

# Pulse

FEBRUARY 2019



**Community  
Candlelight  
March Across  
Humphreys**

*Ask A Health Coach*  
**What is Air Quality Index?**

*Learn Seollal Traditions*

*INSIDE:  
Kids Dental  
Activities*





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*"All of the staff made the experience a pleasant one, not something I often say about a visit to the dentist"*  
- UK World Cyclist

*"Thank you so much for your email! I have been following Dr. Rho's instructions to take care of the inflamed area and to be careful with the implant. Thank you again for your excellent advice, Dr. Rho, as well as the excellent staff members for their professional attitude with a smile :)"*  
- A tourist from Singapore



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## Detox Package

Loquat Moxibustion + Coffee Detox Therapy + Cupping Therapy

### Loquat Moxibustion

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

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

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



### Coffee Enema Detox Therapy

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

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



### Cupping Therapy

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

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



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

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

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## EDITOR'S LETTER

Dear readership of the PULSE65,

As we go forth into this new upcoming year, be mindful of the new laws that are taking effect here in the Republic of Korea. All citizens visiting, living or working here ARE required to respect the local laws and adhere to local regulations.

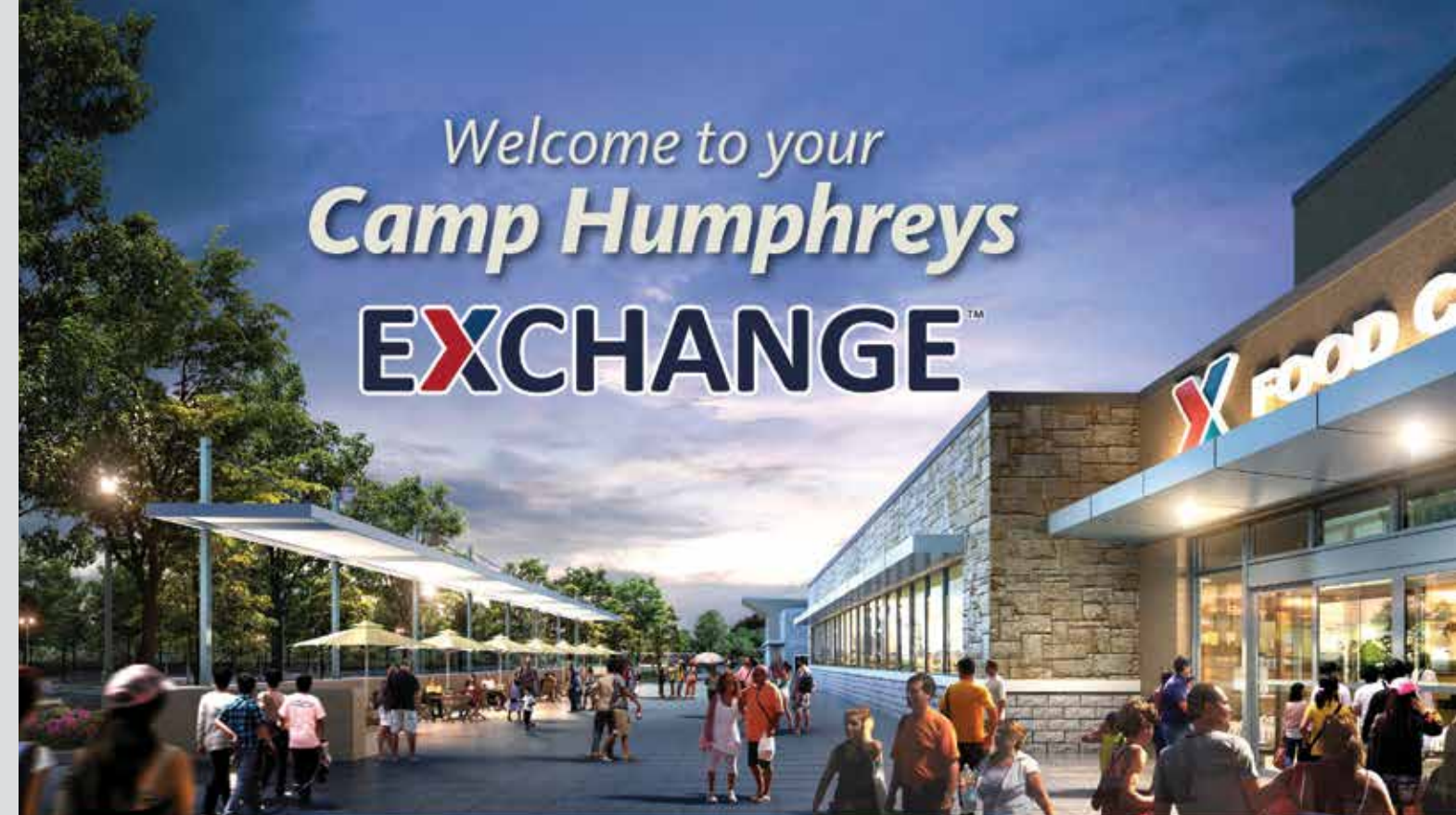
One new law this year involves a restriction on vehicle to reduce air pollution. Beginning February 15, during days that are determined to be high concentration of fine dust in the air, private motor vehicles can only be driven in the city of Seoul on alternate days based on whether the license plate number is even or odd. Also if you own a vehicle that is under the older emissions standards (2002 or older diesel vehicles and 1987 or older gasoline vehicles) you will be banned from driving on such days in Seoul, Incheon, and Gyeonggi Province. I guess it's time to listen to my family and buy a newer automobile.

Another law in effect concerns the new leash and muzzle requirements for dogs in public. Effective March 21, all dogs in public places must be on leashes regardless of size. Certain breeds, such as the Japanese mastiff, pit bull terrier, Stanford shorthair terrier, Staffordshire bull terrier, Rottweiler and their mixes, MUST also be muzzled in public. A violation may result in a 3 million won fine. If a dog without the required leash of muzzle causes injury to others, the owner and/or person in custody or control of the dog may be subject to up to 3 years imprisonment and/or 30 million won in fines. Been waiting for this to take effect in my apartment complex, especially the leash law part.

Lastly, this coming June 25, the blood alcohol concentration (BAC) limit for drivers will be lowered to 0.03 percent from the current standard of 0.05 percent. The maximum penalty for impaired driving will be up to five years imprisonment and/or 20 million won in fines. The BAC limit of 0.03 percent is a significant stricter standard for impaired driving compared to the U.S. A person may reach this BAC by consuming just one drink. Aside from the dangerous consequences, criminal prosecution, civil liability, and administrative actions, remember NOT ONE DROP!

These are just the civil laws being changed in 2019. For more on the new Uniform Code of Military Justice changes see pages #.

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



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Troop Theater



REELTIME  
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Family Theater

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TMM, USFK, Sentry



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DSC



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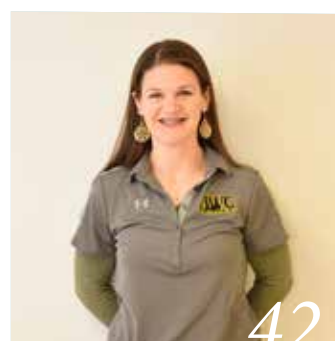
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## Community Candlelight March Across Humphreys

*Front cover:* The 65th Medical Brigade hosted the Eighth United States Army Dr. Martin Luther King Jr. Day observance at Freedom Chapel on U.S. Army Garrison Humphreys Jan. 15. Col. Kevin Hamilton, the 65th Medical Brigade Chief of Staff, provided opening remarks for the celebration. Brig. Gen. David Wilson, U.S. Forces Korea J4, was the guest speaker. Following the observance, the community took up candles for a silent march across USAG Humphreys. (Photo by William Wight, 65th Medical Brigade Public Affairs Office)



## Ask A Health Coach



## What is Air Quality Index?



## Learn Seollal Traditions

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Command Sgt. Maj. Thomas M. Barone

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Seollal, Lunar New Year's Day, is one of Korea's main holidays. The most common traditional game Korean people play this season is yunnori, a board game with throwing sticks. To play yunnori, toss the sticks in the air and move your game piece forward according to the number of the up-facing sticks. For more on Seollal and yunnori, see pages 62-69.





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## Exceptional Family Member Program



**EFMP Resource Connections  
Family Support Group**

**WEDNESDAY, FEBRUARY 20**

**5:30 - 7:30 P.M.**

**Humphreys High School - Cafeteria**

People with special needs can benefit from social connections.

The EFMP Family Support Group connects families with resources and tools to meet the needs of Exceptional Family Members. Come out and connect with USAG Humphreys EFMP community.

Visit our website to learn more about EFMP

<https://humphreys.armymwr.com/programs/exceptional-family-member-program>

For more information, call DSN 757-2581 | COMM 05033-57-2581 or e-mail [richard.y.in.civ@mail.mil](mailto:richard.y.in.civ@mail.mil)

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# CALENDAR

## EVENTS in KOREA



**ONGOING -MAR31**

### Lighting Festival at The Garden of Morning Calm

432, Sumogwon-ro, Gapyeong-gun, Gyeonggi-do

Held at the Garden of Morning Calm, the Lighting Festival is the biggest festival of lights in Korea, covering 100 thousand pyeong illuminated by 30,000 lights. The gleaming lights add a festive glow to the garden during the winter season. The main gardens are Hakyung Garden, Hometown House Garden, Bonsai Garden, Moonlight Garden, Sky Path and Garden of Eden, with colorful lights adorning the trees. In the event of inclement weather, lights may be turned off for safety.

- Admission: Adults 9,500 won
- Teenagers 7,000 won
- Children 6,000 won



• [www.morningcalm.co.kr](http://www.morningcalm.co.kr)  
• +82-1544-6703



**ONGOING -FEB24**

### Cheongpyeong Snowflake Festival

111, Gangbyeon-ro, Gapyeong-gun, Gyeonggi-do  
+82-31-585-9449



**ONGOING -FEB28**

### Korea Grand Sale

Areas of Seoul and major provinces  
[www.koreagrandsale.co.kr](http://www.koreagrandsale.co.kr)



**ONGOING -FEB06**

### Yeoncheon Paleolithic Winter Trip Festival

1510, Yangyeon-ro, Yeoncheon-gun, Gyeonggi-do  
+82-31-832-2570



**ONGOING -FEB17**

### Chilgapsan Ice Fountain Festival

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



**ONGOING -FEB28**

### Little Prince Lighting Festival of Petite France

1063, Hoban-ro, Gapyeong-gun, Gyeonggi-do  
[www.plcamp.com](http://www.plcamp.com)



**ONGOING -FEB10**

### Seoul Photo Festival

1238, Dongil-ro, Nowon-gu, Seoul  
+82-2-706-6751



**ONGOING -FEB17**

### Jaraseom Singing Winter Festival

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



**ONGOING -MAR03**

### Byeokchoji Botanical Garden Lighting Festival

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



Acrobatic and Martial arts!  
Percussion Traditional Korean music and Rock!  
Funny Story!

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# NAVIGATING KOREAN HOSPITALS

## THIS MONTH'S HIGHLIGHTS



### Hyosung Hospital



Hyosung Hospital has long provided medical care to international clientele, with doctors and coordinators dedicated to serving only foreign patients. By doing so, the hospital has built incredible confidence and expertise, leading it to achieve the highest vaginal delivery rate in Daegu in addition to a high V-BAC success rate. Of particular note, the hospital's single port laparoscopic surgery minimizes the incision, thus reducing scarring. Furthermore, its collaborative medical system, made up of 34 doctors, serves to enhance interconnectivity among medical fields.

Hyosung was selected as the first model hospital of certification authority. All of the employees are experienced skillful specialists providing reliable medical services. Hyosung International Clinic operates One-stop service 24 hours a day.

#### International clinic working hours:

M – F 0900 – 2000, Sat. 0900 – 1600

(for consultation)

24/7 English speaking services:

053-766-7073

**Phone:** 053-766-7073

**Fax:** 053-762-7945

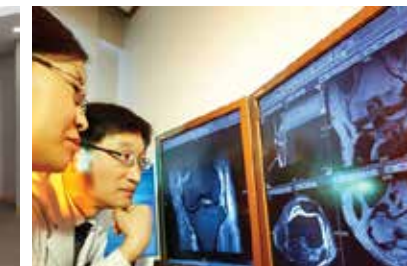
**Email:** in058@naver.com

**Location:** 194, Suseong-ro, Suseong-gu, Daegu

**Website:** www.hshospital.co.kr

**Directions (Subway):** Daegu Bank Station (Daegu subway line 2) exit 2, then take bus #4 get off at Susung-Gu Public Health Center, then if you take a taxi it will cost about 3,000 won.

**Specialties:** Allergy & Immunology, Endocrinology, Gastroenterology, General Practice, Internal Medicine, Obstetrics & Gynecology, Pathology & Laboratory, Pediatrics, Pharmacy, Radiology, Surgery: Cardiothoracic/ Colorectal/ General



### Samsung Changwon Hospital (SCH)

Sungkyunkwan University SCH, of Samsung Medical Center, leads the Korean medical field and Sungkyunkwan University, also holds the top rank among Korean universities with its 600-year tradition. It is the only university hospital in Changwon, which has a population of 1.1 million.

With the vision of 'Leading Hospital in the Southeast Region', SCH boasts the largest operation in the region composing of 1,300 medical specialists including 204 medical doctors, 31 departments and 720 beds.

Since opening in 1981 as Masan Korea Hospital with 16 departments and 200 beds, SCH has been leading the medical field while maintaining the biggest sized facility in the region.

SCH is one of the hospitals affiliated with Samsung Medical Center and is providing superb medical service on the basis of Samsung Medical Center's network system, taking rank with Samsung Medical Center and Gangbuk Samsung Hospital. SCH is not only providing superb medical service but also playing roles of systematic education and creative research.

#### International clinic working hours:

M – F 0900 – 1730

**Phone:** 055-233-8310

**Fax:** 055-233-8314

**Email:** ya1231.cho@samsung.com

**Location:** 158 Paryongro, MasanHoewon-gu, Changwon-si, Gyeongsangnamdo 630-723

**Website:** smc.skku.edu/en/

**Directions:** Changwon Train Station or Masan Train Station, if you take a taxi from any of these it will cost about 4,000 won or from the Masan Bus Terminal, a taxi will cost 3000 won.

**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, Pulmonary, Radiology, Rheumatology, Surgery: Cardiothoracic/ Colorectal/ General/ Neurosurgery/ Plastic/ Vascular/ Urology



# LIVE MUSIC&DANCE CALENDAR



**FEB08**  
Blue Room Jazz Quartet

JCC Concert Hall  
ticket.yes24.com



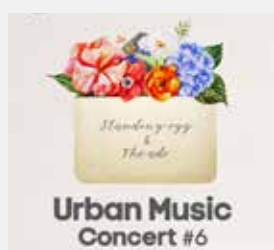
**FEB08**  
Music in PyeongChang [NOWhere]

SAC Concert Hall  
www.sac.or.kr



**FEB14-15**  
2019 Seoul Philharmonic Orchestra : SIBELIUS SPECIAL

SAC Concert Hall  
www.sac.or.kr



**FEB16-17**  
Urban Music Concert #6 - Standing Egg, The Ade

COEX Auditorium  
ticket.yes24.com




**FEB19**  
Vienna Cello Ensemble 5 plus 1

Lotte Concert Hall  
www.lotteconcerthall.com/eng




**FEB23**  
Rafal Blechacz & Kim Bom-sori Duo Concert

SAC Concert Hall  
www.sac.or.kr




**FEB27**  
Maroon5 Korea Concert 2019

Gocheok Sky Dome, Seoul  
ticket.yes24.com



**FEB27**  
Josh Groban Bridges Tour

Jamsil Indoor Stadium  
ticket.interpark.com



**MAR07**  
London Philharmonic Orchestra

SAC Concert Hall  
ticket.interpark.com



**MAR09**  
Seoul Tap Dance Fringe

Mapo Arts Center, Play MAC  
ticket.interpark.com



**MAR16**  
Gustavo Dudamel & LA PHIL (Acc. Yuja Wang)

Seoul Arts Center, Concert Hall  
www.sac.or.kr



**MAR18**  
Tom Odell Live in Seoul

Blue Square Imarket Hall  
ticket.interpark.com

O S A N A B E X C H A N G E

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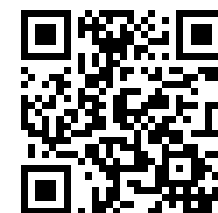


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You will need to bring:

- 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.



