

Pulse

JUNE 2019

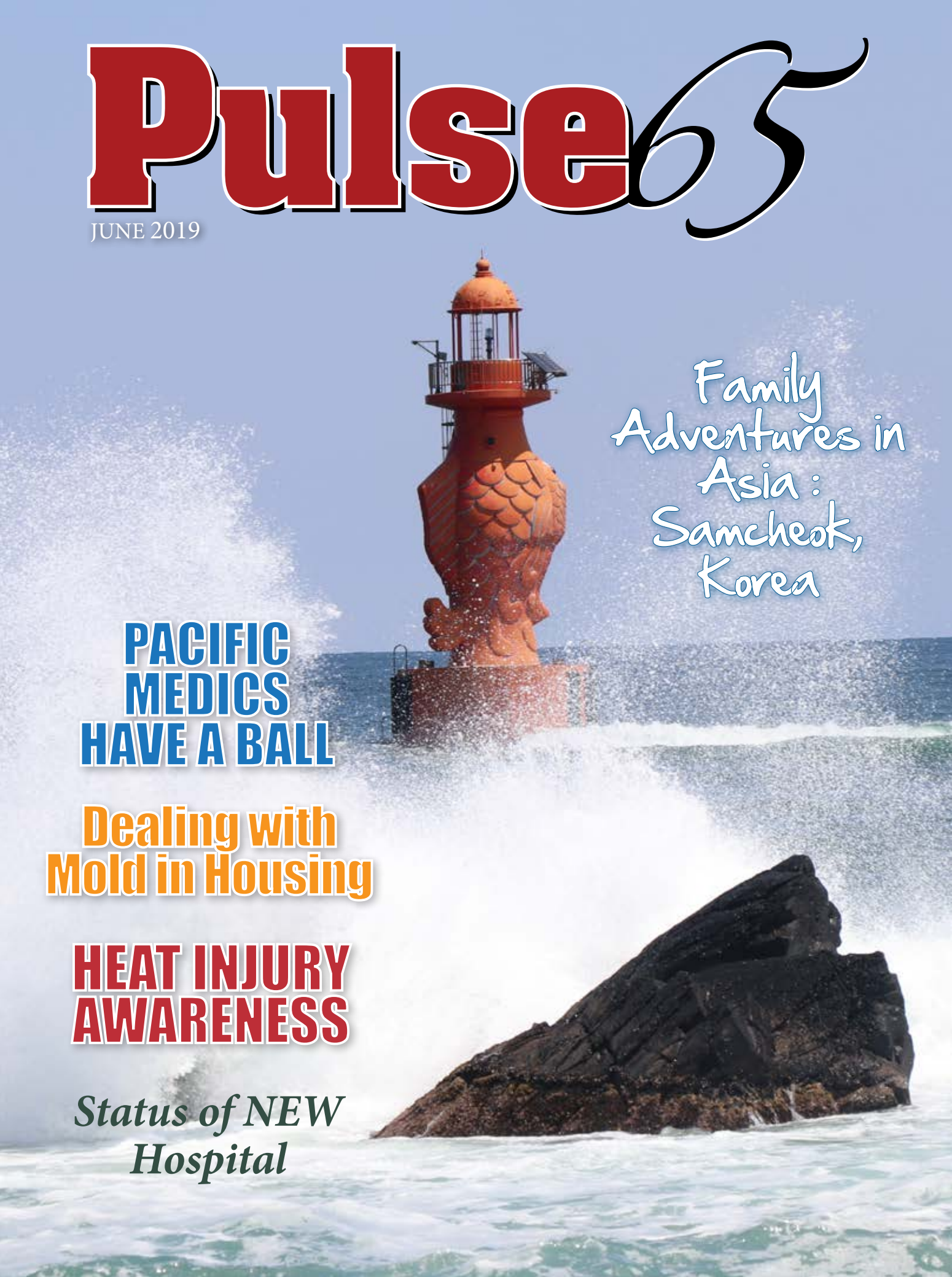
Family
Adventures in
Asia:
Samcheok,
Korea

**PACIFIC
MEDICS
HAVE A BALL**

**Dealing with
Mold in Housing**

**HEAT INJURY
AWARENESS**

*Status of NEW
Hospital*



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- Entertainment & Sports Law
- Family Law
- International Law
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- Military Injury
- Personal Injury
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EDITOR'S LETTER

The United States is a Pacific nation, with our country's political, economic and security interests increasingly bound to this dynamic region. On duty in the Asia-Pacific since 1944, Eighth Army's enduring presence has long signaled U.S. resolve to support our regional allies and deter potential adversaries. Eighth Army was officially activated on June 10, 1944 and soon thereafter, it deployed to the Pacific theater.

This coming first week of June, Eighth Army will open its doors with a variety of celebratory activities to commemorate its 75th birthday.



Readiness is the number one priority and Eighth Army conducts armistice operations along three lines of effort that create Readiness: Training, Strengthening the Alliance, and Transformation. We must never forget that Korea is not at peace, and Eighth Army remains prepared to "Fight Tonight" - daily. This means they will train to the highest levels in the most challenging conditions while maintaining equipment readiness above the Army standards.



"Eighth Army is America's Pacific Guardians of Freedom" - Eighth Army today stands ready to defend our national interests and those of our allies whenever called upon. They are the embodiment of our Army's military professionalism and ready to "Fight Tonight."

So come on out to U.S. Army Garrison Humphreys to celebrate this unit's legacy and partnership on the Korean peninsula. Next month, the PULSE65 editorial team hopes to bring an in-depth look into Eighth Army and a pictorial of the week's events and its illustrious heritage.

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

FRIDAY, JUNE 7

6:30 am: Soft Opening

- Opening Run
- 8A 3/5/10K Races
- 7.5K Team Race
- Static Displays
- 7:30 - 9:00 : Family Fun Walk / Run

9:00 am: Sports Events

- Basketball Tournament
- Soccer Tournament
- Flag Football Tournament
- Softball Tournament

6:00 pm: Army's 244th Birthday

Eighth Army's 75th Anniversary Ball

Opening Ceremony & Run - Soldier's Field(Near BLDG# 6766)
Army Ball - Contact Your Chain of Command
for Ticket Information



SATURDAY, JUNE 8

(Open to General Public)

10:00 am: Opening Ceremony

10:00 am: Festival

- Tactical Aerial & Ground Demonstrations
- Military Static Displays, First Responder Static Displays
- Concessions, Camp Humphreys & Science and Tech Bazar
- Wellness Fair
- Kids specific: Bouncy house, face paint, games, etc.

6:00 pm: Concert

Opening Ceremony & Festival - Desiderio Army Airfield
Concert - Baseball Field across from
Beacon Hill(BLDG# 1488)



SUNDAY, JUNE 9

(Open to General Public)

6:30 am: Golf Scramble

10:00 am: Opening Ceremony

10:00 am: Festival

3:00 pm: Korean Service Corps Dedication

Golf Scramble - River Bend Golf Course
Opening Ceremony & Festival - Desiderio Army Airfield
KSC Dedication - Maintenance Facility
(BLDG# 7030)



MONDAY, JUNE 10

6:30 am: Eighth Army Run

9:00 am: Outdoor Competition

10:00 am: Eighth Army & 2nd Infantry Division Museum Opening Ceremony

12:00 pm : Commander's Cup Ceremony

2:00 pm: Closing Ceremony

- Re-enlistment Ceremony
- Time Capsule Dedication
- Cake Cutting Ceremony

Eighth Army Run - USFK Headquarters (BLDG# 12420)
Outdoor Competition & Cup Ceremony - Soldier's field
near BLDG# 6766
2ID Museum Opening - BLDG# 732
Closing Ceremony - Eighth Army Headquarters (BLDG# 12100)

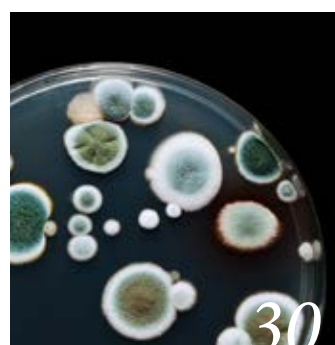




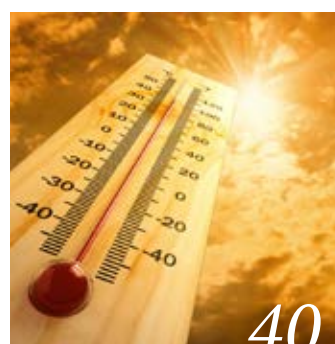
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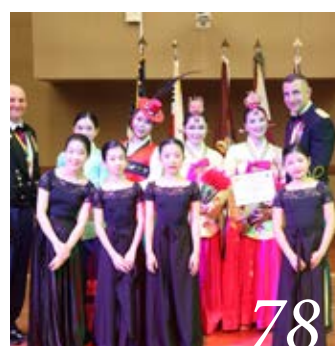
Front Cover:
Photo by William Wight
65th Medical Brigade Public Affairs Office



Dealing with Mold in Housing



Heat Injury Awareness



Pacific Medics have a Ball



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A fish market near by Hae-sindang Park in Samcheok, Gangwon Province. To find out more attractions in Samcheok, see pages62-73.

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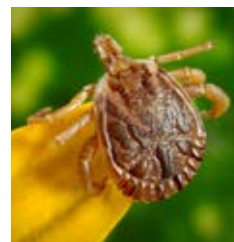
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Stay comfortable in Pyeongtaek with us!

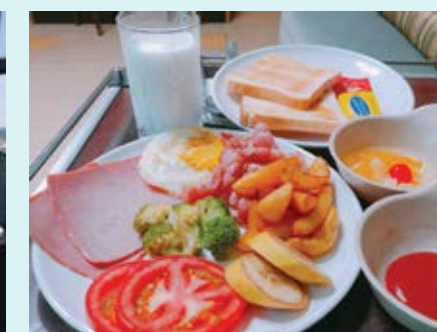
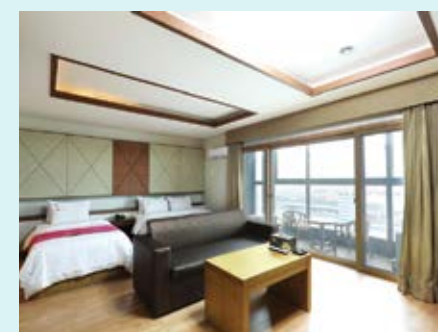


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CALENDAR

EVENTS in KOREA



JUN03-10

Gangneung Danoje Festival

1, Danojang-gil, Gangneung-si,
Gangwon-do
www.danojefestival.or.kr



JUN05-09

DMZ Peace Train Music Festival

1825, Taebong-ro, Cheorwon-gun,
Gangwon-do
www.dmzpeacetrain.com



JUN07-09

Ulsan Whale Festival

20, Jangsaenggopogorae-ro
288beon-gil, Nam-gu, Ulsan
+82-52-226-1991



JUN07-10

Hansan Ramie Fabric Cultural Festival

1089, Chungjeol-ro, Seochon-gun,
Chungcheongnam-do
+82-41-951-4256



ONGOING -JUN16

Everland Rose Festival

199, Everland-ro, Cheoin-gu,
Yongin-si, Gyeonggi-do
www.everland.com



ONGOING -JUN23

Korean Folk Village Variety Festival "Welcome to Joseon"

90, Minsokchon-ro, Giheung-gu,
Yongin-si, Gyeonggi-do
www.koreanfolk.co.kr



JUN25-30

Busan International Magic Festival

120, Suyeonggangbyeon-daero,
Haeundae-gu, Busan
+82-51-626-7002



JUN27-JUL07

Bucheon International Fantastic Film Festival

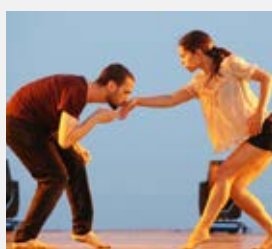
Bucheon-si, Gyeonggi-do
www.bifan.kr



JUL05-07

Buyeo Seodong Lotus Festival

52, Gunnam-ro, Buyeo-gun,
Chungcheongnam-do
+82-41-830-2211/2



ONGOING -JUL08

Busan International Dance Festival (BIDF)

47, Dalmaji-gil 62beon-gil,
Haeundae-gu, Busan
+82-51-868-7881/2



ONGOING -OCT05

Daejeon Saturday Festival

783, Daejeon-ro, Dong-gu,
Daejeon
+82-42-250-1274



ONGOING -OCT26

Walk with a King

44, Taejo-ro, Wansan-gu,
Jeonju-si, Jeollabuk-do
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<https://www.korea.amedd.army.mil/event/38PHTS2019/index.html>

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23 - 27 SEP 2019

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SCENE & HEARD

NATIONAL & INTERNATIONAL

By Eric Young-Seok Park

RARE ALBINO PANDA CAUGHT ON CAMERA IN CHINA



A rare all-white panda has been caught on camera at a nature reserve in southwest China, showing albinism exists among wild pandas in the region, state media reported. The spotless, red-eyed animal was photographed while trekking through the forest mid-April in southwestern Sichuan province. The panda is an albino between one to two years old, said Li Sheng, a researcher specialising in bears at Peking University. The Wolong National Nature Reserve -- where the animal was spotted -- said it had no further details about the albino panda. More than 80 percent of the world's wild pandas live in Sichuan, with the rest in Shaanxi and Gansu province. The number living in the wild has dwindled to fewer than 2,000, according to the World Wildlife Fund. Famed for its "panda diplomacy", in which China dispatches the rare animals to other countries as a symbol of close relations, Beijing has invested in different programmes to protect its furry ambassadors in recent years. In 2018, China announced plans to create a bastion for giant pandas three times the size of Yellowstone National Park to link up existing wild populations and encourage breeding of the notoriously slow-reproducing animal. At least 10 billion yuan (\$1.45 billion) had been budgeted for the Giant Panda National Park in mountainous southwestern China state-run. Pandas are currently listed as a vulnerable species, which means that while their survival is still threatened, conservation efforts have helped reduce their danger of extinction.

ONE SCHOOLGIRL KILLED, 12 INJURED IN STABBING AT JAPAN BUS STOP



One young schoolgirl was killed and at least 12 others were injured in a stabbing at a bus stop just outside the Japanese capital, Tokyo. Three adults were also injured, with one of them showing no vital signs, after the incident in Kawasaki city, south of Tokyo. The girls, aged around 6 to 7, were students at a private Catholic school and were waiting for their school bus. A man detained at the scene also died. The suspect, a man probably in his 40s or 50s, was unconscious when he was detained after stabbing himself in the neck. The man was said to have begun slashing at people as they waited at the bus stop and then on the bus. "I heard screaming, then I saw a man standing with a knife in each hand," said an unidentified witness as. "Then he crumbled to the ground." Two knives were found at the scene. The Kawasaki City fire department put the number of injured at 19, including three with severe wounds. Violent crime is relatively rare in Japan but occasional high-profile incidents have shocked the nation. More than a dozen people were injured in a 2010 stabbing spree on a school bus and a commuter bus in a Tokyo suburb. Two years earlier, a 28-year-old man drove a truck into a crowded pedestrian crossing in Tokyo, killing three people, and then fatally stabbed four more.

BREXIT PARTY WINS, CONSERVATIVES BASHED IN UK'S EU VOTING



Britain's governing Conservative Party was all but wiped out in the European Parliament election as voters sick of the country's stalled European Union exit flocked to uncompromisingly pro-Brexit or pro-EU parties. The main opposition Labour Party also faced a drubbing in a vote that upended the traditional order of British politics and plunged the country into even more Brexit uncertainty. The big winners were the newly founded Brexit Party led by veteran anti-EU campaigner Nigel Farage and the strongly pro-European Liberal Democrats. With results announced for all of England and Wales, the Brexit Party had won 28 of the 73 British EU seats up for grabs and almost a third of the votes. The Liberal Democrats took about 20% of the vote and 15 seats -- up from only one at the last EU election in 2014. Labour came third with 10 seats, followed by the Greens with seven. The ruling Conservatives were in fifth place with just three EU seats and under 10% of the vote. The results reflect an electorate deeply divided over Britain's 2016 decision to leave the EU, but united in anger at the two long-dominant parties, the Conservatives and Labour, who have brought the Brexit process to deadlock. Britain is participating in the EU election because it is still a member of the bloc, but the lawmakers it elects will only sit in the European Parliament until the country leaves the EU, which is currently scheduled for Oct. 31. Farage's Brexit Party was officially launched in April and has only one policy: for Britain to leave the EU as soon as possible, even without a divorce agreement in place. Farage said his party's performance was "a massive message" for the Conservatives and Labour, and he said it should be given a role in future negotiations with the EU.

