

Pulse 65

DECEMBER 2018

*38th Parallel
Symposium*



FAMILY
ADVENTURES in
BHUTAN

**Humphreys Vets
Aide Mascot**

SMA Visits



**Holiday
Gift Guide**

**Your Family.
Your Orthodontist.**

**CHUNG DAM
IVY
DENTAL CLINIC**
TRICARE APPROVED PREFERRED PROVIDER
IVY League Educated &
U.S. Board Certified Orthodontic Specialist

■ FIRST CHOICE FOR YOUR FAMILY BRACES

- ✓ Dr. Kim is a **U.S. Board certified orthodontic specialist** with 20 years of clinical experience in the U.S. and Korea.
- ✓ **With 15 years of dental studies and training at the most prestigious schools and hospitals** (University of Pennsylvania School of Dental Medicine, University of Illinois at Chicago, NYU Medical Center), Dr. Kim has successfully treated thousands of patients of all ages and ethnic backgrounds.
- ✓ **Dr. Kim has written numerous publications** in his areas of expertise, including a recent textbook chapter: Orthodontics Basic Aspects and clinical considerations

Orthodontics (BRACES)

- Children / Adults
- Speed Braces/ Clear Braces / Invisalign

Comprehensive Dental Care

- General check-ups, Cleaning
- Fillings, Crowns, Root Canal, Implants
- Cosmetic Dentistry : Veneers, Whitening



Dr. JAY H KIM DMD, MS
U.S. Certified Orthodontic Specialist

- **University of Pennsylvania**
School of Dental Medicine (DMD)
- **University of Illinois at Chicago**
Orthodontic Specialty Residency/ MS
- **NYU Medical Center**
Reconstructive Plastic Surgery: Fellowship
- **Catholic University of Korea**
Director & Professor
- **Member of American Association of Orthodontists**



Special Offers for New Patients and Family Members

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Website. www.IVYsmile.kr

02-518-2722

- Free Taxi for New Patients with TRICARE from YongSan
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- Find Us on **Facebook** "IVY dentalclinic"



2019 OPEN SEASON

**Monday, November 12 –
Monday, December 10, 2018**



The Health Plan that Covers You Worldwide

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- > Generous massage therapy, acupuncture, and chiropractic benefits
- > Wellness Incentives with a generous reward program
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- > Low calendar year deductible for in-network and overseas providers
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www.afspa.org/fsbp



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Caring For Your Health Worldwide®

This is a brief description of the features of the FOREIGN SERVICE BENEFIT PLAN (FSBP). Before making a final decision, please read the Plan's Federal brochure (RI 72-001). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure.

EDITOR'S LETTER

Dear readership of the *PULSE65*, it seems hard to believe that the 2018 year has almost ended. Since we began this journey of a publication highlighting all things medical, dental, veterinary and public health throughout the peninsula, I would be remiss if I did not take this opportunity to say thanks to my design team and publisher for without them, this would not be a successful publication. Most importantly, I would like to thank YOU – the *PULSE65* readership for taking the time to pick up a copy of our magazine. Throughout the peninsula, the racks are either empty or almost depleted each and every month and for that I say THANK YOU!



Continuing on with that sentiment I must take the time this month to say thanks as well as farewell. Besides the Thanksgiving holiday, November was also a time to say good bye to the United States Force Command leadership, General Vincent Brooks and Command Sergeant Major Steven Peyton as well as the senior listed advisor for Eighth United States Army, Command Sergeant Major Rick Merritt.

We welcome the new incoming USFK Commanding General Robert Abrams, USFK Command Sergeant Major Walter Tagalicud and 8th Army Command Sgt. Maj. Jason Schmidt.

A special thanks this month goes out to *Stars and Stripes* reporter Marcus Fichtil and Capt. Kyle Hoedebecke for their contributions this month.

We ask that if anyone has an interest in photography or covers an event or takes a tour or family vacation to please submit to the following email: pulse65editor@gmail.com. We are always looking to broaden our coverage. We need your help so please continue to share our publication with your family and friends. Suggestions and comments are always welcomed along with submissions.

If you missed an edition or would like to have a copy via digital media, go to <https://www.dvidshub.net/> and search *PULSE65* for all the back issues.

Also check out our social media Facebook page at <https://www.facebook.com/65thmedbde>. We hope that you enjoy our publication and assist us as we continue to strive to further improve this publication.

William Wight
PULSE65 Senior Editor
 65th Medical Brigade
 Public Affairs Specialist

Still Serving America



Children &
Youth Programs

Scholarship &
Financial Aid

Veterans Legislation
& Benefits

National Security &
Protection of Our Flag

Do You Qualify to be a Legion Family member

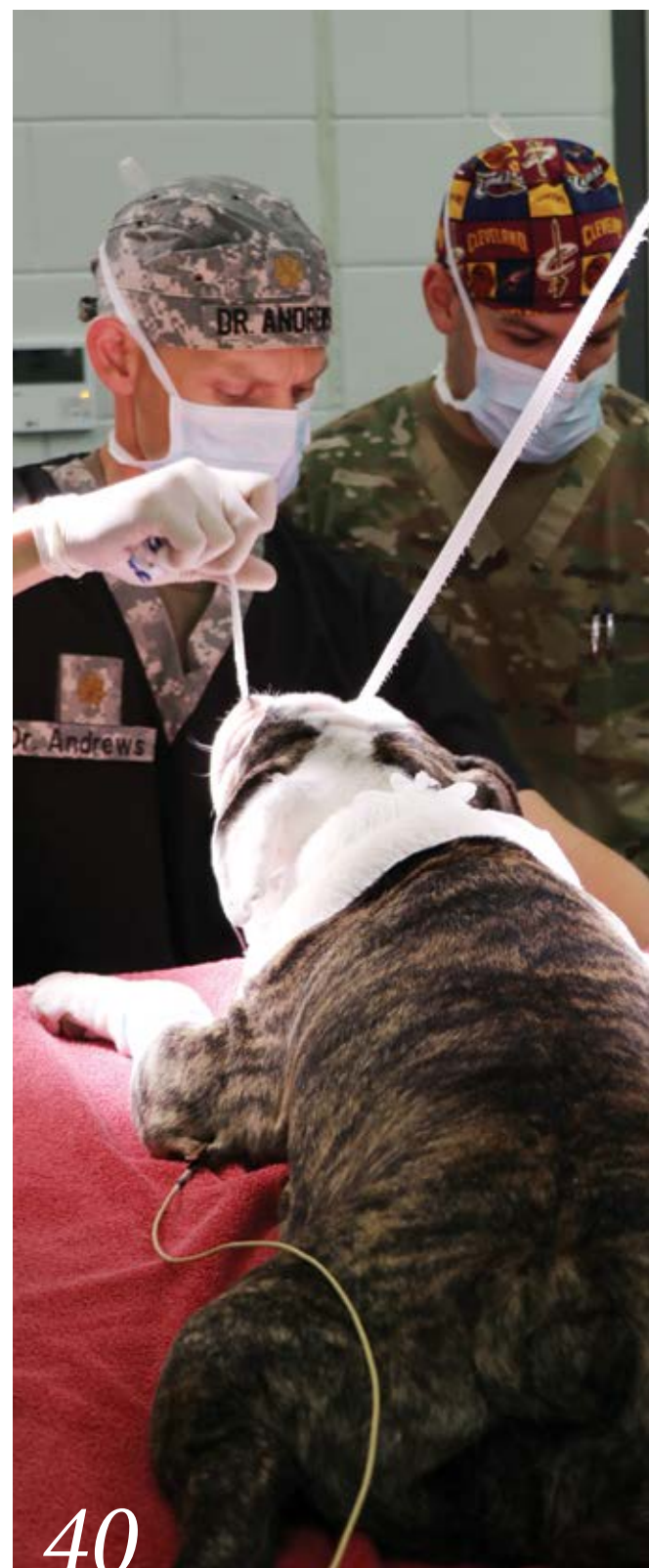
To Learn More, Contact:

**010-2359-7791 or
 Send a Facebook
 message to
 Lewis L. Millett
 Post 38, South Korea**

Eligibility Dates

Gulf War/War on Terrorism Aug. 2, 1990 – present*	Korean War June 25, 1950 – Jan. 31, 1955
Panama Dec. 20, 1989 – Jan. 31, 1990	WWII Dec. 7, 1941 – Dec. 31, 1946
Lebanon/Grenada Aug. 24, 1982 – July 31, 1984	WWI April 6, 1917 – Nov. 11, 1918
Vietnam War Feb. 28, 1961 – May 7, 1975	* if currently serving on active duty today, you are eligible.

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Humphreys Vets Aide Mascot

Front Cover

Spec. Shuang Wang, a practical nursing specialist, from the K-16 clinic volunteered her time to help and care for the attendees of the Yongsan-Casey Area Retiree Appreciation Day on Nov. 17 at the Dragon Hill Lodge. Spec. Wang administered countless influenza vaccines to the attendees. For anyone still seeking an influenza vaccination contact your area immunization clinic, see directory pages 86 -87. (Photo by William Wight, 65th Medical Brigade Public Affairs Office)



38th Parallel Symposium

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Holiday Gift Guide

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Family Adventures in Bhutan

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Dragon Hill Lodge

New Year's Eve Party

December 31, 2018

\$70 per ticket

Doors open at 9:30 p.m. Pre-Party 8 p.m. at Bentleys

Entertainment

Ft. DJ SKILLZ + DJ E-CLAZZ

2019

Tickets Sale at the Discover Seoul Desk

Tickets: \$70
Ticket + Epicurean Dinner: \$115
Room Packages start at \$243

No refund or exchange.

Get Your Tickets & Information at The Discover Seoul Desk. DSN: 738-2222 ext. 24



65th Medical Brigade

Commander
Col. Derek C. Cooper

Command Sergeant Major
Command Sgt. Maj. Thomas M. Barone

Public Affairs Office
William Wight – Public Affairs Officer (Senior Editor)

Art Director
Eric Young-Seok Park

Comments or submission for PULSE65 should be directed to the Senior Editor at DSN 315-737-1808 or by email at pulse65editor@gmail.com

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Happy Holidays!
FELIZ NAVIDAD!
MERRY CHRISTMAS!
즐거운 성탄절 보내세요!
Happy Kwanzaa!

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OPEN SEASON

NOV. 12 - DEC. 10, 2018

Mark Your Calendar!

ACTIVE DUTY FAMILY MEMBERS

WHAT YOU NEED TO KNOW
for Coverage Beginning in

2019

HEALTH: TRICARE is implementing an Open Season for enrollment. You can only enroll in TRICARE Prime, TRICARE Prime Remote, or TRICARE Select or switch plans during the **TRICARE Open Season** or after a qualifying life event (QLE), such as getting married or moving. To learn more about QLEs, visit www.tricare.mil/LifeEvents.

VISION: You are also eligible for new vision plans through the **Federal Employees Dental Vision and Insurance Program (FEDVIP)**. To participate in FEDVIP vision, you must be enrolled in a TRICARE health plan, and you must enroll during the **Federal Benefits Open Season**.

WHAT YOU NEED TO DO DURING OPEN SEASON:

TRICARE OPEN SEASON:

To Change Your TRICARE Plan:

- Explore your options
- Set a reminder
- Enroll or change your plan

www.tricare.mil/OpenSeason

FEDERAL BENEFITS OPEN SEASON:

To Enroll in a FEDVIP Vision Plan:

- Explore your options
- Set a reminder
- Enroll in a vision plan

www.tricare.benefeds.com



TO ENROLL OR CHANGE PLANS DURING OPEN SEASON:

To enroll or change your TRICARE plan, call your regional contractor:

TRICARE East

Humana Military East: 1-800-444-5445

TRICARE West

Health NetWest: 1-844-866-9378

TO ENROLL IN A FEDVIP VISION PLAN:

Go to www.tricare.benefeds.com

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www.facebook.com/TRICARE

www.twitter.com/TRICARE



CALENDAR

EVENTS in KOREA



NOV17-DEC31

E-World Starlight Festival

200, Duryugongwon-ro, Dalseo-gu,
Daegu
+82-53-620-0001



NOV24-MAR03

**Byeokchoji Botanical Garden
Lighting Festival**

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



DEC05-MAR24

**Lighting Festival at The Garden
of Morning Calm**

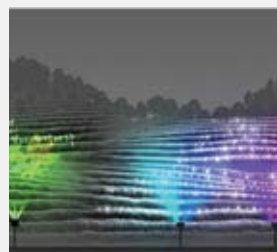
432, Sumogwon-ro, Gapyeong-
gun, Gyeonggi-do
morningcalm2.cafe24.com



DEC14-16

**Yeongdong Dried Persimmon
Festival**

1, Yeongdongcheon 2-gil, Yeong-
dong-gun, Chungcheongbuk-do
www.ydft.kr



DEC14-JAN13

**Boseong Tea Plantation Light
Festival**

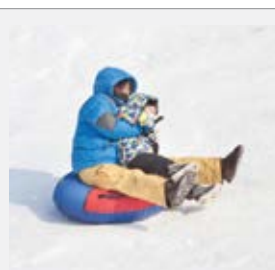
775, Nokcha-ro, Boseong-gun,
Jeollanam-do
www.boseong.go.kr



DEC17-JAN27

Pyeongchang Trout Festival

3562, Gyeonggang-ro,
Pyeongchang-gun, Gangwon-do
+82-33-336-4000



DEC21-FEB17

**Jaraseom Singing Winter
Festival**

60, Jaraseom-ro, Gapyeong-eup,
Gapyeong-gun, Gyeonggi-do
+82-31-581-1771



DEC31-JAN01

Seongsan Sunrise Festival

284-12, Ilchul-ro, Seogwipo-si,
Jeju-do
+82-64-760-4281



DEC31-JAN01

Homigot Sunrise Festival

136, Haemaji-ro, Nam-gu,
Pohang-si, Gyeongsangbuk-do
+82-54-289-7851



DEC31-JAN01

**Jeongdongjin Sunrise
Festival**

Jeongdongjin2-ri, Gangdong-
myeon, Gangneung-si
www.gntour.go.kr



ONGOING -DEC31

Herb Island Light Festival

35, Cheongsin-ro 947beon-gil,
Pocheon-si, Gyeonggi-do
www.herbisland.co.kr



JAN05-27

**Hwacheon Sancheoneo Ice
Festival**

Hwacheon-eup, Hwacheon-
gun, Gangwon-do
www.narafestival.com

Keumseong Law Corporation

We, Keumseong Law Corporation, have many years of experience in helping our clients, Koreans and foreigners, who live in the Republic of Korea. Currently, we have more than 20 Korean lawyers, a foreign lawyer, a special counsel in immigration and more than 35 supporting staff to serve our Clients. Our Motto is "A trustworthy friend and reliable Partner!"

