

Pulse

JANUARY 2018

**Yongsan SCMH to
close its Doors**
Getting Olympic Tickets
2018 TriCare Changes

2018
Holiday
Calendar
Inside

Gyeongsangnam-do

Located in the South-east of the Korean peninsula, Gyeongsangnam-do, with Busan metropolitan city on its east and Daegu metropolitan city in the 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 renown for 'healing Tourism' with its dense thick forests, including Jiri Mountain, Deogyu Mountain, Gaya Mountain, and clear valleys (this area is where the beauty of nature meets the traditional culture of Korea); The Southern area of the province is a famous tourist attraction featuring small islands and outstanding scenery offering a new experience for all family members as well as couples, while sharing its unique charm along its southern coastline.



Haeinsa Temple In Gaya Mountain



Place Name	Gyeongsangnam-do 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

Why do New Year's Resolutions fail?

If you are like many people, you made some resolutions to improve your life in some way in the New Year. Maybe you resolved to quit smoking, eat less, or exercise more. Maybe you made a commitment to floss every day. But chances are this is not the first time you have tried to make such changes. After a week into the New Year, you may already be struggling to keep your promise to yourself, or you may already have faltered and perhaps even abandoned your resolve.

Why do New Year's resolutions seem to be so hard to keep?

Wanting to achieve something, even a lot, is no guarantor of success. Wishing doesn't make it so. In addition to desire, then, I must know how to get what I want. I must take pains to discover the best course of action. Reality is a ruthless arbiter, and so reason must ultimately guide me if I am to reach my goal. Many of us, though, rely on our intuitions to tell us what will work, and we are often led astray.

What are some of the strategies that work when trying to keep a resolution?

One of them is breaking down bigger goals into more manageable, measureable sub goals and keeping track of progress. Another approach is to tell friends about our goals.

One thing that does not tend to work is having unrealistic expectations. Yes, you can lose that spare tire--- but maybe not by Valentine's Day. You can quit smoking --- but cold turkey might not be the best method. This is not to say that you should not set an ambitious goal. You just have to be realistic about the time and effort that will be required to reach it. A realistic plan for self-improvement must make allowances for setbacks.

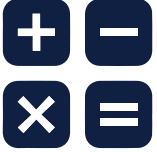



















New habits usually take time to form. There is no reason to expect oneself to go from flossing maybe once a week, for instance, to flossing every day without fail. People who become despondent when they fall of the wagon are less likely to pick themselves up and get back on again. But the ability to pick ones self-up after faltering is precisely what is required for success in most areas of life.

There is one important factor that will affect whether or not you keep your resolution this year: whether you think of it as an obligation or as a choice. You might feel like you have to lose weight in order to conform to other people's standards. You might think you need to quit smoking because your doctor told you to. Well, if you haven't heard it before, let me be the first to set you free: you don't have to do anything.

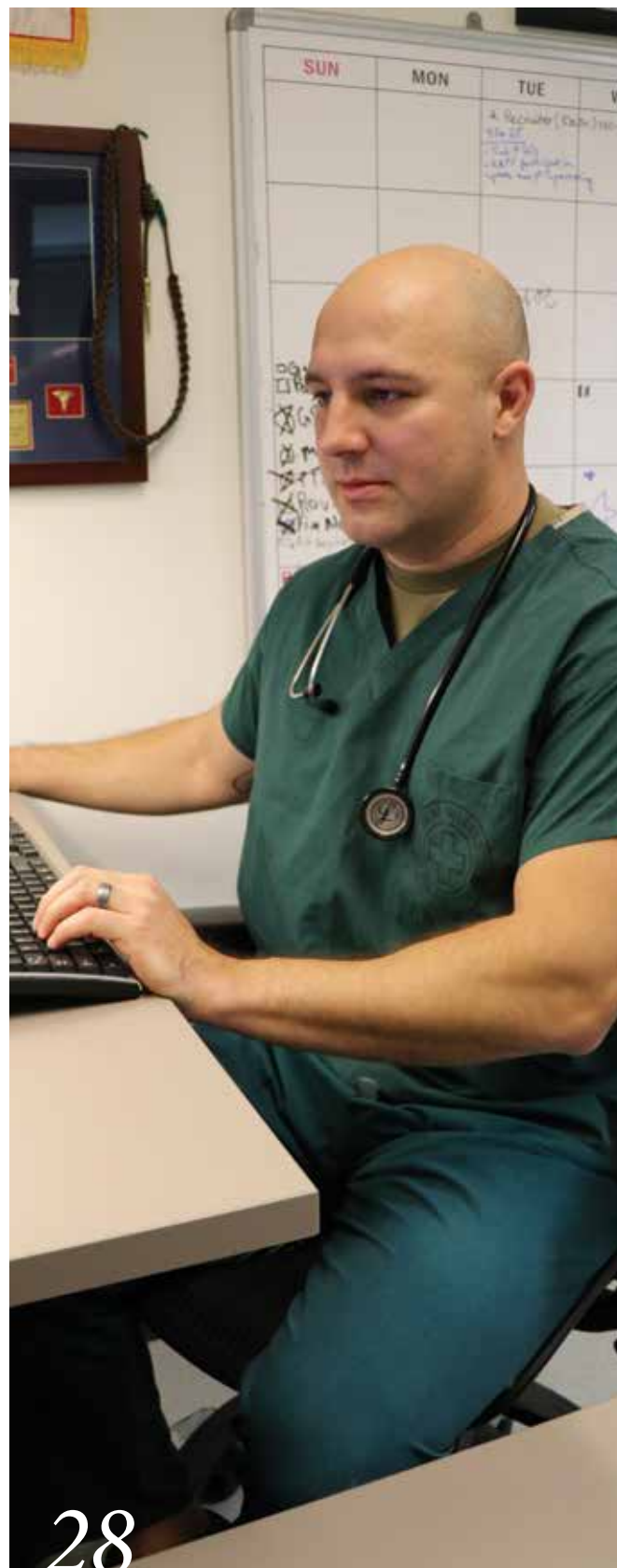
Morally speaking, you are free to live your life as you see fit. You can smoke or not, exercise or not or floss or not. What you are not free to do is escape the consequences of your actions.

I am reminded of a passage I once read from the author, David Kelley, "Speaking the language of values instead of the language of duty, 'want-to' instead of 'have-to' is a daily reminder that we live by choice, with both the freedom and the responsibility that that entails." If you choose to honor values like health or productivity because of the benefits they bring to your life, and if you keep those values in mind on a daily basis, you are far more likely to stick to your self-improvement program.

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

USO CASEY DSN 730-4812	EVERY TUESDAY 1800 	1ST & 3RD TUES 0830 	2ND & 4TH TUES 0900 	2ND & 4TH WED 1130 
	ENGLISH/BASIC MATH TUTORING	WAFFLE/PANCAKE BRUNCH	DONUT DAY	DINE ON A DIME
USO SEOUL DSN 723-5364	EVERY MONDAY 0900 	EVERY WEDNESDAY 1130 	LAST THURSDAY 0900 	1ST FRIDAY 1130 
	DONUT DAY	HOT DOG WEDNESDAYS	DONUT DROP	50 CENT FIRST FRIDAYS
USO HUMPHREYS SOUTH DSN 753-6281	2ND & 4TH WED 1130 	EVERY THURSDAY 1130 	LAST FRIDAY 1500 	1ST & 3RD FRIDAY 1400 
	LUNCHBOX	FOOD SOCIAL	KOREAN LANGUAGE CLASS	SWEETS ON WHEELS
USO OSAN DSN 784-3491	EVERY MON & WED 1500 	1ST & 3RD TUESDAY 1600 	1ST & 3RD THURS 1130 	
	PATRIOT EXPRESS WELCOME	HOT COCOA BREAK	LUNCH ON THE GO	
USO WALKER DSN 764-4437	1ST & 3RD TUES 1800 	EVERY WEDNESDAY 1130 	EVERY FRIDAY 1130 	HAPPY NEW YEAR!! 
	TACO TUESDAY	PENNY WEDNESDAY	SANDWICH FRIDAY	

WHAT'S GOING ON AT USO KOREA?

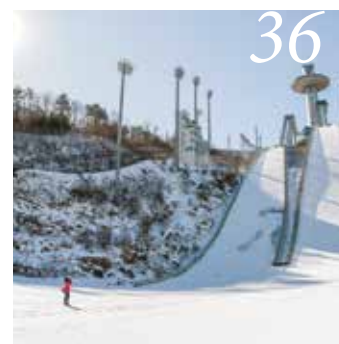


Top Army Physician of the Year: Capt. Kyle Hoedebecke

On the Cover

The 618th Dental Company (Area Support) and Dental Health Activity Korea hosted their annual retiree appreciation day throughout the peninsula Dec. 2, 2017. More than 125 patients were seen at the Carious Dental Treatment Facility at U.S. Army Garrison Humphreys, Wood Army Dental Clinic at Camp Carroll and the U.S. Army Garrison Yongsan Dental Clinic #2.

Cover photo by William Wight



Winter Olympic Venues



2018 TriCare Changes

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Pulse 65

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Public Affairs Office
William Wight – Public Affairs Officer (Senior Editor)
Pvt. 1st Class Jae Yeon Chung – PAO KATUSA

Art Director
Eric Young-Seok Park

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A 'Soohorang (수호랑)' kite is flown on the shores of Anmok in PyeongChang area. For more information on winter Olympic venues, see pages 38-46.
Photo by M. Robert Marks



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SAM Korean Medicine Detox Package

Loquat Moxibustion + Coffee Detox Therapy + Cupping Therapy

Loquat Moxibustion

Moxibustion(Chinese: 灸) is a traditional Chinese medicine therapy which consists of burning dried mugwort(moxa) on particular points on the body.

Loquat Moxibustion is mainly used in Korean Medicine as a hyperthermia. It emits the toxin in our organs, bones and cells throughout the skin by using the arsenic and hydrocyanic acid gas. It releases the pain with cancer and prevents our body from metastasis.

Effect Enhancement of immune system / Blood circulation / Uterine myoma / Bladder and gastric disease / Period pain / Constipation / Indigestion / Fatigue



Coffee Enema Detox Therapy

Coffee Enema Detox Therapy's principal is veins carries rectal / sigmoid toxins directly to the liver for detoxification. When a coffee enema is used, the caffeine from the coffee is preferentially absorbed into this system and goes directly to the liver where it becomes a very strong detoxicant.

Effect Body detoxification / Enhancement of immune system / Developing liver function / Pain relief / Emit active oxygen / Reducing ascites and toxin/ Constipation improvement / Skin care/ Losing weight / Recovering from fatigue/ Normalizing ammonia level



Cupping Therapy

Cupping Therapy is a local suction which is created on the skin. During the suction, the skin is drawn into the cup by creating a vacuum in the cup placed on the skin over the targeted area.

Effect Blood circulation / Pain relief (shoulder and back) / Improving immune system / Disk treatment / Contusion treatment and internal organ disease



About 2 hours 20 minute [Loquat Moxibustion (about 1 hour)
+ Coffee Detox Therapy (about 40~60 min) + Cupping Therapy (about 10~30 min)]

* All treatment method should get the balance each other to treat the patient comprehensively.

Tel : +82-31-389-3862~5

www.samhospital.com

CALENDAR

EVENTS in KOREA



JAN05-21

Hongcheon River Ginseng Trout Festival

59-1, Neobeunae-gil, Hongcheon-gun, Gangwon-do
+82-33-439-5854



JAN06-07

Polar Bear Swimming Contest

47, Dalmaji-gil 62beon-gil, Haeundae-gu, Busan
+82-51-781-3972



ONGOING -JAN14

Boseong Tea Plantation Light Festival

775, Nokcha-ro, Boseong-gun, Jeollanam-do
+82-61-850-5211



JAN06-28

Hwacheon Sancheoneo Ice Festival

Hwacheon-eup, Hwacheon-gun, Gangwon-do
+82-1688-3005



ONGOING -FEB04

Peace Together : Unification Exhibition

Seoul Museum of Art (SeMA) 61 Deoksugung-gil, Jung-gu, Seoul
+82-2-2124-8905



ONGOING -FEB11

Yangju Snow Festival

594, Gwonyul-ro, Yangju-si, Gyeonggi-do
+82-80-233-7766



ONGOING -FEB18

Chilgapsan Ice Fountain Festival

175-11, Cheonjangho-gil, Cheongyang-gun
+82-41-942-0797/8



ONGOING -FEB28

Little Prince Lighting Festival of Petite France

1063, Hoban-ro, Gapyeong-gun, Gyeonggi-do
+82-31-584-8200



ONGOING -MAR04

National Geographic Photo Exhibition : Photo Ark

War Memorial of Korea, 29 Itaewon-ro, Yongsan-gu, Seoul
+82-2-6263-2621



ONGOING -MAR04

Byeokchoji Botanical Garden Lighting Festival

242, Buheung-ro, Gwangtan-myeon, Paju-si, Gyeonggi-do
+82-31-957-2004



ONGOING -MAR25

Lighting Festival at The Garden of Morning Calm

432, Sumogwon-ro, Gapyeong-gun, Gyeonggi-do
+82-1544-6703



ONGOING -OCT31

Herb Island Light Festival - Lighting & Illumination

35, Cheongsin-ro 947beon-gil, Pocheon-si, Gyeonggi-do
+82-31-535-6494

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21 ~ 25

28 ~ 31

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Letter from Deputy Secretary of Defense



The holidays provide us with a special opportunity to spend time with loved ones, rest, and reflect away from the workplace. I encourage each of you to take advantage of this time to recharge and prepare for a successful 2018.

The holiday season can also be a challenging time for many of us. In addition to the inherent hazards that often accompany travel, such as car accidents or recreation mishaps, this time of year can also come with a host of other financial, relationship, and time management stressors. Alcohol consumption tends to increase, and this can have a negative impact on judgement and decision making. If you or a colleague needs assistance during this time, reach out to your friends, family, and others who can support you.

Thank you for all that you do for our country and for this Department. It is the greatest privilege of my life to serve alongside you each day. I am grateful for your tireless effort and the countless sacrifices that you have made to create a better world for our children and our children's children.

Have a safe and celebratory holiday season!

Patrick M. Shanahan

New Year's Message from Surgeon General



The holidays are a time for joyous celebrations with our loved ones and to give thanks for all the gifts we have been given. We should also take this time to reflect on the hard work and dedication of all those who came before us. Please remember those that are deployed away from home this holiday season and for their selfless service and steadfast commitment to our great Nation.

As the year 2017 comes to a close, Command Sgt. Maj. Gragg and I want to thank our Army Medicine Team - our Soldiers, Civilians and Families - for your selflessness, professionalism and dedication to the MEDCOM mission each and every day. We wish you all a safe and joyous holiday season and a Happy New Year!

Lt. Gen. Nadja West



65th Medical Brigade Safety Alert



Vehicle Breakdown Safety Tips

With the 65th Medical Brigade transitioning and re-stationing there is frequent usage of Army Motor Vehicles (AMV) and privately owned vehicles (POV) to transport personnel and supplies. During travel one could experience a vehicle breakdown. In case here are some standard safety tips to follow to aid in your safety.

[Reference: AK 350-4]

1. Ensure you have a safety vest for the driver of the vehicle at minimum. Strongly recommend a safety vest for each vehicle occupant.
2. Ensure you have a survival kit in the vehicle (Blanket, Water, perishable/non-perishable foods, etc).
3. Consider warning triangles for each vehicle.
4. Ensure you vehicle is serviced before Winter and Summer seasons.
5. Perform vehicle checks prior to and after operation.
6. Anticipate problems...be prepared.

IN CASE OF BREAKDOWN

1. Pull to far right of roadway if possible and turn on hazard lights.
2. DO NOT exit the vehicle unless absolutely necessary. If you need to exit, exit on the right side of the vehicle and stand behind the guard rails.
3. Call 112 to dispatch the nearest police or wrecker service in the vicinity of the breakdown. (This information is found in each AMV's dispatch binder)
4. Wait with the vehicle until the police or wrecker arrive and render it safe to exit the vehicle.
5. If you must render assistance to a breakdown vehicle, pull over to a safe location, call for help.... DO NOT exit your vehicle!

**DO Stay in Vehicle
CALL for help**



**DO NOT work on ve-
hicle on side of the
road, CALL for help**



**DO pull to far right of
road, CALL for help**



**DO NOT exit vehicle
unless absolutely nec-
essary, CALL for help**



If you have any questions contact the 65th Medical Brigade Safety Office at 737-2101.

SAFETY ALERT MESSAGE

Live MUSIC&DANCE CALENDAR



JAN04,07

The Simon & Garfunkel Story 2018

Chonbuk National University
(1/04), Jeonju, Jeollabuk-do
Exco Auditorium (1/07), Daegu
Info: 1544-3460



JAN05

Ryan Crosson

G-15 Sonnendeck
4F, 127-15, Itaewon dong, Seoul
+82-10-2296-3310



JAN06-14

Seong-Jin Cho Piano Recital

Daegu (06), Busan(07), Seoul
(10-11), Jeonju (13), Daejeon (14)
www.deutschegrammophon.
com/kr/artist/cho/ontour



JAN07

**Seoul Philharmonic Orchestra
2018 New Year's Concert**

Seoul Arts Center, Concert Hall
www.sacticket.co.kr



JAN10-FEB22

Musical Anna Karenina

Seoul Arts Center, Opera Theater
www.sac.or.kr/eng/



JAN18

**Warsaw Philharmonic
Orchestra**

Lotte Concert Hall, Seoul
ticket.yes24.com



JAN19

Nothing But Thieves

Yes 24 Live Hall, Seoul
ticket.yes24.com



JAN24

Joey Bada\$\$ Live

YES24 LIVE HALL
ticket.yes24.com



JAN27

Hurts Live In Seoul

MUV HALL, Seoul
ticket.yes24.com



JAN28

**THE INTERNET PRESENTS
THE INTERNET KOREA 2018**

YES24 LIVE HALL
ticket.yes24.com



ONGOING -JAN28

Musical VINCENT van Gogh

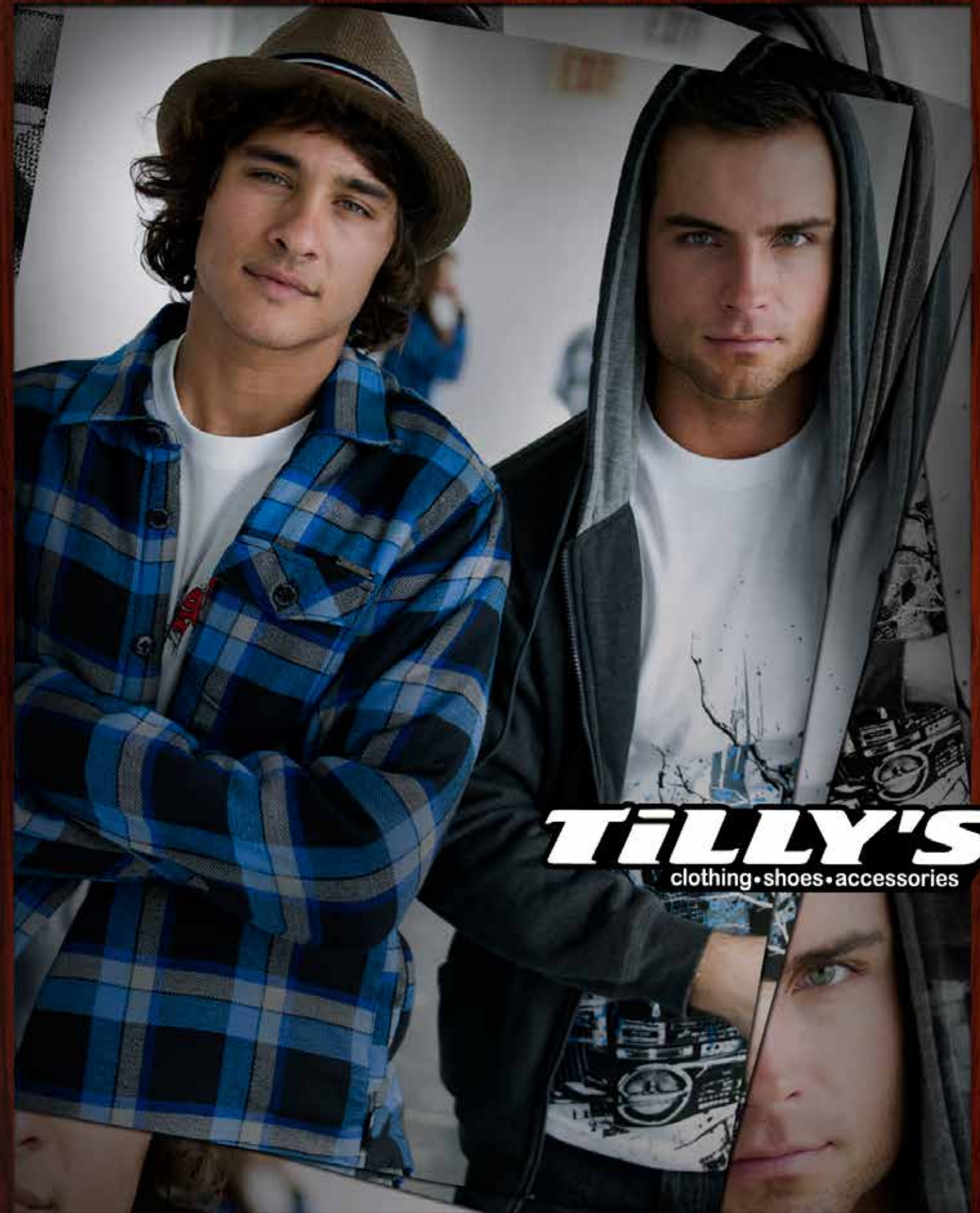
Chungmu Art Hall Black
ticket.yes24.com



FEB02

ONE OK ROCK Live in Korea

Olympic Park Handball
Gymnasium
ticket.interpark.com



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NAVIGATING KOREAN HOSPITALS

Seeking and receiving health-care in a foreign country at a civilian hospital can cause hesitancy and concerns because of language barriers, transportation challenges, and stress associated with navigating in an unfamiliar environment and healthcare system.

