

Pulse 63

AUGUST 2020

*'Why Wear
a Mask'*



**121st FIELD
HOSPITAL
DEMONSTRATES
CAPABILITIES**

**8TH ARMY
BEST MEDIC
COMPETITION**

Andong:
Experience
Traditional
Korea Culture

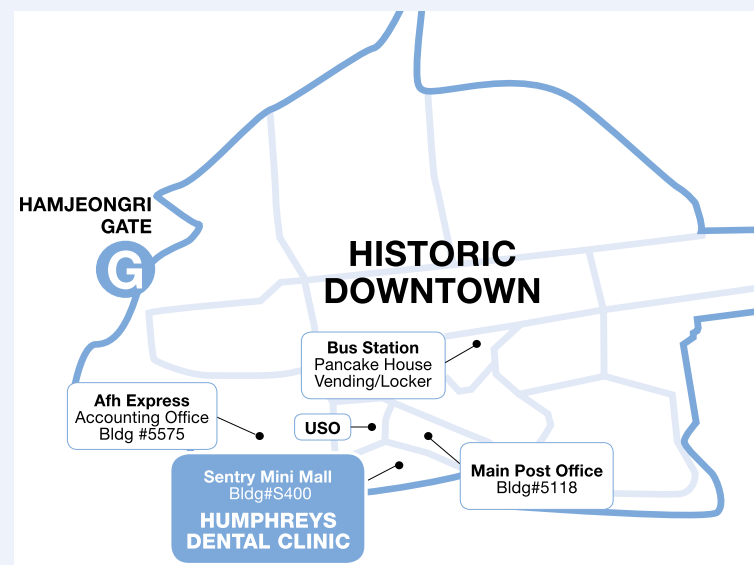
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E-C International Law Office (1995-2019)
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Reserves, retiring in October 2006.

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- Graduate of Tufts University, School of Dental Medicine – Boston, Mass.
- Studied at University Paris 5 (Rene Descartes).
- Orthodontics - trained at USDI.
- NYU Trained for Implant Dentistry.
- Fluent in English, Korean, Japanese & French.



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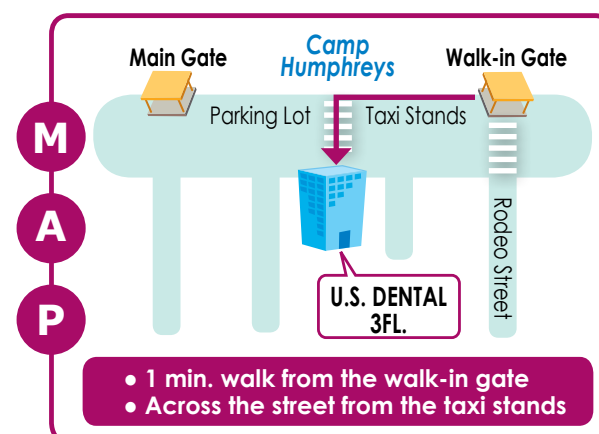
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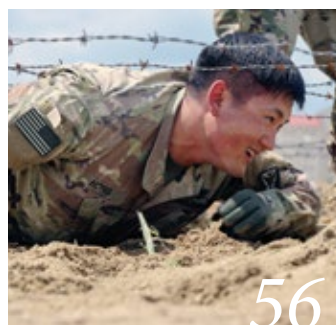
Find us on Facebook: Dr. Gina Sohn
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121st Field Hospital Demonstrates Capabilities

Front Cover

Our travel destination this month is the birthplace of soju, wooden masks, and Confucianism in Korea known as Andong (안동). Within a few hours' drive the city provides visitors with the unique opportunity to experience Joseon-era rural life and sample regional specialties in the capital of Korea's traditional culture. See pages 66-75 to read about Andong tourism. (Photo by William Wight, 65th Medical Brigade Public Affairs)



8th Army Best Medic Competition

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Andong: Experience Traditional Korea Culture



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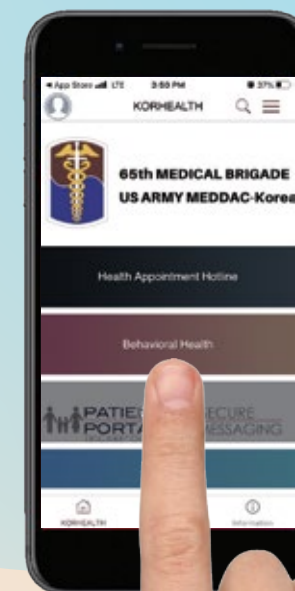
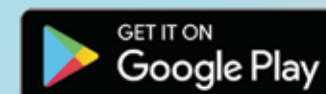
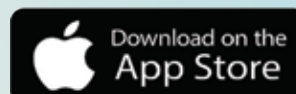
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Happy First Birthday!
 Pictured from left to right are Ellie Wagner (7/16/2019), Aryanna Shamir (7/13/2019), Mason Oliva (7/19/2019), Rebecca Cross (7/13/2019), Ronan Rush (7/18/2019), and Aubriana Kinstle (7/23/2019). These babies were born in the new Brian D. Allgood Army Community Hospital and turned one year old last month.
 (Photo courtesy of Brandy Corley-Cross)

Pulse65

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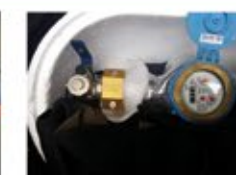
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Before



After

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Before



After

EDITOR'S LETTER

Why Wear a Mask?

"A mask may not protect the wearer, but it may keep the wearer from spreading the virus to others."



I must admit that having lived for close to two decades in Korea, that I scoffed at the culture of wearing masks and even went so far as to not wear one. Then the pandemic hit, and I began to understand fully as to why one should wear a mask, regardless of the type.

There has been an uproar of late regarding the wearing of masks. To understand WHY it is important to wear a mask, one must first understand the coronavirus (COVID-19).

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, talks, or raises their voice (e.g., while shouting, chanting, or singing). These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Recent studies show that a significant portion of individuals with COVID-19 lack symptoms (are "asymptomatic") and that even those who eventually develop symptoms (are "pre-symptomatic") can transmit the virus to others before showing symptoms.

To reduce the spread of COVID-19, it has been recommended that people wear masks in public settings and when around people outside of their household, especially when other social distancing measures are difficult to maintain.

Masks may help prevent people who have COVID-19 from spreading the virus to others. Wearing a mask will help protect people around you, including those at higher risk of severe illness from COVID-19 and workers who frequently come into close contact with other people (e.g., in stores and restaurants). Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. The spread of COVID-19 can be reduced when masks are used along with other preventive measures, including social distancing, frequent handwashing, and cleaning, and disinfecting frequently touched surfaces.

Masks are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

It makes no preference as to which type of mask you wear or if you wear a cloth covering. The focus is that it is an additional step to help #KILLTHEVIRUS!

EDITORS NOTE: The PULSE65 editorial team accepts letters to the editor at pulse65editor@gmail.com.

William Wight
PULSE65 Senior Editor
65th Medical Brigade
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SCENE & HEARD

NATIONAL & INTERNATIONAL

By Eric Young-Seok Park

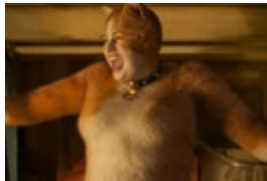
EGYPT TELLS ELON MUSK ITS PYRAMIDS WERE NOT BUILT BY ALIENS



Egypt has invited billionaire Elon Musk to visit the country and see for himself that its famous pyramids were not built by aliens. The SpaceX boss had tweeted what appeared to be

support for conspiracy theorists who say aliens were involved in the colossal construction effort. But Egypt's international co-operation minister does not want them taking any of the credit. She says seeing the tombs of the pyramid builders would be the proof. The tombs discovered in the 1990s are definitive evidence, experts say, that the magnificent structures were indeed built by ancient Egyptians. The tech tycoon tweeted: "Aliens built the pyramids obv", which was retweeted more than 84,000 times. Egypt's Minister of International Co-operation Rania al-Mashat responded on Twitter, saying she followed and admired Mr. Musk's work. But she urged him to further explore evidence about the building of the structures built for pharaohs of Egypt. Egyptian archaeologist Zahi Hawass also responded in a short video in Arabic, posted on social media, saying Mr. Musk's argument was a "complete hallucination". Mr. Musk did later tweet a link to a BBC History site about the lives of the pyramid builders, saying: "This BBC article provides a sensible summary for how it was done."

ANDREW LLOYD WEBBER SAYS THAT THE 'CATS' MOVIE WAS 'RIDICULOUS'



Andrew Lloyd Webber has sided with critics and audiences of the movie version of his musical Cats, branding it 'ridiculous'. Director Tom Hooper helmed the ambitious project, released last year, which despite an all-star cast tanked at the box office. It also suffered a hiding

at the hands of the critics. Speaking to The Sunday Times, Lloyd Webber appears to have laid the fault squarely on Hooper's work directing the film. "The problem with the film was that Tom Hooper decided, as he had with Les Mis, that he didn't want anybody involved in it who was involved in the original show," he said. "The whole thing was ridiculous." Hooper had considerably better fortunes with his big screen version of Les Misérables in 2012, however. It took a respectable \$441.8 million at the worldwide box office, compared to Cats' disastrous \$73 million (it cost a reported \$100 million to make and was said to have lost Universal Pictures more than \$100 million in all). The movie ended up sweeping the Razzies, winning eight in all, including Worst Picture, with James Corden, who admitting to not seeing the completed movie, even publicly mocking it at the Oscars.

ALLEGED 17-YEAR-OLD TWITTER HACKER HAS MORE THAN \$3 MILLION WORTH OF BITCOIN ASSETS

Graham Ivan Clark, the 17-year-old Florida man accused of hacking Twitter on July 15, has more than \$3 million worth of bitcoin assets. Clark's attorney David Weisbrod informed about the assets in a court hearing, the Tampa Bay Times reported. Clark has 300 bitcoin



(currently worth about \$3.35 million), said Weisbrod. Prosecutors said the bitcoin must be illegally obtained, given Clark's "conduct," referring to the Twitter hack. Weisbrod denied that claim, saying that Clark was the subject for a criminal investigation last year and at the time prosecutors seized about \$15,000 in cash and 400 bitcoin from Clark. Prosecutors then declined to charge Clark at the time, said Weisbrod, and returned him the cash and 300 bitcoin. Weisbrod argued that it legitimizes that bitcoin. It is not clear why prosecutors returned only 300 bitcoin, and not all 400 bitcoin when they reportedly declined to charge Clark at the time. Prosecutors set \$725,000 bail for Clark, six times what he is accused of stealing through the Twitter hack. Clark was arrested on July 31 and is facing 30 felony charges to promote a bitcoin giveaway scam by hacking popular Twitter accounts. Prosecutors refer him as the "mastermind" behind the hack.

INVASIVE BLUE CRAB CAUSING PROBLEMS IN ALBANIA

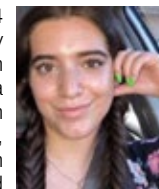


The blue crab has become a source of daily anguish for Albanian fishermen struggling to make ends meet, as the invasive species upsets the region's ecosystems. Native to the Atlantic, the crustacean started emerging in Albania's Adriatic waters over a decade

ago, aided by warming sea temperatures. In the marshy coastal area near the Karavasta Lagoon, the crab clogs nets and weirs, panicking fishermen who say the native marine fauna they rely on for a living are increasingly hard to find. The crab "takes our daily bread and even the fish in the nets... there is nothing to sell," says Besmir Hoxha, 44, pulling one crab's blue pincers off a small fish crushed in his net. His 40-year-old colleague Stilian Kisha holds up a hand streaked with cuts from his own battles. "They are very aggressive and clever, a real curse," he says. "This year we are seeing the crab everywhere, on the coast, offshore but also in inland waters, rivers and lagoons. The damage is enormous". Some days the men collect up to 300 kilogrammes (650 pounds) of blue crab - compared with only five to six kilos of the fish they sell on the market. Stocks of local sea bass, red mullets and eel are disappearing, they say, as the foreign invader disrupts the delicate balance of underwater life. "Global warming is creating conditions for the presence of exotic species in places where these conditions, especially temperatures, were not favourable a few years ago," said Sajmir Beqiraj, a professor of hydrobiology at the University of Tirana.

WASHINGTON TEEN FOUND IN WOODS 8 DAYS AFTER GOING MISSING

An 18-year-old who went missing on July 24 has been found eight days later in the heavily wooded Cascade Mountains east of Seattle in what rescuers are calling a "miracle." Giovanna "Gia" Fuda went missing after last being seen on surveillance footage at a coffee shop in Index, Washington. Her car was found out of gas on Highway 2 the next day between Skykomish and Steven's Pass in extremely mountainous terrain. But after more than a week of searching, the authorities had turned up very little until August 1. "We are absolutely thrilled to know that search and rescue located her alive," Sgt. Ryan Abbott, with the King County Sheriff's Office, said at a press conference. "She's in stable condition. She is with her parents and being transported to a local hospital." Fuda had no food with her, but there are berries in the woods and she would have been able to drink from the creek, officials said. One of those who found her was a doctor and was able to provide initial care, but Abbott said Fuda was not able to coherently explain what had happened in the eight days. Her family and friends and hundreds of volunteers had spent every day searching for Gia.



KOREA BOX OFFICE: 'STEEL RAIN 2' KEEPS CINEMAS IN MOTION

Action thriller "Steel Rain 2: Summit" dominated the South Korean box office in its opening weekend. In doing so, it knocked "Peninsula" from the perch where it had been for the past two weeks. Released on July 29 by Lotte Entertainment, "Steel Rain 2" earned \$4.92 million from 663,000 admissions over the weekend. Over its five days to date, it has accumulated \$7.03 million from 1.02 million ticket sales. Directed by Yang Woo-suk, the film imagines a three-way summit meeting between North Korea, South Korea and the U.S. to finally bring to an end the Korean War that played out between 1950-53. It is a sequel to 2017 hit "Steel Rain" in which North and South Korean special agents have to cooperate to avert a military confrontation. The earlier film earned \$29.7 million from 4.45 million admissions.



FINNISH PRIME MINISTER MARRIES LONG-TIME PARTNER

Finland's prime minister has announced she has married her long-time partner, eight months after becoming the head of government. Sanna Marin, 34, said on her Instagram account that she married Markus Raikonen, and posted a picture of the couple in their wedding outfits with a bunch of white flowers. Finland's government said on its website that the wedding took place at Kesaranta, the prime minister's official residence, and the couple's family and closest friends attended. They have been together for 16 years and have a two-year-old daughter, the government said. Ms. Marin, a Social Democrat who has been a prolific user of social media and a keen advocate for environmental issues, became Finland's prime minister in December. At the time, she was the world's youngest serving head of government — a distinction she lost a few weeks later with the return to power of Austrian Chancellor Sebastian Kurz, who turns 34 later this month.



DETAINED 'DRUG SMUGGLER' CAT ESCAPES SRI LANKA PRISON

A cat detained at Sri Lanka's main prison while allegedly trying to smuggle drugs and cell phone SIM cards has escaped, media reports said. The feline was detected by jail intelligence officials at the high-security Welikada Prison, a police official said. He said nearly two grams of heroin, two SIM cards and a memory chip were found in a small plastic bag tied around the cat's neck. But it escaped on from a prison room where it was kept, the Aruna newspaper said. There was no immediate comment from prison authorities. The prison had reported an increase in incidents of people throwing small packets of drugs, cell phones and phone chargers over the walls in recent weeks. Sri Lanka is battling a major drug problem with some anti-narcotics detectives also implicated in selling confiscated drugs. Police seized an eagle allegedly used by drug traffickers to distribute narcotics in a suburb of Colombo.



