

Crimson Sky



Lt. Gen. Thomas W. Bergeson accepts the Seventh Air Force guidon from Gen. Vincent K. Brooks, U.S. Forces Korea commander, during a change of command ceremony at Osan Air Base July 8, 2016. Bergeson became the 34th commander of Seventh Air Force, taking over for Lt. Gen. Terrence J. O’Shaughnessy who moves on to take over as Pacific Air Forces commander. (U.S. Air Force photo by Senior Airman Dillian Bamman)

Seventh Air Force welcomes Lt. Gen. Bergeson

By Master Sgt. Marelise Wood
7th Air Force Public Affairs

OSAN AIR BASE, Republic of Korea -- Leadership at Seventh Air Force changed hands during a change of command ceremony here July 8, 2016.

Lt. Gen. Thomas W. Bergeson assumed command from Lt. Gen. Terrence J. O’Shaughnessy in the ceremony presided by U.S. Forces Korea Commander Army Gen. Vincent K. Brooks.

“The Air Force general selected for this role carries a tremendous load for our alliance, and that is why this ceremony is special,” said Brooks.

Bergeson not only assumed command of Seventh Air Force, but also the roles of deputy commander, United Nations Command Korea; deputy commander, U.S. Forces Korea; and commander, Air Component Command, Republic of Korea/U.S. Combined Forces Command.

“These positions, with very different but complementary responsibilities, are held by only one leader who must be agile, yet assertive; diplomatic, yet driven; nuanced, yet clear in direction and purpose, in accomplishing the responsibilities placed upon him or her,” Brooks continued. “We had that, up to today, and I am confident that we have that again, starting today.”

Bergeson, who previously served as the Director, Legislative Liaison, Office of the Secretary of the Air Force, the Pentagon, Washington, D.C., shared his enthusiasm in accepting his new roles.

“I’m excited for this opportunity to serve with you,” said Bergeson. “Northeast Asia plays an increasingly important role in global affairs, and the Republic of Korea is a key contributor to regional prosperity and international good will. Together, we will continue to refocus our training and exercises in order to maximize our combat capability and enhance our readiness to ‘fight tonight.’ I am grateful for the sacrifices you make to serve our nation and strengthen the ROK-US Alliance, and will work diligently to continue caring for you and your families.”

O’Shaughnessy, who moves on to become the Pacific Air Forces commander, welcomed his successor and expressed his confidence in the men and women of 7th AF.

“Lt. Gen. Bergeson, welcome to Korea and congratulations...on taking command of Seventh Air Force. You are arriving at an incredible time, to lead an amazingly strong team,” said O’Shaughnessy. “In the past 12 months, we’ve witnessed the highest number of provocations in recent memory, but this team has remained incredibly vigilant – from the air and space operations center floor, to the flight lines, and over the skies of South Korea. As they’ve done for over 65 years, they continue to stand side by side with their Korean brethren, and the Airmen of this organization are ready at a moment’s notice to move from 0 to 500 knots and ‘fight tonight.’”

Bergeson welcomed the opportunity and looks forward to the future.

“I am honored to serve as your commander, and proud to be a member of the Korea airpower team,” he said. “I have the utmost confidence that each and every one of you is ready, together, to deter aggression, defend the Republic of Korea, and defeat any attack on the alliance.”

		<p>PAGE 3</p> <p>South Carolina ANG 169th FW prepares for Osan deployment</p>		<p>PAGE 9</p> <p>35th ADA hosts ROK-AF Operations Commander</p>		<p>PAGE 17</p> <p>Ambassador Lippert familiarizes with 7th AF mission</p>
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Crimson Sky

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O'Shaughnessy assumes command of PACAF



Gen. Terrence J. O'Shaughnessy receives the Pacific Air Forces banner from Gen. David L. Goldfein, U.S. Air Force Chief of Staff, during an assumption-of-command ceremony at Joint Base Pearl Harbor-Hickam, Hawaii, July 12, 2016. O'Shaughnessy was promoted to general prior to the ceremony, attended by Goldfein, and Adm. Harry B. Harris, Jr., U.S. Pacific Command commander. (U.S. Air Force photo by Staff Sgt. Kamaile Chan)

Headquarters Pacific Air Forces Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- Gen. Terrence J. O'Shaughnessy assumed command of Pacific Air Forces July 12 during a ceremony here.

Presiding over the ceremony, Air Force Chief of Staff Gen. David L. Goldfein expressed confidence in O'Shaughnessy as the new commander of PACAF.

"General TJ O'Shaughnessy is part of an elite group of the finest Airmen and joint warfighters our service has ever produced," Goldfein said. "He brings the perfect blend of vast operational expertise, relevant Pacific experience, and proven combat leadership necessary to take PACAF to even greater heights."

Upon receiving the PACAF flag from Goldfein, O'Shaughnessy received his first salute as the new PACAF commander and conveyed his thanks before the gathered crowd.

"Thank you for your trust and confidence and the opportunity to lead the 46,000 Airmen and their families who call PACAF their home," O'Shaughnessy said. "Our nation's senior leaders have said the Indo-Asia-Pacific region is the 'single most consequential region' for American's future, and I'm excited to continue our nation's rebalance to the Pacific."

During the ceremony, O'Shaughnessy addressed the U.S. Pacific Command commander, Adm. Harry B. Harris Jr., and fellow component commanders, highlighting the vital relationship between airpower and the joint mission.

"I'm honored to have a seat at the table with my fellow component commanders. Each of our components bring a unique capability to Adm. Harris as our joint commander, but the synergistic effect of the joint force only comes fully to bear when we seamlessly integrate our capabilities to face our enemies or respond to contingencies. I look forward to working closely with each component to maximize the application of our combat power," said O'Shaughnessy.

Harris said O'Shaughnessy's record of leadership in a joint setting and service on the Korean Peninsula and in the Indo-

Asia-Pacific region brings to PACAF the right level of experience and awareness of the unique challenges the command faces as it provides USPACOM with air power options.

"His experiences have prepared him well for this assignment," Harris said. "I have no doubt that he's up to the challenge of component command in one of the most challenging and dynamic areas of the world."

Lastly, O'Shaughnessy pledged his commitment to support PACAF Airmen and their families as they continue to execute the command's mission.

"I want to say thank you to the PACAF Airmen and your families – you are the reason PACAF is strong. You are the innovative fuel that makes the U.S. Air Force the strongest Air-power machine in the world. No matter the obstacles we face, you are the reason we will always prevail as we fly, fight and win in the Pacific."

