

The Morning Calm

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October is Domestic Violence Awareness Month Purple Gala welcomes Mildred Muhammed as guest speaker



Mildred Muhammed, a certified domestic violence advocate, trainer/educator/author, and speaker for the U.S. Department of State, shared her own story candidly and her views on domestic violence at the Purple Gala, Oct. 6, at the Main Post Club. — U.S. Army photo by Spc. Billy Colon

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

USAG YONGSAN, South Korea — October is National Domestic Violence Awareness Month. Originating from the Day of Unity, which was held in October 1981, DVAM has been observed since 1987. DVAM focuses on remembering those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

“Domestic violence is never acceptable,” said President Trump in a proclamation signed Sept. 29. According to the proclamation, while the rate of domestic violence in our country has decreased over the last two decades, domestic violence continues to spread across the Nation. Nearly one in four American women aged 18 and older have been the victim of physical violence by an intimate partner, and domestic violence is still the leading

cause of injury to women.

As part of the observance, U.S. Army Garrison Yongsan hosted the Purple Gala to honor the victims of domestic violence and celebrate the lives of survivors, Oct. 6, at the Main Post Club. The guest speaker, Mildred Muhammed, is a certified domestic violence advocate, trainer/educator/author, and speaker for the U.S. Department of State, shared her own story candidly and her views on domestic violence.

In the 2002, two snipers terrorized the Washington, D.C. area by shooting and killing 10 people. One of the snipers was John Muhammed, the former husband of Mildred Muhammed. She had been a victim of domestic violence and divorced John Muhammed in 2000. Muhammed was a sniper during the Gulf War. Shortly after being discharged, he began to exhibit signs of post-traumatic stress disorder and threatened to kill his ex-wife, calling her the “enemy.”

It was later revealed that Mildred Muhammed had been the true target of the sniper attacks in D.C. Muhammed had changed her identity to protect herself and her children. In the aftermath of the snipers being captured, imprisoned and, in the case of John Muhammed, executed, she put forth every effort into protecting her traumatized children.

“All I know was that I had to take care of me and my children, and I tried to counsel my children,” said Muhammed. However, she encountered many counselors who only wanted to become famous by associating themselves with Muhammed. “So I went to the library and got a book on counseling, and I counseled my children myself.”

She also needed to correct her children’s biases that their father had built in their minds.

“My son hated me,” said Mildred. “He felt that I took him away from his dad. And so I had to take extra strides with him. The only way we’re going to

get through this is the truth. And that what we did was talk constantly.”

Now she works to help other victims to overcome traumatic memories and find a normal life.

“I am a professional speaker, and I help other people to understand victimization and how they can get through it. Now I am pursuing life coaching because I want to help people to live an emotionally balanced life,” said Muhammed.

She says domestic violence is a physical assault that is both humiliating and ultimately deadly. At the same time, she says the total picture of domestic violence is changing.

“Domestic violence has become an epidemic. Everyone here knows someone that is or was a victim of domestic violence,” said Muhammed. “Statistics have changed. Now we know one in seven men are victims of



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The Morning Calm

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domestic violence. Eighty-five percent of women are abused by men, and 15 percent of men are abused by women. So we need to take a total look at domestic violence."

In the hopes of preventing tragedies like hers, she has interacted with military communities to become an advocate for mental health and victims of domestic abuse for more than 15 years. "There are domestic violence units, special investigators for domestic violence, and the Family Advocacy Program that have an awareness of domestic violence and sexual assault," Muhammed said. "We have to let the people know that the programs are there."

She said Soldiers often do not want to talk to counselors out of fear that their conversations could become part of their records, jeopardizing their careers.

"The FAP will not take notes. They just want to help the Soldier get help," said Muhammed. "So we have to do a better job at letting the Soldier know that these services are available. A FAP person should be there to let Soldiers know what their benefits are, and what programs are available for them."

In the case of USAG Yongsan, FAP counselors use newcomers orientation as a venue for sharing information about FAP. By regulation, commanders are required to undergo annual training on domestic and child abuse.

Janine Harper, the Family Advocacy Program Manager for USAG Yongsan, said the biggest successes came when commanders were engaged with the training and came out to the front in ensuring their Soldiers were trained and aware.

Muhammed pointed out common misconceptions about domestic



DODEA students created a quilt to honor Domestic Violence Awareness Month. Each drawing conveys the essential message, "Love shouldn't hurt." — U.S. Army photo by Spc. Billy Colon

violence.

"Eighty percent of victims do not have physical scars to prove that they are victims. Abusiveness is not a mental illness. It is a conscious decision to control someone who has a life," said Muhammed.

Sometimes, people know when someone is a victim, but they don't know what to do for the person," said Muhammed. "When victims do come to you, there's only one question you need to ask, 'How can I help you?'"

It is important to set boundaries for yourself before extending assistance to

others, she explained. "You have to ask yourself three questions: 'What will I do?' 'What won't I do?' and 'What can't I do?'" Will you give them money? Can they come stay with you? Can you give them resources?

People are tempted to say, "Why don't you leave? Why are you still in that relationship?" Muhammed said. But when you do that, you automatically take the side of the abuser. "Every victim knows he or she wants to leave, but not every victim knows how to do it alone." ▴

Symposium teaches cyber-security

By Cpl. Jo, Byeong-wook
USFK Public Affairs

USAG YONGSAN, South Korea - Service-members and civilians from various ranks and job titles volunteered their time to help host the U.S. Forces Korea Joint Cyberspace Center's "Bytes of the Round-table Symposium" at the garrison's Memorial Chapel, Oct. 13.

The symposium is designed to teach the importance of cyber-security and how to safe-guard their personal information as they learn about the different scams and techniques cyber-criminals are using to defraud unwitting victims.

"The reality of cyber-attacks are different from what people see on the television," said Lt. Col. Janice M. Gravelly, Chief of U.S. Forces Korea Joint Cyber Center Operations Division. "We are trying to remove the fear of cyber-attacks and to educate the public so that they are able to protect themselves."

The latest topic for discussion was Strategic Military Cyber Operations and the Law presented by Lt. Col. Vicki Ann Belle, U.S. Air Force Staff Judge Advocate and Capt. Gabriel K. Park, Chief of USAF Operations Law, 51st Fighter Wing.

According to Gravelly, the symposium is not a lecture but rather an interactive talking group in a relaxed atmosphere where people come to ask questions and



Capt. Gabriel K. Park, chief of U.S. Air Force Operations Law, 51st Fighter Wing, U.S. Forces Korea, leads an open discussion with service-members and civilians during "Bytes of The Round-table Symposium" at Yongsan Garrison's Memorial Chapel, Oct. 13. The symposium is a monthly event that highlights cyber-security concerns as well as different techniques and scams that cyber-criminals are using to defraud unwitting victims. — U.S. Army photo by Cpl. Jo, Byeong-wook

share their opinions and concerns about cyber-security.

The symposium is held on the first Friday of every month hosted by USFK JCC in conjunction with Armed Forces Communications, Electronics Association and Signal Corps Regimental Association.

For more information on the locations and times, please call the Joint Cyberspace Center at 723-6553 or email pacom.yongsan.usfk.list.joint-cyber-center-dco@mail.mil. ▴

To keep PT fresh, artillery battalion goes Olympic

By Pfc. Lee Hyeon-min
210th Field Artillery Brigade
Public Affairs

CAMP CASEY, South Korea – Physical training, or “PT,” is part of the foundation of every Soldier in the U.S. Army, but sometimes repeated runs and muscle failures may get monotonous. If there’s a way to do PT that’s fun, motivating, and yet works for your body, why not do it?