## FAMILY > SERVING < FAMILY



# SCENE & HEARD

NATIONAL & INTERNATIONAL

By Eric Young-Seok Park

## NASA IS SENDING A DESPERATE MESSAGE TO WAKE UP OPPORTUNITY ON MARS



Just recently NASA celebrated the beginning of the Opportunity rover's 16th year on the Martian surface, but all is not well with the six-wheeled robot. Opportunity has been dead quiet for over six months after falling asleep in a planet-wide dust storm, and NASA is understandably concerned. The rover's solar panels couldn't gather the power it needed to sustain itself, and the rover simply hasn't woken back up in the months since the skies have cleared. Now, in what might be a last-ditch effort to continue the Opportunity mission, NASA is sending commands to the rover in the hopes that it'll snap out of its funk. "We have and will continue to use multiple techniques in our attempts to contact the rover," John Callas of NASA's Jet Propulsion Laboratory said in a statement. NASA's attempts to contact the rover have thus far been met with only silence. The rover entered a low-power default state akin to hibernation when its solar panels became shrouded in darkness, and it's thought the dust storm may have caked the hardware in debris, making it hard for it to fill its batteries once more. The "windy season" on Mars began a while ago, and NASA had hoped that blustery winds would help clean the rover and allow it to wake up. That obviously hasn't happened, so NASA is experimenting with new commands and signals that might do the trick. The main concern at this point is Opportunity's batteries, which have now been dormant for months.

## DUKE PROFESSOR SPARKS ONLINE OUTRAGE AFTER TELLING CHINESE STUDENTS TO ONLY SPEAK ENGLISH



A Duke University official stepped down after her email telling international students to "commit to using English 100% of the time" sparked outrage online. Megan Neely, who had been the university's director of graduate studies in the biostatistics department, told the program's students in an email to only speak English on campus and in professional settings. The email titled "Something to think about..." triggered a petition with over 1,900 signatures and has been shared across Twitter as well as Chinese social media site Weibo. In the email, Neely claimed two unnamed faculty members complained to her about a group of students speaking Chinese "very loudly" in a common area. They asked to see photos of the first and second-year students so that they could "remember them if the students ever interviewed for an internship or asked to work with them for a master's project." A university spokesperson confirmed that images of the email shared online were authentic. "I have no idea how hard it has been and still is for you to come to the US and have to learn in a non-native language. As such, I have the upmost respect for what you are doing," Neely wrote in the email. "That being said, I encourage you to commit to using English 100% of the time when you are in Hock or any other professional setting."

## BRAZIL DAM COLLAPSE: HOPES FADE FOR HUNDREDS MISSING AS SEARCH SUSPENDED IN BRUMADINHO



Hopes are fading for hundreds of people still missing after a dam collapse at an iron ore mine in Brazil, after officials suspended the search for survivors amid fears a nearby dam was at risk of breaking as well. Authorities are evacuating 24,000 people in several neighbourhoods within range of the B6 dam, owned by the same company as the dam that broke. Anger erupted over the increasing likelihood many of the Vale company workers and residents living near the mining site are dead. The death toll stands at 34, but around 300 other people are estimated to be missing. Rescue teams had been searching for survivors at the facility near the city of Brumadinho in Minas Gerais state following the collapse of a dam holding back mine waste, sending out waves of mud for several miles. Scores of families awaited word on their loved ones as Romeo Zema, governor of Minas Gerais, admitted that most recovery efforts would entail pulling out bodies. "I'm angry. There is no way I can stay calm," said Sonia Fatima da Silva, as she tried to get information about her son, who had worked for the mining company for 20 years. "My hope is that they be honest. I want news, even if it's bad." Authorities with the Minas Gerais fire department said that 23 people had been found and taken to hospital. Vale said in a statement on Saturday that while 100 of its workers were accounted for, more than 200 workers were still missing. Local fire officials estimated the total number missing at close to 300.

## INSURANCE CLAIMS FROM DEADLY CALIFORNIA WILDFIRES TOP \$11.4B



Insurance claims from California's deadly November 2018 wildfires have topped \$11.4 billion, making the series of fires some of the most expensive in state history, officials said. The latest tally adds to growing concerns about the future availability of home insurance in wildfire-prone areas. More than \$8 billion of the November 2018 losses stem from the fire that leveled the town of Paradise, killing 86 people and destroying roughly 15,000 homes. The other \$3 billion in losses are from two Southern California wildfires that ignited the same week. The numbers were expected to rise, though not dramatically, state Insurance Commissioner Ricardo Lara said. So far, total damage for 2018 wildfires is close to \$12.4 billion. "These are massive numbers for us," Lara said. California's wildfires are increasingly destructive and the fire season is stretching longer due to climate change. A series of 2017 wildfires in Northern California's wine country and in parts of Southern California became the state's most expensive in history at \$11.8 billion. It has already become harder for people in fire-prone areas to get or keep insurance, although Lara said the state is not at a point where it's impossible for homeowners to find it.

## MCDONALD'S ANNOUNCED THREE NEW BIG MACS



Some may say that the iconic McDonald's Big Mac needs no changing, but clearly they would be wrong - as even the fast food restaurant itself thinks adding bacon to the burger is a necessary move. This year has already been full of Maccies news - first, they launched the Spicy Veggie Wrap, then they brought back the Galaxy Caramel McFlurry, and recently they were even giving away free cheeseburgers - but it appears they want to end January with a bang, announcing three new Big Macs to appeal to all meat-eating customers. The fast food restaurant is changing the recipe of the iconic Big Mac for the first time in 51 years by adding bacon. Plus, the Grand Mac and the Mac Junior, which were around for a short time early last year, will also be back on the menu. Michelle Graham-Clare, Head of Marketing at McDonald's UK&I, said: "The customer reaction to our Grand Big Mac and Mac Jr. last year was phenomenal, the love for the iconic Big Mac surpassed all expectations. Which is why I am delighted to introduce bacon to the Big Mac range, a twist on a classic which has sparked debates around the world - is a Big Mac still a Big Mac if you add bacon?" Last year, the two new Macs were so popular that some restaurants temporarily sold out.

## CELINE DION JUST HIT UP THE MOULIN ROUGE IN A LUMINOUS MINIDRESS



When it comes to Paris Haute Couture Fashion Week, Celine Dion has been consistently proving that she's here to stay. Fresh from rocking the chicest high fashion flight attendant look, in the form of an Alexandre Vauthier jumpsuit as she arrived at the Folies Bergere Music Hall in Paris this week, Dion decided to hit up the Moulin Rouge in yet another striking outfit. Posing in front of the club's iconic windmill, Dion looked overjoyed to be sampling the nightlife in Paris alongside a well-dressed group of dancers.

## HILLARY CLINTON 'STILL CONSIDERING 2020 PRESIDENTIAL RUN'



Hillary Clinton has not ruled out running for president in 2020, a new report claims. The former US senator and secretary of state has told friends that she is "not closing the doors" on her Oval Office ambitions. CNN correspondent Jeff Zeleny said during an appearance on Inside Politics: "I'm told by three people that as recently as this week, she was telling people that look, given all this news from the indictments, particularly the Roger Stone indictment, she talked to several people, saying 'look, I'm not closing the doors to this.'" "It does not mean that there's a campaign-in-waiting, or a plan in the works," he added. Ms. Clinton was the Democratic nominee for president in 2016 but lost to Donald Trump in a seismic upset, though she did win the popular vote. She was the first woman to ever run for president through securing the nomination of a major political party. But the Democratic field for the 2020 election is already crowded with Elizabeth Warren, Kamala Harris, Tulsi Gabbard and Kirsten Gillibrand among the politicians eyeing a run for the White House. A clear frontrunner is yet to emerge and though more than eighteen months remain until the election, more candidates for the Democratic nomination are expected to declare soon.

## TESLA FACES A PAINFUL DOSE OF REALITY



Throughout 2017 and 2018, Tesla (NASDAQ: TSLA) posted phenomenal growth. Revenue soared from just \$7 billion in 2016 to an estimated \$21 billion in 2018. Vehicle deliveries grew at an even faster rate, rising from roughly 76,230 in 2016 to 245,240 last year. Tesla even turned profitable in the second half of 2018. However, in the background, warning signs about the sustainability of Tesla's performance have been building up. Unfortunately, CEO Elon Musk is only now acknowledging the extent of the challenges the company faces, which has created an unnecessary crisis for the electric-vehicle pioneer. Earlier this month, Musk sent a letter to Tesla employees announcing that the company had to cut about 7% of its full-time workforce. He noted that Tesla is on track to post a second straight quarterly profit for the fourth quarter, but that it will earn less money than in Q3. Furthermore, he expects Tesla's earnings to continue to trend lower in the first part of 2019. The underlying problem is simple. As Musk stated in his letter (via CNBC), "While we have made great progress, our products are still too expensive for most people." Today, the cheapest Tesla you can buy costs \$44,000 before the impact of any tax credits. For the first year or so after Model 3 sales began, the cheapest available option cost \$49,000. And many customers so far have opted for even pricier variants. The higher-priced models are dramatically more profitable for Tesla than a hypothetical \$35,000 Model 3 would be. As impressive as Tesla's Q3 surge to profitability was, it isn't necessarily sustainable unless the company can either dramatically reduce its manufacturing costs or permanently keep Model 3 average transaction prices above \$50,000. In the past six months or so, it has become painfully obvious that Tesla is reaching the limits of demand for pricier Model 3 variants, at least in its main market of North America.

## IT COULD TAKE JOSHUA TREE 300 YEARS TO RECOVER FROM THE GOVERNMENT SHUTDOWN



Throughout the duration of the shutdown, which lasted a record-long 35 days, national parks greatly suffered: human waste piled up, lands were littered with trash, and some campgrounds and other public areas even closed to visitors, as the parks weren't adequately staffed to stay open. It wasn't until after Joshua Tree closed on January 2, though, that humans became excessively reckless, during which they off-roaded, graffitied rocks, started campfires in illegal areas, and cut down protected trees. "What's happened to our park in the last 34 days is irreparable for the next 200 to 300 years," former Joshua Tree National Park Superintendent Curt Sauer said at Shutdown the Shutdown for Joshua Tree National Park, a rally near the California park, where more than 100 people amassed to decry the environmental and economic impacts that the shutdown had on Joshua Tree. Per the Palm Springs Desert Sun, John Lauretig, the executive director of the Friends of Joshua Tree, also took the stage to condemn the government for refusing to close national parks when it doesn't have adequate funds to pay employees and protect the natural habitat. During the shutdown, Lauretig was just one of the local volunteers who handled the park's basic maintenance. "The local community is fed up with our parks being held hostage and the fact that it's open and partially staffed is not good for the park, it's not good for the public and it's not good for the local community here," he said. "If the government doesn't fund or staff the parks appropriately, then they should just close the parks to protect the parks and protect the people."



## BAACH Welcomes Its First Baby of 2019

Story by Inkyeong Yun

Brian Allgood Army Community Hospital Unit Public Affairs Representative

Photo by Song Min Kim, Brian Allgood Army Community Hospital



Sgt. 1st Class Taekyung Kim, his wife Geunhwa Kim and baby Daniel received congratulations from the BAACH Command team and medical staff.

**D**aniel Minjun Kim is the first baby of the New Year born at Brian Allgood Army Community Hospital. The 7 pound 15 ounce, 20.87 inch baby boy, born 5:54 a.m. on Jan 2, is the second child of Sgt. 1st Class, Tae Kyung Kim, BAACH Emergency Room noncommissioned officer in charge, and his wife Geunhwa Kim.

Col. Andrew Landers, BAACH commander; Command Sgt. Maj. Nicole Haines, hospital command sergeant major; and Col. Editha Ruiz, deputy commander for nursing, paid a visit to the Women Infant Care Unit on Jan. 3 to celebrate the birth of Daniel with the Kim family.

Kim shared how special it was to have his baby born in the very hospital he now works.

"I can't wait to tell Daniel when he grows up that he was born in the hospital his father was working" said Kim. "My wife and I felt very comfortable giving birth to Daniel here at BAACH because we know the high quality and genuine care they provide to the patients every day."

## BAACH Leadership Initiates Communication on Transition to USAG Humphreys

Story and photos by Inkyeong Yun

Brian Allgood Army Community Hospital Unit Public Affairs Representative

**C**onversations among staff and leadership regarding the transition to U.S. Army Garrison Humphreys have become more active at the Brian Allgood Army Community Hospital.

Deputy Commander for Administration, Lt. Col. Aristotle Vaseliades recently hosted the "We Are Moving" question and answer forum January 16 in order to communicate with staff in the hospital and provide most current information on the upcoming move. A Q&A desk was set up to allow staff including military service members and civilian employees to get answers on questions specific to their personal situations directly from Vaseliades.

Vaseliades shared that the hospital will conduct monthly Q&As along with monthly town hall meetings going forward until the move is completed. During these times, the hospital staff will get the most recent updates on the hospital's relocation to USAG Humphreys.

"We like to actively communicate with our staff so that they can be proactive with respect to their move. We want to make this transition as smooth as possible for everyone," said Vaseliades.

Plans are also underway to provide transition briefs for Local National staff and civilian employees.





# New in 2019: The new year brings strict limitations on changing your Tricare plan

Story by Karen Jowers  
www.militarytimes.com

**T**hinking about switching between Tricare Prime and Tricare Select? You'll have to wait until next November to do it, unless you have some sort of qualifying life event, such as the birth of a baby, a move to a new duty station, marriage or retirement.

That's a new rule. Until now, beneficiaries could switch from Tricare Prime to Tricare Standard (now Tricare Select) at any time during the year, but they couldn't switch back to Prime for 12 months. During the 2018 transition period as military health care reforms went into effect, beneficiaries had the option of switching back and forth between plans as they wanted, to determine what best fit their needs.

No more. The deadline for switching plans for 2019 was Dec. 31. DoD health officials began the practice of limiting enrollment periods in order to sync them with the way the commercial sector operates. By adhering to the single open season and qualifying life events, health officials can also be more proactive in anticipating the needs of their patients, they said. They'll have fairly stable information about how many patients are seeking care at each military medical facility, and their needs.

In addition, service members who are retiring now must re-enroll within 90 days of retirement in



order to keep Tricare with no break in coverage.

In the wake of some problems in 2018, defense health officials are also closely monitoring the performance of the two U.S. Tricare contractors and have issued several corrective action plans. Among other things, families have had trouble finding area doctors and other medical providers who are in the Tricare network.

Another big change that took effect on Jan. 1 is the demise of the Tricare Retiree Dental Program. The program ended Dec. 31.

It has been replaced by the Federal Employees Dental and Vision Insurance Program. But enrollment is not automatic — military retirees must visit the [www.benefeds.com](http://www.benefeds.com) site to actively choose their FED-

VIP dental plan among at least 10 choices available. The original deadline was Dec. 10, but the Office of Personnel Management has implemented a "belated enrollment phase" for military retirees, reportedly through sometime in March.

As of mid-December, more than 639,000 military retirees had enrolled in a FEDVIP dental plan.

Most active-duty family members, retirees and reservists and their family members are now eligible for the FEDVIP vision benefit that provides extra coverage beyond what they're getting under Tricare plans. As of mid-December, eligible Tricare beneficiaries had enrolled in 300,000 FEDVIP vision plans. That deadline was originally Dec. 10, but has also been extended to sometime in March. Visit [www.benefeds.com](http://www.benefeds.com).



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## LivingWorks Suicide Prevention Events 11 February

**What:** Suicide Prevention workshops & events with LivingWorks Senior Leaders

**When:** 11 February 2019, 1100-1630







**Who:** Heath and Wellness Professionals, Unit Ministry Teams, Unit Leadership (Anyone with interest in Suicide Prevention)

**Where:** Freedom Chapel, CP Humphreys

### Workshops / Engagements:

- 1. ASIST Updates – 1100-1200**  
- Most recent program guidance/materials  
- ASIST Q&A
- 2. Luncheon – 1200-1300**  
- Free Homemade Chili  
- Discussion time with LivingWorks Reps
- 3. "SafeTalk" Class - 1300-1630**  
(Experience the new Suicide Prevention Training being used around DOD)

**To Sign up for an Event: RSVP to CH Helms**  
**[thomas.s.helms4.mil@mail.mil](mailto:thomas.s.helms4.mil@mail.mil), 755-0303**







Maj. Bonnie Jordan, a physician with Madigan's Pediatric Specialty Clinic, examines her patient, Arthur Wasson, on Nov. 28. Jordan was recently named the Military Health System Female Physician of the Year.



# Madigan Physician *named* Female Physician of the Year

Story by Alexandra Shea  
Photo by John Wayne Liston, Madigan AMC

**A** physician newly assigned to Madigan's Pediatric Specialties Clinic was recently named the 2018 Military Health System Female Provider of the Year. Maj. Bonnie Jordan competed against female physicians representing each military branch in order to be named the winner. She competed while assigned as an Evans Army Community Hospital battalion surgeon and was previously with their Warrior

Transition Battalion.

"I'm humbled and honored to receive this award," said Jordan. "My journey in the Army is marked by strong leaders and peers I've worked with along the way."

The panel of judges considered each candidate's contributions to military medicine and also how the candidates have served as exemplary role models for other female physicians.

According to the application, the overall objective of the award is to

advance the cause of women in military medicine and to provide role models who will motivate the next generation of physician leaders.

