

Pulse65

AUG./SEP. 2019

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Ms. Annette M. Eddie-Callagain Esq.

Professional Experience

Attorney-at-Law

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

Judge Advocate (Major)

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

Judge Advocate

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

Law School Professor

University of the Ryukyus Law School
Okinawa, Japan

Practice Areas

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

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Superintendent's Message

Dear Sponsors and Parents of Pacific West District (Korea),

On behalf of the faculty, staff, and administrators of the Pacific West District, I would like to welcome you to an exciting 2019-2020 school year. The Pacific West District is committed to leading the way to educate, engage, and empower military-connected students to succeed in a dynamic world.

As the superintendent of the Pacific West District, I am honored to have the opportunity to serve, alongside our highly professional, well-trained educators and administrators, the sponsors and parents in our community. Our district is committed to excellence in education for every student, every day, everywhere. Our core values deliver world-class instruction to our highly mobile students who come with a wide variety of backgrounds and abilities. Our teachers are talented, our parents and community are involved, and our students are academically motivated. The Pacific West students' test scores have led DODEA in most categories in the first two years of the DoDEA Comprehensive Assessment System. This annual test measures English Language Arts and Math skills. Our SAT score average is normally a minimum of 50 points above the national average. We also lead DoDEA in PSAT scores in all grade levels. Lastly, the Pacific West District received the highest accreditation Index of Education Quality score in DoDEA history.

From PreK-12 Pacific West District Schools believe excellence is achieved by putting students as the priority in all its endeavors. Our primary core value is *Students are at the heart of all we do*. As a result, we have identified three areas of improvement: **Active Student Engagement, Implement College and Career Ready Standards (CCRS), and a Systems Approach**. We have resources and activities to guide our improvement, such as the DoDEA Walkthrough Tool, DoDEA Professional Learning Community (PLC) Guidance for Collaboration Time; Focused Collaboration, a Data Analysis Framework, and the DoDEA Alignment for Curriculum, Instruction and Assessment (CIA). We use these to assist in achieving the District goals, and ultimately achieving DoDEA's Mission, for becoming the "World's best leaders in education, enriching the lives of military-connected students and the communities in which they live" (DoDEA Blueprint).

The Pacific West District recognizes great school achievements are built upon clear purpose and a set of high expectations for excellence. More importantly, relationships are the centerpiece of organizational excellence, student excellence, school excellence, talent excellence, and outreach excellence. We believe it takes the partnership of our school community to grow and sustain a healthy educational system that values all learner achievements.

Pacific West District is excited you have made Korea your assignment of choice and look forward to our journey toward excellence in school year 2019-2020. Let's Go Together - Katchi Kapshi Da!



Dr. Jeff Arrington
Pacific West District
Superintendent

“Our primary core value is *Students are at the heart of all we do*. As a result, we have identified three areas of improvement: **Active Student Engagement, Implement College and Career Ready Standards (CCRS), and a Systems Approach**.”

First Days of School

Osan Elementary School: 1st day of school: August 26 - Grades 1 to 5 September 3 - Kindergarten September 12 - Sure Start	Daegu Elementary School: 1st day of school: August 26 - Grades 1 to 5 September 3 - Kindergarten September 12 - Sure Start
Osan Middle High School: 1st day of school: August 26	Humphreys West Elementary School: 1st day of school: August 26 - Grades 1 to 5 September 3 - Kindergarten September 12 - Sure Start
Humphreys Central Elementary School: 1st day of school: August 26 September 3 - Kindergarten September 12 - Sure Start	Humphreys Middle School: 1st day of school: August 26
Daegu Middle High School: 1st day of school: August 26	Humphreys High School: 1st day of school: August 26

School Year Calendar 2019-2020 (175 Instructional Days and 190 Teacher Work Days)

Monday, August 26 Monday, September 2 Monday, October 14 Thursday, October 31 Friday, November 1 Monday November 4 Monday, November 11 Thursday, November 28 Friday, November 29 Monday, December 23 Wednesday, December 25 Wednesday, January 1, 2020 Monday, January 6 Monday, January 20 Thursday, January 23 Friday, January 24 Monday, January 27 Monday, February 17 Thursday, April 2 Friday, April 3 Monday, April 6 Monday, April 13 Monday, May 25 Tuesday, June 9 Wednesday, June 10	Begin First Quarter and First Semester Labor Day: Federal Holiday Columbus Day: Federal Holiday End of First Quarter (46 days of classroom instruction) No school for students -- teacher work day Begin second quarter Veterans Day: Federal Holiday observed Thanksgiving Day: Federal Holiday Friday: Recess Day Begin Winter Recess (23 December - 3 January 2019) Christmas Day: Federal Holiday New Year's Day: Federal Holiday Instruction Resumes Birthday of Martin Luther King, Jr.: Federal Holiday End of Second Quarter and First Semester No school for students -- teacher work day Begin Third Quarter and Second Semester Presidents' Day (Washington's Birthday): Federal Holiday End of Third Quarter No school for students -- teacher work day Begin Spring Recess (6 - 10 April) Instruction Resumes - Begin Fourth Quarter Memorial Day: Federal Holiday End of Fourth Quarter and 2nd Semester No school for students -- teacher work day. Last day for non-administrative educator personnel
---	--

Chief of Staff's Message



James C. McConville

*General,
United States Army*
40th Chief of Staff of the Army

I am honored to serve as the 40th Chief of Staff of the Army. It is an incredible privilege to lead the world's premier fighting force, made up of the Nation's greatest men and women. Our Army – Regular, National Guard and Reserve - is the best-trained, best-equipped, and best-led land force ever to take to the field. We stand shoulder-to-shoulder with the Joint Force, Allies, and Partners to protect our interests and uphold our shared values.

Our Army serves to defend the Nation. When we send the Army somewhere, we don't go to participate, we don't go to try hard, we go to win. **Winning matters!** We win by doing the right things, the right way.

People are always my #1 priority: Our Army's people are our greatest strength and our most important weapon system. Our people are our Soldiers, Family members, Department of the Army Civilians, and Soldiers for Life (retirees, and veterans). We must take care of our people and treat each other with dignity and respect. It is our people who will deliver on our readiness, modernization and reform efforts.

Readiness: Army leaders have a sacred obligation to build cohesive teams that are highly **trained, disciplined, and fit** that can win on any battlefield. Cohesive teams drive tactical to strategic readiness and enable dynamic force employment. We must be ready to defeat any adversary, anywhere, whenever called upon, under any condition.

Modernization: The 2018 National Defense Strategy directs the Army to shift focus from irregular warfare to great power competition. We are at a critical inflection point and we must aggressively pursue the Army's modernization efforts in order to maintain our competitive edge. Modernization must include developing the multi-domain operations concept at echelon, delivering the six modernization priorities, and implementing a 21st Century talent management system.

Reform: We cannot be an Industrial Age Army in the Information Age. We must transform all linear industrial age processes to be more effective, protect our resources, and make better decisions. We must be the Army of tomorrow, today.

It is our duty to provide the Nation a professional, lethal, and decisive force that will win against any of our adversaries. Thank you and your Families for your service and sacrifice. I am proud to serve alongside this Nation's best.

People First - Winning Matters - Army Strong!

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To register, visit:

<https://www.korea.amedd.army.mil/event/38PHTS2019/index.html>

Hosted by:

65th Medical Brigade/MEDDAC-K

23 - 27 SEP 2019

Morning Calm Conference Center
LTG Thomas S. Vandal Training Complex
at USAG Humphreys
POC: usarmy.yongsan.medcom-kor.mbx.38th-parallel@mail.mil



Back to School Fact Sheets

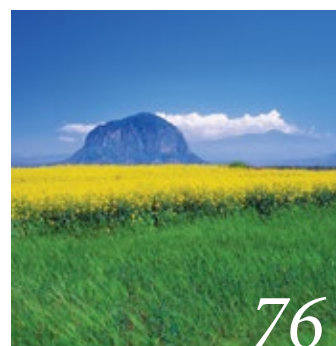
It's time for *Back to School*. In this month's issue, you will find various fact sheets on learning how sleep, activity and nutrition can positively influence your child's school performance.



121 CSH
Cases
Colors



BAACH
Chapel
Decommis-
sioned



Family
Adventures
in Asia:
Jeju Island

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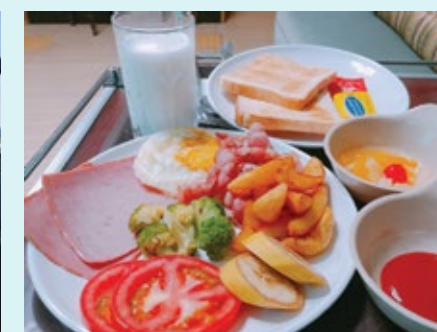
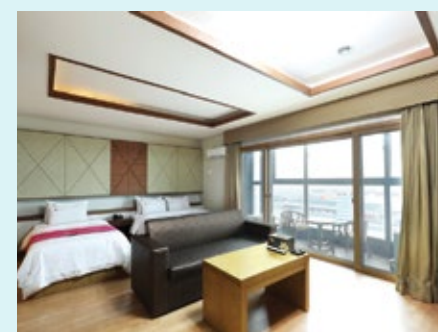


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The PULSE65 is an authorized publication for members and beneficiaries of the 65th Medical Brigade, published under the authority of U.S. Army Regulation 360-1.

Content of this publication are not necessarily the official views of, or endorsed by, the Department of Defense, Department of the Army, U.S. Army Medical Command or the 65th Medical Brigade. PULSE 65 is published every month by the Public Affairs Office, 65th Medical Brigade/USAMEDDAC-K, Unit #15281 APO, AP 96205.

Editorial content is prepared, edited and provided by the 65th Medical Brigade Public Affairs Office.

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After decades of providing spiritual solace to the U.S. Army Garrison Yongsan community, the Brian Allgood Army Community Hospital Department of Pastoral Care conducted an Ecumenical Decommissioning Service of the chapel July 28 for the community as part of the hospital transition plan to U.S. Army Garrison Humphreys. (Photo by William Wight, 65th Medical Brigade Public Affairs Office)



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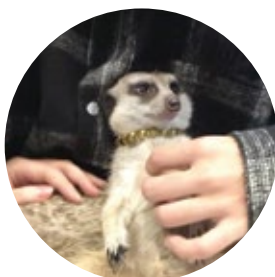
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CALENDAR

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AUG23-31

Songdo Beer Festival

350, Central-ro, Yeonsu-gu,
Incheon
+82-32-830-1000



AUG23-SEP01

Busan International Comedy Festival

120, Suyeonggangbyeon-daero,
Haeundae-gu, Busan
+82-51-916-8828



AUG24-SEP15

Hongseong Namdanghang Port Jumbo Shrimp

Namdanghang Port, Hongseong-gun,
Chungcheongnam-do
+82-41-630-1228



AUG29-SEP05

Seoul International Women's Film Festival

30, Sinchonnyeok-ro, Seodaemun-gu, Seoul
www.siwff.or.kr



AUG30-SEP01

Muchangpo Mystic Sea Road Festival

10, Yeollinbada 1-gil, Boryeong-si,
Chungcheongnam-do
+82-41-936-3561



AUG30-SEP06

Chungju World Martial Arts Festival

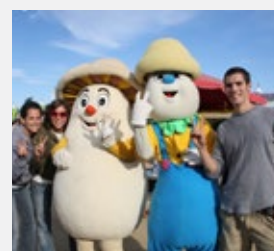
24, Namhangang-ro, Chungju-si,
Chungcheongbuk-do
www.martialarts.or.kr



SEP20-22

Siheung Gaetgol Festival

287, Dongseo-ro, Siheung-si,
Gyeonggi-do
+82-31-310-6743/4



SEP26-29

Yangyang Songi Festival (Pine Mushroom Festival)

226-2, Nammun-ri, Yangyang-gun,
Gangwon-do
+82-33-670-2207, 2723



SEP27-29

Hongseong Hero Festival

27, Amun-gil, Hongseong-gun,
Chungcheongnam-do
+82-41-630-1228



SEP27-29

Seogwipo Chilsimni Festival

70-1, Seogwi-dong, Seogwipo-si,
Jeju-do
+82-64-760-3946



SEP28-OCT03

Chuncheon Puppet Festival

3017, Yeongseo-ro, Chuncheon-si,
Gangwon-do
www.cocobau.com



SEP28-OCT13

Goyang Autumn Flower Festival

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

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SCENE & HEARD

NATIONAL & INTERNATIONAL

By Eric Young-Seok Park

WOMAN SLAMS GROOMER AFTER DOG DYED NEON GREEN AND PINK



When Graziella Puleo dropped her Goldendoodle, Lola, off at the dog spa, she planned on just a routine grooming session. But when she returned to pick up Lola, Puleo received the shock of a lifetime. Lola's eyebrows and tail had been shaved and dyed neon green, and her ears were dyed bright pink. But in addition to the unwanted dye job, Lola was reportedly injured from the visit to the groomer. Her ears were bleeding, and her belly was pink from an infection as a result of the shave. "I noticed they'd shaved her eyebrows off and tried to fix the mistake by drawing green eyebrows on her," Puleo told the newspaper. "She looks like you painted on her and were trying to turn her into a clown." The groomer also allegedly hadn't trimmed Lola's nails or cleaned her teeth, as Puleo had requested. Immediately, Puleo expressed her frustration. "I was like, 'You dyed my dog's hair?'" Raquel Adams, the owner of Amore's Pet Salon Dog Grooming Day Care Boarding Spa, said that she "beautified" the dog. "We beautify the dog," said Adams. "If we see it's missing something, we do color, sometimes, the dog." However, she now says it was "wrong" to perform the dye job on the pup without asking permission. "We should have offered her first," Adams said. Still, Adams seemed to deny negligence regarding the infection, claiming "she's infected because she's licking and doesn't give it a chance to heal." Adams returned Puleo's \$150 payment, and offered another complimentary grooming. However, Puleo says she has no plans to return.

DAYS AWAY FROM MOVING FOR A DREAM JOB, MIAMI DOCTOR IS KILLED IN FALL FROM CLIFF



A man living in Miami fell over 82 feet to his death while on vacation in Ibiza. Daniel Sirovich, who was completing his medical residency at Kendall Regional Medical Center, was sightseeing on Aug. 14 with his fiancée Kristi Kelly in Sa Pedrera de Cala d'Hort, also known as Atlantis, when the fatal accident happened. Sirovich was 34. He was 10 days away from moving to become a doctor at an intensive care trauma unit in Boston, according to his friend Gui Ramos, who organized a GoFund Me page to pay for his funeral arrangements. "He sacrificed 16 years of his life into his studies & work (where he finished top of his class in medical school), finally reaching his life's ultimate goal this year," Ramos said in a Facebook post. "We had some of the best times and nights of our lives together, so many memories and stories that we could have written an endless book." According to his biography on the hospital website, Sirovich was a native of Kearny, New Jersey who loved traveling and was interested in sports and international medicine. The fundraiser for Sirovich had yielded about \$42,280, well over the \$30,000 goal family set to fly his body back home and pay for funeral arrangements. The funds will be handed directly to Sirovich's family.

U.S. VIRGIN PLASTIC PELLETS ARE THE BIGGEST POLLUTION

Some 30 miles north of Pittsburgh, Pennsylvania, in a township adjacent to a state forest, oil and gas giant Royal Dutch Shell is building a sprawling new plant to support what it sees as the future of its business: making millions of tons of new, virgin plastic. The plant is just one of more than 300 new plastic facilities proposed or permitted for the U.S. in the near future. When completed, the new facility will pump out 1.8 million tons (1.6 million metric tons) of plastic each year. The vast majority of that plastic, like the vast majority of all plastic made up to now, will likely not be recycled. And it will exist virtually forever, crumbling into microplastics that show up most everywhere scientists look for them. But first, that new plastic will take a ubiquitous, often overlooked form: It will be born into the world as a tiny plastic pellets. Those small spheres, sometimes known as "nurdles," are a massive source of plastic pollution, escaping into the environment before they have a chance to be molded into a useful shape. With roughly 22,000 nurdles per pound of plastic, the Shell plant intends to produce the rough equivalent of 80 trillion nurdles per year. Nurdles are about the size of a lentil. And like anything tiny and round, they are tough to keep track of. They roll away. They tumble into waterways. The wind can blow them around. In the vicinity of plastic manufacturing or packaging plants, nurdles have been documented spilling onto the ground and tumbling out of water discharge pipes. As the Royal Dutch Shell plant rises in Pennsylvania, environmental groups and scientists are worried about the lack of regulation to specifically address plastic pellet pollution. California is the only state with regulations to specifically control for plastic pellet pollution.



HYUNDAI DEBUTING NEW ELECTRIC VEHICLE CONCEPT AT FRANKFURT



In addition to the new Hyundai i10 coming to September's Frankfurt Auto Show, and Hyundai Motorsport's first electric race car, the South Korean automaker will also have a brand new concept electric vehicle on display. The company says the prototype presents a take on the future of mobility and blank-page EV design, and is the next stage under the banner of "Style Set Free." The rubric goes beyond automobiles, encompassing new ways to interact with objects in general, including vehicles. The car-centric idea is one we're hearing and seeing more frequently, that as EVs and autonomous driving open up occupant space, customers will enjoy "individualized living spaces" on wheels. The first demonstration of Style Set Free came with the Hyundai Elevate concept, a passenger cabin with its wheels mounted at the ends of four independently extendable legs. Hyundai explored the second step in Style Set Free at this year's Milan Design Week, with a conceptual vehicle sculpture and interactive displays examining color, shapes, sound, and interactivity itself. The carmaker said it believes future vehicle interiors will permit a design experience similar to decorating a home, and that "interiors will be more customizable during [a vehicle's] lifecycle."

AUCTION OF ONE-OF-A-KIND PORSCHE FALLS APART AFTER BIZARRE BIDDING ERROR



A much-hyped car auction sputtered out in the weirdest way. A 1939 Porsche "Type 64," the only of its kind still existing, was expected to sell for around \$20 million at an auction by RM Sotheby's in Monterey, Calif. Auction-goers heard bidding start at \$30 million, then \$40 million, and as the now-abuzz crowd gasped and cheered, it quickly zipped up to \$70 million — a record price for any car auction. But wait. The auctioneer stopped the bidding when he noticed the price on the screen was wrong. "It says 70 guys, it's 17," the auctioneer, Maarten ten Holder, can be heard saying in a YouTube video. "It might be my pronunciation, we're at \$17 million." Apparently the screen operator had misheard the auctioneer's Dutch-accented English, and input 30 for 13, 40 for 14, and so on. The crowd was not amused, and many walked out, accusing Sotheby's of pranking them. There were no further bids above \$17 million — which was below the car's minimum bid price — so the lot was pulled from the auction. "What a joke," Johnny Shaughnessy, a Southern California collector who attended the auction, told Bloomberg News. "They just lost so much credibility." Sotheby's apologized and denied any shenanigans. "This was in no way a joke or prank on behalf of anyone at RM Sotheby's, rather an unfortunate misunderstanding amplified by excitement in the room," the company said in a statement.

TONS OF POT FOUND IN TRUCK FULL OF JALAPENO PEPPERS IN CALIFORNIA

A U.S. Customs and Border Protection dog picked up on something strange in a tractor-trailer shipment of jalapeno peppers at a San Diego crossing, the agency says. Agents at the Otay Mesa cargo facility inspecting the truck discovered 4 tons of marijuana hidden inside the shipment of peppers. Officers seized 314 wrapped packages of pot, or 7,560 pounds of marijuana valued at \$2.3 million. "Very proud of our CBP officers in Otay Mesa!" wrote Mark Morgan, acting Customs and Border Protection commissioner, on Twitter.

LITTLE LEAGUE WORLD SERIES PLAYER HAS WEIRD STANCE

The Little League World Series is under way and there have already been plenty of highlights from Williamsport, Pennsylvania. However, it hasn't been a home run or a defensive gem that has generated the most buzz so far. Instead, it's the unusual batting stance utilized by a member of the Venezuelan squad that has everyone talking. Actually, unusual might be underselling how unique and perhaps absurd the approach of 5-foot, 80 pound Delvis Ordonez was during his fifth inning at-bat against Australia. Of course, not everyone is agreeing with the usage of an extremely crouched batting stance. The thought being that it doesn't exhibit good sportsmanship, which is what the Little League World Series is built around. But it got people talking, and it didn't seem to cause any real harm, either.



