

Safety

231st Army Birthday

Sling Loading

Final Jump

8th U.S. Army's

ROK Steady

May - July 2006



NCO, SOLDIER, KATUSA
OF THE
YEAR

ROK Steady

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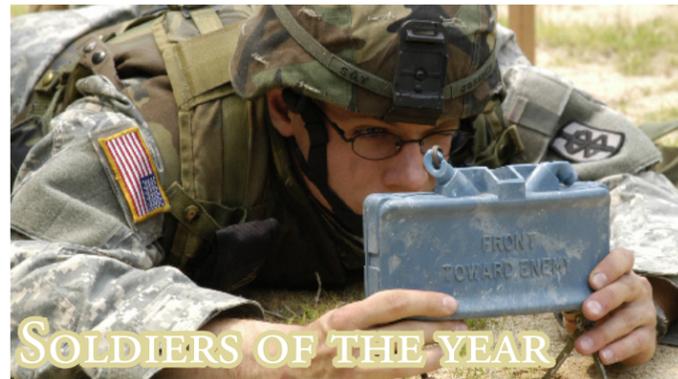
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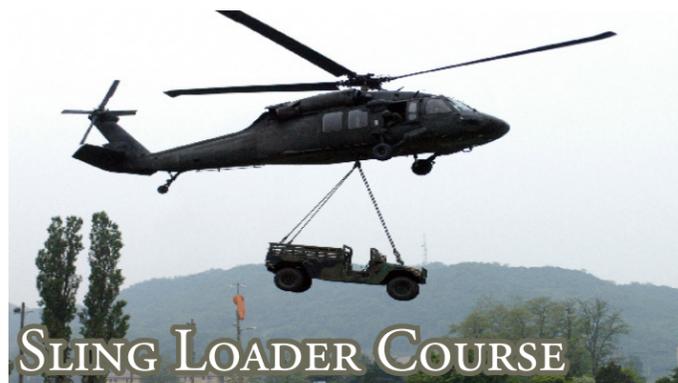
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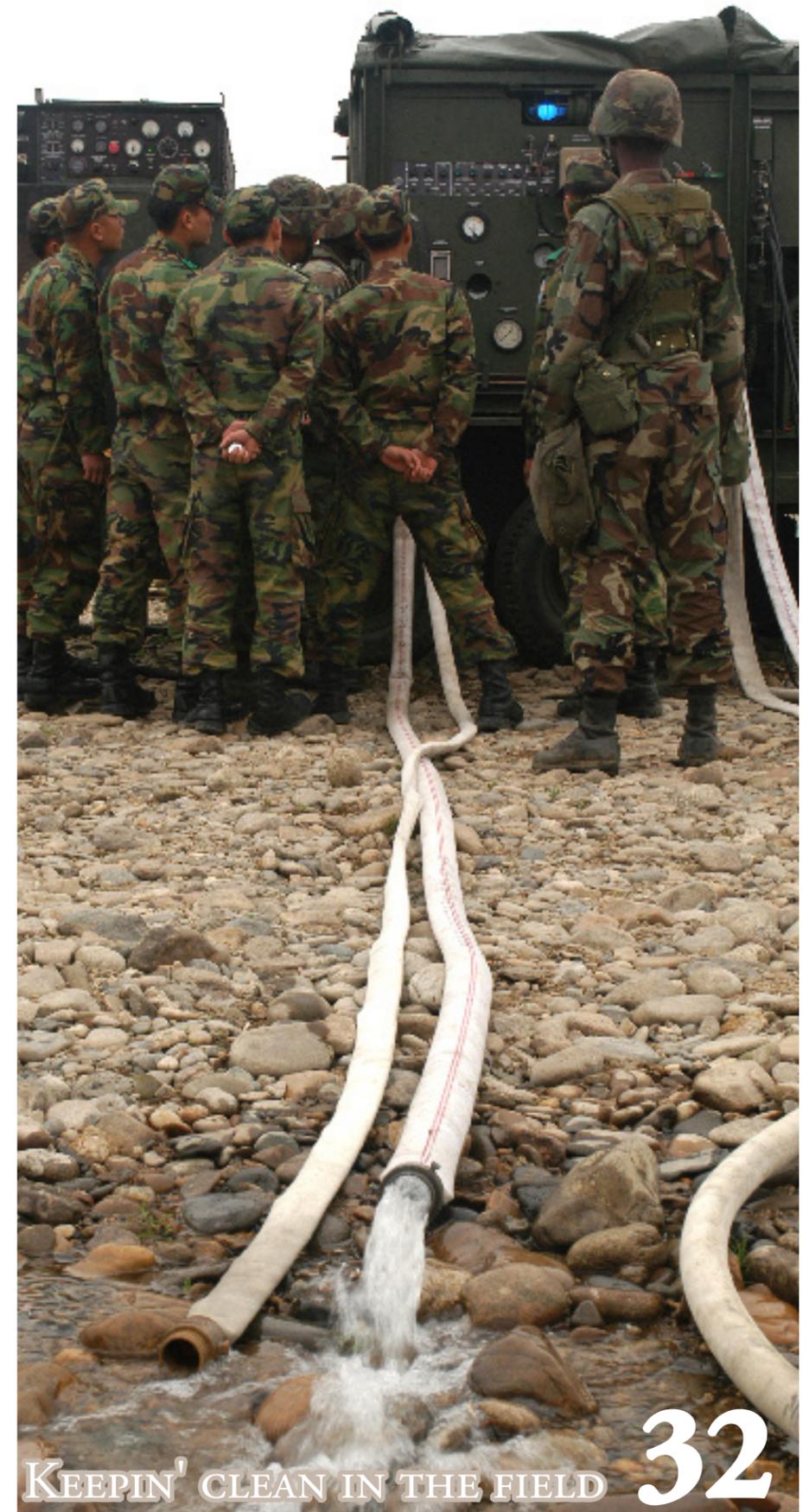
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Take time, do it right

By Lt. Gen. David P. Valcourt
Commander, 8th U.S. Army

When I stop and think about safety this month, I get chills running down my spine. If you stop and think about it, you will quickly realize that this month is the convergence of a "Perfect Storm" in a sense.

Mother Nature will continue to be dealing us her best dish of Monsoon weather, and, this year so far, the rains have been tough, and we have had some unprecedented lightning and thunder storms. The Han River hit a 30-year high this summer already!

Combine Mother Nature with one of our two annual peaks in training -- when many of you will be practicing your field craft skills while living outside, working with antennas, power generation equipment, doing lots of driving of both tactical and non-tactical military vehicles, working longer hours, wearing battle rattle, and reacting to simulated chemical attacks -- If you add that all up we have conditions for increased risk of injuries or accidents if we are not vigilant. And if combining the weather and our period of greatest training density was not already difficult enough, let's change out our key and essential leaders across all of our formations and bring in new team members, many of them have never been on the Peninsula before!

Now you can understand why I said that I get chills when I think about safety in the upcoming month. In Korea, if you are driving, you have to go slow to go fast. Think about that. How often have you seen someone driving fast to find themselves in an unexpected situation, and the next thing you know there is a military police vehicle or KNP alongside him or her recording the details of the accident.

While the Soldier that went slow passes the accident scene and is already cleaned up and back in the barracks before the accident scene is cleaned up, and the fast driver finally gets home hours later. In Korea, you have to go slow to go fast! Each one of you have been given an ability to make common sense judgments, and your military training has helped you anticipate what others might not expect. I would ask each of you to make a daily habit of asking yourself "What is the worst thing that could happen as I get ready to, (fill in the blank), and that inner common sense voice will speak to you. Listen to that voice and take the appropriate steps to not let that "worst thing" happen. In Army 'speak,' that is composite risk management or CRM, and good leaders will continuously be running this thought process as they lead their Soldiers through training. I have talked a lot about safety so far, and, by and large, we are doing a pretty good job of safety in 8th Army this summer, but we can't rest for a minute or become complacent.

There is one more subject that I would like to bring up for command emphasis, and it bothers both Command Sgt. Maj. Wheeler and me a great deal. We have too many incidences of sexual assault going on in our formations.

Command sergeant major and I are putting the heat on the chain of command to deal with this quickly. There is never an excuse for one of our Soldiers to take advantage of another or to force another Soldier to do something against his or her will. It is as simple as this in my mind -- we talk about Army Values -- and one of them is respect.

A Soldier who would take sexual advantage of another is clearly one that does not have respect for a fellow Soldier. That Soldier is not living our Army Values, and you can't help but think if that Soldier does not live up to respecting others, what else won't that Soldier live up to?

When the chips are down, I'll bet that is the same Soldier that will cut, run, or quit, that will leave a fallen comrade, and most likely places himself first and not our mission. Personally, I would rather not have that Soldier in the 8th Army formation, neither does the CSM, and I don't think that you do either. So, I ask for your help to police this up. The Buddy system works, and watch the alcohol. Most of these sexual assaults start innocently with Soldiers trying to have a good time, but the alcohol takes away our good judgement. Be careful. Keep our barracks safe for everyone to live in.

