

Pulse

OCTOBER 2017

UFG 2017 DRAGON LIFT
CRITICAL TIME IN KOREA
CHUSEOK HOLIDAY
TRADITIONS

HALLOWEEN
MOVIE GUIDE

Korea- Mecca for Healing & Romantic

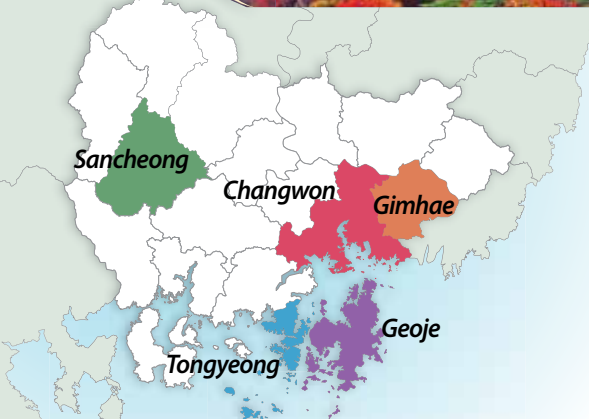
Gyeongsangnam-do

Located in the Southern-east side of the Korean peninsula, Gyeongsangnam-do, with Busan metropolitan city on its east, and Daegu metropolitan city on its north, has a temperate climate with a yearly average temperature of 13°C.

The province's main tourist attractions can be divided into two main categories. Its North-western area is renown for 'Healing Tourism' with its dense, thick forests including Jiri Mountain, Deogyu Mountain, Gaya Mountain and clear valleys. all of where the beauty of nature meets the traditional culture of Korea. The southern area of the province is a famous tourist attraction amongst family units as well as couples for its southern coast, which is full of small islands and outstanding scenery, allowing people to experience and enjoy its charm.



Haeinsa Temple In Gaya Mountain



Place Name	Gyeongnam Provincial Government
Population	3.4million
Area	Encompassing 10.5% of South of Korea
Administrative Divisions	18 Cities and Counties, 315 Districts
Major Cities	Changwon-si



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EDITOR'S LETTER

Dear readership of the PULSE 65, by now you have become accustomed to our publication highlighting all things medical, dental, veterinary and public health throughout the peninsula. Throughout this issue you will find a wealth of information to include the clinical phone directory and a variety of photos and stories covering the units within the 65th Medical Brigade. The highlight of this edition is Ulchi Freedom Guardian based and the medical roles the Brigade took part in, to include the joint combined medical evacuation exercise known as Dragon Lift, the live surgeries at the 121st Combat Support Hospital and Mass Casualty Exercise. One unique article is a Transformation piece and focus of the force in Korea written by the Commanding General 8th United States Army, Lt. Gen. Thomas Vandal. Also check out the cultural section on the history of the upcoming Korean holiday of Chuseok.

We ask that if anyone has an interest in photography or is at an event that might be newsworthy to please submit articles and photos to the following email: 65thmedbdepao@gmail.com. We are always looking to broaden our coverage of this Brigade. Please share our publication with your family and friends and on your media platforms so that others can see the great things the "Mighty 65th" is accomplishing on the Korean peninsula.

Also check out our Facebook page at <https://www.facebook.com/65thmedbde> and our Flickr page at <https://www.flickr.com/photos/65medbde/albums>.

We hope that you enjoy our publication and assist us as we continue to strive to improve this publication. Suggestions and comments are always welcomed along with submissions. Help us in telling the Army Medicine, Army Dental, Army Veterinary and Army Logistic story.



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

SAM Korean Medicine Detox Package

Loquat Moxibustion + Coffee Detox Therapy + Cupping Therapy

Loquat Moxibustion

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

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

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



Coffee Enema Detox Therapy

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

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



Cupping Therapy

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

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



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

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

Tel : +82-31-389-3862~5

www.samhospital.com



UFG 2017 Dragon Lift

The Republic of Korea Armed Forces along with elements of Eighth United States Army joined the 65th Medical Brigade for a combined patient evacuation operation, known as Dragon Lift during Ulchi Freedom Guardian 2017. The exercise is designed to assess, evaluate and synchronize the combined joint medical evacuation assets with simulated casualties in a mass movement of patients via ground, air and rail.



Live Surgery in the Field



Critical Time in Korea



Chuseok Holiday Traditions

Foreigners Feel At Home At Columbia Dental Clinic

US-educated Dentists Offer Comprehensive Dental Care

Like a lot of foreigners who move to Seoul without speaking Korean, 15 year-old Angela Castillo was nervous about not being able to communicate with her healthcare providers. Until the Castillos, from San Antonio, Texas, found the Columbia Dental Clinic, Angela says that getting dental work was frustrating, "because no one could explain it in English. I want to know what's going on with my teeth." A year ago, her mother, Insun Castillo was referred to Columbia Dental by an American friend, and Angela felt comfortable immediately. "They speak English, and they take good care of my teeth, even though I've always had teeth problems."

Shortly after Angela got her first braces at Columbia Dental, she needed intensive procedures to correct overcrowding. "It was scary and it was worrisome," she remembers "but they always made sure that I was all right and that nothing was hurting." On top of the good care, Angela's mother, Insun, likes that the clinic is extremely convenient, especially because it's set-up for TRICARE coverage. "In other places, they don't know how to do the paperwork for TRICARE, but here there is everything we need. There's even valet parking". Now, Insun, Angela, Jadon, and Ret. Military



"McBride family and Glossup family gathered for little photo session with Dr. Yun and his hygienist Suhyun."

Rank Mr. Castillo are all regular patients. "Dr. Yun has really taken care of our family," said Sarah Burns, age 13 from Kansas. Michael Burns and his family moved to Seoul from Kansas City, Oklahoma a year ago. Sarah started with braces and then the rest of the family started visiting the clinic too. "Her's also good with younger children, like my brother, Joshua, who is 8 years old. Dr. Yun is a good mix of professional and kind."

For the Lenfant family, Columbia Dental was a critical link in continuing the quality of service they'd had in the States. "Dr. Yun is U.S. educated and licensed, with significant experience" said Col. Babette Lenfant and her husband Phil, who brought their 12-year-old son in the Phase 2 orthodontic treatment. "On the basis of comparison with an American orthodontic clinic, other U.S. general dentistry clinic in Seoul, Columbia Dental Clinic stands out as one of the best we have ever experienced."

Wide-range of dental treatments provided at Columbia Dental Clinic



Woosung Yun, DDS

- Columbia University School of Dental Oral surgery Division of Orthodontics.
- Columbia Presbyterian Hospital General Dentistry Residency.
- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Yale New Haven Hospital Dental Department Externship.
- Columbia University School of Dental & Oral Surgery Doctor of Dental surgery.
- Dr. Parlow's Orthodontic Clinic Partnership Practice.
- Licensed in New York, New Jersey, Connecticut U.S.
- Diplomate of the American Board of Orthodontics.
- 18th Medical and Dental Company Affiliated Hospital.

Son A Kim, DDS

- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Columbia University School of Dental & Oral surgery DDS.
- Brown University: Bachelor of Science in Biology.
- Bronx VA Hospital, NY, New York: Oral Biology Externship.
- Columbia University School of Dental & Oral Surgery: Cosmetic Dentistry Externship.
- Columbia University School of Dental & Oral Surgery: Oral Surgery Externship.
- Van Eten Hospital, NY, New York: Prosthodontics Externship.
- U.S. National and Northeast Regional Licensure in Dentistry.

Columbia Dental Clinic is proud to introduce H. Kim, DDS. She joined us with her great expertise in Pediatric (Children) Dentistry.

- Seoul National University: College of Dentistry
- Seoul National University: MS in Department of Pediatric Dentistry
- Seoul National University Dental Hospital: Pediatric Dentistry Residency



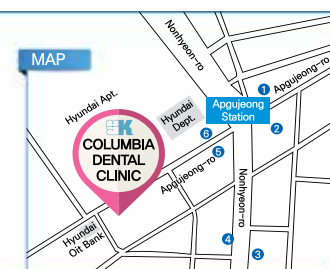
SERVICES

- Orthodontics [adult, preventive, adolescents, invisalign]
- Crown and Bridges
- Cosmetic Dentistry [bleaching, laminate veneers]
- Cavity and Gingival Treatment
- Comprehensive Dental Care
- Highest Quality and Excellence in Patient Care
- Infection Control Protocols Following OSHA Guidelines
- U.S. Educated and Dentists
- English Fluent Doctors and Staff Members
- Implants
- Dentures
- Laser Therapy
- Pediatric Dentistry

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SUBWAY
Orange Line No.3
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Kwanglim Church Station :
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Command Sergeant Major

Command Sgt. Maj. Todd M. Garner

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South Korea is one of the few native places of the lycoris flower in the world. During the month of October, this beautiful flower, also known as the spider lily, is in bloom making a red carpet around Seonun Temple in Goheung, Jeollabuk-do. It is an hour's drive from Kunsan Air Base to these flower fields.
Photo courtesy of Goheung Government

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CALENDAR

EVENTS *in* KOREA



SEP28-OCT31

Korea Sale FESTA

Throughout the country
+82-1600-7098
www.koreasalefesta.kr



SEP30-OCT15

Korea Drama Festival (KDF)

The area of Jinju-si, Gyeong-sangnam-do
www.kdfo.org



OCT01-15

Jinju Namgang Yudeung (Lantern) Festival

626, Namgang-ro, Jinju-si, Gyeongsangnam-do
www.yudeung.com



OCT05-08

Seoul Street Art Festival

Seoul Square, Cheonggye Plaza, Gwanghwamun Plaza, etc.
www.festivalseoul.or.kr



OCT06-09

Gangneung Coffee Festival

131, Nanseolheon-ro, Gang-neung-si, Gangwon-do
+82-33-647-6802



OCT08-12

Gyeong Military Culture Festival

Areas of Gyeong-si, Chun-gcheongnam-do
www.m-festival.org



OCT11-15

Chuncheon Puppet Festival

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



OCT12-21

Busan International Film Festival (BIFF)

Lotte Cinema Centum City, CGV EGABOX Busan Theater, etc.
www.biff.kr



OCT14-15

Itaewon Global Village Festival

Itaewon-ro, Yongsan-gu, Seoul
+82-2-2199-7254



OCT26-29

Jeonju Bibimbap Festival

20, Hyeonmu 1-gil, Wansan-gu, Jeonju-si, Jeollabuk-do
www.bibimbapfest.com



OCT28-NOV05

Geoje Island Flower Festival

3577, Geojenamseo-ro, Geoje-si, Gyeongsangnam-do
+82-55-639-6441



NOV03-04

Jeju Olle Walking Festival

Jeju Olle Trail – Route 3 & 4
www.ollewalking.co.kr

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Sling Load Exercise

By Pfc. Chung, Jae-yeon
65th Medical Brigade Public Affairs Office



Members of the 618th Dental Company Area Support of the 65th Medical Brigade gathered at Camp Humphreys for a Sling Load Exercise on August 18.

Sling Load Exercise is an annual exercise conducted by the 618th Dental Company Area Support to ensure the readiness of the medical equipment delivery system of the company. Staff Sgt. Steven Zachary, a mission officer in charge of the sling load operation, emphasized the unique characteristic of this exercise.

"A sling load is a wing aircraft attachment to load and transfer medical equipments using various methods available. It adds one extra tool to our kits allowing us to operate in an environment that is not clinical. You can find this type of training only in the 618th."

The exercise is divided into three steps. First, the



soldiers prepare an equipment package to load, making sure it does not fall apart during the exercise. Then, each group of two soldiers takes turn to attach the equipment to the sling load, during which they have to step on the equipment package to reach the sling load. The last step is to safely return to an assembly area once the attachment is complete.

"My favorite part was the look on the soldiers' face during the exercise," stated Cpl. Jamaal Akins, from the Camp Casey Dental Clinic. "I could tell everyone was ready for the 'fight tonight' mission and ready to provide supplies. I believe the importance of this exercise is an opportunity to bring everyone together to help one another."

Col. Jae Hwang, commander of the 618th Dental Company and the Dental Health Activity Korea made remarks as well. "Today's mission was to conduct the sling load and air movement operation training to ensure that our soldiers are ready for our wartime mission, with the main goal of transporting our class 8 dental equipment supplies. This [capability] would be crucial especially during the period of transition to hostility."

At the end of the event, Hwang added, "It was a pleasure to see everyone doing great and staying motivated. [Though] We had selected personnel this time, next time we will try to get everybody [in the company] to participate."

Cools Wins Patient Safety Award



The US Army Medical Command (MEDCOM) Clinical Performance Assurance Directorate (CPAD) conducted their annual face-to-face summit for patient safety in San Antonio, TX. Patient Safety personnel from various Commands attended. CPAD reviewed their progress on the Fiscal Year 2018 Annual Patient Safety Plans initiatives.

Riviere (Cameron) Cools, BAACH Patient Safety Manager (pictured above fifth from the right) won 3rd Place overall as the MEDCOM Patient Safety Professional of the Year and was first among all AMEDD Hospitals. This award is a testament to his sincere dedication to the delivery of quality patient care to our beneficiaries.

Live MUSIC&DANCE CALENDAR



OCT07

Hans Zimmer Live

Olympic Stadium, Seoul
10 Jamsil-dong Songpa-gu
hanszimmerlive.com/livetour/



OCT07-08

Seoul Forest Jazz Festival 2017

Seoul Forest Park
www.seoulforestjazz.com



OCT08

2017 MR.BIG Live in Seoul

Yes24 Live Hall, Seoul
ticket.yes24.com



OCT09-29

Seoul International Dance Festival

Seoul Arts Center, Sogang University Mary Hall, etc.
www.sidance.org



OCT12

Yo-Yo Ma Cello Recital

Seoul Art Center Concert Hall
+82-1577-5266



OCT12

ABBA Girls: Mamma Mia

Mapo Art Center
www.mapoartcenter.co.kr



OCT12/14/15

Richard Marx Romantic Concert

Incheon(10/12), Busan(10/14), Seoul(10/15)
02-6205-3404/070-8885-4282



OCT20-22

Jarasum International Jazz Festival

Gapyeong-eup, Gyeonggi-do
www.jarasumjazz.com



OCT22-31

Busan One Asia Festival

Busan Asiad Stadium, Busan Cinema Center, Busan Citizen Park, Haeundae etc.
http://boof.or.kr



OCT23-26

Seoul International Computer Music Festival 2017

Asia Culture Center, Gwangju
www.computermusic.asia



OCT24-NOV05

Seoul International Music Festival (SIMF)

Seoul Arts Center and Sejong Center for the Performing Arts
+82-2-585-0137



OCT29

Ed Sheeran in Seoul

Seoul Olympic Park - The 88 Garden
ticket.interpark.com

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in Seoul

\$299

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NAVIGATING KOREAN HOSPITALS

THIS MONTH'S HIGHLIGHTS



SEOUL ST. MARY'S HOSPITAL



Since its establishment in 1980, Gangnam St. Mary's Hospital has been striving to treat mental and physical illnesses for almost three decades. In March 2009, it was reborn with a new, cutting-edge infrastructure as Seoul St. Mary's Hospital, with the aim of establishing a new medical culture.

Seoul St. Mary's Hospital represents the Catholic Medical Center with world-class medical staff and advanced medical equipment. With 22 upper floors, 6 basements and 1320 sickbeds, it is the largest among Korean hospitals consisting of a single building. It has a comprehensive health care system composed of 41 clinical departments with 183 special clinics and 23 special clinical centers.

The International Health Care Center is staffed by doctors, nurses or coordinators who can communicate fluently in English, Russian, Japanese, French, Chinese and Korean. The staff are fully prepared to serve the medical needs of foreigners or oversea patients and provide them with health information they need.

