

# Pulse

APRIL 2019

## OPERATION FORLORN REAPER

121st COMBAT SUPPORT  
HOSPITAL CONVERTS TO 549th  
FIELD HOSPITAL CENTER

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- A tourist from Singapore



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# E-C INTERNATIONAL LAW OFFICE



## Ms. Annette M. Eddie-Callagrain Esq.

### Professional Experience

#### Attorney-at-Law

E-C International Law Office (1995-2019)  
General practice, private law practice.

#### Judge Advocate (Major)

United States Air Force Reserves (1995-2006)  
Served as a Judge Advocate in the Air Force Reserves, retiring in October 2006.

#### Judge Advocate

United States Air Force (1983-1995)  
Active Duty Judge Advocate, practicing all areas of military law

#### Law School Professor

University of the Ryukyus Law School  
Okinawa, Japan

### Practice Areas

- Collections
- Criminal Law
- Divorce
- Domestic Violence
- Employment Law
- Entertainment & Sports Law
- Family Law
- International Law
- Medical Malpractice
- Military Injury
- Personal Injury
- Workers' Compensation

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## EDITOR'S LETTER

The month of April is a busy month. One thing that makes it special is that it is the nationally recognized Month of the Military Child, and each year since 1986, the Department of Defense selects a day to honor military children by urging people to wear **purple** to show support and thank military children for their strength and sacrifices. This year, **Purple Up** for Military Kids is recognized on April 10, 2019. As part of the Military Children's Health monthly theme this April, the Defense Health Agency is encouraging everyone to wear **purple** on April 10 to promote the day and encourage participation.



The term "military brat" is a badge of pride worn by generations of kids who traveled the world with their parents, moving into adulthood with the knowledge that they have the strength to handle anything. Military children deal with separations, deployments, frequent moves and even their parents' injuries as part of the life they were born into or entered with their families.

Being an Army brat myself, I have several fond memories growing up following my father around in his military career as I know my son has with my career as well prior to my retirement from active service. Having a month dedicated to the children of the military is a special time in that a lot of events are scheduled as well as discounts and contests at your local installations. The Army and Air Force Exchange Service will be giving away "military brat patches" at stores worldwide. Check with your local Exchange outlet nearest you for more information.

This year, the Defense Commissary Agency is celebrating the month by sponsoring a coloring contest from April 1-30, 2019. Eligible children 11 years of age and younger have an opportunity to use their creative talents on the commissary coloring page and submitting it using the official contest form, which also has the official rules for entering. You can submit your entry by dropping it off at your local commissary. Grand prize winners will have their artwork placed on a special reusable shopping bag with the first and honorable mention winners having their names shown as well.

The PULSE65 editorial team has obtained the entry forms and the coloring page for our readers in advance. See pages 6-7.

So **PURPLE UP!** On April 10 and throughout the month of April to show your support and thank your military children

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



# 4th Annual Baby & Family Expo

Saturday, 18 May

1000-1300

121 CSH BAACH Lobby



## Building Brighter Futures

There will be:

- Parent Support Organizations
- Games
- Information Booths
- Light Refreshments

RSVP by **16 May** at [yongsanbabyfamilyexpo@gmail.com](mailto:yongsanbabyfamilyexpo@gmail.com)  
or registration forms are available at ACS.

Open to all DoD ID Card holders and their Family members.

For more details, call 738-7505 or visit USAG Yongsan ACS, FMWR Facebook page.



# MONTH OF THE MILITARY CHILD 2019

## COLORING CONTEST

Break out your markers, crayons or colored pencils for a chance to win!

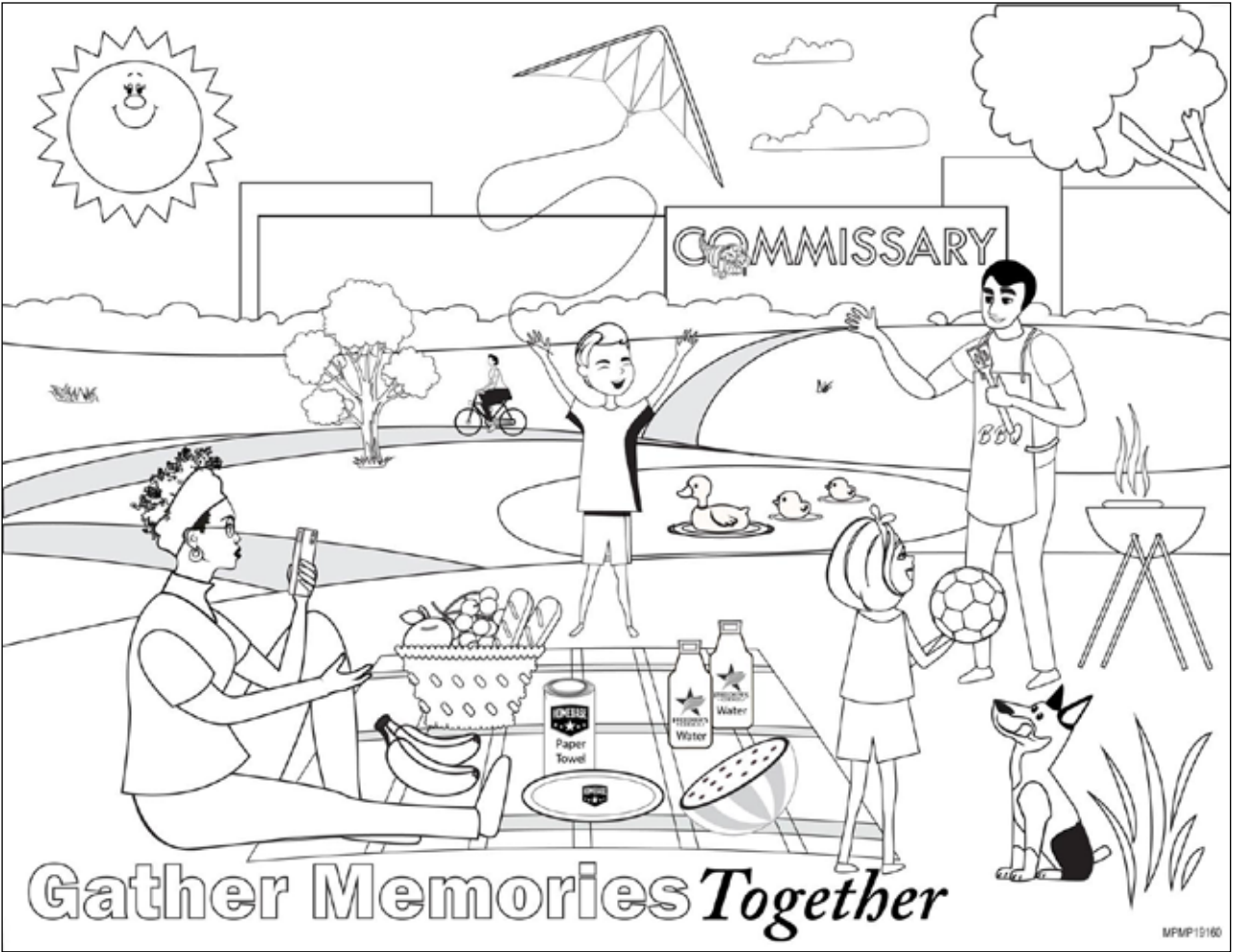
Parents/Guardians, here’s how your military child can enter:

1. The coloring page must be colored by a military child 11 years of age or younger. The child may use this sheet or a printout available for download at [www.commissaries.com/color](http://www.commissaries.com/color).
2. Entries will be accepted at Your Commissary’s Customer Service Office April 1-30, 2019.

A grand prize winner from all entries will have their artwork placed on one side of Your Commissary’s reusable bag. Two first place winners, one from each of two age groups, up to 6 years old and 7-11 years old, will be acknowledged on the other side of the bag. And six Honorable Mentions will be selected and placed on the bag’s gussets (both sides).

Artist/Child’s Information						
Parents, Please print legibly	Last Name		First Name		M.I.	Age
	Parent/Guardian Information					
	Last Name		First Name		M.I.	
	Parent/Guardian Branch of Service					
	Army	Air Force	Navy	Marines	Coast Guard	
	Parent/Guardian Email Address					

No purchase necessary to enter or win. Limit one entry per child. By entering, you are granting the Defense Commissary Agency and its partner’s full rights to use all materials and information. All entries become the property of the Defense Commissary Agency and will not be acknowledged or returned. Complete rules and regulations are at [www.commissaries.com/color](http://www.commissaries.com/color).





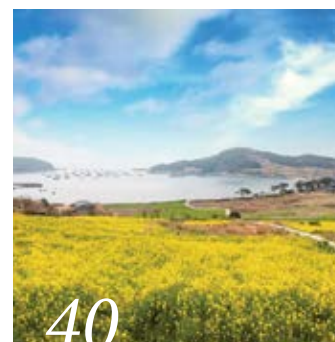


## 121st Combat Support Hospital Converts to 549th Field Hospital Center

This coming July of 2019 the 121st Combat Support Hospital will convert from its current 248-bed legacy and construct into the 549th Field Hospital Center with two 32-bed field hospitals (121st FH and 502nd FH) task organized underneath it and an additional four detachments - the 129th Medical Detachment (32-bed surgical), the 150th Medical Detachment (32-bed medical), the 125th Medical Detachment (60-bed ICW), the 197th Medical Detachment (60-bed ICW) and the 135th Forward Resuscitation Surgical Team, providing combat commanders with a 'plug and play' hospital system depending on what is needed on the battlefield.

Photo by William Wight  
65th Medical Brigade Public Affairs Office

Front Cover:  
Photo by William Wight  
65th Medical Brigade Public Affairs Office



## Korea's Best Springtime Destinations



## Family Adventures in the Philippines

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Apr 5-14

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<b>6, 13-Apr</b> <b>DMZ \$49 → \$29</b>	<b>11-Apr</b> <b>ESCAPE ROOMS \$30 → \$19</b>	<b>12-Apr</b> <b>JUMP SHOW \$60 → \$35</b>

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

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With the arrival of spring come beautiful blooming flowers, including cherry blossoms, forsythias, and azaleas. There are many places to enjoy the sight and scent of spring blossoms all over Korea. For more information, see pages 50-56.



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# Exceptional Family Member Program



**EFMP Resource Connections  
Family Support Group**

**WEDNESDAY, APRIL 10  
5:30 - 7:30 P.M.**

**Humphreys West Elementary School - Cafeteria**

**Guest Speaker: Carol Castleberry (Topic: Autism)**

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



**APR01-10**

### Jinhae Gunhangje Festival

Tongsin-dong, Jinhae-gu,  
Changwon-si, Gyeongnam  
+82-1899-1111



**APR03-07**

### Gyeongju Cherry Blossom Festival

140-25, Cheomseong-ro,  
Gyeongju-si, Gyeongsangbuk-do  
+82-54-748-7721



**APR04-07**

### Yeongam Wangin Culture Festival

440, Wangin-ro, Yeongam-gun,  
Jeollanam-do  
+82-61-470-2350



**APR05-07**

### Jinhae International Military Band & Honor Guard Festival

37, Chungmu-ro, Jinhae-gu,  
Changwon-si, Gyeongnam  
+82-55-548-2845



**APR11-14**

### Goryeong Daegaya Experience Festival

Daegaya-ro, Goryeong-gun,  
Gyeongsangbuk-do  
+82-54-950-6424



**APR13-MAY12**

### Taeon Tulip Festival

400, Kkotjhaean-ro, Taeon-gun,  
Chungcheongnam-do  
www.koreaflowerpark.com



**APR26-MAY12**

### International Horticulture Goyang Korea

595, Hosu-ro, Ilsandong-gu,  
Goyang-si, Gyeonggi-do  
www.flower.or.kr



**APR27-MAY06**

### Mungyeong Traditional Chasabal Festival

36, Saejae 2-gil, Mungyeong-si,  
Gyeongsangbuk-do  
www.sabal21.com



**MAY03-05**

### Yeon Deung Hoe (Lotus Lantern Festival)

55, Ujeongguk-ro, Jongno-gu,  
Seoul

A festival with a history of a thousand years that wish the world happiness and well-being. By lighting lanterns at the Yeon Deung Hoe Festival, participants can brighten their own hearts as well as the world.

