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**Military children tell us your story!**

**H**ey, all you kids in the military community need to read this. Seriously! So, please put down your iPad, iPhone or other digital device for the next couple of minutes. You'll survive, and I promise no one will take them.

Now that I have your attention, I want to give you a little job. No, wait! Don't stop reading! I'm not going to ask you to clean your room! I'm simply going to give you the opportunity to be heard by tens of thousands of people. Seriously! You see, April is the Month of the Military Child, and for the 12th straight year, the Stars and Stripes community publications are dedicating it to you, the children of our men and women in uniform.

Each Stripes Okinawa, Stripes Japan, Stripes Korea and Stripes Guam issue in April will contain your stories, poems, drawings and photos about what life is like as a military child.

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# MOMC: We're here for you!

CONTINUED FROM PAGE 1

For those children who are part of the military community overseas but not technically a military child, we want to hear from you, too. You and your Department of Defense civilian parents are also a key part of the military community.

So, what's life like as a military kid? Tell us. And after you share with us, your submission will be posted on our special Month of the Military website: [MilitaryChild.Stripes.com](http://MilitaryChild.Stripes.com) and could appear in at least one weekly paper.

We are giving you a platform to say what you want. Of course, to have your say, you have to write, type or draw it. You can be funny or serious. You can write a paragraph or a longer story (250-word maximum, please). Whatever you do, be yourself. Stand up and be heard.

We get thousands of submissions a year, so for stories to run in the paper, they must be submitted by April 15. But no matter when they are submitted, they will be posted on the website. As we approach another April, our team is ready for the onslaught. In fact, we're already receiving submissions.

By the way, like every year, we've been in touch with teachers across the Pacific who are using this as a class project. So be ready for that. For those of you who haven't participated in our annual salute, we hope to hear from you this year.

Stars and Stripes is very proud to serve the military community, and it's an honor to spotlight its resourceful group of children. We can't wait to hear from you!



*Chris Carlson,*  
Publishing and Media Design Manager  
Stars and Stripes



**Stories must be submitted by April 15 to appear in Stripes Korea!**

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# Valentine's Day in Korea

## February not only month love is in the air

BY HYEMIN LEE,  
STRIPES KOREA

Like most Western countries, Korea celebrates Valentine's Day as a big romantic holiday on Feb. 14, albeit with a Korean twist.

Here in Korea, it's women who gift men chocolate and gifts on Valentine's Day. The unofficial holiday isn't only for couples as it's also a day for single women to be brave and confess their feelings to their crush. At middle and high schools, girls also use the day as an excuse to make a love confession to their crushes.

It's true that Valentine's Day is the start of many couples' love stories.

One month later, on March 14, it's the men's turn to break out the sweets and charm on White Day. This reciprocal holiday was actually an invention by a confectionary company in Japan decades ago to sell more sweets. The custom has since spread to other East Asian countries.

Both romantic holidays stir up big celebrations in Korea. Most stores have large displays of chocolates, candies, other sweets and flowers. You'll see plenty of businesses targeting customers with special products as these holidays approach.

### Forever alone in April

If, despite the first two romantic days of the year, you still find yourself alone, then Black Day on April 14 is for you.

It's called Black Day because it's a depressing day where lonely singles are meant to gather in black attire, eat black bean sauce noodles (jjajang-myeon 짜장면) and drink Americano coffees.

This day is for those who were not successful in finding a boyfriend or girlfriend. Unlike Western culture, Koreans tend to see being single as a sad and depressing thing. Some businesses hold events to invite singles to eat black bean sauce noodles together. Lonely singles attend the event in hopes of finding their match among other lonely singles.



File Photos

### Love celebrated monthly

Though Valentine's Day and White Day are big in Korea, the celebration of love is taken a step further with other romantically-related holidays on the 14th of every month.

In an ideal world, singles have coupled up by April 14, so the rest of the holidays are to celebrate being a couple in love!

#### ■ May 14 - Rose Day

A day to give a bouquet of roses to your partner.



#### ■ June 14 - Kiss Day

A day to kiss your partner to express affection.



#### ■ July 14 - Silver Day

A day to exchange "couple rings," which are silver rings and a symbol of commitment.

#### ■ Aug. 14 - Green Day

This is a day to pack a picnic and drink Korean alcoholic drinks together.



#### ■ Sept. 14 - Photo Day

A day to take nice photos together.

#### ■ Oct. 14 - Wine Day

A day to drink red wine together.



#### ■ Nov. 14 - Movie Day

A day to watch a good movie together.



#### ■ Dec. 14 - Hug Day

A day to give your partner a warm embrace in the chilly winter.

#### ■ Jan. 14 - Diary Day

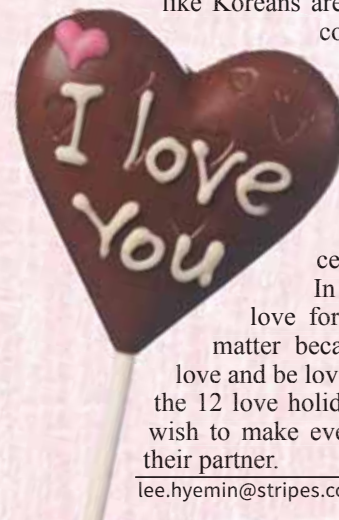
To make a plan for the new year together, couples exchange a yearly planner.



Another unofficial and commercial holiday is Pepero Day on Nov. 11. Pepero is a popular snack of thin cookie sticks that look like the number one, so four together form 11/11 or Nov. 11 on the calendar. On Nov. 11, Pepero packs are given to friends and family.



Though the 12 Korean love holidays make it seem like Koreans are keen about celebrating couples, you don't need to worry if you're single! Besides Valentine's Day, White Day, and Pepero Day, the other love holidays are in fact minor holidays that most Koreans don't celebrate.



In any culture, expressing love for someone is significant matter because everyone wants to love and be loved. I think it's a cute that the 12 love holidays show that Korean's wish to make every month special with their partner.

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# Dating culture



As Korea's 12 love holidays show, love is a great interest in Korean society. The dating culture here is a bit different than what Americans are used to. While you might find many young Koreans are more westernized, most still follow local dating manners.

If you're dating a Korean, you should know some basic manners and etiquette to follow. Here are the six interesting facts of the Korean dating culture that are fun and helpful to know.

## 1. Romantic holidays/anniversaries

There are important romantic holidays that couples celebrate by giving nice gifts and enjoying a romantic date: Christmas, Valentine Day, White Day, year anniversary and 100 days anniversary.

The 100 days anniversary is a big event for couples in Korea. Many couples even celebrate every 100 days they've been together plus the yearly anniversaries.

Not all Koreans find celebrating anniversaries important, so ask your partner what they expect.