Korean network hospitals are part of our network, and together with their international clinics provide the highest quality healthcare. All are accredited by the Joint Commission International or the Korean Hospital Association. Many of the medical staff speak English and a significant number have been trained in the United States.

Usually every Korean hospital has an international clinic with English speaking staff. It is important to know that active duty personnel must wear civilian clothing while visiting Korean hospitals in accordance with Army Regulation 670-1. TRICARE Prime Beneficiaries must have a referral before going to a network Korean hospital, unless it is an emergency. When visiting one of the Korean network hospitals, expect a modern design and atmosphere, and the same up to date technology as expected in the United States. Most of the signs are in Hangul, the Korean language, with English translation to make it easier for international visitors to navigate through their hospital.

Your health and well-being is

their priority, and they want your stay at their hospital to be as comfortable as possible. Remember to be patient and cooperative with the hospital staff as they work to make sure you are taken care of in a timely manner and receive the best of care. Many of the hospitals have interpreters during normal business hours. If you need assistance, the international clinic will be glad to help and make sure that communication is clear, minimizing unneeded stress. Bringing a trusted friend or colleague with Korean language capability is an option.

If you seek emergency care at a Korean hospital after hours, the international clinics will be closed. The emergency room staff may not always know how to deal with the TRICARE process. Some of the hospitals have a 24-hour English speaking service phone number. Usually emergency rooms reach out to an English speaking person as well. In case of an emergency you can always call International SOS who manages your care overseas at 080-429-0880. If you are a TRICARE Prime beneficiary, Korean hospitals that are within the network will file claims for you. If you are a TRICARE Standard beneficiary, be prepared to pay 100% upfront then file a claim to be reimbursed. Every beneficiary must ensure that you get a diagnosis from your doctor for claim purposes. If you pay for medication, you will need both the doctor's pre-

scription and pharmacy receipt for claim processing.

We are here to help and ensure that you receive the best of care in a patient-friendly environment. Please let us know if you are having difficulties or concerns so that we can help.

..... EDITOR'S NOTE

The following will feature a series on navigating Korean hospitals as published by the Brian Allgood Army Community Hospital Tricare Office. Each month we will highlight a portion of the guide to ease your concerns and answer some of the questions you might have about receiving medical care in Korea.



THIS MONTH'S HIGHLIGHTS



ST. VINCENT'S HOSPITAL

The International Health Care Center has highly qualified medical staff dedicated to providing high-quality medical services to foreigners living or traveling in Korea.

A special team of Korean and foreign doctors and nurses at the International Health Care Center provide medical consultation and information to foreign patients before directing them to the appropriate clinics.

Foreign patients are provided with an efficient one-stop medical service, which includes diagnosis, medical report and insurance forms in English.

St. Vincent's Hospital has an efficient emergency medical system to provide emergency medical services to foreign emergency patients as fast as possible.

The International Health Care Center is staffed by doctors and nurses who can communicate in English, Russian, and Korean.

Each patient receives personal, friendly care from highly-skilled staff. Doctors trained in both general medicine and specialty areas provide an initial examination, and then provide immediate treatment or guide patients to the appropriate services, specialized medical centers, and state-of-the-art testing facilities, staying with patients every step of the way.

Phone: 031-249-8016

International clinic working hours:

M – F 0800 – 1700

(closed on Korean national holidays)

Fax: 031-249-8017

Email: st.vincentkorea@gmail.com

Location: 93 Jungbu Daero, Paldal Gu, Suwon, Gyeonggi-do

Website: www.cmcvincent.or.kr/global/eng/front

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Directions: Suwon Station line 1 (Subway) exit 4, then take bus 10, 10-2, 10-5, 11-1, 37, 66, 66-4, 82-1, 83, or 83-1

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Founded in 2006, Busan St. Mary's Hospital is a general hospital in Busan with 716 beds.

Health Promotion Center carries out the screening test with the aim to early detection of specific disease and aims to detect the possibility of certain diseases and early complete recovery through the fast treatment of diseases.

Hospice Center provides a loving service for the terminally ill and their families. This includes maintaining a high quality of life during terminal illness and helping patients to live the last moments of life in a humane and peaceful way. 30 beds.

Emergency and pregnant women care are available 24 hours a day. 25 beds (Pediatric Emergency: 8 beds).

Phone: 051-933-7061/7063

Fax: 051-932-8614

International clinic working hours:

M – F 0800 – 1700

Sat. 0800 – 1300 (for consultation)

24/7 English Speaking Service: N/A

Email: busan.stmary@gmail.com

Location: 25-14, Yongho-ro 232beon-gil, Nam-gu, Busan

Website: www.bsm.or.kr

Directions (Subway): Daeyeon Station (Busan Subway) line 2 exit 1, then take bus # 22, 27, or 24, get off at Baek-wun-po hill, or if you take a taxi it will cost about 6,000 won, second option, Busan Station (Busan Subway) line 1 exit 10, then take bus # 22, 27, 41, or 40, get off at Baek-wun-po hill, or a taxi the cost is about 11,000 won

Specialties: Allergy & Immunology, Cardiology, Dentistry, Dermatology, Dialysis, Emergency Care, Endocrinology, ENT, Gastroenterology, General Practice, Internal Medicine, Nephrology, Neurology, Obstetrics & Gynecology, Oncology, Ophthalmology, Orthopedics, Pathology & Laboratory, Pediatrics, Pharmacy, Physiotherapy, Psychiatry – Adult, Pulmonary, Radiology, Rheumatology, Sleep Studies, Surgery: Cardiothoracic/ Colorectal/ Facio-maxillary/ General/ Neurosurgery/ Vascular, Urology

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KAITS - Industrial Technology Verification (7/14/2017)

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**Beach/Yard
Open Area
Long Range**

High Gain Grid Antenna

**Road/Rail/Port
High Voltage zone**

High Gain Yagi Antenna

**Mountain/Park
Highlands
Long Range**

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Email : caleblee@globalbridge.co.kr / hjuhn@globalbridge.co.kr

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SCENE & HEARD

NATIONAL & INTERNATIONAL

Story by Eric Young-Seok Park

NEPAL'S LAST KNOWN TWO DANCING BEARS RESCUED



Nepali authorities have rescued the country's last known "dancing bears", in a major step towards ending the medieval tradition of abuse of the beasts for entertainment. The Himalayan nation banned the practice of performing

bears back in 1973 but the tradition, an occupation for some street performer communities, lingered on in parts of its southern region. Dancing bears are captured and bought as cubs and taught to dance on their hind legs. Their snouts are pierced with a heated rod so they can be controlled by the tug of a rope or chain. Animal activists said the rescued bears -- 19-year-old male Rangila and Sridevi, a 17-year-old female -- showed signs of trauma such as cowering, pacing and paw-sucking.

K-POP STARS WITHDRAW FROM ACTIVITIES AFTER DEATH OF JONGHYUN

K-pop stars including EXO, Twice, and Seventeen delayed, downscaled and even canceled promotional activities in the wake of the unexpected death of SHINee lead singer Jonghyun. EXO announced it would postpone the release of its winter album "Universe" to Dec. 26 from the originally slated Dec. 21. Twice also delayed the release of the music video for "Merry & Happy." Jonghyun was found in a state of cardiac arrest at a rented studio apartment in southern Seoul on Monday. He was rushed to a hospital but was pronounced dead. A private memorial for the singer has been set up at Asan Medical Center in eastern Seoul.



2017 WAS MEXICO'S DEADLIEST YEAR ON RECORD



This year has been Mexico's deadliest on record. A total of 23,101 murder investigations were launched nationwide between January and November, reported Reuters, citing figures released by the country's interior ministry. That's Mexico's highest annual murder tally since modern records began in 1997. 2011 had previously held the ignominious title, with 22,409 murders. (This year's murder rate — at 18.7 per 100,000 inhabitants — remains lower than it was in 2011, when it soared to 19.4 per 100,000.) The record-breaking murder tally has been described as a major blow to President Enrique Peña Nieto and his Institutional Revolutionary Party as Mexico prepares to elect a new president in July 2018. Violence against women in Mexico is also on the rise. According to a joint report published earlier this month by UN Women, Mexico's rate of femicide ballooned in the past decade.

ARECIBO IS MONITORING POTENTIALLY HAZARDOUS NEAR-EARTH ASTEROID

The iconic Arecibo radio telescope has faced quite a few challenges over the last ten years, including budget cuts, a funding crisis and damage from Hurricane Maria. While it may not be the largest radio telescope in the world anymore (that honor belongs



to Russia's RATAN-600), Puerto Rico's device is still an important asset for detecting dangers to our planet. It's good news, then, that the telescope is up and running again to be able to check out near-Earth asteroid 3200 Phaethon. 3200 Phaethon is thought to be the parent body for the Geminid meteor shower, which gave a pretty fantastic show recently mid-December. According to the Universities Space Research Association (USRA), Arecibo's radar images of the asteroid show its spherical shape and a several-hundred-meters large concave area, as well as a "conspicuous dark, circular feature near one of the poles." The second-largest near-earth asteroid looks to be about 3.6 miles in diameter, which classifies it as potentially hazardous. "These new observations of Phaethon show it may be similar in shape to asteroid Bennu, the target of NASA's OSIRIS-REx spacecraft, but 10 times larger," Arecibo's Dr. Patrick Taylor said in a statement. "The dark feature could be a crater or some other topographic depression that did not reflect the radar beam back at us."

DEER AT 'SANTA'S JOURNEY' EXHIBIT IN IRELAND PICKED OFF BY CRUEL POACHERS



Three Sika deer that were part of a Santa wonderland display in Ireland vanished in a trail of blood earlier this month, apparently shot and killed by poachers, according to authorities. "There was a six-foot fence around them and green netting. There is no way... you would have

thought they were wild deer," said Pat Cullen, the angry owner of the animals who had raised them from fawns. A staff worker at the golf course where the Santa's Journey exhibit in County Wicklow was set up found the three animals gone when he came to the pen to feed them. "Heaps of blood" were spotted, and bloody trails led from the pen to a nearby roadway. Police are continuing to investigate. A bullet was recovered from a tree, and an eyewitness spotted a vehicle in the area where the deer may have been killed. "We are taking this incident very seriously. It involves poaching, trespassing and the discharge of weapons in a public place," said a police spokesman. Children visiting the exhibit had been told the three deer were Santa's reindeer. They were later informed that the animals were away, resting for Santa's delivery of Christmas gifts. A neighbor donated another deer to the exhibit. The lone deer has been taken home each night to keep it safe.

SAMSUNG COULD MAKE \$22 BILLION FROM OLED DISPLAYS FOR THE IPHONE X

The iPhone X is looking like it will be a big hit for not only Apple but, also, the company's biggest rival, Samsung. The Investor has reported that Samsung stands to make as much as \$22 billion from the sale of OLED displays that Apple uses in the iPhone X.



Samsung Display is expected to sell between 180 to 200 million OLED panels to Apple for use in the iPhone X. In 2017, the manufacturer shipped about 50 million OLED panels to Apple. The increase in panel production has been attributed to increased yield rates at Samsung's A3 panel production lines. At the beginning of the year, the A3 yield rate was about 60 percent, but increased to 80 percent in the latter half of 2017. For the next year, at least, it appears that Samsung and Apple's business relationship will continue to be a successful one for both companies.

NORTH KOREAN PRISONS ARE WORSE THAN NAZI CONCENTRATION CAMPS



According to a former international judge who survived Auschwitz, North Korean leader Kim Jong Un's mistreatment of political prisoners is at least as egregious as that carried out in World War II concentration camps. Thomas Buergenthal,

a law professor who served for a decade as an International Court of Justice judge, said a new report he helped write documenting atrocities in North Korea's prisons shows the Kim regime may be "even worse" than Nazis. "I believe that the conditions in the [North] Korean prison camps are as terrible, or even worse, than those I saw and experienced in my youth in these Nazi camps and in my long professional career in the human rights field," Buergenthal, who endured the Auschwitz and Sachsenhausen concentration camps a child, told The Washington Post. Prisoners are regularly tortured and killed, according to the report. It says rape is rampant, as is malnutrition, starvation and overwork.

NASA IS PLANNING AN INTERSTELLAR MISSION TO ALPHA CENTAURI

NASA hopes to launch an exploratory probe to investigate the system of our nearest neighbor, the star system Alpha Centauri. There's only one problem: how do we get there? The only spacecraft that's ever left our solar system is Voyager 1, and it's travelling through interstellar space at about 30,000 miles per hour. Although Alpha Centauri is right next door in galactic terms, it's still 4.3 light-years away, or about 25 trillion miles to us Earthlings. A spacecraft like Voyager would take nearly 80,000 years to get there. The NASA team hopes to develop technology that would propel the interstellar probe



at one-tenth the speed of light. Outer Places speculates that such technology might involve generating thrust by using a laser shining on micro-organisms. Other possibilities being floated include using nuclear reactions or matter-antimatter collisions.

FAMILY WANTS JUSTICE FOR 6-YEAR-OLD KILLED DURING POLICE CHASE

The family of a 6-year-old who was killed during a police chase in Texas wants justice. Kameron Prescott was shot and killed when police opened fire at the Pecan Grove mobile home park during the pursuit of a woman who had allegedly stolen a car. A bullet went through the wall of Kameron's dad's mobile home



and struck him the abdomen. Police called the Kameron's death a "tragic accident." Kameron's family is now asking that authorities take responsibility for the boy's death. "If it is the police, we hope that you hold your people accountable. I am sorry that it comes to this, but y'all are people just like us at the end of the day. Y'all deserve to be held accountable. It is a Constitutional right. Y'all just killed a little boy, if it was y'all. There's no weapon, so it wasn't that lady," Kameron's uncle, Christopher Gonzales said. The family has started a GoFundMe to help the family cover funeral expenses.

WORLD'S LARGEST AMPHIBIOUS AIRCRAFT TAKES OFF IN CHINA

China's AG600, the world's largest amphibious aircraft in production, took to the skies for its maiden flight. The plane, codenamed "Kunlong" took off from the southern city of Zhuhai and landed after roughly an hour-long flight. With a wingspan



of 38.8 metres (127 feet) and powered by four turboprop engines, the aircraft is capable of carrying 50 people and can stay airborne for 12 hours. "Its successful maiden flight makes China among the world's few countries capable of developing a large amphibious aircraft," chief designer Huang Lingcai told Xinhua. The amphibious aircraft has military applications but will be used for firefighting and marine rescue, with at least 17 orders placed so far with state-owned manufacturer Aviation Industry Corp of China, state media reported. While it is around the size of a Boeing 737, the AG600 is considerably smaller than billionaire Howard Hughes' flying boat, which had a wingspan of 97 metres and a length of 67 metres but only made one brief flight, in 1947. The AG600's flight capabilities put all of China's island-building projects in the South China Sea well within range.