HILLARY THE DONKEY, TRAPPED ON ISLAND FOR 2 YEARS, MAY FINALLY BE RESCUED




A lone wild donkey separated from her herd by rising waters nearly two years ago may finally be getting rescued from the small island where she's been trapped ever since. Hillary, as she's known to the human world, currently resides on an 1.3-acre island in the middle of Lake McClure in California's Mariposa County. "All indications are that she is a wild donkey and that she was part of a herd that has been reported in the area for over 40 years," Bob Stafford of the California Department of Fish and Wildlife said. The herd's stomping grounds included the lake bed that had gone dry due to drought. Around two years ago, heavy rains refilled the lake, save for one patch of high ground. While the rest of the herd moved to the mainland, Hillary was left behind on the newly formed island, likely due to an apparent injury to her front leg. Since then, Hillary's island has been somewhat of a local tourist attraction, with animal lovers bringing her hay and treats like carrots and apples to supplement her diet, The San Francisco Chronicle reports. But alone on an island is no place for a highly social animal like a donkey. One major benefactor, former police detective Harry Markarian, told local media that he's been attempting to work with local wildlife and environmental agencies for two years to get Hillary off the island but has run into numerous snags regarding who would be responsible for the mission and who would pay for it. But Hillary's rescue finally seems to be free of roadblocks, with the state's fish and wildlife department planning an operation to start soon. The plan involves luring Hillary into a pen with food and getting her comfortable there before ultimately transporting the entire pen by boat to the mainland.

RISE IN GREAT WHITE SHARK NUMBERS TRIGGERS PANIC ON US BEACHES

A rise in great white shark sightings is causing panic on beaches on the U.S. east coast. Authorities in Cape Cod have put up warning signs and shut down beaches dozens of times in response to an increasing number of sightings. Between July and the first week of August, there have been at least 59 beach closures due to shark sightings on Cape Cod and Islands, in southeastern Massachusetts with some 42 beach closures occurring in the first week of August alone. One resident, AJ Salerno, told the Wall Street Journal, said he had considered moving after feeling compelled to ban his teenage son from surfing. "We've been bullied out of the water by the sharks," he said. Some authorities have put up warning signs on beaches, reading: "People have been seriously injured and killed by white sharks along this coastline," while a Massachusetts state researcher who tags great whites said he had his busiest July. Footage circulated online showing a 17ft great white shark swimming around a family's boat just off Cape Cod Bay. With seals being one of the great white sharks' favoured prey, their abundance attracted the ocean predators. Shark activity in Cape Cod peaks in the period between August and October. The Atlantic White Shark Conservancy says that shark attacks on people are rare.



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AUG31-SEP01
Someday Festival 2019
The Nanji Hangang Park, Seoul
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SEP04
Posmega Male Choir
SAC Concert Hall, Seoul
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SEP07
Mamas Gun Live in Seoul
MUV Hall
ticket.interpark.com



SEP09
Kamasi Washington Concert
Yes24 Live Hall
ticket.yes24.com



SEP18
Matthias Goerne & Seong-Jin Cho Duo Recital
SAC Concert Hall, Seoul
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SEP25
Shawn Mendes: The Tour
KSPO Dome
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SEP26-28
The musical - King Sejong, 1446 Yeominrak Concert
Yes24 Stage, Hall 2
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SEP27-29
Korean National Ballet - Evening Gala
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Brigade Run Fosters Esprit-De Corps

Photos by William Wight
65th Medical Brigade Public Affairs

Elements of the 65th Medical Brigade, aka "Pacific Medics," gathered in front of the Brigade Headquarters Aug. 1 on U.S. Army Garrison Humphreys for an esprit-de corps run to kick start the Brigade's Organizational Day events.



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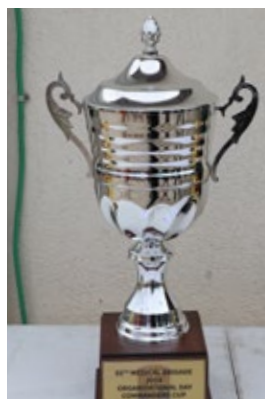
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“Pacific Medics” Enjoy a Day of Fun

Photos by William Wight
65th Medical Brigade Public Affairs



The "Pacific Medics" came together Aug. 1 for an organizational day of fun. Awards were given and a variety of sporting events to include ultimate football, corn hole, volleyball and tug-o-war were played. The 168th Multifunctional Medical Battalion "Powerhouse" took home the Commander's Trophy.



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121 CSH Cases Colors after 69 Years on Peninsula; Reflags as 549th Hospital Center

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

2019 has been a year of "historic" events for the 65th Medical Brigade. Col. Derek Cooper, the 65th Medical Brigade Commander, reflected upon this time during a reflagging ceremony July 16 at the Brian Allgood Army Community Hospital Asia Gardens on U.S. Army Garrison (USAG) Yongsan in which after more than 69 years on the Korean peninsula, the 121st Combat Support Hospital (CSH) cased its colors. The CSH was reflagged as the 549th Hospital Center (HC) as part of the U.S. Army Force Design Concept.

The change was made in accordance with a Forces Command force design update executive order made June 26, 2018. The order states that the U.S. Army "is executing Hospital Center (HC) and Forward Resuscitative and Surgical Team (FRST) force design updates to convert all combat support hospital units into five distinct hospital and hospital-related capabilities and forward surgical teams into a new deployable force that may be split into two 10-person resuscitative and surgical elements to enhance combatant commander flexibility and deliver optimal health service support to the operational force."

"The modularity and capability upgrades can and will be more relevant as the Brigade rewrites its Health Service Support Concept Operational Order," said Cooper. "This FH concept will allow us to cover our Role III care requirements across the entire peninsula, improving our abilities to support the warfighter."

The HC will have an increase in staff to provide more surgical capability and with increased modularity will have the increased capability to deploy field hospitals throughout the peninsula, while still maintaining a Core Hub of over 170 beds at USAG Humphreys.

"The 549th will be the only fully doctrinally organized hospital center in the Department of the Army," said Cooper. "We will have the staff and equipment for both subordinated field hospitals and the four other detachments. Other HC's only have a single field hospital and couple of detachments."

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

The 549th will have two FH's under their command.

The 549th Hospital Center is comprised of two Field Hospitals (FH): the 121st FH and 502nd FH, Four Medical Detachments: 129th, 125th, 150th, and 197th, and finally the 135th Forward Resuscitative Surgical Team.

The FH design is based on lessons learned from more than a decade of combat that have reinforced the Army's need to have forward-based medical capabilities that are advanced yet also agile and logistically scalable. Traditional CSHs have proven to

be too large and logistically difficult to deploy as a whole, which is why the Army has historically only deployed "slices" or sections of the CSH. The move to the FH design codifies that practice by restructuring the CSH in the way it is primarily used -- as a customizable, scalable resource.

Col. Andrew Landers, Commander of the new 549th HC and former commander of the 121st CSH, stated that the ceremony

“the 121CSH has served here in Korea since 1950 at the very outset of the Korean War. We will carry this lineage on as the 121CSH will become the 121st Field Hospital underneath the 549th."

— Col. Derek Cooper

marks the closure of one chapter and the initiation of another as the unit restructure, mandated by the Army, will make field hospitals more agile and tailorable in the long term to better support large scale ground combat operations.

"Although I am a little emotional seeing the colors of the 121CSH getting cased, I am excited with this conversion as it will make us more mobile and more scalable to support the warfighter," said Landers. "We will deter aggression thru a ready medical force sustain-

ing medically ready soldiers along with resilient families and always be ready to fight while maintaining a focus on high quality, compassionate and safe care."

Under the new structure, each element assumes the following missions:

- Hospital center: Deploys to provide mission command for up to two functioning field hospitals.
- Field hospital: Deploys to provide hospitalization and outpatient services to all classes of patients in a theater of operations.
- Medical detachment: Deploys to augment the capabilities of the field hospital with thoracic, urology, oral maxillofacial surgical capabilities, additional intensive care unit beds, outpatient services and microbiology.
- Surgical detachment: Deploys to augment the field hospital with operational dental care, one additional ICU ward, one intermediate care ward, additional microbiology capabilities and outpatient services.

• Intermediate care ward detachment: Augments the field hospital as required with three wards providing intermediate nursing care and additional personnel to support nutrition and patient administration capabilities.

Cooper concluded his remarks reminding those that the 121CSH lineage will continue on. "It's important to note the 121CSH has served here in Korea since 1950 at the very outset of the Korean War. We will carry this lineage on as the 121CSH will become the 121st Field Hospital underneath the 549th."



Humphreys Students Gain Medical & Dental Experience during Summer Program

Story and photos by Capt. Joseph Chin
Eighth Army HHBN Surgeon



"What do you want to be when you grow up?" always seemed like an unfair question to ask a teenager. Think about it, teenagers have only lived for maybe 15% of their lives and we expect them to know how to spend the next 50% of their lives at such a young age, when most of what we have learned is from the second-hand stories – whether it's from television, books, radio, or parent's friends. It is hard to truly know you want to go into healthcare without gaining some sort of first-hand experience, for which opportunities are rare given the amount of training and regulation that surrounds the highly litigated American healthcare system.

Most people who desire careers in healthcare and try to gain experience in healthcare are usually not able to get a really objective understanding until their college years – and by then, they have been telling their family and friends for years that this is what they want to be when they grow up. Some will find their experience exactly what they expected and have sought after for so long, and some will all of the sudden, feel trapped and committed to pursue something they may not have truly understood in the first place. Perhaps we can all relate to this on some level. This is why I try not to ask teenagers "what do you want to be when you grow up?" I prefer to ask what they're interests are.

I remember having such a difficult time seeking an opportunity to gain experience in high school, that I promised myself I would try to make it less difficult for my younger self when I finally got to a position where I could have some influence. So, this past summer, 10 students were invited to participate in the "Humphreys

Summer Medical and Dental Experience Program" for 3 weeks in July.

During this time, students gained real-world, one-on-one job shadowing experience with physicians, physician assistants, nurses, dentists, pharmacists, optometrists, physical therapists, and laboratory and radiology technicians.

Every day, each student was paired with a healthcare member for 4 hours where they learned about what it is like to be a member of the a healthcare team. During lunch, a guest was invited to speak about their particular career field in detail and students were given the opportunity to ask questions about specific concepts in medicine and dentistry.

"Many doctors gave us valuable advice on colleges, medical school, and residency. They taught us the benefits and drawbacks of all of the options and helped me think about the path that I wanted to pursue" said Megan Yi, a rising sophomore at Humphreys High School.

Once per week, the students were taught practical skills such as making splints for broken bones, suturing lacerations, and using an ultrasound machine.

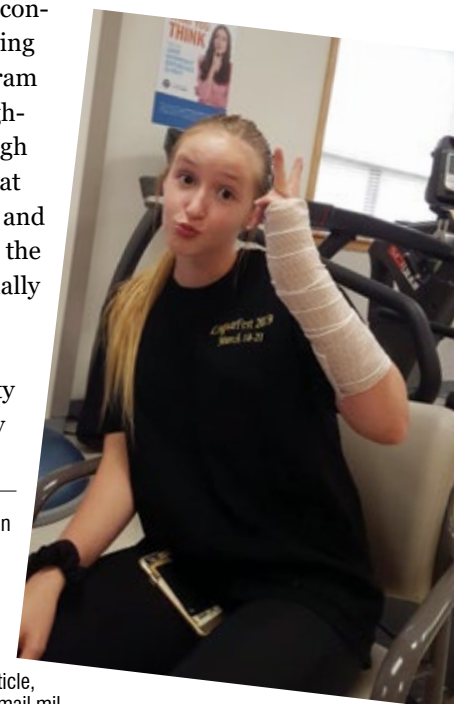
Overall, the program was a time to inform and inspire high school students at U.S. Army Garrison Humphreys. John Ku, a rising senior at Humphreys High School said, "The medical and dental experience program at Sgt. Kim 'Midtown' clinic was a very fortunate opportunity for us. It gave us further insight about this particular profession and also gave us the chance to see many different things such as dry needling, wisdom teeth extraction, cyst removal, blood withdrawal, IV fluid injection, and so much more."

Jacqueline Chun, a student who recently gradu-

ated and will be attending George Washington University in the fall, commented, "This was just an incredible 3-week experience. Thanks to Capt. Chin, we had the opportunity to be exposed to various fields of medicine, including optometry, physical therapy, family practice, pharmacy, lab, x-ray, and dental. Being able to shadow medical and dental professionals allowed us to truly experience what it's like to work as a doctor. It was a privilege to be part of this amazing program."

It was a pleasure to be able to work with teenagers who are eager to learn and be inspired, and I hope that each and every one of us continues to look for mentoring opportunities. The program hopes to continue throughout the school year through the work-study program at Humphreys High School and will likely reoccur during the summer of 2020, potentially with more opportunities within the new Brian D. Allgood Army Community Hospital and Ambulatory Care Center.

EDITORS NOTE: Capt. Joseph Chin is a Family Medicine Physician, currently serving as the Eighth Army Headquarters and Headquarters Battalion Field Surgeon, with a special interest in medical education and mentorship. For questions pertaining to this article, please e-mail joseph.h.chin@mail.mil.



U.S. and Korea Sign Acceptance Release Letters for New Humphrey's Hospital

Story by Sgt. Austin Fox
DMA AFN Pacific Bureau-Korea

Photos by William Wight
65th Medical Brigade Public Affairs Office



Col. Garrett Cottrell (left), Deputy Commanding Officer - Transformation, United States Army Corps of Engineers (USACE), Far East District (FED) and Col. Lee, Woo-Sig, Chief, Program Management Team, Ministry of National Defense U.S. Forces Korea Relocation Office (MURO), sign the Acceptance Release Letter for the new Brian D. Allgood Army Community Hospital.

The U.S. Army Garrison Humphreys Hospital and Ambulatory Care Center was officially handed over to U.S. Forces-Korea during a ceremony, July 24.

Following remarks from senior leaders involved with the construction and future administration of the new hospital facility, U.S. Army and Republic of Korea Army representatives signed acceptance and release letters.

David Fortune, deputy regional program manager with the U.S. Army Health Facility Planning Agency for the Pacific Region, said the transfer was a major milestone on the road to a state-of-the-art facility for Department of Defense personnel on the Korean peninsula.

Fortune said the South Korean government has completed their role in supervising and funding the



Brig. Thomas Tickner, U.S. Army Corps of Engineers (USACE), Pacific Ocean Division commander presents a Jefferson cup to Brig. Gen. Young Dae Yoon, Director General, Program Management Division MND USFK Base Relocation Program Office following the signing of the Acceptance Release Letter for the new Brian D. Allgood Army Community Hospital.

construction of the facility, and that the ceremony recognizes that milestone.

"It also symbolizes our willingness to accept their gift of this facility that they've done under the Yong-san Relocation Program," Fortune said.

U.S. Army Garrison Humphreys accepted the facility from the South Korean government and is set to transfer the hospital to the 65th Medical Brigade in the coming weeks. The facility, which will be known as the Brian D. Allgood Army Community Hospital and Ambulatory Care Center (BDACCH), will open for inpatient care, Nov 15 following a memorialization ceremony on Sept. 20.

The hospital will feature an emergency room, a women's infant care unit and operation rooms with robotic surgical units. These amenities and departments were formerly offered only at other bases and posts in the region.

"This facility will be complementary to an increased accompaniment rate by soldiers that are coming over here to Korea," Fortune said. "They will find the same healthcare that they would find in a similar CONUS (continental United States) base assignment."

Col. Derek Cooper, the 65th Medical Brigade commander, said that the facility will allow the medical community to enhance the quality of life for those serving in South Korea.

The expected beneficiary population of the new facility is 65,000, according to hospital administrators.

"It really is an incredible facility," Cooper said. "It brings us up to a standard and a quality matched to the level which we see in the world-class facilities that we have in the United States."



Army Wellness Centers Offer Soldiers, Families World-Class Fitness Services

By Douglas Holl
USAPHC



Are you struggling to meet Army weight standards or need to improve your run time to pass the Army Physical Fitness Test or Army Combat Fitness Test? Maybe you just signed up for the Army Ten-Miler and would like to improve your performance.

Did you know there is a world-class team of experts at an Army Wellness Center near you with access to cutting-edge technology just waiting to help? No need to hire a personal trainer, your AWC offers free services and programs to help you meet your fitness goals.

Last year, AWCs served 60,000 clients and achieved a 97 percent client satisfaction rating, according to the Army Public Health Center's

2018 Health of the Force report. Program evaluations of AWC effectiveness have shown that individuals who participate in at least one follow-up AWC assessment experience improvements in their cardiorespiratory fitness, body fat percentage, body mass index, blood pressure and perceived stress.

Making improvements in cardiorespiratory fitness and body mass index are particularly important because increased levels of cardiorespiratory fitness and decreased levels of body mass index are associated with decreased musculoskeletal injury risk.

"The types of assessments provided at an AWC are world class," said Todd Hoover, division chief for Army Wellness Center Operations, Army Public Health Center. "If a

client is interested in losing weight, AWCs provide an assessment called indirect calorimetry or simply metabolic testing. The test involves a client breathing into a mask for 15 minutes. After the test we can measure, with an extremely high accuracy, the total number of calories an individual needs to lose, gain or maintain weight. The information provided from this test is often the difference between someone reaching their goals or not."

There are currently 35 AWCs located at Army installations around the globe offering programs and services to Soldiers, family members, retirees and Department of Army civilians, said Hoover. AWCs are known for being innovative in the use of testing technology for health, wellness and physical

performance.

Hoover said the best client for an AWC is a Soldier who is not meeting APFT/ACFT performance standards. Those with low or high body mass index plus poor run times are the highest risk populations. These individuals are the majority at risk for musculoskeletal injury, which account for more than 69 percent of all cause injuries in the Army.

One of the AWC's newest pieces of gear is a portable metabolic analyzer called the Cosmed K5. This system measures how well muscles use oxygen during any type of strenuous activity. From this measurement, AWC experts can determine how efficient the body is at using oxygen to produce energy and identify the exact threshold or intensity level an individual should train at to improve performance.

"Essentially the devices provide the most accurate measurement of aerobic performance," said Hoover. "From the testing, we can precisely advise a Soldier or family member the exact training intensity for them. What this means is there is no guessing. This is an exact physiological representation of the individual's needs for a particular activity. It doesn't get better than this."

AWCs are built on a foundation of scientific evidence, best practice recommendations and standards by leading health organizations to include the American College of Sports Medicine, the U.S. Centers for Disease Control and Prevention, and U.S. Preventive Services Task Force, said Hoover. As a result, clients of AWCs receive highly individualized health and wellness services to improve overall health-related factors as well as enhanced performance through effective coaching strategies.

An article summarizing the effectiveness of the AWC program was recently submitted to the American Journal of Health Promotion, which recognized their success by selecting the article as a 2018 Editor's Pick.

"The staff academic and credentialing requirements surpass

industry standards," said Hoover. "This means that each AWC health educator has completed advanced education plus achieved national board certification in related fields for delivering health promotion programs."

AWC health educators also undergo more than 320 hours of intensive core competency training prior to seeing their first client, said Hoover. Basic health coaching requires an additional 80 hours of training.

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.

Animal Cafes and Monkey Bites Raise Awareness of Rabies

Story by Maj. Susan King, Army Public Health Nurse &
Sara Boycak, MPH student



September 28 is World Rabies Day, a global observance to increase awareness of rabies. Rabies causes approximately 59,000 deaths per year in humans. Although the deaths occur in over 150 countries, 95% of human deaths from rabies are in Africa and Asia.

Rabies is a virus transmitted from the exposure to saliva from an infected animal, either through a bite or scratch that breaks the skin. Dogs are responsible for the major-

ity of human rabies transmission, especially in children. Although dogs are responsible for the majority of cases, be aware that bats, raccoons, cats, mongoose, jackals, foxes, wolves or other mammals can also carry and transmit the rabies virus. Once symptoms develop, rabies is almost 100% fatal; therefore, prevention of exposure is crucial. Rabies is preventable by maintaining current rabies vaccination on your pets and avoiding contact with stray and unknown animals. It is essential to teach children not to play

with unidentified animals, and that they tell you if they have been bitten or scratched. If a potential exposure occurs, gather information on the animal and the owner, if possible. Immediately clean the site for at least 15 minutes with large amounts of running water, with soap and seek medical attention. The doctor will determine the level of risk and determine if post-exposure prophylaxis is needed. The post-exposure regimen may include a dose of immune globin and four doses of the rabies vaccines. The comple-



Animal cafes in Seoul

tion of the vaccines is vital to protect you from the rabies virus. If you are traveling to a country where rabies is widespread, talk to your doctor about receiving pre-exposure prophylaxis vaccination against rabies. It is essential to consult with your doctor about your risk of exposure to rabies since dog rabies vaccination programs in developing countries may not be as successful.

Monkeys are another source of rabies infection. Monkey bites or scratches are occurring at animal cafes. Animal cafes are a popular attraction in South Korea, Japan, and many other countries in Asia. A lack of regulation with animal sourcing, handling, and hygiene puts people at risk of contracting many different types of diseases. Monkey bites or scratches can transmit the Herpes B virus (also known as B virus), which causes severe brain damage or death in humans. When you visit animal cafes, monkey temples, or other similar locations, you increase your risk of getting scratched or bitten by a monkey.