ONIONS IN 34 STATES RECALLED FOR SALMONELLA

Thomson International Inc. issued a voluntary recall of many onion varieties, including its red, yellow, white, and sweet onions due to potential salmonella risk, according to a Food and Drug Administration (FDA) announcement. In the statement, the company said that the recall includes all of these products shipped since May 1, which have been distributed "to wholesalers, restaurants, and retail stores in all 50 states, the District of Columbia and Canada." 396 illness cases have been reported concerning this outbreak. "Consumers, restaurants, and retailers should not eat, sell, or serve red, white, yellow, or sweet onions from Thomson International, Inc. or products containing such onions," the organization stressed.



FLORIDA MAN ONCE BITTEN BY ALLIGATOR IS CHOMPED BY 8-FOOT SHARK WHILE ON VACATION

Until a shark bit him, Justin Stuller was looking forward to relaxing in the Florida Keys — fishing, lobstering and swimming with his wife, kids, extended family and friends. Stuller, 38, now sports two dozen stitches and a small limp after he tangled with an eight-foot lemon shark. Stuller said he has encountered sharks before on similar trips. Some have even snatched fish he speared as he swam back to the boat, but he's never been bitten before. At least, not by a shark. "I did get bit by an alligator," he said. And a spider, he said, showing the scars of both on his leg. An experienced diver — certified since age 12 — Stuller had spotted an injured fish in the rocks under water and went to retrieve it. Stuller said he thinks the shark was interested in the fish he had just stowed on the seabed. "I've got nothing against the shark, no ill will," he said. "Right place, wrong time. I was more angry I couldn't go in the water the next day."



'Scorpions' Enjoy Organizational Day

Photos by Sgt. Broderick Hennington
PULSE65 Contributor



Last month, the "Scorpions" of Headquarters, Headquarters Company 65th Medical Brigade held a unit organizational day to give the medics a much-needed break. Barbecue ribs, chicken and burgers were provided as well as volleyball, cornhole games and D.J. music in efforts to lift the morale of the HHC Soldiers.



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SOCKOR Assists Medical Units

Photos courtesy of USAAMC-K



United States Army Medical Materiel Center Korea recently completed a week-long Annual Advanced Marksmanship Training last month under the instruction of members from the Special Operations Command Korea. During this training event USAMMC-K Soldiers and 168th Multi-Functional Medical Battalion Soldiers attended the training that highlighted slow-aim marksmanship, fire and movement – reaction to contact/ambush – attack, buddy aid/trauma care and mastering the application of all IFAK items. The junior leaders gained valuable training knowledge to take back to their formations in efforts to increase the lethality of the entire force.



'Pacific Medics' Brief Eighth Army

Photos by William Wight
65th Medical Brigade Public Affairs



The Eighth U.S. Army Deputy Commanding General - Sustainment, Major General Daniel J. Christian, awarded coins of excellence July 27, 2020 to six outstanding 65th Medical Brigade Soldiers during the Troop Leader Development Brief in the 65th Medical Brigade Headquarters Emergency Operations Center. Due to COVID-19 conditions, the brief was conducted via video teleconference with the Eighth Army staff. It gave the Brigade the opportunity to discuss their current status of manpower, training, equipment and overview of the unit across the peninsula.



Eighth Army Turns 76 Years Old

Story by Matthew Cox
Military.com

A statue of Gen. Walton Walker stands outside Eighth Army headquarters on Humphreys. Walker was the second commanding general of Eighth Army and led Eighth Army at the beginning of the Korean War. (Photo by Sgt. John Stevens)



Eighth Army was born 76 years ago. Eighth Army was officially activated in Memphis, Tennessee, on June 10, 1944. It deployed to the Southwest Pacific soon after. Under the command of Lt. Gen. Robert L. Eichelberger, Eighth Army methodically eliminated the last enemy resistance remaining in New Guinea and New Britain, and from Dec. 26, 1944 until Aug. 15, 1945, the “Amphibious Eighth” engaged in the reconquest of the Philippines – the largest joint campaign of the War in the Pacific.

While combat operations were still on-going in the Philippines, Eighth Army simultaneously began preparations for Operation Downfall – the invasion of Japan. However, with the sudden surrender of the Japanese Empire on Aug. 15, 1945, Eighth Army’s mission transitioned from one of conquest to one of occupation and it was the “Amphibious Eighth” that led the Army of Occupation into Japan.

Then, with the outbreak of hostilities in Korea on June 25, 1950, Eighth Army would face another major operation. It would turn into a destructive war they

would see through for three years ending in an armistice, leaving Eighth Army on the Korean Peninsula serving side-by-side with its Republic of Korea ally and host nation to this day.

From Eichelberger to Lt. Gen. Michael Bills, from Yongsan to Camp Humphreys, Eighth Army continues to serve alongside its ROK partners.

Happy birthday Eighth Army and Katchi Kapshida!

Read more about the history of Eighth Army at <https://8tharmy.korea.army.mil/site/about/history.asp>



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121st Field Hospital Demonstrate Capabilities to Senior Medical Leadership

Story by William Wight, 65th Medical Brigade Public Affairs
Photos by Sgt. Sean Averett, 121st Field Hospital

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

Only July 30, 2020 the 121st Field Hospital of the 549th Hospital Center and its subordinate medical detachments along with the 568th Medical Company Ground Ambulance conducted a leader’s time training event showcasing the units medical capabilities with a demonstration for Republic of Korea Army senior medical leadership and the U.S. Navy’s 30th Medical Battalion. The leaders

were shown the capabilities of the Field Hospital concept through a simulated mass casualty exercise that involved simulated medical care to three injured Soldiers.

Days prior to the exercise, the unit successfully deployed Air-Supported Tents utilizing all components (generators, power cables, power distribution boxes and lights) for the Emergency Room, Operating Room, Intensive Care Unit, Intermediate Care Ward, Laboratory, Pharmacy and Blood Bank for the 32-bed field hospital.

Providing Role III care at the FH, the patient is treated in a medical treatment facility staffed and equipped to provide care to all categories of patients, including

resuscitation, initial wound surgery, damage control surgery and postoperative treatment.

In efforts to strengthen the alliance and interoperability with our Host Nation Partners and sister medical units, the 121st not only demonstrated the field hospital’s capabilities, but gave the medical senior leaders an understanding of the patient flow and communication flow from within a tactical environment.

The Soldiers not only improved their proficiencies on MTOE Equipment and patient care in a tactical environment but also enhanced their understanding of the FH Role III capabilities while strengthening strategic alliances with ROK counterparts through direct interaction.

Why a Field Hospital?

A combat support hospital (CSH, pronounced “cash”) is a type of modern United States Military Field Hospital. The CSH is transportable by aircraft and trucks and is normally delivered to the Corps Support Area in standard Military-Owned Demountable Containers (MILVAN) cargo containers. Once transported, it is assembled by the staff into a tent hospital to treat patients. Depending upon the operational environment (e.g., battlefield), a CSH might also treat civilians and wounded enemy Soldiers. The CSH is the successor to the Mobile Army Surgical Hospital. Beginning more than three years ago, the United States Army and United States Army Reserve began the process of reorganizing the Combat Support Hospitals into smaller, modular units called ‘Field Hospitals.’

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

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





and logistically difficult to deploy as a whole, which is why the Army has historically only deployed "slices" or sections of the 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.

Last year, the 121st CSH converted from its current 248-bed legacy and constructed into the 549th Field Hospital Center with two 32-bed field hospitals (121st FH and 502nd FH) task organized underneath it and an additional four detachments – the 129th Medical Detachment (32-bed surgical), the 150th Medical Detachment (32-bed medical), the 125th Medical Detachment (60-bed ICW), the 197th Medical Detachment (60-bed ICW) and the 135th Field Surgical Team, providing combat commanders with a 'plug and play' hospital system depending on what is needed on the battlefield.

The 549th Hospital Center is the first fully doctrinally organized hospital center in the Department of the Army with a fully converted and staffed field hospital. In the future, the Army plans to convert the rest of the active-duty CSH's into FH's, as well as Army Reserve Hospitals that are part of the Medical Materiel Readiness Program and Army Prepositioned Stocks.



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Army Public Health Center Safety Officer Offers a Few Tips to Keep Your Home, Family Safe This Summer



Story by Douglas Holl
Army Public Health Center



One of the benefits of long summer days around your home is the opportunity to soak up the sun, enjoy the outdoors, cool off in the pool and master one's grilling techniques. The Army Public Health Center's Safety Officer Tim Sank has a few tips to make sure you stay healthy, happy and safe while still having fun in the sun.

With COVID-19 concerns keeping some area and community pools

closed, more people than ever are buying inflatable pools or installing above-ground or in-ground pools for their homes. According to Marketwatch.com, Amazon sales of inflatable pools and accessories has doubled over 2019 numbers. This can be a great way to beat the heat, but Sank has some critical pool safety tips.

"If you have a built-in or above-ground pool or hot tub, make certain that the children can't get to it," said Sank. "Set water safety

rules for your family. Install safety fences between the home and the water feature, and install locks on doors and windows high enough so that a child can't disable them."

Sank recommends draining inflatable or wading pools promptly after each use. According to the Centers for Disease Control and Prevention, drowning is one of the leading causes of unintentional deaths in the United States.

"All it takes is one inch of water for a child to drown," said Sank.

Sank recommends taking CPR training, if not certified already, and keeping a phone and first aid kit near the pool.

With Independence Day just around the corner, many families may plan to celebrate with some fireworks. The Consumer Product Safety Commission estimates about 9,100 people were treated in hospital emergency rooms for fireworks-related injuries in 2018. About 62 percent of those injuries occurred between June 22 and July 22.

"More than 50,000 fires are caused by fireworks every year," said Sank. "Take the proper precautions when operating fireworks. Never disassemble or try to make your own fireworks. Don't point sparklers or fireworks at yourself or others, especially while they're being lit."

Before spending a fortune on your personal celebration to independence, ensure fireworks are legal to possess and use in your city and state. The National Council on Fireworks Safety's website is a good source of information on state fireworks laws. You should also always ask your local fire or police department if fireworks are legal in your area.

"Only light fireworks on the ground and in areas that are dry and fire resistant," said Sank. "Don't attempt to light multiple devices at the same time, and never allow young children to handle fireworks or sparklers."

Sank said sparklers can also

cause serious burns because their materials burn at very high temperatures. He recommends keeping a portable fire extinguisher close by, as well as a water hose or buckets of water nearby to put out fires.

"If fireworks malfunction, don't relight them! Douse and soak them with water then throw them away," said Sank.

Although fireworks may be legal in your state, there may be reasons, such as a burn ban due to dry weather, why their use is prohibited in some areas. For more information, visit www.fireworkssafety.org.

According to the National Fire Prevention Association, 10,600 fires are started by home grills every year. They also report 19,700 patients went to the emergency room because of grilling injuries, including 9,500 thermal burns.

Sank says never grill indoors, in the garage, in any enclosed area or on a surface that might catch fire. Also, keep the grill at least two feet away from decks, siding, branches and any outdoor equipment that can catch fire quickly.

The NFPA has a number of grilling safety tips, which can be downloaded at <http://www.nfpa.org/-/media/Files/Public-Educa->



Another summer staple for many homeowners is firing up the outdoor grill or barbecue. Sank also has some tips to keep your grilling safe.

"July is one of the peak months for grilling fires," said Sank. "Check gas grill hoses for cracks, holes and leaks, and keep children away from grills. Gas leaks, blocked tubes, and propane tanks can be a cause of grill fires and explosions."

[tion/Resources/Safety-tip-sheets/Grilling_safety_Tips.pdf](https://www.army.mil/Off-Duty/Home-and-Family).

The U.S. Army Combat Readiness Center <https://safety.army.mil/OFF-DUTY/Home-and-Family> is also an excellent resource for more home safety information, said Sank.

The bottom line is everyone should take time to enjoy the summer and get out of their houses, but following these tips will keep them happy and healthy.

SMA Once Again Proposes Pulling Deep-Fryers out of Army Chow Halls

Story by Matthew Cox
Military.com

The Sergeant Major of the Army says that eating right may be more important for soldier fitness than the new Army Combat Fitness Test. But don't look for him to ban Burger King franchises on base.

"Nutrition is to me, it's like the most important thing. ... You can ruin a good workout in one sitting, you know, with a meal," Sergeant Major of the Army Michael Grinston said during a Facebook Live event hosted by the Army and Air Force Exchange Service (AAFES).

Grinston has been preaching the importance of the ACFT, which is scheduled to replace the Army Physical Fitness Test as the Army's new fitness standard Oct. 1.

But the ACFT is only part of the fitness equation, he said, stressing his other initiative -- the Army Commitment to Overall Nutrition, or ACTION.

"Holistic health and fitness and the healthy food initiative is equally as important -- or more -- than changing to the Army Combat Fitness Test," Grinston said.

But that doesn't mean he is against fast food joints on post.

"A lot of people ask me, 'Sergeant Major, why don't we just get rid of all the Burger Kings?'" he said. "I actually don't agree with that; my theory is we've got to make the right choices, and it's not about me taking away that choice. You have to



Pvt. Joseph Guerra, assigned to I Corps Forward, gets a takeout lunch at the Camp Zama Dining Facility, Camp Zama, Japan, April 23, 2020. (Photo by Winifred Brown)

make that decision.

"My goal is that you make the right decision. Sometimes, you want a burger," he said. "It's OK. I'm not here to take away all this stuff and you go off the base."

When talking to young leaders, Grinston said he asks them what they do about soldiers who have weight problems.

"They say, 'Well, I'm going to have them exercise twice a day,'" Grinston said. "What happens when they lose the weight and then they stop that second set of exercise -- they gain the weight right back because we never change the diet."

Grinston added that it's more important "that you would go with them to breakfast, lunch and dinner."

The Army has been pushing to make dining facilities healthier by "taking out the deep fat fryers and putting in air fryers," he said.

"We were trying to do a pilot before [COVID-19] kicked off, where soldiers could get money and they could get the healthy food on their meal cards when they go to the commissary and get a healthy sandwich," Grinston said. "That was a little bit delayed because of the global pandemic."

The Army is currently working with AAFES to put additional healthy food options in food courts as well, he said.

"If you don't get the nutrition right, we are not going to be as fit as we could be because the diet and exercise ... go hand in hand," Grinston said.

