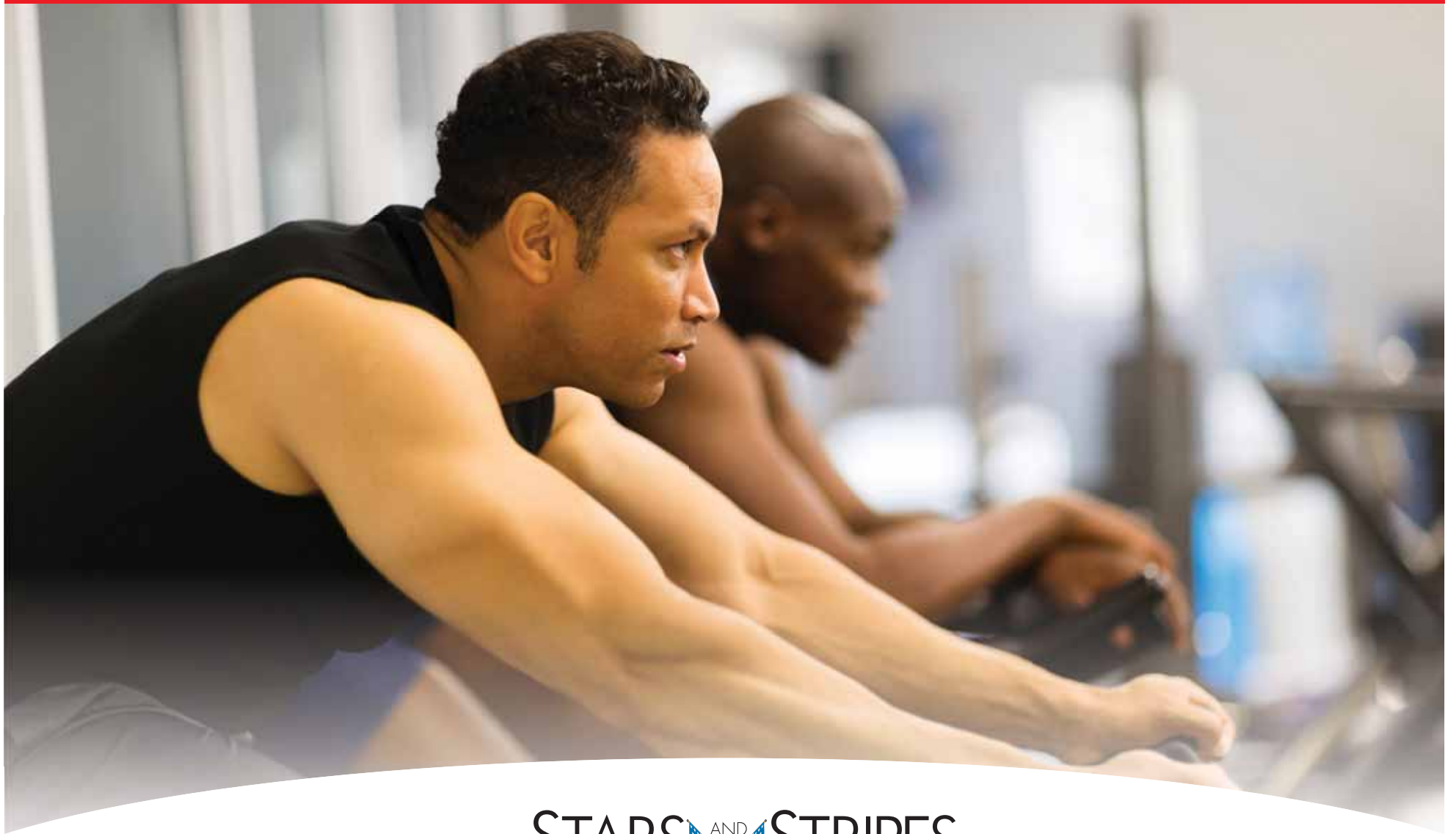


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Korea Healthy Living Guide

- What to do before cosmetic surgery
- High school winter sports preview



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4 things to do before getting cosmetic surgery in Korea

STORY AND PHOTO BY ANYA LYON-FRASER,
HAPS KOREA MAGAZINE

South Korea is well known for cosmetic surgery. Per capita, people in Korea go under the knife (or needle) more than anywhere else in the world.

