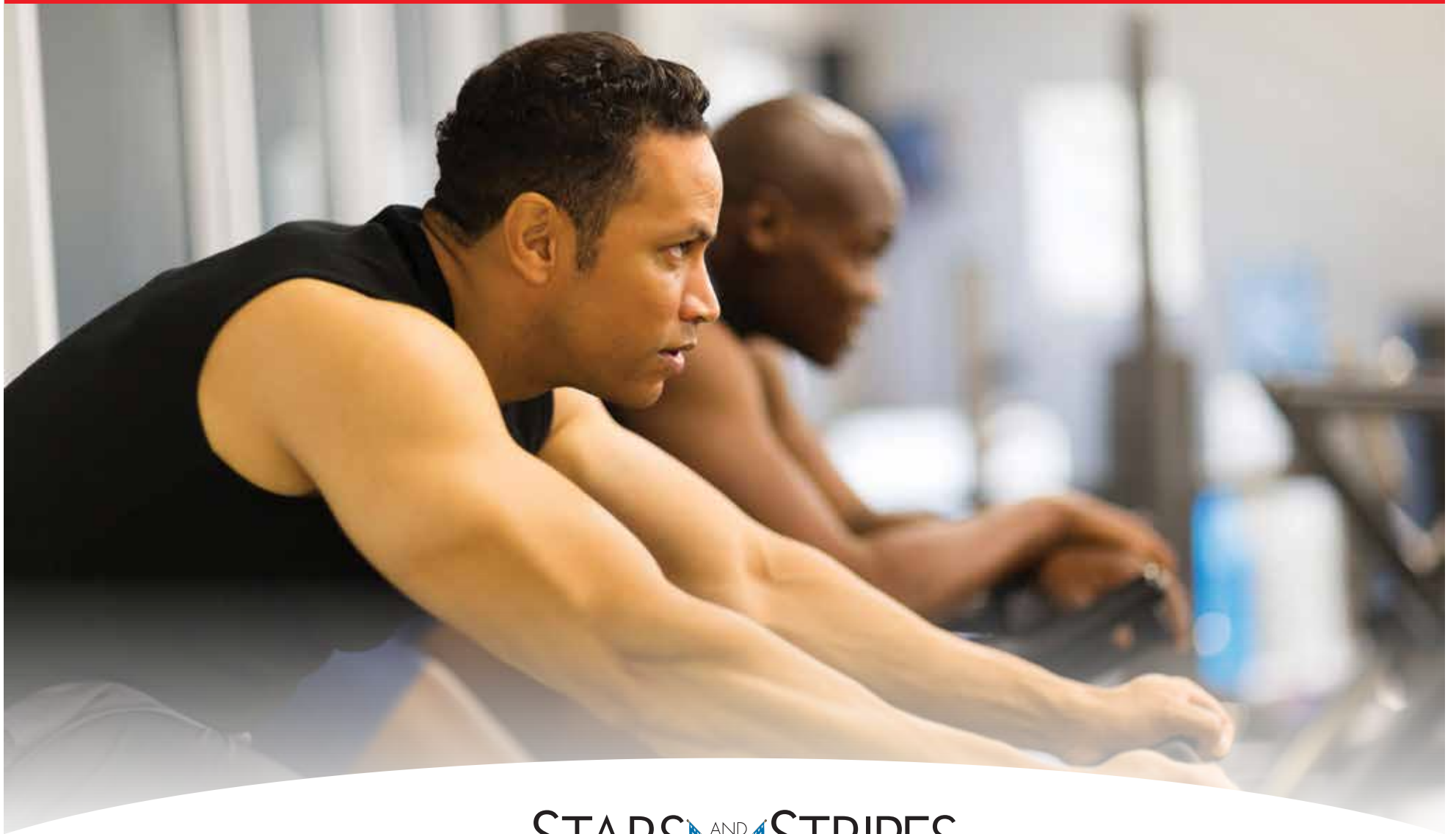


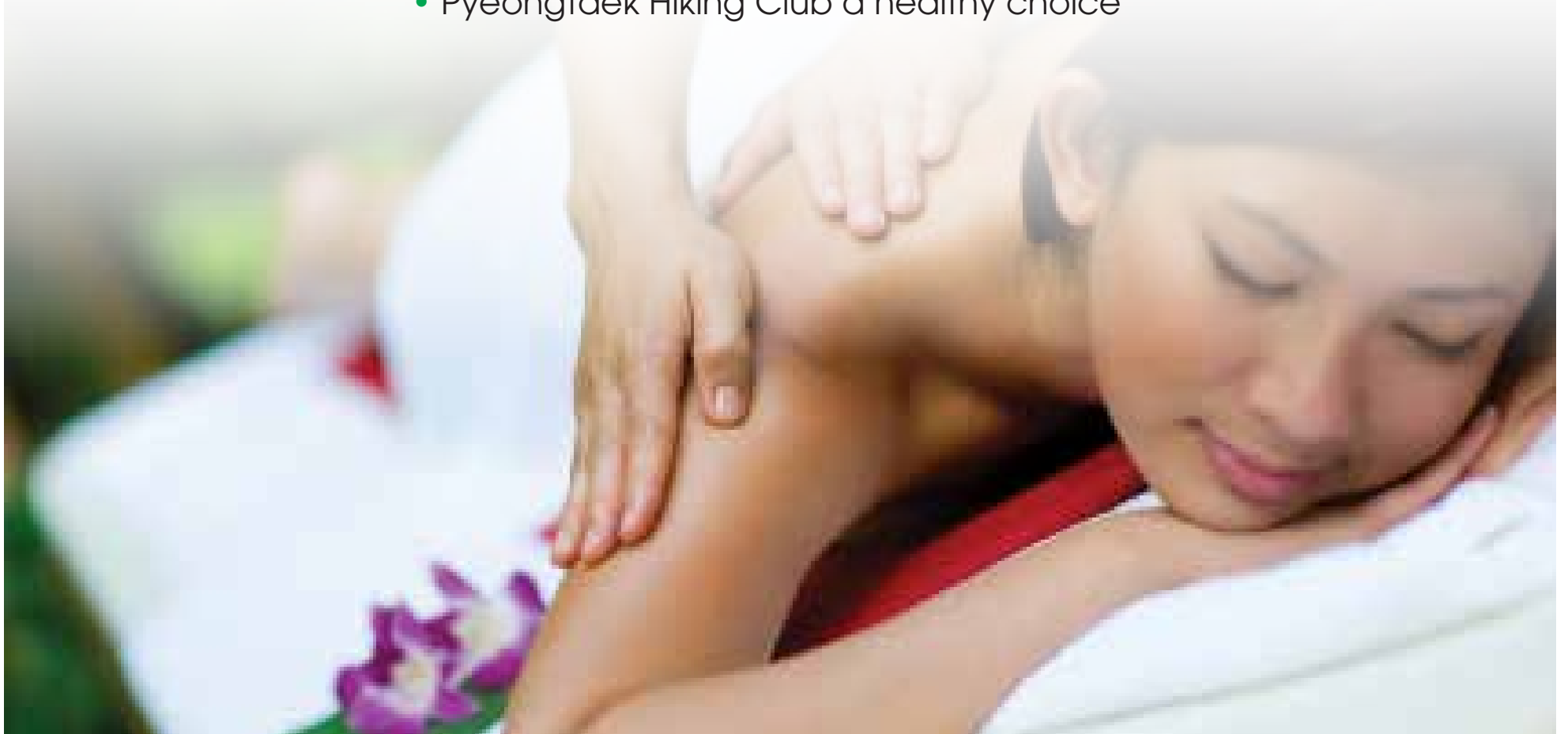
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Korea Healthy Living Guide

- Healthy one-day meal plan
- Why having a pet helps with anxiety
- Pyeongtaek Hiking Club a healthy choice



8-PAGE PULLOUT

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BY MORGAN MARIE,
BLISSFUL EATING

Is your health being traded in for your busy lifestyle? Are you unable to eat healthfully because you just don't have the time? Guess what! You can make a HEALTHY, hearty, DELICIOUS meal in UNDER 10 MINUTES! The amount of pre-prepped foods available to us on that front is UNREAL! Use it to your advantage!

Here are some quick 5-10-minute meals:

BREAKFAST

Chocolate Energy Smoothie: Throw some kale, spotty bananas, berries, spirulina powder, raw cacao powder, and ice in a high powered blender. BAM.