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Strength in Diversity – Eighth Army Equal Opportunity is Tip of the Spear

Story and photos by Kenji Thuloweit
8th U.S. Army Public Affairs

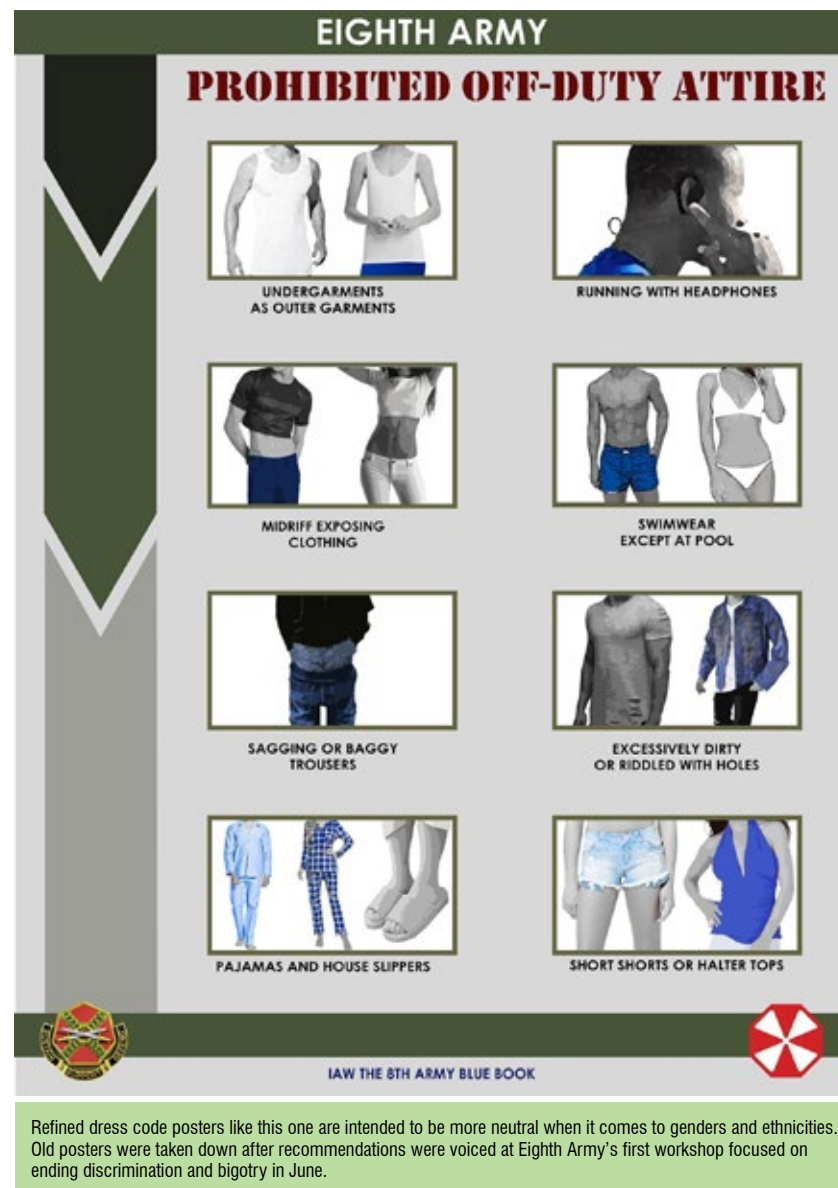
Following a workshop focused on ending discrimination and bigotry last month, Eighth Army's Equal Opportunity office sprang into action to address recommendations and concerns voiced by the 100-plus participants.

"The purpose of the workshop was to understand the current operating environment with regards to discrimination and bigotry and what we want our future environment to look like," said Lt. Col. Matthew Opalinski, Eighth Army EO Program manager. "We got a lot of great responses and feedback with a suggestion list of 36 separate items that we can do at Eighth Army that will get us in the right direction where there is less discrimination and bigotry."

Many of the workshop attendees suggested changing policies viewed as discriminatory or offensive.

Some suggestions Eighth Army EO was able to act on quickly were the removal of certain dress code posters around USAG Humphreys viewed as discriminatory and creating EO "smart cards" to assist Soldiers and commanders with understanding EO policies along with tips for discussing EO topics. As a result, more gender- and ethnic-neutral posters have been designed and a seven-page smart card booklet is ready to be printed and distributed to units.

"Out of those 36 suggestions, we identified maybe a dozen that we could implement immediately with little time, little money and something that was in the power of (Lt.



Gen. Michael Bills, Eighth Army commanding general), either with an exception to policy or simply change of procedure," Opalinski said.

Eighth Army G3 is also working to refine the Eighth Army Blue Book to take potential discriminatory language out, a lot of which had to do

with off-duty dress codes that some viewed as discriminating, according to Opalinski.

While Eighth Army is leaning forward in U.S. Forces Korea's "Strength in Diversity" campaign, it's important to note the U.S. Army's Equal Opportunity Program has

been serving Soldiers and Department of the Army civilians for years. Equal opportunity advisors and leaders are located in units from company to battalion level. More than ever, it's important to understand EO's mission and for people to be able to locate their unit EO office and/or their EO advisor.

"One of the overarching themes of the workshop was people just don't know about the existing EO program," said Opalinski. "Many of the things people were requesting are things that commanders and equal opportunity advisors and EO leaders are already tasked to do as part of our regulation—getting the word out is on us."

The Eighth Army community across the peninsula can expect to see informational posters and kiosks where people can make suggestions with the option of doing so anonymously. The posters feature contact information to point Soldiers and civilians in the right direction in case they have an EO issue. Eighth Army EO has also created a hotline (DSN 755-2535/010-8520-4656) to call where Soldiers can talk to an EO representative anonymously if they wish.

Along with the Eighth Army Public Affairs Office, EO has also created a web page where people can get the 24-hour EO hotline number or submit an anonymous email. The web page is located at <https://8tharmy.korea.army.mil/site/resource/equal-opportunity.asp>.

"One of the concerns brought up at the June workshop was the fear of reprisal and retaliation when a Soldier makes a complaint," said Opalinski. "There are procedures established where commanders establish a plan to protect complainants and subjects from reprisal. The commander is obligated to protect you from reprisal, but we did not have an anonymous mechanism yet in case those fears of reprisal could not be alleviated."

While Eighth Army's EO hotline

and office door is open to everyone, Opalinski said the first step is to try and solve an EO issue at the lowest level possible.

"We always encourage Soldiers to confront the alleged offender first," he said. "It could be a comment not intended to be harmful made out of ignorance. They can say, 'hey, that offended me.' Then the problem could be solved right there. Maybe the offender didn't know what he or she was doing.

If the Soldier doesn't want to do that then the next option would be to see the company or battalion EO leader who is trained in the EO Leaders Course to help Soldiers resolve informal complaints. If that doesn't work then the Soldier can engage the chain of command. In the end, the unit commander is going to provide the remedy."

Regarding civilian employees, military EO offices can listen to informal complaints, but civilians are best served by civilian Equal Employment Opportunity offices at their local installations or units. Opalinski said military EO practices are regulatory in nature while civilian EO practices are statutory, implemented by the federal government. Military versus civilian EO conflicts (and vice versa)

can be handled by both Army EO and civilian EEO, but ultimately everyone works for the same commander, Opalinski said.

The next Strength and Diversity workshop is planned for September with the aim to get all the June participants back for a discussion and the possible creation of a permanent diversity council. People can also look forward to Aug. 26, which is Women's Equality Day.

Strength in Diversity is not just a slogan, but the way forward in Eighth Army's operations.

"The words speak for themselves," Opalinski said. "We're a diverse nation. We do and we need to draw our strength from that diversity."

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This policy applies 24/7, both on and off post; during duty and non-duty hours; applies to working, living, and recreational environments, and both on- and off-post housing.

Eighth Army Equal Opportunity Advisors

Eighth Army Headquarters: 755-0323/0324/8506
HQB, Eighth Army: 755-8191
2nd Infantry Division Headquarters: 756-7343
19th Expeditionary Sustainment Command: 765-4040
1st Signal Brigade: 755-7028
35th Air Defense Artillery Brigade: 784-7877
65th Medical Brigade: 737-1995
501st Military Intelligence Brigade: 755-7628
United States Army Garrison Humphreys: 755-9150/6527
United States Army Garrison Casey/Yongsan: 730-3098
United States Army Garrison Daegu: 765-4040
8A 24-Hour EO Hotline: 755-2535 / 010-8520-4656
8A EO Anonymous Email: usarmy.humphreys.8-army.mbx.eo-hotline@mail.mil

You may request anonymous Equal Opportunity assistance by completing a help card located on this kiosk. Contact your unit EOA for additional guidance.

The Eighth Army community across the peninsula can expect to see informational posters and kiosks where people can make suggestions with the option of doing so anonymously. The posters feature contact information to point Soldiers and civilians in the right direction in case they have an EO issue. Eighth Army EO has also created a hotline (DSN 755-2535/010-8520-4656) to call where Soldiers can talk to an EO representative anonymously if they wish.



Meet Your Health Educators!

Arin Spears

Health Technician,
Army Wellness Center
on Camp Walker

Arin Spears is the Health Technician at the Army Wellness Center on Camp Walker. Upon completing high school Arin chose to attend the University of Fairbanks, Alaska from 2014 until 2017, where she graduated with her Bachelors of Science in Biochemistry. During her time at the University of Fairbanks Alaska, Arin worked as a Pharmacy Technician at Fairbanks Memorial Hospital. Also, she was an avid volunteer for the Interior Alaska Center for Wellness and Non-Violence where she eventually became a Wellness Coach. Her passion for serving the community through wellness and public health led her to become a certified advocate against domestic violence. She led and coordinated many Interior Women's Shelter Community events conducting food drives, blood pressure readings and educating her community on preventative health. Working with people to help them achieve their goals and maintain a healthy and balanced life is truly her passion. In her spare time she enjoys long walk with her puppy Leo, cooking, traveling, and working out.



Danielle Sprunger

Health Educator,
Army Wellness Center
on Camp Walker

Danielle Sprunger is a Health Educator at the new Army Wellness Center on Camp Walker. She has been a Registered Dietitian Nutritionist since 2018. Danielle graduated from Michigan State University with a Bachelor's of Science in Dietetics and completed her dietetic internship through Prairie View A&M University in Houston, Texas. After moving to Korea, Danielle volunteered at the Camp Walker Wood Clinic as a dietitian through the American Red Cross.

Danielle is passionate about all things food and fitness related. She believes that through hard work and determination, anything you put your mind to is possible. Danielle is constantly looking for ways to help improve her community's health and fitness and will always work with you towards your own personal goals. In her spare time she enjoys traveling, cooking, baking, watching movies and hanging with her two pups, Vinny and Maya.



ROK Army Medical Officers 'Patched' to 65th Medical Brigade

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



The 65th Medical Brigade Commander, Col. Dave Zimmerman, welcomed the incoming 131st cycle of Republic of Korea Army Medical Officers as part of the Integrated Service of Republic of Korea Military Health Care Personnel Program July 13 at the Brigade Headquarters building on Humphreys.

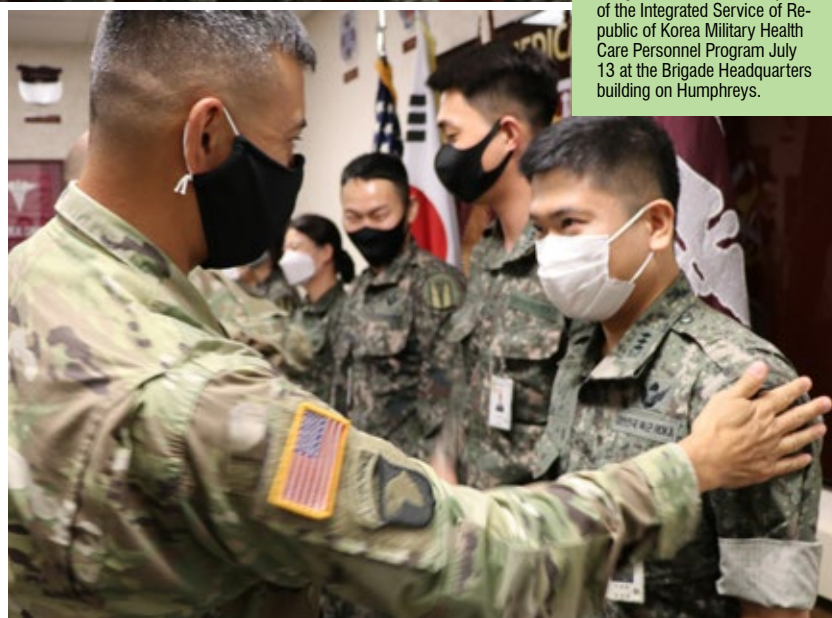
The 65th Medical Brigade Commander, Col. Dave Zimmerman, welcomed the incoming 131st cycle of Republic of Korea Army Medical Officers as part of the Integrated Service of Republic of Korea Military Health Care Personnel Program July 13 at the Brigade Headquarters building on Humphreys.

As part of their welcome, the officers were "patched" to the Brigade.

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 civilian sectors in

the Republic of Korea.

Captains Jin Sook Cho, Se Lim Oh, Jae Young Ha, Min Ji Yu, Kyung Don Lee, Eui Hyon Song and Yong Ju Yoo all recieved their Brigade uniform patch.



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Healthy Sleep Habits



Your behaviors during the day, and especially before bedtime, can have a major impact on your sleep. They can promote healthy sleep or contribute to sleeplessness.

Your daily routines – what you eat and drink, the medications you take, how you schedule your days and how you choose to spend your evenings – can significantly impact your quality of sleep. Even a few slight adjustments can, in some cases, mean the difference between sound sleep and a restless night. Completing a two-week sleep diary can help you understand how your routines affect your sleep.

The term “sleep hygiene” refers to a series of healthy sleep habits that can improve your ability to fall asleep and stay asleep. These habits are a cornerstone of cognitive behavioral therapy, the most effective long-term treatment for people with chronic insomnia. CBT can help you address the thoughts and behaviors that prevent you from sleeping well. It also includes techniques for stress reduction, relaxation and sleep schedule management.

If you have difficulty sleeping or want to improve your sleep, try following these healthy sleep habits. Talk to your doctor if your sleep problem persists.

Quick Sleep Tips

Follow these tips to establish healthy sleep habits:

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least 7 hours of sleep.
- Don’t go to bed unless you are sleepy.
- If you don’t fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Use your bed only for sleep and sex.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don’t eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.



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What you need to know to keep your family safe and healthy.



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except for essential travel.



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as an added measure of protection

To learn more about COVID-19, visit: www.tricare.mil/Coronavirus



Pyeongtaek Thanks Eighth Army NCO for COVID-19 Info Sharing

Story by Kenji Thuloweit
8th Army Public Affairs

People make up the bonds that hold the Eighth Army and Republic of Korea alliance together. One of those people is Staff Sgt. Daniel Velez of Eighth Army's G9 staff. The Civil Information Management NCO was recognized July 10 at Pyeongtaek City Hall for his work in compiling COVID-19 data for Eighth Army, which is also shared with the city of 500,000 people to help with its plans and operations combatting the virus.

Mayor Jung, Jang-seon, presented Velez and U.S. Air Force Capt. Gregory Smith of Osan Air Base with plaques of appreciation. The mayor said the relationship between Pyeongtaek and U.S. Forces Korea is strong and thanked the two for their efforts in helping the city prevent the spread of COVID-19.

Since the beginning of the pandemic here in South Korea, Velez has been crunching and compiling COVID-19 data from both local and continental United States sources. The data is then sent to U.S. Forces Korea for its coronavirus operations and ultimately shared with Pyeongtaek City.

"They're able to see what is currently happening on post and what is currently happening off post," Velez said. "When we had the occurrence of cases on Camp Humphreys, they were able to see how quickly and actively we were tracing each one. They were seeing how quickly we



Pyeongtaek City Mayor Jang-seon Jung elbow bumps Staff Sgt. Daniel Velez, Eighth Army G9 Civil Information Management NCO, at Pyeongtaek City Hall July 10. Velez received a plaque of appreciation for his work with managing COVID-19 data. (Photo by Cpl. Seung-hyun An, 8th Army Public Affairs)

were organized and taking care of the response to include all the other posts on the Korean peninsula."

