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Jeju Island

The essential spots to visit in 2022

PAGES 8-11



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INSIDE INFO



THE RETURN OF THE KOREAN CORN DOG
 PAGE 4

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25 fun places to visit, social distance
 PAGES 12-13



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Michael Ryan
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Publishing and Media Design Writers

ChiHon Kim
Shoji Kudaka
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Kazumi Hasegawa
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Yuko Okazaki
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Sales Support

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Sweet Talk

Here's some phrases that might make Valentine's Day a little sweeter for you.

- **Happy Valentine's Day!**
Haeng-bok-han bal-len-ta-in-de-i doe-se-yo!
- **I like you.**
Jeo-neun dang-sin-eul joa-ham-nida.
- **You are a very nice person.**
Dang-sin-eun jeong-mar joh-eun sa-ram-i-e-yo
- **Would you like to go on a date?**
Juh-rang de-i-teu-ha-sil-re-yo?
- **Do you like chocolate?**
Cho-kol-lit Joa-ha-se-yo?
- **Thank you for the chocolate.**
Cho-kol-lit Go-ma-wo-yo.
- **These are beautiful flowers.**
Kko-chi a-reum-dam-ne-yo.



- ChiHon Kim, Stripes Korea

Five facts about Korea's White Day

BY TORY MOCK,
HAPS MAGAZINE KOREA

March 14th is White Day in Korea, which celebrates love between couples. Here's some facts that are interesting to know about the holiday.



1. It's only really celebrated in Northeast Asia – While Valentine's Day is celebrated a month earlier, Japan, Korea, Taiwan and China are really the only places where this tradition is celebrated.
2. It's the man's turn to give gifts – Valentine's Day differs in Korea as women are expected to present chocolate to men. On White Day, men reciprocate and give chocolates or candy to women who gave them chocolate on V-Day and also to someone who they may have their eye on.
3. Don't cheap out on the gift – The Japanese tradition of sanbai gaeshi on White Day means that you should give three times the amount that you received on Valentine's Day. If you give the same amount as you received, you're pretty much guaranteeing to see yourself single again in the not to distant future.
4. White Day started in Fukuoka – White Day first saw the light of day in 1977 when a Fukuoka-based confectionary company tried to market the day as 'marshmallow day'. While the first event wasn't too much of a success, the national confectioners in Japan took notice and by the next year, marketed the day as a reply to Valentine's Day. It was chosen as White Day for the purity of the color and for the color of sugar.
5. Don't feel bad if you're alone – If you didn't receive any Valentine's Day chocolate or you're not giving out any on White Day, you've only got a month to go before you can celebrate Black Day on April 14th, where singles go out and eat jjajangmyeong together to celebrate or mourn the fact of being without a partner.



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STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

The Korean corn dog is very nostalgic food for me. When the sweet and savory smell from the deep-fried batter wafts through the air, I'm immediately transported to my childhood, to my old neighborhood and to summer vacation visits to the nearby amusement park.

Recently, the corn dog treats I remember growing up started to become a food trend outside of Korea. Many think mukbang food videos on social media is the reason why Korean corn dogs are having their moment. Whatever the reason, one thing for sure is that these dogs are delicious!

Corn dog or hot dog?

While young folks who are familiar with U.S. culture tend to call hot dogs just hot dogs, some elderly call hot dogs so-se-ji-ppang. However, if you look for so-se-ji-ppang at a Korean bakery, you'll most likely get a pizza-like sausage bread (or pizza ppang) that has sliced sausages covered with toppings and cheese.

Before you try your hand at ordering a corn dog at any of the food stalls you come across in South Korea, it is important to use the correct name. In Korea, corn dogs are actually called hot dogs.

I was witness to the potential problem that may arise with using the wrong name. I was at my favorite dumpling shop waiting to pick up an order and an American customer was in line ahead of me. He ordered a corn dog and fried chicken but the granny behind the counter only prepared the chicken. I saw the customer's desperation as he continued to ask for a corn dog, but with no sign or corn dog to point to, he was not getting anywhere with the cook.

I jumped in and let her know that he wanted a hot dog, and the customer was relieved that he would soon be biting into the crispy treat. The lesson here is to make sure you know that Koreans call them hot dogs (pronounced "hat-do-geu")!



Korean sausage bread

What's the difference between Korean corn dog and an American corn dog?

If you're American, you're familiar with the standard hot dog on a stick coated with the thick layer of sweetened cornmeal batter and deep fried to golden brown perfection.

Korean corn dogs are similar but the batter is made of wheat flour and the sausage quality is different. One stark difference is that Korean corn dogs are served with a little sprinkle of sugar on top.



Photo courtesy of myungranghotdog

What makes Korean corn dogs special?

Though the main difference still lies in the batter, these days Korean corn dogs have undergone a slight makeover. Instead of wheat flour batter, you'll find many corn dogs in Korea are now coated in batter with either rice flour or glutinous rice flour and a special frying powder which gives the finished product a chewy and extra crispy consistency.

You'll also find a variety of fillings from classic sausages to mozzarella, cheddar, rice cakes, ground pork and more.