If you're an expat or tourist looking to get a slice of the action then you wouldn't be alone, South Korea is one of the fastest-growing medical tourist destinations in the world. Offering state of the art treatments at affordable prices, it has become an attractive place for those looking to alter their appearance.

But before you rush to book that otoplasty surgery of your dreams, stop to consider a few important factors.

1. Research the risks

From lip fillers to liposuction, from botox to breast reduction, there are a plethora of surgeries and treatments now available to us. Before deciding to undertake an elective procedure, it's important to carefully consider whether the potential benefits outweigh the risks. While doing your research make sure to consider the source.

The individual experience of other patients may be helpful to understand the process of a particular procedure, but when assessing risk

look for medically-based unbiased information. The NHS website has a useful directory of cosmetic procedures. Although some of the information is not relevant to South Korea, the details on what to expect with each procedure and what could go wrong is.

2. Find a clinic

After deciding to go ahead with your cosmetic procedure, you're going to need to find a clinic. If you're looking for treatment outside of the capital finding clinics with an English website can be difficult, but that doesn't mean the doctors themselves don't speak English.

There's a dedicated medical tourism center in Busan which can help direct you to a clinic with English speaking doctors or arrange a translation service.

For other areas in Korea, check out the visit medical Korea website for more information.

3. Interview your doctor

Not all doctors were created equally, and you should never go ahead with a procedure if you aren't completely confident in your doctor.

Here are a few questions to ask before taking the plunge.

Firstly, check that your doctor is a plastic surgery specialist. The Korean Association of Plastic Surgeons' website details how to spot a

licensed professional.

Next, you'll want to assess how experienced your doctor is, not just in general but in the specific procedure you want. Ask how many times they have done the procedure in the past and how frequently they perform it. You can also request for before and after photos of your doctor's previous work.

Still, you should take these photos with a pinch of salt, as it is not unknown for doctors to 'doctor' them. You may feel uncomfortable asking all of these questions but a legitimate clinic will always want to assure their patients, and it's your right to know.

4. Consider the costs

Often, price is the first thing we look at when deciding to buy anything. However, when it comes to cosmetic surgery don't give a clinic a second glance if they fail to pass step 2 and 3, no matter how good a deal it is.

It's worth shopping around to get an idea of the average price. If a clinic is offering a procedure for much cheaper than its competitors it could be too good to be true.

Also, consider expenses outside of the procedure itself. For instance, if your traveling as a medical tourist it's highly recommended to get specialist travel insurance to cover medical care should something go wrong.



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Can Humphreys duplicate a perfect season?



BY DAVE ORNAUER,
STARS AND STRIPES
Published: December 5, 2019

“Most of our competition is going to come in Japan,” he said. “I have confidence in what we’re doing here. Things aren’t going to work so easily when we’re away from home. We need that kind of test.”

They’ll get challenges in the likes of Kadena, which returns four of its five starters, including center Blake Dearborn and guard Casey Cox.

St. Mary’s has opened 7-1 and won an invitational title in Taipei that the school’s been trying to win for 50 years. Last year’s D-I runner-up, Nile C. Kinnick, only returns one starter from last year.

St. Mary’s welcomes Kris Thiesen as its new coach, while Saleem Malik takes over at Kubasaki, its first new coach in 12 years, replacing Jon Fick, who steps aside with five D-I titles.

Among new coaches is one

veteran face, Devin Robinson, MVP of the Far East Division II tournament three years ago who’s back as an assistant with his former E.J. King team. His younger brother, Dyson, earned MVP honors for the defending D-II champion Cobras.

The Robinson name carries with it some cachet, Cobras head coach Travis Elliott said.

“Lose one, gain another,” Elliott said, adding that the older Robinson “really has the respect of the guys. He knows our history past and present and has lived it the last three years. He’s a winner. He knows how to motivate and relate to the kids and they respect him.”

From a lineup standpoint, the Cobras also welcome back another Far East winner, D-II cross country champion L.J. Scarver.

He left basketball as the Cobras’ second-leading scorer at the middle of last season to focus on track and field, but returns along with their core guards, junior James Meacham and senior Jalen Nall.

The Cobras don’t have the height they had a season ago,

but are quicker and faster, Elliott said. That Scarver, Nall and Meacham spent much of the summer in the gym simply makes the core that much stronger.

“They’re excited to play with L.J. again,” Elliott said. “That was a big pickup, adding him back to the roster. It’s making our transition that much smoother and maybe stronger. That all they do is play basketball together, their chemistry is that much better.”

