

The Morning Calm

July 7, 2017

Published by U.S. Army IMCOM for those serving in the Republic of Korea

Volume 17, Issue 19

Read the latest news from the Army in Korea online at: www.Army.mil



Col. Scott W. Mueller (left) took command of USAG Humphreys on June 27 when he accepted the garrison colors from Dr. Christine T. Altendorf, (right) director of Installation Management Command Pacific Region.
— U.S. Army photo by Clint Stone

Mueller takes command of USAG Humphreys

By Bob McElroy
USAG Humphreys
Public Affairs

CAMP HUMPHREYS, South Korea – Col. Joseph C. Holland completed a whirlwind two years in command of U.S. Army Garrison Humphreys on June 27 when he passed command to Col. Scott W. Mueller at the Collier Community Fitness Center here.

Mueller, an Armor officer, comes to Humphreys from the U.S. Army War College in Carlisle Barracks, Pennsylvania. This is his first assignment in Korea.

During Holland's command of

Humphreys the installation doubled in size, grew in population by 10,000 and opened a host of new facilities and roads.

When he took command of Camp Humphreys on June 15, 2015, the population was about 14,000, today it rests at nearly 25,000 with more Soldiers, Families and Civilians to come. By the time Transformation is complete in a few years the population will be about 42,000.

Installation Management Command director Dr. Christine Altendorf praised Holland for his ability to command the garrison and manage the irreversible momentum of Transformation.

"Many of you have witnessed the

steady progress and exceptional achievements that have occurred during the past two years under the focused leadership of Joe Holland," Altendorf said. "Joe has continued that irreversible momentum and facilitated the continued success of this installation."

Holland continued the changes that moved Humphreys beyond the single Soldier post where unaccompanied Soldiers served one-year tours to a regional and global power projection platform for the United States and Korea.

"Working side by side with our partners at the U.S. Forces Korea Transformation and Restationing Office,

Eighth Army, the Republic of Korea Ministry of National Defense-U.S. Forces Korea Relocation Office and the U.S. Army Corps of Engineers Far East District, this garrison has not only continued to support one of the largest construction programs in the history of the Defense Department, you have created a community with strong bonds that extend outside the gates and construction sites of this installation into the Pyeongtaek Community and throughout the Republic of Korea," Altendorf said.

Change of Command Page 2



Inside this Issue:

Red Cloud fishing trip Page 08
Social Networking Page 10
Sergeant's Time hike Page 20
Combined movement Page 30

GARRISONS

USAG RED Cloud/Casey Page 04
USAG Yongsan Page 10
USAG Humphreys Page 18
USAG Daegu Page 24

EXTRAS

Rocket Artillerymen hone combat skills Page 04
Yongsan farewells Coiner AAFES Minirmall Page 12
Lytix Drivecam records driving habits Page 16
6th Ordnance Battalion hosts GAFFB Page 26

The Morning Calm

Published by
The United States Army Garrison Humphreys
Public Affairs Office
in coordination with
USAG Red Cloud, USAG Yongsan
and USAG Daegu
Public Affairs Office

USAG RED CLOUD

Commander: Col. Brandon D. Newton
Acting Public Affairs Officer: Franklin Fisher
Writer/Editor: Franklin Fisher
Public Affairs NCO: Sgt. James M. Griffin
Editorial Assistant Cpl. Lee Jin-woo

USAG YONGSAN

Commander: Col. J. Scott Peterson
Public Affairs Officer: Laurri L. Garcia
Command Information Officer: Elizabeth A. Pyon
Editor: Staff Sgt. David T. Chapman
Staff Writers: Cpl. Park Min-je and Pfc. Lee
Kyoung-yoon

USAG HUMPHREYS

Commander: Col. Scott Mueller
Public Affairs Officer: Bob McElroy
Command Information Officer: Jim McGee
Managing Editor: Clint Stone
Staff Writer: Cpl. Kim, Dong Hyun
Interns: Noh, Sa-bin and Lee, Jeong-hee

USAG DAEGU

Commander: Col. Robert P. Mann
Public Affairs Officer: Teresa Kaltenbacher
Command Information Officer: Anthony Mayne
Staff Writers: Cpl. Soh, Jung-han and
Pfc. Kim, Bum-joon
Interns: Shin, Hyo-ju and Lee, Jo-eun

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of The Morning Calm are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, or Department of the Army. The editorial content of this biweekly publication is the responsibility of U.S. Army Garrisons in Korea. Circulation: 9,500

Printed by Pyeongtaek Culture Newspaper, a private firm in no way connected with the U.S. Government, under exclusive written contract with the Contracting Command. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Pyeongtaek Culture Newspaper of the products or service advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If an violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation of the equal opportunity policy is corrected.



평택문화신문
PYEONGTAEK CULTURE NEWSPAPER

CEO: JongSoon(Sophia) Chung
Editor: JeongHee Hong
Design: SungNam Cho
Commercial Advertising

Comm: (031) 651-7211 / Fax: (031) 651-7210
Head Manager: SangSong Chon 010-3511-2328
Deputy General Manager:
JinYoung(Julie) Lee 010-2604-8392
Location & Mailing address : 3rd Fl, #522,
Gyeonggi-daero, Pyongtaek City.

SUBMISSIONS OR COMMENTS:

Phone: DSN 754-1096
Managing Editor: clint.l.stone.civ@mail.mil



Submitting stories or photos to
The Morning Calm Biweekly

Send your Letters to the Managing Editor, guest Commentaries, story submissions, photos and Other items to: clint.l.stone.civ@mail.mil. All items are subject to editing for content and to Insure they conform with DoD guidelines.



Col. Joseph C. Holland relinquished command of U.S. Army Garrison Humphreys on June 27. Also shown is Dr. Christine T. Altendorf, IMCOM Pacific Region director.. — U.S. Army photo by Clint Stone

Change of Command from Page 1

Altendorf praised Holland for his ability to tell the Humphreys Transformation story to many audiences: distinguished visitors, members of the American, Korean and International press, community groups, future residents, employees and families.

"These seamless efforts have enhanced operations and improved our community and relationships throughout Korea and the Pacific Region," she said. "This alliance, our country, the service members and families of the garrison here and our IMCOM team owe you a debt of enormous gratitude."

Altendorf thanked Laura Holland and praised her for her support to her husband as well as her contributions to the garrison and the alliance.

"The strength of our Army community is sustained and enhanced through the support of our spouses and families," she said. "Your many contributions to the garrison and this alliance will last long after you depart."

Turning to Mueller, Altendorf said his career achievements prove he is the right leader to continue the progress of Transformation at Humphreys.

"The task is now yours to build on the work of Joe Holland and his predecessors. Make this garrison your own and lead Humphreys into the next phase of its Transformation," Altendorf said. "I have every confidence in your ability to do so and I look forward to working with you as we continue the great strides that have occurred in not only the last two years but throughout the more than 60 years of the ROK-U.S. alliance."

Holland spoke next, noting that commanding the garrison while also managing Transformation challenged him like no job had.

"Wow, what a journey these last two years have been. When I took command on June of 2015 Dr. Altendorf told me that I came to Humphreys at a great time, and it would provide great challenges, and even greater rewards," Holland said.

"Well ma'am, you could not have been more prescient or correct. Command of USAG Humphreys has challenged me in ways I could never have imagined but I have grown tremendously as an officer, commander and as a person."



Spc. Sgt. Wayne A. Sanders presented a bouquet of yellow roses to Francy Mueller during the garrison change of command ceremony on June 27. Also shown are Mueller's sons Cooper and Riley. — U.S. Army photo by Clint Stone

Holland said that he has learned much of great value, but perhaps the most important thing is that the work we do with our ROK allies is what really matters.

"Most of us know that progress comes when people break through barriers and look each other in the eye; the Koreans call it: 'Maju bogo', seeing one another as equals, eye to eye," he said. "This enhances mutual understanding in achieving the commander's intent. Of importance, is the greater outcome: we become more than allies, we become friends."

Holland praised the Korean people and the friends he made in the local community who have done so much for Humphreys' Soldiers, Families and Civilians.

"You are true friends to Camp Humphreys and the U.S. Army and I will never forget your generosity and your friendship and once again, 'Kam sahm ni da.'"

Holland told his successor Mueller that commanding Humphreys during a time of change requires focused leadership. He asked the Humphreys community to support Mueller and his family as well as they had him.

"This is a great time to be here and I wish you, Col. Mueller, Francy and your boys all the best. You're in for the time of your lives," he said.

Mueller's 23-year Army career includes service with the 2nd Infantry Division at Fort Lewis, Washington and Iraq, the 1st Infantry Division, Fort Riley, Kansas, command of an Armor company in Vilseck, Germany and command of the 1st Battalion 15th Infantry, 3rd Brigade, 3rd Infantry Division, Fort Stewart, Georgia.

Mueller said he was thrilled to take command of Humphreys at this time in its growth and development. He joked that many of the units in which he's served are no longer active.

"I'm thrilled to be taking command of an organization that is actually growing," he said with a smile. "I look forward to building on the work that Col. Holland and the garrison have done over the last two years as we continue to build and transform."

Mueller thanked the Hollands for their support, generosity and constant communication over the past year as his family made the transition to Korea.

"You set the standard for how to conduct a transition and Francy and I greatly appreciate your candor and especially your patience with our many questions," he said.

Mueller said he looks forward to serving in Korea for the next two years.

"One Team – One Fight, Sustain, Support and Defend, Pacific Victors, katchi-kapshida, Eagle 6 signing on the net." ▀

LINCOLN PALACE

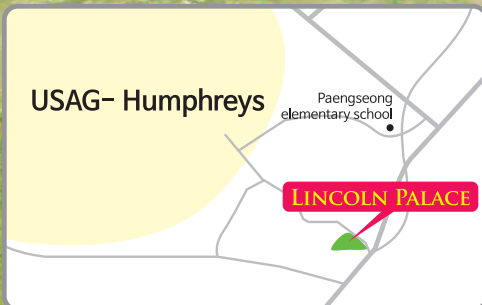


A four story single residence with a sun drenched **Penthouse**-like upper floor, equipped with a **Thyssenkrupp Elevator** (Personal Elevator).

Perfect for residents with **Sensitive Knees** and family members!

Tall Ceilings, a **Spacious Laundry room**, a Dressing room, Closet storages, etc.

It has beautiful **Terraces** on the second and fourth floor and lets in a lot of sunlight!



LINCOLN PALACE

Rose 010-5851-2651

335-1, Songhwa-ri, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do, Republic of Korea | E-mail_ sonog62@hanmail.net



During a rocket artillery training exercise in Paju, June 20, a Soldier helps load rockets onto an M270 Multiple Launch Rocket System (MLRS). The Soldier is assigned to Battery B, 6th Battalion, 37th Field Artillery Regiment, 210th Field Artillery Brigade, part of the 2nd Infantry Division/ROK-US Combined Division. The battery was taking part in training that helped Soldiers hone their skills in responding to fire missions in a variety of realistic scenarios. — U.S. Army photo by Cpl. Kwon Ki-hyun

Rocket unit hones fire mission skills

By Cpl. Michelle U. Blesam
210th Field Artillery Brigade Public Affairs

CAMP CASEY, South Korea – Tucked away in a secluded patch of forest at a training area in Paju, elements of a rocket artillery battery are well-hidden in the brush, ready to spring into action if a fire mission comes in.

The battery was in position as part of a four-day training regimen that started June 19 in which the artillerymen honed their skills in handling fire missions. They're with Battery B, 6th Battalion, 37th Field Artillery Regiment, 210th Field Artillery Brigade, part of the 2nd Infantry Division/ROK-US Combined Division. The battery is a Multiple Rocket Launch System unit.

They chose the site “to give my launchers a good place for them to fire,” said 2nd Lt. Danielle Salley, Battery B's 2nd Fires Platoon leader.

During the training, mock fire missions would come in to the Fire Direction Center, which would then assign them to an MLRS launcher, which would simulate firing rockets at the given target, said Sgt. Christopher R. Baker, the platoon's fire direction control chief.