TEEN HACKED APPLE HOPING THE COMPANY WOULD OFFER HIM A JOB



The teen hacked Apple and pleaded guilty while admitting that he hoped this would land him a job at the iPhone maker. He'd heard that Apple hired a European who'd done the same thing, and had assumed that a job was waiting for him the moment he was discovered. Clearly, law enforcement had other ideas. Thankfully, this doesn't appear to be the early end to his career. Like his partner in the hacks, the teen won't face a conviction -- instead, he's on a \$500 AUD (about \$346 US) good behavior bond for nine months. He was 13 when he started the hacks, and the magistrate in the case believed testimony that the teen had been using his technological powers for good since then. He hoped to study digital security and criminology at university, and wasn't relishing the thought of a hacking conviction staining his record. A spokesperson from Apple didn't comment on the case itself. Instead, it stressed that its staff "vigilantly protect" company networks, and "contained" the hacks before reporting them to police. No one's personal data was exposed, Apple said. Despite the follies of youth, the teen may just have to do well in school, land the right jobs and make a few connections -- like anyone else.

MAUI HIKER WHO WENT MISSING FOR WEEKS FOUND ALIVE



A Hawaii yoga teacher who went missing for more than two weeks while hiking in Maui spoke out from her hospital bed about what drove her to stay alive. In an emotional filmed statement and released, 35-year-old Amanda Eller, a physical therapist, described the resilience that kept her going, even as she faced down death. "The last 17 days of my life have been the toughest days of my life, and it's been a really significant spiritual journey that I was guided on, and there were times of total fear and loss and wanting to give up, and it did come down to life and death and I had to choose and I chose life," she said. "I wasn't going to take the easy way out even though that meant more suffering and pain for myself." Eller vanished on May 8 in Maui's Makawao Forest Reserve and was reported missing the next day. Police found her car in the parking lot with her cell phone and wallet inside and the key hidden under a front tire. Questions immediately arose as to whether she was abducted or attacked, but her family, friends and volunteers relentlessly searched, first offering \$10,000 then \$50,000 to anyone with information on her whereabouts. Rescuers in a helicopter spotted Eller in a ravine surrounded by densely wooded terrain. She had suffered injuries and become lost in the forest, and was still wearing the same tank top and athletic leggings in which she was last seen before she disappeared. She is recovering and appears to be in good spirits.

GOLFER KEVIN NA GIFTS HIS CADDIE WITH VINTAGE CAR HE GOT FOR WINNING CHARLES SCHWAB CHALLENGE

Kevin Na is making sure his caddie knows how much he's appreciated. The Korean American golfer gave his caddie, Kenny Harms, the 1973 Dodge Challenger he won when he nabbed the top spot at the Charles Schwab Challenge. Na, 35, promised the restored car to Harms, telling reporters in a post match interview. "By the way, that car is Kenny Harms' baby! I'm giving it to Kenny." "He and I have an 11-year relationship," Na reportedly added. "We are like brothers, and I'm more than happy to give it to him." Na won \$1.31 million from the Charles Schwab Challenge. Caddies usually get paid in the range of 10 percent of the total winnings buy Na may pay Harms more. "I'm being dead serious. You can ask him. He won't tell you the number, but he gets a good check, a lot more than the average," said Na during the press conference.



HUAWEI FOUNDER SAYS HE WOULD OPPOSE CHINESE RETALIATION AGAINST APPLE

Huawei Technologies' founder and Chief Executive Ren Zhengfei said that retaliation by Beijing against Apple Inc. was unlikely and that he would oppose any such move from China against the iPhone maker. "That (Chinese retaliation against Apple) will not happen first of all and second of all, if that happens, I'll be the first to protest," Ren said in the interview. He conceded that export curbs from the administration of U.S. President Donald Trump will cut into a two-year lead built by Huawei over its competitors, but added that the company will either ramp up its chip supply or find alternatives to stay ahead in smartphones and 5G.

TEXAS LAWMAKERS APPROVE SAFE GUN STORAGE PROGRAM DESPITE NRA

Lawmakers in gun-loving Texas have quietly gone around the National Rifle Association by slipping language into a massive spending bill that would fund a \$1 million public safety campaign on gun storage. The last-minute move sets up a political test rarely seen in Texas for Republican Gov. Greg Abbott, who must decide whether to veto the spending or to ignore NRA opposition and approve the program. An Abbott spokesman did not immediately respond to a request for comment, and the Texas Legislature adjourned until 2021. The campaign for safe home gun storage is a small item in the two-year, \$250 billion state budget, and it was fiercely opposed by the NRA and gun-rights activists. The measure failed to get a vote and appeared all but dead weeks ago. Then budget negotiators -- the majority of whom are Republicans -- added the funding into a budget bill. The legislation was approved Sunday night by the GOP-controlled Legislature. "I have full confidence that the governor will look at it hard and will realize it's all about saving lives. I hope there is no one discouraging him," Gyl Switzer, executive director of Texas Gun Sense. Abbott has said he would support promoting gun safety. But he has also bowed to pressure from the NRA and gun rights advocates on issues such as stiffer penalties for negligent gun storage, as well as "red flag" laws to keep guns away from people deemed dangerous to themselves or others. Creating a new safe storage campaign in Texas would be a rare defeat for the NRA, which has long flexed considerable muscle in a state with more than 1.3 million handgun license holders. The proposal for a safe gun storage public service campaign came after the Santa Fe High School shooting. Police have said the then-17-year-old gunman took his father's weapons from their home. After the Santa Fe shooting, Abbott's gun law proposals said he wanted to "to encourage the millions of law abiding, gun-owning Texans to embrace their personal responsibility for gun safety."



'JEOPARDY' CHAMP JAMES HOLZHAUER EARNS 28TH WIN, PULLS WITHIN \$325K OF JENNINGS' RECORD

On Memorial Day, James Holzhauer was busy defended his reign on "Jeopardy!" And he didn't exactly take it easy. Holzhauer notched his 28th consecutive win with \$130,222, building on the \$74,400 that put him over the \$2 million mark. Holzhauer is just the second contestant to pass the \$2 million mark in regular game play, joining Ken Jennings, who piled up \$2,520,700 by the time his 74-win run ended in 2004. Astoundingly, Holzhauer, a Las Vegas-based professional sports gambler, reached the \$2 million threshold in just 27 episodes. As of May 27, his total now sits at \$2,195,557. "You can see as soon as I get control of the board in the first game, I'm going for the \$1,000 clues whenever I have the opportunity," he said, likening his approach to a poker strategy. "There are big advantages to having a lot of chips early on in a poker tournament. You can make plays that other people can't." Jennings, for one, is impressed with the 34-year-old's bold strategy. "I thought I had seen everything on 'Jeopardy!' And this is something I would have thought was just impossible, these numbers," he marveled. "He's maximizing money. He can make two or three times what any other player ever has with that same level of play, which again is top-shelf."



LIVE MUSIC&DANCE CALENDAR



JUN07-AUG25
The Musical
[School Of Rock World Tour]
Charlotte Theater
ticket.interpark.com



JUN09-30
The Musical Something Rotten!
Chungmu Art Hall, Grand Theater
ticket.interpark.com



JUN12-14
Les Ballets De Monte Carlo
'Cinderella'
SAC Opera Theater
www.sac.or.kr



JUN21
Botticelli Concert The Trio
IBK Chamber Hal
www.sac.or.kr



JUN22-23
BTS 5TH MUSTER (MAGIC SHOP) - LIVE PLAY in SEOUL
Olympic Park 88 Jandi Madang
ticket.interpark.com



JUN23
A.C.E 1st CONCERT
Yes24 Live Hall
ticket.yes24.com




JUN24
Budapest Festival Orchestra
Lotte Concert Hall
www.lotteconcerthall.com/eng



JUN25
Christopher Live
Yes24 Live Hall
ticket.yes24.com



JUN26
Moscow state symphony orchestra concert
Lotte Concert Hall
www.lotteconcerthall.com/eng



JUN28
Erato Ensemble
Lotte Concert Hall
www.lotteconcerthall.com/eng



JUN29-JUL13
PARK HYO SHIN LIVE 2019
LOVERS: where is your love?
Olympic Park KSPO Dome
ticket.interpark.com



JUL24/26
JASON MRAZ CONCERT GOOD VIBES TOUR - Seoul/Busan
Olympic Park 88 Jandi Madang & Busan BEXCO 1st Exhibition Hall
ticket.interpark.com

ARE YOU READY FOR THE CLOSURE?



© Yongsan Legacy

Pictured above:

Students from 4th grade at SAES while sharing their memories from their years in the school with the Yongsan Legacy team. By: Suyeon Yun and Heyin Hwang

We have already shared our stories with the Yongsan Legacy project,
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MG LeMaster visits 'Pacific Medics'

Photos by William Wight
65th Medical Brigade Public Affairs Office



U.S. Army Maj. Gen. Dennis LeMaster, Commanding General, Regional Health Command-Pacific visited the 65th Medical Brigade and Medical Department Activity Command – Korea April 24-25, 2019. During his visit, LeMaster observed an evacuation exercise from point of injury through regulation and treatment gaining a better understanding of the capabilities of the medical, dental, veterinary and logistics of the “Pacific Medics.” LeMaster also took the opportunity to talk to Soldiers



of the Brigade, attend a luncheon with host nation medical partners, tour the new Brian D. Allgood Army Community Hospital and serve as one of two guest speakers at the Pacific Medics Annual Ball. See pages 72-82.



Medical Logistics Management Internship Program Educates Medical Logisticians

Photos by Chief Warrant Officer 2 Donny Puckpibul
USAMMC-K Unit Public Affairs Representative



On April 30, United States Army Medical Materiel Agency's (USAMMA) Medical Logistics Management Internship Program (MLMIP) class visited Army Preposition Stock 4 (APS-4) and the United States Army Medical Materiel Center Korea (USAMMC-K).

The MLMIP is a 12-month internship program that aims at educating mid-career medical logistics officers, medical maintenance warrant officers, and senior medical logistics noncommissioned officers in advance medical logistics at the operational and strategic-level. The program accomplishes this through classroom lectures from multiple agencies, and, various visits to 30 plus installations, and, agencies.

Their visit to USAMMC-K consisted of an operational mission brief, followed by an in-depth tour of USAMMC-K's warehouse, which provides class VIII materiel to the entire Korea peninsula. "The Team there (including APS-4) did an excellent job briefing us and allowing time for discussion," said Capt. Weber, a member of this this year's MLMIP class. He went on to say his class members came

away understanding the gravity of USAMMC-K's mission in the Pacific.

A day in the life of the program according to the students of the program consist of class lectures, online courses (Defense Acquisition University) and TDY's to different agencies. They of course have typical Army requirements such as APFT, PRT, weapon qualifications, EO/SHARP, MRT, etc. all of which are programed and scheduled in the course timeline. They are also tested, have to prepare class projects and complete written exams. What draws these students to the program is the opportunity to receive a strategic overview of the Medical Logistics enterprise as a whole from both the military and industry view.

Overall as stated by one current member of this year's class, the MLMIP is the premier logistic program that produces well-rounded medical logisticians aware of current and future trends in the healthcare industry.



Army Psychiatrist Lectures on Mental Health

Photo by In Kyeong Yun
Brian Allgood Army Community Hospital
Unit Public Affairs Representative

Capt. Michael Yang, an Army Psychiatrist with the 65th Medical Brigade visited the Republic of Korea Army School of Military Medicine May 1, 2019 to give a lecture on how to indicate and cope with combat stress in observance of mental health awareness month. Yang shared some clinical examples and resources with the students to cover the definition and cause of combat stress as well as how to indicate the stress symptoms, types of stress symptoms and their management.



'Scorpions' Gain New Leadership

Photos by William Wight
65th Medical Brigade Public Affairs Office



The 'Scorpions' of Headquarters, Headquarters Company, 65th Medical Brigade, held a change of command ceremony May 9 at the 65th Medical Brigade Headquarters Building as outgoing commander, Capt. David Tobin welcomed incoming commander, Capt. Elizaveta Tarasova.

Officiating the ceremony, Col. Derek Cooper, the 65th Medical Brigade Commander, thanked Tobin for his outstanding service to the unit.

During his tenure within the Brigade, Tobin was credited with developing the controlled inventory program for the Brigade; relocating the Headquarters from Yongsan to Humphreys; establishing a barracks program supporting five direct reporting units; executing multiple events allowing the staff to become proficient in their mission essential tasks and leading the efforts towards medical readiness maintaining a level above 93 percent.

Tobin departed the Brigade heading to Joint Base Lewis-McChord, Washington.

Tarasova, a native of Moscow Russia and immigrant to the U.S., takes command of the unit, have come from her last assignment as the Chief of Plans, Training, Mobilization and Security at Keller Army Community Hospital in West Point, New York.



Security Force Assistance Brigade (SFAB) Leader Development Briefs

DAEGU: 29 MAY 2019
CAMP HUMPHREYS: 30-31 MAY 2019
CAMP CASEY: 4-5 JUNE 2019



The SFAB assesses Soldiers for service in more than 60 MOSs and 20 career fields. Interested Soldiers are encouraged to attend information briefs and meet with the SFAB Recruiting Team who can facilitate accession into the SFAB.

Brief Location & Times:

Daegu, 29 May 2019: Henry's Theater at 1000 and Carroll Theater at 1300 & 1500

Camp Humphreys, 30-31 May 2019: BLDG 6806 Theater at 1000, 1300 and 1500

Camp Casey, 4-5 June 2019: Post Theater at 1000, 1300 and 1500
For up-to-date information, visit goarmy.com/sfab or facebook.com/SFABRecruiting

Medical Department Activity - Korea Leaders Honored with Order of Military Medical Merit

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



Two members of Medical Department Activity -- Korea were awarded one of the most prestigious honors in military medicine: the Order of Military Medical Merit (O2M3) during the Medical Department Activity -Korea (MEDDAC-K) annual Pacific Medic's ball held at the U.S. Army Garrison Humphreys Morning Calm Center on April 26.

Lt. Col. Tracy Rice the Assistant Deputy Commander for Nursing



at the Brian Allgood Army Community Hospital and Command Sgt. Maj. Keyana Washington the 65th Medical Brigade Operations Sgt. Major, joined the distinguished ranks of the O2M3, a unique, private organization founded by the Commanding General of U.S. Army Health Services Command in 1982.

Membership into the o2M3 seeks to recognize military medicine leaders who have demonstrated the highest standards of integrity and moral character, displayed an outstanding degree of professional competence, served in the Army Medical Department (AMEDD) for a minimum of 10 years, with selflessness, and have made a sustained contribution to the betterment of Army Medicine.

The awardees each have a long history of excellence within the Army Medical Department.

The Order of Military Medical Merit is a unique, private organization founded by the Commanding General of U.S. Army Health Services Command in April 1982 to

recognize excellence and promote fellowship and esprit de corps among Army Medical Department personnel. Membership in the Order denotes distinguished service which is recognized by the senior leadership of Army Medicine. Members are given a certificate and a medallion that signifies to all they meet that they are members of the Order.

Membership in the Order recognizes those individuals who have clearly demonstrated the highest standards of integrity and moral character, displayed an outstanding degrees of professional competence served in the Army Medical Department (for a minimum of 10 years) with selflessness, and have made a sustained contribution to the betterment of Army Medicine.



U.S. Army Garrison Humphreys Retiree Council

All retirees, spouses and dependents are invited to attend the Quarterly meeting of the U.S. Army Garrison Humphreys Retiree Council on June 19 from Noon to 1 p.m. on the first floor conference room of the One Stop (building #6400) located behind the commissary at the junction of 9th Street and Marne Ave.

All are welcome to attend and bring issues and concerns to the council as well as receive information updates and upcoming events supporting military retirees in Korea.



121st CSH KATUSA Wins Gen. Sun-Yup Paik Leadership Award

Story by Inkyeong Yun
Brian Allgood Army Community Hospital Unit Public Affairs Representative



Gen. Sun-Yup Paik, retired South Korean General shakes hands with Sgt. Hyeok-Je Kwon, a 65th Medical Brigade KATUSA (Korean Augmentatees to the U.S. Army). Sgt. Kwon was awarded the General Sun-Yup Paik leadership award. The ceremony was held at the General's office in Seoul on April 23. (Photo by Cpl. Chae-Ju Kim, Eighth U.S. Army Public Affairs)

cal fitness test scores. To compete for the board, Kwon went through numbers of mock boards where his senior enlisted advisor attended every time to mentor and advise him. This honing process not only allowed Kwon to improve his skill-set as a Soldier but also gave him a chance to look back at his time in the Army as a KATUSA.