Phone: 02-2258-5745/6

International clinic working hours:

M – F 0800 – 1700 Sat. 0900 – 1200

Fax: 02-2258-5752

Email: ihcc@catholic.ac.kr

Location: 222 Banpo-daero, Seocho-gu, Seoul 06591

Website: www.cmcseoul.or.kr

Directions (Subway): Seocho Station line 2 exit 7, Express Bus Terminal line 3 exit 2 or 7 to Catholic University Medical College, Express Bus Terminal line 7 exit 3 or 4 to Catholic University Medical College

Specialties: Allergy & Immunology, Cardiology, Dentistry, Dermatology, Dialysis, Emergency Care, Endocrinology, ENT, Gastroenterology, General Practice, Infectious Disease, Internal Medicine, Nephrology/Neurology, Obstetrics & Gynecology, Oncology, Ophthalmology, Orthopedics, Pathology & Laboratory, Pediatrics, Pharmacy, Physiotherapy, Psychiatry – Adult, Psychology – Adult, Pulmonary, Radiology, Rheumatology, Sleep Studies, Surgery: Cardiothoracic/ Colorectal/ Facio-maxillary/ General/ Neurosurgery/ Plastic/ Vascular, Urology



SEVERANCE HOSPITAL

Severance Hospital was founded in 1885 by an American missionary, Dr. Horace N. Allen (1858-1932), as the Royal Hospital Kwanghyewon (House of Extended Grace). Soon after its creation, the hospital was renamed as Chejungwon (House of Universal Helpfulness), and in 1886, Chejungwon Medical School, Korea's first modern medical school, was founded.

The hospital grew, and by 1899 it was determined that a new facility had to be erected. It was at the Ecumenical Missionary Conference in New York in 1900 that Louis H. Severance, an American philanthropist in the audience, first heard of the need for a modern hospital in Seoul. He had been hoping to fund a project of the sort and decided that Seoul would be an ideal place for his donation. The hospital was completed in September of 1904 and was named Severance Memorial Hospital. Since that time, Severance has been at the forefront of modern medicine in Korea. This includes the addition of a new 24-story, 1006-bed hospital building, which opened in May of 2005. Proud of its roots as the first Western hospital in Korea, Severance continues to distinguish itself as a world-class university hospital with state-of-the-art medical technology.

Phone: 02-2228-5819

International clinic working hours:

M – F 0830 – 1730

Saturday 0830 – 1230 office only (not consultation)

24/7 English speaking service: 010-9948-0983

Fax: 02-362-6835

Email: sarita1004@yuhs.ac

Location: 50 Yonsei-ro, Seodaemun-gu, Seoul 03722

Website: www.yuhs.or.kr

Directions (Subway): Shinchon Station line 2 exit 3 then 0.5 mile walk, it takes about 15 minutes or take a taxi that will cost about 3,000 won

Specialties: Allergy & Immunology, Cardiology, Dentistry, Dermatology, Dialysis, Emergency Care, Endocrinology, ENT, Gastroenterology, General Practice, Ground Ambulance, Infectious Disease, Internal Medicine, Nephrology, Neurology, Obstetrics & Gynecology, Oncology, Ophthalmology, Orthopedics, Pathology & Laboratory, Pediatrics, Pharmacy, Physiotherapy, Psychiatry – Adult, Psychiatry – Pediatric, Psychology – Adult, Psychology & Behavioral Health – Pediatric, Pulmonary, Radiology, Rheumatology, Sleep Studies, Surgery: Cardiothoracic/ Colorectal/ Facio-maxillary/ General/ Neurosurgery/ Plastic/ Vascular, Urology

SCENE & HEARD

NATIONAL & INTERNATIONAL

Story by Eric Young-Seok Park

MARK ZUCKERBERG, WIFE WELCOME SECOND CHILD



Mark Zuckerberg, Facebook CEO, and his wife, Priscilla Chan, announced the birth of their second daughter. The girl's name is August. The couple wrote a letter to the newborn on Facebook. "The world can be a serious place. That's why it's important to make time to go outside and play. You will be busy when you're older, so I hope you take time to smell all the flowers and put all the leaves you want in your bucket now." Zuckerberg said that he would take two months of paternity leave after his second child's birth — Facebook offers four months of maternity and paternity leave to all employees.

SAMSUNG TO TEST AUTONOMOUS CARS IN CALIFORNIA

According to the California DMV, Samsung Electronics has been included in the list of companies that can test self-driving technologies in the state. In a statement, a company spokesperson confirmed that it's participating in California's Autonomous Vehicle Tester Program. He also clarified that the Korean conglomerate still has "no plans to enter the car-manufacturing business." Samsung will instead continue to develop sensors that use its AI and deep learning software, as well as other components for autonomous vehicles. Earlier this year Samsung first got a permit to test self-driving technologies in its home country. The company revealed then that it was planning to test the sensors and parts it's developing aboard a Hyundai car. However, it didn't elaborate on what those components can do. More details are expected to be shown when the company starts testing them in California.



TWO FLORIDA MEN ACCUSED OF STEALING ENORMOUS POWER POLE AFTER IRMA



Police in Jacksonville, Florida have arrested two men for allegedly trying to steal a gigantic power pole in the wake of Hurricane Irma. Blake Lee Waller, 42, and Victor Walter Apeler, 46, each now face a charge of grand theft after they were reportedly caught strapping the \$2,500-worth JEA utility pipe to an SUV on Wednesday, per the Florida Times-Union. Jacksonville Sheriff's Office shared this photograph of the incident to Twitter, and it's since gone viral. "Citizens watching out and officers cleaning up = partnership!" the sheriff's office captioned the snap.

DEOKSUGUNG STONEWALL WALKWAY EXTENDED AND OPENED TO PUBLIC

Deoksugung is one of Seoul's five grand palaces built during the Joseon era (1392-1910). As much as the palace itself, Deoksugung's stonewall walkway is very famous for its beauty and unique atmosphere and attracts both local and foreign tourists. It is among the 100 most beautiful roads in Korea and has been designated as a must-visit by Seoul government. About 100 meters of walkway by the famous stonewall surrounding the palace Deoksugung has recently been restored and was opened to public. The section is part of the 170 meters of the 1.1-kilometer wall that has been occupied by the British Embassy for nearly 60 years. The rest part of the walkway, which is the embassy's legal property, will remain closed to pedestrians. At the ribbon-cutting ceremony, where British Ambassador Charles Hay attended, Seoul Mayor Park Won-Soon said he would continue efforts to restore the remaining 70-meter section of the stonewall.



AMAZON PLANS TO OPEN A SECOND HEADQUARTERS

Seattle-based Amazon plans to open a second headquarters and is looking for a city somewhere in North America, in a fresh sign of the phenomenal growth of the diversified US technology giant. The project will cost \$5 billion to build and operate. Bids are now being accepted for the second headquarters, to be called HQ2, which will be "a full equal to our Seattle headquarters," said Jeff Bezos, Amazon founder and chief executive, in a statement. "Amazon HQ2 will bring billions of dollars in up-front and ongoing investments, and tens of thousands of high-paying jobs. We're excited to find a second home."

SEA SHEPHERD PULLS PLUG ON JAPAN WHALE HUNT

Activist group Sea Shepherd stopped its annual campaign to disrupt Japanese whaling, saying it can no longer match the country's military and economic power. Instead the group will find different strategies and tactics needed to hinder the hunt. The organization has waged an often violent 12-year high-seas battle against whaling in the Southern Ocean, claiming success for saving thousands of the giant mammals and bringing the slaughter to world attention. But the group's founder Paul Watson said, "Japan is employing military surveillance to watch Sea Shepherd ship movements in real-time by satellite and they can easily avoid us." Japan is a signatory to the International Whaling Commission's moratorium on whaling in force since 1986. But it exploits a loophole allowing whales to be killed for the purposes of "scientific research," making no secret of the fact that they often end up on dinner plates.



MADONNA CAN'T CONVINCE FedEx SHE IS REALLY MADONNA



Madonna recently took to Twitter to complain about her difficulty in getting hold of a FedEx delivery. Interestingly, it seems the 59-year-old singer had struggled to prove her identity to the courier service. "When you've been arguing with FedEx all week that you really are Madonna and they still won't release your package," she tweeted, along with an unamused emoji. FedEx said, "We are looking into this matter and seeking more information so we could resolve this as quickly as possible." Meanwhile, Madonna bought a new home in Portugal and said on Instagram that she finds the energy of Portugal inspiring, and it makes her feel creative and alive. Madonna also posted that she'll be working on a film and new music in Portugal.

MAN WITH THROAT CANCER KILLS CO-WORKER WHO GOT HIM HOOKED ON SMOKING

A chef in India, Mustakeem Ahmad, 25, who was diagnosed with throat cancer was accused of killing his co-worker for introducing him to cigarettes. He told cops that he was so enraged with the victim, identified only as Inayat, 25, after receiving the grim diagnosis that he bought a pistol, the Hindustan Times reported. Inayat worked at the restaurant in Uttam Nagar owned by Ahmad's brother-in-law. An increasingly frustrated Ahmad developed a hatred toward Inayat and took up smoking — as well as marijuana. Ahmad, who was fired after his work quality deteriorated, later blamed Inayat for getting him hooked on tobacco, which he belived led to cancer. The cook then made a secret plan to exact revenge on Inayat by buying the pistol and some ammo. He practiced firing the weapon and then returned last week to the restaurant, where he asked his brother-in-law to sack Inayat. Ahmad ended up picking a fight with Inayat and later shot at him in the middle of the argument. Police were tipped off that Ahmad planned to visit a relative in Uttam Nagar to grab some cash before fleeing the city.

MYSTERY SEA CREATURE WASHES UP ON TEXAS BEACH



A walk along Texas City beach took an unexpected turn for Preeti Desai when she stumbled over a creature that washed ashore during Hurricane Harvey. Desai posted a picture of the fanged sea creature on Twitter in the hope that someone could identify it: "Okay, biology twitter, what the heck is this?? Found on a beach in Texas City, TX," she wrote on September 6. One respondent, Adam Summers, a professor at the University of Washington and the School of Aquatic and Fisheries Sciences, said that the creature was identifiable due to the "remnant of skin coloration, the body and head shape, the teeth and the shape of the jaw they are in." Summers credited Ben Fable, at U.C. San Diego Scripps Institution of Oceanography, with identifying the fish as a fangtooth snake-eel. Fable wasn't sure whether Hurricane Harvey, which hit Texas on August 25, was to blame for bringing the creature to the beach. "They live in shallow water sometimes. And wash up on beaches even without storms," Fable wrote. According to biologist and eel specialist Dr Kenneth Tighe, there's a high probability the animal is a fangtooth snake-eel, but it could also be a garden or conger eel. "All three of these species occur off Texas and have large fang-like teeth," he told the BBC.

BABY ELEPHANT DIES AT ZOO AFTER MOTHER REJECTS HER



A baby elephant at The Pittsburgh Zoo and PPG Aquarium died in spite of caretakers' efforts to save the elephant after her mother rejected her. The calf was born premature June 6 and was unable to nurse. Ultimately, zookeepers made the decision to euthanize the elephant after she didn't regain her health. A female African elephant stays in her mother's womb for 645 days. The Pittsburg elephant, however, was born at 615 days. She weighed 184 pounds when she was born, which is more than 50 pounds below average. Her mother didn't have any milk and disowned her. Zookeepers tried to keep her alive with a feeding tube. It worked at first but the elephant did not gain a significant amount of weight. "Our hearts are broken, it's just devastating," Dr. Barbara Baker, the zoo's president and CEO, said. "She touched so many people in such a short time. We did everything we possibly could to care for her, but unfortunately in the end, it just wasn't enough." A cause of death for the calf was not immediately known. It will take several weeks for the autopsy to come back.

METALLICA'S JAMES HETFIELD FALLS INTO A HOLE ONSTAGE



While performing "Now That We're Dead" in Metallica's WorldWired tour at Ziggo Dome in Amsterdam, the frontman James Hetfield walked into one of the holes on the stage. The holes were created when a section of flooring from the band's custom stage was intentionally lowered as part of the show. Hetfield remained down for several seconds as stagehands rushed to help him up. After recovering, the guitarist finished the guitar solo. Fortunately, the metal icon appeared unharmed by the fall. Afterward, Hetfield addressed the incident while speaking to the crowd. "Yes, I'm ok. My ego, not so much. But we're fine. Hurt my feelings a little bit."

VENEZUELA'S NEW PLAN TO BEAT HUNGER: BREED RABBITS

Venezuela's government this week urged citizens to see rabbits as more than "cute pets" as it defended a plan to breed and eat them even as the opposition says this would do nothing to end chronic food shortages. The "Rabbit Plan" is an effort by the government of President Nicolas Maduro to boost food availability. Authorities have also taught citizens to plant food on roofs and balconies of their homes. Maduro's adversaries dismiss such ideas as nonsensical, insisting the real problem is a failed model of oil-financed socialism that was unable to survive after crude markets collapsed. "There is a cultural problem because we have been taught that rabbits are cute pets," Urban Agriculture Minister Freddy Bernal said during a televised broadcast with Maduro this week. "A rabbit is not a pet; it's two and a half kilos (5.5 pounds) of meat that is high in protein, with no cholesterol." While eating rabbits may be common in some countries in the world, it is not so in Venezuela. But amid soaring inflation and shortages of certain basic foodstuffs, people have been looking for alternatives.





Hospital Conducts **LIVE SURGERY** **IN THE FIELD**

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

For many of us, we may take a routine surgery conducted at the local hospital for granted and not even begin to think about being a part of training much less being a patient in a field hospital.



For the Soldiers of Bravo Company 121st Combat Support Hospital taking training seriously has become a part of the daily routine these past few months. During the recent peninsula wide exercise known as Ulchi Freedom Guardian 17, these clinicians, technicians, and highly trained professionals performed live surgical and dental procedures in a field environment providing the same quality of care that is normally given at the Brian Allgood Army Community Hospital, the only difference of course was it was conducted in modular field tents under battle-field conditions.

“UFG allowed us to ‘stand up’ our critical care corridor, the lifeblood of the CSH,” said Col. Erica Clarkson, commander of the 121st CSH. “We demonstrated and validated our capability in providing patient care using real live patients in a variety of elective surgeries.”

“Awesome,” was one word that one patient, could not repeat enough. “When I heard about the call for volunteers for live surgical procedures, I volunteered. The quality of care shown to me was pretty cool and awesome; I am amazed at how the set up was so organized. It was great to see all the support staff that would actually operate on me and talk to those throughout my procedure.” Something



the patient might not have experienced at a regular medical treatment facility. “You see a nurse or a doctor, but rarely see those that assist.”

The identity of the patient is being withheld due to HIPAA (Health Insurance Portability and Accountability Act), a US law designed to provide privacy standards to protect patients' medical records and other health information provided to health plans, doctors, hospitals and other health care providers, as requested by the patient.

The ‘Critical Care Corridor’ consisted of the Operating Room, an Intensive Care Unit recovery ward, Patient Administration, X-ray, Laboratory and Pharmacy. “Live surgery is our mission in the field, although these surgeries here are elective, volunteers are part of this process,” said Col. Lee Burnett, 121CSH Detachment Commander. “What is truly being tested is that patient flow from entry to emergency room thru admissions, radiology, pharmacy, pre-op, operating room and transport to ICU recovery. We either return soldiers back to the battlefield or stabilize them to be sent to a higher role of care.”



Teamwork was the theme of Bravo Company's success, which was a reflection on the 121st CSH vision. According to B. Co. Commander, Capt. Erika Rosales, the unit excelled in hitting the highpoint of simple execution of providing quality patient care in austere conditions. “Pushing patients through the critical corridor stressed our patient flow processes and validated our readiness and the OR capabilities to conduct live surgery in the event we transition to hostilities.”

Throughout the exercise, the ‘Critical Care Corridor’ team conducted several surgical procedures just as they would at the BAACH while continuously training Soldiers in the medical profession all within a field environment. The 121CSH was the only unit on the peninsula to perform its wartime mission through the actual execution of live surgeries and patient care. The rest of the military simulated their involvement in UFG 17 through battlefield scenarios.