Programs include Exhibition of Traditional Lanterns, Eoulim Madang (Buddhist Cheer Rally), Lantern Parade, Hoehyang Han-madang (Post-Parade Celebration), Traditional Cultural Events, Cultural Performances, and Yeon-deungnori (Final Celebration)

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### Eligibility Dates

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

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# SCENE & HEARD

NATIONAL & INTERNATIONAL

By Eric Young-Seok Park

## ELDERLY WOMAN SUES WALMART AFTER ANOTHER CUSTOMER HIT HER WITH MOTORIZED SHOPPING CART



An 85-year-old South Dakota woman has sued Walmart after another customer hit her with a motorized shopping cart and sent her to the hospital. Versella Grasz was hit by another customer who was driving a scooter around a Sioux Falls store in 2017, which her lawsuit says caused

"serious injury and extreme pain." The lawsuit claims the other customer "clearly" didn't know how to stop the motorized cart, and accuses Walmart of being negligent in its instructions on how to operate the devices. Grasz reportedly incurred almost \$30,000 in medical bills after going to the emergency room two years ago. Her lawsuit asks for a "reasonable amount" in damages. "We want all of our customers to have a pleasant shopping experience in our stores," Walmart spokesperson Randy Hargrove said. "We regret that Ms. Grasz was injured. However, we do not feel that we did anything wrong. We believe the actions of the customer who was operating the motorized cart and hit Ms. Grasz were the sole cause of her injuries. We intend to defend the company against this litigation."

## MICHIGAN COUPLE CLAIMS THEY CAPTURED A 'GHOST' ON NANNY CAM AFTER BABY APPEARS TO HAVE DEEP SCRATCHES ON HER FACE



A young couple in Michigan claims that their home is possibly haunted by a malicious ghost after their daughter appeared to have three deep "purple scratches" on her face. They also believe they have captured the poltergeist on their nanny cam. Now, they're ready to

move out. Heather Brough, 25, and her fiancé, Josh Higgins, 30, set up the camera after they discovered the purple scratches on their one-year-old, Lily. They believe what they captured on the camera can only be described as a ghost. Upon reviewing the footage, the couple believes they saw a male figure walk quickly past Lily's crib, as she pops up and watches him move through the room, before the alleged spirit vanishes in midair. A paranormal investigator, called in to look into their claims, confirmed their home was haunted. The couple currently resides in Higgins' mother's guest house in Highland, Michigan. According to the mother, Kris, before the couple moved in, an elderly lady lived there. Tragically, she lay with a broken hip for "a very long time" before she was found dead at the bottom of the stairs. Then, her "schizophrenic brother" lived in the home until his death a few years later. Brough reports that leading up to this event the family has heard sounds of screaming, stomping, and laughing. Brough, herself, has been awoken by what sounds like a man shouting. Until they find their new home, the couple has decided to never leave their daughter alone in a room.

## 16-YEAR-OLD WITH SERIOUS PEANUT ALLERGY REMOVED FROM PLANE AND STRANDED IN SOUTH KOREA



Korean Air and Delta Air Lines apologized to a family after their son, who has a serious peanut allergy, were stranded with his little brother in a foreign country. Rakesh and Prajakta Patel's 15 and 16-year-old sons were traveling alone from Atlanta, Georgia, to Manila,

Philippines after visiting their elderly grandfather in the hospital. The boys were booked on a Delta flight to Seoul, South Korea, with a Korean Air connection to Manila. (The two are partner airlines). The Patel's eldest son has a serious allergy to peanuts and all tree nuts. As pro travelers, they all carry multiple Epi-Pens, communicate with the flight crews and wipe down their seats for peanut dust. The teens had a smooth flight on the 14-hour Delta leg. But in Seoul, the Korean Air flight attendant allegedly said that peanuts would be served, after a gate agent said otherwise, moments beforehand. According to Prajakta, her sons were told they could either endure the flight with peanuts or leave the plane. "The gate agent came on the plane and told my sons to get off," said she. "One of my kids was shaking — they're alone in a different country. Where were they supposed to go?" She says the agent tugged on her son's shirt to encourage him to move. Prajakta, 41, said, "They said the boys could fly a different carrier, but we didn't know their nut policy, so they flew Delta back to Atlanta." A week later, the boys are in school and the family filed a complaint with Korean Air, requesting refunds for the flights. Flying with peanut allergies isn't foolproof, Prajakta said, but she wants airlines to improve employee education. "It takes a village to spread awareness."

## JUSTIN BIEBER SLEEPS IN A HYPERBARIC OXYGEN CHAMBER



Justin Bieber shared with fans that he has been working on his emotional healing, but now he's working on physical healing by catching some Z's in a hyperbaric oxygen tube. JB's wife, Hailey Bieber, shared some video of the singer undergoing Hyperbaric Oxygen Therapy, which involves breathing pure oxygen in a pressurized tube. During the therapy, which typically lasts 1-hour, the air pressure is increased and the lungs gather

more oxygen than would be possible at normal air pressures. The recipients blood carries the extra oxygen throughout the body, which helps fight bacteria and promote healing. Bieber's tube appears to be in a corner of the suite at the Montage hotel, where the newlyweds are currently living. Kinda funny seeing him in the background while Hailey shows off her new handbag from designer Virgil Abloh. He's not the only celebrity to embrace the trendy therapy, as stars like Keanu Reeves and Tiger Woods have been known for praising the wonders of HBOT. Portable hyperbaric therapy tubes can cost upwards of \$10,000.

## PRAYER CLOSET LEFT STANDING AFTER TORNADO DEMOLISHES REST OF HOME



Early March, residents of Lee County, Ala., had their lives turned upside down when they were hit by an EF4-rated tornado, with winds of around 170 mph. At least 23 people were killed, some of them children. As a result, March 3 was dubbed the

deadliest day of tornadoes in the U.S. in almost six years. That's likely why images of a prayer closet that stood through it all, shared by a chaplain, have gone viral, as the community needed a vision of hope. Chaplain Jason Smith was in the area with the Billy Graham Rapid Response Team after the storm, when he saw a house torn apart. But there was one room of the structure that remained standing. "I just left a family who survived the tornado in this house and the only left standing is this closet. It's the grandmother's prayer closet, and the whole family survived," Smith shared on Facebook. "My God is awesome!" He shared photos of the foundation with two partial walls standing, the remnants of a woman's prayer closet.

## CHINA'S FORMER TOP INTERNET REGULATOR JAILED FOR 14 YEARS

China's former top internet regulator was sentenced to 14 years in prison for corruption, completing the downfall of a once-high-flying official who mingled with executives from Apple Inc. and Facebook Inc. Lu Wei was found guilty of taking bribes by the Ningbo People's Intermediate Court in the eastern province of Zhejiang. He was found to have accepted some 32 million yuan (\$4.6 million) from companies and individuals seeking help with regulatory issues and promoting their businesses online. Lu was convicted after a one-day trial in October. He told the court that he would obey the sentence and not appeal. The former Beijing propaganda official was named as China's first national internet regulator in 2014 after the country established the Cyberspace Administration of China to manage a market that now has more than 800 million users. While serving as chief internet censor at home, Lu sought to portray himself as a forward-looking official on the world stage, shaking hands with Mark Zuckerberg and Tim Cook.



## BOEING AND LOCKHEED'S FUTURISTIC HELICOPTER IS FINALLY AIRBORNE



A futuristic helicopter prototype developed by two of the biggest names in aerospace is finally airborne, an important milestone for a design intended to compete for upward of \$100 billion in future military business. The SB>1 Defiant, a helicopter developed by Lockheed Martin's Sikorsky division

and Boeing, took to the skies over West Palm Beach, Florida, on March 21, hovering over an airfield for about 30 minutes. The flight was a long time coming for the Defiant, which was originally scheduled to fly in 2017 but experienced a series of setbacks during development. The Defiant is part of a push to move helicopters into the 21st century. The frame has two main rotors and a rear-mounted pusher propulsor to improve stability and allow it to travel faster than conventional helicopters while retaining the helicopter's traditional hovering and low-speed operation advantages.

## FORD GT BECOMES FIRST STREET-LEGAL CAR TO HIT 300 MPH IN STANDING MILE



A street-legal car has officially broken the 300 mph barrier in the standing mile. This 2006 Ford GT, run and modified by M2K Motorsports, hit 300.4 mph at the Texas Mile event over the weekend. There isn't a whole lot of street left in this Ford GT, but now it can be said that they beat Hennessey, Bugatti and Koenigsegg to the feat. This exact Ford GT held the previous standing-mile record at 293.6 mph before, but why not try for 300, right? Even with the car's approximately 2,500 horsepower, it's still legal to take on the streets. We say approximately, because M2K Motorsports is unable to provide an exact horsepower rating due to dyno limitations. It's still using the 5.4-liter V8 engine that came in the car from Ford, but it's twin-turbocharged now. These turbochargers produce a whopping 45 psi of boost, and the engine itself runs on methanol. So yeah, it's pretty bonkers. The car hit the triple century mark up above on its last run of the day at Victoria Regional Airport. It sounds as wicked as you might expect a 2,500-horsepower V8 engine to sound, and needs a parachute to effectively stop from the high speeds. Funnily enough, the Ford GT still uses a six-speed manual transmission to reach those speeds. For some context, the car had a 205 mph top speed from the factory.

## TRANSGENDER TEEN DENIED 'PROM KING' TITLE IS CROWNED IN GENDER-FREE SCHOOL CEREMONY



A transgender student was named a "Royal Knight" when a Change.org petition with 31K signatures spawned a gender-free prom ballot. A petition asked Hall County Schools district in Georgia to allow Dex Frier, a transgender senior student at Johnson High School to run as prom king. Frier's classmate Sam Corbitt authored the petition after Frier was nominated by his peers, alleging that superintendent Will Schofield would only allow him to run as prom queen. "Not only are we confused at this decision, but we are severely disappointed in the Hall County School Board," wrote Corbitt. Dex, 17, of Gainesville, has been vocally transgender since his sophomore year in high school. "First, I told my best friend who was so supportive," he tells. "Then slowly more people learned and now it's a known thing at our school. Most teachers are accepting, but a few haven't been nice about it." Weeks ago, Corbitt and other people nominated him as prom king and soon he was one out of six people running. But before the masquerade prom at a local Gainesville venue, Frier was called for a meeting in the principal's office. "He said due to 'county parameters,' I wasn't allowed to run as prom king because I am not biologically male," said Frier. "I do not blame the principal — he's the sweetest man — but I sobbed when I got back to class." Later Frier and his grandfather met with the principal and compromised: The ballot would be gender-free — instead of "king" and "queen" titles, winners would be named "Royal Knights" for the school mascot. Both Dex and Corbitt say Johnson High School universally supported their activism. Dex went to prom wearing a black tuxedo and a bright-red dress shirt. "The announcer called my name and it felt amazing to be recognized for who I am — not who I am perceived to be." "I've learned there is an enormous amount of people behind me no matter what," said Dex. "Making a difference before I leave for college feels fantastic."



# LIVE MUSIC&DANCE CALENDAR



**APR02-21**

**2019 Orchestra Festival**

SAC Concert Hall  
www.sac.or.kr



**APR06**

**Tchaikovsky Abend**

Lotte Concert Hall  
www.lotteconcerthall.com/eng



**APR07**

**Orchestra de la Suisse Romande**

Lotte Concert Hall  
www.lotteconcerthall.com/eng



**APR12**

**Newpadaejeon**

Sejong S Theater  
ticket.interpark.com



**APR13**

**Anne-Marie**

Yes24 Live Hall, Seoul  
ticket.yes24.com



**APR13/14/16**

**2019 Kazumi Tateishi Trio Live in Korea - CLASSIC meets JAZZ**

Daegu (13), Busan (14), Seoul (16)  
ticket.interpark.com



**APR21**

**Ed Sheeran Divide World Tour 2019**

Songdo Moonlight Festival Park  
ticket.interpark.com



**APR26**

**Jessie J: 1st Live in Seoul**

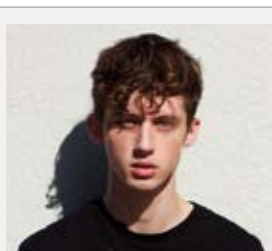
Olympic Gymnasium, Seoul  
tkglobal.melon.com



**APR26**

**Kraftwerk Concert in Korea**

Olympic Park Olympic Hall  
ticket.interpark.com



**APR27**

**Troye Sivan The Bloom Tour**

Olympic Park Gymnastics Stadium, Seoul  
www.livenation.kr



**APR27-28**

**Hiphopplaya Festival 2019**

Nanji Han River Park  
ticket.interpark.com



**MAY01**

**Quinteto Astor Piazzolla**

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

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## A Message from the Regional Health Command Pacific Commanding General

The Soldier's Medal is the Army's highest peacetime award for valor. I'm honored to highlight Spec. Naim Chisolm, Public Health Activity-Guam, as the recipient of this award for his heroic efforts that saved three lives. Without knowing how to swim, Chisolm rushed to the aide of two women and a toddler who were being pulled out to sea by a strong current. Chisolm scrambled along the rocks and waded out in the water to intercept them -- unbelievable courage!