"I've had incredible female mentors in the Army who have inspired and coached me through different challenges and successes," said Jordan. "I love being a physician and I want to do the same for others."

Jordan, a mother to four children, has experienced many challenges along her career path as

a physician and mother, she said. She attributed finding creative solutions and her strong network of family and friends as being essential for her success both at home and work.

"I would tell any woman contemplating a career in medicine or the Army that many phenomenal mothers are also inspiring physicians and leaders," said Jordan.

Jordan's balance of her military career and personal life have afforded her the ability to remain available to Soldiers and fellow surgeons for health care, advice and mentorship throughout the day and after hours as well. Once piece of advice Jordan shares often is one of her favorite mottos, "Just Breathe." She says the motto helps her tackle even the most challenging of circumstances.

"Whether I'm pushing myself

through a tough workout or wrestling with an emotionally-charged situation, 'Just Breathe' reminds me to take a moment and focus on what's important. It helps keep me level-headed and mission oriented," said Jordan.

Her motto and commitment to returning the mentorship she received over the years were contributing factors to her being recommended for the award.

"It's because of her experience, achievements and awards that she was picked," said Lt. Col. Brendan Song, Jordan's commander while she served at the WTB.

Song recommended Jordan for the award after working with her for three years.

Assigned as a battalion surgeon, Jordan worked tirelessly to renovate several processes WTB Soldiers participate in to help facili-

tate their healing or transition into civilian life. Much of Jordan's work also contributed to the Fort Carson, Colorado, WTB being named as the best facility within Regional Health Command-Central in 2018.

"Everyone from Soldiers in transition to staff and family members, she was always available," said Song. "She is well-liked and respected. I'm very proud of her."

Jordan was recommended for the award while assigned to the WTB. Before she was invited to accept the award during an official dinner and award ceremony Nov. 29, 2018, Jordan was reassigned to Madigan Army Medical Center at JBLM.

"She's done so much in the three years she was here," said Song. "She will be missed and a great asset to wherever she goes."

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## Plan ahead: Have condoms ready and talk about safe sex

Story by Maj. Mayamona Diakabana, Army Public Health Nurse

**V**alentine's Day is soon approaching and thought it is recognized as a day of "love and romance," many don't realize this special day for couples has another meaning. Valentine's Day kicks off National Condom day! This National Condom Day (and every day) you have the freedom to choose when and what sexual activities to take part in, and the freedom to change your mind at any time. This year as you're buying candy, cards, flowers and other gifts for Valentine's Day, add one more item to your shop-

ping list: condoms.

We know condoms are important for safe sex. Condoms protect against the spread of sexually transmitted infections (STIs) such as HIV, gonorrhea, chlamydia, and syphilis. If you are sexually active, latex condoms provide the best protection and should be used consistently EVERY time you have sex. Polyurethane or polyisoprene condoms may also be used and are good options for people with latex allergies. Natural membrane (such as lambskin) condoms are porous, meaning that fluids can seep through them,

and therefore do not offer the same level of protection against HIV and other STIs. The female condom is also available and is the only female-driven contraceptive method available today.

But what about the stigma? Are people still embarrassed to buy condoms or even talk about them? Some people are, and some people aren't. Sometimes getting your partner to accept condom use is not always easy. The 2019 National Condom Day theme is "consent", which means agreeing to do something, or for something to happen. Asking for consent,

communicating with your sexual partner/s about their needs, and negotiating safe sex, shows that you respect their body, their boundaries and their decisions. Ensure you "ask first: communicate and negotiate." Just as the tagline suggests, you must ask first, because all partners must enthusiastically agree to take part in sexual activities without fear, coercion or intimidation, all partners must consent. Additionally, all partners have the right to use condoms and other contraception to protect themselves from sexually transmissible infections (STIs) and unplanned pregnancies. Last but not least, all partners have the freedom to choose when and what sexual activities to take part in, and the freedom to change their mind at any time.

There are many types of condoms and styles to use for protection against STIs and pregnancy. The type you choose depends on you and your partner's preferences and whether you intend to use the condom as contraception or for play. If you need a condom for pregnancy or STI protection, make sure to read the condom label to see if it is approved by the FDA for those purposes. Types of condoms include glow-in-the-dark used for play, they are nontoxic and made of three layers; flavored condoms for oral sex and many of the brands are approved by the FDA; studded or textured condoms are shaped and textured to increase pleasure for both men and women, make sure to check for FDA approval; warming condoms are made of

thinner latex to heighten sensation; pleasure-shaped condoms are often looser with enlarged, pouch-like tips, which heightens sensitivity for both men and women; colored condoms, and many are FDA approved for prevention of pregnancy and STIs, make sure you read the label on the condom; edible condoms, for novelty use and do not protect against pregnancy or STIs;

You have the power to protect yourself and your partner from STIs and unintended pregnancies! For free condoms, stop at your local clinic, the pharmacy, or preventive medicine/public health clinic within your installation. For questions or concerns or STI testing, please contact Army Public Health Nursing at 315-737-1751 or 0503-337-1751.

Feb 1-7, 2019

# PATIENT RECOGNITION WEEK

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# Camp Humphreys and Area III Community Assessment

Story by Mark (Steven) Hoover  
USAG Humphreys Public Affairs



risson Commanders' Ready and Resilient Council (CR2C) Working Groups for strategic and action planning.

The CSTA is completely voluntary and there is no penalty or punishment if individuals do not participate, nor can anyone be penalized or rewarded for their responses. The only incentive to complete the survey is to improve the health, safety and quality of life on the installation.

"At the beginning of the survey, it is important for participants to select U.S. Army Pacific, located in the drop-down box," LaShier said. "From there, members will be able to select U.S. Army Korea – Camp Humphreys as their installation."

All responses are anonymous and data will be kept confidential and housed on a protected, secure server.

To complete the survey, visit: <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137452E7FC2CD>

When beginning the survey, identify the MACOM (choose USARPAC), then identify which installation where you live (Humphreys; even if you're living at Osan or Suwon Air Base, please choose Humphreys), and later in the survey, be sure to identify your category (Military, DOD Civilian, Family Member, Retiree).

in regards to installation programs, services and care," said Ms. Jocelynn LaShier, the 8A Ready and Resilient Program specialist for Area III. "It poses questions on individual and community matters ranging from physical, spiritual, psychological, social, and family readiness and resiliency."

This assessment will help leadership gain a better understanding of community perceptions about health, safety, satisfaction, and quality of life within the environment of U.S. Army Garrison Humphreys and Area III.

After the information and data has been collected by the Army Public Health Center, the survey will primarily be used for analysis and the identification of priorities for the Area III Senior and Gar-

**T**he Community Strengths and Themes Assessment (CSTA) survey is available and ready to receive input on how community health, wellness, readiness and resiliency can be improved for Camp Humphreys and Area III, until March 31, 2019 (and extended as needed).

Current Army Regulation (AR 600-63 and AR 40-5) directs installations to assess communities for health risk factors and needs. A comprehensive CSTA is supported by the Centers for Disease Control's Mobilizing Action through Planning and Partnerships (MAPP) process.

"The survey is an opportunity for service members to provide feedback on health-related topics

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# Anna Mae Hays: The Nurse Who Became America's First Female General

Story by Liza Mundy

N

ot long after the June 1970 ceremony during which General William C. Westmoreland pinned stars on her uniform, making her the first woman in the U.S. Armed Forces to attain the rank of brigadier general—and subjecting her to what Time magazine called a “brassy” kiss on the mouth—Anna Mae Hays climbed into a car with a single destination in mind: the Army officers’ club. Up to that day,

Hays, who died in January at age 97, was a career officer in the U.S. Army Nurse Corps. Her breakthrough ascent to become America’s first female general officer—and her championing of gender equality—reminds us that women in traditionally “feminine” occupations have done as much to advance gender equity as those who pushed their way into male domains. Just as flight attendants took on regulations governing

their looks, age and marital status, or telephone operators braved bombings and fires in France during the Great War, nurses like Hays changed notions about what women can achieve and the treatment they are entitled to, displaying quiet radicalism along with competence and courage.

It is no exaggeration to say that nurses paved the way for the hard-fought acceptance of women in the U.S. military. The fact that



female officers had been tacitly expected to use a side entrance, and in her former rank of colonel, Hays had acquiesced. This time, according to an account in the Lancet, General Hays directed the driver to drop her at the front, and it was through the front door that she entered.

No female officer—the story goes—would ever use the side entrance again.

*Her breakthrough ascent to become America's first female general officer reminds us that women in traditionally "feminine" occupations have done as much to advance gender equity as those who pushed their way into male domains.*

we now have female Army rangers is due in part to the civilian nurses who, for 25 cents a day, bandaged wounds in the Army commanded by George Washington, and to women like Clara Barton and Dorothea Dix, who advanced the practice of military nursing during the Civil War. War by war, nurses proved that women could endure blood, privation, sniper fire, terrifying journeys and exposure to



exotic disease—and that survival rates improved enormously thanks to their care and presence. Decades before women were permitted to be sailors, Navy nurses proved that women had a place aboard ships.

But at no time did nurses do more to prove their value than during World War II, when Hays, a nurse from Allentown, Pennsylvania, went to the local police station and took her oath of office. She joined an Army Nurse Corps that would comprise nearly 60,000 women during the Second World War, which remains the largest, most violent war in recorded human history, one that necessitated the proximity of medical staff to men making landings and invasions.

In the European and North African theaters, nurses worked very close to the front lines, according to historian Judith A. Bellafaire. The “chain of evacuation” began with mobile field hospitals—tents set up close to the fighting—where wounds could be evaluated, triage performed, operations carried out and evacuations begun. Nurses were basically embedded with the troops and traveled with them; during the invasion of North Africa, the women clambered down ladders from their transport vessel into small assault boats, and the invasion of Sicily saw nurses huddled in trenches and foxholes as they were pounded by German dive bombers. In Normandy, nurses with packs on their backs landed on the beachhead four days after D-Day.

Assembling and disassembling the field hospitals, they accompanied Allied troops chasing the Germans through France. They treated Holocaust survivors, and the thousands of men wounded during the Battle of the Bulge. Whenever patients had to be evacuated, nurses accompanied them on hospital trains, planes and ships, which sometimes endured bombings, crashes and sinkings. Army flight nurses were



*At age 22, Hays was sent toward the Pacific, which lacked the supplies and equipment of the European theater; she later observed that it was “sadly neglected” and that “we did the very best we could.”*

so adept that there were only five deaths in flight per 100,000 patients. Seventeen flight nurses lost their own lives in the war, according to Bellafaire.

At age 22, Hays was sent toward the Pacific, which lacked the supplies and equipment of the European theater; she later observed that it was “sadly neglected” and that “we did the very best we could.” In guarded jungle hospitals, Pacific nurses received horrific casualties from Okinawa, Guam, Saipan and Tinian Island, and treated burns from kamikaze attacks on oil tankers. In the vast ocean, with multiday sea battles, amphibious landings, and attacks from planes and suicide boats, Navy flight nurses had to pass rigorous tests for swimming and towing bodies. Nor were nurses immune from air assaults; when the hospital ship USS Comfort was attacked off Leyte Island, six nurses were killed and four were wounded.

By January 1943, Hays found herself in Ledo, Assam, part of a brutal but neglected theater—China, Burma and India—where she joined a group treating American and Chinese troops using the Ledo Road to transport military supplies to the Chinese Nationalist Army fighting Japan. There, she scraped caked mud and cleaned lice off wounded bodies, before the severing of limbs could begin. “I can vividly remember the many amputations of extremities due to

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gas gangrene,” she later recalled in an Army oral history. “I, as a 22-, 23-year-old girl, was very upset because of the many amputations.”

But an even greater problem was diseases like malaria and typhus, which afflicted not only patients but staff. “It seemed that most everyone had bacillary or amoebic dysentery, dengue fever or malaria,” she remembered. Living in bamboo quarters, she became accustomed to burning leeches off her skin. Describing the time a cobra was found under her bed—a guard shot it—she remarked, “When one lives in the jungle, one can expect that sort of thing.”

Hays spent 2½ years there, was promoted to first lieutenant—in 1944, Army and Navy nurses were allowed full officer status—and decided to make military nursing her career. When war broke out in Korea, Hays was part of the massive initial invasion. “We were the first hospital to set up in Inchon, and then move in toward Seoul,” she remembered, saying that conditions were worse than during World War II, because of the lack of supplies, and the cold.

During a stint in the States, she encountered President Dwight D. Eisenhower when she helped treat him during a prolonged stay



for intestinal surgery. Ike listened sympathetically to Army nurses on the topics of retirement, rotation and living conditions; Hays became lifelong friends with the general and his wife, Mamie. On September 1, 1967, Hays was sworn in as the 13th chief of the Army Nurse Corps. During her tenure, she pushed for fairer promotion, urged maternity leave and helped end the practice of discharging married officers who became pregnant. She challenged regulations that evaluated female nurse applicants based on the age of their dependent children. “The nurses felt they were really becoming part of the Army structure, which I thought was very important,” Hays later said.

The day she received her promotion to brigadier general, so did



Elizabeth P. Hoisington, director of the Women’s Army Corps. That a nurse got her stars before a regular female soldier might have been happenstance; it might have been alphabetical order. But given all that nurses have done to pioneer the place of women in the military, it seemed fitting.



# NCOA

NON COMMISSIONED OFFICERS ASSOCIATION

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## Our Story



The Non Commissioned Officers Association, more commonly known as NCOA, is a strong voice on Capitol Hill and with the Veterans Administration. Our members and chapters around the world are making a difference in their local communities.

We encourage you to visit our website and see the great benefits and advantages of being an NCOA member. Today NCOA remains a vital fraternal, benevolent, non-profit organization and acts as a conduit between the military and civilian communities in local areas and promotes positive community relations.



## Our Mission



The NCOA was established in 1960 to enhance and maintain the quality of life for noncommissioned and petty officers in all branches of the Armed Forces, Active Duty, National Guard, Reserves, Veterans (separated and retired), widows, and their families.



## Our Member Benefits And Benevolent Programs



The NCOA offers its members a wide range of benefits and services designed especially for enlisted service members and their families to include Finance, Legal Services, Special Educational Discounts, Mentoring through Corporate Partnerships, Entertainment Discount Program, Exclusive Travel Discount Program and Health Care. In addition, our Benevolent Programs include: NCOA Scholarship Fund, Betty Ross Educational Fund and Disaster Relief Fund.



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## safeTALK: suicide alertness for everyone

*safeTALK* is a half-day training to increase suicide alertness.

This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognize when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

Suicide alert helpers contribute to a suicide-safer community.

## Goals and objectives

It is intended that safeTALK participants will be better prepared to:

- recognize that invitations to help are often overlooked
- move beyond common tendencies to miss, dismiss and avoid suicide
- notice and respond to situations in which thoughts of suicide may be present
- apply basic *TALK* steps (*Tell, Ask, Listen, and KeepSafe*)
- connect the person with thoughts of suicide to suicide first aid help and further community resources

Suicide alert community members are better prepared to become a vital link in connecting persons at risk with further help.



### safeTALK training at a glance

**Focus:** Suicide alertness training

**Participants:** Anyone who might want to help, minimum age 15 years; 1 trainer and 1 community resource person per up to 30 participants

**Pre-requisites:** None

**Duration:** 3 to 3.5 hours

**Languages:** English and French

“An excellent first step in providing assistance to someone at risk.”

*safeTALK participant*

## safeTALK trainers

safeTALK is facilitated by a registered trainer who has completed the *safeTALK Training for Trainers (T4T)* course. Trainers use internationally standardized learning materials, tailoring examples and applications to local needs.

A listing of registered trainers can be found at [www.livingworks.net](http://www.livingworks.net) under *safeTALK Consumer Information*. Trainers must facilitate a minimum number of trainings per year and submit reports in order to remain on this list and receive ongoing support.

## safeTALK participants

Many things, personal and professional, stimulate interest in safeTALK. Improved suicide alertness may be applied in many settings—with family, friends, co-workers and in more formal helping relationships.

The fact that safeTALK is a half-day program that can be given to larger groups increases opportunities for improving suicide alertness on a community scale.

## Training attendance

Some organizations may choose to train a large number of people in safeTALK, while inviting key people, designated as suicide first aid resource persons, to attend *Applied Suicide Intervention Skills Training (ASIST)*. In our experience, some people who attend safeTALK want to learn more skills in suicide first aid and go on to also attend ASIST.

## Training process

The program is more presentation-oriented than ASIST. Trainers seek to facilitate participants' involvement, although the level of interaction and engagement will vary with the nature and size of the group.

### Key features

- Taught by one trainer, recommended group size up to 30 people.
- Powerful **videos** illustrate both non-alert and alert responses to persons with thoughts of suicide. Discussion, questions and practice stimulate learning. Basic steps that contribute to saving lives are provided.
- A **wallet card** helps recall the suicide alert steps when needed. The wallet card is also available as a **smart phone app**.