'BACKBONE OF THE ARMY'

Brigade conducts NCO Induction

Story by Pfc. Jae Yoon Chung, 65th Medical Brigade Public Affairs Office
Photos by Sgt. Brandon Thomas, USAG Yongsan Public Affairs Office



The Noncommissioned Officer Corps is an important story that is rich in history. 33 Soldiers from throughout the 65th Medical Brigade gathered to be inducted and continue its evolution into the Corps during a September 8 ceremony at the U.S. Army Garrison Yongsan movie theater.

In as much as Rudyard Kipling once said, "the backbone of the Army," the NCO Corps has proven to be the Army's reliance on both the technical knowledge and small-unit leadership of its members as trainers, leaders and guardians of the Army standard representing values and strength.

"Transitioning from the ranks of Specialist to the NCO is the hardest one you will make as an enlisted soldier," said 65th Medical Brigade Command Sergeant Major Todd Garner as he welcomed the new inductees into the Corps and cautioning them to take the new position of leadership seriously.

As part of the induction ceremony, the new sergeants not only recited the Creed of the Noncommissioned Officer, were sworn to the Charge of the Noncommissioned Officer and listened to the Soldier's Request.

Guest speaker, Command Sergeant Major Steven Payton, CSM United Nations Command, Combined Forces Command and United States Forces Korea also cautioned the



new NCOs on their duties and responsibilities and to understand that duty is something done by virtue of position while having the moral courage to always do what is right.

The 33 Soldiers were chosen to be leaders and are now part of the 'backbone of the Army,' and should strive to do the best and maintain the standards.

Congratulations are in order for Cpl. Dahn Suh, 618th Dental Company for earning the General Paik Sun Yup Leadership Award.

The General Paik, Sun Yup Leadership Award is a reward earned by exceptional KATUSAs whose achievements and performance merit special recognition. It is a means of recognizing those KATUSAs who have contributed significantly to the alliance and a combat ready Army. Awardees exemplify leadership characterized by personal concern for the needs, training, development and welfare of both ROK and US Soldiers, and concern for families of Soldiers.

Paik Sun Yup was the foremost Republic of Korea Army General of the Korean War. When North Korea launched their general offensive June 25, 1950, then Col.

Paik Sun Yup, at age 29 was commanding the 1st ROK Division that was positioned on the provisional boundary north of Seoul and astride the main North Korean axis of advance. Despite the surprise and violence of the attack, Paik's division held fast for three days before withdrawing and conducting a series of delaying actions south to the Naktong River where a coordinated UN Command defense was finally organized.

In the heavy fighting of August and September, the 1st ROK Division was the hinge between American and South Korean Forces and shares credit for successive defeats of the enemy's effort to capture Taegu. Paik led his division in the breakout following the Inchon landing and in the active advance into North Korea where 1st Division seized the center of Pyongyang.

Twice the recipient of the Taeguk Medal, Korea's highest honor, Paik Sun Yup became ROK Army's first four-star general, the ROKA Chief of Staff and the Chairman of the ROK Joint Chiefs. Following his retirement in 1960 he continued to serve his nation and became the ambassador to 19 different nations.

Congratulations also go to Sgt. 1st Class Tomeka Horne, Headquarters and Headquarters Battalion, Eighth Army for earning the Sergeant Audie Murphy Leadership Award and becoming a part of an elite organization of NCOs who have demonstrated performance and inherent leadership qualities and abilities characterized by those of Sergeant Audie Murphy.

Audie Leon Murphy was a legend in his own time. He lived only 46 years, but he made a lasting imprint on American history. Audie was born on a sharecropper's farm in North Texas on June 20, 1924. As a boy, he chopped cotton for one dollar a day and was noted for his feats of derring-do and his accuracy with a gun. He had only 5 years of schooling and was orphaned at age 16.

After being refused enlistment during World War II in both the Marines and Paratroopers for being too small (5'5") and underweight (110 lbs), he enlisted in the U.S. Army a few days after his 18th birthday.

After basic training at Camp Wolters, Texas, and advanced training at Fort George G. Meade, Maryland, Audie was sent overseas. He was assigned to the famous 15th Infantry Regiment of the 3rd Infantry Division where he fought in North Africa, Sicily, Italy, France, and Germany. He earned a battlefield commission for his courage and leadership ability as well as citations and



decorations including every medal for valor that America gives. He was also awarded three French and one Belgian medal. Lieutenant Audie Murphy was the highest decorated soldier in American history.

The following 65th Medical Brigade Soldiers were inducted into the NCO Corps:

HHC, 65th MEDICAL BRIGADE

SGT Brandon Arthur
CPL Nathan Boelk
SGT Kalila Clay
SGT Jinwoong Han
SGT Courtney Johnson
SGT Yuseok Jung
SGT Larry Lingtag
SGT Alexander Medir
SGT Nataniel Pace
SGT Keon Park

168th MMB

SGT Miran Bae
SGT Eugene Herbert
SGT Clay Levinthol

SGT Andrew Matai
SGT Nestor SolisDiaz

121st CSH/BAACH

SGT Brendon Atkisson
SGT Jonathan Bautist
SGT Robert Glass
SGT Ian Nadeau
SGT Joscar Paredes
SGT Sung Park
SGT Dijohn Wright

106th VETERINARY DETACHMENT

SGT Willy Boentara
SGT Jennifer Booth
SGT Logan Campbell
SGT Lee Dean
SGT Liyan Jin
SGT Trevor Lloyd
SGT Brooke McKuhen
SGT Edgar Medina
SGT Donnell Mulligan
SGT Shammah Nasheed

618th Dental Company

SGT Matthew Kaake

Oral Health Matters

By Uniformed Services University
Human Performance Resource Center Staff

Poor oral health adversely affects readiness and could cost you your career, but it's something you can prevent. Despite advances in dental care and hygiene, deployed service members are still at risk of trench mouth – technically referred to as necrotizing periodontal disease (NPD). This condition can lead to painful ulcers, spontaneous gum bleeding and a foul taste in your mouth.

The good news is there are things you can do to reduce your risk of trench mouth. Learn how to be proactive and prevent NPD by scheduling regular visits to your dentist when possible.

Poor Hygiene

- You might have little to no time for oral hygiene when you're deployed, which can cause you to fall out of your normal routine of brushing and flossing.
- Solution: Pack a few travel-size tubes of toothpaste, dental floss, and a travel toothbrush in your kit, and establish a routine as quickly as possible.

Tobacco Use

- Using tobacco products can lead to gum disease by reducing blood flow to your gums, which can lead to tooth loss and mouth infections.
- Solution: It's never too late to quit. Check out these great tips to become tobacco-free.

Poor Nutrition

- Eating right can be challenging in the field. But not eating enough food or the right foods can cause vitamin and mineral deficiencies that reduce your ability to fight oral infections.
- Solution: Although MREs can't replicate the tastes of a home-cooked meal, they're nutritionally balanced to



prevent vitamin and mineral deficiencies. Eat a variety of MREs and as many of the components as you can to make sure you get all the nutrients they provide.

Stress

- Too much stress can adversely affect your performance and overall health, including dental health. Stress can cause dry mouth and sore, inflamed gums.
- Solution: Check out HPRC's Stress Management section for ways to manage your stress. While activities like yoga, meditation, or journaling are very calming, try exercise, reading, or playing card games to help reduce stress too.

October Women's Health Month

By Tricare.mil

Each October, women are reminded to put themselves first and make time for their health. Making your health a priority helps you stay in optimum shape and keeps illnesses and disease at bay.

Women often put their families' needs ahead of their own, ignoring minor symptoms year after year until they affect their health. Using preventive care is one of the best ways to stay healthy, allowing you to give your all in everything you do for your family and yourself.

Each year, get a well-woman exam. At this exam, you should have your blood pressure checked and talk to your health care provider about what other screenings, immunizations or family planning you might need based on your age, health habits, family and medical history.

The American Cancer Society recommends all women should begin cervical cancer screening at age 21. Women aged 21 to 29, should have a Pap test every 3 years. Thanks to the Patient Protection and Affordable Care Act, most private health plans must cover this and

other preventive care services at no cost. TRICARE also covers annual preventive women's health services that may include a Pap smear, pelvic and breast exam and mammogram at no cost.

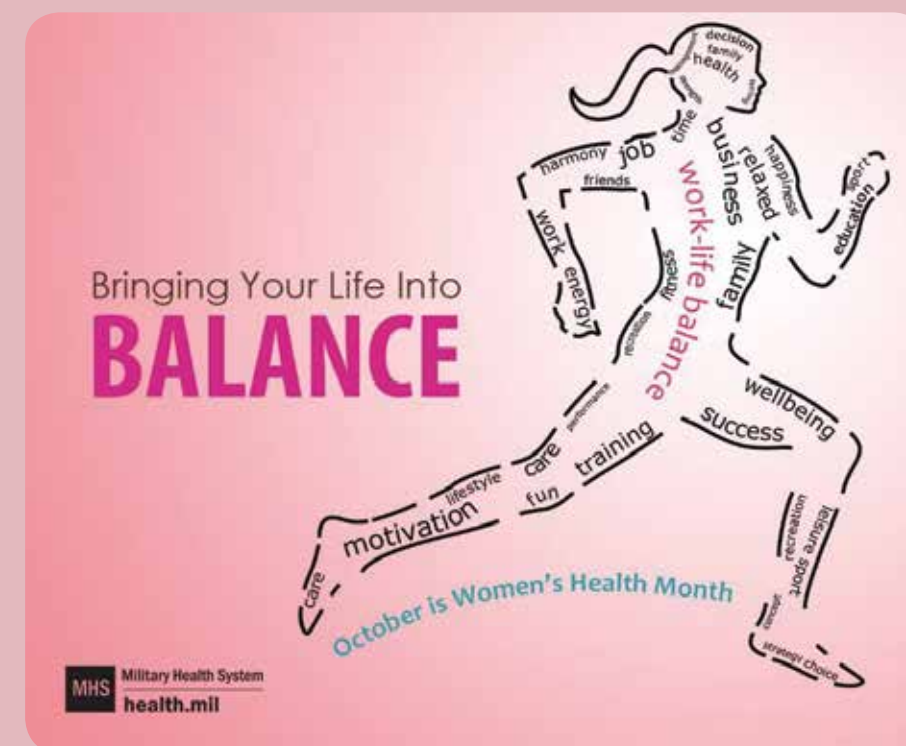
There are other actions you can take to live a healthy life:

- Maintain a healthy weight
- Exercise for at least 30 minutes at least five days a week
- Limit alcohol use
- Quit smoking
- Practice safe sex
- Get 7-8 hours of sleep per night
- See your health care provider every year
- Get appropriate screenings as recommended by your health care provider

It's important to get screenings, especially if you are at a higher risk for certain diseases like breast cancer or diabetes. Talk to your health care provider about family,

emotions, stress and non-physical concerns as well. Life events can bring higher stress with symptoms of anxiety, depression, and sleep difficulties. These concerns are just as important to discuss as your physical health in order to stay or become healthier.

You can visit the Office of Women's Health web page Your Health at Every Age to get details on what are the important health practices for you to maintain your health based on your age. For more information about TRICARE, visit Is It Covered? on the TRICARE website.



BAACH Conducts Active Shooter Drill with a **BANG!**

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



U.S. Army Garrison Yongsan Military Police respond to the Brian Allgood Army Community Hospital to take down the active shooter, portrayed by Cpl. Jin Kwang, HHB 121st CSH.



This month as part of National Emergency Preparedness Month, the staff at the Brian Allgood Army Community Hospital conducted an active shooter drill September 14, 2017 to go over emergency procedures and how to practice a quick, complete and orderly response. The exercise was designed to test the staff's response to terrorist incidents while applying emergency procedures outlined in the command's antiterrorism plan.

Mark Williamson, the Medical Detachment Activity Command-Korea Emergency Manager, conducted the Code White scenario by testing the clinical leadership and determining if the staff followed proper protocols. "Active shooter incidents are often unpredictable and evolve quickly. In the midst of the chaos, anyone can play an integral role in mitigating the impacts of an active shooter incident," said Williamson. "We hope it never comes here. That's what we hope for. But if it does, we're trying to plan so we can have the best response that we can have in order to keep our families and patients safe, along with our employees."

An "active shooter" is an individual who is engaged in killing or attempting to kill people in a confined and populated area; in most cases, active shooters use firearms(s) and there is no pattern or method to their selection of victims. Victims are selected at random and the event is



unpredictable and evolves quickly.

"When an Active Shooter is in your vicinity, you must be prepared both mentally and physically to deal with the situation," said Williamson, who identified that due to the constant rotation of staff, that more training scenarios will need to be conducted and may include additional code scenarios combined.



EMERGENCY KITS

To prepare your family for an emergency, assemble one or more emergency kits that include enough supplies for at least three days. Think of items that have multiple uses and are long lasting. Keep a kit prepared at home and consider also having kits in your car, at work and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more quickly. Your various emergency kits will be useful whether you have to shelter in place or evacuate.

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

What to Put in Your Basic Home Kit

- Necessary
 - ☐ Water—at least one gallon per person per day for at least three days
 - ☐ Food—nonperishable food for at least three days (select items that require no preparation, refrigeration or cooking such as high energy foods and ready-to-eat canned meat, vegetables, fruit)
 - ☐ Manual can opener (if the food is canned), preferably on a multi-tool
 - ☐ Reusable plates, cups, utensils, saucepan (note, a metal bowl can double as a cup or plate)
 - ☐ First aid kit
 - ☐ Prescription medications and medical equipment/care aids
 - ☐ N95- or N100-rated dust masks
 - ☐ Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
 - ☐ Hand-crank or battery operated flashlight
 - ☐ Hand-crank radio or battery operated cell phone charger
 - ☐ All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
 - ☐ Extra batteries at the size required
 - ☐ Brightly colored plastic poncho (can be used as shelter, clothing or a marker)
 - ☐ Weather appropriate clothing to keep your family warm and dry
 - ☐ Cash in the local currency
 - ☐ Any tools needed for turning off utilities
 - ☐ Local maps and your family emergency plan
 - ☐ Your command reporting information – know the Army Disaster Personnel Accountability and Assessment System (ADPAAS)
 - ☐ Important documents, including will, medical and financial power of attorney, property documents, medical instructions
 - ☐ Emergency preparedness handbook
- Additional considerations
 - ☐ Infant formula and diapers if you have young children
 - ☐ Pets supplies, including food, water, medication, leash, travel case and documents
 - ☐ Disinfectant
 - ☐ Matches or flint in a waterproof container
 - ☐ Sleeping bag or other weather-appropriate bedding for each person
 - ☐ Coats, jackets and rain gear
 - ☐ Fire extinguisher
 - ☐ Paper and pencil
 - ☐ Books, games, puzzles, toys and other activities for children
 - ☐ Any items necessary for a specific type of disaster



- Additional items that can be essential for those stationed abroad:
 - ☐ Passports
 - ☐ Birth abroad certificates for children born overseas
 - ☐ Cash in the local currency
 - ☐ Card with local translations of basic terms
 - ☐ Electrical current converter

Store your emergency kit in an easily accessible area such as a cupboard by the door and make sure everyone in your family knows where it is.

Consider whether your area is likely to face a specific threat. If your home is prone to flooding, store your kit upstairs. If you face tornados, think about storing your kit in the basement.

Portable Emergency Kit

- Take this kit with you when you are ordered to evacuate.
- Place items in a designated area that will be easily accessible in the event of an emergency.
- Make sure every member of your family knows where the kit is.
- If you are required to shelter in place, keep this kit with you.
- Consider adding enough supplies to last two weeks.

Workplace Emergency Kit

- This kit should be in one container to be kept at your work station in case you must evacuate from work.
- Make sure you have comfortable walking shoes at your work place in case you have to walk long distances.
- This kit should include at least food, water and a first aid kit.
- Make sure you include your family's communications procedure.