Our core services we are providing to foreigners are as follows:

☒ Immigration Cases

(비자, 전역군인 국내정착, 가족초청, 출입국, 국내투자, 영주권 등)

- Helping discharged soldiers' settlement in Korea.
- Advising on entry visa to Korea
- Family invitation immigration
- Investment and real estate investment
- Filing application for permanent residency
- Legal assistance for immigration law offenders

☒ Civil Cases and Family Cases (각종 민사사건 및 가족 분쟁)

☒ Criminal Cases (각종 형사사건)

☒ Administrative Cases (각종 행정사건)

Our attorneys at Keumseong law Corporation constantly strive for the best results in each and every case. Contact us at: Head-office: Evaluation Institute of Regional Public Corporation 3-4F, 12-6, Banpo-Daero 30-gil, Seocho-gu, Seoul, Korea,
TEL: 02) 595-3700 FAX: 02) 595-3707



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Attorney Ko Oh Sun

Cell : 82-10-8954-5228

E-mail : sky5228@keumseong.com

For Immigration Issues, Contact:

Contact Expert Adviser Park Sang-Hoon

Cell : 82-10-5320-7892

E-mail : parkindo92@keumseong.com

PUBLISHER'S LETTER

Holiday Greetings from the Oriental Press

It is my honor and pleasure to print and distribute this December 2018 edition of PULSE65 magazine. As the holidays approach, we at Oriental Press, Inc. wanted to take this opportunity to say thank you for your service and sacrifice here in the Republic of Korea.

With the majority of United States Forces Korea personnel and family members relocated to United States Army Garrison Humphreys, significant changes have been taking place in Pyeongyang City. The biggest change next year will be the memorialization of the new Brian D. Allgood Army Community Hospital and Ambulatory Care Center as they open their doors on Humphreys September 20, 2019.

We believe that PULSE65 is critical in education and enlightening the USFK population regarding the health facilities, dental facilities, veterinary facilities and public health services that exist as well as the numerous Korean medical hospitals, clinics and institutions listed in the Purchased Care Sector Providers section.

In addition, we at Oriental Press will do our best to enhance the effort to provide articles regarding the culture and history of your host nation and assist you in knowing more about the adjacent Korean communities and the numerous sites throughout the Republic of Korea.

Since 1987, Oriental Press has been a part of the USFK community and has seen numerous changes in base structures and the surrounding communities. We take personal pride in our contribution in printing and distributing PULSE65 at high traffic areas within the U.S. Forces installations throughout Korea.

I would like to extend our sincerest gratitude to the 65th Medical Brigade Commander, Col. Derek Cooper and the Brigade Public Affairs Officer, William Wight, for their tireless effort to make this publication what it is today. And, with trusting Oriental Press to ensure a copy of this publication gets into the hands of all who desire one.



Charles Chong
Chief Executive Officer
Oriental Press



SEASONS GREETINGS
FROM YOUR MILITARY POST OFFICE
WE REMIND YOU TO...

Mail Early!

2018 MAIL BY DATE
(FROM MPOS IN KOREA)


DESTINATION	EXPRESS MAIL	1ST CLASS LETTERS/CARDS	PRIORITY	SAM/PAL
CONUS	17 DEC	11 DEC	11 DEC	4 DEC
APO/FPO/DPO AP	N/A	11 DEC	11 DEC	4 DEC
APO/FPO/DPO AE (EXCEPT ZIPS 093)	N/A	11 DEC	11 DEC	4 DEC
APO/FPO/DPO AE ZIPS 093	N/A	4 DEC	4 DEC	27 NOV
APO/FPO/DPO AA ZIPS 340	N/A	11 DEC	11 DEC	4 DEC 6 NOV

Live MUSIC&DANCE CALENDAR




DEC15
The Weeknd

Gocheok Sky Dome
ticket.interpark.com




DEC08
2018 Jo Yong Pil & Great Birth 50th Anniversary National Tour Concert

Busan BEXCO 1st Exhibition Hall
ticket.interpark.com




DEC08-09
2018 AILEE Concert 'I AM : AILEE' - Seoul

Olympic Park Olympic Hall
ticket.interpark.com




DEC18
Alan Walker Live in Seoul

Yes24 Live Hall
ticket.yes24.com



DEC19
Paavo Jarvi & The Deutsche Kammerphilharmonie

Lotte Concert Hall
www.lotteconcerthall.com/eng




DEC19
2018 The Little Singers of Paris Christmas Concert

Seoul Art Center Concert Hall
www.sacticket.co.kr



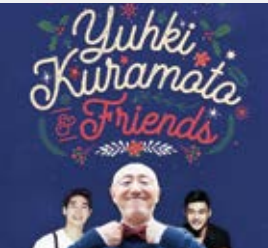
DEC21
Hilary Hahn Violin Recital

Lotte Concert Hall
www.lotteconcerthall.com/eng




DEC21-24
PSY Concert All Night Stand 2018

Olympic Park Gymnastics Gymnasium (First Gymnasium)
ticket.interpark.com




DEC25
Yuhki Kuramoto and Friends - Christmas Concert Tour

Lotte Concert Hall
www.lotteconcerthall.com/eng




JAN04
Philharmonic Ensemble Vienna: 2019 New Year's Concert

Seoul Art Center Concert Hall
www.sacticket.co.kr



JAN13
2019 Slash Live in Seoul

Yes24 Live Hall
ticket.yes24.com



APR21
Ed Sheeran Divide World Tour 2019

Songdo Moonlight Festival Park
ticket.interpark.com

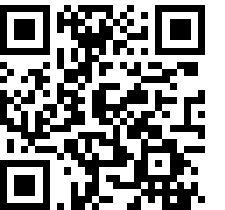
OSAN AB EXCHANGE

BUY ONLINE



PICKUP IN-STORE

shopmyexchange.com

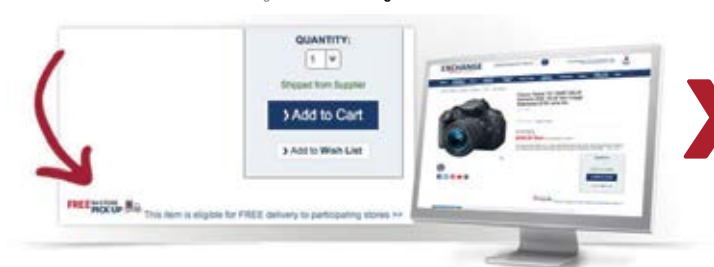


FREE IN-STORE PICK UP

Select Items Delivered **FREE** to Participating Stores

While You're Shopping

Look for the **FREE IN-STORE PICK UP** logo associated with **eligible** items



When You're Ready to Check Out

In the Shopping Cart choose **FREE IN-STORE PICK UP** **LOGO** under the Ship To for the item. Proceed to Checkout.

On the Shipping & Pickup screen, select the **region**, **state** and the **Exchange** from the drop down menus.



Date of Arrival




A local store associate will contact you when your order is ready for pickup.



Pick Up Your Order

Your order can be picked up during regular store hours at the customer service desk.

You will need to bring:

-  **A valid photo ID** with Exchange privileges (ID should match the customer name on the order).
-  **A copy of the email** you received stating the order was ready for pickup.
-  **If you are unable to print the email**, please copy down **your order number** to give to the associate. You will be required to sign for your order when you pick it up.

Note: Transshipment items going to **OCONUS** stores typically take **8-12 weeks** from the date the online order was placed.



Command Holiday Message



Col. Derek Cooper



CSM Thomas Barone

From the Pacific Medic family, we want to extend our best wishes throughout the 2018 holiday season to the entire Pacific Victor family, both near and far.

One of the most joyous times of the year is coming upon for us to reflect, give thanks and most importantly, to reunite with our family and friends. Command Sergeant Major Barone and I want to wish you and your family a safe and enjoyable holiday season throughout. We hope that this holiday season provides enhanced opportunities for self-reflection, spiritual growth and for some well-deserved rest and relaxation.

To the significant sacrifice and selfless service that both our soldiers and families give every year, we understand that not all can be home for the holidays. Our thoughts, prayers and good wishes will be with our dedicated service members throughout the peninsula who will celebrate the season while maintaining vigilance and readiness in the “Land of the Morning Calm.”

Throughout the 2018 holiday season, the Pacific Medics will continue to serve your medical, dental, veterinary and public health needs. Our dedicated and professional staff in all our clinics and the hospital will maintain our normally scheduled services at regularly scheduled hours. As you would expect, we will also afford our Pacific Medic teammates time to enjoy in all the festivities and celebrations as well. As such, we will likely experience some minor reduction in service capacity at times, which may result in some increased wait times, but again; all service schedules will be open during your normal operating hours throughout the holiday period. If you have a medical question and need advice or translation at a Host Nation Hospital within our Network, please remember to call the Bi-Medical Advice Line or (BMAL) @ 737-2625 (DSN) or @ 0505-337-2625 (cell phone) and a nurse will be available to assist you.

As you gather together with family and friends to celebrate, remember to stay safe and celebrate responsibly. You all an integral part of the team and we wish you all the best during this holiday season.

Thank you for your steadfast leadership and for continuing to look towards the *PULSE65* Magazine for answers to your medical and dental needs, tourism, travel and health education information.

Happy Holidays to you and your family! May this special season be filled with joy and wonder, along with continued success into the New Year!

FINANCIAL ASSISTANCE FOR PATIENTS & PROVIDERS
MEDICAL, DENTAL, PCS, BASIC LIVING EXPENSES

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ZERO-INTEREST LOANS & GRANTS

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ARMY EMERGENCY RELIEF
EST. 1942

UNEXPECTED FINANCIAL HARDSHIP?

WE CAN HELP
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AERHQ.org

- PART OF THE ARMY TEAM SINCE 1942**
- VISIT YOUR NEAREST ACS OR MILITARY AID OFFICE**
- 24/7, 365 DAYS, WORLDWIDE**
- \$2B PROVIDED SINCE 1942, INCLUDING OVER \$1B SINCE 9/11**
- 99% OF REQUESTS ARE APPROVED**



NAVIGATING KOREAN HOSPITALS

THIS MONTH'S HIGHLIGHTS



CHA Gangnam Medical Center, CHA University

CHA Gangnam Medical Center, CHA University, founded in 1960, has become one of the most respected medical and health care providers in the nation. Since then, they've established a global network of medical services throughout Asia and the United States. Although the hospital is renowned for its outstanding OB/GYN and Fertility Center it also provides a full range of health care services, including internal medicine, general surgery and pediatrics, as well as highly specialized diagnostic and treatment procedures with the most up-to-date medical equipments.

In order to globalize their medical services, their International Clinic provides the best quality health care to foreigners residing in and/or traveling through Korea. With English speaking doctors, nurses and coordinators, their International Clinic is committed to continuously strive to become your health care system of choice.

CHA General Hospital has many branch hospitals and affiliated organizations throughout the nation and overseas.

International clinic working hours:

M – F 0900 – 1700, Sat. 0900 – 1200 (for consultation)

Phone: 02-3468-2632 / 3404

Fax: 02-558-1112

Email: chamcic@chamc.co.kr

Location: 566, Nonhyon-ro, Gangnam-gu, Seoul 06135

Website: www.gangnam.chamc.co.kr

Directions (Subway): Line 2 (green), Yeoksam station, exit 7/ Line 7 (olive green), Hakdong station, exit 4--10minutes walking distance from both Yeoksam and Hakdong station/ Line 9 (light brown), Eonju station, exit 6-- 3minutes walking distance from both Eonju station

Specialties: Allergy & Immunology, Cardiology, Dentistry, Emergency Care, Endocrinology, Gastroenterology, General Practice, Internal Medicine, Neurology, Obstetrics & Gynecology, Pathology & Laboratory, Pediatrics, Pharmacy, Psychiatry – Adult, Psychology – Adult, Pulmonary, Radiology, Surgery: Cardiothoracic/ General/ Neurosurgery/ Plastic/ Urology



Ewha Women University Mokdong Hospital

Ewha Women's University Medical Center (EUMC) is established on the mission to protect and save mankind from diseases with the Spirit of Christianity. EUMC began as Pogoonyogoan, meaning 'House of Many Sick Women', the nation's first hospital for women established by Mary F. Scranton, the founder of Ewha Hakdang, in 1887.

The International Healthcare Center at Ewha Women's University Medical Center provides comprehensive healthcare services in a patient-friendly environment for international patients. They have built long-term relationships with US Armed Forces in Korea, SOS International, Health Authority of Abu Dhabi and other government organizations, and medical institutions from all over the world and have gained valuable experience to better serve our diverse international patient care. Their medical center provides emergency care, ambulatory care, out-patient clinics, in-patient treatment and health promotion check-up programs and is dedicated to health and innovation to provide the best care for our patients and their families worldwide.

International clinic working hours:

M – F 0800 – 1700

Phone: 02-2650-5890

Fax: 02-2648-5890

Email: ewhaint@gmail.com

Location: 1071, Anyangcheon-ro, Yangcheon-gu, Seoul 07985

Website: eng.eumc.ac.kr

Directions: Dongsan Station, Line 2 (green) exit 1 or Dongsan Station, Line 9 (light brown) exit 13 -> Bus No. 6620 -> Mokdong Apartment Complex 6 (one minute walk)

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

SCENE & HEARD

NATIONAL & INTERNATIONAL

By Eric Young-Seok Park

POLICE FACE-OFF WITH TRIBE IN MISSIONARY KILLING



Indian officers had a nervous long-distance face-off with the tribe who killed an American missionary, in their latest bid to locate his body on a remote island, police said. The police team, who took a boat just off Indian-owned North Sentinel island, spotted men from the Sentinelese tribe on the beach where John Allen Chau was last seen, the region's police chief Dependra Pathak said. Using binoculars, officers -- in a police boat about 400 metres from the shore -- saw the men armed with bows and arrows, the weapons reportedly used by the isolated tribe to kill Chau as he shouted Christian phrases at them. "They stared at us and we were looking at them," said Pathak. The boat withdrew to avoid any chance of a confrontation. Police are taking painstaking efforts to avoid any disruption to the Sentinelese -- a pre-neolithic tribe whose island is off-limits to outsiders -- as they seek Chau's body. The death of the 27-year-old on November 17 has cast a new spotlight on efforts to protect one of the world's last "uncontacted" tribes whose language and customs remain a mystery to outsiders. Fishermen who took Chau to North Sentinel -- which is one of the Andaman and Nicobar islands in the Bay of Bengal -- said they saw the tribe burying the body on the beach. The Sentinelese normally attack anyone who goes to the island and Pathak said police are monitoring to see if there is a repeat of an incident after two fishermen who strayed onto the island were killed in 2006.

BABY CHOKING SAVED BY GOOD SAMARITAN WHO GAVE HER THE HEIMLICH MANEUVER



A baby girl is safe and sound after a scary incident in a North Carolina Golden Corral restaurant. Hannah Marie Jarvis was celebrating Thanksgiving at the family restaurant on Thursday, along with seven other relatives. But things got scary when her 7-month-old daughter Calli started to choke on her dinner. A waitress first attempted to help, but then yelled out if anyone in the restaurant could assist. It was then that fellow diner Deborah Rouse stepped in and saved Calli's life. "This lady intervened, and she started performing the Heimlich maneuver on her," Jarvis said. "She held her down, taking multiple blows to her back. It was miraculous, she started breathing again. She told me her name is Deborah Rouse." Later, Jarvis took to Facebook to send her thanks to Rouse. She posted a photo of Rouse holding Calli, who wore a pink jumper and headband while smiling. Jarvis said that her daughter had been evaluated at the hospital, and is doing very well. "I will never forget the many tears that were shed today in Golden Corral as this angel stepped in to preform the Heimlich maneuver that saved my baby from choking to death. Most importantly, thank you Jesus for hearing our desperate cries for Calli this Thanksgiving afternoon. Christ was with us today, Christ made sure that he was going to protect my baby today and that's just what he did"

MAN FINDS \$7.5 MILLION IN STORAGE UNIT HE BOUGHT FOR JUST \$500



While attending a charity event on November 1, Dan Dotson -- who operates his own auction house and frequently stars in Storage Wars on A&E -- says he was approached by a woman who told him a family friend had recently purchased a storage unit he had auctioned off and had quite the story to tell in the days that followed. Turns out, the man, who was a friend of the woman's husband, found a mysterious safe in the storage shed that held the surprise of a lifetime. "The first person they called to open the safe, I guess, couldn't, or didn't, so they called a second person," Dotson recalled in a video posted to Facebook on November 5. "When that person opened it up, inside the safe -- normally they're empty, but this time it wasn't empty-- [and] it had \$7.5 million cash inside." While it was a potentially life-changing discovery for the unit's buyer, it was also meant someone out there had just lost an enormous amount of money. But, fortunately, this story has a happy ending for everyone involved. Dotson revealed that when the original owners of the unit found out that it had been sold -- with their cash still inside -- they quickly contacted their attorney to negotiate a deal with the new owner. First, the original owners offered \$600,000 to return the money, but then settled on a deal that saw the man return the money for a \$1.2 million reward. While he didn't keep the full amount, the man still came out with \$1,499,500 in profit on a measly \$500 investment.