“It was fast-paced and we took it very seriously,” said Baker. “With the training, we make it feel as real as possible. We took every little thing that could go wrong in a very serious environment and we executed very well.”

The training used the battery's usual equipment as well as digital simulators that mimic real-world artillery missions.

“I want my Soldiers to get an understanding – a better understanding of how to operate firing systems in real situations, such as this exercise, and to be able to grow and to keep moving forward,” said Salley.

The training helped the battery see what they did especially well and what things can be improved, she said.

The process, Salley said, will “help us improve all the things that we need to work on, get better as we do this training. It is really helpful to know how we work as a team, realizing that this is not about individual launchers and individual FDC. We need each other to make our mission successful.” ▴



Artillery Soldiers conduct a simulated fire mission June 22 at a training area in Paju. The Soldiers, Sgt. Christopher R. Baker (left) and Pvt. Bailey Fore, are with Battery B, 6th Battalion, 37th Field Artillery Regiment, 210th Field Artillery Brigade, part of the 2nd Infantry Division/ROK-US Combined Division. The battalion is a Multiple Launch Rocket System, or MLRS unit. — U.S. Army photo by Cpl. Kwon Ki-hyun



An M270 Multiple Launch Rocket System is in position during a training exercise in Paju June 20. The launcher is part of Battery B, 6th Battalion, 37th Field Artillery Regiment, 210th Field Artillery Brigade, part of the 2nd Infantry Division/ROK-US Combined Division. — U.S. Army photo by Cpl. Kwon Ki-hyun

**CHUNG DAM
IVY DENTAL CLINIC**
TRICARE APPROVED PREFERRED PROVIDER
IVY League Educated & U.S. Certified Orthodontic Specialist



Your Family.
Your Orthodontist.



FIRST CHOICE FOR YOUR FAMILY BRACES

- ✓ Dr. Kim is a **U.S certified orthodontic specialist** with 20 years of clinical experience in the U.S. and Korea.
- ✓ **With 15 years of dental studies and training at the most prestigious schools and hospitals** (University of Pennsylvania School of Dental Medicine, University of Illinois at Chicago, NYU Medical Center), Dr. Kim has successfully treated thousands of patients of all ages and ethnic backgrounds.
- ✓ **Dr. Kim has written numerous publications** in his areas of expertise, including a recent textbook chapter: Orthodontics Basic Aspects and clinical considerations

Orthodontics (BRACES)

- Children / Adults
- Speed Braces / Clear Braces / Invisalign

Comprehensive Dental Care

- General check-ups, Cleaning
- Fillings, Crowns, Root Canal, Implants
- Cosmetic Dentistry : Veneers, Whitening

Dr. JAY H KIM DMD, MS

U.S. Certified Orthodontic Specialist

- **University of Pennsylvania**
School of Dental Medicine (DMD)
- **University of Illinois at Chicago**
Orthodontic Specialty Residency/ MS
- **NYU Medical Center**
Reconstructive Plastic Surgery: Fellowship
- **Catholic University of Korea**
Director & Professor
- **Member of American Association of Orthodontists**



Special Offers for New Patients and Family Members
02-518-2722
E-mail. ivyface@naver.com / Website. www.IVYsmile.kr

- Free Taxi for New Patients with TRICARE from YoungSan
- *Subway #7Line(Exit.12)
- Find Us on **facebook "IVY dentalclinic"**



Join the community
in discussion on
Area I's

facebook.



www.facebook.com/RedCloudCasey



Yonsei Millennium Dental Clinic

Tricare approved preferred provider






Dr. Kim C H
For Implants, Restorations



Dr. Lee S Y
For Braces



Dr. Lee Y H
For Root canals



Dr. Ann H R
For Braces



You can see the infection control process through the QR code.

- Perfect infection control system
- Free valet parking service
- Free taxi for new patients with Tricare from C.Humphreys, Osan Air Base
- We accept International SOS



Yonsei Millennium Dental Clinic 3rd Fl. 209, Osan-ro, Osan-si, Gyeonggi-do, Republic of Korea
 Tel_ 031.373.4600 Mobile_ 010-2708-9770 mille4600 <http://en.osanm.com>

WANTED

PROGRAM MARKETING ASSISTANT



image by VLADGRIN

- * **Promote a Unique Quality of Life Program/Benefit Only Available to Service Members Overseas**
- * **Flexible Hours**
- * **Connect With Your Military Community**
- * **Grow Your Nest Egg While Overseas**

*must be **ENERGETIC, ENTHUSIASTIC** and have an **OUTGOING PERSONALITY***

Contact : Jeff Klose
jklose@militarycars.com



For Area I Practicum students, a fun day of fishing

YANGJU, South Korea – By the time six local college students finish their one-semester stint gaining office experience with the U.S. Army Garrison Red Cloud and Area I, they won't just know the ways of a professional work place, they'll also know a thing or two about fishing.

The six students, from Shinhan University in Dongducheon, are enrolled in the garrison's Practicum Experience Program, which began in March in partnership with the university.

It affords college students the chance to gain experience working on Area I camps under the supervision and mentorship of garrison staff.

But the program is also set up to include things that are relaxing and fun to do.

Garrison officials accompanied the students to Shinan Lake in nearby Yangju June 23 for a day that included showing them how to assemble a fishing rod, how to cast the line, and what to do if they felt the tug of a fish on the hook.

In the course of the day there was a cookout of hot dogs, chips, and ramen noodles.

They set out by bus from Camp Casey in Dongducheon, and were back by the end of the day.

Among those accompanying them on the outing were Col. Brandon D. Newton, Commander, USAG Red Cloud and Area I, and Steven J. Ryan, its Deputy to the Garrison Commander. ▴

(— U.S. Army photos by Sgt. James M. Griffin)



Foreigners Feel At Home At Columbia Dental Clinic



US-educated Dentists Offer Comprehensive Dental Care

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

Shortly after Angela got her first braces at Columbia Dental, she needed intensive procedures to correct overcrowding. “It was scary and it was worrisome,” she remembers, “but they always made sure that I was all right and that nothing was hurting.” On top of the

good care, Angela’s mother, Insun, likes that the clinic is extremely convenient, especially because it’s set-up for TRICARE coverage. “In other places, they don’t know how to do the paperwork for TRICARE, but here, there is everything we need. There’s even valet parking.” Now, Insun, Angela, Jadon, and Ret. Military Rank Mr. Castillo are all regular patients. “Dr. Yun has really taken care of our family,” said Sarah Burns, age 13 from Kansas. Michael Burns and his family moved to Seoul from Kansas City, Oklahoma a year ago. Sarah started with braces and then the rest of the family started visiting the clinic too. “He’s also good with younger children, like my brother, Joshua, who is 8 years old. Dr. Yun is a good mix of professional and kind.”

For the Lenfant family, Columbia Dental was a

“McBride family and Glossup family gathered for little photo session with Dr. Yun and his hygienist suhyun.”

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

Wide-range of dental treatments provided at Columbia Dental Clinic



Woosung Yun, DDS

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

Son A Kim, DDS

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

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

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



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

ADDRESS
#401(4F) Karocity 2, 579 Sinsa-Dong Gangnam-Gu Seoul, South Korea

SUBWAY
Orange Line No.3
Apgujeong Station Exit No.5

BUS
Apgujeong Station : 2411, 3422, 148
Kwanglim Church Station : 4419, 3422, 4312, 9470, 240

MAP



Tricare Dental Program Preferred Provider Since 2003.

- 02.3444.2835
- snip9@hanmail.net
- www.cdental.co.kr

MON-FRI • 10AM - 7PM
LUNCH • 12:30PM - 2PM
SAT • 10AM - 4PM
SUN/HOLIDAYS • Closed



Lisa Roethling, licensed addictions therapist and clinical director of Adolescent Support and Counseling Services-Worldwide, discusses the challenges of raising teenagers in a social media-driven world during "The Social Lives of Networked Teens" presentation, June 26, at Seoul American High School. — U.S. Army photo by Cpl. Park, Min-je

Managing your children's social networking habits

By Cpl. Park, Min-je
USAG Yongsan Public Affairs

USAG YONGSAN - Adolescent Support and Counseling Services presented "The Social Lives of Networked Teens" June 26 at Seoul American High School. The event invited parents in the Area II community to listen to Lisa Roethling, a licensed professional counselor, addictions therapist, and clinical director of ASACS-Worldwide, discuss the challenges of raising teenagers in a social media-driven world.

The lecture mainly talked about how teenagers behave on Social Network Services, and how parents can influence behaviors in effective and constructive ways.

"The goal of this workshop is for parents to take a closer look at adolescent teen social media behaviors. Information presented focused on how to communicate with your teen about a healthy online presence as well as setting boundaries with internet access," said Roethling.

Today's teens exhibit different behaviors. They no longer hang out with friends in the real world, making face-to-face contact. They live in the world of the Internet and SNS because that is where all of their friends live. They communicate through a variety of platforms such as Facebook and Instagram. Today's teenagers are more interested in mass popularity than money or even family. They want their posts to be liked by other people to include people they do not know. They like to show off what they do, eat or wear on social media.

Roethling said teenagers are literally addicted to SNS. According to a survey conducted by the Pew Research Center in 2014 and 2015, 92 percent of teens access the Internet daily, and nearly a quarter of them are on the Internet almost constantly. However, teenagers are also more burned out

and prone to depression because of SNS. A report by the Royal Society for Public Health in the United Kingdom suggests that Instagram is the worst social media network for young people's (aged 14-24) mental health. They simply cannot manage the emotions of seeing an endless stream of pictures of friends showing off because of the "compare and despair" attitude prevalent among many teens.

There are also more young people on social network sites than older people. Those born between 1980 and 2000, also known as Generation Y, tend to rely on social networks for news. The problem is that SNS presents narrow facets of the world while also reinforcing passive attitudes, she said.

Roethling also talked about the impact of social media on brain functions with specific regard to three factors: short and long-term planning, shortened attention span, and loss of impulse control. There is also compelling evidence that much of a teenager's cognitive ability deteriorates with excessive exposure to technology. Kathy Koch, an educational psychology expert, suggests in her book, "Screens and teens: connecting with our kids in a wireless world," that the average teen identifies a panda among other dolls in 20-30 seconds, compared to

12-15 seconds eight years ago. The study revealed differences in concentration ability compared to just a decade ago.

Roethling pointed out that teens' overexposure to SNS is much more serious in military communities.

"Third Culture Kids or kids growing up in military communities have a need for staying connected as they are more often subject to moves and transitioning in and out of communities," Roethling said.

Roethling provided a list of rules to help parents raise healthy teenagers in such a highly tech-reliant era.

1. Get Passwords. Parents need to check their kids' electronic device usage and watch how they behave on SNS. If kids try to hide something from their parents, then they must have done something wrong.

2. Set clear parameters for checking in with teens and stick to it. This helps to build trust. Do check on a regular basis.

3. Enforce that social media is a privilege to be earned and NOT a "right." Sometimes teens have misconceptions that they own their "own" cell phone, forgetting that their parents bought it for them. If teenagers misbehave on SNS, parents have a right to take their phone away, and teens should be aware of this and act responsibly.

4. Get your own account on any social medium they are using. Friending and following is mandatory. This gives parents a way to monitor their teens' behavior transparently.

5. Use missteps as opportunities to build communication and empathy.

6. Teach through empathetic responses and natural and logical consequences. Parents need to teach kids how to nurture emotional relationships in today's SNS world. Giving empathetic responses to kids will help children understand the emotional value of human relationships. Speaking logically and naturally will help children recognize their own problems.

7. Ease up on restrictions and scrutiny as responsibility is proven and a pattern of healthy online activity is demonstrated.

To reinforce the rules above, she suggested parents have a family meeting.

"It's important to have a family meeting on a regular basis. Through it, parents and their kids can be emotionally connected to each other. Parents should ask their children questions about their internet usage," said Roethling. "Please establish trust, rules and expectations. Parents should keep their place in the center when it comes to matters involving their children. Be reasonable and discuss issues with your children."