## 2. Make it official

If you want to keep dating, it's important to make it official. Koreans count 100 days from the day you officially become a couple, so it's important to ask

your partner to be your boyfriend/girlfriend.

After between three to five dates, if a person, usually the guy, doesn't ask their date to make it official, the other will see it as a huge red flag and think it isn't going to work out.

Many Americans tend to keep dating lightly at first and build a connection as they get to know each other. However, most Koreans like to secure the commitment first, then learn about each other and build intimacy while officially dating. Trying to convince a Korean partner to "slowly get to know each other, then see where it goes" won't work most of the time because Koreans hate ambiguous relationships.

## 3. Saying 'I love you' too soon

You may be surprised when your Korean partner says "I love you" sooner than you expect. Because most Koreans usually decide to commit to their partner at an early stage of dating, it's natural to say "I love you" to each other.

Also, in Korean culture, there is a term called "Aegyo (애교)," which is a display of affection through behaviors, talking, voice, and facial expression in a very sweet and cute way. Aegyo is a way to be flirtatious in Korean dating culture. So, when your partner says "I love you" too soon while displaying Aegyo (애교), it's just a way to be sweet.

## 4. Two of a kind

Couples often shop together on romantic holidays and buy matching shoes, clothes and accessories. It is especially common for young couples to wear couple rings without plans to wed. Wearing a couple ring is a symbol of commitment as a couple and usually is bought on the 100-day anniversary or one-year anniversary.

## 5. Parents' opinion matters

Most Koreans introduce their partner to their parents only when they are in a serious relationship that is leading to marriage. Parents' opinion can greatly affect the relationship since the majority of Koreans believe marriage isn't just the union of two people but of two families.

## 6. Texting all the time

Koreans are huge fans of texting and being glued to their smartphone, but it gets even worse when they are in a relationship. Being able to keep in touch and text back quickly is one of the important traits many Koreans expect from their partner. Your Korean partner possibly wants to know every single move you make in a day. Many Koreans see being more closely related to a partner's life and sharing a daily life as a significant way of expressing love.



### Useful Korean phrases for love

- Joahae(좋아해): I like you / I like that
- Saranghae (사랑해): I love you / I love that
- Sarang(사랑): Love
- Ha-tuh (하트) / Simjang-organ (심장): Heart
- Aegyo (애교): a cute display of affection toward a partner, friends, family

### Useful Korean phrases for dating

- Date (데이트): Dating / Going out
- Date sincheong-hada (데이트 신청하다): To ask a person out for a date
- Gobaek-hada (고백하다): To ask a person out (to be in a relationship) / To confess
- Sagwi-da (사귀다): To be boyfriend/girlfriend with / To date
- Yeoja/Namja-chingu isseoyo? (여자/남자친구 있어요?): Do you have a girl/boyfriend?
- Uri Sagwija (우리 사귀자): Let's make it official (\*informal)
- Na-rang Sagwillae-yo?(나랑 사귄래요?): Would you be my boy/girlfriend? (\*formal)

### Titles

- Aein (애인) / Yeonin (연인): Lover / Partner / Girlfriend / Boyfriend
  - Yeoja-chingu (여자친구): Girlfriend
  - Namja-chingu (남자친구): Boyfriend
  - Yeoja (여자): Girl / Woman
  - Namja (남자): Guy / Man
  - Friend (친구): Chingu
  - Oppa (오빠): A honorific title that women call older men and is often used to present Aegyo to their older boyfriend.
  - Jagi (자기) / Yeobo (여보): Honey / Boo / Sweetheart
  - Aegi (애기): Baby / Boo (The way to call a younger girlfriend very affectionately)
- \*Try to put "ya" behind of those words: Jagi-ya, Aegi-ya



Illustrations by Hyemin Lee, Stripes Korea



# A trio of Korean Chocolate sweets

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

**T**hough I try to consider myself as a refined epicure, there are many times where I cannot take my eyes off the many sweets and chocolates at the grocery store. Snack cakes, in particular, are something that both remind me of being a young sailor in the Korean Navy but also fulfill my chocolate cravings.

Korean grocery and convenience stores are stock full of delicious and reasonably priced sweet snacks perfect for anyone in your family with a sweet tooth like mine. Below are three of the top-selling, must-try chocolate snack cakes in Korea for every chocoholic. So, take note and add these to your list for your next grocery run!



## Mon Cher

Mon Cher (몽쉘) is an ambitious work released in 1991 by Lotte Confectionery, which was created to fight against the Choco Pie. This chocolate-coated bread was first known as Mon Cher Tonton, but recently renamed Mon Cher.

It is quite softer and sweeter than Choco Pie garnering it many fans. While the Choco Pie has a chewy marshmallow between the bread, Mon Cher is stuffed with white cream.

Personally, this cake is my favorite of the trio of sweets. Unsurprisingly, this cake was the most popular snack given to troops participating in religious activities during my military service. Funny enough, for the trainees, information about what type of snacks will be handed out at religious facilities over

the weekend was important. There was even a trainee who tried to convert weekly to eat this cake, and the religious facilities that handed out the Mon Cher Tonton were always full.

The original name of the cake was Mon Cher Tonton (a play on a French child's expression for "My Dear Uncle") but the "tonton" part fell off at some point. Now it is just called Mon Cher(몽쉘).

Recently, the size of the cake has really become much smaller as the changed name suggests. The plump Mon Cher Tonton is no longer produced, but it is still one of my life's most guilty pleasure sweets.



## Choco Pie

Choco Pie (초코파이) is a Korean confection made of a soft marshmallow filling between two layers of cake, dipped in chocolate. You may have seen these before in the States, as they are very similar to the Moon Pies you can grab at gas stations back home.

It is an open secret that Choco Pie was inspired by the American Moon Pie after a team of Orion Confectionery employees and CEO made a business trip to the States. Orion's version first debuted in South Korea back in 1974.

The unusual shape and appearance of Choco Pie drew in customers at first. These days, the snack cake has fallen out of favor with Koreans, but Choco Pie is still one of the most popular sweets in China, India and Russia.

Orion's success abroad has led other Korean confectioners



that make similar Choco Pies jump into the foreign market much to the dismay of the confectioner. Despite lawsuits to preserve trademark rights and block other confectioners' copies, Orion was not successful. Today, you'll find three different Choco Pies from three different companies stocked on grocery shelves.

Orion and Lotte, two competitors in the baking industry, produce Choco Pie that is almost similar in shape and they are even almost similar in nutrients. However, the marshmallow which goes into Orion Choco Pie, is a little more chewy and tough than Lotte's one. In addition, Lotte's Choco Pie has slightly less moisture than Orion's, giving the bread a slightly crispy texture. The biggest difference is in the price with Lotte's Choco Pie being relatively cheaper than Orion's. Still, Orion's Choco Pie sells better than others.