CHARLIE BROWN CARTOON LABELLED RACIST OVER DEPICTION OF THANKSGIVING DINNER



Charlie Brown has joined Friends and The Simpsons as TV shows to be hit by a racial controversy after a Thanksgiving special dating back to 1973 was aired again. The episode features the cartoon's only black character, Franklin, sitting in a lawn chair on one side of a festive dinner table. The five white characters -- and Snoopy the dog -- sit on different sides in what appear to be dining seats. "Why is Franklin in A Charlie Brown Thanksgiving sitting all by himself at the table," asked one Twitter user. "Man. Things that I did not notice as a child." The outrage came after the special -- which is shown every year in the US -- was aired by ABC. "Not watching Charlie Brown Thanksgiving anymore, until they sit some people on the same side of the table as Franklin," another critic tweeted. The scene in question centres on an impromptu holiday feast -- of jelly beans and ice cream -- in Charlie Brown's back yard. At one point, the lonely Franklin -- who is clearly too polite to question the unorthodox seating arrangement -- topples over in his half-broken chair. But others defended the classic cartoon and pointed out its creator, the late Charles Schulz, fought to add Franklin to the cast to stand up to racism in 1968. The character was created after a teacher wrote to him and asked for a black child to be included.

LARGE ASTEROID MIGHT COME CRASHING DOWN ON EARTH IN 2023



A large asteroid could be headed toward us in the near future -- barreling through space on a risk trajectory that might cause it to collide with Earth. Known as asteroid 2018 LF16, the space rock was last observed by our astronomers on June 16 -- notes NASA's Jet Propulsion Laboratory (JPL) -- who calculated its orbit and its potential to become a threat to our planet. The calculations showed asteroid 2018 LF16 could collide with our planet on 62 different dates between now and 2117. The first of these unnerving opportunities will arise just five years from now -- occurring on August 8, 2023. Other potential impact dates in the near future fall on August 3, 2024, and on August 1, 2025. To make matters worse, the space rock is estimated to measure nearly 700 feet across and is currently hurtling through space at a speed of more than 33,844 miles per hour. However, this is not to say that the asteroid will slam into Earth with absolute certainty. In fact, NASA estimates that the asteroid has a one in 30 million chance of crashing into our planet.

DOZENS OF SEA TURTLES FOUND FROZEN TO DEATH AT CAPE COD

Plunging temperatures and high winds off Cape Cod in Massachusetts triggered the heartbreaking death of dozens of sea turtles. Many of the turtles were found frozen in water; others washed up on shore. Some of the victims were Kemp's Ridley turtles, the most endangered sea turtles in the world. "It was like they were flash-frozen, flippers in all weird positions like they were swimming," said Robert Prescott, director of Massachusetts Audubon Society's Wellfleet Bay Wildlife Sanctuary. Of 82 turtles discovered frozen, only one survived. A total of 219 dead or cold-stunned turtles were found in the three days. About a dozen surviving turtles have been sent to the *New England Aquarium* to be cared for there. Others are being treated at the *Audubon* wildlife center. Prescott believes the number of turtles stunned or killed by the cold collected by wildlife workers could reach as high as 1,000 by the end of the year.



HO-SUNG CHOI (AND HIS ELECTRIC GOLF SWING) IS BACK IN THE NEWS

The last time we heard from Ho-Sung Choi he was going viral in the middle of the night as all of golf Twitter had caught a glimpse of his absolutely electric swing. In the heart of the PGA Tour season, just a week after the U.S. Open and a few weeks before the Open Championship, a South Korean tour pro was the talk of golf, and for good reason. This time, he was closing out a golf tournament, the Japan Golf Tour's Casio World Open. Choi claimed his second career Japan Golf Tour victory by one stroke with a final-round 67 that included this virtuoso performance on the 72nd hole at Kochi Kuroshio Country Club. Just phenomenal. While it looks like everything he does is a circus act, you can clearly see how badly this man wants to win, and the fact he does it his extremely unique way probably makes it that much sweeter. The legend of Hosung Choi continues to grow. If golf really wants to "grow the game," Choi needs to be given an exemption into all four majors right this second.



SAMSUNG REACHES FINAL SETTLEMENT WITH CANCER-STRICKEN EMPLOYEES



After 11 years of controversy, Samsung has apologized for creating an unsafe work environment that resulted in a number of former employees contracting leukemia and other cancers. The company has vowed to compensate ill workers by 2028. The announcement comes weeks after Samsung reached a final settlement with Banolim, a group representing ex-Samsung workers and their families. In a news conference held in Seoul, South Korea, Samsung's president of its device solutions division Kinam Kim admitted that Samsung failed to "sufficiently manage health threats" in its semiconductor and liquid crystal display manufacturing facilities. Sharps, a Korean activist organization, has documented more than 200 individual cases of workers suffering from illness after working at a Samsung plant. Around 70 of those workers died, according to the company. The apology and compensation promise mark the end of the company's more than decade-long standoff with its former employees.

TEXAS WOMAN DIES AFTER BOTCHED NOSE JOB IN MEXICO

Laura Avila, the Dallas real estate agent whose rhinoplasty in Mexico went wrong, has reportedly died. She was 35. Avila, who opted for a procedure in Ciudad Juarez to save money, fell into a coma after surgeons there botched their administration of anesthesia, TMZ reports. It took eight days for Avila's family to successfully bring her back to Texas, where they ultimately placed her in hospice. Avila's death comes several weeks after the procedure. Larry Friedman, who represented Avila, told TMZ, "She had the best of life in front of her until this tragic, unfortunate and senseless death. So that her death is not in vain, people should think of Laura before they look for cross-border discount surgery. They should do their homework and investigate the experience, training and track record of anyone before they sign up."

ASTRONOMERS DETECTED WATER IN THE ATMOSPHERE OF GAS PLANET HR 8799C

While astronomers were busy seeking out alien life at the Keck Observatory in Maunakea, Hawaii, they were able to learn more about the gas planet HR 8799c, one of four planets that orbit their parent star HR 8799 at a distance of 179 light years away from Earth. This planet was, surprisingly, found to contain water in its atmosphere. HR 8799c is located in the constellation of Pegasus and is a tremendously large planet, approximately seven times larger than Jupiter. Astronomers discovered a distinct lack of methane in the atmosphere of this planet, while also detecting water in its atmosphere through the use of high-resolution spectroscopy coupled with adaptive optics, which helped to stifle the blurring that would normally occur due to the atmosphere of Earth. As soon as astronomers were able to capture HR 8799c in a photograph, they then utilized the Near-Infrared Cryogenic Echelle Spectrograph (NIRSPEC) spectrometer to strip the light away from the gas giant. By doing this, chemicals were swiftly revealed in the atmosphere of the planet. Even though astronomers have been able to successfully capture different exoplanets in photographs, HR 8799 is the very first multi-planet solar system that has had its picture snapped.



Sharp in the Park

Photos by William Wight
65th Medical Brigade Public Affairs Office



The 65th Medical Brigade hosted their second annual Sexual Harassment Assault Response Program (SHARP) in the Park event at U.S. Army Garrison Humphreys October 19 across from the Collier Fitness Center. Special thanks to the co-hosts 411th Contracting Support Brigade, Garrison Army Community Services and the Alcohol Substance Abuse Program office who were on hand to educate the community on SHARP, domestic violence and responsible drinking.



135th Field Surgical Team Educate ROK Counterparts on CBPS

Photos by William Wight
65th Medical Brigade Public Affairs Office



The 135th Forward Surgical Team fielded and familiarized members of the team with the setup of the Chemical Biological Protective Shelter (CBPS) October 18 at the Republic of Korea Army medical school campus in Taejon. The systems and equipment on display gave the ROK medical school the opportunity to familiarize and train with the 135th. The CBPS is an



The 65th Medical Brigade Commander, Col. Derek Cooper and Brigade Command Sergeant Major, CSM Thomas Barone listen to the commander of the 135th Field Surgical Team, Maj. Samuel Sama as he explains the Chemical Biological Protective Shelter to Republic of Korea Medical personnel. Later the command duo handed out Brigade coins of excellence to the 135th team and posed for photos

integrated self-contained system, that is environmentally controlled which can be rapidly deployed in any geographical region. It provides 400 square feet of work space for up to eight litter/ambulatory patients and no protective clothing or equipment is required inside the shelter as it is mounted on an up-armored M1085 A1P2 Medium Tactical Vehicle to maintain positive overpressure airflow.



SMA Visits

Photos courtesy of Sgt. Christopher Dennis
U.S. Army Garrison Public Affairs Office



Sergeant Maj. of the Army Daniel A. Dailey held a Town Hall Nov. 15 at the Four Chaplains Chapel on United States Army Garrison Humphreys. Soldiers from throughout the peninsula were in attendance.



dodea
PACIFIC
WEST

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY
PACIFIC WEST DISTRICT
OFFICE OF THE DISTRICT SUPERINTENDENT
UNIT 15549
APO AP 96205-5549

November 16, 2018

Dear Parents, Guardians,

United States Forces Korea (USFK), in collaboration with the Department of Defense Education Activity (DoDEA) Pacific West District, has announced both Seoul American Elementary and Middle/High Schools will close at the end of School Year (SY) 2018-2019. The decision and request by the command to no longer operate schools here in Seoul is based on the pace and requirements of the Yongsan transformation efforts.

This will be the final school year that our two schools will be in session. My office will respond accordingly and begin planning with the garrison for the closure and return of the facilities. Most importantly, we will coordinate with DoDEA headquarters and the regional office regarding transition issues for students and placement/reassignment for our employees.

The last day of school on June 14, 2019 will mark the end of an era in the remarkable history of our schools here at Yongsan. Each of our three schools in Seoul has a rich and proud legacy of service to military-connected students. For the remainder of the school year, we will remain focused on our educational mission and our ability to provide an environment of stability for your children as the transformation progresses.

We hold our mission dear and will continue to provide for the educational needs of your children, our students, whether they remain in Seoul or move to Humphreys. We appreciate your support as we make this transition. Working together as partners, which is what we always do, we can make this a successful journey for all.

In Appreciation for sending us your best!

Judith J. Allen
Judith J. Allen, Ed.D.
Superintendent
Pacific West District
DoDEA



8th Army Change of Responsibility

Photos by William Wight
65th Medical Brigade Public Affairs Office

Sgt. Maj. Scott McGee, the Eighth Army operations sergeant major and commander of troops prepares the assembled colors of Eighth Army's subordinate commands prior to the Eighth Army change of responsibility ceremony at the Eighth Army headquarters on Camp Humphreys, Nov. 15 (photo below). The ceremony recognized the passing of responsibility from Command Sgt. Maj. Richard Merritt, the outgoing senior enlisted advisor for Eighth Army to Command Sgt. Maj. Jason Schmidt, the incoming senior enlisted advisor for Eighth Army.

Lt. Gen. Michael A. Bills, commander of Eighth Army, receives the Eighth Army colors from the outgoing senior enlisted advisor Command Sergeant Major Rick Merritt before passing them on to Command Sgt. Maj. Jason Schmidt, the incoming senior enlisted advisor of Eighth Army. Command Sgt. Maj. Schmidt comes to Korea having served as the command sergeant major for IMCOM Pacific (photo above).



BAACH Thanksgiving

Photos by William Wight
65th Medical Brigade Public Affairs Office



Eighth United States Army Deputy Commanding General for Sustainment, Maj. Gen. Arlan DeBlieck joined 65th Medical Brigade Commander, Col. Derek Cooper and his wife, Karen Cooper alongside the Brian Allgood Army Community Hospital Commander, Col. Andrew Landers and his wife, Michelle Landers and Command Sergeant Major Nicole Haines as they served the traditional Thanksgiving holiday meal to patients and staff at the BAACH cafeteria November 14, 2018.



USFK Commanders Run

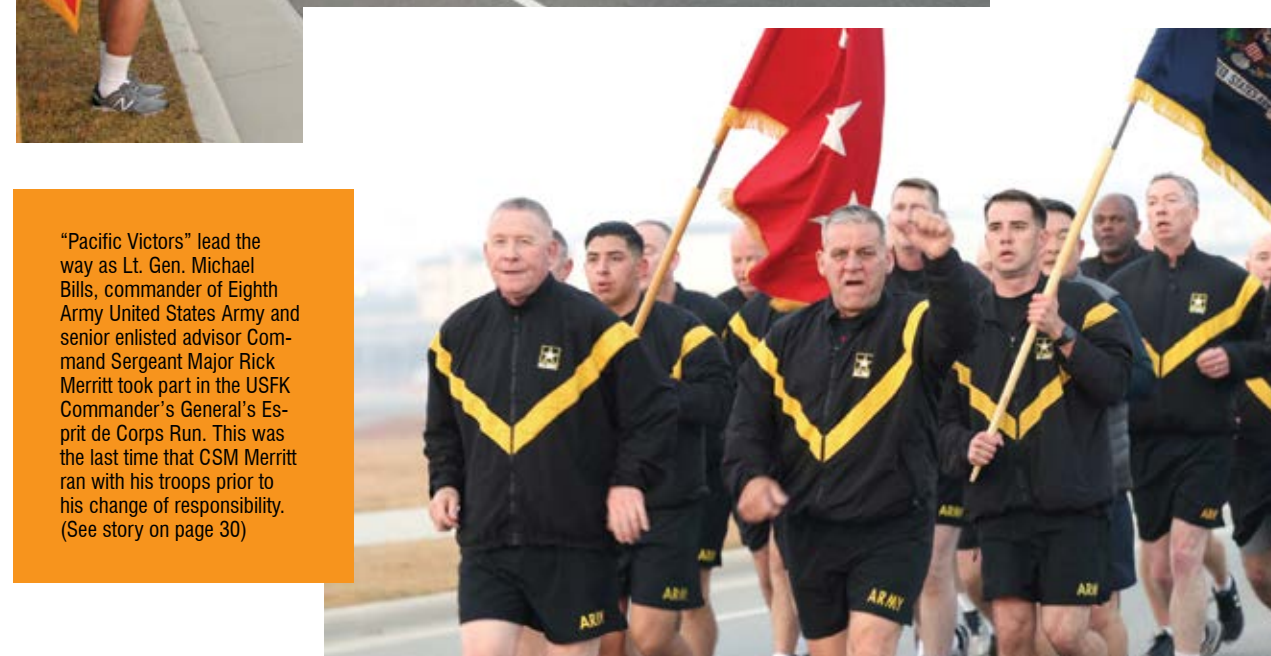
Photos courtesy of USFK Public Affairs Office



"Being strong and being part of the past and the present is what we do as warriors. Today is about you and everyone that you represent. Our effort right now is to fight for peace," said General Vincent K. Brooks United Nations Command/Combined Forces Command/United States Forces Korea Commanding General during his remarks Nov. 5th at the USFK Commanding General's Esprit de Corps Run on U.S. Army Garrison Humphreys.