Vehicle Emergency Kit

- In the event that you are stranded while driving, keep this kit in your vehicle at all times.
- This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables and seasonal clothing (coats, rain gear).
- Make sure you include your family's communications procedure.

Maintaining Your Kits

- Routinely evaluate your kits and their relevance to the threats in your area.
- Throw away and replace any expired or damaged medications, food or water.

Where to Find Additional Information

- Ready Army at www.ready.army.mil
- American Red Cross—www.redcross.org
- Department of Homeland Security (Ready.gov)—
 - www.ready.gov/america/getakit/index.html
 - www.ready.gov/america/_downloads/checklist.pdf
- Federal Emergency Management Agency (FEMA)—
 - www.fema.gov/plan/prepare/supplykit.shtm
 - www.fema.gov/plan/prepare/kitlocation.shtm
 - www.fema.gov/plan/prepare/kitmaintain.shtm

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.



UEG
2017

DRAGON LIFT

Joint Medical
Evacuation Operation
Synchronizes
Commands, Validates
Capabilities

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



Photo courtesy of 168th Multifunctional Medical Battalion

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

Last month, the Republic of Korea Armed Forces (ROKA), elements of Eighth United States Army, the 2nd Infantry Division, 35th Air Defense Artillery Brigade, 2nd Combat Aviation Brigade, 19th Theater Support Command and the 65th Medical Brigade joined together in a combined patient evacuation operation, known as Dragon Lift.

Designed to assess, evaluate and synchronize the combined joint medical evacuation assets, Dragon Lift put the alliance to the test with simulated casualties from both services in this mass movement of patients via ground, air and rail.

Dragon Lift is one of several joint military exercises conducted by U.S. and South Korean forces throughout the year as the allies seek to maintain readiness against a possible conflict on the divided peninsula and is conducted twice a year during Ulchi Freedom Guardian and Key Resolve.





The joint medical evacuation operation began in the vicinity of Hongcheon where both ROKA nurses and medical personnel worked alongside the 121st Combat Support Hospital's 135th Field Surgical Team triaging and transporting patients.

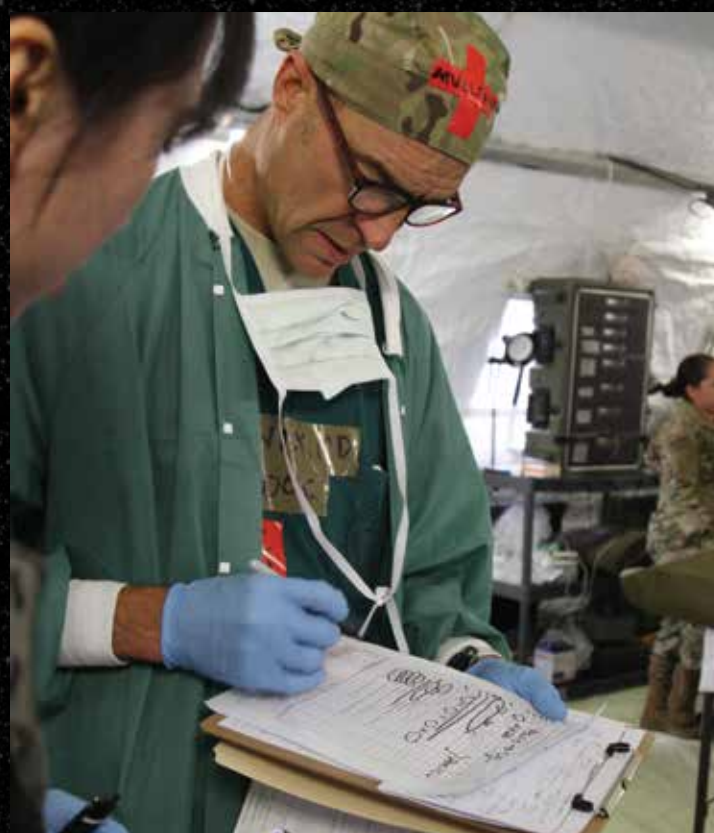
Patients were sent by ground ambulances from both services to Chuncheon train station and loaded aboard the ROK Armed Forces Medical Train while others were air evacuated to the ROK Navy LST Birobong and to Ajou Trauma Hospital in Suwon.



Photo courtesy of 168th Multifunctional Medical Battalion

“Using the medical train further strengthens our alliance with our ROK counterparts and adds more agility to the Brigade mission of patient evacuation,” said Col. Wendy Harter, 65th Medical Brigade Commander.

After the simulate casualties were loaded onto the train, they headed south stopping at Wonju station and Seobingo station outside of U.S. Army Garrison Yongsan to take on more casualties from the Brian Allgood Army Community Hospital, before offloading patients at Suwon Station.





Upon arrival at Suwon, the casualties were transported by joint field litter ambulances to Ajou University Trauma Center for further evaluation and surgical procedures as part of the evacuation process while elements from the 2nd Combat Aviation Brigade air evacuated more casualties from Ajou to Osan Airbase for C-12 aerial evacuation to Daegu Airbase. The train continued on from Suwon station to Pyeongtaek station where patients were offloaded and transported to the 121st Combat Support Hospital at U.S. Army Garrison Humphreys. The next stop was Keyongsan station for transport to Dongsan Hospital.

“These kinds of exercises help the two militaries figure out how to work together effectively,” said Col. Lee Burnett, Detachment Commander 121st Combat Support Hospital. “It increases not only our readiness, but it increases the readiness of the alliance and makes us more ready to fight tonight here on the Korean Peninsula.”



According to the Eighth United States Army plans office, this joint combined training is held to assess the ROK/U.S. Health Service Support medical evacuation capabilities by ground and MEDEVAC movement and to strengthen USFK synchronization.

This year's Dragon Lift served to validate Dongsan and Ajou as part of the Wartime Host Nation Support hospital network, validate the ROK train stations, evaluate ROK/US ground and air MEDEVAC platforms and incorporate evacuation from shore to ship.

WARTIME HOST NATION SUPPORT ON THE KOREAN PENINSULA

By Lt. Col. Kam Gunther

The reception, staging, and onward movement of U.S. forces arriving in Korea during a contingency are not possible without extensive logistics support from the host nation. To meet this need, the United States has developed and routinely tests an extensive wartime host nation support (WHNS) program with the Republic of Korea.



WHNS Mission

Under the WHNS program, the Republic of Korea provides military and civilian resources and assistance for the reception, staging, onward movement, integration, and sustainment of U.S. forces in times of crisis, hostilities, or war, as set forth in agreements between the governments of both nations. The mission of the Korean-U.S. WHNS plan is to allow the rapid deployment of U.S. combat forces to the Korean Peninsula during a crisis, using Republic of Korea-provided logistics assets that may be reinforced by U.S. logistics units and equipment later in the fight.

The WHNS program is coordinated by the Republic of Korea Ministry of National Defense (MND) and the WHNS branch of the U.S. Forces Korea (USFK) Assistant Chief of Staff, J-4. The MND and USFK J-4 serve as conduits between both governments for all WHNS matters. During times of peace, they develop plans and memorandums of agreement for using WHNS assets during hostilities. During war, they execute those plans, prepare to receive the approved WHNS assets, and acquire unforeseen

host nation support for subordinate units with assistance from functional area proponents on the USFK and component staffs. The WHNS has an “unforeseen support” process that is available to expeditiously satisfy any new requirement (or requirements previously submitted but not yet approved) by the Republic of Korea MND.

Implementation of the WHNS Program

The capstone document of the WHNS program is the Umbrella Agreement, which was signed in 1991 by the U.S. Secretary of Defense and the Republic of Korea Minister of National Defense. The WHNS program was formally established in 1992 when the Republic of Korea National Assembly ratified the agreement. U.S. forces submitted their first requirements to the Republic of Korea MND in 1994. The first Republic of Korea Provisional Support Plan was published in 1995; this plan continues to be updated biennially for implementation in January of odd years.

Under the Umbrella Agreement, the Republic of Korea agrees that, during conflicts, it will provide resources



that fall into 12 categories: ammunition services; communication services (domestic and international circuits); engineering equipment and services; field services; maintenance equipment and services; medical supplies and hospitals; nuclear, biological, and chemical equipment; personnel; petroleum; security; subsistence; and transportation. The procedures for acquiring host nation resources depend on the particular functional area.

A WHNS requirement must meet specific criteria in order to qualify as a valid WHNS request. By agreement, WHNS assets are authorized only for the support of U.S. forces. This means that noncombatant evacuation operations (NEO) and nongovernmental requests will not go through the WHNS process. NEO and nongovernmental requests must go through the Ministry of Foreign Affairs and Trade, but WHNS requests go through the MND.

WHNS assets are available only after a declaration of mobilization and approval by the Republic of Korea Government. Occasionally, units will receive assets or services that are not what they asked for. When requesting WHNS assets, units must identify their requirements carefully and be very specific. Requested assets or services must fall into 1 of the 12 functional area categories mentioned above.

Peacetime WHNS Validation

The USFK WHNS system is validated during peacetime through WHNS exercises. WHNS exercises are a critical part of ensuring that the WHNS program can be executed. It takes an extensive amount of coordination and planning to execute, observe, and evaluate these events. The validation includes several exercises to ensure that WHNS contractors or assets will be able to fulfill their purposes.

Field transfer exercises. During a field transfer exercise, assets from a Republic of Korea civilian company are delivered to a U.S. using unit. The U.S. unit inspects and tests the assets to see if they meet the need. If the assets pass the test, the using unit then signs a receipt for the items. The USFK J-4 conducts field transfer exercises for the receipt of assets like trucks, buses, forklifts, cranes, fuel tankers, and shower and bath services.

Site surveys. U.S. using units conduct terrain walks on WHNS real estate. The unit ensures that the site is still suitable for use and meets all requirements. The units are encouraged to assess security, accessibility, environmental concerns, and utilities when conducting the site survey.



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Coordination exercises. U.S. using units meet with Republic of Korea civil providers to validate and refine how WHNS assets will be used. For example, a U.S. unit might meet with a Republic of Korea construction company to ensure that the company's capabilities and assets are still suitable for U.S. use. As with site surveys, security, accessibility, availability of utilities, and other concerns also are reviewed.

Communications exercises. U.S. units validate point-of-contact information of a WHNS asset by contacting the Korean providing unit and confirming that phone numbers are up to date. U.S. units also confirm that the Republic of Korea is prepared to delete the asset from the record if needed. U.S. units are required to complete communications exercises with all WHNS assets during two annual exercises. The J-4 WHNS branch updates the database to reflect changes discovered during communications exercises.

WHNS Submission Process

U.S. forces submit their planned WHNS requirements during even-numbered years. The MND approves the WHNS Provisional Support Plan during odd-numbered



U.S. military personnel meet with the owner of a commercial barge during a WHNS site visit at North Incheon Port. (Photo courtesy of Army Logistician magazine)

years. For example, the 2015 Republic of Korea WHNS Provisional Support Plan became effective on 1 January 2016. New submissions for the 2017 plan were provided to MND in June 2016. The U.S. requirements are developed using mission analysis at the unit level and are submitted through an automated, web-based process that is reviewed at the component, functional, and USFK levels. The intent is to fill as many equipment, services, and real estate shortfalls as possible through the use of local national assets.



A U.S. using unit checks the performance of a crane's boom and cable during a field transfer exercise in Pyeongtaek. (Photo courtesy of Army Logistician magazine)

U.S. and Korean personnel should remember that the United States has military forces in the Republic of Korea to support Korean forces during wartime, not the other way around. U.S. forces must maintain continuous contact with their Republic of Korea counterparts to finalize security plans, coordinate WHNS support, and maintain positive relationships with their Korean counterparts at all times. Through their combined efforts, USFK and the MND have developed—and are continually improving—procedures for effectively planning and executing WHNS support. WHNS is a combat multiplier that allows USFK to effectively support the Combined Forces Command mission. WHNS is a shining example of the USFK commander's motto of "Katchi Kwapshida," which means, "We go together."

EDITOR'S NOTE: Lieutenant Colonel Kam S. Gunther served as the U.S. Forces Korea, J-4 and Wartime Host Nation Support branch chief in 2008. She has a B.S. degree in criminal justice from the University of North Dakota and a Master's Degree in human relations from the University of Oklahoma. She is a graduate of the Army Command and General Staff College. Above article was reprinted from Army Logistician magazine. Army Logistician's mission is to publish timely, authoritative information on Army and Defense logistics plans, programs, policies, operations, procedures, and doctrine for the benefit of all Army personnel. Its purpose is to provide a medium for disseminating and exchanging logistics news and information and a forum for expressing original, creative, innovative thought about logistics support. Articles that appear in the publication express the opinions of their authors, not the Department of Defense or any of its agencies, and do not change or supersede official Army publications.

TRAINING

What is ULCHI Freedom Guardian?

Ulchi Freedom Guardian is a Republic of Korea- US military and ROK government, simulation driven, OPLAN-oriented Combined Arms Exercise conducted annually. The purpose of UFG is similar to Key Resolve/Foal Eagle. UFG exercised joint and combined plans and procedures associated with the execution of the OPLAN for the defense of the ROK. The focus was on the strategic, operational, and tactical aspects of military operations on the Korean Peninsula; and demonstrated US resolve to support the ROK against external aggression while improving US/ROK combat readiness and interoperability. This joint and combined political-military training exercise emphasized flexible deterrent options, transition to war procedures, ROK mobilization, US reinforcement, and synchronization of deep, close, and rear battles.

UFG integrated the annual ROK government exercise "ULCHI", a national mobilization exercise involving several hundred thousand ROK citizens practicing wartime activation and traveling to mobilization sites, and the ROK government's ability to function during wartime. ULCHI emphasized procedures for interaction and coordination between government and military organizations at the national through local level. "FREEDOM GUARDIAN" – is a Combined Forces Command warfighting Command Post Exercise (CPX).

Although there were a significant number of personnel involved with the mobilization portion, this exercise was separate and distinct from the CPX. During this year's UFG, US and ROK leaders discussed issues associated with the related OPLANs and a simulation-supported CPX focused on training commanders and staffs at Field Army level and above. In addition, Eighth Army used UFG as an opportunity to train transformation tasks as it evolves to an Operation Command Post-Korea.

(Information supplied by USFK PAO)

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The old adage 'Train as You Fight' became a symbol of realism for the Soldiers of Bravo Company, 121st Combat Support Hospital (CSH), Yongsan Army Garrison, South Korea as they dug in for some cohesive unit training that addressed their readiness capabilities if called upon should hostilities occur along the Korean peninsula.

The training, as part of the peninsula wide Ulchi Freedom Guardian 17 exercise, provided the Soldiers an opportunity to hone their critical trauma care skills during a mass-casualty (MASCAL) exercise.

Aside from the MASCAL, other events such as live surgical procedures with volunteer patients, evacuation procedures, establishing a field hospital and relocating it as well as reacting to various medical scenarios, tested the medical personnel's abilities to stand up the Critical Care Corridor portion of the CSH and react to various trauma scenarios.

"We successfully and field expediently managed MASCAL trauma casualties through skillful and deliberate integration of all the hospital sections," said Bravo Company Commander, Capt. Erika Rosales. "The unit was able to overcome all challenges and hone the skills needed to 'Fight Tonight.'"

Amid the MASCAL, the medical personnel immediately began the triage process and placed patients in the intensive care unit or operating room depending on their wounds, according to Col. Lee Burnett, Detachment Commander of the 121st CSH.

"These training scenarios were designed to be as realistic as possible in order to test the processes of the medi-



121 CSH 'Bulldogs' *Train to Fight*

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



121 CSH 'Bulldogs' Train to Fight

cal personnel and how well they could come together as a cohesive team."

The 121st CSH is a critical component of the military response to hostile acts against the Republic of Korea.