In the 1990s, Orion added "Jeong" to the name of the pie to make it different from other competitors. "Jeong" which means love and care has resonated with folks at the time and the "Choco Pie - Jeong" became the first thing that comes to mind when Koreans think of Choco Pie.

When I was in Korean navy boot camp, I noticed the Choco Pie dramatically rise in value since sweets became a rarity during basic training. The only opportunity for trainees to get a fix on their sugar cravings is to participate in religious activities on weekends and get free Choco Pie or other sweets after a religious service.

From my memory, the most delicious chocolate bread during my lifetime was a Choco Pie at the Korean navy's boot camp. After I completed my time with the military, I tried the sweet but it didn't taste the same as it did when I was a hungry trainee.

## Oh Yes Chocolate Cake

Unlike the Choco Pie, Oh Yes has a square shape and is relatively soft and moist. In particular, this snack cake has thinly spread chocolate creams, not marshmallows, between the bread. So, people who are not a big fan of the chewy texture of marshmallows choose Oh Yes. Overall, the amount of chocolate coating or cream in the bread is insufficient compared to Choco Pie or Mon Cher, but the texture and taste of the bread itself are really good. The coated chocolate that is thin and crunchy is another appealing element. If the Mon Cher is too sweet to your taste and marshmallow is not your thing, give this square cake a try.





# 5 best frozen dumplings to buy at Korean grocery stores

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

Doing almost nothing is one of the ways I've spent recent weekends and holidays. But there is always one thing I accomplish: Satisfying my hunger. In times like these when going out for dinner isn't a smart option, frozen dumplings are an easy microwaveable meal readily available at the grocery store. Plus, there are many varieties to try, so my go-to meal never gets old. Below, I've gathered a small list of the frozen dumplings brands I reach for when I do my pre-lazy day shopping. Give them a try!



## Gohyang mandu

Launched in the late 1980s by HAITAI Confectionery and Foods, this item spearheaded the frozen, ready-made dumpling industry in Korea. These are what most Koreans think of when they think of frozen dumplings. You'll find them in the freezer in green and red packaging.

The unique taste of these dumplings has stayed the same for over 30 years. This classic item is stuffed with pork (13%), tofu, onion, chives, cabbage, glass noodles, sugar, sesame oil, and more. Compared to others, these dumplings tend to have thicker wrappers and the filling is a bit underwhelming. If you prefer thinner dumpling skin, this might not be your pick, but the price is what makes these popular.

## Pulmuone yalpi mandu



These dumplings appeared on shelves in early 2019 and have grown to become big sellers. The secret to Pulmuone's success is the generous filling and chewy, delicate wrapper. At 0.7mm thick, the wrapper on these dumplings is the thinnest on the market.

I love these not only because they have the most meat compared to other brands (33.22%), but also because the filling includes a wide variety of nutrient-dense ingredients like king oyster mushroom, cabbage, onion, garlic, pumpkin, and ginger. Also, there are no sketchy ingredients hiding in here and no MSG. I highly recommend these dumplings, but please stay away from the chili dumplings from this company that are full of crazy spicy chili. Even if you're good with spicy food, you'll want to be careful with these.

## Bibigo mandu

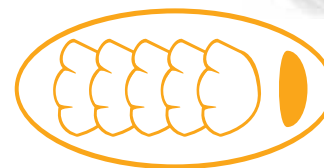


Bibigo is a famous food brand in South Korea launched by food company CJ Cheil Jedang. Bibigo dumplings come in many varieties but my go-to item is the wang gyoza that has a good amount of protein (25.41%) and seven assorted vegetables. Another favorite from this company is Bibigo's kimchi wang gyoza.

While other companies use fermented kimchi, this brand's kimchi is fresh and gives a clean taste with a pleasant texture.

## Chungjungwon minsok sonmandu

If you're looking for average dumplings at a reasonable price, then these are for you. They're not bad but they're not great. These will get you a good quantity for a good price, but don't expect quality.



## HongKong Banjum mandu

HongKong Banjum's seafood kyoja mandu is made with pork (21.56%), chicken meat, shrimp, squid mixed with cabbage and green onions. The filling also contains oyster sauce and some flavor enhancers. If you don't mind some artificial seasoning, this is a good mid-range choice in both price and quality.



Frustrated with crumble makeup face 🙄

Lasik? Lasek? Smile Lasik?

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in winter ❄️

# Jeju Island

## The essential spots to visit

STORY AND PHOTOS BY KYLE HANEY, GLOBETROTTERKYLE.COM

**T**he Hawaii of Korea—that’s how many people explain Jeju Island in South Korea. But given geographic- and climate-based arguments, the two islands are strikingly different! So, if that’s true, then why would anyone want to visit this acclaimed tropical paradise during the winter? Well, read on and I’ll explain why I think it was one of the best decisions I’ve made since being stationed in South Korea.

Jeju Island is located just an hour (by plane) from mainland South Korea and is actually a dormant volcano. Don’t worry though, this volcano hasn’t erupted since 1007, so you’re more than safe to travel here! Given the island’s striking beauty and distance from the congestion of the mainland, Koreans have repeatedly flocked to Jeju to walk along the pristine beaches, hike to the tip-top of Korea (Mt Halla or Hallasan), and of course to witness the acclaimed haenyeo, or mermaid divers.

**View video!**

## Jeju Island FAQs

- Who owns Jeju Island?**  
 What country is Jeju Island in? Jeju Island is owned by the Republic of Korea (ROK), meaning that the island is technically in the country of South Korea. Jeju Island is about 53 miles southwest of the southern tip of the Korean peninsula.
- How was Jeju Island formed?**  
 Jeju Island was formed via underwater volcanic eruptions about 2 million years ago! The most prominent and visible remnants of this volcanic activity are the ~360 volcanic cones scattered throughout the island as well as the massive Mt Halla (aka Hallasan) which rises 1,950 meters (6,400 ft) above sea level.
- What is Jeju Island known for?**  
 So many things! To westerners, Jeju island is known for being the “Hawaii of Korea” due to the mild climate provided by the Kuroshio current. This current allows for constant, gentle sea breezes, clean air, and temperatures that rarely drop below zero. For Koreans, Jeju island is a well-known vacation destination for newlyweds, and unique theme parks for families.
- Why visit Jeju Island? Why go to Jeju?**  
 I would recommend visiting Jeju for the incredibly clean air provided by the constant sea breeze, the array of unique theme parks, the warm temperatures that rarely drop below zero, a chance to hike to the top of Mt Hallasan (the highest mountain in South Korea), and of course, to view the incredible landscapes provided by the unique formation of the island itself (volcanic cones, lava tubes, black sand beaches, etc.).
- How big is Jeju compared to Hawaii?**  
 The “Big Island” of Hawaii (i.e. the largest island in the Hawaiian island chain) is 4,028 sq mi whereas Jeju Island is only 708 sq mi—meaning Jeju Island is only ~17.5% as large as Hawaii’s “Big Island”! In other words, Hawaii is about 5.7x times larger than Jeju! To really blow your mind: the U.S.’ smallest state, Rhode Island, is 1,214 sq mi in size, meaning it’s about 1.7x larger than Jeju Island.
- Is Jeju Island a volcano?**  
 Yes, Jeju Island is a volcano, but it hasn’t erupted since 1007, so you’re more than safe to travel here!
- Is Jeju Island open for tourism?**  
 Yes, Jeju Island is open to tourists! However, given the ongoing COVID-19 restrictions, almost all visitors to South Korea are required to quarantine for 10 days upon entry. If you’re already in South Korea (e.g. stationed or just living here), you can visit Jeju without quarantining once you get to the island. However, unless you have time any money, I highly recommend NOT visiting South Korea at all until COVID restrictions are lifted. It’s not worth the mass amounts of stress you will almost certainly experience upon arrival and throughout your stay.
- How to get to Jeju Island?**  
 You can get to Jeju Island via ferry or airplane, both are fun! To get to Jeju via ferry, go here for more information. By plane, you can fly to Jeju from almost any airport in South Korea. I flew to Jeju from Cheongju International Airport via Jeju air for as little as \$120 round trip!