She recommended several questions parents should ask their children:

1. Where do you spend most of your time online?

2. What's your favorite app right now?

3. Who do you chat with the most?

4. What does it take for you to friend someone on Instagram or Facebook?

5. Why do you hide your electronics when I come in the room?

6. When will you be accepting my friend requests?

7. Is there anything you want to tell me before I look at your phone?

She also says it is important to set limits with usage, depending on when and where. It's critical for teens not to be occupied with their cell phones before bedtime. Designating where they can use electronic devices will help them be accountable for what they are doing, considering how easy it is to hide their footprints in the digital age.

She also talked about the importance of rewarding children for good SNS behavior.

"It's always important to catch kids doing something right. If your teens abide by your standards, then reward them verbally, emotionally or with more trust," said Roethling.

Roethling's presentation provided parents practical ways to communicate with teenagers about their SNS usage.

"Now I know how to take care of my son's SNS use. I will stay connected emotionally with him and teach him the value of empathy," said Guadalupe Villarreal the mother of a 16-year-old son.

"Remember, as a parent, it's important to stay up to date on recent trends relating to online behaviors, and spend time getting to know your teens' online identity," said Roethling. ▴

Town hall at K-16 brings community together



U.S. Army Garrison Yongsan convenes a town hall June 27 at the K-16 Airfield's Community Activities Center. Garrison directorate representatives in cooperation with airfield command and staff participated on a panel to update the community on the latest developments at K-16 and answer questions from the audience. Robert Nelson, director of emergency services, discussed the prevalence of traffic violations. — U.S. Army photo by Cpl. Park, Min-je

Anyone who has a claim against the estate of Mr. James A. Farley, GS-12, USAG-Yongsan, Korea, Contact Major Joseph Videc at: Email: joseph.a.videc.mil@mail.mil. Documentation is required to support the claim

Itaewon
Han Shin Realty Co.
 Real Estate. Consultant
 USFK Approved Realtor

*Home
 sweet
 Home!*

Looking for Housing
 Total Rental Service

U.S. Veteran helping USFK
 Service Members and their Families
 find the perfect home



Cell phone_ **010-3999-0633**

Seoul office_ 02-790-2002 Pyeongtaek office_ 031-653-9971, 9972
 E-mail_ kisok0523@gmail.com



CANAAN Realty

TOTAL RENTAL SERVICE at USAG HUMPHREYS

HOME SWEET HOME in Korea

CANAAN REALTY

What we deal with

- Rent for Foreigners ★
- Single-Family House ★
- Various Villas ★
- Condo(apartments) ★
- Rental Management ★
- Sell & Buy & Develop ★
- Real Estate ★

www.canaan3651.com
 Office: 031-692-4489

*You will find it at Canaan Realty.
 We will make your dream home come true.*





Alex Yuny Jessica Sander Jin

- ✓ English Speakers
- ✓ One Stop Service
- ✓ Rent & Relocation

24 hours / 7days


031-692-4489



CANAAN Realty



USFK APPROVED since 2003

Jin: 010-3396-3906 | kindjinchoi@hotmail.com
 Yuny: 010-9186-3651 | eunice671@gmail.com
 11, Anjeong-ro, Paengseong-eup, Pyeongtaek-si(17985)




RENTAL DREAM TEAM

The Premium Town for the special ones
 A grand and healing place
 European life style
 offer the best value in town!

Air Views of Hankang Eagles Town



HOUSECOACH REALTY

For sale and rent **1644-2825**

20 YEARS OF RENTAL SERVICE EXPERIENCE!!

Community bids farewell to Camp Coiner AAFES Minimall

Camp Coiner AAFES stores closed June 30 as a result of the transformation of U.S. Army Garrison Yongsan. The bike shop will remain open until November. — U.S. Army photo by Cpl. Park, Min-je



By Cpl. Park, Min-je
USAG Yongsan Public Affairs

USAG YONGSAN - Several Army and Air Force Exchange Service stores at Camp Coiner, including the American Eatery and barber shop, closed June 30 as part of the transformation of U.S. Army Garrison Yongsan.

Camp Coiner, located at the northern part of the garrison, is being transferred to the U.S. State Department. This area has traditionally been home to single Soldiers with its many barracks. The Camp Coiner mini mall opened for business in November 1995 to provide sustenance to the Soldiers residing so far away from main post.

"The American Eatery at Camp Coiner was there to serve members a nice warm breakfast, lunch and

dinner with a variety of retail goods. Soldiers also cut their hair at the barber shop," said Yi, Chi-na, AAFES operations clerk.

Now Soldiers and community members are expected to experience some degree of inconvenience given the distance between Camp Coiner and other AAFES stores.

"I used to visit the barber shop here because it was the nearest one from the barracks. Now I have to go a long way to main post to have a haircut," said Sgt. Chang, Hyun-woo, senior KATUSA with USAG Yongsan's Directorate of Plans, Training, Mobilization, and Security.

The AAFES employees at Camp Coiner are also affected by the closure.

Kim, Hyun-jun, Camp Coiner AAFES manager, has been working at Camp Coiner for four years and

will be going to USAG Humphreys. Many of his colleagues who had been working at Yongsan much longer are retiring, he said. He felt badly for those losing their jobs and wished they could work together longer, but the reality is the transition to USAG Humphreys is not slowing down.

Now Soldiers and community members have no choice but to find alternate stores. There are still food courts operating on the main post (Bldg. 1455), the Dragon Hill Lodge (Bldg. 4050), and south post (Bldg. 4259). For barber services, Soldiers can visit the JUSMAG Barber Shop (Bldg. 1575), MP Barber Shop (Bldg. 1447), and the south post AAFES Mini mall Barber Shop (Bldg. 4259). The Camp Coiner Bike Shop is scheduled to remain open until November 2017.▲

Exemplary service members recognized

at 2017 Korea America Friendship Night



(Left) Petty Officer 1st Class Branden Eric Simmons, U.S. Naval Forces Korea, receives the 2017 Korea America Friendship Award, June 21, from Korea-America Friendship Society President Han, Chul-soo at the Grand Hyatt Hotel for his contributions to the community. He is responsible for reviewing and processing Good Neighbor Passes for Command Naval Forces Korea and U.S. Navy units stationed at U.S. Army Garrison Yongsan. — U.S. Army photo by Pfc. David Garcia

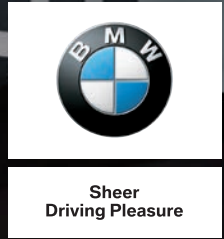


(Left to right) Han, Chul-soo, Korea-America Friendship Society president, recognizes Robert F. Nelson, Department of Defense civilian, a representative for Staff Sgt. Pablo Abad, U.S Marine Forces Korea, and Airman 1st Class Jasmyne A. Christopher, a geospatial imagery analyst, at the 2017 Korea America Friendship Night, June 21, Grand Hyatt Hotel, Seoul. — U.S. Army photo by Pfc. David Garcia

WE GO TOGETHER, KATCHI KAPSHIDA.

Discover a special BMW program for US military personnel in Korea. Enjoy tax-free purchasing on special pricing, the option to buy models based on US specifications, and worldwide maintenance service with the BMW global network. Discover BMW and experience the custom services designed for you.

BMW MILITARY SALES PROGRAM.



BMW Communication Center (080) 269-2200 BMW Military Sales Website www.bmw-dsskorea.com

BMW Military Sales 1577-BMW-M(2696) Yongsan Showroom* / Pyeongtaek Showroom
*FREE CHECK-UP SERVICE (The 1st Thursday on every month)

SUMMERTIME AND MEMBERSHIP'S EASY



JOIN NAVY FEDERAL, AND YOU'RE ELIGIBLE TO GET UP TO \$700

Join Navy Federal between June 26, 2017 and July 31, 2017 and include **promo code SUMMER17** on your membership application, and you can get up to \$700 in rewards on checking accounts with direct deposit, credit cards and auto refinancing.*

Plus, enjoy lifelong benefits and the support of a financial institution that puts your needs first.



JOIN NOW!
navyfederal.org/joinnow

Federally insured by NCUA. *Offer valid between 6/26/2017 and 7/31/2017 and can expire anytime without prior notice. Promo code SUMMER17 must be mentioned at time of joining for special product offers to be available and account to be credited. Recipient is solely responsible for any personal tax liability arising out of the acceptance of these incentives. Accounts must be in good standing for credits to be processed. Fees may reduce earnings, and rates may change. Share Savings Account Annual Percentage Yield (APY) 0.25%, effective 5/29/2017. © 2017 Navy Federal NFCU 10081 (6-17)



Children and volunteers of the 2017 Summer Vacation Bible School play games June 19, on the Seoul American High School Field. — U.S. Army photo by Cpl. Park, Min-je

Children and volunteers kick off the 2017 Summer Vacation Bible School June 19 in the Seoul American High School auditorium. — U.S. Army photo by Cpl. Park, Min-je



Vacation Bible School helps children learn valuable lessons

By Cpl. Park, Min-je
USAG Yongsan Public Affairs

USAG YONGSAN - U.S. Army Garrison Yongsan hosted the 2017 Summer Vacation Bible School June 19-23, at Seoul American High School. A total of 211 children and 160 volunteers, including 14 pre-school children participated in the program. This year's theme was "Maker Fun Factory." The program used Science, Technology,

Engineering and Math activities to facilitate achieving educational and religious objectives. This was the last VBS held in USAG Yongsan. According to Tara Whitmore, VBS director, the program opted for SAHS over the usual South Post Chapel venue to take advantage of better facilities such as stage lights.

"During the program hours, we teach children that God loves them," Whitmore said. "The program helps

children make friends in a loving environment whether they are new to Yongsan, moving away to Humphreys or to the U.S., or staying at Yongsan for the next year, while learning how much God loves them and has good plans for them."

During VBS, children come in the morning for a time of worship and a combination of skits, object lessons and videos to teach them Bible points for the day. Then they cycle through five stations each day: Imagination

Station (hands-on learning), Snack Station, KidVid Station, Games Station, and Bible Discovery Station. After they finish all five stations, they get back together for worship in the auditorium. They review all they learned that day through music, videos and drama. There was also a pre-school program with alternative programs prepared for children ages 3-5.

"I hope children learn valuable lessons they will remember for a lifetime through VBS," said Whitmore. ▴

2017 Overseas Region Military Youth of the Year celebration luncheon



(From left to right) 2017 Guantanamo Bay Military Youth of the Year Shaheer Ghuneim, 2017 Asia Military Youth of the Year Nicholas Cary, and 2017 Europe Military Youth of the Year Julia Nakamoto are recognized by Dawn Brunson of the Boys and Girls Club of America as winners at the BGCA Overseas Military Youth of the Year Event, June 21, at the Dragon Hill Lodge, U.S. Army Garrison Yongsan, presiding. — U.S. Army photo by Pfc. Lee Kyoung-yoon

Move to Humphreys?



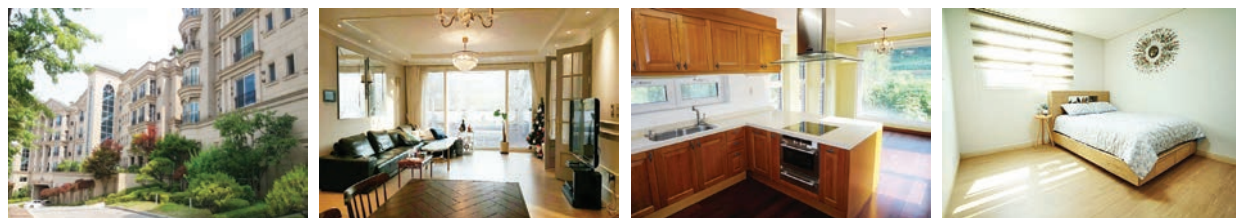
Comfortable and Modern life in Korea with
Julie's Realty & Relocation

Humphreys (Tel. 031-652-6517~8)
Eugene 010-2361-8731, Rachel 010-3936-8731, Juno 010-3935-8731

Yongsan (02-790-2097/795-7958)
Lindsay 010-3934-8731, Kathy 010-3932-8731

CASEY (031-865-2097~8) Jane 010-3937-8731

K-16 (031-756-2095~6) Suzie 010-2367-8731, Suin 010-2368-8731



For more information www.Juliesrealty.com & www.facebook.com/juliesrealtykorea



K6 Main Gate Walking Gate



Anjungri Shopping mall



HYUNDAI

Pyeongtaek Southern Dealer

USFK MILITARY PERSONNEL & THEIR FAMILY CAN PURCHASE THE HYUNDAI AUTOMOBILE BY INSTALLATION PAYMENT.