Prior to his assumption of PACAF, O'Shaughnessy played a pivotal role in the partnership between the U.S. and Republic of Korea as the Deputy Commander, United Nations Command Korea; Deputy Commander, U.S. Forces Korea; Commander, Air Component Command, Republic of Korea/U.S. Combined Forces Command; and Commander, 7th Air Force at Osan Air Base, ROK.

As PACAF commander, he now leads Airmen throughout an area of responsibility that covers more than 100 million square miles and extends from the west coast of the United States to the east coast of Africa and from the Arctic to the Antarctic.

Gen. Lori J. Robinson relinquished command of PACAF May 11 before becoming the commander of North American Aerospace Defense Command and United States Northern Command in Colorado. Following Robinson's departure, Lt. Gen. Russell J. Handy was appointed to command PACAF until Gen. O'Shaughnessy was confirmed by the Senate and assumed command. Handy resumes his previous duties as commander of Alaskan North American Aerospace Defense Region, Alaskan Command, and Eleventh Air Force, at Joint Base Elmendorf-Richardson, Alaska.

South Carolina Air National Guard 169th Fighter Wing prepares for Osan deployment



Airmen and F-16 Fighting Falcons with the 169th Fighter Wing from McEntire Joint National Guard Base, South Carolina, are set to deploy to Osan Air Base, Republic of Korea, mid-July in support of U.S. Pacific Command's Theater Security Package. (U.S. Air National Guard Courtesy Photo)

Headquarters Pacific Air Forces Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- Approximately 300 Airmen and 12 F-16 Fighting Falcons with the 169th Fighter Wing from McEntire Joint National Guard Base, South Carolina, are set to deploy mid-July to Osan Air Base, Republic of Korea, as the 157th Expeditionary Fighter Squadron in support of the U.S. Pacific Command Theater Security Package.

The U.S. Air Force routinely deploys fighter aircraft to the region to provide U.S. PACOM and Pacific Air Forces with Theater Security Packages, which help maintain a deterrent against threats to regional security and stability.

Movement of U.S. Air Force TSPs into the region has been a routine and integral part of U.S. PACOM's force posture since March 2004.

These theater security packages demonstrate the continuing U.S. commitment to stability and security in the Indo-Asia-Pacific region.

For more information, contact the Pacific Air Forces Public Affairs Office at 808-448-3209 or pacaf.paops@us.af.mil.

U.S. Congressmen speaks with Osan's Airmen



(Left) Col. Andrew Hansen, 51st Fighter Wing commander, gives an overview of Osan's aircraft to U.S. Rep. Fred Upton at Osan Air Base, Republic of Korea, June 30, 2016. Upton and other congressmen visited Osan to better understand the U.S. military presence on the Korean Peninsula. In addition to seeing Osan's aircraft, the congressmen had lunch with Airmen from their respective states. Reps. Morgan Griffith, Pete Olson, Greg Walden, John Shimkus, Edward Whitfield and Fred Upton were in attendance.

(Below) Capt. David Hann, 25th Fighter Squadron pilot, briefs U.S. congressmen about the A-10 Thunderbolt II at Osan Air Base, Republic of Korea, June 30, 2016. The congressmen received an overview of the 51st Fighter Wing strategic environment and Korea's strategic importance in the region and U.S. interests. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)



51st MSG welcomes new commander



Col. Kerry Proulx, 51st Mission Support Group commander, accepts the unit guidon from Col. Andrew Hansen, 51st Fighter Wing commander, during a change-of-command ceremony at Osan Air Base, Republic of Korea, July 6, 2016. The group, made up of five squadrons totaling more than 2,600 personnel, supports the Air Force's most permanently forward-deployed wing, a numbered Air Force and 20 tenant units. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)

By Staff Sgt. Jonathan Steffen
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Members of the 51st Mission Support Group welcomed their new commander during a change-of-command ceremony July 6, 2016, here.

Col. Kerry Proulx took command from Col. Carl Misner during the ceremony, which was presided over by Col. Andrew Hansen, 51st Fighter Wing commander.

The group, comprised of five squadrons totaling more than 2,600 personnel, supports the Air Force's most permanently forward-deployed wing, a numbered Air Force and 20 tenant units.

Hansen bid farewell to Misner, crediting him for much of Team Osan's success, and welcomed Proulx while expressing his high expectations and confidence in her abilities.

"Today is incredibly bittersweet for me," said Hansen. "I've been dreading to say goodbye to one of the commanders that I relied on heavily in the past year, but I'm very excited to welcome an equally capable and incredible leader to raise the MSG to greater heights."

Proulx exhibited confidence that the 51st MSG will continue its heritage of greatness during her tenure as commander.

"To the men and women of the 51st Mission Support Group, I charge you to continue this legacy of excellence, exceptional service, passion and fortitude in all you do," said Proulx.



Col. Carl Misner, 51st Mission Support Group commander, hands the unit guidon to Col. Andrew Hansen, 51st Fighter Wing commander, during a change-of-command ceremony at Osan Air Base, Republic of Korea, July 6, 2016. Misner, who commanded the 51st MSG since 2014, was replaced by Col. Kerry Proulx.

25th AMU crew wins quarterly load competition



The 36th Aircraft Maintenance Unit weapons load crew team fastens an AIM-9 Sidewinder missile to an F-16 Fighting Falcon during the 51st Maintenance Group Weapons Load Crew of the Quarter competition at Osan Air Base, Republic of Korea, July 7, 2016. Weapons load teams from the 25th and 36th AMUs competed in dress and appearance, timing and technical order proficiency during the event. (U.S. Air Force photos by Senior Airman Victor J. Caputo)



Staff Sgt. Michael Johnson, Senior Airman Mel-Neiqua Montgomery, and Airman 1st Class Saravia Boykins, pose with 51st Maintenance Group leadership after winning the quarterly weapons load crew competition at Osan Air Base, Republic of Korea, July 7, 2016. The best weapons load crews from the 36th and 25th Aircraft Maintenance Units competed to see who could arm their aircraft quickest and with the most precision. Johnson is a 25th AMU weapons load crew team chief, and Montgomery and Boykins are 25th AMU weapons load crew members.

Fabrication Flight forges parts for aircraft readiness



Senior Airman Nathan Talamantez, 51st Maintenance Squadron non-destructive inspection journeyman, pulls out a brake housing covered in fluorescent oil penetrant at Osan Air Base, Republic of Korea, June 28, 2016. Talamantez will use fluorescent oil penetrant to identify cracks in aircraft parts. Talamantez is assigned to the non-destructive inspection shop and is part of the fabrication flight which also has structural maintenance shop and metals technology. Fabrication flight Airmen identify, repair and build parts to working order so that Osan airframes are ready to fight tonight. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)



1. Tech. Sgt. Jesse Mcleod, 51st Maintenance Squadron aircrafts metals technology craftsman, operates a computer numeric control machine at Osan Air Base, Republic of Korea, June 28, 2016. The CNC machine is designed to make custom aircraft parts. Mcleod is assigned to the metals technology shop and is part of the fabrication flight, which also has non-destructive inspection and structural maintenance.