LUNCH

Have pre-chopped salad toppers in the fridge, ready to be thrown together:

Greek Salad Plus:

Roma tomatoes, cucumbers, red onions, shredded lettuce, Kalamata olives, & strained, canned garbanzo beans, tossed in olive oil, red wine vinegar, salt and pepper.

Heat up some parboiled brown rice in



the microwave or in its bag on the stovetop (huge time-saver method!). Use as a bed for the salad, for even more heartiness.

DINNER

Enchilada Tacos: Pop open a can of black beans and green enchilada sauce. Place on a gluten-free, corn soft taco tortilla. Heat up in the microwave. Top with store-bought Pico de Gallo, shredded lettuce, and guacamole. For extra flavor, sprinkle on some Mexican chili powder, cumin, and cayenne pepper, for heat.

DESSERT

Figs and Cashew Cream: Buy some beautiful figs and cut them in half. In a high-powered blender, take soaked cashews, honey or stevia, vanilla extract, the zest of a lemon, and a little water, and blend until smooth. Add a dollop to each fig half.

What's your meal situation these days? How long does it take you to make your food? Are you eating healthfully, or is another priority getting in the way of your health?



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*Long-time Club member Yeon Shin says,
“Hiking makes me
healthier both in mind
and spirit.”*



Pyeongtaek Hiking Club

STORY AND PHOTOS BY RON ROMAN,
PYEONGTAEK HIKING CLUB

Looking for a great getaway from the usual military grind or just your mundane day-to-day routine? Then head on over to join up with the Pyeongtaek Hiking Club on weekends. The international club meets every other weekend in the parking lot of the Songtan International Community Center at 9 am (opposite the old Osan AB Morin Gate, now closed to POV traffic and open only to trains), usually on Saturdays.

Hikes are relatively easy, essentially free, and open to any adult reasonably physically fit. Children under the age of 18 must be accompanied by an adult. Any furry friends? Fine, just bring a leash. The Club tries to return by 4-6 p.m. after stopping at a convenience store to freshen up or a restaurant if members decide on a full luncheon.

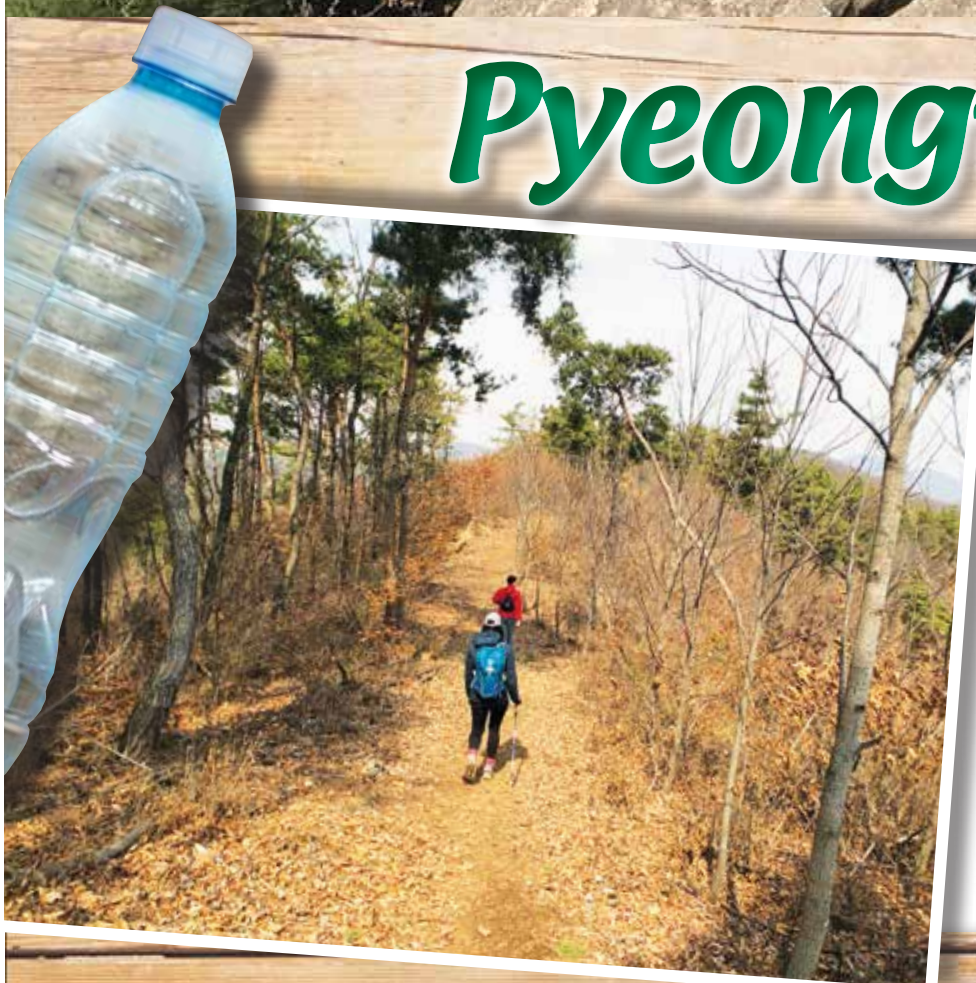
The Club began its fourth year in March and is looking to expand its hiking base. Hikes are scheduled from mid-March to mid-July, then from early September to mid-December. No vehicle, no problem. Members