Let's get our game faces on for a great training month -- ruck up, think safety in every mission activity and do not let Murphy find a way into your formation -- and lastly, but most of all let's respect each other and eliminate value-less behavior. It is an honor to be your commander. Pacific Victors!



SAFETY: I-owe-you-owe-me issue

By Command Sgt. Maj. Barry Wheeler
Command Sergeant Major,
UNCI/CFC/USFK/8th U.S. Army

As we progress in our summer safety campaign, I remind all our servicemembers, civilians, family members and contractors while safety is critical at all times, it's even more so as we enter the monsoon and summer seasons.

If you've recently arrived in the Republic of Korea and this is your first tour here, you may not know much about the dangers of monsoons. In a nutshell, we're in the middle of a season in which heavy rain accounts for more than 50 percent of Korea's annual rainfall. In 1998, U.S. Soldiers and more than 300 Korean civilians were killed during monsoon season. Pay attention to posted wet weather guidance. I'll include a few Risk Management Points from our command safety office:

- (1) Troops in a field environment will be at great risk during this high-risk period.
- (2) Heavy rains can occur outside the monsoon season.
- (3) Weather may be different than forecasted.
- (4) Flooding can occur anywhere and in different areas.
- (5) Weather should be a risk assessment factor 12 months a year.
- (6) Walk terrain; develop/brief egress plans.
- (7) Identify weak swimmers and non-swimmers.
- (8) Make risk decision timely or elevate.
- (9) Restrict vehicle travel. Do not drive through a flooded area. If you come upon a flooded road, turn around. More people drown in their cars than anywhere else.

Another weather hazard that increases risks for everyone during the ROK summer is heat. Military operations must continue, regardless of weather conditions. The key to continuing operations as well as to safely enjoying summer activities such as swimming, softball and cookouts, is the use of the risk manage-

ment process to identify risks associated with a particular activity.

Safety is an I-owe-you-owe-me issue.

Your leaders owe you guidance and information to safely navigate your environment, whether in work or recreation. As Soldiers, you owe your leaders adherence to that guidance and the established rules of safety that are essential to our Army mission to be ready to fight tonight and win. Some of those non-negotiable rules, which can never be overemphasized, include don't drink and drive, always use the buddy system and observe curfew hours. These rules are in place to protect us. Injuries take Soldiers away from their mission and they are not easily replaced.

That fact should remind Soldiers of how important they are individually. Not only are you the Army's best credential; you are our best asset. Treat yourself and others that way and watch how naturally safety follows.



THE 2006 NCO, KATUSA SOLDIER



OF THE YEAR

Story by Sgt. Christopher Fincham, 8th U.S. Army PAO
Photos by Pfc. Oh, Kyo Dae, 19th ESC PAO

After numerous battalion-, brigade- and division-level boards and competitions, some of the 8th U.S. Army's top troops gathered at Camp Carroll in early June to vie for the title of "best on the Peninsula."

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NCO of the Year

SGT. DUSTIN JORRICK

91W, 18th Medical Command

Over the course of four days, nine of 8th U.S. Army's finest Soldiers performed everything from written exams and physical fitness tests to plotting courses through mountains and performing first aid on mock casualties. All for the right to call themselves the best noncommissioned officer, Soldier and Korean Augmentee to the U.S. Army of the year in 8th U.S. Army.

Sgt. Dustin Jorrick, of the 52nd Medical Logistics Battalion was named the NCO of the Year, Spc. Corey Luffler, of 1/15th Field Artillery Regiment, the Soldier of the Year and Cpl. Eun Soo, Park, from the 20th Area Support Group, the KATUSA of the Year.

While Luffler pointed out that just trying to prepare for all the various events of the competition was a difficult task in itself, all of the winners agreed the hardest part was completing the land navigation course.

"The most difficult event was the land navigation, Park said."

"The land navigation [area] was filled with thorn bushes that were head-level high," explained Jorrick. "By the time I finished, my ACU's were unserviceable."

All of the competitors performed at their highest levels and after days of struggling, not one of the would-be victors thought that they had won.

"After the competition, I was proud of the way I had

performed," said Luffler. "I knew it was going to be close, and I honestly thought one of the other competitors had edged me out."

"After all the events were finished, I knew it was really close between the NCOs," Jorrick said. "All of us gave it our best, but because they kept all of the scores from us, I had absolutely no clue as to where I stood. I could only do my best and hope for the best."

The Soldiers had to wait more than a week to finally hear the final tally when their names were announced at the Army Ball.

"I couldn't feel any difference until I got invited to the Army Birthday Ball," Park said. "I feel more responsibilities but I think it's excellent."

"I feel like I have more credibility with the Soldiers. Many of them come up to me and ask me questions and it's nice knowing that I have the answer (at least most of the time). I hope that being the USFK NCO of the Year sets a good example for them to follow as well," Jorrick said.

Up next for Jorrick and Luffler is the Department of the Army Soldier of the Year competition in Washington D.C. at the end of September.

(Editor's note: According to AR 700-84 Paragraph 5-12, Soldiers cannot be reissued clothing damaged in training events such as an FTX. The regulation advises Soldiers to wear "code X," or unserviceable items, during such events.)

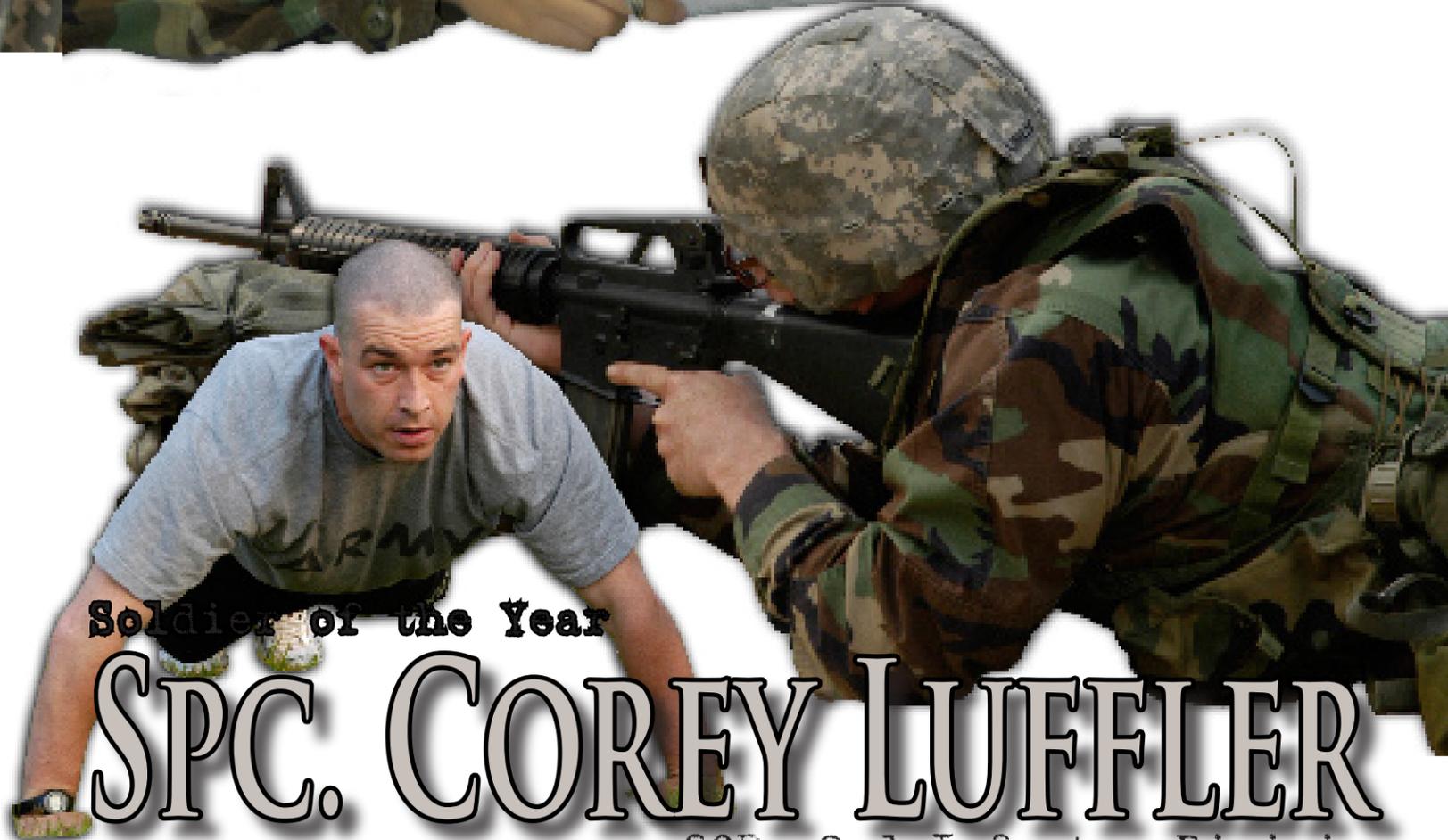
For more on this year's competition see page 18



KATUSA of the Year

CPL. PARK, EUN-SOO

20th Area Support Group



Soldier of the Year

SPC. COREY LUFFLER

96B, 2nd Infantry Division



buggin' out

By Sgt. Maj. Donald Thomas
8th U.S. Army PAO

Just how “bugged” out would you have to be to have a mosquito named after you?