To prevent rabies or other animal bite-related infections, and to keep yourself or your loved ones safe at home or while traveling, remember the following four tips. First, do not approach unfamiliar animals, even if they appear healthy or tame. Second, encourage children to report any incidences of animal scratches or bites to adults. Third, do not visit animal cafes. If you do, do not touch or play with animals to avoid scratches or bites. Last but not least, before traveling abroad, consult with your doctor to receive up to date safe travel tips and the necessary pre-travel medications if needed.

For more information, visit <https://www.cdc.gov/rabies/>, or please contact the 65th Medical Brigade Force Health Protection-Prevention Medicine Public Health Clinic at 315-737-1751.



Brian Allgood Army Community Hospital Chapel **DECOMMISSIONED** after Decades of 24/7 Spiritual Support

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



After decades of providing spiritual solace to the U.S. Army Garrison Yongsan community, the Brian Allgood Army Community Hospital Department of Pastoral Care conducted an Ecumenical Decommissioning Service of the chapel July 28 for the community as part of the hospital transition plan to U.S. Army Garrison Humphreys. The purpose of the ceremony signified the closing down of the sanctuary and as

the ministry team prepared to dismantle the room and transition services to the new Brian D. Allgood Army Community Hospital and Ambulatory Care Center at USAG Humphreys. The chapel was the last place of worship within the community and the only one on the installation that operated 24-hours a day.

"Almost every religious group within the Yongsan community got their start within this chapel," said Carl Reed, a longtime community resident and regular attendee of

over 30 years to the BAACH chapel services. "It is a family place with a long history of attendees from all nationalities and ranks from privates to generals, retirees, civilians, KATUSAs and Koreans."

In continuing the transition of the hospital, Col. Andrew Landers, commander of the BAACH, commented that the chapel has always been a blessing to families and a place for anyone to go and pray, worship, reflect or fellowship with others. Many a ceremony, town hall, community event, birth,



wedding and funeral has occurred within the chapel.

"The stained glass windows will be transferred to the new facility (Brian D. Allgood Army Community Hospital and Ambulatory Care Center)," said Landers. "It will continue to serve as a place of not only medical healing but spiritual healing."

During the decommissioning ceremony all of the sacramentals were

removed from within the chapel.

"The baptismal font, the communion table, the pulpit, this whole worship space, enable us to thankfully remember the countless services of worship and sacraments celebrated in this place, and to bring to mind the ministers and lay leaders who have led worship," said Chaplain (Maj.) Issac Opara, the BAACH chaplain.

A deconsecrating takes place

when a religious building or area is no longer going to be used and any symbols of religious significance are removed.

"All these objects of worship, including these stained glass windows will be transferred to the new facility at Humphreys," said Opara. "This space now becomes open for use as needed by the Yongsan community and not just for religious support operations."



618th Dental Company Hosts Unit's Dental SRP

Courtesy of 618th Dental Company (Area Support) Dental Activity Korea

On July 25, the 618th Dental Company (Area Support)/Dental

Activity Korea conducted a Soldier Readiness event for the 2nd Combat Aviation Brigade, 2nd Infantry Division at Carius Dental Clinic on U.S. Army Garrison Humphreys. The event was coordinated by Capt. Nathan Streiter, the 2CAB Medical Operations Officer and Capt. Michael Kim, the 618th Executive Officer. Capt. Streiter took the initiative to maintain 2CAB's high level of medical readiness and deploy ability by identifying a large number of Soldiers that would turn Dental Readiness Class 4 within the next few weeks. Five direct reporting units within 2CAB were allotted timeslots to maintain throughout within the clinic. DENTAC-K brought additional providers and assistants from the Sgt. Shin Woo Kim Dental Clinic to support the effort. A total of 96 Soldiers were treated. Thursday mornings are typically reserved for Officer's Time Training and Sergeant's Time Training for the 618th, however this special request offered an additional opportunity for the unit to train on their clinical skills.

"I am fortunate to lead a dual organization where our clinics serve as a built in training platform for our Soldiers to maintain their clinical proficiency, unlike any other dental organization in the Army," said Col. Tawanna M. McGhee, 618th Commander.



In November of 2018, the unit coordinated an SRP for the rotational National Guard Soldiers and in December of 2018, the unit deployed a forward support detachment to provide dental services during 2-2 Combat Aviation HHBN's field training exercise in the vicinity of Paju. The 618th also deploys a team monthly to support

6-52 Air Defense Artillery Soldiers stationed at Suwon Air Base. In August, the unit deployed a forward support detachment to provide services to MARFOR-K Soldiers stationed at Camp Mujuk near Pohang. The unit continuously seeks training opportunities to provide dental service support, both in the clinics and in the field.

WWW.HUMPHREYSUNITEDSPOUSES.COM

Connect



MAKE FRIENDS

The United Club is open to all SOFA spouses and civilians. It is a great way to connect with the community on Camp Humphreys.

GET INVOLVED

By volunteering at our Thrift Shop or joining our social events. You can connect with others during our monthly luncheons, at book club or on one of our bus trips.

GIVE BACK

We serve our community through scholarships, grants, and community outreach by raising money at our Thrift Shop, Bazaar, and Event Nights.

WE GO TOGETHER 2019-2020

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.

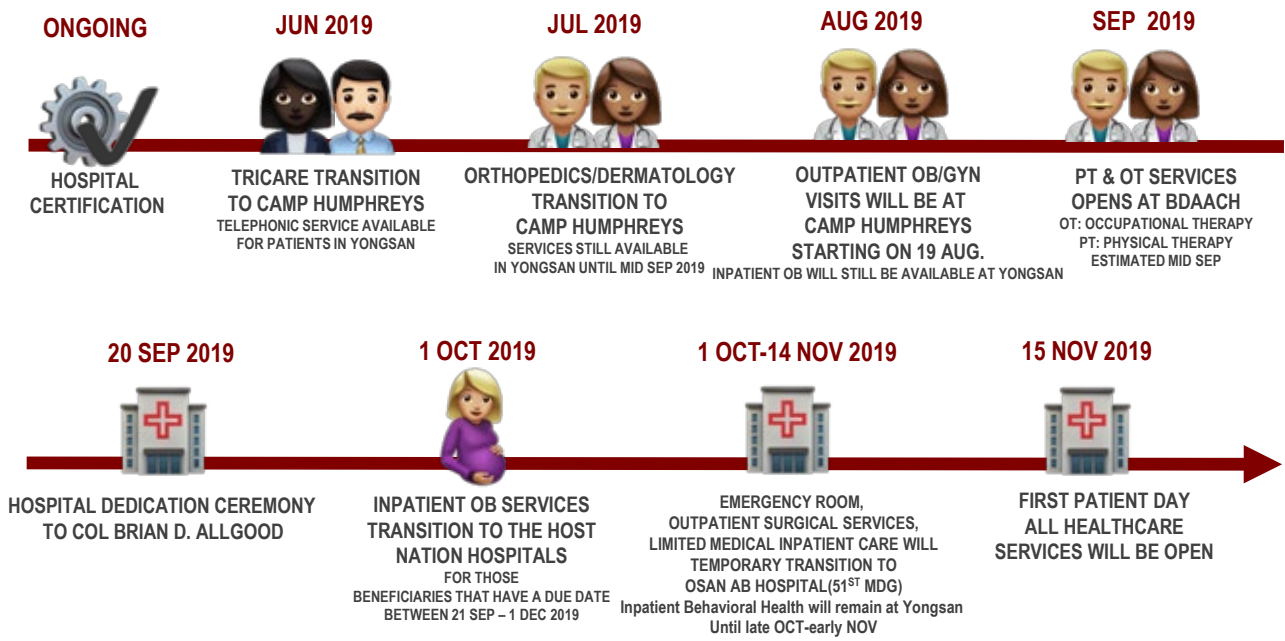
With the new facility opening this fall, here are the current list of services that will be offered:

- 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



On Sept. 20, the medical command will have a dedication ceremony for the new Brian D. Allgood Army Community Hospital and Ambulatory Care Center. Updates will also be published each month within the PULSE65 as well as the Facebook pages of the 65th Medical Brigade and the BDAACH.

BDAACH'S TENTATIVE RELOCATION TIMELINE FOR PATIENT SERVICES



BAACH staff on AFN Pen-wide Radio Show Every Thursday from 1pm to 2pm
Tune in to get some health tips and the latest information about the BDAACH
102.7FM(YONGSAN)/88.3FM(HUMPHREYS/CASEY)/88.5FM(DAEGU/OSAN/KUNSAN/CHINHAE)
or download AFN 360 APP

Patient Communication Channel

Any questions or concerns related to your patient care or the services provided at Yongsan or Humphreys can be addressed to the BAACH's Patient Advocate Office



Patient Representative
Sarah Chang



Patient Representative Assistant
Nancy Martin

☎ : (315) 737-1125/26 or 05033-37-1125/26
✉ : usarmy.yongsan.medcom-kor.mbx.patient-advocate-office@mail.mil

The Importance of a Soldier's Role in the ROK/U.S. Alliance

Editor's Note: Last month, the Command team of the 65th Medical Brigade, asked the "Pacific Medics," to write a 150 word essay on the importance of the United States and Republic of Korea Alliance.

Personal Importance of the U.S. – ROK Alliance

By Staff Sgt. Thomas Bosanko, 549th Hospital Center

Communism has brought war, famine and death to the world on several accounts. Out of the fire, an alliance that still stands the test of time was born. An alliance between two very different, but very similar countries: the United States and the Republic of Korea. Men were brought together from across the world to fight side by side to protect the basic rights and liberties of a group of people. My grandfather was one of those men.

Robert Bosanko put boots down in Korea in 1951 during the Korean War. He was a mortar man, which in today's Army is designated 11C. When I was young, he spoke of busting brush with his brothers in arms, crossing creeks, setting in and letting hell-fire rain down on his enemies. He also spoke of making bonds with the people from this foreign land.

They didn't speak the same language but they shared an understanding that what they were doing was bigger than themselves.

My mission in the foreign land is not the same as my grandfather's, but it brings me pride to serve in the same lands he fought for, to share experiences with the people he helped to protect and to walk in his boot prints. If he was alive today I'm sure we would have conversations about what is like back then compared to now, how he was a part of laying the ground work for one of the most successful countries in the world, and how I am part of keeping that alive. The U.S. - ROK Alliance not only has a history between our two countries it has a history in my family, which is something that I truly value.



▲ The top two winners, Staff Sgt. Thomas Bosanko (left) and Spec. Anthony Allen (right), received 3-day passes.

“As an ambassador, it is my role to make sure that during my daily activities that I act in a way that display respect for my country as well as our Korean partners.”
— Sgt. Lee Schiefelbein, 549th Hospital Center

“It only takes the negative actions of one service member to change the face of our purpose in Korea. We are guest in this country and respect for it and its people are what keeps us being seen as partners.”
— Sgt. Richard Balajadia, 549th Hospital Center

“We DEFINE ourselves by our EXPERIENCES and it is important to provide good experiences with the Korean people.”
— Sgt. 1st Class Daniel Wyatt, 75th Medical Company Area Support

“Every action we make sets a lasting impression on the Korean people we work side by side with every day. Everyone should constantly re-assess their behavior and ensure they are representing the Army core values.”
— Pvt. 1st Class Brandon Shranko, 106th Veterinary Detachment

“Each and every one of us, whether we know it or not share our coulter, ideals, beliefs to the people around us.”
— Spec. Beauford Gomos, Headquarters, Headquarters Company 65th Medical Brigade

“The decisions we make are a direct reflection of who and what we represent.”
— Chief Warrant Officer 3 Mario Lopez, 106th Veterinary Detachment

My Role as a United States Ambassador

By Spec. Anthony Allen

Headquarters, Headquarters Company 65th Medical Brigade

As a U.S. Army Soldier, I am obligated to be honorable and professional regardless of where I am. My professionalism is even more important while I'm in a foreign country such as the Republic of Korea. Not only do I have the title of U.S. soldier, but I'm also an ambassador providing support to the U.S. – ROK alliance.

My role as an ambassador means my actions will have an impact on the partnership, whether it be good or bad. If I face prosecution for a crime on a Korean citizen the event would be an international issue that would weaken U.S. ties to the Republic

of Korea. Also, a continued alliance with the U.S. would discredit what ROK values in a partnership. The United States being a nation with vast amounts of influence, could easily be detrimental to the Republic of Korea's safety and development; all because of my one crime.

To ensure the U.S. and ROK continue a treaty of mutual defense and trade, I need to fulfill my duty as an American soldier who is sworn to protect the U.S. and its allies from all enemies; as well an ambassador who is providing support and foundation for our alliance with the Republic of Korea.

“Strengthening the alliance and maintain that strength relies heavily on the force of human interaction on its most basic level. This responsibility is put on soldiers every day, in and out of uniform, through the choices we make on a daily basis and through the ways we choose to conduct ourselves, on and off the installation.”
— Spec. Michele Mahoney, 95th Medical Blood Supply Company

“As service members residing in Korea, we have an extra duty to fulfill besides completing our overseas military assignment: It is to become cultural ambassadors and play our own role in strengthening the friendship and alliance between the U.S. and the ROK.”
— Pvt. 1st Class Hee Eun Cheon, 568th Medical Company Ground Ambulance

“The U.S. – ROK alliance is a great one in that everyone needs to remember every time they leave the installation.”
— Pvt. 1st Class Kiel Cleveland

“My role as a KATUSA becomes the column of the alliance between the U.S. and Korea and it is fundamentally significant.”
— Cpl. Ju Young Koo, Headquarters, Headquarters Detachment, 168th Multifunctional Medical Brigade

FEDVIP Provides Vision Coverage to Tricare Beneficiaries

Courtesy of TRICARE Communications

Routine eye exams can help keep your vision strong. The National Eye Institute reports that a comprehensive eye exam can identify common vision problems and prevent diseases that may lead to vision loss or blindness. TRICARE health plans may include an eye exam or other services to diagnose and treat eye conditions. Your eye exam coverage is different based on who you are, your health plan option, and your age.

If you need more robust coverage, including glasses, you may also qualify to purchase vision coverage through the Federal Employees Dental and Vision Insurance Program (FEDVIP).

What is FEDVIP vision?

FEDVIP is a voluntary program that offers eligible TRICARE beneficiaries a choice among a number of vision and dental carriers. It's administered by the U.S. Office of Personnel Management. The FEDVIP vision plans provide comprehensive vision coverage. Most include routine eye exams, vision correction, glasses, and more.

Who can enroll in a FEDVIP vision plan?

Retirees, retiree family members, and active duty family members who are enrolled in a TRICARE health plan may qualify to purchase FEDVIP vision coverage.



Routine eye exams can help keep your vision strong. The National Eye Institute reports that a comprehensive eye exam can identify common vision problems and prevent diseases that may lead to vision loss or blindness. TRICARE health plans may include an eye exam or other services to diagnose and treat eye conditions. Your eye exam coverage is different based on who you are, your health plan option, and your age. If you need more robust coverage, including glasses, you may also qualify to purchase vision coverage through the Federal Employees Dental and Vision Insurance Program (FEDVIP).

When can you enroll in FEDVIP?

You may enroll during the annual Federal Benefits Open Season. This period is your annual opportunity to enroll in, change, or cancel a FEDVIP plan. This year, open season is from Nov. 11 to Dec. 9, 2019. If you enroll during this time, your FEDVIP coverage will be effective on Jan. 1, 2020. You may also enroll after you've experienced a FEDVIP qualifying life event (QLE).

Remember, FEDVIP QLEs may be different from the TRICARE QLEs. You may check your eligi-

bility, enroll, and manage your FEDVIP vision benefit online.

According to the Centers for Disease Control and Prevention, only half of the estimated 61 million U.S. adults at high risk for vision loss visited an eye doctor in the last 12 months. Regular vision screenings can help prevent certain vision loss. Take command of your eye health by staying informed about your available vision coverage options.

Learn more about TRICARE vision coverage. For more information about FEDVIP vision, go to the FEDVIP website at <https://www.benefeds.com>.

Starting in 2019, eligible beneficiaries can enroll in vision insurance through the
FEDERAL EMPLOYEES DENTAL AND VISION INSURANCE PROGRAM (FEDVIP).



PLANS MAY INCLUDE:

- ✓ Routine Eye Exams
- ✓ Glasses and/or
- ✓ Contact Lenses



**NOV. 11 THROUGH
DEC. 9, 2019**
OPEN SEASON

FEDVIP offers a range of plans from **four vision** carriers that vary in coverage and cost — pick a plan that's right for your family! If you want to enroll in a FEDVIP vision plan, you need to take action during open season, which runs from **Nov. 11 through Dec. 9, 2019**.

To learn more about FEDVIP, and how to enroll during open season, visit:

www.TRICARE.mil/vision

I AM...	WHAT IT MEANS...
 Active Duty Service Member	You do not qualify to purchase a FEDVIP vision plan. You will continue to get care as you do now.
 Active Duty Family Member enrolled in TRICARE Prime® or TRICARE Select®	You qualify to purchase a FEDVIP vision plan. Visit www.TRICARE.mil/vision to learn more about FEDVIP vision, and how to enroll during open season.
 Retiree and retiree family member eligible for or enrolled in TRICARE Prime® or TRICARE Select®	You qualify to purchase a FEDVIP vision plan. Visit www.TRICARE.mil/vision to learn more about FEDVIP vision, and how to enroll during open season.
 TRICARE For Life beneficiaries with Medicare Parts A and B	You qualify to purchase a FEDVIP vision plan. Visit www.TRICARE.mil/vision to learn more about FEDVIP vision, and how to enroll during open season.
 TRICARE Guard/Reserve Select enrollee and family member TRICARE Retired Guard/Reserve enrollee or family member	You qualify to purchase a FEDVIP vision plan. Visit www.TRICARE.mil/vision to learn more about FEDVIP vision, and how to enroll during open season.



Routine eye exams can detect eye disease and other general health problems.
FOCUS ON BETTER EYE HEALTH FOR YOUR FAMILY, LEARN MORE ABOUT FEDVIP VISION.

Influenza Season Begins; What is the Flu?

Courtesy of Capt. Molly Bried
Area IV Public Health Nurse

The flu is a contagious respiratory illness caused by the influenza virus that affects the nose, throat, and

lungs. It can cause mild to severe illness and can even lead to death. "Flu season" is when the flu viruses circulate at higher levels, and in the United States it can begin as early as October and last until as late as May.

Signs and Symptoms may include the following and usually present 1 to 4 days after exposure, and may last 1-2 weeks.

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting and diarrhea (more common in children than adults)

The flu spreads mainly by droplets made when people cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching a surface that has the flu virus on it and then touching their own mouth, eyes, or nose.

The best way to prevent the flu is by getting the flu vaccine each year. The vaccine works by causing antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The sea-



sonal flu vaccine protects against the influenza viruses that research indicates will be the most common during the upcoming season. Per the CDC Advisory Committee on Immunization Practices, everyone six months of age and older should get the flu vaccine with a few exceptions (ie: people with severe allergies to the flu vaccine or any of its ingredients and children younger than six months). Those with an egg allergy, who have ever had Guillain-Barre Syndrome, or are feeling ill should consult with their doctor prior to getting the vaccination.

While a flu vaccine cannot give you flu illness, there are different side effects that may be associated with getting a flu shot or a nasal

spray flu vaccine. These side effects are mild and short-lasting, especially when compared to symptoms of bad case of flu.

The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that may occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

If you would like to find more information on the flu, it can be found at cdc.gov.

EDITORS NOTE: Once the community wide dates are established next month, the editorial staff will publish them to the community at large.

PREPARE FOR

BACK
TO
SCHOOL



Resources to help parents prepare their
kids for optimal performance



Focus on Improving Student Performance

- PUSLE 65 Editorial Staff -

Being a ready and resilient family takes a lot of effort. One way to make this happen is by getting parents and children engaged on the importance of sleep, activity and nutrition. This month, Performance Triad kicks things off within the PULSE65 with a Special Back to School Campaign focusing on getting the entire family involved. Over the next few pages, you will find fact sheets highlighting each of these areas.

In the area of sleep, school-aged children need more than adults. It is important to create a conducive environment to sleep by turning off the TV, end computer games and social media and all physical activity at least an hour before sleep.

As the day progresses, children sit way too much and a sedentary behavioral lifestyle can lead to weight problems hindering school performance. Getting regular exercise activates and stimulates children's brains resulting in helping them to focus in school. Take children to the playground, walk the family dog and have recreation time as a family.

Many parents including mine, often said as I was growing up and I even said it to my own children, Breakfast is the most importance meal of the day, especially for children heading out to school.

It boosts energy levels, improves performance and helps with learning. eat breakfast together and other family meals helps promote and social development.

The fact sheets include a tip, however, the best thing parents should monitor their activity and nutrition, not just but be the role model.

cognitive performance. Families should eat meals too. Having good nutrition habits

wealth of information to remember is that children's sleep, tell them what to do,

Back To School FACT SHEETS



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION.
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)



Performance Triad Fact Sheet

Get the Facts!