"At the Brian Allgood Army Community Hospital, we can conduct our everyday mission of armistice health care, but knowing what to do in time of war as the 121st CSH and how to step out of the comfort zone and deal with the unexpected, builds trust and ultimately saves lives on the battlefield," said Col. Erika Clarkson, Commander of the 121st CSH. "In an effort to maximize the training opportunity and enhance partnership of South Korean and U.S. medical units, Soldiers from both the Korean and American armies treated patients during the MASCAL."

"It's a great partnership; we work very well together," said Clarkson. "The importance of this alliance is invaluable. Our ready to 'Fight Tonight' mission was validated in that everyone came together amidst both real-world challenges and exercise scenarios to enhance our ability to apply training and increase performance as an integrated team. The purpose of setting up the CSH was to build on the 121st capability of saving lives during hostilities and getting confidence that we are mobile and capable to take care of Soldiers when we fight tonight."

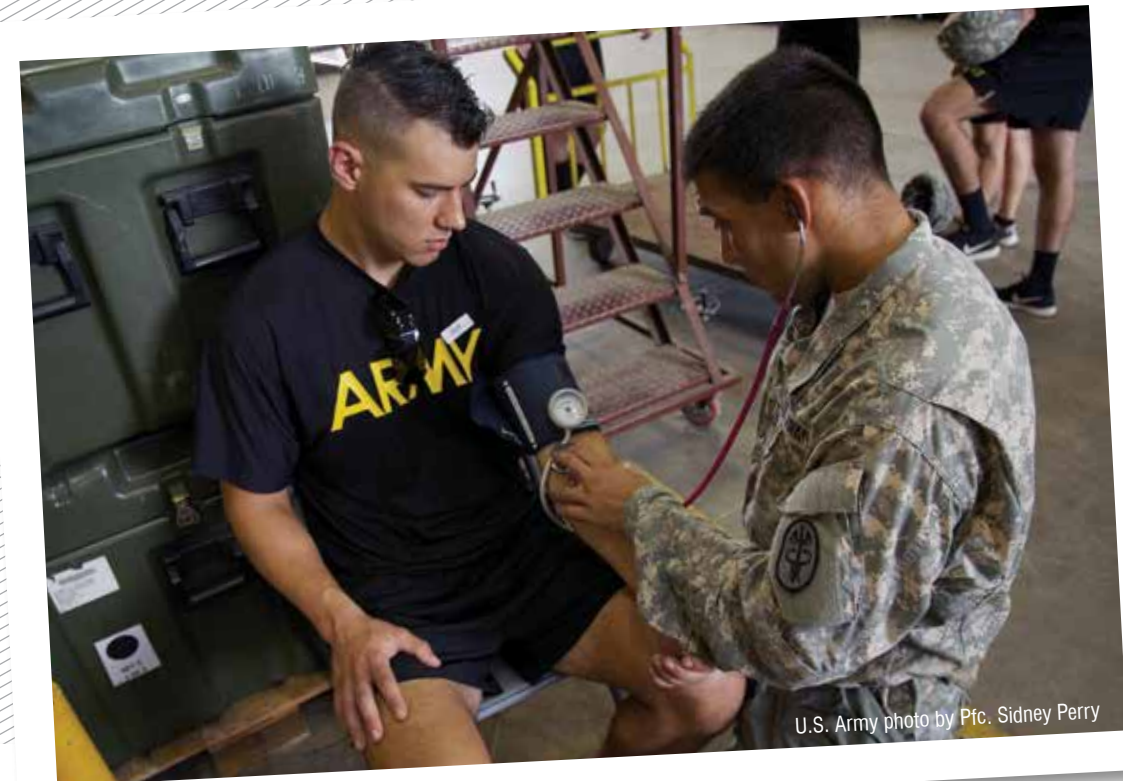


Scenes from UFG 2017

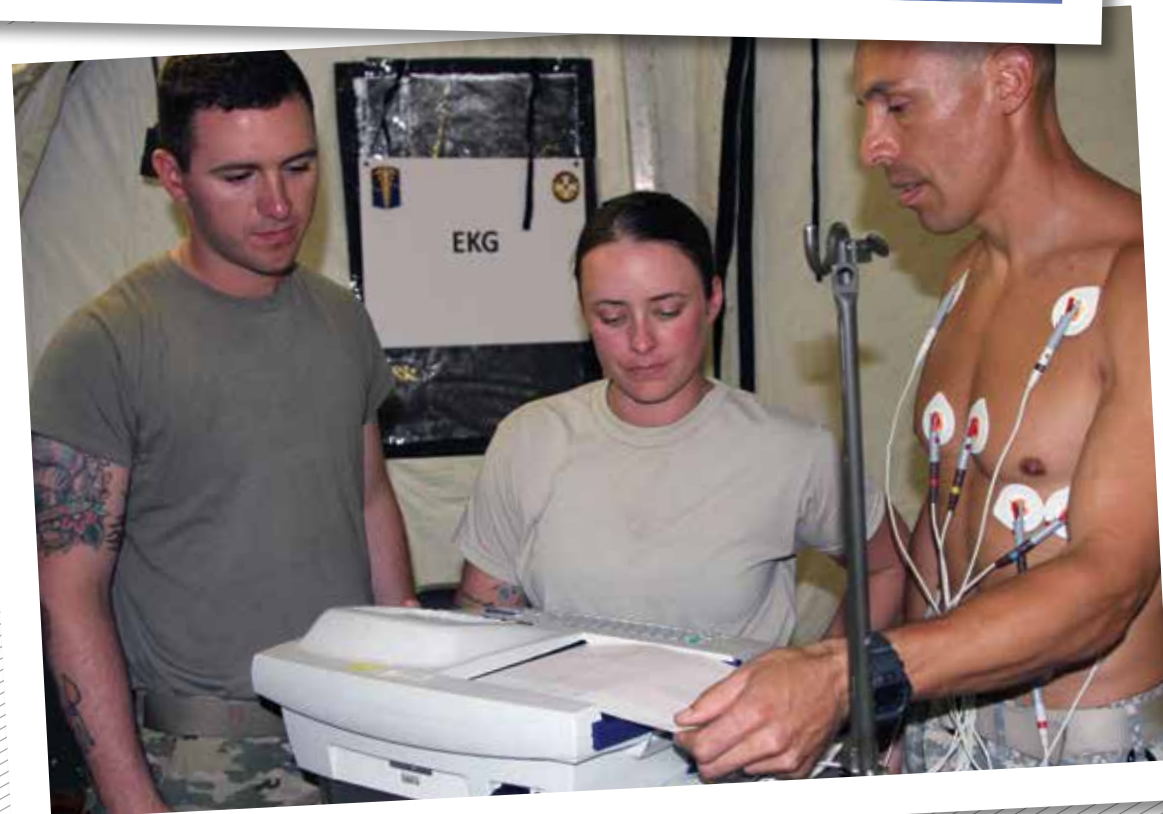
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Scenes from UFG 2017

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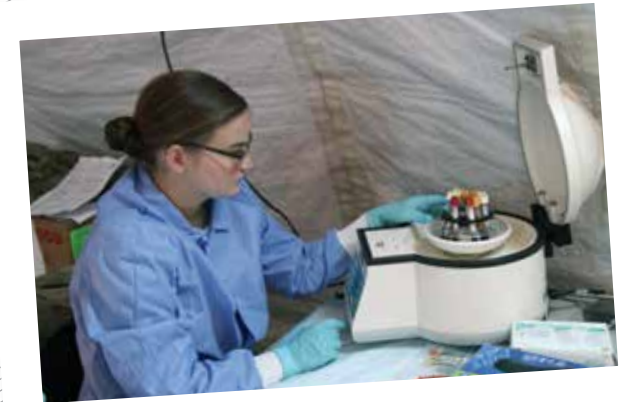


Photo courtesy of Headquarters, Headquarters Company 65th Medical Brigade



Secretary Mattis Issues Interim Guidance on Transgender Personnel Service

By Terri Moon Cronk
DoD News, Defense Media Activity

Defense Secretary Jim Mattis has issued interim guidance on military service by transgender individuals based on direction received from a presidential memorandum, Defense Department officials said today. The guidance takes effect immediately, Mattis directed.

In a memorandum to the services and DoD components, the secretary said the interim guidance will be in place until no later than Feb. 21, 2018, when he presents the president with a plan to put in place the policy and directives of his memorandum.

Policy, Standards, Procedures

"Consistent with military effectiveness and lethality, budgetary constraints and applicable law, the implementation plan will establish the policy, standards and procedures for transgender individuals serving in the military," Mattis wrote in his memorandum.

And supported by a panel of experts, the deputy defense secretary and the vice chairman of the Joint Chiefs of Staff will propose recommendations supported by "appropriate evidence and information," for the secretary's consideration, he said in his memo.

"To comply with the presidential memorandum, ensure the continued combat readiness of the force and [to] maximize flexibility in the development of the implementation plan, the ... interim guidance ... will remain in effect until I promulgate

DoD's final policy in this matter," the secretary said in the memo.

The Coast Guard is included in the guidance, according to an agreement with the acting secretary of Homeland Security.

The interim guidance on accessions, medical care and treatment, in-service transition for transgender service members and retention of transgender service members are outlined in the interim guidance.

Basics of Interim Guidance

"First and foremost, we will continue to treat every service member with dignity and respect," the guidance says.

Accessions: The procedures dated April 28, 2010, which generally prohibit the accession of transgender individuals into the military services remain in effect, because existing or history of gender dysphoria -- a state of unease or generalized dissatisfaction with life -- or gender transition does not meet medical standards subject to the normal waiver process.

Medical care and treatment: Service members who receive a gender dysphoria diagnosis from a military medical provider will be given treatment for the diagnosed medical condition. As directed by the memorandum, no new sex reassignment surgical procedures for military personnel will be permitted after March 22, 2018, except as necessary to protect the health of an individual who

has already begun a course of treatment to reassign his or her gender.

In-service transition for transgender service members: The policies and procedures in DoDI I300.28 dated July 1, 2016, remain in effect until the defense secretary puts into effect DoD's final guidance.

Separation and retention of transgender service members: Service members who have completed their gender transition process, and whose gender marker has been changed in the Defense Enrollment Eligibility Reporting System will continue to serve in their preferred gender while the interim guidance is in effect.

An otherwise qualified transgender service member whose term of service expires while the interim guidance is in place may, at his or her request, be reenlisted in service under existing procedures.

As directed by the memorandum, no action may be taken to involuntarily separate or discharge an otherwise qualified service member solely on the basis of a gender dysphoria diagnosis or transgender status. Transgender service members are subject to the same standards as any other service member of the same gender: They may be separated or discharged under existing bases and processes, but not on the basis of a gender dysphoria diagnosis or transgender status.

(Follow Terri Moon Cronk on Twitter: @MoonCronkDoD)

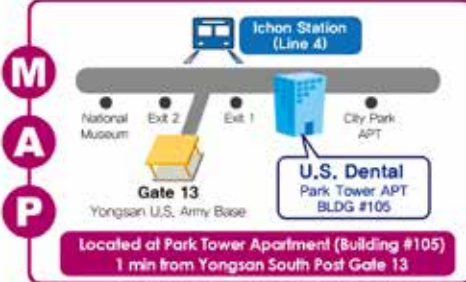


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Critical Time in Korea

Eighth Army Adapts to Preserve Peace, Stability



By Lt. Gen. Thomas S. Vandal
Eighth United States Army Commanding General



Eighth U.S. Army serves on freedom's frontier in the Republic of Korea. Together with our South Korean counterparts, this historic organization maintains the Republic of Korea-U.S. alliance and deters North Korean aggression. Our soldiers and our allies have proudly preserved peace and stability on the Korean Peninsula since the signing of the Korean Armistice Agreement in 1953. Since July 1950, Eighth Army has served continuously on the peninsula for over 67 years in unwavering commitment to these goals.

This year marks a critical period for our soldiers, families and civilians in Korea. Eighth Army is undergoing massive change as we transform our units, installations and force posture. Eighth Army leads the way as the U.S. Army presence in Korea migrates from areas north of Seoul into two primary installations: one in Pyeongtaek and the other in the vicinity of Daegu. By the end of this transformation in 2020, Camp Humphreys in Pyeongtaek will be the largest contiguous overseas installation in the U.S. Army and contain the largest overseas DoD population.

U.S. Army Garrison Daegu, with major sites including Camps Walker, Henry, George and Carroll, has long been a destination assignment. Upgraded schools and family housing units highlight its strategic importance to combined and joint activities on the peninsula. Daegu is an enduring presence as the home of the 19th Expeditionary Sustainment Command.

Threat Environment

Recently, North Korea has demonstrated a clear and present threat to regional and global stability. Their provocative actions, rhetoric, and pursuit of intercontinental ballistic missiles and nuclear capabilities present a growing danger not just to Northeast Asia but to the international community. This threat underscores the importance of a steadfast ROK-U.S. alliance. This year, including a recent missile launch, North Korea has conducted over 12 ballistic missile launches in direct violation of U.N. Security Council resolutions. As the Kim Jong-un regime continues the unabated development of its asymmetric military capabilities, Eighth Army continues to prepare to respond to any provocation.

Through continuous training, exercises and emergency deployment readiness exercises, we have enhanced our ability to execute our combat mission. Civilians and families in country are also prepared for rapid evacuation off the Korean Peninsula thanks to biannual noncombatant evacuation exercises. This constant training ensures we are prepared for any contingency.

Due to the threat, maintaining readiness is Eighth Ar-



Soldiers conducted Demo Training at Rodriguez Range by breaching and eliminating wires with ROK Army Soldiers. (U.S. Army photo)

my's No. 1 priority. Our ability to conduct combat missions as a joint team in the ROK-U.S. alliance is imperative. We must remain ready to deliver a full range of military capabilities on short notice in case of contingencies.

Everything Eighth Army does focuses on readiness. Whether it is physical training, command post exercises or executing combined live-fires, every task supports this goal. We ensure that every soldier and unit maintains proficiency with weapon systems, lethality on combat platforms, and the ability to operate in a chemical, biological, radiological, nuclear and explosive environment.

Constant Training

Specifically, we train constantly for our unique mission portfolio that includes noncombatant evacuation exercises; the counter-fire task force for the 210th Field Artillery Brigade; the maritime counter-special operations forces

for the 2nd Combat Aviation Brigade; ballistic missile defense for the 35th Air Defense Artillery Brigade; reception, staging, onward movement and integration for the 19th Expeditionary Sustainment Command; and counter-weapons of mass destruction training for the 2nd Infantry Division. Each of these missions responds directly to risks posed by North Korea and their real-world significance adds a sense of purpose and mission focus for every soldier assigned to Eighth Army.

Because of the evolving threat, we are constantly seeking new ways to increase readiness. One of the most recent improvements has been the introduction of rotational units to Korea since 2015. After training in the continental U.S. for the Korean mission sets, the U.S. Army rotates brigade- and battalion-sized units into the theater to train with our ROK allies. Participating units have included armored brigade combat teams, multiple launch rocket system battalions, heavy attack reconnaissance squad-



U.S. and Republic of Korea Soldiers conducted a combined Capabilities Exercise at the Multi-Purpose Range Complex near Pocheon, South Korea. (U.S. Army photo)



Medics assigned to the U.S. Eighth Army treat a simulated Korean army casualty during a training exercise with Soldiers from the South Korean army, the 65th Medical Brigade and other elements of the U.S. Eighth Army near Yangju, South Korea. (U.S. Army photo)

rons and expeditionary signal companies. These rotations increase readiness in Korea and for our Army. They also provide the rotational units with valuable opportunities to train in a challenging operating environment alongside our professional ROK allies.