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# Personal journey to Jeju Island (and what I recommend doing)

As I proposed earlier: why would you visit a tropical paradise in the winter time? Short answer: less congestion, and better weather than mainland South Korea. Additionally, I'm a health nut, and I'll do anything to get to a place with better weather: the sea breeze generated by the Kuroshio current does the trick.

My real intention with visiting Jeju Island was to hike to the top of Mt Hallasan in South Korea. Maybe I'm just weird, but I can't claim that you've done very specific facts like hike to the top of a specific country is kind of my thing lol. If it's yours, you're not alone and that you're in good company. I was fortunate enough to visit Jeju during a 4-day weekend in November. My goal was to hike Mt Hallasan on my first full day, then do other random things on Jeju for the remainder of my visit. My flight booked from Cheongju International Airport (only 1 hour from Seoul) and my hotel booked at Aimi Jeju Beach Hotel (thanks to my Amex card). My rental car booked through Tamra rental car. It was a bit of a snow? ...snow?



## 1. Mt Hallasan

As fate would have it, my plans were drastically changed upon learning that a snowstorm was going to be hitting Mt Hallasan the night of my arrival. Sure enough, the next day, I received a text that my reservation to climb Mt Hallasan was cancelled due to a wicked snow storm slapping the dormant volcano and causing whiteout conditions near the summit.

\*Pfft\*, great.

Nevertheless, I got up early and made my way to the trailhead to see what of this adventure I could salvage. Upon arriving, the park rangers politely informed me that while the summit was closed, I would still be able to hike as far as the Jindalaeat shelter, about 4.5 miles from the trailhead (~9 miles roundtrip). I sulked, tightened my laces, and began hiking.

I have to admit: I was pretty discouraged. I just jumped through all those hoops to get out here and the weather, the one thing I couldn't control, had ruined my chance at scratching this item off my Korean Bucket List. I had to remember, though, that this entire past year had been nothing but jumping through hoops, and I was pretty good at doing that. So, I recalled that old Bruce Lee saying of "moving like water" and pressed on towards the path of least resistance.

The weather shifted dramatically as I traversed along the path towards the Jindalaeat shelter. What was a rather comfortable temperature at the base of the volcano was quickly becoming downright cold! Before long, I encountered my first few patches of snow; I couldn't have been happier! As

a Colorado Native, I loooooove the snow, and winter is my favorite season after all. Maybe this snowstorm wasn't the worst thing?

Four and a half miles later I reached the Jindalaeat shelter, and boy was it cold! Snow drifts had piled up along the sides of the building and dozens of other cold souls gathered inside the shelter to eat snacks and defrost their appendages. I pulled out my cliff bars and munched on them while squeezing and releasing my numb hands at least a hundred times before I finally felt comfortable enough to go back outside and retreat back to the trailhead. I snapped a few photos and began making my way back down.

During my retreat from the summit, I took a detour out to Saraoreum Scenic Viewpoint to take some lovely photos of the beach some 5 or 6 kilometers away in the distance. The clouds danced upon an imaginary surface a few hundred kilometers above the surface of the sea and the shadows they left behind created the illusion of dozens of other tiny islands all around the shore. What looked like peace and harmony to the south was drastically challenged by the invasive snowstorm that had just run me (and every other smart person) right off that mountain. Nevertheless, it was surreal!

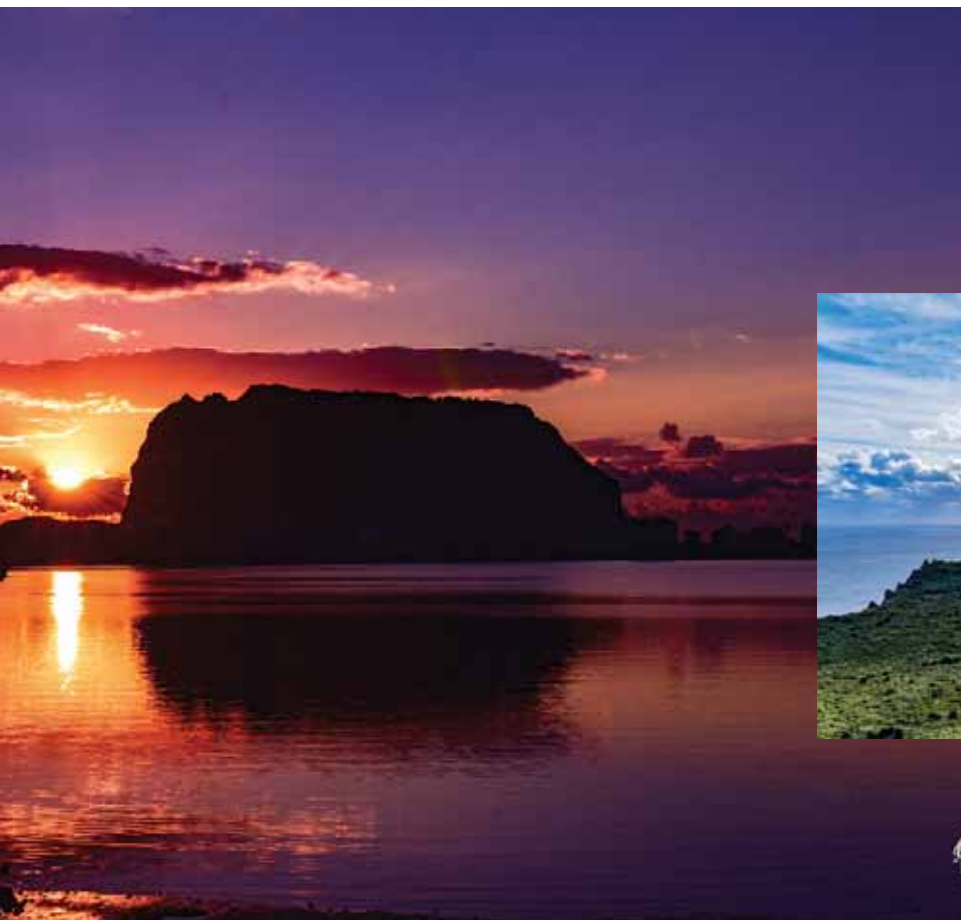
Back at the trailhead, I felt conflicted: I was somewhat content that I hiked as much as I could on Mt Hallasan, but I couldn't stop reminiscing that "had the weather just been better, I could've made it to the top of South Korea."