Being the home to U.S. Army Garrison Humphreys, it's vital for information to be shared between Pyeongtaek and Eighth Army headquarters. Velez's Eighth Army COVID-19 data helps Pyeongtaek officials see where virus hotspots are occurring on and around Camp Humphreys and also helps the city plan by seeing virus data from Army post locations in the U.S. where Soldiers coming to Korea are leaving from.

"When the virus began to hit Camp Humphreys personnel, we were managing all the informa-

tion," said Velez. "We were tracking each case, what roads (a person drove on), bus and taxi routes, and supplying the data to USFK and Pyeongtaek. Pyeongtaek City was given access to our COVID-19 data including what was happening in the continental United States."

Velez said he's honored and humbled to be recognized by the Pyeongtaek mayor and continues to manage Eighth Army information on COVID-19 cases so "we can develop a clear understanding for the commander so he can make the right decisions."

Velez hails from Palm Desert, California, and arrived in South Korea last November.



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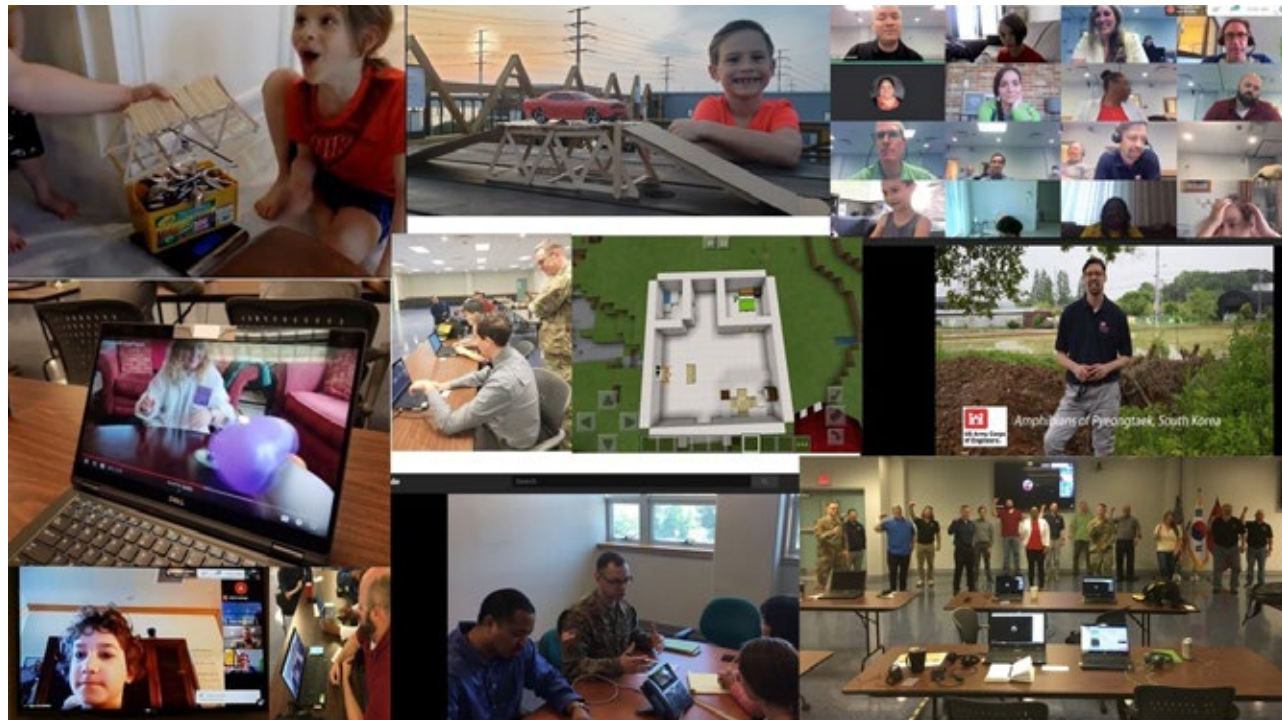
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Despite COVID19, Students' Thirst for Learning Continues

Story by SeukHwan Son
U.S. Army Corps of Engineers, Far East District



"Here is my hovercraft!"
– Annabeth F. 2nd Grade

**"My Bridge could take 18 rocks before
my basket was too full"**
– Alice A. 4th grade

**"Our 2nd grader and 4th grader
watched every video lesson the engineers
posted then picked their activities to
submit! The quality of the videos and
sense of humor used in the presentations
were two things we all loved!"**
–Christine Arzt-McGee, HCES Parent



For the very first time in a complete digital e-learning platform, students from kindergarten through 4th grades of Humphreys Central Elementary School (HCES) posted and shared videos of their experiments and exchanged live questions and answers with members of the United States Army Corps of Engineers (USACE) Far East District (FED) and 11th Engineer Battalion on their various Science, Technology, Engineering, and Mathematics (STEM) activities, May 29.

In years past, FED has done a hands-on event during the school day where every student rotates through a station designed by our FED team focused on different disciplines and aspects of Science, Technology, Engineering, and Math, sometimes hosting over 500 students in one day.

"The social distancing requirements due to COVID-19 prevented us from rolling out the hands-on experiments and the distance learning at the schools made this a very unique year, after some brainstorming and creative thinking with Mr. Rick Taylor from HCES, I approached our District Commander and Deputy District Engineer with the idea to do something with videos and hosting on an e-learning platform. COL Crary and Mr. Byrd saw that our community on Camp Humphreys needed a break from some of the telework/e-learning stress and saw an opportunity for the Far East District to give some joy to the students, while also helping out the teachers and parents by providing this activity," said Jennifer Moore, Chief of the Air Force Program and STEM Facilitator for FED.

The team of 25 volunteers from FED and 11th Engineer Battalion were comprised of professionals in various disciplines including: engineering, science and biology, logistics, architecture, and computer technology. The team gathered quickly and created eight pre-recorded video clips, focusing on various scientific activities: Structural survivability (Egg Drop), speed and vibration of sound (Making Music with Water), structural engineering (design and construct a bridge with popsicle sticks), biology (Amphibians of South Korea), air cushion and volume (Hovercraft), computer programming, soil engineering and particle settlement, architecture and design (Design your dream house!).

"We have worked in partnership with USACE for a number of years. Those events have always been in the spring and hands-on at the school with the students participating and engineers setting up stations. About a month and a half ago, Ms. Moore and I started having our annual discussion about what we can do this year, especially with students out of school. We talked about having some virtual activities and Ms. Moore was able to get lots of FED volunteers to participate and create these amazing videos for the kids. We hoped the kids would be able to do these activities at home and then provide some documentation of their participation through videos and pictures that the engineers and volunteers could view on the website," added Mr. Rick Taylor, Humphreys Central Elementary School STEM coordinator.

Jennifer Moore brought the event full circle by holding a live question and answer session through the Google Meet platform with students and teachers, engaging in discussions with the students and giving them a chance to "ask an engineer" anything about their experiment, allowing FED STEM Team volunteers

a chance to give feedback to the students and words of encouragement about their scientific mind, their creative ideas, and prompts for what to try in the future.

Over 50 video clips and photos were posted by the students and shared at https://padlet.com/richard_taylor8/h07v06s936fpiaf. These included the students' creative approaches to the experiments. Responses ranged from a student turning a Popsicle Stick Bridge into a ramp for a toy car, another student load tested their bridge with what was sure to be every piece of silverware from the kitchen, another made a mock YouTube channel called "Kid's Zone! Science!" with her self-built hovercraft, we saw designs for a "dream home" that included floor plans designs with Legos and Minecraft, chocolate swimming pools, coffee showers, and new features in architecture such as a "Change seasons Room" that could create Christmas in July with a touch of a button.

"Each of our volunteers engaged so thoughtfully and kindly with the students. They took time out of their busy days, evenings, and weekends to review the student submissions so when the students started logging into the digital platform, they were ready to ask them questions," said Moore.



Chad McLeod, Chief of Construction, and his dream house design team really took this to the next level. They would ask why certain rooms were designed how they were, what it meant to the student, and complimented them on the engineering and eye for architecture.

"We couldn't have done the live question and answer event without people like Chad McLeod, Mario Fuquene, Todd Hill, Dave Chai, and CPT Bill Saeur. When they interacted with the students and told them they had a scientific mind or have a future in STEM and showed that they listened and watched the ideas they came up with, the kids smiled ear to ear and I feel like it really made such a positive impact on them. My favorite moment was when one 2nd grade student walked us through her dream house and told us about the hot chocolate swimming pool and the bottomless pit to get rid of the trash. It was so much fun hearing our FED Engineers ask serious questions about if the hot chocolate was potable and complimenting her on accounting for waste disposal," said Moore.

The FED volunteers answered the call for creativity this year, with every station coming up with a unique

way to show STEM initiatives while also being mindful to use items from around the house and provide easy to follow instructions. Aaron Schuff, Resident Engineer, and member of the dream house design took the time to write each student a letter as if it was from a customer, recommending suggestions and showing the students commonly asked questions that engineers may receive when designing a building.

The event left amazing memories to not only the students but also the volunteers said Jessie Lindor, FED property book officer.

"I thought this is very endearing especially in the circumstances with COVID we were able to come together and create a virtual STEM project and the kids were very interested in designs and projects they were doing. We are very proud that they were able to participate and do such an awe-

some job for their little minds being kindergarten through 4th grade. [They are a] very creative and very intelligent group of students. Thank you to teachers, students, and parents that helped and supported this great project and we look forward to doing this again next year," said Lindor.

The event also included prizes to the most creative and well-done student experiments. These prizes were provided by the individual volunteers and team leaders as a personal commitment to the program and a way to inspire the students and get them more excited to try their best at all of the experiments.

"There was a lot of participation on the website. When students did the experiments and got the feedback from engineers, I think it went fantastic. I know that the kids really appreciated hearing about their projects and being encouraged to pursue careers interested in STEM in the future. I think it went great!" said Taylor.

Col. Christopher Crary, FED commander said he was encouraged by the fact that FED employees were able to continue the tradition of STEM outreach to the Department of Defense Education Activity schools in Korea.

"This is a highlight for the kids every single year,

but this is also a highlight for the workforce. These events take a lot of energy and a lot of passion and my staff looks forward to this. When COVID hit, schools closed, and we questioned whether we would be able to do it but, this is important for our workforce as a way to give back to the community and our volunteers came together to find new ways to share our STEM expertise," said Crary.

Crary further thanked the school, "I appreciate all the volunteers for their ability to find engineering solutions to difficult problems and making this process work. Also, I am sure that there was a lot of coordination on school's end to set this up and put the kids all in the virtual environment to make this happen. Thank you and thank your team and I have no doubt that it was a benefit to the kids."

Richard T. Byrd, Deputy District Engineer, noted he was appreciative of all the hard work done by FED employees to make the event possible.

"I appreciate the FED team for volunteering. It is amazing the amount of effort that went into it, to include our 11th Engineer guys. The kids had a fantastic time and it's going to pay a big dividend and helps us build future leaders."

Taylor said he is already looking forward to the event next year.

"FED and Ms. Moore have done a fantastic job over the past five years that I've personally worked with them, I hope we can continue our partnership and

maybe next year get back to the hands-on activities. It is really valuable for the students to get this interaction and to be able to participate in these activities" said Taylor.

This successful event can best be summarized by one impressed parent, "[Our kids] loved that the engineers took time to engage with every grade level and talk to them about their submissions. It was motivating and heartwarming for them as budding scientists and as parents we loved their level of interest and we so appreciated the heart and joy that went into the week from the Far East District. Thank you so much," said Christine Arzt-McGee, parent of two HCES student participants.

“

I appreciate all the volunteers for their ability to find engineering solutions to difficult problems and making this process work. Also, I am sure that there was a lot of coordination on school's end to set this up and put the kids all in the virtual environment to make this happen."

— Col. Christopher Crary,
FED commander

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The 65th Medical Brigade commander, Col. Dave Zimmerman, presided over the 130th cycle graduation of the Integrated Service of Republic of Korea Military Health Care Personnel Program July 9, 2020 at the Brian D. Allgood Army Community Hospital cafeteria on Humphreys. Col. Soonyoung Lee (right), ROK Armed Forces Medical Command Department of Preventive Medicine Chief, was the honored guest speaker.

ROK Medical Officers Integrate into 65th Medical Brigade

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

The 65th Medical Brigade commander, Col. Dave Zimmerman, presided over the 130th cycle graduation of the Integrated Service of Republic of Korea Military Health Care Personnel Program July 9, 2020 at the Brian D. Allgood Army Community Hospital cafeteria on Humphreys.

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

"As we sustain our future and continue to provide health care professionals in organizations

and medical units, providing health service support, medical mission command and force health protection to our forces in Korea, it is programs such as this that keep our medical alliance strong and ready," Zimmerman 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 apprecia-



Upcoming Civilian Army Substance Abuse Program Trainings



27 Aug 2020 & 24 Sep 2020 Troop Theater, Bldg. 6806

Employee Assistance Program (EAP)

Time: 0900-1000 (Civilian Supervisors)
1330-1430 (Family Members 18+
& All Other Civilian Employees)

Suicide Prevention Training

Time: 1430-1630 (All are welcome)

EAP: Ms. Patricia Tooson • DSN: 315-755-1090 • patricia.a.tooson.civ@mail.mil

SPPM: Ms. Juliann Bryant • DSN: 315-755-1090 • juliann.l.bryant.civ@mail.mil

tion 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 civilian sectors in the Republic of Korea.

Zimmerman's remarks echoed the continued success of the program. "This graduating class is particularly special, having served alongside our staff and medical providers during the ongoing Covid-19 response, at a time when many combined training events were cancelled

cine Chief, was the honored guest speaker who spoke highly of the graduates.

"This class has proven to be more successful than any other, as attributed by their service in a variety of fields throughout the 65th Medical Brigade, resulting in increased contributions toward a stronger armed forces medical command," said Lee. "For the past six decades, this program's graduates have contributed to improvements of our combined medical capabilities. The alliance between ROK and U.S. military medicine will expand beyond borders of operations, education, research

vigorous ROK/U.S. alliance. The Brigade is proud to associate with them and will always recognize them as colleagues and friends. Their charge upon reassignment back to the ROK forces is to share the lessons learned with their colleagues in the ROK Armed Forces Medical System.

The 130th cycle graduation ceremony graduates and where they worked were:

Capt. Ah Rang Kim with 65th Medical Brigade S3 Operations; Capt. Ju Ryeong Nam with the office of Quality Management; Capt. Min Jeong Yoo with the Patient Centered Medical Home;



The 65th Medical Brigade commander, Col. Dave Zimmerman, presided over the 130th cycle graduation of the Integrated Service of Republic of Korea Military Health Care Personnel Program July 9, 2020 at the Brian D. Allgood Army Community Hospital cafeteria on Humphreys. Col. Soonyoung Lee, ROK Armed Forces Medical Command Department of Preventive Medicine Chief, was the honored guest speaker.

or delayed throughout the peninsula. There steadfast partnership and dedication to our combined mission was essential to the continued success of the Pacific Medics."

Col. Soonyoung Lee, ROK Armed Forces Medical Command Department of Preventive Medi-

and academics and I am sure these graduation will play a key role in the process."

