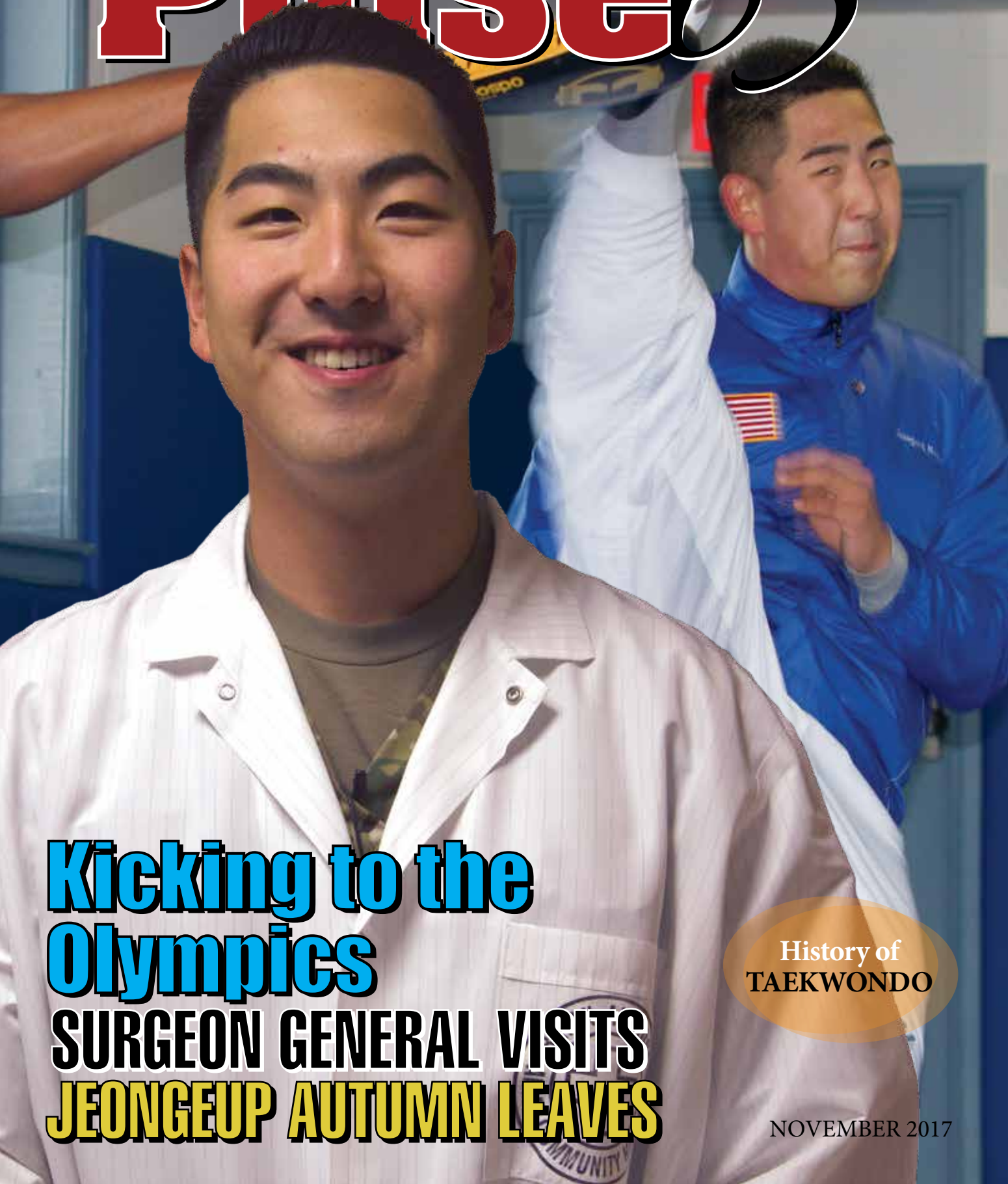


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EDITOR'S LETTER

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 a personal story of Soldier who as a 4th degree black belt in Taekwondo is vying for a spot on the 2020 U.S. Olympic Taekwondo Team.

Inside you will also find stories about the 44th Surgeon General of the Army, Lt. Gen. Nadja West and her recent visit to South Korea as well as the ribbon cutting ceremonies of the Veterinary Clinic and the Sgt. Shin Woo Kim Soldier Center Medical Home and Dental Clinic at U.S. Army Garrison Humphreys. Also check out the travel section on Jeongeup where you can travel and see the beautiful Autumn leaves change color.

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. 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 social media Facebook page at www.facebook.com/65thmedbde and see all the photos of events throughout the Brigade at our Flickr page 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.

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Features



Kicking to the Olympics

Many athletes dream of standing atop an Olympic medal podium. For Pvt. 1st Class Jung Suk Moon, a medical laboratory technician assigned to Alpha Company 121st Combat Support Hospital, this dream may soon become a reality after 16 years of training in the sport of Taekwondo. As a member of the All Army Taekwondo Team and the Armed Forces Taekwondo Team, the 4th degree black belt trains daily for his chance at becoming a member of the USA Taekwondo Olympic Team for the 2020 Olympics in Tokyo.



Humphreys Memorializes New Medical Dental Facility



Surgeon General Visits




Jeongeup Autumn Leaves

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Command Sergeant Major

Command Sgt. Maj. Todd M. Garner

Public Affairs Office

William Wight – Public Affairs Officer (Senior Editor)

Pvt. 1st Class Jae Yeon Chung – PAO KATUSA

Art Director

Eric Young-Seok Park

Comments or submission for PULSE 65 should be directed to the Senior Editor at DSN 315-737-1808 or by email at pulse65editor@gmail.com

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Lieutenant Gen. Nadja West, Surgeon General of the U.S. Army and Commanding General of U.S. Army Medical Command and Command Sgt. Maj. Gerald Ecker, the command's command sergeant major, visited South Korea last month meeting with Soldiers and the command team of the 65th Medical Brigade. During their visit, they received a medical over brief of the Brigade and congratulated the top Soldiers within the Brigade while posing for several 'selfies.' The meeting was the first of many stops the general made during her trip to South Korea.

Photo by William Wight, 65th Medical Brigade Public Affairs Office

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CALENDAR **EVENTS** *in* KOREA



OCT28-NOV05

Geje Island Flower Festival

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



NOV03-04

Jeju Olle Walking Festival

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



NOV03-05

Seoul Kimchi Festival

110, Sejong-daero, Jung-gu,
Seoul
+82-2-2133-0900



NOV03-19

Seoul Lantern Festival

Cheonggyecheon Plaza to
Supyogyo Bridge (1.2 km)
seoullantern.visitseoul.net



NOV09-12

Cafe Show Seoul 2017

COEX, Grand Ballroom Halls
A-D
www.cafeshow.com



NOV10

YGVC-Bongsun Temple Day Trip

Bongsunsa (Bongsun
Temple), Namyangju City
global.seoul.go.kr/yeoksam



NOV11

ICCK Diwali Ball-Festival of Lights

Conrad Seoul Hotel, Grand
Ballroom (3F)
www.indochamkorea.org



NOV13

SIWA- Diplomatic Community Bazaar

Lotte Hotel (Myeong-Dong),
2F Crystal Ballroom
www.siwakorea.com



NOV17-19

Gwangju World Kimchi Culture Festival

Gwangju Kimchi Town, 60
Kimchi-ro, Nam-gu
kimchi.gwangju.go.kr/



NOV24-26

Paju Jangdan Soybean Festival

177, Imjingak-ro, Paju-si,
Gyeonggi-do
+82-31-940-5282



NOV25

St. Andrews Ball

Grand Hyatt Seoul
standrewssocietyofseoul.com



DEC07-11

Seoul Design Festival

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Gangnam-gu, Seoul
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The 65th Medical Brigade Commander, Col. Wendy Harter and Brigade Command Sergeant Major Todd Garner received their influenza vaccinations at the Brian Allgood Army Community Hospital Oct. 19 to bring awareness to the “Flu’s Gonna Lose Campaign.” (Photo by Spc. Inwon Lee, Brian Allgood Army Community Hospital Command Group)

‘Flu’s Gonna Lose Campaign’ Area Community Outreach Events

Area I – Camp Casey/Camp Red Cloud

Camp Casey Bldg. 705 Nov. 2-3
PX-Food Court Nov. 8
RAD, PX-Food Court Nov. 17

Area II – Yongsan

SAES – Nov. 8
SAHS – Nov. 9
Commissary – Nov. 11
PX Food Court – Nov. 16
RAD – Nov. 18

Area III – Camp Humphreys

Elementary School – Nov. 8
Middle/High School – Nov. 9
Super Gym – Nov. 16

Area IV – Daegu

RAD – Nov. 4
Elementary School – Nov. 8
Middle/High School – Nov. 9
Commissary – Nov. 11
PX Food Court – Nov. 16

All Active Duty, Dependents, Retirees, DoD Civilians, KGS, Contractors and KATUSAs are invited to join in the fight against the flu! Check with your local medical treatment facility’s immunization clinic for more information.

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Yongsan Legacy is documenting the stories of those who passed through Yongsan Garrison and Yongsan area because we believe these stories offer a unique window into understanding the Korean society of today.



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PEOPLE HISTORY FASHION
MUSIC MAPPING GHOST FOOD
HABITAT STORY



Yongsan Legacy Podcast with John Nowell

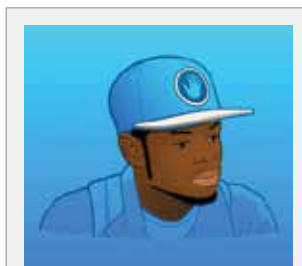
Interviewing people that served and/or lived inside the 70 year old US Army base in the heart of Seoul, Korea

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NOV03

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soapseoul.com



NOV03-19

CATS - The Musical

Busan Citizen's Hall, Grand Theater
citizenhall.bisco.or.kr



NOV12

Itzhak Perlman in Recital

Seoul Art Center Concert Hall
www.sac.or.kr/eng/



NOV15-16

Royal Concertgebouw Orchestra

Lotte Concert Hall, Seoul
www.lotteconcerthall.com



NOV18

Benny Green

Mapo Arts Center, Seoul
28, Daeheung-ro 20-gil,
Mapo-gu



NOV21

Kronos Quartet "Black Angels"

Mapo Arts Center, Seoul
28, Daeheung-ro 20-gil,
Mapo-gu



NOV24

Birgitte Soojin

JCC Art Center Concert Hall,
Seoul
www.jejcc.org/



NOV25

Antonio Sanchez with Migration

LG Art Center
www.lgart.com



NOV28

Mild High Club Live In Seoul

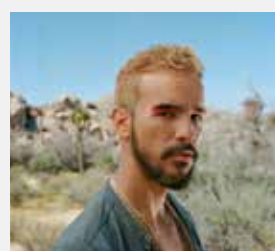
LG Art Center
www.lgart.com



NOV28-MAY07

Billy Elliot the Musical

D Cube Art Center
www.d3art.co.kr



NOV30

Gabriel Garzón-Montano

LAD Mulla, Seoul
Basement, 755, Gyeongin-ro,
Yeongdeungpo-gu



DEC05

Wiener Symphoniker

Seoul Arts Center, Concert Hall
ticket.yes24.com

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NAVIGATING KOREAN HOSPITALS

THIS MONTH'S HIGHLIGHTS



CHA GUMI Medical Center, CHA University

Cha university an affiliate of Gumi CHA Hospital was established in May, 2000 in Gumi, Kyungbuk a developing world class electronic industrial complex of world. It has the best medical team and is equipped with the state-of-the-art medical facilities and equipment.

CHA Hospital's reputation is proud of its 50th history of providing world class health service. It is the only university hospital in this province founded by director Lee Hyun Woo. There are 60 doctors from the various places and 500 workers. It is equipped with 505 beds.

With M.R.T and C.T equipment also the abdominal mirror/An endoscope surgical equipment and ESWL, Digital Mamography (the breast photographing), Mamotom (the breast organization test), Electronic Ion treatment equipment, leads Kyungbuk, Gumi province Medical and Implement International diagnosis service. Gumi CHA hospital is one of the developing world class medical groups. CHA Medical group provides foreigner patient global diagnostic service using international diagnostic clinic which was established by U.S Armed Forces in Korea in Waeguan.

Phone: 054-450-9870

International clinic working hours:

M – F 0830 – 1730

24/7 English speaking service: N/A

Fax: 054-450-9899

Email: gumicha9870@gmail.com

Location: 12 Sinsi-ro 10-gil, Hyeonggok 1-dong, Gumi, Gyeongsangbuk-do

Website: kumi.chamc.co.kr

Directions (Subway): There is no subway station close to Gumi Cha hospital; however, Sagokthe hospital, take cab from train station to hospital, it will cost about 5,000 won.

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



Dankook University Hospital

DKUH, established in April 1994, is the largest general hospital in the Chung Nam Province, with 900 patient beds and 33 specialty clinics, some of which include Internal Medicine, Surgery, Ophthalmology, ENT (Ear, Nose and Throat), PM and R (Physical Medicine and Rehabilitation), and Diagnostic Radiology. DKUH had also actively engaged in medical research with the Medical Laser Research Center, Life Science Research Institute, Gastrointestinal Research Unit and Bio technology Research Institute and many others.

Based on the university motto of "Truth and Dedicated Service," 1,300 DKUH medical and hospital staff have been building to create a "patient oriented hospital."

The International Healthcare Center at DKUH sets its primary goal to provide the best treatment and health care to foreigners and travelers in the Chungcheong province. Dankook university hospital is one of the largest hospitals in Korea with a capacity of 850 beds and over 200 medical and surgical specialists. Most faculties have been trained in the U.S.A., Canada, England, and Australia. Dankook university hospital is equipped with the most advanced modern facilities, such as PET CT, 64 channel ultra-speed CT, and HD MRI.

Phone: 041-550-7640

International clinic working hours:

M – F 0830 – 1730

(closed on Korean national holidays)

24/7 English speaking service: 010-2941-7641

Fax: 041-550-7060

Email: ihc@dkuh.co.kr

Location: 201 Manghyang-ro, Dongnam-gu, Cheonan, Chung Nam 31116

Website: www.dkuh.co.kr/eng/

Directions (Subway): Dujeong Station line 1 exit 1, then take bus # 20 (Green) from across of exit 1, after 12 stops, get off at Dankook University Hospital

Specialties: Allergy & Immunology, Cardiology, 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, Podiatry, Psychiatry – Adult, Psychology – Adult, 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

K-POP GIRL GROUP TWICE TOPS JAPAN'S MUSIC CHART



Twice has become the fastest-selling K-pop girl group album in Japan based on first week figures. The previous record holder was Kara, which sold 122,820 copies during its first week in 2011. The K-pop group Twice has topped Japan's main music chart 'Oricon' for the fifth day, with combined big sales of its latest single album in the country. Twice is a best-selling popular girl group in Korea consisting of nine members including Japanese and Taiwanese girls. Twice will release its first full-length album "Twicetagram," including lead song "Likey," on October 31 in South Korea.

TRANSGENDER FISH FILMED FOR BBC'S BLUE PLANET II

Mating is never easy when you have an unsightly bulbous appendage protruding from your head. But the male Asian Sheepshead Wrasse has even greater problems to contend with. The female wrasse is endowed with the extraordinary ability to unexpectedly switch gender, a change which not only scuppers any burgeoning relationship with the male but also creates another headache for him - a new love rival. The gender-bending ability of the wrasse has been captured in detail for the first time for BBC Blue Planet II. Sir David Attenborough, who narrates the new series, said he was most impressed with new footage showing the efforts of the male anemone fish. "There have been a lot of really important scientific discoveries," he added.



THE NEW SAMSUNG ROUND FEATURES 17 LENSES



Samsung's newest 360 camera makes the popular consumer Gear 360 look a bit like a toy — The Samsung 360 Round uses 17 lenses to shoot 360 videos, and unlike the Gear 360, captures in 3D as a pro-level virtual reality camera. Officially announced on October

19 during the Samsung Developer Conference 2017, Samsung is touting the 360 Round as a "superior" virtual reality experience for professionals and enthusiasts. The 360 Round uses eight stereo pairs of f/1.8 lenses — these stereo lenses are positioned with an intentional offset like the human eye to capture the scene in 3D. Along with the eight pairs around the edge of the 360 Round, the camera uses one more at the top to create the complete 360-degree view. Six internal microphones help capture immersive audio, which can also be aided with external microphones through two ports.