*** Compare the chart below.**

Korea		Model	SantaFe 2.0T Smart
MSRP	Price		26,950,000 KRW (23,850 USD)
	Power Train		2.0L Turbo GDi
	Specs		LED Tail Lights
			Artificial Leather Seats
			N/A
		N/A	
		N/A	
Korea		Model	SantaFe 2.0T Premium
MSRP	Price		28,550,000 KRW (25,265 USD)
	Power Train		2.0L Turbo GDi
	Specs		Heated Steering Wheel
			Front & Back Row Heated Seats
			12WAY Power Driver Seat
		Artificial Leather Seats	
		Front & Rear Parking Assist System(PAS)	
		N/A	
Reference			Korea : www.hyundai.com

USA 2017.04.24 Exchange Rates : 1130 KRW/USD

USA	Model	SantaFe Sport 2.0T
Price Difference: 7,850 USD	Price	31,700 USD
	Power Train	2.0L Turbo GDi
	Specs	N/A
		Leather Seats
		Smart Key
		Rear Camera
		Blind Spot Detection(BSD)
USA	Model	SantaFe Sport 2.0T
Price Difference: 6,435 USD	Price	31,700 USD
	Power Train	2.0L Turbo GDi
	Specs	N/A
		Front Row Heated Seats
		8WAY Power Driver Seat
		Leather Seats
		Rear Camera
		Blind Spot Detection(BSD)
Reference		USA : www.hyundaiusa.com

**NEW THINKING.
NEW POSSIBILITIES.**



Julie Lee 010-2604-8392 E-mail_ jinteng91@gmail.com

Address_ 522, Gyeonggi-daero, Pyeongtaek-city Gyeonggi-do KOREA

Drivecam starts is triggered by a risky driving behavior such as sudden braking or swerving. Technicians in the U.S. then review the recording and report it to the driver's organization for coaching and correction. — *Courtesy photo*

By Pfc. Lee, Kyoung-yoon
USAG Yongsan Public Affairs

USAG YONGSAN - U.S. Army Garrison Yongsan in conjunction with the 403rd Army Field Support Brigade is trying to make Area II a safer place to serve by monitoring the driving habits of military police vehicles, buses, and government vehicles.

Starting June 1, USAG Yongsan embarked on a 90-day trial of Lytx DriveCams, equipment installed in vehicles to record driver behaviors.

"The Lytx DriveCam program is a safety and telematics program. It is different from an ordinary black box as Lytx DriveCam is based on safety. The Camera is looking at anything that is considered a risk to the driver," said Tony Parker, enterprise sales director at Lytx.

Lytx DriveCams have been used by the Department of State, U.S. Marine Corps, Department of Homeland Security and other large private organizations like Walmart. The garrison's adoption of the program was particularly inspired by the success the Marine Corps has had in lowering fatalities and improving the overall driving behavior of its Marines.

"How do you explain to the parents of a Marine that their son survived the war but died in a car crash while on duty in the U.S.?" Parker said.

They mount near the top and center of the windshield and have both forward facing and inward facing lenses, capturing audio as well as video. Improper driving habits such as hard braking, hard acceleration, cornering, or an actual collision triggers the device to record. Before the device starts recording, it will display a solid green light on the right side, then rapidly flash from green to red to indicate it is recording an event. The device is on a constant loop lasting eight seconds until a triggering event takes place - at which point the camera will save the previous eight seconds and the four seconds following the event for a total 12-second clip.

The purpose of the trial phase is to substantiate the value of this safety system. A mid-term evaluation will take place at 45 days to collect overall reactions to the program. After the 90 day period, the command will make the final decision regarding officially adopting the Lytx DriveCam.

Driver behavior is analyzed through the recorded events processed by DriveCam technicians located in the U.S. The specialists note what triggered the event, and then score it for any possible behavior that is deemed "coachable" or "risky." If there is no behavior deemed coachable or risky, the event will be cleared and not be sent to the Lytx Safety department. If there is a noticeable behavior, it will be sent to the unit-designated coaches. Faulty behaviors include use of handheld devices, not using a seatbelt, following too close, speeding, responding too late, obstructing the inside lens, judgement errors, or any number

of other risky behaviors.

The previous eight seconds recorded before the triggering event determine what was going on with the driver and around the driver. The four seconds following the triggering event tell the complete story of what happened. At the end of the day, it helps protect and exonerate the driver. Corrective measures mitigate risks, and good drivers learn what part of their driving habits saved them. DriveCam focuses on the driver and not the vehicle itself, Parker explained.



Drivecam can also exonerate drivers by recording the accident. — *Courtesy photo*

Lytx DriveCam on trial to save lives at Yongsan

Improving driver behavior can also help reduce fleet expenses associated with collisions and claims. Cultivating safer, more efficient drivers can help in many other ways, too—from lowering insurance premiums and maintenance costs, to increasing productivity and fuel efficiency. Jackrabbit starts, hard braking, and excessive idling are unsafe driving behaviors that can skyrocket fuel consumption and fleet operating costs.

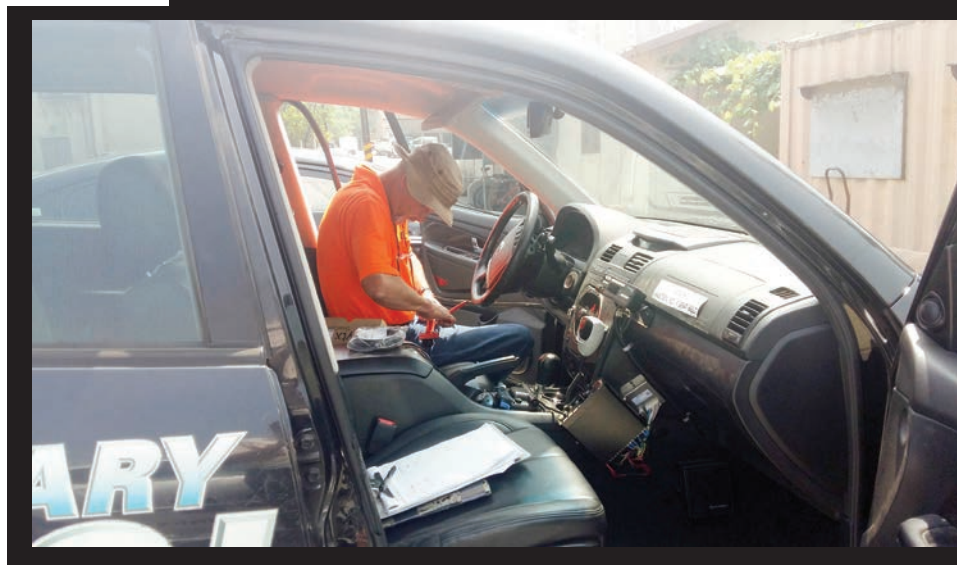
"DriveCam video is the objective witness that provides the truth of what happened in the moments before, during, and after a collision. It's an ally that can help prove when drivers aren't at fault, prevent false claims, and stop litigation before it begins. This can result in fleet management cost savings," said Parker.

Parker also emphasized that DriveCam was not a tattletale program, rather, it is focused on coaching and protecting the driver. During quarterly program reviews, every driver is evaluated against a baseline.

"Did he/she go up? Did he/she go down? We sit with each client and we actually address goals. We are here to figure out what people need and how people want to use the information we give out to clients. It is not the technology we want to emphasize. It is really the program behind the technology because we are here for each and every client," said Parker.

Lytx DriveCam results in a 60 to 80 percent reduction in driving incidents, he said. ▀

Larry Locke of the 403rd Army Field Support Brigade, U.S. Army Garrison Daegu, inspects a Lytx DriveCam at a briefing April 6 discussing telematics equipment that will be installed on 150 vehicles at USAG Yongsan beginning June 1. — *U.S. Army photo by Cpl. Park, Min-je*



Chris MacLeod installs a Lytx DriveCam in a Military Police vehicle June 8 at USAG Yongsan. — *Photo courtesy by Marshall McMickell*

Staff Sgt. Timothy Hernandez, 501st Military Intelligence Brigade, works to escape a hold during his match in the Eighth Army Combatives tournament June 30 at U.S. Army Garrison Yongsan's Collier Community Fitness Center. — U.S. Army photo by Staff Sgt. David Chapman



Controlling the arms of her opponent, 2nd Lt. Jasmin Lamb, 2nd Battalion 1st Air Defense Artillery, works towards a submission hold during the Eighth Army Combatives Tournament June 30, at Collier Community Fitness Center, U.S. Army Garrison Yongsan. Lamb would eventually cause her opponent to submit and win the match. — U.S. Army photo by Staff Sgt. David Chapman



Soldiers grapple for Eighth Army Title



Staring into the eyes of his opponent, 1st Sgt. Jose Ramos, 2nd Battalion 1st Air Defense Artillery, prepares to fight in the Eighth Army Combatives Tournament June 30 at the Collier Community Fitness Center, U.S. Army Yongsan. Ramos fought hard during the match but was eventually choked out by his opponent. — U.S. Army photo by Staff Sgt. David Chapman

Fighting for a win, Sgt. Kyle LeFlore, Headquarters Support Company, 602nd Aviation Support Battalion, holds his opponent to the floor during the Eighth Army Combatives tournament, June 30, at Collier Community Fitness Center, U.S. Army Garrison Yongsan. The tournament pitted the best Modern Army Combatives fighters from across the peninsula against one another. — U.S. Army photo by Staff Sgt. David Chapman

By Staff Sgt. David Chapman USAG Yongsan Public Affairs

USAG YONGSAN - Soldiers from across the Eighth Army footprint gathered at Collier Fitness Center, U.S. Army Garrison Yongsan, June 30, to determine the best of the best of Army Combatives on the Korean Peninsula.

The Annual Eighth Army Combatives tournament pitted some of the best fighters from six major commands from each area.

This tournament was broken down to seven weight classes, double elimination tournament, and separated in three rule disciplines.

The first round of matches began with standard rules fighting. Fighters began

in a standing position and worked through grappling and holds. In the second round of matches, fighters progressed to intermediate rules and kicks, and some punches were introduced. Finally, the third round involved advanced rules with more serious punches and kicks, according to event organizer, Sgt. Bryan Granger.

The purpose of the tournament is not just to see who can fight the best, but to see who had the strength, mentality and ability to fight if the time were to come to battle an actual enemy.

"I wanted to make sure we had Soldiers from across the peninsula that have the confidence to face a combatant and take them out," said Granger. "This tournament is also about camaraderie. We

have units who put together a team, came here to fight and have their fellow Soldiers here to watch something magnificent."

Many Soldiers see the Eighth Army Combatives tournament as more than just an opportunity to fight. They see it as an opportunity to push themselves and have fun at the same time.

"This is all fun and good exercise for me," said Spc. Christian Lee Cox, 21st Military Police Detachment. "Events like this make you understand self-esteem and makes you stronger as a person."

For the spectators who attended the tournament, each weight class bout was filled with excitement and red-faced cheering, to keep their battle buddies fighting through a difficult match. For

the fighters, the support of their unit and commands helped push them to victory.

"As soon as I saw my people watching me fight, I was so excited," said Cox. "Even though they aren't out on the mat performing, they help me on a daily basis so that I can do my best."

Following up on this tournament could be challenging. But there is potential in the works for creating an even bigger event in the future.

"I have proposed an Asia Pacific Championship and to develop it into a joint forces tournament," said Granger. "I envision it with Japan, Guam, Alaska and Hawaii, and I am super excited to make it happen. We have enough talent and amazing staff to run this." ▀

Soldiers assigned to Battery A, 1-1 ADA Battalion board an Air Force C-17 Globemaster at Kunsan Air Base May 19 after serving a two month mission in the Republic of Korea.