Learn How Sleep, Activity, and Nutrition Can Positively Influence Your Child's School Performance

Academic Performance

- It feels good to do well in school. Did you know that children who are more active score better on tests and get better grades? Help your children choose some fun activities and have them choose an activity where they have to be active for at least 60 minutes every day! This equals about 11,000 to 13,000 steps a day and also can improve their grades!
- Did you know that children who get the right amount of sleep for their age, tend to do better academically. Their moods, balance and coordination are generally better and they think more clearly and remember things better too!
- Providing your children with good nutrition supports their ability to think and learn. The USDA's "MyPlate" is a great resource to easily understand how to achieve this goal.

Physical Health and Performance

- Developing an active lifestyle when we are young has lifelong benefits. We know children who are active from a very early age have lower rates of injury, better bone health, and are less likely to become overweight or obese as adults.
- Putting your children to bed at night so they get enough sleep benefits everyone! You get a little more time to yourself and they get more sleep and positive benefits to their mental, emotional,

and physical growth and development. We know sleep-deprived children are at higher risk for being overweight or obese. Not convinced? Without enough sleep, it is harder for children to produce enough of the hormones they need to promote normal growth and it takes longer for those cuts and bruises to heal!

- A well-balanced diet reduces a child's risk of being overweight or obese. It strengthens their muscles and bones, and it improves their overall energy levels.

Behavior

- We can all move more throughout the day! Encourage your child to get 60 minutes or more of play and activity during the day. This reduces stress and anxiety in children. Children who are well rested are just more fun to be around! They tend to cooperate more, have better control over their emotions and are typically more motivated throughout the day. Sleep contributes to their ability to pay attention more and therefore they are able to do better in school.
- Take the time to help kick-start your child's day with a healthy breakfast. A good breakfast can improve their mood and attitude and help them to stay focused in class longer.



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION.
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)



Setting Your Child Up for Success

Your Child's Brain is Developing – Fast!

Stimulate it!

Children ages 6-17 should have 60 minutes of activity per day for good health

The majority of 50 studies reviewed showed that active students had better academic performance.



U.S. Department of Health and Human Services Centers for Disease Control www.cdc.gov/HealthyYouth Revised Version — July 2010

American Heart Association's Recommendations for Physical Activity <http://bit.ly/1jLScPG>

Kids.Gov Exercise and Nutrition – For Parents <http://kids.usa.gov/parents/exercise-fitness-nutrition/index.shtml>

Let's Move!

www.letsmove.gov

We Can! (Ways to Enhance Children's Activity and Nutrition) <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Protect it!

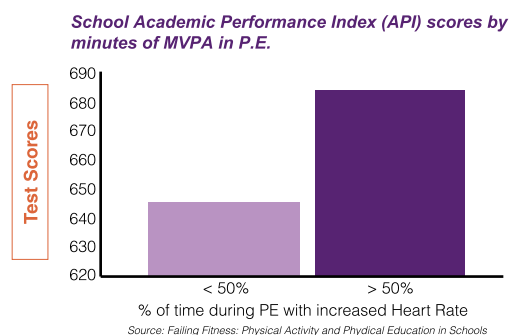
Concussion education may make all the difference for your child

Defense and Veterans Brain Injury Center <http://dvbic.dcoe.mil/>

American Academy of Pediatrics: Sports-related Injuries: bit.ly/1oYG3V

In a California study involving over 800,000 5th, 7th and 9th graders — **higher math and reading scores** were associated with higher levels of **fitness**.

Journal of Exercise Physiology
Feb 2005



Bikes, Balls in Class: Transformed One School

NAPERVILLE, Ill., April 14, 2010 By DAVID WRIGHT and HANNA SIEGEL



"What we're trying to do here is jump start their brain," says the chairman of the Physical Education Department at Naperville.

Naperville Central High School in Illinois illustrated the power of exercise to boost school performance. Students who participated in a dynamic morning **exercise** program nearly **doubled their reading scores** and math scores significantly increased.

How can concussions be prevented?

1. Children should always wear helmets during any riding activities and contact sports. Make sure the helmets fit and are in good condition.
2. Practice safe playing techniques during sports and every day physical activity.
3. Talk to your children about concussions. Communicate how important it is to let their coach or you know if they have hit their head and are experiencing symptoms of a concussion.



ADA American Dental Association®

A properly fitted mouthguard, or mouth protector, is an important piece of athletic gear that can protect your teeth and smile. You may have seen them used in contact sports, such as field hockey, football, boxing, ice hockey, lacrosse, and soccer.

The Importance of Using Mouthguards- American Dental Association: <http://bit.ly/ADA-Mouthguard>

Defense and Veterans Brain Injury Center <http://dvbic.dcoe.mil/>

American Academy of Pediatrics: Sports-related Injuries: <http://bit.ly/1oYG3V>

Setting Your Child Up for Success – their brain is developing fast!

Rest it!

Children need sleep

Age (years)	Sleep (hours)
3-5	10-13 hr
6-13	9-11 hr
14-17	8-10 hr



In a recent study, researchers found well-rested teenagers tend to make more healthful food choices than their sleep-deprived peers. Teens who lack adequate sleep not only eat more junk food but also eat less healthy foods. Teens who slept less than 7 hours per night were more likely to eat fast food two or more times per week and eat less fruits and vegetables. <http://bit.ly/Vfrjrm>

Sleep for Kids, Teaching Kids the Importance of Sleep <http://www.sleepforkids.org/>

National Sleep Foundation www.sleepfoundation.org

Children's Storybook Apps from the American Academy of Sleep Medicine <http://www.aasmnet.org/childrensapp.aspx>

Feed it!

Demand healthy foods for your child

Lack of adequate consumption of specific foods, such as fruits, vegetables, or dairy products, is associated with lower grades among students.

Journal of Nutrition and Metabolism

Student participation in the United States Department of Agriculture (USDA) School Breakfast Program (SBP) is associated with increased academic grades and standardized test scores, reduced absenteeism, and improved cognitive performance (e.g., memory).

Kleinman RE, Hall S, Green H, Korzec-Ramirez D, Patton K, Pagano ME, Murphy JM. Diet, breakfast, and academic performance in children. *Annals of Nutrition & . 2002;46(suppl 1):24-30.*

Oral Health in America: A Report of the Surgeon General

*Dental caries (tooth decay) is the single most common chronic childhood disease-5 times more common than asthma and 7 times more common than hay fever.

*The social impact of oral diseases in children is substantial. More than 51 million school hours are lost each year to dental-related illness.

*Pain and suffering due to untreated diseases can lead to problems in eating, speaking, and attending to learning. <http://www.nidcr.nih.gov/DataStatistics/SurgeonGeneral/sgr/welcome.htm>



WHERE TO START:

Dietary Guidelines for Americans and MyPlate <http://www.choosemyplate.gov>

Fruits and Veggies, More Matters <http://www.fruitsandveggiesmorematters.org/>

Academy of Nutrition and Dietetics, Children's Health, Eat Right at School <http://www.eatright.org/Public/>

Kids Eat Right <http://www.eatright.org/kids>



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION.
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)





SLEEP: Essential for your Child's Health, Performance and Well-Being

1. FACT: The amount and quality of sleep children get on a regular basis can improve their school performance and relationships with others. Studies have shown that students with better grades had more hours of sleep than those with lower grades.

2. FACT: A consistent bed time routine helps children and their parents get more sleep.

3. FACT: Children, who engage in physical activity throughout the day, are better sleepers. They tend to fall asleep faster and toss-and-turn less throughout the night.

4. FACT: Create great sleep environments that will improve the quality of sleep your child receives. The National Sleep Foundation found that when parents create sleep-friendly environments, that are dark, cool, and quiet, the children slept better.

Good Sleep Habits

- Maintain a regular sleep schedule with a consistent bed and wake-up time, including weekends.
- Avoid watching TV or using electronics within an hour of bedtime. Better yet, remove electronics from sleep areas. The blue light from electronic may make it more difficult to fall asleep and interfere with sleep quality.
- Create a relaxing wind-down routine to cue sleepiness, such as reading a book, praying or talking with each other.
- Engage in regular physical activity each day, such as brisk walking or a bike ride.
- Avoid heavy meals two to three hours before bed.
- No caffeine intake 6 hours before bed.

Make Sleep a Priority in Your Child's Day!

- Create a good sleep environment for your child. Make sure their room is quiet, cool, and dark.
- Remove distractions or items that will reduce their ability to fall asleep.
- Develop good sleep habits not just for your child but for the whole family.



Category	Age	Hours of Sleep
Newborns	0-3 months	14-17
Infants	4-11 months	12-15
Toddlers	1-2 years	11-14
Preschoolers	3-5 years	10-13
School Aged	6-13 years	9-11
Teenagers	14-17 years	8-10
Young Adults	18 -25 years	7-9
Adults	26 -64 years	7-9
Older Adults	65+	7-8



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Help Keep Your Child Healthy Through Exercise And Physical Activity!

FACT: Your Child Needs Regular Activity to be Healthy!

Did you know that children ages 6-17 should have 60 minutes per day of activity for good health? This can be from organized sports, unorganized play, family exercise and activities, or any combination of those! Boys should have approximately 13,000 steps per day and girls should have about 11,000 steps per day of activity.

FACT: Weight Training is Safe and Healthy for your Child

Parents often ask, "should my child do resistance or strength training?" Yes! Strength or resistance training can be introduced when a child is ready for sports activities (usually around age 7 or 8) and should be performed 2 or 3 times a week to increase strength and contribute to fitness. Weights should be light and progressed slowly to avoid injuries. Both the American College of Sports Medicine (<http://bit.ly/1nCTBaO>) and the National Strength and Conditioning Association (<http://bit.ly/W6LXey>) recommend resistance training as being safe for children and adolescents.

FACT: Exercise and Activity Improve Academic Performance and Reduce Stress

Did you know that physical activity and exercise can reduce symptoms of depression and anxiety in children, as well as improve academic performance? Physical exercise and activity has a positive effect on the brain's health and function as well as the body's fitness.

FACT: Exercise Should Be a Part of Weight Management for Your Child

Activity and exercise will definitely be helpful in maintaining a healthy weight for children and for helping overweight children lose weight. It's important to remember that it takes more than exercise to maintain a healthy weight, and changes in diet and eating habits are the most important thing you can do for healthy body weight. Ask your healthcare provider if you are concerned about your child's weight.

How Can I Help My Child be More Active?

- Reduce screen time (TV, computer, video games, and phones).
- Take a family walk after dinner.
- Play at the park or go for a family bike ride or hike.
- Explore opportunities to learn a new activity (such as martial arts, dance, or yoga).
- Volunteer for your child's sports team or physical activity event.
- Invite them to take part in your physical activity.

Where Can I Find Out More?

- The First Lady's 'Let's Move' campaign: <http://www.letsmove.gov/>
- Youth Physical Activity Guidelines Resources at the Centers for Disease Control and Prevention: <http://1.usa.gov/UaKnqL>



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Using Insect Repellents on Children

FACT SHEET 18-044-0618

Applying insect repellents helps protect children from insect bites, particularly bites from mosquitoes and ticks. While parents want to protect their children from insect bites and insect-borne diseases, they often have questions about how to use insect repellents safely and properly. This fact sheet addresses common questions about using insect repellents on children and provides references for additional reading.

Why should I use insect repellent on my child?

Insects, especially mosquitoes and biting flies, leave itchy, uncomfortable bites and can potentially transmit diseases like West Nile virus, dengue, chikungunya, and Zika virus. Not only are children exposed to biting insects more often than adults, children are also more susceptible to insect-borne diseases because their immune systems are not fully developed. Insect repellents help protect children from mosquito, tick, flea, and chigger bites when properly applied to skin.

How do I know if a repellent is safe and effective to use on my child?

Parents should always select insect repellents registered by the U.S. Environmental Protection Agency (EPA), which have been tested for both safety and efficacy when used as directed. These products can be identified by an EPA registration number, which is found at the bottom of the printed label on the repellent can/bottle. Although EPA-registered insect repellents can be safely used on children, there are age restrictions for very young children. According to the Centers for Disease Control and Prevention (CDC), you should not use insect repellent on babies younger than 2 months of age. Additionally, do not use products containing Oil of Lemon Eucalyptus (OLE) or Para-menthane-diol (PMD) on children younger than 3 years old.

How do I safely apply insect repellent to my child?

Always follow the directions for use and any precautions stated on the product label. As an example, an EPA approved insect repellent label states: **DIRECTIONS FOR USE.** It is a violation of Federal Law to use this product in a manner inconsistent with its labeling.

- Hold 4 to 6 inches from skin while spraying. Keeping nozzle pointed away from face. Slightly moisten skin with a slow sweeping motion.
- Excessive amounts or frequent application is unnecessary.
- Do not exceed two application per day.
- Apply on face by first spraying small amounts in palms of hands and spreading on face and neck, avoiding your eyes.
- Do not apply to hands of small children.
- When using on children, apply to your hands and then apply it to the child's hands. To apply to a child's face and neck, spray the product into your hands and apply to the child. Take care to avoid mouth and eyes and apply sparingly around ears. Do not allow children to handle the products.
- Do not spray directly to face.
- Avoid contact with lips, cuts, wounds, or irritated skin.
- Do not apply under clothing.

Never allow children to handle or apply repellents themselves. Apply just enough insect repellent to cover exposed skin. Applying extra repellent will not give any better or longer-lasting protection. Do not apply repellent to children's hands because children may put their hands in their mouth or touch their eyes. Avoid spraying insect repellent in enclosed areas or near food, and avoid breathing in the spray during application. Wash insect repellent off skin and clothing when it is no

longer needed. Also, do not use products that combine DEET with sunscreen. The DEET may make the sun protection factor (SPF) less effective. These two-in-one products can overexpose your child to DEET because the sunscreen needs to be reapplied more often than the DEET does.

Which EPA-registered insect repellents are best for exposed skin?

Scientific studies have shown that the most effective EPA-registered insect repellents for skin application contain the active ingredients DEET (N,N-diethyl-m-toluamide), Picaridin, IR3535, OLE or PMD. Products containing these active ingredients provide long-lasting protection from biting insects and are recommended by the CDC and EPA.

Are DEET and picaridin safe for children?

The American Academy of Pediatrics (AAP) states that DEET-based repellents (at concentrations of 30% or lower) are safe to use on children. The AAP has not yet issued a specific recommendation or opinion regarding the use of picaridin on children.

Can I use insect repellents if my child has hypersensitive skin?

As with most substances, a small number of children may be exceptionally sensitive to a particular repellent. This sensitivity usually causes a skin reaction such as a rash or a hot sensation. If this happens, stop using the repellent immediately, wash the affected area with soap and water, and contact your healthcare provider for more guidance. If you go to a doctor, it is helpful to take the repellent or a copy of the repellent label with you.

Is it safe to use permethrin on children's clothing?

Yes, permethrin is safe for use on children's clothing. Permethrin has been used since the 1990s as a clothing insect repellent and has an excellent safety record. In 2009, the EPA specifically studied the safety of permethrin clothing worn by teens, children, and toddlers; the EPA found that the permethrin-treated clothing met all the safety standards set for children. Five percent (5%) permethrin is also licensed by the U.S. Food and Drug Administration for use on children in lice shampoos and scabies skin treatments. Note: Permethrin-containing products other than lice and scabies treatments should not be applied to skin.

How else can children and adults protect themselves from insect bites?

In addition to using repellent, children can also prevent insect bites by wearing long pants and long-sleeved shirts while outdoors. In tick habitats, tuck pant cuffs into socks and shirt into pants to prevent ticks from crawling underneath clothing. Use a broad-brimmed hat to prevent sunburn and keep insects away from your child's face. Protect infants and toddlers by placing mosquito netting over strollers and car seats. Check children carefully for ticks at the end of the day and remove attached ticks immediately. Reduce mosquitoes around your home by getting rid of standing water in containers and toys to prevent mosquitoes from breeding. Check doors and window screens for holes and repair the screens to prevent mosquitoes from getting inside homes. Reduce tick populations by regularly mowing the lawn, getting rid of hiding or living spaces for mice and other animals, and properly disposing of food and garbage in trash cans with tight-fitting lids.

How do I safely store insect repellents?

When not using insect repellents, store them in a cool, dry place out of the reach of children, preferably in a locked cabinet.

Where can I get more information about using insect repellents on children?

American Academy of Pediatrics: <https://healthychildren.org/English/safety-prevention/at-play/Pages/Insect-Repellents.aspx>
U.S. Centers for Disease Control and Prevention: <https://wwwnc.cdc.gov/travel/page/avoid-bug-bites>
U.S. Environmental Protection Agency: <https://www.epa.gov/insect-repellents/find-repellent-right-you>

Army Public Health Center, Entomological Sciences Program
Building 5158, 8252 Blackhawk Road, APG, MD 21010-5403
COM 410-436-3613 / DSN 312-584-3613 / Website: <http://phc.amedd.army.mil>
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Concussion: Protect, Recognize and Treat

What is a Concussion?

A concussion is also known as a mild traumatic brain injury and is caused by a blow or jolt to the head that temporarily interrupts brain function.

When do Concussions Occur?

Collision and contact sports such as football, hockey, soccer, basketball, lacrosse, and wrestling are the sports with the highest risk for concussions. But concussions can also occur on the playground or during everyday mishaps such as a child falling and hitting their head on the floor.

What if I Suspect my Child has a Concussion?

If you think your child has a concussion:

1. Remove them from the activity or the game
2. Quickly get them checked out by a medical provider
3. Help them take time to recovery

Concussion Signs Observed

- Can't recall events prior to or after a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

Concussion Symptoms Reported

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".

Most concussions occur without a loss of consciousness or blacking out



http://www.cdc.gov/headsup/basics/concussion_symptoms.html



How Can I Help my Child Recover from a Concussion?

The brain needs time to heal following a concussion. If your child has been diagnosed with a concussion, here are some general treatments recommended for children of all ages.

1. Brain Rest

Limiting activities that require thinking is just as critical as physical rest while your child is recovering from a concussion. This may mean a temporary absence from school, reduction of assignments and reducing the amount of time your child plays video games or uses other electronics.

2. Physical Rest

Generally, physical activities should be limited until a healthcare provider determines your child can resume their normal activities. This includes sports, physical education/gym class, and other recreational activities. Work with your child's healthcare provider to gradually have your child resume their normal activities.

Prevention

There are many ways to reduce the chances of our young people sustaining a concussion, such as ensuring they are buckled up every time they ride in a vehicle, making sure they wear a properly fitted helmet when riding a bike or skateboard, while skiing or snowboarding or playing sports such as football or while batting and running bases in baseball and softball.

Talk with your child about Concussion

Learn more about concussions with your child. Talk about ways to prevent concussions and about recovering from a concussion if your child has been diagnosed with one.

For more information, please visit:
<http://www.cdc.gov/headsup/index.html>



Back to School and Sport

With proper rest and treatment, most kids can get back to school and sports in a short period of time.

However, each concussion is different and each child responds differently to treatment. If there are any concerns about the recovery period, please talk to your healthcare provider!



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Protect your Child's Mouth during Physical Activity!

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

**KEEP
ACTIVE**

**KEEP
SMILING
WEAR A MOUTH GUARD!**



Help your child protect their teeth during physical activities

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

The Best Mouth Guards

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

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

Mouth Guard Care is Simple

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

**This Could Have
Been Prevented.**



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

**DID YOU
KNOW**

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



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**ARMY
FAMILY**
IS AN UNSTOPPABLE FORCE



Vaccines aren't forever... make sure your child is **STILL** protected

- Protection from childhood vaccines wears off over time
- Older kids need vaccination against additional diseases such as meningococcal disease and human papillomavirus

Preteen and teenage boys and girls (ages 11-18) need these vaccines:

- Tetanus, Diphtheria and Pertussis (Tdap) booster at age 11 or 12
- Meningococcal disease (MCV4) vaccine at age 11 or 12 with a booster at age 16
- Human papillomavirus (HPV) vaccine series (three shots over six months) starting at age 11 or 12
- Influenza vaccine every year

Get the vaccines:

- when your child starts middle school or
- at yearly health checkups or
- during sports/school/camp physicals.

During office visits, be sure to ask your healthcare provider if there are any vaccines your child needs.



<http://phc.amedd.army.mil> 1-800-222-9698
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Improve Your Child's Health Through Good Nutrition!

FACT: Nutrition is directly linked to school performance. Studies have shown that kids who eat a well-balanced breakfast AND lunch do better in school. Kids who eat breakfast have more energy throughout the day, have improved concentration, get better grades, and maintain a healthy weight.

FACT: Eating regular meals helps to maintain and sustain physical and mental energy and assists with good behavior throughout the day to help kids do well in school.

FACT: Choosing healthier beverage choices, such as low-fat milk or water instead of sugary drinks, are associated with better child/adolescent health. Medical studies continue to show that sweetened drinks (with real or artificial sweeteners) can lead to overweight/obesity and other medical conditions. Bring a water bottle to school and fill it up for the day.