With that in mind, leaders of 6th Battalion, 37th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division came up with a plan: hold a PT competition that uses events similar in some ways to those of the Olympics. Doing that would give the battalion’s Soldiers a fresh and exciting variant on their usual PT regimen.

In due course they’d drawn up a set of events and Oct. 13, Soldiers of each of 6th Battalion’s three batteries and one company turned out at Schoonover Bowl Stadium here to vie for status of best unit in the competition.

The Olympic-inspired PT consisted of nine events: a 100-meter dash, push-up derby, sit-up derby, 1,200-yard shuttle sprint, long jump, a timed “skedco” drag relay, a medicine ball throw, a 1,600-meter relay race, and a tug-of-war.

Battery A emerged the battalion winner.

“I think it really went well,” said Sgt. Maj. Steven R. Jenderseck, the battalion’s Operations Sergeant Major.

“We saw a bunch of smiles,” he said. “And we saw people from the

different batteries and companies cheering each other, so the team building was definitely there.”

“This is my first time I’ve done something like this,” said Jenderseck. “So it would be a unique challenge for a lot of our Soldiers as well. Still, we made it fun and enjoyable for the Soldiers yet physically challenging.”

All the Soldiers were motivated and engaged during the Olympic PT competition, according to Pfc. Kim Ki-hun, a supply clerk in the battalion’s Battery B.

“There wasn’t any prize for the winners but that doesn’t mean there weren’t any incentives,” said Kim. “Everyone wants their battery or company to be the best within the battalion. And I think that is why all of us were still motivated throughout the event.”

Many Soldiers in the battalion are already eager for another Olympic PT competition, according to Kim.

The battalion may decide to hold the competitions quarterly, said Jenderseck.

“I’m trying to do something

we can do together as a battalion,” Jenderseck said. “I’ll be always looking for something we can do to challenge ourselves and challenge our coordinate units to come together and build the team.”



At Schoonover Bowl Stadium on Camp Casey in Dongducheon Oct. 13, Soldiers of the 6th Battalion, 37th Field Artillery Regiment compete in a 100-meter dash during a battalion-wide “Olympic PT” event. PT stands for Physical Training. The battalion held the competition to add additional challenge, motivation and variety to its regular PT regimen. The competition, in which Battery A emerged the battalion winner, was a hit with the Soldiers, and the battalion said it may begin holding the Olympic-inspired competition quarterly. The battalion is part of the 2nd Infantry Division/ROK-US Combined Division’s 210th Field Artillery Brigade. —U.S. Army photo by Pfc. Lee Hyeon-min

Korean Soldier recognized for military service



On Camp Casey in Dongducheon Oct. 16, officials hold a ceremony to recognize the military service of a KATUSA – a South Korean Soldier assigned to the U.S. Army. The KATUSA, Sgt. Kim Kon-woo of Headquarters and Headquarters Company, U.S. Army Garrison Area I, finished his 21 months of military service the next day. Kim was presented a lapel button bearing the legend “Honorable Service KATUSA,” a certificate of appreciation, a framed map of Camp Casey, and a commemorative medallion. Making the presentation was Command Sgt. Maj. Jason R. Copeland, U.S. Army Garrison Casey’s senior enlisted leader. — U.S. Army photo by Sgt. James M. Griffin

1st Cavalry tank crew blasts target during live-fire gunnery



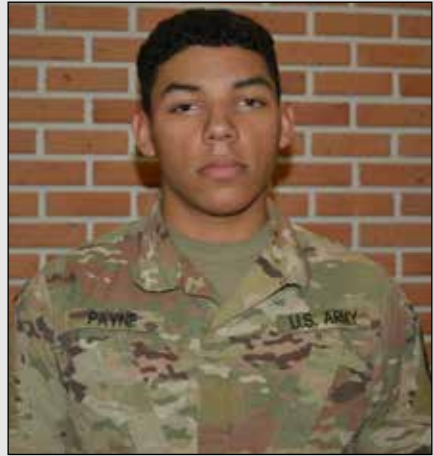
An M1A2 Abrams tank blasts a target with a round from its main weapon, a 120 mm smooth-bore gun, during Platoon Gunnery Qualification Table XII Oct. 13 at Rodriguez Live Fire Complex in Pocheon. The tank is part of Company C, 1st Battalion, 5th Cavalry Regiment, part of the 1st Cavalry Division's 2nd Armored Brigade Combat Team. The brigade is about midway through a nine-month Korea rotation with the 2nd Infantry Division/ROK-US Combined Division. The battalion has been honing its gunnery skills at the range since August. —U.S. Army photo by Sgt. Patrick Eakin

Up and over at Air Assault Course on Camp Hovey



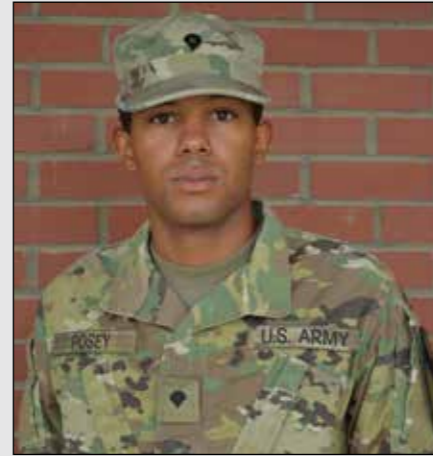
On Camp Hovey in Dongducheon Oct. 10, Soldiers taking the Air Assault Course watch as an instructor shows how to scale the inclining wall. The 10-day course trains Soldiers in the skills needed for various kinds of air assault missions, among them insertion and evacuation, and includes a rigorous obstacle course the Air Assault candidates must make their way through. — U.S. Army photo by Sgt. Michelle U. Blesam

AREA I MAN ON THE STREET



Pvt. William Payne, rocket artillery fire direction specialist, Battery B, 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division.

"Yeah, I really like the fall colors, because my birthday is in the fall and it's a really festive time of year where I am from in Pennsylvania. We have a lot of music festivals that I really enjoy."



Spc. Aaron Posey, tank crewman, Company D, 4th Cavalry Squadron, 9th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division.

"Yes, I do like the fall colors, because it reminds me that football season is upon us. Being from Alabama football is kind of like a religion to me."



Pfc. Makenzy Borowski, weapons repair specialist, 61st Support Maintenance Company, 194th Combat Sustainment Support Battalion, 2nd Infantry Division/ROK-US Combined Division.

"I have only experienced the autumn with orange trees once, and that was when I was in Fort Lee, Va. I am really looking forward to seeing it here. I think it's really beautiful."

Our Question:



"Many Korean people are proud of their country's colorful autumn foliage and look forward to its arrival each year. Do you enjoy autumn foliage, and if so, why?"



U.S. Army photos by Sgt. James M. Griffin



Spc. Spencer McKinney, communications equipment maintainer, Headquarters and Headquarters Battery, 3rd Battalion, 16th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division.

"I definitely enjoy the fall colors. I love nature and the beauty of the trees. I think its beautiful scenery out here with the mountains and the trees that Korea has. So, I would agree with the proud Koreans. It's beautiful."



Pfc. Grant Norman, field radio installation specialist, 579th Signal Company, 70th Brigade Support Battalion, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division.

"I am from Florida, but my grandparents lived in North Carolina and I remember going up there this time of year. It was really pretty with the orange leaves and different colors. My grandma passed just this last year, but the colors make me remember her there in a positive way."



Pvt. Shanay Jones, truck driver, 46th Composite Truck Company, 194th Combat Sustainment Support Battalion, 2nd Sustainment Brigade, 2nd Infantry Division/ROK-US Combined Division.

"Yes, I love fall. It's beautiful, with all the leaves on the ground and different colors everywhere. It makes me feel relaxed."