Over the past year, rotational units have included the 1st Armored Brigade Combat Team, 1st Infantry Division “Devil Brigade” from Fort Riley, Kan., the 2nd Armored Brigade Combat Team, 1st Cavalry Division “Black Jack Brigade” from Fort Hood, Texas, as the maneuver brigade under the 2nd Infantry Division/ROK-U.S. Combined Division, as well as the 2nd Battalion, 18th Field Artillery Regiment and the 2nd Battalion, 4th Field Artillery Regiment from Fort Sill, Okla., as part of the counter fire task force under the 2nd Infantry Division/ROK U.S. Combined Division’s 210th Field Artillery Brigade. It also has included the 1st Squadron, 6th Cavalry Regiment Heavy Attack Reconnaissance Squadron from the 1st Infantry Division.

These units undertake some of the Army’s most

challenging training to ensure they sustain the highest readiness levels throughout their deployment to the Korean Peninsula.

Exercise Warrior Strike

In May, the Devil Brigade conducted Exercise Warrior Strike, a counter-weapon of mass destruction exercise that integrated U.S. and ROK naval, ground and air components. Our Soldiers established a WMD elimination task force with the training and expertise to clear, exploit and secure WMD sites. They conducted an air assault from a Korean amphibious carrier, the Dokdo, with CH-47 Chinooks and UH-60 Black Hawk helicopters, then air-assaulted to clear suspected WMD facilities, including an underground site, with their ROK Army partners. This kind of training with our rotational units adds tremendous combat capability to Eighth Army. It also ensures the whole force can operate seamlessly as part of a combined, joint, inter-organizational and multinational force in a

multi-domain battlespace during times of crisis.

Of course, an army cannot fight and win without a strong supply network. To this end, we consistently practice our logistical operations in Korea. In April, the ROK-U.S. Army,

Air Force, Navy and Marine Corps came together for Operation Pacific Reach to test our combined logistics over-the shore, area distribution center and air terminal supply point capabilities. Our ability to execute combined joint logistics ensures we can succeed in combat operations, humanitarian assistance and disaster-relief efforts.

Training we execute throughout the year comes together during two major training exercises: Key Resolve and Ulchi Freedom Guardian. Led by ROK-U.S. Combined Forces

Command, these exercises train our combined military forces and the whole of ROK government. These are some of the largest exercises in DoD and involve nearly 40,000 U.S. military participants and 400,000 ROK government and military personnel. These successful exercises prove

our responsiveness and demonstrate to the world that we are ready to fight tonight.

Fostering Trust

In addition to our rigorous training, relationships and teambuilding are critical in every facet of the ROK-U.S. alliance. Interpersonal relationships are the center of gravity for the alliance, and we encourage every soldier to develop a bond with our ROK partners. The relationships built at every level foster trust between those in the alliance and ensure we can operate seamlessly when called upon.

Eighth Army actively trains combined operations. We integrate ROK and U.S. service members at the headquarters level down to the tactical units to increase cooperation, understanding and interoperability. Some of the best examples of this are the new command structures established in the past two years, including the 2nd Infantry Division/ROK U.S. Combined Division and the Combined Ground Component Command (CGCC).



1st Lt. Gabriel Valdez, 35th Air Defense Artillery, conducts the stress shoot during the Eighth Army Best Warrior Competition at Camp Casey, South Korea. (U.S. Army photo)

A Great Transformation

At a time when Eighth Army maintains unparalleled readiness and enhances integration with our Korean allies, we are simultaneously engaged in transformation and relocation. This is the greatest transformation in Eighth Army's history as soldiers, Army civilians, contractors and families from 120 installations throughout Korea converge at U.S. Army Garrison Humphreys in Pyeongtaek. This project has been more than a decade in the making.

The transformation and relocation plans began in 2004 with an agreement between the ROK and U.S. governments. After a decade of planning and construction, we are excited to be in the movement phase. Eighth Army headquarters completed its move this summer with U.S. Forces Korea and the 2nd Infantry Division to follow in 2018.

The transformation is an enormous undertaking and will cost approximately \$10.7 billion, with 92 percent of the costs paid by the ROK government. We have tripled the size of the original Camp Humphreys and have built state-of-the-art facilities and infrastructure with first-class support and quality of life. Not only will the transformation enhance our readiness with ranges and a simulation center, it will also provide the best quality of life for our soldiers, civilians and families. It is home to a 110,000-square-foot fitness center, one of the largest post exchanges overseas, and a new commissary. Additionally, the new hospital will support over 200,000 annual patient visits and it is home to the largest dental clinic in the Army. Our children receive world-class grades K-12 education from the DoD Education Activity and take part in an exciting blend of academic, social, cultural and extracurricular activities. The high school, two middle schools and two elementary schools can support over 3,800 students within a close-knit overseas military community. On-post residents live in an Army community with modern accommodations, while off-post housing offers a wide array of Western-style homes.

U.S. Army Garrison Humphreys will be the Army's crown jewel of overseas installations. As we integrate all Eighth Army forces onto two main installations, we will improve force protection and enhance our ability to respond to contingencies.

While the threat continues to evolve, Eighth Army stands vigilant with our Korean allies to respond to any North Korean aggression. As we undertake this transformation to improve our readiness and the alliance, we continue to focus on intensive, combined and joint training to strengthen our combined capabilities.

The combined division and CGCC are examples of how Eighth Army enhances the alliance. The 2nd Infantry Division/ROK-U.S. Combined Division provides the template for combined organizational structures as the U.S. Army's only combined division. Activated in 2015, ROK and U.S. officers work side by side as members of the division staff. As a result, the 2nd Infantry Division has a stronger relationship with its respective ROK units. The CGCC is a centralized four-star command for ground forces on the

peninsula that includes Eighth Army staff members and the Eighth Army commander as the deputy commander for CGCC as part of our ongoing transformation.

We have seen that the alliance's most effective response to the threat presented by North Korea is for our militaries to remain combined, highly capable and ready. Our continued commitment to the alliance sends a deterrent message to North Korea and reassures our allies globally of our committed presence.

Editor's Note: This article was published in the September 2017 issue of ARMY, the magazine of the Association of the United States Army. Lt. Gen. Thomas S. Vandal assumed command of Eighth U.S. Army in February 2016. He has served continuously in Korea for more than four years, including previous duties as assistant chief of staff, C3/J3, U.N. Command, Combined Forces Command and U.S. Forces Korea and as commanding general, 2nd Infantry Division/Republic of Korea-U.S. Combined Division.

Protect Your Children from Health Risks by Building Family Resilience

By Capt. Benjamin Samuel Telsey
Brian Allgood Army Community Hospital Pediatric Physician

As a parent, being aware of factors that can impact your child's well-being – even into adulthood – is mission-critical. Research shows that when a child has a secure bond or attachment with their parent or caregiver, they can better manage stress.

★ Early childhood experiences influence future health and well-being

Research has shown that childhood experiences, both positive and negative, have a significant impact on lifelong health and well-being. A major study from the Centers for Disease Control and Prevention and Kaiser Permanente surveyed more than 17,000 Americans to gain a better understanding of how adverse childhood experiences, or ACEs, such as divorce, child abuse, neglect, or household dysfunction, might impact individuals as adults. The researchers found that adverse childhood experiences are very common in the general population. In fact, two out of three people have had one adverse childhood experience. However, the greater the number of adverse experiences in childhood, the greater the risk of poor health outcomes, including:

- Risky health behaviors
- Chronic health conditions
- Early death

The study found a strong association between the number of adverse childhood experiences – ranging from emotional, physical and sexual abuse to substance use, mental illness in the home or domestic abuse – during childhood and distinct kinds of diseases that show up in adulthood. This includes cancer, chronic lung disease, ischemic heart disease, skeletal fractures and liver disease, as well as an increased risk of alcoholism, drug abuse and depression. In other words, negative childhood experiences are a contributing factor to serious health issues later in life.

★ Building family readiness and resilience can help

Fortunately, a positive figure in a child's life can help to provide stability and security while also reducing the destructive effects of toxic stress. One of the critical roles of the military community is to raise healthy, resilient children despite the stressors and challenges they face. Service members and their families can take advantage of several support systems in place for parents and children alike.

★ Military OneSource non-medical counseling

Children are eligible to receive confidential non-medical counseling from Military OneSource for issues that

include family relationships, school issues, adjustment to deployment or separation, and grief and loss. The eligibility requirements vary by the age of the child.

★ Child and youth behavioral military and family life counselors

Child and youth behavioral military and family life counselors are assigned within youth and teen centers, child development centers, and schools. Counselors are available to meet with military children and their families to discuss everything from self-esteem issues to life skills, such as problem solving and anger management. Visit your installation's Military and Family Support Center for more information.

★ Mentorship programs

A mentor is an adult your child trusts, admires and respects, who provides support and guidance and is actively involved in your child's life. Look for a mentor for your child in your faith community, check out the National Mentoring Partnership for formal programs in your area or contact your installation's youth program to find out if there are any programs available on your installation. Click here for other ideas.

★ Connecting to the military community

The military community is also a parenting community. Many of the people in your unit, your job or in your chain of command are par-

ents, too. By reaching out to them you build a network of support and benefit from their insights and experiences – both similar and different from yours. Connecting with neighbors, coworkers and other people in your community reminds you that you are not in this alone.

It is everyone's responsibility to ensure the safety and well-being of military children. Family harmony is directly related to military readiness and resilience. It's much easier to prevent a potential problem than to deal with one after the fact. By tapping into support systems and taking action to prevent toxic levels of stress in the home, you can help your child build a resiliency that will shape their life in the years to come and protect them from health risks.

It is everyone's
responsibility
to ensure the
safety and well-
being of military
children.






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65th Medical Brigade Safety Nuggets



What is Chuseok?

Chuseok, also known as Korean Thanksgiving Day, is an important holiday celebrated on the 15th day of the eighth month of the lunar calendar. On the days before and after Chuseok Koreans return to their ancestral hometowns to pay respects and celebrate with family. The travel causes one of the biggest traffic jams of the year as people often take the roads to reach the areas outside of Seoul.

Safety Hazards and Concerns:

- ✓ Understand the elevated risk of traffic hazards during this time period, major intersections/highways will be extremely congested.
- ✓ Monitor the road conditions and if travelling outside of Seoul be prepared to be stopped in traffic for **LONG** periods of time.
- ✓ When making travel arrangements, plan ahead and conduct Preventative Maintenance Checks and Services (PMCS) prior to departure.
- ✓ Keep an Emergency Kit in your vehicle.
- ✓ Look for alternative methods of travel such as Public Transportation (Train, Subway or Bus).
- ✓ Minimize all tactical vehicle movement during the holiday period.

2017 Chuseok Holiday Road Conditions				
	Area I USAG Red Cloud	Area II USAG Yongsan	Area III USAG Humphreys	Area IV USAG Daegu
SAT 30 SEP				
SUN 1 OCT				
MON 2 OCT				
TUE 3 OCT				
WED 4 OCT				
THR 5 OCT				
FRI 6 OCT				
SAT 7 OCT				
SUN 8 OCT				
MON 9 OCT				
TUE 10 OCT				

GREEN: Highway conditions are normal.

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

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

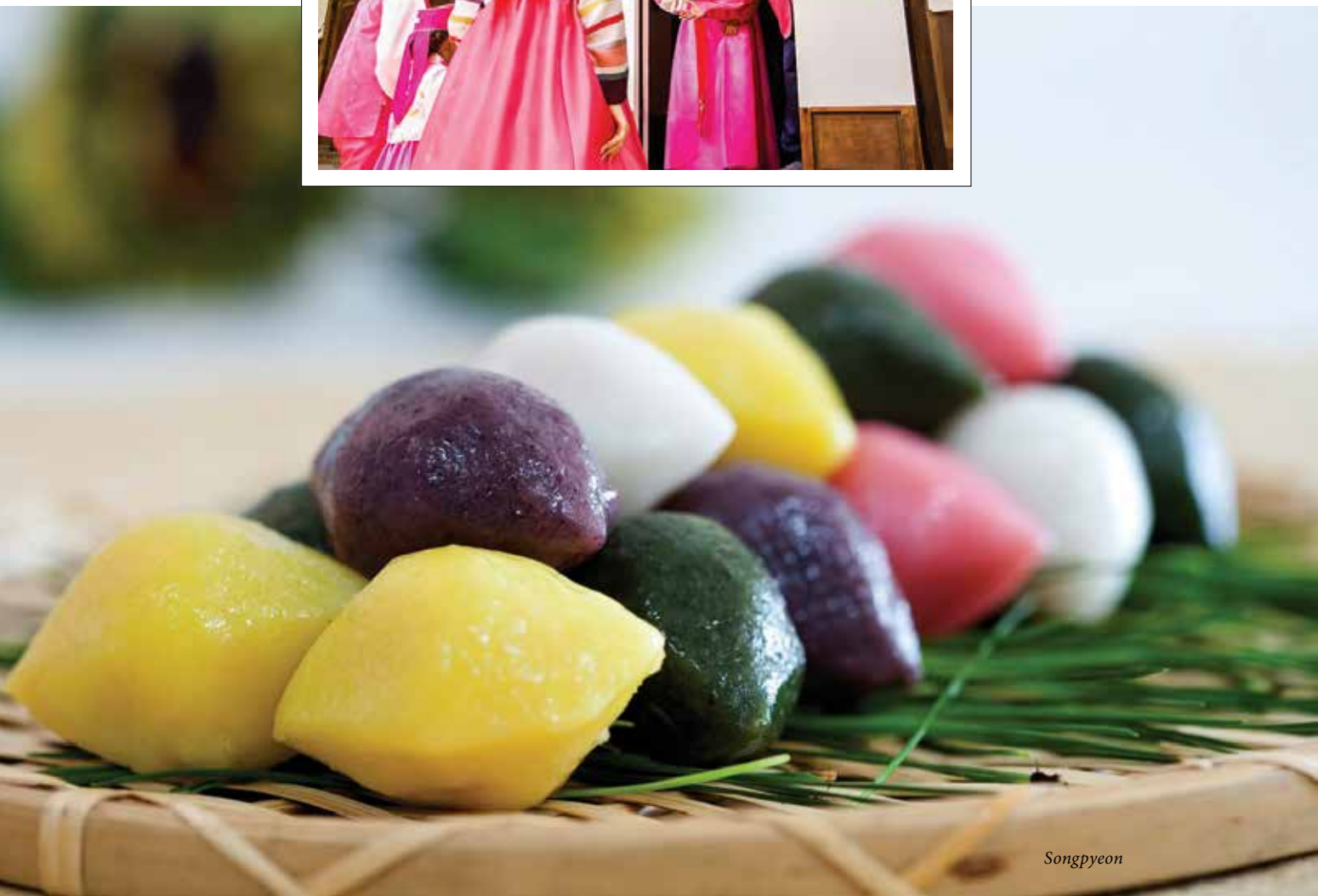
BLACK: All U.S. Government vehicles are prohibited from movement. Commanders **of O-6 and above** must personally authorize the use of emergency vehicles after the appropriate risk assessment and mitigation actions are considered.

For more information contact the **65th Medical Safety Office** at **DSN 737-2101**

Chuseok

Traditional Korean Holiday

Courtesy of Korea Tourism Organization



Songpyeon

Chuseok is one of the biggest and most important holidays in Korea. Family members from near and far come together to share food and stories and to give thanks to their ancestors. In 2017, Chuseok Day falls on October 4th. Many Koreans will visit their family homes to spend quality time together, and the holidays provide a good opportunity to enjoy traditional cultural experiences throughout Korea. Let's take a closer look at the traditional Korean holiday of Chuseok.



The Meaning of Chuseok (Hangawi)



Chuseok is one of Korea's three major holidays, along with Seollal (Lunar New Year's Day) and Dano (the 5th day of the 5th lunar month). Chuseok is also referred to as Hangawi. Han means "big" and gawi means "the ides of the 8th lunar month or autumn." According to the lunar calendar, the full harvest moon appears on the 15th day of the eighth month.

Chuseok Customs

Charye (Ancestor Memorial Services)

On the morning of the day of Chuseok, family members gather at their homes to hold memorial services (called Charye) in honor of their ancestors. Formal Charye services are held twice a year: during Seollal (Lunar New Year's Day) and Chuseok. The difference between the two services is that during Seollal the major representative food is tteokguk, a rice cake soup, while during Chuseok the major representative foods are freshly harvested rice, alcohol and songpyeon (rice cakes). After the service, family members sit down together at the table to enjoy delicious food.