## safeTALK and ASIST

safeTALK is designed to complement ASIST. These programs share the same beliefs about suicide and preventing suicide. However, each has a specific role.

safeTALK is a brief program that shows how alertness to suicide risk can be followed by basic (*TALK*) steps that facilitate links with further suicide first aid help. The emphasis is on fulfilling this vital linking role with community resources rather than full engagement in a suicide first aid intervention. It will stimulate people to think and hopefully act differently when signs of potential suicide risk are present.

ASIST is a two-day interactive workshop which provides an opportunity to learn more about what is involved in suicide first aid intervention. Participants learn how to develop a collaborative helping relationship focused on suicide safety. Frameworks for understanding the needs of a person at risk are offered, along with a *Suicide Intervention Model* that features risk assessment and safeplans. Opportunities for practice to build confidence and skills are provided.

The roles of both the suicide alert and ASIST helpers are valued. ASIST caregivers complete the process that safeTALK helpers start. The more people who are suicide alert, the more the skills of those trained in suicide intervention will be used. ■



# Some vitamin supplements will no longer be covered by Tricare

Story by Julia LeDoux  
www.radio.com



Some vitamin supplements will no longer be covered by Tricare beginning Jan. 1. Defense Health Agency spokesman Kevin Dwyer said just under 400 varieties of supplements, including fluoride preparations and multivitamins, are being moved from a preferred drug status to a non-preferred drug status at the start of the new year. “In addition to reaching out to our network pharmacies, Express Scripts, our pharmacy contractor, began mailing let-

ters this week to approximately 25,000 beneficiaries affected to let them know of the change,” Dwyer said. Dwyer said that only vitamins which have undergone a review by the Food and Drug Administration in clinical trials are deemed prescription medications and are eligible for coverage. “The FDA hasn’t reviewed the affected vitamins,” he said. Dwyer stressed that the change is not the result of any type of problem or issue with the vitamins themselves.

“Beneficiaries may continue to purchase the vitamins over the counter, but they will be required to pay the full cost,” he said. Dwyer encouraged beneficiaries to consult their health care professionals if they have any questions concerning any medications or vitamin supplements they take. Beneficiaries who have any questions about their Tricare pharmacy benefit or need any assistance should visit <http://www.express-scripts.com/TRICARE> or call 1-877-363-1303.



## 8A Safety Gram

### Lunar New Year Holiday



“**Sae-Hae-Bok-Manhi-Paduseyo!**” (Happy New Year!). Lunar New Year, known as Seollal is one of Korea’s major holidays when people show respect to elders, having joyful family gatherings and sharing traditional meals while looking forward to new blessings in the coming year. However, we also need to be aware of the risk and consider these few tips for planning and safety during this holiday season:

- Safety Hazards and Concerns:**
- Understand the elevated risk of traffic hazards during this time period, especially from 1st to the 6th of February. Major intersections and highways will be extremely congested, including the rest stop areas. But at the same time, you may note that Seoul could be less crowded as people visit their families in the countryside outside of Seoul. Tips to remember:
- ✓ Risks of fatigue due to long travel times are likely. Recommend drivers take stretch breaks every two hours (Example Travel Times: Seoul to Pyeongtaek = 4 hours; Seoul to Daegu = 10 hours)
  - ✓ Enforce seatbelts for all occupants.
  - ✓ Be responsible and do not drink and drive.
  - ✓ Ensure Chain of Command knows where you are going.
  - ✓ Encourage guests to leave their cars at home and use public transportation or a designated driver.
  - ✓ Minimize all tactical vehicle movements during this holiday period.

2019 LUNAR NEW YEAR ROAD CONDITIONS				
Location	AREA I (USAG CASEY)	AREA II (USAG YONGSAN)	AREA III (USAG HUMPHREYS)	AREA IV (USAG DAEGU)
Source	USAG-YC DPTMS	USAG- YC DPTMS	USAG-H DPTMS	USAG-D DPTMS
FRIDAY 1 FEB			Starting @ 1700 hours	Conduct Safety Briefings
SATURDAY 2 FEB				
SUNDAY 3 FEB				
MONDAY 4 FEB				
TUESDAY 5 FEB				
WEDNESDAY 6 FEB				
THURSDAY 7 FEB				

**GREEN:** Highway conditions are normal.

**AMBER:** Military vehicles, other than those required for essential business, will not be driven on highways. POV owners need to use extreme caution and are encouraged to observe the rules established for military vehicles. An O-3 or GS-10 or above may authorize mission on back of dispatch.

**RED:** Military vehicles, other than emergency/essential business, will not be driven. O-5 / GS-13 or above may authorize usage for business that cannot be postponed without jeopardizing military requirements. Back side of dispatch must be signed by person authorizing mission.

**BLACK:** All U.S. Government vehicles are prohibited from movement. Commanders of O-6 and above must personally authorize the use of emergency vehicles after the appropriate risk assessment and mitigation actions are considered.

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





The 65th Medical Brigade Commander, Col. Derek Cooper and Command Sgt. Major, CSM Thomas Barone welcomed the 128th cycle of Korean medical officers into the Integrated Service of Republic of Korea Military Health Care Personnel Program Jan. 22 at the Brigade Headquarters on U.S. Army Garrison Humphreys. The 127th cycle graduated Jan. 4 at a ceremony held at the USAG Humphreys Community Activity Center. (Photo by William Wight, 65th Medical Brigade Public Affairs Office).

# ROK/US Medical Alliance Gets Stronger

Story by William Wight

65th Medical Brigade Public Affairs Office

Photos courtesy of the Brian Allgood Army Community Hospital Command Suite

**T**he 65th Medical Brigade Commander, Col. Derek Cooper presided over the 127th cycle graduation of the Integrated Service of Republic of Korea Military Health Care Personnel Program Jan. 4 at the U.S. Army Garrison Humphreys Community Activity Center.

Opening remarks by Cooper, highlighted the interoperability, professionalism and cultural under-

standing of the ROK/U.S. medical alliance as the seven graduates were lauded by the command as being forever a 'Pacific Medic' a member of the 65th Medical Brigade team.

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

ROK Army officers work with their U.S. counterparts for six months, sharing expertise and

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

Cooper's remarks highlighted the continued success of the



program. "For over 63 years this program has stood as a testament to the talents of our Soldiers, both Korean and American, and serves as a sterling symbol of the vigorous ROK/US alliance. We are proud to associate with them and will always recognize them as colleagues and friends. Their charge upon reassignment back to the ROK forces is to share the lessons learned with their colleagues in the ROK Armed Forces Medical System."

The 127th cycle graduation ceremony graduates were:

Capt. Sung Su Park, who served with the 65th Medical Brigade S3 in Operations, Capt. Su Jin Han, who served with the 65th Medical Brigade S4 in Logistics, Capt. Hee Yeol Son, who served with the U.S. Army Medical Material Center-Korea and 168 Multifunctional Medical Battalion and Headquarters, Headquarters Company 65th Medical Brigade, Capt. Hee Jung Song who served with the 65th Medical Brigade Occupational Health and Force Health Protection, Capt. Goh, Gyeong A Goh who served with the Quality Management of the 121 Combat Support Hospital, Capt. Hyun Jeong, Jeong who served with the Emergency Department of the 121

Combat Support Hospital and Capt. Jin Kyeong Lee who served with the Perioperative Anesthetic Care Unit of the 121 Combat Support Hospital.

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

Col. Hyun Min Lee, Chief of Staff of the ROK Armed Forces Medical Command was the honored guest speaker who spoke highly of the graduates. "This class has proven to be more successful than any other, as attributed by their service in a variety of fields throughout

“

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

— Col. Derek Cooper

the 65th Medical Brigade, resulting in greater contributions towards a stronger armed forces medical command and it is through this training that will help establish a 'reliable medical support readiness' for the Korean forces and its citizens."

Echoing Col. Lee's remarks, Col. Cooper said, "As we grow and expand the program in the future I know we will all continue to benefit as healthcare professionals and as organizations of medical facilities and medical units providing health service support, medical mission command and force health protection to all of our military forces in the Republic of Korea, keeping the alliance strong and ready."

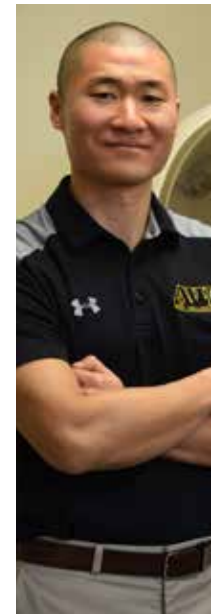




# Meet Your Health Educators!



**John Sim**  
Director, U.S. Army Garrison  
Humphreys Army Wellness Center



A coach at heart, John has worked with countless athletes, clients, and service members over the years to help them reach their personal goals. His strength & conditioning experience includes coaching stops at Georgetown University, Fordham University, State University of New York – Binghamton, Grand Canyon University, and EXOS.

Since 2011, he has previously served as the Head Strength & Conditioning Coach at USAG-Yongsan, the Area II Health & Fitness Program Manager, and the Fitness Director at Osan Air Base. John holds a BA in Psychology from the State University of New York – Binghamton and an MBA from Grand Canyon University. His certifications through the National Strength & Conditioning Association include the CSCS (Certified Strength & Conditioning Specialist), TSAC-F (Tactical Strength & Conditioning Facilitator), and NSCA-CPT (Certified Personal Trainer).

He is certified through the National Academy of Sports Medicine as a Performance Enhancement Specialist and Corrective Exercise Specialist. He also holds the NASE-CSS (Certified Speed Specialist) credentialing.



**Jessica Weidow**  
Health Educator,  
USAG Humphreys  
Army Wellness Center



Jessica holds a BS in Public Health from Purdue University and is an American College of Sports Medicine Certified Personal Trainer with a passion for food and nutrition. Off the clock, you can find her in the kitchen trying a new recipe or exploring one of Korea's beautiful national parks.

**Catherine (Kate) DeLeal**  
Health Educator, USAG Humphreys  
Army Wellness Center



An Iraq war veteran, Kate earned a BS in History from the United States Naval Academy and a BS in Kinesiology from California State University, Monterey Bay. She additionally earned a MS in Exercise Science from the City University of New York Queens College, and a MSE in Secondary Special Education from Wagner College where she was an NCAA DI Graduate Assistant Strength and Conditioning Coach. Kate is also an active runner.



# Ask the Health Coach

The U.S. Army Garrison Humphreys Army Wellness Center's Health Educators take your questions to help YOU to stay FIT! This month, Health Educator Kate DeLeal will kick off our inaugural column and tackle two health and fitness questions.



*Hey, Coach, it's only a month into 2019 and I feel like I'm struggling with my New Year's Resolutions. Why is it falling apart already? Please help! - Aly T.*

Aly, that is a great question! So many of us start the New Year brimming with optimism and unbridled enthusiasm that this is OUR YEAR! The year we will get into shape and be healthy. And so many of us find ourselves worn out, confused, and sputtering into last year's rut before the candy is even out for Valentine's Day. Why does it all fall apart so soon? It usually boils down to the goals we set and how we set them. What does it mean to be in shape or to be healthy? Basically, many of us fail to set SMART goals. We don't make them Specific enough, or they aren't Measurable. Some goals aren't Achievable (nope, I will probably not make the Olympic Trials for 2020 in the marathon when my best time is 3:53). Other goals aren't Realistic or aren't Time based. But don't give up on yourself just yet! Your local garrison has so many options to help

you charge into February back on track. You can ask a friend to help you take another look at where you want to be and how you want to get there, or you can book an appointment with a MWR Fitness Center Personal Trainer. Starting in February on USAG Humphreys, you can even schedule a visit with one of the AWC Health Educators to help you SMART-en up your goals!

*Hey, Coach, my company commander says we need to PT like 5 times a week! We have PT every day! That seems like it's way too often. Isn't rest important? Can you tell me if he's right or just being hard? - Josh F.*

I have good news and bad news, Josh. Your company commander is right, but so are you, though probably not in the way that you're thinking. The American College of Sports Medicine recommends between 150 and 300 minutes of moderate physical activity per week. The American Heart Association concurs. That works out to between 30 and 60 minutes per

day if you PT 5 days per week. If you PT more vigorously, you can get those heart-healthy benefits between 75 and 150 minutes per week. How do you know if it's moderate or vigorous? One easy way to tell is if you can smoke and joke with your battle buddy, it's moderate. When you can't, you're usually up in the vigorous range.

But you're correct, too, that rest is important, especially if you are achieving that vigorous level of PT. However, rest doesn't necessarily mean just doing nothing. Active rest can help you earn those PT minutes and still give your body a break. Let's say your company commander makes you run three times a week. If you hit the gym on the days in between, you're resting from running, but still helping your body stay fit. That means you can back off entirely on Saturday and Sunday. Another option is to swap out a run session to hit the bike or rower or elliptical. Mixing it up is a way to both rest and stay active at the same time. Now if you're injured, then talk to your Primary Care Manager or Physical Therapist about what your activity options are or schedule an appointment with the Humphreys Army Wellness Center.

**EDITOR'S NOTE:** If you have a health question and need answers, send your query to [pulse65editor@gmail.com](mailto:pulse65editor@gmail.com) and include AWC in the subject line. Each month a AWC expert will reply to questions asked. Beginning February 19, call the AWC for your specialized appointment. Patients will commence to being seen on March 1 with a community-wide ribbon cutting ceremony later towards the end of March.

**AWC**  
ARMY WELLNESS CENTER

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## Presenting 2019's Top 10 New Year Resolutions -- just in time to flush them

Courtesy of Eric Pilgrim, Fort Knox News

Can you believe it? We are already knocking on the door of 2019. Some of us are so tired of this year that we're trying to kick that door in. Maybe others are putting a lock on it because, well, it was just that good.

Whatever your situation, we are all about to embark on another new year, whether we're ready for it or not.

One traditional way to get ready is to sit down and pen some New Year's resolutions. However, virtually every resolution shares one thing in common -- how utterly useless they end up being within a week of making them. As Oscar Wilde once said, "Good resolutions are simply checks that men draw on a bank where they have no account."

Some experts suggest that 8 to 12 folks out of every hundred will most likely keep their resolutions for a year. Quite frankly, I would have thought the number to be a bit lower than that; so with that in mind, let's jump into some of my resolutions you might consider adding to your list for the coming year:

10. Resolve to avoid challenges. The first one to really go viral was pretty cool -- the ALS ice bucket challenge. It had purpose, it had backing; it had buckets of icy cold

water falling on people's heads. Everything went south from there. There was the Carolina Reaper pepper challenge -- the hottest pepper this side of Mercury; equally ridiculous, the gagging-on-a-spoonful-of-cinnamon challenge, or ginormous-lips-from-sucking-on-a-small-cup-or-vacuum-hose challenge. Don't forget the run-full-speed-at-the-camera-and-turn-at-the-last-possible-second challenge, and its opposite -- "The floor is lava" challenge. Then there's the flip-a-drink-bottle-in-the-air-and-have-it-land-upright challenge. But two have tied for the dumbest to date: the eat-a-Tide-pod challenge and the touch-a-hot-coil challenge. Seriously, folks, don't try these last two. Ever!

9. Resolve to watch at least one cute cat video a day. Do you realize how many of these things there are out there? Holy smokes! How can such an expressionless beast come up with so many ways to make us laugh? The sheer volume of funny cat videos is virtually endless -- definitely enough to watch one a day for a whole year; maybe two. You'll enjoy a daily dose of laughter, and you'll have something to laugh about with your friends -- whether they're real friends or reside only on your social media sites.

8. Resolve to watch every D.C.

and Marvel movie in the known universe. Do you realize how difficult this is getting with each passing day? There are a lot of them out there, folks. I've been trying to keep up -- although admittedly, I haven't tried that hard -- and haven't yet. Thankfully, I have a 14-year-old who somehow knows both universes without hesitating. Mind you, this is not an endorsement of either franchise; just a profound observation of how many of their movies that are filling theater screens. Moviegoers seem to have an endless thirst for more.

7. Resolve to slow down just a bit. The exceptions are many and varied, of course, like if your drill sergeant is yelling at you to double-time or you're about to get hit by a car. But in general, take some time to pick some roses and smell them, unless the neighbors own them. Then, just smell them.

6. Resolve to eat everything in sight. Okay, that was really bad advice but I thought maybe some reverse psychology might spice up the resolution list a bit; especially since diet resolutions seem to never work, as is proof by me struggling in my third year at this one. Alright, maybe just consider eating reasonably and exercising three times a week. And please don't diet so much you starve yourself -- that's

one of the reasons why this resolution fails.

5. Resolve to watch at least one movie, or show, that doesn't depict insane levels of violence, cursing and nudity. Hey, you may roll your eyes on this one but this ain't so easy these days. Hint: You may have to rewind the clock and revisit some of the classics that made our parents and grandparents laugh, and cry. You might be surprised how good those old oldies are. Without the luxury of CGI. Or 4k UltraHD or DEEP color. Or super surround sound ...