EINSTEIN'S TWO NOTES TO A MESSENGER ON AUCTION

A note that Albert Einstein gave to a courier in Tokyo, briefly describing his theory on happy living, has surfaced after 95 years and is up for auction in Jerusalem. The year was 1922, and the German-born physicist, most famous for his theory of relativity, was on a lecture tour in Japan. A Japanese courier arrived at the Imperial Hotel in Tokyo to deliver Einstein a message. The courier either refused to accept a tip, in line with local practice, or Einstein had no small change available. Either way, Einstein didn't want the messenger to leave empty-handed, so he wrote him two notes by hand in German, according to the seller, a relative of the messenger. "Maybe if you're lucky those notes will become much more valuable than just a regular tip," Einstein told the messenger. One note, on the stationery of the Imperial Hotel Tokyo, says that "a quiet and modest life brings more joy than a pursuit of success bound with constant unrest." The other, on a blank piece of paper, simply reads: "where there's a will, there's a way."



SMALL BOY'S BODY FOUND ON TEXAS BEACH

A small boy's body was discovered at evening on October 29 along the shore of Galveston Beach, Texas and authorities have not been able to identify him, KHOU-TV reports. Local agencies have not found a matching missing person report but are still searching. Someone spotted the body in the surf about 5:30 p.m., police said. The boy is white and appeared to have been between 3 and 5 years old, police said in a Facebook post. "It's just heartbreaking that this little boy doesn't have anybody to claim him.," Tina Bebout, who organized a vigil. "I mean, this boy did not deserve this and I couldn't sit at home and not do anything."

LONDON WILL CHARGE ON MOST POLLUTING VEHICLES

London introduced a charge on the oldest and most polluting vehicles to try to improve air quality in the British capital, the city's mayor, Sadiq Khan, said. Called the T-charge, the 10 pound daily tax applies to diesel and petrol vehicles typically registered before 2006 which do not meet the so-called "Euro 4" 2005 European directive to regulate vehicle emissions. The new charge will be applied during the same 7am to 6pm weekday hours as the existing 11.5-pound congestion tax and could mean some owners paying a combined 21.50 pounds a day to drive in central London. "As mayor I am determined to take urgent action to help clean up London's lethal air. The shameful scale of the public health crisis London faces, with thousands of premature



deaths caused by air pollution, must be addressed," Khan said in a statement. Nearly 9,500 Londoners die prematurely every year as a result of long-term exposure to air pollution, according to a 2015 study by researchers at King's College London.

3-YEAR-OLD RIDES A 20-FOOT PYTHON

Shocking footage that shows a little boy riding a 20-foot python in the streets of northern Vietnam is quickly making its way around the internet. In the video, a three-year-old named Truong is happily straddling the reptile like a horse, swimming in the devastating flood waters that have rampaged the area. The snake is actually a family pet, kept at home in the province of Thanh Hoa. Truong's aunt asserts the footage is real, maintaining the little boy truly enjoys playing with the almost 180-pound reptile. She said, "He is three years old and the python is 80kg. The family have had the python for four years as a pet and it is very gentle." One commentator said, "He looks peaceful until he needs a feed. Oh Yuk. I hate snakes."



CHINA SAYS NO EXCUSES FOR FOREIGN OFFICIALS MEETING DALAI LAMA



Foreign leaders can't think they can get away with meeting exiled Tibetan spiritual leader the Dalai Lama just because they are doing it in a personal capacity, as they still represent their government, a senior Chinese official said. China considers the Dalai Lama, who fled into exile in India in 1959 after a failed uprising against Chinese rule, to be a dangerous separatist. The Nobel Peace Prize winning monk says he simply seeks genuine autonomy for his Himalayan homeland. Visits by the Dalai Lama to foreign countries infuriate China, and fewer and fewer national leaders are willing to meet him, fearing the consequences of Chinese anger, though some have tried to placate Beijing by saying they are meeting him in a personal not official capacity. Zhang Yijiong, who heads the Communist Party's Tibet working group, told reporters on the sidelines of a party congress that there could be no excuses to meeting the Dalai Lama.

POLL FINDS LAS VEGAS SHOOTING DOESN'T ALTER OPINIONS ON GUNS



The killing of five dozen people in Las Vegas did little to change Americans' opinions about gun laws, a poll finds. The survey was conducted from Oct. 12-16, about two weeks after 64-year-old Stephen Paddock fired on a crowded musical festival taking place on across the street from his hotel room, killing 58 and wounding more than 540 before killing himself. In this latest survey, 61 percent said the country's gun laws should be tougher, while 27 percent would rather see them remain the same and 11 percent want them to be less strict. That's similar to the results of an AP-GfK poll in July 2016. Nearly 9 in 10 Democrats, but just a third of Republicans, want to see gun laws made stricter. About half of Americans said they think making it more difficult to buy a gun would reduce the number of mass shootings in the country, and slightly under half said it would reduce the number of homicides. About half felt it would reduce the number of accidental shootings, 4 in 10 that it would reduce the number of suicides and only about a third felt it would reduce gang violence. Respondents were first selected randomly using address-based sampling methods, and later interviewed online or by phone.

VW IS BUILDING AN ELECTRIC RACECAR TO TRY AND BREAK A RECORD

Volkswagen is partnering with Technical Development in Wolfsburg to build the all-wheel-drive prototype. The automaker hopes it will break the record for electric racers on the course, which was set at eight minutes 57.118 seconds in 2016. Pikes Peak International Hill Climb is 12.4 miles long, with a nearly 5,000-foot climb to top out at a maximum elevation of over 14,000 feet above sea level. "The Pikes Peak hill climb is one of the world's most renowned car races. It poses an enormous challenge and is therefore excellently suited to proving the capabilities of upcoming technologies," Volkswagen board member Dr Frank Welsch said in a press release. "Our electric race car will be equipped with innovative battery and drive technology. The extreme stress test on Pikes Peak will give us important findings that will benefit future development, and it will showcase our products and their technologies."



PASSENGERS CRITICIZE AIR ASIA CREW FOR HIS RAPID DESCENT



Passengers aboard an AirAsia flight from Perth, Australia, to Bali, Indonesia, were angry at the flight crew for showing fear when the plane rapidly descended nearly 24,000 feet Monday. About an hour after the plane left Perth, the Australian Transit Safety Bureau said the plane depressurized at about 34,000 feet and the "crew conducted an emergency descent to 10,000 feet," which is a standard practice. But passengers said they were more startled by the reaction of the flight crew than the sudden plunge. "The panic was escalated, because of the behavior of staff, who were screaming and looked fearful," passenger Clare Askew told reporters.

SPEAR-FISHERMAN SWAM FROM TIGER SHARK IN DRAMATIC FOUR-MILE CHASE

A spear-fisherman John Craig has recounted his terrifying 7.5km swim with a four meter tiger shark following just meters behind. He was fishing in waters between Denham and Cape Peron off the coast of Western Australia when his boat drifted away due to mechanical issues, leaving him alone in the water. Mr. Craig said he tried to signal his friend on the boat but his panic and splashing only attracted a sandbar whaler and tiger shark. "I had been splashing and screaming for some time and my heart rate was sky high. I put my head in the water to check I was in the same place and suddenly saw a huge 4m tiger shark approaching within arms reach," he said. When he saw a large sandbar whaler circling, Mr. Craig said he gave up hoping the boat would return and decided it was time to save himself. He swam for about three hours before he reached the shore. When he reached dry land, the spear-fisherman said he wanted more than anything to let his wife know he was OK.



Humphreys Memorializes New Medical Dental Facility

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



Soldiers of the U.S. Army Medical Department Activity Korea, 65th Medical Brigade, 8th United States Army, U.S. Army Garrison Humphreys, civilians and family members gathered October 19th in front of building #6370 on USAG Humphreys for a ceremony to memorialize the newest medical facility as the Sgt. Shin Woo Kim Soldier Center Medical Home and Dental Clinic.

Naming the clinic honors Kim, a combat medic assigned to 2nd Battalion, 12th Infantry Regiment, 2nd Bri-

gade Combat Team, 2nd Infantry Division, for his actions in Iraq while providing treatment to an injured comrade.

Born in Seoul, South Korea, Kim and his parents moved to the U.S. where he graduated from Sunny Hills High School in Fullerton, CA. Known for his great big smile, Kim enlisted in the Army and trained to be a combat medical specialist.

On the night of June 28, 2007, while on a 15-month assignment in support of Operation Iraqi Freedom, Kim's platoon was struck by a deeply buried Improvised Explo-



sive Device and ambushed. As a trained combat medic, Kim rushed to aid and provide treatment to his fallen comrades while the insurgents lobbed grenades. One grenade landed next to him as he was treating his platoon sergeant. Without hesitation, Kim laid himself between the grenade taking the blast and saving the platoon sergeant's life but at the cost of his own life.

He was awarded a Bronze Star Medal for his actions that day.

Guest speaker of the ceremony, Lt. Gen. Thomas Vandal, 8th U.S. Army Commanding General, said, "We are grateful for the service and sacrifice of Sgt. Kim and are here to honor this fallen comrade who embodied selfless service to the nation and to the alliance. Today's dedication ceremony is indicative to the strides 8th Army has made in its transformation and relocation. No doubt the Kim clinic will provide world class care to our service members to ensure 8th Army remains ready to fight tonight."

The General went on to expound on the values and traditions of today's military using Kim as a prime example reminding those present to remember the selfless sacrifice and actions represented by Kim.





“It is through Sgt. Kim’s selfless service, sacrifice and personal courage that his legacy will live on through this memorialization of a building dedicated miles from his birthplace that will continue to serve thousands of service members in the years to come,” said Vandal.

Yoo Bok Kim, father of Kim recalled a parable; ‘When a tiger dies it leaves its skin, when people die they leave their name.’

“My son left his name and I am proud and honored that the Army is remembering my son by naming this facility after him,” said Kim.

Col. Wendy Harter, 65th Medical Brigade Commander commented that the new Sgt. Shin Woo Kim Soldier Center Medical Home and Dental Clinic is a critical part of the capability of the medical system of Medical Activity Korea.

“Here in Pyeongtaek and Area III, we provide care for our warfighters and ensure that 8th Army is medically ready when called upon to ‘Fight Tonight;’ this remains our enduring mission,” said Harter.

After the ceremony, those in attendance were given an opportunity to tour the new facility, which will provide primary medical and dental care services to the Soldiers stationed at U.S. Army Garrison-Humphreys.



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US Army Evaluating Combat Readiness Test to Replace Current Physical Fitness Test

Story and photos courtesy of *soldiersystems.net*

The U.S. Army Center for Initial Military Training is at Fort Leonard Wood this week in order to evaluate the proposed Army Combat Readiness Test. The evaluation includes Soldiers from the 1st Engineer, 3rd Chemical and 14th Military Police Brigades.

The goal is to replace the 40-year-old Army Physical Fitness Test, which is only 39% predictive of a Soldier's ability to do his or her job, with the proposed ACRT, which is about 81% predictive.

According to a recent Army News story, the ACRT consists of six events:

T Pushup

2nd Lt. Elizabeth Tarbox extends her arms after lowering herself to the ground during the T pushup event Oct. 17 while testing the Army Combat Readiness Test at Fort Leonard Wood. (Photo Credit: U.S. Army photo by Dawn Arden)

A modification of the traditional pushup, where Soldiers lower themselves to the ground extending the arms into a "T" position before returning to the starting pushup position. This is repeated for the duration of two minutes.

250-meter sprint/drag/carry

First Sergeant Alan Forester walks backward, dragging a weighted sled during the 250-meter sprint/drag/carry event Oct. 17 while testing the Army Combat Readiness Test at Fort Leonard Wood. (Photo Credit: U.S. Army photo by Mike Curtis)

A Soldier begins in the down, or prone position, stands up and sprints 25 meters and back, followed by walking backwards while pulling a weighted sled to



T Pushup



250-meter sprint/drag/carry



Leg Tuck



Standing Power Throw



3-repetition Deadlift

the line and back. Once back at the starting line, they grasp two 30-pound kettles, returning to the far line and back. After returning, this exercise requires them to sprint the 25 meters to the far line and back. This is a timed event.

Leg Tuck

Soldiers from 1st Engineer Brigade complete the leg tuck event Oct. 17 while testing the Army Combat Readiness Test at Fort Leonard Wood. (Photo Credit: U.S. Army photo by Dawn Arden)

Soldiers must grasp the bar with an alternating neutral grip in the dead hang position before flexing with elbows, hips and waist to bring knees up, touching both elbows, before returning to the dead hang position and repeat as many times as possible.

Standing Power Throw

1st Sgt. Brad Reigel prepares to throw a 10-pound medicine ball for the standing power throw event Oct. 17 while testing the Army Combat Readiness Test at Fort Leonard Wood. (Photo Credit: U.S. Army photo by Mike Curtis)

Soldiers must face backwards holding a 10-pound medicine ball, lower it to touch the ground, rises up and throw the ball backwards over their head as far as possible. Soldiers are allowed a practice throw and two record attempts.

3-repetition Deadlift

Sgt. Robert Winstead prepares to lift a trap bar during the 3-repetition deadlift event Oct. 17 while testing the Army Combat Readiness Test at Fort Leonard Wood. (Photo Credit: U.S. Army photo by Mike Curtis)

Soldiers step inside a trap bar, feet shoulder width apart and bends at the knees and hips while reaching down to grasp the handles with arms fully extended; stands up and lifts the bar by extending hips and knees until becoming fully upright, pauses, returns bar to the floor while maintaining flat back and without leaning forward. This is repeated two more times for a total of three repetitions.

Soldier runs a 2-mile running course that is solid with no more than a three percent uphill grade and no overall decline.

What's next?

Over the years, the Army has looked at several new physical fitness assessments, but so far, none have been implemented. Consequently, there is no word on when, or even if, the proposed ACRT might replace the APFT.



Army Surgeon General Shares on Leadership at TogetHER Meeting

Story By Cpl. Min-je Park, U.S. Army Garrison Yongsan Public Affairs Office
 Photo by William Wight, 65th Medical Brigade Public Affairs Office

TogetHER, a mentorship group that invites all Soldiers and civilians to meet others and discuss issues viewed through the female perspective, welcomed Lt. Gen. Nadja Y. West, Sept. 21, to U.S. Army Garrison Yongsan's South Post Chapel. West is the 44th U.S. Army Surgeon General and Commanding General of U.S. Army Medical Command and the first African-American female Army Surgeon General. More than 500 people, including United States Forces Korea, Combined Forces Command, United Nations Command Commander Gen. Vincent K. Brooks, gathered to listen to her speak on leadership.

As one of the most influential women in the Army, she talked about how she got to where she is today. The answer is both simple and complex, she said. "Show up, do as you are told."

She also shared her own story on how she came to serve her country.

"I was orphaned and had an uncertain future. That's how I began. I was adopted by a very humble family, who showed me by example that anything is possible, no matter where you start, and no matter where you are from," recalled West.

West's father retired as a first sergeant after 33 years of dedicated service. When he joined the Army, the Army was segregated, but he never expressed any bitterness. He loved the Army, she said. West was inspired by her father's belief that all should have the opportunity to serve their country in the military and work for a common purpose and toward the betterment of the nation.

West looks up to her mother for being so hard-working. Her home was patriotic, and most of her siblings also served in the military.

"So, my story begins with these amazing two people with fate, resilience, strength, hard work, service and no-excuses," she said.

As a military leader, she stressed the importance of team effort.

"Cultivating empathy, by really learning about others, will strengthen you as leaders," said West. "As individuals, our own backgrounds, personal experiences, influences from others all have a part in shaping us into the leaders that we become. Be resilient, but also rely on others that are motivating and trying to achieve the same goal. It is a team effort."

She said role-models and diversity were important as well. "Leadership is about influencing people by providing purpose, direction, motivation, and all about accomplishing missions. The remarkable thing about that definition is that it can be applied broadly, to find leaders, mentors and good role-models," said West. Studies show the more diverse the group is, the more intelligent the group because diversity provides more perspectives, she said. The more perspectives you have, the greater variety of solution sets we generate. It is important for leaders to reflect this diversity.

During her Army career, West was challenged by the lack of female role-models. In retrospect, this was an opportunity, she said, and she says the Army has embraced diversity in general.

"As the Army continues to evolve, it is moving towards managing talents based upon skills, knowledge, and attributes of the person, rather than focusing on genders, ethnicity, or any other types of external identifiers," added West. The emphasis on the competency, the character, expectations and potential of the person will shape leadership.

The audience at the Chapel, made up of different backgrounds, branches, sexuality and ranks, were inspired by her words.

"She is a woman and, so far, she's been the prime example for all young women of diverse backgrounds," said 1st Lt. Garcia Marissa, clinical staff officer in education at the Brian Allgood Army Community Hospital. She said she would remember her words for the rest of her life.