2, 3 Airman Jared Chappell, 51st Maintenance Squadron aircraft structural maintenance, drills holes into an A-10 Thunderbolt II pylon at Osan Air Base, Republic of Korea, June 28, 2016. Chappell was repairing a crack in the pylon to return it to full mission capability. Chappell is assigned to structural maintenance shop and is part of the fabrication flight which also has non-destructive inspection and metals technology.

UCMJ DISCIPLINARY ACTIONS

Nonjudicial Punishment

Osan

- A staff sergeant stole a bottle of perfume from the base exchange. The punishment was a reduction to senior airman, 20 days of extra duty, and a reprimand.
- A staff sergeant was found in Hongdae after 0100L, in violation of the Seventh Air Force Curfew Order. The punishment was eight days of extra duty, eight days restriction to Osan Air Base, and a reprimand.
- An airman first class wrongfully consumed alcohol while under the age of 21, in violation of the Seventh Air Force Alcohol Policy. The punishment was forfeiture of \$200 per month for two months, seven days of extra duty, and a reprimand.
- An airman first class was derelict in the performance of his duties in that he did not comply with a technical order while performing a maintenance task. The punishment was a reduction to airman, suspended forfeiture of \$200 per month for two months, 15 days of extra duty, and a reprimand.
- A staff sergeant distributed alcohol to Airmen who were under the age of 21 at a social gathering at his residence. The Airmen wrongfully consumed alcohol, openly engaged in sexual activities, and the staff sergeant engaged in sexual intercourse with two junior airmen from his unit. The punishment was a suspended reduction to senior airman, forfeiture of \$1,241 per month for two months, 30 days of extra duty, and a reprimand.
- A senior airman committed larceny in the dorms. The punishment was a suspended reduction to airman first class, forfeiture of \$250 per month for two months, and a reprimand.
- An airman first class was found in Songtan after 0100L, in violation of the Seventh Air Force Curfew Order. The punishment was a reduction to airman, a suspended reduction to airman basic, forfeiture of \$900.00 per month for two months, suspended forfeiture of \$680 per month for two months, 60 days restriction to Osan Air Base, and a reprimand.
- A master sergeant falsified records by falsely stating that his dependents resided in the United States in order to claim BAH entitlements. The punishment was a suspended reduction to technical sergeant and a reprimand.
- A senior airman was found in Hongdae after 0100L, in violation of the Seventh Air Force Curfew Order. The punishment was a suspended reduction to airman first class, forfeiture of \$370 per month for two months, restriction to Osan Air Base for 45 days, and a reprimand.
- An airman first class failed to report to bay orderly duty. The punishment was a reduction to airman basic and a reprimand.
- An airman was selected for a random portable breathalyzer test, and it was discovered that she wrongfully consumed alcohol while under the age of 21, in violation of the Seventh Air Force Alcohol Policy. The punishment was a suspended reduction to airman basic, 60 days restriction to Osan Air Base, and a reprimand.
- A staff sergeant was drunk and disorderly. The punishment was a suspended reduction to senior airman, 30 days restriction to Osan Air Base, and a reprimand.
- An airman first class consumed alcohol while under the age of 21, in violation of the Seventh Air Force Alcohol Policy, and was found in Hongdae after 0100L, in violation of the Seventh Air Force Curfew Order. The punishment was a reduction to airman, suspended forfeiture of \$878 pay per month for two months, restriction to Camp Red Cloud for 60 days, and a reprimand.
- A technical sergeant engaged in unprofessional relationships with junior Airmen of his unit. Additionally, the technical sergeant unlawfully pulled on the body of a senior airman and communicated indecent language towards three junior Airmen on separate occasions. The punishment was a reduction to staff sergeant, restriction to Osan Air Base for 15 days, 30 days of extra duty, and a reprimand.
- An airman first class consumed alcohol while under the age of 21, in violation of the Seventh Air Force Alcohol Policy. The punishment was a reduction to airman, 14 days of extra duty, 14 days restriction to Osan Air Base, and a reprimand.

Former Osan student returns, accepts 694th ISRG command



Col. James Brown, 408th Intelligence, Surveillance and Reconnaissance Wing commander, and Col. James Mock, 694th ISR Group commander, pose for a photo during a change of command ceremony at Osan Air Base, Republic of Korea, June 30, 2016. Mock returned to Osan after 30 years to command the 694th ISRG. (U.S. Air Force photos by Senior Airman Dillian Bamman)

By Senior Airman Dillian Bamman
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- The 694th Intelligence, Surveillance and Reconnaissance Group welcomed a familiar face during a change of command ceremony June 28, here.

During the ceremony, Col. Andrew Torelli relinquished command of the group to Col. James Mock, who returned to Osan after 30 years.

Living here in 1984 as a teenager, he worked at the base gym during the summer and bagged groceries on the weekends while his father, retired Col. James W. Mock, commanded the 6903rd Electronic Security Group, the predecessor to today's 303rd Intel Squadron.

"I will be the group commander for the same unit my father was when it was a group in the 1980s," said Mock.

He participated in many cultural experiences Osan Airmen take part in today, such as a tour of the Demilitarized Zone.

"[My family and I] traveled extensively around the country, and I came to appreciate the culture and deep history Korea had to offer," he said.

His military roots began in Korea where he saw the world in a different light at his age.

"The experience made me realize the world wasn't necessarily a nice place and the role the military played in security and stability," he said.

Now that he commands the group, Mock seeks to live up to his father's legacy that directly contributed to the defense of the Korean Peninsula.

"I know firsthand the daily impact you are making here on the peninsula," said Mock to the Airmen of the 694th ISRG during his ceremony. "It's an honor and privilege to be your commander and take on new challenges with you."

As well as being excited for his new command, Mock said he's elated to share his childhood with his two sons.

"I am looking forward to them getting to experience a different culture and perspective on the world," he said. "They will roam many of the same streets and places I did 30 years ago. As a family we look forward to experiencing all Korea has to offer."



Col. James Mock, 694th Intelligence, Surveillance and Reconnaissance Group commander, speaks during a change of command ceremony at Osan Air Base, Republic of Korea, June 30, 2016. Mock returns to Osan after previously living in Korea as a young student 30 years ago.