Looking back, Kwon shared how he spent his two years of conscripted service maintaining the sense a duty as a KATUSA and its relationship between the Republic of Korea Army and the U.S. Army.

“Working in the U.S. Army has offered me a lot and I thought competing for this Award was a great chance to pour and showcase everything I have learned from my time as a KATUSA” said Kwon. “Preparing for the board was somewhat challenging from time to time, but this process also made me grow as a person and as a Soldier and winning the Award felt like a reward of my service in the Army.”

Kwon joined the Republic of Korea Army in October 2017, graduating Korean Army Training Center in Non-San and KATUSA Training Academy in Camp Jackson, Uijeongbu, Korea. Kwon took a break



ATUSA (Korean Augmentatees to the U.S. Army) Sgt. Hyeok-Je Kwon, an Andong South Korea native and Human Resources Specialist with Alpha Company (A Co.) 121st Combat Support (CSH) Hospital competed and won the Gen. Sun-Yup Paik Leadership in a ceremony April 23, 2019.

The General Sun-Yup Paik Leadership Award is a special award in honor of the greatest war hero during the Korean War who was the first four-star general in the history of the South Korean military. Selection as a recipient of GEN Paik Leadership Award is a means of recognizing Non-Commissioned Officers (from Corporal to Master Sergeant) and KATUSAs of any rank whose leadership achievements and performance

merit special recognition. The selection board is the means of recognizing those leaders who have contributed significantly to the development of a professional and combat-ready Army. Recipients exemplify leadership characterized by personal concern for the needs, training, development and welfare of Soldiers, and concern for their families.

“When my unit first sergeant told me about the board, I was working as the Alpha Company’s Senior KATUSA with only a few months away from leaving the service,” said Kwon. “I thought I should take this as an opportunity to push myself to the limit one last time before I get out of the Army.”

Kwon adjusted his short term goals to win the Eighth U.S. Army Gen Sun-Yup Paik Leadership Award and to master his physi-



Gen. Sun-Yup Paik takes a group photo with Sgt. Hyeok-Je Kwon, the General Sun-Yup Paik leadership awardee, along with Col. Derek Cooper, 65th Medical Brigade Commander, Col. Jong-Sik Ha, Commander of the Eighth Army Republic of Korea Army Support Group, members of the 65th Medical Brigade and Republic of Korea Army Support Group. (Photo by Cpl. Chae-Ju Kim, Eighth Army Public Affairs)

from studying Business Administration at Korea University, one of the top universities in Korea, to serve his country. After competing for and winning the General Paik Award, he gained confidence to pursue his passion of becoming an international Certified Public Accountant after finishing college. Kwon goes back to the University this summer to work on his long term goal.

“Kwon always has been hardworking and has virtues of a true Soldier,” said Capt. Michael Pikul, A Co. Commander. “The General Paik Award is an honorable recognition which is well-deserved by Kwon and the entire CSH is proud of him.”

Kwon had the honor of meeting the South Korean legend himself, receiving the medal of the Award from retired Gen. Sun-Yup Paik at his office. Kwon said it was special to meet with Gen. Paik in person and to be congratulated by his leadership. He also emphasized and encouraged other Soldiers to challenge themselves to take

chances for the Award.

“I want to thank my company command team and ROKA Support Office for encouraging me and mentoring me throughout the board process and during the competition,” said Kwon. “This is a once in a life time experience and I hope more KATUSAs and Soldiers challenge themselves to compete for this Award.”

“Sgt. Kwon is an astounding Non-Commissioned Officer who exceeds at every mission and task given” emphasized Command Sgt. Maj. Nicole Haines, 121st CSH’s senior enlisted advisor. “His selfless service and dedication are generally what led him to being awarded the General Paik Award as he absolutely exemplifies the Army Values and Stewards the Army Profession setting the standard for all KATUSAs that follow.”

Kwon has already begun a training program for KATUSAs to challenge the General Paik board and continues to educate others on the history behind General Paik.



Sgt. Hyuk-Je Kwon (center) presented his medal at the 65th Medical Brigade Ball on April 26, 2019. Capt. Michael Pikul (left), Alpha Company Commander and 1st Sgt. Andrew Hershey (right), Alpha Company's senior enlisted advisor, congratulated Kwon. (Photo by Inkyeong Yun, Brian Allgood Army Community Hospital Unit Public Affairs Representative)

563rd MEDLOG Company Recognized for Supply Excellence

Photo by Cpl. Chae-Ju Kim
Eighth Army Public Affairs



Eighth Army Commanding General Lt. Gen. Michael A. Bills presented the Maintenance and Supply Combined Logistics Excellence Award to exceptional Soldiers and civilian employees, May 15, at Eighth Army Headquarters, U.S. Army Garrison Humphreys. This award is annually given to those units that have demonstrated excellence in maintenance and supply operations. The following received recognition:

U.S. Army Pacific SUPPLY EXCELLENCE AWARD

- 176th Financial Management Support Unit, 498th CSSB
- 339th Quartermaster Company, 19th Expeditionary Sustainment Command
- Busan Storage Center, 19th ESC
- U.S. Army Materiel Support Command - Korea, Camp Carroll
- 61st Support Maintenance Company, Supply Support Activity Operations, 194th CSSB, Casey
- F Company Supply Support Activity, 6-52nd ADA 35th Air Defense Artillery Brigade, Suwon
- Supply Point #60, 498th CSSB 19th ESC, Camp Carroll

CHIEF OF STAFF ARMY AWARD FOR MAINTENANCE EXCELLENCE

- 7th Korean Service Company 19th ESC
- Busan Storage Center, 19th ESC
- 563rd Medical Logistics Company, 65th Medical Brigade
- 188th Military Police Company 19th ESC
- U.S. Forces Korea 2nd Infantry Division

Army Launches Housing Health Registry to Address Housing Health or Safety Concerns

Story by Doug Holl
Army Public Health Center

The U.S. Army Medical Command is establishing a Housing Environmental Health Response Registry to address housing health or safety concerns of current or former Army housing residents.

The registry will allow the Army Public Health Center to provide current or former residents information on environmental health hazards, assist them in seeking medical care for any housing related illnesses or concerns, and serve as a two-way exchange of information for all potential enrollees.

Anyone interested in enrolling in the registry can call the toll-free hotline at 1-800-984-8523 where they will be able to voice their concerns. The registry will be manned 24 hours a day, seven days a week. Additional registry numbers:

- Overseas: DSN (312) 421-3700
- Stateside: DSN 421-3700
- Stateside Commercial: 210-295-3700

"We have a team of trained professionals standing by to assist all callers," said John Resta, director of the U.S. Army Public Health Center and acting deputy chief of



staff of Public Health for the U.S. Army Medical Command. "They will document the caller's concerns and assist them with access to medical care if needed as well as referring any housing related concerns to the appropriate installation Department of Public Works. We want to hear all concerns so we can make sure they are properly addressed."

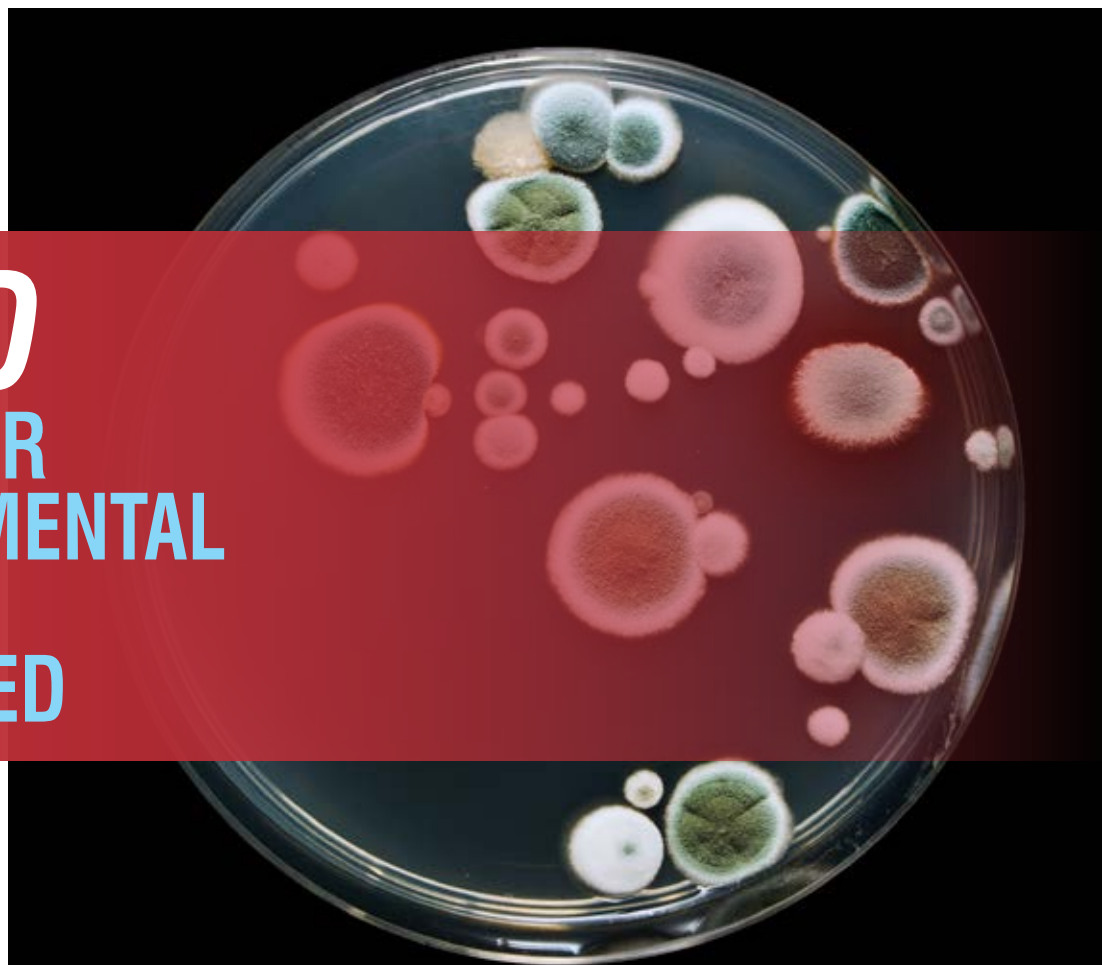
APHC provides continuously updated online health information and resources on mold and lead for service members, families, civilians, contractors and health-care providers. The information includes background information on how these hazards can be intro-

duced into the environment as well as strategies for prevention.

For information about the registry as well as links to community resource guides and housing hazard information, please visit the <https://phc.amedd.army.mil/topics/campaigns/housing/Pages/HEHRR.aspx>

The Army Public Health Center focuses on promoting healthy people, communities, animals and workplaces through the prevention of disease, injury and disability of Soldiers, military retirees, their families, veterans, Army civilian employees, and animals through studies, surveys and technical consultations.

MOLD AND OTHER ENVIRONMENTAL HAZARDS ADDRESSED



Story courtesy of Defense Health Agency

Recent attention to health concerns arising from environmental hazards found in military housing have prompted a number of questions from military families. The Military Health System wants to ensure you have the most current information on these health concerns and what actions you should take. Here are some of the most common concerns and additional information. Above all, if you have concerns that are not answered here, please make an appointment with your, or your child's, health care provider.

What is mold?

Molds are forms of fungi that are found naturally both indoors and outdoors. Moisture and humidity make mold overgrowth a problem in some buildings. Molds produce spores, which are released in the air and can cause allergy symptoms in some people, although most people will not be affected by mold in their environment. Molds come in a variety of colors, including green, black, white, brown and orange. Mold sometimes appears fuzzy, but often appears in slimy streaks. There is often an earthy or mildew type of odor around mold.

What causes mold to grow inside?

Molds love moisture and need to have a food source. Good food sources for molds are cloth, wood, and wallboard. When there is moisture that is not dried promptly (for example, a burst pipe or leaking windows in rain storms), molds move in and reproduce quickly. In humid environments, keeping surfaces dry enough to prevent mold growth can be quite a challenge.

How do I get exposed to mold?

Molds produce spores, which are invisible and small enough to travel through the air and into your lungs. You can also be exposed to mold by skin contact.

How can molds affect my health?

The most common health problem from molds is allergy symptoms, including runny nose, scratchy throat, itchy eyes, sneezing, and in more severe cases, wheezing and coughing. Wheezing is a serious symptom that may mean asthma, and should be evaluated by a health care provider. Allergy symptoms from mold are more common in people who already have allergy problems.

Some people exposed to mold report flu-like

symptoms, dizziness and other non-allergic symptoms, but the cause of these symptoms is not known. Although molds can produce toxins (mycotoxins), research so far has not shown a connection between these and non-allergic symptoms.

What can I do about molds in my house?

Any obvious water leaks or similar sources of moisture should be corrected promptly to prevent mold growth. Visible mold on hard surfaces such as tile or vinyl should be removed through surface cleaning with a detergent or soap solution. Mold on porous materials such as ceiling tile or wallboard requires replacement of the contaminated materials, and may need professional removal with appropriate worker protection. If you live in government housing, you should contact your facility manager or garrison housing office for assistance.

What can I do about molds in my workplace?

Surface cleaning of hard surfaces should be carried out as above. Visible mold in your work area should be reported to your supervisor, who will bring it to the attention of the industrial hygienist and facility manager. Mold in the work area should be removed, and causes of the growth, such as water leaks, must be corrected to prevent further growth. Any obvious water leaks or similar sources of moisture should be corrected promptly to prevent mold growth.

What if I have symptoms I think are related to mold?

You should make note of the timing of the symptoms and see a health care provider for evaluation. One benefit of this approach is that the on-site clinicians can work as a team with the industrial hygienist in evaluating your work area.

Defense Health Agency Discusses Medical Aspects of Exposure to LEAD and MOLD

Story courtesy of Defense Health Agency



A healthy environment is important to the health of your body. Possible exposure to lead or damp, moldy indoor spaces may impact your health. TRICARE covers the screenings, services, and supplies needed to diagnose and treat allergies, asthma, and respiratory illnesses. Blood lead level screenings are available for beneficiaries who are at a high risk for lead exposure.

When exposed to lead, multiple systems in the body can be affected. However, the symptoms aren't always obvious. More noticeable symptoms, like weakness or memory loss, result from very high exposure to lead in a short period of time. A blood lead test is the only way to determine if you have a high lead level. The test will only provide information about recent exposures. Speak to your health-care provider for concerns regarding possible past lead exposure.

Mold is a type of fungus that is found almost everywhere, without impact to most people. But spores can grow and multiply in damp, humid places in your home or office.

"Mold spores may be released into the air and inhaled," said U.S. Public Health Service Capt. Andrew Plummer, a senior physician advisor, at the Defense Health Agency. "This may trigger a variety of symptoms, or none at all, depending on your sensitivity."



For some people, exposure to molds can lead to symptoms such as stuffy nose, wheezing, and red or itchy eyes, or skin. People who have asthma or who are allergic to mold may have more intense reactions.

If you have symptoms, visit your doctor and mention that you live or work in an area where you may be exposed to mold. Depending on where your provider is located, you may seek care at a military hospital or clinic or from your TRICARE-authorized provider.

"We want our beneficiaries to know that the Military Health System supports those who may experience adverse environmental health symptoms," said Dr. Terry Adirim, deputy assistant secretary of defense for health services policy and oversight.

If you believe you have symptoms related to mold exposure, you may also use the Military Health System Nurse Advice Line, at www.mhsnurseadvice.com. You can chat, video chat, or find the phone number to call and speak with a registered nurse to get health advice. You can also contact your healthcare provider or visit your local military treatment facility.

To learn more about mold and the steps you can take if there is mold in your home or for more information about exposure to mold and lead see inside the PULSE65 magazine.

Health Risks of **MOLD** EXPOSURE

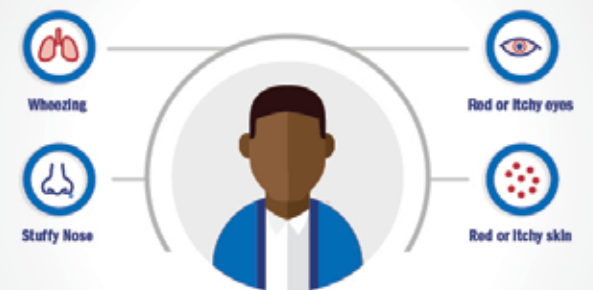
Molds are fungi found indoors and outdoors that thrive in warm, damp, and humid conditions.