The "Mighty 65th" led by Commander, Col. Derek Cooper, represented the 65th Medical Brigade Nov. 5th at the USFK Commanding General's Esprit de Corps Run on U.S. Army Garrison Humphreys as elements throughout the peninsula joined in one final farewell to Gen. Brooks.



"Pacific Victors" lead the way as Lt. Gen. Michael Bills, commander of Eighth Army United States Army and senior enlisted advisor Command Sergeant Major Rick Merritt took part in the USFK Commander's General's Esprit de Corps Run. This was the last time that CSM Merritt ran with his troops prior to his change of responsibility. (See story on page 30)

USFK Changes Leadership

On Nov. 8 at Barker Field on USAG Humphreys, Gen. Robert B. Abrams assumed command from Gen. Brooks and Command Sgt. Maj. Walter A. Tagalicud assumed responsibility from Command Sgt. Maj. Steven L. Payton during a ceremony co-hosted by Republic of Korea Minister of National Defense Jeong Kyeong-doo and Gen. Paul J. Selva, Vice Chairman, U.S. Joint Chiefs of Staff.

Abrams replaces Brooks, who has presided over military efforts on the peninsula since April 2016. Abrams, a 1982 West Point Graduate, came to South Korea from Fort Bragg, N.C., where he served as the head of Army Forces Command since August 2015. He previously served as senior military assistant to the defense secretary. Born in Germany, Abrams was the third member of his immediate family to earn four stars. His father was Gen. Creighton Abrams Jr., the namesake of the M1 Abrams tank. His brother, retired Gen. John Abrams, former commander of Army Training and Doctrine Command, died last month. His other brother is retired Brig. Gen. Creighton Abrams Jr.



Healthcare Symposium Ensures Trained Healthcare Professional Force

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



Ensuring a trained healthcare professional force is medically ready can be challenging in the Republic of Korea. From Oct. 29 to Nov. 2, the 65th Medical Brigade hosted the 68th Annual 38th Parallel Healthcare Training Symposium at U.S. Army Garrison Humphrey's Morning Calm Center and at Yongsan's Dragon Hill Lodge. This symposium was designed to discuss medical issues and advancements unique to the peninsula and Pacific Region.

This year's theme was "Military Health System Support in Multi-Domain Operations" and was aimed to ensure that trained and ready healthcare professionals sustain a medically ready force. Multi-Domain Operations encompasses Air, Land, Maritime, Space and Cyberspace and the symposium focused on fluency in communication and understanding of expectations to ensure wounded warriors are cared for and warfighters continue to take the fight to their adversaries.

"The 38th Parallel Healthcare Symposium was designed to provide an environment that facilitates delivery of high quality medical education to strengthen our readiness and build relationships in support of the Combined Joint Task Force and Republic of Korea



Alliance," said 65th Medical Brigade Commander, Col. Derek Cooper during his opening remarks.

The Brigade achieved this by offering 107 continuing education credits (CME's), a dry needling certification course and two physical therapy certification courses to over 1,080 medical professionals from all services on the peninsula. The symposium is credited with cost avoiding over a million dollars that would be required in temporary duty and registration fees necessary for medical professionals to maintain their credentials.

Continuing Medical Education (CME) is defined as educational activities which serve to maintain, develop, or increase the knowledge, skills, and professional performance and relationships that a physician uses to provide services for patients, the public, or the profession. Continuing

Medical Education is the method by which practicing physicians maintain currency with emerging information in a dynamic, ever-changing base of medical knowledge. The U.S. Army Medical Department's (AMEDD) support of CME reflects a collective commitment to the need for lifetime professional learning.

The Surgeon General requires Army physicians to earn CME credits in order to meet licensure and credentialing requirements. The US Army Medical Command (MEDCOM), Army Medical Department, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor AMEDD CME activities for physicians. As an accredited sponsor, it ensures educational programs meet the requirements outlined in the "Essentials and Guidelines for Accreditation of Sponsors of Continuing Medical Education", which is published by the ACCME.

This year's symposium offered professional classes and discussions on medical operations, trauma care, CBRNE, emerging health threats, Dental trauma, NCO



Medical Education is the method by which practicing physicians maintain currency with emerging information in a dynamic, ever-changing base of medical knowledge.





leadership, Chemical & Radiological threats, care and treatment of military working dogs, and Behavioral health concepts and best practices.

The 38th Parallel Medical Society originated in 1951 from a group of medical officers assigned to the 3rd Infantry Division in Korea. These officers came together to discuss current medical advances and to tie-in medical and military issues on the Korean peninsula. The purpose of the Society was to insure that medical care for United Nation troops in Korea is maintained at the highest possible level, to disseminate the most recent medical advances and to afford an opportunity for medical personnel to become better acquainted and discuss common military medical problems.

Next year will be a very unique symposium as the timeline will coincide with the memorialization of the new Brian D. Allgood Army Community Hospital and Ambulatory Care Center on United States Army Garrison Humphreys.



8A Safety Gram

Personal Transportation Device Safety



Personal Transportation Devices (PTDs) are serious modes of transportation, not “toys”. Accidents and injuries for these “toys” have tripled each year for the past few years, with 40% of the injuries serious enough to require ICU treatment. 개인형 이동수단(원동기 장치 자전거)은 장난감이 아닌 교통수단입니다. 이 장난감으로 인한 사고, 상해는 최근 세배로 급증, 그중 40%는 중환자실에서 치료를 받았습니다.

MYTH: Nobody has ever died from a Personal Transportation Device.



개인형 이동수단으로 인한 사망사고는 없다?

FACT: Mr. Jimi Heselden, the Owner of Segway died as a result of riding his Segway when he accidentally backed off a 20 meter cliff in Yorkshire, U.K.

Yorkshire, U.K. 에서는 Segway 운행하던 Mr. Jimi Heselden 은 후진하다 사고로 20m 절벽에 추락, 사망.

Mr. George Schnakenberg III, a designer for electric skateboards, hit a parked car while riding his electric skateboard and died. 전동스케이트보드를 만든 Mr. George Schnakenberg III 는 전동 스케이트보드를 타다 주차된 차와 충돌 사망.

South Korea witnessed its first PTD related pedestrian fatality this year when a pedestrian was struck and killed in a cross walk. The operator was arrested for not having a license to operate the PTD on public roadways. There were 4 fatalities in 2017 and all previous fatalities have been operators. 한국에서 횡단보도를 건너던 사람이 전동킥보드에 치여 사망한 사고가 올해 처음 발생하였습니다. 사고를 낸 운전자는 무면허였고, 입건되었습니다. 지난해 개인용 이동수단을 타다 4 명이 숨졌지만 모두 운전자들이었습니다.

MYTH: I don't need a license to operate a scooter under 50cc in Korea

한국에서 50cc 미만의 원동기는 면허가 필요치 않다?

FACT: PTD and Segway operators must have a valid license and must wear a helmet in Korea. 한국에서는 개인형 이동수단이나 Segway 운전자는 반드시 유효한 면허가 있어야 하고, 헬멧착용 해야합니다.



Operators of PTD/Segways on military installations are not required to have a license, but must wear Personal Protective Equipment (PPE), (helmets and reflective vest). They must obey the rules of the road like any other vehicle, and must utilize in priority; 1) bike paths, 2) sidewalks, 3) designated roadway bike lanes, 4) roadways w/o bike lanes. 영내에서는 개인형 이동수단이나 Segway 운전시 면허가 필요하지 않지만, 헬멧과 반사조끼 등 보호장구는 필수. 다른 교통수단처럼 관련법을 준수해야 하며 1) 자전거 도로, 2) 보도, 3) 자전거 통행 도로, 4) 자전거 통행 금지 도로에서 우선 순위를 준수해야합니다.



MYTH: PTDs aren't that bad, bicycles are more dangerous.

개인형 이동수단은 그리 위험하지 않은 이동수단, 자전거가 더 위험하다?

Fact: An average bicyclist's speed is 15.5 km/hr, electronic transportation devices travel between 19.5 and 40.25 km/hr., meaning accidents happen up to 3 times the speed of a bicycle. This increases both probability and severity of accidents.

자전거의 평균속도는 15.5km/hr, 개인형 이동수단은 19.5 ~ 40.25km/hr 로 자전거 속도의 3 배까지 가능, 이는 사고의 위험수준 높입니다.

PTD platforms are self-balancing making them more vulnerable to debris and abnormalities in roadways and paths.

개인형 이동수단 바닥은 운전자가 균형을 잡아야 하기에 파편이 있는 도로나, 굴곡진 도로, 인도에서 더 취약합니다.

25% of PTD accidents require hospitalization, 10% Require ICU or major surgery.

개인형 이동수단 사고중 25% 는 입원치료, 10% 는 중환자실 치료 혹은 대수술을 요합니다.

For more information contact the 8A Command Safety Office at DSN 755-1281



The military's obsession with energy drinks is contributing to PTSD, study finds

By J.D. Simkins, Military Times

Getting adequate sleep is increasingly rare among the active duty military population, as frequent deviations from the body's natural circadian rhythms due to a demanding operational tempo pit personnel in an ongoing struggle against the ever-persistent sandman.

To combat the sleep deprivation unique to this demographic, service members often turn to energy drinks, a prominent component

of combat deployments that has become as paramount to mission success as any piece of protective gear or weaponry.

The prevalence of energy drink use in these settings is extraordinary. The life blood is virtually everywhere — and tends to cost nothing — resulting in an environment in which nearly half of deployed troops down at least one readily available crack can per day.

But while consuming these drinks may not hurt service members in their wallets, excessive use

may very well be contributing to long-term mental and physical ailments, a recent study in the Military Medicine journal observed.

The authors of the study surveyed over 600 male infantry soldiers during a post-deployment period after the brigade combat team returned from a 12-month combat deployment to Afghanistan. Questions were designed to examine the association of energy drink use with sleep deprivation or insomnia, depression, anxiety, post-traumatic stress disorder,

alcohol abuse, aggressive behaviors and fatigue.

What the authors found was that over the course of the month leading up to the survey, more than 75 percent of soldiers consumed energy drinks. More surprising, however, was that 16 percent “of soldiers in this study reported continuing to consume two or more energy drinks per day in the post-deployment period,” the authors wrote.

High energy drink use, which was classified as consuming two or more drinks per day, was significantly associated with those survey respondents who reported mental health problems, anger-related behaviors and fatigue, the authors found.

Those consuming less than one energy drink per week reported these symptoms at a significantly lower rate.

Also of note is that energy drink use in this Army infantry sample was five times higher than previous studies that analyzed consuming patterns of airmen and the general population's youth.

Troubling patterns like this come as no surprise with the understanding of energy drink availability during deployments, a setting where drinks like Rip Its are practically the beverage of choice. Like other energy drinks, a Rip It, often referred to overseas as “crack,” provides the immediate jolt service members look for to spike physical and cognitive performance.

More than a few pallets of Rip Its have mysteriously been acquired over the years by troops — “gear adrift...” — outside chow halls in Iraq and Afghanistan, oversupplying service members to the point in which many engage in excessively

caffeinated drinking competitions.

Just ask Shane Snell. The results of such games aren't pretty.

As with any substance that increases health risk, “it is important that [service members] understand the risks associated with overuse,” the authors say. “The message that moderation is critical needs to be conveyed.”

While moderation may be key, educating troops about consuming in excess is a daunting task.

The energy drink industry pulls in approximately \$21 billion annually in the U.S. alone, and with much of the industry's advertisements targeting young men in particular, the military population is “especially prone,” the authors note.

“But it's got what plants crave — it's got electrolytes,” you might be saying to yourself.

Stop and put down the Brawndo.

PREVENTING FALLS from SLIPS and TRIPS

That's approximately **28,353** slips and trips annually

About **12%** of all accepted injury claims are from a slip or trip.

ONE STEP AT A TIME

TO PREVENT falls:

- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

PRACTICE good housekeeping:

- CLEAN up all spills and debris immediately
- MARK or IDENTIFY spills and wet areas
- KEEP walkways clear of clutter and other obstacles
- CLOSE file cabinets and storage drawers immediately
- COVER or TAPE down cords or cables
- MATCH your footwear to all the hazards of your job
- KEEP shoes in good repair, clean and free from contaminants

5 WAYS to REDUCE the RISK of Slipping and Tripping

- Slow down and pay attention to where you are going
- KEEP walking areas clear from clutter or obstructions
- PLACE each foot firmly and flat on the floor
- KEEP flooring in good condition
- ADJUST your stride to be suitable for the walking surface and the task
- USE installed light sources that provide sufficient light for your tasks
- WALK with your feet pointed slightly outward
- USE a flashlight if you enter a dark room
- MAKE wide turns at corners
- DO NOT LET objects you are carrying or pushing block your view

Common CAUSES

Slips

- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

Trips

- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

Supervisors should make sure the health and safety program includes slips and trips

CONDUCT regular inspections

IDENTIFY high-risk areas such as stairs, entrances, and high-traffic areas

TRAIN managers, supervisors and workers

USAG-H, SAFETY OFFICE



Humphreys Veterinarians Operate on Rotational Brigade Mascot

Story by Marcus Fichtl, Stars and Stripes
Photos by William Wight, 65th Medical Brigade Public Affairs Office

A

Texas-based unit's youngest and furriest soldier is breathing easier, literally, thanks to a Halloween-night surgery at the U.S. Army Garrison Humphreys Veterinary Clinic.

Pvt. 1st Class Tank Chester, a 7-month-old Victorian bulldog who serves as mascot for the 3rd Armored Brigade Combat Team, 1st Armored Division "Bulldogs," had his soft palate trimmed and nostrils widened to ease the airways for the member of the notoriously hard-breathing breed.

"He's the face and symbol of who we are," said Cpl. Mitchell Duncan, Chester's handler.

Chester, along with the rest of the Bulldog Brigade, arrived in South Korea last month taking the reins as the 2nd Infantry Division's sole brigade combat team on the peninsula.

While technically an elective surgery, it's a necessary one for the active mascot, who like his predecessors is expected to ride shotgun with the unit's command team in everything from helicopters to tanks as they inspect and boost morale to the brigade's troops.

"With these English bulldogs... we've bred in the smoosh face, which looks really cool, however it comes with its own complications," said Camp Humphreys veterinarian surgeon Capt. Sean Curry. "It's really a struggle for them to breathe."

Chester is the ninth of his name since the first was donated in 1940 by the British as a "token of appreciation," Duncan said. He comes with a full complement of soldiering gear, including identification cards, a passport and a rank he's still living up to.

"He's a Pfc. for a reason — he's got an attitude, he's a little stubborn, and he still does things his



“

He's your typical bulldog. He loves people; loves attention. His idea of fun is sitting on the couch and watching television with you.”

— Capt. Sean Curry,
Camp Humphreys veterinarian surgeon



way,” the 24-year-old from Redfield N.Y., said jokingly. “He’s your typical bulldog. He loves people; loves attention. His idea of fun is sitting on the couch and watching television with you.”