4. Resolve to avoid trendy fitness fads. First of all, there are some really goofy ones out there that make you look dumb. Second, they can hurt you. Healthline.com recommends avoiding routines involving a chair, things that vibrate

or jiggle (Hey, I didn't make this up), toning shoes, electric ab belts (seriously, who would willingly shock themselves? -- don't answer that), weight loss pills and powders (because they don't work!), celebrity fitness videos (because actors who are playing fitness experts on TV are telling you what to do, and oftentimes because they don't work), and infomercial gimmicks (because, well, they usually don't work).

3. Resolve to avoid trendy diet fads. See the last several reasons from Number 4 as to why you shouldn't buy into these fads -- and because bookstore shelves are buckling under the weight of so much "advice," which oftentimes conflicts others' advice. My advice? Eat natural, whole foods and get on with your life.

2. Resolve to love your friends and family with all the time you've been given on this old Earth, tackle each day as it comes with a great attitude and determination to make the most your gifts and talents, and be the first to laugh about all the things you do that you know will be super funny later.

1. Resolve to not make a resolution. Okay, you might be thinking, "Why is this one here?" Mainly for a laugh because if you actually resolve to not make a resolution, you just made one. But I digress ... Maybe it's best to just focus on 7 and 2 and save the others for next year.

Happy New Year, everyone! Remember: 2019 can be a fresh, new start to something special. Try it on for size. And maybe start the year with just one resolution -- or two.

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Prof. at Inha University & Kunyan University Hospital

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

Seoul National University Graduate

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



Young Rae, M. D.





# Military Women May Face Barriers To Contraception

Story by Lisa Rapaport  
www.reuters.com

**F**emale soldiers on active duty may struggle to get contraception, a small U.S. study suggests.

Although unintended pregnancies are more common in the military than among U.S. women in general, military treatment facilities and Tricare, the military health insurance program for active duty service members, only offer abortions in cases of rape, incest or life endangerment, researchers note in the journal *Military Medicine*.

For current study, researchers interviewed 21 active duty servicewomen, ranging in age from 19 to 34, about their experiences accessing and using contraception after an abortion.

Military treatment facilities and Tricare cover a wide range of contraceptives including daily pills, long-acting implanted devices and emergency contraception pills. But the women described barriers to contraception use related to the military medical system, including inadequate contraceptive counseling, poor continuity of care, long wait times, limited contraceptive

method options and feelings of judgment from military healthcare providers, said lead study author Jane Seymour of Ibis Reproductive Health in Cambridge, Massachusetts.

Even when they did get birth control, women still faced hurdles, Seymour said by email.

“Because of their busy and/or inconsistent military work schedules, it could be difficult to remember to use contraception, and side effects of contraception, such as weight gain, were incompatible with their service,” Seymour said.

“While challenges with contraception access and use are not unique to servicewomen, our current study identified barriers directly related to military service that should be addressed in order to improve access to contraception for U.S. servicewomen,” Seymour added.

As of 2011, the unintended pregnancy rate among U.S. servicewomen was more than one-and-a-half times the rate in the general U.S. population: 72 versus 45 unintended pregnancies for every 1,000 women, researchers note.

These high unintended pregnancy rates may be explained by gaps in contraceptive access, failure to use birth control correctly or consistently, or reliance on less effective methods among servicewomen, the study team writes.

In a 2011 survey, for example, 41 percent of servicewomen who experienced an unintended pregnancy in the prior year reported not using birth control and another 19 percent said they had used the withdrawal or rhythm methods at the time of their pregnancy.

More than half of the women in the current study reported getting contraception from the military at some point in time and had positive feelings about the military’s contraceptive services.

The majority - 14 of the 21 - said they had used contraception in the three to six months prior to the pregnancy that resulted in their most recent abortion.

Among women on contraception, four participants said their chosen method of birth control failed; four said they hadn’t used it consistently; and four said they had stopped using birth control altogether before they conceived.

In addition to unique barriers to accessing and using contraceptives that might be attributed to military

service, the women also cited a lot of issues that could hold true for women from other walks of life, including concerns about safety and side effects and forgetting to take or refill pills.

“It is very difficult to speculate what obstacles individual women may experience and which of these are specific to military women,” said Dr. Catherine Witkop, a colonel in the U.S. Air Force and a women’s health researcher at the Uniformed Services University of the Health Sciences in Bethesda, Maryland.

“Contraceptive services for military women are generally available at most military treatment facilities and military women are not limited by challenges with insurance or affordability, as is the case for some women outside the military,” Witkop, who wasn’t involved in the study, said by email.

It is possible that some deployed women might lack access to a full range of options like hormonal implants because of limited supplies or limited numbers of providers trained to insert long-acting contraceptives, Witkop added. Servicewomen who have an abortion should have the same options as other women in the military, she said.

**HEART HEALTH MONTH**

• About 610,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths. Discover the cdc.gov on facts and prevention.

armymedicine.health.mil



# Apps Helpful with Fitness Routine, Motivation

Courtesy of Ireland Army Health Clinic Nutrition Services

Given our jam-packed schedules, it's tough for any of us to think about our health, and focusing on diet, workout, hydrating, and getting enough sleep can seem like a full-time job. Luckily, we are living in the 21st century, and technology can help. Here are some of the best apps to keep you on track and motivated that might help us stick to a fitness routine and diet program.

## MyFitnessPal

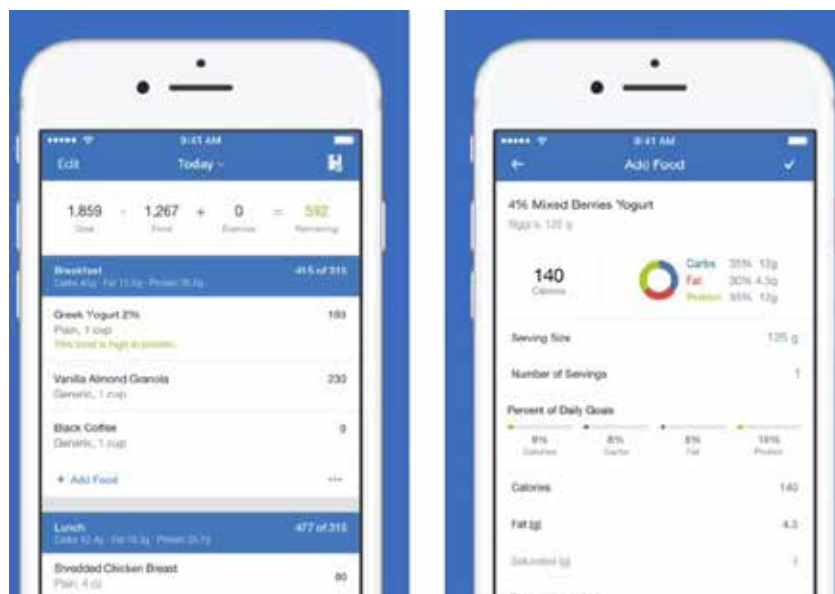
*MyFitnessPal* has been around for a while, but it's still a great app for tracking and motivation. Ranked as the #1 Health and Fitness app on iTunes, this app pushes users to keep tabs on their diet programs through an easy-to-use database that offers nutrition information for over 5 million different foods. Whether you want to lose weight or start a new diet, *MyFitnessPal* can be your trusty sidekick.

## FOODUCATE

*Fooducate* makes it easy to eat a balanced and healthy diet. As the app's name suggests, its goal is to teach you about the products you buy at the grocery store. Just scan over 250,000 barcodes to see a personalized nutrition grade, learn about the pros and cons of the product, and choose the healthiest option.

## 8FIT

Skip the gym with *8fit*, which creates customizable exercise



programs and meal plans. If you don't want a gym membership or if you're always on the go, these HIIT workouts will keep you in shape without taking up too much of your time.

## LOSE IT!

An app that does it all, *Lose It!*, is a goal-oriented app that can help achieve your fitness goals through food and exercise tracking. The best way to really lose weight is to keep track of what you're eating. The app *Lose It!* is the perfect way to log what you are eating to reach your goal weight. The Snap It feature makes doing so even easier by simply taking a photo of your meal to log it and get the calorie count.

## HAPPIFY

Stress has been linked to the six leading causes of death: heart

disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide. *Happify* builds on a huge body of research about mental health to help users overcome stress and negative thoughts and build better emotional health and resilience.

## HEADSPACE

Optimal health requires more than just logging 30 minutes at the gym. Several studies have shown that meditation is good for our health. This app is successful in presenting meditation as a part of good health for everyone.

You may have found an app that suits you better, or one with which you better connect--the only thing that matters is that it helps motivate you, and helps simplify keeping you on track toward a healthier "you."

GOLD TOWER

EXCHANGE  
ARMY & AIR FORCE EXCHANGE SERVICE

Why choose us?  
RENT A CAR!



- USFK Pass
- Only New Quality Cars
- 24/7 Break Down Assistance
- Airport Delivery Service Available (Additional charge may apply)
- No Hidden Charges
- Unlimited Mileage
- Cancel At Any Time
- Best Price Guaranteed



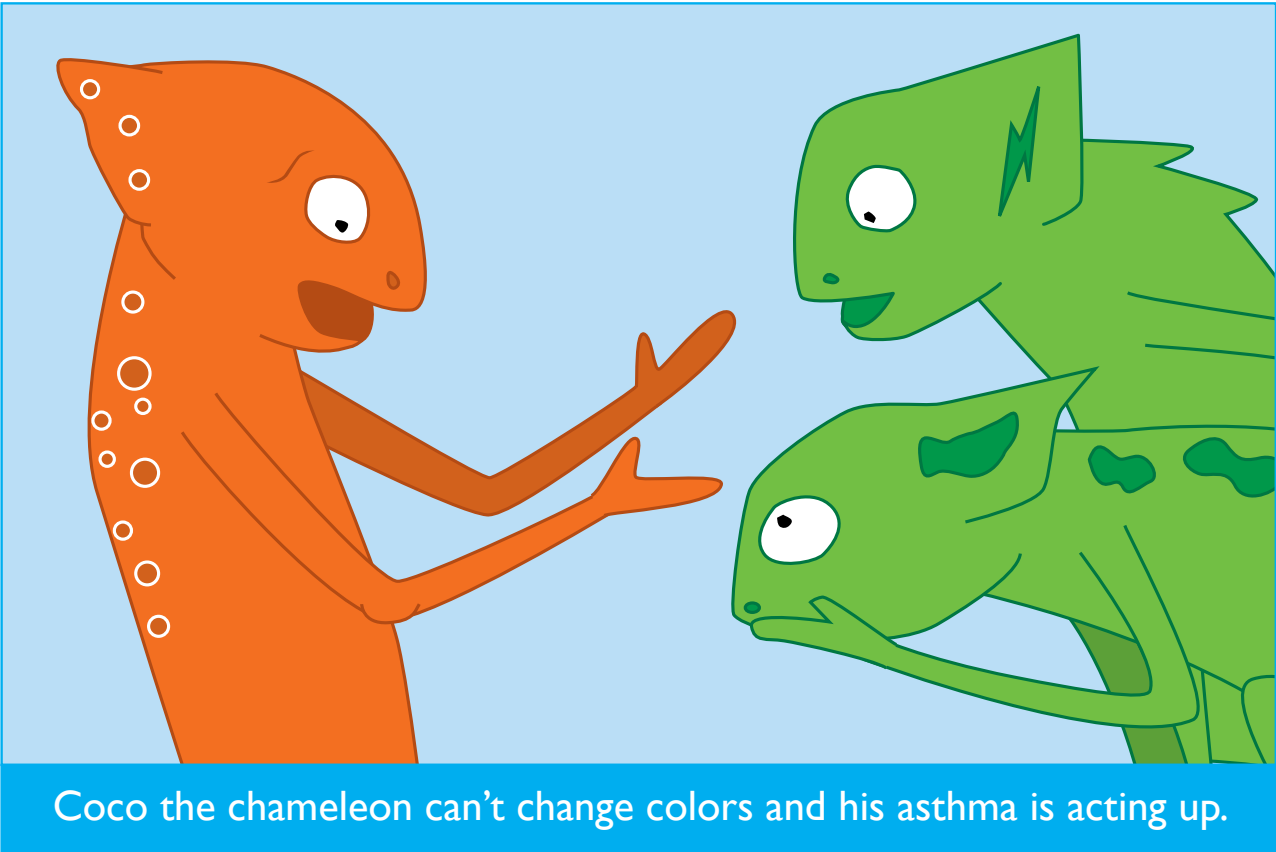
Reservation Center **1800-4111**

Email : gt04@gtrc.kr

Customer Center : 010-5141-2067



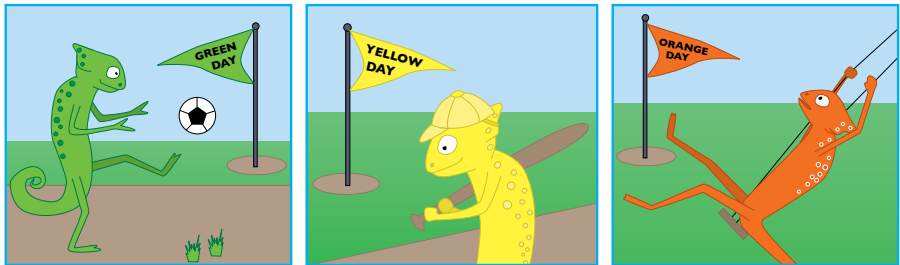
# Why is Coco Orange?



Read how Coco and his friends solve this mystery as they learn about air quality and how to protect themselves when the air is unhealthy. This book is for children, especially those with asthma, and their caretakers. Ages 4-8.






**Why is Coco Orange? is available at: [www.airnow.gov/picturebook](http://www.airnow.gov/picturebook)**

What color is  
YOUR air today?



## Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at [www.airnow.gov](http://www.airnow.gov).

Air Quality Index	Outdoor Activity Guidance
 green GOOD	Great day to be active outside!
 yellow MODERATE	Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.*
 orange UNHEALTHY FOR SENSITIVE GROUPS	It's OK to be active outside, especially for <b>short activities</b> such as recess and physical education (PE). For <b>longer activities</b> such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 red UNHEALTHY	For <b>all outdoor activities</b> , take more breaks and do less intense activities. Consider moving <b>longer or more intense activities</b> indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 purple VERY UNHEALTHY	Move <b>all activities</b> indoors or reschedule them to another day.

\* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

**If symptoms occur:**  
The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. [www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm](http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm)


Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.



# Effects of Common Air Pollutants

### RESPIRATORY EFFECTS



**Symptoms:**

- Cough
- Phlegm
- Chest tightness
- Wheezing
- Shortness of breath


**Increased sickness and premature death from:**

- Asthma
- Bronchitis (acute or chronic)
- Emphysema
- Pneumonia

**Development of new disease**

- Chronic bronchitis
- Premature aging of the lungs

### How Pollutants Cause Symptoms

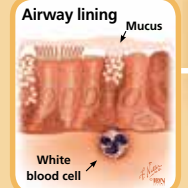


**Effects on Lung Function**


- Narrowing of airways (bronchoconstriction)
- Decreased air flow

**Airway Inflammation**

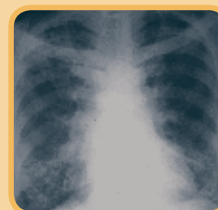
- Influx of white blood cells
- Abnormal mucus production
- Fluid accumulation and swelling (edema)
- Death and shedding of cells that line airways



**Increased Susceptibility to Respiratory Infection**




Normal



Lung with respiratory infection

### CARDIOVASCULAR EFFECTS




**Symptoms:**

- Chest tightness
- Chest pain (angina)
- Palpitations
- Shortness of breath
- Unusual fatigue

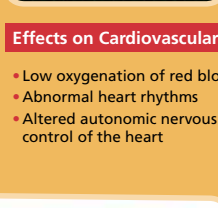
**Increased sickness and premature death from:**

- Coronary artery disease
- Abnormal heart rhythms
- Congestive heart failure
- Stroke

### How Pollutants Cause Symptoms



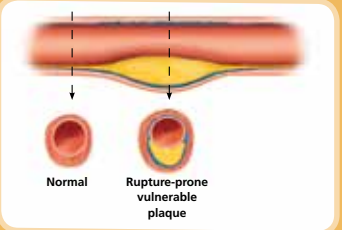
Normal heart rhythm



Abnormal heart rhythm

**Effects on Cardiovascular Function**


- Low oxygenation of red blood cells
- Abnormal heart rhythms
- Altered autonomic nervous system control of the heart



Normal      Rupture-prone vulnerable plaque


**Vascular Inflammation**

- Increased risk of blood clot formation
- Narrowing of vessels (vasoconstriction)
- Increased risk of atherosclerotic plaque rupture



**Reduce your risk by using the Air Quality Index (AQI) to plan outdoor activities – [www.airnow.gov](http://www.airnow.gov)**

AQI Levels of Health Concern	AQI Values	What Action Should People Take?
Good	0-50	Enjoy Activities
Moderate	51-100	People unusually sensitive to air pollution: Plan strenuous outside activities when air quality is better
Unhealthy for Sensitive Groups	101-150	<b>Sensitive Groups:</b> Cut back or reschedule strenuous outside activities Ozone: People with lung disease, children and older adults and people who are active outdoors Particle Pollution: People with heart or lung disease (including diabetics), older adults and children Carbon Monoxide: People with heart disease and possibly infants and fetuses Nitrogen Dioxide: People with lung disease, children and older adults Sulfur Dioxide: Active children and adults with asthma
Unhealthy	151-200	<b>Everyone:</b> Cut back or reschedule strenuous outside activities <b>Sensitive groups:</b> Avoid strenuous outside activities
Very Unhealthy	201-300	<b>Everyone:</b> Significantly cut back on outside physical activities <b>Sensitive groups:</b> Avoid all outside physical activities



United States Environmental Protection Agency  
EPA-456/H-11-002



## Heart Disease, Stroke, and Outdoor Air Pollution

### 1 Did you know that air pollution can trigger heart attacks, stroke, and other health effects?

Medical studies show that air pollution can trigger heart attacks, stroke, and irregular heart rhythms—especially in people who are already at risk for these conditions. Also, for people with a medical condition called heart failure, air pollution can further reduce the ability of the heart to pump blood the way that it should. Very small particles are the pollutants of greatest concern for triggering these effects. Particle pollution is found in haze, smoke, and dust—and sometimes in air that looks clean. This fact sheet tells you how you can:

- Get up-to-date information about your local air quality.
- Protect your health when particle pollution is at unhealthy levels.