Fire Prevention Week: "Every second counts: Plan 2 ways out!"



Fire Prevention Proclamation with Garrison Commander J. Scott Peterson, Fire Chief Curtis Williams, and members of the Fire Department and Directorate of Emergency Services. — U.S. Army photo by Sgt. Brandon Thomas



Seoul American Elementary School students participates in a fire station tour, learning how to use a fire extinguisher. — U.S. Army photo by Cpl. Lee Kyoung-yoon



Seoul American Elementary School students put on their head gear to participate in an evacuation drill during earthquake. — U.S. Army photo by Cpl. Lee Kyoung-yoon



USAG Yongsan Fire Department firefighters perform rescue demonstrations involving a car accident by breaking down the car into pieces. — U.S. Army photo by Spc. Billy Colon



USAG Yongsan Fire Department firefighters proficiently put out a fire on a model helicopter within a few minutes during a helicopter accident demonstration. — U.S. Army photo by Spc. Billy Colon



Seoul American Elementary School students participates in an evacuation drill assisted by the USAG Yongsan Fire Department. — U.S. Army photo by Spc. Billy Colon

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

USAG YONGSAN, South Korea – The USAG Yongsan Fire Department kicked off Fire Prevention Week with the signing of the Fire Prevention Proclamation, Oct. 5, with Garrison Commander J. Scott Peterson, Fire Chief Curtis Williams, and members of the Fire Department and Directorate of Emergency Services in attendance. The USAG Yongsan Fire Department and Seoul Fire Department hosted an

open house at the USAG Yongsan Fire Station during the 2017 Fire Prevention Week, Oct. 10. Visitors were treated to a display of various fire department strategy and technology. This year, the Seoul Fire Department volunteered to provide activities for children during the elementary school fire station tour. Students had the opportunity to learn how to use a fire extinguisher, learn coping methods during an earthquake situation, experience building escape using slides and learn the proper procedures of CPR. During lunch, the

USAG Yongsan Fire Department held a "Burger Burn" outdoor grilling event to provide all participants with burgers and hot dogs. Demonstrations of how to deal with car and helicopter accidents really heated up Fire Prevention Week Oct. 11, at the USAG Yongsan Fire Station. The demonstration involved an actual vehicle and presentation on how to rescue the driver trapped in the car by ripping apart the vehicle in pieces starting from the car roof. The highlight of the demonstration

was when a fire arose from a model helicopter. Firefighters demonstrated putting out the fire within just a few minutes. On the last day of Fire Prevention Week, Seoul American Elementary School students participated in an evacuation drill. At the sound of the fire alarm, all elementary school students evacuated the building in an orderly manner. The USAG Yongsan Fire Department assisted in the evacuation exercise. ▴

Yongsan hosts Korean National Police appreciation luncheon



USAG Yongsan Commander Col. J. Scott Peterson hosts a Korean National Police appreciation luncheon Sept. 27, at the Dragon Hill Lodge. Members of the KNP and garrison KNP detachment joined garrison directors and representatives just ahead of the Korean National Police 72nd anniversary Oct. 21, to discuss their historical relationship and the important role of the partnership in ensuring the security of the garrison and safety of the overall Area II community. — U.S. Army photo by Cpl. Park, Min-je

K-16 hosts Rock Festival for community members



U.S. Army Garrison Yongsan and the Directorate of Family, Morale, Welfare and Recreation host the K-16 Rock Festival, Oct. 13, at the K-16 Community Activities Center parking lot and Landing Zone Club. — U.S. Army photos by Pfc. Tommy Spitzer



PARKING LOT: 1700-2100
 LANDING ZONE CLUB: 2100-2400
 TOURNAMENT: 1500-1700, K-16 FITNESS CENTER
 Visit us to the K-16 FMWR Facebook page.

Combined Federal Campaign-Overseas kicks off at USAG Yongsan

By Pfc. Kim, Hee-cheol
USAG Yongsan Public Affairs

USAG YONGSAN, South Korea - U.S. Army Garrison Yongsan leadership including Garrison Commander Col. J. Scott Peterson kicked off the Combined Federal Campaign-Overseas Oct. 13, at the Main Post Exchange food court with Peterson filling out the first pledge form of the year for Area II.

The CFC-O, which runs from Oct. 16 through Dec. 15, is an annual workplace giving tradition under the theme "Show Some Love." The only authorized solicitation of federal employees in their workplaces, CFC-O is one of the largest workplace giving campaigns in the world. The CFC-O supports uniformed service members and civilian employees who are passionate about supporting disaster relief, veteran services, animal rights or cancer research through providing a list of thousands of vetted charities. The CFC has raised more than \$8.2 million in donations since its start in 1961.

This year in particular, the CFC charities support recovery for those impacted by recent disasters; Hurricane Harvey destroyed 80,000 homes with catastrophic flooding, Hurricane Irma forced 10,300 people to leave their homes, the earthquake in Mexico took 300 lives, and Hurricane Maria caused widespread power outages and unprecedented damage in Puerto Rico. CFC donations will be used for sustaining relief efforts providing essentials such as light for those who have no access to electricity, shelters to protect people from wind and rain, clean water and medical supplies, as well as establishing



USAG Yongsan Commander Col. J. Scott Peterson fills out a pledge form for the Combined Federal Campaign-Overseas. — U.S. Army photo by Pfc. Kim, Hee-cheol

long-term programs for rebuilding. Visit the information.▲
CFC-O website <http://cfcoverseas.org/> for more

SECDEF designates Red Ribbon Week 2017

By Sgt. Brandon Thomas
USAG Yongsan Public Affairs

USAG YONGSAN, South Korea - The Under Secretary of Defense for Personnel and Readiness designated Oct. 23-31 as Red Ribbon Week, dedicated to the memory of Drug Enforcement Administration Specialist Agent Enrique S. Camarena.

Camarena was assigned to Mexico where he was kidnapped, tortured and eventually murdered in 1985.

His death enraged many Americans



USAG Yongsan Commander Col. J. Scott Peterson signs the proclamation for Red Ribbon Week at the School Age Center Oct. 23, with children, parents and youth services staff in attendance. — U.S. Army photo by Sgt. Brandon Thomas

in his hometown of Calexico, California, so they began to wear red ribbons to commemorate his sacrifice on the war on drugs.

Red Ribbon Week was established by the National Family Partnership in 1988, making it the oldest and largest drug prevention campaign in the country. The week highlights the issue of substance abuse and brings awareness to prevention activities nationwide. The focus is to educate individuals, families, and communities

on the destructive effects of drugs, and the positive life choices that are available.