Another demonstration of heroism was exhibited by Spec. Jordan Murray, Public Health Activity-Fort Lewis, when his quick actions helped to rescue a man who was trapped in a burning car. Murray was presented Kitsap County's Citizen Life-Saving Award, the highest award that can be given to a civilian in Kitsap County. This was only the second time in the county's history that the award has been presented -- Spec. Murray, thanks for being trained and ready!

RHC-P's Equal Employment Opportunity Advisor, Tom Hoffer, is one of the recipients of the 2018 Henry Viscardi Achievement Award. This annual, international-level award is presented to individuals who have served as a powerful force for change and enhanced the opportunities for people with disabilities to participate fully in all aspects of society -- what an amazing accomplishment, Mr. Hoffer!

Col. Suzanne Scott, Deputy Commanding Officer, Madigan Army Medical Center, was awarded the 2018 Army Nurse Corps Association Senior Nursing Leader Award. As a committed leader and nurse, Scott has positively impacted the individual lives of hundreds of Army nursing staff -- thank you, Col. Scott, for your efforts in the development of our military's future leaders!

I also want to commend Tripler Army Medical Center on achieving zero deficiencies during a recent Level II Trauma Verification visit by surveyors from the American College of Surgeons.

Congratulations to Tripler's Chief of Pain Man-



Story by By Brig. Gen. Dennis LeMaster  
Commanding General Regional Health  
Command Pacific & Command Surgeon,  
U.S. Army Pacific

agement, Lt. Col. Brian McLean, on his recent appointment as the Consultant to the Surgeon General for Pain Management.

Bassett Army Community Hospital had a highly successful Joint Commission Survey which will lead to their full accreditation. We're very proud of Team Bassett and their commitment to deliver safe, quality care. Well done!

Finally, this year's 2019 Army Trials took place March 5-16. RHC-P had 10 athletes and 4 cadre from the Region's Warrior Transition Battalions who competed in the 2019 Army Trials in Texas.

Team, let's continue doing what we do best -- taking care of people!



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# 135th FST Change of Responsibility Ceremony

Story and photos by Ms. Inkyeong Yun  
Brian Allgood Army Community Hospital Unit Public Affairs Representative



The 135th Forward Surgical Team (FST) Medical Detachment of 121st Combat Support Hospital welcomed its new Detachment Sergeant during a change of responsibility ceremony on Mar. 4 in the Asian Gardens of the Brian Allgood Army Community Hospital on U.S. Army Garrison Yongsan.

Sgt. 1st Class Julius Pritchett took over the responsibility from Sgt. 1st Class Michael Rosner, who will be heading to Fort Drum, New York. Maj. Samuel Sama, 135th FST detachment commander, officiated the ceremony, passed the guidon and welcoming Pritchett.

The Detachment is responsible for providing forward emergency trauma resuscitation and surgery on the peninsula.



# USFK CSM Encourages Medical Soldiers

Story and photos by Ms. Inkyeong Yun  
121st Combat Support Hospital Unit Public Affairs Representative

“We are counting on each one of you.” Command Sgt. Maj. Walter A.

Tagalicud, the senior enlisted advisor of United States Forces Korea, United Nations Command, Combined Forces Command, talks with Soldiers of the 502nd Field Hospital during field exercise Forlorn Reaper at Rodriguez Live Fire Complex. Tagalicud emphasized how important the readiness of medical soldiers is to support the fighting force during transition to hostilities. Tagalicud also observed a Mass Casualty exercise and inspected the medical operation providing encouragement to Soldiers.





# Pacific Army Medicine Leaders Visit and Discuss the Future Collaboration in South Korea

Photos by Ms. Inkyeong Yun  
121st Combat Support Hospital Unit Public Affairs Representative

Col. Mary V. Krueger (left), Commander, Tripler Army Medical Center (TAMC), Col. Thomas S. Bundt (middle), Commander, Madigan Army Medical Center and Command Sgt. Maj. Abuoh E. Neufville (right), the senior enlisted advisor of TAMC, received a tour of the new Brian D. Allgood Army Community Hospital and Ambulatory Care Center at U.S. Army Garrison Humphreys. The new medical facility is scheduled for a memorialization on September 20, 2019 and a grand opening on November 15, 2019. ►



Col. Mary V. Krueger (left), Commander, Tripler Army Medical Center (TAMC), and Command Sgt. Maj. Abuoh E. Neufville (right), the senior enlisted advisor of TAMC, visited Rodriguez Live Fire Complex during exercise Forlorn Reaper. Krueger and Neufville met with PROFIS (Professional Filler System) Soldiers from TAMC who are deployed to the 502nd Field Hospital in support of the field exercise. ◀



Capt. Jason A. Parsons, a pharmacist from Tripler Army Medical Center and one of the PROFIS (Professional Filler System) Soldiers deployed to South Korea in support of 121st Combat Support Hospital's field training exercise "Forlorn Reaper," greets Col. Mary V. Krueger, Commander of TAMC as she arrives at the 502nd Field Hospital exercise site at Rodriguez Live Fire Complex. ◀

Col. Mary V. Krueger, Commander of Tripler Army Medical Center, meets with Capt. Jessica Dirks, Bravo Company Commander, 121st Combat Support Hospital during field training exercise "Forlorn Reaper." Dirks shared with Krueger that TAMC PROFIS Soldiers have provided clinical expertise and collaboration with the 121st CSH in support of the field hospital establishment exercise. ►



(From left to right) Col. Editha Ruiz, Deputy Commander for Nursing, 121st Combat Support Hospital (CSH), Command Sgt. Maj. Victor Laragione, senior enlisted advisor of Madigan Army Medical Center (MAMC), Col. Thomas S. Bundt, MAMC Commander, Command Sgt. Maj. Nicole Haines, senior enlisted advisor of 121st CSH, Col. Andrew Landers, 121st CSH Commander, Col. Mary Krueger, Tripler Army Medical Center (TAMC) Commander, Command Sgt. Maj. Abuoh E. Neufville, senior enlisted advisor of TAMC, Col. Christopher Richards, Deputy Commanding Officer of 121st CSH and Lt. Col. Jerry Stover, Deputy Commander for Medical Services met to discuss the new PROFIS (Professional Filler System) process, MAP (Modified Table of Organization and Equipment Assigned Personnel) that affect future operation of the three hospitals. ▲



# Red Cross volunteer honored for 60-plus years of service

Story by Lori Newman, Brooke Army Medical Center Public Affairs

Photo by Jason W. Edwards, BAMC Public Affairs

**A** long-time Brooke Army Medical Center volunteer was honored by the American Red Cross March 7 for more than 60 years of service.

Gretchen Barrett, BAMC patient transfer volunteer, received the Clara Barton Legacy Award during a ceremony in the hospital's Medical Mall. The 92-year-old began volunteering in 1958 in Stuttgart, Germany and continued her volunteer career in San Antonio in 1969 at the Beach Pavilion on Fort Sam Houston.

"This is a great opportunity to recognize someone who has volunteered for the Red Cross and the military for quite a while," said BAMC Commanding General Brig. Gen. George Appenzeller. "This a phenomenal achievement and we are blessed to have people like this who really do wonderful things for our service members and their families."

The general put it in perspective by talking about other events that took place in 1958.

"Eisenhower was president; that's the year we signed Alaska into the United States; Elvis Presley was brought into the military; and most importantly, that was the year the hula hoop was first marketed," Appenzeller said with a smile.

Michael Vela, executive director, San Antonio Red Cross Chapter, presented Barrett with a plaque and a 60-year Red Cross lapel pin featuring a sapphire stone.

"It is my honor to present you with the Clara Barton Legacy Award for outstanding leadership and volunteerism," Vela said. "Like Clara, the founder of the American Red Cross, Gretchen has dedicated much of her life to the service of others, specifically our nation's military."

"Since the Civil War, American Red Cross volunteers have provided comfort and support throughout the world to military members and their families," he added. "Gretchen, thank you for your long, distinguished and dedicated service to the American Red Cross and to our nation's military."



Michael Vela, executive director, San Antonio Red Cross Chapter, presents Gretchen Barrett with the Clara Barton Legacy Award for outstanding leadership and volunteerism during a ceremony March 7, 2019 at Brooke Army Medical Center. The 92-year-old began volunteering in 1958 in Stuttgart, Germany and continued her volunteer career in San Antonio in 1969 at the Beach Pavilion on Fort Sam Houston.

Barrett said she began volunteering in Germany as a young military spouse and continued as she got older.

"My children were just babies when I started," she said. "My husband was in the infantry."

Henry Roper, regional program manager, Red Cross Service to the Armed Forces, presented Barrett with a Red Cross flag.

"I've been with the Red Cross for quite a while and I have never given out a Red Cross flag," Roper said, noting the honor it conveys.

Several other officials from the American Red Cross came to congratulate Barrett on her accomplishment, including Dudley Baker, Division Service to the Armed Forces director; Michael Chaison, Division Service to the Armed Forces manager; Wade Walrond, Service to the Armed Forces regional program director; Kate Koebbe, Service to the Armed Forces specialist; and Libby Castillo, regional communications officer.

"This is a rare day for someone who has given most of their life in service of others," Baker said. "It's truly amazing and I'm honored just to be here."



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# Mobile App Aids ‘Truly Informed’ Contraception Conversations between Patients, Providers

Military Health System Communications Office

**A** new mobile application designed to help patients make informed decisions about their contraceptive options is now available. The Decide + Be Ready app provides information helpful for men and women, as well as civilian and servicewomen, and an Apple version of the app can now be downloaded free through the App Store, with an Android version available soon at Google Play.

“There are a lot of applications that help women record their cycles, when they’re fertile and not fertile, and this app is different,” said Air Force Col. Catherine Witkop, program director for general preventive medicine residency at the Uniformed Services University of Health Sciences. “This app provides a lot of information about contraception and helps patients figure out which, if any, contraception they’re interested in using. They can bring that information to their providers to have a truly informed conversation.”

Witkop said the app, which is co-owned by the Department of Defense and the University of California at San Francisco, was developed for women, but also includes

information for men, said Witkop. The idea of the app came to Witkop when she learned that a team at UCSF had developed a contraception decision aid and found it to be effective. With funding from USU’s Defense Health Horizons Program, Witkop was able to work with the team from the UCSF’s Person-Centered Reproductive Health Program to transform the aid into a mobile app with a module designed for women in uniform.

“It was important to have a module specifically for servicewomen that addresses their unique needs around deployment and duties they have to partake in,” said Witkop. “We also have information on an issue that a lot of military women are interested in, which is controlling their menstrual cycle when they’re deployed. You can use contraceptives to help eliminate periods, which can be helpful during deployments.”

When using the app, patients have the option to learn about the effectiveness of different contraceptive options, side effects, and how they’re used. The app provides information for women who want to know more about planning for pregnancy or considerations for birth control after having a baby, said

Witkop. Patients answer a series of questions about their preferences for contraception options and they’re given a summary of the best options for their lifestyle based on the information they provided. Witkop said this information can then be used as a decision aid when talking with providers about contraception.

Navy Cmdr. Shannon Lamb, chief of the Office of Women’s Health for the Navy Bureau of Medicine and Surgery, said she found the app to be useful and user-friendly. The app’s format, ability to compare various options, and information provided specifically for active duty women are unique features, she added.

“As a women’s health provider, I think it is an outstanding tool that can enable shared decision making between the provider and patient,” said Lamb. The app is similar to a paper tool that the Navy’s women’s health clinical community had developed, but the electronic format has some added benefits, including its convenience, ability to rapidly update, and durability, she said. The Navy plans to promote the app in their walk-in contraception clinics as this will help facilitate conversations and streamline infor-



mation in a busy clinical setting.

The app’s profile option for patients allows them to save their answers to the questions regarding preferences. It also provides ‘pop-up’ information on topics a user may not have considered, such as intrauterine devices and emergency contraception, an option to prevent pregnancy should their primary method of birth control fail, said Lamb.

“The ability to compare contraceptive methods ‘side by side’ is incredibly useful for patients in helping to determine which method may work best for them, and the visuals and graphics on ‘how to take’ the contraception provides an easy go-by for patients to understand,” she said.

Lamb said the app can be a valuable tool in raising awareness among patients about the effectiveness of contraception for other conditions, such as acne and

“

This is a tool that will give women access to detailed information about the contraception methods, as well an opportunity to answer questions for themselves about what’s important for their contraception so they can make informed choices.”

— Air Force Col. Catherine Witkop

menstrual suppression.

“This may prompt conversations with their health care providers that otherwise may not have occurred as patients may not have been aware of their additional benefits,” said Lamb. “It is invaluable for active duty women, particularly if they have a civilian provider, as it takes into consideration deployment environments that may be less amenable to certain forms of contraception, of which civilian providers may not be aware.”