## 2. Seongsan Sunrise Peak

The interesting landscape of Jeju Island is, in its own right, something to be appreciated. There are ~360 volcanic cones scattered throughout the island and yet the most impressive of them all is Seongsan Ilchulbong (or Fortress Mountain in Korean, 성산일출봉)

This cone received its name appropriately as the land mass surely does represent a massive castle at first sight. When I approached Seongsan after coming off of Mt Hallasan, I was in awe of how displaced it felt. Rather than a result of volcanic activity, it looked more like a giant meteor had stuck the coast of Jeju some tens of thousands of years ago—nothing around it was even close to as massive!

As I got to the parking lot, I paid a small admission fee and began up a steep set of stairs to the summit. Reaching the top, I was even more amazed at the peculiarity of this land mass. The top wasn't flat like I had anticipated rather, it was a large crater! I felt like I was living in the movie inception where physics was an illusion and creativity ruled formation.



See more Jeju Women Divers on Page 10





Continued from  
Page 9



### 3. Jeju Women Divers (or Jeju haenyeo) and Seongsan Park



**A**s I climbed back down the stairs from the summit, I made my way down to where Seongsan met the sea. The sheer, jagged cliffs that stretched up almost 200 meters were daunting and fantastic at the same time. The exposed, black stone reminded me of a time I visited Colorado's Black Canyon of the Gunnison National Park; nostalgia at its finest ladies and gents lol.

Below Seongsan was a beach, and at first glance, it would appear that beach is rather muddy and even swampy. However, because everything on this island is a result of volcanic activity, I was soon walking on black sand.

BLACK SAND! I've always wanted to see black sand! I nerded out, took entirely too many photos, and let the sand sift through my fingers over a dozen times because, let's be honest, it's hot every day you get to touch black, volcanic sand!

If you're already visiting Seongsan Sunrise Peak, you might as well make it a point to witness the Jeju Women Divers as well—you won't regret it! Sure, you've seen people don scuba gear and go into the ocean on NatGeo, but these women are badass. For 7 hours a day, these ladies dive 10m down into the sea (without any breathing apparatus, mind you) to collect shellfish. You can even eat what they catch right there on the coast after hiking up Seongsan—do it!

On your way down to the black sand beach below Seongsan, look to your left and you can't miss their headquarters!



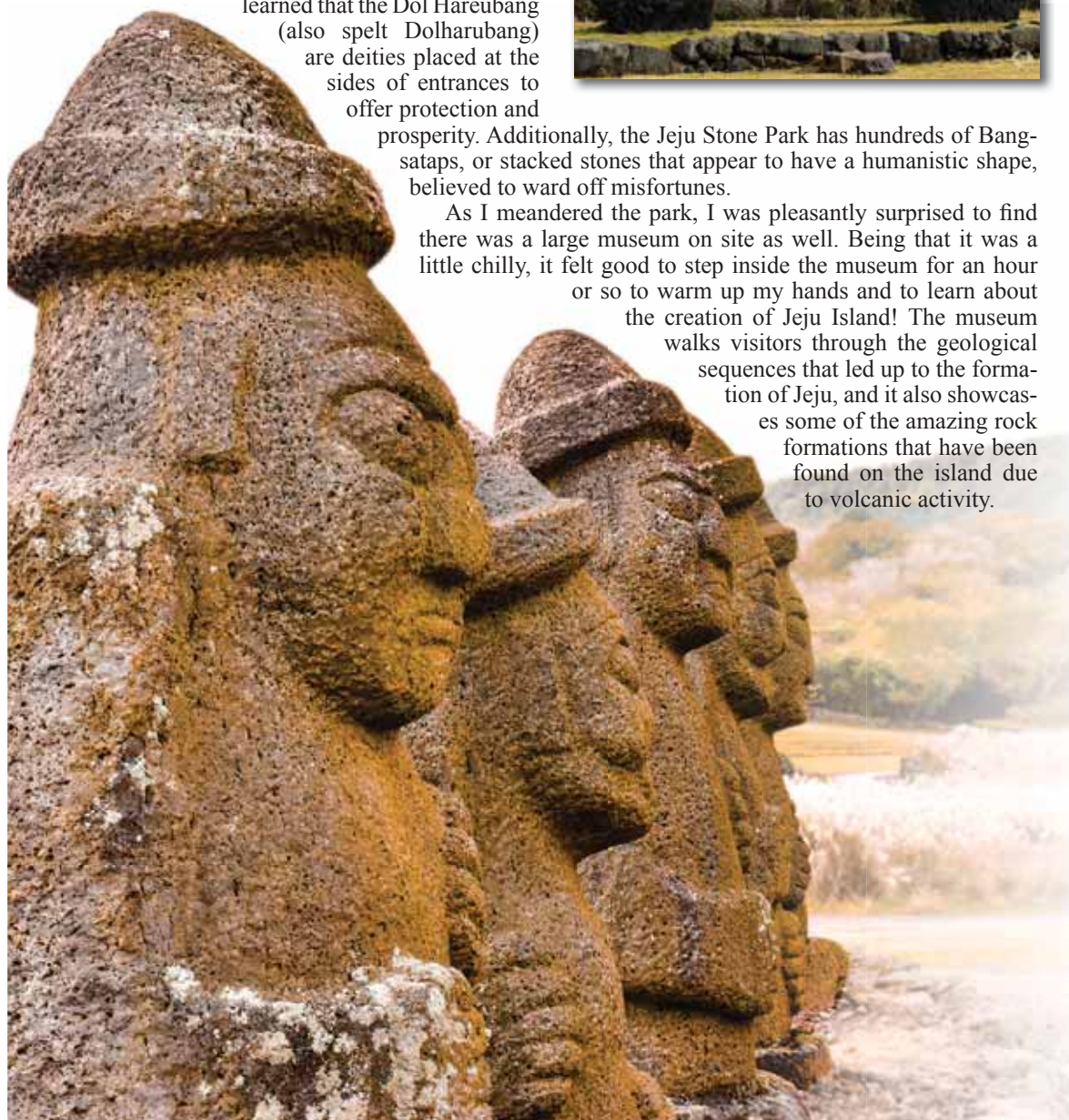
### 4. Admiring some Old Grandads.... no, not the drink!