Perhaps the Cobras’ strongest contender might be Robert D. Edgren, which lost its senior core but brings in several freshmen not new to the game who have matriculated in Misawa Air Base’s Jets club program.

Both Osan and Daegu in Korea are in full rebuild mode. And Zama welcomes its third coach in four seasons, William Guion, a Navy seaman at Naval Air Facility Atsugi.

ornauer.dave@stripes.com
Twitter: @daveornauer

Junior Collin Metcalf has the burden of becoming the third sibling in his family to fill the shoes of the pillar in the center of it all. In Collin’s case, filling the shoes of three-time Far East MVP Quintin Metcalf, now on the roster at St. Bonaventure (N.Y.). Photo by Lily Austinson, Special to Stripes



Zama has become the leader of the pack

STORY AND PHOTO BY
DAVE ORNAUER,
STARS AND STRIPES
Published: December 5, 2019

CAMP ZAMA – What a difference that first championship season has made for Zama’s girls basketball team.

Just seven players tried out for last year’s varsity, which went on to capture the first DODEA-Japan and Far East Division II tournament titles in school history.

Those numbers increased to 12 in November, just after the Trojans girls completed a school-first trifecta of Division II titles. They also won girls soccer last May and girls volleyball last month.

“Now that the other sports are winning, there’s more interest” in coming out to play for Trojans teams, said senior guard Kirari Smith, one of seven returning Trojans and one of three All-Far East starters.

“When I was a freshman, there wasn’t much interest in basketball (because) Zama had never won Far East before,” Smith said, adding that the atmosphere around school, in practices, is much different. “I’m so excited for this season.”

Joining Smith, a shooting guard, is reigning D-II Most

Valuable Player Chloe Sterling, a sophomore guard, and senior center Jessica Atkinson. Some of the new Trojans “have never played before, but they’re doing pretty good,” Smith said.

Another difference, Sterling noted, is that Zama carries the bull’s-eye that defending champions tend to bear.

“We know we have people watching us, but we’re ready,” Sterling said. “We have a new team, but we’re progressing, starting out really well.”

Despite the Trojans’ recent success, coach Daisy Whitaker-Hayes says she’s not wanting to look too far ahead or take anything for granted.

“I don’t like to make predictions; things change,” she said. “We’ll need good defense, small things like rebounding, boxing out, getting second opportunities on offense and putting everything we do in practice together.”

Still, the Trojans enter the season as the D-II team to beat, with the likes of Daegu, last

year’s runner-up, chasing. Junior Bethani Newbold returns at point guard, but the Warriors must make do without middle force Dai’Ja Turner, who left for the States.

New to coaching in D-II are Michael Paul at Osan and McKinzey Best at E.J. King. New to the Division I coaching ranks is Joseph White, who takes over at Nile C. Kinnick.

Hoping to take the final step toward that Far East Division I title that’s eluded it the last three years since winning the 2016 title, Kadena though it would open the season without two of its key starters, including two-time All-Far East guard Atiria Simms.

But Simms got medical clearance to practice despite a knee-ligament issue, and senior forward Lydia Rice also returned to practice after recovering from foot stress fractures.

“I didn’t even understand what he said; it seemed frozen in time,” Simms said of when she was told by her doctor that she was cleared to work out. “He said you can play basketball. It’s crazy. We’re just going to see how it goes.”

Panthers coach Johnny Cooper said he’s anticipating having Simms up to full speed by the

American School In Japan Kan-to Classic in mid-January, while Rice said she anticipates playing in Friday’s opener at Kubasaki.

“I want to believe it when I see it,” Cooper said of Simms, adding that the Panthers were already strong without them, thanks to transfers and adding freshmen and sophomores who are not new to basketball. “We’re 13 deep, strong top to bottom.”

Kadena’s main challenge the last three years has come in the Far East D-I tournament against three-time defending champion American School Bangkok.

The Eagles lost three-time MVP Shanique Lucas – the coach’s daughter – to Division III Union (Tenn.), and finally lost an in-season game for the first time since 2017, losing a pool game in an invitational tournament in Taipei, which ASB went on to win.

“The girls are finding their way and adapting to games without her and adapting to new roles,” the elder Lucas said,

adding that the Eagles were “fortunate” to beat host Taipei American in the tournament.

ornauer.dave@stripes.com
Twitter: @daveornauer

Reigning Far East Division II Tournament Most Valuable Player Chloe Sterling, a sophomore, is back at point guard for defending champion Zama.