It’s not a bad claim to fame when your reputation is based on the good work you’ve done against life-threatening diseases like malaria.

Col. Terry Klein, an entomologist at 18th Medical Command, Force Protection, recently received not only the honor of having a mosquito named after him (*Anophe-*

les-kleini) but also the Republic of Korea Presidential Award for his “significant contribution” to entomology.

Malaria re-emerged in Korea in 1993 after being eradicated in the 1970s. Eighteen cases have been reported this year; nine diagnosed on peninsula and nine after the persons left Korea.

Col. Terry Klein inspects an Area I training site for Korean Hemorrhagic Fever using rodent traps. *Courtesy photo.*

Since 1999, Klein has helped lead the nation’s fight against malaria as well as rodent and tick borne diseases, Japanese encephalitis and scrub typhus.

Specifically, Klein helped discover multiple species of mosquitoes where experts thought only one existed. He then clarified which of those species carry malaria and pinpointed where they are concentrated. The discovery impacts where and how U.S. and Republic of Korea forces train on the peninsula.

“The primary objective is to know as much about Ko-

rea and the problems it has prior to going into hostilities. “Cause once hostilities start, you’re not going to do any of this. And if you know the information before hand then you can consult with the commander and give him the risks,” said Klein.

Lt. Col. Lee, Hee-Choon, a preventive medicine doctor at 18th MEDCOM, who worked for Klein’s until recently, talked about Klein’s impact.

“He found a reason why malaria is concentrated
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primarily in the DMZ area and not spreading further down south or further up north. That's because of habitat. The mosquito that is a good vector (carrier) for malaria in Korea just stays around the DMZ area. Sinen-sis, as a group is all over South Korea. But if he (Klein) had not been able to determine that a specific species is more likely to transmit malaria, then we wouldn't understand why it's not spreading throughout Korea," said Lee, who worked with Klein for his entire seven-year tour in Korea.

Klein credits the extended tour for his impact. "If I were here for just two years, probably not much of this could have been done," he said.

When Klein talks about getting the presidential award, presented at Korea's 34th Celebration of World Health Day in early April, he is appreciative and reserved. He is more animated however, when conversation

to *Anopheles kleini*. The 59-year-old Klein smiles shyly, admitting he was a "bit embarrassed" when he learned about the unusual honor. But he knows the award is the result of 21 years of world renowned research.

Those years took Klein and his malaria

search to far flung places like the jungles of Brazil, Thailand and Peru.

Here in Korea he has collaborated on projects and discoveries with highly respected research institutes like the Korean National Institute of Health (KNIH), Korean Center for Disease Control (KCDC), Jeon-buk University, Seoul National University, and Korea University. Klein sweetens these partnerships by sharing the mosquitoes, rats, and ticks he traps.

It was probably a counterpart at KNIH that nominated Klein for the presidential award, said Klein. The nominating person in the mosquito naming was a mystery until the honor was published in a medical journal.

"In Brazil we were working with a new (mosquito) species but we didn't name them because there was a Brazilian researcher also working with them and we chose not to scoop her in identifying them.

"When I came to Korea I found out there were differences in the mosquito species here. When we sent them off, they (a team of doctors at Korea University) identified two genetically distinct species. And so in the process with all the malaria work I'd done, someone chose to name it after me," said Klein.

That someone, Dr. Leopold "Polie" Rueda, Walter Reed Army Institute of Research, was revealed when the animal taxonomist journal, *Zootaxa*, published the discovery. A *Zootaxa*'s 2005 issue records that

Anopheles kleini is named after Klein for his "numerous contributions to mosquito research in Asia." Rueda and Klein had worked together during Rueda's temporary duty trip to Korea in

2002.

"I was happy but a little bit embarrassed because a lot of people have done work on mosquitoes and a lot of people have put major effort into this," said Klein, quick to share credit with other entomologists, research institutes in the United States and Korea, and with preventive medical doctors like Lee, who described the bigness of Klein's accomplishments.

"In academic fields, having a mosquito named after you is like having an airport named after you," said Lee. He called the naming of the *Anopheles kleini*, the "crown jewel" of Klein's career as an entomologist.

Klein's background doesn't include the stereotypical image of an entomologist. He wasn't one of those kids who plays with bugs then grows up to make a living at it. He was living life as a junior high school teacher near his small home town of Turner, Oregon, when his interest in entomology peaked.

"I was teaching biology and I started collecting butterflies. And I got a grant to go work on taxonomy of leaf hoppers," said Klein. He quit teaching junior high to pursue his grant at Oregon State. His desire for more on-the-job type training led to the Army.

"A professor said, 'Join the Army; they'll train you.' My family isn't military so my first impression was, 'I'll join the Army for three years; I'll train, I'll get out and get a real job,'" said Klein.

His decision to stay in the Army has had life saving benefits for Soldiers.

"The Soldier says he doesn't want something 10 years from now. He wants something today. If we can find something today for him, that's much better than saying we're working on it.

"They've been working on a malaria vaccine since I've been in the Army and they don't have one," said Klein. He said Soldiers can take immediate preventive action when experts identify species, point out risk areas and expose control techniques that don't work.

"For example, we know Warrior Base is the hottest area for infection right now and to a lesser extent Camp Casey and Rodriguez Range. We've identified there are mosquitoes in the

Warrior Base area infected with Japanese encephalitis, which has between 10 and 30 percent mortality if you show symptoms," said Klein.

The face of the soon-to-be-retired vet becomes that of the school teacher again when he talks about the differences in mosquitoes which "like people," as in love to bit humans, and mosquitoes who "don't like people," and feed on humans only when there's nothing better on the menu.

He stays in the lecture mode, using phonetically impressive terms to point out the difference in Korea's rodent species.

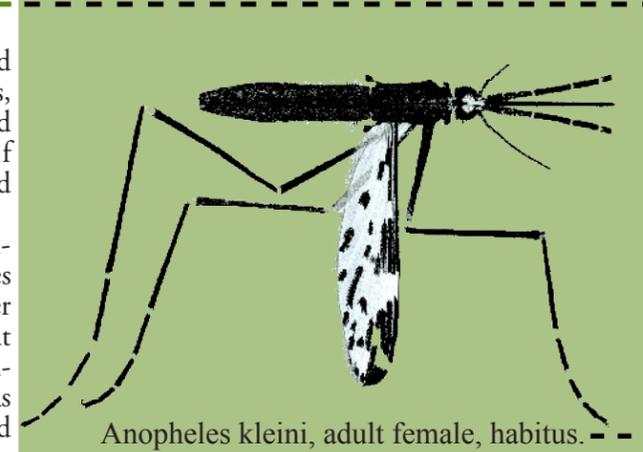
For the scientifically challenged, he explains there is an "urban rat" and a "field mouse," one more deadly than the other and both of which soldiers should stay away from. Rodent feces and urine cause Korean hemorrhagic fever (KHF) or hanta virus, a tricky virus that takes 30 days or more to show symptoms.

"We had one case a couple of years ago where the patient came in with symptoms including a headache. The doctor treated him for migraines. He came in the next day; they sent him back home with more medicine. The third time he came in they took his appendix out because he had back pain. Back pain is typical with KHF because it affects your kidneys. In the process, they found out he had creatine in the blood, so they did a test and found out he had hanta virus. But the patient survived and doesn't have to worry about his appendix or getting hemorrhagic fever again," said Klein.

When four United States Forces Korea soldiers caught KHF in 2005, it was Klein's survey of USFK training sites that helped pinpoint where the Soldiers contracted the disease. Labs found that blood from the rodents Klein trapped in the field had the same virus found in the Soldiers' blood. The match proved all four Soldiers contracted the viruses near the DMZ.

"I've been told I should get the gold metal in rat trapping," said Klein, unable to hold back his laugh.

Klein's success in finding ample rodent samples when others can't is an example of his detailed approach to his



Anopheles kleini, adult female, habitus.

work, according to Lee.

"People who go out to trap rats with him might set traps upside down, in the wrong place or so high that the rat would have to pole vault to get inside," said Lee. Lee called Klein a boss who "let people make their mistakes and never used his position to browbeat anybody." He contrasted that with Klein the worker as "a bulldog."

"He took me out to the field, the rice patties near the DMZ, showed me the mosquito eggs, the rats. We picked up malaria vector mosquitoes inside telephone booths as soldiers were out there in their shorts making phone calls to their girlfriends and getting bitten.

"We did a lot out there trying to figure out how these soldiers are getting malaria, what preventive measures they're using or not using," said Lee, who considers Klein more a mentor and friend than boss.

The chance to mentor and form relationships that are like family is what Klein says he'll miss most about the Army. He'll retire this summer and settle in Korea with his wife, Kyung-Hee. He'll end his military service, but not his service to mankind, given all the viral challenges still out there. He's due to collaborate on a West Nile virus study in late spring.

"We're actually looking for viruses in ticks right now. We have lots of parasites in ticks we've never identified. We've got a spotted fever group which has been identified in Koreans but we don't know to what extent. It's like one in China, but it has never been named," said Klein.