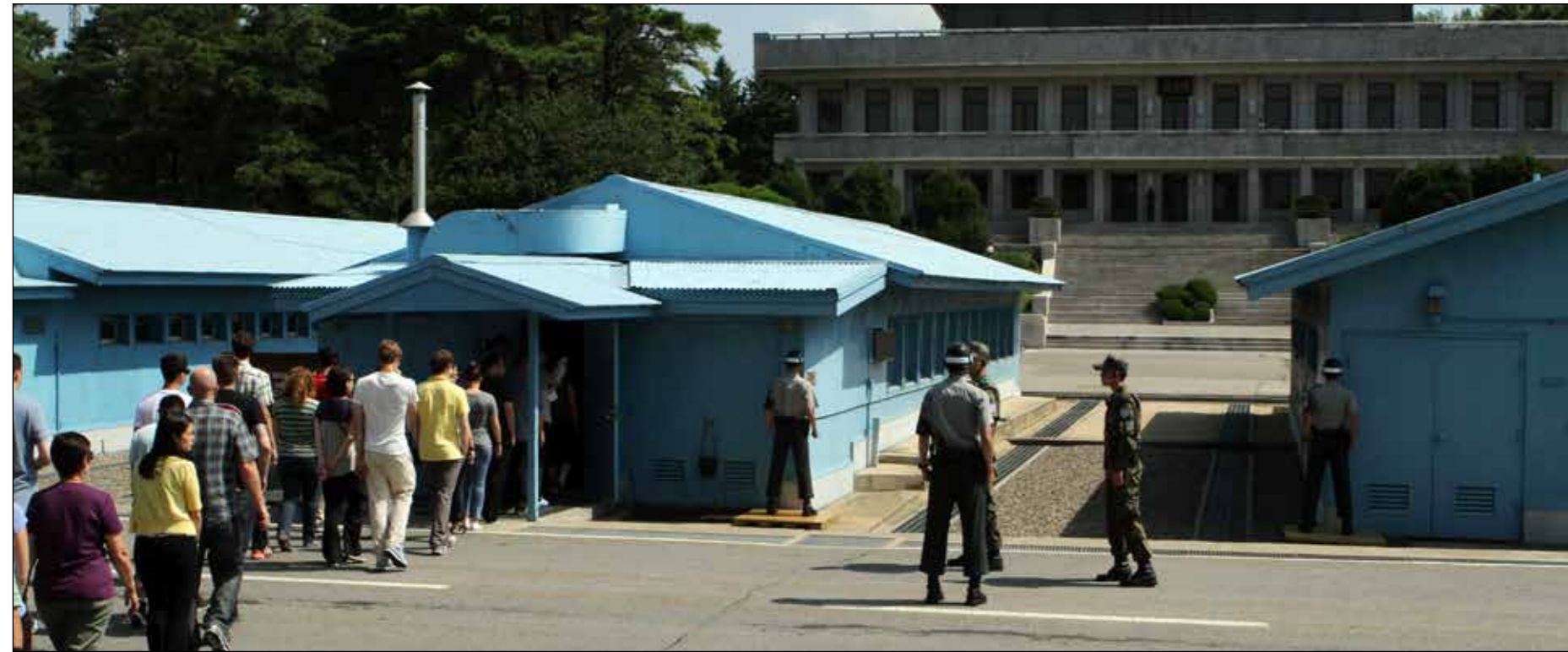
Red Ribbon Week serves as a vehicle for communities and individuals to take a stand and commit to drug prevention and education. The Department of Defense joined in the national effort in 1990 by commencing an award program to encourage the service members to keep communities drug free, and to recognize outstanding outreach programs.

The theme of this year's Red Ribbon Week is "Your Future Is Key, So Stay Drug Free." The United States Army honors Red Ribbon Week to raise awareness, and combat tobacco, alcohol, and drug use.

The DoD established Drug Demand Reduction Program guidance for the Services and the DoD Agencies to detect, and deter them from using illegal drugs, and misusing prescription drugs.▲



Enrique (Kiki) S. Camarena was former Drug Enforcement Administration agent who was deployed to Mexico, where he was kidnapped and murdered in 1985. His murder raised awareness of alcohol, tobacco, drug and violence prevention in the United States, and led to the beginning of Red Ribbon Week now. — Courtesy photo



At the Joint Security Area of Korea's Demilitarized Zone, soldiers from the two Koreas, North and South, stand guard, while tourists on the South Korean side enter a conference building that straddles the Military Demarcation Line between the two countries. - U.S. Army photo by Sgt. 1st Class Jeff Troth

DMZ tours offer insight into tensions then, now



At Korea's Demilitarized Zone, a South Korean soldier stands at the ready in a modified taekwondo stance at the Joint Security Area's Conference Row. The concrete slab in front of him marks the border between the two Koreas. At the building beyond him stands a North Korean soldier who uses binoculars to keep an eye on the South Korean side of the courtyard. - U.S. Army photo by Sgt. 1st Class Jeff Troth

The following article on Korea's Demilitarized Zone was first published in the August 17, 2012 edition of the Morning Calm newspaper. It is being republished here, in somewhat modified form, for the benefit of our newer readers.

By Sgt. 1st Class Jeff Troth
jefferey.l.troth.mil@mail.mil

CAMP BONIFAS, South Korea - It's been six decades since the Korean War of 1950 - 53 left the peninsula charred and devastated. But the Demilitarized Zone that has ever since divided the two Koreas, and the troops - North Korean on one side, South Korean and U.S. on the other - that stand guard there, remain an abiding and visible reminder of the hair-trigger tensions that persist.

The Army's Family and Morale, Welfare and Recreation in Korea offers regularly scheduled trips to the DMZ, and a group of 41 Soldiers, civilians and family members from Warrior Country boarded a bus Aug. 4 and went to see the famous place for themselves.

The Joint Security Area at the DMZ draws more than 100,000 tourists from around the world each year, according to U.S. military officials there.

"Why would you come to South Korea and not go to visit the line between North Korea and South Korea?" said Rachel Barlow, wife of 1st Sgt. Frank Barlow, first sergeant for the 2nd Infantry Division Band. "I was curious as to what was there."

One of the tour's stops was the Joint Security Area, or JSA, where American and South Korean Soldiers work across a courtyard from those of the Democratic People's Republic of Korea. In this courtyard, straddling the Military Demarcation Line, are buildings that are used for direct talks between the two Koreas.

Tourists are taken into one of the buildings, and can step beyond the point that takes them across the dividing line and thus into North Korea. But they have to leave the same way they came in - on the South Korean side.



Spc. Ahad Ahmed, a security escort from the United Nations Command Security Battalion, briefs a tour group at Checkpoint 3, which is faced on three sides by North Korea. In the background at left is North Korean Gijong-dong Village, also known as Propaganda Village. Its flagpole is more than 150 yards high and its flag weighs more than 600 pounds. - U.S. Army photo by Sgt. 1st Class Jeff Troth

One of the stops within the JSA was Checkpoint 3, a building on a hill that is faced on three sides by North Korea.

It was an "interesting" feature of the tour for Sgt. Mario Smith, of Headquarters and Headquarters Company, U.S. Army Garrison Red Cloud. "You look to your left, you see North Korea. You look to your right, you see North Korea. You look in front of you and you see North Korea. And if you look down you can see the concertina wire and the fence going around you."

From Checkpoint 3, visitors can see Gijong-dong Village, also known as Propaganda Village, in the North's part of the DMZ. The village was built in the 1950s to encourage South Koreans to defect. Despite massive loudspeakers that once broadcast the virtues of North Korea, the village consists of buildings that are mere concrete shells, no windows or doors.

Next stop on the tour was the Bridge of No Return, which was used for repatriation of refugees and prisoners of war. A U.S. Soldier who briefed the tour explained that prisoners of both sides were given the option of being

returned to their side or remaining with their captors. But the prisoners were also told that once they crossed over they'd be forbidden to come back.

The Barlow's favorite part of the trip was the vantage from Dora Observatory, which affords a view of Mount Songhaksan and other North Korean mountains. It reminded them of the mountains in their home state of West Virginia, they said.

At Dora visitors can, for a small price, use binoculars to get a closer look into North Korea and can see as far as the city of Kaesong.

The tour included a stop at one of the infiltration tunnels leading into South Korea that authorities have discovered over the years.

Smith went inside the tunnel for a look and found it "awesome."

"I have heard people talk about it, but until you walk through it yourself you will never believe the work that they put into it to construct it," he said.

For more information on the tour or to sign up, visit your Area I Community Activity Center. ▴



Hikers get a breathtaking view of Uijeongbu as it stretches out at the foot of the Bukhansan National Park. More than 5 million hikers annually take to the numerous trails of this park and leave the city behind for the day. - U.S. Army photo by Sgt. 1st Class Jeff Troth

National parks afford breathtaking panoramas

By Sgt. 1st Class Jeff Troth
jefferey.l.troth.mil@mail.mil

The following article was first published in the Morning Calm edition of July 20, 2012. It is being reprinted for the benefit of our newer readers.