FACT: Remember food is fuel for your child's performance! If your child plays sports or is physically active, plan their day with healthy meals and snacks to fuel their mental and physical performance.

WHERE TO START:

Dietary Guidelines for Americans and MyPlate (<http://www.choosemyplate.gov>)

The Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and lean protein.
- Lean protein can be: poultry, fish, beans, eggs, and nuts.

- Select calcium rich foods such as milk, yogurt, or soy milk.
- Select foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

MyPlate helps individuals use the Dietary Guidelines to:

- Make smart choices from every food group.
- Find balance between food and physical activity.
- Get the most nutrition out of calories.
- Stay within daily calorie needs.

***The Dietary Guidelines and MyPlate recommendations are appropriate for the general public over 2 years of age.*

BECOME A MYPLATE CHAMPION FAMILY!

Pledging to be a MyPlate Champion family is a promise to eat healthy and be active every day. Here are some ideas for kids eating at school:

- Eat more fruits and veggies. Make half your plate fruits and vegetables every day!
- Try whole grains. Look for oatmeal, whole-wheat breads, or brown rice at meals.
- Re-think your drink. Drink fat-free or low-fat milk or water instead of sugary drinks. Limit fruit juice and go for whole fruit instead.
- Focus on lean protein. Choose protein foods like beans, fish, lean meats, and nuts.
- Slow down on sweets. Eat sweets, like cakes or cookies, once in a while and in small amounts.
- Be active your way. Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.



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Sports and recreational activities are great ways for children to learn valuable life lessons, make new friends, and remain physically active and fit. However, participating in sports and recreational activities also increases a child's risk for injury. Because children are less coordinated and have slower reaction times than adults, the potential for and severity of injury actually increases as children grow older and bigger.

According to the National SAFE KIDS campaign sponsored by the Children's National Medical Center and Johnson & Johnson, more than 3.5 million children experience sports and recreation-related injuries each year in the U.S. One out of every five children participating in sports is injured, with one-fourth of these injuries considered serious. Approximately 715,000 sports, recreation, and exercise (SRE) injuries occur each year in school settings alone. Forty percent of all SRE-related emergency visits are experienced by children who are younger than 15. Approximately 40 percent of all traumatic brain injuries in children are the result of sports or recreational activities. Visit this website for more information: <http://www.safekids.org/>



It is estimated by the CDC that half of the sports injuries that occur in children are preventable. While effective interventions like helmets, break-away bases, and impact reducing playground surfacing are available, they frequently are not used. Some simple guidelines to help prevent sports and recreation-related injuries in children are as follows:

(1) Make sure children wear equipment that is carefully fitted and appropriate for the specific sport.

Ask your child's coach about appropriate helmets, mouth guards, and padding. Also, make sure that all safety equipment is used and maintained properly.

(2) Check playing fields for holes, ruts, rocks, and debris. Carefully inspect the playground where your child plays.

(3) Prepare children with warm-ups and training sessions before participating in any sport.

(4) Make sure qualified adults supervise all sports or activities. The team coach should have training in first aid and cardiopulmonary resuscitation. All rules and requirements for safety equipment should be enforced at all times, including during practices. Also, the coach should have a way to reach a parent or responsible adult quickly if needed. Ideally, the coach should hold a meeting for parents early in the season to discuss emergency plans for injuries.

(5) Parents should talk to their child's doctor and ask them to perform the full pre-participation evaluation, updated and recommended by the American Academy of Pediatrics.

In 1993, the National Youth Sports Safety Foundation (NYSSF) proclaimed April as National Youth Sports Safety Month to promote safety in sports participation. More than 62 national medical and sports organizations support this monthly recognition. The NYSSF increases public awareness by establishing and promoting the highest standards of prevention, education, and outreach initiatives in youth sports safety.

Participation in sports and recreation activities can be a positive, life enhancing experience for children. However, participating in sports and recreation activities can also result in serious injuries that can be life changing. Fortunately, most injuries can be prevented. Ultimately, it is every parent's responsibility to remain actively involved in their child's sports and recreation activities and know the simple guidelines to follow to prevent injury.

Health Promotion and Wellness Portfolio
Army Institute of Public Health
5158 Blackhawk Road
Aberdeen Proving Ground, MD 21010-5403
DSN 584-7412 or Commercial 410-436-7412
Approved for Public Release



Better Nutrition = A Better Student!

Begin with breakfast!

Kids who eat breakfast:

- Have more energy throughout the day
- Concentrate better
- Get better grades
- Maintain a healthy weight

Want to know more?
Need a few breakfast ideas?

Go to: <http://bit.ly/breakfastforkids>

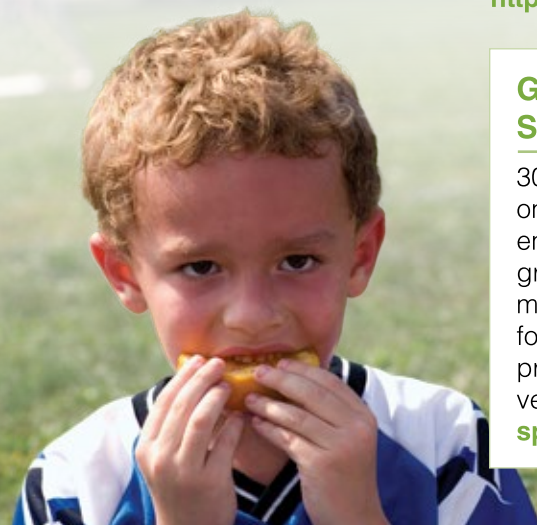
More fruits and vegetables improve health and school performance! Children and teens should fill ½ of their plate with fruits and veggies at each meal. Fruits and vegetables:

- Provide essential vitamins and minerals
- Lower risk for chronic diseases
- Help kids maintain a healthy weight



Critical nutrients young athletes need plenty of!

Calcium
Iron
B Vitamins
Zinc



Need to know what counts as “one serving” and the best choices?

Try this great tool developed by the Centers for Disease Control and Prevention:

<http://bit.ly/fruitandveggiesmatter>

Good Nutrition Fuels your Kids' Sports and Activities!

30-45 million kids in the US play at least one type of sport. Active children need enough calories and nutrients to support growth and development and their working muscles. Plan meals during the day that focus on healthy carbohydrates and lean protein. Then round them off with fruits and veggies! Find tips and ideas at: <http://bit.ly/sportsnutritionforkids>

Be a MyPlate Champion Family!

Pledging to be a MyPlate Champion family is a promise to eat healthy and be active every day.

As a MyPlate Champion Family, I pledge to:

- Eat more fruits and veggies
- Make ½ my grains whole grains
- Choose low-fat/nonfat milk or water over sugary beverages
- Focus on choosing lean proteins
- Eat sweets as an occasional treat
- Be active at least 1 hour a day



Think Your Child's Drink: Caffeine and School Performance Don't Mix!

DID YOU KNOW

- Too much caffeine can impair your child's growth and development.
- Caffeine can raise a child's heart rate and blood pressure.
- Children can have difficulty sleeping and concentrating from taking too much caffeine.

There is No Comparison!

The best beverages to offer children are low-fat milk and water – they are both hydrating, caffeine free and low-fat milk is loaded with nutrients.



Learn more about the dangers of caffeine:

Hidden Sources of Caffeine: <http://bit.ly/hiddencaffeine>
Caffeine and School Performance: <http://bit.ly/caffeineandschoolperformance>
Academy of Nutrition and Dietetics: Is Your Child Over-caffeinated? <http://bit.ly/overcaffeinated>
The Hard Facts About Soft Drinks: <http://bit.ly/softdrinksandkids>

Common Caffeine Sources

The most common sources of caffeine are beverages – coffees, soda, and energy drinks.

> For a more detailed list, go to: <http://bit.ly/caffeinechartfull>



SOURCE	CAFFEINE (mg) PER SERVING
Energy Drinks - 20 ounce can	260
Coffee - 12 ounce cup	164
Coffee Drinks (lattes, mochas) - 12 ounce cup	116
Caffeinated Teas - 8-ounce cup	36
Caffeinated Sodas- 20-ounce bottle	75

Limit the juice, go for whole fruit.

Fruit juice is often perceived as healthy, but can have as much sugar and calories as regular soft drinks.



8 oz. Soda	8 oz. Low-fat Milk
104 calories	102 calories
24 gm carbohydrates	13 gm carbohydrates
24 gm added sugar	0 gm added sugar
24 mg sodium	107 mg sodium
0 mg potassium	366 mg potassium
30 mg caffeine	0 mg caffeine
0 gm protein	8 gm protein
0% vitamin A	13% Vitamin A
0% calcium	30% calcium
0% Vitamin D	27% Vitamin D

Caffeine –Free Tips for Kids:

Replace sodas with water, low-fat milk, diluted 100% fruit juice or a low-sugar carbonated beverage

Enjoy caffeine free soda as an occasional treat

Instead of coffee, allow caffeine-free hot tea

Be a role model – minimize or eliminate caffeine from your own diet

Educate children on the dangers of caffeine

Allow chocolate and other food sources of caffeine as an occasional treat



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Crushin' It in the School Cafeteria

Story by 1st Lt. Jennifer T. West
Chief, Clinical Dietetics
Nutrition Care Division
Eisenhower Army Medical Center

Summer is winding down and families are preparing to head back to school. In the hustle and bustle of having to pick up school supplies, new clothes and preparing to wake up earlier, it might be easy to forget about what our kids are going to eat for lunch. While we may not always have time to plan ahead and prepare the "perfect" lunch, below are some quick tips to help make this meal a little healthier. Most school-aged children have been exposed to the USDA's MyPlate graphic since it is usually displayed in schools and around cafeterias. This easy-to-navigate model shows what a healthy plate should consist of as well as suggested portions of each category: fruits, vegetables, protein, grains and dairy.

For those of us that grew up with the Food Guide Pyramid the USDA updated the graphic in 2011 to the sleek new MyPlate model. It is easy to apply this method of healthy eating to either a school lunch or a lunch brought from home- really any meal.

Some people might think that bringing a lunch from home is always the healthier option, but if those foods are high in added sugars, refined carbohydrates, and high in salt and fat, then the



school lunch might be the better choice. Does a packed lunch of toaster pastries, potato chips, fruit snacks and soda sound like there is room for improvement?

These days, the National School Lunch Program is focused on providing a "nutritionally balanced, low-cost or free lunch" to kids attending schools. This includes offering fresh fruit, colorful veggies, lean proteins, whole grain items and low fat dairy products every day. Sounds a lot like MyPlate, right?

If your children are taking lunch to school, there are several things

you can do to help encourage healthier eating habits. Definitely involve them in a conversation about what they like and don't like. If you can stock up on healthier foods they already enjoy, they will be more likely to eat it. Encourage kids to help grocery shop or prepare the shopping list, prep foods the night before, or pack lunches themselves.

Whether your family decides to make lunches at home or have school lunches, keep in mind these five tips for a healthier lunch:

1. Keep the MyPlate method in

mind: choose fruits and veggies that add color to the meal. Think orange carrots, red bell peppers, green cucumbers, blue berries and yellow bananas. You get the idea: The more color the better.

2. Go for whole grains: these are foods that include crackers, breads, pasta and rice. Whole grains provide more nutrition than the refined counterparts. Think whole grain bread versus white bread. There are more vitamins, minerals and fiber in the whole grain bread. Look for the whole grain stamp when shopping to make a better choice.

3. Rethink your drink: A low-fat milk might be fine for lunch, but a sugar-sweetened drink is not. Avoid juice-type drinks, sodas and sweet teas for kids. Choosing

a flavored water can be a fun way to still have a special beverage but avoid unnecessary sugar.

4. Mix it up: Do you pack or choose the same things every day for lunch? It might be time to add some variety (see tip 1). Try wraps, salads, sandwiches, bento-style lunches or add some fun shapes to your foods. Small cookie cutters can make a boring lunch more fun and enticing to children.

5. Keep packaged snacks to a minimum: Snacks like potato chips, fruity gummies, cheese-flavored crunchy things and candy should not be regular items in lunches. These foods are often highly processed, high in fat, salt and added sugar.

While they might taste good, having these types of foods all the

time leaves little room for foods that will help growing kids (and their brains) get the nutrition they need.

While you and your family are preparing to go back to school this fall, keep in mind that simple nutritional changes are typically more doable and longer lasting than drastic overhauls. Whether you are choosing to bring lunch from home or have lunches at school, it is important to plan ahead, involve your children and help them choose healthier lunches. We all have a role in helping our kids grow and develop to their best potential.

EDITORS NOTE: In addition to being a registered dietitian, Lt. West is also the mother of a middle schooler and a high schooler.

DODEA SCHOOL SUPPLY LIST



All Schools:

Pens and pencils
Rubber eraser
Colored pencils
Glue (sticks, bottled)
Pocket folders
High lighters
Book bag or backpack
Spiral notebooks
Plastic supply box or pouch
Notebook dividers
Bound composition book
Gym shoes
tri-folds
3-ring binder
Personal Headphones
Paints (watercolor)
Washable colored markers
Loose-leaf paper
Planners*

Elementary Schools Only:

Child's round end scissors
Crayons
Paint shirt

Middle Schools Only:

Crayons
Clipboards
Scissors

Compass and Protractor (including 5th/6th grade)
Appropriate P.E. clothes
Tri-Fold Boards (Projects)

High Schools Only:

Clipboards
Scissors
Protractor
Compass
Rulers
Appropriate P.E. clothes/shoes
Tri-Fold Boards (Projects)

- This is the official list of supplies for students of DoDEA Pacific schools for SY 19/20,
- Not all items on the list are required by each teacher. Please check with your child's teacher to determine what items are needed for your child's class.
- This list can be found @ <https://www.dodea.edu/Pacific/offices/Education/supplies.cfm>

UNCLASSIFIED



Contact Information:
Cyber Criminal Intelligence Program
27130 Telegraph Road
Quantico, Virginia 22134

Phone: 571.305.4482 IDSN 2401
Fax: 571.305.4189 IDSN 2401

Email

[CCIU Web Page](#)

CID LOOK OUT
ON POINT FOR THE ARMY

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"DO WHAT HAS TO BE DONE"

CPF 00008-19-CID361-9H

Child Identity Theft How Did My Six Year Old Get a Credit Card?

Your child's future looks bright. You've planned well. You've praised and shared in their successes and taught them the value of honesty and ethics. Grades are good. Teacher reports are good. Social skills are good. You've protected them from evil elements of society and taught them stranger danger.

Their future is, indeed, bright. You thought of everything – you thought.

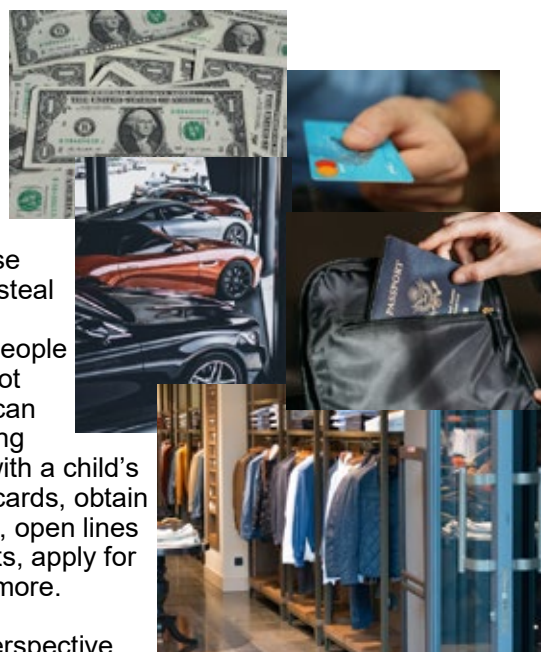
But did you think about your child's identity? Your child's credit history? My child has a credit history, you ask, slightly confused.

Maybe so. In 2017, more than 1 million children were victims of identity fraud.

Cybercriminals compromise various data sources and steal the personal identifying information of millions of people every year. Children are not immune. Anything a thief can do with an adult's identifying information can be done with a child's information – open credit cards, obtain mortgages and auto loans, open lines of credit like utility accounts, apply for government benefits and more.

From the identity thief's perspective, children make excellent targets. Their lives and their credit are blank slates – no entries, good or bad and parents are unlikely to monitor or even check their child's identity or credit. Dark marks a cybercriminal might make on your child's credit history probably won't be discovered for years, perhaps even decades. By then, the cybercriminal has moved on and any evidence that might have been is gone.

In about half of child identity frauds, the child discovers the theft themselves when they apply for credit as an adult and find they're not creditworthy – years of bad debts, debt collections and credit charge-offs have taken a toll. On the surface it might seem that correcting the problem should be easy. Any debt or loan attributable to a nine year old must be a mistake! But 10 years later, one quarter of child identity fraud victims are still dealing with the credit issues.



Watch for Warning Signs

- Your child is denied government benefits because the benefits are already being distributed to someone else.
- Your child receives preapproved credit offers.
- You receive an IRS or state tax authority's notice that you're no longer allowed to claim your child on your tax return because the child's SSN has already been filed.

Protect Your Child's Identity

- Protect your personally identifying information. Tell your children to do the same and do so in terms they can understand.
- Be aware of where and how you release your child's PII. Some school forms require PII. Ask if there is a policy to protect that PII.
- Ask how PII will be used. Is the PII released to third parties like booksellers, discount health insurance providers or others.
- On forms that request social security number, leave the field blank until you are told the field is required – and ask what happens if you don't provide a social security number. Often there are no consequences.
- Consider freezing your child's credit. A credit freeze makes it much more difficult for cybercriminals to exploit PII.
- Ask the three major credit reporting companies if your child has a credit file.

Resources

[Check for a Credit Report - A Checklist](#) – Federal Trade Commission
[How Do I Check to See if My Child has a Credit Report?](#) – Consumer Financial Protection Bureau
[How to Protect you Kids and Their Future Credit](#) – Washington Post
[What to Do Right Away](#) [if you have been victimized] – Federal Trade Commission
[What Should I do if Someone is Using My SSN?](#) – Social Security Administration
[Empower Your Kid with Cybersecurity](#) – ITPro Portal
[Experian's New Service Lets Parents Discover if Their Kid's ID Has Been Stolen](#) – Fortune

In the News

[Feds Charge 4 with SSN Fraud](#) – The Columbus Dispatch
[Child Identity Theft: It's Happening in North Dakota](#) – Bismarck News
[It's Not Too Early to Protect Your Child from Identity Thieves](#) – AZCentral
[Accused Child ID Thief Worked for Public Schools](#) – WKBW, Buffalo
[More than 1 Million Children were Victims of ID Theft Last Year](#) [2017] – NBC News

To receive future MCU Cybercrime Prevention Flyers, send an email to:
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With "SUBSCRIBE: CPF" in the subject line.

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The Army's Digital Detectives



CHILDREN AND CAFFEINE

Perform your best in school and activities **WITHOUT** Caffeine!

DID YOU KNOW

- Caffeine is found in these types of drinks - regular and diet sodas, coffee and coffee beverages, tea, and energy drinks.
- Too much caffeine may impair your child's growth and development. Medical studies have shown that caffeine effects the development of a child's oxygen carrying capacity and mental alertness.
- Like adults, children who regularly consume caffeine can become dependent on and addicted to caffeine.
- Consuming a lot of may be toxic to children and can lead to caffeine abuse.
- Many caffeine-containing beverages may not clearly label the amount of caffeine that they contain and a good example of this is energy drinks. These are very popular among teenagers and young adults.
- Caffeine can raise a child's heart rate and blood pressure. It can also cause headaches, upset stomachs, jitteriness and nervousness.
- Children can also have difficulty sleeping and concentrating from taking in too much caffeine.

Overdoing it on caffeine is easy especially since the common size for many beverages containing caffeine are at least 16 ounces. The list below provides common sources of caffeine and the caffeine content per serving. For more information go to: <http://bit.ly/caffeinechartfull>.

SOURCE	CAFFEINE (mg) PER SERVING
Energy Drinks - 20 ounce can	260
Coffee - 12 ounce cup	164
Coffee Drinks (lattes, mochas) - 12 ounce cup	116
Caffeinated Teas - 8-ounce cup	36
Caffeinated Sodas- 20-ounce bottle	75
Full-size Hershey's Chocolate Bar (1.5 oz)	10
Chocolate Milk - 8 ounce glass	6

Caffeine tips and recommendations for children

- The best beverages to offer children are water and low-fat/non-fat milk, diluted 100% fruit juice or a low-sugar carbonated beverage.
- Caffeine offers no health benefit to children and can be harmful! We strongly encourage you to eliminate all caffeine-containing beverages from your child's diet, especially energy drinks.
- Instead of coffee, allow caffeine-free hot tea.
- Be a role model, minimize or eliminate caffeinated beverages from your own diet.
- Educate children on the dangers of too much caffeine.
- Caffeinated beverages are calorie packed, contain sugar and offer no real nutritious value.
- What's life without a treat?
 - › You can offer children caffeine free sodas as an occasional treat.
 - › Chocolate is a great treat to enjoy occasionally just not within a few hours before bedtime. Chocolate and foods containing chocolate have minimal amounts of caffeine, but remember, they are full of empty calories, sugars and fats!