Story and photos
By Capt. Jonathon Daniell
35th ADA Brigade
Public Affairs

Editor's Note - Readiness and modernization are among the Army's top priorities, both are initiatives 35th Air Defense Artillery Brigade is addressing as it upgrades its Patriot fleet. Upon completion of the largest Patriot modernization project ever conducted outside a depot facility, the Dragon Brigade will operate the most technologically-advanced equipment in the ADA community. The brigade will execute a comprehensive new equipment training cycle to maintain Fight Tonight readiness throughout the transition. This article is part of a three-part series that will follow the modernization and readiness effort as it happens.

OSAN AIR BASE, South Korea – Fight Tonight readiness is the number one priority on the Korean Peninsula and it must be maintained at all times.

Battery A, 1st Battalion, 1st Air Defense Artillery Regiment, based in Okinawa, Japan, got firsthand experience with that imperative as they provided ballistic missile defense in support of 35th Air Defense Artillery Brigade in the Korean theater of operation from March to May.

“Defense of Kunsan Air Base is the primary mission for our unit,” said Capt. David Endter, commander, Battery A, 2-1 ADA. “Alpha 1-1 effortlessly integrated into the mission set, and operated at a high level throughout their deployment.”

Battery A, 1-1 ADA and their equipment arrived in Korea in March and contributed to 35th ADA's Patriot modernization effort by maintaining the Fight Tonight mission for A/2-1 ADA.

The modernization allows the Patriot systems to use the newest technology should read to integrate its systems into an air and missile defense architecture capable of interfacing with networked systems across multiple domains.

In addition to the systems receiving numerous upgrades, Soldiers assigned to A/2-1 ADA will receive new equipment training to ensure they possess the knowledge to operate and employ the advanced capabilities, said Steven Knierim, Raytheon project manager. Raytheon builds the Patriot system.

This was not A/1-1 ADA's first visit to the Korean Pen-

Okinawa-based Air Defense battery maintains “Fight Tonight” readiness

insula. In August 2016, the battery deployed to South Korea for training and demonstrated their ability to defend Kunsan Air Base from both air-breathing and tactical ballistic missiles threats.

“The deployment of our unit to Korea is two-fold; first, we are providing the ‘Fight Tonight’ capability for 35th Brigade,” said Capt. Joshua T. Mitchell, commander, A/1-1 ADA. “Second, it validates our readiness by proving we are capable of deploying to the Korean Peninsula and seamlessly integrating with Alpha, 2-1 ADA in order to provide air and missile defense.”

The expeditionary capability of 1-1 ADA's Patriot batteries proves they are able to defend critical assets anywhere in the Pacific.

As A/1-1 ADA fulfilled their mission on the peninsula and boarded planes back to Okinawa, they were relieved by their sister battery, Battery B, 1-1 ADA. The two units completed a one for one exchange of equipment, and integrated into the Fight Tonight mission to enable subsequent 35th ADA batteries to complete the Patriot modernization project. ▴



Soldiers from A Battery 1-1 Air Defense Artillery recently completed a training rotation at Kunsan Air Base. Here, they roll a Patriot radar from a C-17 Globemaster III at Kunsan. The 1-1 ADA Patriot equipment supported 35th ADA Brigade's “Fight Tonight” mission on the Korean Peninsula.

10 Summer Stress Tips

- Keep calm
- Drink lots of water
- Take a walk
- Plan nutritious meals
- Avoid using alcohol, or other drugs to cope.
- Absorb yourself in a relaxing activity like listening to music
- Always laugh when you can
- Get plenty of rest
- Ask for help
- Think positive

Learning to handle stress in healthy ways is very important. Seeking help can be one way to manage your stress effectively. If you are a civilian employee the Employee Assistance Program at USAG– Humphreys provides short-term counseling, assessment and referral. Call the Employee Assistance Program. Serving the USAG Humphreys adult civilian population—0503-355-1090 or 755-1090, Bldg. 572

Employee
Assistance
Program

HELP

SUPPORT

ADVICE

NON COMMISSIONED OFFICERS ASSOCIATION THE NCOA OUTSTANDING LARGE CHAPTER OF THE YEAR



Birthday party for Baby Box Orphanage

The **Non Commissioned Officers Association of the United States of America (NCOA)** was established in 1960 to enhance and maintain the quality of life for noncommissioned and petty officers in all branches of the Armed Forces, National Guard, Reserves and their families. This is accomplished by a myriad of programs that are designed to provide assistance for men and women who have served and their families. These programs include, but are not limited to: the NCOA Benevolent Programs (NCOA Scholarship Fund, Disaster Relief Fund and NCOA Betsy Ross Educational Fund), Career Fairs, and legislative representation in our Nation's capital. Our members around the world are making a difference in their local communities. The NCOA offers its members a wide range of benefits and services designed especially for enlisted service members and their families.

The **NCOA Korea Dragon Hill Chapter #1507** was chartered Feb 12, 1991. NCOA Korea Chapter #1507 represents **All Branches of Service**. We serve our Military and surrounding communities by sponsoring or co-sponsoring **Service Member Recognition Programs (SAMC Induction, BLC Distinguished Graduate etc.)**, Civic Organizations, DOD Schools, Community Programs to include **USO Six Star Salute** and other **Service And Families Programs**.

We contribute funds and or promotional items to Unit activities, Charitable Organizations, Family MWR Programs, NCOA National and Local Scholarship Programs. We sponsor the **Give Out Love Handicap Home AKA Baby Drop Box**, and **Hyesimwon Youth Welfare Center**, in support of the **Good Neighbor Program**.

In the last 2 years our members logged in over 17,000 volunteer hours and contributed over \$90,000 Dollars to these and other programs.

For more info: chairman.joe@gmail.com or visit our websites @
www.your.ncoakorea.org
www.ncoausa.org

NCOA "The Voice Of The Enlisted"

3rd Battlefield Coordination Detachment welcomes new commander

Story and photos by Staff Sgt. Monik M. Phan
35th Air Defense Artillery Brigade
Public Affairs

OSAN AIR BASE, South Korea -- The 3rd Battlefield Coordination Detachment, the Eighth Army Command, officially changed command during a ceremony on Hill 180 here June 16.

Lt. Gen. Thomas S. Vandal, the Eighth Army commanding general, hosted the ceremony.

Col. Yi Se Gwon, the outgoing 3rd BCD commander, relinquished command of the 3rd BCD to Col. Robert B. Hensley, in a traditional military ceremony.

During his speech, Vandal thanked Gwon for his hard work and dedication over the years, while welcoming Hensley to the Eighth Army team.

"I could not have asked for a better commander than Col. Yi Se Gwon," said Vandal. "Today's change of command ceremony is a well-deserved recognition of his hard work and dedication over the last two years."

Thanks to Gwon's constant focus on readiness and training, Vandal said he has complete confidence that no matter what happens, the 3rd BCD is always ready to fight tonight and protect the Korean peninsula. The 3rd BCD is one of the most critical units on the Korean peninsula, he said.

One of the most significant enduring impacts Gwon accomplished is reducing the joint air space clearance times in the



Col. Robert B. Hensley, (left) took command of the 3rd Battlefield Coordination Detachment during a brief ceremony at Hill 180 on Osan Air Base June 16. Also shown, passing the unit colors are Lt. Gen. Thomas S. Vandal, the Eighth Army commanding general, and outgoing commander Col. Yi Se Gwon (right). Hensley comes to the 3rd BCD from the United States Forces Korea in Yongsan, where he served as the J5 deputy assistant chief of staff. — U.S. Army photo by Staff Sgt. Monik M. A. Phan

most challenging theater for air space deconfliction in the world, he said. This monumental undertaking had immediate impacts in strengthening the alliance.

Gwon will serve as the director of the U.S. Army Targeting Center for his next assignment.

During Gwon's speech, he thanked

his leadership and sister units for their contributions to the success to the 3rd BCD.

"Air-ground integration is in great hands with Col. Rob Hensley," said Gwon.

Hensley comes to the 3rd BCD from the United States Forces Korea in Yongsan, South Korea, where he served as the J5 deputy assistant chief of staff.

Hensley said he looks forward to serving alongside with the Soldiers and leaders of the 3rd BCD.

"Third BCD has an amazing reputation and I look forward joining this professional warfighting team," said Hensley. "It's an honor to continue to serve as part of a strong U.S. - ROK alliance." ▴

Sergeant's Time training hike offers Soldiers greater insight into Korean history

Story and photo by Sgt. Tasha M. Osborne
E Forward Support Company
3-2 General Support Aviation Battalion

CAMP HUMPHREYS, South Korea - During Sergeant's Time Training on June 22 the non-commissioned officers of Echo Forward Support Company 3-2 General Support Aviation Battalion, 2nd Combat Aviation Brigade led their Soldiers in a professional development history hike up Pinnacle 4 Mountain. Along the way they also delivered a history course on the Korean War.



Sergeant Lee Hee Ho explains how both North and South Korea have grown from the war and who sided with them after the war had ended.

The hike offered not only in depth education on the Korean War, it emphasized the team concept of our combined U.S.-ROK forces, building cohesion and camaraderie within the company.

Soldiers climbed one mile up the mountain in duty uniform with their assault pack. The steep ascent and warm weather made for a rigorous climb--a deliberate part of the training to emphasize the importance of physical and mental toughness a Soldier should have and to experience the terrain Korean War troops faced.

At points during the climb, Soldiers received classes about the events leading up to, during, and following the Korean War.

At the base of the mountain, Sgt. Tasha M. Osborne taught the Soldiers on the major events leading to the outbreak of war on the Korean

peninsula. At the quarter-way mark of the climb, Spc. Yang Jung Mo took a turn to instruct Soldiers about the actions of North and South Korea during the war. At the halfway mark Sgt. Lee Hee Ho discussed the culminating days of the war and its aftermath. At the summit Pfc. Lee Myung delivered a final lecture concerning post-war South Korea and how the country has evolved to the present.

The meaning behind the History Hike was not only to teach the Soldiers about the Korean War, but to help them acknowledge the importance of our mission here.

Affording the Soldiers the opportunity to understand the history of Korea not only gives context to their mission on the peninsula, but also allows them to keep faith with our Korean allies across the ranks of the 2nd Infantry ROK-US Combined Division, and appreciate the Korean culture.

Soldiers agreed that the training was effective and engaging. Not only was it educational for the many newly arrived Soldiers within the ranks, but the physical training component added variety and challenge. While training is important in our line of work, it is just as important to make sure the Soldiers are actively engaged in it as well.

The alliance between South Korea and the United States remains strong due to the understanding and appreciation for the history and partnership between our Soldiers and nations that events like this build. ▴



ARE YOU AWARE THAT ?

SOOBAHK (= 수박/手搏/徒手搏闘)
MEANS BARE HANDS/FEET COMBAT
SKILLS THAT BACKS UP MOST OF
TODAY'S MARTIAL ART SPORTS.

WHEN YOU WORK HARD AND ARE
EXHAUSTED, GO TO THE GYM
AND FIND A HEALING WORKOUT
WITH SOOBAHK.

A PSYCHOSOMATIC (= MIND-
BODY RELATED) MARTIAL ART
CAN BE A BOOST FOR YOUR
BETTER TOMORROW.

USAG YONGSAN'S
SOOBAHK CLASSES ARE AT
TRENT WR FITNESS CENTER
(bldg #1496 btw PO & PX)
ON TUE-WED-THU EVENING.

SCHOOL YEAR 2017-2018'S
EXTRA CURRICULAR ACTIVITY
OR OUTREACH-KOREA PROGRAM
MAY BE AVAILABLE WHERE
YOU ARE AT. FREE OR AT
A REASONABLE COST ...

CONTACT: 010-SOOBAHK-1
WEBSITE: SOOBAHK.ORG

USARPAC Soldiers compete for Best Warrior title

Staff Sgt. Joseph Moore
Eighth Army Public Affairs

SCHOFIELD BARRACKS, Hawaii — Soldiers representing commands in Korea, Japan, Hawaii and Alaska competed a week-long series of grueling tasks here, June 11-16 to determine who would be the 2017 U.S. Army Pacific Best Soldier and Noncommissioned Officer of the year.

