanced Education in General Dentistry.</li> <li>- Columbia University School of Dental &amp; Oral surgery DDS.</li> <li>- Brown University: Bachelor of Science in Biology.</li> <li>- Bronx VA Hospital, NY, New York: Oral Biology Externship.</li> <li>- Columbia University School of Dental &amp; Oral Surgery: Cosmetic Dentistry Externship.</li> <li>- Columbia University School of Dental &amp; Oral Surgery: Oral Surgery Externship.</li> <li>- Van Eten Hospital, NY, New York: Prosthodontics Externship.</li> <li>- U.S. National and Northeast Regional Licensure in Dentistry.</li> </ul>

Columbia Dental Clinic is proud to introduce **H. Kim, DDS**. She joined us with her great expertise in **Pediatric (Children) Dentistry**.

- Seoul National University: College of Dentistry
- Seoul National University: MS in Department of Pediatric Dentistry
- Seoul National University Dental Hospital: Pediatric Dentistry Residency

### SERVICES

- Orthodontics [adult, preventive, adolescents, invisalign]
- Crown and Bridges
- Cosmetic Dentistry [bleaching, laminate veneers]
- Cavity and Gingival Treatment
- Comprehensive Dental Care
- Highest Quality and Excellence in Patient Care
- Infection Control Protocols Following OSHA Guidelines
- U.S. Educated and Dentists
- English Fluent Doctors and Staff Members
- Implants
- Dentures
- Laser Therapy
- Pediatric Dentistry

**ADDRESS**  
#401(4F) Karocity 2, 579 Sinsa-Dong Gangnam-Gu Seoul, South Korea

**SUBWAY**  
Orange Line No.3  
Apgujeong Station Exit No.5

**BUS**  
Apgujeong Station : 2411, 3422, 148  
Kwanglim Church Station : 4419, 3422, 4312, 9470, 240

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snip9@hanmail.net  
www.cdental.co.kr



The Korean War Allied Veteran's Fraternity under the leadership of Seung-Sung Choi, developed the U.S. memorial to the Battle of Gapyeong to commemorate the role of U.S. forces during the Korean War. See the Miracle of Two Dollars story and the HHC staff ride story inside.

Photos by William Wight  
65th Medical Brigade Public Affairs Office

## WITH THE LG DOOR-IN-DOOR REFRIGERATOR LIFE'S MORE CONVENIENT

Introducing the LG Signature Door-in-Door Refrigerator. It's the French Door with more. It has the largest capacity in its class, and a unique door-in-door design that gives you easy access to all the things you use most. It's the dream fridge for everyone, only from LG.

Model Number GR-D907SL  
Georgie Parker – Award winning actor



Linear Compressor – makes it quiet



**LG**

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