West concluded people can turn challenges into opportunities, depending on how people think.

"The one thing that you can always control is your attitude. How you frame the situation, how you respond to it might be the only thing that you can control. You might consider adversity as an opportunity. Anything you encounter is an opportunity, and there is no such thing as adversities anymore. Thank you all for doing what you do every day as role-models, leaders and mentors," said West.



106th Veterinary Detachment Dedicates New Treatment Facility in Honor of Military Working Dogs

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

For many a pet is a critical member of the Family and when that pet becomes sick, the whole Family is concerned. For the residents of United States Army Garrison Humphreys, a team is now available in a state of the art modern facility to make sure our pets stay 'Army Strong,' too.

On October 17, the USAG Humphreys Veterinary Clinic opened their doors to the community with a commemorative ribbon cutting ceremony and open house in building #2260 across from the USAG Humphreys High School, giving USAG Humphreys Families a nicer vet facility to take their furry family members.

Brig. Gen. Erik Topping, chief, U.S. Army Veterinary Corps and Deputy Commanding General, Regional Health Command – Atlantic, was the guest speaker at the ceremony. He talked about how the vet clinic is responsible for the health of military working dogs and how the staff strives on a daily basis to keep a strong public healthy through various other duties such as food inspection.

“Before you stands the newest modern day army veterinary treatment facility,” said Topping. “This 19,000 square foot building consolidated six buildings from Yongsan and Camp Humphreys into one facility. Aside from the head-



Lt. Col. Jurandir Dallelucca, Deputy Commander 106th Medical Detachment (Veterinary Service Support), and Pvt. 2nd Class Noah Medoza, Camp Walker Veterinary Specialist, represented the oldest and youngest members of the Detachment by cutting the cake.

quarters of the 106th Veterinary Detachment being located here, the facility is responsible for over 20,000 beneficiaries, 1,800 privately owned animals, 23 military working dogs and 48 food inspection sites here on Camp Humphreys.”

Since 1950, the Veterinary Corps has maintained a presence in the Republic of Korea. The 106th Medical Detachment (Veterinary Service Support) has continued their mission of ensuring a safe and secure food supply for service members and families, while providing world class veterinary care for the Military Working Dogs and support the privately owned animal population.

Members of the 106th Detachment make sure everyone has safe food supplies, by inspecting the com-





missaries, child development facilities, eating establishments and dining facilities. The commander of the 106th, Lt. Col. Barbara Cloutier spoke on the operations within the new facility and how they encompass a variety of arenas from care for military working dogs, beneficiary animal care, food health inspection and public health laboratories.

With some 65 military working dogs on the peninsula, the 65th Medical Brigade Commander, Col. Wendy Harter, opened the doors as the ribbon was cut marking the dedication of one of Camp Humphrey's newest facilities. Instead of being memorialized after someone, the command dedicated the facility to all military working dogs.

Veterinary Services offered include sick call, health certificates, immunizations, microchips, NEO guidance, laboratory, radiology, ultrasound, optometry and limited elective surgery. No emergency service is available.

The clinic's hours of operation are from 9 a.m.-4 p.m. Tuesday, Wednesday and Friday, closed for lunch from noon to 1 p.m., closed for training on Mondays and Thursdays and all major holidays.



HISTORY

106th Medical Detachment (VSS) Unit History



The 106th Medical Detachment (Veterinary Service Support) was first activated on October 1, 1944 in New Guinea and saw action in the Philippines from October 17, 1944 to July 4, 1945. The 106th Medical Detachment (VSS) again saw action in the Korea conflict from March 21, 1951 to July 27, 1953 in support of the United Nations.

The unit's eight campaign credits include:

- Luzon Campaign
- First UN Counter Offensive
- Communist Counter Offensive Spring Offensive
- United Nations Summer and Fall Offensive
- Second Korean Winter
- Korean summer and fall 1952
- Third Korean Winter
- Korean summer 1953

The unit's commendations include the Philippine Presidential Unit Citation and two Meritorious Unit Commendations.

Today, the 106th medical Detachment continues its meritorious service in support of United States Forces Korea through food protection, animal medicine, zoonotic disease prevention and other coordinated public health activities.

ARMY MEDICINE INNOVATES IN VIRTUAL HEALTH



Story by Lt. Gen. Nadja West
U.S. Army Surgeon General

Army Medicine (AMEDD) is comprised of a committed team of more than 140,000 professionals, who provide a continuum of integrated health services, research, training and education that supports approximately 3.8 million beneficiaries. When assessed against nationally accepted quality benchmarks for healthcare, AMEDD performance meets or exceeds the Nation's top-performing civilian systems while sustaining readiness and engaging in operational missions across the globe. To remain successful in this environment, and face future challenges, Army Medicine looks for ways to innovate.

By far, the most promising and largest initiative to bring care closer to patients is virtual health. AMEDD is a recognized leader in this area with services currently spanning 30 countries and territories, and 30 clinical specialties. Potential uses are far-reaching. From remotely monitoring patient vital signs to providing virtual consultations to a medic treating a combat casualty at the point of injury, Army Medicine is seeking ways to innovate in everything it does. It sees virtual health as a means to revolutionize access whether in garrison facilities, at our patients' homes or at the point of injury.

Imagine this scenario: In the middle of the night in a remote location, a Soldier arrives at a makeshift aid station with a leg wound. The femoral artery is damaged. The physician assistant (PA) has some tools to control the bleeding – junctional and limb tourniquets – but no access to whole blood. This Soldier would typically be evacuated to a surgical team, but right now that is not possible. Weather conditions, distance, availability of transportation or enemy fire are factors that might prevent a medical evacuation. In this case, it is all four. The PA has no choice but to hold the Soldier right where he is. It will be at least 24 hours before an evacuation can take place, and the wounded Soldier may bleed to death.

However, the PA has a tool – virtual health. She puts on a pair of augmented reality glasses and connects to a surgeon 3,000 miles away, thus allowing the surgeon to visualize and assess the medical situation. The surgeon shows the PA how to perform a procedure to gain maximum control of the bleeding by placing his hands into the PA's field of vision and marking on screen where incisions should be made. Throughout the procedure, the surgeon mentors the PA and talks her through the procedure, seeing every step of the process through advanced clinical video-teleconfer-



encing. The Soldier is evacuated 24 hours later and reaches a surgical team. He survives.

This scenario is not happening yet, but it will – and soon – as ongoing pilots build capability in the field. In the interim, virtual healthcare using other modalities is connecting clinicians in garrison to their colleagues down-range for support. It is also connecting garrison specialists to the PA or combat medic no matter where they are in the world. And this capability will be increasingly critical to ensure Soldiers with survivable wounds make it home.

THE FUTURE OF BATTLEFIELD MEDICINE

Army Medicine takes great pride and has an intense commitment to its no-fail mission of battlefield medicine. Army combat medics are highly trained. MEDEVAC helicopters and ground transportation vehicles are poised and ready to respond to the urgency of the mission. And medical capabilities, including forward surgical teams, are postured as far forward as possible. Today if a wounded Service Member reaches the forward surgical team with potentially survivable wounds, the actual survival rate is nearly 100 percent. However, the battlefield is changing. The operating environment may not allow evacuation of a seriously injured Service Member at will in the near future.

A new concept, the multi-domain battle, is emerging

with a new set of challenges to overcome during the next 25 to 30 years. This concept describes how U.S. ground forces, as part of joint and multinational teams, is expected to operate against highly capable enemies. The multi-domain battle includes elements of traditional ground, sea and air warfare but also space and cyberspace. To support the entire range of Army medical readiness in a multi-domain battle environment, AMEDD has identified four lines of effort as part of the 2017 Army Medicine Campaign Plan: (1) readiness and health of all active duty personnel; (2) development of medical capabilities to support the force; (3) healthcare delivery to its forces wherever they are; and (4) care of the entire military family, including Soldiers for Life, civilians and families.

Although AMEDD's privilege and responsibility to care for U.S. Army retirees and other beneficiaries is enduring, it is the first three items that directly relate to keeping the Army fit and ready to fight. But in the multi-domain battlefield, how will it provide medical support to small groups of service personnel who may be operating far from large units with significant medical support? How will it provide care to wounded when MEDEVAC is not possible for 24–72 hours because the U.S. military does not have air superiority? How can the skills of a specialist at a stateside medical center reach the deployed medic? A key part of the answer is virtual health.



VIRTUAL HEALTH BACKGROUND

Virtual health uses technology to connect patients with healthcare providers, and providers with each other, across geography and time. Distance is no barrier; five miles or 500 miles are the same distance in virtual health. Time is no longer a barrier either. Since Army Medicine is deployed around the world, someone is always awake and ready to support the mission, regardless of local time.

The Army has been using virtual health since the 1990s. For example, the ability to send digital radiology or dermatology images across long distances to allow a specialist to read and interpret has existed for more than a decade. As another example, AMEDD operates three global tele-behavioral health hubs strategically located throughout the world to provide care 24/7, if needed, by covering time zones. Army Medicine offers clinical services across 18 time zones to patients in more than 30 countries and territories in 30 clinical specialties. Virtual health is available today to support health services from echelon I through IV.

This technology already improves readiness, access and quality of care by leveraging available medical capacity

and providing care worldwide. By expanding use of virtual health innovations, especially for deployed Soldiers in all environments and across the range of military operations, Army Medicine can save lives and support combat wounded at all key medical treatment and evacuation nodes on the modern battlefield.

THE VIRTUAL MEDICAL CENTER

One of the first steps in expansion was establishment of a Virtual Medical Center (VMC). In April 2017, Army Medicine announced a VMC at Brooke Army Medical Center in San Antonio, Texas. It will serve as the organizational structure by which providers deliver virtual health services using new tools in both garrison and deployed settings across all roles of care. Once developed, the VMC will be the tactical hub of virtual health for the Army. It will implement innovations for the enterprise and synchronize the good work in virtual health across AMEDD.

As it reaches out to deployed Service Members, the VMC will help in the current fight by connecting subspecialty expertise in garrison to Soldiers in combat zones. It will also be a key element of the future fight, as air superiority is challenged, medical evacuations become scarce



and expertise is needed to keep wounded Soldiers alive and well for longer periods of time. Although the VMC is a relatively new concept, it builds on Army Medicine's previous 20 years of experience. By implementing virtual health innovations for deployed Soldiers in all environments and across the range of military operations, AMEDD can improve battlefield medical capabilities.

VIRTUAL HEALTH SUCCESSES

An example of how virtual health is being implemented is the program at Blanchfield Army Community Hospital (BACH) at Fort Campbell, Kentucky. The BACH Virtual Health Program was established Sept. 2016 as part of the BACH Commander's Strategic Initiative to improve access to care and to identify new modalities of care delivery. The program has four distinct lines of effort with participation from 10 departments throughout the hospital. Lines of effort include audio appointments, virtual health to the patient's location (e.g. homes, including primary care, pediatrics, public health nursing and the Community Care Unit at the Warrior Transition Barracks) and virtual health specialty consulta-

By expanding use of virtual health innovations, Army Medicine can save lives and support combat wounded at all key medical treatment and evacuation nodes on the modern battlefield.

tions (for example, tele-endocrinology).

The BACH virtual health team coordinated efforts with the 5th Special Forces Group, Dwight D. Eisenhower Army Medical Center, BAMC, Walter Reed National Military Medical Center, Regional Health Command-Europe and the Telemedicine and Advanced Technology Research Center to develop clinical workflow processes, standard operating procedures and overall understanding of requirements necessary to build a successful MTF-level virtual health program. Their programs are helping others, including the VMC, to develop programs for the future.

Another example is the multi-specialty telemedicine program in Europe, which includes a thriving program as well as the

Virtual Integrated Patient Readiness & Remote Care (VIP-PR) Clinic. In particular, the VIPPR Clinic at Germany's Landstuhl Regional Medical Center provides readiness and other medical services to Army, Air Force and Navy personnel remotely located and without organic medical support across Europe, the Middle East and Africa, and it includes those assigned to the North Atlantic Treaty Organization (NATO).

Staffed by a physician assistant, exercise physiologist



and support staff, the clinic can perform virtual visits with active duty medics and their patients providing a wide variety of readiness services. These include, but are not limited to, Periodic Health Assessments (PHAs), Post Deployment Health Assessments (PDHAs), Post Deployment Health Reassessments (PDHRAs) and dental updates. The VIPPR Clinic was instrumental in helping U.S. military personnel assigned to NATO improve medical readiness from 77 percent to 83 percent.

Pacific Asynchronous TeleHealth (PATH) has been a long-time, favorite program of clinicians in Army Medicine. PATH is a web-based, HIPAA-compliant platform used for provider-to-provider teleconsultation and, when required, aeromedical evacuation case management. Hosted at Tripler Army Medical Center (TAMC), PATH enables remote providers to submit patient demographics, clinical data and supplementary multimedia as dictated by the clinical scenario. Consultations are screened by physician managers at TAMC and forwarded to appropriate specialists for input. If a specialist is not available at TAMC, other Department of Defense (DoD) providers can “electroni-

Staffed by a physician assistant, exercise physiologist and support staff, the clinic can perform virtual visits with active duty medics and their patients providing a wide variety of readiness services.

AMEDD has vastly expanded and transformed behavioral health and now reaches Soldiers and families closer to where they work to provide open access and reduced stigma. Behavioral health delivery directly impacts readiness. All in all, virtual health is no longer a concept. It is fast becoming standard operating procedure (SOP) for improving care and saving lives.

cally backfill” and provide consultative expertise as needed.

One virtual health use moving ahead of all others is mental health counseling. Improving access to mental health via virtual health has been enormously successful. In Fiscal Year 2016, more than 40,000 virtual health encounters occurred in Army Medicine. About 80 percent were for mental, or behavioral, health. Virtual health can be applied to almost any specialized area of medicine, and behavioral health specialists have widely adopted use of virtual appointments.

While use of virtual health for any medical specialty is important, the Army recognizes that ease and convenience of behavioral health access encourages those needing care to seek it.



VIRTUAL HEALTH FOR THE ARMY FAMILY

Although virtual health offers great opportunity to save lives on the battlefield, it is also transforming the way routine healthcare is delivered to Army families. The traditional visit to the doctor’s office is changing to virtual consultations via webcams, so spouses and children of soldiers can have more convenient access to care. SOP for some virtual health exams may involve having a nurse, physician assistant or medic available to assist with collecting data for the remote physician.

A virtual health or “telemedicine” cart with a special set of tools has been developed for the remote clinic, such as the VIPPR in Europe. Basic equipment on the cart includes a digital stethoscope, an otoscope to examine ears and sinuses, an ophthalmoscope to examine eyes and an exam camera. The cart also has a computer to store and transmit sounds and images. These carts will be widely available soon.

The ability to be connected to healthcare providers is especially important to retirees who face increasing likelihood of chronic health issues. Virtual health is also a useful option for those needing after-hours healthcare or

those away from home on business or vacation. Virtual health encounters will soon include video visits on smart phones and remote health monitoring at home for select patients receiving ongoing care. A patient can have signs and symptoms checked without leaving home or work, a significant time and cost savings.

VIRTUAL HEALTH IN THE FUTURE

Virtual health will be an important part of healthcare delivery in the future. In July 2016, a team of about 30 senior leaders, regional chiefs, clinicians and experts from a variety of fields held a symposium to discuss expanding use in Army Medicine. A similar group meets again in 2017. The symposium discussed delivery issues, such as the importance of accurate coding for procedures in electronic health records. This will limit the number of virtual health encounters that are being undercounted due to incorrect coding. The symposium identified other factors impeding utilization of virtual health. Concerns regarding legal issues, privileging of clinical personnel and admitting privileges at medical centers are being discussed and resolved.



Even with issues to solve, use of virtual health is growing and providing benefits. Physicians gain rapid access to specialists to help make decisions about care, to increase clinical efficiency and to improve potential for better patient outcomes. The number of virtual health appointments for both specialties and routine care is growing rapidly. Wounded Soldiers on the battlefield, families in garrison or at home in a rural setting and retirees need to have access to healthcare made as easy as possible. Virtual health will save lives of Soldiers and keep families healthy.

Virtual health, however, has its highest potential to support the warfighter. For the combat medic on the battlefield, training to gain additional clinical skills and new tools to use virtual health will begin Fall of 2017. Virtual health will allow Army Medicine to be everywhere it is needed. It means immediate access to care anytime and from anywhere. On the battlefield, medical care is always needed immediately. Virtual health will make this possible.