35th ADA hosts ROK-AF Operations Commander

By U.S. Army Capt. Jonathon A. Daniell
35th Air Defense Artillery Brigade Public Affairs

OSAN AIR BASE, Republic of Korea -- The 35th Air Defense Artillery Brigade commander and the South Korean Air Force Operations commanding general joined together at Osan Air Base, South Korea, on June 28, 2016, to discuss combined interoperability of air and missile defense.

Republic of Korea Air Force Lt. Gen. Wang Keun Lee engaged in conversation with Col. Mark Holler, 35th ADA Brigade commander on their strategic partnership, and areas where they can increase the efficacy of their combined relations.

“It was an absolute privilege to have Lt. Gen. Lee visit and evaluate ways we can enhance our joint capabilities,” said Holler. “It was a great opportunity to convey how much we value and appreciate our relationship with our ROK partners.”

The meeting between the two marked the first time Lt. Gen. Lee visited the 35th ADA Brigade since assuming command in November 2015. The event included an overview of combat power and discussion on partner capabilities, followed by a tour of the operation center, and concluded with a visit to a Patriot firing battery tactical site.

“We have a strategic mission on the Korean peninsula with a fight tonight reality,” said Maj. Anthony Falcon, 35th ADA Brigade operations officer. “Having Lt. Gen. Lee visit our facility and tour our battlespace reinforced the combined



Col. Mark Holler, 35th Air Defense Artillery Brigade commander, right, gives a tour of a Patriot firing battery tactical site with Commander, Republic of Korea Air Force Operations, Lt. Gen. Wang Keun Lee, with members of both staff not far behind. The two discussed combined interoperability of air and missile defense in order to explore ways to improve joint capabilities June 28 Osan Air Base. (Photo by courtesy of 35th Air Defense Artillery Brigade Public Affairs)

power of our partnership with the Republic of Korea.”

An enduring mission of the 35th Air Defense Artillery Brigade is improving combined

interoperability between U.S. Army ballistic missile defense with all echelons of their ROK counterparts.

This visit was the hallmark of a year of successful interoperability and combined training.



Lt. Gen. Wang Keun Lee, left, commander, Republic of Korea Air Force Operations, and Col. Mark Holler, commander, 35th Air Defense Artillery Brigade, share a brief laugh as they discuss combined interoperability and build the US-ROK partnership at Osan Air Base, South Korea, June 28, 2016. This was Lee's first visit to 35th ADA Brigade since taking command in Nov. 2015.

6-52 ADA Battalion changes command

By U.S. Army Capt. Jonathon A. Daniell
35th Air Defense Artillery Brigade Public Affairs

SUWON AIR BASE, Republic of Korea - Lt. Col. Ethan Hall, relinquished command of 6th Battalion, 52nd Air Defense Artillery Regiment, to Lt. Col. Mark Pelini, during a change of command ceremony July 7, at Suwon Air Base, South Korea.

The 6-52 ADA Battalion plays an integral role in ballistic missile defense for the Republic of Korea. Stationed across the peninsula, the Iron Horse Battalion provides a sphere of defense that aids in the deterrence of adversary aggression.

When reflecting on his tenure in command, Hall's proudest moment was a recent opportunity when his battalion was called up to execute the very mission for which they continuously train.

"The battalion responded absolutely flawlessly," said Hall. "Within a few hours of notification, we were able to execute our mission, and that doesn't happen by accident, it happens through a lot of practice and re-

hearsals."

After two years in command, Hall will move on to the Pentagon for his next assignment, where he'll serve in the operations section on the Joint Staff.

"The Iron Horse Battalion has earned the reputation as a superbly led, disciplined, well maintained, and trained formation, that is indeed ready to fight tonight," said Col. Mark Holler, 35th ADA Brigade commander. "The Soldiers that have served in this command, come away as better Soldiers, better leaders, and better Americans."

Incoming commander Pelini and his family come to the Republic of Korea from Washington D.C., where he last served as the Missile Defense Branch Chief at the Pentagon.

"I'm absolutely humbled to be in this position," said Pelini. "Any opportunity you get to lead Soldiers is a great opportunity. My family and I are very excited about joining the Iron Horse team."

See more photos on page 13



Lt. Col. Marc Pelini receives the 6th Battalion, 52nd Air Defense Artillery Regiment colors from Col. Mark Holler, 35th ADA Brigade commander, during a change of command ceremony at Suwon Air Base, South Korea, July 7. Pelini is assuming command of 6-52 ADA Battalion from outgoing commander, Lt. Col. Ethan Hall.

Safety -- Make it a habit for life

By Maj. Gen. Andrew Mueller
U.S. Air Force chief of safety

KIRTLAND AIR FORCE BASE, N.M. (AFNS) -- The summer months equate to a seemingly insatiable appetite to get outside and have some fun. Good weather, warm temperatures and the extra daylight hours instinctively drive people to a wide variety of outdoor activities, which simply put, are a lot of fun.

Summertime can be an enjoyable time to relax and recharge with family and friends. These enjoyable summertime activities do not come without hazards. Too often, what was thought to be risk-free fun turns into a not so enjoyable injury or accident. In fact, in recent years, exciting and fun activities like swimming, rock climbing, mountain biking and canoeing have needlessly claimed Airmen's lives.

These injuries or accidents are almost always preventable through the application of solid risk management. "Do I have the right gear?" "Did I plan appropriately?" and "Do I have the necessary skills?" are essential questions to ask before diving into any summer fun. Identifying the hazards, assessing the consequences of those hazards and mitigating the risks are sound risk management principles, which can protect everyone.

Through increased awareness in the Air Force Risk Management program, the Air Force Safety Center looks to improve the use of sound risk management principles in on-duty activities and develop habits in each and every Airmen which make safety a part of every on-duty activity. These habits can easily translate into off-duty activities as well, helping to keep Airmen and their families safe all year long.

As the crowds step out to have some fun this summer, take the time to re-establish safety habits and make the choice to assess and reduce risk for a memorable summer of fun.



The Check3 GPS campaign was created to bring awareness to summertime activities. Individuals should always make sure they have the right gear, plan and skills to stay safe, no matter the season. (U.S. Air Force illustration)

Changing Air Force healthcare through innovation

By J.D. Levite
Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- Innovation is a buzzword often associated with new technology platforms or successful sports teams, but in reality innovation can apply anywhere someone comes up with a new idea or way of doing something.

When it comes to health innovation and research, it's all about finding new solutions to improve healthcare throughout the Air Force.