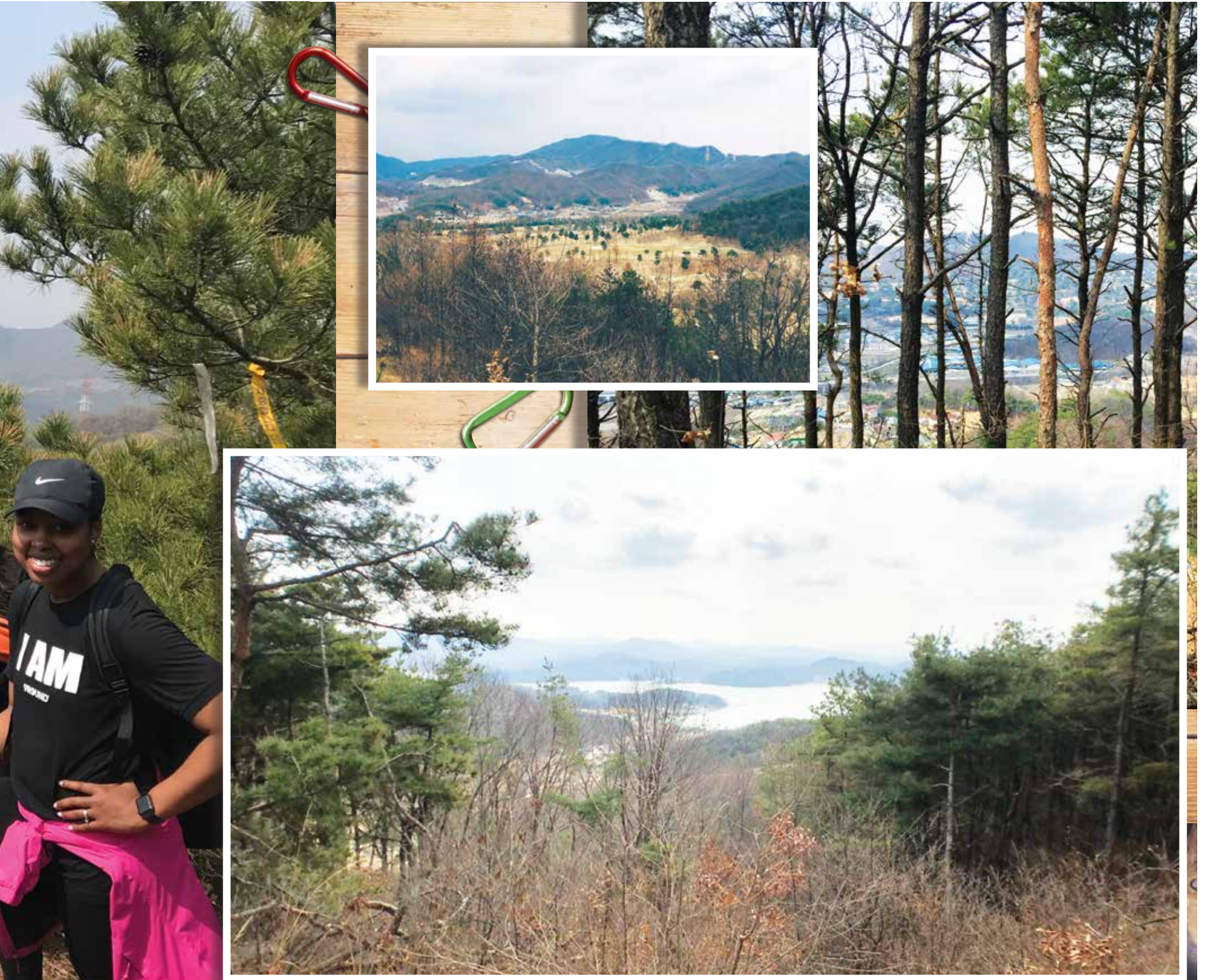
carpool. Just limit yourself to one car. If you don't have your own transportation, a meager \$3 or 3,000 won to pitch in for a bum a ride with somebody else to the parking lot.