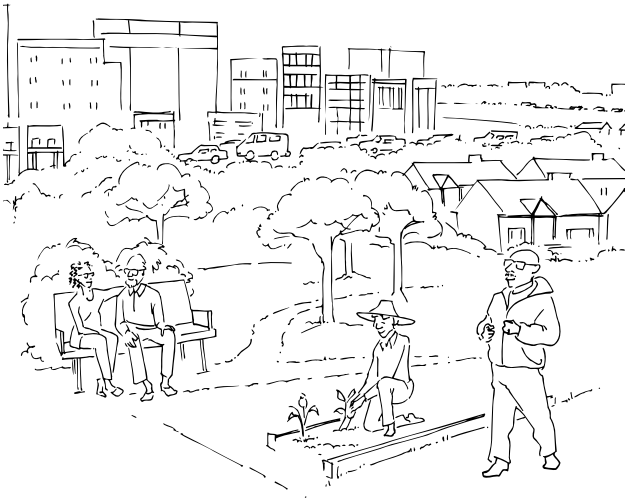
### 2 Are you at higher risk?

Older adults and people with risk factors for heart disease or stroke may be at greater risk. You are at greater risk if you:

- Have had a heart attack, angina, bypass surgery, angioplasty with or without a stent, a stroke, blockages in the neck or leg arteries, heart failure, heart rhythm problems, diabetes, or chronic obstructive lung disease.

You may be at greater risk of heart disease or stroke (and therefore at greater risk from particle pollution) if any of these apply:

- You are a man 45 years or older, or a woman 55 years or older.
- You have a family history of stroke or early heart disease (father or brother diagnosed before age 55; mother or sister diagnosed before age 65).
- You have high blood pressure or high blood cholesterol.
- You are overweight or not physically active.
- You smoke cigarettes.



### 3 How can you protect your health?

Regular exercise is important for staying healthy, especially if you have heart disease. By adjusting when and where you exercise, you can lead a healthier lifestyle and help reduce your risk of heart problems or stroke triggered by air pollution. In addition:

- If you have heart disease or have experienced a stroke, check with your health care provider about the best ways to protect your health when the air quality is unhealthy.
- If you're at risk of heart disease or stroke and plan to exercise more than usual, discuss this with your health care provider.

#### ► Know when and where particle pollution levels may be unhealthy.

Particle pollution levels can be high any time of year. Particle levels can also be high:

- Near busy roads, in urban areas (especially during rush hour), and in industrial areas.
- When there is smoke in the air from wood stoves, fireplaces, burning vegetation, or forest fires.



# Learn Traditional Culture to Celebrate Seollal

*Courtesy of Korea Tourism Organization*



**S**eollal, Lunar New Year's Day, is one of Korea's main holidays. The holiday takes place around the first new moon of the lunar calendar and serves as a time for people to greet each other with words of blessing for the year ahead. During the holiday period, Koreans also participate in ancestral memorial services, bow to their elders, and play traditional games. To learn more about these customs, follow along with Kayla (from U.S.) and Sebastian (from Argentina) on their special visit to the Korea Etiquette Institute.

## Korean cooking: Tteokguk & jeon

As the saying goes, "a loaf of bread is better than the song of many birds." The first part of Kayla and Sebastian's trip was preparing a tasty lunch of tteokguk (rice cake soup). Tteokguk is one of Korea's original dishes, and is traditionally eaten for the New Year. The dish is made by boiling thinly sliced white rice cakes in a clear soybean soup. Before eating, each bowl is garnished with meat, green onion, and egg; mandu (dumplings) can also be added for a more filling meal.



On their trip, the teacher gave a simple tip to make the tteokguk taste even better! Before putting the rice cakes in the soup to boil, wash them with cold water and let them soak for about 30 minutes. This will give the soup a clear taste and look. Following the instructor's guidance, Sebastian carefully prepared the rice cakes in the boiling soup while Kayla was praised for her artful use of the garnish.







Kayla and Sebastian also prepared two types of jeon (savory pancakes) to go with the tteokguk. Jeon is made by lightly coating vegetables, meat, or slices of fish in flour and an egg wash before frying in a small amount of oil. Jeon can be eaten at any time, but it is customary to have them at Seollal and Chuseok (Korean Thanksgiving Day). The name of each jeon is based on the main ingredient, such as gul jeon (batter-fried oyster), beoseot jeon (batter-fried mushroom), or hobak jeon (batter-fried zucchini). For this experience, they prepared dongtae jeon (batter-fried pollack fillets) and yugwonjeon (batter-fried meatballs). Kayla continued to show her artistic skills in garnishing, while Sebastian had the task of making sure the jeon were all fully cooked.



Dongtae jeon is made by warming slices of dried pollack before marinating them in a mix of salt, pepper, and clear rice wine. After dabbing off any remaining moisture, the marinated slices are lightly coated with flour, dipped in an egg wash, and pan-fried over mid-low heat. Yugwonjeon on the other hand requires a bit more preparation. The meatball is made from

mixing ground beef, tofu, garlic, and other seasoning ingredients together; the key to good yugwonjeon is making sure there is very little blood or water remaining in the meat and tofu, respectively. After mixing the ingredients fully together, it is rolled into small balls, lightly flattened in the palm of one's hand, and then follows the same steps as dongtae jeon: flour, egg wash, fry! In order to fully cook the inside of the meatballs, keep the heat low.

## Wearing hanbok

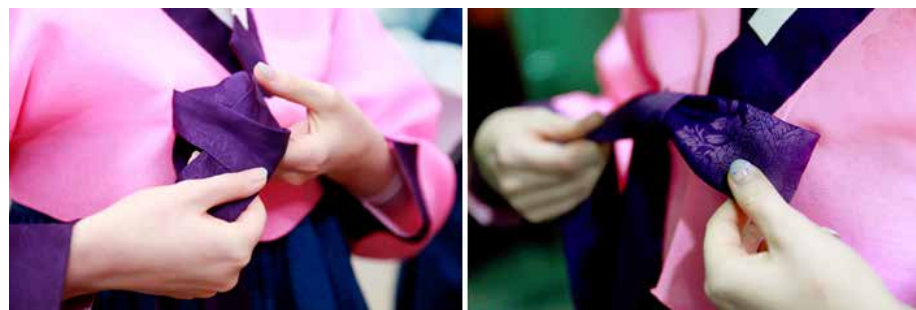
After lunch, Kayla and Sebastian were excited to try on hanbok. Korea's traditional clothing, the design of hanbok has largely remained unchanged since the Joseon dynasty. While modern styles and imitations of hanbok have seen a rise in popularity recently, traditional hanbok is worn on cultural holidays and during memorial services. Kayla proudly admitted to being a hanbok maniac, carefully selecting her hanbok based on what colors and styles suited her best. This was the first time Sebastian had tried on hanbok since a trip to Jeonju years ago; he was most concerned with simply not wearing pink.







The most difficult step to wearing hanbok is correctly tying the goreum (ribbon). The ribbon keeps the jacket closed and in place, so it is quite important! While you could just make any type of ribbon or even a simple knot, doing it the proper way creates a beautiful finished image.



To make the proper ribbon, cross the right-hand goreum over the top of the left before pulling it back up through the two to tie them together. At this point, place your left hand over the tie and wrap the top goreum once around your hand, down the back and up the palm. With your right hand, create a ribbon shape with the hanging goreum and pass it through the goreum looped over your left hand. After this, simply tighten and adjust to make it picture perfect. If you have tied the goreum correctly, there should only be about a 5-centimeter difference in the two goreum.

## New Year's bow

After dressing in hanbok, it was time to learn the New Year's bow. Both Kayla and Sebastian have lived in Korea for nearly ten years, so they are quite familiar with Korean greetings. Despite this, a simple standing bow is nowhere near as difficult to master as the full bow while dressed in hanbok! Kayla had difficulty not stepping on her skirt upon standing up again, while Sebastian tended to untie his goreum ribbon in the process.



Families gather together on the day of Seollal, and all members will give a New Year's bow to the elders of the family. The bow is different for men and women, but both must pay important attention to their gongsu (hand position). For men, the hands are held lightly in front of the body with the left hand over their right; for women, the right hand is over the left. The teacher praised Kayla for her correct hand positioning, not knowing she had previously attended a class on Korean etiquette. After a bit of review, the two were ready to bow!





For the female version of the New Year's bow, the hands, still held in the gongsu position, are lifted up to one's forehead, while turning one's head down to look at their feet. The hands will be held at this position throughout the bow until returning to the first standing position. At this point, the woman lowers her body slowly and kneels, starting with the left knee and then the right. From here, she sits down fully and then bends forward at the waist to about a 45 degree angle for three seconds. From here, simply reverse the process, sitting up straight, kneeling, standing on the right foot and then the left, before returning both hands to the gongsu position.

For the male version of the New Year's bow, the hands held in the gongsu position are lifted up and out in a round motion to one's eyes before being dropped down to the floor. Men also start kneeling with the left knee and then the right before sitting down. While women only have to bend slightly, men must bow further, lowering their backs to create a flat line. Their elbows should be placed on the floor and their forehead should hover slightly over their hands on the ground. If done properly, there will be a straight, flat line from the top of the head to the buttocks. After holding this position for three seconds, lift the elbows from the ground and sit straight up, place the right foot on the ground and use the hands in the gongsu position to push off from the right knee. After standing, lift one's hands to their eyes before returning to the original gongsu position.



## Playing yunnori

The last lesson of the day was playing yunnori, a traditional game that can be played by all! The game can be played with as few as two people; with more people, the players divide into two teams. Each team is given four game markers they must move around the board. The number of spaces they can move is based on the results of throwing four sticks in the air. The sticks are made of chestnut wood and have one flat side, while the opposite rounded side is marked with "X"s. The first team to get all four game pieces around the board wins!



Before beginning, Kayla and Sebastian played rock, scissors, paper to see who would throw first; Kayla won the right. At the start of the game, it was unclear who would win, as both were throwing the same number, knocking the other player's marker off the board. However, as the game progressed, Kayla began to make some strategic moves and was able to pull ahead for the win. While celebrating her victory, the teacher gave the following advice: "Yunnori is a game, but spending time together is more important than winning or losing. While playing, the whole family gets a chance to gather and share stories, all in a happy environment."

## More Info

- Tip: Looking to try some traditional activities for yourself? Plan a visit to Namsangol Hanok Village, National Folk Museum of Korea, Seoul Global Culture Center, Korean Folk Village, or Korea House! These locations have a variety of traditional culture experience programs to enjoy!
- 1330 Korea Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese, Russian, Vietnamese, Thai, Malay)



## Protect your Child's Smile during Physical Activity!



**Only 36% of kids ages 5-17 protect their smile during organized sports!**

With 25 million children involved in organized sports, there is an increased risk for oral and facial injuries. Athletes are 60 times more likely to suffer injury to their teeth and jaws when they fail to protect them. Over 5 million teeth are lost in sports related injuries each year.

**Help your child protect his teeth during physical activities**

**With summer camps and a new sports season around the corner, sports related injuries are a major concern. Help protect your child's smile by making sure they use mouth guards. They are an important part of your child's athletic gear. They reduce the risk of broken teeth and jaws as well as the need for costly dental repairs.**

### The Best Mouth Guards

The best mouth guards are the ones that fit properly. Make sure they are clean, smooth, and comfortable; when inserted your child should be able to speak and breathe normally.

The pre-formed and boil-and-bite mouth guards range in price from \$8-\$30; while the ones custom made by your dentist are more expensive.

### Mouth Guard Care is Simple

- o Rinse before each use.
- o Check for holes and tears.
- o Clean with toothbrush and toothpaste or warm soapy water.
- o Avoid over exposure to the sun.

### This Could Have Been Prevented



Mouth Guards save thousands of children from dental injuries and saves parents thousands of dollars in dental repairs.

## Healthy Smiles Can Improve Your Child's School Performance!

### 1. Is dental disease really an issue in America?

In some states nearly 40% of children start Kindergarten with tooth decay; almost 15% have 7 or more diseased teeth. Studies show that poor dental health negatively impacts children's school performance.

### 2. How is dental health related to school performance?

Children with dental disease and pain find it more difficult to pay attention in class. They may also experience delayed social development and low self-esteem when they have difficulty forming words correctly or when their disease is noticeable to other children. Children with dental disease miss more days from school which further disrupts their learning process.

An average of 51 million school hours are missed each year due to dental related illnesses.



### 3. Does my child's dental health impact their overall health?

Yes, dental disease can prevent your child from choosing the healthier fruit and vegetable options because of the pain associated with chewing. Untreated disease can affect your child's quality of sleep and their desire to participate in physical activities. These negative effects can greatly impact your child's overall growth and development.

Seek treatment for dental disease early; this prevents the spread of dental infection to other parts of the body, the need for hospitalization and the risk of death.

### 4. At what age should I begin taking my child to the dentist?

The primary focus of dentistry is on patient education and disease prevention. Parents are a major part of the dental team. Parents should begin cleaning their child's tooth as soon as it arrives into the oral cavity and they should bring the child in for their first check-up before their first birthday.

Twice a year dental check-ups are recommended for School aged children. By scheduling your appointments during the summer or school breaks you can improve your child's school attendance.

### 5. How can I improve my child's dental health?

The best way to ensure your child's dental health is to limit sugary, sticky snacks, foods and beverages and replace them with healthy raw fruits and vegetables (i.e. Apples and carrots). Eating or snacking more than 5 times a day (3 meals and 2 snacks) greatly increases risk for decay. Sugary beverages (even juice) between meals count as a snack. Encourage your child to drink more water throughout the day. Not only does it rinse away stuck on foods but it also protects the teeth from decay.

The best tools for improving a child's dental health are brushing toothbrush and fluoride toothpaste. Make sure brushing a part of your child's bedtime routine, in addition to their morning routine. Soft bristle toothbrushes are ideal because it is less damaging to their gums. Once your children no longer have spaces between their teeth, introduce gentle flossing to their oral hygiene routine.

### 6. How will I know if you child has a dental problem?

Children will tell you when something hurts, or you may notice a change in their dietary habits. Early diagnosis and treatment will have your child back on the playground sooner and are usually more cost effective.

### 7. My child knocked his front tooth out while playing in the yard, what should I do?

Dental injuries can be very frightening so here are some tips to help you remain calm under pressure. Pick up the tooth by the crown and not the root, place it in a cup of milk if your child will not allow you to put it back in the socket. Do not rinse it with water. Visit your dental office immediately.

For other dental emergencies, visit your dental office.