The surgery might never have happened if not for a bit of luck. The military surgeon back home at Fort Bliss, Texas, didn’t feel comfortable with the procedure, and no surgeons were trained for it in South Korea. A weeklong medical

symposium in Yongsan serendipitously brought in the Army’s main surgeon in the region, Maj. Shane Andrews, whose team routinely does the surgery on Okinawa.

A team of four worked on Chester. Two enlisted veterinary technicians monitored the dog’s anesthesia and vitals, while Curry and Andrews took turns opening up his airways and cutting off a wedge of cartilage in each nostril. The surgery took about 40 minutes.

With Andrews helping to train the Humphreys team, Curry said the surgery also helped the clinic expand its capabilities. “We’re starting to kick off our surgical procedures again here at Humphreys,” he said.

The number of surgeries, including standard spays and neuters, they could perform has been limited for nearly all of the past year because they’ve been unable to get some necessary medication

A team of four worked on Chester. Two enlisted veterinary technicians monitored the dog’s anesthesia and vitals, while Curry and Andrews took turns opening up his airways and cutting off a wedge of cartilage in each nostril.





through customs, Curry said. But three weeks ago, they swung the surgery doors wide-open to the public.

Curry added that Chester's surgery will help families with bulldogs and similar like breeds on the peninsula and "in the process we're helping out a dog, and that's always a good day for us."

Chester was released the following morning back to the Bulldog Brigade with no issues.

The Fort Bliss, Texas-based 3rd Armored Brigade Combat Team, 1st Armored Division replaced the 1st Armored Brigade Combat Team, 3rd Infantry Division — which returned to Fort Stewart, Ga. The Bulldog brigade is on a nine-month tour as the sixth rotational armored brigade since the Indianhead Division inactivated its last organic brigade combat team in 2015.

BAACH Mass Reenlistment

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



Congratulations to Sgt's Joseph Cierzan, Jonathan Kim, Ronald Smith, Ramone Billups, Glenn Houghton, Devon Elliott, Gilbert Reyes and Benjamin Brown along with Staff Sgt's Victor Hall, Jeremy Anderson and Nate Carpenter for reenlisting for more years of service to the U.S. Army and the Medical Corps on Oct. 29 in an outdoor ceremony hosted by the 121st Combat Support Hospital Commander, Col. Andrew Landers, at an outdoor ceremony at the U.S. Army Garrison Yongsan Brian Allgood Army Community Hospital Asian Gardens. Guests in attendance included family, friends, fellow soldiers as well as Command Sergeant Major Michael Gragg from MEDCOM and Command Sergeant Major Clark Charpentier from Regional Health Command Pacific.

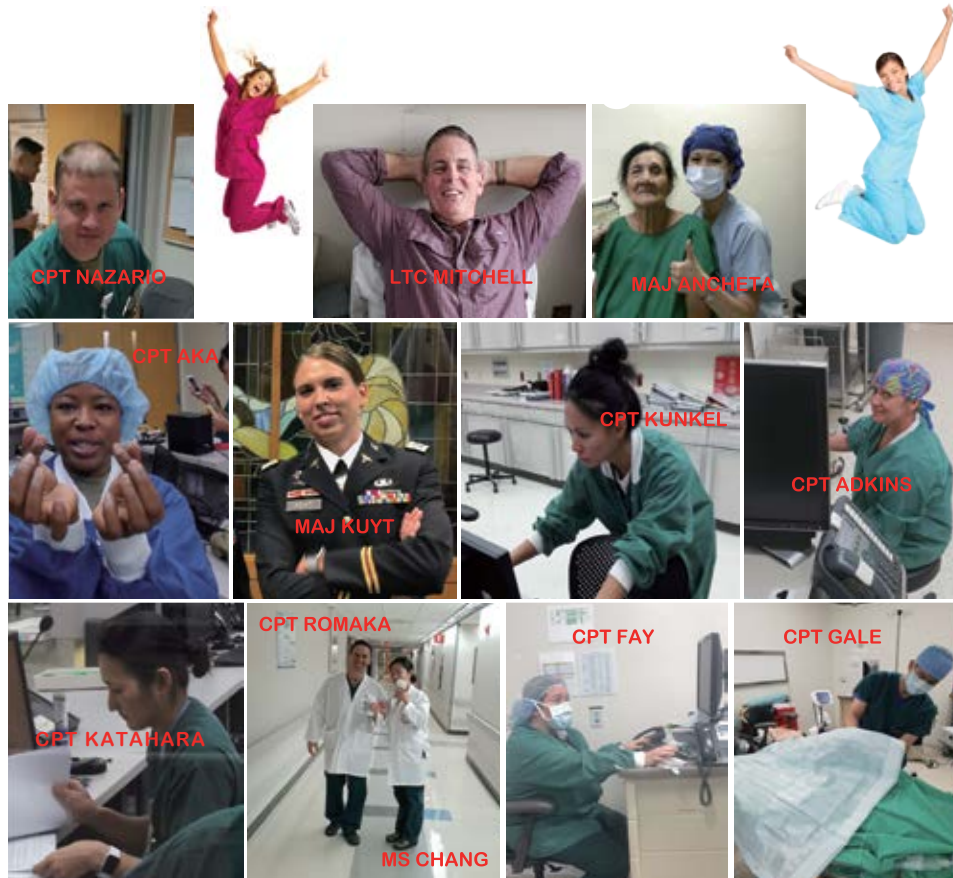


Perioperative Nurses Week

Photo by Maj. Monina Ancheta
Perioperative Nurse
Brian Allgood Army Community Hospital

Every year, Perioperative Nurses Week focuses attention on the meaningful work of 160,000 perioperative nurses across the U.S. who advocate for the safety of surgical patients. To emphasize the importance of teamwork in the operating room, the Association of perioperative Registered Nurses selected the theme, "Collaboration for patient and worker safety." For patients, a collaborative team environment will enable the best possible surgical outcome. For the Operating Room health care worker, including the surgeon, anesthesia provider, surgical assistant and other assistive personnel, collaboration leads to workplace safety and a more positive work environment.

During the week, perioperative nurses were honored by their colleagues and communities to highlight the diverse ways in which perioperative nurses, who help comprise



CELEBRATING
Perioperative Nurses

NOVEMBER 11-17, 2018

AORN.ORG/PERIOPNURSESWEEK



the largest health care profession, are working to improve surgical safety. From preoperative care through surgery

and postoperative care, in hospitals and ambulatory surgery centers and physicians' offices, perioperative nurses use

a comprehensive, multidisciplinary approach to patient care to work closely with the entire surgical team.

K-Cosmetics

For Women:

Basic Skin Care, Facial Mask Packs
Eye Cream, Wrinkle Care Cream
Lipstick, Mascara
Whitening Cream, BB (Beauty Balm) Cream
Mascara, Concealer
Hair Treatment Products

For Men:

Aftershave Skin Toner
Aftershave Lotion
Shaving Gel, Shaving Foam
Deodorants, Men's BB Cream
Basic Skin Care Products
Facial Mask Packs



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Military & Family Life Counseling Program



Courtesy of the Military & Family Life Counseling Program

Nearly ten years ago, the Department of Defense (DoD) was seeking support services that could complement existing military behavioral health programs to support Service Members and their families who were struggling under the effects of extended and repeated deployments due to the Iraq and Afghanistan conflicts. MHN Government Services, Inc. (MHNGS) pilot solution to DoD's challenge became what is perhaps the most important support program offered to Service Members and their families today: the Military & Family Life Counseling (MFLC) Program.

In 2004, as tasked by DoD, MHNGS sent the first team of 20 consultants to Germany. The MFLCs' mission was to augment existing support to active military troops and their families through the provision of non-medical counseling services geared toward short term problem resolution.

In April 2007, after successful completion of a two-year pilot, MHNGS was awarded the first MFLC contract to implement a fully mature program. During this period, the MFLC Program grew to include additional services and outreach capabilities: Child & Youth Services and Schools Programs, the U.S. Special Operations

Command Program, and the USAREC Program. This expansion brought the MFLC services to Service Members and their families where it was needed most.

Since 2004, licensed clinical providers assist Service Members and their families with issues they may face throughout the cycle of deployment - from leaving their loved ones and possibly living and working in harm's way to reintegrating with their family and community. The MFLC Program provides short-term, non-medical counseling support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. Psycho-educational presentations focused on issues common to the military family including: reunion/reintegration, stress/coping, grief/loss and deployment are provided to commands, Family Readiness Groups, Soldier Readiness Processing and other locations, as requested. Support for these issues empowers individuals during the problem-solving process, increases individual and family competency and resilience in coping with the challenges of military life and ensures that these issues do not detract from operational readiness.

Despite the small cultural changes over the last decade, there is still a stigma in the military community

Secure Facilities, Safe Occupants

INDICATORS OF SUSPICIOUS ACTIVITY

ELICITATION

- Asking unusual questions about security, building occupants and tenants, shift changes, hours of Operation, utilities services or other sensitive information

TESTS OF SECURITY

- Attempting to bypass security
- Using false identification
- False alarms to measure reaction times
- Unexplained delivery vehicles

ACQUIRING SUPPLIES

- Bringing unusual items into a federal facility such as nails, duct tape, unknown liquids, powders or solids, wires, power supplies
- Stolen/lost credentials, uniforms

DRY RUN

- Observing persons or vehicles that appear to be rehearsing something; may be carrying maps or timing devices, taking notes, pacing off distances, timing traffic lights and traffic flow

SUSPICIOUS PERSONS - VEHICLES

- Over-dressed for the weather
- Unexplained nervousness
- Out of place; does not fit the area
- Taking photographs of security
- Frequent, unexplained sightings

DEPLOYING ASSETS

- Positioning people, vehicles or supplies into a final position before implementing an operation
- Abandoned/illegally parked vehicles
- Suspicious items left around a federal facility

IF YOU OBSERVE SUSPICIOUS ACTIVITY, COMPLETE A SUSPICIOUS ACTIVITY REPORTING CARD AND CONTACT THE FEDERAL PROTECTIVE SERVICE.



Homeland Security

Federal Protective Service

Report Suspicious Activity to the FPS MegaCenter
1-877-4FPS-411
1-877-437-7411

regarding mental health issues. While it may be stronger for active duty troops and veterans, military spouses may also continue to carry deep shame around this issue.

It's awkward to bring up to your military PCM. There's the fear of admitting weakness. That dreadful fear that somehow, even though it's not "supposed" to, the conversation will end up on a permanent record. Or, maybe worst of all, that the doctor will slap a medication bandage on the problem and hope it will resolve itself.

It's weird to bring up mental health to your spouse or friends. Unless they have similar experiences, they might not understand. They will offer sympathetic phrases. Or they might clam up or avoid you.

But mental health concerns, like anxiety or depression, don't get better when you ignore them.

When you just can't talk about it to anyone else, it's time to contact a Military Family Life Counselor (MFLC).

MFLC's are free and confidential licensed counselors and are available at all military bases and in DoDEA schools. Active duty, Reserve, and Guard troops, DOD civilian expeditionary force employees, and their dependents or surviving family members can access these services.

When you meet with an MFLC, everything is off the record. Your counselor does not take notes at the sessions. No one in your chain of command or your PCM will be notified. Meeting times and places are flexible, based on what works for you and your counselor.

What happens when you meet with an MFLC?

The first step is making contact. There are often fliers with contact information posted in various places on base or included in a welcome aboard packet. You could also contact your unit's Family Readiness Officer or your installation's Military and Family Support Center. Another way to find a MFLC is through a unit event, like a family fun day or hail and farewell. MFLCs are also in all DoDEA schools and available in on-base child development centers.

For adults, you can schedule a confidential meeting at a time and place that works for you and the MFLC. Many MFLCs will meet outside of normal working hours and at off-base locations. This is helpful if you are working to heal yourself without involving or alerting your command and community.

What happens in your meeting stays strictly between you and the MFLC. You are free to discuss anything that is troubling you or concerns that you have. As military-connected individuals, many aspects of our lives are intertwined with the military. The military affects so many

things, from jobs to location to child care to marriages or family life.

All of these things are fair game. MFLCs are here to help you work through concerns or trouble spots, as well as larger mental health issues that do not require medical interventions. Talk about your career stress, your marriage, your body issues, or worries about parenting.

Your counselor will not take notes during your session, but may come to a session with ideas to help you process your concerns. There are no records of your meetings with the MFLC and your command will never find out if you receive these services. There is strict confidentiality, except in cases where an individual may be an immediate threat to themselves or others.

What about children?

Military-connected children shoulder so much at very young ages. Between deployments and frequent moves, our children have experienced a lot of changes and separations.

MFLCs can also help children process mental health concerns, stress, or worries. There are MFLCs stationed at DoDEA schools both stateside and overseas. Your child can meet with these counselors privately, during school hours or after school. The counselors can also meet with your family as well. Many MFLCs working with school-aged children will meet at neutral locations, such as parks or playgrounds or after sports practices.

In order for your child to see a MFLC, you will need to sign a consent form. This acknowledges that your child will be receiving counseling support and that the topics discussed will remain confidential.

If you attend school on base, you might have already signed this form as part of the standard enrollment or beginning of the year package. If your child attends a non-DoDEA school, you will likely need to sign a consent form at the time that services begin.

We all have struggles.

Having free, 100 percent confidential counselors available to work with the military community is an amazing benefit. We have access to help that will not carry those negative associations or stigma. If you struggle, reach out to the MFLCs on your installation within your unit. Inquire through your chain of command for the contact numbers. or call the 65th Medical Brigade MFRC at 010-4360-7663.

Help is just a phone call away.



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DSC, TMM



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USAG Yongsan *Appreciates* Area Retirees

Story by Julie Kelemen
U.S. Army Garrison Yongsan-Casey
Public Affairs Office
Photos by Pvt. 1st Class Ethan Ford
U.S. Army Garrison Yongsan-Casey Visual
Information Center



S. Army Garrison Yongsan - Casey gave full regard to veterans by celebrating Nov. 17, 2018 Retiree Appreciation Day at the Dragon Hill Lodge. The event kicked off with the presenting of colors from the Seoul American High School Junior Reserve Officer Training Corps color guard. USAG Yongsan - Casey Commander Col. Monica Washington followed with welcoming remarks. The morning consisted of briefings to the retirees on topics ranging from medical care and the next year's closure of the Brian Allgood Army Community Hospital to the transformation overview of the Yongsan footprint and schedule closures of garrison services. Guest speaker for the event was the Honorable Harry B. Harris, the new U.S. Ambassador to the Republic of South Korea.

"Retiree Appreciation Day helps with the transition and provides support and facilitates the exchange of information as retirees move on to a new phase of their lives," said U.S. Ambassador to South Korea, Harry B. Harris, Jr. Harris emphasized how the retiree's selfless service and sacrifices have contributed to a free and prosperous society in South Korea and the long-term prospects for the alliance.

"Our strength comes from loyal retirees, spouses and family members through their dedication and support provided the foundation for stability and peace in (South) Korea," Harris said.

In his speech, Harris, who is a retiree himself, highlighted the importance of military service to support the U.S.-Republic of Korea Alliance as a foundation for peace and stability for the past six decades. "Your service sustains and strengthens the war forged-alliance between the United States and the Republic of Korea. It enables Korea to be the productive powerhouse that is today," he said.