The club tries to get out into the hills for at least 30 minutes to a one-hour drive from the AB Main Gate to keep hike routes interesting. Members try not to repeat the same USFK recreational tours, secluded spots are chosen; other hikers aren't usually allowed to join; plenty of water along with Korean luncheon.

Hikers are mainly Korean and other nationalities from virtually all over the world. Just bring your own hiking boots and a durable walking stick. The club provides plenty of water along with Korean luncheon.

Long-time club member Yeon Shin makes me healthier both in mind and body. She is in charge of her first Club hike to the Songtan International Community Center when leading other members on a hike. Afterward everybody headed





Join a healthy choice

the other hiker if you can. But expect to pay a fee for gas if you need to reach the day's destination. To the countryside at a drive away from Osan is different and exciting than the same routes. Unlike paved, getaway paths are easily seen. It's a great opportunity.

and American; however, every continent have a good pair of hiking shoes. Don't forget to bring a bag for snacks or a

Shin says, "Hiking is fun and spirit." She took a hike to Sa-bong (Mountain) for a three-and-a-half hour hike out to chow down on

bibimbap (a Korean mixed rice and vegetable dish with hot red pepper paste) at a nearby eatery before heading home.

LTC William Tudor, a Camp Humphreys soldier who routinely hikes with the club, led a hike in April says, "Hiking supports the Army's Performance Triad initiative allowing me to maintain optimal fitness in an enjoyable way. By eating healthy and hiking regularly, I shed over 20 pounds of excess weight in just over 90 days."

This summer at least two overnight hike, swim, and campout trips are planned for northern Chungcheongbuk-do (Province), weather cooperating, around Memorial Day and later around Labor Day. The club is also a great avenue for Korean speakers to improve their English language skills and for non-Koreans to learn some Korean themselves.

I would appreciate it if members and would-be members contact me by Friday 6 p.m. the day before the hike to indicate if they are hiking or not and if they need transportation. Ordinarily, members are contacted via cell-phone text Thursday morning before the weekend hike.

Members need to respond by cell phone text whether they expect to hike or not. If they repeatedly fail to do so, they will be dropped from the roster. If it is raining or there are high air pollution levels (PM 2.5/75 or higher according to air quality indicator app Air Visual) Saturday hikes will be postponed till Sunday. Hike rescheduled for Sunday encountering the same conditions will be canceled.

Hikers are encouraged to wear face masks if pollution levels are borderline. Decision to postpone or cancel hikes is made at 8 a.m. of the same day. Anyone who would like to lead a hike is welcome to do so. Don't miss out on the next excursion in search of some of Korea's great panoramic mountain views. Phone me at 010-2690-5593 for more information.

Ron Roman has taught English and the Humanities for the University of Maryland University College (UMUC) all over the Indo-Pacific Command originally since 1996.



STORY AND PHOTO BY
ELIZABETH JONES,
STRIPES JAPAN

Anxiety is something that I've struggled with for as long as I can remember. For anyone who battles with anxiety, you know the feeling of drowning in self-doubt, constant worry, and panic attacks. For me, it started at a young age and over the years I had to find ways to manage my anxiety before I let it take control of my life.