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION.
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



ARMY FAMILY
IS AN UNSTOPPABLE FORCE



A Healthy Mouth Can Improve Your Child's School Performance! Frequently Asked Questions

1. Is dental disease an American Problem? Nearly 40% of children start Kindergarten with tooth decay; almost 15% having 7 or more teeth with disease activity. Studies show that poor dental health negatively impacts children's school performance.

2. How does dental health affect school performance?

Children with dental pain have a difficult time paying attention in class. They often experience delayed social development and low self-esteem when it affects their speech or when their disease is noticeable to other children. Children with dental disease miss more days from school which disrupts their learning process.

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

Yes, dental disease can prevent your child from choosing healthy fruit and vegetable options, interfere with their quality of sleep and their interest in physical activities; over time this can have an impact your child's overall growth and development. Seeking dental treatment early can prevent the spread of dental infection to other parts of the mouth and/or body.

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

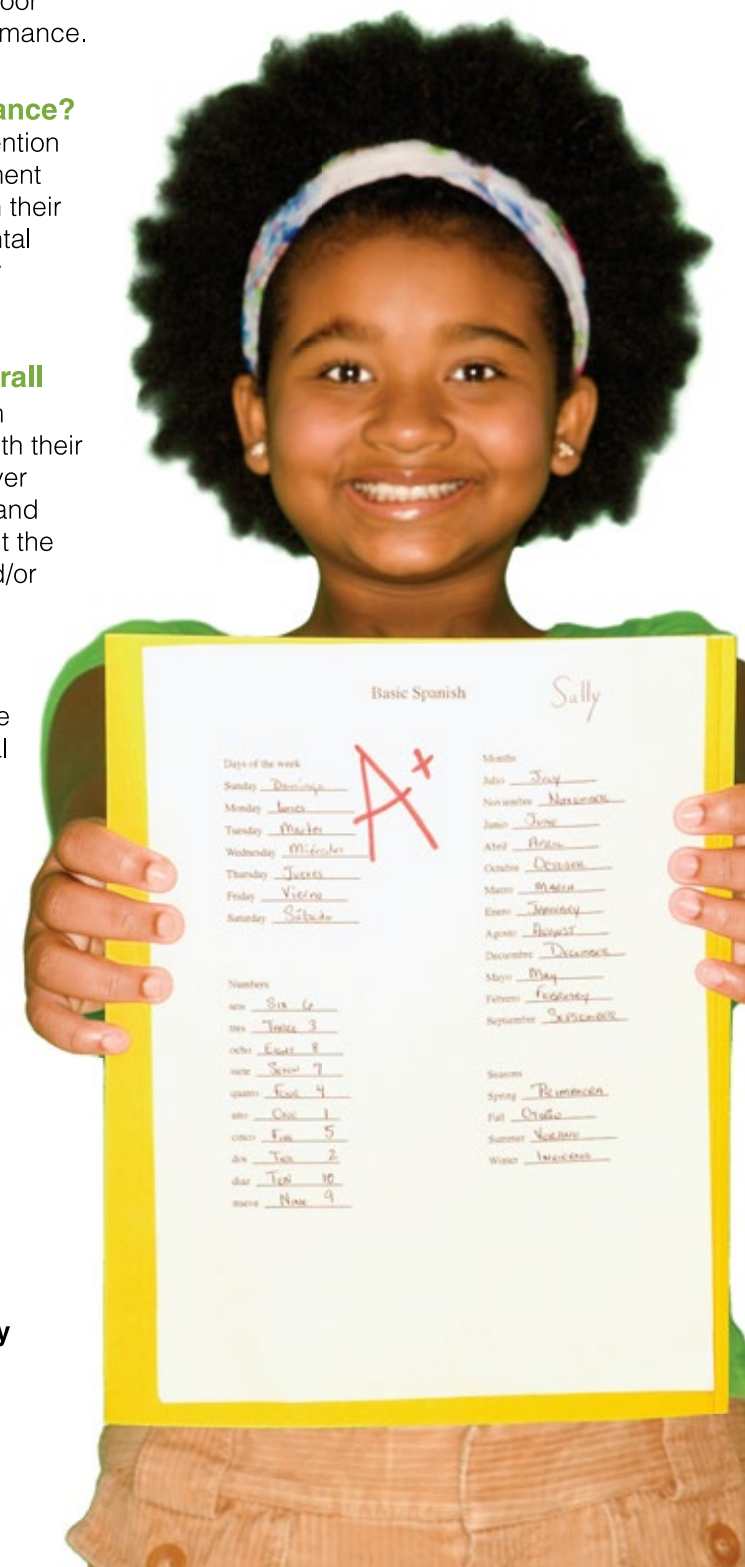
Schedule your child's first check-up before their first birthday. Continue to visit twice a year for dental check-ups. Summers and school breaks are great times to visit your Tricare approved dentist.

5. Limit the sugars. Eating or snacking more than five times a day increases risk for decay. Replace sugary foods and beverages with some raw fruits and vegetables. Provide them more water throughout the day, it rinses away foods and protects against decay. Make brushing with fluoride toothpaste a part of your child's morning and bedtime routine. Soft bristle toothbrushes are recommended.

DID YOU KNOW

51 million hours of educational opportunity are lost each year due to dental disease

Oral Health in America: A report of the Surgeon General.



The Uncheckable Back-to-School Check List for Military Kids

By Stacy Huisman
militaryspouse.com

I've checked off everything on my list for back to school.

Registered for school. Check.
School supplies. Check.
New backpack. Check.
Shiny new lunchbox. Check.
New shoes. Check.
Snack. Check.
Band-Aids in backpack just in case said shoes give her blisters. Check.
Bus schedule. Check.

I should feel pretty good about sending my third grader to her new school. But I don't. I have a pit in my stomach. An ache in my head. A forced smile to cover up the worry. My hands are wringing with nervous energy. I speak in my "excited" voice hoping my words don't crack as I'm getting her ready to go out the door.

I have another list in my head, an important list, that doesn't have one single check yet.

Someone to ride the bus with.

A teacher who knows she struggles with loud noises.

A teacher who knows this is her third school in four years.

A teacher who knows she's shy and won't push her too much.

A teacher who knows she's really good in math.

A teacher who knows she's never been exposed to Common Core – this is her first year.

A teacher who knows her father is deployed.
A teacher who knows I'm nervous she needs an IEP.
A teacher who knows we just moved here and we are still living without our belongings.
A friend in the neighborhood.
Someone familiar to sit with at lunch.
Someone to play with at recess if she feels alone.
A school that understands military connected kids.
A teacher who knows she will act out if she's not challenged in classroom.

For some reason, these items never seem to show up on a school's registration form or school supply list.

As a parent, I've done everything I can think of to prepare my child for a new school. It's been a rough move this summer and we are ready to be introduced to normal again. I'm going to hand my child over to a stranger with the hope she can magically read my child's academic strengths and weaknesses at first glance. Or she'll have the uncanny ability to know my child has attended four different schools by third grade without even asking.

But we know this isn't how it works. It's hit or miss finding the right teacher who will support us. Being a military family, we have to get 'er done and turn worry into action.

Besides her parent, there is another adult who should be a willing participant and stakeholder in your child's academic and emotional health – a teacher.

Build a Parent/Teacher Team

Building a parent/teacher team starts with communication. The best way to prepare your child for a new school is tell their educational history. Preparing

the teacher for your child is as easy as using a three-ring binder and a hole-punch.

Many parents collect and travel with important documents when they PCS. However, I think students should travel with a continuity binder full of their educational history – it's a lot more than just school transcripts.

This binder is beginning of the parent/teacher team. The parent rarely gets to see these sealed records before the exiting school gives them to you. It's critical to show your future teammate — the teacher — your child's academic strengths and weaknesses and not cherry picked printouts from on office. Sharing the binder with your child's teacher(s) at their new school is the first step in building a team around your child.

What's in the Education Binder?

1. Report cards from the past several years. Counselors

sample workbooks used the previous year. This will help receiving teachers know what materials the student has been using the previous year.

4. Standardized Assessment results. It's important to keep and maintain all standardized school testing results/reports a student or school has completed. States may offer different tests depending on resources and preference. Examples such Cog AT, Iowa Assessments, Terra Nova, Lexile, SRI, Reading Readiness, SAT, IQ tests or any results of standardized testing should be part of important documentation on a student.

5. Other evaluations. Speech therapy and occupational therapy reports, evaluations and assessments from school and outside school agencies should also be included to maintain continuity of service through moves.

6. Individual Education Plan and 504 Plan. Add a



want to see how a child has progressed and it allows them to understand more of the child's academic past — not just one year; they want several years. Make notes on the report cards where drops in grades occurred due to deployments, homecomings, mid-year PCS's or health problems.

2. Schoolwork samples. This is dependent on the grade level, but include math samples, handwriting, reading or essays. Be sure to include both exemplary work and evidence of weakness to give the new teacher a picture of the whole student. Depending on a child's school, work could include art, writing, poetry or spelling.

3. Names of textbooks, photocopies of textbooks or

copy of the student's IEP into the binder for backup purposes just in case the IEP is lost or not forwarded in time for registration.

7. Shot records. Shot records are needed to register for any new school. But consider keeping extra copies for camps, sports and child care providers.

8. Teacher-to-Teacher Communication. If you're still in contact with your child's previous teacher, ask them to write you a quick note introducing your child – the student – to their new teacher. The letter will give insight to personality, learning and skills that may take weeks or months for their new teacher to discover.



Republic of Korea Army Officers Graduate Military Health Care Program

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

The 65th Medical Brigade commander, Col. Derek Cooper, presided over the 128th cycle graduation of the Integrated Service of Republic of Korea Military Health Care Personnel Program July 10 at the U.S. Army Garrison Humphreys Freedom Chapel.

During his opening remarks, Cooper highlighted the interoperability, professionalism and cultural understanding of the ROK/U.S. medical alliance.

"As we move forward to sustain our future here on the peninsula, by providing health care professionals to our organizations and medical units, it is programs such as this that

keep our medical alliance strong and ready," Cooper said.

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

ROK army officers work with their U.S. counterparts for six months, sharing expertise and increasing cultural understanding while gaining an appreciation of the U.S. military and its' health care system. More than 500 students, including veterinarians, physicians, dentists, nurses and medical corps officers have graduated from this mutually beneficial program and gone on to serve distinguished careers in both the military and civil-

ian sectors in the Republic of Korea.

Cooper's remarks echoed the continued success of the program.

"For over 64 years this program has stood as a testament to the talents of our Soldiers, both Korean and American, and serves as a sterling symbol of the vigorous ROK/U.S. alliance. We are proud to associate with them and will always recognize them as colleagues and friends. Their charge upon reassignment back to the ROK forces is to share the lessons learned with their colleagues in the ROK Armed Forces Medical System."

Brig. Gen. Byungseop Choi, Surgeon General of the ROK Army, was the honored guest speaker who congratulated the graduates on their

development towards an increased partnership of the ROK/U.S. medical alliance.

"This class has served in a variety of fields throughout the 65th Medical Brigade, resulting in increased contributions toward a stronger armed forces medical command," said Choi. "For the past six decades, this program's graduates have contributed to improvements of our combined medical capabilities."

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

The 128th cycle graduation ceremony graduates and where they worked were:

Capt. Jun Seon Hwang, ROKA Medical Service Corps, served with the Brigade S3 Operations Section; Capt. Yu Ri Jo, ROKA Medical Ser-



vice Corps, served with the Brigade S3 CLINOPS Section; Capt. Ju Yeon Park, ROKA Medical Service Corps, served with the USAMMC-K and Brigade S-4 Logistics; Maj. Sung Won Lee, ROKA Nurse Corps, served with the Brian Allgood Army Community Hospital Multi-Care

Unit; Capt. Hyo Jin Yang, ROKA Nurse Corps, served with the Brian Allgood Army Community Hospital Operation Department; and Capt. Eun Hye Park, ROKA Nurse Corps, served with the Brian Allgood Army Community Hospital Emergency Department.

National Immunization Awareness Month



National Immunization Awareness Month is an annual observance that highlights the importance of vaccines for people of all ages.



Vaccines are an easy way to keep your family healthy



Getting vaccines on time throughout childhood provides immunity before children are exposed to deadly diseases



Vaccines are tested to make sure they are safe and effective

To learn more about National Immunization Awareness Month visit
www.health.mil/vaccines



Military Health System
health.mil

Alcohol and Water Don't Mix

Story by Pamela Doty
U.S. Army Corps of Engineers



According to U.S. Coast Guard statistics, alcohol use is the leading known contributing factor in recreational boater deaths and a leading contributor in boating accidents. I know from my experience in tracking water-related fatalities nationwide that alcohol is also involved in many swimming deaths. What you may not know are some of the specific reasons why boaters and swimmers under the influence are more likely to drown.

As a park ranger at different lakes for many years, I can't tell you how many times I've heard people

say that they don't understand why their loved one drowned because they were such a strong swimmer. When I find out that the deceased had been drinking, I know there are a couple of reasons why it might have happened. The first that comes to my mind is the inner ear condition (caloric labyrinthitis) associated with the sudden cooling of the skin and hyperventilation. It can cause those who are intoxicated to become disoriented underwater and not know which way is up. People who jump or fall in the water can become disoriented and swim down instead of up to safety, causing them to drown.

People jumping or falling into cold water can also drown due to an involuntary gasp reflex that can uncontrollably cause them to inhale water. Some believe that suddenly entering any water less than body temperature can cause an involuntary gasp reflex, but most water safety experts say that water less than 60 degrees is the danger zone. Alcohol delays your reaction time, so a gasp reflex underwater may be another reason why people under the influence are more likely to drown.

Everyone knows that alcohol can impair your judgment, balance, vision and reaction time. Also, boat-

ers know how exhausting a day on the water can be even if you're not drinking alcohol. What you may not be aware of is that this fatigue is called "boater's hypnosis." It is caused by the effects of sun, glare, wind, noise and motion (vibration) of the boat. These boating stressors can slow your reaction time almost as much as if you were legally intoxicated. Adding alcohol to this condition intensifies the effects of these boating stressors, just as each drink multiplies your risks of a boating accident.

Operation Dry Water is a nationally coordinated effort to educate boaters about the dangers of boating while under the influence of alcohol or drugs. It is a year-round campaign with a heightened enforcement weekend from July 5-7. Law enforcement, recreational boating safety educators and volunteers will be out informing boaters



about safe boating practices and removing impaired operators from the water. Find out more about Operation Dry Water at www.operationdrywater.org.

Most people never think they are going to be involved in a boating or swimming tragedy. Those who have lost loved ones or who have been seriously injured in alcohol-related incidents want

you to know it could happen to you too. In addition to not drinking while boating or swimming, the best protection is to always wear a life jacket. Please share this information to help us spread the awareness of the dangers of boating and swimming under the influence so we can all have safe enjoyable experiences on and in the water this summer.

U.S. Army Garrison Humphreys Military Retiree Council

All retirees, spouses, and dependents are invited to attend the Quarterly Meeting of the U.S. Army Garrison Humphreys Military Retiree Council on September 18, from Noon to 1 p.m., at the Pacific Victory Chapel, (Bldg. P-6303), located near the junction of 11th Street and Marne Ave. (Next to the new Burger King/Popeye's eateries.)

The main topic will be a presentation from the Mortuary Affairs Dept. Spouses are highly encouraged to attend.

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





Mosquito Control Around The home

FACT SHEET 18-032-0317

Just the Facts...

It is important to control mosquitoes around the home because this area often provides ideal conditions for mosquitoes to develop. Human vaccines are not available for many of the diseases that mosquitoes transmit, such as West Nile virus and Dengue. The best way to prevent these diseases is to control mosquitoes and eliminate their breeding habitat. By following the guidance provided in this factsheet, homeowners can significantly reduce the risk of mosquito bites and the diseases they transmit in their community.

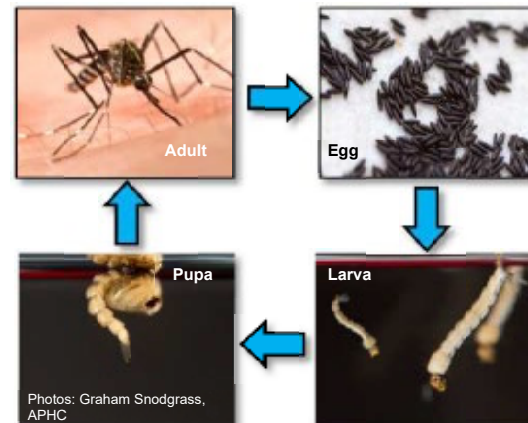
What do mosquitoes look like and how do they develop?

All mosquitoes pass through four life-stages: egg, larva, pupa and adult. Eggs hatch into larvae after a few days of being in contact with water. The larvae feed on debris in the water, grow rapidly and will turn into pupae within one to two weeks. Pupa take only a few days before they hatch into adult mosquitoes. Only the adult female mosquitoes bite. Adult female mosquitoes require blood so that they can produce eggs and start the life-cycle again.

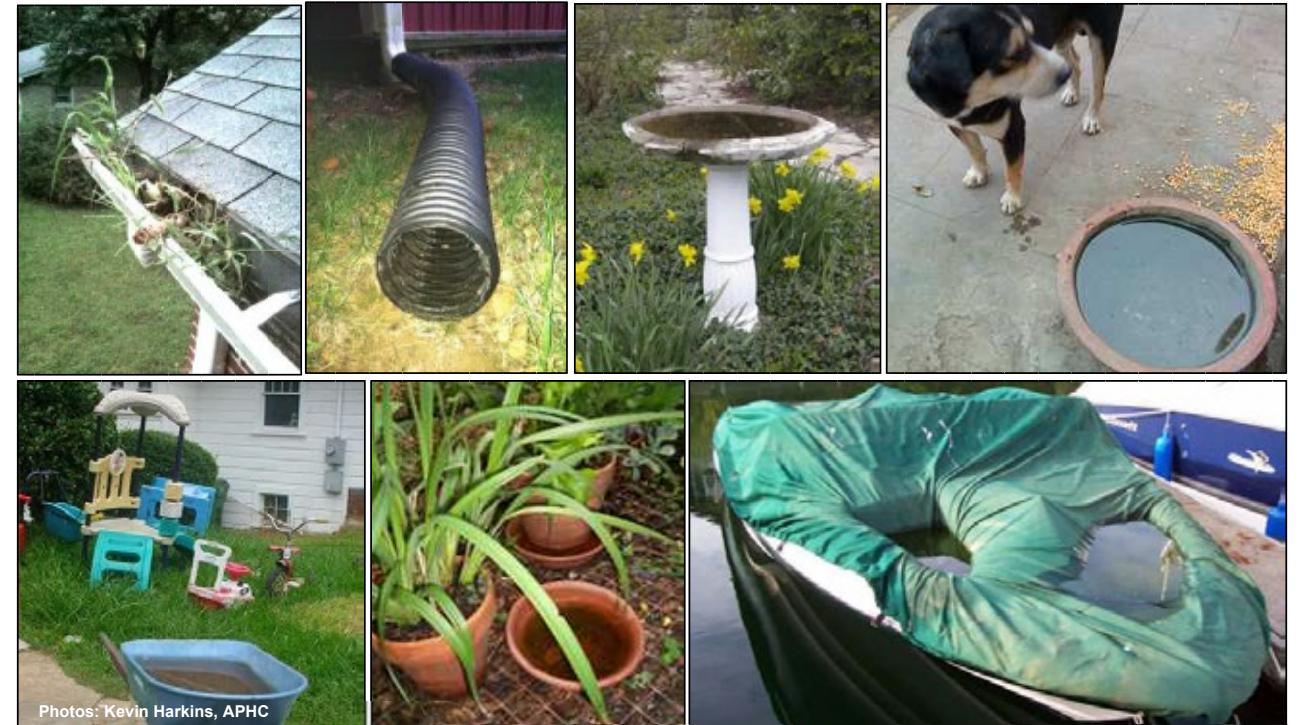
What is the most effective way to control mosquitoes around my home?