"There's always a better way of doing something. Sometimes you have to break something down to rebuild it," said Glenn Conway, Air Force Medical Service Innovations and Personalized Medicine program analyst. "It's good we have such a diverse group of Airmen that everyone doesn't think alike, and that in itself sparks innovation. It's truly a game-changer if you can get to the heart of it."

There are teams all over the country working to change the game for AFMS. The 711th Human Performance Wing at Wright-Patterson Air Force Base, Ohio, has a standing mission to improve human performance in the air, space, and cyberspace. They have teams dedicated to everything from studying brain injuries to how to cool water for Airmen deployed in hot environments.

The 59th Medical Wing at Joint Base San Antonio-Lackland, Texas, has teams doing research into all new ways to provide healthcare in the field – including the ability to perform surgical operations in the sky. Col. Mark Ervin, Chief of Operational Medicine for the 59th Medical Wing said, "The Air Force is, and should be, the first capability as a medical projection force. We're able to put incredible amounts of care on the back of an airplane. We can convert that aircraft into a flying ICU as far as trauma surgery is concerned."

This sort of research leads to all new technologies and developments that can radically change the Air Force for the better. With Total Exposure Health, an innovative strategy currently being developed by the Air Force, there's a team of medical professionals and bioenvironmental engineers looking at ways to prevent illness from ever occurring in the first place by addressing how individuals respond to the different exposures in their environment.

"We can make a change now and it can be beneficial to anybody because, unless you have a disease, you have the opportunity to prevent it," said Col. Kirk Phillips, Bioenvironmental Engineering Branch Chief for the Air Force Medical Service Agency. "So I get really excited when I think about what we can do for our families in ways we've never done it before."

The potential products coming out of these Innovations teams vary from syringes that can safely inject foam into the body to stop blood loss to using virtual reality and satellites to assist emergency medical teams isolated in the field. There are departments researching everything from genetic profiles and nanotechnology to how to safely land a medical team on a hostile runway.

True innovations come in all sizes, too. While some might change how we do things in the future, others are happening right now. Military treatment fa-

cilities everywhere are making advancements that will save money, save lives and create a better Air Force.

Throughout July, which is Health Innovation and Research Month, we will explore as many of these topics as possible and look at all the ways these innovations teams are revolutionizing Air Force healthcare.



AFMS Website Image Health Innovation Jul 2016 (AF Graphic)

CHAPEL SCHEDULE

KUNSAN AIR BASE

Protestant Services

Liturgical Communion Service

Sunday, 8:30 a.m.

Main Chapel, Bldg. 501

Gospel Service

Sunday, 1 p.m.

Main Chapel, Bldg. 501

Contemporary Service

Sunday 5 p.m.

Main Chapel, Bldg. 501

Catholic Services

Sunday Catholic Mass

Sunday, 10:30 a.m.

Main Chapel, Bldg. 501

Daily Mass and Reconciliation

Please call the Chapel

Other Worship Opportunities

LDS Service

Sunday, 2:30 p.m.

SonLight Inn, Bldg. 510

Point of Contact:

Kunsan Chapel, 782-4300

Visit us on SharePoint:

<https://kunsan.eis.pacaf.af.mil/8FW/HC>

OSAN AIR BASE

Protestant Services

Traditional Service

Sunday, 10 a.m., Osan Chapel Sanctuary

Gospel Service

Sunday, Noon, Osan Chapel Sanctuary

Contemporary Service

Sunday, 5 p.m., Osan Chapel Sanctuary

Church of Christ

Sunday, 10 a.m., Elementary School Cafeteria

Catholic Mass

Daily Mass

Tuesday – Thursday, 11:30 a.m.

Saturday, 5 p.m.

Sunday, 8:30 a.m.

Reconciliation

Saturday, 4 p.m.

Other Faith Groups

Buddhist

Contact the Chapel

Earth-Based

Contact the Chapel

Jewish

Contact the Chapel

LDS

Contact the Chapel

Muslim

Contact the Chapel

Point of Contact:

Osan Chapel, 784-5000

Visit us on SharePoint:

<https://osan.eim.pacaf.af.mil/51FW/51FW-HC/default.aspx>

Visit us on Facebook (OSAN AB CHAPEL)

<https://www.facebook.com/OsanABChapel>

USAG-YONGSAN

Protestant Services

Traditional Service

Sunday, 9:30 a.m.

Memorial Chapel, Bldg 1597

Sunday, 9:30 a.m.

Brian Allgood Hospital Chapel

Contemporary Service

Sunday, 9 a.m.

South Post Chapel, Bldg 3702

Sunday, 10:30 a.m.

K-16 Chapel

Nondenominational Service

Sunday, 11 a.m.

South Post Chapel, Bldg 3702

Gospel Service

Sunday, 1 p.m.

South Post Chapel, Bldg 3702

Pentecostal

Sunday, 1:30 p.m.

Memorial Chapel, Bldg 1597

Latter Day Saints (LDS)

Sunday, 4 p.m.

South Post Chapel, Bldg 3702

Seventh-Day Adventist

Saturday, 9:30 a.m.

Brian Allgood Hospital Chapel

KATUSA

Tuesday, 6:30 p.m.

Memorial Chapel, Bldg 1597

Catholic Mass

Sunday, 8 a.m.

Memorial Chapel, Bldg 1597

Sunday, 11:30 a.m.

Memorial Chapel, Bldg 1597

Saturday, 5 p.m.

Memorial Chapel, Bldg 1597

1st Saturday, 9 a.m.

Memorial Chapel, Bldg 1597

M/W/T/F, 11:45 a.m.

Memorial Chapel, Bldg 1597

Tuesday, 11:45 p.m.

Brian Allgood Hospital Chapel

General Service

Episcopal Service

Sunday, 11 a.m.

Brian Allgood Hospital Chapel

Jewish

Friday, 7 p.m.

South Post Chapel, Bldg 3702



Point of Contact:

USAG Yongsan Religious Support Office, 738-3011

Visit us on SharePoint:

<http://www.army.mil/yongsan>

Spiritual Charge

Perspective.

By Ch, Capt. Tim Shepherd
6-52nd Air Defense Artillery Battalion

Last month many of us paused briefly to remember June 6, a significant day in military history. For many historians, amateur and professional, June 6 is significant to the history of the United States and the world. June 6 is the South Korean Memorial Day, but the June 6 I am writing about is a different June 6.

June 6, 1944, was D-Day. Operation Overlord began with the largest amphibious assault operation ever conceived. Three American infantry divisions, two American airborne divisions and a battalion of Army Rangers constituted the American assault force. The British landed two infantry divisions and an airborne division and the Canadians landed an infantry division. The target was a 50 mile stretch of beach on the Normandy coastline and an entry way into Hitler's Fortress Europe. 156,000 men were transported or supported that historic morning by 7,000 naval vessels with another 2,200 British and American bombers attacking targets along the coast and further inland.