AT&T ANNOUNCES THOUSANDS OF LAYOFFS, FIRINGS JUST IN TIME FOR CHRISTMAS

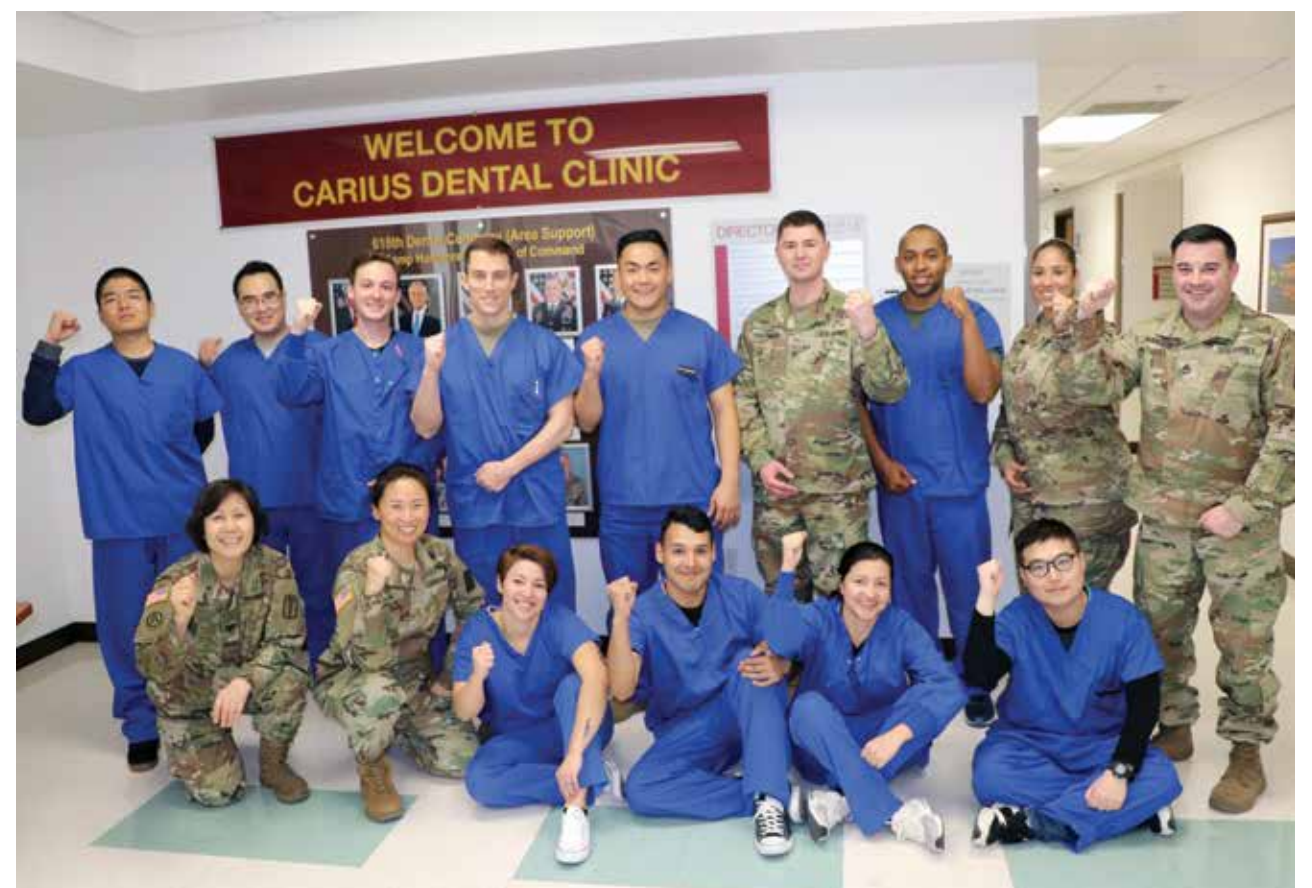


AT&T will layoff and fire more than a thousand workers starting early next year, according to local reports. Across the Midwest, an estimated 600 workers were notified they were being laid off by the company on December 16, a week before AT&T announced it was doling out \$1,000 bonuses to 200,000 of its employees in celebration of the Republican Party's tax overhaul. The telecommunications giant mentioned in a statement that the most of the affected workers are from its landline and other legacy service sectors, but the company did not say how many workers total would still be employed in 2018.

The 618th Dental Company Retiree Appreciation Day

Photos by William Wight
65th Medical Brigade Public Affairs Office

The 618th Dental Company (Area Support) and Dental Health Activity Korea hosted their annual retiree appreciation day throughout the peninsula Dec. 2, 2017. The event was designed to celebrate and show appreciation for those who served in our nation's military service. With many retirees working and living in Korea and because the 618th's "Fight Tonight" mission is priority, retirees are not able to receive care at military dental treatment facilities. More than 125 patients were seen at the Carious Dental Treatment Facility at U.S. Army Garrison Humphreys, Wood Army Dental Clinic at Camp Carroll and the U.S. Army Garrison Yongsan Dental Clinic #2. Providing the support and care were more than 62 providers and staff who volunteered their time to provide the exams.



RHC-P Reflects upon 2017 Accomplishments

By Ana Allen

Regional Health Command-Pacific Public Affairs Office



Regional Health Command-Pacific (RHC-P) reflects upon major accomplishments celebrated this year in support of its mission of providing combatant commanders with medically ready forces and ready medical forces conducting health service support in all phases of military operation.

The Department of Defense's (DoD) new electronic health record, dubbed MHS GENESIS, was successfully deployed at Madigan Army Medical Center Oct. 21. MHS, which

stands for military health system, GENESIS integrates inpatient and outpatient solutions that will connect medical and dental information across the continuum of care, from point of injury to the military treatment facility. This includes garrison, operational, and en route care, increasing efficiencies for beneficiaries and health care professionals. According to a Defense Healthcare Management System Modernization fact sheet, when fully deployed, MHS GENESIS will support the availability of electronic health re-

records for more than 9.4 million DoD beneficiaries and approximately 205,000 MHS personnel globally.

Madigan, one of the largest military hospitals on the west coast, opened the DoD's first Center for Autism, Resources, Education and Services (CARES) at Joint Base Lewis-McChord (JBLM) in Washington State on Aug. 9. The center is a joint installation partnership between Madigan and the JBLM Armed Forces Community Service. JBLM CARES focuses on providing patient-centered care for military

children with autism and their families. "We believe that as we provide better support to our special needs kids and their families, our community and military readiness improves. And that's something we can all celebrate," stated Madigan Commanding Officer Col. Michael Place. Eligible patients receive occupational, physical and speech therapy, Applied Behavioral Analysis (ABA), Exceptional Family Member Program (EFMP) Systems Navigation, Child Youth School Services (CYSS) Respite Care and more.

The region also co-hosted its Sixth Annual Behavioral Health Summit Sept. 7-8 at Tripler Army Medical Center's Kyser Auditorium, gathering mental health professionals from the Pacific region together to discuss best practices, emerging treatments, research topics and approaches to care to help military families and veterans on their journey toward lifelong resilience. RHC-P Chief of Staff Col. Laura Trinkle provided opening remarks. "This summit is a shining example of unity, demonstrating the partnership we share delivering quality health care between Army Medicine, our friends at the VA, the behavioral health professionals in our communities and other trusted advocates. We are all here today, on an island in the middle of the Pacific working toward a common goal. Yet the collective improvements gained here will impact the way we deliver world-class medical care not just to our ohana on Oahu - but throughout the entire region."

A Madigan subordinate unit, the California Medical Detachment at Presidio of Monterey, began pediatrics and family medicine care in the newly opened Major General William H. Gourley Clinic VA-DoD Outpatient Clinic, located in Marina, California. The facility, which conducted a ribbon cutting Aug. 3,

allows for the treatment of military veterans of the Monterey peninsula military community, along with the family medicine and pediatrics TRI-CARE Prime patients of the DoD. At the clinic, the VA's health care system and the Army's Patient-Centered Medical Home model work in harmony, emphasizing the health partnership between patient and provider.

RHC-P also held the Pacific Warrior Trials at Schofield Barracks, Hawaii. During the week-long competition, which concluded Nov. 10, about 80 wounded, ill or injured soldiers and veterans from the Pa-

“The most challenging part of the competition was staying sharp and attentive to the small details while I was very physically uncomfortable.”
— 2nd Lt. Adam Schafer
65th Medical Brigade

cific region trained and competed in eight adaptive sporting events ranging from swimming, track, field, shooting, archery, cycling, sitting volleyball and wheelchair basketball. Tripler Army Medical Center Commanding Officer Col. Andrew Barr, summarized his thoughts on the stories he heard from participants, emphasizing the immense sense of accomplishment and resiliency among the Soldiers. "Through your effort, through your struggle, through your accomplishments, some of you reveling in victory with medals, but all of you rebelling in your accomplishments and the ability to finish the race, that's what the Warrior Games are all about," he said.

At the Army level, RHC-P took second place overall in the Army's

Best Medic Competition, which concluded Oct. 29 at Camp Bullis, Texas, hosted by the U.S. Army Medical Command and the U.S. Army Medical Department Center and School. This year's competition, which included 28 teams, was designed to physically and intellectually challenge medics in a simulated tactical environment. The region was represented by 2nd Lt. Adam Schafer, 65th Medical Brigade, and Sgt. Ryan Harpster, Bassett Army Community Hospital, at the U.S. Army Best Medic team event alongside other two-person U.S. Army medic teams. "The most challenging part of the competition was staying sharp and attentive to the small details while I was very physically uncomfortable," stated Schafer. "There was never a point where I was not hot, freezing, sore, in pain or struggling with fire ant bites. It required a mental toughness to push out those distractions which was crucial for our success."

RHC-P also hosted various high-level distinguished visitors to the region, which included the Second Lady of the United States, Acting Assistant Secretary of Defense for Health Affairs, and the Army Surgeon General. During these visits, RHC-P personnel were able to emphasize many of the outstanding programs, award-winning initiatives and staff contributions making up the region.

Throughout the year, RHC-P medical personnel also projected global health engagements and humanitarian missions for Nepal, Bangladesh, Malaysia, Myanmar, Sri Lanka, Palau, Vietnam, Cambodia, China and Mongolia.

For more information on or top news stories from RHC-P, visit www.army.mil/rhcpacific or visit the command's Facebook page at www.facebook.com/RegionalHealthCommandPacific.



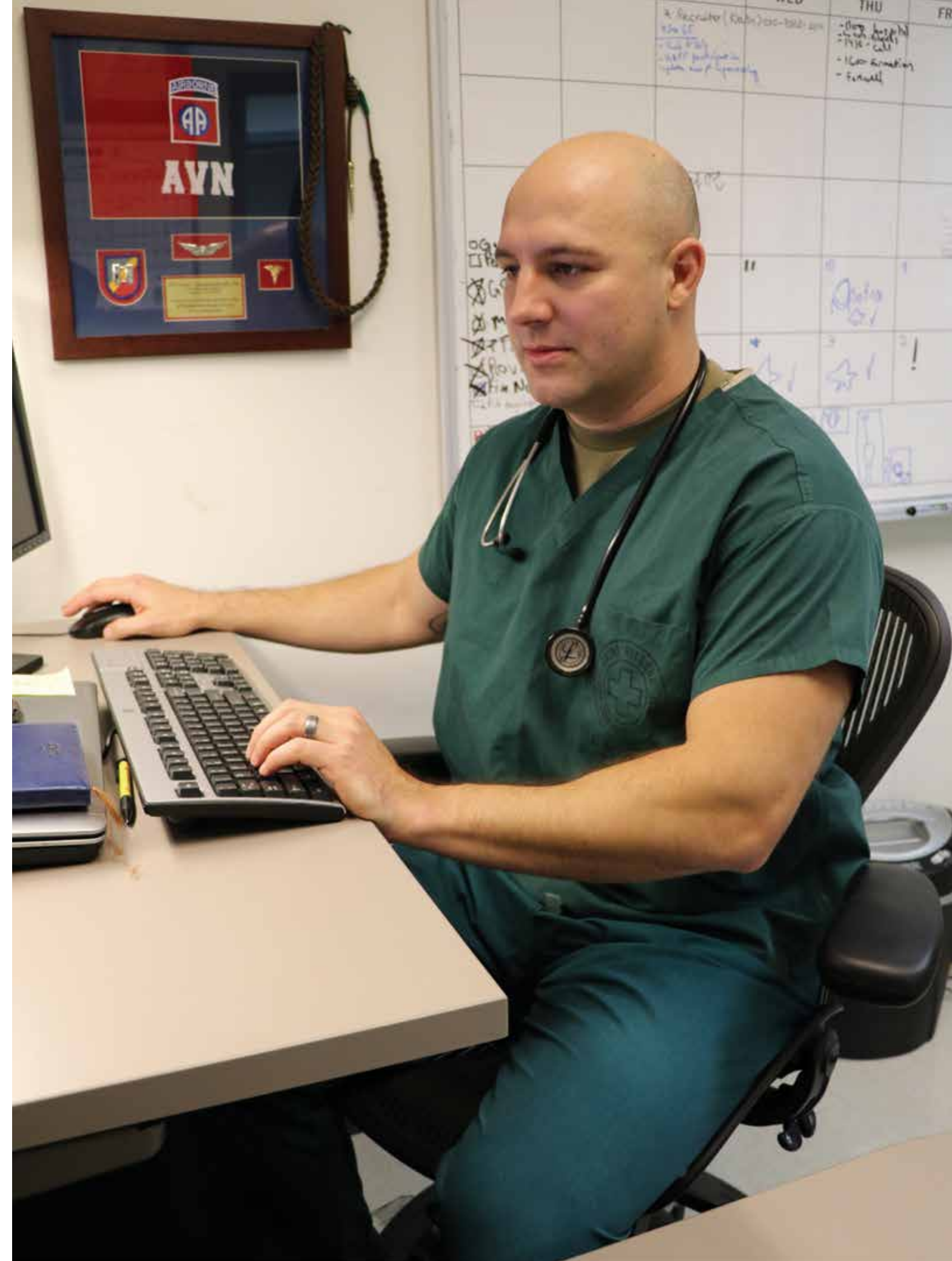
Yongsan Soldier Center Medical Home officer selected as top Army physician of the year

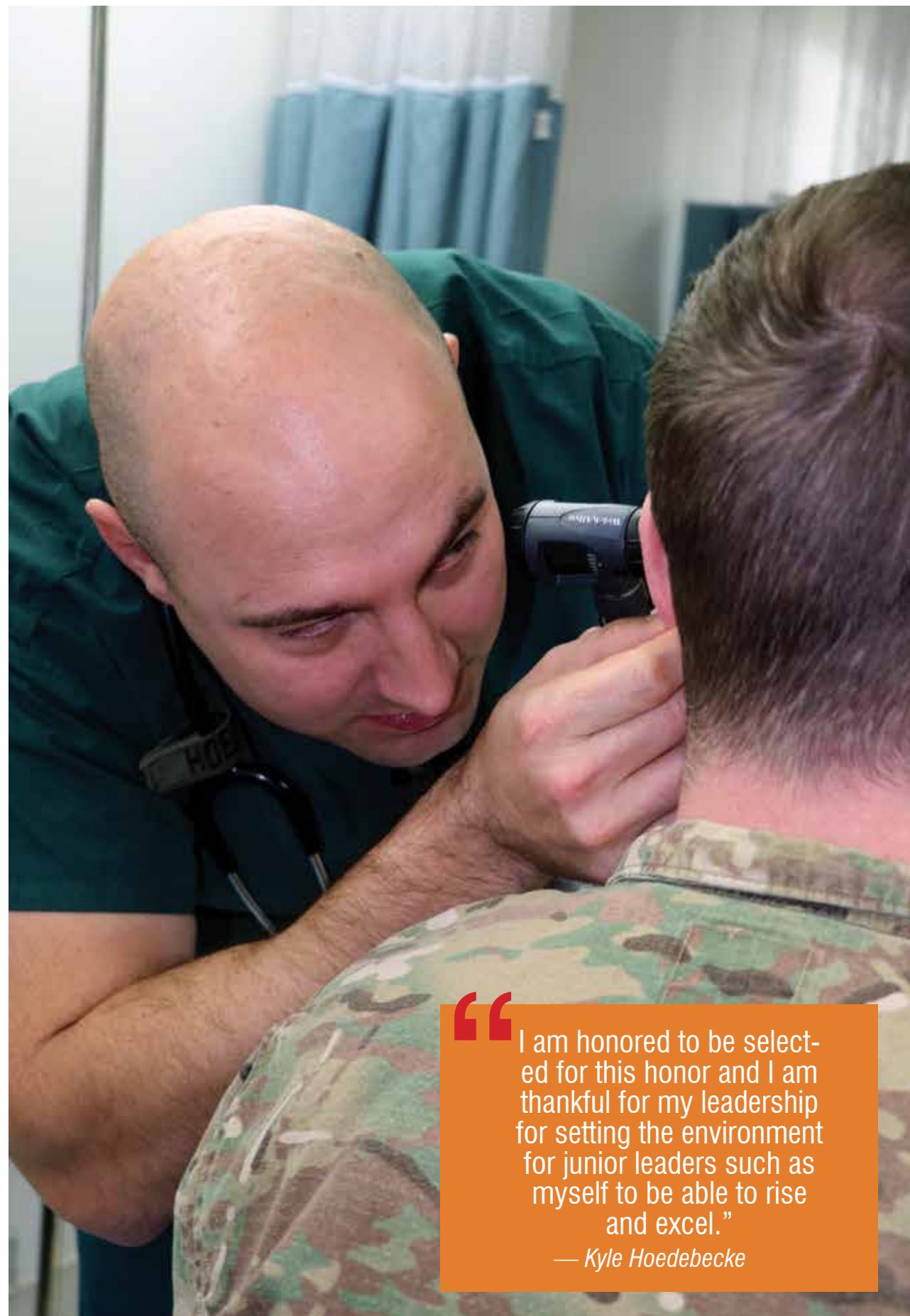
Story and photos by William Wight
65th Medical Brigade Public Affairs Office

It started at an Army football game. At the age of 13, Kyle Hoedebecke knew that he wanted to join the military and make it a career. Growing up, this San Antonio native was a typical military child. His father was a veterinarian and his mother a dietician and both served in the armed forces. With this love of the military at a young age, Kyle went on to join the U.S. Army; and with a profound understanding of how the body works he entered the medical field. With a variety of higher degrees related to healthcare under his belt and his quest to improve and excel in all things, Capt. Hoedebecke was selected by the Surgeon General of the Army, Lt. Gen. Nadja West as the top Captain physician of the year.

As the officer-in-charge of the Yongsan Soldier Center Medical Home, K-16, 1st Replacement Company and Suwon health clinics, Capt. Hoedebecke has been in command for a year and through his leadership the improvements and processes he has implemented were among the reasons for his selection of the award.

"I am honored to be selected for this honor and I am





“I am honored to be selected for this honor and I am thankful for my leadership for setting the environment for junior leaders such as myself to be able to rise and excel.”
— Kyle Hoedebecke



thankful for my leadership for setting the environment for junior leaders such as myself to be able to rise and excel,” said the young medical officer.

Upon taking command, he boosted staff morale, improved access to care and sustained the highest marks from customer feedback of any medical facility on the Korean peninsula, a facility that he first visited as an Army Cadet shadowing one of his current civilian Physician Assistants.

“I am really proud of my staff and providers,” he said. “They have not missed a day of hitting the goals from the command concerning access to care.” The Joint Outpatient Experience Survey (JOES) has the YSCMH leading the majority of military medical facilities worldwide with an average of 97 percent customer satisfaction and multiple months of 100 percent compared to other clinics on the peninsula.

Besides being a board certified family care physician, Hoedebecke serves on the editorial board of the Journal of Family Medicine and Primary Care, as the Vice Chair of the American Academy of Family Physicians Global Health Interest Group and as the WONCA Polaris Chair-the New and Future Physicians Movement of North America that he co-founded in 2014. Kyle is well published with over 35 peer-reviewed publications in eight languages spanning five continents. He has shared his passions in-

cluding medical education, patient empowerment, and global health through his fight to improve the quality and access of primary care around the world.

In the spring of 2018, Hoedebecke will interact with Republic of Korea medical forces as a presenter at the World Organization of Family Physicians Conference in Seoul.

Aside from being a published author, Hoedebecke speaks four languages – English, Spanish, Portuguese and Guarani. In his spare time, he enjoys travelling with his family and has seen over 14 different countries.