The most effective way to control mosquitoes around the home is to eliminate or treat the water where mosquitoes lay their eggs and their larvae live and grow. Because mosquitoes are able to lay hundreds of eggs, in very small amounts of water, eliminating even the smallest areas where water collects around the home can dramatically reduce mosquito populations:

- Check rain gutters and make sure they are free of debris and working properly
- Ensure that garbage cans and other receptacles have tight fitting lids and do not collect water
- Drill holes in the bottom of recycling bins and outdoor storage containers for drainage
- Seek out and remove unneeded items that collect water such as plastic containers, flower pots, children's toys, old tires or any other items that can hold water
- Check holes and cavities in tree trunks for water, if present fill with sand or cement
- Drain or replace corrugated plastic pipe used for downspout drainage
- Empty and refresh pet water dishes, watering troughs and birdbaths at least once a week
- Check around faucets and air conditioner units and repair any leaks that result in puddles
- Keep swimming pools and spas chlorinated
- Aerate ornamental pools and ponds
- Empty children's wading pools after use
- Store small boats upside down
- Make sure that water does not collect on covers used for grills, spas, pools, boats, cars, or woodpiles
- Fill in any depressions and low-lying areas in the yard that accumulate water
- Keep drainage ditches and culverts free of debris to allow water to drain properly



Life-cycle of a Mosquito. All mosquitoes have four life-stages. The first three life-stages; egg, larva and pupa, must have water in order to develop into adults. Mosquitoes can complete their entire life-cycle, in as little as a teaspoon of water, as quickly as one week.



Locations around the home that frequently breed mosquitoes. Mosquitoes will seek out any areas around the home where water collects to lay their eggs. Clogged roof gutters and corrugated drain pipe are important mosquito breeding sites that are often overlooked (top left). Water in birdbaths and outdoor pet dishes should be changed weekly (top right). Tarps and equipment covers will sag, accumulate water and breed mosquitoes if not properly secured (bottom right). Trays for potted plants, children's toys and any other outdoor items holding water should be drained or removed to prevent mosquito breeding (bottom center, left).

What can I do to protect myself against mosquitoes that are actively flying around my home?

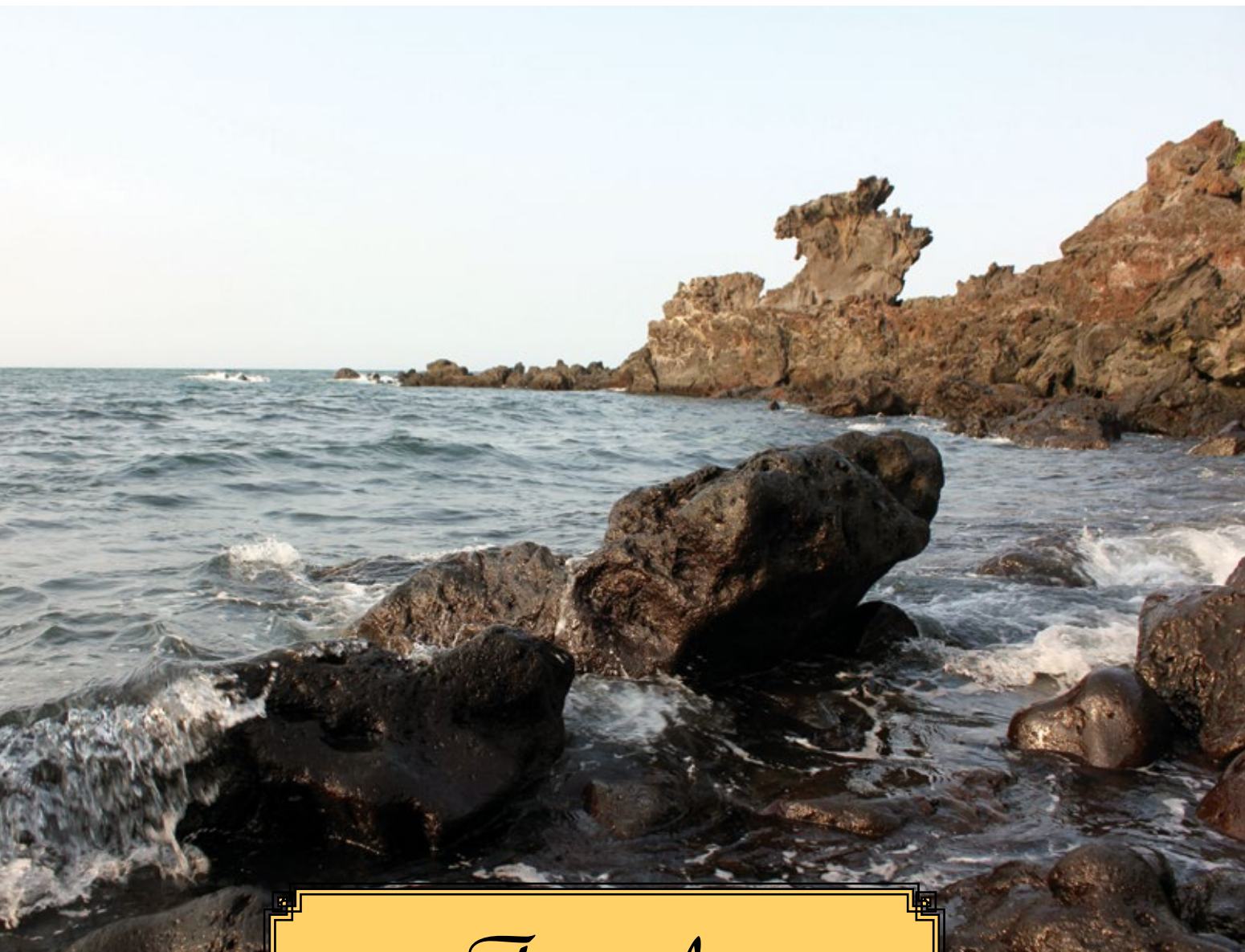
Homeowners should follow these recommendations to protect themselves from adult mosquitoes that are flying around their home:

- Use an Environmental Protection Agency (EPA) registered insect repellent on exposed skin when outdoors.
- Clothing can be an effective barrier against mosquito bites. Wearing clothing with long sleeves and long pants will reduce the amount of exposed skin and make it harder for adult mosquitoes to bite.
- EPA labeled products that contain permethrin can be used to treat clothing to prevent adult mosquitoes from biting through fabric. Permethrin treated garments are also commercially available. Be sure to read and follow all labeled instructions before use.
- Ensure that screens on doors and windows are properly installed and free of holes and tears.
- Bright lights attract mosquitoes; consider using lower wattage bulbs or turn off exterior lighting when not needed.
- Adult mosquitoes will rest on weeds and other vegetation around the home. Homeowners can reduce adult mosquito resting sites by keeping ornamental plants and lawns well maintained.
- EPA registered products for controlling adult mosquitoes, such as aerosol foggers, should only be used as a last resort; their effect is temporary and adult mosquitoes can quickly invade areas after treatment.

What items are not recommended for use to control adult mosquitoes around my home?

Electromagnetic exclusion devices, ultrasonic repellent products, and outdoor devices for electrocuting flying insects are not recommended for use to control adult mosquitoes around the home. These devices often attract and kill more non-target and beneficial insects than adult mosquitoes.

Army Public Health Center, Entomological Sciences Division
5158 Blackhawk Road, APG, MD 21010-5403
COM 410-436-3613 / DSN 312-584-3613 / Website: <http://phc.amedd.army.mil>
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Family Adventures in Asia: Jeju Island, Korea

By Laura Tarpley
Freelance Writer



During a recent two-week stay in South Korea, my boyfriend and I wanted to explore an area other than Seoul. A fun way to choose a destination is to find out where locals vacation, then visit that spot. In South Korea, I quickly learned that Koreans and expats love Jeju, and Koreans boast that it is “the Hawaii of Korea.” The four days we spent there turned out to be the perfect length of time for our getaway. Here are some tips on how to enjoy Jeju Island on a long weekend.



Trespass

I am a self-proclaimed rule follower, so I can't believe I'm giving this advice. Don't be afraid to trespass. Jeju Island is a tourist destination, so officials have put up many "don't trespass" signs to keep careless tourists safe. However, if you are alert and intelligent, hop the fence! You'll see some of your most incredible views this way.

Generally, Koreans do not take warning signs seriously, either. You will probably see Koreans walk right past the sign with you, so don't worry, you're fitting in. If you are clumsy, drunk, or on a high cliff, this advice does not apply to you. Stay safe!



Halla San

If you wake up one morning with a lot of energy, consider climbing a volcano. Mount Halla (or "Hallasan," as the Koreans call it) is a shield volcano, and the peak happens to be the highest point in South Korea. You can take Seongpanak Trail straight to the top. The 12-mile round-trip trek takes about eight hours to hike. Though it can be grueling, the path is well marked and very doable.

Accomplishing this feat will give you an overwhelming sense of self-satisfaction. Taking on challenges is one of the most important aspects of traveling. Don't forget to take plenty of water and snacks. My hanger is legendary, and after twelve miles, I was ravenous and fuming.

Factor in at least thirty extra minutes to relax at the top. If the weather is nice, you can see the 360-degree view of the island. If the sky is cloudy, you can rest and enjoy taking photos with your fellow Korean hikers. Most Koreans will love taking pictures with you.





Loveland

For many explorers, spending a day in a museum is not their idea of a good time. Wipe all preconceived ideas you have about museums from your brain. Loveland is an outdoor sex museum that will make your day.

The park was erected after the Korean War for the purpose of educating Korean couples who had undergone arranged marriages regarding the birds and the bees. They needed enlightening because Korea's sex education system was pretty poor.

Loveland has kinky statues and phallic symbols galore. Visiting with my boyfriend took our relationship to a whole new level.

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Waterfalls

There are three main waterfalls on Jeju: Jeongbang, Cheonjeyeon, and Cheonjiyeon Falls. Yes, those last two have annoyingly similar names, which can make things confusing. All three are on the south end of the island, and they are some of the biggest attractions on Jeju.

If you have a beautiful day and are in the mood to take it easy and enjoy the scenery, spend your time at these waterfalls. We visited Cheonjiyeon Falls, which has a serene walking area that just beckons you to relax and spend time there.

I have a soft spot for Cheonjiyeon Falls because we met some of the most hilarious Koreans there. We asked someone to take our picture, and a group of Koreans formed around us to watch the Americans

pose. They also forced us to position our arms in the shape of a heart. They thought it was the cutest thing ever and cheered for us. Interacting with fellow Korean tourists might be my favorite part of Jeju Island.

TIP: Book hotels in the two main cities

Most people go to Jeju for the island life, not the cities. However, Jeju Island has two major cities, Jeju City and Seogwipo City. Jeju City is on the north side of the island and Seogwipo City is on the south side. The two are only an hour's bus ride apart.

You will most likely fly into Jeju City, so I recommend spending your first night or two there. Then take a bus down to Seogwipo and spend your next couple of nights there. That way you can see the majority of the island.

We only booked a hotel in Jeju City, and we regretted our decision. We wasted a lot of time traveling to different places on the island every day. Jeju is gorgeous, and you don't want to miss any of it.



Manjanggul Cave

Visiting Manjanggul Cave is the perfect activity for a rainy day. You'll stay safe and dry underground. This lava tube ranks among the ten longest in the world, with displays that teach tourists about the cave. Be sure to wear sturdy shoes and a jacket down there.

I recommend this activity for anyone on a romantic getaway. The dim lighting makes for a dreamy afternoon with the person you love.



Dokkaebi Road

"The Mysterious Road" was something we heard and read about all weekend. We accidentally stumbled upon it as we walked around aimlessly, trying to find Loveland from our bus stop. The two places are only a five-minute walk apart. A group of twenty tourists from all over the world howled with laughter as they rolled water bottles on the ground.



The Mysterious Road, or Dokkaebi Road, is mysterious because items roll uphill rather than downhill. It's a light-hearted and delightful tourist trap. You'll have fun rolling bottles uphill, but you'll have even more fun watching people roll bottles uphill.

Learn more about the scientific secret behind this phenomenon. However, I usually choose to live in ignorance to make the world seem more magical.

Jeju Island Food

Let's be honest, traveling is just an excuse to eat a bunch of weird food and Jeju has plenty to go around. First, try as much seafood as you can. Take time to peruse the fish markets. I ate my weight in fresh shrimp, but I still regret never having tried live octopus. It's a cultural experience.

Also, go to a barbecue restaurant and order black pork. Jeju's black pork is made from the island's black pigs, and islanders boast of this delicacy because it's some of the most flavorful pork you'll taste in Korea. Finally, kimchi is prepared

differently in each part of Korea, so try the kimchi that comes as a side dish with your meals. The kimchi we had on Jeju had a fishy taste. I gained about five pounds during my time in Korea. I'd do it again.

Jeju is well-known to Korean inhabitants, but most westerners don't know the island exists. Schedule a long weekend on Jeju Island during your big Korean trip. You'll find something new to explore every day.



More Information: Night Bus Tour ("Yabam Bus")

- ▶ Operating Period: Aug. 2 (Friday) - Oct. 19 (Saturday)
(Once a day every Friday and Saturday)
- ▶ Operating Hours: 18:30p.m. - 21:10p.m.
(Operating hours may be adjusted according to the traffic situation)
- ▶ Time: Total 2 hours 40 minutes (Including activity time: 1 hour 40 minutes)
- ▶ Service Fee:
Adult: 15,000 won
6-19 yrs: 9,000 won
Below 6 yrs: Free

For more information,
call Jeju City Tour information
at 064-741-8784/5
or visit Jeju City Tour website at
www.jejuvcitybus.com



Army Releases Results of 2019 Housing Surveys

Courtesy of U.S. Army Public Affairs



The U.S. Army today released the results of two housing surveys conducted earlier this year by an independent third party, which show a drop in overall satisfaction rates from last year. The survey results come amid a months-long effort by the Army to improve housing conditions after learning of residents' concerns.

More than 100,000 residents were invited to participate and 25,414 responded, although participation rates were lower than last year.

"Feedback from residents is extremely valuable for measuring and improving the quality of housing on Army installations," said Alex Beehler, Assistant Secretary of the Army for Installations, Energy and Environment. "The results of this year's survey will be used to continue identifying the concerns of our residents, and will guide Army staff and the private housing companies on ways we can improve the quality of life for our Soldiers and their families."

The Army is using the survey results as one of several tools to continue identifying ways to improve housing conditions.

Participants of one survey, which focused on privatized housing, showed satisfaction with the ease of the leasing process and the housing staffs' courtesy, respect

and professionalism. Areas with the lowest satisfaction scores included landscaping, visitor parking areas, pest control, and the condition of roads, parking areas, sidewalks and common areas.

In the other survey, which focused on Army-owned and leased housing, participants indicated they were most satisfied with the quality of maintenance work, the housing staff and feelings of safety and security. However, they were least satisfied with the size and value of homes compared to off-post housing and follow-up on reported problems.



After learning of residents' concerns about housing earlier this year, the Army held town hall meetings at each installation, established a Housing Environmental Health Response Registry to address health and safety

concerns, improved work-order tracking systems, conducted walk-throughs of all houses, inspected all barracks, and implemented 24-hour hotlines at each installation. Private housing companies also launched mobile apps to file and track maintenance issues.

"We are absolutely committed to providing safe and secure housing on every installation," said Gen. Gus Perna, Army Materiel Command commander. "We are taking action to earn back the trust of our housing residents, and holding ourselves and privatized housing companies accountable to provide a

high-quality standard of living."

Both surveys were administered online by CEL & Associates Inc., an independent, third-party organization that also conducts housing surveys for the other military services and for the private sector.



Take the **JOINT OUTPATIENT EXPERIENCE SURVEY (JOES)**

Joint
Outpatient
Experience
Survey



For more Information
visit www.health.mil



Take a few minutes to fill out the Joint Outpatient Experience Survey (JOES) when you get it either by email or mail. JOES is a survey that asks questions about your military health care experience. It's secure and we won't share your personal information. Your JOES responses tell us what we're doing right and what we can do better.



Dankook University Hospital Award Presentation Visit

Photos by Maj. Mike Karlson
65th Medical Brigade S-9

The 65th Medical Brigade Commander, Col. Derek Cooper presented an Eighth Army Certificate of Achievement on behalf of Lt. Gen. Michael Bills, Eighth U.S. Army Commanding General, to Dankook University Hospital's Regional Trauma Center on August 5, 2019.

The hospital's trauma center played an essential role in the success of the Emergency/Combat Medical Ministry Course (E/CMMC) conducted in May of this year. The E/CMCC trains 8th Army Chaplains and Chaplain Assistants in the performance of ministry duties under emergency and combat conditions. Trainees rotated through the Center to provide ministry support as needed. These rotations provided invaluable opportunities for trainees to apply the lessons they learned during the E/CMMC.

The COA was received by Drs. Joong Bae Seo (Deputy Director of Dankook University Hospital), Hyun Woo Park (Director of the International Health Care Center at Dankook University Hospital), and Seok Ho Choi (Director of the Regional Trauma Center at Dankook University Hospital).



American Red Cross

Effective September 7, 2019, the American Red Cross at USAG Yongsan will be permanently closed.

For Emergency Communication Message Assistance:

- Contact the American Red Cross Hero Care Center 24/7 at 1-877-272-3337 or online at <https://www.redcross.org/get-help/military-families/emergency-communication.html>
- Download the Hero Care Center App from your App Store

For Financial Assistance:

- During business hours, please contact Army Emergency Relief (AER)
 - **Location:** ACS Building (BLDG 4106)
 - **Phone:** DSN: 738-7505/COMMERCIAL: 0503-338-7505
 - **Hours:** Monday-Wednesday and Friday: 0800-1600
Thursday: 1300-1600
- For assistance after business hours, please contact the American Red Cross Hero Care Center at 1-877-272-7337

For information on First Aid/CPR /AED classes, volunteer opportunities, additional Red Cross programs/services, or for any other assistance, please contact the following stations below:

- **USAG Humphreys:** DSN 315-757-2348/COMMERCIAL: 0503-357-2348
 - **Facebook:** Camp Humphreys American Red Cross
- **Osan AB:** DSN 315-784-1855/COMMERCIAL: 0505-784-1855
 - **Facebook:** American Red Cross at Osan Air Base, Korea
- **Kunsan AB:** DSN: 315-782-4601/COMMERCIAL: 0505-782-4601
 - **Facebook:** Kunsan American Red Cross
- **Area IV (Daegu):** DSN: 315-768-5987/COMMERCIAL: 0503-368-5987
 - **Facebook:** American Red Cross-Area IV, Korea

CREATION & LOVE WOMEN'S HOSPITAL

Offers a Best-in-Class Patient Care Services for Foreign Residents

Special to Pulse65



more than 23,000 IVF-ET cycles and more than 8,600 babies have been born through fertility treatments at CLWH and they have been recognized as industry veterans in laparoscopic treatments by practicing more than 11,500 laparoscopic surgeries.

As a global pioneer in infertility treatments, CLWH has also focused on variety of ways to alleviate the infertility issues not only domestically but also globally. As part of this initiative, the clinic operates the CLWH Clinical Fellowship Program to offer training for both local and foreign physicians, who wish to help those suffering from infertility. As of the first quarter of 2019, more than 80 doctors from 10 countries have successfully completed the program and are performing IVF-ET in their home countries.

The CLWH best-in-class patient care services are not just in Korea, but extend to the patient's home country as local physicians affiliated with CLWH follow up with patients on their conditions after their visit to CLWH.

In order to assist foreign patients, CLWH's International Medical Center (IMC) provides personalized international coordinators fluent in Korean, English, Mongolian, Russian, Chinese and Japanese to assist patients from prior to their visit and until their

In Gwangju, South Korea, an international infertility clinic is leading the country's growing medical tourism in the field of reproductive medicine. Creation & Love Women's Hospital (CLWH) is one of South Korea's leading pioneer in infertility science, research and advancement, providing access to a network of award-winning physicians, a full suite of infertility treatments and innovative technology.

As the nation's leading infertility clinic in Gwangju, CLWH has been internationally recognized for its clinical excellence and advanced research in the field of reproductive medicine.

CLWH was founded in 2000 by Dr. Bum-Chae Choi and has provided the highest quality of IVF treatment for the past 19 years, both domestically and internationally.

For the past 19 years, Choi and his team have completed



return to their home country.

CLWH believes that advanced and innovative technology itself does not lead to a successful pregnancy of a patient as mental and physical health are both significant components during the clinical treatment. Therefore, the IMC coordinators provide a perfect care service platform where the patient does not feel any language barrier in explaining his or her condition. Furthermore, the IMC coordinators are also in charge of the hospital residence for foreign patients to provide the most comfortable environment during their stay. The typical stay for a fertility treatment is around 14 days to a month.

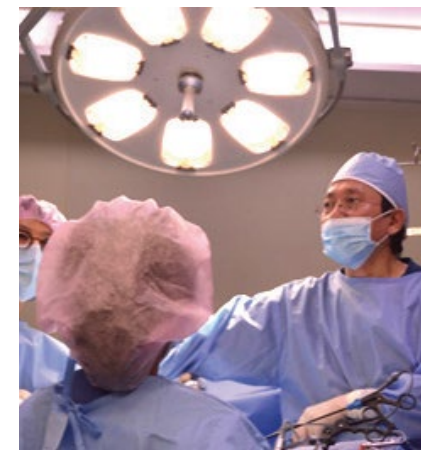
In addition to these services, the IMC offers foreign patients with an extensive tour program that explores the city of Gwangju and the natural beauty of Southern Korea. Also, for those interested in learning Korean, the IMC can organize a Korean class upon the request from the patient.