**O**ld Grandfather, Dol Hareubang, same same! Dol Hareubang are the iconic stone sculptures you'll see in every gift shop and in front of every business when you go to Jeju. There's even an entire park dedicated to them! I kept seeing these little statues everywhere I went so, I decided to go to the Jeju Stone Park to see if I could get a better understanding of them (and see more, of course).

While at the Jeju Stone Park, I learned that the Dol Hareubang (also spelt Dolharubang) are deities placed at the sides of entrances to offer protection and

prosperity. Additionally, the Jeju Stone Park has hundreds of Bangsataps, or stacked stones that appear to have a humanistic shape, believed to ward off misfortunes.

As I meandered the park, I was pleasantly surprised to find there was a large museum on site as well. Being that it was a little chilly, it felt good to step inside the museum for an hour or so to warm up my hands and to learn about the creation of Jeju Island! The museum walks visitors through the geological sequences that led up to the formation of Jeju, and it also showcases some of the amazing rock formations that have been found on the island due to volcanic activity.



### 5. Waterfalls!

**W**here else can you see waterfalls that lead directly into the ocean?! You have to visit at least one waterfall while you're on Jeju, and I recommend the Jeongbang waterfall. I loved visiting this attraction not only because of the amazing photos I got here, but because it's right near an awesome little downtown area in the town of Seogwipo (2nd largest town on Jeju, opposite end of the island from the capitol city).

The first time I tried to see this waterfall, I got to the parking lot just as they closed the gate to walk down to it; I was super bummed! I had just drove an hour from Jeju city to see it and they closed it on me. But, sticking to my moto of "move like water", I opted for the path of least resistance and found myself at an amazing little brewery there in the town of Seogwipo. If you ever find yourself near the south end of Jeju, I highly recommend GoBrew.

The next day (and my final day on Jeju), I made it a point to go back to the Jeongbang waterfall—I was in love at first sight. Hundreds of gallons of rushing water came plunging down over the rock face and smacked directly into a large boulder field before gently draining directly into the sea. Seagulls and blue herons circled overhead, looking for remnants from tourist snacks.

Remember all those water cycle graphics from your science textbooks in highschool? Yea, they weren't the sexiest thing to look at but, it was pretty awesome to experience it up close and person lol.



**B**efore I knew it, my journey was up. I drove my rental car back to the airport and was on my way back to mainland Korea.

I will be back to Jeju; I have to. I have a bucket list item that says "Climb to the top of South Korea", and I intend to cross that off before I leave. There's also dozens of other waterfalls I'd like to view and most important of all, more breweries!





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# Explore Yeonnam-dong, Gen Y & Z's Playground!



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Yeonnam-dong is currently the hippest neighborhood in Seoul. The unique blend of modern trends and old-fashioned retro mood continues to attract Millennials and Gen Z alike. The Gyeongui Line Forest Park founded along the closed railroad tracks lead to alleyways that have cafés, restaurants, workshops, and select shops that are like hidden gems.

To explore Yeonnam-dong, start from Hongik University Station (Seoul Subway Line 2, Gyeongui Jungang Line, Airport Railroad), Exit 6. Once you exit from the subway station, you'll be greeted by Gyeongui Line Book Street. After looking around the book-themed street formed along the closed railroad tracks, turn back in the direction of Hongik University Station and follow the main street of Gyeongui Line Forest Park.



View from Musinsa Terrace.

## Musinsa Terrace

Musinsa Terrace is a cultural multipurpose center managed by Musinsa, Korea's popular online fashion platform. It is located on the 17th floor of AK& Hongdae near Hongik University Station.



Musinsa Terrace, a place to relax and enjoy the cityscape.

The terrace consists of a main lounge used for relaxing as well as exhibition and event purposes, along with shops, café, and an outdoor park. The outdoor park offers a splendid view of downtown Seoul, especially during sunset.

**ADDRESS:** 17F, 188, Yanghwa-ro, Mapo-gu, Seoul (서울특별시 마포구 양화로 188 17층)

\* Accessible through the Musinsa Terrace elevator inside Holiday Inn Express Seoul Hongdae near Hongik University Station, Exit 5.

**INSTAGRAM:** @musinsaterrace



Kakao Friends Hongdae Flagship Store.

## Kakao Friends Hongdae Flagship Store & Gongmihak

Kakao Friends Flagship Store is a Kakao Friends haven in the form of a three-story building. On the third floor is Gongmihak, a café and pub that collaborates with Kakao Friends to present adorable baked goods and beverages made using Korea's traditional ingredients. The first floor is Factory Store, where you can buy Kakao Friends official merchandise at discounted prices.



Baked goods inspired by Kakao Friends character.

**ADDRESS:** 1-3F, 162, Yanghwa-ro, Mapo-gu, Seoul (서울특별시 마포구 양화로 162 1~3층)

**WEBSITE:** store.kakaofriends.com



FUHAHA Cream Bread façade.

## FUHAHA Cream Bread

Named in reference to the Korean onomatopoeia of a big laughter, FUHAHA Cream Bread is confident their bread will bring joyous laughter to their customers after just one bite. Their signature bread is salt cream bread that features soft crusted bread packed with sweet and salty cream that create a perfect harmony. The store serves take-out only.



FUHAHA's signature salt cream bread.

**ADDRESS:** 22-25, Yanghwa-ro 19-gil, Mapo-gu, Seoul (서울특별시 마포구 양화로19길 22-25)



Made by Hongdae Branch façade.

## Made by Hongdae Branch

Made by Hongdae Branch specializes in selling a variety of stationery, including products like stickers, postcards, letter cards, and cell phone cases. The store is a popular shopping point among stationery collectors as they sell a wide range of products designed by many different designers. Even if you're not into buying one, just looking at the colorful items will make your time fly by.



A variety of stationery on display.

**ADDRESS:** 11, Yeonhui-ro, Mapo-gu, Seoul (서울특별시 마포구 연희로 11)

**INSTAGRAM:** @madeby.official



Tteokbokki made with fried rice cake.

## Happy Cheese Smile

Happy Cheese Smile presents new ways to enjoy Koreans' soul food tteokbokki. In addition to the basic spicy tteokbokki, Happy Cheese Smile also serves fried rice cake tteokbokki, fried glass noodles tteokbokki, and rose sauce tteokbokki topped with crispy potato chips. They also offer a wide variety of side meals to choose from. The restaurant can adjust the spiciness level of tteokbokki menus for those who are not used to eating spicy food, so why not give it a try?