For over 65 plus 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

Capt. Hee Su Oh with 65th Medical Brigade S4 Logistics; Capt. Min Ji Lee with the office of Occupational Health; Capt. Seon Ae Jang with the Patient Centered Medical Home and Capt. Jin Yi Kim with the Clinical Education Division.

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Daecheongbong Peak, Seoraksan National Park

~ Katchi Kapshida ~ Story of the Lost Lieutenant

By 1st Lt. Daniel de La Fé
51st Fighter Wing Public Affairs

One year ago, I found myself stepping off a bus at a random gas station in middle of nowhere with a backpack filled with peanut butter crackers and a sleeping bag – completely lost in a new country I began calling home less than a month prior – excited and unaware of where life would soon take me.

Based on a couple of Instagram photos, I decided Seoraksan National Park would be a good start for checking out what type of hiking and backpacking the Republic of Korea had to offer.

I'm no stranger to wandering around unfamiliar places, but four hours later and a missed connection at Dong Seoul Bus Terminal, I found myself on the edge of my comfort zone – no English signs, no English

speakers, and no trailhead anywhere in sight.

Just when I decided to give up and find the next bus back to Songtan, I saw a Korean man with a backpack taking a picture of the bus schedule so I tapped him on the shoulder, showed him a picture of where I wanted to go, and he motioned me to follow.

We started down a quiet road, stopped for my first-ever bibimbap (a traditional Korean rice and vegetable dish), and hopped on another bus that took us into the mountains. This entire time I was following him without question, as his English and my Hangul abilities created a barrier even Google Translate struggled to decipher, but we finally made it to the trailhead!

By this time, I had learned he was retired, lives in



Bukhansan National Park

Seoul with his family, and spends nearly every weekend hiking Korea's big mountains.

We hiked together for a while before the routes split and we would be on our own, but I wasn't ready to leave my new friend so I leaned on one of the three Hangul phrases I knew at the time.

Our loop (Gwonguemseong Peak Trail) was littered with some of the most beautiful Buddhist Temples, endless waterfalls, and countless panoramic views. We topped out for the night at a Korean National Park mountain shelter where we bunked up for a couple of hours with a few dozen other hikers.

Well before sunrise I felt a tug on my foot and it was time to go. We pushed up the steep mountain under the Milky Way protected by low clouds drowning out the light pollution from the cities all around the park. Peaks popping through the clouds floating beneath our feet.

The first destination of the day was Daecheongbong Peak (Korea's third highest peak sitting at 1,708 meters above sea level). We were the first to summit for the day's sunrise!

Caught in the clouds, we started down the mountain toward what I understood to be the next 10 steep, exhausting, gorgeous peaks.



Seoraksan National Park



Seoraksan National Park

By the end of our 24 hours on trail, we had covered 27 miles in the most dramatic and impressive mountain ranges, communicating through little more than grunts and gestures, but thankfully one of those three phrases I knew happened to include Katchi Kapshida.

The Lesson

By the end of the trip, we exchanged numbers where I finally learned his name was Mr. Kwon.

We’ve been hiking three times and shared a few meals over the past year where I’ve met two of his kids and developed a relationship that many would describe as similar to New Girl’s Nick and Tran.

I have had many incredible experiences in the Republic of Korea, but nothing will ever surpass the memories Mr. Kwon has given me on our wild adventure in Seoraksan National Park. This is the type of experience that helped me decide to extend my tour in Korea for an additional year, and I’m looking forward to many more hikes in this incredible country.

Koreans are proud of their country, and many love sharing their culture with interested Americans. Many of my friends have had similar experiences becoming friends with strangers, but these experiences require you to step outside of your comfort zone.

Get on a bus, eat weird food, tap the stranger with the backpack on the shoulder and try your best to ask for directions. You never know where it will take you.



Jamsil, Seoul

The Tips

Korea makes it easy for international travelers to get around easily, and there are a ton of resources that you can mix and match to make it even easier. (No federal endorsement intended)

- Google Translate: Add Korean to your keyboard. Actively watch the screen when typing because it will give you critical context that the end result just misses.
- KakaoMap: Best travel GPS for finding bus routes, driving directions, campsites, trailheads, restaurants, and many more. Mix and match with Never Map, Waze, and Google Maps if you can’t find exactly what you’re looking for.
- Korean Won: Always have cash! Once you’re away from Songtan, many places don’t accept American credit or debit cards.



COVID-19
CORONAVIRUS DISEASE

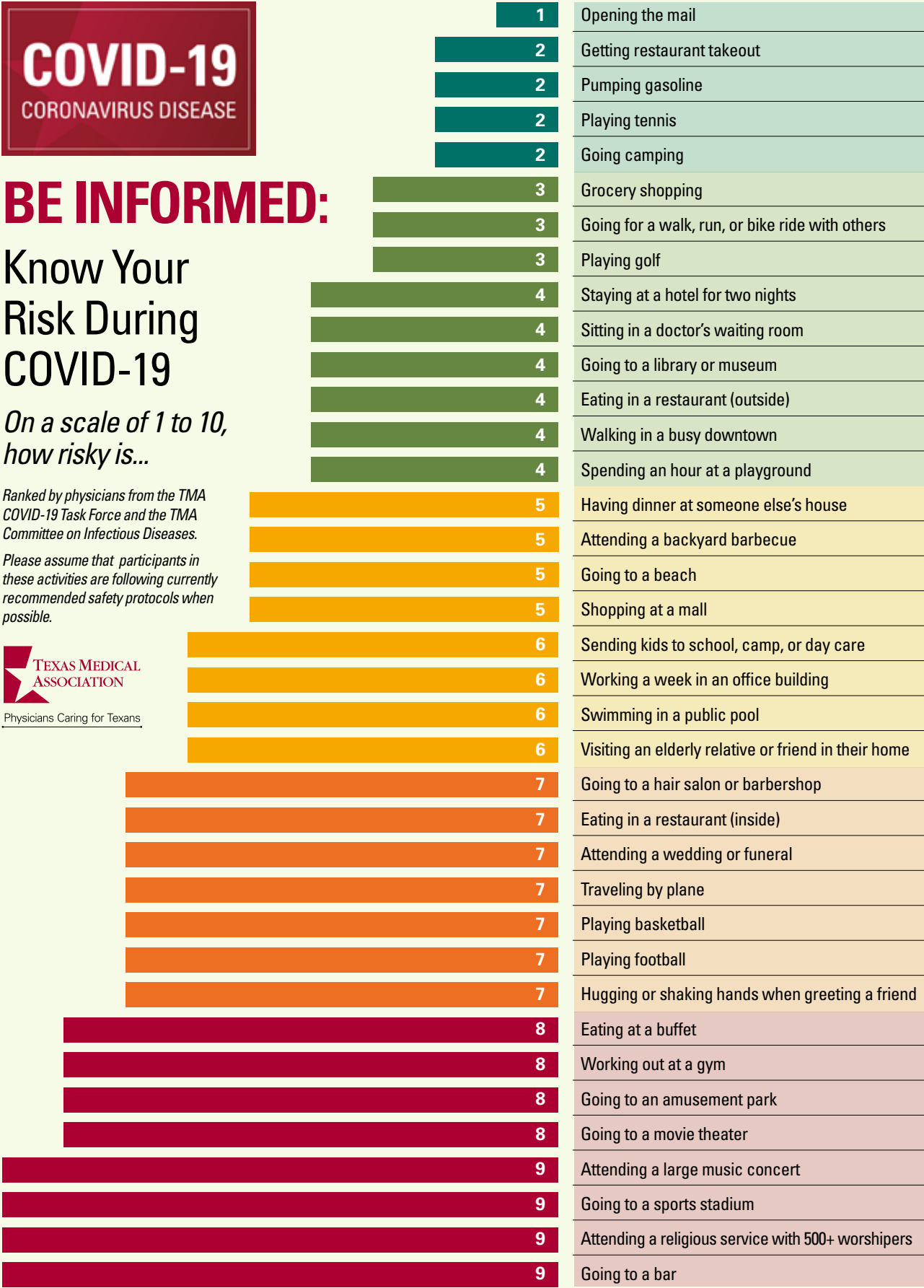
BE INFORMED:

Know Your
Risk During
COVID-19

On a scale of 1 to 10,
how risky is...

Ranked by physicians from the TMA
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EXPRESSING YOURSELF IN THE MILITARY ENVIRONMENT:

Advice and Counsel for the USFK Community

Story by Col. Tideman Penland
U.S. Army, USFK Judge Advocate



Our American Family is going through a great moment of turmoil, the likes of which we have not seen in decades.

Tragic incidents involving the exercise of government authority have highlighted - yet again - the scourge of racism in our country. We must ask important and urgent questions: What kind of society are we? Can't we be better? And, we must listen.

Despite our geographic distance from the United States, we in the USFK Community must take part in this discussion; moreover, our technological and social media proximity to family and friends in the U.S. accelerates our ability to

participate.

USFK values its people – civilian and military, employee and dependent, U.S. and Korean. We find great strength in our diversity and we get better as we work together. To that end, USFK leadership wants to provide the community with a space where these conversations can be held locally and globally. We also rely upon good order and discipline in order to maintain readiness to “Fight Tonight.” There is room for servicemembers, civilians, and dependents to express themselves appropriately, and there are some boundaries that do not exist in the civilian community.

Overlying all of this is a recogni-

tion that we Americans share the right to free speech, the right to peacefully assemble, and the right to petition government to redress our grievances. It is no coincidence that these rights appear in the very First Amendment to our Constitution. However, First Amendment rights are not absolute; the government may regulate our exercise of those rights in time, place, and manner. Moreover, for Americans affiliated with the Armed Forces, there are further restrictions related to military necessity and good order and discipline. The following may help USFK personnel understand those boundaries. This is not intended as a substitute for legal

advice or other guidance you may receive from your local commands. If you have any questions, please talk to your chain of command or supporting legal office.

There are several broad categories which regulate the extent to which a member of the Armed Forces may exercise the right to free speech.

First, commissioned officers are prohibited under Article 88 of the Uniform Code of Military Justice (UCMJ) from “using contemptuous words against the President, the Vice President, Congress, the Secretary of Defense, the Secretary of a military department, the Secretary of Homeland Security, or the Governor or legislature of any State, Commonwealth or possession in which he is on duty or present.” There is a difference between contemptuous language, which focuses on the person holding the office, and adverse criticism, which focuses on the decisions they make. Such criticism may also be, as the Manual for Courts-Martial describes it, “emphatically expressed.”

Second, servicemembers are also prohibited under Article 92, UCMJ from violating or failing to obey a general order or regulation; or, having knowledge of any other lawful order issued by a member of the armed forces for which it is a duty to obey, failing to obey the order; or, being derelict in their duty. As noted below, there are DoD, Service, and USFK regulations, the violation of which could subject a servicemember to criminal prosecution under Article 92. While this guidance mentions some of these regulations, others may also apply. It is the duty of all servicemembers to understand the rules – the chain of command can help.

Third, servicemembers have some limitations on partisan political activities under DoD Directive (DoDD) 1344.10, Political Activities of the Armed Forces. Similar to “Hatch Act”

provisions for civilian employees, this regulation prohibits active duty servicemembers, members of the Reserve components and National Guard, and retirees from certain political activities. To briefly summarize, servicemembers may not engage in political activities in uniform or act in any manner which would reasonably create the inference or appearance of official sponsorship, approval, or endorsement of a candidate, incumbent, or election campaign.

Commanders and leaders should read and understand this DoD policy, but not interpret it too broadly. Its definition of political activity is quite

Overlying all of this is a recognition that we Americans share the right to free speech, the right to peacefully assemble, and the right to petition government to redress our grievances.

narrow. Fundamentally, political activity involves a particular candidate or incumbent seeking election, or partisan causes. Speaking or acting against racial discrimination is not a political activity - it knows no particular candidate, incumbent, election campaign, or party.

Fourth, DoD Instruction (DoDI) 1325.06, Handling Dissident and Protest Activities Among Members of the Armed Forces, restricts servicemembers from the following activities:

pursuing personal writing activities such as blog/social media posting or emailing during duty hours or using Government computer resources to do so, unless as part of official duties; - participating in any off-post dem-

onstrations while on-duty, in a foreign country, where it would constitute a breach of law and order, or where violence is likely to result. They can never attend an off-post demonstration in uniform;

- actively advocating supremacist, extremist, or criminal gang doctrine, ideology, or causes.

The Services have implemented similar regulations under their authorities which may also regulate similar conduct (such as Army Regulation 600-20, AFI 51-903, MCO 5370.4B, or OPNAVIST 1620.1B).

For civilians, the rules are not much different. Civilian employees are restricted from certain partisan political activities under the Hatch Act, although most civilian employees may publicly support and endorse political parties or candidates.

With all this in mind, here are some common questions; the answers may help the USFK community understand our left and right limits.

1. Can I go on Facebook or Twitter and make a statement (including “liking” or forwarding a post) regarding current issue, such as Black Lives Matter or urging a government take official action against someone who has committed a race-based crime?

Yes. However, servicemembers should avoid publishing anything which could reasonably be viewed as soliciting votes for or against a partisan political party, candidate, or cause.

2. A group of friends wants to hold a memorial event for someone killed by police in the United States? May we do so on a USFK installation?

It depends. Generally speaking, military installations are not public forums, so the use of those facilities for non-military purposes may be subject to an installation commander's approval. This includes areas such as the PX/Commissary grounds, a park, or a field. For tenant facilities, such as a DODEA school field or building, the

tenant agency's approval may also be necessary. These activities are subject to reasonable time, place, or manner conditions established by the approving commander. The types of protests, demonstrations, and similar activity that an installation commander must prohibit is actually quite limited; these limited circumstances are described in DoDI 1325.06.

Servicemembers should also note that DoD policies related to the wear of the uniform allow for the wear of the uniform at command-sponsored public demonstrations or rallies. Servicemembers can wear the uniform at other public demonstrations or rallies with the permission of the Commander, USFK.

3. Our local garrison turned down our request to hold an event, so we want to privately organize a protest or demonstration off-post, either at a local public park or just outside the installation gates. May we do so?

Servicemembers are prohibited by DoD policy from participating in off-post demonstrations in foreign countries. Civilians may seek approval from the Commander, USFK under command policy.

4. The Koreans are holding a demonstration in front of the U.S. Embassy in Seoul on a topic that I am very interested in and in which I want my voice heard. Can I attend?

Under the same rules as Question 3, servicemembers may not attend off-post demonstrations. Civilians must seek Commander, USFK approval.

5. I am very upset with the way police departments in the U.S. behave and their authorities to detain or otherwise interact with the public in a violent way. I want to voice my opinion through several measures. First, I want to support a political candidate who advocates for police reform. Second, I want to donate money to an

organization which doesn't support any particular candidate, but which wants work with state legislatures to implement police reform. Third, I want post and share messages on Facebook, Twitter, and Instagram supporting police reform and pro-reform candidates. Can I?

Yes and no. For servicemembers, you may not publically publish information that encourages votes for or otherwise publically promotes a partisan political candidate, campaign or cause. However, you may donate to a candidate (without encouraging others to do the same). You can donate funds to any non-partisan group which supports your issue, as long as that group is promoting issues not identified with a particular political party or candidate. Finally, you



can post non-partisan messages and criticize or support decisions made by government officials. You can voice support for national groups or movements which are not identified with particular political parties or candidates. You just may not "like" or share/retweet campaign website information or solicit others to vote for a particular candidate.