Witkop said the app follows the same rigorous structure as other

tools designed for medical decision making. She noted that the app is not connected to anyone’s medical record or personal identifying information, and it is not being used to collect data.

“The app stores information that you put into it, but it’s only stored there on the phone, so no one else is accessing that information,” she said “Your answers are only accessible to anyone you choose to share the app with.”

TRICARE covers contraception for all servicewomen and beneficiaries who receive care at a military treatment facility, but coverage can vary outside of MTFs, Witkop said.

“This is a tool that will give women access to detailed information about the contraception methods, as well an opportunity to answer questions for themselves about what’s important for their contraception so they can make informed choices,” said Witkop.



# Caffeine and Alcohol: The Ups and the Downs

Story by Cassi Friday  
U.S. Army Garrison Humphreys Army Substance Abuse Program

**H**ave you ever heard someone offer a friend a cup of coffee to help ‘sober them up?’ Maybe you have seen a bartender brew a pot at the end of the night. In our favorite college bar, last call was usually served right along with a cup of coffee. Unfortunately, the caffeine offered in that cup was only helping to disguise the effects of the alcohol on our bodies.

Alcohol is a depressant. It targets inhibitory pathways in the brain causing suppression of the central nervous system. Essentially, it is a downer – something to decrease arousal and stimulation by telling our brain to calm down. This may seem a little counterintuitive for the girl who feels on top of the world after she slammed her 6th shot of Jose Cuervo and nailed her performance of Love Shack on the karaoke stage. It is true that drinking alcohol causes a release of ‘feel-good’ chemicals called dopamine. As blood alcohol content is on the rise, alcohol can seem to give a stimulating effect. However, these chemical signals do not last long, and the inhibitory ones begin to overpower those good feelings. The karaoke queen is left feeling sleepy, emotionally unstable, slow to react, and cognitively impaired... until the



bartender offers her a cup of coffee to get her back on her dancing feet.

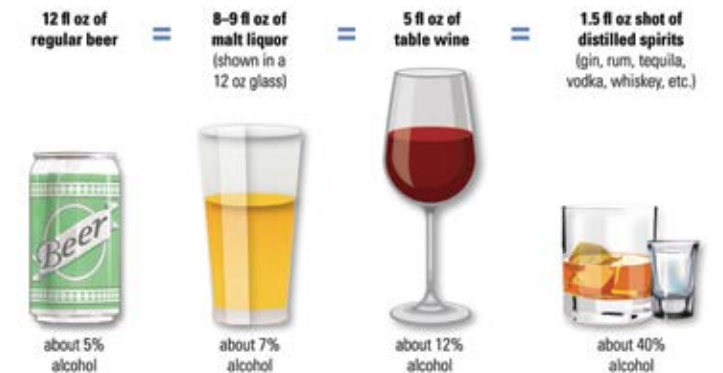
Caffeine is a stimulant. It targets the central nervous system in an excitatory way to help reduce fatigue and drowsiness. Caffeine does not have any effect, good or bad, on blood alcohol content. The idea of using coffee to sober up is a complete myth. Now that the once sleepy bar patron has been reenergized, she orders another shot of tequila. Here lies the danger of mixing alcohol and caffeine. It makes us feel less intoxicated than we actually are, leaving us at an increased risk of alcohol related side effects and incidents.

The risks of combining a depressant like alcohol with a stimulant like caffeine are substantial enough that the FDA began warning companies who produced caffeinated alcoholic beverages that their products were unsafe and would be seized if they were not taken off the market. The stimulant effects of caffeine temporarily mask the depressant effects of alcohol, making drinkers feel more alert and less impaired. This leads to overconsumption of alcohol and significantly increases the risk of alcohol-related incidents.


Although caffeinated alcoholic beverages have left the market, energized alcoholic drinks like

Vodka Red Bull and Jager bombs have increased in popularity. These drinks still offer a large dose of caffeine per serving that can be dangerous when mixed with alcohol, primarily due to a perceived reduction in intoxication. Additionally, the desire to drink is increased among those who consume alcohol mixed with energy drinks compared to those who drink alcohol alone. This may make drinkers of energized alcohol susceptible to binge drinking, overconsumption, and alcohol poisoning.

The safest bet is to stick with traditional mixers and the low risk drinking guidelines illustrated below. Although sodas have caffeine, it is at a much lower level compared to an energy drink (1 energy drink = 80mg vs 1 soda = 35mg on average). Always remember to pace yourself (one standard drink per hour) and if you are really concerned about fatigue during your night out, trade the energy drink for a power nap!



Examples of One Standard Drink



APRIL 2019

# Alcohol ABUSE AWARENESS MONTH

Approximately 43% of active duty military personnel indulge in binge drinking, most of whom are 17 to 25 years old.

Visit [samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline) if you need assistance.

armymedicine.health.mil



# Operation Forlorn Reaper 19

## Combat Support Hospital Amplifies Medical Readiness

Story and Photos by Ms. Inkyeong Yun  
121st Combat Support Hospital Unit Public Affairs Representative

**F**or the first time in fifteen years, the 121st Combat Support Hospital (CSH) participated in a Joint-Combined expeditionary exercise, 'Operation Forlorn Reaper 19', Mar. 3-16 by deploying to Rodriguez Live Fire Complex to establish a 32-bed field hospital (FH).

By successfully completing this operation, the CSH validated its expeditionary capabilities to build a 32-bed field hospital in an austere environment prior to its conversion to the 549th Hospital Center later this fall.

121st CSH's Bravo Company (B Co.) took lead for the establishment of the 32-bed FH by deploying a 32-bed slice out of B Co.'s 84-bed element to complete this task. The Headquarters and Headquarters Detachment (HHD) of 121st CSH provided the mission command node and set up the Logistical Support Area (LSA). The whole set up was finished within 60 hours which is 12 hours faster than the standard. Especially, the Emergency Medical Tent (EMT) was fully functional within six and a half-hours on the first day of the exercise.

The EMT team was comprised of seven nurses and medics from the CSH and fourteen from Tripler

Army Medical Center, Hawaii and two Navy Providers from Okinawa, Japan. Throughout the exercise, the team received nine to ten "real-life" patients daily and provided emergency care. The injury scenarios ranged from common cold symptoms to a head laceration with one patient requiring evacuation to higher level of medical care with Computer Tomography (CT) to rule out traumatic brain injury (TBI).

These training scenarios based on real battlefield situations allowed the Soldiers to be trained to respond with required skillsets needed on the ground. The training included drawing and processing of Arterial Blood Gases, cleaning and closure of lacerations. Soldiers were also able to get hands-on experience of loading and unloading patients from non-traditional evacuation platforms such as M2A3 Bradley Fighting Vehicles and M1A2 Abrams tanks.



The Emergency Department also conducted whole blood auto-transfusion training for Alpha Company, 1st Battalion, 7th Special Forces Group, also known as ODA 7116, enhancing the team's ability to conduct prolonged field care and increase survivability in austere environments.

Not only the ODA 7116 but other external U.S. enablers also showcased true teamwork with the CSH. The participating units were 1-67th Combined Arms Battalion (CAB) of 3rd Brigade, 1st Armored Division (3/1 AD); 2-13th Cavalry Squadron (CAV), 3/1 AD; 304th Expeditionary Signal Battalion, 1st Signal Brigade; 3rd Medical Battalion, 3rd Marine Logistics Group, 3rd Marine Expeditionary Force; Charlie Company (C Co.), 123th Brigade Support Battalion (BSB), 3/1 AD; 560th Medical Company – Ground Ambulance (MCGA); 563rd Medical Logistics Company;







618th Dental Company; and 106th Veterinary Detachment.

The 121st CSH also integrated healthcare personnel from multiple regions throughout the Pacific theater to increase proficiency, efficiency and build camaraderie. By working together as a team and sharing best practices in combat medicine, the exercise contributed to increasing medical capabilities and maximizing survivability of casualties on the battlefield.

Over eleven different U.S. military units, as well as nursing staff from the Republic of Korea Army and members of the Korean 13th Special Mission Brigade participated in the exercise. Additionally, 48 PROFIS (Professional Filler System) personnel from Tripler Army Medical Center (TAMC) in Hawaii provided on-site support for the duration of the operation.

Operation Forlorn Reaper 19 was







a great opportunity for new Soldiers, as they learn their roles in the field hospital, and combat veterans as they gain experience with the new design of the field hospital. During the two week exercise, 121st CSH was able to cross-train 48 enlisted Soldiers—predominantly junior-enlisted 68W Combat Medics—from 1-67th CAB, 2-13th CAV, C Co. of 123th BSB, and 560th MCGA.

More than 20 hours of medical training in total was provided to 8th U.S. Army warfighters in support of

the “Fight Tonight” mission. Training included: Focus Assessment Sonography for Trauma (FAST); ultra sound lectures with hands on training; suturing lectures and application on real-world patients; basics of X-ray; auto-clave training; layouts and capabilities of field hospital, vet, and dental section; medical equipment sterilization and sterilization components; and arterial line insertion.

“This was the first time in years the 121st CSH deployed and es-

tablished a 32-bed Field Hospital in an austere environment which included 618th Dental Company and 106th Veterinary Detachment in the FH set up. This added value to training and assisted us with looking at a broader line of patients on the battlefield, to include working dogs and dental injuries,” said Capt. Jessica Dirks, 121st CSH B Co. Commander. “Training exercises like this, give our Soldier’s confidence in their abilities to deploy and provide the best medical care for

“

This was the first time in years the 121st CSH deployed and established a 32-bed Field Hospital in an austere environment which included 618th Dental Company and 106th Veterinary Detachment in the FH set up.”

— Capt. Jessica Dirks,  
121st CSH B Co. Commander



our Soldiers on the front line.”

“Soldiers in the 121st CSH will be ready to answer the call and provide state of the art health care throughout the Korean Theater Operation (KTO), if called upon,” added B. Co. First Sgt. Daniel Cummings.

“For this combined joint exercise, the 121st CSH deployed and established the 32-bed FH in an austere environment, integrated personnel and units throughout the KTO, and across the Pacific in order to increase medical capabilities and prolong

field care,” said Col. Andrew Landers, 121st CSH Commander.

In July of 2019 the 121st CSH will convert from its current 248-bed legacy and construct into the 549th Hospital Center with two 32-bed FHs comprised of the 121st FH and 502nd FH with four medical detachments (MED) organized underneath the hospitals, designated as the 125th MED, 129th MED, 197th MED, 150th MED and the 135th Forward Resuscitation Surgical Team.



# Internal Behavioral Health Consultant and the Patient Centered Medical Home

Story by Dr. Anetta Blevins  
Internal Behavioral Health Consultant  
Brian Allgood Army Community Hospital



Are you having trouble sleeping? Experiencing too much stress you are unable to cope with? The Internal Behavioral Health Consultant (IBHC) is here to help. IBHCs can provide you with the skills to improve sleep, manage stress and help with managing long term diseases like diabetes and chronic pain. These specialists are part of the Patient Centered Medical Home (PCMH) team and work in conjunction with your Primary Care provider to make sure you get the most comprehensive care possible.

## What is the Patient Centered Medical Home?

Since 2010, primary care has undergone significant transformation when the Department of the Army implemented the Army Medical Home utilizing the Patient Centered Medical Home model. The PCMH model focuses on taking care of the right patient, at the right time, in the right location, delivering comprehensive and readily accessible patient centered care with the focus on quality and safety. The PCMH includes a requirement to provide integrated behavioral health care services. By integrating behavioral health professionals directly into primary care clinics, the Army significantly changed the way it delivers behavioral health care services.

## What is an IBHC?

The role of the IBHC is to assist the PCMH team with early identification of behavioral health needs and allows patients to receive appropriate level of treatment within the PCMH. Patients with significant behavioral health needs can be referred to specialized behavioral health clinics.

The Internal Behavioral Health Consultant can be a clinical psychologist, a psychiatric nurse practitioner, or social worker who received additional specialty training. This consultant is an integral part of the interdisciplinary care team within the PCMH. When a patient comes to see their primary care manager (PCM) for a medical or behavioral issue, the PCM will start a treatment plan with the patient. For example, if a patient comes in for mul-



tiple medical concerns including sleep disturbances, the PCM may recommend that the patient make an appointment with the IBHC to address his sleep concerns in more detail. This team approach allows the PCMH team and patients to consider not only the physical aspect of health but also the behavioral and emotional aspects as well.

No referral is necessary as patients are able to make same day appointments at the front desk or by calling the central appointment line at 0503-337-2273. PCMs can also consult with IBHCs for a variety of reasons including smoking cessation, chronic pain, depression, weight loss, sleep disturbances, diabetes and other concerns.