If you're experiencing respiratory illnesses such as asthma, pneumonia, sinus infections, or other similar conditions, it could stem from mold exposure.

SIGNS AND SYMPTOMS

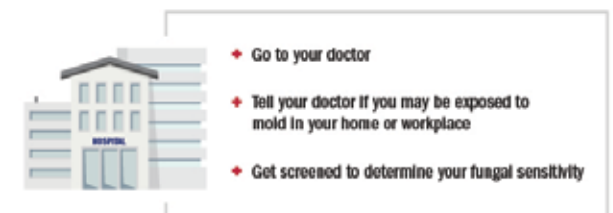
If you're sensitive to mold, you may experience these symptoms:



IMPORTANT: If you're allergic to mold or if you have asthma, you may have more intense reactions.

If you have a weakened immune system or a prolonged exposure to mold, your symptoms may be worse.

IF YOU HAVE SYMPTOMS:



To learn more, visit www.health.mil/mold





U.S., SOUTH KOREAN SOLDIERS STRENGTHEN ALLIANCE DURING Friendship Week

Story by Sameria Zavala, USAG Humphreys Public Affairs Office
Photos by Pvt. Hyeong-Bin Ju, 65th Medical Brigade Public Affairs Office

For the 37th consecutive year, Korean Augmentation to the U.S. Army (KATUSA) and U.S. Army Soldiers came together to participate in friendship week activities, April 29 through May 3.

Friendship week was first observed in 1977, in an effort to boost morale and strengthen the mutual relationship between U.S. and KATUSA Soldiers by conducting various friendship events and cultural exchanges between both nations.

This event seeks to foster an environment of comradery and continue to strengthen the relationship through the participation of various sports events together including Korean-style wrestling, arm wrestling, basketball, soccer, softball and volleyball.

"The KATUSA program shows that the alliance strength lies in the relationships that we have built for the past 69 years," said Lt. Gen. Michael Bills, 8th Army commanding general, during the opening ceremony at Soldier Field. "The

trust and confidence that comes from working together as partners has brought our societies and cultures together."

Bills encouraged U.S. Soldiers and KATUSAs to build on the alliance relationship, make it stronger and have fun.

In addition to Bills, the Republic of Korea-Army support group commander, Col. Jong-Sik Ha; Command Sgt. Maj. Hyun-Shin In, Command Sgt. Maj. Hae-Sung Kim, and a representative from the KATUSA Veterans Association delivered opening remarks

followed by performances from the ROK-A Taekwondo team and the Korea Department of Defense Honor Guard.

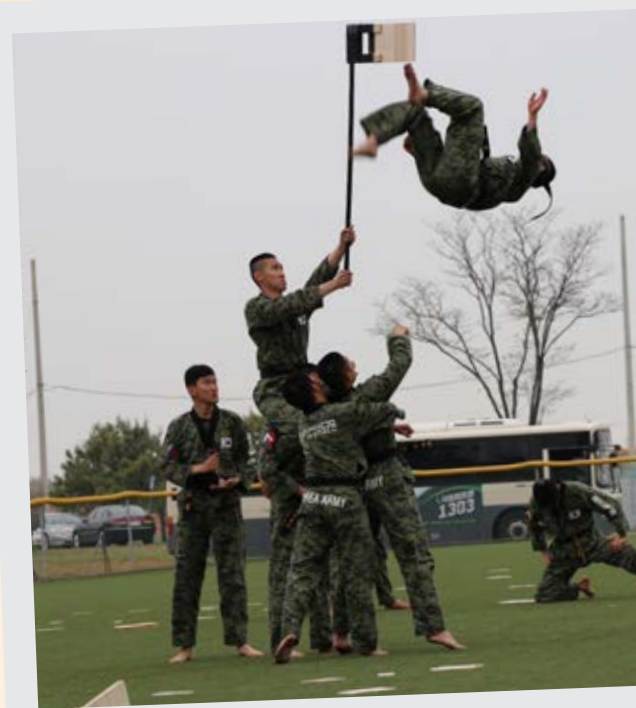
The KATUSA Soldier program was initiated in July 1950, by an informal agreement between Sung-Man Rhee, then-President of the Republic of Korea, and Gen. Douglas MacArthur, commander in chief, United Nations Command.

The original concept of this program was to augment the U.S. fighting forces just after the outbreak of the Korean War. After the armistice, KATUSA Soldiers remained with Eighth Army units, to receive training that was not readily available in the Republic of Korea Army and to enhance Eighth Army's mission capability.

This program has continued since 1950 with only periodic strength adjustments dictated by situational requirements. Originally,

KATUSA Soldiers were returned to the ROK Army after serving with U.S. Army units. However, since 1968, KATUSA Soldiers remain with the U.S. Army until their service commitments are completed.

Sgt. Jaylen Webster, a supply technician for Headquarters and Headquarters Company, is on his second tour in Korea and participated in softball





and soccer during KFW, this year.

"This is the time of year when the morale of Soldiers and KATUSAs is at an all-time high," he said. "We get a chance to get away from our normal work schedules and get to laugh and enjoy sports together. We build friendships that last. I met my best friend here in 2016."

"The outcome of this event is priceless," he said. "KFW gives us a chance to build our friendships even stronger and show how athletic we are and to see how talented KATUSAs are."

Pvt. Un-Kweon Oh, a KATUSA assigned to the Directorate of Plans, Training, Mobilization and Security, competed in Korean Wrestling and won a match.

"It was a great experience," he said. "U.S. Soldiers and KATUSAs were able to compete as one team. This was my first time participating and I enjoyed it. Some KATUSAs may be so busy with their job that they don't get an opportunity to meet a lot of U.S. Soldiers, but this event gave us that opportunity."

At the May 3 closing ceremony, the unit winners for each event were announced. They were: Headquarters and Headquarters Battalion, 8th Army (Basketball, Arm Wrestling); 65th Medical Brigade (Volleyball, Tug-of-War); 2nd Combat Aviation Brigade, 2nd Infantry Division (Soccer); 3rd Armored Brigade, 1st Armored Division (2nd Infantry Division) (Softball, Korean Wrestling).

The overall first place winner for the week was the 2nd Combat Aviation Brigade.



Pentagon's Military Kids Website Gets Face-Lift

Story by Amy Bushatz
Military.com



trusted adult,' and we assumed they knew how to do that," she said. "But it isn't that easy. Whatever we can do to keep them safe and pointed in the right direction is really, really important to me, and I think to a lot of parents and people who support our kids."

The site's kid-friendly layout is easy

The Pentagon website aimed at helping military kids has a fresh new look. It's now mobile friendly and, officials hope, will be used by the military community to help families navigate the sticky emotional parts of military life.

Military Kids Connect, operated by the Defense Health Agency, first launched in 2012. But officials had trouble keeping up with changing technology, said Kelly Blasko, a psychologist who leads the program. Between technology challenges and limited information on just what military kids need, there was plenty of room for improvement.

"It was a time when the amount of research and understanding of the issues that military kids were dealing with ... was very different than what we know now," Blasko told Military.com.

Now the website, updated to coincide with the annual April celebration of Month of the Military Child, has been redesigned to improve accessibility and better meet military kids' needs.

Among the improvements, Blasko said, is a reinforced focus on helping military kids process feelings around difficult subjects, such as a parent's injury, and guidance on how to bring their problems to a safe adult.

"We kept saying, 'Talk to a

to navigate and includes point-by-point guidance for dealing with the military life challenges a child might face.

Blasko said she advises parents and other adults working with military kids to scroll through the website and browse the resources. Then, when difficult situations arise, they can point their kids in the right direction, she said.

"Particularly if there's any signs of distress or adjustment issues around a military thing, [they] could really recommend it at that time, and even could recommend a particular starting point," Blasko said. "That would offer the help to them to not only look at that, but perhaps other sections."

Voluntary Drug Recall Alert: *Fentanyl*

Courtesy of TRICARE



On April 19, 2019, the Food and Drug Administration (FDA) announced a voluntary recall of a small number of cartons labeled Fentanyl 12 mcg/h Transdermal System patches. Fentanyl is used to manage pain for patients who can tolerate opioids.

The recalled cartons contained 50 mcg/h patches instead of 12 mcg/h patches.

Using a 50 mcg/h patch instead of a prescribed 12 mcg/h patch could result in serious, life threatening, or fatal respiratory depression. Groups at potential increased risk could include first time recipients of such patches, children, and the elderly. To date, Alvogen, Inc. hasn't received any reports of adverse events related to this issue.

The affected Fentanyl Transder-

mal System lots include:

- Lot 180060 of Fentanyl Transdermal System, 12 mcg/h, expiration date 05/2020
- Lot 180073 of Fentanyl Transdermal System, 12 mcg/h, expiration date 06/2020

Express Scripts, Inc. identified some TRICARE beneficiaries who potentially received recalled products through home delivery or retail network pharmacies on or after October 10, 2018. Letters notifying home delivery and retail beneficiaries who may have received currently affected products were mailed from Express Scripts on behalf of the Department of Defense.

The DoD has notified all military hospitals and clinics of this recall and asked them to remove all affected products and confirm if any patients received the recalled products. Any patient impacted should

be contacted.

Patients and prescribers should check the FDA website for potential changes in the recall status of this medicine.

If you use Fentanyl 12 mcg/h patches, check that the dosages on the packaging of your individual patches are correct and don't take a wrong dosage. And if you have a wrong dosage, contact your local pharmacy at the number on your prescription label.

You can find the latest information about the recall and other affected products go to <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>.

If you have questions about the recall, contact the pharmacy where you received your medication or the manufacturer Alvogen, Inc. at 866-770-3024 or pharmacovigilance@alvogen.com.

K-Cosmetics

For Women:

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

For Men:

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



K-Cosmetics Beauty Shop

Located in Osan Airbase Exchange Concession

Tel. 010-2698-7427

E-mail: jjjin34@gmail.com

Heat Illness Prevention and Risk Management Tips

Story courtesy of Army Public Health Command

Despite well documented and effective techniques for preventing heat illnesses, they continue to be a threat to Soldiers in training and combat. Each year an average of 2-3 Soldiers have died from heat stroke and more than 1000 Soldiers have developed a heat-related illness that required medical attention and/or lost duty time. Even mild heat illness and dehydration can significantly degrade performance. The best solution is prevention.

While there is a range of adverse effects that can result from the body overheating, the 2 major kinds of heat illnesses that are referred to as heat casualties: heat exhaustion (can be milder or more severe) and heat stroke (most severe form of heat illness and possibly fatal).

The overall Wet Bulb Globe Temperature (WBGT) is more than just a basic thermometer temperature reading – it's used to determine with special equipment and calculated to reflect several components of an 'actual temperature' experienced by personnel that includes air, humidity and wind:

WBGT is derived from the following formula: $0.7T_w + 0.2T_g + 0.1T_d$

T_w = Natural wet-bulb temperature (combined with dry-bulb temperature indicates humidity)

T_g = Globe thermometer temperature (measured with a globe thermometer, also known as a black globe thermometer)

T_d = Dry-bulb temperature (actual air temperature)
Temperatures may be in either Celsius or Fahrenheit



Wet Bulb Globe Temperature (WBGT) Categories			
Category	WBGT, °F	WBGT, °C	Flag color
1	< 82	< 27.8	White
2	82–84.9	27.8–29.3	Green
3	85–87.9	29.4–31.0	Yellow
4	88–89.9	31.1–32.1	Red
5	≥ 90	≥ 32.2	Black

The WBGT index was developed in 1956 by the United States Marine Corps at Parris Island to reduce heat stress injuries in recruits

WBGT is not just 'temperature' – it also includes humidity. When you use the chart remember to add 5°F for rucksack or body armor and add 10°F if in MOPP 4.

The wet bulb temp index alone does not represent the full extent of the hazards – it must be adjusted (raised) to address additional clothing/protective equipment. Also – be aware that some persons are at higher risk so they may have heat illness at lower temps – especially if an illness, or using certain medications, or they have had a previous heat illness. Intense activity will increase the hazard and previous high activity days and or high temp days can result in a heat illness even on a moderate temperature day.

There are five steps of heat illness risk management: identify hazards, assess hazards, develop controls, implement controls and supervise and evaluate.

Most commonly thought of risk factors are the climate/temperature and the level of physical activity /exertion, however there are numerous individual risk factors to be aware of – especially consider when a single individual has more than one of listed risk factors – the more risk factors the greater the potential risk of EHI.

Exertional Heat Illness (EHI) refers to a spectrum of disorders (e.g., cramps, heat exhaustion, heat injury, heat stroke) resulting from total body heat stress. Primarily heat casualties are forms of heat exhaustion while more severe cases are heat stroke (potentially fatal).

There are also a variety of drugs that interfere with the body's temperature regulation such as Antihistamines (Benadryl, Atarax, ctm), Decongestants (Sudafed), High Blood Pressure (diuretics, beta blockers) and Psychiatric Drugs (tricyclic antidepressants, antipsychotics).

Despite certain Army policies and training documentation that has been published, there is currently NO scientific evidence that caffeine, energy drinks, "fat burners" or dietary supplements affect the body's ability to regulate heat.

Hot weather is a key risk factor for heat injuries however, heat illnesses can occur under green flag temperature conditions due to previous days' conditions and/or dehydration.

Another hazard is acclimatization. The human body needs to adjust to environmental heat stressors prior to high exertion activities. Acclimatization requires aerobic exercise in a warm environment. Simply being outside doing normal activities is not sufficient.

Heat Illness Prevention: What can you do?

Soldiers:

- Ensure adequate sleep, hydration, and nutrition prior to training
- Start hydrate and stay hydrated with regular intake of food and fluids
- Avoid excessive hydration, consume 1 quart/hour under most training conditions or a maximum of 1.5 Quarts/hour under very strenuous conditions
- Recognize early signs and symptoms of heat illness in yourself and fellow soldiers
- Rehydrate slowly and steadily after training and replenish salts and nutrients via food intake



Leaders:

- Use risk management guidelines when planning for training in the heat
- Ensure personnel are trained on prevention, recognition, and basic treatment of heat illness
- Plan for rapid cooling (arm immersion cooling stations, ice sheets) at training locations
- Monitor the wet bulb globe temperature and adjust activity as needed
- Encourage consistent food and fluid intake, but watch for excessive fluid intake
- Know the current profile status of soldiers
- Soldiers with previous heat illness should be monitored closely for over-hydration and signs and symptoms of repeat heat illness

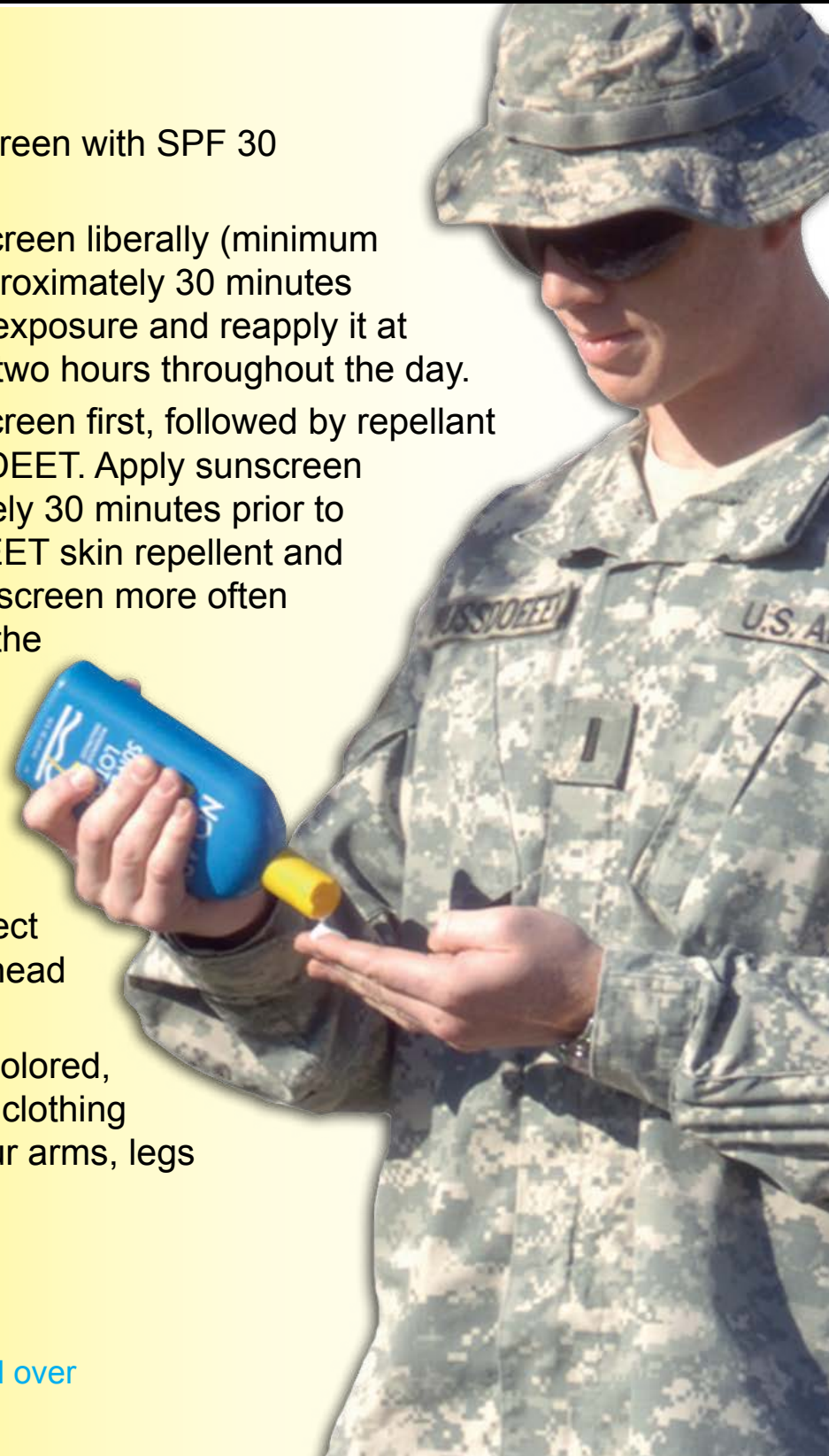
How to Protect Yourself from the Sun

SUNSCREEN

- /// Wear sunscreen with SPF 30 or higher.
- /// Apply sunscreen liberally (minimum of 1 oz) approximately 30 minutes before sun exposure and reapply it at least every two hours throughout the day.
- /// Apply sunscreen first, followed by repellent containing DEET. Apply sunscreen approximately 30 minutes prior to applying DEET skin repellent and reapply sunscreen more often throughout the day.