At the end of the day 2,000 Americans were killed in action with the total Allied casualties mounting to over 10,000 killed, wounded or missing. It was a very hard day.

For the infantrymen the fight began as they stepped off the landing craft. Laden with equipment many drowned in the deep sea. For those that waded through the surf and made it to the beach they were hit with withering machine gun fire and accurate indirect mortar fire raining down from the bluffs above.



What lay ahead of them while Soldiers were dying all around them was 150 yards of open beach with no cover until they could make it to the shingle, a slight rise at the end of the beach that might provide some limited cover.

Contemporary accounts of the Soldiers that day paint a bleak picture. Soldiers wrote and remembered that they, "felt undone," "our situation was hopeless," "I won't make it off this beach," and "there is no way we will win this fight."

Accounts written by the aircrews flying close air

support for the infantry had a different view. They wrote, "if they can just get over the hill there is nothing standing in their way," and "if they can just make this little bit, there is no way we will lose this fight."

You see, the terrain, the enemy and the circumstance limited the perspective of those on the beach. They could not see past the hill. They saw and experienced the carnage all around them, but could not see over the hill. However, the aircrews flying above them were able to see beyond the terrain, the enemy, and the circumstance on the beach. They saw that the Germans had a hollow front and if the men on the ground could just make it a little ways up the beach, they were certain to win the day.

Sometimes our life circumstances can seem overwhelming. Where we are at this moment leaves us feeling undone and even a bit hopeless. The truth is that if we can just make it a little further, just that little bit then we will make it through and eventually win the fight.

This week get a new perspective. The aircrews flying close air support for the D-Day invasion had a fresh perspective the Soldiers on the ground did not have. Try sharing your challenge with somebody new to the ROK. Call an old friend and speak with them about the challenge. Go to church and pray to God about this new perspective. Make an appointment to meet with your chaplain and share your story. Chaplains are great listeners and often provide a fresh perspective. You may even want to just change your view of life. It is amazing what a quiet walk at sunrise or sunset will do to improve your perspective. A fresh perspective often gives us new insights and solutions.

More photos from page 10



Lt. Col. Ethan Hall receives the 6th Battalion, 52nd Air Defense Artillery Regimental colors from Command Sgt. Maj. Thurman Booth during a change of command ceremony, July 7, Suwon Air Base, South Korea. Col. Mark Holler, 35th ADA Brigade commander, and Lt. Col. Marc Pelini incoming 6-52 ADA Battalion commander look onward.



Members of 6th Battalion, 52nd Air Defense Artillery Regiment color guard stand tall during the change of command ceremony between outgoing commander, Lt. Col. Ethan Hall, and incoming commander, Marc Pelini at Suwon Air Base, South Korea, July 7.

Kunsan

Ilmagwon Orphanage

Join Airmen from across the base in a wing chapel-sponsored event as they travel down to the Ilmagwon Orphanage in Gunsan City every Tuesday at 6 p.m. for an evening of playing games and learning more about the local culture. For more information, contact the chapel at 782-4300.

Single Airmen Game Night

Fridays at 7:30 p.m., Sonlight Inn. Everyone's welcome, special invite for all Single Airmen!

For more information contact, Senior Airman Jenfil Morillo-Burgos.

Kunsan Photo Club

Interested in sharing your photography experience with others and exploring Korea along the way? Have a camera, but want to learn how to use it more completely? Then join the Kunsan Photo Club as they delve into the finer qualities of photography where the key concept is: "It's not the camera that makes a great photo, but the photographer." If interested in joining, the group can be found on Facebook, just search for "Kunsan Photo Club."

Wolf Pack Lodge

Lodging Space A Policy
Need a break? Got family visiting and no room to house them? You can book lodging rooms on a space available basis up to 120 days in advance for a maximum of 30 days depending on availability. You can also book reservations for the holiday season (November and December) up to 30 days in advance for a maximum of 15 days. (Depending on availability) Book now for all of those relatives coming for the holiday!

Reservations – Front Desk-DSN 782-1844 or Commercial (82)63-470-1844 FAX: DSN 315-782-0633 Commercial (82)63-470-0633

Children's English class

Team 5/6 is looking for volunteers to support the Children's English class weekly, for children 2-15 years of age. We will break you up into groups to read, talk, or play board games with the children. Civilian attire is preferred however, UOD is allowed.

Classes are held from 7 to 8 p.m. at the Sonlight Inn.

For more information, contact Tech. Sgt. Justin Worthen.

Sunday Sonlight dinner

Every Sunday, volunteers from a specific unit cook dinner for their fellow Wolf Pack members at the Sonlight Inn. The dinner begins at 6 p.m. following grace led by a chaplain. Meals range from "breakfast for dinner" to "Italian cooking" to "Southern style." For more information or to volunteer, contact the chapel at 782-4300.

Sponsor training

Learn creative ways to assist newcomers reporting to Kunsan AB. Registration required. Class is held at the Airman and Family Readiness Center. Call 782-5644 for more information, dates or to sign up.

ROKAF English Class

Team 5/6 is looking for volunteers to support the ROKAF English class every Saturday, at the Sonlight Inn. You will be talking to ROKAF Airmen (enlisted) for approximately one hour. This event is open to all ranks! Civilian attire is preferred, however, UOD is allowed.

For more information, contact Staff Sgt. Charles Nelson.

Ping Pong tournament

Free to all. Prizes for first and second places. Prizes include Wolf Pack Won. To sign up, dates or for more information, call the CAC at 782-5213 or 4679.

Osan

Airman and Family Readiness Center programs

***Bundles for Babies** - A workshop for expectant parents who want to learn more about parenting and support programs here at Osan. The class also offers you a finance piece that focuses on budgeting for your new baby from conception to college years and a chance to meet other new parents. Additionally, you'll receive a free "bundle" from the Air Force Aid Society.

***Separation & Retirement Benefits** - This is an optional workshop where separating and retiring members can learn about their benefits- includes briefings by MFLC, TMO, CPO, Finance, Tricare and SBP.

***Spouse Orientation** - This is a great opportunity for spouses to learn about the 51st Fighter Wing Mission, Non-combatant Evacuation Operation (NEO) process, and receive a protective (gas) mask demonstration. Spouses will also have an opportunity to meet key base representatives and learn about Korean Culture. As a bonus, a community information fair will end the day.