AMEDD lessons learned throughout the past 15 years have changed how care is delivered on the battlefield and at home. These outcomes, the many lives saved and ad-

vancements realized, do not happen by chance. They are products of a thoughtfully organized, tested and proven collection of military treatment facilities, research labs, training and education campuses similar to those that exist in Navy and Air Force components of the Joint Health Services Enterprise. They are also the result of an integrated and well-synchronized plan, as well as delivery of the right capabilities at the right time.

The strength of the Army is derived from its Soldiers and, in turn, their families. Strength is not derived from a weapon or a weapons system; it is derived from people. Army Medicine is a driving force behind innovations and technologies to adapt to future challenges that may arise at home or abroad. AMEDD will continue to provide full spectrum care from point of injury or illness on a battlefield through rehabilitative care while continuing to meet or exceed national quality of care standards in garrison environments. This is Army Medicine's sacred trust with the Nation and America's sons and daughters. It will continue to evolve capabilities in virtual health to ensure its ability to support the Nation's Army and Joint Force at the highest levels.

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	DONUT DAY	HOT DOG WEDNESDAYS	DONUT DROP	50 CENT FIRST FRIDAYS
USO OSAN DSN 784-3491	2ND & 4TH WED 1130	EVERY THURSDAY 1130	LAST FRIDAY 1500	1ST & 3RD FRIDAY 1400
USO WALKER DSN 764-4437	LUNCHBOX	FOOD SOCIAL	KOREAN LANGUAGE CLASS	SWEETS ON WHEELS
	EVERY MON & WED 1500	1ST & 3RD TUESDAY 1600	1ST & 3RD THURS 1130	
USO WALKER DSN 764-4437				
	PATRIOT EXPRESS WELCOME	HOT COCOA BREAK	LUNCH ON THE GO	
USO WALKER DSN 764-4437	1ST & 3RD TUES 1800	EVERY WEDNESDAY 1130	VISIT YOUR LOCAL CENTERS TO FIND OUT OUT ABOUT OUR THANKSGIVING FESTIVITIES!	
	TACO TUESDAY	PENNY WEDNESDAY		

WHAT'S GOING ON AT USO KOREA?



BAACH Welcomes Lieutenant General Nadja West back after 12 years

By Inkyeong Yun
*Brian Allgood Army Community Hospital
 Unit Public Affairs Representative*
 Photos by William Wight
65th Medical Brigade Public Affairs Office

Army Surgeon General, Lt. Gen. Nadja West, visited the Brian Allgood the Army Community Hospital September 20, 2017. Command Sgt. Maj. Gerald C. Ecker, command sergeant major, MEDCOM, accompanied the surgeon general. Ecker was also returning to the hospital he had previously been assigned.

Dual-hatted as the MEDCOM commanding general, West oversees more than 48 medical treatment facilities providing care to nearly four million active-duty members of all services, retirees and their family members. She is also responsible for the development, policy direction, organization and overall management of an integrated Army-wide health service system and is the medical materiel developer for the Army.

After welcoming the distinguished visitors, Col. Erica Clarkson, BAACH commander, and the command team provided a command brief highlighting a few accomplishments achieved over the year including receiving the first ASHMS Star Banner in the region. Lt. Gen. West also received feedback on Army Medicine initiatives and command priorities.

West praised BAACH's command team and staff for their team efforts in maintaining high-quality healthcare to beneficiaries while supporting the mission. She also emphasized how that mission is linked to successful operation of

the MEDCOM. "If it's all good here, it will also be all good back home. I really appreciate all you do here in Korea."

A tour of the hospital followed after the command brief. the visit included the Patient Centered Medical Home, Dermatology Clinic, Physical Therapy Clinic, Post Anesthesia Care Unit and the Women Infant Care Unit.

At every stop she made, Soldiers and civilians happily greeted West with a big smile. West not only spoke with leaders, but also engaged individually with Soldiers and civilian by recognizing their hard work and taking 'selfies' together which remained as special memories for the staff.

Capt. Danielle Neal, a BAACH dermatologist, shared that it was a great honor to meet West in person especially knowing that she is working in the very clinic where West began.

While West walked down the hallways, she reminisced about her time in Korea. She was able to meet her old colleagues who still remember how great West was as a leader. Dr. Sook Lee was one of them.

After serving as an active duty officer, Lee has continued to serve the BAACH and Army community in Korea. Lee shared that she would never forget what a humble and hardworking leader the Lt. Gen. had been while she was working as a dermatologist and as the clinic's Officer in Charge.

"I have never met such a humble leader with such a down-to-earth personality in my whole career," said Lee.

"I felt overwhelmed that I was able to reunite with her after all these years."

"As a Korean-American, I was always thankful for how she respected and wanted to learn the Korean culture too. I wonder if she is still into Taekwondo, a Korean martial art. I remember her trying not to miss her Taekwondo even after a late night at work. That was one of her ways to stay fit mentally and physically as a Soldier as well, and I have always found it so inspirational," added Lee.

Lee was not the only staff member waiting for this visit. Myong Seok Oh, a BAACH sleep technician, was finally able to show the photo of West in old Army Combat Uniform that he carried in his wallet since the day West became a brigadier general.

"I knew she would come back one day to visit the hospital as our commanding general. I have been imagining the day. I showed her this picture and talked about the 'good old days' with her today. It all came true. I can't express how happy I am," said Oh.

"To have such an influential leader visit us at the BAACH is not only the most powerful chance to boost staff morale, but it is also a great opportunity to showcase our ability to serve our Soldiers and families," said Clarkson. "The BAACH will always strive to bring the best healthcare to our beneficiaries because we know the importance of our mission here in Korea as Lt. Gen. West emphasized."



Lt. Gen. Nadja West discusses medical capabilities with Brian Allgood Army Community Hospital Commander, Col. Erica Clarkson.



Lt. Gen. Nadja West and 65th Medical Brigade Commander, Col. Wendy Harter (third from right) visited with Brig Gen. Jong-seung Ahn, Armed Forces Medical Command Commanding General (center) at U.S. Army Garrison Yongsan's Dragon Hill Lodge.



Lt. Gen. Nadja West and Command Sgt. Maj. Gerald Ecker, command sergeant major, MEDCOM posed for photos with staff of the Cariu Dental Treatment Facility at U.S. Army Garrison Humphreys.



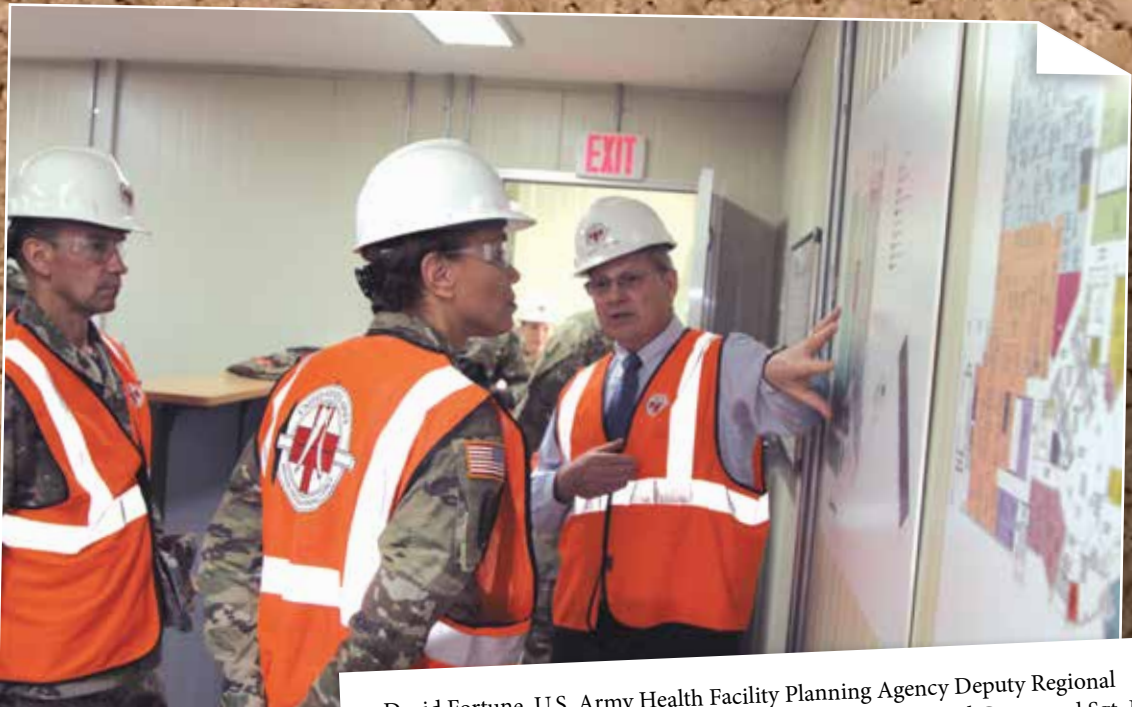
The 44th Surgeon General spoke to beneficiaries at the U.S. Army Garrison Humphreys Community Medical Town hall.



Lt. Gen. Nadja West and Command Sgt. Major Gerald Ecker walked through the Carius Dental Treatment Facility at U.S. Army Garrison Humphreys.



Lt. Gen. Nadja West and Command Sgt. Maj. Gerald Ecker posed with the Staff Sgt. Trent Crews, and Capt. Ginger Hammett, the Area IV command team of the 106th Medical Detachment (Veterinary Services Support).



David Fortune, U.S. Army Health Facility Planning Agency Deputy Regional Program Manager - Pacific, updated Lt. Gen. Nadja West and Command Sgt. Maj. Gerald Ecker on the future construction plans of the new Brian Allgood Army Community Hospital being built at U.S. Army Garrison Humphreys.



Capt. Richard Deathridge, OIC and Family Medicine staff provider of the Sgt. Shin Woo Kim Soldier Center Medical Home and Dental Clinic demonstrates to Lt. Gen. Nadja West the Q-Flow appointment scheduling automated ticketing system.



The 'Mighty' 65th Medical Brigade Command Team posed with Surgeon General during her tour of the Brigade Headquarters Compound on U.S. Army Garrison Yongsan.



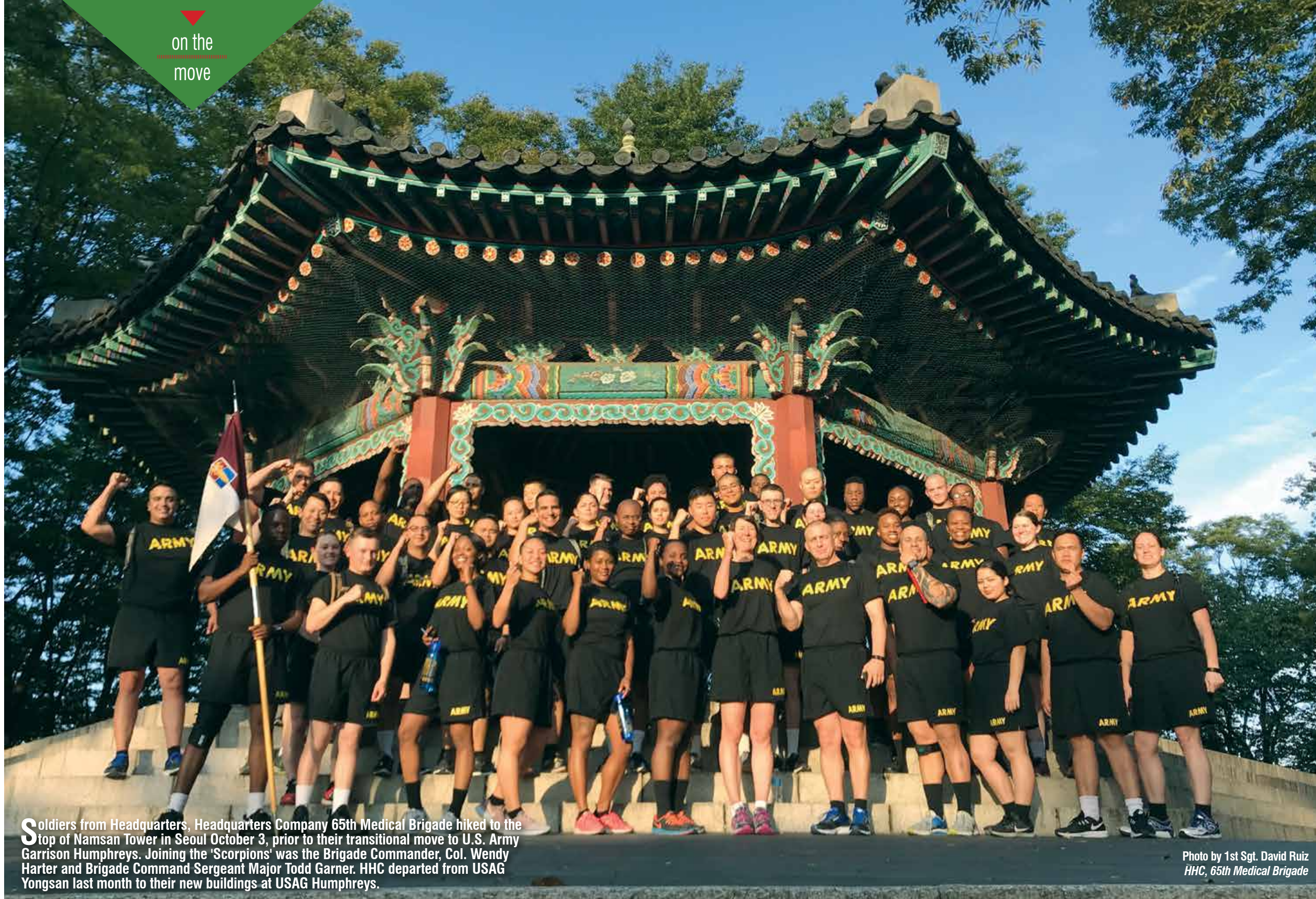
Lt. Gen. Nadja West and Command Sgt. Maj. Gerald Ecker, command sergeant major, MEDCOM are joined by 65th Medical Brigade Commander, Col. Wendy Harter as they view the sand table of the 106th Medical Detachment (Veterinary Service Support) outlining the locations and missions of the unit on the Korean peninsula.



Lt. Gen. Nadja West walks with 65th Medical Brigade Commander, Col. Wendy Harter after touring the construction site of the new Brian Allgood Army Community Hospital at U.S. Army Garrison Humphreys.



Lt. Gen. Nadja West and Command Sgt. Maj. Gerald Ecker, command sergeant major, MEDCOM listen to a troop leader's development briefing at U.S. Army Garrison Humphreys.



Soldiers from Headquarters, Headquarters Company 65th Medical Brigade hiked to the top of Namsan Tower in Seoul October 3, prior to their transitional move to U.S. Army Garrison Humphreys. Joining the 'Scorpions' was the Brigade Commander, Col. Wendy Harter and Brigade Command Sergeant Major Todd Garner. HHC departed from USAG Yongsan last month to their new buildings at USAG Humphreys.

Photo by 1st Sgt. David Ruiz
HHC, 65th Medical Brigade

Army Public Health Center Launches New Animal Health Mobile App

milPetEDAPP

Available for  



By Samantha Birk

Army Public Health Center Public Affairs Office

The Army Public Health Center's Veterinary Services and Public Health Sanitation Directorate have teamed up with the Public Health Communication Directorate in creating a new mobile app called milPetEd, short for Military Pet Education. The app provides Soldiers, family members and retirees with animal health information, an interactive Veterinary Treatment Facility finder, and even a section where users can submit pictures of their furry, feathered or finned friends.

According to Katie Riley, a health communications specialist with the Public Health Communication Directorate, "The Military Pet Education app was created to provide Service members, beneficiaries and retirees with easy access to animal health information on phones and tablets."

The comprehensive and accessible app leads the user through the various aspects of having a pet, from the basics such as considering what sort of pet would be best for you and your family, to the harder topics such as understanding the grief that accompanies losing a beloved pet. The app includes a variety of articles, all written by U.S. Army veterinary service personnel. While the app currently focuses primarily on cats and dogs, it provides some information about what to do with smaller pets or farm animals in case of an emergency.

"Future additions to the app will include information about horses, birds and other creatures people may have

as animal companions," stated Lt. Col. Wendy Mey, a preventive medicine veterinarian in the VHS Directorate. "It is important for people to know that the information on the app was written by Army Veterinary Service personnel with our military beneficiaries in mind."

MilPetED includes extensive animal health information, ranging from general information about the importance of preventive care to species-specific information, such as preventing dog bites. In addition to physical health, the app offers information about helping animals who are experiencing emotional or behavioral difficulties.

The app offers advice that is relevant to the whole family, such as instructing parents and caregivers about the importance of teaching your children about proper animal etiquette, and the proper way of introducing a new infant to the family pet.