The event also gave the retirees a chance to meet the Soldiers providing their health care services on

a day. In order to accommodate the 200+ patients attending the Retiree Appreciation Day, a team of five dentists and an additional 26 dental specialists came from USAG Humphreys to provide dental cleanings and exams.

"We are here to provide cleanings to retirees and their spouses and give advice on oral care and the proper way to take care of teeth, bridges, implants and dentures," said Staff Sergeant Jose Posa, NCOIC of Carius Dental Treatment Facility at USAG Humphreys.

Capt. James Mattson, a pharmacist with the 65th Medical Brigade, said the event was a good opportunity to interact with the retirees outside of a health-



Photo by Pvt. 1st Class
Estevan Hildalgo, U.S. Army
Garrison Yongsan-Casey
Visual Information Center

base. More than 29 businesses and organizations from U.S. Army Garrison Yongsan, the Brian Allgood Army Community Hospital and the surrounding communities came to the event to provide information and updates to the retirees.

Although many services, like the U.S Department of Veterans Affairs, have moved their offices to U.S. Army Garrison Humphreys, they will continue to provide services and resources to retirees at Yongsan-Casey.

The dental clinic was one of the more popular services. On a typical day, Yongsan has two to three dentists and can serve approximately eight patients

“ Our strength comes from loyal retirees, spouses and family members through their dedication and support provided the foundation for stability and peace in (South) Korea.”

— Harry B. Harris, Jr.,
U.S. Ambassador to South Korea



care setting and to listen to their concerns.

He educated them about the process his team uses to order medication, carefully count pills, verify the dosages, check for interactions and process the payment or insurance quickly and accurately.



Many retirees came for the camaraderie. “The best part of the Retiree Appreciation Day was seeing my old friends, old mentors and seeing the way the community supports the retirees in Korea,” said Leon Ellison, a U.S. Air Force veteran from Fayetteville, North Carolina. Since retiring from Osan Air Force Base 26 years ago, Ellison has remained active in the Yongsan community as a Dragon Hill Lodge employee and now serves as the commander of the Veterans of Foreign Wars Post 8180 in Songtan.



Many of the information booths such as the Exchange, American Legion, Fire Department, Commissary and Army Community Services were staffed by veterans and retirees alike.

Curtis Williams, a retiree with 50 years of service in the U.S. Army and the U.S. Air Force, said the day was just as much about giving back. He has served



WHAT YOU NEED TO KNOW

for Coverage Beginning In

2019

HEALTH: TRICARE is implementing an Open Season for enrollment. You can only enroll in TRICARE Prime® or TRICARE SelectSM or switch plans during the **TRICARE Open Season** or after a qualifying life event (QLE), such as getting married or moving. To learn more about QLEs, visit www.tricare.mil/LifeEvents. If you're using **TRICARE For Life**, the TRICARE Open Season does not affect you.

DENTAL & VISION: The TRICARE Retiree Dental Program, offered by Delta Dental, is ending on **Dec. 31, 2018**. Not to worry! You will be eligible for new dental—and for the first time—vision plans through the **Federal Employees Dental Vision and Insurance Program (FEDVIP)**. To participate in FEDVIP dental and vision, you must enroll during the **Federal Benefits Open Season**.

WHAT YOU NEED TO DO DURING OPEN SEASON:

TRICARE OPEN SEASON:

To Change Your TRICARE Plan:

- Explore your options
- Set a reminder
- Enroll or change your plan

www.tricare.mil/OpenSeason

**Remember, if you're using TRICARE For Life, you don't need to take any action!*

FEDERAL BENEFITS OPEN SEASON:

To Enroll in a FEDVIP Dental or Vision Plan:

- Explore your options
- Set a reminder
- Enroll in a vision plan

www.tricare.benefeds.com



TO ENROLL OR CHANGE PLANS DURING OPEN SEASON:

To enroll or change your TRICARE plan, call your regional contractor:

TRICARE East

Humana Military East: 1-800-444-5445

TRICARE West

Health NetWest: 1-844-866-9378

TO ENROLL IN A FEDVIP DENTAL OR VISION PLAN:

Go to www.tricare.benefeds.com

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“

The best part of the Retiree Appreciation Day was seeing my old friends, old mentors and seeing the way the community supports the retirees in Korea."

— Leon Ellison,
a U.S. Air Force veteran



the community for decades as the USAG Yongsan Fire Chief and has attended the Retiree Appreciation Day as a vendor providing his fellow retirees information on fire safety.

An elaborate buffet-style luncheon was provided to the distinguished veterans. Alongside the luncheon, several vendors and sponsors including the Army Sub-

stance Abuse Program (ASAP) and TRICARE distributed souvenirs and information to the retirees. There were also raffle prizes given away throughout the day.

The event concluded with a cake cutting at the USAG Yongsan Exchange. The future of the Yongsan RAD is up in the air due to the transition of services from Seoul to Pyeongtaek.



USAG-Yongsan Transformation

WHAT IS HAPPENING IN THE NEXT TWO YEARS

Key Closures (2018)

(~12,587 Area II population in NOV)

- Main Post Club (minus the Slot Machines) (Aug 18)
- Main Post Shoppette (Oct 18)
- Driving Range (Nov 18)
- Sung Nam GC (Nov 18)

New Hours! (2018)

- Oasis Restaurant (in DHL) (Fri-Sat only)* (Oct 18)
- South Post Shoppette Open 7 days a week* (Oct 18)
- AAFES Gas Station* (Nov 18)
 - Mon, Wed-Sat 0800-1900, Sun 0900-1700
 - CLOSED on Tuesday
- AAFES Car Care Center* (Nov 18)
 - Mon & Fri Only, 1000-1800
- Self Service Support Center* (Nov 18)
 - Mon, Thu-Sun & all US Holidays Closed
 - Tue & Wed 0830-1630
- Bowling Center* (Nov 18)
 - Sun-Thu, 1200-1900
 - Fri, 1200-2200
 - Sat, 1100-2200

Key Closures / Changes in (2019)

(~ 8,464 Area II population in DEC)

- Oasis Restaurant (in DHL) (Jan 19)
- Main Post KATUSA Snack Bar (Jan 19)
- AAFES Car Care Center (Safety Inspections) (Aug 19)
- Outdoor Pool (Aug 19)
- South Post KATUSA Snack Bar** (Sep 19)
- Transportation Motor Pool (TMP) Fuel Point (Oct 19)
- Indoor pool (Dec 19)
- Brian Allgood Army Community Hospital (Nov 19)
- Library** (Nov 19)
- Bowling Center/MPC Slots** (Dec 19)
- Child & Youth Services** (Dec 19)
- South Post Chapel** (Dec 19)
- Friendship House** (Dec 19)
- Leased Housing (Black Hawk Village, Itaewon Acres & Eagle Grove) (Dec 19)
- Commissary (Dec 19)
- Yongsan Movie Theater (Dec 19)
- AAFES Main Exchange (Dec 19)
- South Post Shoppette (Dec 19)
- Community Bank ATMs ** (Commissary, Exchange, 121 CSH & Gas Station) (Dec 19)
- AAFES Gas Station (Dec 19)

*Consolidation of Services/Changes to Operating Hrs. **Tentative Closure Dates



161500NOV 18

USAG- HUMPHREYS

Reassignment of Mail Boxes to the New Main Post Office



Humphreys new Main Post Office Building #P5730, (Located across from the Humphreys Theater)



Reassignment of mail boxes will only affect the following Patrons:



Who: All PSC 314 Patrons at Bldg. #S-118, 96271

What: Moving to the new Main Post Office

Where: Bldg. P-5730

When: 03 JAN 2019
Please in-process 03 -31 Jan 19

Why: Closing PSC 314



Who: Select Non-Soldiers in Bldg. #6007-USAG mailroom

What: Moving to the new Main Post Office

Where: Bldg. P-5730

When: 03 JAN 2019
Please in-process 03 -31 Jan 19

Why: Reassigned to 5730



Who: All Boxes 7XXX at Bldg. #6809, PSC 333

What: Moving to new Main Post Office

Where: Bldg. P-5730

When: 03 JAN 2019
Please in-process 03-31 Jan 19

Why: Transferring to 5730

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Anyone who has served on federal active duty in the U.S. Armed Forces during any of the war eras listed below, and has been honorably discharged, is eligible for membership in The American Legion. Because eligibility dates remain open, all members currently serving in the U.S. Armed Forces are also eligible for membership.

AUG. 2, 1990 TO TODAY *Persian Gulf/War on Terrorism*

DEC. 20, 1989 TO JAN. 31, 1990 *Operation Just Cause (Panama)*

AUG. 24, 1982 TO JULY 31, 1984 *Lebanon/Grenada*

FEB.28, 1961 TO MAY 7, 1975 *Vietnam*

JUNE 25, 1950 TO JAN. 31, 1955 *Korea*

DEC. 7, 1941 TO DEC. 31, 1946 *World War II*

U.S. Merchant Marines from this era are also eligible.

www.legion.org/join

(800) 433-3318

Get involved

Sons of The American Legion and The American Legion Auxiliary offer membership opportunities to the families of Legion-eligible veterans, and The American Legion Riders offers additional opportunities to members of all three organizations.



www.alaforveterans.org



www.legion.org/sons



www.legion.org/riders

Support

Tax-deductible donations help support the many Legion programs serving veterans, youth, families and communities across America.

www.legion.org/donate

(800) 433-3318



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FOR VETERANS

- Free assistance for veterans and families applying for VA benefits
- Relentless advocacy for a strong VA health-care system
- Free representation for veterans appealing claims decisions
- More than 1,000 job fairs and career events
- Support and assistance for homeless veterans

FOR AMERICA'S YOUTH

- American Legion Baseball
- Scholarships
- Flag education programs
- Oratorical competitions
- American Legion Junior Shooting Sports
- Youth Cadet Law Enforcement program
- Boys State and Boys Nation
- Junior ROTC
- Scouting

DEFENSE

- Cash grants for military families who have temporary financial needs
- Comfort items for hospitalized military personnel
- Advocacy for fair military retirement benefits
- Family Support Network of volunteers to help military families
- Representation in Washington to support proper DoD funding
- Assistance in cases before military discharge review boards

AMERICANISM

- National leadership in U.S. flag protection and respect
- Services to help legal immigrants become U.S. citizens
- Support for public expression of the Pledge of Allegiance and the national anthem

COMMUNITY

- Honor and remembrance of those who served and sacrificed
- Emergency relief in times of natural disaster
- Leadership at patriotic ceremonies and special events
- Connections with local schools and home-school students
- Numerous local programs and initiatives, tailored to each community's needs

Get to Know Your Spice Rack This Holiday Season

Capt. Lori W. Maggioni
Deputy Chief, Nutrition Care Division
Eisenhower Army Medical Center



Enjoying food in the company of family and friends is one of the things most special about the holiday season. When it comes to lightening up recipes, it is important to understand how to keep flavor when reducing fat, sugar or sodium. One way is through the addition of spices, herbs or other flavorings such as citrus. It is not about giving up everything that is tasty, just about making a few adjustments.

On average in this country, we consume about two times more salt than is recommended by health professionals. Too much salt can contribute to high blood pressure and has been linked to coronary heart disease, so it makes sense to cut down on your salt intake. It

is amazing how quickly your taste buds adjust once you start to reduce the salt content in your foods.

Fortunately, there are so many ways to add flavor to dishes besides the salt shaker. Whether it's rosemary, basil, tarragon or cilantro, fresh and dried herbs are one of the quickest, easiest ways to punch up the flavor of foods. Chopped or diced aromatic vegetables -- onions, garlic, shallots, scallions, leeks, peppers, and celery -- are a wonderful way to create base flavors in soups, stews, sauces and stir-fry recipes. Be sure to crumble dried herbs before using to release fragrant flavor and aroma.

One way to have fresh herbs last longer is to put 'em on ice. Place one tablespoon chopped robust herbs -- lavender, oregano, thyme,

rosemary, sage, or bay leaf -- in each compartment of an ice cube tray. Cover to about two-thirds full with broth, oil, white wine, water or coconut water, then freeze. Once frozen, place ice cubes in zip-top freezer bags. Use one or two frozen cubes in soups, stews, sauces, roasted vegetables or omelets.

Research has shown incorporating spices into your diet can have a number of health benefits. Oregano, rosemary and turmeric steal the spotlight because of their high antioxidant levels and cancer-fighting properties. Ginger and peppermint have been used throughout history to treat everything from nausea and motion sickness to pain and inflammation, and they definitely have their place during cold and flu season.

Cinnamon is one of the most important spices used daily by people all over the world. In addition to being an antioxidant, anti-inflammatory, antimicrobial and cardiovascular-disease-lowering compound, cinnamon has been reported to have positive effects on blood sugar levels and neurological disorders, such as Parkinson's and Alzheimer's diseases. Try a sprinkle on your morning oatmeal, yogurt, baked sweet potatoes or even in your smoothie.

Once you start to incorporate more variety of herbs and spices in your diet, you will never look back and begin to reap the health benefits. It is simple changes that make the biggest difference when it comes to overall health. Spice it up this holiday.



Introducing!

Aesthetic Surgical Clinic at Gunpo G Sam Hospital

Surgeries:

- Scar Revision • Nose Work • Blepharoplasty • Face Lift
- Breast Augmentation & Reduction
- Lipoinjection • Liposuction
- Tummy Tuck (Abdominoplasty)
- Filler And Botox Injection
- Other Aesthetic Surgical Procedures

Head of Department:

Young Rae, M. D.

Board Certified Plastic Surgeon.

Private practice for 30 years at Kangnam District, Seoul

Prof. at Inha University & Konyang University Hospital

Visiting prof. at IRPS. New York University. Medical Center

Seoul National University Graduate

Contact: 010-9175-1327 (direct & texting)

Location: 591 Gunpo-ro, Gunpo-city, Gyeonggi-do
(<http://www.gsamhospital.com>)



Young Rae, M. D.