**ADDRESS:** 2F, 244, Donggyo-ro, Mapo-gu, Seoul (서울특별시 마포구 동교로 244-1 2층)



Yeonnam Bangagan renovated from an old house

## Yeonnam Bangagan (BTS photoshoot spot)

Yeonnam Bangagan is a café renovated from an old house. Many aspects of the building remain the same, demonstrating the classic retro look from the past. While the café offers a number of photo opportunities with its antique interior, it is also popular as one of the places where BTS had their photoshoot. The beverages served in Yeonnam Bangagan is as unique as their interior. Their signature menu is chamkkae (sesame) latte, a drink that uses grain powder topped with sesame cream and sprinkled with sesame seeds. The drink has a strong aroma thanks to the sesame that are locally grown and extracted for sesame oil by a professional.



Sesame latte, a signature menu.

**ADDRESS:** 34, Donggyo-ro 29-gil, Mapo-gu, Seoul (서울특별시 마포구 동교로29길 34)

**INSTAGRAM:** @yeonnambangagan





Various twisted donuts on display.



**Quafe**

Quafe has earned much attention for its re-interpretation of Korean-style twisted donuts, or kkwabaegi in Korean. In addition to the regular sugar-coated twisted donuts, Quafe offers a wide variety of flavors ranging from earl grey, tiramisu, salted caramel, raspberry, and different toppings. The most popular donut is Unicorn Kkwabaegi, a cream soda-flavored donut coated in rainbow colors.



Trendy twisted donut café Quafe.

**ADDRESS:** 20, Donggyo-ro 46-gil, Mapo-gu, Seoul (서울특별시 마포구 동교로46길 20)  
**INSTAGRAM:** @quafe\_twisted



Unique interior.

**Cheong Su Dang**

Cheong Su Dang is a relaxing café in the middle of the city that offers a tranquil atmosphere with bamboos and a pond. The café consists of one basement floor and two stories and although the interior is designed to bring beautiful photo results, the best photo zone is the café's entrance decorated with trees and hanging lanterns. Popular menu items include egg coffee topped with egg yolk custard cream and soufflé castella cake made to order.



Cheong Su Dang entrance.

**ADDRESS:** 152, Seongmisan-ro, Mapo-gu, Seoul (서울특별시 마포구 성미산로 152)  
**INSTAGRAM:** @cheongsudang\_yunnam



Popular select shop May Store.

**May Store**

May Store is a popular select shop in Yeonnam-dong that showcases a collection of works from a number of brands and designers. While the store may seem fully packed with items, the products are neatly arranged. The shop sells a wide range of products from accessories and bags to postcards, stickers, and even tableware.



A variety of items on display.

**ADDRESS:** 267, Donggyo-ro, Mapo-gu, Seoul (서울특별시 마포구 동교로 267)  
**INSTAGRAM:** @5maystore

**MORE INFO**

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# HAPPENINGS OFF BASE

# FESTIVALS

## E-World Illumination



**DATE:** Until February 28  
**ADDRESS:** 200, Duryugongwon-ro, Dalseo-gu, Daegu  
**LOCATION:** E-World  
**INTRODUCTION:** E-World Starlight Festival is held with ten million lights in a large area around E-World and 83 Tower. The festival features a 15-meter Miracle Christmas Tree, a 250-meter illuminated road, and a garden of 100,000 LED roses among other festive attractions. Visitors can also take memorable photos at romantic and attractive photo zones that light up the evening.



## Jeju Fire Festival



**DATE:** March 17-19  
**ADDRESS:** San 59-8, Bongseong-ri, Jeju-si, Jeju-do  
**LOCATION:** Saebyeoloreum Volcanic Cone  
**INTRODUCTION:** Jeju Fire Festival is a representative cultural festival related to Jeju's culture of livestock care. Held every March at Saebyeoloreum Volcanic Cone, the night sky lights up with fiery red. The festival features a media façade show, torch march, fire show, and more as well as various programs and food trucks.  
**PROGRAMS:** Set fire, fireworks, etc.  
**ADMISSION/PARTICIPATION FEES:** Free



## Korea Grand Sale



**DATE:** Until February 28  
**LOCATION:** Nationwide (On & offline)  
**INTRODUCTION:** Korea Grand Sale is an integrated festival that promotes culture, tourism and shopping to international visitors. While the Korea Grand Sale online platform provides various content and promotions throughout the year, it offers the biggest discounts and programs in January and February.  
**PROGRAMS:** 1) Discounts on products and services, cultural experience programs, etc. 2) Special promotions 3) Various online events  
**ADMISSION/PARTICIPATION FEES:** Free



## Lighting Festival at The Garden of Morning Calm



**DATE:** Until March 19  
**ADDRESS:** 432, Sumogwon-ro, Gapyeong-gun, Gyeonggi-do  
**LOCATION:** Main gardens  
**INTRODUCTION:** Held at the Garden of Morning Calm, the Lighting Festival was the first light festival in Korea to combine the natural surroundings with lights, covering 330 thousand square meters. Held from December to March, the environmental-friendly LED lights shine throughout the garden.  
**ADMISSION/PARTICIPATION FEES:** Adults 9,500 won, Teenagers 7,000 won, Children 6,000 won \* Children (age 3 to elementary school student) / Teenagers (middle & high school students)  
**DURATION OF PERFORMANCE:** 1 hour 30 minutes



## Gapyeong Singing Trout Festival



**DATE:** Until March 1  
**ADDRESS:** 119, Gapyeongjebang-gil, Gapyeong-gun, Gyeonggi-do  
**LOCATION:** Areas of Gapyeongcheon Stream in Jaraseom Island, Gapyeong  
**INTRODUCTION:** Gapyeong Singing Trout Festival offers various hands-on programs and winter activities such as ice fishing, snow sledding, ice sledding, bumper cars on ice, and more. Visitors can also enjoy performances at the event zone.  
**PROGRAMS:** Trout ice fishing, barehanded fishing, etc.  
**ADMISSION/PARTICIPATION FEES:** Adults 12,000 won / Children 10,000 won

## Herb Island Light Festival

**DATE:** Until March 31  
**ADDRESS:** 35, Cheongsin-ro 947beon-gil, Pocheon-si, Gyeonggi-do  
**LOCATION:** Pocheon Herb Island  
**INTRODUCTION:** Herb Island Light Festival features a romantic ambience created by splendid lighting displays. The festival is a spectacular evening event that entertains visitors year-round with aromatic herbs from spring to fall, and even more light decorations in winter.  
**ADMISSION/PARTICIPATION FEES:** Individuals Adults 9,000 won / Children 7,000 won \* Children (ages 36 months to middle school students)



*NOTE: Festival dates and info subject to change.*  
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The new program does not replace existing retail stores managed by GSA in Korea. For more information, please contact your local Customer Service Director Ron Easley at [ronald.easley@gsa.gov](mailto:ronald.easley@gsa.gov).