Beolcho and Seongmyo

Visiting ancestral graves during Chuseok is known as Seongmyo. During this visit, family members remove the weeds that have grown around the graves in the summer season, a practice which is called Beolcho. This custom is considered a duty and expression of devotion and respect for one's family. On the weekends, about one month prior to the Chuseok holidays, Korea's highways become extremely congested with families visiting their ancestral graves to fulfill their familial duties. The graves are then visited again during Chuseok.



Ssireum (traditional Korean wrestling)

During the match, two competitors face each other in the middle of a circular sandpit and try to knock their opponent off their feet first, using their strength and skills, running through a one-on-one tournament. In the past, the last wrestler left standing after a series of competitions was considered the winner and was named the village's strongest man, taking home cotton, rice, or a calf as his prize. These days, ssireum competitions large and small take place throughout the nation as the holiday approaches; the winners receive premium products or money as a reward.



Ganggangsullae (Korean circle dance)

In this dance, women dressed in Hanbok (traditional Korean clothing) join hands in a circle and sing together on the night of the first full moon and on Chuseok. There are several stories about its origin. One of the most well-known story says that the dance dates back to the Joseon Dynasty (1392-1910) when the Korean army used to dress the young women of the village in military uniforms and had them circle the mountains to give off the appearance that the Korean military was greater in number than it actually was from the enemy side. The Korean army enjoyed many victories thanks to this scare tactic.



Chuseokbim (Chuseok dress)

Bim refers to adorning oneself with new clothes for holidays or parties. Broadly speaking, there are two bims: seolbim (new year's day dress) and chuseokbim. In the past, people adorned themselves with Korean traditional dress, hanbok, but people currently purchase new western clothes or do not prepare bim at all.



Chuseok Food



Songpyeon

Songpyeon is one of the quintessential dishes for Chuseok. This type of rice cake is prepared with rice powder that is kneaded into a size that is a little smaller than a golf ball, and then filled with sesame seed, beans, red beans, chestnuts, or other nutritious ingredients. When steaming the songpyeon, the rice cakes are layered with pine needles to add the delightful fragrance of pine. On the eve of Chuseok, the entire family gathers together to make songpyeon. An old Korean anecdote says that the person who makes beautifully-shaped songpyeon will meet a good spouse or give birth to a beautiful baby. It is no wonder that all the single members of a family try their best to make the most beautiful songpyeon!

Jeon

One food that cannot be left off the table during holidays and parties is jeon. These Korean pancakes are made by slicing fish, meat and vegetables and then lightly frying them in a batter of flour and eggs. The ingredients used vary from region to region and even by household. The most common jeons eaten throughout the nation are dongtae jeon (pollack pancake), gochu jeon (chili pancake), kkaennip jeon (batter-fried stuffed perilla leaves), sanjeok (meat and vegetable skewers), and yugwanjeon (batter-fried meatballs).



Liquors

Another major element of Chuseok is traditional liquor. On Chuseok, families and relatives gather together and hold a memorial service for their ancestors with liquor made of the newly harvest rice. After the memorial service, they sit and spend some time together as a family, drinking the liquor and eating food.



WORLD CULTURAL HERITAGE SITES

Courtesy of Korea Tourism Organization



Series III

Historic Villages of Korea: Hahoe and Yangdong (Designated 2010)

Location: Gyeongju-si · Andong-si,
Gyeongsangbuk-do

Andong Hahoe Village and Gyeongju Yangdong Village are historical villages that were developed during the 14th to 15th century in Gyeongsangbuk-do. These two villages are well-preserved examples of typical Korean clan villages based on descents whose members carry the same family name derived from common ancestors. Even today, these families live in the village and continue their meaningful legacy, making the whole village a living and active cultural heritage.

The villages clearly exhibit the typical Confucian culture of the Joseon period, where there was a distinct line between the aristocratic yangban class and commoners. The arrangement of the dwellings shows how village life was regulated and strictly enforced by Confucianism. The head of the clan in addition to the yangban class resided in wooden housing with their own pavilions, lecture halls and shrines while the commoners lived in houses made of soil with straw roofs.

Andong Hahoe Folk Village

Near the end of the Goryeo period, Hahoe Village was home to the Heo, Ahn, and Ryu clans, but over time only the Ryu clan remained. The traditional image of Korea is well preserved here, and is internationally famous, having been visited by both Queen Elizabeth II of England in 1999 and George Bush, the former president of the United States in 2005.

The Hahoe Village features the dwellings of the yangban class, their lecture halls and the various types of houses lived in by the commoners. In addition to the architecture, traditional performances like Hahoe Byeolsingut Mask Dance and Seonyuju Fire Play have continued until modern times. Byeolsingut is a traditional mask dance performed as entertainment for the commoner class, while Seonyuju is a type of firework show.

Hahoe Village is home to descendants of the Ryu clan of Pungsan and is well-known for its traditional houses. Birthplace of renowned scholars



Totem Poles



Andong Mask Dance

of the Joseon Period such as Gyeomam Ryu Un-ryong and Seoae Ryu Seong-ryong, the village became even more famous after Queen Elizabeth of England visited on April 21, 1999.

Hahoe Village (translating to “Village Enveloped by Water”) gets its name from Nakdong River, which flows around the town’s perimeter. The village is located at the foothills of Hwasan Mountain, an offshoot of Taebaek Mountain that rises up to the east. The center of the village is populated by large tile-roofed houses belonging to the Ryu clan, adding their own unique charm to the surrounding thatched roofs.



Andong Yangjin Residence

Hahoe Village boasts exquisite scenic sights: the elegant Nakdong River flowing around the village, the magnificent Buyongdae Cliff, endlessly unfolding sandy beaches, and lush, ancient pine trees. Visitors can take the boat to Buyongdae Cliff for a panoramic view of the village.

In addition to breathtaking scenery, Hahoe Village offers delectable local delicacies. Try the Andong Soju (distilled alcoholic beverage), Heotjesabap (a type of Bibimbap eaten by the nobles), Andong Gangodeunggeo (salted mackerel), and Andong Guksu (a kind of noodle dish).

Nearby attractions include Bongjeongsa Temple (built during the Silla Period), Gosan Seowon (Confucian Academy), Gwiraejeong, Gyemyeongsan Mountain Recreational Forest, Hakgasan Mountain Recreational Forest, and Waryongsan Mountain.

Hahoe Village, along with Yangdong Village in Gyeongju, was added to the UNESCO World Heritage List under the category of “Historic Villages in Korea” on July 31, 2010.

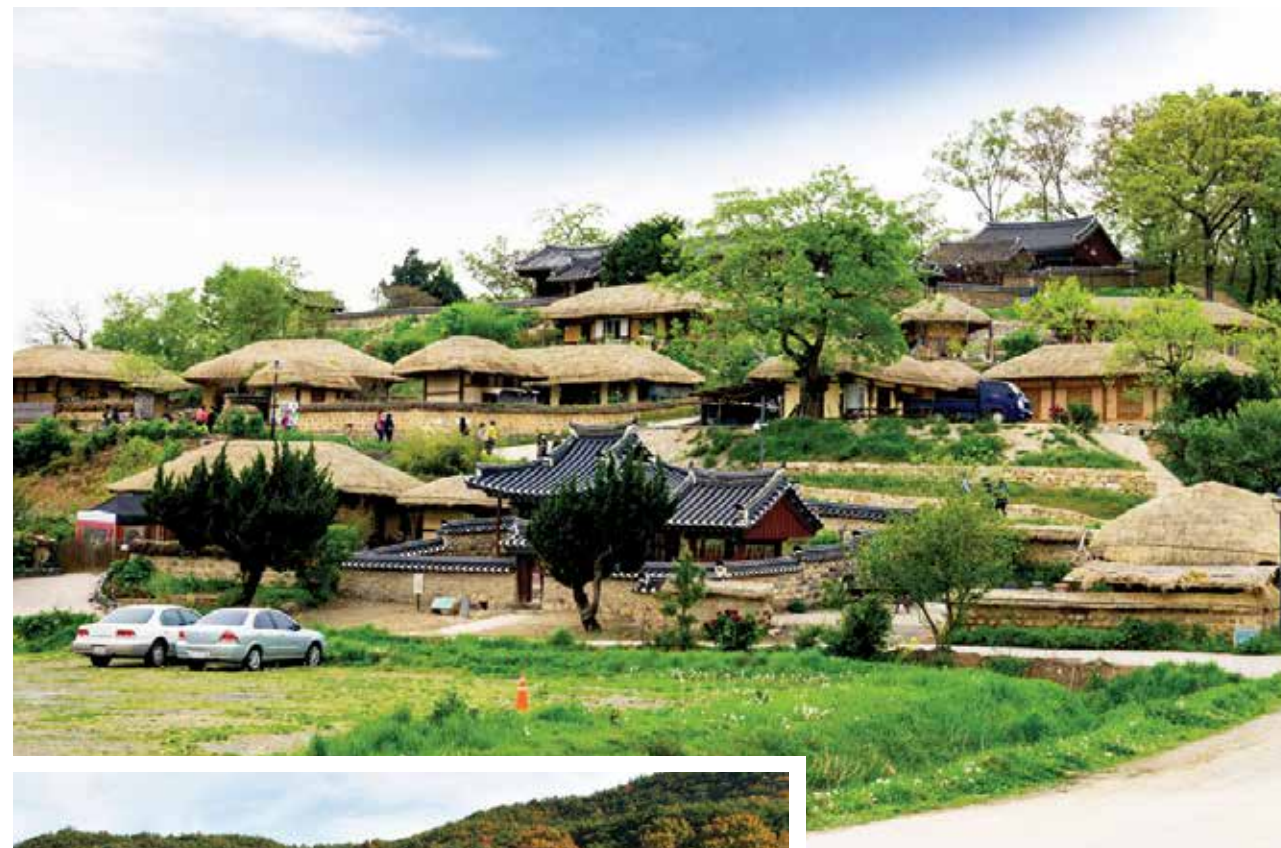
Andong Mask Dance Festival is held every autumn in Andong area which is considered the capital of Korean traditional culture, with the theme of mask and mask dance.

Gyeongju Yangdong Village

Gyeongju Yangdong Village is Korea's largest traditional village, showcasing the traditional culture of the Joseon Dynasty and the beautiful natural surroundings. Gyeongju Yangdong Village shows that the aristocratic yangban class lived in tile-roofed house, mostly on high hills, while the commoners typically lived in thatched-roof houses at the foot of the hills. The village is well organized and clearly sectioned by the purpose and usage of the buildings.

Thanks to its many cultural heritages, including treasures, national treasures, and folklore materials, the entire village has been designated as a cultural heritage site. Many people have visited this village to see its wealth of cultural heritages and scenic surroundings. Charles, Prince of Wales, visited this village in 1993.

Mt. Seolchangsang and its four spines of mountains can be seen beyond the village. Approximately 160 old houses and 500-year-old thatched-roof cottages are nestled within the valley. Fifty-four of these homes, are over 200 years old and have been excellently preserved in their original state, offering a rare opportunity to



view a variety of unique Korean traditional houses in person.

The most important buildings of this village are the house of Son Jung Don, and the home of the father of Lee Eon Jeok, one of the five most highly regarded intellectuals of the Choseon period.

At Yangdong Folk Village there are programs for children to experience living a traditional village life. Also there are traditional culture programs such as Hanji, traditional paper craft, and Seodang, the school system of Choseon.

Located at the entrance of the village, Yangdong Village Cultural Center exhibits its artifacts that help explain the history of the village.

Address:

1. Hahoe Folk Village: 40, Jongga-gil, Pungcheon-myeon, Andong-si, Gyeongsangbuk-do
2. Yangdong Village: 93, Yangdongmaeul-gil, Gyeongju-si, Gyeongsangbuk-do

For more information visit:
www.hahoe.or.kr
guide.gyeongju.go.kr
whc.unesco.org/en/list/1324/ (UNESCO Site)

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USAG Yongsan to/from Camp Humphreys



USAG Yongsan to Camp Humphreys Schedule					
Departure	Yongsan Bus Terminal	0700	0800	1600	1800
Arrival	8A HQ- BLDG 12400	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)

Camp Humphreys to USAG Yongsan Schedule					
Departure	8A HQ- BLDG 12400	0700	0800	1600	1800
Arrival	Yongsan Bus Terminal	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)

- Pick-up and drop-offs occur only at the USAG Yongsan Bus Terminal and the new 8A HQ Building 12400 (CP Humphreys)
- No cost to the Soldier or Unit
- Pay bus option still available for Family Members/Dependents at USAG-Yongsan and USAG-Humphreys Bus Terminals

Authorized Passengers

Purpose:
A bus contract was developed to support the Yongsan Relocation Plan. This bus system transports passengers (at no cost to the passenger) directly between USAG-Yongsan and USAG-Humphreys during the workweek IOT provide USFK personnel transportation for official business. Only authorized passengers are entitled to bus transportation.

- Authorized passengers are:**
- Passengers with valid ID Cards (Active/Retired Military, DA Civilians, Legal Dependents)
 - Local National Employees
 - ROK Armed Forces member
 - Contractor employee
 - Bus company employee who possesses a pass or ID card issued by US PMO

- The following order of priority applies to passengers boarding on US military installations:**
- Active-Duty US Military
 - KATUSA personnel
 - DOD Civilian employees
 - Contractor Employee
 - Korean National Employees
 - ROK Armed Forces
 - Legal Dependents accompanying those personnel
 - Unaccompanied dependents of personnel
 - US Military Retirees

Pay Bus option still provided by New Kyong Dong Bus Company for Family Members/Dependents at USAG-Yongsan and USAG-Humphreys Bus Terminals. No pets are allowed on the free bus.

BEST MEDIC in Pacific Region

By Inkyeong Yun,
Brian Allgood Army Community Hospital
Unit Public Affairs Representative



During the 72-hour-long competition, 2nd Lt. Adam Schafer pushed himself asking the same question over and over in his head, "Can I prove myself?"

After the grueling competition, he finally got his answer by holding the 1st place trophy high up, standing between Brig. Gen. Bertram Providence, commander, Regional Health Command -- Pacific (RHC-P) and Command Sgt. Maj. Richard F. Watson III, senior enlisted advisor, RHC-P.

When Schafer's name was announced as the winner of the Pacific Best Medic Competition, held on Joint Base Lewis-McChord, Washington, the intense three-day competition that challenged him physically, intellectually and emotionally passed through his mind vividly.

The competition was designed to test Soldier's tactical medical proficiency and leadership. It consisted of a physical fitness test, obstacle course, force-on-force combat, tailgate medicine test, stress shoot, patient extraction event, warrior task lane, land navigation and a culminating 12-mile road march, all in a realistic simulated operational environment.

Being the first Army officer in his extended family with over 100 first cousins and a young company grade officer who just started his career, Schafer wanted to prove himself, to his Soldiers and people around him.

Competing in the Best Medic Competition was one of the best ways to show his authenticity and determination as a commissioned officer. While working as a busy executive officer in Bravo Company for the 121st Combat Support Hospital (CSH), Schafer worked for a chance to compete in RHC-P's Best Medic Competition.

Schafer shared that he felt honored and privileged to

participate in the competition. His biggest motivation was to prove himself to his Soldiers but what gave him the resiliency throughout the competition was the mentorship he got from his 121st CSH leaders throughout his tour in South Korea.

"I just feel so lucky that I met Capt. Rosales and Col. Clarkson in my very first year of my Army career. They have always influenced me to want to grow as one of them, the best leaders who are always leading by example," said Schafer. "Without their advice and support, I wouldn't have been able to achieve what I have achieved so far."

"Also, I want to thank Command Sgt. Maj. White who so generously helped me with the chance to compete, from the qualifiers to the regional competition," added Schafer.