Osan turns back the clock by filling out the lineup

BY DAVE ORNAUER,
STARS AND STRIPES
Published: December 5, 2019

There were just two wrestlers in the Osan practice room two years ago, setting off concerns about an “empty room syndrome” at some of the smaller programs in Korea.

That appeared to be following a trend of lower numbers each season.

But the Cougars had six

wrestlers a year ago and this season coach Andrew Grant says there have been as many as 26 wrestlers in the school cafeteria, where the team practices.

The last time the Cougars had that many in the room was in 2000, by coincidence the last time Osan won the title in the Korea league.

So what has changed over the last few years?

“Recruiting has really made the difference,” Grant said, adding that he and his core of returning wrestlers talked with anybody who looked like they might contribute. “Those who have experience only had positive things to say” about the program, Grant said.

“We also got some help from the football team” which won the Far East Division II title in 2018 and fell just short of returning to the D-II final last month.

“We made it a point to go recruit (from the football ranks) and tell them (wrestling) would be beneficial to both us and the football team,” Grant said.

Add to that an influx of three transfers from other schools, no fewer than four girls on the mat – including one transfer from Robert D. Edgren – and as many as eight middle schoolers, and the room can sometimes get crowded, Grant said.

“Everyone’s into it,” said returning Far East 158-pound champion Marcus Inthavixay. “There’s a lot of enthusiasm for the sport. There’s a lot more talent than last year. I know they want to do better.”

Inthavixay and the Cougars are augmented this season by 148-pounder Donald “Toy” Williams, late of Seoul American which closed in June;

former Edgren 122-pounder Samantha Hendrickson; and Ramil Celones, a 148-58-pounder who moved in from Yokota over the summer.

“It’s definitely different. A lot bigger than Edgren,” Hendrickson said. “The more people we can get to fill weights, the more we can get people to a good level.”

The returners and new faces give Osan the possibility of filling every weight class during every in-season competition in Korea, and also at Far East, which the Cougars will host again after it was held at Nile C. Kinnick the last two years.

First comes the business of chasing that ever-elusive league title. And Inthavixay says part of his recruiting pitch has been just that.

“I’m making them aware, doing what I can to motivate them,” he said.

While Osan’s three-time Far East champion Kojiro VanHoose has moved on, a state champion from Florida has moved to Okinawa and occupies a prominent spot in Kubasaki’s lineup at 180 pounds.

Colin Nation, late of Tampa Prep, says the wrestling differs in terms of competitive level between Florida and the Pacific, but what he sees in the Dragons’ lineup gives him hope.

“There’s a good wrestler

in every weight,” Nation said of a mostly junior and senior lineup including 2019 Far East champions Jaylan Mayers and Haydn Peterson. “With our lineup, we may be able to win it.”

“He brings a lot to the table. He’s a really great kid,” coach Brent Cook said of Nation, who along with Peterson, Mayers and returners Colin Lundberg and Victor Saveedra serves as a coach on the mat.

“They’re running on auto pilot; it’s like having five coaches in the room,” Cook said.

Staying healthy will be key, Cook said. Not just mat health but keeping up the grades and discipline. “It’s getting there,” he said.

One issue facing Tokyo-area wrestling programs is the referee contact that covers the Kan-to Plain Association of Secondary Schools has expired, and no new contract signing appears to be in sight, DODEA-Pacific officials and international school coaches said.

No matches or tournaments have been canceled, but alternative sites are being sought. DODEA-Japan schools wrestle this Saturday at Matthew C. Perry and next at Edgren, officials said; both schools have referees under contract, DODEA-Pacific athletics coordinator Tom McKinney said.

Beyond that, the schedule is in flux, with the big regular-season enchilada, the “Beast of the Far East” scheduled for January 25, now in a “state of limbo,” according to Kinnick assistant coach and “Beast” organizer Dan Joley. A new site is being considered.

ornaer.dave@stripes.com
Twitter: @daveornaer

Osan’s Toy Williams, a transfer from Seoul American, works out with volunteer assistant Bradleigh McCollum, a recent arrival from Misawa Air Base. Photos by Jessica Mccollum, Special to Stripes

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Samanthan Hendrickson transferred to Osan from Robert D. Edgren, where she wrestled as a freshman a year ago.


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