“We’re here trying to find the best two Soldiers to represent USARPAC for the Army’s Best Warrior Competition in Virginia this October,” said Sgt. 1st Class Nathan Roberts, USARPAC BWC’s operations NCO.

Before the 14 competitors started, “Day Zero” exercised their minds with a handwritten essay, a basic knowledge exam and a graded equipment layout that tested memorization.

“When people think about the Best Warrior Competition, they think of a physical training stud that never gets tired,” said Spc. James Harris, a cavalry scout assigned to 1st Brigade Combat Team, 25th Infantry Division, Alaska. “I think the best definition of a warrior (is one who) has an academic side. You must have the capability to think and process a situation critically.”

The official first day provided more physical and rigorous events, a 4 a.m. wake-up, an Army Physical Fitness Test, followed by a 1.5-mile combat run in boots and Army Combat Uniform and an obstacle course. Following the obstacle course, a UH-60 Blackhawk helicopter brought the competitors to a nearby range where they zeroed and qualified on the M-4A1 carbine rifle.

“It’s been pretty rigorous so far,” said Spc. Thomas MacDonald, a combat engineer specialist assigned to the 130th Engineer Brigade, 8th Theater Sustainment Command. “I know that all these guys out here came with their A-game, so I definitely got my work cutout for me.”

Day two proved to be another long day. After another early wake-up, the competitors went to the range where they spent most of the day being tested on their knowledge of weapon systems and their marksmanship firing the M240B machine gun, the M249 squad automatic weapon, the M320 grenade launcher, the M4 advance rifle marksmanship and the M9 pistol.

Some of the weapon systems were new to the competitors, but all managed to push through each stations. One Soldier left words of advice for next year’s competitors.

“The advice I would have for Soldiers coming here next year would be to get a lot of hands on with weapon systems, and definitely go to the range and fire a lot of rounds,” said Spc. Patrick Saladino,

“There’s been early mornings and late nights, and the land navigation was crazy yesterday,” said Spc. James Bass, a military working dog handler assigned to the 901st Military Police Detachment, Japan, while trying to catch his breath during the foot march. “I thought I trained up for rucking, but I didn’t train up for this type of rucking. At this point, it’s all about finishing so that’s my goal, that’s my motivation.”

The first rain-soaked finisher of the ruck march, Saladino, came in at 1:46:28, but was quickly followed by Spc. Hazen Ham, an infantryman assigned to the 3rd

Sgt. First Class Glenn C. Agngarayngay, assigned to 1st Battalion, 196th Infantry Brigade, United States Army Pacific Command, runs towards the finish line during the final event of the Army Physical Fitness Test as part of the Pacific Theater Best Warrior Competition on June 12, at Schofield Barracks, Hawaii. The APFT was the first event for the competitors prior to conducting the combat run, obstacle course and range qualification. — U.S. Army photo by Staff Sgt. Joseph Moore, Eighth Army Public Affairs



Sgt. Gerardo Saavedra, 88th Military Police Detachment, U.S. Army in Japan, assembles a 240B Light Machine Gun on Day 2 of the Pacific Theater Best Warrior Competition, June 13, at Schofield Barracks, Hawaii. The contest will determine who is the best Soldier and Noncommissioned Officer in the Pacific. — U.S. Army photo by Cpl. Michelle U. Blesam, 210th FA Bde. PAO

a chemical, biological, radiological, nuclear and explosive specialist assigned to 2nd Sustainment Brigade, 2nd Infantry Division, Korea, after finishing the machine gun ranges and awaiting his turn on the M320 range.

After the range, Blackhawk helicopters brought the competitors to their next event – the day and night land navigation course at the 25th ID’s Lightning Academy. The academy is where Soldiers attend the Jungle Operations, Air Assault and Pre-Ranger courses.

Deep into the tropical night, the Soldiers used their headlamps, maps, protractors and compasses to find their way to marked points scattered throughout the training area. Each walked upwards of 12 miles to find all their points. The last competitor finished the course at 9:45 p.m., 45 seconds before the five-hour deadline.

On day three, the competitors woke at 4 a.m. to a heavy downpour. They stood in the dark at the starting point of the eight-mile foot march with wet uniforms and the Hawaiian rain dripping from their faces. They faced a harsh, winding trek that would take them up and down large hills and through the island countryside.

The contestants couldn’t stop to enjoy the scenery or smell the tropical sea breeze due to the two-hour time limit but each step took them closer to the finish line and the title of USARPAC Best Warrior.

“There’s been early mornings and late nights, and the land navigation was crazy yesterday,” said Spc. James Bass, a military working dog handler assigned to the 901st Military Police Detachment, Japan, while trying to catch his breath during the foot march. “I thought I trained up for rucking, but I didn’t train up for this type of rucking. At this point, it’s all about finishing so that’s my goal, that’s my motivation.”

The first rain-soaked finisher of the ruck march, Saladino, came in at 1:46:28, but was quickly followed by Spc. Hazen Ham, an infantryman assigned to the 3rd

Infantry BCT, 25th ID at 1:46:46.

After the foot march, the competitors had 30 minutes for the medics to inspect and treat their feet, change socks and grab a quick snack before diving into the next series of events.

Drill and ceremony was next. The Pacific Soldiers marched and called cadence to a squad of volunteers. After calling “Fall Out,” the resilient warriors hustled to the final event for the day—a rainy 2-mile course that featured 10 basic warrior skill level stations which included reacting to a chemical or biological attack, providing first aid to a casualty, throwing hand grenades, calling for a medical evacuation, reacting to enemy contact and calling for fire on an enemy position.

Tired, wet and hungry, the Soldiers pushed through to prove they’re worthy of the USARPAC Best Warrior title.

“That’s all you’re holding on to at this point,” said Harris, when asked what it would mean to him, if he were named USARPAC Best Soldier. “You’re smoked and you’re tired of thinking, packing and the rain, but it’s worth every inch of the struggle to be named best warrior for USARPAC. I want it more than anyone.”

The final day and final event were far less physical, but just as tough mentally. They faced a knowledge board of sergeants major from commands across the Pacific.

“We’re not looking just for the best field Soldier or the best garrison Soldier but a well-rounded Soldier,” said Command Sgt. Major Rick Merritt, senior enlisted adviser for 8th Army, Korea and a panel member for the



Competitors of the Best Warrior competition pull security for the UH-60 Blackhawk after landing for their land navigation exercise on Day 2 of the Pacific Theater Best Warrior Competition, June 13, at Schofield Barracks, Hawaii. The contest will determine who is the best Soldier and Noncommissioned Officer in the Pacific. —Photo by Cpl. Michelle U. Blesam, 210th FA BDE PAO

USARPAC Best Warrior board.

Once the final question and answer was given, a look of relief, satisfaction and smiles came across the Soldiers’ faces, as they left the boardroom. They knew they had completed every task the USARPAC BWC had to offer, an accomplishment that would be passed on to future generations of Soldiers.

“The importance of these types of competitions as NCOs is to set the example,” said Sgt. 1st Class Benjamin Garcia, an infantryman assigned to 3rd Brigade Combat Team, 25th ID. “It’s a ‘do as I do’ mentality, not a ‘do as I say’ mentality. These competitions really highlight what’s important in our profession, which is leader development.”

The winners for the USARPAC Best Soldier and NCO are Spc. Hazen Ham and Sgt. 1st Class Benjamin Garcia, both from the 25th Infantry Division.

They will represent the Pacific Command during the Army’s Best Warrior competition in October. ▀



Military ID holders will receive a 10% discount

“Beauty Salon”

My Bling nail

The sensible choice of trendy ladies.

Gel nail, Pedicure, Ingrown nail, Eyelash extension, Waxing, Acrylic

- Over **2000 Colors**
- Any **Gel Art Design**
- Nail Extension
- Private treatment space
- **Comfortable Procedure** with recliner

Location

613-5 2F Bongdeok-dong, Nam-gu, Daegu

Mon. ~ SAT.

※ Reservation Required

Open AM 10 : 00
Close PM 9 : 00

[f Myblingnail](#) [Myblingnailshop](#)

070-8747-2414

THE PLAZA Seoul, Autograph Collection

An Iconic Hotel in the Heart of Seoul with Unique and Stylish Design Curating Personalized Service

Perfect location for business travelers - located in Central Business

7 event halls including the most recently renovated Grand Ballroom - Capacity : 600 people

6 restaurants including all day dining, Japanese, Chinese, Italian, French bakery and bar

MEMBER OF **AUTOGRAPH COLLECTION** HOTELS
AUTOGRAPHHOTELS.COM

Marriott REWARDS

119 SOGONG-RO, JUNG-GU, SEOUL, KOREA 04525 TEL 82.2.771.2200 FAX 82.2.755.8897 www.marriott.com/selak

Go together!

Pyeongtaek Culture Newspaper and The Morning Calm

평택문화신문
PYEONGTAEK CULTURE NEWSPAPER

The Morning Calm
Published by U.S. Army JMCOM for those serving in the Republic of Korea



Dr. Christine T. Altendorf (right), director of Installation Management Command - Pacific, passes the United States Army Garrison Daegu colors to Col. Robert P. Mann Jr. (left), commander of USAG Daegu, during a Change of Command ceremony at Camp Walker Kelly Field, June 29. — U.S. Army photo by Cpl. Soh, Jung-han

Col. Robert P. Mann Jr. assumes Command of USAG Daegu

By Cpl. Soh, Jung-han
USAG Daegu Public Affairs

USAG DAEGU, South Korea – United States Army Garrison Daegu held a Change of Command ceremony in honor of the outgoing USAG Daegu Commander, Col. Kenneth T. Stephens and incoming Commander, Col. Robert P. Mann Jr., June 29, on Camp Walker Kelly Field.

Dr. Christine T. Altendorf, director of Installation Management Command – Pacific, presided over the ceremony, praised Stephens for his leadership as the USAG Daegu commander and welcomed Mann to his new position.

“The Garrison here at Daegu plays a critical role both operationally and for the sustainment of our teammates and families,” said Altendorf. “These mission requirements require a leader like Col. Stephens, who has demonstrated that he has both the people and management skills to rise to every challenge and excel in any environment. We welcome a dynamic leader, Col. Robert Mann, to Korea and to our incredible IMCOM team.”

In his farewell address, Stephens took time to thank USAG Daegu and the Area IV community. “The directors, employees and Soldiers of U.S. Army Garrison Daegu as well as our friends and partners at the other three Korean garrisons, embrace change and constantly seek better ways and ideas to deliver services to our Army communities,” said Stephens. “Thank you to all those in the community. I saw so many times the kindness and good heartedness of many of you, it did not go unnoticed.”

USAG Daegu and the Area IV community welcomed their new Garrison Commander. The New Jersey native comes to Daegu, South Korea after finishing his assignment as the commander of the 71st Transportation Battalion, Army Logistics University, Fort Lee, Virginia.

“I look forward to visit where you make a difference for the Soldiers and families of Area IV, to learn how I can make a difference like you do, each and every day,” said Mann. “I also look forward to supporting the families, organizations, and units across Area IV. I am excited to be able to serve again in the Republic of Korea. I hope that I am able to continue the strong relationships that the Garrison has built with our local Korean government and our Good neighbors.”

As a major, Mann served in the Republic of Korea and served at Camp Casey. He was the General Supply Officer for the 2nd Infantry Division Support Command and the S-3 for the 702nd Main Support Battalion.

Mann is a graduate of the Dwight D. Eisenhower School for National Security and Resource Strategy. Other military schools include the Quartermaster Officer Basic Course, the Combined Logistics Officer Advanced Course, the Combined Arms Services and Staff School, the U.S. Army Command and General Staff College, and the Army Force Management School.