Although every person is different, I do believe having a pet is one of the best ways to calm the waves of anxiety. I personally own two dogs, however, cats are great anxiety relievers too! Sure, pets can't offer advice and they don't know what exactly we're anxious about, but they still do wonders to help put us at ease. Here are

four reasons why having a pet helps control anxiety:

Pets pull us away from the chaos

Anxiety develops a simple thought or feeling into a huge pit of anxiousness. During those times, I feel the need to ponder over what is or could go wrong. Instead, I force myself to get up by reminding myself

that no matter what is going on in my world, my dogs need to be taken care of. Caring for a pet is a lot of work, but it's almost always enjoyable. Taking long walks in the early morning as the sun is rising, showing love and affection with lots of cuddles, teaching new tricks and playing with toys can pull us away from the real world.

Pets reminds us we aren't alone

When I felt like nobody was on my side, I would come home, lie on my bed and wonder when the feeling of loneliness would seize. A few moments later, my dogs pounce on me, licking my face, and sometimes my tears. They nuzzle their way into my arms letting me know that they will always be there. Our four-legged loved ones will never let us feel alone because to them, we are their world. They would be silly to let us think they don't want to be a part of our world too.

Pets leave no room for judgment

Some people use the words "dramatic" or "weird" to describe those struggling with anxiety. Some think it's something that can easily be turned

off and on. While I wish that were the case, it isn't. Unlike some humans, pets will never judge the level of anxiety and fear we are experiencing. Even if we don't want to, anxiety can lead us to be overemotional, unmotivated, antisocial and rant about our long list of worries. When that happens, dogs and cats are there for us by simply being present with zero room for judgment.

Pets remind us we will always be loved

Anxiety can push us into crippling self-doubt. It can cause us to compare ourselves to others and start questioning our self-worth. There are many people in my life that have reassured me and picked me up when I have felt low. However, my two precious pups never fail to make me feel loved every day. Constant, loyal companions that do the smallest of things to make me feel so loved.

Unfortunately, there is no quick fix to battling anxiety but luckily there are many solutions to help reduce its presence in our lives. Take a chance on a pet, whether it be a dog or cat. You never know the amount of love and joy they could bring into your life to help keep anxiety at bay.

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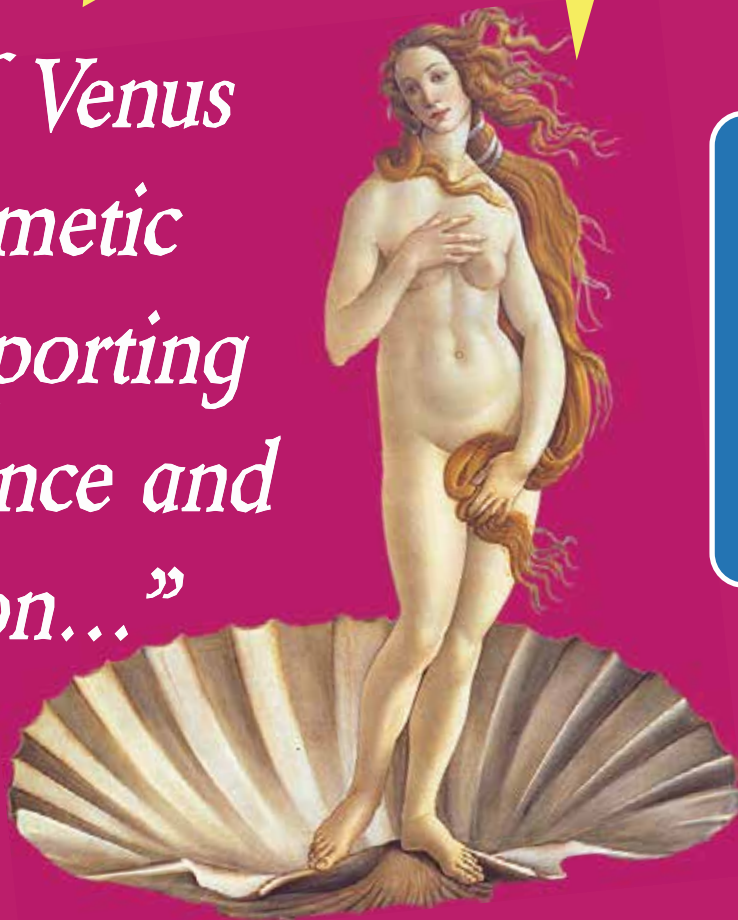
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