UIJEONGBU, South Korea - Any given day and especially on weekends, you see them on the trains. Korean men and women either in pairs or small groups, dressed in hiking clothes, hats, small backpacks and collapsible walking sticks.

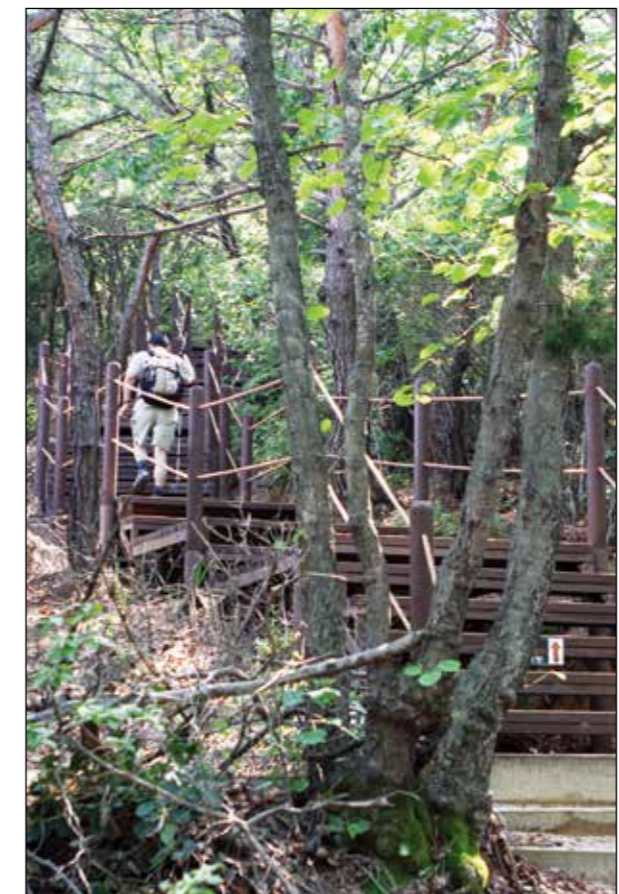
They spread out across the country and make their way to Korea's national parks. Hitting the trails helps them stay fit. But it also affords breathtaking, panoramic views of landscape, and, far out and below, of cities that they more often see only at the up-close and crowded street level.

I recently made such a trip myself, leaving behind the concrete jungle for the forested ridges that border Uijeongbu on the southwest.

This is the northern edge of Bukhansan National Park, which stretches from Uijeongbu south to the Han River in western Seoul and covers almost 31 square miles.

Bukhansan gets around 5 million visitors each year, which earned it an entry in the Guinness Book of World Records as the "Most Visited National Park per Unit Area."

Armed with an Uijeongbu tourist map from the Camp Red Cloud One Stop office, a bottle of water and a camera, I set off for Sapaesan Mountain, which



A hiker climbs stairs on the way to Sapaesan Mountain in Bukhansan National Park. The stairs aid the climb to the top of the 1,811-foot mountain, and also work against soil erosion. - U.S. Army photo by Sgt. 1st Class Jeff Troth



The Hoeryongsa Temple, founded in 681 A.D., sits in a valley near Uijeongbu. More than 100 Buddhist temples and monk's cells dot the Bukhansan National Park. - U.S. Army photo by Sgt. 1st Class Jeff Troth

lies within the park.

In less than a 15-minute walk from CRC's front gate, I started to leave the city behind.

For many, the valley leading into the national park was all the respite they needed from the confines of the city and the heat. Children splashed in the stream as their parents perched on nearby rocks and kept a watchful eye on them. Families spread blankets for a picnic next to the streams or ate at one of many restaurants along the banks.

The climb from the valley floor to the ridgeline was an easy trek. In order to preserve Bukhansan, steps have been installed in places to ease the climb and to help stem erosion.

I shared the trail with many other hikers and learned a very useful word to know - "an-yong ha-say-yo" - "Hello" in Korean.

The hikers proved a friendly lot and most of them

greeted me with an an-yong ha-say-yo and a smile. Toward the end of my hike I came upon a few ladies seated on a blanket. They didn't speak English but invited me to join them. They shared their water with me and their food, potatoes, peppers and duck. Food is on my checklist for my next jaunt into a national park - food and my camelback.

At the summit of Sapaesan, Uijeongbu sprawled more than 1,650 feet below me. A line of peaks to the south towered over where I stood.

Bukhansan National Park isn't just home to mountains, but also to more than 1,300 species of flora and fauna. For more information on Bukhansan National Park and the rest of Korea's parks go to <http://english.knps.or.kr/>.



At the top of Sapaesan Mountain a couple savor a view of a scenic ridgeline to the south. In the background is Baekwoonda Mountain. At an elevation of 2,750 feet, it stands watch over other peaks. - U.S. Army photo by Sgt. 1st Class Jeff Troth

Are you ready to quit tobacco?

By Capt. Tonita Smith
Army Public Health Nurse

CAMP HUMPHREYS, South Korea - Did you know that one of the single most important things that you can do to improve your health is to quit tobacco? According to the Center for Disease Control and Prevention cigarette smoking causes more than 480,000 deaths each year in the United States.

Tobacco use increases a person's risk of developing coronary heart disease, stroke, respiratory disease, rheumatoid arthritis, cataracts, and vision impairments. Not to mention tobacco use increases the risk of cancer in almost any area of the body to include: bladder, cervix, colon, esophagus, kidneys, larynx, liver, pancreas, stomach, trachea, bronchus, and lungs.

In pregnant women tobacco use increases the risk for pre-term delivery, stillbirths, low birth weight, sudden infant death syndrome, ectopic pregnancy, and facial malformations in infants. Smoking can also affect men's sperm count, which can reduce fertility.

More than ten times as many Americans have died prematurely from

cigarette smoking than have died in all the wars fought by the United States during its history.

Nicotine is highly addictive; in fact nicotine addiction has been compared to being as addictive as heroin, cocaine, or alcohol. Quitting tobacco can be a difficult task and may require multiple attempts or medication assistance to reduce withdrawal symptoms. It will require lots of dedication; but remember quitting tobacco will be one of the most rewarding things you can do to improve your health.

With all the evidence-based facts known about the harmful effects of tobacco use; why do people continue to use tobacco products? According to the Clinical Practice Guidelines many people report using tobacco to relieve stress, boredom, socialization with peers, and easy access. Can tobacco users kick the habit? The answer is "Yes."

Currently all DoD affiliated personnel are encouraged to schedule and attend a Tobacco Cessation Class offered at the Midtown Troop Medical Clinic, located in building 6370, Conference Room 1042. Classes are offered every 2nd Tuesday from 9 to 10 a.m. and every 4th Tuesday from 1 to 2 p.m.; you can get scheduled by

7 Steps to Kick the Smoking Habit:

1. Make the decision to quit and make the reason relatable or personal.
2. Establish your support system (that is, a Tobacco Cessation Class, healthcare provider, family, friends, etc.)
3. Set a quit date and try to stick to it.
4. Do not allow failure to be an option; if you relapse, don't punish yourself, start over.
5. Identify your triggers and be prepared to change the pattern of behaviors. If you normally smoke in your car, clean your car out from any tobacco products or accessories. Exchange these items with: straws, mints, gum, a stress ball, etc.
6. Join a fitness class or try new activities that promote a positive lifestyle. Find something to replace the time you would normally spend using tobacco.
7. Put the money you would normally spend on tobacco products in a bank and then reward yourself.

contacting Capt. Tonita Smith at DSN: 315-757-5678 to get scheduled for an upcoming class. This class covers use of any nicotine containing products to include: cigarettes, cigars, pipes, chewing tobacco/dip, and vaping or e-cigarettes. The class is a 1-hour class during which you will meet with the Public Health Nurse who is looking forward to partnering with you on your journey to becoming tobacco-free.