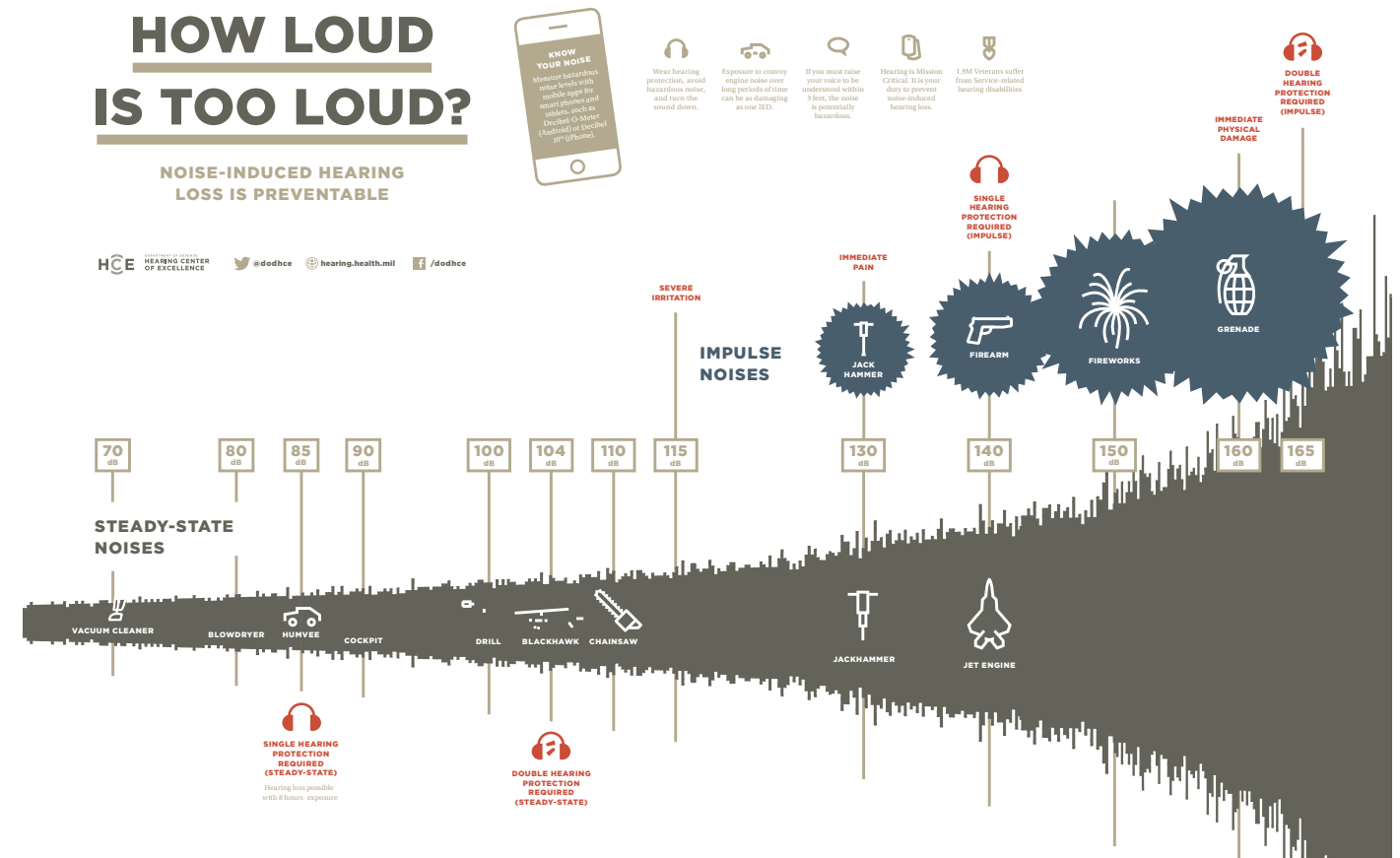
With his selection as the top medical Captain in the Army Medical Corps a lot more eyes are upon the young leader. From the day to day activities of running four clinics and maintaining his credentials as a physician, Hoedebecke has begun the monumental task of overseeing the transformation and relocation of Soldier medical services on U.S. Army Garrison Yongsan. Beginning in January, the 1st Replacement Company clinic will relocate to U.S. Army Garrison Humphreys. K-16 clinic will be upgraded and expanded making it the only enduring clinic for Soldiers in Area North. This coming summer, Hoedebecke will close the doors as the last commander of the Yongsan SCMH leaving only the Brian Allgood Army Community Hospital as the only medical facility on USAG Yongsan until their relocation in 2019.

How Loud is Too Loud?

HOW LOUD IS TOO LOUD?

NOISE-INDUCED HEARING LOSS IS PREVENTABLE

HCE HEARING CENTER OF EXCELLENCE @dodhce hearing.health.mil /dodhce



By Capt. Binna Lee
8th U.S. Army Hearing Program Chief

How loud can we actually listen to our music through headphones? How can we determine if the sound is too loud? The extent of damage to your hearing depends on the following criteria: sound level, sound source proximity, and length of exposure.

The decibel level is the measurement of sound and the louder the sound the greater the decibel measurement. Any sound at or above 85 decibels (dB) can damage your hearing. According to Occupational Safety and Health Administration (OSHA), if an employee's exposure to sound is equal to or exceeds an 8-hour time weight average of 85 dB, the employee is enrolled in a hearing conservation monitoring program.

The distance from the sound source determines the recommended time of exposure to the sound source. For example, at a concert or a loud venue (such as a sports arena) be mindful of where you are sitting in proximity to the speakers. The further you sit away from the speakers the risk of damaging your hearing is lowered. Noise exposure and hearing loss is a cumulative effect and builds up over time.

Now that we know about the dB level and distance, another factor is how long we are exposed to the noise or sound. With the use of personal earphones, we spend a lot of time listening to music, watching movies, or sharing conversations. When listening to music, use the 60/60 rule do not turn the volume of the system up past 60% of max and limit exclusive use of the headset to 60 minutes a day. Basic rule to keep in mind is the 3 feet rule. If you cannot slightly understand conversation an arms distance away with the use of earphones, the level used on the device may be too loud to listen to for a long time span.

Overall, be mindful of how loud you listen to music or the noise level exposure. One loud burst of noise at one time can cause significant amount of hearing loss and gradual noise exposure over time can slowly decrease your hearing. Turn down the volume if you can on your music player or car stereo. Wear hearing protection when using power tools, concerts, or sport venues. Remember to give your ears a break. The world is a noisy place.

EYE SAFETY REMINDERS WITH HOLIDAY CHILDREN'S TOYS

Story by Capt. Jasmin Filpo
Kenner Army Health Clinic

Children spend a great deal of time playing with their toys, so parents should make sure those toys are safe for overall health, including eye safety.

When shopping, always pay special attention to the age or developmental recommendations on toys. Parents, grandparents or well-meaning friends may think a toy is "clever" or "looks fun to play with," but it may not be appropriate for infants or young children.

Children are born with an immature visual system that needs to be stimulated to support normal infant vision development. The good news is nothing stimulates a child's vision more easily than a toy!

Size matters

Hand-in-hand with age appropriateness is making sure the toy is developmentally appropriate. Smaller pieces can be found in toys labeled for children, age 3 and up. If a 4-year-old still likes to put things in their mouth, these are not appropriate for him or her.

Make sure toys are sturdily constructed, so they won't break or fall apart with reasonable play, and double-check that any paints or finishes are non-toxic and not likely to peel or flake off. Stuffed, plush toys should be machine washable, and made without tiny pieces to pull off.

Avoid toys and blocks with sharp or rough edges or pieces. Make sure long-handled toys have rounded handles, and closely supervise toddlers with such toys.



"You'll shoot your eye out"

Avoid toys that shoot objects in the air -- such as slingshots, dart guns or arrows -- for children under 6, and closely supervise a child playing with such toys. When an older child plays with a chemistry set or wood-working tools, provide them with safety goggles.

"Eye" want this toy!

The following are suggestions for age-appropriate



toys for children to stimulate their visual development, develop hand-eye coordination and understand 3-D relationships.

Birth to 12 months. Brightly colored mobiles. Be sure the colors and detail on the mobile pieces face down to the child, not up to the parent and are close enough to be touched by the child.

1-year-olds. Finger paints, board books, balls, stuffed animals, blocks, stacking/nesting toys, pouring toys, riding toys, puzzles (with very large pieces) and musical toys.

2-year-olds. Finger paints, modeling clay, large building blocks, standard books, balls, stuffed animals, stacking/nesting toys, pouring toys (such as measuring cups), riding toys, puzzles (with large pieces), musical toys, dress-up clothes, child-sized household toys and items (broom, vacuum, rake or lawn mower), toy computer, child-sized kitchen area (refrigerator, stove, microwave, sink, cupboard, and table and chairs), sandbox, kiddie pool, toddler music player, or climbing toys (such as backyard gyms).

3- to 6-year-olds. Large crayons and markers, finger paints, modeling clay, building blocks, books,

balls, stuffed animals, tricycle or bicycle, puzzles, musical toys, dress-up clothes, child-sized household toys and items (broom, vacuum, rake or lawn mower), kids' learning or game tablet, child-sized kitchen area (refrigerator, stove, microwave, sink, cupboard, or table and chairs), sandbox, kiddie pool, climbing toys (such as backyard gyms or playscapes), basketball set, or roller skates.

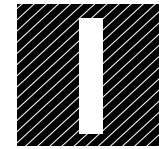
7-year-old and up. Crayons, markers, finger paints, modeling clay, building blocks, arts and crafts kits, sewing toys, books, balls, stuffed animals, bicycle, puzzles, musical toys and instruments, swings, dress-up clothes, music player, tablet, computer games, camera, board games, science items (such as microscope, telescope and chemistry sets), roller skates, skateboard, jump rope, or sports equipment.

The final call

When purchasing toys for grandchildren, respect their parents' right to limit what toys they play with. Give the parents the gift receipt from the store, in case they need to exchange it.

2018 PYEONGCHANG WINTER OLYMPIC VENUES

Story by John Nowell and Photos by M. Robert Marks



In case you are not aware, the Republic of Korea will be hosting the 2018 Winter Games this coming February. As a result, I was privileged to participate with several media and tour operators from several nations in a four-day tour of the PyeongChang Winter Olympic venues to see the development of the facilities for the upcoming games. My goal was to share with the PULSE 65 readership on how you can attend these games and support the United States of America Olympic Athletes.

I first met the Korean Tourism Organization (KTO) tour escort, Ms. Jinny Yang in the lobby of the Hanhwa Resort PyeongChang in the Phoenix Park where over 150 media and tour operators gathered for the planned tour. There we were given a brief overview of the four-day itinerary. I must say the accommodations at the resort were outstanding.

Our itinerary included stops at several side venues that are planned as optional stops for visitors during the upcoming Winter Games. The first non-Olympic stop included the Arirang School (Remembrance Museum). The museum contains modern and contemporary history and is a fairly new museum locally created and owned.

After the museum we stopped at a Korean restaurant for the ever popular Korean dish of Bibimbop on our way



Inside Remembrance Museum



Arirang School



to the Ariei Hills to view the Byeongbangchi Skywalk. A few members of the group were a little anxious about stepping out onto the glass floor that protruded beyond the cliff overlooking the landscape below. According to Ms. Yang we were standing 583 meters above sea level, twice as high as the height of the Hanhwa 63 building on Yeouido Island in Seoul. In early November this year, I recently visited the 122nd floor of the Lotte Tower and it is 590 meters above sea level. I didn't have any qualms about standing on the glass flooring, but I noticed that some visitors were a bit squeamish. The view is quite spectacular.

Back at the hotel we attended an afternoon press conference co-hosted by Mr. Jung, Chang Soo, President, KTO and Mr. Yeo, Hyung Koo, Secretary General of the Pyeongchang Organizing Committee for the 2018 Olympic

and Paralympic Winter Games.

Mr. Jung stated that preparations for all of the venues have been completed. The focus now was promotion of all of the venues for the games and selling the remaining tickets. At this presentation, he stated that, "Over 51 percent of the tickets have been sold."

Over 40 journalists and 66 travel agents from 23 nations including Canada, China, Germany, Japan, Russia, Thailand and the USA participated in this tour.

The following questions of note were asked during the press conference and have been paraphrased: What plans have been made to minimize the environmental impacts of increased tourism in Gangwon Province and throughout the Republic of Korea? What is the level of preparedness for medical emergencies for international tourists in respect



At the Press Conference



to the international tourists? And how has Korea increased their emergency preparedness in their medical facilities for international attendees, especially with regards to Korean [language] and international communications?

Previously the Olympics, Paralympics, and men's and women's competitions were commonly held at separately constructed facilities. At the PyeongChang 2018 Olympics, the same facilities and venues will be used for all competitive events of respective each related sport. (For example, both the figure skating and the short-track speed skating will be held at the same ice arena, and Paralympians will share the same venues as well).

The newly constructed Olympic facilities have plans to be repurposed and reused after the games have concluded. Nine of the twelve Olympic venues have been approved for future public and private uses, the remaining three are currently going through approval processes.

There will be environmental impacts from increased international tourism of the Olympic games attendees to the Gangwon province and Korea, but due to the spacing of the venues and size of the province, these impacts are expected to be less concentrated and easily regulated.

There have been efforts to minimize damage to the environment and waste surrounding the Olympic venues since the beginning of the planning stages. Environmental policies and enforcement are in place at the Olympic facilities, and cleanup work crews provide prompt and effective waste management.

All venues and facilities have two medical stations, one for athletes, and one for tourists, and are equipped and capable of treating a majority of common injuries and illnesses. For more severe emergencies, patients will be transferred to one of several hospitals near to the Olympic venues. Asan hospital will serve a majority of international patients in Gangneung city and Wonju Severance Hospital, which is designated as the official Olympic hospital for athletes, will serve foreign patients coming from the PyeongChang city venues. All hospitals are located within 30 minutes travel time of the Olympic venues.

The Korean Tourism Organization has created several smartphone applications that provide language services and travel information to attendees of the Olympic games, and all tourists in Korea. The "Visit Korea : Official Guide" app, for example, shares a wealth of important knowledge



The PyeongChang Alpensia Ski Jumping Centre is the symbol of the 2018 PyeongChang Winter Olympics. The Alpensia Ski Jumping Centre is a multi-purpose stadium located at Alpensia Resort with the capacity of 11,000 and hills as high as 140 meters. The ski jump is impressive and the stadium provides excellent viewpoints from around the stadium.



Woljeong Buddhist Temple

including emergency and translation service phone numbers, currency exchange rates, time differences in Korea compared to your home country, as well as guides and location information. Some locations also have an augmented reality experience integrated with the app.

English-Korean translation is easily accessible by calling 1330 from any phone within Korea, or +82.2.1330 when calling from abroad. After dialing 1330, press 2 for services in English. 119 is the number to dial for any emergency situation.

The PyeongChang Alpensia Ski Jumping Centre is the symbol of the 2018 PyeongChang Winter Olympics. The Alpensia Ski Jumping Centre is a multi-purpose stadium located at Alpensia Resort with the capacity of 11,000 and hills as high as 140 meters. The ski jump is impressive and the stadium provides excellent viewpoints from around the stadium.

While in this area, we were given a side tour of the Woljeong Buddhist Temple located in a forested valley East of Odae mountain. This is the main temple that overseas 60 other temples and 8 monasteries in the area. This temple was rebuilt after many buildings were destroyed during the Korean War. It is a historic facility and worth



Gangneung Ice Arena



Gangneung Oval



Gangneung Curling Center

seeing, if you have the time during between the Olympic venues or later during your tour in Korea.

We were told that twelve of the Game Venues (seven for snow sports and five for ice sports) are located within a 30-minute drive by car from the Alpensia Sports Park.

Six venues are located in PyeongChang: The Alpensia Biathlon Center; Alpensia Ski Jumping Center; Alpensia Cross-country Skiing Center; Yongpyong Alpine Center; Bokwang Snow Park; and the Alpensia Sliding Center.

Five venues are located in the Gangneung Olympic

Park: Gangneung Curling Center; Gangneung Ice Arena for Figure Skating and Short Track; Gangneung Oval for Speed Skating; Gangneung Hockey Center; and the Gwangdong Hockey Center.

And, a single venue in Jeongseon called the Alpine Center. We were also told that construction of the roads connecting all the venues will be finished by the end of the year.

I was very impressed by the Gangneung Olympic Park where four of the five Winter Olympic games will be held:



Gwangdong Hockey Center



Gangneung Hockey Center



Alpensia Sliding Center

Gangneung Hockey Center for Men's Ice Hockey; Gangneung Curling Centre for Curling; Gangneung Oval for Speed Skating; and Gangneung Ice Arena for Short Track Speed Skating and Figure Skating. We were told that special construction of the Gangneung Ice Arena was made to accommodate three of the venues: Figure Skating, Short Track, and Speed Skating. Three separate freezing pipe systems were constructed to change the venue from each of the events to be held in this arena. Figure skating requires a placid clear and smooth surface, while Ice Hockey and Speed Skating requires an opaque surface. Especially for Ice Hockey so that the puck is easily seen on the surface of the ice.

So, you may ask, "How can I obtain tickets to attend the Winter Olympics?" Check out the local USO, Koridor Tours or the Dragon Hill Lodge Discovery Tour facility near you on your installation. They will show you various venues for the games, the ticket prices, recommended public transportation to get you to the games and purchase the tickets for you. But, you can see all of this information at the following website to get familiar with this informa-

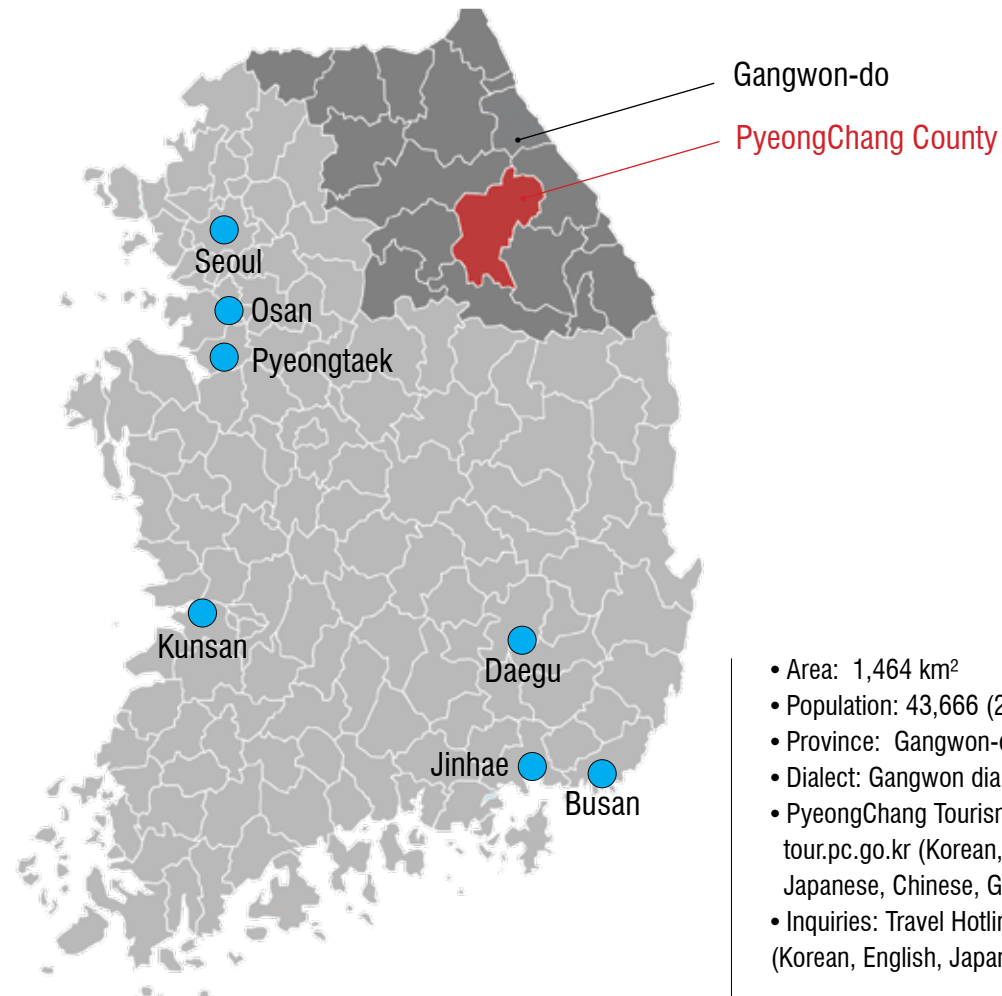
tion before you visit one of the tour offices at the following website: <https://tickets.pyeongchang2018.com/>

Once you have this website open, go to the top left hand side and click on 'EN' this will translate the website into English. Then, if you have questions, click on 'FAQ,' this will let you select questions that will provide more information regarding a specific question you have. This website spells out all the venues, ticket pricing, etc., but you should seek assistance when viewing this website before committing to the purchase of a ticket.