## How is IBHC Service different from Behavioral Health?

The IBHC adds another facet to the patient’s health care. The patient will be seen directly in the PCMH and not have to go to the specialty behavioral health clinic.

Some of the differences between IBHC and Specialty Behavioral Care:

IBHC	SPECIALTY BEHAVIORAL HEALTH
Shorter appointments: 20-30 minutes	Longer Sessions: 60-90 minutes
Rapid Problem Identification/lower intensity, more informal	Higher Intensity Sessions involves formal intake assessments.
Solution focused	Focused on therapeutic process during session
Focused more on skill building and practicing skills modifying behavior at home. (IBHC teaches skills which the patient practices at home)	Resolves patient’s behavioral health issues using interventions/skills during therapeutic session.
Relationship with patient is not primary focus	Relationship is built to last over time
PCM remains primary contact for patient	Therapist remains person to contact
Does not require referral	Requires Formal Referral in AHLTA
Treatment takes place in PCMH	Treatment is at Behavioral Health Clinic
Patient is seen generally for about 4-5 appointments.	Therapeutic interventions may involve 8-12 sessions.
Same day feedback to PCM about progress towards goals. PCM is ‘in charge’ of patient.	PCM is not necessarily involved in care. Therapist remains ‘in charge’ of patient.

## What should the patient expect during the appointment with IBHC?

After identifying the problem or concern, the IBHC will ask the patient specific questions about physical symptoms, emotional concerns, behaviors and how all these might be related. Following a solid conceptualization and good understanding of the problem, the IBHC will educate the patient on the possible causes and treatments of the problem/concern. The IBHC will share solution-focused techniques with the patient.

The goal is for the patients and IBHC specialist to create a behavior change plan together. A behavior change plan is a specific detailed plan that may involve practicing deep breathing relaxation techniques or help the patient challenge negative or unhelpful thinking. Usually, follow up appointments are spaced about 2-3 weeks apart. The IBHC will make all efforts to protect the patient’s privacy and confidentiality consistent with military and federal regulations. However, the IBHC will share information with the PCM and other team members of the health care team as necessary. It is important to add that the appointment should last no longer than 30 minutes. In addition, if the IBHC thinks that the patient could benefit from traditional psychotherapy, a behavioral health referral will be placed after discussing it with the patient.

There are several benefits of integrating behavioral health care as a routine element of primary medical care. For example, it reduces the stigma related to receiving any form of behavioral health care. Patients can also make direct appointments immediately after their appointment with their PCM. The future goals of the program are to increase awareness and to grow the program.



# Korea's Best Springtime Destinations



*Courtesy of Korea Tourism Organization*

**After** the cold and colorless winter, spring is a welcome sight. The bright and colorful flowers throughout the country create a stunning view at every turn. The sweet scent of blossoms permeates the air in both the heart of the city and the quietest of rural villages, making spring the best time to visit Korea. To make the most of this magical time of growth and renewal, read on to learn about the best places to visit.

## A perfect springtime walking path, Namsan Park's Circular Road

Namsan Park's Circular Road, which connects Namsan Library, Namsan Octagonal Pavilion and the National Theater of Korea in Jangchung-dong, is a beautiful scenic route lined with forsythias, azaleas, and cherry blossoms. Although it stands at 262 meters above sea level, Namsan Mountain is a fairly easy walk and the blossoms make it that much more enjoyable. The walk begins from Namsan Library and takes about 40 minutes to reach Namsan Octagonal Pavilion located at the top of the mountain.

□ Address: 109, Sowol-ro, Yongsan-gu, Seoul



## Seoul's representative cherry blossom tunnel, Yeouido's Yeouiseo-ro Road

Yeouiseo-ro Road (formerly known as Yunjung-ro Road), located behind the National Assembly Building in Yeouido, is one of the most popular destinations for viewing cherry blossoms. As cherry blossoms begin to fully bloom in early to mid-April, the 1.7 kilometer path lined with 1,800 cherry blossom trees transforms into a snow-white tunnel, accented with forsythia and other spring blossoms, just in time for Yeongdeungpo's Yeouido Spring Flower Festival. Traffic is restricted in certain areas of Yeouiseo-ro Road during the festival period, allowing visitors to enjoy the cherry blossoms to their hearts' content.

□ Address: Area of Yeouido-dong, Yeongdeungpo-gu, Seoul  
(Behind the National Assembly Building)



## Meet beautiful cherry blossoms at Seokchonhosu Lake

The Seokchonhosu Lake Cherry Blossom Festival is held every spring at Songpa Naru Park, a peaceful lake park that surrounds Lotte World. Seockhonhosu Lake boasts approximately 1,000 mesmerizing cherry trees lined up like a tunnel of flowers around the lake, creating a fascinating scene in spring. Lotte World's Magic Island appears to float in the middle of the lake. The festival offers events and family-fun activities for a perfect day out at Seokchonhosu Lake and Lotte World.

□ Address: 136, Samhaksa-ro, Songpa-gu, Seoul



## The most beautiful palace in spring, Changgyeonggung Palace

Changgyeonggung Palace, one of the major royal palaces in Seoul, is a prime spot to view cherry blossoms. The palace creates a gorgeous backdrop for photos made by an assortment of cherry blossoms, plum blossoms, Korean bush cherry, sansuyu (cornus fruit) flowers, apricot blossoms and royal azaleas as they bloom among ancient architecture in the heart of Seoul. From time to time, visitors can spot a fantastic shower of cherry blossom petals raining over Okcheongyo Bridge.

□ Address: 185, Changgyeonggung-ro, Jongno-gu, Seoul

## Dreamy evening stroll at Ilisan Lake Park

Ilisan Lake Park is home to a large number of flowering shrubs and trees, including thousands of cherry trees surrounding the lake. After the sun sets, lights strung around the trees create a romantic atmosphere as the cherry blossoms and lights reflect on the lake. Daytime visitors can enjoy a picnic on the large lawn carpeted with soft green grass. The annual International Horticulture Goyang Korea held nearby is also worth visiting, exhibiting flowers from all over the world.

□ Address: 595, Hosu-ro, Ilsandong-gu, Goyang-si, Gyeonggi-do



## Cherry blossoms meet canola flowers at Jinhae's Yeojwacheon Stream

The city of Jinhae comes alive in spring when Jinhae Gunhangjae Festival takes place and approximately 360,000 cherry trees begin to bloom. Although the entire city is considered one of the top cherry blossom destinations, the most popular flower viewing areas are Anmingogae Hill, Jehwangsan Park, and Yeojwacheon Stream. In particular, an approximately 1.5-kilometer long section of Yeojwacheon Stream is lined with cherry blossoms, creating a tunnel of white petals. The sweet scent of canola flowers under the cherry trees will accompany visitors as they walk through the floral tunnel.

□ Address: Area of Yeojwa-dong, Jinhae-gu, Changwon-si, Gyeongsangnam-do



## A city painted in shades of gold, Icheon Sansuyu Village

Icheon is home to a huge number of sansuyu trees. These wild trees, many over 100 years old, are spread all over the city and found most abundant in the Baeksa-myeon area, which is referred to as Sansuyu Village. The Icheon Baeksa Sansuyu Flower Festival is held at this village every spring when the flowers bloom, coloring the village with vibrant yellow. In particular, walking paths are prepared within the village, offering a magnificent view to anyone willing to take a walk.

□ Address: 17, Wonjeok-ro 775beon-gil, Baeksa-myeon, Icheon-si, Gyeonggi-do



## Take a romantic walk along Ssanggyesa Temple Simni Cherry Blossom Road

The Simni (10ri) Cherry Blossom Road is a 6-kilometer road that stretches from Hwagae Market to Ssanggyesa Temple in Hadong-gun, Gyeongsangnam-do. The road is often called the "wedding path" due to a belief that says couples who walk along the road when the cherry blossoms are in full bloom will fall deeply in love with each other. It's easy to see why people might believe this when the seemingly unending tunnel of light pink blossoms unfolds before you. In addition, the annual Hwagae Cherry Blossoms Festival takes place around this time when the cherry trees are in bloom, offering more attractions for people walking the path.

□ Address: 15, Ssanggye-ro, Hwagae-myeon, Hadong-gun, Gyeongsangnam-do

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## Greet snow white flowers at Gwangyang Maehwa Village

In Gwangyang Maehwa Village, near Seomjingang River in Jeollanam-do, plum trees start to blossom in early March, reaching their peak in the middle of the month. During the Gwangyang Maehwa Festival, large crowds of tourists from across the nation flock to the village. While plum flowers differ in color depending on the breed, most plum flowers found in the village are white. The flowers give the village a mysterious yet tranquil atmosphere, resembling a snow-covered wonderland in spring.

□ Address: 1563-1, Seomjingangmaehwa-ro, Daapmyeon, Gwangyang-si, Jeollanam-do



## Canola flowers bloom in paradise on Cheongsando Island

Located about 19 kilometers south of Wando in Jeollanam-do is Cheongsando Island, part of the Dadohaehaesang National Park. Cheongsando Island was designated as the first Asian "Slow City" and is home to the world's first "Slow Road" as recognized by Cittaslow International, an organization aimed at promoting cities that preserve traditions and culture within a natural environment. With the arrival of spring, yellow canola flowers grow abundantly on the island and their fragrance fills the air. With clear blue skies, turquoise sea, and bright yellow flowers, the island remains a favorite springtime filming location for movies, dramas and TV commercials.

□ Address: Area of Cheongsan-myeon, Wando-gun, Jeollanam-do

## Coastal fields of canola, Jeju Seopjikoji

As Korea's southernmost land, Jeju Island is the first to see the blossoming of spring flowers, drawing in many tourists with the start of spring. Yellow canola flowers spring up far and wide on the island, creating picture perfect scenery in places like Seopjikoji. The views of natural fields of canola flowers set before the deep blue ocean are amazing. Visitors will be pleased to find uniquely shaped sculptures set in fields of canola flowers for photos of their trip. Furthermore, some tourist sites offer pony rides, an activity especially popular among families with children.

□ Address: 107, Seopjikoji-ro, Seongsan-eup, Seogwipo-si, Jeju-do

## A mountain covered with azaleas, Yeongchwisan Mountain

Famous for the surrounding blue sea and beautiful islands, Yeosu is another popular destination for viewing spring flowers. Starting in April, pink azaleas color the ridges of Yeongchwisan Mountain (Yeosu), creating picturesque scenes against the deep blue ocean. The Yeongchwisan Azalea Festival is held annually in early April to celebrate spring.

□ Address: Area of Sangam-dong, Yeosu-si, Jeollanam-do



## Character Flower Festival at SeoulLand

Every spring, SeoulLand holds the annual Character Flower Festival, offering much to see and enjoy. Colorful flowers decorate pathways while various cartoon characters greet visitors. Stunning flowerbeds and lively characters provide excellent photo opportunities, including that of themed anniversary photos. In addition, special light fixtures highlight the flowers at night, creating a spectacular night view.

□ Address: 181, Gwangmyeong-ro, Gwacheon-si, Gyeonggi-do



## Tulip Festival at Everland

To mark the arrival of spring every year, an annual Tulip Festival is held at Everland. In addition to Everland's tulip and rose gardens, the whole park is decorated with azaleas, forsythias, camellias and freesias. There are many photo spots set up for visitors to capture their time at the festival. Guests can also enjoy events such as parades and performances. At night, the flowers are illuminated with colorful lighting displays.