***Volunteers' Training** - The goal is to ensure all our volunteers are registered and they receive all tools and information to keep them informed of volunteer opportunities. For more information, call 784-0119.

E-mail security

There has been a rising trend of unencrypted e-mails containing

FOUO, PII, or other sensitive/critical information due to recipients not being on the USAF GAL. Please exercise good information security and call the Help Desk if you are having problems sending an encrypted e-mail.

Anthem Singers

Sopranos, altos, tenors and bass vocalists are needed to sing the US and ROK National Anthems at various events on base. Practice is held at 5 p.m. every Thursday at the Chapel Annex. Send an e-mail to annapauline.magno.1@us.af.mil or ric.rebulan.1@us.af.mil for more information.

Military Tuition Assistance Briefing

Presented by the 51 FSS Education & Training Center, this is mandatory for all first time users, officer/enlisted, for military TA. No appointment necessary! Held every Tuesday at 8 a. m. in Bldg 787, Rm. 10. For additional information or questions please contact the Education Center at 784-4220.



Kunsan's emergency phone numbers

Emergency Services	911	Commander's Hotline	782-5224
Off Base/Cell Emergency	063-470-0911	After-hours medical advice	782-4333
Crime Stop: (to report a crime)	782-5444	IG Complaints FWA Reporting:	782-4850 (duty hours) 782-4942 (anytime)
Base Locator: (after duty hours)	782-4743	Chaplain (After duty hours)	782-6000
Law Enforcement desk	782-4944	Sexual Assault Response Coordinator (SARC)	782-7272
Emergency Leave / Red Cross	782-4601 (on base) 1-800-733-2761 (anytime)		

Osan's emergency phone numbers

Emergency Services (Fire, Medical, Security Police)	911	Commander's Hotline	784-4811
Off Base/Cell Emergency	031-661-9111	Crime Stop: (to report a crime)	784-5757
Emergency Room:	784-2500	IG Complaints FWA Reporting:	784-1144
Base Locator: (after duty hours)	784-4597	Emergency Leave	784-7000
Force Protection Information Hotline:	115	Sexual Assault Response Coordinator (SARC)	784-7272
Chaplain (After duty hours)	784-7000	Security Forces Control Center	784-5515

Incheon Airport Shuttle Bus Schedule



Destination **Departure Time**

Osan to Incheon **0600 1130 1530**

- Bus will stop at Turumi Lodge 30 minutes before departure.
- Bus will arrive at ITT 15 minutes prior to departure

Incheon to Osan **0900 1830 2230**

- Departures from USO Counter (Gate 1)
- Bus may stop at Turumi Lodge, ITT, Hallasan Tower and Mustang Club (If this is one of your stops)

* During non-business hours, you may purchase bus tickets from the bus drivers. **Cash Only.**

Ticket Price

- Leisure Travel : \$15
- Official Travel(TDY/PCS): \$35
- NOTE: Official traveler rates are completely reimbursable to member
- If there are no delayed arrivals, bus will depart at 22:30

**Effective 1 June 2013

For more information,
call ITT at 784-4254



Songtan Bus Terminal Time Table

서울 - 남부터미널		Notice : Dongtan bus schedule added from May, 4 http://www.stbus.net Version - 2016. 5. 04.				
SEOUL	W3800	동서울	성남	인천공항	인천	의정부
Nambu Terminal		장지 가락 잠실	SeongNam W3400	InCheon Airport W11200	InCheon W6200	(동두천) UJeongBu W8000
06:10		Dong Seoul W4400	06:00	04:45	06:30	07:45
06:30		JangJi	06:40	05:05	07:50 via CheongBuk	09:45 DongDachoon
06:50		GaRak JamSil	07:00	05:25	08:30	12:05
07:05		06:20 via Dongtan	07:30	05:55	10:10	15:55
07:20		06:35	08:20	06:25	11:30 via CheongBuk	17:05
07:30		06:55 via Dongtan	09:10 via Dongtan	07:00	13:40	20:05 DongDachoon
07:45		07:15 via Dongtan	09:50 via Dongtan	07:30	15:30	속초
08:00		07:45	11:05	08:15	16:00 via CheongBuk	W20000
08:20		08:25	11:50	08:55	18:30	08:45
08:40		09:05	12:30	09:35	19:10	14:25
08:55		09:35	13:20	10:15	21:40	강릉
09:10		10:05	14:25	10:55	DongTan W2100	GangNeung W14800
09:30		10:35	15:10	11:35	06:10 To GoYang	07:20
09:55		11:05	15:50	12:15	06:20 Dong Seoul	09:20
10:15		11:35	16:40	12:55	06:55 Dong Seoul	11:50
10:30		12:05	17:30	13:35	07:15 Dong Seoul	13:50
10:50		12:35	18:40	14:15	08:40 To GoYang	16:20
10:55		13:05	19:05	14:55	09:10 To SeongNan	18:20
11:15		13:35	20:00	15:35	09:50 To SeongNan	월주
11:30		14:05	20:30	16:20	10:40 To GoYang	WonJu W9200
11:50		14:35	21:50	17:10	12:40 To GoYang	07:10
12:15		15:05		17:55	14:10 To GoYang	08:50
12:30		15:35		18:45	15:30 To GoYang	10:30
12:50		16:05		19:35	16:40 To GoYang	12:10
13:10		16:35			18:40 To GoYang	13:50
13:30		17:05			20:40 To GoYang	15:30
13:45		17:35				태백(고함)
14:00		18:05				TaeBaek W21900
14:30		18:35				Postponed
14:40		19:05				보류
15:00		19:35				제천
15:20		20:25				JeCheon W13300
15:40		21:05				15:10
16:00		21:35				19:10
16:20						19:10
16:40						19:10
16:55						19:10
17:10						19:10
17:25						19:10
17:40						19:10
18:00						19:10
18:15						19:10
18:20						19:10
18:30						19:10
18:50						19:10
19:10						19:10
19:30						19:10
19:45						19:10
20:10						19:10
20:25						19:10
20:40						19:10
21:10						19:10
21:50						19:10

Kyung Dong bus schedule (Yongsan - Osan - Humphreys)

MONDAY-FRIDAY

										*			
Lv. Yongsan	0550	0700	0830	1000	1100	1300	1430	1630	1720	1720	1900	2130	
Ar. 121st GH							1435						
Lv. Osan AB	0650	0810	0940	1119	1210	1410	1540	1740	1830	x	2010	2240	
Ar. Humph	0740	0850	1020	1150	1250	1450	1630	1820	1910	1850	2050	2320	