"Many may only visit the Veterinary Treatment Facility once or twice a year. We needed to come up with a way to ensure our Service members, beneficiaries, and retirees had easy access to trusted information at their fingertips," said Riley. "The Military Pet Education app was created to be the one place Service members, beneficiaries and retirees need to go to obtain animal health information tips and resources on any of their devices."

The app officially launched Sept. 12, and is available for free download from iTunes and Google Play.

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Autumn Tour To Jeongeup

Story by Charles Cheong, *Oriental Press*
Photos by Sunbae Park, *photojournalist*





Jeongeup, located in the southwestern part of Jeollabuk-do (North Jeolla Province), is surrounded by vast Honam plains and high mountains boasting of exotic landscapes. In particular, Naejangsan (Naejang Mountain) National Park, one of five noted mountains in Honam is famous for tinted autumn leaves. Within this park there are ancient Buddhist temples and Grottos such as Naejangsa, Bangryeongam and Wonjeokam. Jeongeup, still preserving the weight of time, is frequented by more than one million tourists annually.



From olden times, Jeongeup has a well known reputation for cultivating rice, the staple food for Koreans. Today, the city is famous for its well-preserved nature, culture and history and emerges as a newly appealing tourist attraction on the strength of numerous cultural assets featuring the ancient Buddhist temple Naejangsa, in addition to a beautiful natural landscape.

The Siberian Chrysanthemum Theme Park, which resembles the touchingly beautiful and lyrical autumn, is a heartrending garden on the theme of pine tree forests and Siberian chrysanthemums. These natural characteristics accentuate the abandoned land covering 300,000m² around Okjeongho Lake in Sannae-myeon, Jeongeup City.

The Theme Park features the Biotope Garden based on the ecological wetland in Churyeong-cheon and artistic landscapes decorated with a variety of colored rice. Visitors to Jeongeup can enjoy the beautiful scenery of wild flowers to help them escape the hustle and bustle





of their daily life. Walking through a forest experience with natural resources and Siberian chrysanthemum, provides an amazing healing space for treatment of the mind among the autumn flowers. The entire area is covered with white Siberian chrysanthemums as if someone spread white paint on the natural ground.

The neat-and-simple-looking Siberian chrysanthemums make visitors feel an innocence along with the spicy aroma of green pine trees from afar.

Siberian chrysanthemum is a perennial herbaceous plant belonging to the *Compositae* family and 50 to 70 cm tall. As Korea's representative wild flower, it has many names, but it is commonly known as a wild chrysanthemum or white Gujeolcho in the Korean language.

According to Donguibogam (a classical medicine textbook), a clinical medicine encyclopedia compiled by Jun Heo from 1596 to 1610 during the Joseon Dynasty, Siberian chrysanthemums are very effective in protecting the liver, clearing the eyes and facilitating

blood circulation. In addition, Siberian chrysanthemums are precious plants that have been used as ingredients with other oriental herbs and spice from olden times as effective in shaking off fever and for detoxification. They are bitter, cold but non-poisonous (Note: Donguibogam is National Treasures No. 319, 319-2 and 319-3 that are registered as UNESCO Memory of the World. The book, literally meaning "Mirror of Eastern Medicine," was listed on UNESCO's Memory of the World Register in 2009.)

Siberian chrysanthemum tea or dry Siberian chrysanthemums inserted into a pillow help clear the head, treat headaches and remove fecal stasis. Until medical science had yet to be advanced, Siberian chrysanthemums were dried in the autumn to be used as a household medicine all year long.

Another fascinating autumn sight in Jeongeup is the tinted autumnal leaves in Naejang Temple. World-renowned Korean autumn foliage sea-



son starts in Mt. Seorak, Gangwon-do in the middle of September before moving south along the latitude to reach its peak in Mt. Naejang in the middle of November. Autumn leaves in Naejang Temple become tinted from the summit before coloring the entire Mt. Naejang in red. The highlight of the autumn foliage is seen in a 3.2km red leaves tunnel from the entry of the park to Naejangsa Temple. In particular, the specific section of the tunnel with 108 trees from Iljumun (Ilju Gate) to the temple gives such a grand sight.

The autumn foliage in Mt. Naejangsan is famous for its “baby autumn leaves.” The leaves are small like a baby’s hands and the color is gorgeous and fascinating with the strong red like blood.

The Korea Meteorological Administration forecasts that the autumn leaves will

Naejangsan and Jeongeup



reach their peak in the middle of November.

Autumn foliage tour courses recommended by Naejangsan National Park Office:

- Autumn foliage tunnel: entry of the park to Naejangsa Temple (3.2km)

- Nature Observation Course: Exploration Information Center - Weonjeogam - Byeongryeonam - Exploration Information Center (3.8km)

- Seoraebong Course: Exploration Information Center - Byeongryeonam - Seoraebong - Bulchulbong - Exploration Information Center (5.9km)

Every year, during the autumn leaf season, traffic congestion gets so serious that it is almost impossible to control the roads, so all vehicles are prohibited from passing through the section from Naejang Lake Parking Lot - Weolryeong Bridge & Yeonja Bridge - Exploration Information Center this year.

Jeongeup City, one hour away from Gunsan Air Base, KTX (Seoul -Mokpo) and two expressways (Seohaean Expressway and Honam Expressway) pass through the city.

Jeongeup Naejangsan Special Tourist Zone (designated on January 18, 1997), which covers Naejangsan Mountain, Baegamsan Mountain and Ibamsan Mountain, is known for the most beautiful fall scenery in Korea. In the autumn, the zone is aflame with autumnal tints. Naejangsan Mountain has been referred to as "Geumgang of Honam" since the Joseon Dynasty.

Naejangsan Mountain is about 11 km away from downtown Jeongeup, and its name means 'many secrets in the mountains'. The highest peak of Naejangsan Mountain is Sinseonbong Peak, which is 763 m above sea level. The nine peaks of the mountain stand in a circle, similar to the shape of a horse's hoof. As one of the eight scenic views of the nation, it boasts grand scenery. Geumseon Valley, which embraces Geumseon Falls, Dodeok Falls and Baegam Valley, is also famous.

Since there are more than ten trekking courses, hikers can choose a course after taking their physical stamina or personal preference into consideration. The length of each course varies from 1.5 km to 14 km. For those who are not able to trek long distances, walking the 3.6 km-long nature trail that leads to the flatland is a good option. Visitors can reach the observation platform easily by riding a cable car from the ticket office.

The number of tourists has been steadily increasing since the KTX train began to stop at Jeongeup Station. When the autumn colors are at its peak in particular, taking the KTX makes the trip to Naejangsan Mountain much easier for travelers, and prevents traffic jams. The Donghak Peasants Revolution Commemoration is held in May and the Naejangsan Fall Foliage Festival takes place in October.

- Parking Facilities: seven parking lots are available at Naejangsan National Park, Okjeongho Lake and Yongsan Tourist District.

- Available Facilities: Tourist information center, interpretation center, recreation forest, tourist nightlife restaurant, tourist hotel, etc.

- Facilities for the Handicapped: A cable car is available to the observation platform on Naejangsan Mountain.

- Interpretation Services Offered: Multilingual travel handbooks, including English, are available at Naejangsan National Park tourist information center. The interpretation center offers interpretation service

- Pets: No pets are allowed.

Map with KTX lines:



Jeongeup Logo:



- Region: Honam
- Province: North Jeolla
- Mayor: Saeng-gi Kim
- Area: 3 692.66 km² (267.44 sq mi)
- Population: 110,194 (2015)
- Address: Jeongeup-si, Jeollabuk-do
- Dialect: Jeolla
- Inquiries: +82-63-539-5193

Moon Kicks to Tokyo

**121st CSH
Soldier Vies for Spot
on Olympic Team**

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



Many athletes dream of standing atop an Olympic medal podium. However, without the necessary support, even the slightest chance of that happening is a long shot.

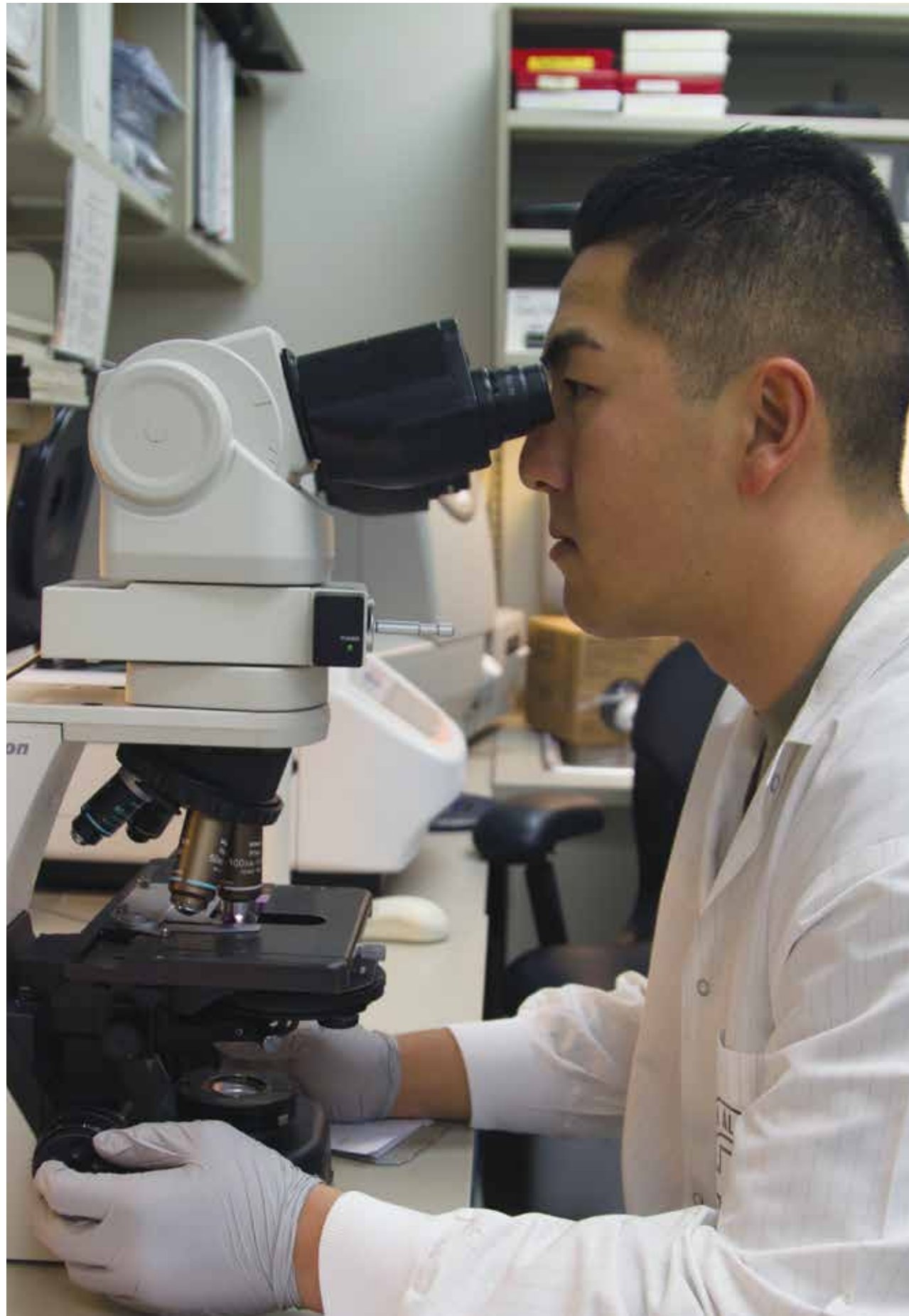
For 21 year old Jung Suk Moon, this dream may soon become a reality after 16 years of training in the sport of Taekwondo.

Born in Hongdong South Korea near Seoul, Moon began his interest in the sport at the age of five. "My parents were very apprehensive to me wanting to learn the sport because it is such a physically intensive sport," said Moon.

After his family moved to the U.S., Kim continued his training earning his fourth black belt degree. Upon graduation from high school, he decided to join the U.S. Army where he trained to be a medical laboratory technician and later received his U.S. citizenship.

"Before I joined the military, Taekwondo is all I ever did," said Moon. "It was during my first duty station that I became a member of the All-Army Taekwondo team and the Armed Forces Conseil International du Sport Militaire, or better known as CISM."





Sgt. Arthur Cross III, assists Pvt. 1sr. Class Jung Suk Moon with his Taekwondo training at U.S. Army Garrison Yongsan's Trent Warrior Resiliency Fitness Center.

Being a Soldier with aspirations to become a physician, Moon spends every available minute of his down town training in the sport he loves. "I realize I have a mission to do in the Army," said the Alpha Company 121st Combat Support Hospital Soldier. "My command team and supervisor are supportive and are constantly assisting and helping me train; pushing me to become a World Champion."

During the summer months, Moon goes to Fort Indiantown Gap, Pennsylvania to train and compete on the All Army Team with Taekwondo training three times a day. Competing in the 87kg (192 pound) and up category, Moon is considered a heavyweight.

"Although I am a fourth degree black belt, a lot of my opponents are much taller than me and heavier, thus I need to train hard each and every day, kicking faster and stronger," said Moon. "Being back in Korea, my birthplace, is awesome. The World Taekwondo Headquarters is about 20 minutes from Yongsan Army Garrison and I get to train and be coached by some of the great Masters."





Hard work, perseverance and a desire to improve are qualities that make for a good Soldier as well as a good athlete, he continued, so there's a good fit in being able to do both.

Qualification for the U.S. Olympic Team is a very hard road according to Moon, who is preparing for an upcoming qualifying event in hopes of earning a spot on the team to compete in the 2020 Olympics in Tokyo. "I will compete at the U.S. National Taekwondo Championships as part of the All Army Taekwondo Team and also on US Armed Forces CISM Taekwondo Team which means competing at the CISM World Games and CISM National Championships."

The Army's All-Army (Sports Program) chooses a number of athletes for any of about 20 sports and sends them to a three-week trial camp, said Karen White, chief of the Army Sports, Fitness and World Class Athlete Program. If they make the cut there, they become a member of the All-Army team for their given sport.

The All-Army team then competes in the Armed Forces championships. Performance at this level decides placement on the All-Service team, which competes international military championships organized by the CISM.

"A lot of Soldiers would probably make good Olympic athletes because they have the qualities to succeed in whatever they do, Moon said, encouraging anyone interested to look into the World Class Athlete Program to find a sport they might be interested in and qualify for. Hopefully you can make it to the Olympics like I will." WCAP helps by providing the coaches, training facilities and finances, he said.



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 **JOES**

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

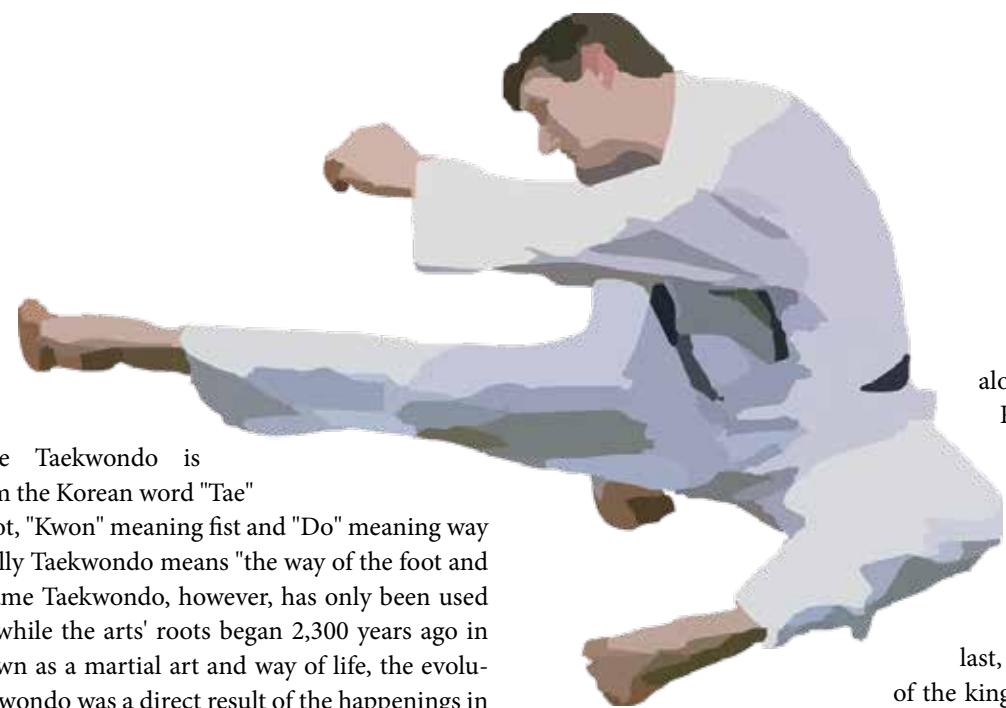


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A Brief History of TAEKWONDO

By Ronald A. Southwick, *Special to PULSE 65*



The name Taekwondo is derived from the Korean word "Tae" meaning foot, "Kwon" meaning fist and "Do" meaning way of. So, literally Taekwondo means "the way of the foot and fist". The name Taekwondo, however, has only been used since 1955 while the arts' roots began 2,300 years ago in Korea. Known as a martial art and way of life, the evolution of Taekwondo was a direct result of the happenings in Korea long ago, and knowledge of the history is an important step in understanding Taekwondo.