Due to the crowded highways, roadways and limited parking, it is recommended that you seek out public transportation to get to these venues. Making a hotel reservation is something else that you should ask help in securing. However, if you are an old hand at traveling around the Republic, you may have the ability and knowledge to travel via your own vehicle, reserve a hotel and purchase your tickets from the above website.

I hope this information is helpful to you so that you can participate in one or more of these Winter Olympic events.

PyeongChang



Gangwon-do
PyeongChang County

- Area: 1,464 km²
- Population: 43,666 (2013)
- Province: Gangwon-do
- Dialect: Gangwon dialect
- PyeongChang Tourism website: tour.pc.go.kr (Korean, English, Japanese, Chinese, German, French)
- Inquiries: Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese)

- Transportation
(Seoul > PyeongChang)
(Dong Seoul Bus Terminal > PyeongChang Bus Terminal): First bus 07:00, last bus 18:46 / Travel time approx. 2hrs
(Dong Seoul Bus Terminal > Jangpyeong Bus Stop): First bus 06:35, last bus 20:20 / Travel time approx. 1hr 50min
(Seoul Nambu Terminal > Jangpyeong Bus Stop): First bus 07:00, last bus 19:20 / Travel time approx. 1hr 50min

A host city of the upcoming international winter sports event, PyeongChang is famous for its beauty in fall and winter. PyeongChang is a county in Gangwon Province, South Korea. It's known for Odaesan National Park, with trails crisscrossing the Taebaek Mountains. The park is also home to several Buddhist temples, including Woljeongsa Temple, with its 9-story octagonal pagoda. Lee Hyo-seok Culture Village explores the life of early-20th-century poet Lee Hyo-seok. On the Heungjeong Valley bank are the 7 themed gardens of Herbnara Farm.

There is no shortage of wonderful places in Korea, but perhaps none quite as naturally beautiful and pure as PyeongChang. However, nature isn't the only thing waiting for tourists. PyeongChang is home to relics of traditional culture, galleries full of modern art, and many more unique attractions. This winter, take in the refinement of PyeongChang's nature and arts.

Get smart, be everywhere



Special Benefits

1. A Commemorative Card (transportation card)
2. A Free City Tour Coupon Booklet

Train photo contest winner,
"Sea Train" by Yeongjae Kim



Travel Korea with the **PyeongChang KORAIL PASS**

Pass holders can take as many train trips as they want
during the validity period of their PyeongChang Korail Pass

Period of sale
October 10, 2017- January 10, 2018
Period of use
February 1, 2018- March 25, 2018

Railway Customer Service Center
+82-1599-7777
www.letskorail.com/pyeongchang





Marines, Soldiers from the 106th Veterinary Detachment, and the 'Scorpions' from Headquarters, Headquarters Company 65th Medical Brigade executed a Ruck March around U.S. Army Garrison Humphreys Dec. 13, 2017. Brigade Command Sgt. Maj. Todd Garner and Marine Corps Forces Korea Sgt. Maj. Michael Saucedo joined the march. Later the two senior enlisted officers spoke on leadership and character.

Photos by 1st. Sgt. David Ruiz, HHC, 65th Medical Brigade

TRICARE *Changes*

Currently there are three TriCare regions. In the 2018, TriCare North and TriCare South will combine to form TriCare East. TriCare West will largely remain the same. Due to these changes, it's possible that your primary care manager (PCM) will no longer be in network.

What can you do? First, check to see if your PCM is still in network. If you're enrolled in TriCare Prime and are being assigned a new PCM, your regional contractor will notify you. If enrolled in a plan other than TriCare Prime, you should also check to see if your specialty care providers will remain in network. Remember that your out-of-pocket costs are lower when using a network provider. The 2018 TriCare Network Provider Directories are now available when using the online Find a Doctor Provider search tool.

Establishing a relationship with a PCM is important so that you have easier access to routine care and the specialty providers and hospital of your choice. You may also make a request to your provider to remain in the network. The Invite a Provider form on the Find a Doctor page outlines the necessary steps.

For more information about the changes coming to TRICARE, visit www.tricare.mil/changes

EAST REGION: Humana Military will manage the East region. Under the new regional contracts, the East

Region is a merger of the North and South Regions and includes: Alabama, Arkansas, Connecticut, Delaware, the District of Columbia, Florida, Georgia, Illinois, Indiana, Iowa (Rock Island area), Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Mississippi, Missouri (St. Louis area), New Hampshire, New Jersey, New York, North Carolina, Ohio, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas (excluding El Paso area), Vermont, Virginia, West Virginia and Wisconsin.



PATIENT PORTAL
TRICARE Online

TRICARE Online Patient Portal Mobile

TRICARE Online Patient Portal (TOL PP) Mobile gives patients greater access to their health information and health care teams.

Scan the code and bookmark the site!

HOW TO ACCESS
TOL PP Mobile can be accessed with any mobile device including smart phones by following these steps:

1. Open your mobile device web browser
2. Go to www.TRICAREOnline.com
3. Log in using a DS Logon Premium or DFAS myPay account
4. Tap the menu button
5. Tap "Add to Home Screen"

WHAT ARE MY CAPABILITIES?

Appointments
Make new MTF appointments
Manage or cancel appointments
Receive notifications

Prescription Refill
Refill prescriptions
View prescription status
Receive notifications

Blue Button
View personal health data:
lab and radiology results, medications, allergies, problem lists, encounters, vital signs, immunizations

REMINDER!
The Nurse Advice Line is available 24/7
1-800-TRICARE (874-2273) option 1

www.TRICAREOnline.com

WEST REGION: Health Net Federal Services, LLC will manage the West region. This region consists of: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa (excludes Rock Island arsenal area), Kansas, Minnesota, Missouri (except St. Louis area), Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas (southwestern corner including El Paso), Utah, Washington and Wyoming.

Here Is What You Need To Know:

You will no longer be able to make payments via paper check. Acceptable methods of payment will continue to be allotment, electronic funds transfer, and debit or credit card. If you sign in to your regional contractor's website to make payments online, this option will also still exist.

If you currently pay your enrollment fees or premiums by allotment through a Defense Financing and Accounting Service (DFAS) or other Uniformed Services Pay Center, you will not need to update your payment informa-

tion. Your payments will automatically transfer to the new regional contractor on Jan. 1, 2018. Unless you cancel your allotment, TriCare will continue to deduct your enrollment fees and premiums.

If you pay through electronic funds transfer or via debit or credit card or if you live in an area where a new regional contractor will be delivering services, you'll need to update your payment information to go to your new regional contractor. This applies if you currently pay enrollment fees or premiums by electronic funds transfer from your checking or savings account or via a debit or credit card. Your new regional contractor will contact you with instructions on how to update your payment information. You must proactively update your payment information to make sure payments start going to your new regional contractor and stop going to your previous regional contractor. This action will help you avoid disenrollment from TriCare.

For more information: https://tricare.mil/CoveredServices/BenefitUpdates/Archives/10_13_2017_take_command_payments or <https://tricare.mil/changes>

TRICARE *Changes*

Take Command: Changes Coming to TRICARE Costs

Courtesy of TriCare.mil

Starting Jan. 1, 2018, there may be changes to your health care costs depending on when your sponsor joined the service and your TRICARE health plan. Beneficiaries will fall into one of two groups, Group A or Group B. Because the group designation is based on when your sponsor joined the service, you can't choose or change your group with any action (for example, switching plans or failure to pay).

Group A and Group B Defined

- Group A: If your or your sponsor's initial enlistment or appointment occurs before Jan. 1, 2018, you're in Group A. This includes all current and eligible beneficiaries.
- Group B: If your or your sponsor's initial enlistment or appointment occurs on or after Jan. 1, 2018, you're in Group B.

Adjusted Costs for 2018

Within each plan and beneficiary category, each group (Group A and Group B) will have different enrollment fees and out-of-pocket costs. Active duty family members in either group who are enrolled in TRICARE Prime and TRICARE Select pay no enrollment fees. All current beneficiaries and new enrollees will continue to get preventive care visits at no cost.

If you have a premium-based health plan, you'll continue to see your yearly premiums adjusted each year on Jan. 1 as they have in the past. Additionally, those in premium-based plans will have Group B cost-shares regardless of when the sponsor first joined the service.

View costs for active duty family members using a TRICARE Prime plan or TRICARE Select plan, costs for retired service members, their families and others, and other TRICARE changes on the TRICARE website.



ACCESS ARMY MEDICINE
SECURE MESSAGING SERVICE

- Send a Message to my Provider
- Request/refill/renew a prescription
- Access a patient education library

ARMY MEDICINE
SECURE MESSAGING SERVICE
<https://app.relayhealth.com>



Take Command: TRICARE Changes & Network Providers

Courtesy of TriCare.mil

On Jan. 1, 2018, the current three U.S. TRICARE regions consolidate into two. New regional contractors will administer the TRICARE benefit for the East (Humana Military) and West (Health Net Federal Services, LLC) Regions. Due to these changes, it's possible that your primary care manager (PCM) will no longer be in network.

What can you do? First, check to see if your PCM is still in network. If you're enrolled in TRICARE Prime and are being assigned a new PCM, your regional contractor will notify you. If enrolled in a plan other than TRICARE Prime, you should also check to see if your specialty care providers will remain in network. Remember that your out-of-pocket costs are lower when using a network provider. The 2018 TRICARE Network Provider Directories are now available when using the online Find a Doctor provider search tool.

Establishing a relationship with a PCM is important so that you have easier access to routine care and the specialty providers and hospital of your choice. You may also make a request to your provider to remain in the network.

For more information about the changes coming to TRICARE, visit www.tricare.mil/changes. Stay informed about your benefit and take command of your health.



Stress Management during the Holiday Season

Courtesy of Cheryl Heppard
CH Marketing & Consulting

The holidays seem to be a time of increased stress for many people. With the physical, mental, emotional and financial strains that can accompany this otherwise pleasurable season, many find themselves overwhelmed and merely wishing that the holidays were over. Too many people approach the holiday season with the attitude of “getting through the holidays,” and many find that they miss out on many of the wonderful things that the holiday season brings, like time with family and friends, peace, joy, generosity and gratitude. Instead, these people find that they get more colds and illnesses, experience family drama and issues or have other reasons for not truly enjoying the holidays. The correlation between stress and illness is well documented, as stress wreaks havoc on the immune system.

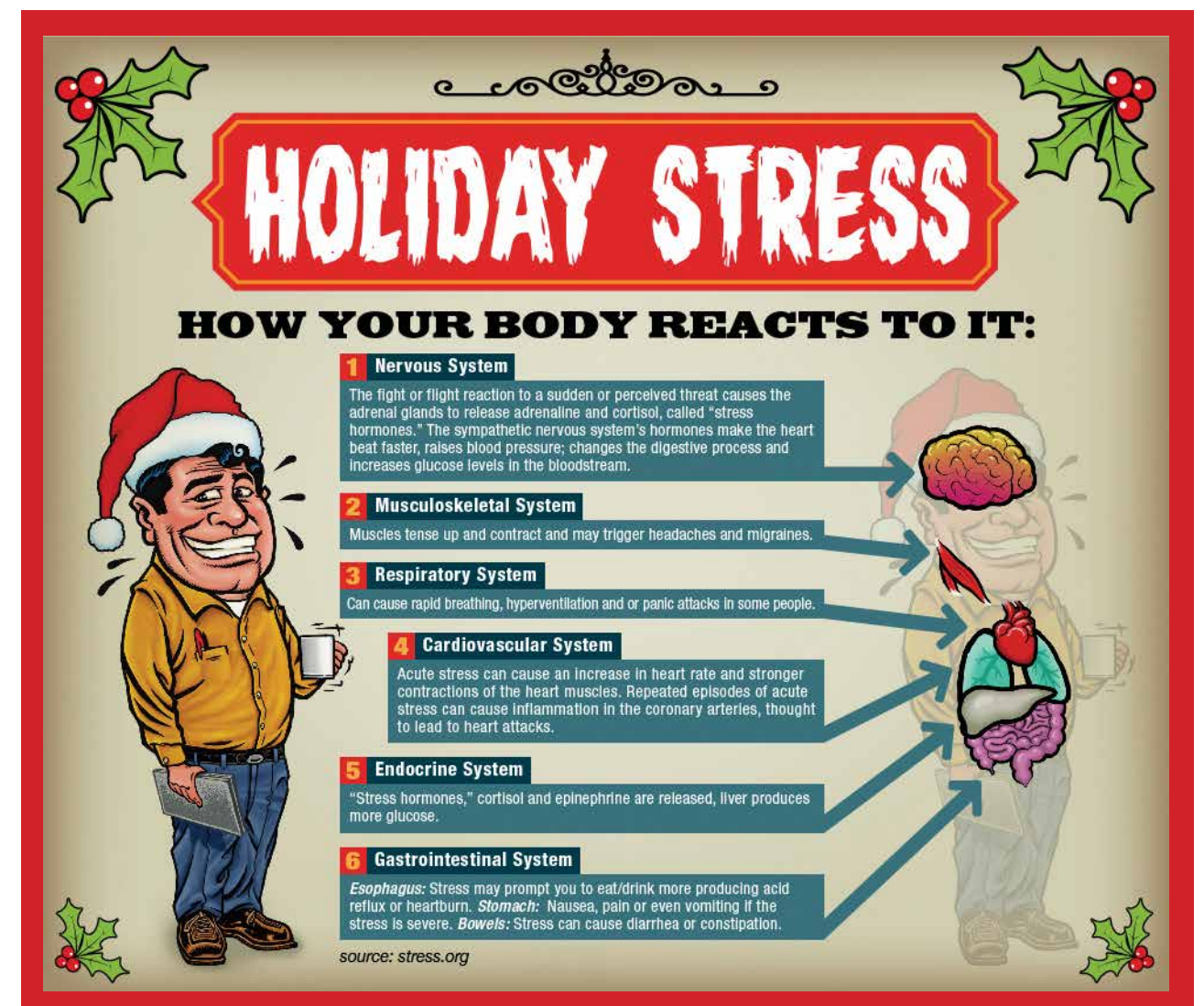
Finding healthy ways to manage the demands is critical if you truly want to enjoy the season. This probably means making some adjustments to your expectations

and your plans. Start by taking a good inventory of what you want to get out of the holiday season, this makes it easier to plan for the things that you want to maintain. Eliminating those things that add nothing by stress is important. For example, if you happen to detest baking of all sorts, you may find that the thought of having to bake batches and batches of cookies is very stressful. Reconsider this plan, and maybe trade tasks with a friend who loves to bake and hates to wrap!

Avoiding crowded malls, over-commercialization, high traffic areas and not overbooking or overscheduling yourself and your family are all good ways to help decrease holiday stress. Plan to visit with some family or friends that you might not normally make the time to see, and catch up. Limit the amount of money spent on gifts, so that you do not find yourself playing “catch up” when the January bills arrive in the mailbox.



It is important to avoid “romanticizing” the holiday season or comparing your family’s celebrations and traditions to those of others. This is a surefire way to increase your stress or set yourself up for major disappointment.





2017-2018 Influenza (flu) Season Update

Story by Lt. Col. Matt K. Garrison Chief,
Public Health Nursing

Though the beginning of October each year marks the start of the influenza (flu) season, it usually takes a couple of months to see a significant increase in flu virus activity. This is why it is strongly recommended to receive the flu vaccine in October, November, or early December, the earlier the better.

Flu cases have begun to show on the peninsula, please receive your vaccine as soon as possible, practice everyday preventive actions to stop the spread of germs, and follow your medical provider's recommendation if you get sick.

The latest statistics from the Center for Disease Control and Prevention (CDC) estimates 1.9 million influenza-associated illnesses, 966,000 medical visits, and

67,000 hospitalizations were prevented by vaccination in one season alone. As a first and most important step in protecting against flu viruses, it is strongly recommended that everyone 6 months and older receive the annual influenza vaccine.

While there are many different influenza virus strains, the influenza vaccine is updated each year to protect against the virus strains that research suggests will be most common. Just like back in the United States, here in South Korea, the seasonal flu vaccine is available at your local health care facility.

As a second measure, you should also practice everyday preventive actions to stop the spread of germs. Try to avoid sick people when possible, wash your hands often with soap and water, try to avoid touching your eyes,

nose, and mouth (germs easily spread this way), clean and disinfect surfaces and objects that may be contaminated with germs like influenza. If you become sick, limit contact with others as much as possible and cover your nose and mouth with a tissue when you cough or sneeze. The Center for Disease Control also recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

Lastly, if you get influenza and seek care early (within 48 hours of symptoms starting), antiviral drugs may be an option to make the illness milder and shorten the time you are sick. This will be at the discretion of your treating provider, as each situation needs to be evaluated by a medical professional before receiving antivirals. This means you need to know



how to recognize influenza. Flu-like symptoms are fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

So remember, to do everything you can to protect yourself and your family against the flu this year, start with receiving the flu vaccine now!

For more information, ask your medical provider or visit the following website; <https://www.cdc.gov/flu/index.htm>



Four Rivers Bicycle Trail *Renews* Passion for Long-Distance Bike Touring

Story and photos by Jim McGee
USAG Humphreys Public Affairs



Day one near the start of the Four Rivers Cycling Path on the Han River in Seoul.

Seoul

Busan

Upon graduating from college in 1985, I signed up for a July 4th weekend event called the “Ride Across Massachusetts,” from Great Barrington on the state’s western border, to Gloucester, about 40 miles north of Boston on the Atlantic coast.

I had recently purchased a new road bike for about \$225 and although I had never cycled more than a few miles around town, I thought a 190-mile, three-day organized ride through New England sounded like a great challenge and a lot of fun.

From the first day in Great Barrington on the New York border, the camaraderie with other cyclists, feeling of accomplishment and sheer joy of riding 60-75 miles a day through the New England countryside, I knew that bicycling would become a life-long passion.

I’ve done many tours since then, ranging from 200-mile weekend rides to a month-long 2,000-mile journey through Japan. I’ve discovered that each new adventure is just as exciting as the last one was. The ability to travel vast distances powered by my two legs is an incredible feeling.

I’ve met strangers who have invited me into their homes on numerous occasions just because I was traveling by bicycle. There are difficult days due to terrain or weather when I feel less than enthusiastic about cycling but I wake up each morning refreshed and excited to ride regardless of how difficult the previous day was. Some of the most enjoyable times in my life have been when I was miles from nowhere alone on my bike.