Holiday Gift Guide



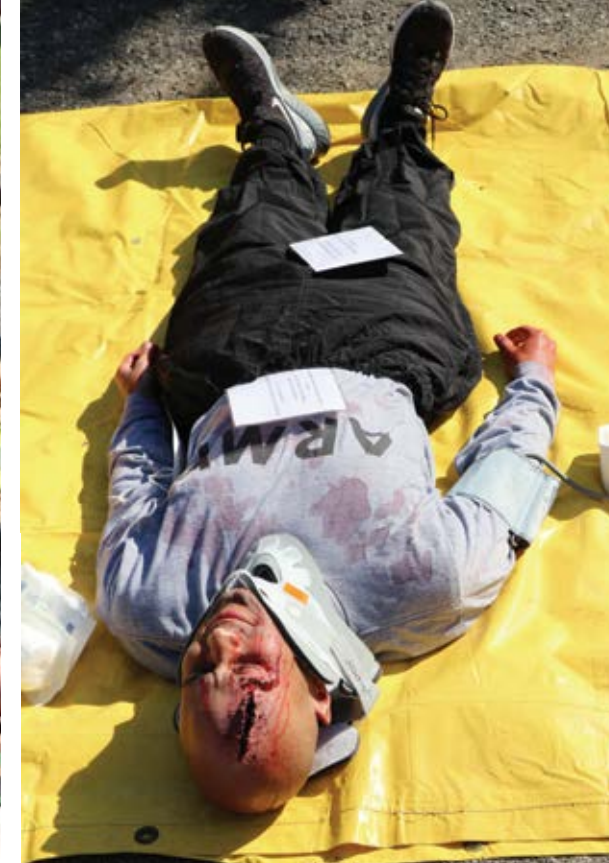
1. Marvel MVA-278 Captain America Waffle Maker
Retail: \$34.99 Available at: Amazon.com
2. Nebula Capsule Smart Mini Projector
Retail: \$235.99 Available at: Amazon.com
3. AeroGarden Classic 6 with Gourmet Herb Seed Pod Kit
Retail: \$68.95 Available at: Walmart.com, Amazon.com
4. Soundbar, TaoTronics Sound Bars for TV Sound bar Wired & Wireless Bluetooth 4.2 Speakers (25-Inch, Included Optical Cable)
Retail: \$50.56 Available at: Amazon.com

5. LifeAround2Angels Bath Bombs Gift Set 12 USA made Fizzies, Shea & Coco Butter Dry Skin Moisturize
Retail: \$150.00 Available at: Amazon.com
6. Aarke - Carbonator II (Premium Carbonator/Sparkling Water Maker) (Stainless Steel)
Retail: \$199.00 Available at: Sears.com, Amazon.com
7. TNSO MFi Certified iPhone Charger 5 Pack (3/3/6/6/10ft) Extra Long Nylon Braided USB Charging & Syncing Cord Compatible with iPhone Xs/Max/XR/X/8/8Plus/7/7Plus/6S/6S Plus/SE/iPad/Nan More
Retail: \$13.99 Available at: Amazon.com



8. Yeti USB Microphone
Retail: \$89.00 Available at: bestbuy.com, Amazon.com
9. Wonder Workshop – Dot and Dash Robot Wonder Pack for Kids 6+
Retail: \$223.99 Available at: apple.com, Amazon.com
10. Julep Divine Shine 12-Piece Ultra-Hydrating Lip Gloss Collection
Retail: \$89.40 Available at: Julep.com, Amazon.com
11. ChefSteps Joule Sous Vide, Stainless Steel Cap & Base
Retail: \$159.00 Available at: Amazon.com
12. VAVA Magnetic Phone Holder for Car Dashboard, Car Phone Mount with a Super Strong Magnet (Compatible with iPhone Xs

- Max XR X 8 7 Plus Galaxy S9 S8 Plus Note 9 8 and More)
Retail: \$19.99 Available at: Amazon.com
13. Echo Women's Faux Fur Vest
Retail: \$89.00 Available at: Zappos.com, Amazon.com
14. Chicago Metallic 26783 Professional Lasagna Trio Pan (16-Inch-by-12.5-Inch)
Retail: \$19.95. Available at: Amazon.com
15. SKLZ Accelerator Pro - Indoor Putting Green With Ball Return (9 feet x 16.25 Inches)
Retail: \$33.99 Available at: Amazon.com



Full Scale Exercise Tests Hospital Preparedness

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



**Exercise!
Exercise!
Exercise!**

With those three words United States Army Garrison Yongsan-Casey personnel launched a full-scale exercise to test directorate crisis response.

Over the course of four days, this Full Scale Exercise tested emergency services at K-16 Air Base, Yongsan and Casey Garrison's as fire and medical resources were put through their professional paces testing their ability to handle potentially fatal situations.

On USAG Yongsan's Camp Coiner, U.S. and South Korean first responders used saws and hammers to pry both simulated and live victims from a two car crash.

Whenever an event such as this occurs, the USAG Yongsan Safety Office and medical first responders are called into action and for the Brian Allgood Army Community Hospital team; a Full Scale Exercise scenario gives them the opportunity to call a Code Grey (Mass Casualty or MASCAL).

"We received the call and immediately responded as if it was a real world event," said incident commander, Lt. Col. Aristotle Vase-liades, the Deputy Commander of Administration for the BAACH.



preparedness crews are ready to respond to scenarios despite the rapidly declining population as the bases in Area I and II.

Those gaps were the focus for a visiting evaluation team from Humphreys led by that base's director of emergency services, Charles Walker.

"It's difficult keeping people in the mindset, that you have to maintain vigilance even though you are closing," he said. "Reducing is not an excuse to reduce the standards. That's what terrorists and personnel who want to do harm want."

As for the BAACH team, Vaseliades praised the garrison team for providing a great opportunity to cross-talk. "This agency interaction gave us a chance to do something that we don't always get to do on a day to day basis."

EDITOR'S NOTE: A special thank you to Marcus Fichtl from Stars and Stripes for contributing to this article the interview of evaluation team.

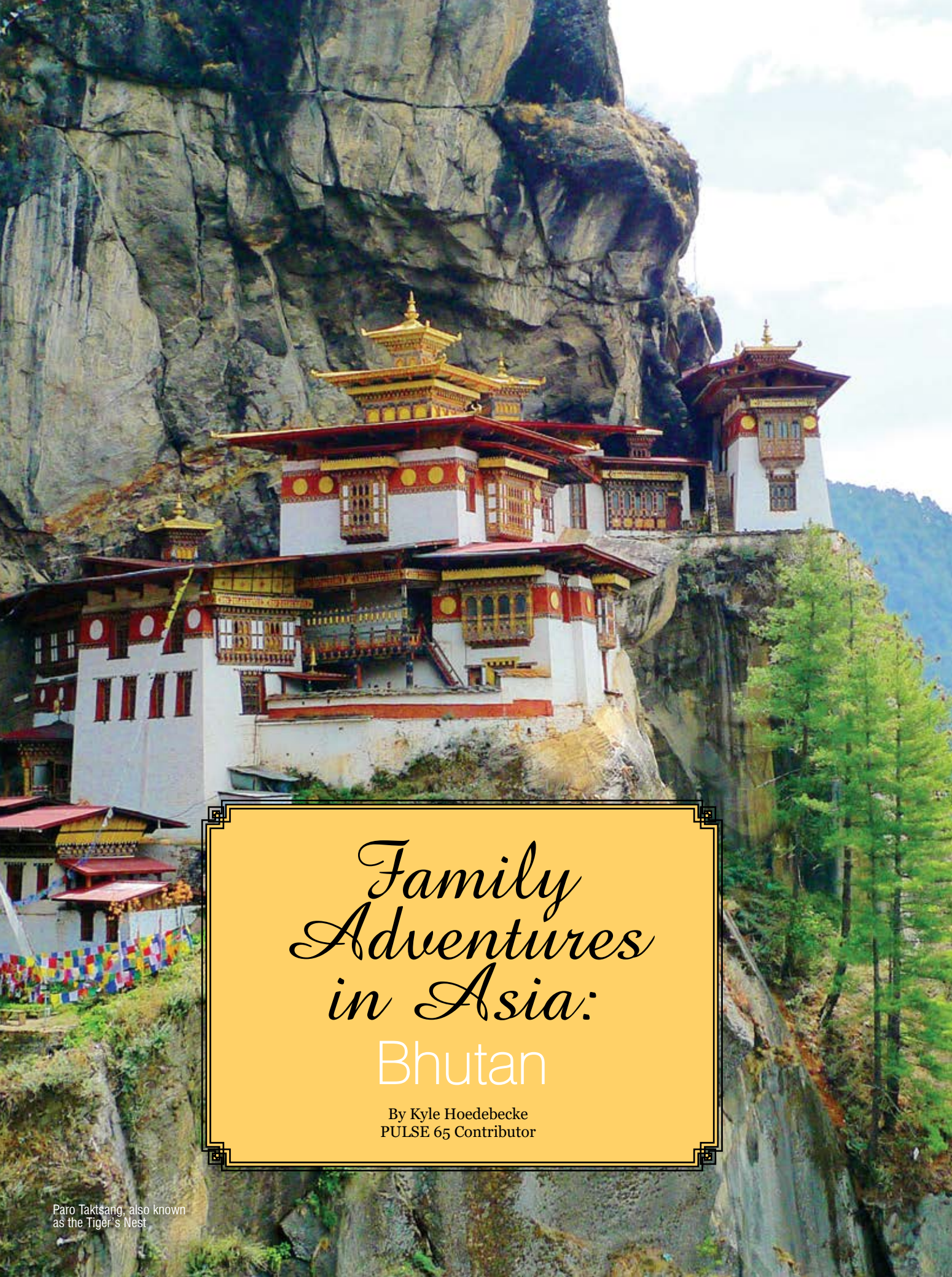
As this was a training scenario run by garrison operations, observer controllers watched closely and graded the responders.

"This year, we (BAACH) [tested the boundaries of agency coordination] interacted amongst our triage teams and aside from initial triage and wound care, pushed casualties through the emergency department and onto the wards for holding and evaluation or transferring to the operating room for surgery," said Vaseliades.

The interaction between the fire, police and medical personnel was outstanding, according to Thomas Bookman, Regional Health Command Pacific Emergency Manager.

The garrison's goal was to make sure emergency





Family Adventures in Asia: Bhutan

By Kyle Hoedebecke
PULSE 65 Contributor

Paro Taktsang, also known
as the Tiger's Nest



T

This month we travel to the Land of the Thunder Dragon - officially known as the Kingdom of Bhutan. This tiny Asian nation about half the size of the state of Indiana. Surrounded by the Himalayas, Bhutan is sandwiched between India and China - and is one of 43 landlocked countries globally.

Bhutan is the only country that officially measure national happiness through its index called Gross National Happiness (GNH). The United Nations liked this idea so much that it has released annual World Happiness Reports starting in 2012 based on Gallup data in the areas of social, health, and environmental wellness.

This kingdom is home to the highest unclimbed mountain in the world - Gangkhar Puensum - measuring approximately 24,846 feet (7,570 meters). There is a law prohibiting mountaineering over 6,000 meters as the Bhutanese believe these peaks are where their deities reside. The locals believe that intruding upon these spiritual regions would be considered offensive.

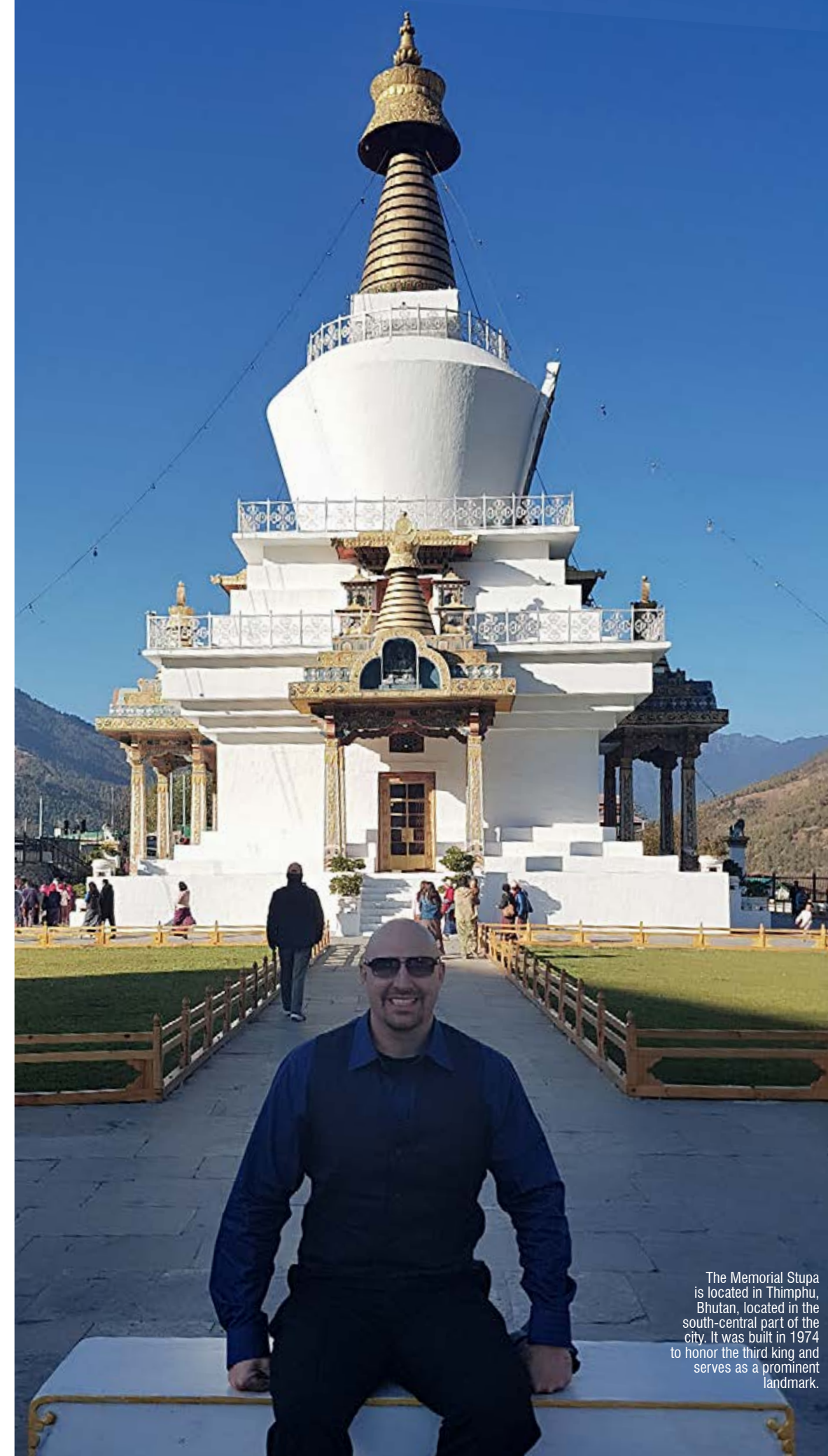
Bhutan places a great importance on harmony with nature. For example, the country's power source and biggest export is hydroelectricity. Because of this environmentally friendly source of power and the kingdom's vast forest coverage, the country runs at a carbon dioxide deficit. Additionally, plastic bags and cigarette use have both been banned for almost two decades.



Dr. Hoedebecke with other international guest speakers from Norway and Australia. The traditional Bhutanese clothing was so popular that many guests also wore them throughout their stay.



Mo-mo, or dumplings, are a common food in Bhutan. Additional accompanying foods include cilantro soup and french fries covered in chili sauce. Be careful as most Bhutanese food tends to be quite spicy.



Jigme Khesar Namgyel Wangchuck – the current king of – and his wife Jetsun Pema are revered across Bhutan. At the age of 28, he became the youngest reigning monarch in the world. The king is known as a humble leader and even allows any citizen to request private meetings. The royal family have won the hearts of others during their official visits to Japan, India, as well as other countries.



Dr. Hoedebecke was invited last month by the Bhutanese government to give a lecture during their 4th Annual Conference on Medical and Health Sciences. As an internationally recognized subject matter expert on medical systems improvement, he discussed how the Bhutanese medical system could better employ technology to improve research, decrease physician burnout, and strengthen population health.

Travel Tip of the Month

Traveling to this tiny nation is not easy! Each adult must spend over \$250/day. For a standard tourist visa, visitors must book through a government-approved tour agency and pay the full price of the trip before arrival. This occurs by sending the full amount of your stay to the Tourism Council of Bhutan in advance. The Council then pays the tour operator who arranges all the travel details. One way to get around the mandatory spending requirements is to get an invitation from a local organization or individual.

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MEDICAL FOCUS

Recognizing Cold Weather Injuries

By Capt. Kerri Thornton-Moore
Area North Army Public Health Nurse

Winter is upon us and although it is a great time to enjoy the crisp cool air, it is important that we all keep safety and prevention at the forefront of all of our daily activities.