Early Korea:

Korean history began when in 2333 B.C. the legendary national founder, Tangun, founded "Old Korea" at Asadal. As in the histories of other nations, communal life was gradually transformed into tribal communities, and then tribal leagues and finally took the form of a state. Although no written history of the fighting systems of this time remains it is known that the people of this time were hunters and had some means of protection as well as livelihood.

The Three Kingdoms:

During the 6th century A.D. what we now call the Korean peninsula was divided into three kingdoms; Koguryo, Paekje and Silla. Koguryo (37 B.C.- 668 A.D.)- Koguryo was the largest kingdom. It occupied the southern section of Manchuria and the northern section of the Korean peninsula. Paekje (18 B.C. - 600 A.D.)- Paekje was situated

along the Han River and in southwestern Korea. Silla (57 B.C.- 936 A . D .) - Silla was the last, and smallest of the kingdoms and located on the southeastern tip of the Korean peninsula. Archeological findings during these times such as the mural paintings on the royal tombs during the Koguryo period, stone sculptures at pagodas during the Silla period and documents written in the Paekje period, show techniques and fighting stances that were probably the first forms of Taekwondo.

The three kingdoms were at war with each other and constantly fought for new ground on the peninsula. Silla, being the smallest and weakest militarily began to have a difficult time protecting itself against the other kingdoms and so took an action which would turn out to be a key point in Korean history.

HwaRang:

The 24th king of Silla, Chin Heung, formed a group of warriors, which were called the HwaRang. The HwaRang were trained in weapons such as the sword, spear and bow. They devoted their lives to these martial skills in the hopes that they could save Silla. The HwaRang also studied an

unarmed form of combat called SooBak. SooBak was a primitive form of foot fighting, using some hand, but mostly foot techniques. The HwaRang took SooBak and added things to it to create a more fighting art. The techniques of SooBak were created to be used in fighting along with the other weapons of the HwaRang to make the warriors able to defeat their enemies. But, Chin Heung needed something more than just competent soldiers; he needed something to unify the HwaRang and create the mental conditioning to lead the kingdom to victory. So, he asked Won Kang, a Buddhist monk and scholar, to take charge of the HwaRang training. Won Kang did so and not only created fine warriors, but actually a way of thought for the HwaRang. Won Kang came up with a code of ethics that the HwaRang warriors followed. They were:

1. Be loyal to your king
2. Be obedient to your parents
3. Have honor and faith among friends
4. Have perseverance in battle
5. Justice never to take a life without cause

With a code of ethics and with their skills in fighting the HwaRang became the HwaRangDo, which meant "way of the flower of manhood." The HwaRangDo became known for their bravery and fighting skill and soon supplied the leadership to defeat both the Paekje and Koguryo kingdoms and unify Korea in to one country known then as Koryo.

Koryo Dynasty: (918 A.D. to 1392):

The Koryo Dynasty was a time for growth and development in the martial arts. During this time unarmed combat gained its greatest popularity. It was believed that SooBak was introduced to China and became known there as KwonPup. SooBak also changed its name to SooBakGi because of the new techniques and the mental discipline added to the style. SooBakGi became a popular sport by both the military and the general public. Martial arts were on an upswing and even new styles began to appear. One such style was Tae Kyon. Tae Kyon involved many more and new kicking techniques and was designed as more of a fighting sport than a discipline. Tae Kyon and SooBakGi contests were held at annual festivals given by the king. The winners of this contest were given high court offices and also taught the styles to the



The signs are all around

it's up to YOU to recognize and act on them

Training, Discipline and Standards

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.

know the signs

KNOW WHAT'S RIGHT
DO WHAT'S RIGHT

TAEKWONDO

military, which now made these unarmed arts mandatory. Since the soldiers learned and practiced these arts, during their travels though out the kingdom they also spread the study of martial arts.

Yi Dynasty (1392 A.D. to 1910):

During the Yi Dynasty, Korea (Yi-shi-Choson) underwent a dramatic change from Buddhism, the predominant religion, to Confucianism. This change brought a Chinese influence over the government and the people of the time. Military leaders began to lose their power to civilian statesmen who believed in the cultural development of their civilization. The people as a whole began to lose interest in the study of martial arts. The study of martial arts, including weapons, was banned to all but the military. The HwaRangDo, which were rooted in the Buddhist teachings, gradually lost its importance among young people. Martial arts began a great downfall. There was, however, an important contribution to the martial arts when King Jong Jo ordered a manual of military arts to be written, including weapons, Tae Kyon and SooBakGi. The manual, written by Lee Duk Mu, included detailed sections on unarmed combat thus preserving in writing the techniques of these fighting arts. During the

Yi Dynasty several invasions by the Japanese were fought off. However, due to the eventual decline of military power, the Yi Dynasty ended with the Japanese takeover on August 2, 1910.

Japanese Control:

Now that Japan had great influence in Korea (Choson) many things were changed. All competitive sports and martial arts were outlawed. Only the military, now under Japanese control, could practice martial arts. SooBakGi was practiced in secret and soon changed its name again to SooBakDo. Japanese combat arts were introduced to Korea at this time. The people of Korea received them with great interest. Due to peace treaties between the Japanese and Koreans, Japanese educational curricula were taught in all Korean schools and also such Japanese arts as Kendo ("way of the sword"), Judo, Karate, and Aikido. Once again martial arts began to flourish with each side, Japan and Korea, trading techniques and styles of martial arts. On August 15, 1945 Korea was liberated from Japan and Korean arts could once again develop.

Unifying of Taekwondo:

Within Korea there were five major martial art academies or Kwans. They were called Mooduk Kwan, Jido Kwan, Changmu Kwan, Chungdo Kwan, and Songmu Kwan. With-

in these schools lie a variety of styles such as KongSooDo, Tae Kyon, SooBakDo, TangSooDo, KwonPup, etc. The way of teaching and employing many of the techniques varied as much as the schools and in 1946 an attempt was made to unify Dojangs (training halls) and standardize instructional methods. Some of the leaders wanted to uphold the martial art character of the schools while others wished to create a combat sport. These meetings met with no success.

In 1955 a board of instructors, historians and prominent society members sat down to coordinate all the schools and select a name for the hopefully unified art. In April 1955 a new name was from a group of names by the board, it was Taekwondo.

In 1962 the Korean Amateur Sports Association recognized the Korean Taekwondo Union, which later became known as the Korean Taekwondo Association (K.T.A.).

On May 28, 1973 the World Taekwondo Federation was officially established at the Kukkiwon (headquarters) by Dr. Un Yon Kim. Located in Seoul, Korea the World Taekwondo Federation is the governing body which preserves Taekwondo's roots and development, controls testing and testing requirements, and promotes the study

of Taekwondo all over the world. In this way the WTF hopes to continue the unification of their native art.

Taekwondo Today:

Taekwondo today is just as exciting as ever. Taekwondo, under the leadership of the World Taekwondo Federation has grown into an international art and sport practiced in over 190 countries worldwide.

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In the United States there are more than 5million practitioners of this Korean art. The United States Taekwondo Union (USTU) is the only National Governing Body for the sport of Taekwondo in the United States. As the NGB for the sport, the USTU is a member of the United States Olympic Committee, The World Taekwondo Federation and the Pan American Taekwondo Union.



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Ingredients of Korean Food

Courtesy of Korea Tourism Organization



Japchae

Ingredients



Grains

Rice is the chief grain in Korea, used with almost every meal, in porridges, rice cakes and desserts. Wheat flour is used in making noodles and served at feasts. Barley is used in bibimbap-style dishes and in various processed foods with wheat. Buckwheat flour is used for noodles, dumplings, jelly and cookies. Foxtail millet, Chinese millet, and African millet are also used in cooking rice, porridges, cakes and cookies.



Beans

Beans are used extensively in Korean cooking; in particular soybeans, red beans, mung beans and peas. Beans are used with rice to create cakes, steamed food or porridges, sprouted for use in banchan (side dishes) and bibimbap and also as ingredients for fermented foods such as soy sauce and soybean paste.



Potatoes

Potatoes and sweet potatoes may be substituted for rice and are used in cakes and fried food. They are also used to produce starch flour and other processed products.

Vegetables

There are various vegetables grown throughout the seasons. They are used as ingredients in soup, kimchi, salad, namul (wild greens) and pickled vegetables, which are an important source of vitamins, minerals and fiber.



Mushrooms

Pine mushrooms, brown oak mushrooms, oyster mushrooms, rock tripe and snow puff mushrooms are the most edible mushrooms in Korea. Brown oak mushrooms have a good flavor and are often used in braised, steamed, pan-fried and stir-fried dishes. Rock tripe is often used as garnish.

Fish and Clams

Because Korea is surrounded by sea on three sides, various fish and clams are used in cooking. There are white-flesh fish such as sea bream, flatfish, yellow corvina, and red-flesh fish such as mackerel, as well as abalone, mussels, squid, short-necked clams, oysters, blue crab among others. They can be braised, simmered in soy sauce, grilled, steamed or cooked in soups.



Seaweed

Various seaweeds such as laver, brown seaweed, tot (brown algae), and sea lettuce are used in soups, fried foods, and salads. Seaweed is a notable health food that is rich in minerals and low in calories.

Meat

In Korea, various meat dishes have been developed, such as grilled and braised meats, as well as dried meat from poultry and livestock. Beef can have different textures and flavors according to its age, sex, amount of physical exercise, cut, and the level of fermentation. A suitable meat should be selected for each particular recipe. Tenderloin and sirloin are good for grilling and frying. Brisket, shank, gristle, tail and chuck short ribs are the best for soups and braising. Top round, shank and ribs are good for steaming and braising. Top round is the best cut for serving raw, dried or braised in soy sauce. Pork is often used for grilling because pork is more tender than beef, and has different fat distributions according to the cut. Chicken is often used in grilling, frying, steaming and soup because the meat is leaner.



Eggs

Chicken eggs and quail eggs are often pan-fried or steamed. They are also used for coating fish or vegetables before frying. They may be fried for yellow or white egg garnishes.

Fruits

Fresh fruits such as apples, pears, peaches and strawberries may be soaked in wine or vinegar. Persimmons and jujubes may be dried rather than soaked. Hard shell nuts such as chestnuts, walnuts, ginkgoes and pine nuts are used as garnish for gangjeong (sweet rice puffs), steamed foods, gujeol-pan (platter of nine delicacies), sinseollo (royal hot pot) and tea.



Seasonings



Seasonings enhance taste and flavor, and extend the storage life of foods. *Yangnyeom*, Korean for seasoning, literally means “consider medicine.” The flavor of Korean food very much depends upon the selection and quantity of seasonings. There are various seasonings for saltiness, sweetness, sourness, spiciness and for additional flavors and colors.

Salt

Salt is the most common source of the salty taste in food. It is classified as *horyeom*, *jaeyeom*, and table salt according to the size of the crystals. *Horyeom* is coarse bay salt used when making kimchi, bean sauce or bean paste and marinated fish. *Jaeyeom* is a finer salt also called *kkotsogeum* (flower salt). It is white and clean, and used as an ordinary salt for seasoning food. Table salt is the finest salt, used for seasoning food at the table.

Soy sauce

The word for soy sauce in Korean, *ganjang*, means “salty.” Soy sauce is made of fermented beans and is used for seasoning food. It adds saltiness, a savory taste and coloring. Soy sauce is used differently depending on the cooking method. Soup, *jjigae* (stew) and *namul* are seasoned with *gukganjang* (concentrated soy sauce, 24% salinity). *Jinganjang* (less salty soy sauce, 16% salinity) is good for braising, slicing and simmering food and also for meats. Seasoned soy sauce or vinegar soy sauce may accompany fried fish and other fried food.

Soybean paste

Doenjang (soybean paste) literally means “thick paste.” It is a soybean paste made of the fermented solid ingredients of soy sauce. *Doenjang* is usually

used in cooking stews such as *doenjang-guk* (soybean paste soup) or *tojang-guk* (soybean paste soup flavored with dried vegetables and meats). It is also served as a condiment for *ssam* (leaf wraps), or for *namul* and *jang-tteok* (wheat flour pancakes with *doenjang*).

Red pepper paste

Red pepper paste is used for stews, soups, fried food, salads, grilled food and *namul*. It is also used in making fried red pepper paste sauce for side dishes, and served with raw fish or mixed noodles.

Green onion

Green onion eliminates strong odors from fish and fatty foods. It enhances the taste of food with its unique flavor. They range in size from large to medium and thin. Large green onions are used for seasoning. Finely chopped medium green onions are added to soups such as *seollongtang* (ox bone soup), *gomtang* (beef bone soup) and *haejang-guk* (hangover soup). Thin green onions are added to kimchi.

Garlic

The volatile compound called “allicin” in garlic gives it its spicy taste, and eliminates the strong odors from fat, fish and vegetables. Garlic is also an important seasoning for kimchi. Minced garlic is used for seasoning. Garlic is usually sliced or shredded for flavoring or garnishing, although whole cloves may also be served.

Ginger

Ginger has a unique flavor and spicy taste which eliminates the strong odors from fish and the fat in pork and chicken, and enhances the taste of food. It is minced, sliced, shred or juiced for seasoning.



Ground red pepper

Ground red pepper is made of dried red pepper. It is classified by size as coarse, medium and fine, and classified by spiciness as very spicy, medium and mild. Coarse ground red pepper is used for making kimchi, medium size is also used for kimchi and seasoning, and fine ground red pepper is for red pepper paste or salads.

Ground black pepper

Ground black pepper eliminates the strong odors from fat and fish with its pungent taste and flavor, and it stimulates the appetite. The more pungent black pepper is used for meat dishes while the milder, white pepper is used for fish. Whole peppercorns are used in making Korean pear pickles, broths and thick soups.

Mustard

The mustard seeds in mustard contain the enzyme myrosinase, which produces a unique flavor and spicy taste when fermented with water at about 40°C. A mustard sauce with salt, sugar and vinegar is used to dress salads such as gyeojachae (assorted meats and vegetables with mustard sauce) or naengchae (chilled salad).

Cinnamon

Cinnamon has a unique flavor that enhances the taste of food. Powdered cinnamon eliminates the strong odors from fatty food. Cinnamon provides a special spice and color in cinnamon punch, rice cakes and Korean cookies.

Edible oil

Varieties of edible oil include sesame oil, perilla (wild sesame) oil and soybean oil. Sesame oil and perilla oil have a unique flavor that stimulates the appetite. They add a nutty aroma to food and prevent moisture evaporation when grilling meat or fish.

Sesame salt

Sesame salt is made by washing sesame seeds and stir-frying and grinding them with a small amount of salt while hot. This process produces a sweet taste and flavor. It is used to season namul and steamed or braised food.

Sugar, starch syrup, honey, glutinous starch syrup

When sugar, starch syrup, honey or glutinous starch syrup are added, they provide sweetness and color to the food. They also make the food soft and glutinous by keeping it moist for a long time. Therefore, they are used for seasoning food, and used in making Korean cookies, such as gangjeong, junggwa (fruit- or flower-shaped honey cookie), and yumilgwa (deep-fried cookie of flour and honey).

Vinegar

Vinegar is made by fermenting grains or fruit and it adds tartness to food. As a seasoning, vinegar gives a clear and cool taste to the food, stimulates the appetite and aids with digestion. It also eliminates the strong odors from fish, makes fish fillets firmer, and acts as an antiseptic.

Chinese pepper

Ground Chinese pepper eliminates the strong odors from fish and fats in fish or meat soups, and it also breaks down the fats.

Salt-fermented seafood

Salt-fermented seafood has been marinated with salt and fermented. It is an important side dish since it has a lot of protein. It harmonized salty, sweet and savory flavors beautifully when making kimchi or served as a side dish on the dining table.