"A great leader shows rather than speaks and 2nd Lt. Schafer was that very example to his Soldiers. He made all of us proud," said Col. Erica Clarkson, 121st CSH commander. "I hope the experiences he gained from this competition go with him through his career and we are so thrilled to see him compete in the all Army Best Medic Competition."

Winning the Best Medic Competition also gave Schafer confidence to go forward in his career and he already has another goal set up. "I want to go to medical school to become a surgeon in the nearest possible future," said Schafer. "I'll work hard as I always do and push myself to the limit because that is the only way you find out what you are capable of."

Schafer will represent the region in the 2017 Army Best Medic Competition in October. Army medics from across the Army will once again compete in a grueling 72-hour competition at Fort Sam Houston, Texas, and Camp Bullis, Texas.

Major Medical Competition Helps Maintain Readiness

By Command Sgt. Maj. Richard Watson III
Regional Health Command-Pacific



Maintaining a ready, medical force is an Army Medicine mission that is closely aligned with the military's top priority of readiness for our nation's fighting force. A few weeks ago, I traveled to Joint Base Lewis-McChord to observe just that — readiness training in action during Regional Health Command-Pacific's Best Medic competition.

Along with our partners from I Corps, 7th Infantry Division, 593rd Expeditionary Sustainment Command, 62nd Medical Brigade and Madigan Army Medical Center, Army medics from across the Pacific — Alaska, Hawaii, Washington, Korea and Japan — were tested on their Soldier tasks, medical proficiency and leadership skills.

The Best Medic Competition — and similar competitions like the Best Warrior, Soldier and Noncommissioned Officer of the Year — develop our fighting force and prepare them for the ever-changing challenges the future may bring.

In many ways, these competitions are also about testing and increasing the resiliency of our Soldiers. They are also designed to be physically and mentally challenging in a demanding, simulated operational environment. We see how far we can push competitors, while looking for who can maintain proficiency under a high amount of stress.

This prepares Soldiers for austere environments while identifying the best of the best.

This year's Pacific Best Medic was 2nd Lt. Adam Schafer from Regional Health Command-Pacific's 65th Medical Brigade located in Korea. Schafer, along with RHC-P

runner up Sgt. Ryan Harpster, from Bassett Army Community Hospital, are scheduled to represent the region at the U.S. Army Medical Command competition, the 2017 CSM Jack L. Clark Jr. Best Medic Competition in October at Camp Bullis, Texas.

We wish him the best of luck and know he will represent himself, his unit and RHC-P well. He has been tested, and he will continue to train and maintain his medical proficiency.

Schafer is an example of the thousands of Soldiers who volunteer to serve our nation. Those who then volunteer to participate in events like the Best Medic exhibit that same spirit of volunteerism and service when they sign up to challenge themselves with these types of competitions.

It is often said, "90 percent of success is showing up." Once our Soldiers are in these grueling environments, they show grit; they show perseverance; and they demonstrate a passion for their profession. They want to prove to themselves and their leadership that — to borrow an old Army slogan — they can "be all you can be."

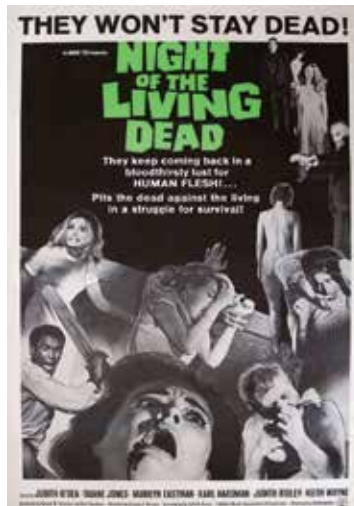
Soldiers in Army Medicine have a mission like no other. They provide sustained health services and research in support of the total force to enable readiness and conserve the fighting strength while caring for our Soldiers for life and families.

It is paramount to our mission to identify the best Soldiers to help us maintain readiness and ensure delivery of high-quality care on the battlefield and on the home front.

HALLOWEEN MOVIE GUIDE

SCARY CINEMA 10 CLASSICS

Now it's time to watch a scary movie! It can be difficult to decide on what to watch, however, since there are so many horror films to choose from. Here's the short list of 10 scary cinema classics that have frightened viewers all the time. Turn out the light and be ready to scream!



Night of the Living Dead

Directed By: George A Romero
Starring: Duane Jones, Judith O'Dea, Karl Hardman, Marilyn Eastman
Release Date: October 1st, 1968

While it is not the first "zombie" movie (1932's *White Zombie* holds that title), it is the first that depicts the walking dead in its modern incarnation. The film has inspired many other zombie films including five subsequent *Living Dead* films also directed by Romero.

Halloween

Directed By: John Carpenter
Starring: Donald Pleasance & Jamie Lee Curtis
Release Date: October 25th, 1978

The first of three major slasher films that would completely reshape the horror genre, *Halloween* showed audiences that what you can't see is often scarier than what you can. While it did feature an escaped psychopath hidden behind a lifeless mask hell bent on killing, it contains very little graphic violence and gore, unlike many of its imitators.



The Shining

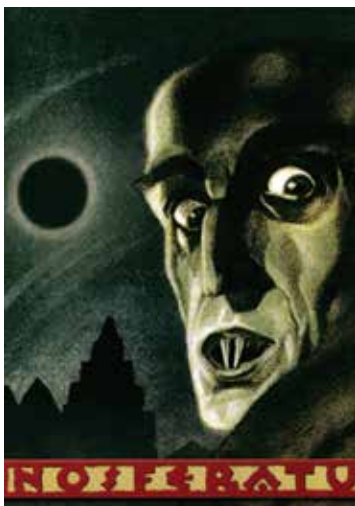
Directed By: Stanley Kubrick
Starring: Jack Nicholson, Shelley Duvall, Danny Lloyd, Scatman Crothers
Release Date: May 23rd, 1980

Stephen King could have a couple of his novel adaptation films on this list, but of them all, Stanley Kubrick's masterpiece stands apart. Not only did *The Shining* freak people out during the viewings, but its terrifying visuals also lingered on well after audiences had left the theatre.

Scream

Directed By: Wes Craven
Starring: David Arquette, Neve Campbell, Courtney Cox, Matthew Lillard
Release Date: December 20th, 1996

Who else but Wes Craven would be brave enough to turn the lens inward? This satire simultaneously poked fun at and embraced all the cliches of the slasher and horror genres making it both biting and frightening.



Nosferatu

Directed By: F. W. Murnau
Starring: Max Schreck, Gustav von Wangenheim, Greta Schröder
Release Date: March 4, 1922

While it may not be the first film to depict supernatural activities, Murnau's unauthorized adaptation of *Bram Stoker's Dracula* is viewed by many as the grandfather of the horror genre. Using a film noir style featuring uniquely scary lighting and one significantly creepy vampire, this dark tale dragged its feet into the history books.

Frankenstein

Directed By: James Whale
Starring: Colin Clive, Mae Clarke, John Boles, Boris Karloff
Release Date: November 21st, 1931

Not only did this vision of Mary Shelley's novel by the same name bring us one of the most memorable movie monsters, but it also introduced us to legend of horror Boris Karloff. His classic depiction of Frankenstein's Monster has cemented his place in the catacombs of horror lore as one of the genre's finest actors.



The Texas Chainsaw Massacre

Directed By: Tobe Hooper
Starring: Marilyn Burns, Paul A. Partain, Edwin Neal, Jim Siedow
Release Date: October 1st, 1974

Featuring a large hulking cannibal named Leatherface, *The Texas Chainsaw Massacre* was pitched as a film "inspired by a true story" despite the fact that its plot is entirely fictional. It is credited with originating several elements common in the slasher genre, as it was one of the first films to depict the use of power tools as murder weapons.

Friday The 13th

Directed By: Sean S. Cunningham
Starring: Besty Palmer, Adrienne King, Harry Crosby, Laurie Bartram, Kevin Bacon
Release Date: May 9th, 1980

Coming off the success of *Halloween*, *Friday the 13th* introduced us to another masked madman-Jason Voorhees. With hockey mask in tow, Jason slashes his way through victim after victim in a much gorier film often seen as the first true "slasher film."



The Evil Dead

Directed By: Sam Raimi
Starring: Bruce Campbell, Ellen Sandweiss, Hal Delrich, Betsy Baker
Release Date: October 15th, 1981

Sprinkling in bits of slapstick comedy and an unending wave of blood, Sam Raimi's classic take on the "zombie flick" offers up a bit of relief from full on horror. With Bruce Campbell's chiseled features and a bit of H.P. Lovecraft inspiration, Raimi reminded audiences why it was fun to be scared at the theater.

Let Me In

Directed By: Matt Reeves
Starring: Kodi Smit-McPhee, Chloe Grace Moretz, Elias Koteas, Richard Jenkins
Release Date: October 1st, 2010

While this isn't the first movie to mix horror and romance *Let Me In* moves through its narrative with a quiet precision and some stellar scenes that make it both scary and endearing. You can't help but route for the monster in this one making for a very difficult yet interesting existential conversation on the ride home from the theater.



Facilities Directory

HEALTH CARE/TMC

AREA I

Camp Casey Patient Centered Medical Home (PCMH)
737-2273
Mon – Fri 0830-1200 & 1300-1730;
Thursday 1300-1730
(soldiers/family members/retirees/DOD Employees)

Camp Red Cloud Troop Medical Clinic (TMC)
732-6011
Mon – Fri 0830-1200 & 1300-1700;
Thursday 1300-1700
(soldiers only)

Camp Stanley TMC
732-5314
Mon – Fri: 0800-1200 & 1300-1700;
Thursday 1300-1700
(soldiers only)

AREA II

Brian Allgood Army Community Hospital PCMH
737-2273 (Press 1-1)
M-W 0800 – 1200; 1300 - 1900
Thurs-Fri 0800 – 1200; 1300 - 1700
(soldiers/family members/retirees/DOD Employees)

Yongsan Soldier Centered Medical Home (SCMH)
737-2273 (Press 2-1-1)
M-F 0800 – 1200; 1300 – 1700
(soldiers only)

K16 TMC
741-6300
M-W, F 0900 - 1130
M-F 1300 - 1530
(soldiers only)

AREA III

Camp Humphreys SCMH
BLDG #P6370
Mon-Wed, Fri: 0830 - 1700; Thurs: 1300 - 1700
(soldiers only)

Camp Humphreys PCMH
737-2767/737-2273
Mon – Fri: 0830 - 2100; Sat, Sun, Holiday 0830 – 1900
(family members/retirees/DOD Employees)

AREA IV

Camp Carroll SCMH
737-4300
Mon – Fri: 0900-1300 & 1400-1700;
Thursday 1300-1800 (soldiers only)

Camp Walker PCMH
737-2273 (Press 2-5-1)
Mon – Fri 0800-1200 & 1300-1700; Thursday 1300-1700
(soldiers/family members/retirees/DOD Employees)

AREA V

Osan Air Base
0505-784-DOCS (3627)

BHC Chinhae
762-5415
0830-1630 M-F

DENTAL CLINIC

AREA I

Camp Casey DC
BLDG #808
737-9011 / 737-9012
Monday - Friday: 07:30 - 16:30
In/Out Processing (Mon - Fri) : 07:30 - 16:00 (Lunch 11:30-12:30)

Camp Stanley DC
BLDG #2376
737-9007 / 737-9008
Mon - Wed & Fri: 09:30 - 16:30, Thurs: 13:30 - 16:30
In/Out Processing: Walk-in during clinic hour

Camp Red Cloud DC
BLDG #S-306 - TMC
737-9009 / 737-9010
Mon - Wed 07:30 - 16:30, Thur 13:00 - 16:30, Fri 07:30 - 15:30
During normal hours of operation

AREA II

Dental Clinic #2
BLDG 5107

737-9089 / 737-9090
Mon - Fri: 07:30 - 11:30 & 12:30 - 16:30
Exams: Mon - Fri: 08:30 - 11:00 & 12:30 - 13:30 call for appointment
In/Out Processing: Mon - Fri: 08:30 - 11:00 & 12:30 - 13:30

Dental Clinic #3
BLDG #3576
737-9087 / 736-5221 / 736-5799
Mon thru Friday 07:30 - 16:30
FM exam: Call for appointment

AREA III

Camp Humphreys Troop Dental Clinic
BLDG #P6370
737-5129 / 5130
Mon-Wed, Fri: 0830 - 1700; Thurs: 1300 - 1700

Carius Dental Treatment Facility
BLDG #3020
737-9206/9207
Mon-Fri: 7:30 a.m. – 4:30 p.m.

AREA IV

Bodine Dental Clinic
BLDG #220
737-9452 / 737-4791
Mon - Fri: 07:30-16:30
Dental Exams: Activity Duty: Mon - Wed & Fri (Walk in only): 09:00 - 11:00, Thurs: 13:00 - 15:00
*LIMITATIONS DUE TO SERGEANTS TRAINING
Activity Duty Family appointment only: (Call 12:30-15:30 Mon-Fri) Space Available appointments.

Camp Carroll Dental Clinic
BLDG #S180, Second Floor
737-4201/4202
Mon - Fri: 09:30 - 16:30
Call to make appointments for all dental treatment

AREA V

Osan Air Base Dental Clinic
BLDG #UB12
784-2108
Monday-Wednesday & Friday — 7 a.m. - 5 p.m.
Thursday - 9 a.m. - 5 p.m.

VET CLINIC

AREA I

USAG Red Cloud
BLDG #S-437
732-7434
Closed in observance of all Federal Holidays.
Mon, Tue, Wed, Fri: 0900-1200, 1300-1600

AREA II

USAG Yongsan
BLDG #4728
737-2450
Closed in observance of all Federal Holidays.
Monday - 1300-1600 Tuesday - 0900-1600
Wednesday - 0900-1600 Thursday - 1300-1600
Friday - 0900-1600
(Closed for lunch 1130-1300)

AREA III

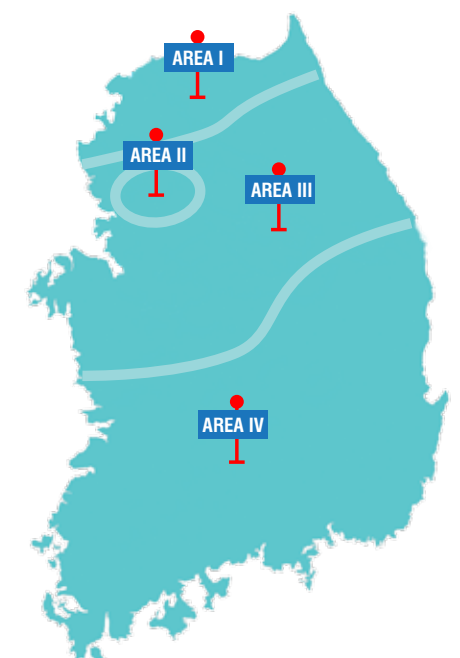
USAG Humphreys
BLDG #2260
737-9720
Closed in observance of all Federal Holidays.
Monday, Thursday: Closed
Tuesday, Wednesday, Friday: 0900-1200, 1300-1600

AREA IV

USAG Walker
BLDG #S-341
764-4708
Closed in observance of all Federal Holidays.
Tuesday, Wednesday, Friday: 0900-1200, 1300-1600

AREA V

Osan Air Base
BLDG #766
784-6614
Closed in observance of all Federal Holidays.
Monday through Friday: 0800-1630



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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Rental \$100/day (60% DC for One Month)
Insurance \$20/day (80% DC for One Month)

Reservation Center

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Maj. Samuel Sama, a CRNA Anesthesiologist with the 121st Combat Support Hospital, checks the vital signs of a patient (simulated) during the Mass Casualty Exercise at U.S. Army Garrison Camp Humphreys during Ulchi Freedom Guardian 2017.

Photo by William Wight
65th Medical Brigade Public Affairs Office

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