Ron Easley

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# Stripes Sports Trivia

**SAY MY NAME!** Where do I start? The fact that I'm a 5-time NBA champ is almost as interesting as my life off the court. After being selected near the end of the 2nd round of the 1986 NBA draft, I played for 5 teams and have lived quite the life. One that includes piercings, tattoos, acting, Madonna, wrestling, dresses and world politics. Who am I?

**Answer**

Dennis Rodman

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**DID YOU KNOW?**

**W**ant to dine in? No problem. South Korea has multiple restaurants that offer delivery, including McDonalds. Most delivery drivers drive a motorcycle when delivering food. Even better, many places even will retrieve the dishes when you're done. Now that's service!

**Hangul of the week**  
**인생**  
 in-saeng (life)

**Language Lesson**

I'm very hungry.  
**Neomu baegopayo**

**Crossword** by Margie E. Burke

**ACROSS**

- Host's request
- Freshwater catch
- Advance, slangily
- Whitish gemstone
- Awaken
- Pricing word
- Yellowfin, e.g.
- What a teacher takes
- Life-and-death
- Nitwit
- Now and then
- "\_\_\_ you nuts?"
- Dickensian cry
- Heads off
- Chilled
- "Yadda, yadda, yadda"
- Congregation's cry
- Ring-shaped
- Part of a heartbeat
- Latest fad
- Cork sound
- Contract specifics
- Pull apart
- Pub crawler
- Rapper Lil \_\_\_ X
- Get through
- Gum-yielding tree
- Tolerates
- Dictatorial
- Good-for-nothing
- Nursery item
- Historic period
- Drop-off spot
- Kitchen items
- Slow on the uptake
- Appear (to be)

**DOWN**

- School military org.
- Prompt
- Fading away
- "The Republic" author
- Skipper's pursuer
- Do a tire job
- Last longer than
- Type of tax
- Inclination
- Stitched line
- Bamboo lover
- Come to pass
- Kind of song or park
- Furniture covering?
- Motivate
- Big Apple team
- Wild swine
- Tolstoy heroine
- Appease fully
- Stage prompts
- Dots-and-dashes system
- "Blondie" boy
- Arboreal abode
- Faced the judge
- Equine color
- Locomotive power
- Robert of "The Music Man"
- Large-scale
- Storage spots
- Throat soother
- Civil rights org.
- Honda's luxury line
- Gown material
- Canterbury stories
- Corn cores
- Bigger than big
- Petunia part
- Donkey Kong, for one

**Answers to Previous Crossword:**

S	A	L	E	D	A	B	B	A	S	H	I	N		
C	L	A	N	E	M	A	I	L	C	A	S	E		
O	D	D	S	M	O	N	T	E	C	A	R	L	O	
P	E	L	I	C	A	N	S	H	A	R	D	E	N	
E	R	E	L	O	N	G	C	O	R	A	L			
	A	D	D	B	L	U	E	B	I	R	D			
T	O	N	G	A	G	R	O	S	S	N	O	R		
O	B	O	E	C	E	A	S	E	M	E	S	A		
R	E	V	D	R	I	V	E	S	C	R	E	W		
E	Y	E	P	I	E	C	E	T	A	G				
	L	O	T	T	O	M	I	N	I	B	A	R		
G	H	E	T	T	O	C	A	M	E	L	L	I	A	
N	A	T	I	O	N	W	I	D	E	L	L	A	S	T
A	L	T	O	N	A	T	A	L	I	D	L	E		
T	E	E	N	E	N	E	M	Y	S	E	E	S		

**SUDOKU** Edited by Margie E. Burke  
 Difficulty: Easy

		7		3		1	8	
4				1		3		
	2	5						4
				2	4			
	8					9	5	
6		3	8					
			9		2		3	
	1	5	6					
7				5	6			

**HOW TO SOLVE:**  
 Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answer to Previous Sudoku:

8	7	4	3	6	2	5	1	9
5	3	1	9	8	7	6	2	4
2	9	6	5	4	1	7	8	3
4	2	8	6	7	5	3	9	1
6	1	3	2	9	8	4	5	7
7	5	9	4	1	3	8	6	2
9	8	7	1	3	6	2	4	5
3	4	2	8	5	9	1	7	6
1	6	5	7	2	4	9	3	8

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**SNUH** SEOUL NATIONAL UNIVERSITY BUNDANG HOSPITAL

## SEOUL NATIONAL UNIVERSITY BUNDANG HOSPITAL

SNUBH is a global medical leader setting the standard and building trust by providing best healthcare practices and applying advanced medical technology tailored to everyone's needs.

SNUBH is a winner of several recognitions and awards.

보건복지부 인증 의료기관  
The first university hospital to obtain certification from the Ministry of Health and Welfare

HIMSS Analytics **STAGE 7**  
First hospital outside of the US to be certified as an EMR Stage 7 Hospital by HIMSS Analytics

EMR  
Electronic Medical Record System  
First Certification in Korea

WORLD'S BEST HOSPITALS 2022  
Newsweek  
2022 World's Best Hospital Newsweek

ONC Certified HIT  
2019 EDITION  
First ONC-HIT Certified Solution Outside North America

reddot design award  
best of the best 2013  
Smart Bed Received the 'Red-Dot Award', one of the world's top-3 design awards

GHA  
Global Healthcare Accreditation (GHA) first in Korea

### Special Centers

- Comprehensive Cancer Center
  - Neuroscience Center
  - Health Promotion Center
  - Geriatric Medicine Center
  - Cardiovascular Center
  - Respiratory Center
- Joint Disease and Reconstruction Center
  - Spine Center
- Digestive Disease Center

### SEOUL NATIONAL UNIVERSITY BUNDANG HOSPITAL INTERNATIONAL HEALTHCARE CENTER

**Contact**  
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24/7 English Speaking Service 010-3049-2038  
[www.snuh.org/dh/en](http://www.snuh.org/dh/en)

File claims for TRICARE Prime, ISOS, FSBP, CIGNA, GeoBlue, HTH Worldwide, United Healthcare, Metlife, GAP, BCBS, Daman

**Directions**  
82, Gumi-ro 173 Beon-gil, Bundang-gu, Seongnam-si, Gyeonggi-do 13620  
International Healthcare Center is located on 3rd floor of building 1

**Subway**  
Migeum Station, Bundang (Yellow) Line exit 3 → Take bus 7 or 7-1  
**Free Shuttle Bus**  
Available from/to Camp Humphreys and Osan Air Base. Please contact us for detailed schedule.