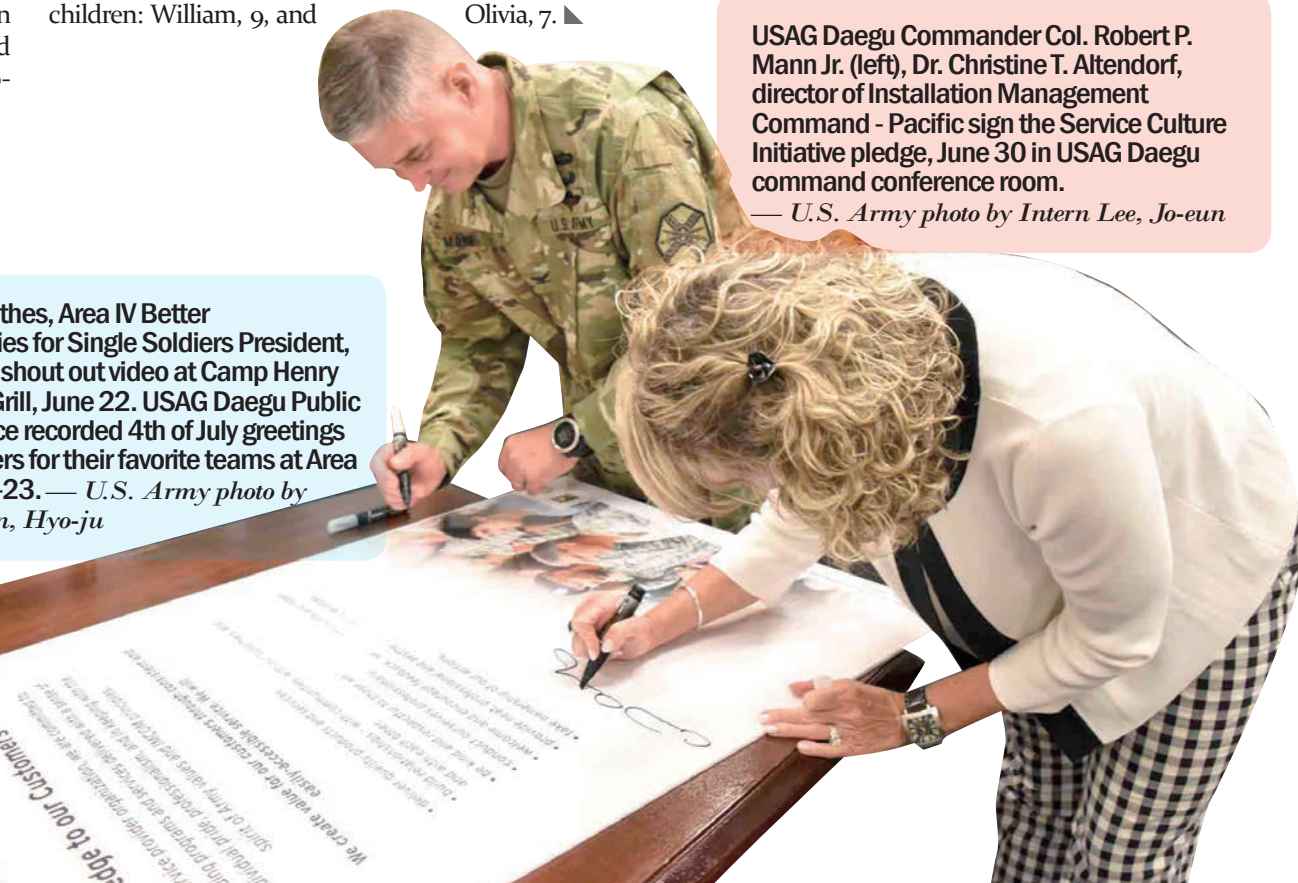
He is married to Col. Renee Mann, 403rd Army Field Support Brigade commander and they have two children: William, 9, and Olivia, 7. ▲



Col. Kenneth T. Stephens, Dr. Christine T. Altendorf, director of Installation Management Command - Pacific, Col. Robert P. Mann Jr., march to pass the USAG Daegu colors from Stephens to Mann during USAG Daegu's Change of Command ceremony, June 29, at Camp Walker Kelly Field. — U.S. Army photo by Cpl. Soh, Jung-han



Sgt. Ike Mathes, Area IV Better Opportunities for Single Soldiers President, records his shout out video at Camp Henry Sustainer Grill, June 22. USAG Daegu Public Affairs Office recorded 4th of July greetings from Soldiers for their favorite teams at Area IV, June 22-23. — U.S. Army photo by Intern Shin, Hyo-ju



USAG Daegu Commander Col. Robert P. Mann Jr. (left), Dr. Christine T. Altendorf, director of Installation Management Command - Pacific sign the Service Culture Initiative pledge, June 30 in USAG Daegu command conference room. — U.S. Army photo by Intern Lee, Jo-eun



Dr. Gina Sohn - U.S. Dentist Licensed to practice in Massachusetts, Connecticut & New Jersey. Tufts Graduate, the Smile Artist!

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

Tricare / Cigna / MetLife / GeoBlue



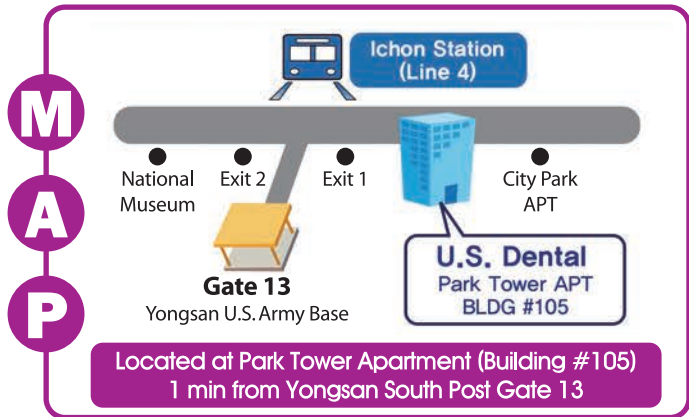
Services

- General Dentistry, Cleaning & Check-up
- Braces & Invisalign
- Cosmetic Dentistry & Smile Makeover, Whitening
- Veneers / Lumineers, Gummy Smile Correction
- Dental Implants
- Root Canal & Wisdom Tooth Extraction
- Child Dental Care



Professional Affiliations

- American Dental Association
- American Academy of Cosmetic Dentistry
- Massachusetts Dental Society
- American Academy of Implant Dentistry
- Connecticut State Dental Association
- American Academy of Pediatric Dentistry



U.S. Dental Call : 02-553-7512 / www.drginasohn.com

cyanCLINIC

DERMATOLOGY & PLASTIC SURGERY

What we kindly offer

- **Botox / Filler**
Facial augmentation, dermal wrinkles
- **Laser Therapy**
Scar and pore rejuvenation, tattoo/hair removal, freckle/melasma/mole removal
- **Skin Care**
Peeling, whitening care, moisturizing therapy
- **Facial Lifting**
HIFU laser tightening, thread lifting
- **Obesity**
Cryolipo, lipolytic injection, carboxy therapy, HPL, medication
- **Liposuction**
Abdomen, upper/lower limb, breast, etc
- **Other**
General skin disease



Cryolipo®
\$25 PER PAD
CRYOLIPO II
Noninvasive Fat Reductor

Liposonix®
Whole Abdomen / Thigh \$750
liposonix FDA Approved

Example

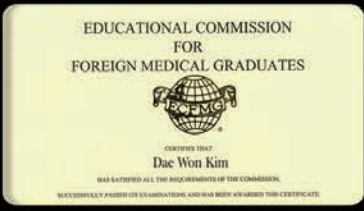
Before After

thermage CPT System \$400 Full Face
ulthera STARTS!

Liposuction
Thigh / Abdomen \$2500
STARTS!
*10% VAT not included

Address
Yuhwa bldg. 8F, Gangnam-daero 439
Seocho-gu, Seoul, Korea

Office Hours
Weekdays : AM 11:00 ~ PM 09:00
Saturday : AM 11:00 ~ PM 05:00



- 1:1 customized consultation with bilingual surgeons
- Reasonable price / accept credit card
- Over 25,000 patients treated
- Specialized care for fast recovery and optimum satisfaction

TALK ID : cyanclinic TEL.02-534-5555
For TAXI Drivers 강남역 CGV 건너편 폴더건물 8층

6th Ordnance Battalion soldiers receive instructions prior to the chin-up event for the German Armed Forces Proficiency Badge test held in Camp Carroll, South Korea June 21 and 22. — U.S. Army photo by Pvt. Kong, Il-woong



6th Ordnance Battalion hosts GAFPB

By Sgt. Uriah Walker
19th ESC Public Affairs

Service members who have been stationed in Germany may be familiar with the German Armed Forces Proficiency Badge and what it takes to earn it. For the first time on the Korean Peninsula, the opportunity to earn the GAFPB was offered to soldiers assigned to 6th Ordnance Battalion.

One stipulation, which has historically prevented holding the competition here, is that it must be administered and verified by a member of the German Armed Forces. As luck would have it, 1st Sgt. Joseph Haedtke, Headquarters and Headquarters Detachment, 6th OD Bn, was previously stationed in Germany and has remained in contact with German Armed Forces Sgt. Maj. Alexander Scherfling who is currently the assistant to the Defense Attaché at the German Embassy in Seoul.

"1st Sgt. Haedtke contacted me in Seoul and asked if I would help him

organize this event," said Scherfling. "U.S. and German soldiers have been earning this badge for years but, for the KATUSA here, this is absolutely unique."

Normally, German soldiers will train extensively before trying to earn their GAFPB, Scherfling explained. This is a very challenging event comprised of five physical challenges plus M9 pistol marksmanship.

Competitors had the opportunity to earn a bronze, silver or gold badge. The badge to be awarded was determined by the results of the soldier's score in each event.

The first day's challenges included a 10 meter sprint, executed 11 times, followed by a chin-up hang, 1,000 meter run and finally a 100 meter swim while in uniform. On the second day, participants faced a ruck march with a 35-pound rucksack before finishing with pistol qualification.

26 junior soldiers, KATUSAs, non-commissioned officers and senior leaders battled fatigue and the clock

for two days during this test of strength and skill. Ultimately, only five claimed victory - to include one KATUSA.

1st Sgt. Richard Coeur, 84th OD Company, 6th OD Bn said he anticipated an extremely difficult set of events and his former drill instructor mindset wasn't disappointed.

"I actually did a lot better than I thought I was going to do," he said. "Everything was difficult. It was difficult to the point that it pushed you to the limit but not too difficult where it couldn't be achieved."

Cpl. Kim, Sun Gwan, HHD, 6th OD Bn senior KATUSA, compiled enough points through the six events to earn himself the silver GAFPB.

"I heard that we were going to do the pull-up bar [hang] and for me, be-

cause I'm not very good at pull-ups, I was really worried about holding on for more than 60 seconds," said Kim. "But I did it."

Although he completed five of the six events at the gold level, the marksmanship challenge at the end ultimately reduced his standings to silver.

"Competing here, and earning a silver medal, as a Korean National - it feels great, I feel honored," he said.

For Coeur, a 27-year Army veteran, this event was special because he has never been stationed in Germany or otherwise offered the opportunity to earn the GAFPB. By 6th OD Bn laying the groundwork to hold the event here on the peninsula the door has been opened for not only soldiers but also KATUSAs to earn the badge. ▴



Pvt. Pierre Pontes, Headquarters and Headquarters Detachment, 6th Ordnance Battalion, removes and throws his uniform out of the pool as part of the 100 meter swimming event for the German Armed Forces Proficiency Badge held in Camp Carroll, South Korea June 21. — U.S. Army photo by Pvt. Kong, Il-woong

The 19th Expeditionary Sustainment Command Headquarters and Headquarters Company takes a group photo with Maj. Gen. John P. Sullivan, Commanding General, 19th ESC after being awarded the Commander's Cup, June 17. — U.S. Army photo by Cpl. Sin, Jae-hyung



A small group of children attending the Area IV Vacation Bible School, held June 19-23, move to a different activity zone led by a volunteer at Camp Walker Soldiers Memorial Chapel. — U.S. Army photo by Pfc. Kim, Bum-joon





Enjoy the cool summer at the Paradise Spa Dogo! Savour your romantic trip at the caravan with full of starlight.

Paradise Spa Dogo is a premium spa with a variety of themed facilities that whole family can enjoy, which includes not only hot spring spa but also water sports for fun. The place is a family resort as it has hot spring spa and has a variety of pool facilities that can be used by people of all ages. In particular, enjoy our indoor wave pool and newly opened outdoor facility "Infinity Spa". Paradise Spa Dogo is the largest luxury caravan campsite in Korea; consisting of 50 caravans in total (30 standard caravans / 20 deluxe caravans) and FREE access to Water Park for caravan users.