A former class participant, who is now tobacco-free after ten years; Pfc. Jason Sauer, stated in a recent follow-up, "Quitting tobacco has improved my relationship with my girlfriend who hated the smell, it's saved me money, and overall I feel so much better."

There is no time like the present to set new goals to improve your overall health.

For these and more tips on quitting tobacco please visit: www.cdc.gov, 1-800-Quit-Now, or www.ucanquitz.org.

Are you Ready to Quit Tobacco?



QUIT TOBACCO.
make everyone proud

Who: Free to all affiliated with DoD (Active Duty, DoD Civilians, KGS, KATUSA, Contactors, and Dependents)

What: Tobacco Cessation Education Class

When: Every 2nd Tuesday 9-10 a.m. and 4th Tuesday 1-2 p.m.

Where: Midtown TMC, Building #6370, Conference Room 1042

Get scheduled now by contacting CPT Tonita Smith @315-737-5678 or email at tonita.c.smith.mil@mail.mil



65th Medical Brigade Commander, Col. Wendy Harter, opened the doors as the ribbon was cut marking the dedication of one of Camp Humphrey's newest facilities. Instead of being memorialized after someone, the command dedicated the facility to all military working dogs. — U.S. Army photo by Kim, Jaewoong



LEFT: The oldest and youngest members of the detachment cut the cake during the ceremony, Oct. 17. RIGHT: A Military Working Dog and his handler stand by for the dedication of the facility honoring all Military Working Dogs past and present. — U.S. Army photos by William Wight



106th Veterinary Detachment dedicates new treatment facility in honor of military working dogs.

By William Wight
65th Medical Brigade Public Affairs Office

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

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

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

"Before you stands the newest modern day army veterinary treatment facility," said Topping. "This 19,000 square foot building consolidated six buildings from Yongsan and Camp Humphreys into one facility. Aside from the headquarters of the 106th Veterinary Detachment being located here, the facility is responsible for over 20,000 beneficiaries, 1,800 privately owned animals, 23 military working dogs and 48 food inspection sites here on Camp Humphreys."

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

Members of the 106th Detachment make sure everyone has safe food supplies, by inspecting the commissaries, child development facilities, eating establishments and dining facilities. The commander of the 106th, Lt. Col. Barbara Cloutier spoke on the operations within the new facility and how they encompass a variety of arenas from care for military working dogs, beneficiary animal care, food health inspection and public health laboratories.

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

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

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

Humphreys memorializes new medical dental facility

Story by William Wight
65th Medical Brigade Public Affairs Office

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

Naming the clinic honors Kim, a combat medic assigned to 2nd Battalion, 12th Infantry Regiment, 2nd Brigade Combat Team, 2nd Infantry Division, for his actions in Iraq while providing treatment to an injured comrade.

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

On the night of 28 June 2007, while on a 15-month assignment in support of Operation Iraqi Freedom, Kim's platoon was struck by a deeply buried Improvised Explosive Device and ambushed. As a trained combat medic, Kim rushed to aid and provide treatment to his fallen comrades while the insurgents

lobbed grenades. One grenade landed next to him as he was treating his platoon sergeant. Without hesitation, Kim laid himself between the grenade taking the blast and saving the platoon sergeant's life but at the cost of his own.

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

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

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

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

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

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

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

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

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



Centered - The family of Sgt. Shin Woo Kim prepare to cut the ribbon on the Sgt. Shin Woo Kim Soldier Centered Medical Home and Dental Clinic — U.S. Army photos by Lee, Jimin



Center - The family of Sgt. Shin Woo Kim unveiled the memorial plaque of the Sgt. Shin Woo Kim Soldier Centered Medical Home and Dental Clinic with 8th Army Command General, Lt. Gen. Thomas Vandal and 65th Medical Brigade Commander, Col. Wendy Harter — U.S. Army photos by Lee, Jimin

Camp Casey Soldiers demonstrate Team Strength in 'Second Chance' Play



Pvt. John Calderon, one of the cast members shares his personal experiences of suicidal thoughts in front of the audience after the play ended, Sept. 26, at the Camp Henry Theater. — U.S. Army photo by Pfc. Kim, Bum-joon



Spc. Jerome Johnson, who played the main role suffering from suicidal thoughts in the 'Second Chance' play, gets arrested by the Military Police for assaulting his wife in the play. — U.S. Army photo by Pfc. Kim, Bum-joon

By Intern Bok, So-jeong
USAG Daegu Public Affairs

USAG DAEGU, South Korea - 'Suicide prevented is a life extended'. This is a key message that the 'Second Chance' play delivers to audiences.

United States Army Garrison Daegu held a training play entitled "Second Chance", in observance of Suicide Awareness Month, Sept. 26 at the Camp Henry Theater. Nearly 100 people attended this event, including Col. Robert P. Mann Jr., Command Sgt. Maj. Juan A. Abreu, USAG Daegu, and Ms. Vanessa L. Mitchell, USAG Daegu Army Substance Abuse Program Manager.

Abreu gave opening remarks saying, "I know that many of you have different reasons why you're here. I want you all to take some time to think about someone in your life, someone you may know, or even yourself. And one thing we want to try to do is prevent you from thinking that suicide is the right solution to solve your problem. So, I want you to take this play and invest your time. It'll touch you, and it'll make you cry. Also, I want you to know that we have our Chaplain assistants here, Healthcare providers here, and we have commanders and leaders, sitting with you. Don't be too brave or too strong not to ask for help."

The purpose of the play is to educate Soldiers about suicide prevention and reduce the number of suicides. It was written and performed by Area I Soldiers and hosted by the Area I ASAP office. The play provided Soldiers with a visual training in the form of a play depicting the consequences of one's decision making which leads to suicide. The story is about a Soldier who attempts to commit suicide, focuses on the conditions that led to it and the steps that should be taken to help prevent it, while emphasizing the Army's Ask-Care-Escort training.

After the play, Pvt. John Calderon, one of the cast members shared his personal experiences in front of the audience stating, "I've tried to send out this speech numerous

times. It doesn't get easier. In most of the speech, I've been holding back because I was too embarrassed to say the whole truth. You're going to be the first audience. Three months ago, I had a suicide attempt in my barracks. I was going through a very bad relationship. Everyone I knew that loved me was on the other side of the ocean and couldn't get to them. I felt worthless like no one would love me. I heard multiple knocks on my door. A friend of mine and NCOs were standing out there trying to get in, then calmly walked toward me and calmed me down. They never left me, and now I'm here. They saved my life."

Calderon's speech moved people's hearts and brought many to tears. Expressing their respect for him, audiences applauded loudly. After finishing his speech, Colonel Mann remarked that he had never seen a better closing comment for an audience. He also thanked all Soldiers who performed in the play. "I truly appreciate the courage it took to get up here and talk to strangers about your experiences. Thank you. Actually, this is some of the best Army training I've been to in 23 years. You're the best team in the world, U.S. Army," said Mann.

After the play was over, all cast members returned to the stage and were met with great applause. Soldiers received a certificate of achievement from Mann and Abreu and took pictures with them.

One of the audience members, Pfc. Tracy Sanders, USAG Daegu Chaplain's assistant, gave her thoughts about the play. "I felt really emotional. I know some friends that experience similar situations like this, and I've even suffered hardships. I learned a lot, because I can also go through the same thing. The most memorable scene was when they were given a second chance."