A big obstacle is the lack of diagnostics, or systems that let doctors take blood from victims and identify exactly what they have, said Klein, who described a mysterious mosquito virus out there as "somewhere between



Course certifies Sling Loaders

Story and photos by Pfc. Amanda Merfeld , 2nd Infantry Division PAO

The rotor-wash from helicopters blowing on Soldiers marked the beginning of the final test for the Sling Load Inspector's Certification Course. Soldiers from Area I participated in this week-long course that included various written, visual and physical tests.

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Clockwise from left: Soldiers prepare to hook up the HMMWV to the incoming helicopter. A Soldier inspects his load for transportation. An instructor oversees Soldiers during the hands-on part of the course. Soldiers quickly run away from the aircraft during the first sling-load exercise.



SLICC trains specialists and above in basic sling load operations, like using hand signals to communicate with aircraft personnel and aircraft recognition and limitations. They are trained to confidently maneuver cargo hook-reach pendants, basic hardware and expendables, cargo carrying devices and safety equipment. The students were taught hook-up team and signalman duties and responsibilities and the proper rigging and inspection of loads.

“I think this training should be mandatory throughout the Army for all personnel dealing with aircraft,” said Staff Sgt. Frank Howard, Bravo Troop, 4th Squadron, 7th Cavalry Regi-

ment. Howard was one of 46 Soldiers to successfully complete SLICC.

Mobile Training Team instructors for the certification course came from Fort Lee, Va. to teach Soldiers here and other locations how to be successful leaders during any sling-load operation.

“We train Soldiers in Germany, Singapore, Alaska and other places not in [the U.S.],” said Staff Sgt. Jason Brown 2nd Battalion, 62nd Quartermaster Company, Aerial Delivery and Field Services Department

The course is conducted as a local course at Fort Lee, and as a mobile training course at other host installations.





Sgt. Um, Hee Woong completes that claymore mine portion of the warrior tasks testing.

SOLDIERS COMPETE FOR ANNUAL TITLE

Story and photos by
Pfc. Oh, Kyo Dae
19th ESC PAO

There was one more reason to celebrate at the 231st Army Birthday Ball in Seoul when Command Sgt. Major Barry Wheeler announced the final results of the Eighth United States Army Noncommissioned Officer, Soldier and Korean Augmentee to the United States Army of the Year Competition.

Sgt. Dustin Jorrick, of the 52nd Medical Logistics Battalion was named the NCO of the Year, Spc. Corey Luffler, of 1/15th Field Artillery Regiment, the Soldier of the Year and Cpl. Eun Soo, Park, from the 20th Area Support Group, the KATUSA of the Year.

A total of nine Soldiers from 8th Army units throughout the Korean peninsula took part in the competition, which was held at Camp Carroll June 5-8 and was hosted by the 19th ESC.

“The 8th Army Soldier of the Year Competition is designed to identify the most outstanding NCO, Soldier and KATUSA to represent 8th Army at Department of the Army Competition later this year,” said Master Sgt. Stephen Stoltz, 19th Sustainment Command Expeditionary, who helped to coordinate the competition.

8th Army conducted three division-level boards prior to this competition, added Stoltz.

The Soldiers, KATUSAs and NCOs who made it to the final competition faced a challenging series of tests and military tasks.

The candidates completed a 25-question test on general military topics, wrote an essay, took the Army Physical Fitness Test, qualified with the M16 and completed 15 Warrior Tasks and Drills throughout the first three days of the competition, said Stoltz.

Spc. Dil Uhlin, 348th Quartermaster Company, said the land navigation portion was difficult.

“My company does land navigation in Yong-in Mountain, which is pretty tough, and I didn’t think it could get worse than that,” he said. “But this area (Camp Carroll) is so thick, and there are no flat circles. The vegetation is so tall that it’s really hard to make your way down the hills to the point without taking a detour.”

Pfc. Kent Wiley, 18th Medical Command, said he was confident about his performance during the competition.

“I have done really well, because I had really good instructions from drill sergeants and other sergeants in my past about these Warrior Tasks and Drills. I went through them a lot,” said Wiley.

On the third evening, the candidates faced a mystery event, which turned out to be Pugel Stick Combatives. The Soldiers had to fight an opponent with a pugel stick, which looks like a huge cotton swab.

On the final day, the Soldiers appeared before a board, with Command Sgt. Maj. Wheeler serving as the



A competitor struggles to pull on his over-boots while going to Mission Oriented Protective Posture 4.

president, to answer a series of military-related questions.

Sgt. Um, Hee Woong, 18th MED-COM, said the hardest part of the competition was studying the board materials.

“I have won about 11 boards so I thought I didn’t have much to study. But the materials of the board changed, and I had to study and prepare for new topics,” said Um.

Sgt. Matthew Walker, 2nd Air Defense Artillery, said the board is not just about competing against his competitors, but competing against himself.

“The competition is very physical and mental,” he said. “Once you get past the physical endurance part, than it becomes mental.

“When I was on the land navigation course, of course there were times when I wanted to stop and quit,” Walker said. “But if I am in battle and the enemy is chasing me, I am not going to stop; I would have to keep going. I had to have that in mind.”



Sgt. Mathew Walker squeezes out as many push ups as possible during the competition.



CALL TO DUTY

BOOTS ON THE GROUND™



Clockwise from left: Command Sgt. Maj. Barry Wheeler attaches a campaign ribbon to the U.S. Army flag. Lt. Gen. David Valcourt and Command Sgt. Maj. Wheeler are joined by 8th U.S. Army's youngest enlisted Soldier and the youngest commissioned officer to cut the Army birthday cake. Soldiers dressed in uniforms from previous wars open the ceremonies of the Army Ball. Sgt. 1st Class Jamie Buckley performs at the ball. Buckley came back to Korea from Fort Knox, Ky. to perform "We go Together," which he wrote. Lt. Gen Valcourt addresses the audience at the ball. *Photos by Pfc. Fay Jakymec.*

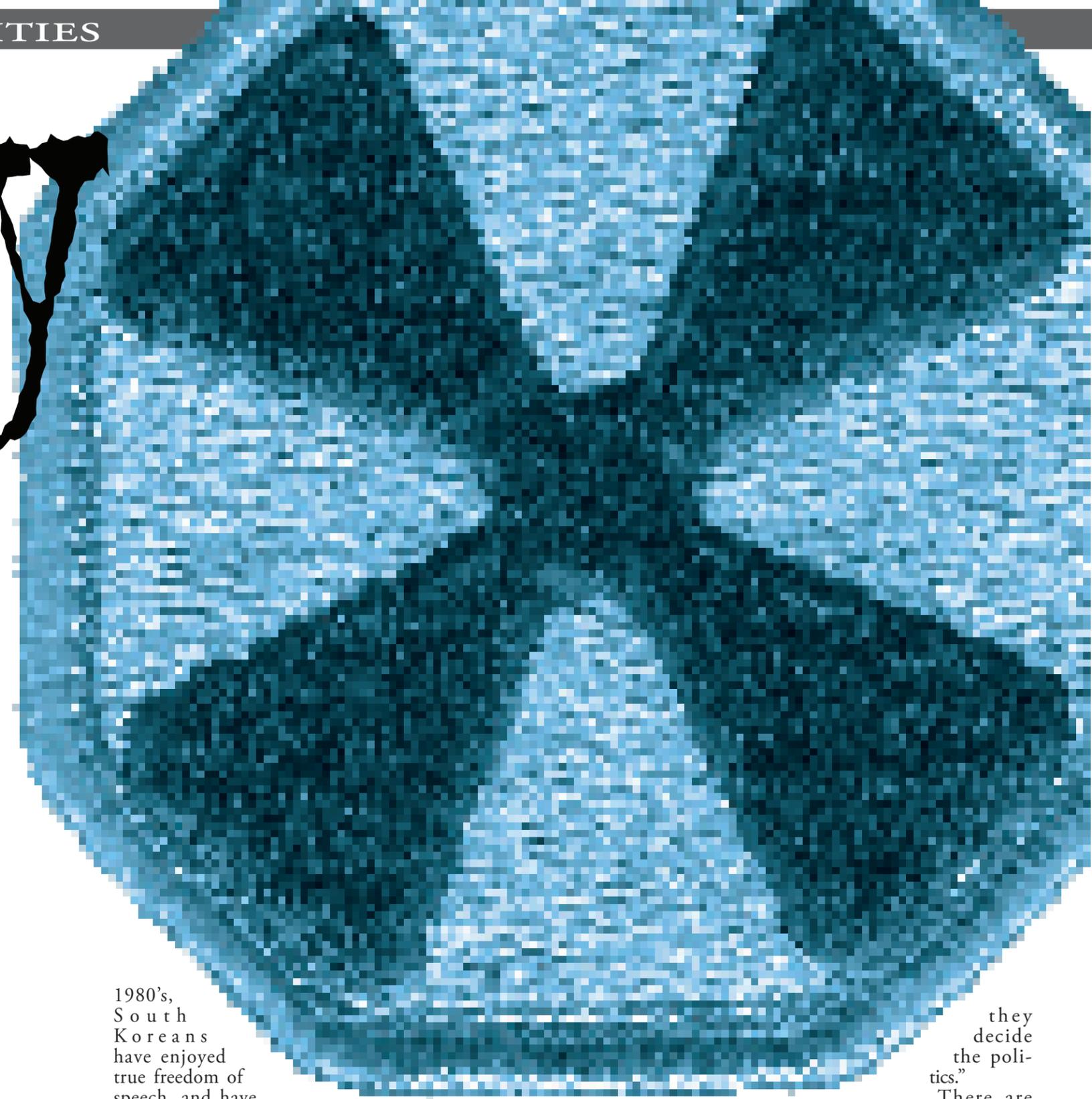


CELEBRATING 231 YEARS





Zero Fatalities



By Pfc. Daniel Love
8th U.S. Army PAO

American Soldiers serve around the world in a variety of locations. Some are obviously more dangerous than others, but that doesn't mean Soldiers in those assumed "less dangerous places" can afford to get complacent when it comes to staying safe.