23 November 2017

THANKSGIVING

Army Medicine wishes you a safe & healthy holiday with family & friends



10 November 2017

Thank you for your service



A product of Army Medicine Public Affairs



WORLD CULTURAL HERITAGE SITES

Courtesy of Korea Tourism Organization



Series IV

Gyeongju Historic Areas (Designated 2000)

Location: Area of Gyeongju-si,
Gyeongsangbuk-do

Gyeongju Historic Area, registered as a UNESCO World Cultural Heritage on November 2000, is a historical attraction where the achievements and culture of the Silla Dynasty (57BC – AD 935) have remained well-preserved. In the Gyeongju area, capital city of Silla, there are many sites and monuments important to the 1,000 years of development of Korean architecture and Buddhism. The area is divided into 5 zones based on their characteristics: the Namsan Mountain area, a center of Buddhist culture; the Wolseong Fortress area, the royal grounds of the Silla Dynasty; the Daereungwon Tomb area, the tombs of high-ranking officials including the kings of the Silla Dynasty; the Hwangnyongsa Temple area, showing the essence of Silla Buddhism; and the Sanseong Fortress area, focusing on the defensive mechanisms of the royal capital.

The most representative heritages include Gyeongju Poseokjeongji, Sinseonam Hermitage Rock-carved Bodhisattva in Namsan Mountain of Gyeongju, Wolji Pond, Cheomseongdae Observatory, Ancient Tombs in Hwangnam-ri, Daereungwon Tomb Complex, Hwangnyongsaji (Hwangnyongsa Temple Site) and Bunhwangsa Temple



Poseokjeongji

Poseokjeongji is located at a detached palace of the Silla Dynasty in a valley on the western side of Gyeongju's Namsan Mountain. Standing on a rock next to a stream, Poseokjeongji (Poseokjeong Pavilion - surface area 7,432m²) was designated as private monument No.1 on January 21, 1963. The location is originally where the royal villa of the Silla Kingdom (57 B.C.-935 A.D.) had been, but the building no longer exists, and only a stone waterway shaped as a shell is left in its place.

Poseokjeongji (Poseokjeong Pavilion) was named so as the shape of the rock grooves, winding and shaped like an abalone. Poseokjeong is built with 63 kinds of rock materials. It is 35cm



Poseokjeongji

wide, 26cm deep on average, and the total length is about 10 meters. It is said that the Namsan Valley water was brought here, and was spewed out through a stone turtle, but the stone turtle does not remain today.

This is where the Silla Kings had come with their officials and nobles. It is said that they would float their wine glasses on the water where the water would flow along the stone groove, and they would recite poems before their glasses floated up to them.

Next to Poseokjeongji (Poseokjeong Pavilion), Poseok valley was also much loved by the Silla people for its clean water and beautiful features. That is precisely why the palace villa of Silla was built here. Nowadays there are zelkovas, pine and bamboo woods preserving the cozy and relaxing atmosphere.

Cheomseongdae is the oldest existing astronomical observatory in Asia. Astronomy was very important in relation to agriculture as the movement of the stars could influence the farming schedule. The observatory is also highly valued as proof of the advanced scientific technology of the Silla Dynasty.

Constructed during the reign of Queen Seon-deok (632-647), it was used for observing the stars in order to forecast the weather. This stone structure is a beautiful

combination of straight lines and curves, and was designated as National Treasure No.31 on December 20th, 1962.

Cheomseongdae was built in a cylinder shape with stones 30cm in diameter. 362 stones were piled up to make 27 levels. Roughly 4.16m up from the bottom there is a 1m² square entrance and a space to hang a ladder under it.

The inside is filled with soil up to the 12th level, and the 19th, 20th, 25th, and 26th levels all have long rocks hanging on two areas, shaped as the Chinese letter '井' (jeong).

It stands 9.17m high and the base stone on each side measures 5.35m.

The Vernal Equinox, Autumnal Equinox, Winter Solstice, Summer Solstice and the 24 solar terms (also known as the astronomical solar year) were determined by the observation of stars. The pavilion stone is believed to have been used as a standard of deciding directions, north, south, east and west. The 362 stones used to build Cheomseongdae represented the 362 days in a lunar year.

Bunhwangsa Temple was built during the year 634 and the third year of Queen Seondeok's rule, the 27th ruler of the Silla Kingdom. Prominent Buddhist priests Wonhyo and Jajang have resided at the temple.

As the temple has a long history, it once held many historical relics but most of them have been lost due to



Cheomseongdae Observatory

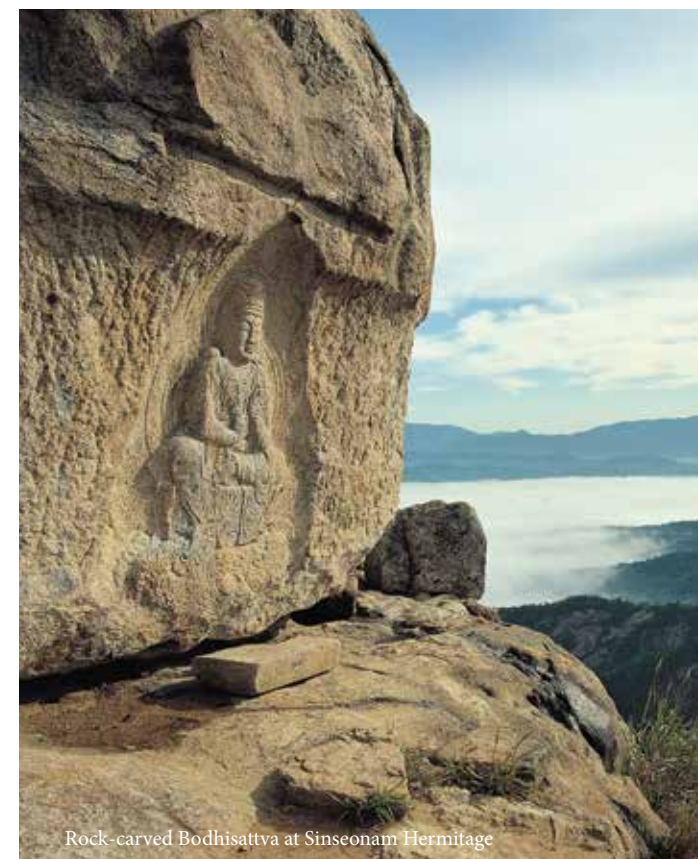
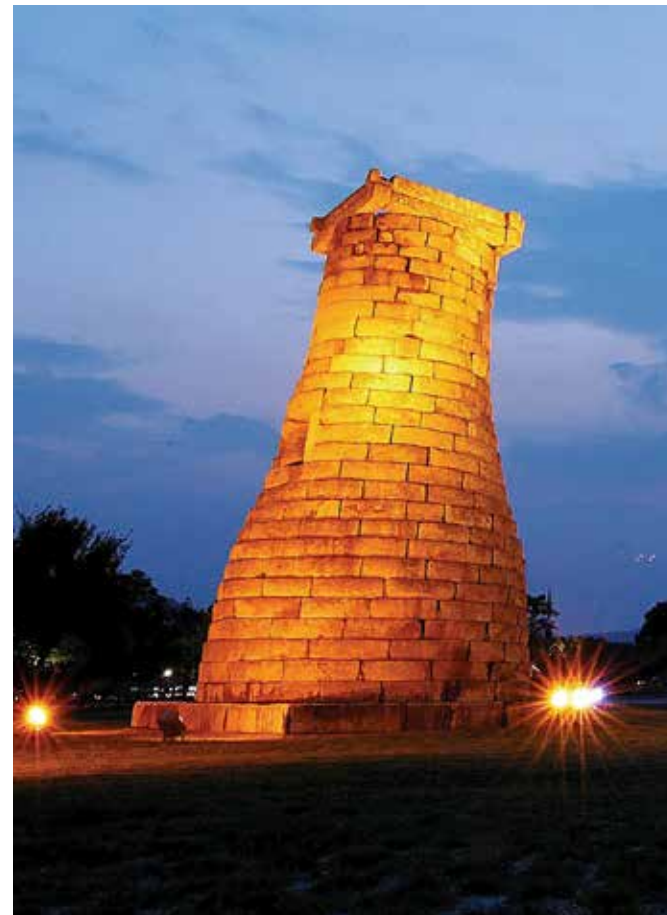


Stone Brick Pagoda of Bunhwangsa Temple

the Mongolian invasion and the Japanese invasion of Korea in 1592. The remaining relics are Mojeon Stone Tower, Hwajaengguksabibu (A memorial stone placed in memory of Wonhyo, a renown Buddhist priest from the Silla Kingdom), Samnyongbyeoneojeong (A well in which the three dragons that protected Silla were believed to reside), and Danggan Pillars.

Mojeon Stone Tower, the 30th National Treasure reaching a height of 9.3 meters, was built using bricks carved from andesite rocks. While the tower is presumed to be originally a 7-9 story structure, only 3 stories remain today. Danggan Pillars, two stone pillars that stand 3.6 meters high, are located at the entrance of Punhwangsa Temple. Danggan refers to flagpoles made of either wood, metal or stone that were used to hang flags which signified Buddhist festivals so that even people far away would be aware of them. The pillars are supported by stone turtles, a unique feature as most pillars do not possess such characteristics. There are also statues of Buddha displayed in the yard of Gyeongju National Museum. These statues were found in a well situated 30 meters north of the rear wall of Bunhwangsa Temple.

The 1.4m-high rock-carved Bodhisattva was carved on the southern rock standing right above Chilburam



Rock-carved Bodhisattva at Sinseonam Hermitage

Rock on Namsan Mountain, which may be regarded as a repository of relics and artifacts including Buddha statues spanning the Three Kingdoms Period to the late Unified Silla Period.

Judging from the three-sided bejeweled crown he's wearing on his head, this is clearly a Bodhisattva statue. He looks as if he is sitting on a cloud; while the closed eyes in the plump face give the impression he is lost in deep thought. He seems to be watching mankind from his world above the clouds. He is holding a flower in his right hand and his left hand is held up to his chest as if he is preaching.

His robe is very thin, revealing the curves of the body, and hangs down to the base of the pedestal. The mandorla (Buddhist halo of light), which consists of both the dugwang (light radiating from the head) and hte singwang (light emanating from the Buddha's body), is also the shrine for the statue, so the image of the Bodhisattva looks more prominent. It is presumed that this rock-carved Bodhisattva was made during the late eighth century during the Unified Silla Dynasty.

Large ancient tombs of kings and nobles of the



Aerial view of Daereungwon Tomb Complex

Silla Kingdom can be seen around Gyeongju at the Daereungwon Tomb Complex (Cheonmachong Tomb). There are twenty-three large tombs located here; the most famous being Cheonmachong and Hwangnamdaechong.

In an excavation of the area in the 1970s, Cheonmachong was discovered with a painting of a mounted horse. This painting is the only discovered painting from the Silla era. You can also view the inside of Cheonmachong. There are 11,526 remains and royal crowns inside the tomb, demonstrating the lavish lifestyle of the king. Another tourist attraction is Hwangnamdaechong, the largest ancient tomb. It houses the bodies of both the king and queen and has over 30 thousand relics and gold accessories.

The unique thing about Hwangnamdaechong is that the queen's tomb has more luxurious accessories. Researchers have concluded that even the queen can have a high social position before marriage. You can feel the ancient culture of Korea 1,500 years ago when visiting these tombs. Of all the large ancient tombs of kings and nobles of the Silla Kingdom seen at Daereungwon Tomb Complex, the most exciting is Cheonmachong Ancient Tomb. During an excavation, Cheonmachong was discovered with a painting of a heavenly horse, giving the tomb its name ('cheonma' means heavenly horse in Korean). There are over 10,000 remains and relics inside the tomb, making it a living museum for studying ancient art and the exchange of culture among other nations.



Cheonmachong



Hwangnamdaechong

Address:
757, Taejong-ro, Gyeongju-si, Gyeongsangbuk-do
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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.

From an Army Brat to the Patient Representative

Story by Inkyeong Yun
 Brian Allgood Army Community Hospital
 Unit Public Affairs Representative
 Photo by William Wight
 65th Medical Brigade Public Affairs Office

When you are walking down the hallways in the Brian Allgood the Army Community Hospital, there is one person you can never miss. Not only because her face is on the wall of every clinic but because Sarah Chang doesn't miss the chance to engage with the patients while she collects cards from the comment box.

She friendly asks the patients how their experience was and makes sure they can leave the hospital with smile on their faces. Sarah Chang, BAACH Patient Representative, joined the Clinical Support Division's Patient Advocate Office in August 2016. Her job as the Patient Representative is to assist beneficiaries. The office acts a liaison between staff and patients, providing active support to resolve patient-related concerns by working closely with each clinic or department's leadership. The office is basically the hub for improving patient satisfaction in the BAACH.

Spending her adolescent years in the Army community in Korea as an Army dependent, Chang has always felt indebted to the community. Her father served in the Army for 26 years and she wanted to give back to the community which helped her growing up with the respect to the military families and empathetic personality along with her strong ability in problem solving.

Advocating for patients was a perfect fit for her since she sees them as her family. "Our patients are

mainly service members and their families and I always remind myself that my family was one of them years ago. This helps me much thinking in their shoes." said Chang.

Her passion wanting to serve those who so selflessly serve the country always gives her the motivation to start the days at work. "They deserve the best health care and customer service and I want to contribute to that with all I can" emphasized Chang.

With that reason, the BAACH has been a perfect place to work for Chang. BAACH has been putting the patient satisfaction as one of its top priorities and making numerous efforts to bring pleasant experiences to the patients. As part of that, BAACH has been strongly endorsing the staffs to use 'AIDET' when interacting with patients which is encouraged by Army Medical Command.

"AIDET is acronym for Acknowledge, Introduce, Duration, Explanation and Thank you." Chang shared how the staff in the hospital can apply AIDET to their patient encounters:

- 'Acknowledge' the patients by smiling, making eye contact and using open body language.
- 'Introduce' yourself by name, position and department and provide your role and credentials.
- Inform the patients with the 'duration' of the test, procedure, appointment or admission so they can ex-



“
 They deserve
 the best health
 care and
 customer service
 and I want to
 contribute to that
 with all I can.”
 — Sarah Chang

pect how long they would wait.

- 'Explain' what is happening and what the next step will be with understandable language and terminology.

- And finally, 'Thank' patients for trusting us with their care. This is a simply the best way to show appreciation and help providing a positive closing.

"It is all about taking ownership of patient concern. We can always provide improved service if we keep the service recovery in mind. Many times, I encounter patients concerns which I can't solve by myself. Then I try to find the adequate department where they can provide the proper solution to the patient concern and that's why I think that every staff in the hospital should think of themselves as the Patient Advocate" said Chang.

"Customer service is closely related to positive medical outcome and more likelihood for patients to follow

through treatment plan. Patients with better experiences are more likely to adhere to the treatment plan and have better clinical outcomes" said Maj. Sean Seay, Chief of Clinical Support Division.

Chang explained that sometimes just showing the patients that the staffs are making a sincere effort to seek solutions and look for ways to accommodate helps. "Most of the patients are

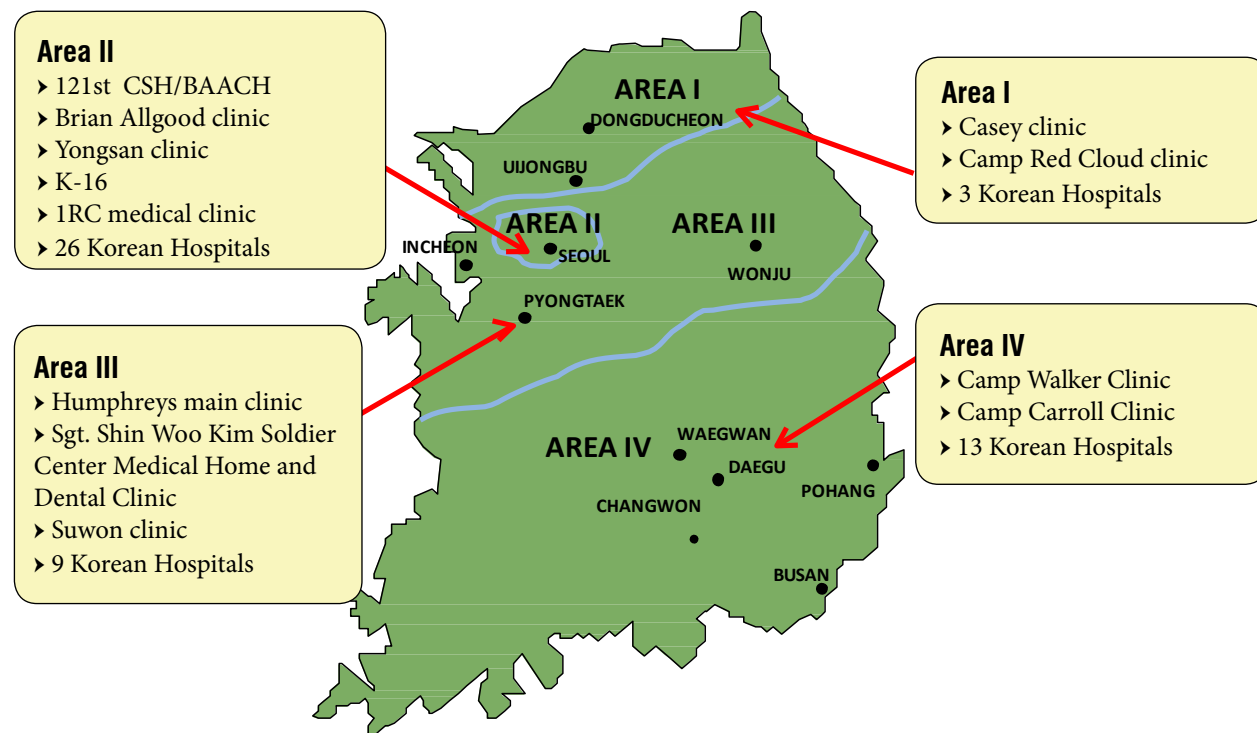
appreciative and understanding once they witness they are respected and someone is trying to get the help they need."