"Our department, ASAP, is very important. We would like to let Soldiers know the importance of suicide prevention and give them information about how to deal with

a situation through the play. We hope that it would help Soldiers prevent suicide. Suicide is not the right solution because suicide doesn't really solve the problem. That's why USAG Daegu holds this play for Soldiers," Mitchell said.

Every day an Active Duty service member, reservist or veteran commits, or attempts to commit, suicide. Many people find themselves in difficult situations, feeling alone and without hope. Someone you know, someone next to you, or even you could be contemplating suicide. The play 'Second Chance' is a heartfelt and accurate depiction of how Soldiers can come to feel isolated and overwhelmed by their circumstances and how those around them can take positive action to change a potentially tragic outcome.

“Warfighter,” Annual Military Police Competition Winner named



Sgt. Kenwyn H. Peters is presented a commemorative military police pistol during an awards ceremony held Sept. 19 at Fort Leonard Wood, Missouri. Peters was named the U.S. Army Military Police Noncommissioned Officer of the Year. — U.S. Army courtesy photo by Mike Curtis



Sgt. Kenwyn H. Peters is presented the Army Commendation Medal and certificate by the 49th Commandant of the U.S. Army Military Police School, U.S. Army Maneuver Support Center of Excellence, Brig. Gen. Donna W. Martin, during an awards ceremony held Sept. 19 at Fort Leonard Wood, Missouri. Peters was named the U.S. Army Military Police Noncommissioned Officer of the Year. — U.S. Army courtesy photo by Mike Curtis

By Sgt. 1st Class Norman Llamas
19th ESC Public Affairs

USAG DAEGU, South Korea – How does a Soldier, a Military Police Soldier become the MP Noncommissioned officer of the year?

It's certainly not without putting in some very long days of hard work and being willing to lay it all out on the line during all the competitions necessary to be won before earning oneself a spot in the ultimate annual MP Competitive Challenge, the "Warfighter."

That's exactly what Sgt. Kenwyn H. Peters did to earn a spot in this year's Warfighter competition held at Fort Leonard Wood, Missouri from September 16 to 19. Peters is currently assigned as a military police noncommissioned officer and squad leader with the 188th MP Company, 94th MP Battalion, Camp Humphreys, South Korea, and he is originally from Neptune, New Jersey.

Peters has been in the Army since 2013. He has been married for three years and has a 2-year old daughter, Kyla. He joined the Army to follow in his step father's footsteps as well as those of all his male family members whom have also previously served in the various branches of the U.S. military.

Having competed in many similar competitions in the past, Peters went into this year's battalion quarterly MP competition and board, with the goal of winning it and thereby earning the right to move on to the big show, and that's exactly what he did. Said quarterly competition took place earlier in June of this year at Camp Humphreys.

"I wanted to compete in the Warfighter competition because I wanted to win," said Peters. "It was a challenging competition because of the fact that we didn't know what the exact event that was coming at us next was, and that made it a mental

challenge as-well."

"Everybody competing in the Warfighter was really good and because of that, the competition was very challenging. Not knowing how you were doing from event to event was a little nerve wrecking because even going into the final day and leading up to the announcement of the winner, none of us competing really knew for sure who had won."

Then it came, the announcement, Peters had won the 2017 Warfighter MP competition, in the NCO bracket.

"I think that the reason I won was because I was better prepared physically and mentally. I've had very good leadership in my time in the Army, in both my past assignments and in my current one."

"At my last assignment with the 511th MP Company, 91st MP Battalion, Fort Drum, New York, I had a team leader, Sgt. Sonny Duprey. He inspired and motivated me, and that motivation fueled all this will to compete and win. He was a role model to me, one whom I'd like to emulate; the whole unit was like that."

During the Warfighter competition, participants were challenged in various events such as a shotgun marksmanship qualification, a Chemical Biological, Radiological, Nuclear and Explosives competition, a timed three-mile run with protective mask, day and night land navigation obstacle course, setting up of a man-pack radio and making a nine-line Medical Evacuation call, assembling and disassembling a .50-caliber Browning machine gun as well as an M249 Squad Automatic Weapon along with performing functions checks of both weapons.

Additionally, the competitors had to take six or seven different written test that had questions ranging from general Army knowledge to specific MP knowledge skills sets.

"This competition helped me identify my weak points, which I plan to work on so I can get better, not just as a future competitor but overall, as a Soldier."

"I would like to thank my current unit leadership for giving me the opportunity to compete and succeed as a member of the 188 MP Company, and the 94th MP Battalion., which will not only help me in my future assignments but also as a Soldier."

"I plan on participating in future competitions of this type. I do it because I like to improve myself and to set the example for my junior Soldiers."

"I still have some energy left in the tank, might as-well keep using it."▲

Renewed Street Brings Fresh Vitality to Korean-American Friendship



USAG Daegu Commander Col. Robert P. Mann, Command Sgt. Maj. Juan A. Abreu, and the garrison directorates pose in front of the Ribbon-cutting Ceremony banner alongside their Korean local community counterparts. After the ceremony, all the participants took a stroll down the renewed street. — U.S. Army photo by Pfc. Kim, Bum-joon

By Pfc. Kim, Bum-joon
USAG Daegu Public Affairs

USAG DAEGU, South Korea – United States Army Garrison Daegu held the Korean-American Friendship Street Ribbon Cutting Ceremony, Oct. 16, in front of Camp Walker Gate #4. USAG Daegu Commander Col. Robert P. Mann, Command Sgt. Maj. Juan A. Abreu, Mr. William C. Butcher, USAG Daegu Deputy

to the Garrison Commander, and the garrison directorates attended the ceremony to represent the U.S. Army. Representatives of the Korean local community included Mr. Lim, Byong-hoen, Nam-gu Mayor, Mr. Suh, Sok-man, Nam-gu Council chairman, Pak, Il-hwan, Daegu city councilman, and Pak, Woo-geun, Chairperson, U.S. Army Counter-measure committee, Nam-gu

Council.

“We are happy to introduce this friendship street,” said chairman Suh. “I have a great hope not only concerning the Korean-American Friendship Street but this ribbon cutting itself becoming another big moment that will stimulate the local community to improve our relationship with the U.S.”

The project goal of Korean-American Friendship Street is to contribute to activation of local economy with improving urban infrastructures around the U.S. Army installation and promote a communication foothold between the local and U.S. communities.

“This is a really unique opportunity to get all the U.S. and Korean sides together, including the Army, Council, and shop owners. I am looking forward from this day that we continue this harmonious relationship and develop this gathering into a regular social event,” added Suh.

The project began March 24 and was completed September 21 costing 1.2 billion Won (approximately One Million Dollars). The project changed the gray and old-fashioned Sam-jung road into a bright and themed street

to create a culture, communication and animated area for the U.S. Army family members, visitors and local residents.

“Korea and U.S. share a strong and special alliance which goes back to 1950 when the Korean War started,” said Mayor Lim. “Along with our allies, we work together to strengthen our friendship even more solidly, and this street represents our tight bond.”

“Our motto at USAG Daegu is ‘Make A Difference,’” said Mann. “As I stand here looking at the new Korean American Friendship Street, I recognize how much you have committed to improving the quality of life for everyone. This street is a symbol of our friendship and alliance, and your community truly has made a difference.”