CLOTHING

- /// Use wide-brimmed hats to protect your eyes, head and neck.
- /// Wear light-colored, loose fitting clothing to cover your arms, legs and torso.



➡ turn card over

SHADE

- /// Work and rest in the shade when possible. Construct shades if necessary.
- /// Short shadow = seek shade! The sun's rays are strongest between 1000 and 1600 hours. This doesn't mean that "no risk" is present outside of these time periods - especially in the tropics, sun risk can still be present in the morning and later afternoon hours.

EYEWEAR

- /// Eyewear should block UV rays. Military Combat Eye Protection items block 100 percent of UVA and UVB rays.
- /// Use wraparound design eyewear if possible. These will protect against sun rays that come from the front and side.



TA-012-0711

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 **USAPHC**
U.S. ARMY PUBLIC HEALTH COMMAND

<http://phc.amedd.army.mil>
1-800-222-9698

Sun Protection



► Why should I protect myself from the sun?

Sunburn is the most common UV-related injury from sunlight exposure. In snow-covered areas, Soldiers risk both sunburn and "snow blindness," a brief painful swelling of the eye. High lifetime sun exposure increases the risk for skin cancer and cataract blindness.

► How can I protect my skin?

Seek shade, and use your uniform to cover your arms and legs. Wide-brimmed hats can protect the head and neck, or use sunscreens with high Sun Protection Factors (SPF) and reapply every couple of hours.

► How do I protect my eyes?

Sunglasses with wraparound design work well, protecting at the front and side. Wide-brimmed hats can also help. Use goggles in snow-covered areas.

► When should I protect myself?

Roughly midday, from 10 a.m. to 4 p.m. Use the rule "Short Shadow? Seek Shade!" Sensitive-skinned individuals get a light sunburn in about 35 minutes when their shadow is as long as their height, but need over 90 minutes when their shadow is twice as long.

► The Shadow Rule for UV Protection

Short Shadow: shorter than your height - Higher Risk.
Long Shadow: longer than your height - Lower Risk.

See medical personnel if you have questions about sun injuries.



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Heat Injury Controls



Decision to accept risk is made at the appropriate level

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



Identified controls are in place

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



Monitor and enforce hydration and eating

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



Execute random checks

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



Follow clothing recommendations

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

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



<http://phc.amedd.army.mil> 1-800-222-9698
CP-013-0615

Low Risk Drinking Guidelines

Story by Cassi Friday
USAG Humphreys Army Substance Abuse Program Office



“Have one drink an hour, no more than two drinks a day, and don’t drink more than three drinks in a sitting if you don’t regularly drink.”

In an effort to establish clarity, the Army Substance Abuse Program (ASAP) encourages everyone to follow the low-risk drinking guidelines set forth by the National Institutes of Health. If these guidelines are followed, those legally able to drink can enjoy alcoholic beverages with a lower risk to their safety; long-term health; and without breaking the law.

The low-risk drinking guidelines are as easy as 0, 1, 2, 3!

0: Zero means abstaining from illicit drug use ALL the time and abstaining from alcohol use if you are underage, pregnant, on duty, driving, planning to drive, or if you are currently in an alcohol treatment program, etc.

1: No more than one standard drink per hour. ‘One standard drink’ has different interpretations. Luckily, the NIH has clearly defined a standard drink across different alcohol types. For example, one standard beer (5% alcohol) is 12 ounces. However, a 12 ounce (350ml) bottle of flavored soju (~12% alcohol) is actually just over

2 standard drinks. The unflavored soju of the same size (~20% alcohol) is closer to 3 standard drinks.

2: Two standard drinks (males); one standard drink (females); may be consumed daily without increasing risks for health problems. This means no more than 14 standard drinks (males); 7 standard drinks (females) in a week is acceptable according to the low-risk drinking guidelines.

3: Three standard drinks on any day of the week is the most a person (male or female) can drink while still following low-risk guidelines.

Drinking more than 3 drinks in a single day or drinking more than 2 drinks (male), 1 drink (female) on average per day increases the risk for alcohol related incidents and a variety of health problems including, but not limited to addiction, accidents, depression, anxiety, cancer, heart attack, and stroke, etc.

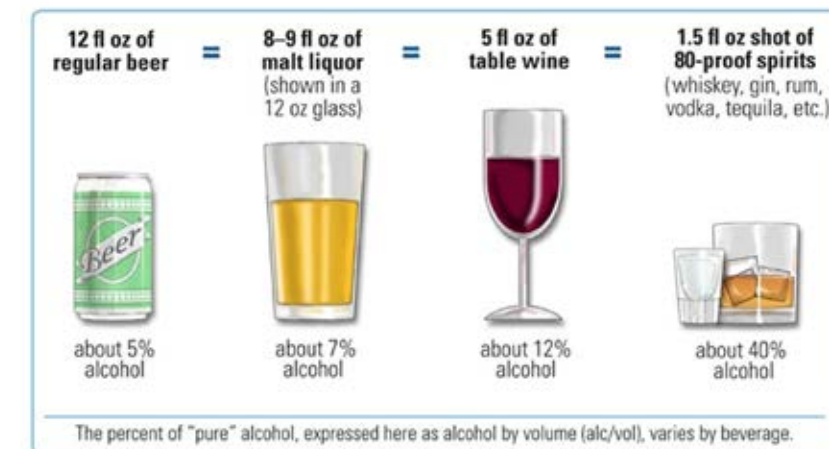
It is important to remember these guidelines have some flexibility and some caveats. This is where responsibility comes into play. Examine these drinking patterns for both males and females:

Male

Sunday: 2 drinks
Monday: 2 drinks
Tuesday: 2 drinks
Wednesday: 2 drinks
Thursday: 2 drinks
Friday: 2 drinks
Saturday: 2 drinks

Male

Sunday: 0 drinks
Monday: 0 drinks
Tuesday: 1 drink
Wednesday: 0 drinks
Thursday: 0 drinks
Friday: 3 drinks
Saturday: 3 drinks



Female

Sunday: 1 drink
Monday: 0 drinks
Tuesday: 0 drinks
Wednesday: 1 drink
Thursday: 2 drinks
Friday: 0 drinks
Saturday: 3 drinks

Female

Sunday: 0 drinks
Monday: 0 drinks
Tuesday: 0 drinks
Wednesday: 0 drinks
Thursday: 1 drink
Friday: 3 drinks
Saturday: 3 drinks

No more than 3 drinks are consumed on any given day and there are no more than 14 drinks consumed in the week for the males and no more than 7 drinks for the females. Each is an example of low-risk drinking.

Different guidelines are given for females because research shows women have alcohol related problems at lower levels of drinking compared to males. On average, a female weighs less than a male; and her blood alcohol concentration would be higher upon consuming the same amount. Even if a male and female weighed the same,

women typically have a higher body fat percentage than males. Alcohol disperses in body water, so pound for pound, the person with a higher body fat (lower water) percentage will have a higher blood alcohol concentration.

While the low-risk drinking guidelines can be followed for most people without incident, some individuals have biological factors at play that increase their individual health risks associated with drinking. Use ‘responsible thinking’ and personal awareness to make adjustments to the low-risk drinking guidelines in these instances. For example, if you are taking a medication that could interact negatively with alcohol, do not drink. If you are sick or recovering from an illness, even low-risk drinking may affect you negatively.

All the answers I received when asking about responsible drinking were great and should be considered. Staying safe, keeping others safe, and never leaving your battle buddy alone are very important parts of being a responsible person. However, if we apply the low-risk drinking guidelines, we are not only behaving responsibly, we are protecting our health too.

What exactly does it mean to drink responsibly? The issue with telling people to drink responsibly is the word ‘responsible’ has a different meaning to each person. For example, the National Institutes of Health (NIH) does not recommend we exercise responsibly for good health. They give specific examples of how many minutes of each exercise type to do for optimal health and fitness. If they didn’t do this, one person would ‘responsibly’ exercise by walking back and forth to the refrigerator from the couch while another may run a marathon every weekend.

I decided to go to the food court

and ask what it means to drink responsibly. Answers included: drinking at a moderate pace; drinking water between alcoholic beverages; having a good meal before drinking; using the battle buddy system; and not placing yourself or others in danger. These are great answers, but they’re all different. By far, the most common answer to my question was to ‘know your limit’. What exactly is a limit? Knowing your limit typically means you have pushed beyond it a time or two; which is considered high-risk behavior.

Of all the people I asked, one person gave me an answer I wanted to hear. They explained a portion of the low-risk drinking guidelines.



Medical Brigade Demonstrates Capabilities to Korean Partners

Story by William Wight, 65th Medical Brigade Public Affairs Office
Photos by Pvt. 1st Class, Ju ???

On April 24 and 25, 2019, the 65th Medical Brigade and Medical Department Activity Command Korea showcased their capabilities as part of a Host Nation Appreciation Event on U.S. Army Garrison Humphreys.

The purpose of the two day event was to provide both civilian and military Host Nation partners an opportunity to observe an evacuation exercise from point of injury through regulation and treatment.

Elements of the entire Brigade established static displays around the USAG Humphreys airfield giving the observers a better understanding of patient evacuation



procedures, thus strengthening the U.S./ROK Alliance.

Aside from observing the Role 2 capabilities of the Brigade, the 618th Dental Company Area Support and the 106th Veterinary Detachment showcased their dental treatment, surgical and laboratory capabilities as well.

Along with the field site tour, static displays and MEDEVAC demonstration, the guests were given briefings at the Morning Calm Conference Center by International SOS and TRICARE and a tour of the new Brian D. Allgood Army Community Hospital and Ambulatory Care Center, which will have its first patient day on Nov. 15.

During a luncheon in their honor, Regional Health Command Pacific, Commanding General Maj. Gen. Dennis LeMaster spoke to the partners thanking them for their partnership with the Brigade. "We could not conduct our mission without your support and partnership. Thank you for this vast 40-plus host nation hospital network that allows (an interoperability of medical care) helping our service members and their families to remain healthy."



Hospital Corner

As part of the relocation and transition of U.S. Forces Korea from U.S. Army Garrison Yongsan to U.S. Army Garrison Humphreys, the PULSE65 editorial team has embarked on a new segment known as the “Hospital Corner” to inform our readership of the movement of the Brian Allgood Army Community Hospital from USAG-Yongsan to the new Brian D. Allgood Army Community Hospital and Ambulatory Care Center at USAG-Humphreys.

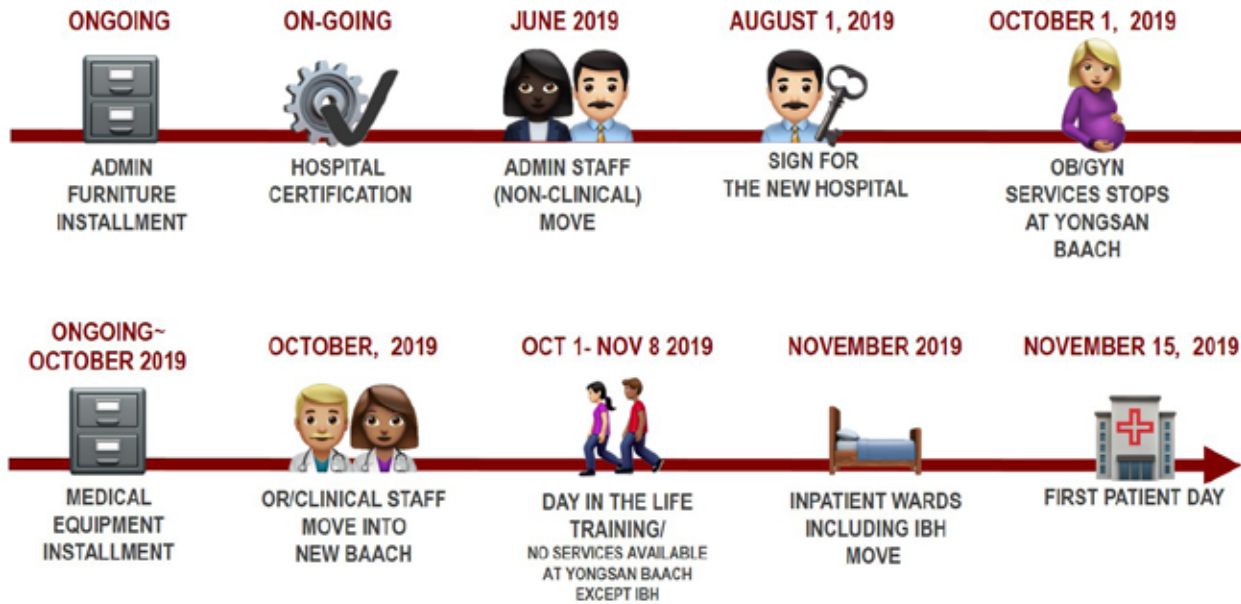
With the new facility opening this fall, here are the current list of services that will be offered:

- 24/7 Emergency Services (a first for USAG-Humphreys)
- Primary Care
- Family Medicine
- Pediatrics
- Internal Medicine
- Surgical Services:
- General Surgery
- Orthopedic Surgery
- Gynecologic Surgery
- Otolaryngology
- Podiatry
- Urology
- Inpatient Medical Care
- Specialty Care:
- Obstetrics/Labor and Delivery
- Physical Therapy/Occupational Therapy
- Behavioral Health
- Dermatology
- Neurology
- Ancillary Services
- Pharmacy
- Laboratory
- Radiology

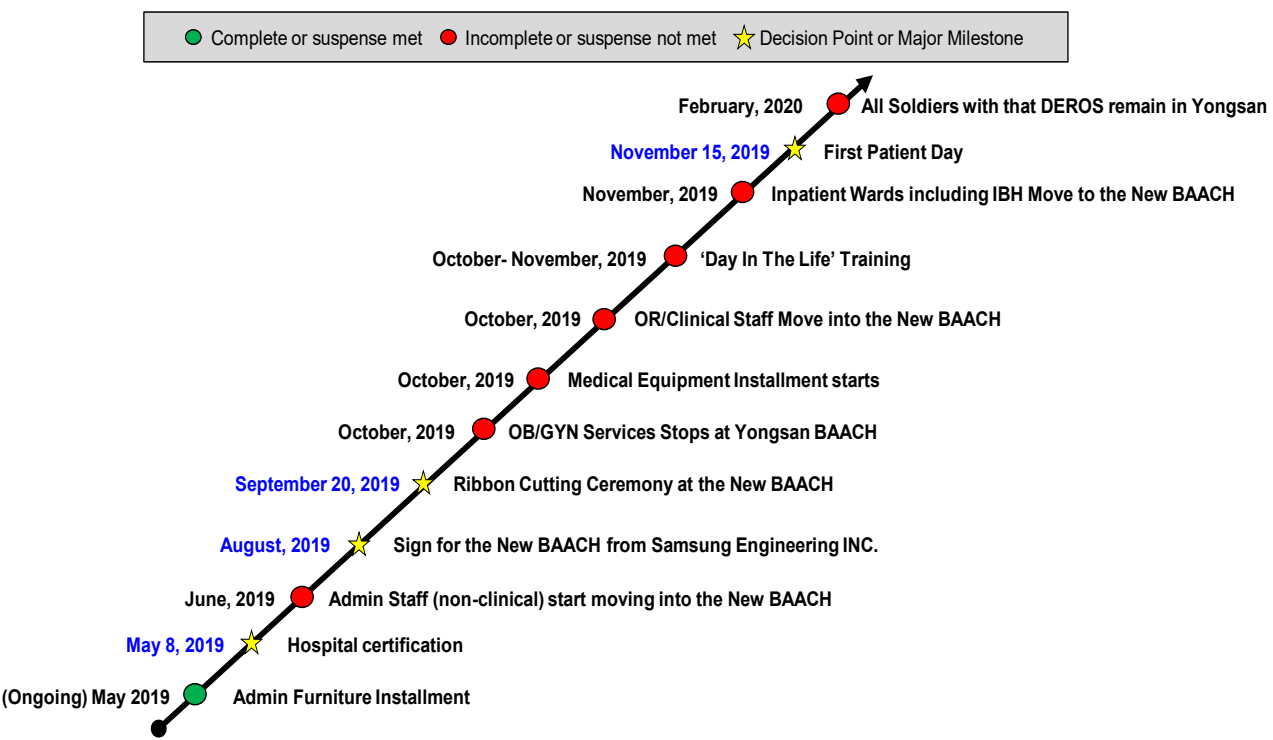


Be sure to listen to the Armed Forces Network Peninsula Wide Radio show each week between now and the opening for more updates. Updates will also be published each month within the PULSE65 as well as the Facebook pages of the 65th Medical Brigade and the BAACH.