□ Address: 199, Everland-ro, Pogok-eup, Cheoin-gu, Yongin-si, Gyeonggi-do

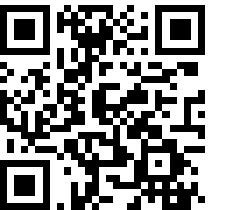
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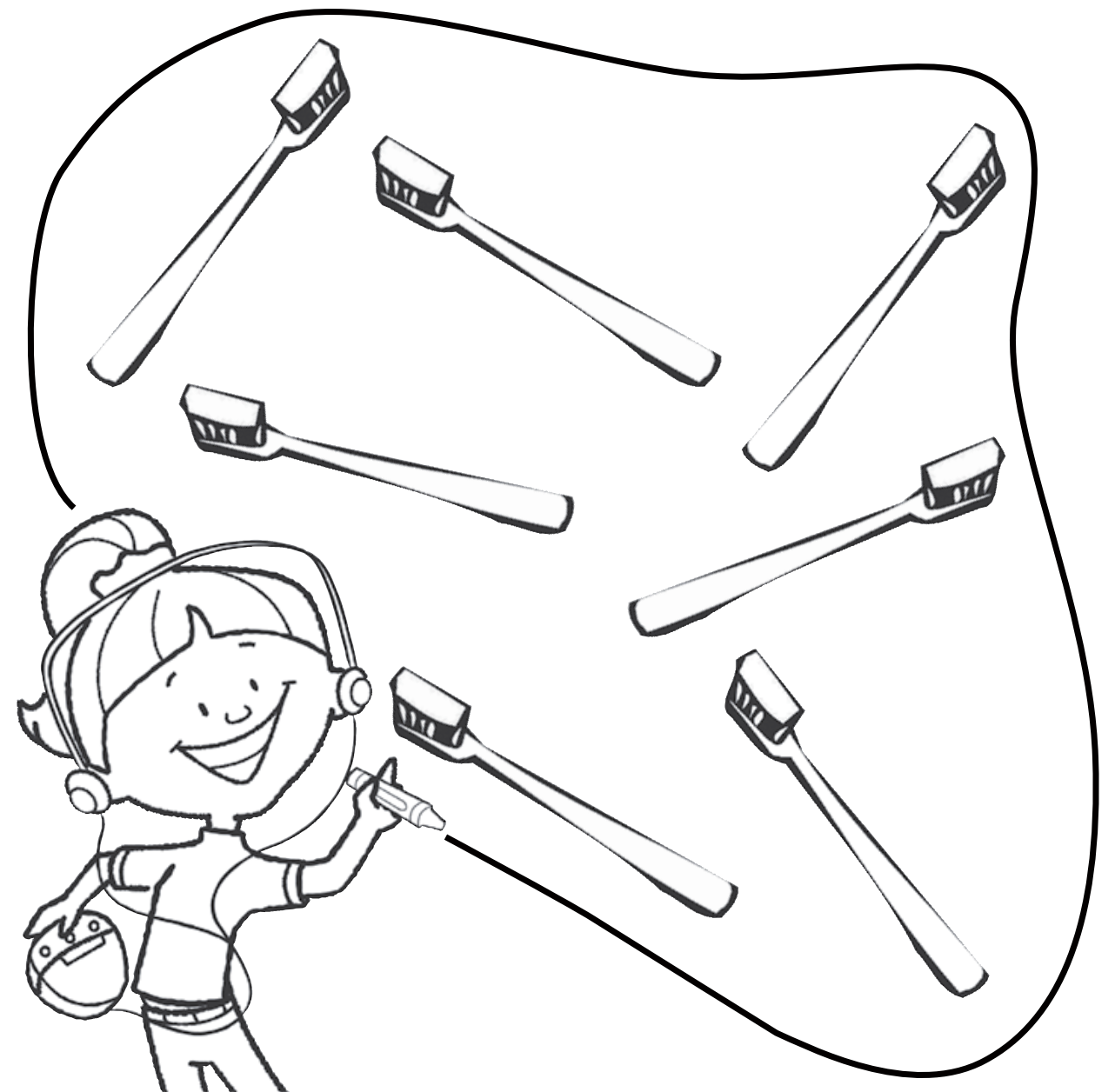


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# RUN FAR

## Parental Care Program

Courtesy of Brian Allgood Army Community Hospital

**A**re you less than 20 weeks pregnant? Have you thought about the RUN FAR PRENATAL CARE PROGRAM?

It's a unique way to receive your regular prenatal care with the added bonus of 16 hours of pregnancy education.

RUN FAR prenatal care includes your regular prenatal check-up with additional time for connecting and education. Groups start at 16-20 weeks, after your first prenatal visit. You'll receive your care from your doctor along with 6-10 other women who are due in the same month you are for 8 sessions.

### How does it work?

You still have your vital signs and weight taken and get some private time with your doctor. You will have the same doctor for all your groups. After this there are group discussions and activities to explore pregnancy and other health topics.

### Who is in the group?

It is made up of women who are all due the same month. As the visits go by, you will make friends with others in the group. Partners and support people are encouraged come to visits. The friendships created here last a lifetime.

### How much time does it take?

We respect your time. Your group will start on time and end on time. Each group lasts for 2 hours.

### What if I have some complications in my pregnancy?

Your physician can still take care of these and you can remain in the group. If you require extra visits they will be scheduled in addition to the group you are already in.

### What are the other benefits?

You never have to call or go to the desk to make your appointments, they are all scheduled for you several



months out. All the visits except the tour of Labor and Delivery are at U.S. Army Garrison Humphreys. You get to meet a physical therapist, marriage and family counselor, lactation consultant, pediatrician and nurse anesthetist during your prenatal care. RUN FAR is open to both active duty soldiers and dependents.

The Brian Allgood Army Community Hospital OB/GYN team still has spaces open for those due in July 2019 or beyond. If you would like to join, please call 737-1319 or from a cell phone 050-3337-1319 or send us a message on Tricare Online Secure Messaging <https://app.tolsecuremessaging.com/>.



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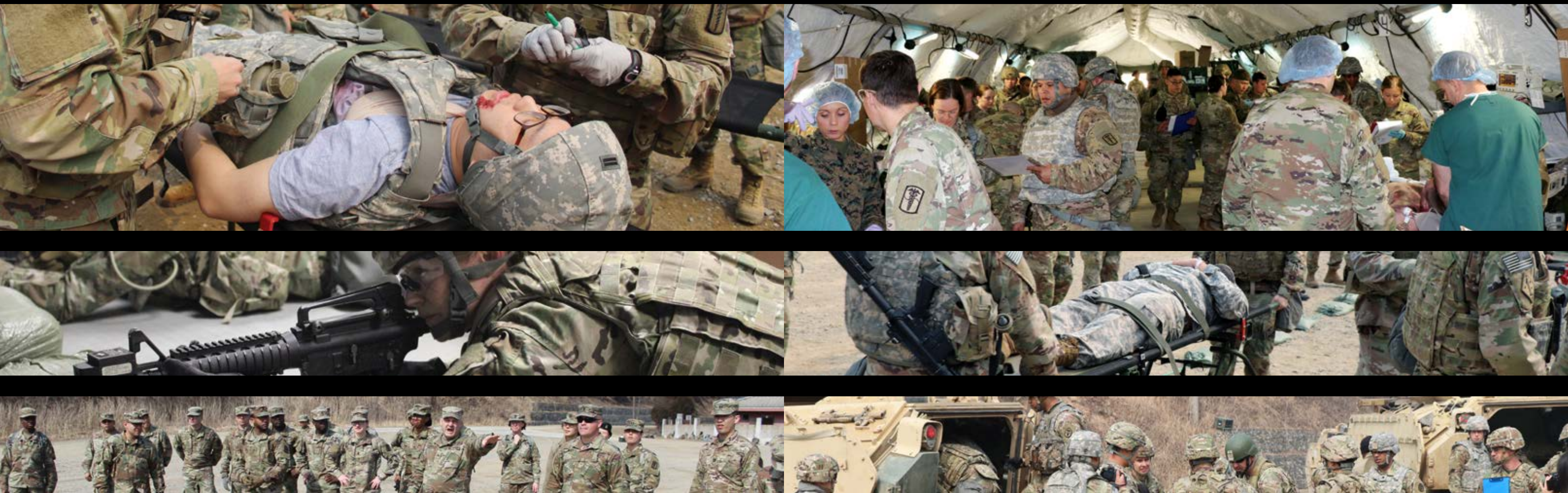
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# “PACIFIC MEDICS” CONDUCT COMBINED MEDICAL EXERCISES

**NEW FIELD HOSPITAL  
CONVERSION TESTED**

Story by William Wight  
65th Medical Brigade Public Affairs Office  
Photos by Maj. Louie Pineda, Pulse65 Contributor

**Improving** the health and resiliency of service men and women on the Korean peninsula and maintaining a “Fight Tonight” readiness are cornerstones of the medical mission of the 65th Medical Brigade.

Last Month, elements of the 65th Medical Brigade, Eighth United States Army, 2nd Infantry Division, 19th Expeditionary Sustainment Command and designated subordinate commands, worked together in a combined/joint patient evacuation exercise dubbed ‘Dragon Lift’. Designed to assess the Republic of South Korea and U.S. Health Service Support and medical evacuation capabilities, the combined training operation showcased the ability to treat, transport, evacuate and take care of patients as soon as possible from within the Korean Theater of Operations.

Executing this monumental tasking was the 168th Multi-functional Medical Battalion (MMB), a direct reporting unit to the 65th Medical Brigade in conjunction with the 2nd Infantry Division. Known by some as the “Backbone of the Brigade,” “Team Powerhouse” as the Battalion is called, provided treatment and evacuation

to dozens of simulated casualties during the operation. Elements of 2ID provided casualties and evacuation aircraft platforms as part of the joint effort.

According to Command Sgt. Maj. Justin Bereiter, the Senior Enlisted Advisor to the Battalion, an exercise of this magnitude takes an entire team working together as it simultaneously takes place in a variety of locations throughout the Korean Theater of Operations. “Team Powerhouse enabled the 121st Combat Support Hospital (CSH) and the Brigade to exercise their mission essential tasks though realistic scenarios,” said Bereiter. “The partnership between the Battalion, Madigan Army Medical Center (MAMC) and Tripler Army Medical Center (TAMC) grew stronger this year as the Professional Filler System (PROFIS) personnel quickly integrated into the team and demonstrated they arrived mission ready to the peninsula,” This will be the last exercise that the battalion utilizes PROFIS Soldiers.

During Dragon Lift, the 121st CSH deployed for the first time in 15-years to the Multi-Purpose Live Fire Complex (Rodriguez Live Fire Complex) establishing





a new field hospital concept with their own medical exercise, Forlorn Reaper. In future operations, the PROFIS will become assigned to the Brigade in an effort to improve readiness on the peninsula

“I was completely impressed with how our 65th Medical Brigade, "Pacific Medics", performed during "FORLORN REAPER", an operation to forward deploy our Combat Support Hospital, Veterinarian Care, and Dental Teams and provide reassurance to our Warfighters that we have their back,” said Command Sgt. Maj . Thomas Barone, the 65th Medical Brigade Command Sergeant Major . “This exercise trained the "Pacific Medics" to deploy on short notice and execute our wartime mission set during all aspects of the "Fight Tonight" posture within Eighth Army.”

The forward deployed CSH site was set-up very quickly to unfold a 32-bed patient capability, providing surgical, emergency care, laboratory, pharmacy and radiological services in the field. Combining the 121st CSH with the 618th Dental Company Area Support, the 106th Veterinarian Detachment, 560th Medical Company – Ground Ambulance (MCGA) and the 563rd Medical Logistics Company, the "Pacific Medics" were able to expand not only their

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medical services but provide emergency dental treatment as well as surgical capabilities to military working dogs respectively.

**Establishing** the CSH in Area I using the new 32-bed Field Hospital concept and constructing and conducting multi-day, 24-hour operations in order to exercise and assess collective triage, treatment, and evacuation capabilities helped us build upon previous training scenarios in a dynamic, realistic, challenging field environment, enhancing interoperability, collective training value, and realism,” said Lt. Col. Aristotle Vaseliades, the notional 502nd Field Hospital Commander. Outside of the exercise, Vaseliades serves as the deputy commander for administration of the Brian Allgood Army Community Hospital.

The Field Hospital received 66 total casualties, including 51 scenario-driven notional casualties and 15 real-world disease and non-battle injuries. Vaseliades said the training exercise was a real test of readiness in that approximately 14 medical staff touched every patient that came into the facility from the Emergency Department, Ancillary, Operating Room, Intensive Care







Unit, Intermediate Care Ward, Patient Administration Department, etc. for a total of 924 repetitions for readiness spread over multiple areas of concentration.

Spec. Zalika Jobert, a patient administration specialist with B. Co. 121st CSH, has not been with the Brigade for very long, however, she was one of the few within the CSH that had previous deployment experience involving real patients in a CSH setting. “I gave a lot of advice to teammates. Telling them to get out of their hospital comfort zone and learn to work with less things and come together and communicate as one in the fight.”

Balancing armistice health care and conducting a military training exercise to hone the transition to hostilities mission would be very difficult according to Vaseliades without the support of PROFIS and this was also the first time the unit worked with the U.S. Navy’s 30th Medical Battalion who provided four health care providers, a general surgeon, an orthopedic surgeon, an emergency medical physician and a physician assistant to support the unit’s efforts.

“It is hard to take all of our medical providers out of the clinical setting, so we ask the medical command for augmentee support of provider staff,” said Vaseliades.