On the first day of caravan check-in, access to Water Park and hot spring is free of charge. Also, on the day of check-out, access to hot spring is available for free.

For more information and photos of Paradise Spa Dogo, please check our instagram @paradisepadogo

Special offer for the U.S. Armed Forces

Paradise Spa Dogo offers special price for family and group U.S. Armed Forces of 4 person.

- Spa **50%** discount
- Caravan **30%** discount (Mon-Thu)

*You can get a discount with your military ID.
For reservation, call 041-537-7177.

Direction



By Intern Lee, Jo-eun
USAG Daegu Public Affairs

USAG DAEGU, South Korea – United States Army Garrison Daegu’s “Emerging Leaders Creating Unity by Engagement” is a nine-month program that is comprised of multiple class sessions and one capstone garrison project designed to facilitate achievement of the program’s stated objectives. It was formed by a multi-disciplined team charged with developing and implementing the Garrison’s Commander’s intent.

EL CUBE is composed of leadership lectures and team projects such as the marketing strategy of the Equal Employment Opportunity command climate survey. For the end of the program, USAG Daegu employees and the Garrison Commander Col. Kenneth T. Stephens gathered for the EL CUBE 2017 Graduation Ceremony to recognize the participant’s accomplishments, June 28, at the Camp Henry command conference room.

“I am completely impressed by your dedication and ability that everyone had shown through EL CUBE 2017,” said Stephens. “I want to acknowledge this graduation, for the students that spent the last nine months inside the EL CUBE course. I was also happy to plan and execute with all students and mentors. We all made this program together. This August or September, EL CUBE 18 will begin again. I hope many people will be interested in EL CUBE.”

“It is a really good phenomenon that we sit down as a group whether we are in a boss or employee relationship and just talk about the ways to get ideas from ev-



Participants of "Emerging Leaders Creating Unity by Engagement" 2017 pose for a group photo during the EL CUBE graduation ceremony, June 28, at the USAG Daegu command conference room. — U.S. Army photo by Intern Lee, Jo-eun

Garrison Civilians Graduate EL CUBE

eryone,” said Ingrid Walsh Brown, director, Directorate of Human Resources. “I want to say thank you very much for all of the hard work. I also expect what I will see through next EL CUBE 18.”

After Stephens and Walsh-Brown’s opening remark, Stephens gave graduation certificates and USAG Daegu coins to students and mentors to recognize their contributions that resulted in teams,

diversity and creativity within the Garrison.

“This is a wonderful opportunity for Korean and U.S. employees,” said Aileen S. Nagai, mentor of Team Evolution, Resources Management Office. “EL CUBE is about empowering team members to do their own projects. It definitely helps them to be a good leader. Though this project is not only for them, but also for

me as mentor, I can learn how to calm down members and what I can do to step toward a better position.”

“I am proud of myself that I did my best,” said Kim, Kyong-suk, Team Evolution. “I want to say thanks to our team members and mentor who cared for me. This project really helps me to grow up as a leader. I hope many Korean staff become interested in EL CUBE.” ▲

Learning to Defend Yourself: SHARP 360



Soldiers participate in roleplaying at a bar scene during the SHARP 360 face-to-face training, June 21, at the Camp Walker SHARP 360 building. — U.S. Army photo by Intern Shin, Hyo-ju

By Intern Shin, Hyo-ju
USAG Daegu Public Affairs

USAG DAEGU, South Korea – The Army’s Sexual Harassment Assault Response and Prevention training is a key element in the Army’s multifaceted prevention approach. For the Soldiers and service members in Area IV, United States Army Garrison Daegu conducted SHARP 360 face-to-face training at the Camp Walker SHARP 360 building, June 21.

“We want to bring the Soldiers and service members in the SHARP 360 face-to-face training and explain them about the rules and regulations that govern sexual assault response program,” said Richard Flower, USAG Daegu Sexual Assault Response Coordinator. “We usually take them into a scenario such as gym, barrack or bar scene. Also, we give them basic instruction and update on challenges of possible sexual assault that people might face.”

The training was divided into two parts. At the beginning, Flower presented a lecture about the basic concepts of sexual harassment and instructions on how to face it. Soldiers also filled out a questionnaire about their experience related to sexual harassment and participated in several role-playing scenarios.

“The training was great,” said Spc. Angelika Lundy, movement specialist, 622nd Movement Control Team. “When the Soldiers were role-playing, they acted as certain people. Everybody can be put in those sorts of situations, so I think the role-playing was a great help to us.”

The Area IV SHARP 360 facility was designed and built as a concept in the Republic of Korea. The training has been going on for many years between USAG Daegu and the 19th Expeditionary Sustainment Command.

“We allowed units in Area IV to continue to reinforce the training and to use different scenarios at this place,” said Flower. It is available for service members, local nationals, Soldiers, and anyone else.” ▲




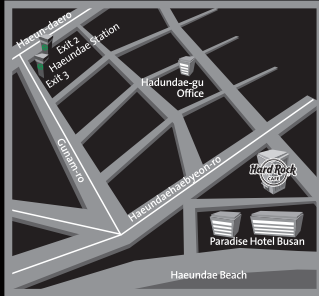
UWS

United We Serve

15% OFF
SHOW YOUR MILITARY ID

On Food & Non Alcohol Beverage / Rock Shop*
(* Except charity and limited edition items.)

HARD ROCK CAFE KOREA WELCOME YOU

HARD ROCK CAFE SEOUL
5F, LOTTE WORLD MALL, JAMSIL, SEOUL
T. +82 2 418 7625 F.+82 2 418 7635

HARD ROCK CAFE BUSAN
HAEUNDAE BEACH, BUSAN
T +82 51 742 7625 F+82 51 743 7625

HARDROCK.COM/SEOUL HARDROCK.COM/BUSAN

TRADITIONAL THAI FOOD




Taste of Thailand Restaurant
In front of Camp Humphreys Tel_ 031-653-8891
#(101)Ho 122, Anjeong sunhwan-ro 222 beon-gil,
Paengseong-eup,
Pyeongtaek-si, Kyounggi-do, Korea

Thailand 2 Restaurant (2 Floor)
In front of Taxi Stand Tel_ 031-668-7829
298-147, Sinjang-dong,
Pyeongtaek-si, Kyounggi-do, Korea

Thailand Corner Restaurant
Tel_ 031-668-7828
24 Songtan Shopping mall (2 floor)
opposit with NH Bank.
Pyeongtaek-si, Kyounggi-do, Korea

For You Rent A Car

USFK Pass

Home to Home Delivery

Gold Tower

Start \$50~



Every month, special promotion. E4 and below, always **10% off**

1800-4111 KakaoTalk **USFK Rent**



Senior logistics leaders from across the Korean Peninsula gathered with the Republic of Korea Transportation Command and KORAIL representatives for the 5th Combined Movement Control Tactical Discussion at the KORAIL headquarters, June 20. Discussions focused on movement control ranging from the strategic to the tactical level. — U.S. Army photo by 1st Lt. Ellen C. Brabo



Maj. Gen. John P. Sullivan, Commanding General of the 19th Expeditionary Sustainment Command, engages in discussions with Brig. Gen. Yul Hoon Lee, Commanding General of the Republic of Korea Transportation Command. Senior logistics leaders gathered with the ROK TRANSCOM and KORAIL representatives for the 5th Combined Movement Control Tactical Discussion at the KORAIL headquarters, June 20. — U.S. Army photo by Sgt. 1st Class Clinton M. Carroll

**By 1st Lt. Ellen C. Brabo
19th ESC Public Affairs**

DAJEON, South Korea – Senior logistics leaders from across the Korean Peninsula, members of the Republic of Korea Transportation Command and KORAIL representatives gathered for the 5th Combined Movement Control Tactical Discussion at the

agreement between the USFK and KORAIL.

Following the rail transportation logistic support discussions, Justin Sturn, Deputy G35 Future Operations 19th ESC, provided a brief overview of the non-combatant evacuation operation movements on the peninsula.

“The U.S. Department of State estimates the current population of the U.S. and United Nations sending states [in Korea] to now be

assets off-pen,” said Sturn. “In future exercises we are hoping to use off-post nodes and start to include members from the sending nations.”

The coordination and synchronization across the ROK TRANSCOM, 2nd Operational Command and the Third ROK Army, is invaluable in setting conditions for reception, staging and onward movement operations. RSO field training exercises allow units, such as the 551st Inland Cargo Transfer Company, to exercise their combined convoy capabilities and to enhance combined movement synchronization.

“This year’s RSO FTX consisted of two serials compared to four serials we executed last year,” explained Cpt. Michael Beagle, G-33 CUOPS 19th ESC. “This was the second time where our convoy security roles and responsibilities were exchanged from the 2nd Operational Command to another ROK Army Field Command. This year it was the TROKA, last year it was the First ROK Army.”

The way-ahead for the RSO FTX will include continuing to utilize rotational unit equipment to conduct operations, leverage current inland petroleum distribution systems and developing a training plan that can stress the system for transportation and movement control by moving a larger volume of equipment.

Following the conclusion of the CMCD, senior logistics leaders met with both the KORAIL military liaison and chief executive officer. Discussions circled around the future of KORAIL and future opportunities for continued combined planning and operations. ▲

Annual Combined Movement Discussion aligns senior leaders

KORAIL headquarters, June 20. Discussions focused on strategic and tactical movement control and the organizations involved in the coordination and execution of movement during contingency operations.

“I think the topics that will be covered today are very important but perhaps more important are the relationships that will be strengthened and reinforced by virtue of us all coming together in a meeting today,” said Maj. Gen. John P. Sullivan, Commanding General of the 19th Expeditionary Sustainment Command.

The first topic of discussion was the Implementing Arrangement between the U.S. Forces Korea and the Ministry of National Defense. This document governs the rail transportation logistics support on the peninsula between the U.S. and the ROK. Further discussions circled around the lack of formal

over 500,000,” said Sturn. “To support the movement of non-combatants, our primary mode of transportation would be via train.”

In addition to rail assets, dependent on the situation, rotary wing assets and U.S. Army buses could also be utilized to transport non-combatants from Area I to relocation centers in Area IV. However, it is important that the assets to move personnel off the peninsula are immediately available when needed. Both U.S. TRANSCOM and the U.S. Army Pacific Command have begun to look beyond just a strategic air solution and are currently exploring the possibility of using ships and ocean vessels with the ability to reach beyond Japan.

“Our recently executed Focused Passage Exercise was able to utilize all modes of transportation on [the peninsula] and strategic air



Members of the 19th Expeditionary Sustainment Command and U.S. Forces Korea meet with Dr. Hong Soon-man, the KORAIL Chief Executive Officer at the KORAIL headquarters to discuss the future of KORAIL and the opportunities ahead for continued combined operations and planning, June 20. — U.S. Army photo by 1st Lt. Ellen C. Brabo



HANKANG EAGLES TOWN

Home Sweet Home

The value and elegance of masterpieces for your very special.

Experience One Call Service!

Fluent English speaking staff is ready for you.



HOUSECOACH REALTY **1644-2825**

Address
503, Sinbong-ri, Yeongin-myeon, Asan-si, Chungcheongnam-do, Republic of Korea

20 YEARS OF RENTAL SERVICE EXPERIENCE!!



Pine Hill Town

very special , very cozy, very convenient...

This is your home!



Pine Hill 5 Shinnam-ri



Pine Hill 11 Shinhyu-ri



Pine Hill 4 Wonnam-ri



Pine Hill 6 Du-ri



*Right at the gate,
On the hill with great view,
Beautiful single house for
Military Family as well as Civilian
Wonderful yard in the green nature....*

*Everywhere, Anywhere..
more than 13 places around
the Camp Humphreys...*



Visit here ~
www.facebook.com/pinehillrealtykorea



for **also other various rental houses** as well as Pine Hill series,
Just **Call Helen** ☎ **010-2913-0816** your house Specialist!!!