Shortly after moving to Pyeongtaek, South Korea in June 2015, I heard about the network of bicycle trails that connect almost every part of this country. It had been several years since my last long distance tour but the thought of cycling through Korea rekindled my passion for two-



Much of this section of trail is on old railroad beds converted to bike paths so there are many well-lit tunnels and scenic bridges during the first 100 kilometers.

I stopped in the small village of Gulam-Ri about 3 p.m. after cycling 115 kilometers and got a room

wheeled adventure. My excitement grew as I started doing day trips and learned more about Korea's bicycle trail system, all with the thought of a long ride across this picturesque country in the back of my mind.

In early September, I decided it was time for me to ride the 630-kilometer Seoul-to-Busan "Four Rivers Trail." Without a set schedule or hotel reservations, I packed my bicycle panniers with clothes, toiletries, tools and a few other necessities including my Korean bicycle passport and began my journey. On previous bicycle tours I've usually mixed where I stayed each night between camping with a tent and sleeping bag and the luxury of hotels, this time I decided to pack lighter and stay in hotels.

Sept. 22. Day 1 Seoul-Gulam-Ri. 115 kilometers (71.5 miles)

Waking up at 4 a.m. to catch the 5:20 a.m. train to Seoul, I seriously questioned my sanity as I took stock of the dark and chilly autumn morning. I arrived at Noranjin train station about 7 a.m. and cycled two kilometers to the trail along the Han River in Seoul. I was excited and slightly nervous, but the ever-warming sun and beautiful trail quickly transformed my trepidation into exhilarating cycling and I covered 50 kilometers by 10 a.m. For those of you who might be considering riding this trail, know that it is well marked and there are plenty of convenience stores and rest stops for the first 70 kilometers.

for 40,000 won. Just outside of town, I passed a large field where Korean soldiers with armored vehicles and tanks were conducting an exercise. They waved and posed as I took a few pictures. Several hours later those same tanks and armored vehicles rolled through town kicking up dust and making a lot of noise. It was a pretty impressive site.



Sept. 23. Day 2 Gulam-Ri Gyochon-Ri 117 kilometers (72.7 miles)

I enjoy getting an early start when I ride. Undeterred by a cool, hazy, foggy morning, I was on the road by 7:20 a.m. It was slow going for a while and despite the fog the scenery was beautiful. The sun didn't show its bright face that day, except for a very few times. It was well after 10 a.m. before it warmed up. I arrived at Sangmo, which looked like it would

have been a very nice place to stay, and a spa town to boot, with relaxing hot springs. Having only ridden 88 kilometers thus far, I decided to push on. I also knew that two very long hills were ahead of me and decided I'd rather get them over with at the end of the day instead of at the start of the next. The first steep hill was about 2 1/2 kilometers long with a beautiful-

exhilarating descent. A while later as I approached the base of the next five-kilometer hill, I met two Korean cyclists. They referred to the upcoming hill as the "hill of pain," and they weren't exaggerating. Doing it at the end of the day I was able to power through it to the top and enjoy the thrilling descent down the other side. It was the longest hill on the ride thus far and was eight-to-ten percent grade the whole way. Although I didn't know it at the time, the near vertical climbs were still a day or two



away. I arrived in a little town called Gyochon-Ri about 5:30 p.m., and found a bicycle-friendly motel for 30,000 won. There are many hotels along the way that cater to cyclists allowing you to bring your bike into your room or the hotel lobby where it will be safe and protected from bad weather.

The first thing I do after checking in after a day's ride is to hand wash my clothes so I can let them dry as long as possible in hopes they'll be dry in the morning. Washing clothes every night saves on the weight and cargo space that would be taken up with excess clothing.

Sept. 24, Day 3 Gyochong-Ri-Waegwan 131 kilometers (81.4 miles)

It was another cool morning with a lot of fog but I made pretty good time cycling through the country roads and farm fields. At the first passport stamp location, I met a family from Sydney, Australia--a husband and wife with their teenage son and daughter. They had also started their bicycle journey in Seoul, but we're going to the east coast to cycle the northeastern trail. A few kilometers later, I encountered a

walked their bikes up this seemingly-unsurmountable obstacle. The reward for the tough ascent to the summit was an exhilarating decent. After reaching the bottom, the trail entered into



a lovely park followed by the Sangju Bicycle Museum, a must see for someone on a long bicycle journey. The entry fee was 1,000 won and the museum had hundreds of bikes on display and information about the history and development of the bicycle.

Soon after reaching the top, the

trail passed through a park, which was followed by the Sangju Bicycle Museum – a must see for someone on a long bicycle journey. The entry fee was 1,000 won and the museum was quite interesting with hundreds of different bikes on display. These bikes all revolve around the history and development of the bicycle.

Several kilometers after leaving the museum, I encountered hundreds of cyclists participating in a mountain bike race and festival. Part of their course was on the trail I was riding, but fortunately they were going in the opposite direction. While tak-

ing a short break around 2 p.m. two retired couples from New Zealand stopped for a break as well. I encountered them several more times on the trail that afternoon. We talked for a while about the trail and the many wonderful people we'd encountered along the way.



Many colorfully-lighted tunnels, which are part of a converted rail-road bed, have been incorporated into the bike path.

I cycled a few more kilometers to the city of Waegwan, just north of Daegu, and checked into a motel that cost 48,000 won. This was the first love motel on this trip and for an extra 10,000 won I got a very nice VIP suite. The New Zealand couples I met earlier in the day talked about staying almost exclusively at love motels because they were inexpensive and easy to find.

Sept. 25, Day 4 Waegwan-Gyenaee-Ri 134.5 kilometers (83.6 miles)

This was the warmest morning thus far and the first time I didn't need to wear a long-sleeved shirt. Although it had only been a few days, being significantly further south, the weather change was very noticeable. About two hours into my ride,



e

ness I encountered along the way from strangers.

It was my best riding day thus far as I completed 73 kilometers by noon. The day was very hot and the trail was flat for the first 80 kilometers but it got incredibly hilly and I began to feel like I was cycling in the French Alps. Food and water are scarce on portions of the trail, with towns or villages being few and far between. I ran out of food and came close to running out of water. My advice is to always stock up on extra food

steep with 13-to-18 percent grades.

In the early afternoon as I rode through a valley, I heard beautiful Buddhist chanting in the distance. It grew louder as the

trail brought me up a hill and into a Buddhist temple compound where I spent a little time wandering around. The trail through the temple grounds to the top of the hill was incredibly steep and difficult to ride. The ups and downs continued throughout the afternoon and some of the hills were pretty intense. Despite the exhausting climbs, I was able to cycle almost 135 kilometers for the day.

During my last hour of riding, I passed through a beautiful park covered with flower fields. At the far end, a small festival was taking place. In these fields and on the trail were millions of gnats. At one point as I rode through a thick swarm, the gnats blanketed me and stuck to my sweaty body. While my sunglasses protected my eyes, I may have inhaled or swallowed a few. I found a decent hotel in Gyenaee-Ri that only cost 30,000 won. Once again I was permitted to bring my bike into the room, which is very safe and convenient. My top speed of the day was a dangerously-exhilarating 73 kilometers per hour. Like I said before, big climbs usually come with big descents.

**Sept. 26, Day 5 Gyenaee-Ri-Busan 116 kilometers (72.1 miles)
Korea total 615 kilometers (382.1 miles)**

On my final day of cycling in Korea, I woke at 6 a.m. and departed before 7:30 a.m. The weather was a little cool but still warm enough to cycle without a long-sleeved shirt. There was intermittent early morning fog and haze, but it eventually cleared and became very hot before late morning. I made very good time and cycled some beautiful sections of trail on this final leg to Busan. The terrain was mostly flat with a few rolling

hills. The picturesque trail followed a river almost the entire way.

Excited to reach my destination, my average speed was between 25 and 30 kilometers per hour (16-19 miles per hour) much faster than previous days. I cycled hard and fast and was at the outskirts of Busan shortly after noon. I arrived at the final passport stamp booth location and the end of the Korean portion of the journey.



h

Despite the trip to that point measuring only 615 kilometers, it felt like a huge accomplishment.

I went to the certification building and handed my passport to the attendant who inspected it to make sure I had all the proper stamps. He then affixed several silver and gold seals on a few of the pages and congratulated me for my achievement. I filled out some additional paperwork for them to send an official certificate in the mail.

Although my tour of "Four Rivers Cycling Path" was over, I was excited about the second half of my adventure that awaited me in Japan. After departing the final location, I left the trail that had been my guide road during the last five days and rode about 15 kilometers through Busan to reach the international ferry port terminal. From there I would take an overnight ferry to Shimonoseki, Japan.



g

e. A beautiful mountain peak was just one of the many beautiful things I encountered on the final day's ride to Busan.

f. Over the course of 600 kilometers, the cycling path traversed many parks and fields. This beautiful flower field was near the village of Gyenaee-ri just 100 kilometers from Busan.

g. Two retired New Zealand couples take a break at one of the many passport stamp rest locations.

h. A steep climb and a well deserved break at a Buddhist temple compound on day four.

i. The final marker and end of the Four Rivers Cycling Road in Busan.

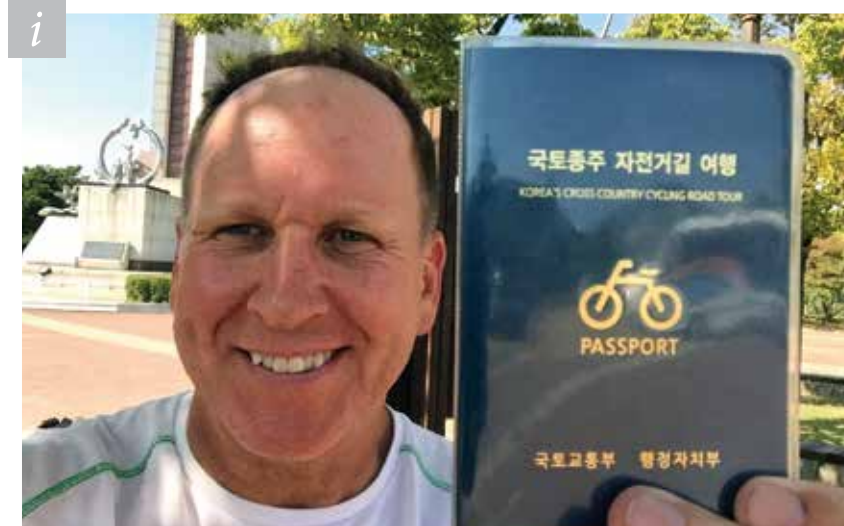


f

I missed a turn and a Korean man raced up to me and asked if I was going to Busan. When I acknowledged that I was, he informed me that I needed to turn around. I probably would have found out soon enough on my own, but it was extremely kind of him and very typical of the kind-

and water when you can for those resource-scarce areas you are bound to encounter along the way.

That day also had the roughest sections of trail thus far; there were some great areas, but in others the trail was almost nonexistent. The hills weren't long but they were incredibly



i

life affirming. The many wonderful people I met along the way, beautiful scenery, incredible food, challenging terrain and the sense of accomplishment is something I'll remember for the rest of my life.

Exploring Korea's True Flavor

Courtesy of Korea Tourism Organization



In Korea, there is no end to what people can see and experience, but trying Korean food is on the top of most to-do lists that visitors cannot wait to cross off! The following are 10 dishes that are rated “must-eat” items when in Korea. So let’s explore these 10 dishes that are sure to impress you with Korea’s true flavor!

Bibimbap: Rice with nutrient-packed flavor

Bibimbap, or cooked rice mixed with vegetables, sautéed beef, and twigak (dried seaweed or vegetables fried in oil) is one of the definitive Korean meals. There are three common beliefs about the origin of bibimbap. One theory is that it stemmed from the practice of mixing bap (cooked rice) with other dishes used for the ancestral rite of eumbok. Others say that bibimbap originated from mixing leftovers together as a midnight snack on Lunar New Year’s Eve. The last theory is that farmers out working the fields would each bring a portion of food to be mixed together for meals and divided out evenly.



Samgyetang: Rejuvenate yourself during the sweltering summer

Samgyetang is made by simmering a whole young chicken stuffed with ginseng, hedysarum root, jujubes, garlic, and sweet rice. Considered an energy-boosting dish best eaten on hot days, it is a classic Korean dish that has become popular among diners of all nationalities. Japanese author Murakami Ryu and Chinese film director Zhang Yimou have both given extensive praise to the dish. Many restaurants add samgye-tang to their menu during the summer, an example of its popularity.



Bulgogi: A sweet treat for special days

Bulgogi is prepared by marinating thin slices of beef in a sweet soy sauce mix before grilling them. Bulgogi is a high-class meal, only being served in the royal court and yangban (noble) households in the past. Bulgogi originated from a dish called maekjeok. Maek was the name of the northeast region of China, and is also a reference to Goguryeo, one of the earliest Korean kingdoms. Maekjeok is made with barbecued beef skewers, and according to folklore, evolved into present-day bulgogi through the introduction of grills, which made skewers obsolete.



Mandu: A dish dating back to the Goryeo Dynasty

Mandu is a steamed dumpling made by placing a filling of ground meat and vegetables onto a round, thinly rolled wrapper and sealing the edges. They were initially prepared for ancestral rites or banquets and enjoyed as a special dish for cold winter days. When discussing the origin of Korean dumplings, a famous folk song called “Ssanghwajeom” (dumpling shop) from the Goryeo Dynasty is frequently mentioned. The song describes how a group of Uyghurs arrived and opened up dumpling shops, and also how the people of the day greatly enjoyed the dish. Some people refer to the song and joke that a Mongol who opened a dumpling shop in 1279 may have been the first foreign investor to live in Korea.



Sundubu jjigae: The best source of protein

Sundubu starts out being made in the same manner as ordinary tofu, first boiling chopped soy beans and then coagulating it by adding brine. However, sundubu leaves out the later steps of draining and pressing the lumpy bean curds, giving it an easy-to-digest silky, light texture. In Chodang Dubu Village, a village in Gangneung, Gangwon-do famous for its sundubu, clean water from the East Sea is used as brine for thickening. It started when Chodang Heoyeop, a magistrate of Gangneung region in the middle of the Joseon Dynasty, made tofu from the sea water coming from the spring in his front yard instead of brine. The name Chodang was then adopted from Heoyeop's pen name.



Naengmyeon: Cool and refreshing noodle soup

Naengmyeon, cold buckwheat noodles, is considered a summer food, but that wasn't always the case. It used to be enjoyed over a warm ondol floor (subfloor heating system) during the freezing winter temperatures. The broth was made with the brine of dongchimi (radish water kimchi) scooped out of a large jar half-buried in the ground during the winter. Although its origin remains unclear, based on the fact that buckwheat was introduced by the Mongol Empire during the Goryeo Dynasty, it is theorized that Koreans first began eating it around that time.



Galbi jjim: Soft and tender, the quintessential holiday food

Galbi jjim (braised short ribs) is made from the finest and most expensive cut of beef. As such, galbi jjim is usually only eaten on special occasions or holidays, when family members come together. Korean cooking consists of a large number of braised dishes that require considerable culinary skill. Galbi jjim is one such dish, growing in popularity among international diners as well. When making galbi jjim, the fat on the short ribs is carefully removed before braising. Carrots, ginkgo nuts, and chestnuts are added, and finally pyogo (shitake mushroom) and egg garnish are sprinkled on top to complete the preparation process. Glazed with soy sauce, galbi jjim not only has a rich taste but a mouth-watering visual presentation.



Tteokbokki: The most popular snack

Originally, tteokbokki was not a spicy dish. In the royal courts of Joseon, it was prepared by simmering beef, carrots, onions, pyogo (shitake mushroom), and other ingredients together with rice cakes in soy sauce. The colorful ingredients made it visually appealing as well as nutritional. It is believed that tteokbokki seasoned with spicy gochujang paste first appeared in the 1950s and became widely popular later during the 1970s.



Japchae: A classic dish on festive days

Japchae (glass noodles with sautéed vegetables) is made by boiling glass noodles then draining and mixing them with stir-fried vegetables and meat. No Korean festivity is complete without japchae. It has long been perceived as a luxurious and elegant dish, and was always served on birthdays, weddings and 60th birthday celebrations. Japchae was first created in the 17th century when King Gwanghaegun of the Joseon Dynasty hosted a palace banquet. It is recorded in the Gwanghaegun Ilgi (Daily Records of King Gwanghaegun's Reign) that Yi Chung, one of the king's favorites, had the habit of personally presenting unusual dishes to the king. Gwanghaegun relished these dishes so much that he would not start a meal until they arrived. Among these unique dishes was japchae, which the king favored over all the rest.



Dak gangjeong: Second to none and great with all drinks

Dak gangjeong is made by deep-frying chicken coated with flour. The fried chicken is then smothered in a sweet yet spicy sauce that has been boiled down. The dish sold at Sokcho Tourist & Fishery Market (Jungang Market) is famous for being served cold. The dak gangjeong is popular among all for its sweet and spicy taste, and for retaining its crisp and chewy texture despite being served cold.



WORLD CULTURAL HERITAGE SITES

Courtesy of Korea Tourism Organization



Series VI

Jongmyo Shrine

(Designated 1995)

Location: Jongno-gu, Seoul

Jongmyo Shrine in Jongno-gu, Seoul is the royal shrine interred with the ancestral tablets of Joseon Dynasty's royal family and the place where memorial services for the kings and queens are performed. The place itself has the greatest religious implications from a Confucian perspective and it is a sacred site that presented the legitimacy of the political principal of the time. It is also a great representation of the culture and legacy of the royal family.

First built around the end of 14th century by King Taejo, the founder of the Joseon Dynasty, the current Jongmyo Shrine is a reconstruction built in the 17th century after the Imjin War (1592-1598). The main building is Jeongjeon Hall, an impressive 150 meters long by 100 meters wide wooden structure that stands in good harmony with the courtyard and auxiliary buildings. The unique atmosphere is considered to be a one-of-a-kind historical monument, found nowhere else in Asia, let alone Western nations.

Jongmyo Shrine was a primary place of worship for kings throughout Joseon Dynasty. The memorial service, called Jongmyo Jaerye, is said to be the oldest complete ceremony in the world, and was carried out in obedience to the king's order. The ceremony was designated as a UNESCO World Cultural Heritage site in December 9, 1995, for its well-preserved ancient customs, such as memorial services and traditional music, which is National Intangible Cultural Asset No.56.

During the Joseon Dynasty, it was held when the season changes and the twelfth month of the lunar year, but was stopped during the Japanese colonial period. Now, it is annually reenacted on the first Sunday of May. Jongmyo Jaeryeak, the musical part of the ceremony, is produced by instruments, songs, and dances that originated over 500 years ago. In May, the Korean Royal Palace Culture Festival is to be held with a variety of other cultural heritage festivals.

The buildings along with intangible heritages of rituals, music, dancing and food are



Jeongjeon Hall in Jongmyo Shrine



Korean dancers at the Jongmyo Daeje



Yeongnyeongjeon Hall

all protected at Jongmyo Shrine, making it a veritable cultural asset.

Before the main entrance of Jongmyo Shrine stands hamabi, a commandment stone indicating that anyone who passes by should get off his horse as a form of respect to the ancestors. Even the kings and queens were required to get down from their palanquins in order to pay their respects to the former rulers.