Korea has several factors that contribute to safety and risk management when it comes to conducting day-to-day operations as well as exercises and free time. The most prevalent of these risks are driving conditions, adverse weather patterns and protests.

One of the first things a lot of people notice when they arrive in country is the difference in driving habits between Koreans and Americans. While it can seem hectic at first, adjusting to different driving customs and overcoming the congestion will result in a successful travel experience.

"When you first get here, you will notice a lot of things are different, but the hardest thing to adjust to is that Koreans don't have a simple way of merging into traffic; everyone just fights for the first lane," said Sgt. Ronald Theobald, a traffic investigator with the 94th Military Police Battalion.

While some aspects of traffic safety are new to Soldiers such as different right-of-way rules, others are universal. Korea is not spared its share of inattentive drivers;

situational awareness is key.

"Drivers also tend to only follow the car in front of them and not watch what is going on around them. If something comes from the sides or the car in front stops too fast, they have a high chance of getting in an accident."

Vehicles on the Korean streets are not only dangerous when riding inside of them, but also when walking near them on sidewalks or roadsides. Many Korean roads were built before the advent of cars, so they leave little space for mistakes of drivers or pedestrians.

"People can be walking and then unexpectedly jet into the roadway around the crosswalk," said Theobald. "[these] pedestrians get struck by vehicles close to a crosswalk because they are under the impression that cars will stop for them no matter what because they see the white lines on the road."

Vehicle accidents in Korea are typically not fatal, most likely due to the fact that the driving speeds are much lower than those in the United States. However, a lot of drivers don't wear seatbelts, making accidents that are relatively tame into more serious incidents, Theobald said.

"Inattentive driving and being in a hurry are the causes of most accidents in Korea," said Theobald. "There is a tendency to disregard road conditions whether its an icy road, raining heavily, or snowing, cars aren't given enough space given the increased amount of space needed to slow down in case of an

emergency."

The United States covers an area of over 3.5 million square miles, so Americans from different parts of the nation are accustomed to different types of weather patterns. No matter where they are from, U.S. servicemembers who are stationed in South Korea must become accustomed to the local weather.

"We do have the monsoon season and occasional typhoons," said Joseph Colson, an 8th U.S. Army tactical safety manager. "When a typhoon is inbound the weather folks provide us with sufficient notice to prepare. They do a pretty good job of letting us know when we need to get the word out."

In September of 2003, Typhoon Maemi hit the southern area of South Korea, killing an estimated 100 South Korean citizens. Winds reached around 130 miles per hour, and rain flooded many parts of the country.

"The problem we find is not that we don't know its coming, but getting word down to the lowest level," said Colson. "We have to make sure that the guys in the field know the risks of weather conditions. We've had a few incidents with drowned Soldiers in mudslides and floods, destroyed camps and washed out buildings. These things are not always preventable, but when we know its coming we have a chance to minimize the damage and get our Soldiers out of harms way."

Since the end of military rule in the

1980's, South Koreans have enjoyed true freedom of speech, and have learned to make good use of it. Protests for a wide variety of reasons are a very common sight on the streets of any major city. While a high percentage of these protests are not anti-American, they can quickly turn into international incidents if someone in the crowd also holds anti-American views. "Normally, [the gatherings are] not

hostile to Americans, but I wouldn't want to be the person out there the day that it does turn ugly," said Colson. "There are many different protests and demonstrations in Korea, but very few directed toward America. Avoid any contact or confrontation with protesters. Don't get into any conflicts; this is their country,

they decide the politics." There are risks to watch out for anywhere that Soldiers are stationed, but that doesn't mean a tour in Korea can't be a rich and rewarding experience. By taking precautions and staying alert, Soldiers can vastly increase their chances of finishing their tour and heading home safely.



Fun in the sun

By Pfc. Fay Jakymec
8th U.S. Army PAO

Summer in Korea can be a struggle for various people. The stifling hot, humid air is enough to topple even the toughest person in the unit. Many Soldiers serving here in Korea have never experienced the type of summer

weather that can occur here between May and September. The risk of injuries goes up in the summer due to the increase in outdoor activities such as softball, swimming, and hiking and the physical exertion in elevated temperatures.

"We had several injuries last year that were minor, none that were reported as serious. One of the aviation units was out in the field and reported something like 40 people had heat injuries, but they were not life threatening. You're a short distance away from a serious or minor injury," said Joseph Colson, safety specialist.

Dehydration can be a Soldier's worst enemy during the summer.

According to United States Forces Korea's "A Systems Approach to Summer Safety" pamphlet 385-3 Soldiers should drink about one quart of water an hour, but should not

exceed a quart and a half in a hour. In order to combat the effects of the heat and humidity Colson recommends that Soldiers and their leaders take extra precautions.

"The big thing is to stay focused and to monitor their Soldiers at all times. Commanders need to make sure that the junior enlisted are involved. If you've got the first line supervisor involved you should be okay. Tailor your training around early mornings if possible; it will be easier to handle the stress of the heat. It gets very warm in Korea in July and August," he said.

Soldiers can wear light-weight and light-colored clothing. If conducting training and if able to in weather where the heat exceeds 90 degrees, personnel should remove their uniform top and un-blouse their pant legs.

Other than the effects of the heat in Korea, some hazardous situations also arise from other summer pastimes on the peninsula.

A big recreational activity here in Korea that poses an unique a dangerous obstacle is hiking.

"There are land mines out there. Most area are marked, but occasionally they might not be because the mines migrate during the monsoon season from these different locations like some of the old air defense sites or special

Excessive sun exposure can result in:
Melanoma. A life-threatening form of skin cancer, melanoma is one of the fastest growing skin cancers.
Non-melanoma skin cancers. Unlike melanoma, non-melanoma skin cancers are rarely fatal. Nevertheless, untreated they can spread, causing more serious health problems.
Actinic Keratoses. These sun-induced growths occur on body areas exposed to the sun. The face, hands, forehead and the "V" of the neck are especially susceptible to this type of blemish. They are pre-malignant, but left untreated, actinic keratoses can become malignant. Look for raised, reddish, rough-textured growths. See a dermatologist promptly if you notice these growths.
Immune system suppression. Scientists have found that sunburn can alter the distribution and function of disease-fighting white blood cells in humans for up to 24 hours after exposure to the sun. Repeated exposure to UV radiation may cause more long-lasting damage to the body's immune system. Mild sunburns can directly suppress the immune function of human skin where the sunburn occurred, even in people with dark skin.

communications sites. I've seen one not too far from Seoul," said Colson.

Swimming also has some unique hazards. According to United States Forces Korea regulation 190-2, all streams, lakes, reservoir, ocean beach areas, or other natural bodies of water are off limits. However, these areas may be used for fishing, sunbathing, or other activities in which contact with the water is minimal, and may also be used for command sponsored activities.

Soldiers are allowed to swim in public pools.

When swimming it is imperative that some precautions are taken in order to remain safe. Do not go swimming alone, go with a friend or make sure that a lifeguard is on duty

You should not drink alcohol and swim, or continue swimming when exhausted or after eating.

Also, before diving make sure that the pool is deep enough.

If swimming in a public pool make sure that the water is clear, continuously circulated, and maintained at a level that allows free overflow into the gutter or skimmer.

After swimming a common activity is barbecuing. As with almost any activity that involves fire some safety measures should be

implemented when setting up a barbecue.

One of the most important safety measures regarding barbecues is that adding as much lighter fluid to the fire to see how big the fire can get is always a very bad idea.

"You need to stay focused on that (starting the fire) and make sure that small children aren't around, make sure you properly cook your food, and make sure you extinguish the coals properly. It's probably best to use water and dispose of them in a proper metal container," said Colson.

Those burgers, hotdogs, and bratwurst? If not properly cooked they can give consumer food poisoning. Just because it's black on the outside does not mean that it is cooked all the

way through. "We're getting into food safety making sure it's properly cooked and making sure it doesn't get cross contaminated between raw meats and other foods," said Colson.

Summertime can be a season with fun filled activities, as long as the right safety precautions are taken.