BAACH'S TENTATIVE RELOCATION TIMELINE



BAACH Relocation Key Milestones



Ticks, Your Furry Friend, and You

—What You Need to Know
This Summer



Courtesy of 106th Veterinarian detachment

As you break out the picnic basket, lawn chair, and potato salad this summer and soak in the South Korean sun with man's best friend by your side, don't forget the other friends that await you—

ticks. Ticks not only pose a health risk to you—they pose an equally dangerous health risk to your dog.

Ticks make your fur friend sick in the same way they make you sick—through a blood meal, during which bacteria and bacteria-like organisms called Rickettsia gain entry into your dog. Once in your dog, these little organisms cause any number of tick-borne diseases depending on the specific bug.



Just some of the diseases your four-legged companion might contract from ticks while in South Korea include:

1. Anaplasma phagocytophilum—symptoms include lameness, joint pain, and fever.
2. Ehrlichia canis—symptoms include fever, swollen lymph nodes, respiratory distress, weight loss, and bleeding disorders.
3. Borrelia burgdorferi (also known as Lyme Disease)—symptoms include lameness, fever, and swollen joints.

The good news is tick-borne diseases won't dampen your dog's enjoyment of summertime if you use some common sense and a good preventive. This common sense includes giving your pooch a good brushing after returning from the great outdoors and going on a pet tick patrol. If you find one, use a tick remover to carefully dislodge

the tick. Never use a lighter. Good preventives include K9 Advantix II, Frontline Plus, and Bravecto—all of which are available at the your local Veterinary Treatment Facility.

And if you forget to practice

good tick prevention and think your furry friend might have contracted something, don't worry, your local Veterinary Treatment Facility can help. See page 87 for phone numbers.



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10:00AM ~ 7:00PM (Mon, Thu)
11:00AM ~ 9:00PM (Tue, Fri - Evening Hours)
10:00AM ~ 4:00PM (Sat) Wed, Sun: closed
1:00PM ~ 2:00 PM (Lunch)



Map



For Appointments, please call 02-795-9553
2min. Walk from ITAEWON subway station Gate 2

Humphreys USO Hosts Spouse Appreciation Day

Courtesy of USAG Humphreys USO



The United Services Organization (USO) at U.S. Army Garrison Humphreys hosted a Spouse Appreciation

Day May 10, 2019 at the Sentry Village location. USO staff and volunteers offered a luncheon and dry flower craft class for spouses.

“Spouses sacrifice a lot to support our service members,” said Guadalupe Villarreal, USAG Humphreys Sentry Village operations and programs manager. “They leave families, friends and careers behind to follow their spouse from one duty station to another. Despite the challenges of the military life, military spouses are resilient, they learn to adapt to circumstances and new environments.”

The mission of the USO is to provide a home-away-from-home

environment. Events such as these make spouses feel welcome and honored for their commitment and support.

“Sacrifice is not only the soldier; it also involves the spouse; they take the role of a mom and dad while the spouse is deployed,” said Rita Hughes, USAG Humphreys Sentry Village operation specialist.

• Being a military spouse is trying and difficult at times. Programs provided by the USO help to ease the hard times and make bridges between people. Thank you for an amazing opportunity to enjoy new adventures and make new friends. – Linette Camacho

• I am thankful that I got this opportunity to do fellowship with other spouses. -- Rachel Jang

• I couldn't help myself but to volunteer after one visit at the USO.

I met some great individuals that welcomed me and made me feel at home. I feel so welcomed and so appreciated to experience such a day. - Michelle Vega-Cerezo

• Being a military spouse is a great experience. I've had the opportunity to travel the world and visit so many exciting places meeting thousands of amazing people along the way.- Dillevelyn B. Hudson

• It was a wonderful day at the USO with fellow military spouses. This day “Military Spouse Appreciation Day” means so much to me and my family. - Emmy Compeall

• I've been a military spouse for 23 years. I can't say it's been easy. I'd say it's one of the hardest jobs we have to endure. Thank you to the USO for all that you do. – Michelle Peña

Keumseong Law Corporation

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Keumseong provides free legal counseling regarding disputes on domestic, civic, criminal, immigration, labor and SOFA issues

Our core services we are providing as follows;

☒ Korean Visa:

- Change of status/ extension of visa / working permit (English teacher/ employment of housemaid etc.) (체류비자 연장, 변경/ 취업허가 등)
- Invite family members, friend, business partner from U.S and other countries to Korea. (미국이나 다른 나라에 거주하는 가족, 친척 등 초청)
- Helping discharged soldiers' settlement in Korea (전역군인의 한국정착)

☒ Family Law:

- Divorce and separation (이혼, 별거)
- Child custody/ support (자녀 양육비 지원 등)
- Spousal support/ alimony (배우자 별거/이혼, 위자료 등)
- Estate inheritance under Korean law (유산, 상속 등)

☒ SOFA/ Criminal Cases:

- SOFA consulting (SOFA 관련 상담)
- Police and court trial preparation and representation (형사사건 조사 및 재판)

☒ Other Services:

- Car accident & insurance claim/ DUI defense (차량사고, 보험금문제 등)
- Small claim related to Korea labor law (고용관련 분쟁)
- Tax/accounting claim (세금 등 분쟁)
- Business establishment in Korea (한국에서 회사설립 운영 등)



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Protecting Yourself from Tick Bites and Diseases

Story by Dr. Terry A. Klein
Vector-borne Disease Surveillance Program Manager, MEDDAC-Korea



Ticks are common parasites of animals and birds, and occasionally bite humans and their pets when walking/hiking among grasses,

herbaceous vegetation, and forested areas. Ticks have three stages of development: larvae that only have six legs, are very small, and easily overlooked; nymphs that have eight legs and although they can be easily

overlooked (Figure 1); and adults that are much larger (Figure 2). All stages of ticks must blood feed prior to molting to the next stage (larvae and nymphs) or laying eggs (adults). In Korea, ticks are commonly col-

Figure 2. Road-side area at U.S. Army Garrison Humphreys (a); Collection in a forested area (b); Collection in leaf litter in the DMZ area with the ROK Army (c); Collection at Twin Bridges training (d).



lected in moderately tall grasses and other herbaceous vegetation, forest trails and leaf litter, but can also be found in areas of short cut grasses (Figure 2).

While there are more than 10 species of ticks in Korea, three species, *Ixodes nipponensis* (no common name), *Haemaphysalis longicornis* (Asian long-horned tick that was recently discovered to be in the US), and *Haemaphysalis flava* (no common name), are the most commonly collected ticks from animals, birds, and by tick drag. *Ixodes nipponensis* is found in all habitats from grass/herbaceous vegetation and all forest habitats. The Asian long-horned tick is found mostly in grasses and forest edges, and are often found in clusters of more than several hundred ticks. At Camp Humphreys, it is commonly collected from Korean Water Deer, other animals (road kill), and by dragging for ticks in areas where there is moderately tall grasses and

the edges of groves of trees. *Haemaphysalis flava* is mostly associated with forest trails with associated short vegetation and leaf litter and forest margins.

Besides causing discomfort at the tick-bite sites, ticks can carry and transmit a wide variety of disease-causing organisms (pathogens) that include viruses, bacteria, and protozoa. Some diseases, such as Lyme disease, are only transmitted after a tick takes an infective blood meal that is then passed onto the next stage, while others, such as Severe Fever with Thrombocytopenia Syndrome (SFTS for short) virus, are transmitted from parent to egg with larvae being infective. For example, SFTS virus, an emerging disease, has a fatality rate from 12-30% in the general populations, but >50% in persons greater than 60 years old. Since it was first reported in 2012, there are about 250 cases reported annually by Korean Centers for Disease Control and

Prevention (KCDC). SFTS virus is primarily transmitted by the Asian Long-Horned tick, which is very common in Korea, but other tick species have also been implicated as potential vectors. While a tick species often transmit specific pathogens, they may also transmit more than one kind of pathogen, such as SFTS virus, Lyme disease (bacteria), or babesiosis (protozoan similar to malaria).

Ixodes nipponensis is commonly collected from Korean Water deer at USAG Humphreys and by tick drags in the grass/herbaceous vegetation and forested areas and was found to be infected with Lyme disease at USAG Humphreys. Unlike Lyme disease in the U.S., which produces a “bulls eye” at the bite site among about 80% of the patients, in Korea Lyme disease (different species) does not produce a “bulls eye”, with most producing a reddening at the bite site (Figure 3).

Tick bites are often relatively

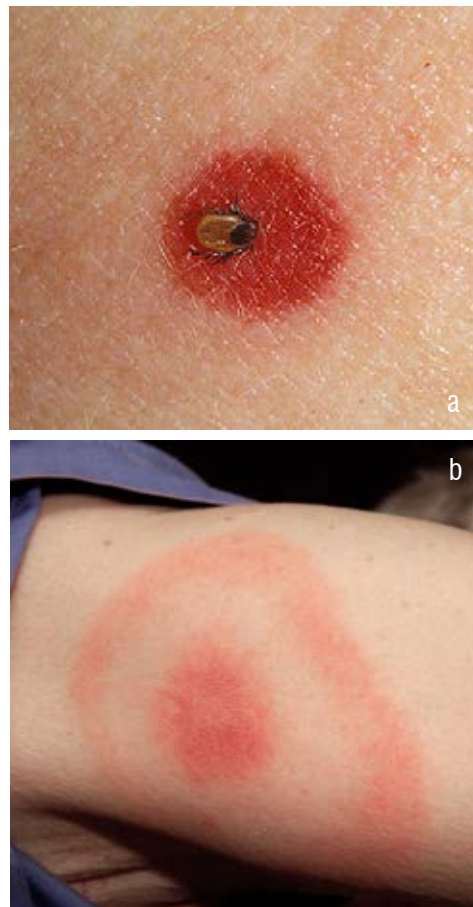


Figure 3. Tick bite producing a reddening at the bite site (a); "Bulls eye" produced in about 80% of Lyme disease patients in the U.S. (not seen in Korea) (b)

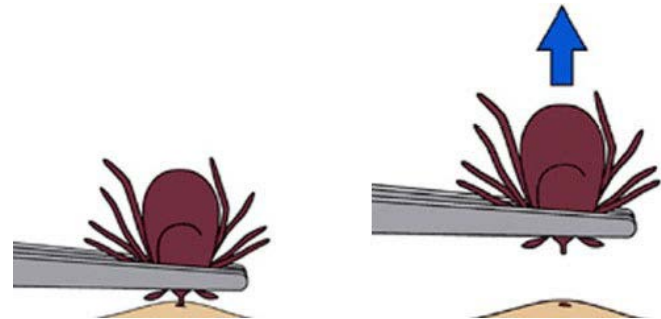


Figure 4. To properly remove a tick grasp the mouthparts of the tick as close to the skin as possible with a fine tweezers and gently pull the tick away until it is detached. Don't twist or jerk the tick, as this can cause the mouth parts to break off and remain in the skin.



Figure 5. DoD repellent system including permethrin-treated trousers and blouse, Deet or picaridin repellents, and properly worn (pant legs tucked into the boots) uniform

painless and often go unnoticed until the tick becomes engorged (larger) and a reddening of tissue surrounding the bite becomes present where the tick is/was attached. Not all ticks are infected with pathogens that infect humans, so it is important to properly remove the tick and provide the tick to Force Health Protection & Preventive Medicine (FHP&PM) for identification and pathogen detection.

To properly remove a tick grasp the mouthparts of the tick as close to the skin as possible with a fine tweezers and gently pull the tick away until it is detached (Figure 4). Do not yank the tick out as the mouthparts may break off in the skin and cause a secondary infection. After removing the tick, thoroughly clean

the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water. DO NOT squeeze the tick's body, pour hot wax, or try to remove the tick by other methods as this may cause the gut contents of the tick to be injected into you. After removing the tick, place it in a secure container and provide the tick to FHP&PM with information on the most likely site and date where (location and habitat) the patient was exposed to ticks, how the tick was removed, and if possible, photos of the bite site.

To protect yourself from being bitten by ticks, always be aware of your surroundings. Ticks can be everywhere and are even commonly collected from grave sites, where Koreans who attend to family burial

sites may be exposed. For Soldiers conducting field training exercises, they should employ the DoD Insect Repellent System (Figure 5). Similarly, when wearing civilian clothes while hiking or walking in grasses and forested areas, wear long pants and apply repellents, e.g., 20-33% Deet or picaridin, as directed on clothing and exposed skin, especially when wearing short pants. Tuck pant legs into boots or socks to prevent ticks from crawling on exposed skin areas. DO NOT use 100% Deet, as it doesn't provide additional protection and increases toxic exposure, especially to children. Remember that Deet reacts with plastics (e.g., plastic watch covers) and synthetic materials in some clothing, e.g., stretch pants.



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Tips for Protecting Your Children Online

Story by Lisa Lake
Consumer Education Specialist, Federal Trade Commission



Online games and websites for kids are everywhere these days – to the point where it’s commonplace to see toddlers playing with them, too. And while the internet often offers a positive way for children to explore and learn, privacy concerns are lurking. To help protect children’s privacy, the Federal Trade Commission (FTC) enforces the Children’s Online Privacy Protection Act (COPPA), which requires websites and online services to obtain consent from parents before collecting personal information from kids younger than 13.

According to the FTC, i-

Dressup, a website allowing users to play dress-up games, and its owners violated COPPA by collecting personal information from kids – including names, email addresses, and user names – without obtaining parental consent and failing to take reasonable steps to protect this information. This led to a breach of i-Dressup’s network in August 2016. As a result of the breach, a hacker accessed the personal information and account passwords of over two million i-Dressup users, including at least 245,000 children under 13.

So how can you protect your child online? Here are some tips:

- Talk to your kids about what

they’re doing online. Find out which games, social networking sites, and other online activities your kids are into and make sure you are comfortable with them.

- Talk to your children about the implications of providing personal information.

• Help your kids understand what information should stay private. Tell your kids why it’s important to keep information like Social Security numbers, street addresses, phone numbers, and financial information private.

- Learn more about how to protect your child when he’s online.

• File a complaint with the FTC if you think a site has put your child’s privacy at risk.