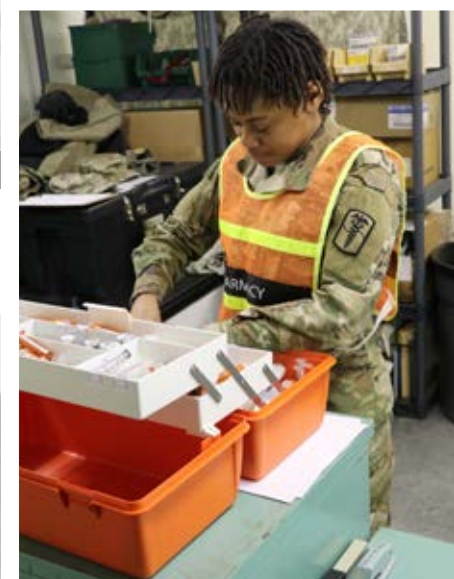


“Throughout these two exercises, our personnel gained a better understanding of what it would be like on a day to day basis should a situation happen forcing us to operate outside of a fixed medical facility.”

Providing Role III care at the FH, the patient is treated in a medical treatment facility staffed and equipped to provide care to all categories of patients, including resuscitation, initial wound surgery, damage control surgery and postoperative treatment. “This exercise provided the teams with the opportunity to assess individual Soldier readiness and resiliency, as well as medical maintenance readiness,” said Barone.

## WHY THE FIELD HOSPITAL?

A combat support hospital (CSH, pronounced "cash") is a type of modern United States Military Field Hospital. The CSH is transportable by aircraft and trucks and is normally delivered to the Corps Support Area in standard Military-Owned Demountable Containers (MILVAN) cargo containers. Once transported, it is assembled by the staff into a tent hospital to treat patients. Depending upon the operational environment (e.g., battlefield), a CSH might also treat civilians and







wounded enemy Soldiers. The CSH is the successor to the Mobile Army Surgical Hospital. Beginning more than two years ago, the United States Army and United States Army Reserve began the process of reorganizing the Combat Support Hospitals into smaller, modular units called 'Field Hospitals.'

Because they are large and relatively difficult to move, combat support hospitals are not the front line of battlefield medicine. Battalion Aid Stations, Forward Support Medical Battalions and Forward Surgical Teams are usually the first point of contact medical care for wounded soldiers. The CSH receives most patients via helicopter Air Ambulance, and stabilizes these patients for further treatment at fixed facility hospitals. Ideally, the CSH is located as the bridge between incoming helicopter ambulances and outgoing Air Force aircraft.

The FH design is based on lessons learned from more than a decade of combat that have reinforced the Army's need to have forward-based medical capabilities that are advanced yet also agile and logistically scalable. Traditional CSHs have proven to be too large and logistically difficult to deploy as a whole, which is why the Army has historically only deployed "slices" or sections of the

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CSH. The move to the FH design codifies that practice by restructuring the CSH in the way it is primarily used – as a customizable, scalable resource.

**Forlorn Reaper** was the first test of this conversion concept. By September of this year, the Brigade will convert the 121st CSH to the 549th Field Hospital Center (FHC) enhancing the combatant commander's flexibility to deliver optimal health service support.

The conversion reconfigures the 248-bed CSH into a smaller, more modular 32-bed FH's with three additional augmentation detachments including a 24-bed surgical detachment, a 32-bed medical detachment, and a 60-bed Intermediate Care Ward detachment. The FH's and the augmentation detachments will all operate under the authority of a headquarters hospital center.

"We have taken the 121 CSH and converted it to the 549th FHC with the 502nd FH tasked underneath it and used this exercise to test the concept taking B Co. 121st CSH's 84-bed and exercised them as the 502nd 32-bed FH," said Vaseliades.

The movement of the CSH to a field site, first time in over 15 years, was quite the accomplishment moving 19



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containers, five tactical expandable shelters, 29 environment control units, seven tactical generators and 15 vehicles by convoy from Area II to Area I and setting up operations within 60 hours. Vaseliades stated that the command envisioned what the actual FH would look like with personnel and equipment established at MPLFC known as Rodriguez Range.

This coming July of 2019 the 121st CSH will convert from its current 248-bed legacy and construct into the 549th Field Hospital Center with two 32-bed field hospitals (121st FH and 502nd FH) task organized underneath it and

an additional four detachments – the 129th Medical Detachment (32-bed surgical), the 150th Medical Detachment (32-bed medical), the 125th Medical Detachment (60-bed ICW), the 197th Medical Detachment (60-bed ICW) and the 135th Forward Resuscitation Surgical Team, providing combat commanders with a 'plug and play' hospital system depending on what is needed on the battlefield.

By 2020, the Army plans to convert the rest of the active-duty CSH's into FH's, as well as Army Reserve Hospitals that are part of the Medical Materiel Readiness Program and Army Prepositioned Stocks.



# 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, AWC Director John Sim will answer a health and diet question.



*Coach, I've heard that squats are good for building leg strength but I'm still new to weight training. Are there any exercises that are helpful for beginners?*  
- Jihye K.



Absolutely! Squats are a fundamental movement in many training programs and they are great for developing the legs, hips, and overall core strength. The Back Squat is probably the most recognizable (where the barbell is placed across the back of the shoulders) but there are many different variations of the squat and some are more complex than others. Here are a few, listed in order of difficulty (easiest to hardest):

## Bodyweight Squat (Figure 1):

- Start with your feet approximately shoulder-width apart and attempt to sink your hips back as you bend your knees. You want to make sure that your back is kept flat throughout the movement and that your weight is even distributed across both feet with your heels in contact with the floor.

Figure 1



## Goblet / Front Squat (Figure 2):

- If you're ready to add a little resistance to the bodyweight squat, start with a Goblet Squat by holding a dumbbell (or any weighted object) in front of you with both hands and execute the same squat-



ting movement while attempting to sink your elbows in between your knees. Once you're comfortable with the Goblet Squat, you may be ready to try a Front Squat variation by holding a dumbbell in each hand and placing them right against the front of your shoulders.

Figure 2



## Single-leg Split Squat (Figure 3):

- Single-leg variations of the Split Squat require a great deal of stability and unilateral strength. However, they may very well be one of the best exercises out there for targeting the glutes and challenging even the most experienced lifter. Start by resting your rear leg on a standard bench and bending the front knee so that your rear knee eventually lowers to

ground-level. Ensure that your entire front foot is flat on the ground at all times and that your front knee does not extend too far in front of the toes. Remember, your goal is to rely solely on the front leg and load the glutes or hips as much as possible.

If you have any questions please visit us at the Army Wellness Center and we'll be happy to speak to you in person! All of our Health Educators are Certified Personal

Trainers and can provide 1-on-1 services such as Fitness Assessments and Health Coaching.

*\*Photo model: Staff Sgt. Omar Diaz*

**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. Call the AWC for your specialized appointment.

Figure 3





# RHC-P hosts Singapore Armed Forces for forensic dentistry global health engagement

Story by Emily Yeh, Regional Health Command-Pacific Affairs  
Photo by John Ciccarelli



On March 5, Regional Health Command-Pacific hosted the Singapore Armed Forces during a visit to the Dental Health Command-Pacific. DHC-P's commander, Col. David Mott and Command Sgt. Major, Johnathan Quaye provided Col. (Dr.) Gabriel Chong, second People's Defence Force Division Medical Officer, Headquarters Army Medical Services, and SAF Consultant in Dental Public Health and Forensic Dentistry, discussed forensic dentistry during the subject matter exchange.

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tistry, discussed forensic dentistry during the subject matter exchange. During the visit Chong, Mott, Quaye, and the Dental Health Activity - Hawaii command team exchanged information on subjects such as the full array of remains management, from recovery identification, to repatriation, as well as burial and family assistance. RHC-P subject matter experts also discussed the full spectrum of the Department of Defense's dental capabilities and future research

developments in military dentistry. The collaboration between the DHC-P SMEs and SAF personnel, demonstrate the ongoing cooperation across the Indo-Pacific region which continually strengthens relationships surrounding critical medical capabilities through global health engagements. The efforts today will enhance the development of long-term military health engagements and chart future collaborations between the United States and Singapore.

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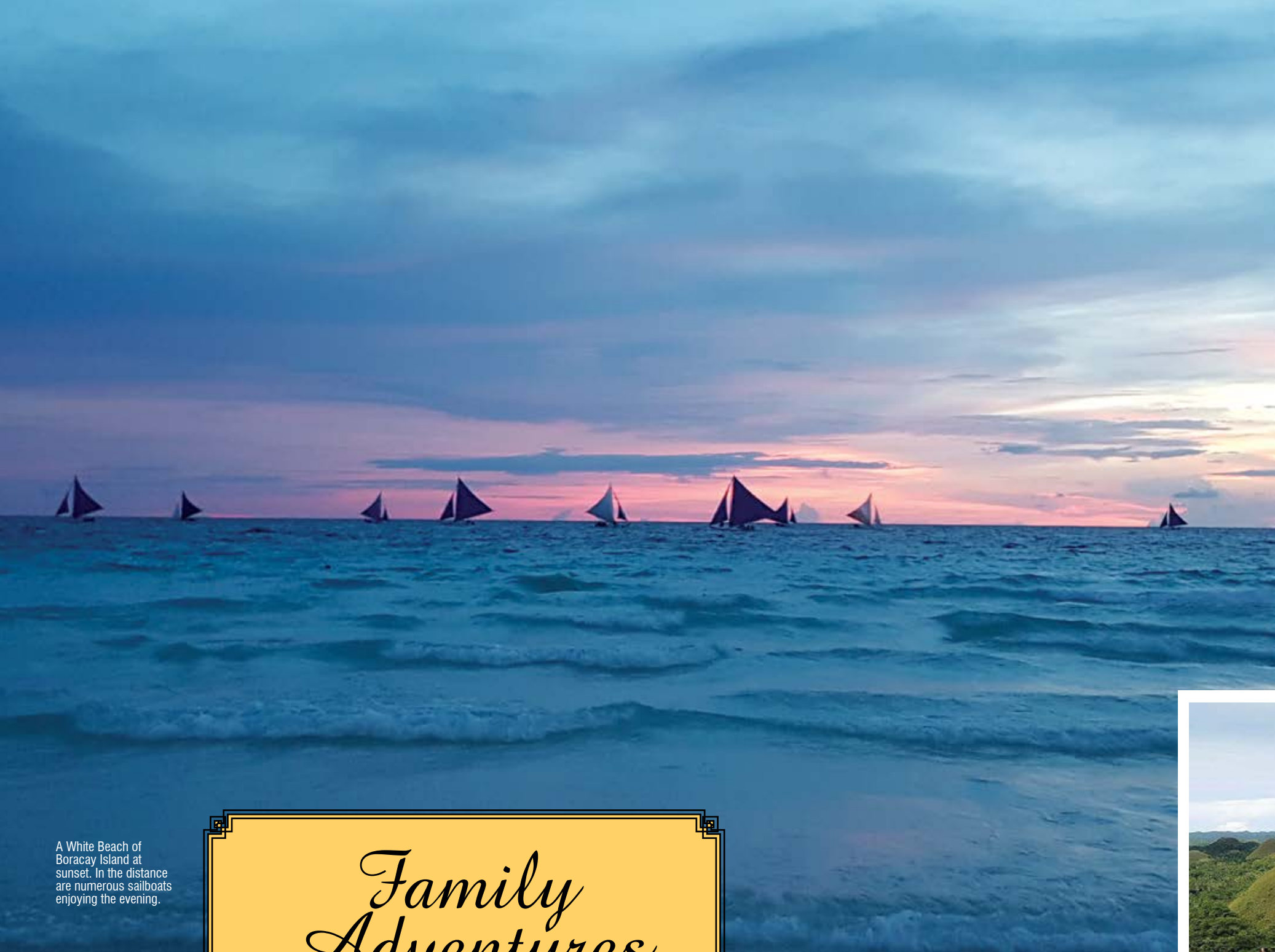
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A White Beach of Boracay Island at sunset. In the distance are numerous sailboats enjoying the evening.

*Family  
Adventures  
in Asia:*  
PHILIPPINES

By Kyle Hoedebecke  
PULSE 65 Contributor

The Chocolate Hills are a geological formation in Bohol. There are over 1,260 hills covered in green grass that turns brown (like chocolate) during the dry season. When brown, these hills resemble Hershey Kisses. These beautiful formations have been declared the country's third National Geological Monument and proposed for inclusion in the UNESCO World Heritage List.



F

This month Pulse 65 travels to the Philippines! The Republic of the Philippines was named after the former Spanish King Philip II in 1542 by the explorer Ruy López de Villalobos. Along with East Timor, the Philippines is the only majority Christian nation in Asia with approximately 80% of its population identifying as Roman Catholic. The country played a big role in the Pacific theater of World War II and, subsequently, was the first country in Southeast Asia to gain independence in 1945. Today the Philippines has a population over 100 million people - making it the 12th most populous country globally. With an annual growth rate of 2%, it is also one of the fastest growing as well!