Most civilian employees have less restrictions. While they cannot solicit donations for political parties or candidates, they can publically solicit votes and support for particular parties or candidates. They can also post partisan messages and like/share/retweet

information related to political parties or candidates. The only exception is employees who are in the Senior Executive Service or who are members of the intelligence community or J2 staff. Their restrictions are very similar to those of servicemembers and they should seek further guidance before engaging in support for matters of public interest.

There are no similar restrictions for other civilians, such as dependents.

.....

One final note for all military personnel: before you engage in a public activity where you want to voice your opinion or exercise your First Amendment rights, ask yourself a fundamental question: Will my words or actions bring discredit to the Armed Forces or be prejudicial to good order and discipline? We can say and do many things without crossing this line; but, no matter how right the cause, it is a line we may not cross.

For all USFK personnel, if you have any questions about whether a proposed activity crosses any particular line of prohibition, we strongly encourage you to talk with your chain of command, supervisors, sponsors, or local legal office. If they do not know the answer, they will find it.

For all commanders and supervisors, remember that, except under very limited circumstances, servicemembers and civilian employees are free to speak their minds about issues of local and national importance. They are also free to criticize, be angry, and use language that you might not personally like. Your role in this challenging time is to listen, guide them positively, and help them express themselves in a way that helps begin to heal and increases our readiness to "Fight Tonight."

COVID-19 Risk Reduction

Face Coverings



The primary purpose of a cloth face covering is to prevent the spread of coronavirus between people interacting in close proximity where social distancing measures cannot be maintained.

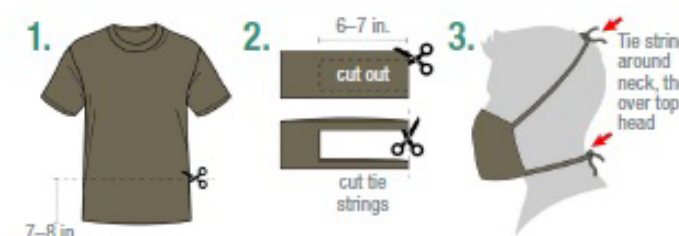
To the extent practical, DOD requires all persons on DOD property, installations, and facilities to wear cloth face coverings when they cannot maintain 6 feet of social distance in public areas or work centers (not to include housing).*

* For the guidance, visit <https://media.defense.gov/2020/Apr/05/2002275059/-1/-1/1/DOD-GUIDANCE-ON-THE-USE-OF-CLOTH-FACE-COVERINGS.PDF>



Army Combat Uniform (ACU) material is not recommended for use as a face covering because of the type of fabric used and the different treatments, like insect repellent and flame retardant, applied to the fabric.

Make a cloth face covering from a t-shirt



Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

YOU SHOULD WEAR A SURGICAL MASK:

- when a medical provider diagnoses you with COVID-19
- if you are caring for someone confirmed to have COVID-19 (both you and the patient should wear masks when in close contact)



The face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must be reserved for healthcare workers and other medical first responders.

Proper wear and care of cloth coverings

- Do not place cloth face coverings on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance.
- Clean your hands with soap and water or an alcohol-based hand sanitizer before and after putting on the cloth face covering.
- Ensure your nose, mouth and chin are covered; ensure the areas around the nose, sides, and chin are tight, but do not restrict your ability to breathe.
- Avoid touching the cloth face covering. Remove by grasping the elastic ear bands or untying. Do not touch the front of the covering.
- Routinely wash by hand, or in a washing machine, using warm water and regular detergent.



TA-524-0420
04/07/2020

For current COVID-19 information:
<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:
Call 1-800-874-2273 option #1
or visit <https://www.health.mil/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

Approved for public release; distribution unlimited.



The Army COVID-19 Information Hotline:
1-800-984-8523
Overseas DSN 312-421-3700
Stateside DSN 421-3700

version 1.0

MEDICS COMPETE TO SEE WHO IS BEST IN EIGHTH ARMY

Story by Alaura Lucas
20th Public Affairs Detachment



Photo by Pvt. 1st Class Cole Meiers, Visual Information Branch



ighth Army completed its 2020 Best Medic Competition last month. The event took place at Humphreys, Camp Casey and Rodriguez Live Fire Complex July 13-17 in order to identify the most outstanding medical personnel within Eighth Army.

Ten medics competed for 72 hours straight to see who is the most technically proficient and mentally and physically tough best medic.

The Soldiers competed in 11 events in the course of those three days.

On day one the events tested the Soldiers' physical fitness through the Army Combat Fitness Test, an obstacle course and the Combat Water Survival Assessment.

"I did this to challenge myself and view my medical readiness and aptitude" said Maj. Andrew Oh from the



Photo by Pvt. 1st Class Cole Meiers, Visual Information Branch



Photo by Spec. Alaura Lucas, 20th Public Affairs Detachment

549th Hospital Center's, 135th Forward Resuscitation Surgical Team, after finishing day one of the competition.

The BMC is an annual competition that challenges the Army's best medical personnel in a realistic, simulated operational environment.

It is physically and intellectually challenging and tests the tactical medical proficiency and leadership of each team.

"This is a great opportunity for them participating in the event," said Master Sgt. Steven Vaughn, Eighth Army Headquarters and Headquarters Battalion, Surgeon Cell, and BMC noncommissioned officer in charge. "It allows them to test their skills."

On day two the Soldiers were tested on both day and night land navigation on Camp Casey.

Competitors had three hours to complete the day course and three hours to complete the night course for maximum points.

The course requires medics to be responsive and adaptive, demonstrate mature judgment and initiative as they travel through terrain and get to a secondary location.



Photo courtesy of 8th Army Public Affairs



Photo by Pvt. 1st Class Cole Meiers, Visual Information Branch



Photo by Pvt. 1st Class Natianna Strachen, 55th COMCAM

On day three the Soldiers had to carry at a minimum a 35-pound rucksack, M4 carbine and water to complete a 12-mile foot march.

As the competitors persevered each day their resiliency grew stronger. They become more motivated to “finish strong” said Sgt. David Espersen, as he and another competitor passed the road march finish line on day three.

The teamwork that was shown from the competitors, those in charge and those who volunteered to help, was empowering to watch. They cheered each Soldier every day and through every event. No Soldier during this 2020 BMC accepted defeat, they stayed motivated and resilient all the way through.

Maj. Miguel Benzor, Eight Army officer in charge of the Best Medic Competition, briefed the Soldiers before the events started on the hardships they will endure and how proud he was of them for competing.

Benzor followed them and helped keep the Soldiers motivated as the competition continued.



Photo courtesy of 8th Army Public Affairs

During the BMC stress shoot the Soldiers arrived at a hostile site where friendly forces have taken casualties. The teams were required to carry two water cans from one end of the range to the other. They then had to fireman carry a casualty and engage all enemy targets until the teams reached the casualty collection point.

Starting the marksmanship

challenge with a physical challenge put strain on the soldiers, simulating the stressful environment they would face as they engage an enemy down range.

One competitor, 1st Lt. Mingu Jeong with the 168th Multifunctional Medical Battalion's 75th Medical Company Area Support, said it gave him the chance to get out and practice his craft.

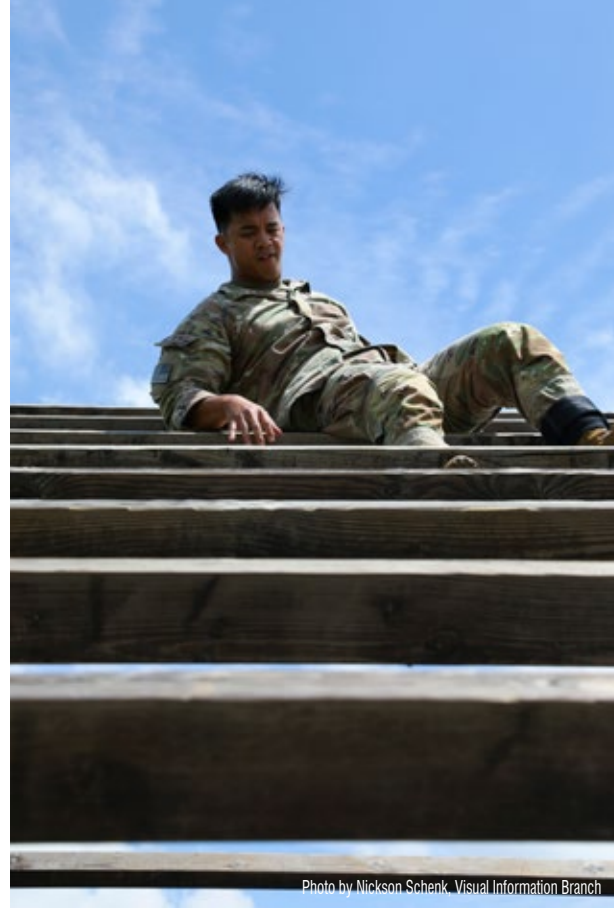


Photo by Nickson Schenk, Visual Information Branch

After 72 hours in the demanding, continuous and realistically simulated operational environment, every Soldier managed to complete the competition.

Together these Soldiers were tested not only on their physical endurance but on their skills in the field. They were put to the test and judged under pressure while working as a team. Together they overcame the obstacles and successfully completed the mission. They gained the respect of their seniors and peers having officially completed the 2020 Best Medic Competition.

The winners of this years' Eighth Army Best Medic Competition were from the 549th Hospital Center's, 135th Forward Resuscitation Surgical Team, part of the 65th Medical Brigade: Sgt. 1st. Class Davaellen Salvador from Baltimore, Maryland and Maj. Andrew Oh from McLean, Virginia. This marks the third year in a row that members of the units within the 65th Medical Brigade have won the competition. Previous winners were: 2018 -- Capt. Orrino and Sgt. Barton from the 121st Combat Support Hospital; 2019 -- Captains' Pikul and Prosser from the 549th Hospital Center.



Photo by Spec. Alaura Lucas, 20th Public Affairs Detachment



Photo courtesy of 8th Army Public Affairs



Photo by Pvt. 1st Class Cole Meiers, Visual Information Branch

Coping with Stress

Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

Everyone reacts differently to stressful situations

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

People who may respond more strongly to the stress of a crisis include:

- People who are at higher risk for severe illness from COVID-19 (for example, older people, and people of any age with certain underlying medical conditions).
- Children and teens.
- People caring for family members or loved ones.
- Frontline workers such as health care providers and first responders,
- Essential workers who work in the food industry.
- People who have existing mental health conditions.
- People who use substances or have a substance use disorder.
- People who have lost their jobs, had their work hours reduced, or had other major changes to their employment.
- People who have disabilities or developmental delay.
- People who are socially isolated from others, including

people who live alone, and people in rural or frontier areas.

- People in some racial and ethnic minority groups.
- People who do not have access to information in their primary language.
- People experiencing homelessness.
- People who live in congregate (group) settings.

Take care of yourself and your community

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Healthy ways to cope with stress

- Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
 - Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
 - Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
 - Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
 - Take care of your body.
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol and drug use.
 - Make time to unwind. Try to do some other activities you enjoy.
 - Connect with others. Talk with people you trust about your concerns and how you are feeling.
 - Connect with your community- or faith-based organizations.
- While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Know the facts to help reduce stress

Knowing the facts about COVID-19 and stopping the spread of rumors can help reduce stress and stigma. Understanding

the risk to yourself and people you care about can help you connect with others and make an outbreak less stressful.

Take care of your mental health

Mental health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency.

People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency. Mental health conditions (such as depression, anxiety, bipolar disorder, or schizophrenia) affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day. These conditions may be situational (short-term) or long-lasting (chronic). People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. If you think you have new or worse symptoms, call your healthcare provider.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. Free and confidential resources can also help you or a loved one connect with a skilled, trained counselor in your area.

Get immediate help in a crisis

- Call 911
- Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat
- The Eldercare Locator: 1-800-677-1116 TTY Instruction-sexternal
- Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

Find a health care provider or treatment for substance use disorder and mental health

- SAMHSA's National Helpline: 1-800-662-HELP (4357) and TTY 1-800-487-4889

- Treatment Services Locator Website
- Interactive Map of Selected Federally Qualified Health Centers

Suicide

Different life experiences affect a person's risk for suicide. For example, suicide risk is higher among people who have experienced violence, including child abuse, bullying, or sexual violence. Feelings of isolation, depression, anxiety, and other emotional or financial stresses are known to raise the risk for suicide. People may be more likely to experience these feelings during a crisis like a pandemic.

However, there are ways to protect against suicidal thoughts and behaviors. For example, support from family and community, or feeling connected, and having access to in-person or virtual counseling or therapy can help with suicidal thoughts and behavior, particularly during a crisis like the COVID-19 pandemic.

Learn more about CDC's work in suicide prevention.

Other Resources:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat
- SAMHSA Suicide Prevention
- Suicide Risk Factors and Warning Signs
- Five Action Steps for Communicating with Someone Who May Be Suicidal

Recovering from COVID-19 or ending home isolation

It can be stressful to be separated from others if you have or were exposed to COVID-19. Each person ending a period of home isolation may feel differently about it.

Emotional reactions may include:

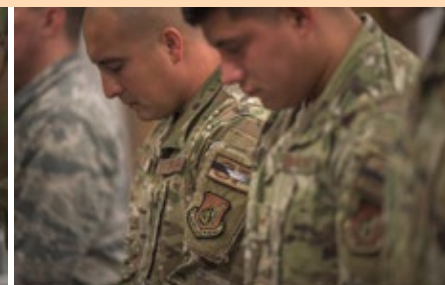
- Mixed emotions, including relief.
- Fear and worry about your own health and the health of your loved ones.
- Stress from the experience of having COVID-19 and monitoring yourself, or being monitored by others.
- Sadness, anger, or frustration because friends or loved ones have fears of getting the disease from you, even though you are cleared to be around others.
- Guilt about not being able to perform normal work or parenting duties while you had COVID-19.
- Worry about getting re-infected or sick again even though you've already had COVID-19.
- Other emotional or mental health changes.
- Children may also feel upset or have other strong emotions if they, or someone they know, has COVID-19, even if they are now better and able to be around others again.

Goodbye to Military Working Dog 'Nnine'

Photos courtesy of 51st Security Forces Squadron



We laid to rest our beloved Military Working Dog Nnine. Your devotion to the 51st Security Forces Squadron and United States Air Force was remarkable. You always made things better whether it was your job expertise, your awesome face licks or cuddle sessions. Thank's for being a defender's best friend!



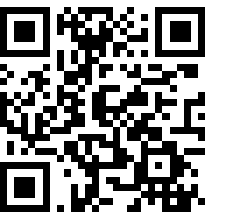
O S A N A B E X C H A N G E

BUY ONLINE



PICKUP IN-STORE

shopmyexchange.com

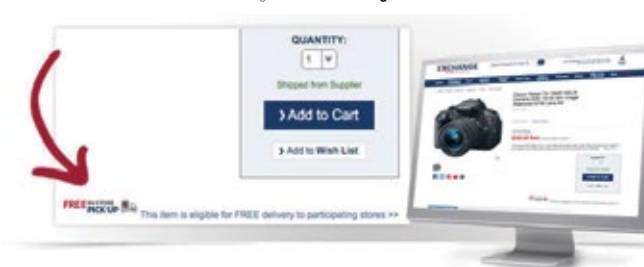


FREE IN-STORE PICK UP

Select Items Delivered **FREE** to Participating Stores

While You're Shopping

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



When You're Ready to Check Out

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

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



Date of Arrival

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



Pick Up Your Order

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

You will need to bring:

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

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



EXCHANGE

'Blood Knights' Work in Partnership with Korean Red Cross

Photos courtesy of Maj. Chewanda Jones
95th Medical Detachment Blood Support



Last month, Soldiers from the 95th Medical Detachment Blood Support, a subordinate unit of the United States Army Medical Materiel Center Korea, conducted platelet apheresis training with the Korean Red Cross. Facilitated by Haemonetics, a critical supplier of blood banking products, the training was an initiative designed to promote cohesion and collaborative partnership.