As General B.B. Bell said in the USFK Summer Safety Campaign, "there is no greater priority than the safety of the people with whom we are privileged to serve. My greatest desire is for us all to serve in this wonderful country of Korea safely, with no loss of life. Together and by aggressively executing our individual and leader responsibilities, we can all return to the United States alive, having done our best to assure peace and stability in this wonderful area of the world.

Heatstroke

By Pfc. Fay Jakymec
8th U.S. Army PAO

The major cause of heat injuries is dehydration. Dehydration happens when the body loses too much fluid. Since a person can lose as much a quart of water through sweating, it is imperative that Soldiers consume water to balance out the loss of fluid. Intake should not exceed more than one and a half quarts in an hour or more than 12 quarts in a day. Soldiers should drink water even if they do not feel thirsty. Thirst is not a good indicator of hydration. The early symptoms of dehydration are a dry mouth and sticky saliva, reduced urine output with that is a dark color, acting restless. Once severe dehydration sets in the causality will be unable to walk, have a weak, rapid pulse, rapid breathing, cold, clammy skin or hot, dry skin, and loss of consciousness.

Dehydration can be prevented by minimizing the use of caffeine and alcohol, the use of dietary supplements, good nutrition, and adequate hydration. The use of field sanitation teams to monitor the heat category and work rest cycles can also be use to combat the effects of the heat. The unit's preventive health medicine teams can monitor the wet bulb to determine the heat category.

Other heat injuries include heat cramps, heat exhaustion and heatstroke according to the United States Forces Korea "A Systems Approach to Summer Safety" pamphlet 385-3.

Heat cramps are distinguished by muscle pains or spasms in the abdomen, arms, or legs. The person suffering from heat cramps should sit in a shady area and slowly drink at least one quart of water. He should seek medical attention if the cramps do not subside in one hour.

Heat exhaustion is one of the most common heat injuries. It is caused by the loss of too much fluids and electrolytes from excessive sweating.

Heat exhaustion causalities should lie down in a cool place with all tight clothing loosened. The person's head should be lowered and the feet raised and cool, moist cloths should

be placed on the forehead and wrists.

Heatstroke is the most dangerous heat injury. If it is not treated immediately it can be fatal. The symptoms are weakness, dizziness, confusion, headaches, seizures, nausea, and their breathing and pulse may be rapid and weak.

To treat someone with heatstroke he should be placed in a semi-sitting position in a shady area or taken indoors. Tight clothing should be loosened and the head and body should be flooded with cold water and medical personnel should be called.

Hypothermia is also a condition that can occur during the summer. Most cases of hypothermia take place in the summer, spring, and fall; not winter. Hypothermia is a rapid cooling of the body's core temperature and can result in death if not treated quickly. In the summer this can occur by immersion in a cold body of water, exercising or being in the rain and then going into air conditioning. According to the website yellowstoneparknet.com, the warning signs of hypothermia are: uncontrollable shivering, immobile fumbling hands, slow, slurred speech, stumbling, lurching gait and memory lapses.

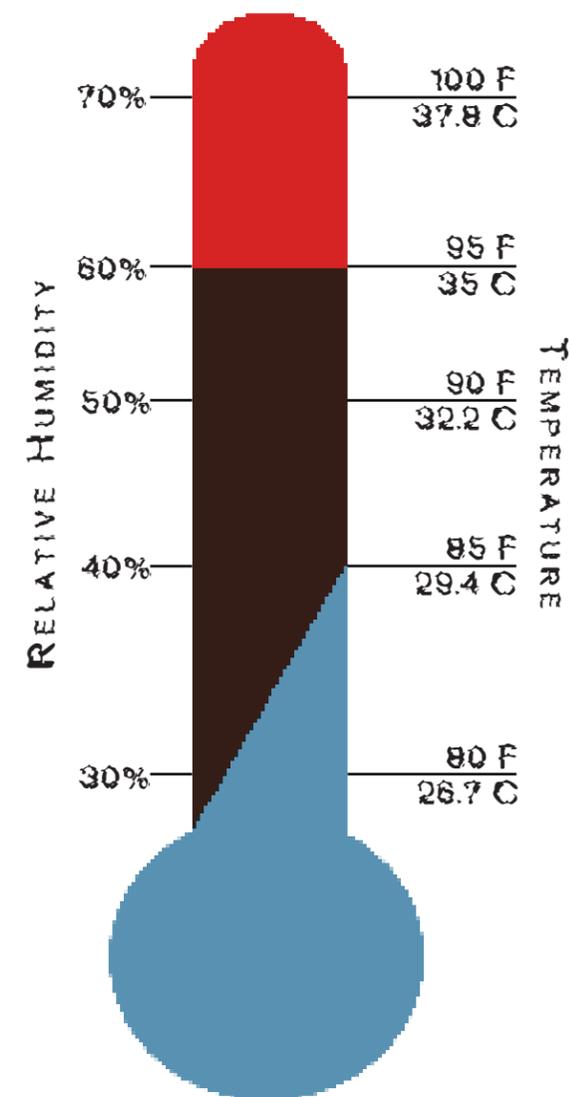
To reduce the risk of becoming a heat causality it is advised that Soldiers wear the appropriate clothing. Clothing should be loose fitting and light in color. Shirts should not be removed in sunny areas and hats and sunglasses should be worn to combat the damage from the sun.

The Heat Equation:

High Temperature
+ High Humidity
+ Physical Work

HEAT ILLNESS

When the body is unable to cool itself through sweating, serious heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If actions are not taken to treat heat exhaustion, the illnesses could progress to heat stroke and possible DEATH.





MONSOONS

make for wild weather

By Pfc. Brandon Moreno
8th U.S. Army PAO

Heavy rains, high winds, lightning and even flooding are some things to take into consideration this summer.

The annual monsoon season replenishes Korea's water supply making the season a beneficial one, but if people are not prepared for the extreme weather conditions it can pose for a time filled with risky and dangerous situations.

Although rain can be predicted and forecasted during the season, it often has an unpredictable nature.

"We should not assume the weather will always be as forecasted," explained Helen Yoo, a safety specialist with the 8th Army Command Safety Office.

To combat these unpredictable weather patterns there are standard precautions most people can take into account before the season arrives.

"It's good to identify areas of potential risk in your surroundings. Emergency plans should be developed and briefed and parents should explain the risks of playing in dangerous areas to their children," said Yoo.

In developing a safety plan emergency supplies should be stocked and easily available for use when preparing for the weather.

"Some supplies to keep stocked include bottled water, batteries, flashlights, non-perishable foods and safety flotation devices," said Tech. Sgt. Andrew J. Kowal, the training NCO for the 607th Weather Squadron.

In conjunc-
t i o n

with being stocked and prepared, drivers should also be consciously aware of the roads they are traveling and parking on.

"It can take as little as four inches of moving water to lift a vehicle and six inches to sweep it away," said Kowal.

Another factor many people neglect to take into account is the danger of electrical storms.

"If you happen to find yourself outside during an electrical storm, stay away from tall objects like trees and metal structures," explained Kowal.

The best protection from an electrical storm is to stay in a covered area or structure.

"While seeking shelter indoors from an electrical storm, it's wise to avoid windows and electrical devices like phones," said Kowal.

Many people agree though, the best safety precaution is to pay attention to weather reports and take them seriously.

"During an emergency you have to be able to make decisions quickly because water can rise very fast," said Yoo.



Info and Tips:

- Flash flooding may occur with little or no warning during monsoon season in Korea.

- Mudslides, resulting from super-saturated mountainsides, can simply give way without warning.

- When possible, do not park vehicles in low-lying areas, along stream banks or in the bottom of a mountain valley or canyon.

- After flooding, check bridges before crossing.

- During periods of heavy flooding, stay indoors when possible.

- When driving is necessary, beware of hydroplaning and slippery road surfaces.



preventing the spread of SEXUALLY transmitted DISEASES

By Pfc. Brandon Moreno
8th U.S. Army PAO

In order to be mission ready, a Soldier needs to start by protecting themselves at home. In a world where issues concerning sexual health become a taboo subject many people feel uncomfortable discussing the one tool, education, which may enable people to live a healthier life becomes lost and tainted with myths. Although a touchy subject the dangers of venereal diseases should never be ignored because they are very real and closer than most people would think. The most common sexually transmitted disease in the United States is Chlamydia. "Chlamydia is also the most common STD amongst Soldiers in the United States and overseas," explained Maj. Heng Mo McCall, the community health nurse for Area II, Korea. The reason for the high rate of Chlamydia cases may be because 85

percent of cases amongst women are asymptomatic and 50 percent of cases amongst men are too. "There are many people out there who have Chlamydia and never get tested because it may not show signs for months or years. The consequences of never getting treated for Chlamydia can have results from sterility to ectopic pregnancies," said McCall. The trend for people who have contracted an STD has been on the rise especially with viruses out there that have asymptomatic characteristics. "In 1985 there were no reported cases of AIDS amongst citizens of Korea, but in 1999 the number of reported cases rose just over one thousand," Said McCall. Compared to the U.S., the number is low but the numbers are still on a slow but steady rise in the U.S. and Korea. "Another reason many people may contract an STD is because they believe it's happening to everyone but