The weather here in South Korea can change rapidly and individuals can find themselves in dangerous but seemingly harmless situations. Winter injuries can occur in some of the most unexpected ways, but proper training and prevention strategies can ensure that everyone has a safe and enjoyable winter. Here are the most common types of cold weather injuries:

Chilblain is caused by continuous or repeated exposure of skin to cold/wet weather conditions at temperatures below 50 °F for more than 1-5 hours. Signs of chilblain include swollen, red skin (or darkening of the skin in dark-skinned soldiers) with rash-like appearance; tender, painful skin and, upon rewarming, skin is red, hot, and itchy. When symptoms are noticed warm affected area with direct body heat. It is important that you do not massage or rub affected areas and do not wet the area or rub it with snow or ice. Do not expose affected area to open fire, stove, or any other intense heat source.

Hypothermia occurs when there is prolonged cold exposure and core body-heat loss and may even occur at temperatures above freezing, especially when a person's skin or clothing is wet. Symptoms include shivering, drowsiness, mental slowness, lack of coordination which may progress to unconsciousness, irregular or

the affected area; tingling, blistered, swollen, or tender areas; pale, yellowish, waxy-looking skin (grayish in dark-skinned soldiers); frozen bodily tissue that feels wooden to the touch. Because frost bite is such a serious condition first aid should be started immediately. Warm affected area with direct body heat. Do not thaw frozen areas if treatment will be delayed. Do not massage or rub affected areas. Do not wet the area or rub it with snow or ice. Do not expose affected area to open fire, stove, or any other intense heat source. Evacuate as soon as possible, because frostbite can lead to amputation.

Immersion foot (trench foot) is caused by prolonged (>12 hrs) exposure of tissue especially the feet to wet cold and conditions at 32 °F to 60 °F. Inactivity and damp socks and boots (or tightly laced boots that impair circulation) speed onset and severity. Symptoms include cold, numb feet that may progress to hot w/ shooting pains, swelling, redness, and bleeding with



slow heartbeat, and death. If hypothermia suspected get the soldier to a medical facility as soon as possible, hypothermia is a medical emergency and may be fatal. Remove wet clothing, wrap victim in blankets or a sleeping bag, and move indoors. Place another person in sleeping bag as an additional heat source. Minimize handling of the unconscious victim with a very weak and slow heartbeat so as to not induce a heart attack.

Frost bite is caused by exposure to below freezing temperatures (< 32°F) causing freezing of skin, fingers, toes, ears and facial parts and exposure of skin to metal, super cold fuel and POL, wind chill, and tight clothing, particularly boots. Symptoms include numbness in

may become pale and blue. First aid actions are to get medical help as immediately and remove wet and constrictive clothing. Dry and clean skin gently. Rewarm feet by exposing them to warm air. Do not allow victim to walk on injury. Do not massage, rub, moisten, or expose affected area to extreme heat or lotions. Do not pop any blisters.

Dehydration happens when bodily fluids are depleted. Symptoms of dehydration are dizziness, weakness, blurred vision, thirst, and dark urine. When dehydration is suspected, replace lost water slowly. Drinking warm water is suggested to aid in rewarming the body.



Carbon Monoxide Poisoning is caused by the displacement of oxygen by carbon monoxide in the blood stream from burning fuels without proper exhausting and ventilation. Symptoms include Headache, confusion, dizziness, excessive yawning, cherry red lips and mouth (in light-skinned individuals); grayish tint to lips and mouth (in dark-skinned individuals); and unconsciousness. If carbon monoxide poisoning is suspected move the individual to fresh air immediately and administer oxygen if available.

Tips for preventing cold weather injuries:

- Use contact gloves to handle all equipment; never use bare hands.
- Use approved gloves to handle all fuel products.
- In extreme cold environments, do not remove clothing immediately after heavy exertion; wait until you are in a warmer location.
- Avoid cotton clothing which holds perspiration during cold-weather environments.
- Anticipate the need for warming areas in cold training environments.
- Keep face and ears covered and dry.
- Keep socks clean and dry.
- Avoid tight socks and boots.

- Consume 3-6 quarts of water per day at a minimum.
- Monitor urine color intensity. Wipe the inside of Vapor Barrier boots dry at least once per day, or more often as feet sweat.
- Dry leather boots by stuffing with paper towels.
- Use only Army-approved heaters in sleeping areas and ensure that personnel are properly trained to operate the heaters.
- Never sleep in idling vehicles.

Safety at the Wheel

During the winter time the weather can change rapidly, storms can cause snow and ice to fall at any time. In some cases the temperature can drop over twenty degrees within a few hours. It is important as a traveler to check the weather forecast and plan accordingly. Road closures can make it very difficult to get around causing traffic delays. Because of the uncertainty of conditions during this time of year, always prepare for the worst and hope for the best. Pay attention to the road conditions. Here are some winter travel tips from the National Weather service:

- Utilize the National Weather Service
- Check the conditions along your route
- Make sure you have access to the most up to date

weather information via mobile phone

- Get your vehicle serviced and winterize it.
- Have a winter emergency kit in your vehicle.

The winter months can be a very enjoyable time for everyone, but extremely cold weather can bring on health emergencies if we are not vigilant in preventing these types of injuries. In cold environments leaders must constantly be aware of the conditions and status of those that they are in charge of, and be observant for signs and symptoms of cold weather injuries. With all activities mission and non-mission related remember the COLD acronym for judging clothing against the weather. Clean, (avoid) Overheating, Loose and in layers, and Dry.



Year in
**MILITARY
HEALTH** 2018

MHS Military Health System
health.mil



On Sept. 28, 2018, a new blood donation center opened in Takeo, Kingdom of Cambodia. Regional Health Command-Pacific in partnership with U.S. Indo-Pacific Command and the U.S. Army in the Pacific, recently supported a blood safety global health engagement in the Kingdom of Cambodia.

RHC-P Supports Blood Safety Program in Cambodia

Story by Emily Yeh, RHC-P Public Affairs
Photos by U.S. Embassy Phnom Penh, Cambodia Office

A team of medical professionals from Regional Health Command-Pacific's medical treatment facilities and units, in partnership with U.S. Indo-Pacific Command and the U.S. Army in the Pacific, recently supported a blood safety global health engagement in the Kingdom of Cambodia.

Lt. Col. Teresa Terry, Chief, Clinical Laboratory and Blood Operations, 18th Medical Command (Deployment Support) has been overseeing this humanitarian assistance and disaster relief health engagement effort.

"A focus of the Blood Safety Program in Cambodia is to support vital lifesaving efforts through the improvement of blood product collection, manufacturing and storage," said Terry.

This recent mission in Cambodia marks the grand opening of two blood donor centers, and paves the way for the next step, which is the accreditation of the facilities. During the trip another milestone was achieved with the help of the first volunteer blood donors, where blood was collected at these new facilities.

"The highlight for this mission was the completion of the last two out of five U.S. Indo-PACOM funded Blood Transfusion Centers in Cambodia," said Terry. "The completion of this phase of the project culminated with a ribbon cutting event which was attended by the Cam-

bodia Ministry of Health and representatives from the U.S. Embassy in Cambodia," Terry added.

Providing a safe and secure blood supply while improving quality processes with Cambodian blood bank laboratory staff was also a key phase of this project.

"Lt. Col. Terry and I accomplished another phase of this project which included standardization and validation of equipment for new and relocated instruments used for blood collection," said Sgt. 1st Class Jason

Timberlake, Dept. of Pathology, Madigan.

The overall effort from the entire team was a contribution to the international community and went towards building the host nation's biosecurity capacity as well as a sustainable blood program to support humanitarian assistance and disaster relief.

As for Terry, the opportunity to improve anyone's quality of life, and promote goodwill is a life changing experience.



Laboratory equipment used in the blood collection process sits on a laboratory benchtop in the newly opened Blood Donation Center in Takeo, Kingdom of Cambodia



NOTICE:

Cannabidiol (CBD Oils) and Synthetic Cannabinoids are Illegal in South Korea to ALL personnel in South Korea.



- ❖ Under Art. 51 of the Narcotic Control Act of South Korea, possession/ use of one of these compounds could land you 5 years in confinement.
- ❖ Under Article 112a and Article 92, UCMJ, CBD Oils and Synthetic Cannabinoids are illegal for all military personnel.
- ❖ Secondly, these compounds are dangerous.
- ❖ The symptoms include: dumbfounded, loss of appetite, fatigue, and or sleepiness

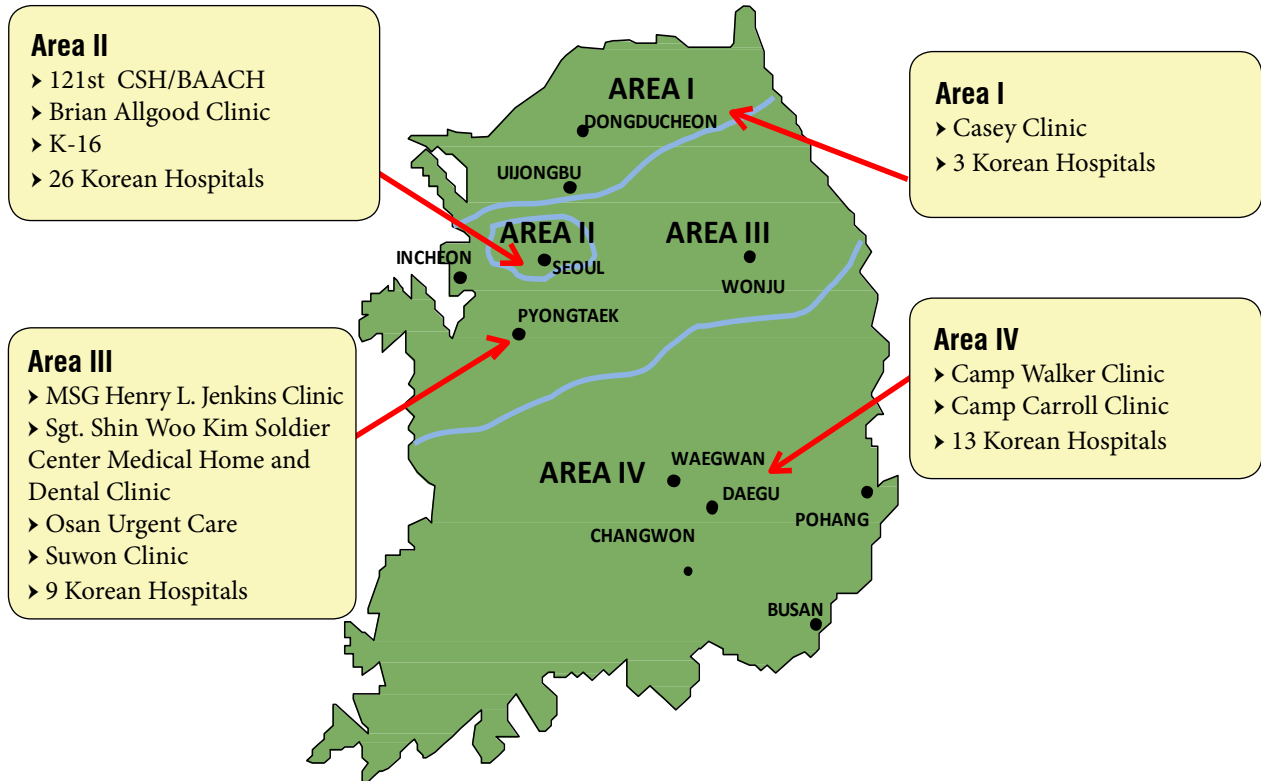
For questions, please contact the Camp Humphreys CID Office at 753-6149



65th Medical Brigade

Medical Capabilities

Population Supported



Brian Allgood Hospital

- Emergency Medicine
- Primary Care
 - Internal Medicine
 - Family Medicine
 - Pediatrics
- Medical Services
 - Dermatology
 - Sleep Medicine
 - Echocardiogram/ Stress Test
 - Respiratory Care
- 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

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)

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

Suwon Clinic

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

MSG Henry L. Jenkins Patient Centered Medical Home

- 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 (7 days a week)
- Prenatal care (up to 36 weeks)
- Dermatology (1 day per week)
- Nutrition (M-F)

Camp Carroll Clinic

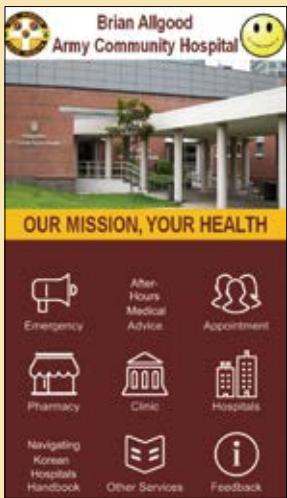
- Primary Care (18-65yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (hiring)

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

K-16 Clinic

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



iPhone/Android App

After-hours medical care

- Emergencies- On Post: Use BAACH App or call 031-690-7911 or 050-3353-7911.
Off Post: Dial 119 (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.


Making Appointments

- 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.




Emergency Services In and Around USAG Humphreys


Ajou University Hospital
42 Km, 1089 Beds, New Trauma Center, Helipad, OB/GYN




St. Vincent's Hospital
40 Km, 800 Beds, Dermatology, Woman's Clinic, OB/GYN



Dankook University Hospital
30 Km, 800 Beds, NICU/Peds, Cardio, Neuro, Ortho, OB/GYN, Psych, MRI, Helipad, EENT







Hallym University Dongtan Sacred Heart Hospital
41 Km, Emergency Medical Care and Specialty Clinics

Osan AFB Hospital ER
20 Km, Limited After Hours Urgent Care Clinic

St. Mary's Hospital
10 km, Emergency Room



Good Morning Hospital
10 km, Emergency Room



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: 031-690-7911
EMERGENCY off post from Cell: 119

Facilities Directory

HEALTH CARE/TMC

AREA I

Camp Casey Health Clinic

M,T,W,F 0800-1700
Thurs 1300-1630

Camp Casey Front Desk: 737-2762/2763

CRC TMC Front Desk: 732-7776/6011

APPOINTMENT LINE: 737-2273
(Mon-Fri 0700-1600)

Public Health Nurse:

737-3557
Mon-Fri 0830-1730

Audiology: 737-3590

Mon-Fri 0830-1130 & 1300-1630

Behavioral Health (Bldg. 802):

730-4304
Mon-Fri 0830-1730

Immunizations: 737-3577

Mon-Fri 0830 -1200 & 1300-1700

Lab: 737-3580

Mon-Fri 0830-1700

Optometry: 737-3594

Mon-Fri 0900-1200 & 1300-1700

PHAs: Call Appointment Line

737-2273
*APPTs ONLY
*MUST COMPLETE PART 1 FIRST

Pharmacy: 737-3598

Mon-Fri 0830-1700

Physical Therapy: 737-3588

Mon-Fri 0800-1200 & 1300-1700

Radiology: 737-3585

Mon-Fri 0800-1130 & 1230-1700

Triage & Transport Center (TTC): 737-3582

Open 24/7

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)

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)

Master Sgt. Henry L. Jenkins Patient Centered Medical Home

(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)

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

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. 777)
784-2108
Mon – Wed Fri 0700 - 1700 / Thurs 0900 - 1700

VET CLINIC

AREA III

USAG Humphreys

(Bldg. 2260)
737-9720
Closed in observance of all Federal Holidays.
Mon – Fri 0900 - 1600
One Saturday a month 0900 - 1200

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 0900-1600

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
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