Conducted at the Korean Red Cross Donor Center in Daegu, the training event consisted of the manufacturer of the MCS9000 (Haemonetics) providing hands on step by step training on the operation of the instruments. Nurses at the blood donor center gave the tour of the procedures and discussed storage regulations. This training enhanced the unit's knowledge and greatly assisted in maintaining "fight tonight" readiness.

Platelet Apheresis is a procedure in which whole blood is removed from a donor and the instruments then separates the whole blood removing only the platelets and returning the remaining blood products back into the patient. Platelet Apheresis is a much-needed process on the Korean peninsula. Currently the 95th MDBS receives all of their platelet products for the local Military Treatment Facilities from the Korean Red Cross. The future plan is to institute platelet apheresis during the Armistice mission in order to provide much needed units to the local MTFs.



Hospital Recognizes Patient Safety Champions

Photos courtesy of Brian D. Allgood Army Community Hospital

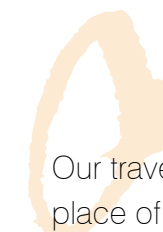


Providing safe and quality care to beneficiaries is foremost for every employee of the Brian D. Allgood Army Community Hospital, located on Humphreys. For two employees with the inpatient behavioral health team, this is a way of everyday life. Last month, the commander of the BDAACH, Col. Huy Luu presented the patient safety champion awards to Josephine Bailey and Mi Han.

Bailey recently taught 40 hospital staff a class on Prevention and Management of Disruptive Behavior resulting in establishing more weeks of training over the next two months to train an additional 100 staff members while developing a skills fair specifically for Behavioral Health Staff as the target audience.

Han was in charge of teaching Code Blue training and was the force behind obtaining numbers on badges for use during Code Blue situations. She has been working at the hospital for more than 10 years.





Our travel destination this month is the birthplace of soju, wooden masks, and Confucianism in Korea known as Andong (안동). Within a few hours' drive the city provides visitors with the unique opportunity to experience Joseon-era rural life and sample regional specialties in the capital of Korea's traditional culture.

Of the city's attractions, the UNESCO-listed Hahoe Folk Village is Andong's biggest draw. Dating back some 600 years, the village is home to the descendants of the Ryu clan of Pungsan and is widely known as the birthplace of multiple renowned Joseon-era scholars.

This is a traditional village from the Joseon Dynasty. The 'ha' is short for river and 'hoe' means to 'turn around', 'return', 'come back'. It was given this name because the Nakdong



ANDONG:

Experience Traditional Korea Culture

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



River flows around the village in an S shape. Members of the Ryu family have lived here together (and still do today) for over 600 years. The village has preserved many of its original structures (such as the village Confucian school) and maintains folk arts such as the Hahae Mask Dance Drama which is a shamanist rite honoring the communal spirits of the village. Fields of rice stretch out for miles on the drive up to the village.

Various cultural assets including national treasures and tangible or intangible cultural heritages are well preserved in the Andong Hahoe Folk Village, and the whole village was designated as Important Folk Material No.122, also a listed UNESCO World Heritage Site since 2010. People live in every house in the village and you can enjoy the true folk culture of Korea there. Although the homes now have modern

amenities (such as electricity and cable), they continue to provide a peek into South Korea's not-so-distant rural past. They regularly provide the traditional Korean mask dance (in summer several times a week, in winter just on Wednesday).

There are areas of the village that are supportive of specific crafts that residents hone, a traditional Korean playground complete with Nol-Twigi boards (like a see-saw that used to be used by Korean girls to see over the walls of their family homes/ courtyards), and agriculture to support the community. There are river and hiking tours too in case you want to further explore the land around the village.

In the village center is a 600-year-old Zelkova tree called Samsindang. People visit this tree and tie strips of paper with prayers or well wishes to the fence surrounding it. This tree was truly something to behold. Massive and sprawling with branches



stretching out in every direction, it is worshiped as a village spirit. We all tied something around the ropes to leave our mark on the village.

The tree is said to be inhabited by the Samshin-goddess. Walk around it three times and write your wish on a tag. Peace or reunification seem to be common answers if stumped. The sight alone of all the aging tags hung off such an ancient tree is worth a peek.

To experience Andong in all its natural beauty,



take a ferry from the village across the river to Buyongdae. This 64-meter-high cliff is easily accessible and offers a bird's eye view of the traditional homes of Haehoe Village. Take the little wooden ferry from down by the pine forest, it is pretty inexpensive, and return is included. Those feeling adventurous can note that its actually possible to descend or ascend the cliff not only by taking the main trail beside Okyeon Pavillion, but also by a lesser marked one that goes via Gyeomam Pavillion, following the strata along the cliff-face itself, halfway up. Not for oversized individuals or those wary of heights.

In addition to touring the homes, restaurants, and workshops of this quaint village, guests can also sleep here, too. There are several guest-houses, home stays, and boutique hotels that invite visitors to enjoy this unique cultural experience.

Located at the foothills of Hwasan Mountain, Hahoe Village boasts a number of exquisite scenic sights. In fact, its name translates to 'Village Enveloped by Water,' referring to the Na-

kdong River which flows around the perimeter of the town.

One must stop by the Hahoe Mask Museum, where you can get a better understanding of the time-honored Korean masks, as well as the storylines of the various mask dances. The museum now offers classes where you can make your own mask and it boasts masks from around the globe. Daily after lunch a mask dance is performed.

Andong has no shortage of regional culinary specialties, including gan godeunggeo (salted mackerel) and heotjesabap (various funerary foods) but its real gastronomic gem is jjimdalk, a braised chicken and vegetable stew served with cellophane noodles in a soy sauce-based broth. The slurp-worthy sauce is a perfect mix of savory and spicy that promises to have you eating your way into a food coma.

Aside from food, we were unable to tour the Soju Museum and learn the history of how soju is made. But it is marked for a return trip as Andong soju (which is distilled three times) is known as the best in Korea.

While the majority of the city's tourist attractions are associated with the Confucian Joseon Dynasty, Bongjeongsa Temple



dates back to the preceding Goryeo Dynasty, an era when Buddhism was the country's primary religion.

Here we met the head monk and was invited for tea while sitting on Geungnakjeon (or 'Nirvana Hall'), Korea's oldest surviving wooden building. In addition to this structure, the temple also boasts a number of interesting architectural works from the early and mid-Joseon era. A temple stay program is also available.

Toegye Yi hwang, the most prominent Korean Confucian scholar, whose face is actually on the 1,000 won note, built the Dosan school in the 1500s and later it transformed into the Dosanseowon Confucian Academy. Surrounded by Andong



Lake in the front and a dense pine grove in the back, the academy offers various educational programs for all ages.

For those who like the night, we traversed across the Wolyeonggyo Bridge. This is the largest wooden bridge in Korea some 387meters long and at night it is lit up with various colored lights and paper lanterns floating along the river. Some nights the city will shoot fireworks on top of the Andong Dam which can be viewed from the seated Palgakjeong, located on the center of the bridge.

Andong has so many sites to see and we will definitely be making a return trip, I strongly encourage you travel by car as you will need one to get around. Of course taxis are available and hired drivers. To get to the city, it takes 3 hours to get to Andong



from Seoul, 2.5 hours from Busan or Daejeon, and 1 hour from Daegu by car. There are regular direct train services from Busan, Daegu and Gwangju. Passengers heading from Seoul can either take a KTX high-speed service to Daegu and transfer to the local train, or a muhungghwa (semi-fast) train direct from Seoul's Cheongnyangni train. Andong's train station is located right in the city center and most hotels can be reached within 5 minutes' walk. The station has English-speaking staff, self-service ticket machines, a Global ATM and a tourist information center. From Cheongnyangni Station, seven trains run daily between 9:00 a.m. and 9:00 p.m., while one train runs daily from Seoul Station. Travel time is four to five hours. For faster transport, take bus #13 from Dong Seoul Bus Terminal, which operates from 6:20 a.m. to 6:30 p.m. Travel time is about four hours.

Madigan Changes Its Guard

Story by Kirstin Grace-Simons
Photos by John Wayne Liston



Col. Christopher Warner accepts the colors of Madigan Army Medical Center from Brig. Gen. Jack Davis, the acting commanding general of Regional Health Command-Pacific, in a change of command ceremony on Watkins Field on Joint Base Lewis-McChord, Wash., on July 15. ▲

Brig. Gen. Jack Davis, the acting commanding general of Regional Health Command-Pacific, outgoing Commander Col. Thomas Bundt and incoming Commander Col. Christopher Warner salute the formations on Watkins Field on Joint Base Lewis-McChord, Wash., in a change of command ceremony for Madigan Army Medical Center on July 15. ◀

Even in the midst of a global pandemic, commands change hands, responsibility shifts. Life goes on. Under Mount Rainier's watchful eye on Watkins Field on Joint Base Lewis-McChord, Wash., Col. Thomas Bundt handed the hospital colors

off to Brig. Gen. Jack Davis, the Regional Health Command-Pacific acting commanding general, as Col. (Dr.) Christopher Warner stepped in to fill the commander role at Madigan Army Medical Center. Command Sgt. Maj. Victor Laragione also relinquished his responsibility as Madigan's senior enlisted

advisor in the combined ceremony on Wednesday, July 15. In deference to COVID-19 protocols for gatherings, the massive field was dotted with socially distanced formations consisting of a half dozen representatives each from Madigan's units – Troop Battalion, led by Lt. Col. Amy Bird, the Soldier

Recovery Unit commanded by Lt. Col. Michael Dengler, the California Medical Detachment with its commander, Lt. Col. Zach Solomon, and a civilian contingent led by Frank Bannister, the division chief for Soldier Health.

The distinguished visitors list read like a who's who of current and former general officers, all of whom are keenly aware of the central role Madigan has long played in both military medicine and in the readiness of the force, especially on JBLM. In discussion, many indicated the importance of leadership at Madigan, with no lack of appreciation for its outgoing commander and confidence in its incoming.

"As one great leader has departed, we have another phenomenal leader coming in right behind him," noted Lt. Gen. R. Scott Dingle, the Army Surgeon General and commanding general of Army Medical Command.

Bundt assumed command on the same field on July 13, 2018 and now heads to the Pentagon to serve as the principal deputy to the assistant director for management in the Defense Health Agency. His wife Elizabeth, a nurse and Navy reserve officer, and two sons Albert and Tommy will remain here.

Laragione assumed responsibility on October 26, 2018. He and his wife Crystal depart with their two children, Sienna and Rocco, for Fort Detrick, Md., where Laragione will serve as the command sergeant major at the U.S. Army Medical Research and Development Command.

Prior to the ceremony, Davis presented Bundt and Laragione with Legion of Merit medals. Upon Elizabeth Bundt, he bestowed the Medical Command's Dr. Mary



Col. Christopher Warner speaks at the change of command ceremony after he accepts the colors for Madigan Army Medical Center on Watkins Field on Joint Base Lewis-McChord, Wash., on July 15.

Walker Award for demonstrating dedicated and exemplary volunteerism with over 1000 hours of volunteer service. "She's been the number one ambassador for Madigan as well as Army Medicine in this community which is particularly important in the times we're living in," said Davis. During the ceremony, he also thanked Crystal Laragione, noting her extensive volunteer work and unyielding support of the Soldiers and their families.

Bundt and Laragione brought their combined years of leadership in Army Medicine to bear on numerous changes and challenges during their

time in Madigan's command suites.

They helped Madigan recover from a rough start with the Department of Defense's new electronic record system, MHS GENESIS, ensuring a successful launch for Madigan's CAL MED in Monterey, Calif., as well as other DOD military treatment facilities to transition to the EHR in the first wave of its deployment last fall.

"Madigan is recognized as a testbed for new MHS GENESIS products before they're deployed across the enterprise and leads the way for this next step in providing world class health care to our force," asserted Davis.



Brig. Gen. Jack Davis, the acting commanding general of Regional Health Command-Pacific, pins a Legion of Merit medal on Command Sgt. Maj. Victor Laragione just before the change of command ceremony where he relinquishes responsibility for Madigan Army Medical Center on Watkins Field on Joint Base Lewis-McChord, Wash., on July 15. ◀

Brig. Gen. Jack Davis, the acting commanding general of Regional Health Command-Pacific, presents Col. Thomas Bundt a Legion of Merit medal just before the change of command ceremony where he relinquishes command of Madigan Army Medical Center on Watkins Field on Joint Base Lewis-McChord, Wash., on July 15. ▼



Bundt also became the Puget Sound Military Health System market director. As Madigan and the MTFs in the Puget Sound area complete their transition from alignment under their respective services to the DHA, having a market director who is also the commander of the area's largest MTF provides an on-the-ground awareness of how market facilities function.

In addition to MHS GENESIS refinement and DHA transition, the shift of hundreds of Soldiers from Madigan's chain of command to MAP, or modified table of organization and equipment (MTOE)-assigned personnel, was a significant test of collaborative abilities. Bundt insisted on extending negotiations for these agreements to provide clear expectations so the Soldiers would not be left with uncertainty in regards to their training, deployment and all manner of logistical considerations.

COVID-19 has taxed the planet's citizenry, and asked much of its medical professionals. Madigan was the first MTF in the DOD to diagnose and treat a patient with the novel coronavirus. In response, its clinics and services were overhauled to accommodate the diagnostic, treatment and isolation needs the virus presented and continues to require. Bundt and Laragione have

been highly engaged voices for Madigan and the medical demands of this pandemic for the base's population and constant consultants for its senior leaders.

Bundt and Davis made particular mention of Laragione's efforts in response to the virus.

"He dedicated countless hours ensuring COVID-19 screening and testing sites were established including checkpoints at designated entrances within the hospital, maintaining a high level of safety for our folks," Davis said.

He also worked in tandem with Navy partners to secure the use of beds for the COVID-19 ward at Madigan, proving Bundt's point, "With the right leaders involved, anything worth doing is possible."

Bundt, like so many who come to Madigan as senior leaders, had experience with this sort of dedication.

"Madigan staff in the 1980s put me back together after a very bad motorcycle accident. Two folks that came in with me that night did not leave the hospital. They not only put me back together, and I was in really bad shape, they allowed me to serve in the military for 30 years without a profile. I owe everything to Madigan for that," explained Bundt. "You

do live the mantra – a true hero is someone who does their very best when no one is watching."

Warner, originally from Toronto, Ohio, was commissioned as a Medical Service Corps officer upon graduation from the U.S. Military Academy at West Point in 1996, with a Bachelor of Science degree in chemistry, and subsequently as a Medical Corps officer in 2000 upon graduation from the Uniformed Services University of Health Sciences. He also earned a Master of Science in national security strategy from the National War College and is certified by the American Board of Psychiatry and Neurology and the American Board of Family Medicine.