Whether in Luzon, Cebu, Palawan, or in other parts of the country - the jeepney is "King of the Philippine roads." This unique vehicle is a descendant of the Jeeps US Soldiers drove while in country during World War II. More up-to-date jeepneys have air conditioning units and closely resemble minibuses. These carry up to 16 passengers with people hopping on and off intermittently throughout town. There are even electric versions being produced at this time! No matter what type we are discussing, the Jeepney will always remain an iconic Filipino culture symbol.



Jeepneys are the main local mode of travel in the Philippines.



Kawasan Falls in Badian near Moalboal on Cebu. This peaceful location is the end of the canyoneering adventure co-located here. Those who desire a more relaxing visit can enjoy the calm waters and natural springs near the southern tip of the island.





A tarsier sanctuary near the town of Corella, on the island of Bohol has created a semi-wild enclosure known as the Tarsier Research and Development Center. Visitors can see 20 - 30 tarsiers up close in their natural habitats.

Turning to the wildlife, the country possesses an amazing level of biodiversity with 16 new species of mammals discovered in the last decade. Many of these animals are not found in any other areas of the world. One example is the tiny tarsier, which is found in parts the Philippines and surrounding islands. The tarsier is the second smallest mammal in the world and has been listed as one of the most endangered species in the world. You can see these petite creatures at a conservatory during a day trip to the island of Bohol. Visitors can also find the world's longest snake - the reticulated python, which can grow up to 28.5 feet (8.7 m) long.



The Loboc River lunch tour is a great way to see the small villages throughout the island of Bohol, meet locals and enjoy traditional cuisine.



Ariel's Point: This has been featured in several magazines as a top Boracay attraction. This eco-adventure paradise offers guests the opportunity to experience the world renowned cliff diving, kayaking, and snorkeling in unspoiled tropical waters.



Luckily we did not come across this serpent on our travels! There is also vast underwater life with many opportunities to see beautiful coral reefs and WWII wrecks during dives or snorkel adventures. Still others enjoy swimming alongside the largest fish in the world and gentle giant - the whale shark. A well hidden secret is the country's Jellyfish Lake where you can swim with more than 13 million non-stinging jellyfish.



Tinikling is a traditional Philippine folk dance involving two people beating, tapping, and sliding bamboo poles on the ground and against each other. During this, one or more dancers step over and in between the poles in increasingly complex rhythms and patterns.

Although English and Tagalog are the country's two official languages, there are approximately 175 distinct languages spoken throughout the country. This is because the Philippines is spread over 7641 islands - reducing interactions between large parts of the country historically. Unfortunately many are dying out with four no longer having any known speakers. Nevertheless, the common use of English makes travel and communication quite easy for the Western visitor.



Families enjoy the soft white sand and warm clear waters of White Beach at Boracay.

This country has some of the most beautiful beaches I have ever seen across all my travels! The famous Boracay resorts are visited by countless tourists across the globe. The island's warm gentle waters and soft sand are great for adults and children alike. There are also activities for all ages! Boating, fishing, and water activities are everywhere while some islands also offer varying activities on land. One of our most memorable experiences was on the island of Cebu where we took advantage of a unique canyoneering experience. Guides take you to the top of a mountain and lead guests through the Badian River. This is performed by jumping down a series of cascading waterfalls and cliffs into the clear azure river and its giant pools. The highest jumps is approximately 50 ft (15m) - so this activity should be saved for adults and older children!

All in all, the Philippines is an extremely affordable tourist destination for you and your family. The food is delicious, the people are welcoming, and you will not be sorry that you visited!





Magellan's Cross was planted by Portuguese and Spanish explorers during Magellan's arriving in Cebu in March 1521. The cross is located in a small chapel next to the Basilica Minore del Santo Niño in downtown Cebu City.



My daughter Sofia enjoying herself at White Beach (Boracay).

Other interesting facts about the Philippines:

- The yo-yo evolved from an ancient Filipino studded hunting weapon attached to a 20-foot rope. The modern yo-yo was invented by a Filipino American, and its name comes from the Filipino language Ilocano meaning "come back."
- The capital city, Manila, was named after the white-flowered mangrove plant, the *Scyphiphora hydrophyllacea*. This tree has white, star-shaped flowers that yield dark blue dye, which is why in other countries commonly refer to it as the Indigo tree.
- The flag of the Philippines is the only national flag flown upside down during war.
- The world's largest pearl was discovered - weighing 75 lbs (34 kg) and measuring 1 ft (30.5cm) wide and 2.2 ft (67cm) long.

### Travel Tip of the Month

There are 7641 islands to visit and several such as Cebu, Kalibo, and Manilla have direct flights from Seoul and Tokyo. The Philippines allows visa-free travel for US passport holder - but there is a travel tax and airport exit fee.



# Be Aware of Sexually Transmitted Diseases

Courtesy of Brian Allgood Army Community Hospital  
Public Health Nursing



The month of April is Sexually Transmitted Disease (STD) Awareness Month and the Public

Health Nursing department at Brian Allgood Army Community Hospital would like to increase awareness.

A STD is most often but not exclusively spread by sexual intercourse. HIV, chlamydia, genital herpes, genital warts caused by human papilloma virus, gonorrhea, some forms of hepatitis, syphilis, and trichomoniasis are STDs. The most common STDs are chlamydia, gonorrhea, and HPV.

HPV or human papilloma virus is the most common STD. There are many different strains of HPV and some strains can cause health problems including genital warts and cancers. HPV can be contracted by having vaginal, anal, or oral sex with someone who has the virus. HPV can be passed even when an infected person has no signs or symptoms. It can also cause oral cancer. The best way to reduce the risk of contracting HPV is to use condoms with every sexual encounter including anal and oral sex and to also get the HPV vaccine.

Chlamydia, the most common STD in the military, is a disease caused by Chlamydia trachomatis bacterium. The most common signs and symptoms often include burning with urination, abnormal and discharge. Gonorrhea



rhea is a bacterial disease caused by the bacterium neisseria gonorrhoeae. Signs and symptoms often include burning with urination and abnormal discharge. Often with both gonorrhea and chlamydia, no signs or symptoms are present. For this reason, it is important to be tested if you have been engaging in unprotected sex. The best way to prevent contracting both gonorrhea and chlamydia is the proper use of condoms. Other common STD's include HIV, Syphilis, Hepatitis B & C, Trichomoniasis, and Herpes.

Untreated STDs can lead to a serious complication in women called pelvic inflammatory disease when untreated. Signs and symptoms include lower abdominal pain, fever, an unusual discharge with a foul vaginal odor, pain and/or bleeding during sex, burning sensation during urination, or bleeding between periods. Pelvic inflammatory disease

can lead to ectopic pregnancy or even infertility. For males, untreated STDs can lead to infertility, inflammation of the prostate (prostatitis) or the epididymis, or scarring in the urethra.

Risk factors for contracting STD's are:

- Male and female between the ages of 15-24
- Male who has sex with males (MSM)
- Unprotected sex
- Multiple sex partners
- Alcohol use
- Currently having an STD
- Using birth control as your only form of contraception

All STD's mentioned are preventable. It is up to individuals to prevent the spread of STD's. For more information on Sexually Transmitted Diseases contact a Public Health Nurse at your Military Treatment Facility.

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Please contact me, your Beneficiary Counseling & Assistance Coordinator (BCAC) / Debt Collection Assistance Officer (DCAO) who is responsible for assisting TRICARE beneficiaries obtain medical care access through the TRICARE programs, file medical claims, and resolve health care collection related issues.

**Ashley Jones**  
**Tricare Services, BCAC/DCAO**  
**Jenkins Medical Clinic, Bldg. 555**  
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**Mon-Wed & Fri 0830-1700**  
**Thurs 1100-1700**



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**  
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\*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 0810 - 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**  
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737-9720  
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Mon – Fri 0900 - 1600

AREA IV


**USAG Walker**  
**(Bldg. 341)**  
737-9831  
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



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- 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
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## SAM Korean Medicine Detox Package

### Loquat Moxibustion + Coffee Detox Therapy + Cupping Therapy

#### Loquat Moxibustion

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

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

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



#### Coffee Enema Detox Therapy

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

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



#### Cupping Therapy

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

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



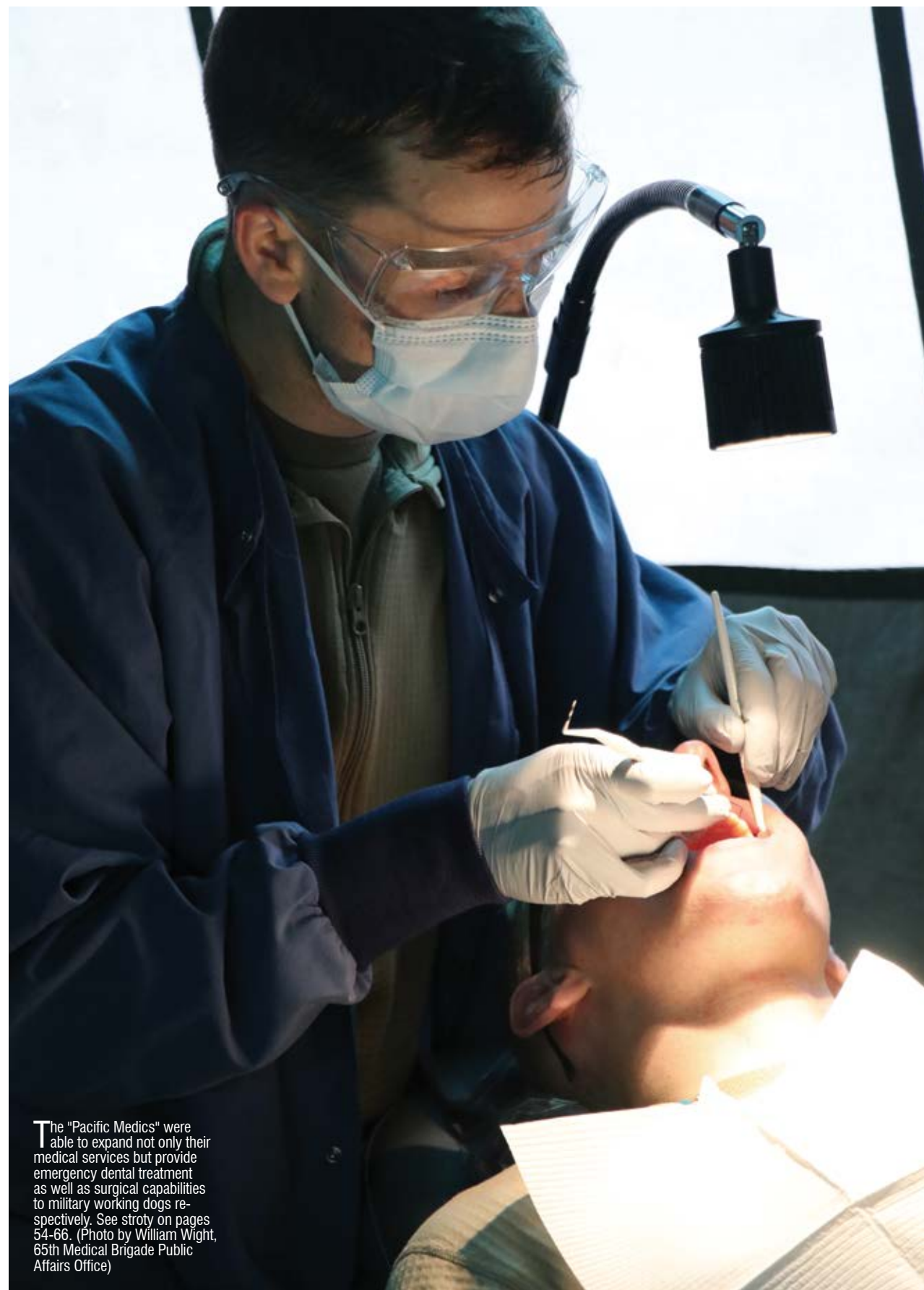
**Time** About 2 hours 20 minute [Loquat Moxibustion (about 1 hour) + Coffee Detox Therapy (about 40~60 min) + Cupping Therapy (about 10~30 min)]

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

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The "Pacific Medics" were able to expand not only their medical services but provide emergency dental treatment as well as surgical capabilities to military working dogs respectively. See story on pages 54-66. (Photo by William Wight, 65th Medical Brigade Public Affairs Office)



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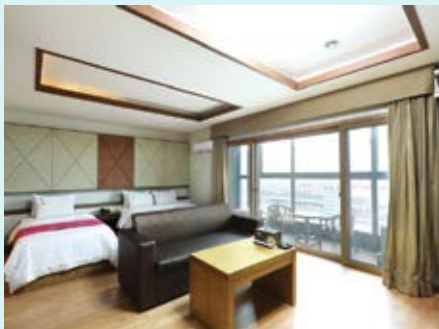


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