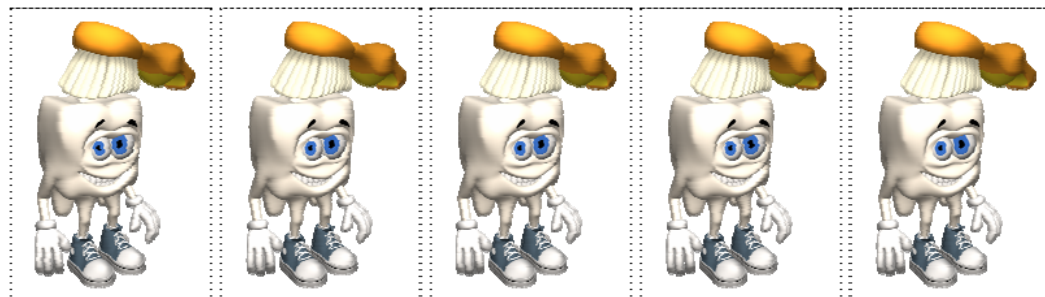
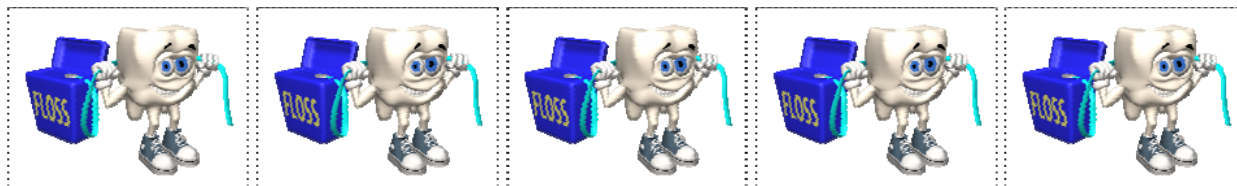
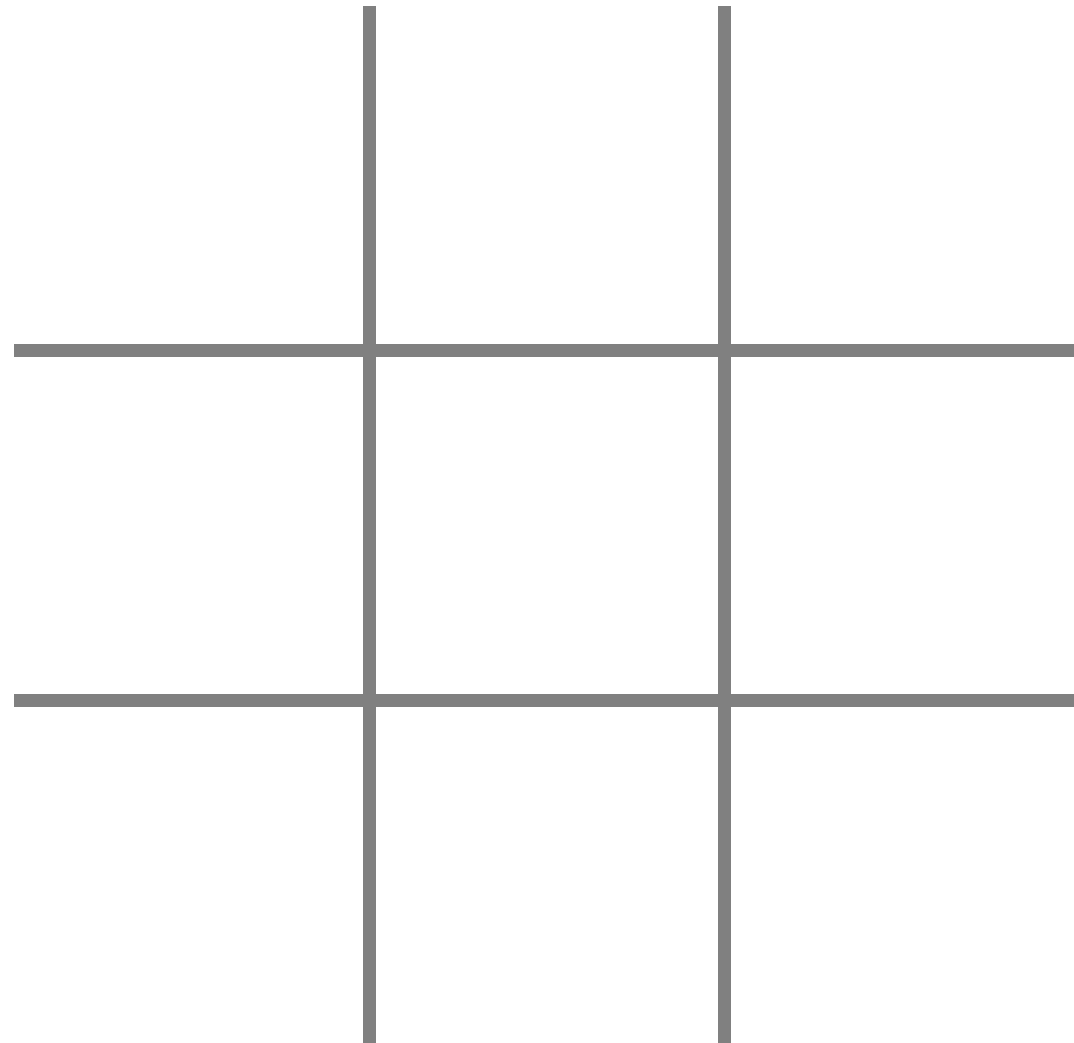


**51 Million hours of educational opportunities are lost each year due to dental disease.**

Oral Health in America: A report of the Surgeon General



# Dental Health – Tic-Tac-Toe



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Dental Health Vocabulary



Complete the activity.



1. \_\_\_\_\_ A person whose profession is dentistry
2. \_\_\_\_\_ The hardest substance in your body
3. \_\_\_\_\_ Large back teeth used for grinding your food
4. \_\_\_\_\_ Soft, strong thread used to clean between the teeth
5. \_\_\_\_\_ A soft, sticky, whitish film attached to tooth surfaces
6. \_\_\_\_\_ A brush for cleaning the teeth
7. \_\_\_\_\_ The part of the tooth below the gums
8. \_\_\_\_\_ A hole in the tooth caused by tooth decay
9. \_\_\_\_\_ The pink tissue at the bottom of teeth
10. \_\_\_\_\_ A paste for cleaning teeth

Molars  
Gums  
Plaque  
Toothpaste

Root  
Dentist  
Toothbrush

Floss  
Enamel  
Cavity



**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

E-mail. [ivyface@naver.com](mailto:ivyface@naver.com)  
Website. [www.IVYsmile.kr](http://www.IVYsmile.kr)

**02-518-2722**

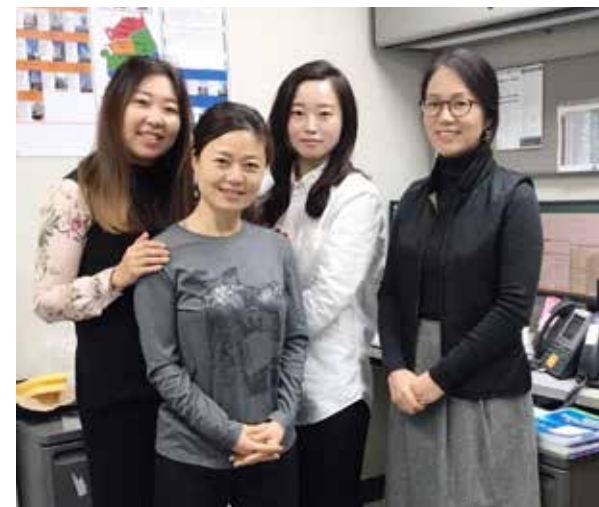
- Free Taxi for New Patients with TRICARE from YongSan
- \* Subway # 7 Line (Exit .12)
- Find Us on **Facebook** "IVY dentalclinic"



## BRIAN ALLGOOD ARMY COMMUNITY HOSPITAL

### BILINGUAL MEDICAL ADVICE LINE (BMAL)

**Call 737-BMAL (2625) or Use the BAACH App**



#### SERVICES OFFERED

- 24/7 nursing medical advice
- Self-care advice
- Medical triage
- Korean and English translation
- Locating Host Nation Hospital for urgent care
- Care coordination

#### QUESTIONS AND ANSWERS ABOUT BMAL

##### Should I call the BMAL if I think I have a medical emergency?

**No.** If you believe you have a medical emergency, go to the nearest emergency room or call 911 on post or from:

Casey: 050-3332-9117  
Yongsan: 050-3323-9111  
K16: 050-3341-6001  
Humphreys: 050-3353-7911  
Walker: 050-3364-5911  
Carroll: 050-3364-5911

##### Should I call the Bilingual Medical Advice Line if I am unsure if my child or I need immediate care?

**Yes,** unless you perceive the problem to be life threatening. The Advice Line helps you make informed decisions on when and how to seek care for an urgent problem or provides advice on self-care at home.

##### How can I reach the Bilingual Medical Advice Line?

Call the Bilingual Medical Advice Line toll-free number 24 hours a day, 7 days a week at 737-BMAL (737-2625).

##### What kinds of questions will the nurse ask me?

The Nurse will ask general demographic information and then ask questions about your specific concern to best assist you in making

informed decisions on when and how to seek care for an urgent problem or to provide self-care at home.

##### I have TRICARE For Life. Can I call the Nurse Advice Line? Yes

##### I always call the clinic directly during duty hours if I have a problem. Can I still call my own PCM?

You can always call your PCM or clinic; the Bilingual Medical Advice Line is just another way to provide you access to health care and advice.

##### Will I reach a live person when I call the Bilingual Medical Advice Line?

A person will always answer and stay with you on the call until you get the advice or access to the health care you need.

##### I have a routine question or concern I want to discuss with my PCM. How do I do that?

The Bilingual Medical Advice Line is for your sudden onset or new health concerns or questions. Secure Messaging, allows you to send secure e-mails to your PCM or health care team. If you are an enrolled beneficiary with a PCM and have a question or concern about a non-urgent health issue, contact your Clinic directly or e-mail your PCM securely on TRICARE Online.

##### How will my PCM know I called the Nurse Advice Line and what the Nurse Advice Line advised me to do?

Your PCM will see your previous encounter on your electronic medical record.



**The New BAACH App!**  
Emergency Numbers, Contacts,  
Host Nation Hospital Maps,  
Translation Service, and more!  
**Download FREE**  
For iPhone and Android  
Search "Brian Allgood" in the App Store







# Humphreys Community Reflects on King Legacy

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



he 65th Medical  
Brigade hosted  
the Eighth United  
States Army Dr.  
Martin Luther King

Jr. Day observance at Freedom  
Chapel on U.S. Army Garrison  
Humphreys Jan. 15.

Col. Kevin Hamilton, the 65th  
Medical Brigade Chief of Staff,  
provided opening remarks for the  
celebration.

"As father of two young men  
and given the issues in world to-  
day, it is prevalent that Dr. King's  
work not be forgotten and for us  
to remind everyone why his works  
must be remembered," said Ham-  
ilton. "Dr. King laid a platform for  
all of us to exercise our differ-  
ences in a non-violent way. It is  
important for all to understand  
what he did and why he did it and  
to take that and continue to make  
a better tomorrow and greater  
future for all mankind."

Brig. Gen. David Wilson, U.S.  
Forces Korea J4, was the guest  
speaker for the observance.

"We are here today to cel-  
ebrate and remember the  
achievements of a great man,"  
the general said. "Someone who  
truly understood that our nation's  
greatest strength is our diversity.  
With that understanding he spent  
his life fighting for social justice."

Wilson emphasized that there  
is a "very important distinction"  
between fighting for social justice  
versus fighting against social  
injustice.

"My hope for each of you is  
you think about what you are for,  
not what you're against," said the  
Charleston South Carolina native.  
"Our military family is diverse,  
giving, loving and we really un-  
derstand what it is to take care of  
each other, just like he did. It was  
through his works and service







that ushered in a consciousness that American needed then as well as today."

Wilson recited an African proverb to emphasize the need for community. "If you want to harvest in a year grow a crop, if you want to harvest in ten years grow trees, if a lifetime grow people. How do you grow people? Through service to others."

Recalling that Dr. King was more than a mere 'dream' but a visionary that was called to the world stage to draw attention to current events of which we all are tied together through service. Reiterating the theme, "Remember, Celebrate, Act, A Day On, Not A Day Off," Wilson affirmed that everyone should be kind to one another, be the types of teachers you want, leaders you want to be led by and the type of person you want others to be.

King more than a mere dream but visionary called to world stage what affects one affects us all, draw attention to world events, we are all tied together to service,

Most important is not his birth or death, but his life and how he lived it as an example to all of us. He understood we all could have a better life through selfless service and treat others with dignity and respect. "Our core beliefs are what unite us and help us to succeed. We must come together in unity and complement one another," concluded Wilson.

Hamilton concluded the ceremony thanking everyone who had a part in putting the event together. He also spoke on the importance of building bridges and standing together united for one cause and invited everyone present to take up a candle and join the silent community march across USAG Humphreys.





# Bravo Company Brings Medical Care to Battlefield

Story by Capt. Jessica Dirks  
Bravo Company Commander, 121 CSH



Soldiers from B Co., 121st CSH were deployed and established a fully operational critical corridor within 48 hours of operation during a December 2018 training event. The setup included the emergency room, an operating room, surgical processing department, pharmacy, laboratory, and radiology departments. (Photo Credit: U.S. Army)

Alongside the main mission of establishing the critical corridor, Soldiers from B Co., 121st CSH were also trained on the fundamentals of setting up a CSH during a December 2018 training event. (Photo Credit: U.S. Army)

**B**ravo Company 121st Combat Support Hospital (CSH) conducted a CSH establishment exercise,

Operation Rabid Endeavor, from Dec. 10 to 13, 2018, at U.S. Army Garrison Humphreys.

This was another of a series of field exercises for the 121CSH in their efforts to enhance readiness on the peninsula and sharpen medical combat support skills in a field environment by learning how to provide high-quality health care during transition to hostilities.

Bravo Company deployed and established a fully operational critical care corridor within 48 hours of operation. The setup included the emergency room, an operating

room, surgical processing department, pharmacy, laboratory and radiology departments.


Alongside the main mission of establishing the critical corridor, Soldiers were also trained on the fundamentals of setting up a CSH. This included staking, tent training, improved environment controlled unit, generators maintenance, vehicle preventative maintenance checks and services, convoy operations and MC4 computer training.

"This exercise gave us the oppor-


tunity to get more Soldiers involved in the training and [hone our medical] skills," said Capt. Jessica Dirks, Bravo Company commander.

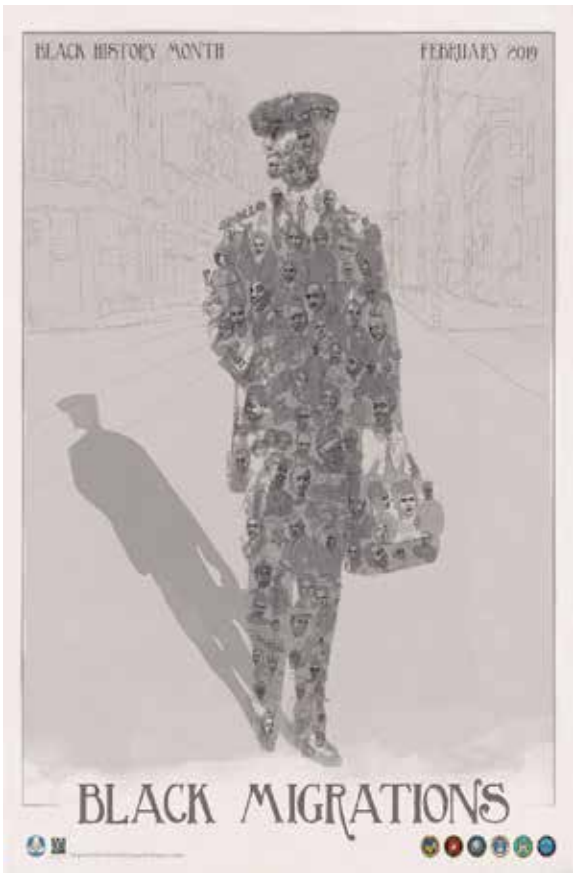
"CSH level operations will continue to be our focus in order to hone skill sets and provide optimal care and treatment during war-time operations, and it starts with establishing a CSH in an austere environment" said Col. Andrew L. Landers, 121st CSH commander. "We will continue our efforts to ensure that we remain ready."