"Measuring and improving patient experience contributes to a high quality culture" said Col. Erica Clarkson, BAACH commander. "Our patients are the reason we are here in Korea and we will continue to make efforts to ensure their experience with us is pleasant."

Brian Allgood Army Community Hospital (BAACH)

Medical Capabilities

Population Supported



Brian Allgood Hospital

- Emergency Medicine
- Primary Care
 - Internal Medicine
 - Family Medicine
 - Pediatrics
- Medical Services
 - Dermatology
 - Sleep Medicine
 - Echocardiogram/ Stress Test
- Behavioral Health
 - Psychiatry
 - Psychology
 - Social Work
 - Addiction Medicine
 - Family Advocacy
- Radiology (MRI/CT)
- Surgical Services
 - OB/GYN
 - ENT
 - General Surgery
 - Orthopedics
 - Podiatry
 - Oral Maxillo-facial Surgery
 - Neuro-Surgery (limited)
- Physical Medicine & Rehabilitation
 - Physiatrist
 - Physical Therapy
 - Occupational Therapy
- Medical Board Section
 - Soldiers recommended for medical board in CONUS/ medical curtailment
- Nutrition



Casey Clinic

- Primary Care (13-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Host Nation Liaison Nurse
- Optometry

Camp Red Cloud Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (part time)

Brian Allgood Primary Care Clinic

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Nurse Case Manager
- All other services offered in BAACH hospital are available

Yongsan Soldier Center Medical Home

- Primary Care (18-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- PHAs/Flight physicals
- All other services offered in BAACH hospital are available

IRC medical team

- Hearing exams
- Immunizations
- Medical Inprocessing
- PHAs for incoming personnel
- All other services offered in BAACH hospital are available

K-16 Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Physical Therapy (part time)

Suwon Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory (in progress)
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Dental
- Working on:
 - Physical Therapy (part time)

Camp Humphreys Main Clinic (Bldg. 555)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Occupational Health (Bldg. 370)
- Public Health Nurse
- Physical/Occ Therapy (Bldg. 370)
- Behavioral Health (Bldg. 370)
- Nurse Case Manager
- Optometry(Bldg.576)
- Orthopedics (2 days per month)
- Prenatal care (up to 36 weeks)
- Dermatology (1 day per week)
- Nutrition (hiring)

Sgt. Shin Woo Kim Soldier Center Medical Home

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Public Health Nurse (once weekly)
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Prenatal care (up to 36 weeks)

Camp Walker (Wood Clinic)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Nutritionist
- OB care off post

Camp Carroll Clinic

- Primary Care (18-65yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (hiring)

After-hours medical care

- Emergencies- use BAACH App on post or 119 for off post (Host nation ambulance services will come)
- Provider on call for each clinic--off-duty hours
- Phone number posted on clinic doors/or use BAACH App
- On call provider gives medical advice
- If provider recommends an ER visit, unit transportation preferred, or provider will arrange transport with on call driver

Off post medical care

- Tricare approved Korean hospitals close to every base in Korea, many with international health centers with translation services
- Healthcare provided is on par with US care with some cultural differences
- Brian Allgood monitors all inpatient hospital care and provides assistance as needed
- Tricare Prime patients have no payments for Tricare approved hospitals

Humphreys Transformation

- Extended Hours of the main Humphreys Clinic
 - Mon-Fri: 8:30 a.m - 9 p.m.
 - Weekends/Holidays: 8:30 a.m. - 7 p.m.
- For appointments call 737-2273 or 0503-337-2273 from 7 a.m. to 5 p.m.
- For extended hour appointments call 737-2767 or 0503-337-2767 from 5 -9 p.m. on weekdays and 8:30 a.m. to 7 p.m. on weekends and holidays.
- New hospital expected to have first patient day in November, 2019



Current construction in progress

Coming healthcare enhancements

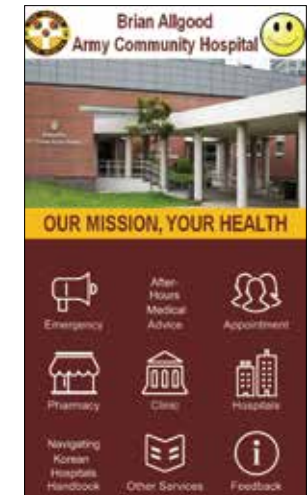
- Korea-wide bilingual medical advice line (24/7)
- Rotating speciality providers from BAACH to Humphreys Clinics
- Enhancing tele-health at Humphreys

iPhone/Android App

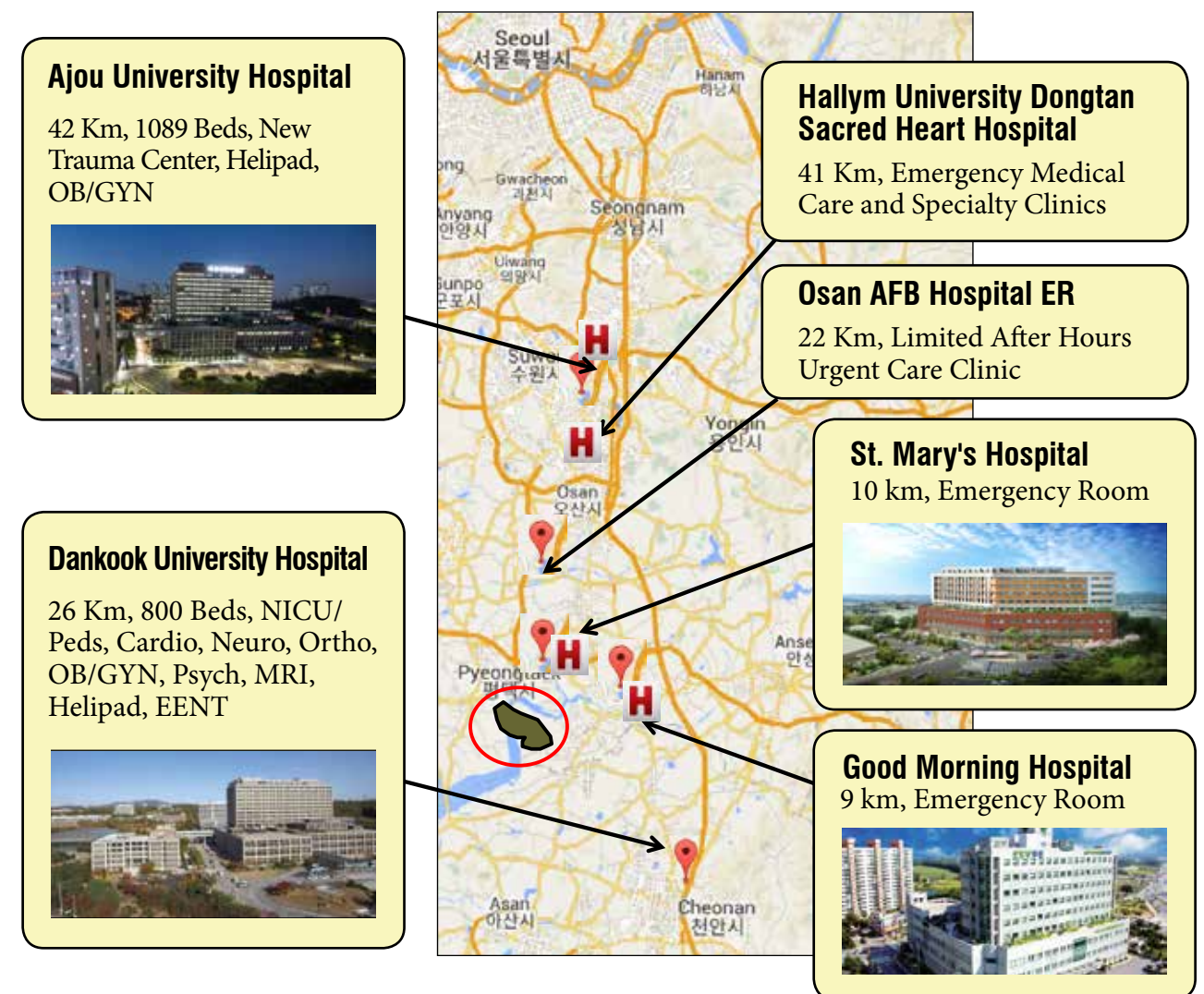
For convenience, staff and patients enrolled or seeking care can navigate Brian Allgood Army Community Hospital 24/7 from anywhere in South Korea. Beneficiaries can download the free BAACH app. from apple iTunes or Google Play store.

This app technology improves effective and efficient beneficiary access to their health care system anytime, any day, from anywhere on the Korean Peninsula.

Ensure location services are enabled on your phone and the app will link to your phone's map program to help you navigate to local hospitals.



Camp Humphreys Purchased Care Sector Providers



Facilities Directory

HEALTH CARE/TMC

AREA I

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

Camp Red Cloud Medical Clinic
737-2273
Mon – Wed, Fri 0900-1730 (closed 1200-1300)
(Soldiers only)

AREA II

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

Yongsan Soldier Centered Medical Home
737-2273 (Press 2-1-1)
Mon – Wed, Fri 0900 - 1700 (closed 1200 - 1300)
(Soldiers/family members/retirees/DOD Employees)

K-16 Medical Clinic
741-6300
Mon – Wed, Fri 0900 - 1530 (closed 1130 - 1300)
(Soldiers only)

AREA III

Sgt. Shin Woo Kim Soldier Center Medical Home (Bldg. 6370)
737-2273
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700
(Soldiers only)

Camp Humphreys Medical Clinic (Bldg. 555)
737-2273
Mon – Fri 0900 - 2100; Sat, Sun, Holiday 0830 - 1900
(closed 1200-1300)
(Soldiers/family members/retirees/DOD Employees)

Suwon Aid Station
788-5107
(Soldiers only)

AREA IV

Camp Carroll Clinic
737-4300
Mon – Wed, Fri 0900-1700 (closed 1200-1300)
(Soldiers only)

Camp Walker (Wood Clinic)
737-2273 (Press 2-5-1)
Mon – Wed, Fri 0900-1700 (closed 1200-1300)
(Soldiers/family members/retirees/DOD Employees)

AREA V

Osan Air Base
0505-784-DOCS (3627)

BHC Chinhae
762-5415
Mon – Fri 0830-1630

DENTAL CLINIC

AREA I

Camp Casey DC (Bldg. 808)
737-9011 / 737-9012
Mon – Fri 0730 - 1630
In/Out Processing (Mon - Fri): 0730 - 1600
(Lunch 1130-1230)

Camp Red Cloud DC (Bldg. S-306)
737-9009 / 737-9010
Mon – Wed 0730 - 1630, Thur 1300 - 1630,
Fri 0730 - 1530
During normal hours of operation

AREA II

Dental Clinic #2 (Bldg. 5107)
737-9089 / 737-9090
Mon – Fri 0730 - 1130 & 1230 - 1630
Exams: Mon – Fri 0830 - 1100 & 1230 - 1330
Call for appointment
In/Out Processing: Mon - Fri 0830 - 1100 & 1230 - 1330

Dental Clinic #3 (Bldg. 3576)
737-9087 / 736-5221 / 736-5799
Mon – Fri 0730 - 1630
FM exam: Call for appointment

AREA III

Sgt. Shin Woo Kim Dental Clinic (Bldg. 6370)
737-5129 / 5130
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700

Carius Dental Treatment Facility (Bldg. 3020)
737-9206/9207
Mon – Fri 0730 - 1630

AREA IV

Bodine Dental Clinic (Bldg. 220)
737-9452 / 737-4791
Mon – Fri 0730 - 1630
Dental Exams: Activity Duty: Mon – Wed & Fri (Walk in only)
0900 - 1100, Thurs 1300 - 1500
*LIMITATIONS DUE TO SERGEANTS TRAINING
Activity Duty Family appointment only:
(Call 1230 - 1530 Mon – Fri) Space Available appointments

Camp Carroll Dental Clinic (Bldg. 180)
737-4201/4202
Mon – Fri 0930 - 1630
Call to make appointments for all dental treatment

AREA V

Osan Air Base Dental Clinic (Bldg. UB12)
784-2108
Mon – Wed, Fri 0700 - 1700
Thurs 0900 - 1700

VET CLINIC

AREA I

USAG Red Cloud (Bldg. 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.
Mon 1300 - 1600 Tue 0900 - 1600
Wed 0900 - 1600 Thurs 1300 - 1600
Fri 0900 - 1600
(Closed for lunch 1130 - 1300)

AREA III

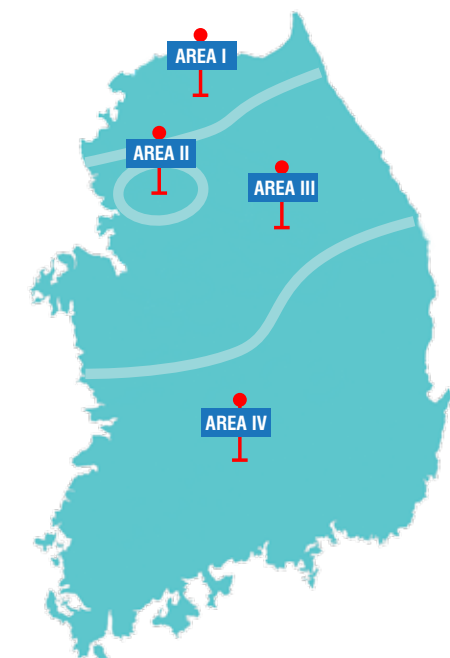
USAG Humphreys (Bldg. 2260)
737-9720
Closed in observance of all Federal Holidays.
Mon, Thurs Closed
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

AREA IV

USAG Walker (Bldg. 341)
764-4708
Closed in observance of all Federal Holidays.
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

AREA V

Osan Air Base (Bldg. 766)
784-6614
Closed in observance of all Federal Holidays.
Mon – Fri 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 III

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

AREA II

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

AREA IV

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



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LUXURY SEDAN	SUV	VAN
Rental \$150/day (65% DC for One Month) Insurance \$20/day (80% DC for One Month)	Rental \$100/day (70% DC for One Month) Insurance \$15/day (80% DC for One Month)	Rental \$100/day (60% DC for One Month) Insurance \$20/day (80% DC for One Month)

Reservation Center

COM 02-463-6692 DSN 99-463-6692 CELL 010-8281-5644



LISTEN UP
KOREA!
Get your copy
before it's too late!



Lt. Col. Lexy, the Brian Allgood Army Community Hospital Behavioral Health Therapy Dog reminds you to pick up your copy of the PULSE65 magazine before copies run out. For those seeking back issues, please contact the 65th Medical Brigade Public Affairs Office (see page 4 for contact information.)

Photo by Maj. Christina Rumayor
BAACH Deputy Chief of Behavioral Health

WITH THE LG DOOR-IN-DOOR REFRIGERATOR LIFE'S MORE CONVENIENT

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Life's Good

Gyeongsangnam-do

Located in the South-east of the Korean peninsula, Gyeong-sangnam-do, with Busan metropolitan city on its east and Daegu metropolitan city in the 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 (this area is where the beauty of nature meets the traditional culture of Korea); The Southern area of the province is a famous tourist attraction featuring small islands and outstanding scenery offering a new experience for all family members as well as couples, while sharing its unique charm along its southern coastline.



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