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- ✓ Dr. Kim has written numerous publications in his areas of expertise, including a recent textbook chapter: Orthodontics Basic Aspects and clinical considerations

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

- **University of Pennsylvania**
School of Dental Medicine (DMD)
- **University of Illinois at Chicago**
Orthodontic Specialty Residency/ MS
- **NYU Medical Center**
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Family Adventures in Asia: Samcheok, Korea

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

Our travel destination this month is a sedate little area on the East Coast known as Samcheok (삼척). Within an hour's bus ride from Seoul and a mere two hours by car from Pyeoungtaek, it is a gateway to an unusual mix of sightseeing spots, spectacular limestone caves, an inimitable 'penis park' (phallic sculptures, not body parts) within a lovely wooded setting and pretty beaches tucked away in quiet coves.

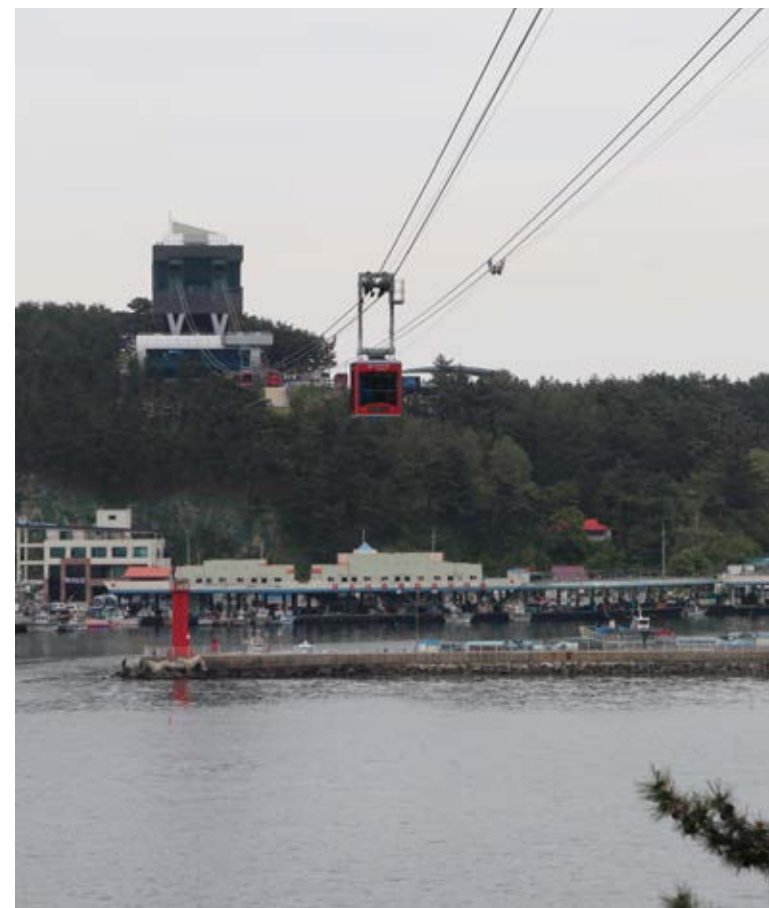


We chose the East Coast as our destination as we had never travelled this part of Korea before and decided to not plan but just drive and stop along the way for our two-day family outing.

Located at the southernmost part of Gangwon Province, Samcheok serves as the hub city of industrial, educational, cultural and tourism sectors. The city borders the sea to the east, Donghae to the north, Jeongseon and Taebaek to the west and Uljin-gun of North Gyeongsang Province to the south.

After a few hours driving and stopping along the way, we arrived at one of the many beaches and saw a sign for a cable car and decided to give that a try.

Samcheok Marine Cable Car runs from Yonghwa-ri, Geundeok-myeon to Jangho-ri and the two stations which look like dragon heads are facing each other. Two cable cars run 874m over the ocean rising 21m on a pylon-less section. The





cable car will allow you to see the beautiful natural landscapes and coastal scenery. At one end is an overlook where one can come almost face to face with seagulls as they land and nest on the sea rocks and take a lunch overlooking the ocean.

One unique attraction we had to explore was Haeshindang Park (aka Penis Park), an outdoor space where visitors can explore South Korea's folk phallicism. Having been "erected" to break an old folk curse, the collection of phalluses ranges from hanging displays to three-meter-tall trunks of wood sculpted by artisans to convey happiness, spirituality, or sexuality. The park also boasts a small museum that introduces the history of the fishing community, as well as penis-centric art throughout the ages.

Haesindang Park is home to the nation's largest aquarium museum, which exhibits folk materials that shows the lifestyle of fishermen of the East Sea, an arboretum and a park that displays some sexual art sculptures. In addition, there is an



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interesting bronze statue that tells about the legend of Aebawi and Haesindang.

The Legend

A long time ago there was a beautiful young lady who was engaged to the man of her dreams. Her fiancée took her out in his boat and dropped her off at Aebawi rock, a large rock in the middle of the water where lots of rich seaweed grew. She would collect her daily seaweed to sell and he would return to shore to work as well.

He promised to pick her up as he always did, but that evening a terrible storm hit the coast and her betrothed could not reach her. A powerful wave swept over Aebawi rock and poor Haesindang drowned.

Soon after she died, her village's fishing industry went sour. No fish could be caught, and many people lost their jobs and went hungry. Locals thought it was the angry spirit of Haesindang, bitter of her sudden end and a life without her love. One day, a fisherman answered the call of nature





and peed into the water near where he was fishing. That day the fisherman caught his best catch since Haesindang's death, and the locals deduced that seeing his male parts had somehow appeased the angry spirit who never got her wedding night.

The fishermen appealed to local artists and carpenters to create some phallic pieces to erect (I had to) along the coastline. The offerings consoled the bitter Haesindang, who never knew her beloved as intimately as she wanted. The folk village enjoyed a prosperous fishing industry once again and the people of Samcheok made an entire park in her honor, called Haesindang Park. It is also known as Penis Park. Therefore, the place where the maid died was named Aebawi Rock and the building where the religious ceremony is held twice a year was named Haesindang. The ceremony is still honored today as a traditional folk event.



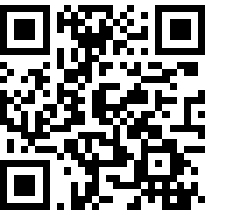
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- A copy of the email** you received stating the order was ready for pickup.
- If you are unable to print the email**, please copy down **your order number** to give to the associate. You will be required to sign for your order when you pick it up.

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



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Next it was onto Hwanseon Cave after stopping along the beach coast rode for a fabulous lunch of Russian King Crab. The numerous restaurants and shops along the coast rode with parking facing the ocean reminded us of the coastal towns in Germany along the Rhine.

Hwanseon Cave is famous because of its age and size. It's the largest limestone cave in Korea and one of the largest caves in all of Asia. It's 6.5km long but many believe there is an added 1.5km of uncharted territory further in. Hwanseon Gul is said to be 530 million years old so you can imagine the scope of critters this cave has housed. It holds the usual cave features such as stalagmites and stalactites, but it also has waterfalls and little lakes running through it which adds to the beauty of this cavern.

Once we got our tickets, we proceeded to walk up the steep mountainside for a



30-minute hike to the cave entrance instead of taking the monorail. The 583 steps climb not counting the flat trails was a challenge. We could have taken the monorail up, but the waiting line was like an amusement park ride and we only had a few hours before the park closed. The walk through the trees and mountain forest made the hike up worthwhile.

The tourist path inside the cave is only 1.6km of the cave as other parts are too narrow or unsafe for civilian passage. The walking path is made of steel bridges and stairs instead of a path on the stone floor.

After a very physical day, we decided to head back home. Having lived in Korea for close to 17 years, it was a place that we had never ventured too and was well worth the drive. The East Coast has so much to see and do, that our two-day vacation excursion left us wanting to explore more.



To get to Samcheok

- Yeongdong Expressway and Donghae Expressway: Seoul → Gangneung → Donghae → Samcheok
- National Highway No. 7: Busan → Ulsan → Samcheok
- National Highway No. 38: Pyeongtaek → Jecheon → Taebaek → Samcheok
- National Highway No. 42: Ansan → Wonju → Jeongseon → Donghae → Samcheok
- By Train: Taebaek Station → Donghae Station → Local Bus headed to Samcheok → Samcheok High School Stop

Explore The 2019 Gwangju World Swimming Championship



Interview with Young-Taek Cho, World Swimming Championships Secretary-General

1. Please explain the 2019 Gwangju FINA World Swimming Championship.

► The 2019 Gwangju World Swimming Championship will be held from July 12th to 28th with 7,000 participants from 200 countries. A total of 76 games will be played during the competition. The 6 FINA disciplines are swimming, diving, artistic swimming, water polo, high diving and open water.

► The competition, which will be broadcasted live all over the world, is one of the top five mega sports in the world (Winter · Summer Olympics, Worldcup, World Championship in Athletics, FINA World Championships). Korea is the fourth country in the world that has held all five mega sports competitions (Germany, Japan, Italy, Korea).



Through this competition, it becomes an opportunity to know that Korea is Sports powerhouse.

► Masters competition is the festival for swimmers who join the FINA member swimming alliance if they are more than 25 years old.

President Jae-in Moon and Gwangju Metropolitan City Mayor Yong-Sub Lee with mascots 'Suri' and 'Dari'

The participants come to Korea to enjoy the swimming festival at their own expense for flight, accommodation, and participation fee.



Nambu university's main stadium for swimming and diving competition

This competition will be held from August 5th to 18th with 8,000 participants from 90 countries.

► The 2019 Gwangju World Swimming Championship slogan is 'DIVE INTO PEACE' which signifies the hope to promote the values of peace for humankind in Gwangju, the guardian city of Korea's democracy and human rights.

► Mascots are 'Suri' and 'Dari' which are personifications of male and female otters, flagship species of the local area, peacefully living in Mt. Mudeung and the Youngsan river. They are nicknamed the 'Masters of swimming'.

2. What is the most important part of the success of this competition under the theme 'DIVE INTO PEACE'?

► The competition slogan is 'DIVE INTO PEACE' which signifies the hope to promote the values of peace for humankind in Gwangju, the guardian city of Korea's democracy and human rights.

► The spirit of Gwangju contains the history, noble spirit and desire

of the citizens who have made a city of democracy · human rights · peace. So the 2019 Gwangju World Swimming Championship slogan is 'DIVE INTO PEACE' which means the spread of world peace.

► I think it is important to combine a spirit of humankind peace that sports pursue with our spirit of Gwangju through this competition.

Because it is also suitable with the spirit of sports that symbolizes the peace and harmony of humankind, I think the athletes and visitors can feel the spirit of peace that this swimming competition wants to convey.



Yeosu Expo Ocean Park

3. How is the competition going?

► Gwangju City and the organizing committee have already prepared in earnest the operation of the competition which has already been converted into a practical system and started to operate personnel and arrange goods. Also, they are preparing for the final preparations such as CPX (Command Post Practice) system, which checks daily preparations for major facilities such as athlete's village, stadiums, etc.

► Especially, we are perfectly preparing accommodations, food and beverage services to show comfort and taste of Gwangju and stadiums and athletes' villages which have state-of-the-art facilities for athletes' best performance. In addition to the games, we are also preparing package tours so that athletes can visit various cultural events, Gwangju and nearby cities.

► Nambu university's main stadium that swimming and diving competition will be held has been increased the stands from 3,393 to 10,648 seats. Nambu university sports complex, where the water

polo games will be played, will be equipped two temporary swimming pools and 4,340 seats.

▶ Two temporary swimming pools are being set up and 4,332 seats are being renovated at Yeomju Gymnasium where an artistic swimming competition will take place. High Diving, the flower of the swimming contest, will be held at the Chosun University soccer field which is equipped a 27-meter high diving tower, a temporary water tank and 3,047 seats.

▶ Open Water swimming game which is long distance swimming will be held at Yeosu Expo Ocean Park that we are setting up 2,095 seats and a pontoon(start platform) so that swimming athletes are able to play the games at sea.

▶ All stadium facilities will be completed by May, and the Dong-a Swimming Competition, which can be called a practice test, will be held in early June. Through this process, we will perfectly inspect all the facilities and the progress of the games.

4. What would you like to inform the foreigners residing in Korea and swimming athletes from overseas?

▶ K-POP group BTS, the world's most popular singers, came to Gwangju on April 28 for the successful start of the 2019 Gwangju FINA World Swimming Championship.

▶ A total of 30,000 visitors, including 10,000 from 65 countries including Asia, Europe and the Americas, attended the Super Concert. 10 teams of the world class K-POP singers, including BTS, TWICE and MOMOLAND, appeared to promote the 2019 Gwangju FINA World Championship and Gwangju



K-pop group BTS

all over the world.

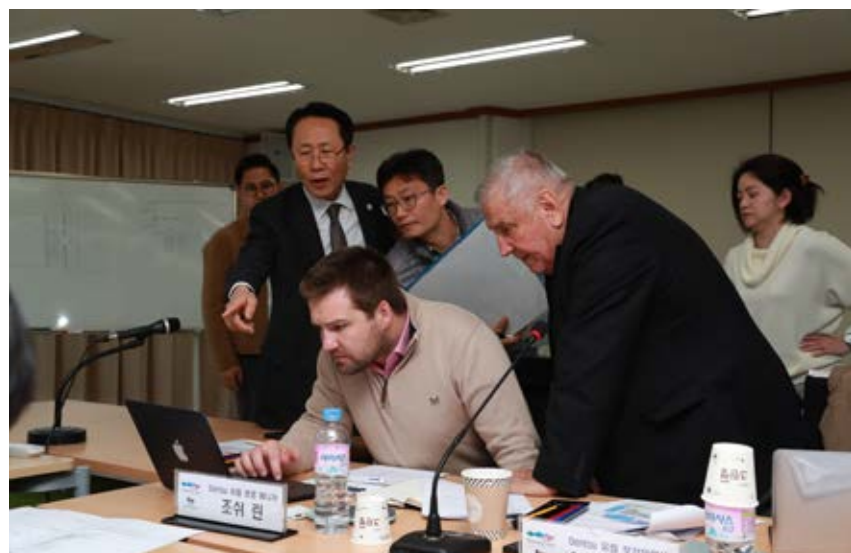
▶ The 2019 Gwangju World Swimming Championship is facing 50 days away of May 23th. Gwangju City and the organizing committee are preparing for the final arrangements to hold the peace, eco-friendly, culture, low cost-high efficiency competition under the slogan 'DIVE INTO PEACE'.

▶ Through this competition, Gwangju will be known as 'A World-Wide Swimming City', 'A righteous city · A city with traditional cultures and arts · A city of

taste', and 'A friendly tourist city to visit again'.

▶ Through this competition, it will be an opportunity to promote the cultural excellence of Gwangju such as Aisa Culter Center(ACC), Gwangju Biennale, Design Biennale, Fringe Festival and Youth Festival.

5. What kind of tourist products do you offer to foreigners who come to the competition?



On-site inspection by Secretary-General Jung-Taek Cho.



Gwangju city tour bus

▶ Gwangju provides various cultural events and sightseeing programs to foreigners visiting Gwangju to create beautiful memories and mark the image of Gwangju as 'A city to visit again'.

▶ Six routes of Gwangju city tour bus will be expanded operation on every Saturday and Sunday. Two routes of theme centered city buses are run.

One is 'Gwangju 100-year time tour' focusing on street drama and walking, and the other is '5·18 Gwangju May tour,' focusing on in-car video and music. Three routes of circular city buses including Mt. Mudeungsan national park area, traditional culture area, cultural heritage area, and one special bus for foreigners go to traditional markets, museums and art galleries are operated too.

▶ Gwangju City is developing customized tourism products that players and their companions can enjoy after the game. Package tours that focusing on foreigner's interests, tourism products that provides experience of local events, exhibitions, cultural arts events, local restaurants and expe-

riential tourism products for each family, clubs are also in preparation.

▶ In addition, various performances, exhibitions and cultural experiences such as traditional music performances and dance festivals are held every day during the contest at the athletes' village, Nambu University, Yeomju Gymnasium and the 5·18 Democracy Plaza.

6. Please say something to the Americans in Korea who are waiting for the 2019 Gwangju World Swimming Championship

▶ U.S. Armed Forces in Korea and family, and American visitors, I'm looking forward to your visit of this 2019 Gwangju World Swimming Championship with 1.5 million Gwangju citizens.