## 2019 Black History Month Observance






**168<sup>th</sup> Multifunctional Medical Battalion,**  
Cordially invites you to attend the  
**2019 Black History Month Observance**

**February 21, 2019**  
**10:15 a.m. - Noon**

**Camp Henry Post Theater**

**Guest Speaker:**  
**Col. Kevin C. Hamilton**  
**65<sup>th</sup> Medical Brigade Chief of Staff**



**RSVP POC: SFC Madrazo, Jessica @**  
[Jessica.d.Madrazo.mil@mail.mil](mailto:Jessica.d.Madrazo.mil@mail.mil) or SSG Campbell, Adam  
@ [adam.r.Campbell.mil@mail.mil](mailto:adam.r.Campbell.mil@mail.mil)  
**DSN: 315-737-4758**

*\*Soul food will be served at the dining facility after the observance, Prices: Meal card holders-Free, All others- \$5.60*



# ARMY NURSE CORPS

ANNIVERSARY



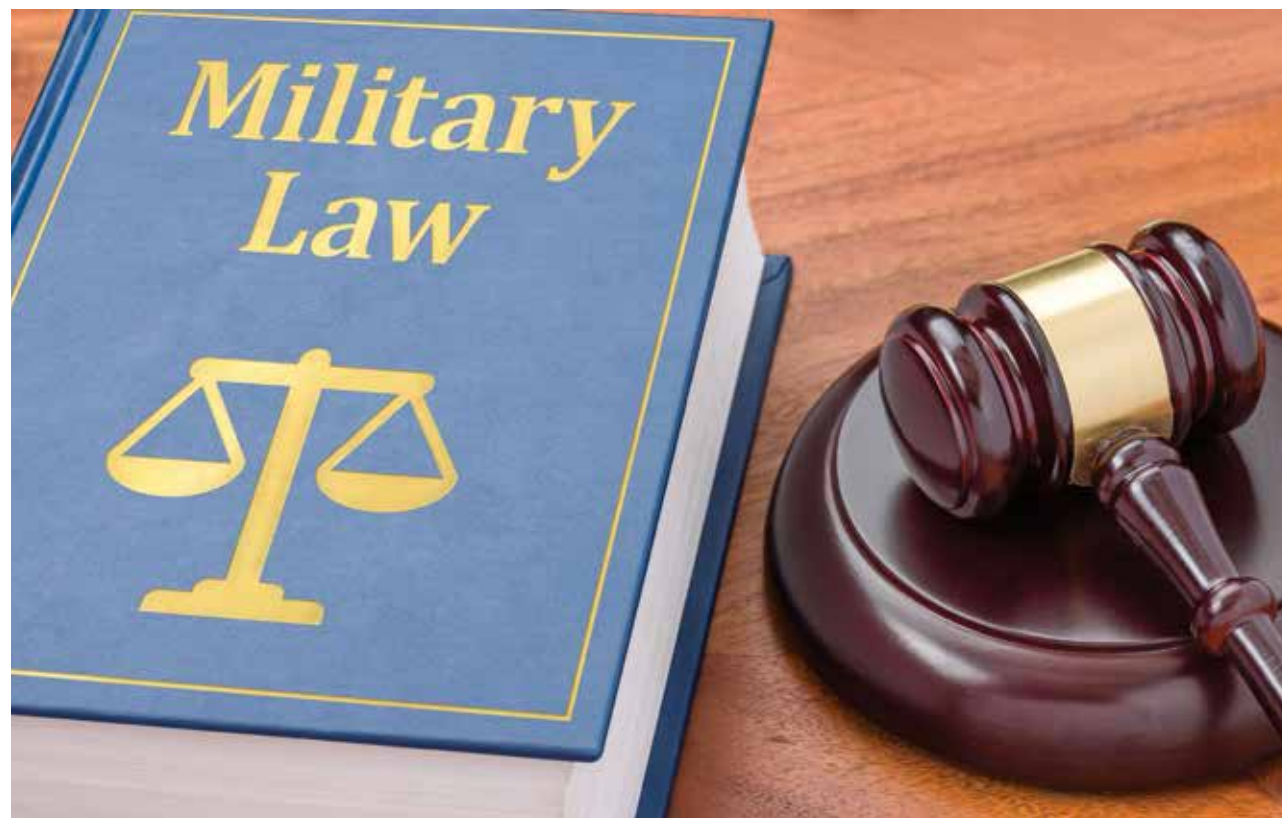






# 2019 Brings Changes to Military Justice System

Story by Gary Sheftick  
Army News Service



**A** host of changes to the Uniform Code of Military Justice became effective Jan. 1, modernizing definitions for many offenses, adjusting maximum penalties, standardizing court-martial panels, creating new computer-crime laws, and much more.

The changes strike a balance between protecting the rights of the accused and empowering commanders to effect good order and discipline, said Col. Sara Root,

chief of the Army's Military Justice Legislation Training Team.

"We're pretty excited," Root said. "It's a healthy growth of our military justice system."

Root and three members of her team spent the last year traveling to 48 installations to train 6,000 legal personnel and law-enforcement agents about the changes. Her two-day classes included everyone from judges to law clerks, and privates to generals, she said, and even 600 from other military services.

## CODIFYING CHANGES

Many of the changes came about after a review by the Military Justice Review Group, consisting of military and criminal justice experts whose report made recommendations to Congress.

"We've had a lot of changes to our system [over the years], but piecemeal," Root said. She explained that the Review Group convened to take a thorough and holistic look at the system to stan-

dardize military law and update the Manual for Courts Martial.

Many of the MJRG's changes were incorporated into the Military Justice Act of 2016, the 2017 National Defense Authorization Act, and then Executive Order 13825 signed by the president March 8. Additionally, Secretary of the Army Mark Esper signed a directive Dec. 20 that clarifies definitions for dozens of offenses taking effect this week.

"We've really needed that much time," Root said, from 2017 to now, in order to train all members of the Army Judge Advocate General's Corps. Those attending her classes then needed time to train commanders and others on the installations, she added.

## ADULTERY CHANGED

One of the changes replaces the offense of adultery with "extra-

The most sweeping changes to the Uniform Code of Military Justice since it was enacted in 1950 took effect Jan. 1. One of the changes standardizes panels for court-martial proceedings.  
(Photo Credit: U.S. Army)

marital sexual conduct." The new offense broadens the definition of sexual intercourse, which now includes same-sex affairs. The amendments also now provide legal separation as a defense.

In the past, service members could be charged with adultery even if they had been legally separated for years but were not divorced. Now legal separation from a court of competent jurisdiction can be used as an affirmative

defense, Root said.

Also in the past, prosecutors had to prove traditional intercourse to obtain a conviction for adultery, Root said. Now oral sex and other types of sexual intercourse are included.

## PROTECTING JUNIOR SOLDIERS

UCMJ Article 93a provides stiffer penalties for recruiters, drill sergeants and others in "positions of special trust" convicted of abusing their authority over recruits or trainees.

The maximum sentence was increased from two years to five years of confinement for those in authority engaging in prohibited sexual activities with junior Soldiers. And it doesn't matter if the sex is consensual or not, Root said, it's still a crime.

Article 132 also protects victims and those reporting crimes from retaliation. An adverse person-





nel action -- such as a bad NCO Evaluation Report, if determined to be solely for reprisal --- can get the person in authority up to three years confinement without pay and a dishonorable discharge.

#### COMPUTER CRIMES

Article 123 provides stiff penalties for Soldiers who wrongfully access unauthorized information on government computers. Distributing classified information can earn a maximum sentence of 10 years confinement, but even wrongfully accessing it can get up to five years in jail. Unauthorized access of personally identifiable information, or PII, is also a crime. Intentionally damaging government computers or installing a virus can also bring five years in the clinker.

Article 121a updates offenses involving the fraudulent use of credit cards, debit cards or other access devices to acquire anything of value. The penalty for such crimes has been increased to a max of 15 years confinement if the theft is over \$1,000.

If the theft is under \$1,000 the maximum penalty was increased from five to 10 years confinement, and this crime also includes exceeding one's authorization to use the access device, for example, misusing a Government Travel Card.

Cyberstalking is also now included as a stalking offense under Article 130 of the UCMJ.

#### COURTS-MARTIAL

A "bench trial" by a judge alone can now determine guilt or innocence for many offenses. Almost any charge can be referred to such a forum, except for rape and sexual assault, which requires referral to a

general court-martial. However, if the offense has a sentence of more than two years, the accused has a right to object to such charges being referred to a bench trial and could request a special or general court-martial.

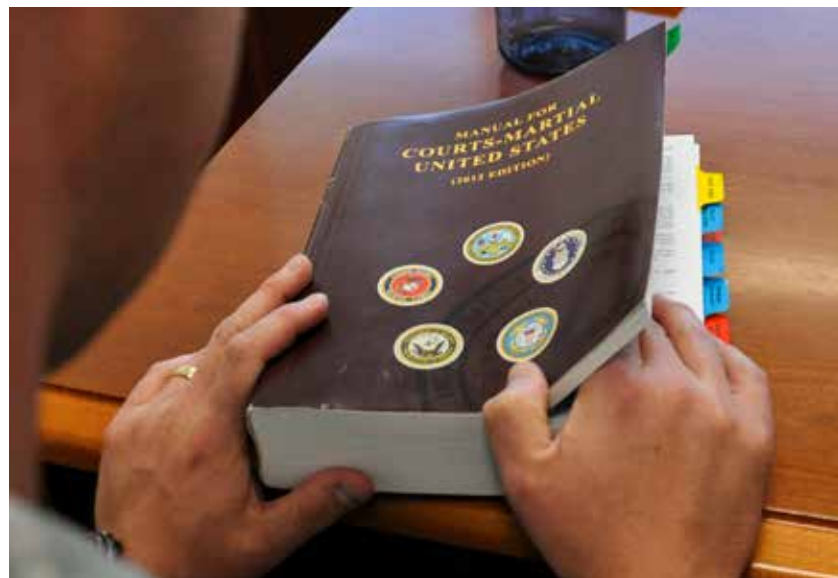
If found guilty at a bench trial, Root said a Soldier cannot be given a punitive discharge and the max sentence would be limited to no more than six months forfeiture of pay and no more than six months confinement. The judge can still adjudge a reduction in rank.

"It's a great tool that we're really excited to see how commanders use

eral court-martial, the panel has now been standardized to eight members. In the past the size of the panel could vary from five to an unlimited number, but often around 10-12 members. Now each general court-martial must begin with eight panel members, she said, but could continue if one panel member must leave due to an emergency during trial.

Special courts-martial will now be set at four panel members. A court-martial convening authority can also authorize alternate members to be on a special or a general court-martial, she said

Capital offenses such as murder



it out in the formations," Root said.

More than half of the cases in the Army actually are settled by plea agreements in lieu of a contested trial, Root said. Commanders have always had the authority to limit the max sentence with a plea agreement, but she said now they can agree to a minimum sentence as well. This might result in a range for the judge to sentence within, for example, no less than one year confinement, but no more than five years confinement.

If a case goes to a non-capital gen-

eral court-martial, the panel has now

require a 12-member panel. For a non-capital court-martial, three-fourths of the panel members must agree with the prosecution to convict the accused, she said. For instance, if only five members of an eight-member panel vote guilty, then the accused is acquitted. A conviction for a capital offense still requires a unanimous verdict.

#### EXPANDED AUTHORITY

Congress expanded judges' authorities to issue investigative sub-

# 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 등, 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



#### For Legal Issues, Contact:

Attorney Ko Oh Sun  
Cell : 82-10-8954-5228  
E-mail : sky5228@keumseong.com

#### For Immigration Issues, Contact:

Expert Adviser Park Sang-Hoon  
Cell : 82-10-5320-7892  
E-mail : parkindo92@keumseong.com



poenas earlier in the process, for example, to obtain a surveillance video from a store. One of the most significant changes is that now military judges can issue warrants and orders to service providers to obtain electronic communications such as email correspondence.

In the past, trial counsel had to wait until preferring charges to issue investigative subpoenas. Now, with the approval of the general court-martial convening authority, trial counsel can issue subpoenas earlier to help determine whether charges are necessary. For electronic communications, the government previously had to rely on federal counterparts to assist with obtaining electronic communications.

"Being able to have these tools available earlier in the process is going to be helpful for overall justice," Root said.

The changes also call for more robust Article 32 hearings to help the commander determine if an accused should go to trial, she said. For instance, a preliminary hearing officer must now issue a more de-

tailed report immediately after an Article 32 hearing's conclusion. In addition, both the accused and the victim now have the right to submit anything they deem relevant to the preliminary hearing officer within 24 hours after the hearing specifically for the court-martial convening authority to consider.

Aimed at speeding up the post-trial process, immediately following a court-martial, audio can now be provided to the accused, the victim, and the convening authority in lieu of a verbatim transcript which will be typed and provided later, but prior to appeal.

A number of other procedural changes are aimed at making the military justice system even more efficient, Root said.

#### MORE CHANGES

More changes to punitive offenses also take effect this week. For instance, the definition of burglary has changed to include breaking and entering any building or structure of another, anytime, with the intent to commit any of-

fense under the UCMJ. In the past, burglary was limited to breaking and entering the dwelling house of another in the nighttime.

The penalty for wearing unauthorized medals of valor has increased from 6 months to a max of one-year confinement along with forfeiture of pay and a bad-conduct discharge. This includes wearing an unauthorized Medal of Honor, Distinguished Service Cross, Silver Star, Purple Heart, or valor device. The maximum penalty for wearing any other unauthorized medal is still only six months.

Regarding misconduct that occurred prior to Jan. 1, the changes to the punitive articles are not retroactive, Root said. However, some of the procedural changes will apply to cases that were not referred to trial before Jan. 1.

All members of the JAG Corps are trained in the changes and ready to go, Root said.

"We're pretty proud that our commanders are really at the center of this," she said, "and it just gives them some more tools for good order and discipline."

## USAG-Yongsan Transformation

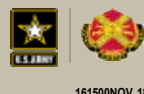
WHAT IS HAPPENING IN 2019

### Key Closures / Changes in (2019)

(~ 8,464 Area II population in DEC)

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

\*Tentative Closure Dates



161500NOV 18

# ARE YOU PART OF LEGACY OF YONGSAN GARRISON YET?



© Yongsan Legacy

Pictured above:

Yongsan @ Heart Exhibition held at the War Memorial of Korea in spring 2018 featuring 24 individuals who spent part of their lives in Yongsan Garrison

Hundreds of people like you have already shared stories and memories to be part of Yongsan Legacy. And groups like Seoul American High School Alumni, USFK Spouses Club and Dragon Hill Lodge imparted their stories to be included in the Yongsan Legacy project.

"preserving the  
invaluable treasures of  
Yongsan Garrison"



GO ONLINE  
GET INVOLVED

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www.yongsanlegacy.org

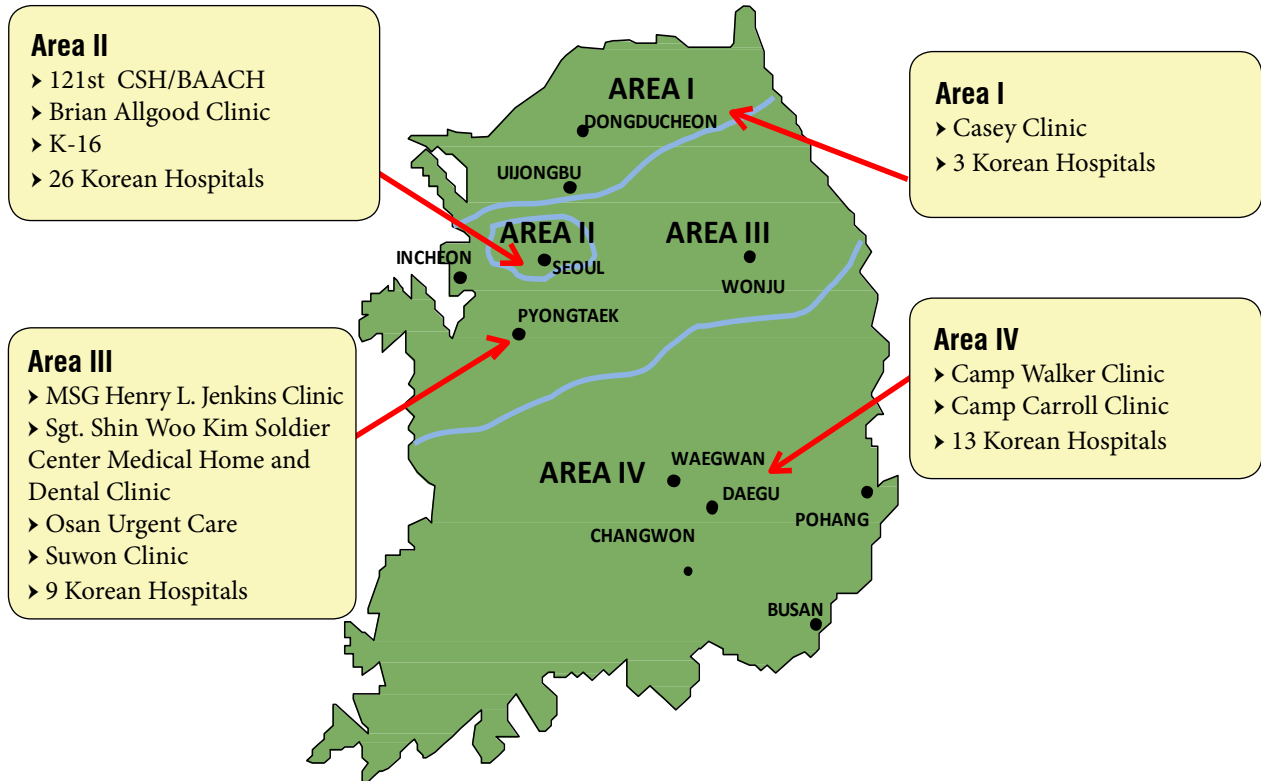
Pulse 65, February 2019 • 81



# 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

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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
- Ilsin Christian Hospital 051-630-0411

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