them and don't take the precautions to protect themselves," said McCall. Abstinence is the only one hundred percent most effective way to protect against STD's. "When abstaining, going out to dinner or a movie with a partner is always nice but people should consider being active with their agenda like participating in biking or swimming. By going out and being active in Korea, not only can a Soldier get out that extra energy, but they can see more of Korea and intermingle with other cultures," said McCall. Some other factors that can reduce the risks of contracting an STD is monogamy and reducing the amount of alcohol one may drink. "While under the influence many people's inhibitions are lowered and their decision making process becomes impaired, these factors may constitute a risky situation," said McCall. If a Soldier made the decision to have sex, the best way to protect them self is to know the person and to use

a barrier such as a condom. "Many people believe if they use a contraceptive other than a condom they will be safe, but contraceptives only protect people from unplanned pregnancies they do not protect a person from getting an STD," said McCall. At the Yongsan Troop Medical Clinic, there are condoms that are kept in a small bucket at the front desk for anyone who may need one. "If there are no condoms in the small bucket at the front desk, a Soldier can go to the pharmacy and ask for condoms with no questions asked," said McCall. There are also set guidelines to help treat Soldiers in case they think

they have contracted an STD. "If a Soldier believed he or she had contracted an STD, they would first have to either make an appointment at their TMC or come in on sick call," said Cpt. Lyn Riat, a physician assistant at the Yongsan TMC. After making an appointment, the Soldier would then be screened for all STD's. "The screening process is easy all we do is give the Soldier a simple lab test," said Riat. If a soldier did come up positive for an STD, they would more than likely be treated that day depending on what STD the person had contracted. The whole process of screening and treating for an STD is done com-

pletely in confidentiality. "If a Soldier is treated for an STD, we do not discuss this matter to anyone, not the Soldiers chain of command or other physicians, the only time we would discuss these matters is with the patient," said Riat. Getting treated means you're taking care of yourself and you partner. Within our very creed it says I will always maintain my arms, my equipment and myself. "It's every Soldier's duty to protect themselves and their partners. Protecting yourself keeps you focused, mission ready, and able to protect and defend our nation," said Riat.

Sexually transmitted diseases (STDs) affect men and women of all backgrounds and economic levels. Despite the fact that a great deal of progress has been made in STD prevention over the past four decades, the United States has the highest rates of STDs in the industrialized world. The rates of STDs are 50-100 times higher in the United States than in other industrial nations, even though rates of gonorrhea and syphilis have recently been brought to historic lows. In the United States alone, an estimated 15.3 million new cases of STDs are reported each year.

- Centers for Disease Control and Prevention



keeping it CLEAN in the field

By Pfc. Fay Jakymec
8th U.S. Army PAO

Spending time in the field is a valuable training tool that allows Soldiers to learn the skills of their trade in an environment similar to one they might face in a real world situation. Once Soldiers leave the controlled environment of their post for the field however, they become susceptible to more illnesses such as parasitic infections and injuries such as frostbite or heatstroke.

There are a number of steps that a unit can take to avert possible injuries or illness in the field.

“One of the most important ways that units can prevent problems in the field is to perform proper PCIs prior to departure. Some of these consideration include making sure the water buffalos were inspected, uniforms treated, base camp assessment performed, plenty of potable water will be available, proper spacing of cots, proper number and spacing of waste disposal facilities/latrines, plenty of changes of clean clothes/personal hygiene items and hot/cold weather injury prevention classes conducted,” said Sgt. 1st Class Holly Harrison, 5th Medical Detachment, 18th Medical Command, preventative medicine.

According to Field Manual 21-10 Field Hygiene and Sanitation, in every conflict the United States has been involved in, only 20 percent of all hospital admissions have been from combat injuries. The other 80 percent have been from disease and non battle injury.

Soldiers are more exposed to heat or cold injuries, depending on the time of year due to the exposure of the elements and also are more exposed to illnesses whether from contamination from human wastes, contaminated food, close proximity to another infected Soldier, or from being bitten by an insect.

In order to lessen the affects that being in the field can have on a Soldier's body the Soldier can use bug spray and blouse the uniform pants and that will reduce the possibility of mosquito and tick bites. (FM 2-14)

Drinking water that has not been treated can also cause serious health problems such as diarrhea, nausea, and parasitic infections. Only drink water that is potable, do not drink water straight from streams, rivers, or lakes.

A major reason for illnesses in the field is not properly disposing of wastes.

If proper latrines are not available, Soldiers need to make sure they do construct the right facilities and should be as far away from sleeping and eating areas as possible. (FM 3-25)

It is also important that Soldiers wash despite the fact that there may be a lack of water for cleaning purposes. Baby wipes and hand sanitizer can make up for the lack of water.

All rations need to be eaten. Meals Ready to Eat are specifically designed to provide Soldiers with the amount of calories they need to maintain their energy. (FM 2-4)

A field sanitation team is an important part of making sure that all of these preventive measures are taken.

“The purpose of a field sanitation team is to have members of a unit dedicated to aiding the commander by protecting the health of the command. They advise and assist the commander in the duties essential to reducing disease and non-battle injury rates, which is the leading cause of combat ineffectiveness,” said Harrison.

By educating Soldiers through the field sanitation team, and Soldiers' following the instructions they should be use their time in the field effectively.



Field Sanitation FM 21-10

The use of measures to create and maintain healthful environmental conditions, these include safeguarding food, safeguarding water, and controlling disease bearing insects and rodents.





oil beware

By Pfc. Oh, Kyo Dae
19th ESC PAO

The warmth of spring is reaching its peak in Korea, and the cool breezes are blowing. This might be the perfect time of the year to start dusting off your motorcycle. Riding on a motorcycle can be a great opportunity to get outside and enjoy Korea's beautiful scenery, but, there are certain rules and safety guidelines that must be followed.

"It's fun riding a bike, no matter where you are. In Korea, you can have country, city and mountains all within 30 minutes. It's just great to get out and burn off some stresses," said Mark Thill, who has been riding motorcycles for 15 years in Korea.

Before hitting the road, however, United States Forces Korea personnel must meet USFK requirements.

First, motorcycle riders must have a valid stateside motorcycle license, said Ku, Sung On, a Transportation Motor Pool driver testing instructor working for Area IV Support Activity.

Riders must also meet some additional criteria.

"Army Regulation 385-55 states that a driver of a privately or government owned motorcycle is required to satisfactorily complete an Army approved motorcycle safety course and must wear proper safety equipment," said Ku.

The Motorcycle Safety Foundation

Course and a USFK license are required in order to ride a motorcycle in Korea according to USFK Regulation 190-1. Driver's license applicants who desire to operate a motorcycle must pass written and skill tests administered by a U.S. recognized driver's-testing facility.

Area Support Activity and base commanders will determine which tests are recognized in their areas, said Ku.

Upon successful completion of the course, riders will receive a Motorcycle Safety Foundation card. This MSF card is valid in the United States and can be used to add the motorcycle endorsement to a stateside license, added Ku.

Then, riders must ensure they have all the required safety gear. The proper safety equipment to ride a motorcycle includes a helmet with a face shield or goggles, long sleeve shirt, gloves, long pants, sturdy boots that cover the anklebone and that have solid heels and a reflective vest.

Even after obtaining the proper training and equipment to ride a motorcycle, riders still have to keep certain important things in mind, said James "Al" Brown, a safety specialist in the 19th ESC.

"It's very important to know the characteristics of your motorcycle. Some people purchase motorcycles that are above their ability to ride. You also have to be familiar with defensive driving techniques, because most

people just don't see motorcycle riders for some reason," said Brown.

Motorcycle riders should also pay attention to their surroundings. The type of road they're on, the environmental conditions and the habits and culture of the local people, added Brown.

Thill, as an experienced rider, has some additional advice about riding a bike.

"Traffic is your enemy. Pedestrians are not much of a problem. When you get out in the country, it's not like you are going to have cows walking across the road or anything. It is just traffic," said Thill.

"It's fun riding a bike. Don't get me wrong, it is fun. But you've got to watch what you are doing, or somebody is going to run you over," added Thill.

Additional information about motorcycle safety can be found at <http://www.msf-usa.org>, <https://crc.army.mil> or by contacting any of the safety specialists in your area.



Visit the Army Motorcycle Mentorship Program website.
The site is a designed as a resource for finding a local riding association,
and learning to be a safer rider.

<https://crc.army.mil/mmp/index.asp>

19th Sustainment Command (Expeditionary) continues to transform

Story and photo by
Sgt. Park, Myung Joon
19th ESC PAO

The 19th Sustainment Command (Expeditionary) conducted four ceremonies at Kelly Field, Camp Walker June 15 as a part of the Army's ongoing transformation. Two units, the 20th and 23rd Area Support Group, cased their colors for the final time. The 501st Corps Support Group was re-designated as the 501st Sustainment Brigade and also welcomed a new commander, Col. Mark Gardner, 501st Signal Brigade.

All these great units have had a proud history built on the backs of thousands of Soldiers who have passed through these ranks, said 19th ESC Commander, Maj. Gen. Timothy P. McHale.

At the ceremony, Col. George Washington, 20th ASG commander, spoke about the dedication of the 20th ASG in Area IV.