▶ The 2019 Gwangju World Swimming Championship has prepared a lot to welcome you as one of the most important events of the Republic of Korea that has hosted many sports international

events. Especially, a number of US swimming stars including Michael Phelps, the emperor of swimming, who has a record of 66 gold medals and Celeb Dressel who had seven gold medals in the 2017 Budapest World Swimming Championship will participate in this competition. In addition, many swimming enthusiasts who are active in the U.S., a swimming powerhouse, will visit Gwangju for the masters competitions.

▶ You are more sport lovers than anyone else. And you are the people who intensely hoping that the 2019 Gwangju World Swimming Championship will be held successfully.

I would be grateful if you could visit Gwangju and feel the charm of Gwangju and make more people visit. And I would be grateful if you could inform the world widely about Gwangju. See you in July.



World Swimming Championships secretary-general Young-Taek Cho

For more information, visit:
http://www.fina-gwangju2019.com/masters_eng/

Pacific Medics Hold Annual Ball at USAG Humphreys

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



It

was a 'Night to Remember' for the Pacific Medics of the 65th Medical Brigade as they gathered at the U.S. Army Garrison Humphreys Morning Calm Center for the annual 65th Medical Brigade and Medical Department Activity Command Korea Ball.

With the traditional pomp and

circumstance to open the event, Brigade Commander, Col. Derek Cooper welcomed all with toasts and introductions of the two guest speakers to a crowd of over 450.

The Regional Health Command Pacific Commanding General, Maj. Gen. Dennis LeMaster was the first to give his impression of the Brigade and their accomplishments this past year.

In thanking the Pacific Medics for the everyday work that they accomplish for the wellness and resiliency of servicemen and women on the Korean peninsula, LeMaster commented on the first impressions and daily impression he has about the unit as being competent, disciplined and the best in the U.S. Army.

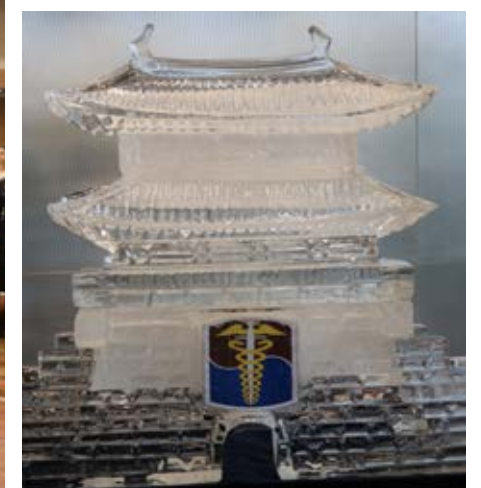
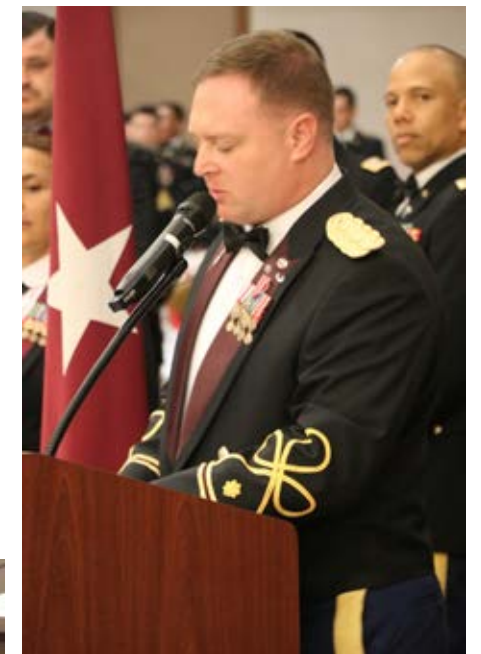
With so many accomplishments

this past year, LeMaster spoke of three of the most impressive: Dragon Lift, Operation Forlorn Reaper and the Joint Commission.

"Over this past year, you [65th Medical Brigade] have accomplished so much in exercising your medical evacuation capabilities, deploying a field hospital tactically and continuing to maintain the high standards of medical care here in Korea as you would if in the U.S.," said the General. "I challenge each

and everyone of you to continue to take care of our patients and our soldiers keeping the number one priority focused on making people ready. You have proved time and time again and the senior leaderships sees your accomplishments as world class."

During the dinner, the Brigade was entertained with traditional Korean dance and music performed by the Sorisawi Art Group from Pyeongtaek and followed by the second guest speaker of the evening, the Eighth United States



Army Command Sergeant Major Jason Schmidt.

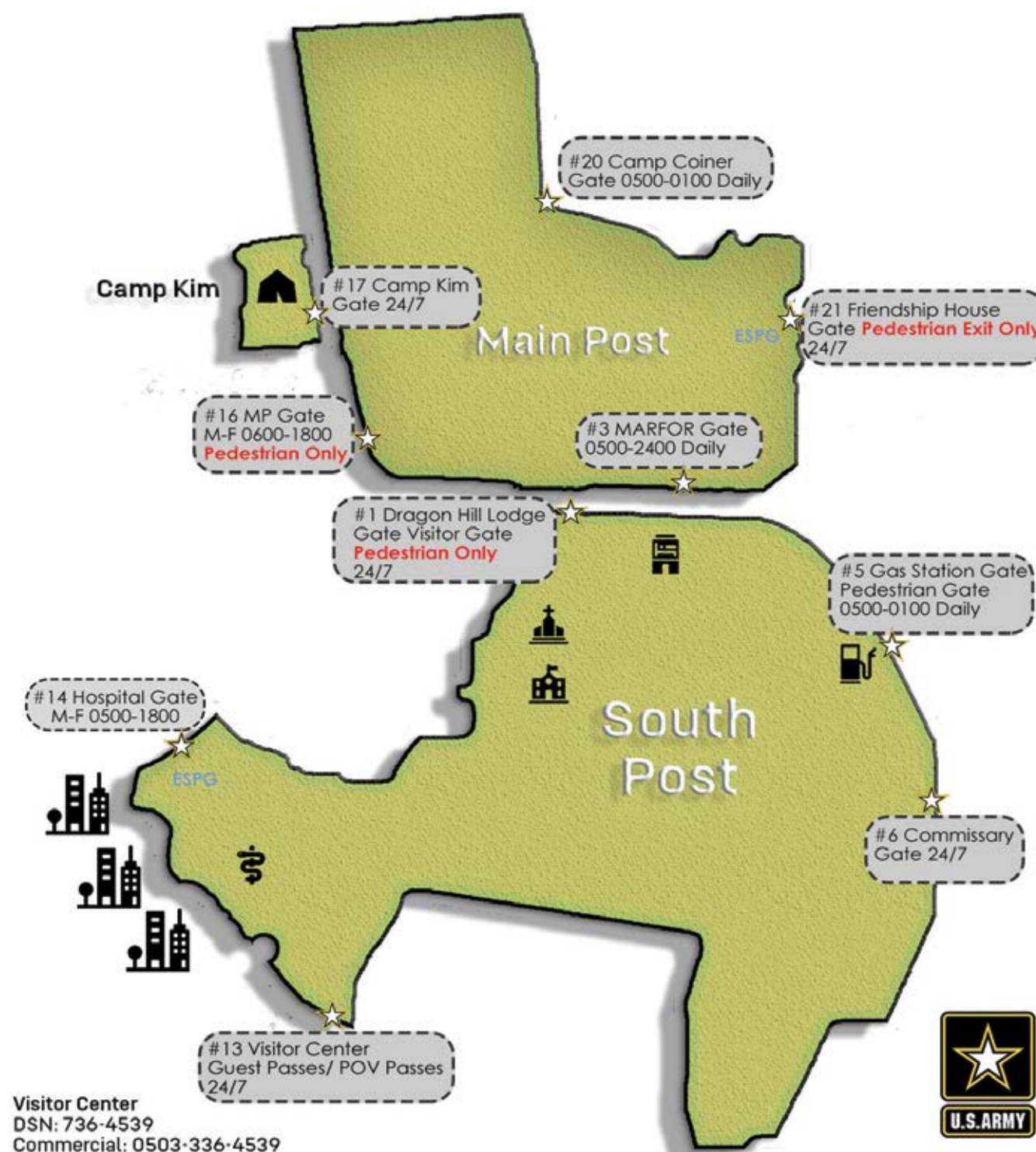
"This organization here tonight represents the running mantra of 'fight tonight,' in that no other organization within 8th Army maintains a constant state of readiness while at the same time assisting the warfighter," said Schmidt. "You are the key enabler here in Korea behind every [servicemen and women] expanding your daily care of both them, their families and ensuring that everyone across this peninsula stays healthy."

The Command Sgt. Maj. expounded by saying thank you to the Pacific Medics for "having our backs."

Prior to ending the event with music by DJ Redd, the Order of Military Medical Merit was awarded and the Order of Mercury presented.



U.S. Army Garrison Yongsan GATE HOURS



Fresh Start: Take Advantage of Army Wellness Centers

Story and photos by Rebecca L. Westfall

Each January 1, thousands of people across the country resolve to get healthy or lose weight in the New Year. These resolutions are more impactful for the active duty Soldier, because their life and the lives of their fellow Soldiers depend on their overall health and well-being.

Readiness is Chief of Staff of the Army Gen. Mark Milley's number one priority for the Army. Readiness includes medical readiness -- for the Soldier and their family members. Luckily for service members and other beneficiaries, there are multiple, free resources available.

The Army Wellness Center (AWC) is a one of those resources for fitness, body fat testing and healthy eating classes accessible to active duty Soldiers, beneficiaries and retirees.

"This program is a great resource because you can take the testing performed at AWC and apply it to your everyday life," said Patrice Hickey, director, Joint Base San Antonio Army Wellness Center.

The 37 wellness centers across the Army worldwide are there to help jumpstart a person's road to success toward a healthy lifestyle.

"The program has three parts



starting with body composition assessment, a resting metabolic assessment, and a fitness assessment as a baseline," said Hickey. "We encourage people to follow up with a session with a health educator so they can make goals that are specific to them."

"A body composition assessment will allow people to understand how much of their body is comprised of lean tissue and how much is fat tissue," she added. "We also use the resting metabolic rate assessment to understand how many calories you're expending. We use all this together to develop a good, healthy eating plan then we follow it with education with a health educator."

Courtney Dock, a Department of the Army civilian, gets tested during a resting metabolic rate assessment at the Army Wellness Center on Joint Base San Antonio, Texas. The RMR determines how many calories are burned metabolically through breathing. This assessment is one of many available for free at all Army Wellness Centers Army-wide for Soldiers, dependents and DoD employees to gage their current health and wellness.

Hickey said if a person has a specific goal in mind, for example, and would like to lose weight in the New Year, then they can get measurement testing and a tailored plan for a goal of losing weight in six, eight, or 12 weeks.

An additional resource available

through AWC is an education fitness program specifically for Soldiers and beneficiaries who are away on TDY or deployed called Staying Fit, Home and Away. The program includes exercises anyone can do at home or perform body weight exercises when there is no available gym.

"Movement is movement no matter where you do it at," said Hickey. "Just because you don't have a fancy gym doesn't mean there is nothing you can do. We teach P3 [Performance Triad] and utilize apps to download on your phone. We like to use technology a lot, especially with the nutrition classes."

The Army's investment in these Wellness Centers is a testament to this focus. According to Hickey, the bulk of people utilizing AWC services are active duty members, especially now that the Army's fitness test is changing. AWC offers strength and aerobic testing baselines, which measures cardiovascular endurance and back strength. A Soldier can use those numbers to help prepare for their PT test and ensure readiness.

"We want Soldiers to be ready and you can't be ready if you're not physically fit to be able to carry out the mission," Hickey said. "Bad habits will lead you toward developing different types of diseases. Soldiers get the information here and at their units but we open this up to their beneficiaries as well. We want the whole family to eat healthy, move well, and be fit."

For more information about AWC's in your areas, use <https://p3.amedd.army.mil/my-army-wellness-center/>.

AWC Humphreys:

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Bldg 578, 1st Floor

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Courtney Dock prepares for a fitness assessment test. This assessment is one of many available for free at all Army Wellness Centers Army-wide for Soldiers, dependents and DoD employees to gage their current health and wellness. Readiness, to include medical readiness, is the top priority for senior Army leaders. These tests enable the total Army force to get an accurate measure of their health and well-being and make improvements where needed.



The BodPod is an air displacement plethysmograph that uses whole body densitometry to determine body composition using a very precise scale. This assessment is one of many available for free at all Army Wellness Centers Army-wide for Soldiers, dependents and DoD employees to gage their current health and wellness. Army-wide for Soldiers, dependents and DoD employees to gage their current health and wellness.

Army to Conduct Assessment of Alternate ACFT Events

Story by U.S. Army Center for Initial Military Training Staff
Photo by Sean Kimmons



Soldiers with a permanent profile assigned to the 63 units, field testing the Army Combat Fitness Test, will complete the Sprint-Drag-Carry as one of the three aerobic events within an alternate assessment. Final determination of standards will be complete by Oct. 1, 2019.

Following successful initial field testing, Army senior leaders have approved the development of alternate Army Combat Fitness Test assessments for selected Soldiers with permanent profiles that prevent full participation in the six-event test. Although final determination of standards will not be completed

until Oct. 1, 2019, the Army's lead for development and fielding of the ACFT, the Center for Initial Military Training, will soon begin evaluating alternate test events at 63 Army units. The events selected for further testing include a 5,000 meter row, a 15,000 meter stationary bike and a 1,200 meter swim. Each event will be completed in a set time, targeted

at 25 minutes or less. If approved, Soldiers with a permanent profile will be required to successfully complete at a minimum the 3-Repetition Maximum Deadlift, the Sprint-Drag-Carry and one of the aerobic events. The alternate events measure minimum attributes Soldiers need to fight, render aid to others and decrease risk to themselves in a combat environment.

CIMT's director of research and analysis, Michael McGurk, emphasized that Soldiers with a permanent injury or condition that limits their ability to complete a full six-event ACFT may be allowed to test with a modified assessment. "Those Soldiers with permanent profiles may also undergo a Medical Retention Board and Physical Evaluation Boards to determine fitness for further military duty," McGurk said. "Part of those reviews may be tied to their ability to pass a modified assessment. This allows commanders to deploy these Soldiers 'with risk' and determine if the risk is acceptable based on Soldiers' skills and nature of the mission." McGurk further emphasized that Soldiers with permanent physical limitations will test on all ACFT events within the limits of their profiles. "We are concerned with permanent profiles that prevent Soldiers



from full six-event test execution, not permanent profiles such as hearing or vision," McGurk said. "For example, those permanent profile Soldiers who are incapable of running long distances, they could be allowed to complete an alternate aerobic event." Senior leaders are stressing that while the ACFT and alternate assessment events are tough, the events will provide commanders the

information they need to determine if the risks are acceptable based on a Soldier's mission. Sgt. Maj. of the Army Daniel A. Dailey said he is "truly excited about the significant progress" made during the testing period for the ACFT. "I truly believe this will take us where we need to be in terms of fitness for the Army," he said. "It's clear the ACFT requires us to put more emphasis on physical training.



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박문서 변호사 (MUN SU PARK, Attorney-at-Law, JD/Ph. D.)

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Facilities Directory

HEALTH CARE/TMC

AREA I

Camp Casey Health Clinic

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

Camp Casey Front Desk: 737-2762/2763

CRC TMC Front Desk: 732-7776/6011

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

Public Health Nurse:

737-3557
Mon-Fri 0830-1730

Audiology: 737-3590

Mon-Fri 0830-1130 & 1300-1630

Behavioral Health (Bldg. 802):

730-4304
Mon-Fri 0830-1730

Immunizations: 737-3577

Mon-Fri 0830 -1200 & 1300-1700

Lab: 737-3580

Mon-Fri 0830-1700

Optometry: 737-3594

Mon-Fri 0900-1200 & 1300-1700

PHAs: Call Appointment Line

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

Pharmacy: 737-3598

Mon-Fri 0830-1700

Physical Therapy: 737-3588

Mon-Fri 0800-1200 & 1300-1700

Radiology: 737-3585

Mon-Fri 0800-1130 & 1230-1700

Triage & Transport Center (TTC): 737-3582

Open 24/7

AREA II

Brian Allgood Army Community Hospital

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

K-16 Medical Clinic

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

AREA III

Sgt. Shin Woo Kim Soldier Center Medical Home

(Bldg. 6370): 737-2273
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700
(Soldiers only)

Master Sgt. Henry L. Jenkins Patient Centered Medical Home

(Bldg. 555): 737-2273
Mon – Fri 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

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

PURCHASED CARE SECTOR PROVIDERS



AREA I

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

AREA II

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

AREA III

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

AREA IV

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

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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