The street is 470 meters long, 11 meters wide and replacing drainpipes, establishing sidewalks, replacing 21 LED street lights, creating five green zones, developing wall paintings on the Singhung mansion, six foot copperplate engravings, 152 Korean and English written sign boards and a landscape board that explains the Korean-American friendship street. ▲

USAG Daegu Community Gathers for Annual Fire Prevention Open House



Firefighters from USAG Daegu Fire and Emergency Services tears off the roof from the damaged vehicle while performing vehicle extrication demonstration during the Fire Prevention Open House, Oct. 14, at the Camp Walker Kelly Field. — U.S. Army photo by Pfc. Kim, Bum-joon

By Pfc. Kim, Bum-joon
USAG Daegu Public Affairs

USAG DAEGU, South Korea – United States Army Garrison Daegu held the National Fire Prevention Open House in the observance of Fire Prevention Week 2017, Oct. 14, at the Camp Walker Kelly Field. To remind local residents of the vital importance of fire and other public safety, USAG Daegu Fire and Emergency Services prepared several events including cardiopulmonary resuscitation,

vehicle extrication demonstration and fun activities for the family.

“Fire Prevention Week Open House is all about bringing the community together, help parents teach their kids about fire safety, and show them what we do on a daily basis,” said Michael P. Diehl, USAG Daegu Fire and Emergency Services fire chief.

“Open House kicked off with a fire truck parade starting at Camp George and arriving at Camp Walker

Kelly Field. At the Kelly Field, 14 booths were set up with numerous activities for kids to enjoy such as a fire safety trailer, bouncy houses, fire truck display, kid’s firefighter relay, face painting, and balloon animals. These booths were planned and coordinated not only by the fire department but several different organizations on and off post.

“I am a volunteer from Daegu Citizen Rescue Corporations and I am here to teach CPR,” said Han, Min-seok, Gyeong-san high school student. “Thanks to our chief being a good friend with one of the firefighters in USAG Daegu, our team had a chance to volunteer at this event. It was interesting to meet so many different people and I am glad that I could share my knowledge with other kids and families.”

The vehicle extrication demonstration was the highlight of the Open House. Introducing the public to hydraulic rescue tools, also known as the ‘Jaws of Life’, the fire department conducted an emergency rescue drill applicable to vehicle extrication of crash victims, as well as other rescues from small spaces. With the assistance from the fire fighters, volunteers including the USAG Daegu Commander Col. Robert P. Mann Jr. and Command

Sgt. Maj. Juan A. Abreu got a chance to use the tools to cut, press and spread the damage vehicles.

Throughout the Fire Prevention Week, Facility Evacuation Drills and Extinguisher Training was carried out to reinforce fire and safety awareness to the community. Alongside with the training, Sparky the Fire Dog, official mascot of the National Fire Protection Association visited Directors of the Army Staff and Child and Youth Services at Camp Walker.

“The main thing is just awareness,” said Diehl. “Bring that education to people and be aware of what you are doing and what your surroundings are.” ▲

Team 19 spouse represents Korea, competes for Military Spouse of the Year

By Sgt. 1st Class Vincent Abril
19th ESC Public Affairs

USAG DAEGU, South Korea- Service members and their families often face many challenges while meeting the tough demands of military service. The constant moves, deployments and separations can be stressful. Turning that stress into something positive is a talent many experienced military spouses possess.

Danielle C. Tenconi, a native of London, England, and spouse of Maj. Todd Turner, executive officer of the 25th Transportation Battalion, 19th Expeditionary Sustainment Command, found her niche in spinning the challenging aspects of military service into positive community outreach.

The 36 year-old military spouse, and mother to five year-old Wyatt and two year-old Cullen, works full time managing her own marketing business as a marketing consultant, and has earned master's degrees in communication and business, and uses her skills to help other military spouses in her community.

"I allocate about 20 percent of my time to working with entrepreneurs, particularly military spouse entrepreneurs" Said Tenconi. "That's my passion," she added.

She was nominated for Military Spouse of the Year during the program's 2017 spouse of the year competition which is offered and managed by an insurance company based in Leavenworth, Kansas that accepts nominations for all U.S. military branches.

Her efforts and community involvement earned her the title of spouse of the year for Korea, and she represented all military spouses on the peninsula during the competition. Her nomination at the Korea level placed her in the running to compete for the title of the overall MSOY.

Add the time she spends overseeing the local military thrift store, creating and leading focus groups, sharing resources, organizing Family Readiness Group activities and volunteering as the president of the Daegu Civilian & Spouses Club, it's clear she's a full time champion for her community and the military spouse.

As one can imagine, things haven't always been easy or without its challenges. Tenconi's has had her own struggles and sacrifices that have deeply affected her own endeavors as a mother and a military spouse who's had to endure multiple moves, to include being stationed overseas.

"Before departing for Korea, I had a long-term successful business and I lost a lot of my clients due to the relocation," said Tenconi. "I was at a bit of a loss really and I had to change my business model a lot."

On top of her own personal challenges, Tenconi understands that she must also consider the tremendous responsibilities of today's Army leaders, like her husband.

"It's hard in the military, especially when you're in a leadership role, because your demand of time is 24

hours a day," said Tenconi. "It's not a traditional job with traditional requirements."

It's this knowledge, 14 years of experience through seven moves, two deployments, all while raising a family, that propelled Tenconi's motivation to help other spouses who face the same kind of challenges while supporting their loved one's service to the nation.

"I wanted to share my own experience within my own community," she said. "The military community is very important to me and I think it's important to us as a family, that we do everything we can, to leave the community we live in a better place."

Understanding how the careers of military spouses are sometimes placed on the back burner to accommodate the demanding nature of military service, Tenconi is determined to shake up the status quo.

"I'm really passionate about helping military spouses grow their own businesses or gain employment," Tenconi said. "That's a real hot subject for me and I'm very career minded and very passionate about keeping your career while being a military spouse."

Tenconi's volunteer work in her community has made a difference, ultimately leading to her nomination for the MSOY. Even with her newfound status, Tenconi remains humble and attributes her action in the community to her mentors.

"I've had a number of mentors in senior military spouses, and had I not had them, I wouldn't be volunteering the way that I do, I wouldn't be giving as much energy to the community," said Tenconi. "They are the people who truly inspired me to invest in my community because it's the best thing for everybody."

In a congratulatory letter sent to Tenconi, the Chief of Staff of the U.S. Army, Gen. Mark A. Milley wrote, "Your story is symbolic of all of the sacrifice found in Families of our Army spouses, and is truly inspiring. Your hard work and dedication make a true difference. The Army community is a better place because of your efforts."

Tenconi was recognized in the past for her passion and efforts helping others succeed in her community. She was nominated and chosen to represent Army spouses for the state of Virginia in the 2013 MSOY competition, and had the honor to meet then, Vice President Joe Biden and his wife Dr. Jill Biden, whom thanked Tenconi for her selfless service.

Although Tenconi was not selected as the overall 2017 MSOY, she expressed how humble she is to have been recognized as MSOY at the Korea level, but feels undeserving, due to so many people who quietly do incredible things for their community. Tenconi is honored to have represented military spouses across the Korean peninsula and will capitalize on the recognition she has gained to empower others.

"It gives me a platform to be able to share my story," said Tenconi. "I

want military spouses to know that there are opportunities in which to pursue their passions while still supporting their loved one's service."

The MSOY program's purpose is to recognize the contributions of military spouses across all services who make significant contributions to their communities and to the nation, according to the program's website. The annual competition allows military spouses to be nominated by all Americans. ▴



Danielle C. Tenconi, native of London, England, the 2017 Military Spouse of the Year, Korean Peninsula. — Courtesy photo by Chelsea Morgan Humphreys



Danielle C. Tenconi, native of London, England, and her husband, Maj. Todd Turner, executive officer, 25th Transportation Battalion, 19th Expeditionary Sustainment Command pose for a photo with their children, Wyatt (5) and Cullen (2) at Apsan Mountain, Daegu, Korea. —Courtesy photo by Kat Garcia