CLWH is a leading pioneer in infertility science, providing access to a network of award-winning physicians with a full suite of infertility treatments and innovative technology. However, IVF treatment is a very time consuming process where it can be challenging for foreign patients to extend their stay if pregnancy is not successful after their first attempt. For these foreign patients, CLWH reimburses the travel cost for them to revisit the clinic if they decide to



do a second attempt.

CLWH has provided patients with the highest quality IVF treatment for the past 19 years. With over more than 23,000 IVF cycles, the clinic is an industry veteran with a competitive pregnancy success rate. Today, CLWH's International Medical Center is leading the next level of care services for foreign patients, who are seeking for advanced IVF treatment in South Korea.



“Blood Knights” Undergo Realignment; Welcome New Commander

Photos by Sgt. 1st Class Marina Prewitt
95th Medical Detachment (Blood Support)

On August 9, United States Army Medical Material Command Korea gained operational control of the 95th Medical Detachment (Blood Support) from the 168th Multifunctional Medical Battalion. The move improves the unit’s readiness in support of USFK operations to better synchronize blood storage and distribution operations within the theater medical logistics community during daily operations. Simultaneously, the unit completed an assumption of command welcoming their new commander, Maj. Chewanda Jones.

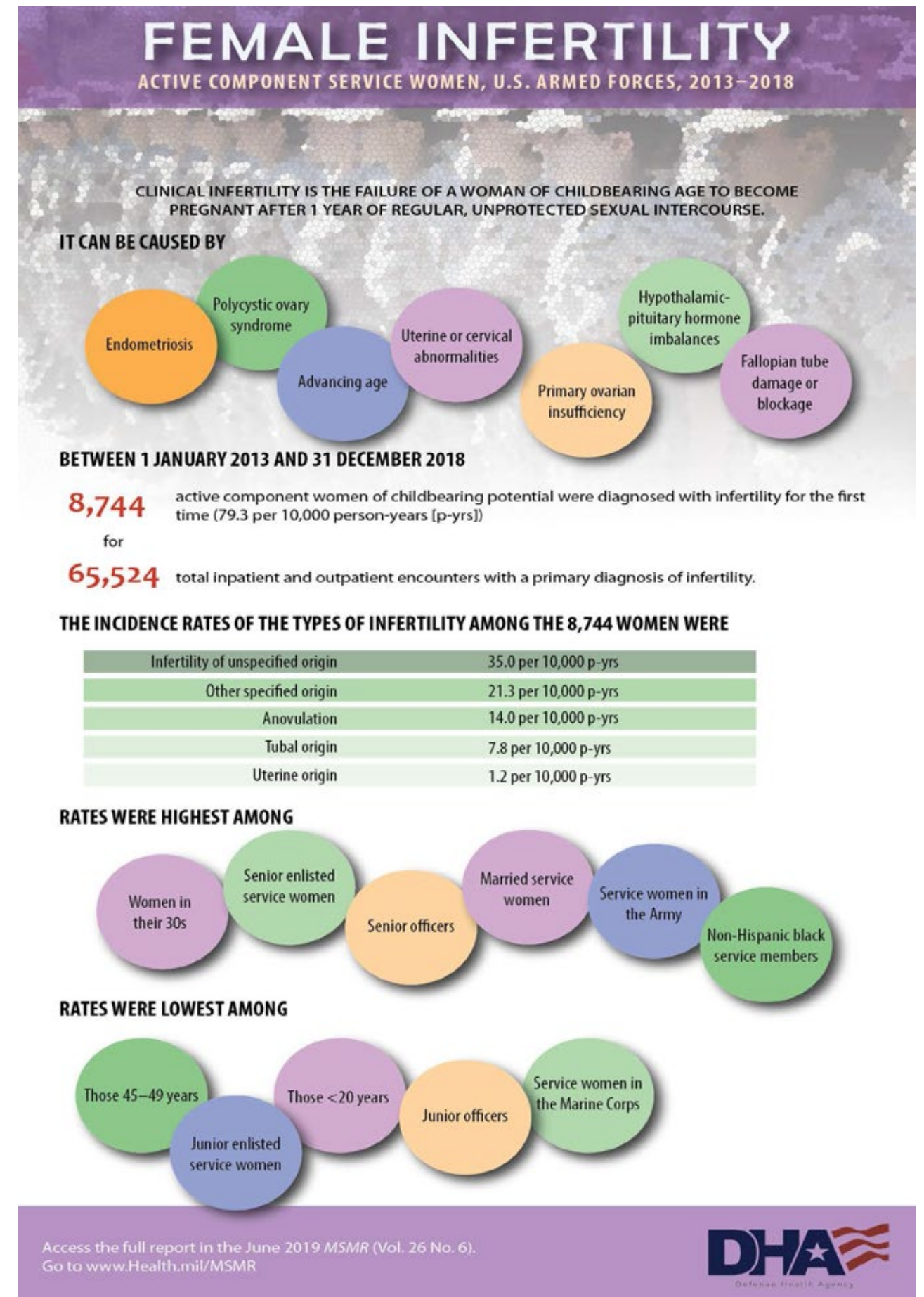
The 95th Medical Detachment (Blood Support) was originally constituted on August 14, 1944, in the Army of the United States as the 95th Medical Composite Section. The unit was activated on October 1, 1944 in New Guinea and served in the Pacific during World War II. Re-designated on December 13, 1944, as the 95th Veterinary Food Inspection Detachment, it was allotted on December 5, 1951 to the regular Army and served in both Korea and Japan during the Korean War patriating in the UN Defensive, the UN Offensive, and the CCF Intervention. During this time, the 95th was awarded the Republic of Korea Presidential Unit Citation. Reorganized and re-designated on February 10, 1953 as the 95th Medical Detachment, the unit was later inactivated on May 1, 1967 in Japan. Activated again on November 1, 1962 at Fort Sam Houston, Texas, the 95th Medical Detachment deployed to Thailand during the Vietnam War where it was later inactivated on November 10, 1970. On October 16, 2008, the 95th Medical Detachment was activated for the last time, in Korea, where they currently reside.

The 95th Medical Detachment (Blood Support) is the largest forward deployed frozen Blood Supply De-



tachment in the DOD with capabilities to support over 30,000 US Forces in Korea (USFK). 95th accounts for over 4,300 units of frozen blood and processes up to 1000 units of blood annually to be distributed in support of Level III Medical Treatment Facilities on the Korean Peninsula.

Organized under the 168th Multifunction Medical Battalion, 95th Medical Detachment’s greatest achievement is the establishment and implementation of the “Eighth Army Emergency Whole Blood Collection” program, otherwise known as the “Walking Blood Bank” program.





Japanese Encephalitis

FACT SHEET 18-021-0317

Just the Facts...

- Japanese encephalitis is a potentially severe viral disease that is spread by infected mosquitoes in the agricultural regions of Asia.
- Japanese encephalitis is one of several mosquito-borne virus diseases that can affect the central nervous system and cause severe complications and death.
- Japanese encephalitis can be a risk to travelers to rural areas where the disease is common.
- There is no specific treatment for Japanese encephalitis, only supportive care.
- Prevention centers on controlling mosquitoes and avoiding mosquito bites. A vaccine is licensed for use in travelers whose itineraries put them at risk for Japanese encephalitis.

What is Japanese encephalitis (JE)?

Japanese encephalitis is a disease that is spread to humans by infected mosquitoes in Asia. It is one of a group of mosquito-borne virus diseases that can affect the central nervous system and cause severe complications and even death.

What is the infectious agent that causes Japanese encephalitis?

Japanese encephalitis is caused by the Japanese encephalitis virus, an arbovirus. Arbovirus is short for arthropod-borne virus. Arboviruses are a large group of viruses that are spread by certain invertebrate animals (arthropods), most commonly blood-sucking insects. Like most arboviruses, Japanese encephalitis is spread by infected mosquitoes.

Where is Japanese encephalitis found?

Japanese encephalitis is found throughout rural areas in Asia. Transmission can also occur near urban areas in some developing Asian countries. Japanese encephalitis is a seasonal disease that usually occurs in the summer and fall in the temperate regions of China, Japan, and Korea. In other places, disease patterns vary with rainy seasons and irrigation practices.

How do people get Japanese encephalitis?

The Japanese encephalitis virus has a complex life cycle involving domestic pigs and a specific type of mosquito, *Culex tritaeniorhynchus*, which lives in rural rice-growing and pig-farming regions. The mosquito breeds in flooded rice fields, marshes, and standing water around planted fields. The virus can infect humans, most domestic animals, birds, bats, snakes, and

frogs. After infection, the virus can invade the central nervous system, including the brain and spinal cord.

What are the symptoms of Japanese encephalitis?

Most infected persons develop mild symptoms or no symptoms at all. In people who develop a more severe disease, Japanese encephalitis usually starts as a flu-like illness, with fever, chills, tiredness, headache, nausea, and vomiting. Confusion and agitation can also occur in the early stage. The illness can progress to a serious infection of the brain (encephalitis), and 30-percent of these cases can be fatal. Among the survivors, up to 30-percent will have serious brain damage.

How soon after exposure do symptoms appear?

Symptoms usually appear 6-8 days after the bite of an infected mosquito.

How is Japanese encephalitis diagnosed?

Diagnosis is based on tests of blood or spinal fluid.

How common is eastern equine encephalitis?

Japanese encephalitis is the leading cause of viral encephalitis in Asia where 30,000 to 50,000 cases are reported each year. The disease is very rare, however, in U.S. travelers to Asia. The chance that a traveler to Asia will get Japanese encephalitis is very small: 1) only certain mosquito species can spread Japanese encephalitis; 2) in areas infested with mosquitoes, only a small portion of the mosquitoes are usually infected with Japanese encephalitis virus; 3) among persons who are infected by a mosquito bite, only 1 in 50 to 1 in 1,000 will develop an illness. As a result, less than 1 case per year is reported in U.S. civilians and military personnel traveling to and living in Asia. Only 5 cases among Americans traveling to or working in Asia were reported from 1981-1992. A sixth case was reported in 2004.

Who is at risk for Japanese encephalitis?

Anyone can get Japanese encephalitis, but some people are at increased risk:

- People living in areas where the disease is common;
- Active duty military deployed to areas where the disease is common;
- Travelers to rural areas where the disease is common.

What is the treatment for Japanese encephalitis?

There is no specific treatment for Japanese encephalitis. Antibiotics are not effective against viruses, and no effective antiviral drugs have been developed. Therapy is supportive only, directed at relieving the symptoms and preventing complications.

Is a vaccine available to prevent Japanese encephalitis?

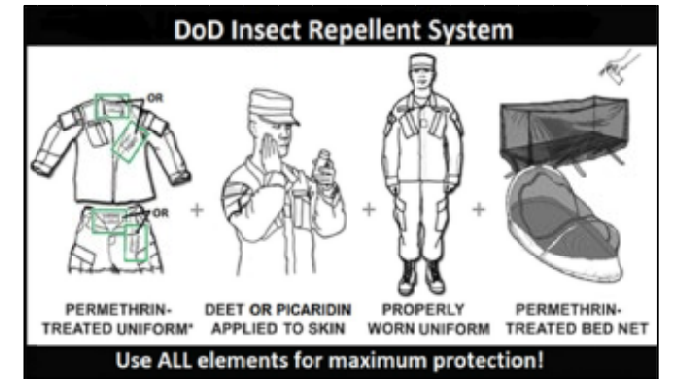
A vaccine is licensed for use in U.S. travelers to rural areas where the disease is common. The vaccine is recommended only for persons who plan to travel in these areas for 4 weeks or more with extensive outdoor activities in rural areas, especially where rice cultivation or pig farming is common, except in special circumstances such as an ongoing outbreak of disease.

Current DoD policy* is to administer the Japanese encephalitis vaccine to personnel who are or who will be stationed in rural areas of Asia in which the disease is endemic and where they have substantial risk of exposure to the virus, especially during prolonged field operations at night. The main groups needing Japanese encephalitis immunization are designated special-operation units, Navy mobile construction battalions, Marine expeditionary units operating in the Western Pacific, and troops assigned or deploying to Okinawa with extended field exposure. Under normal circumstances, this immunization is not warranted for personnel assigned to or deploying to Korea.

What else can I do to prevent Japanese encephalitis?

Because of the potential for Japanese encephalitis, as well as other mosquito-borne diseases in Asia, all travelers should take steps to avoid mosquito bites. The mosquitoes that transmit Japanese encephalitis virus feed mainly outside during the cooler hours at dusk and dawn. Travelers should minimize outdoor activities at these times, use mosquito repellent on clothing and exposed skin, and stay in air-conditioned or well-screened rooms.

- Use bed nets if sleeping in areas that are not well-screened or air-conditioned.
- When outdoors during times that mosquitoes are biting, wear long-sleeved shirts and long pants.
- Use mosquito repellents on skin and clothing.
- Use insect repellents that have been approved by the Environmental Protection Agency (EPA). They are safe and effective.
- For your skin, use a product that contains 20-50% DEET (N, N-diethyl-meta-toluamide). DEET in higher concentrations is no more effective.
- Use DEET sparingly on children, and don't apply to their hands, which they often place in their mouths.
- Apply DEET lightly and evenly to exposed skin; do not use underneath clothing. Avoid contact with eyes, lips, and broken or irritated skin.
- To apply to your face, first dispense a small amount of DEET onto your hands and then carefully spread a thin layer.
- Wash DEET off when exposure to mosquitoes ceases.
- For your clothing, use an insect repellent spray to help prevent bites through the fabric. Use a product that contains permethrin. Permethrin is available commercially as 0.5% spray formulations. In addition, factory permethrin-impregnated clothing is now available.
- Permethrin will withstand numerous launderings.
- Permethrin should only be used on clothing, never on skin.
- When using any insect repellent, always FOLLOW LABEL DIRECTIONS.
- Do not inhale aerosol formulations.



- For optimum protection, soldiers should utilize the DOD INSECT REPELLENT SYSTEM. In addition to proper wear of the army combat uniform (ACUs), which provides a physical barrier to insects, this system includes the concurrent use of both skin and clothing repellents:
 - o Standard military skin repellent: 33% DEET lotion, long-acting formulation, one application lasts up to 12 hours, NSN 6840-01-284-3982. Apply to all exposed skin.
 - o Standard military clothing repellents, either aerosol spray, 0.5% permethrin, one application lasts through 5-6 washes, NSN 6840-01-278-1336; or impregnation kit, 40% permethrin, one application lasts the life of the uniform (approximately 50 washes), NSN 6840-01-345-0237.
 - o Since mosquitoes can bite through fabric, particularly if it is pulled taut against the skin, it is especially important to treat the uniform fabric with permethrin.
- Under field conditions, sleep or rest under a bed net. Treat the net with permethrin.

Where can I get more information on Japanese encephalitis and other forms of mosquito-borne viral encephalitis?

Contact the Army Public Health Center (APHC), Aberdeen Proving Ground, Maryland 21010-5403; DSN 584-3613; CM (410) 436-3613; FAX -2037; or visit our website at: <http://phc.amedd.army.mil/topics/envirohealth/epm/Pages/default.aspx>. Additional information can also be obtained from your local, county or state health departments, your health care provider or by visiting the website of the Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/ncidod/dvbid/index.htm>

Much of the information on Japanese encephalitis that is contained in this fact sheet was obtained from the Directors of Health Promotion and Education (DHPE). The information in this fact sheet is intended as guidance only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

* Information Paper, Subject: "Japanese Encephalitis and Japanese Encephalitis Vaccine," 6 January 2005, Military Vaccine Agency, (877) GET-VACC, www.vaccines.mil.

Army Public Health Center, Entomological Sciences Division
5158 Blackhawk Road, APG, MD 21010-5403
COM 410-436-3613 / DSN 312-584-3613 / Website: <http://phc.amedd.army.mil>
Approved for Public Release, Distribution Unlimited

'She Kept Us Safe': Airmen Remember Fallen Security Forces Dog in South Korea

Story by Matthew Keeler
Stars And Stripes

Photos by Staff Sgt. Mackenzie Mendez
8th Fighter Wing

Airmen from the 8th Fighter Wing gathered last month at the base theater to mark the passing of a comrade who gave eight years of service to the U.S. Air Force and to South Korea.

Ooyvey, a 9-year-old military working dog, died June 6, succumbing quickly to liver disease and surrounded at the end by her human friends, said Tech. Sgt. John Whisman, the 8th Security Forces Squadron kennel master.

"While we all fought to save her life, we never had the chance to truly say goodbye and say thank you for her selfless service to this country," said Whisman.

Ooyvey was unlike most other working dogs, he said. Born Dec.



Texas, on July 18, 2011.

Most of the military working dogs on Kunsan are purchased from vendors in Europe, Whisman told the formal gathering. "Ooyvey was

not purchased but bred at Lackland by two other MWDs that had the genetic makeup for what we look for in military working dogs."

At age 2, she arrived at Kunsan Air Base and went to work looking for possible

explosives and working routine patrols throughout the installation.

"Her daily mission in life was to

keep the personnel of Kunsan, who call this place home, safe," Whisman said. "Every day and through all weather conditions, she kept us safe."

But Ooyvey also rubbed shoulders with the rich, famous and powerful. She put on demonstrations for visiting country artists Kellie Pickler, Trace Adkins, Brantley Gilbert, The Band Perry, rock band Kiss, news anchor Al Roker and actor Bruce Willis.

"Willis actually put the bite suit on at the kennels and caught her," Whisman said. "Willis said although she is little, she packs a huge punch and is very intense."

The Air Force provided her services to the 2018 Winter Olympics at Pyeongchang, South Korea, and in 2017 to South Korean President Moon Jae-in. In 2014, she provided the same service for a USO tour in South Korea.



11, 2009, and raised as a foster puppy in San Antonio, she entered service at Lackland Air Force Base,

To celebrates the 16th anniversary of the Comrade Marathon and to enhance friendship and strengthen the ROK-US alliance.

16th Comrade Marathon



2019 · 09 · 07 (Saturday) 09:00

📍 Yeouido Hangang Park Open field Square

Target participants : 5,000 People
(On a first-come-first-served basis)

Host : 국방홍보원
Defense Media Agency

Registration: pacom.yongsan.usfk.list.pao-comrel@mail.mil

Inquiry: USFK PAO. DSN. 755-4424~7

Inquiry : Defense Media Agency Office of the operation

국민과 함께
국군과 함께

- Free admission to USFK Soldiers, Family members, DoD civilians, Contractors
- Transportation provided by the DEMA
- Running outfit
- Lunch, Souvenir, Official Running Record provided by the DEMA
- Course: 5k and 10k Only



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 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 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 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**

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

BUY ONLINE

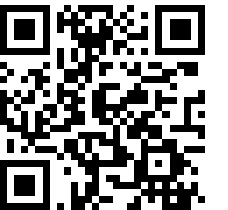


PICKUP IN-STORE

*shop***my**exchange.com

FREE IN-STORE PICK UP

Select Items Delivered **FREE** to Participating Stores



While You're Shopping

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



When You're Ready to Check Out

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

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



Date of Arrival

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



Pick Up Your Order

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

You will need to bring:

📄 **A valid photo ID** with Exchange privileges (ID should match the customer name on the order).

✉️ **A copy of the email** you received stating the order was ready for pickup.

⚠️ If you are unable to print the email, please copy down **your order number** to give to the associate. You will be required to sign for your order when you pick it up.

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



EXCHANGE

Back to School

Performance Triad



Be Ready!



- Establish a healthy sleep plan for the school year
- Plan for at least 60 minutes of moderate-intensity exercise during or after school hours
- Ensure children have at least 8 servings of fruits and vegetables each day

It's Back to School time! The best thing to remember is that parents should monitor their children's sleep, activity and nutrition, not just tell them what to do, but be the role model. See Back to School fact sheets on pages 45-67.



Brian D. Allgood Army Community Hospital

Commemoration Golf Scramble

Come Join Us To Celebrate Our New Hospital

River Bend Golf Course, USAG Humphreys-Korea

Saturday, 21 September 2019,

Check-in 0700 AM - Start 0900 AM

- To register, please email MAJ Seungho Kang at seungho.kang.mil@mail.mil.
- Sign up as a four-person team or as an individual.
- Deadline for registration is Tuesday, 3 September 2019.
- Entry Fee : \$110 per person (270,000 KRW for Non-SOFA guest) including continental breakfast, range balls, and reception.
- Prizes: Raffles, Winning teams, Closest to Pin Man & Woman, Longest Drive Man & Woman, and many more!!!



River Bend Golf Course, USAG Humphreys-Korea,
Building No. 5904, 315-757-2278 (050-3357-2278)

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