	**	*											
Lv. Humph	x	0550	0700	0830	1000	1100	1230	1330	1530	1710	1910	2100	
Lv. Osan AB	0600	x	0750	0920	1050	1150	1320	1420	1620	1800	2000	2140	
Ar. 121st GH		0720	0850										
Ar. Yongsan	0710	0730	0900	1030	1200	1300	1430	1530	1730	1910	2110	2250	

- * Bus stops at Humphreys main gate
- ** Bus stops at Yongsan Dragon Hill Lodge

“Price \$6.00 or W6,200 one way, For more info (DSN)784-6623”

WEEKEND & U.S HOLIDAYS

										*			
Lv. Yongsan	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1930
Lv. Osan AB	0810	0910	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910	2040
Ar. Humph	0850	0950	1050	1150	1250	x	1450	1550	x	1750	x	1950	2120

	*												
Lv. Humph	0620	0800	0930	1030	1130	1230	x	1400	1530	x	1700	x	1900
Lv. Osan AB	0700	0840	1010	1120	1220	1320	1400	1450	1620	1700	1750	1850	1950
Ar. Yongsan	0820	0950	1130	1230	1330	1430	1510	1600	1730	1810	1900	2000	2100

- * Bus stops at Humphreys main gate
- ** Bus stops at Yongsan DHL
- x Bus doesn't stop at this station

POC for the bus schedule - Osan: 784-6623, Yongsan: 723-4499, Humphreys: 753-7354

Running in the heat can be detrimental

By Capt. Josh Van Wyngaarden and Staff Sgt. Pedro De Los Santos
8th Medical Operations Squadron

KUNSAN AIR BASE, Republic of Korea -- Summer is here and you know what that means: high humidity levels combined with a scorching hot sun peninsula-wide, but we still have a job to do. Our mission here in Korea means we never stop working no matter the conditions. We still have to maintain our physical fitness and train in this hot and humid climate. Unfortunately, there are three major forms of heat illnesses which all can be brought on by running or training in warmer climates.

Heat cramps are one illness you could experience from exercising in hot weather. A cramp is characterized by a painful involuntary muscle contraction caused by fatigue or strain. This may be caused by imbalances or deficiencies in your body's electrolyte stores or by a lack of training. From my observation, lack of training is a main cause why people cramp in their calf, hamstring or even their diaphragm during a fitness assessment. We've all been there: we know we have a physical training test coming up and before we know it its weeks away which is not enough time to adequately train for a PT test in the summer heat. Cramps can become less frequent with heat training, proper hydration and electrolyte balance. If you start to cramp, stop running or exercising and try to stretch and massage the cramped area.

Lack of hydration not only leads to heat cramps but to a potentially more severe heat illness. During the summer you begin to sweat the minute you step outside, which means you lose fluid and electrolytes from your body. Losing fluid and electrolytes can lead to dizziness and weakness if the lost fluids are not replaced. These could be signs of heat exhaustion. Heat exhaustion is characterized by a rise in body temperature, dizziness, nausea, vomiting, and headaches. You could also experience lack of coordination, heavier than usual sweating accompanied by moist and cold skin, goose bumps, and heat cramps as mentioned earlier. If you experience any signs of heat exhaustion stop running or exercising immediately, replenish your body with fluids containing electrolytes. Get out of the sun if you can, lie down and raise your feet a few inches above your heart and if possible cool your body with wet towels.

Heat exhaustion isn't the most severe of the three heat illnesses, but if left untreated or poorly managed it could lead to an even more serious condition.

Heat stroke is the most severe of the three heat illnesses. If heat exhaustion goes untreated it could rapidly turn into heat stroke which could be life threatening. Heat stroke is a result of prolonged exposure to high environmental temperatures in combination with dehydration. It is characterized by a body temperature rise to 105°F which can be life threatening if not promptly or properly treated. Some of the symptoms of heat stroke are lethargy (lack of energy or enthusiasm), extreme weakness, lack of sweating despite the heat, confusion with odd or bizarre behavior, unconsciousness, and seizures. If you suspect anyone may be experiencing a heat stroke call emergency services immediately. While waiting for emergency services to arrive, you should try and move the individual to an air conditioned environment or a cool shady area to try and help decrease the body temperature.

To prevent or to decrease your chances of experiencing any of these heat illnesses there are a few important things you must remember about running or training in the heat. First off, it would be best to research a heat training progression program to get you started if you are unaccustomed to exercising in the heat. Always try to run first thing in the morning if possible while it's coolest. If mornings are not possible and you have to run in the afternoon when it's hottest, remember to hydrate at least every 10 minutes for the duration of the workout. Run in the shade when possible, and it is always best to run with a wingman so you can keep an eye on each other's physical status. Your running pace in the summer should not be as fast as it is in cooler seasons; slowing down could help decrease your chances of experiencing any form of heat illness. Remember the signs and symptoms of each of these heat illnesses and stop exercising immediately if you begin to feel these symptoms initiating. If possible get to a shady area, stretch and hydrate! It is important to exercise and maintain physical fitness, but it is just as important to stay safe while doing so.

If this article has piqued your interest and you would like more information on running optimization or prevention of heat related injuries, please visit the Physical Therapy & Health Promotion Flight at Kunsan Air Base or contact your local Physical Therapy clinic.



AMC commander visits 731st AMS at Osan AB



(Left) Gen. Carlton D. Everhart II, Air Mobility Command commander, coins Staff Sgt. Frank Brooks, 731st Air Mobility Squadron passenger services supervisor, for being a star performer at the Osan passenger terminal July 11, 2016, at Osan Air Base, Republic of Korea. While visiting Osan AB, the general had lunch with the Airmen from the 731st AMS and toured their facilities to interact with the Airmen and civilians who work to provide precise, reliable airlift worldwide every day. (Right) Gen. Carlton D. Everhart II, Air Mobility Command commander, gets briefed by Staff Sgt. Cody Ogletree, 731st Air Mobility Squadron cape forecaster, about his role providing aerial port command and control at the 731st AMS Air Terminal Operations Center at Osan Air Base, Republic of Korea, July 11, 2016. (U.S. Air Force photos by Tech.Sgt. Rasheen Douglas)

Ambassador Lippert familiarizes with 7th AF mission



U.S. Ambassador to the Republic of Korea Mark Lippert, second from left, poses for a photo with Osan Airmen before a familiarization flight in an F-16 Fighting Falcon at Osan Air Base, Republic of Korea, July 12, 2016. Lippert flew in the aircraft to better understand Seventh Air Force's role in the defense of the RoK as part of United States Forces Korea. (U.S. Air Force photo by Senior Airman Dillian Bamman)