"It is the end of a chapter and another transition in the history and heritage of the 'Carrying the Load to Win' unit. Like all the personnel of the past generations, we have also stood proudly to render dedicated service to our nation and to this great alliance on the Peninsula," he said.

Col. Gregory Johanson, 23rd ASG commander, reminded the audience of the support the 23rd provided for the Soldiers in Area III and the 8th U.S. Army.

"The former 23rd ASG Soldiers set the standard for customer support by making incredible strides in supply, maintenance, petroleum and water support over the past two years," he said.

"While they were executing this support, they set the highest standards for training readiness by completing a battalion external evaluation, multiple company field training exercises, deploying a platoon-sized unit to

Iraq, providing Soldiers at two different ports to assist in deploying 55 helicopters and various other types of equipment back to the states as part of the aviation transformation and finally providing world-class logistics support to the logistic support areas for those units that deploy to Korea from the U.S. to participate in Reception, Staging, Onward movement and Integration and Ulchi Focus Lens Exercise," said Johanson.

As the 501st CSG became the 501st Signal Bde., Col. Jayne Carson, outgoing commander of 501st CSG, gave her final remarks to the Soldiers and leaders in her command. Carson said she was dealt a winning hand as commander of the 501st and first thanked the senior leadership of her unit.

"The Soldiers are the centerpiece of this brigade, just as they are the centerpiece of our Army, and these Soldiers, these fine American men and women, and the Korean Augmentation To the United States Army Soldiers – they are champions. They are magnificent champions, and for the past two years, it was my distinct honor to be called their commander," said Carson.

Following the inactivation and re-designation ceremonies, Gardner shared his thoughts about taking command of the new unit.

"A leader without a vision has a command without a vision, and a command without a vision is rudderless," he said. "All Champion Brigade leaders must provide vision. But vision is not enough; a leader must be a servant to those he leads."

"We all just witnessed the inactivation of three outstanding brigade sized units. Together they represent over 130 years of service to our Army and our two nations and thousands of hours dedicated to charity and their Korean communities. I attribute their success to their outstanding leaders, Soldiers and civilians at all command levels," said McHale.



The flags of the 20th Area Support Group, 23rd Area Support Group and 501st Corps Support Group are displayed for the final time during the Inactivation/Redesignation Ceremony, on Camp Walker.

One for the road

Story and photos by Pfc. Daniel Love
8th U.S. Army PAO

The low and steady thudding sound of 30-foot rotor blades could be heard over the hills, but no aircraft were visible. The sound grew louder and louder until a CH-47 finally burst over a hill at high speed, littering parachutes into the May sky in its wake.

One by one, the paratroopers drifted to the rough ground of Maesari drop zone, landed without serious injury, wrapped their parachutes, and walked back to the staging area. For most in attendance, this was a standard work day, but for one of the jumpers, it was the last time in a long career that he would jump from a military aircraft.

Before his final jump, May 15, Brig. Gen. Richard Mills had a long history of jumping from perfectly good aircraft. He went to airborne school at Fort Benning in May of 1973 and had been of active jump status since 1979.

"I remember my first jump exactly," said Mills. "Just like any other airborne trooper, I had no idea what to expect except what people told me, and what they told me and the real experience were significantly different."

During more than 30 years of military service, Mills jumped from airplanes, helicopters, and balloons over 400 times. Even as the commanding general of Special Operations Command-Korea, he had jumped at least once a month.

"I've had a lot of different experiences," said Mills. "There were nights that we were out with heavy equipment, unfortunately off the drop zone and down through the trees. I've only made one really bad tree landing. I've



Above: Surrounded by fellow paratroopers performing the same ritual, Brig. Gen. Mills packs his equipment before the jump. Right: Mills walks back to the staging area for a celebration with Lt. Gen. Kim, Jin-foon, commander of ROK Army special operations.

been very lucky and never been seriously injured on any of my jumps. I've been beat up and bent here and there, but I've walked away from every jump I've ever made."

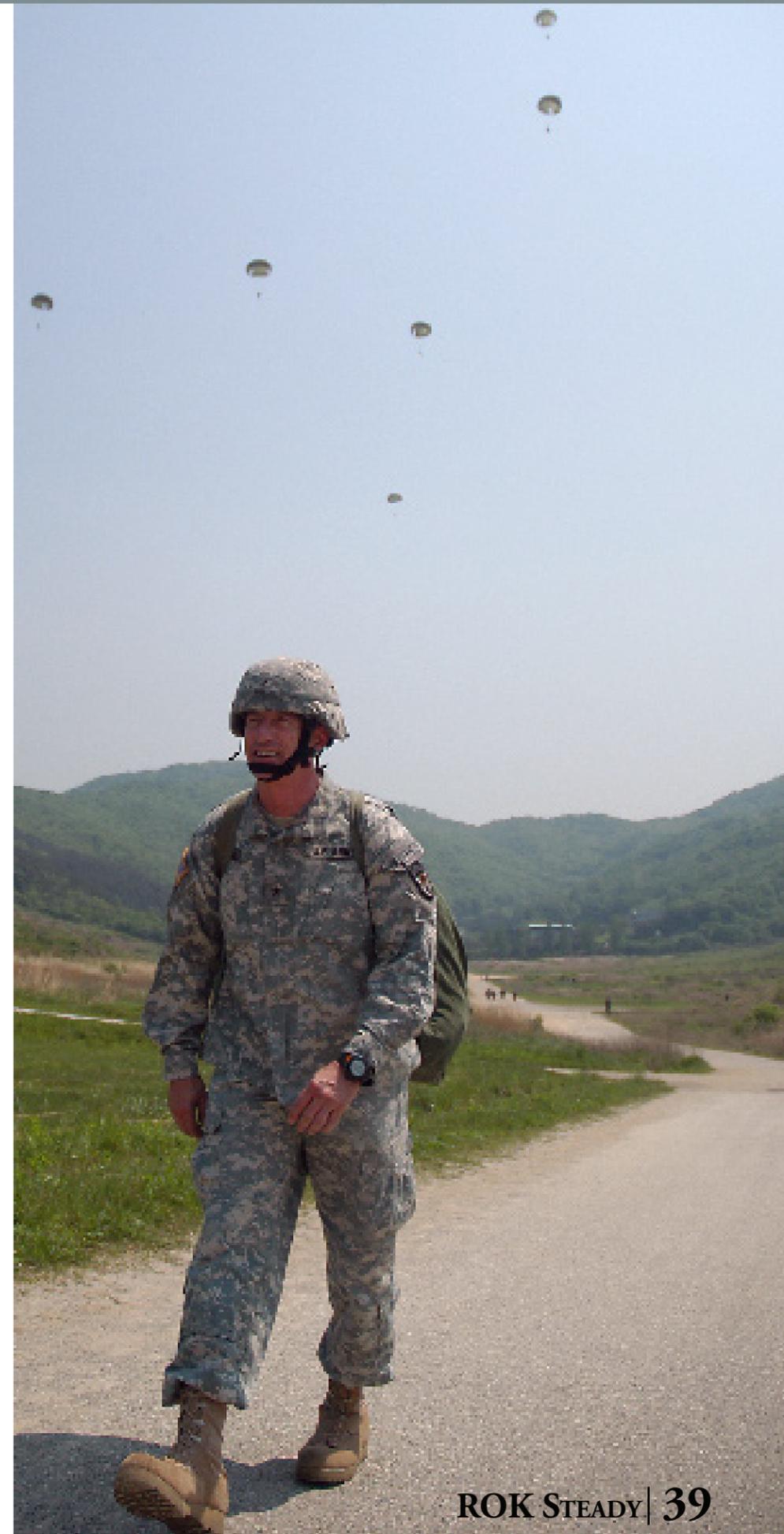
Special Forces Soldiers are some of the best trained and equipped in the Army, but Mills says he doesn't let that overshadow the fact that he's proud to be a paratrooper.

"You can't be SF and not airborne. If I look back over a lifetime of 55 years and a military career of almost 32, I don't think that there's any day that I've had that I'd ever give. Every day has been exciting and every day has been worth getting up and going to work. It is a privilege and an honor that few men will ever be able to have."

After he landed, he packed his 'chute and unceremoniously marched back to the staging area where his Republic of Korea and U.S. Special Forces Soldiers were waiting for a celebration. After a small celebration and a toast with Lt. Gen. Kim, Jin-foon, commander of South Korean Special Forces, the group reminisced and joked about days and drop zones past.

"Of all of the places that I've managed to slam into the ground over a considerable time on airborne status, I can't think of a better place than to be here in Korea with my closest allies, airborne comrades and friends," said Mills. "Being airborne anywhere is being a part of a family that those who don't participate in will never understand. Every time you jump your heart races, your adrenaline kicks in and it's a new affirmation of life as an airborne trooper."

"I've only made one really bad tree-landing"





WITTO DYN!

Soldiers struggle to carry a casualty, while crawling under barbed wire and through mud. No matter how difficult the obstacle, the medics were determined to carry the casualty to safety during testing for the Emergency Field Medical Badge. Out of 151 Soldiers only 19 graduated and earned the covered badge. *Photo by Yu, Hu Son, 211D PAO.*