Jeongjeon Hall is the largest wooden structure in Korea. The front facade features 20 pillars with doors in the space between. While the outside of the structure is rather plain, the interior is elaborately decorated for the pleasure of the ancestors' spirits. Visitors cannot enter Jeongjeon Hall, but can get an idea by viewing a replica in Exhibition Hall 2 of Hyangdaechong.

There are three main gates to Jeongjeon on the east, west and south sides. The path located to the south is reserved for the royal spirits and thus no living soul is allowed to step foot on it. The two other gates are for mortals:



Pillars of Jeongjeon building



Jaegung area, Jongmyo Shrine

the east gate was for the king and crown prince while the west gate was for musicians and dancers performing at the memorial ceremony.

The area of Jeongjeon Hall was too small to hold all of the ancestral tablets, so Yeongnyeongjeon Hall, meaning 'Hall of Eternal Comfort', was built as an annex building. Compared with the main hall, Yeongnyeongjeon Hall is smaller and holds fewer tablets. One distinctive feature is that the annex has section of a taller roof at the center, while Jeongjeon Hall has an uninterrupted roofline. Yeongnyeongjeon Hall holds the tablets of kings and queens whose reign was either rather short or who were recorded with no notable achievements.



Hamabi Monument at Jongmyo

- Address: 157, Jong-ro, Jongno-gu, Seoul
- Tour Course Information:
 - Course 1 (for 200 people or less): Main gate - King Gongmin Shrine - Mangmyoru Pavilion - Hyangdaechong - Jaegung Palace - Jeongjeon Hall - Yeongnyeongjeon Hall - Akgongcheong - Main gate
 - Course 2 (for more than 200 people): Main gate - Jaegung Palace - Jeongjeon Hall - Yeongnyeongjeon Hall - Akgongcheong - Hyangdaechong - Mangmyoru Pavilion - King Gongmin Shrine - Main gate
- For more information visit:
 - jikimi.cha.go.kr (English, Korean)
 - whc.unesco.org/en/list/738/ (UNESCO Site)

NEO PET PREPARATION CLINIC



Saturday, January 20, 2018

8:00 a.m. – 12:00 p.m.

**Building 2260
(Across from Camp Humphreys
High School)**

**Hosted by: 106th Medical Detachment (Veterinary
Service Support) – Camp Humphreys**

Veterinary Treatment Facility

Rabies vaccines, microchips, pet registration and assistance with
NEO paperwork will be provided on a **walk-in basis**.

* Payment expected at time of service *

USAG Yongsan to/from Camp Humphreys



USAG Yongsan to Camp Humphreys Schedule					
Departure	Yongsan Bus Terminal	0700	0800	1600	1800
Arrival	Humphreys Bus Terminal	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)



Camp Humphreys to USAG Yongsan Schedule					
Departure	Humphreys Bus Terminal	0700	0800	1600	1800
Arrival	Yongsan Bus Terminal	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)

- 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.

Are You Ready to Quit Tobacco?

Story by Capt. Tonita Smith
Army Public Health Nurse



Did you know that one of the single most important things that you can do to improve your health is to quit tobacco? According to the Center for Disease Control and Prevention cigarette smoking causes more than 480,000 deaths each year in the United States.

Tobacco use increases a person's risk of developing coronary heart disease, stroke, respiratory disease, rheumatoid arthritis, cataracts, and vision impairments. Not to mention tobacco use increases the risk of cancer in almost any area of the body to include: bladder, cervix, colon, esophagus, kidneys, larynx, liver, pancreas, stomach, trachea, bronchus, and lungs.

In pregnant women tobacco use increases the risk for preterm (early) delivery, stillbirths (death of the baby before birth), low birth weight, sudden infant death syndrome, ectopic pregnancy, and facial malformations in infants. Smoking can also affect men's sperm count, which can reduce fertility.

More than 10 times as many Americans have died prematurely from cigarette smoking than have died in all the wars fought by the United States during its history.

Nicotine is highly addictive; in fact nicotine addiction has been compared to being as addictive as heroin, cocaine, or alcohol. Quitting tobacco can be a difficult task and may require multiple attempts or medication assistance to reduce withdrawal symptoms. It will require lots of dedication; but remember quitting tobacco will be one of the most rewarding things you can do to improve your health.

With all the evidence-based facts known about the harmful effects of tobacco use; why do people continue to use tobacco products? According to the Clinical Practice Guidelines many people report using tobacco to relieve stress, boredom, socialization with peers, and easy access. Can tobacco users kick the habit? The answer is "Yes."

Currently all Camp Humphreys DoD affiliated personnel are encouraged to schedule and attend a Tobacco Cessation Class offered at the Sgt. Shin Woo Kim Soldier

Centered Medical Home, located in building 6370, Conference Room 1042. Classes are offered every 2nd Tuesday from 9-10 a.m. and every 4th Tuesday from 1-2 p.m. Call 757-5678 to schedule for an upcoming class. This class will cover the use of any nicotine containing products to include: cigarettes, cigars, pipes, chewing tobacco/dip, and vaping or e-cigarettes. The class is a 1-hour class during which you will meet with the Public Health Nurse to partner with you on your journey to becoming tobacco-free.

A former class participant, who is now tobacco-free after 10 years, stated in a recent follow-up that 'Quitting tobacco has improved my relationship with my girlfriend who hated the smell, it's saved me money, and overall I feel so much better.'

There is no time like the present to set new goals to improve your overall health.



7 Steps to Kick the Smoking Habit:

1. Make the decision to quit and make the reason relatable or personal.
2. Establish your support system (that is, a Tobacco Cessation Class, healthcare provider, family, friends, etc.)
3. Set a quit date and try to stick to it.
4. Do not allow failure to be an option; if you relapse, don't punish yourself, start over.
5. Identify your triggers and be prepared to change the pattern of behaviors. If you normally smoke in your car, clean your car out from any tobacco products or accessories. Exchange these items with: straws, mints, gum, a stress ball, etc.
6. Join a fitness class or try new activities that promote a positive lifestyle. Find something to replace the time you would normally spend using tobacco.
7. Put the money you would normally spend on tobacco products in a bank and then reward yourself.

For these and more tips on quitting tobacco please visit: www.cdc.gov, 1-800-Quit-Now, or www.ucanquit2.org

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Promote a Unique
Quality of Life Program/Benefit
Only Available to
Service Members Overseas

Flexible Hours

Connect With Your
Military Community

Grow Your Nest Egg
While Overseas



image by VLADGRIN

must be **ENERGETIC,**
ENTHUSIASTIC
and have an
OUTGOING
PERSONALITY



Contact :
Rich Berger
rberger@militarycars.com
010-2525-8438

Biotin (Vitamin B7): Safety Communication - May Interfere with Lab Tests

Courtesy of Food and Drug Administration

The Food and Drug Administration is alerting the public, health care providers, lab personnel, and lab test developers that biotin, also known as vitamin B7, can significantly interfere with certain lab tests and cause incorrect test results which may go undetected.

Biotin in blood or other samples taken from patients who are ingesting high levels of biotin in dietary supplements can cause clinically significant incorrect lab test results. The FDA has seen an increase in the number of reported adverse events, including one death, related to biotin interference with lab tests.

Many lab tests use biotin technology due to its ability to bond with specific proteins which can be measured to detect certain health conditions. For example, biotin is used in hormone tests and tests for markers of cardiac health like troponin. Biotin, also known as vitamin B7, is a water-soluble vitamin often found in multi-vitamins, prenatal vitamins, and dietary supplements marketed for hair, skin, and nail growth.

Biotin in patient samples can cause falsely high or falsely low results, depending on the test. Incorrect test results may lead to inappropriate patient management or misdiagnosis. For example, a falsely low result for troponin, a clinically important biomarker to aid in the diagnosis of heart attacks, may lead to a missed diagnosis and potentially serious clinical implications. The FDA has received a report that one patient taking high levels of biotin died following falsely low troponin test results when a troponin test known to have biotin interference was used.

The FDA is aware of people taking high levels of biotin that would interfere with lab tests. Many dietary supplements promoted for hair, skin, and nail benefits contain biotin levels up to 650 times the recommended daily intake of biotin. Physicians may also be recommending high levels of

biotin for patients with certain conditions such as multiple sclerosis. Biotin levels higher than the recommended daily allowance may cause interference with lab tests.

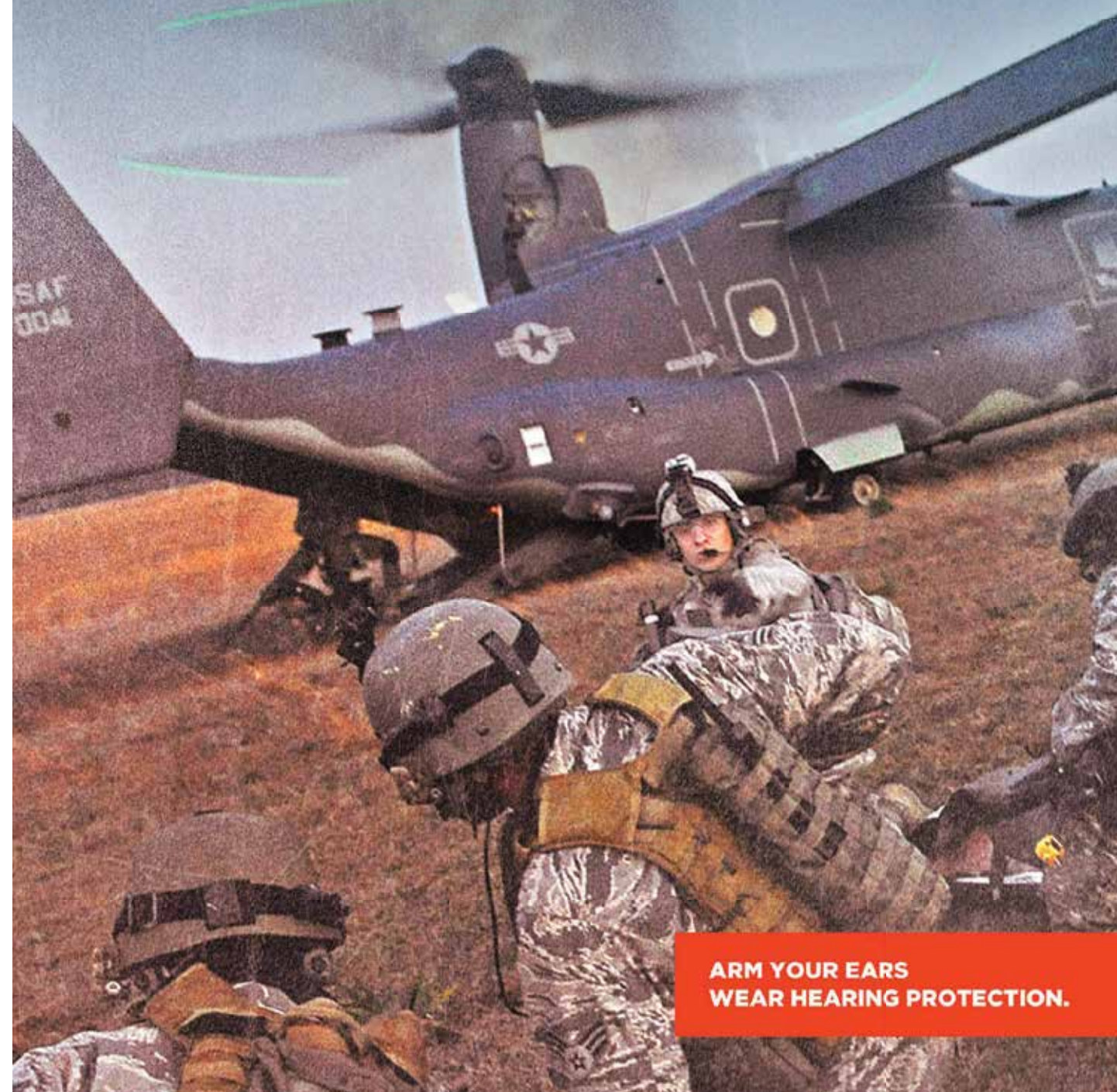
Patients and physicians may be unaware of biotin interference in laboratory assays. Even physicians who are aware of this interference are likely unaware as to whether, and how much biotin, patients are taking. Since patients are unaware of biotin interference, patients may not report taking biotin supplements to their physicians, and may even be unaware they are taking biotin (e.g., when taking products generally labeled for their benefits to hair and nails).

The FDA is working with stakeholders to better understand biotin interference with laboratory tests, and to develop additional future recommendations for safe testing in patients who have taken high levels of biotin when using laboratory tests that use biotin technology.

TIPS FOR CONSUMERS:

- Talk to your doctor if you are currently taking biotin or are considering adding biotin, or a supplement containing biotin, to your diet.
- Know that biotin is found in multivitamins, including prenatal multivitamins, biotin supplements, and supplements for hair, skin, and nail growth in levels that may interfere with laboratory tests.
- Be aware that some supplements, particularly those labeled for hair, skin, and nail benefits, may have high levels of biotin, which may not be clear from the name of the supplement.
- If you have had a lab test done and are concerned about the results, talk to your health care provider about the possibility of biotin interference.

NOISE
IS INEVITABLE.
BUT
HEARING LOSS
IS PREVENTABLE.



ARM YOUR EARS
WEAR HEARING PROTECTION.

2018

USFK CALENDAR

무술년 (Year of the Dog)



January						
Su	Mo	Tu	We	Th	Fr	Sa
	①	②	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March						
Su	Mo	Tu	We	Th	Fr	Sa
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April						
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29	30					

May						
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27	28	29	30	31		

June						
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July						
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29	30	31				

August						
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September						
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30						

October						
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28	29	30	31			

November						
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December						
Su	Mo	Tu	We	Th	Fr	Sa
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

○ KN Holiday

□ U.S. Holiday

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

Linear Compressor – makes it quiet



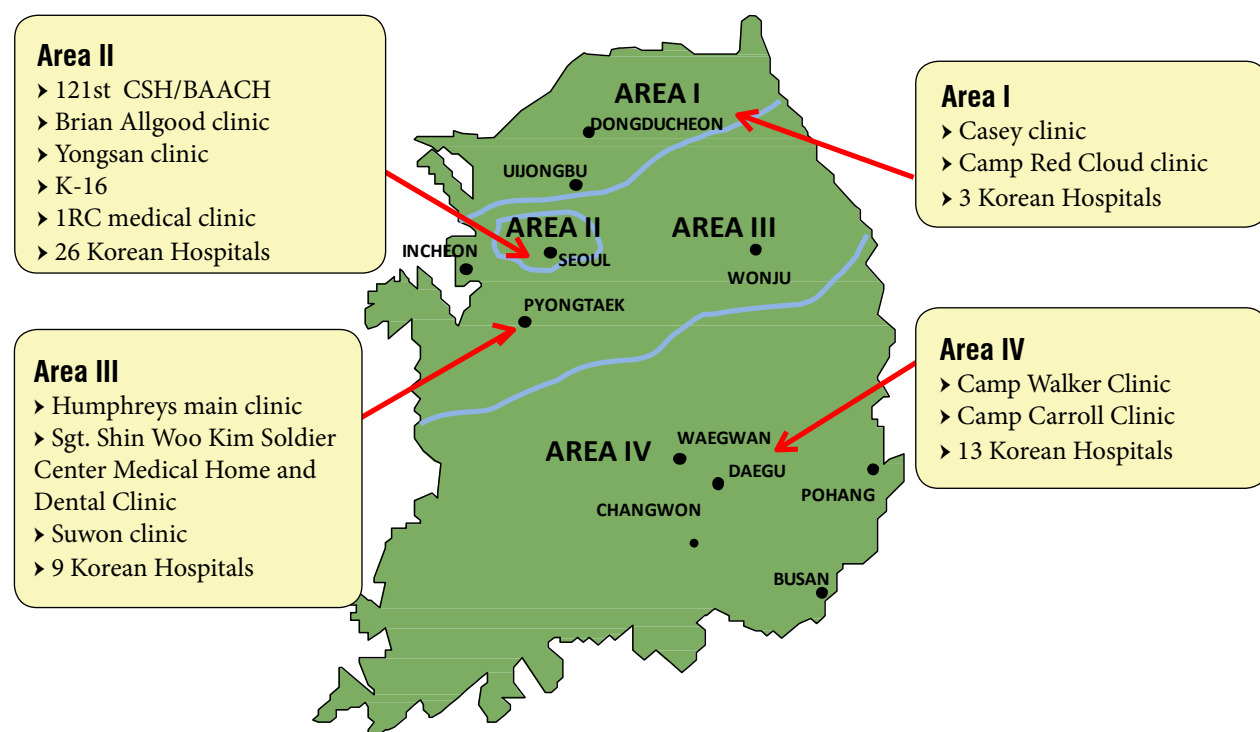
LG

Life's Good

Brian Allgood Army Community Hospital (BAACH)

Medical Capabilities

Population Supported



Brian Allgood Hospital

- Emergency Medicine
- Primary Care
 - Internal Medicine
 - Family Medicine
 - Pediatrics
- Medical Services
 - Dermatology
 - Sleep Medicine
 - Echocardiogram/ Stress Test
- Behavioral Health
 - Psychiatry
 - Psychology
 - Social Work
 - Addiction Medicine
 - Family Advocacy
- Radiology (MRI/CT)
- Surgical Services
 - OB/GYN
 - ENT
 - General Surgery
 - Orthopedics
 - Podiatry
 - Oral Maxillo-facial Surgery
 - Neuro-Surgery (limited)
- Physical Medicine & Rehabilitation
 - Physiatrist
 - Physical Therapy
 - Occupational Therapy
- Medical Board Section
 - Soldiers recommended for medical board in CONUS/ medical curtailment
- Nutrition



Casey Clinic

- Primary Care (13-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Host Nation Liaison Nurse
- Optometry

Camp Red Cloud Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (part time)

Brian Allgood Primary Care Clinic

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Nurse Case Manager
- All other services offered in BAACH hospital are available

Yongsan Soldier Center Medical Home

- Primary Care (18-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- PHAs/Flight physicals
- All other services offered in BAACH hospital are available

1RC medical team

- Hearing exams
- Immunizations
- Medical Inprocessing
- PHAs for incoming personnel
- All other services offered in BAACH hospital are available

K-16 Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Physical Therapy (part time)

Suwon Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory (in progress)
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Dental
- Working on:
 - Physical Therapy (part time)

Camp Humphreys Main Clinic (Bldg. 555)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Occupational Health (Bldg. 370)
- Public Health Nurse
- Physical/Occ Therapy (Bldg. 370)
- Behavioral Health (Bldg. 370)
- Nurse Case Manager
- Optometry (Bldg. 576)
- Orthopedics (2 days per month)
- Prenatal care (up to 36 weeks)
- Dermatology (1 day per week)
- Nutrition (hiring)

Sgt. Shin Woo Kim Soldier Center Medical Home

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Public Health Nurse (once weekly)
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Prenatal care (up to 36 weeks)

Camp Walker (Wood Clinic)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Nutritionist
- OB care off post

Camp Carroll Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (hiring)

After-hours medical care

- Emergencies- use BAACH App on post or 119 for off post (Host nation ambulance services will come)
- Provider on call for each clinic--off-duty hours
- Phone number posted on clinic doors/or use BAACH App
- On call provider gives medical advice
- If provider recommends an ER visit, unit transportation preferred, or provider will arrange transport with on call driver