As was the case with Bundt, Warner is no stranger to Madigan.

"You know, this is somewhat surreal. Over 20 years ago, then, Capt. Warner, and 2nd Lt. Warner made the trek from Washington, D.C. out to Washington state to Joint Base Lewis-McChord (then Fort Lewis) to come to Madigan. Carolyn to do her internship, and I to do the majority of my fourth year medical time from USUHS (Uniformed Services University of the Health Sciences). So to come back at this point in our careers, is just an amazing opportunity," said Warner.

Warner comes to Madigan from service as the military deputy and chief of staff for the Assistant Secretary of Defense for Health Affairs in the Pentagon. Warner has also served as the commander of Winn Army Community Hospital in Fort Stewart, Ga. His deployments include two rotations to Iraq in support of Operation Iraqi Freedom.

"Chris is the right person to take the helm at Madigan at this critical time," said Davis.

For many DOD visitors, the transition to an enhanced multi-service market that is occurring at regions across the military health system was a key point of interest.

For example, another attendee who traveled for the ceremony, Lt. Gen. Ronald Place, M.D., the director of the Defense Health Agency, looked to the transition in speaking of Warner's command.

"My expectation as the DHA director comes from a market perspective. Col. Warner and the market staff will find innovative ways to integrate across the entire market, to provide the best value for all our patients – soldiers, sailors, airmen, Marines, coast guardsmen, retirees and their families," said Place.

The expectations for the coming years are high, but so is confidence in Warner.

"He can take the understanding for how DHA will ensure the multi-service markets are really collectively optimizing all three services to make sure the health-care in this region is meeting our military requirements. We have the right leader at the right time," said the Honorable Thomas McCaffery, the ASD for Health Affairs, and Warner's most recent boss.

As Warner commented, layered on top of everything Madigan does is its charge as a training ground for the next generation of Army

medical professionals.

"Madigan is one of our keystone locations for training our student health care professionals. We have more than 200 students on rotation here each year. So Madigan is foundational for our university training program," said Dr. Richard Thomas, the president of USUHS.

Thomas is a retired Army major general who traversed the country from USUHS' home in Bethesda, Md., to attend the ceremony. He has worked alongside and mentored both Bundt and Warner.

"I know them both very well and they are both great leaders; Madigan is in good hands," he said.

Command Sgt. Maj. Scott Pierce, Madigan's current command sergeant major for its Troop Battalion, will serve as the interim senior enlisted advisor until the arrival of a permanent command sergeant major.

In addition to those who attended in person, many more watched the livestream of the ceremony on Madigan's Facebook page where the video can still be viewed. Please visit www.facebook.com/MadiganHealth to see the ceremony and more news from Madigan.



Brig. Gen. Jack Davis, the acting commanding general of Regional Health Command-Pacific, presents Elizabeth Bundt, who is a nurse and Navy reserve officer, with the Army Medical Command's Dr. Mary Walker Award for demonstrating dedicated and exemplary volunteerism with over 1000 hours of volunteer service just before the change of command ceremony where her husband Col. Thomas Bundt relinquishes command of Madigan Army Medical Center on Watkins Field on Joint Base Lewis-McChord, Wash., on July 15. Bundt is joined by sons Albert, right, and Tommy. ▶

Dr. Carolyn Warner, wife of Col. Christopher Warner is welcomed with closed yellow flowers from Robert Winchel, a managed care analyst with Madigan Army Medical Center and Army Medical Command's employee of the year. ◀



51st Medical Group Undergoes Air Force-Wide Transformation

Story and photos by Senior Airman Denise Jensen
51st Fighter Wing Public Affairs

Beginning July 27, the 51st Medical Group ushered in a new era of advanced care for active duty, dependents and retirees through an Air Force-wide organizational redesignation.

The installation's newly launched Operational Medical Readiness Squadron, which replaces the Aerospace Medicine Squadron, is dedicated to improving Airmen's lethality and rapidly returning them to a medically ready state. Non-active duty visitors will still be seen at the base hospital's new Healthcare Operations Squadron, replacing the Medical Operations Squadron.

"I'm excited for the opportunity to lead a new squadron with an improved and more focused goal of world-class patient care," said Lt. Col. Jimmy Scott, 51st HCOS commander. "It's always a rewarding feeling when you hear positive feedback from patients about the quality of care they receive from our Airmen and staff, and I know it's a trend that will continue."

Amidst the changes, the Air Force Medical Service transformation will ensure the readiness mission is at the forefront of medical operations, and the physical layout of the facility will be adjusted to ensure the 51st MDG Airmen are co-located to work and synergize their efforts while still providing safe, high quality, patient-centered care.

"The implementation of the [OMRS] and [HCOS] is modeled af-



Lieutenant Colonel Jimmy Scott, 51st Healthcare Operations Squadron commander, gives a speech during the change of command and redesignation ceremony for the 51st Medical Operations Squadron at Osan.



Colonel Michael Fea, 51st Medical Group commander, presides over the change of command and redesignation ceremony for the 51st Medical Operations Squadron at Osan.

ter Mountain Home Air Force Base, Idaho which was initiated in 2018," said Captain Monica Scott, 51st MDG primary care nurse. "Within six months of the transition, non-mission capable Airmen decreased by nearly one-fourth."

Scott mentioned the 51st MDG is no exception and is embracing the transition to better serve their patients, with the objective of ensuring at least 90 percent of Airmen are fully mission capable, while maintaining a robust health benefit to all patients.

"The [Air Force Medical Service] transformation will ensure our readiness mission is at the forefront of our medical operations," Scott said. "The overall goal is to meet the Department of Defense's enduring mission to provide combat-credible forces needed to deter war and protect the security of our nation."

For more information regarding these changes, please see the FAQ sheet or email usaf.osan.51-mdg.mbx.mdg-transformation@mail.mil.

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Watch our WEBSITE for pop-up events over the summer.



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**Questions about the spouses club?
Membership Drive on August 14th
Humphreys Downtown Plaza
www.humphreysunitedspouses.com**

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

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 Soldier Centered Medical Home

(Bldg. 555): 737-2273
Mon – Fri 0810 - 2100; Sat, Sun, Holiday 0830 - 1900
(closed 1200-1300)
(Soldiers Only)

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
on – 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 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

AREA IV

USAG Walker

(Bldg. 341)
737-9831

AREA V

Osan Air Base

(Bldg. 766)
784-6614

There has been a lot of questions from the communities regarding Veterinary Services:

Surgery appointments are first come first serve basis via phone appointments. There is no benefit in scheduling in person. If someone calls in for a surgery before a client is seen in person, the client on the phone will get the surgery slot.

Here are the hours of operation:

M,T,W,F: 0900-1200; 1300-1600
Thursday: 1300-1600

Last business day each month:
-Open 0900-1200
-Closed 1300-1600 for inventory

Closed for Lunch: 1200-1300
Closed on Federal Holidays
Wellness/Sick call: M-F (by appt)

Surgeries: Tue. & Wed. (by appt call Monday morning; schedule opens up 4 weeks in advance; no need or benefit to scheduling in person)

Dentals: Friday (by appointment)

Closed in observance of all Federal holidays.

PURCHASED CARE SECTOR PROVIDERS

AREA I

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

AREA II

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

AREA III

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

AREA IV

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

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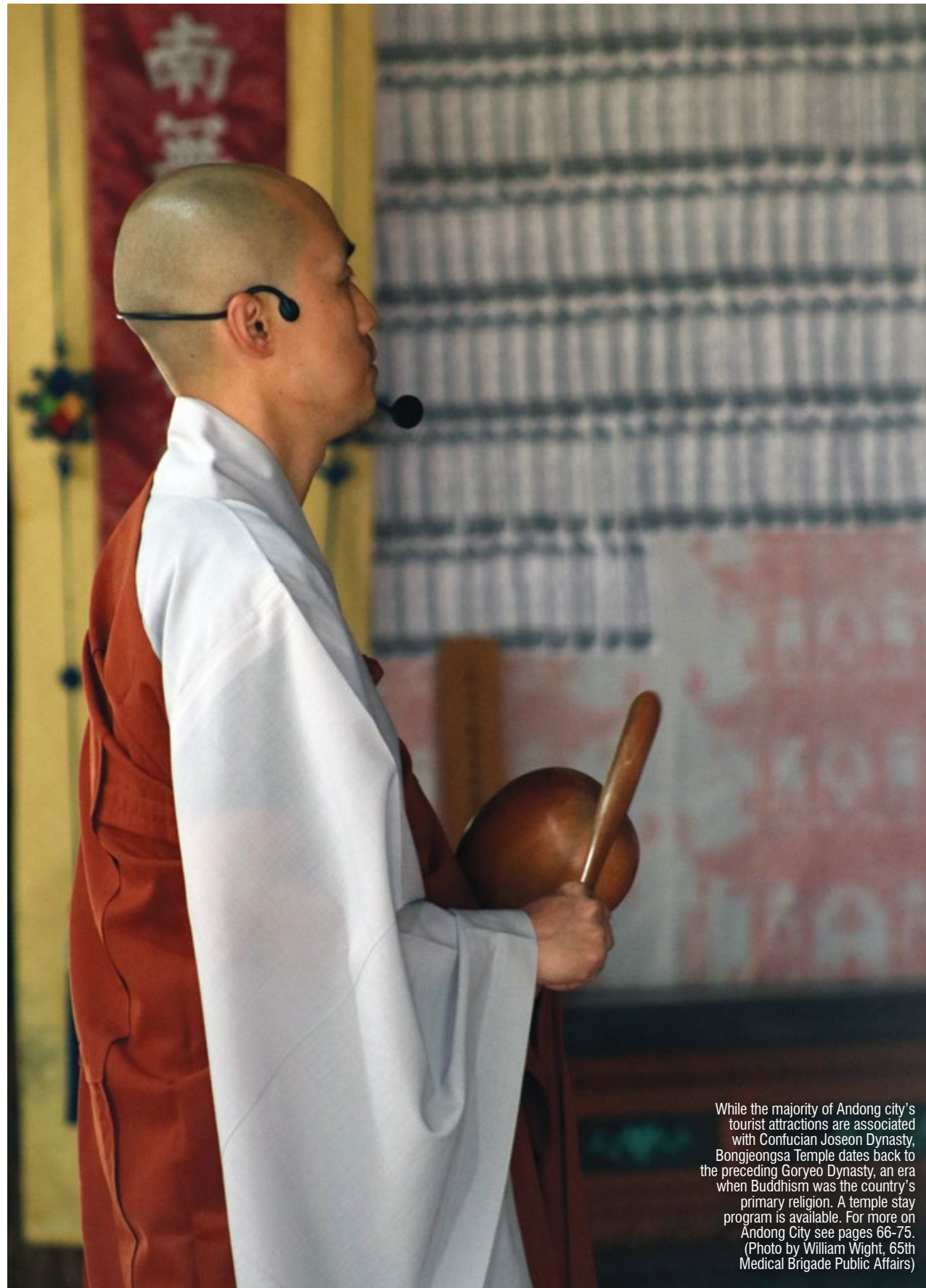
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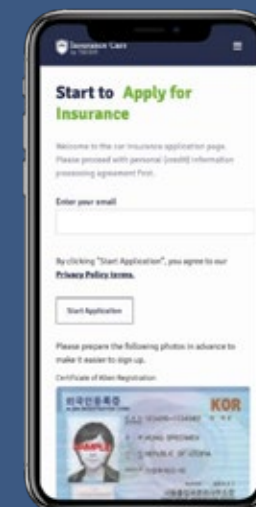


While the majority of Andong city's tourist attractions are associated with Confucian Joseon Dynasty, Bongjeongsa Temple dates back to the preceding Goryeo Dynasty, an era when Buddhism was the country's primary religion. A temple stay program is available. For more on Andong City see pages 66-75. (Photo by William Wight, 65th Medical Brigade Public Affairs)

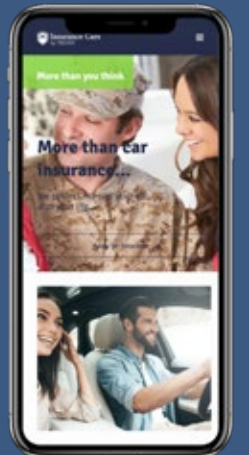
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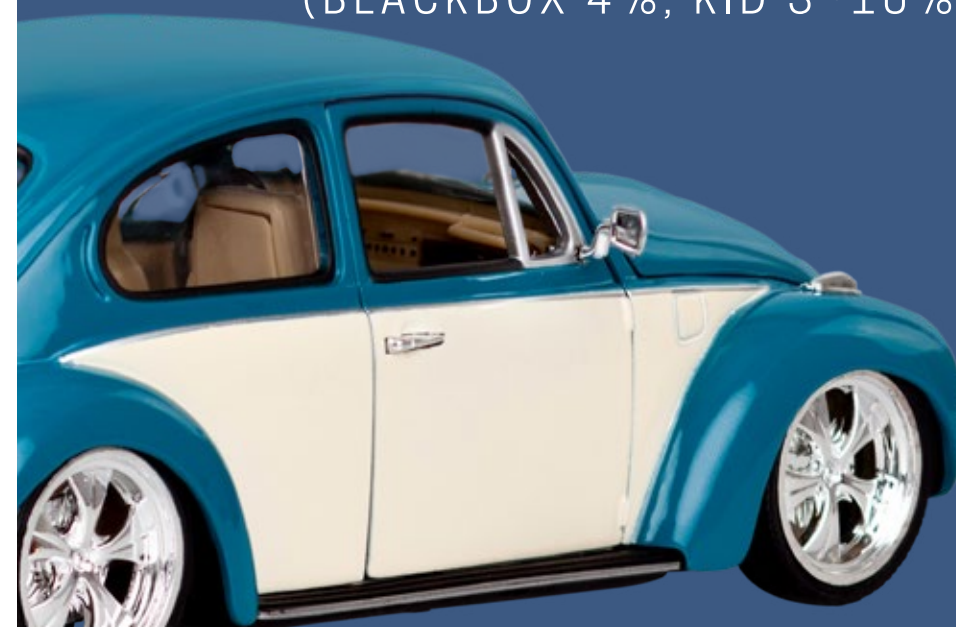
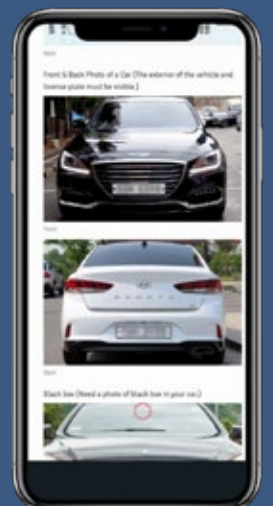
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Osan Air Force Base (K-55): Exchange Mall (Unit 2038, Bldg. #965) Pyongtaek, Gyeonggi-do, Korea | 070-7597-0132
Camp Walker: Exchange Mall (Unit 15497, Bldg. #310) Daegu, Korea | 070-7725-9887
Kadena Air Force Base: Kadena Shopping Mall, Bldg. 412 Kadena Air Force Base, Okinawa, Japan | 036-868-2278
Camp Foster: Concession Mall, Bldg. 1002, Camp Foster, Okinawa, Japan | 098-971-9307
Yokosuka Naval Base: NEX Home Gallery Bldg. 1559, Yokosuka Naval Base, Yokosuka, Japan | 046-896-5070

For any questions, please contact:
sam.lee@hrblock.com

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