Off post medical care

- Tricare approved Korean hospitals close to every base in Korea, many with international health centers with translation services
- Healthcare provided is on par with US care with some cultural differences
- Brian Allgood monitors all inpatient hospital care and provides assistance as needed
- Tricare Prime patients have no payments for Tricare approved hospitals

Humphreys Transformation

- Extended Hours of the main Humphreys Clinic
 - Mon-Fri: 8:30 a.m. - 9 p.m.
 - Weekends/Holidays: 8:30 a.m. - 7 p.m.
- For appointments call 737-2273 or 0503-337-2273 from 7 a.m. to 5 p.m.
- For extended hour appointments call 737-2767 or 0503-337-2767 from 5 -9 p.m. on weekdays and 8:30 a.m. to 7 p.m. on weekends and holidays.
- New hospital expected to have first patient day in November, 2019



Current construction in progress

Coming healthcare enhancements

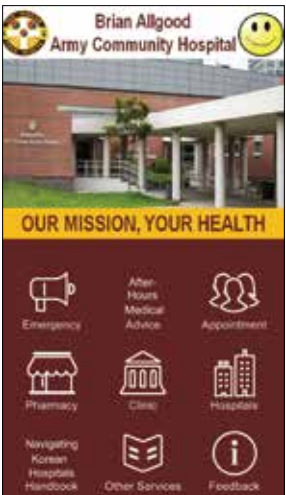
- Korea-wide bilingual medical advice line (24/7)
- Rotating specialty providers from BAACH to Humphreys Clinics
- Enhancing tele-health at Humphreys

iPhone/Android App

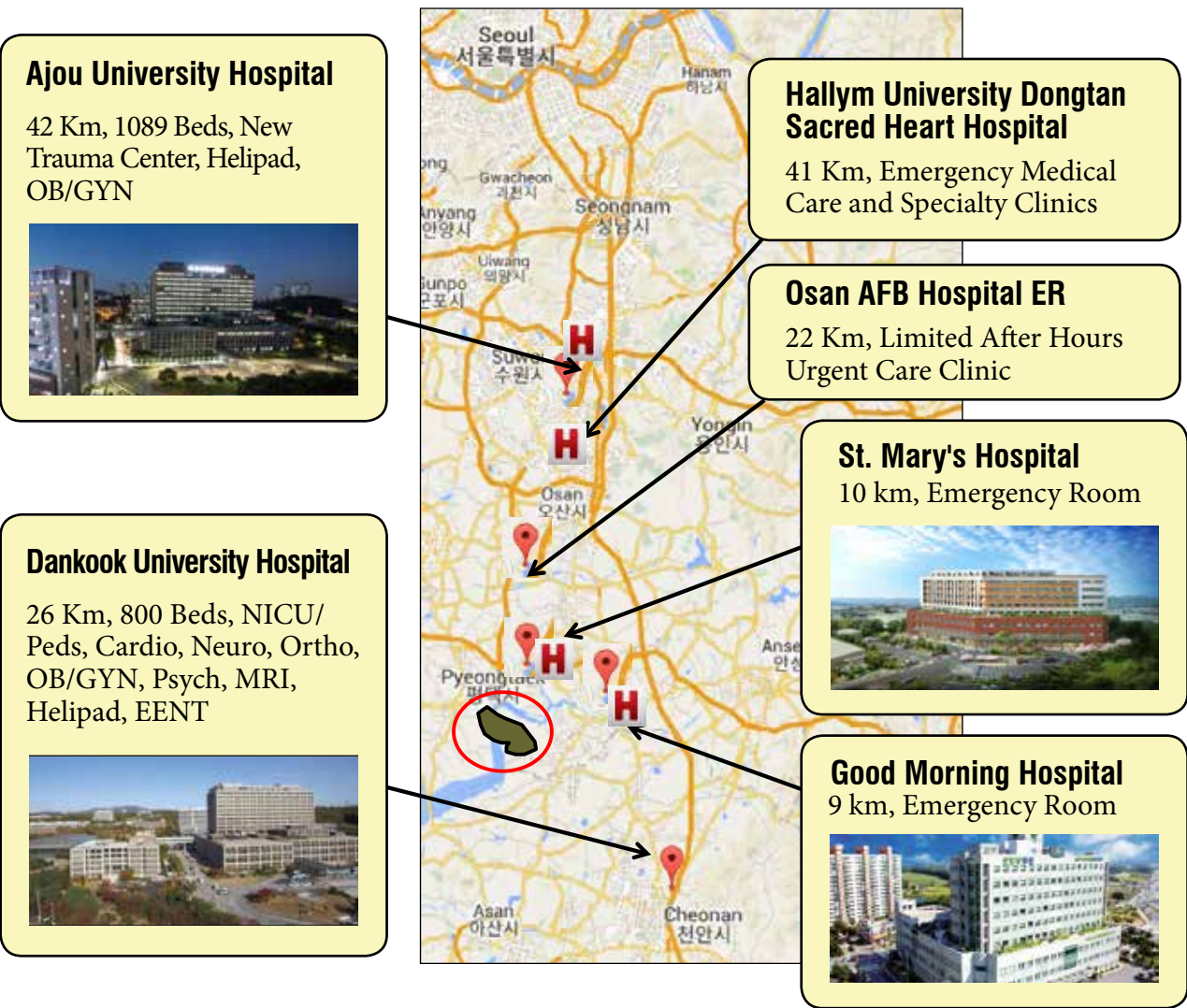
For convenience, staff and patients enrolled or seeking care can navigate Brian Allgood Army Community Hospital 24/7 from anywhere in South Korea. Beneficiaries can download the free BAACH app. from apple iTunes or Google Play store.

This app technology improves effective and efficient beneficiary access to their health care system anytime, any day, from anywhere on the Korean Peninsula.

Ensure location services are enabled on your phone and the app will link to your phone's map program to help you navigate to local hospitals.



Camp Humphreys Purchased Care Sector Providers



Facilities Directory

HEALTH CARE/TMC

AREA I

Camp Casey Health Clinic

Camp Casey Front Desk: 737-3533
CRC TMC Front Desk: 732-7776/6011
APPOINTMENT LINE: 737-2273
(Mon-Fri 0700-1600)

Army Public Health:
737-3557
*POC for STDs, Tobacco Cessation and Latent Tuberculosis

Audiology: 737-3590
M-W & F 0900-1130 & 1300-1630
Thurs 1300-1630

Behavioral Health (Bldg. 802):
730-4304 or 730-3793
Mon-Fri 0730-1130 & 1300-1630
Thurs 1330-1630

Clinical Pharmacy Service:
737-3550
Fridays Only by Appointment

Immunizations: 737-3577
Walk-ins Mon-Fri 0900 -1700
*Smallpox on THURS ONLY 1300-1700

Lab: 737-3580
Mon-Fri 0830-1700
Thurs 1300-1700

210Th CTAS: 730-2613
Casey CTAS: 730-2901
Hovey CTAS: 730-8558

Optometry: 737-3591
M-W & F 0900-1200 & 1300-1700
Thurs 1300-1700

PHAs: Call Appointment Line
737-2273
*APPTs ONLY
*MUST COMPLETE PART 1 FIRST

Pharmacy: 730-4330 or 737-3597/98
Mon-Fri 0900-1700
Thurs 1300-1700

Physical Therapy: 737-3588
Mon-Fri 0800-1200 & 1300-1630
Thurs 1300-1630

Radiology: 737-3585
Mon-Fri 0800-1130 & 1230-1700
Thurs 1300-1630
*MUST have ID and order in CHCS

Triage & Transport Center (TTC): 730-6142 /737-3540
Open 24/7
*TREATMENT IS NOT AVAILABLE. SELF-CARE ADVICE OR
TRANSPORT IF NECESSARY ONLY*

Camp Red Cloud Medical Clinic
737-2273
Mon – Wed, Fri 0900-1730 (closed 1200-1300)
(Soldiers only)

AREA II

Brian Allgood Army Community Hospital
737-2273 (Press 1-1)
Mon-Wed, Fri 0800 - 1900 (closed 1200 - 1300)
Thurs 1300 - 1700
(Soldiers/family members/retirees/DOD Employees)

Yongsan Soldier Centered Medical Home
737-2273 (Press 2-1-1)
Mon – Wed, Fri 0900 - 1700 (closed 1200 - 1300)
(Soldiers/family members/retirees/DOD Employees)

K-16 Medical Clinic
741-6300
Mon – Wed, Fri 0900 - 1530 (closed 1130 - 1300)
(Soldiers only)

AREA III

Sgt. Shin Woo Kim Soldier Center Medical Home
(Bldg. 6370): 737-2273
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700
(Soldiers only)

Camp Humphreys Medical Clinic (Bldg. 555): 737-2273
Mon – Fri 0900 - 2100; Sat, Sun, Holiday 0830 - 1900
(closed 1200-1300)
(Soldiers/family members/retirees/DOD Employees)

Suwon Aid Station
788-5107
(Soldiers only)

AREA IV

Camp Carroll Clinic
737-4300
Mon – Wed, Fri 0900-1700 (closed 1200-1300)
(Soldiers only)

Camp Walker (Wood Clinic)
737-2273 (Press 2-5-1)
Mon – Wed, Fri 0900-1700 (closed 1200-1300)
(Soldiers/family members/retirees/DOD Employees)

AREA V

Osan Air Base
0505-784-DOCS (3627)

BHC Chinhae
762-5415
Mon – Fri 0830-1630

DENTAL CLINIC

AREA I

Camp Casey DC
(Bldg. 808)
737-9011 / 737-9012
Mon – Fri 0730 - 1630
In/Out Processing (Mon - Fri): 0730 - 1600
(Lunch 1130-1230)

Camp Red Cloud DC
(Bldg. S-306)
737-9009 / 737-9010
Mon – Wed 0730 - 1630, Thur 1300 - 1630,
Fri 0730 - 1530
During normal hours of operation

AREA II

Dental Clinic #2
(Bldg. 5107)
737-9089 / 737-9090
Mon – Fri 0730 - 1130 & 1230 - 1630
Exams: Mon – Fri 0830 - 1100 & 1230 - 1330
Call for appointment
In/Out Processing: Mon - Fri 0830 - 1100 & 1230 - 1330

Dental Clinic #3
(Bldg. 3576)
737-9087 / 736-5221 / 736-5799
Mon – Fri 0730 - 1630
FM exam: Call for appointment

AREA III

Sgt. Shin Woo Kim Dental Clinic
(Bldg. 6370)
737-5129 / 5130
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700

Carius Dental Treatment Facility
(Bldg. 3020)
737-9206/9207
Mon – Fri 0730 - 1630

AREA IV

Bodine Dental Clinic
(Bldg. 220)
737-9452 / 737-4791
Mon – Fri 0730 - 1630
Dental Exams: Activity Duty: Mon – Wed & Fri (Walk in only)
0900 - 1100, Thurs 1300 - 1500
*LIMITATIONS DUE TO SERGEANTS TRAINING
Activity Duty Family appointment only:
(Call 1230 - 1530 Mon – Fri) Space Available appointments

Camp Carroll Dental Clinic
(Bldg. 180)
737-4201/4202
Mon – Fri 0930 - 1630
Call to make appointments for all dental treatment

AREA V

Osan Air Base Dental Clinic
(Bldg. UB12)
784-2108
Mon – Wed, Fri 0700 - 1700
Thurs 0900 - 1700

US Forces Medical-Dental-Veterinary

Facilities Directory

VET CLINIC

AREA I

**USAG Red Cloud
(Bldg. 437)**

732-7434

Closed in observance of all Federal Holidays.
Mon, Tue, Wed, Fri 0900-1200, 1300-1600

AREA II

**USAG Yongsan
(Bldg. 4728)**

737-2450

Closed in observance of all Federal Holidays.
Mon 1300 - 1600 Tue 0900 - 1600
Wed 0900 - 1600 Thurs 1300 - 1600
Fri 0900 - 1600
(Closed for lunch 1130 - 1300)

AREA III

**USAG Humphreys
(Bldg. 2260)**

737-9720

Closed in observance of all Federal Holidays.
Mon, Thurs Closed
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

AREA IV

**USAG Walker
(Bldg. 341)**

764-4708

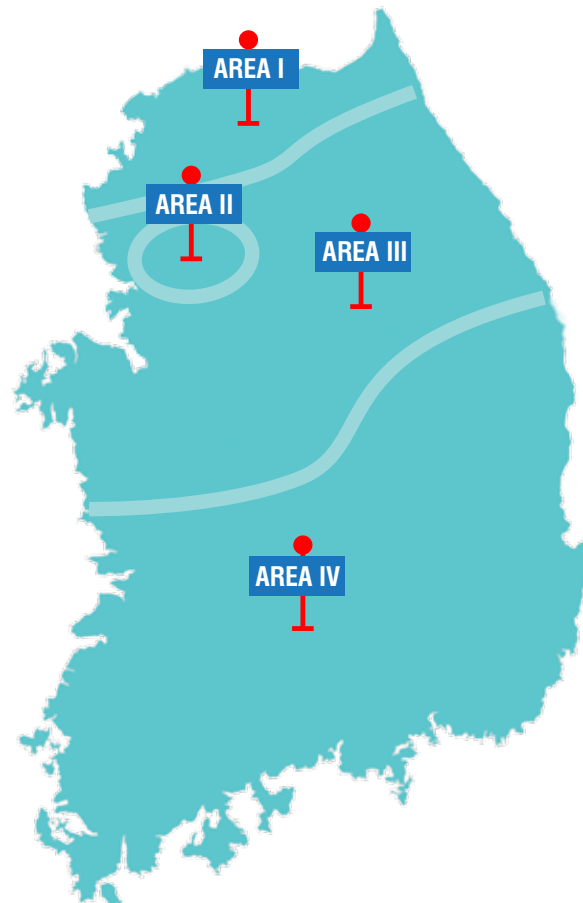
Closed in observance of all Federal Holidays.
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

AREA V

**Osan Air Base
(Bldg. 766)**

784-6614

Closed in observance of all Federal Holidays.
Mon - Fri 0800 - 1630



To Call DSN by cell phone, dial 050-3330-xxxx
for numbers starting with 730 or
050-3337-xxxx for numbers starting with 737.
Dial last four digits as normal.
NOT AN EMERGENCY CARE CLINIC

EMERGENCY on post from DSN: 911
EMERGENCY on post from Cell: 050-3330-5906
EMERGENCY off post from Cell: 119



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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 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 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 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

New Technology Safety Bar

All of safety bars are conflicted to fire regulation except our new concept of safety bar in the world



Operating Safety Bar

Half open Safety bar

Termination Safety bar



Safety Bar & Fall Prevention System

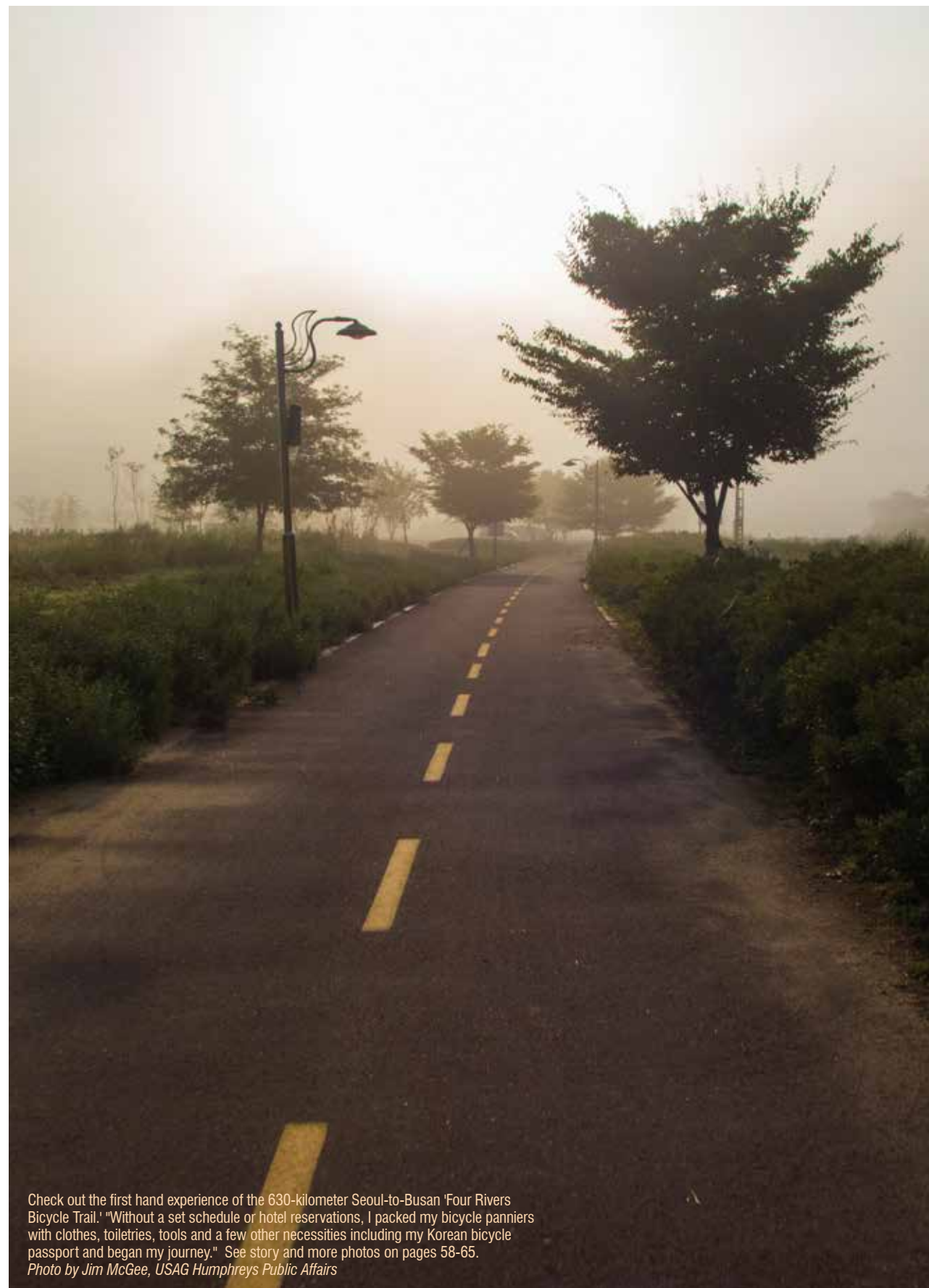
We will support any kind of safety bars for your full type of window, half type of window, inside of window, outside of window and any other types.

Patent No.: US 8,534,343 B2
Date of Patent: Sep. 17, 2013

Patent No.: US 9,540,866 B2
Date of Patent: Jan. 10, 2017

Cell: 010 5251 4012
Mr. Choe, Man Son
daks0311@nate.com
Homepage: www.naunch.com

NU (주) 나은
NAUNCH CO., LTD.



hello, fun..

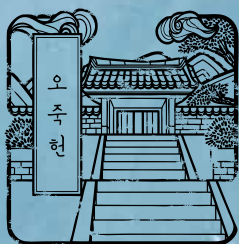
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Korean winter highlights

Ojukheon House

Ojukheon House is the home where renowned Korean female artist Shin Saimdang was born. It portrays the beautiful and practical architectural styles of the Joseon period.

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