My favorite corn dog place

Corn dogs aren't just at food stands, festivals or amusement parks anymore. Go in any grocery store's frozen food section and you'll find many corn dog options to make at home. But, if you're craving the freshly made fried stuff, you can head to chain stores like Myungrang Hotdog (명랑핫도그) or ChungChun Rice Hot Dog (청춘핫도그).

WEBSITE: <http://myungrangamerica.com>

Korean corn dog places near Camp Humphreys

- **# NAVER MAP PIN:** Myungrang hot dog - Asan store <http://naver.me/GJrmVDYS>
- **HOURS:** 11 a.m. to 10 p.m.
- **PHONE:** 041-531-4001

You'll find corn dog stalls in many corners of the peninsula as their popularity at home and abroad mounts. Myungrang Hotdog is probably the most common and largest chain you'll find in South Korea. Originating in Busan, the company has grown to 660 stores since opening in 2016.

At Myungrang, you can order from a plethora of options of hot dogs that have different toppings and fillings, ranging from 1,500 won to 2,000 won. Start with an original sausage. If you love cheese like me, grab a mozzarella & cheddar hot dog. Their sweet potato & mozzarella version is my go-to menu item and comes coated with fried potato bits. And don't forget to choose from the three to four sauces to dip your corn dog.

So, next time you're looking for a quick bite or a delicious treat, give the Korean hot dog a try!

kim.chihon@stripes.com

Speakin' korean

- **What's your favorite Korean street food?** Ga-jang joa-ha-neun gil-geo-ri eum-sigeun mwwoeyo?
- **My favorite street food is a hot dog.** Jeo-neun hat-do-geu-reul jeil joa-haeyo.
- **Do you want to go and eat a hot dog?** Hat-do-geu meo-geu-reo gal-lae-yo?
- **Can I get a hot dog?** Hat-do-geu hana juseyo.
- **Would you like to sprinkle sugar on your hot dog?** Seol-tang ppu-ryeo-deu-ril-kka-yo?
- **No, thanks.** Aniyo. Gwaen-chanayo.
- **This is so delicious!** lgeo jinjja masisseoyo.



Don't miss the juicy gyoza at Menyamatsuri near Humphreys

BY CHIHON KIM,
STRIPES KOREA

Food cravings are unpredictable. When I visited Dunpo, a small neighborhood near Camp Humphreys, I had a craving for a steaming bowl of noodles in a savory broth. More specifically, I hankered for Japanese ramen with fresh noodles, paired with additions like slices of pork belly, soy sauce-soaked eggs, and seaweed in the long-simmered thick and rich broth.

To curb the craving, I chose Menyamatsuri(메야마쯔리), a ramen chain store nearby that serves up Hakata tonkotsu-style ramen.

The restaurant has sectioned seating with plastic partitions, so I

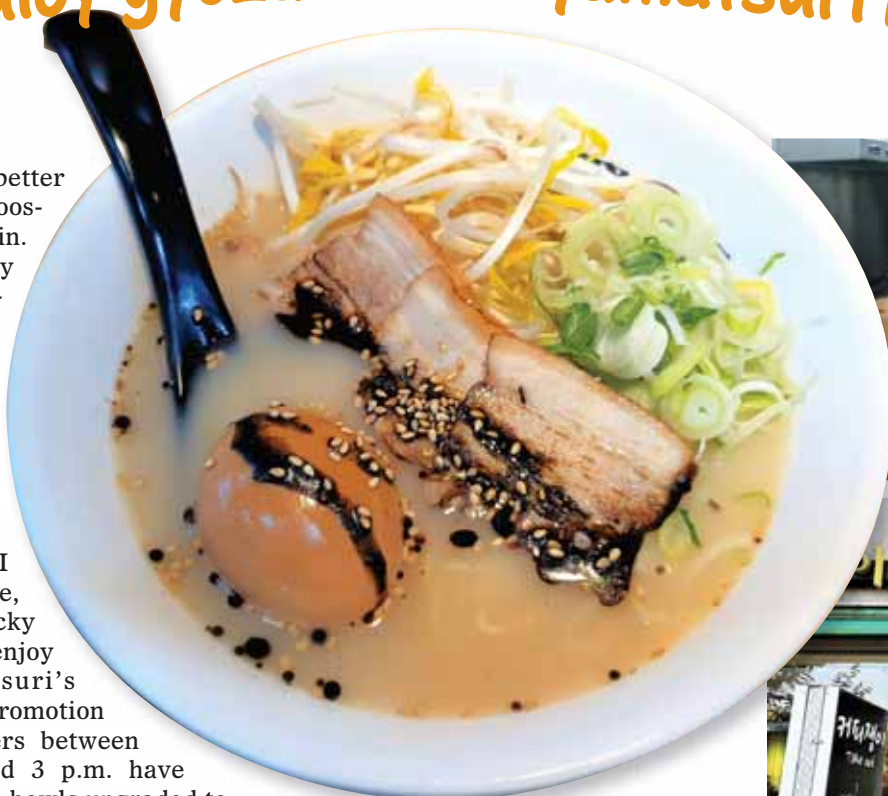
felt a little better about choosing to dine in. Though they offer take-out, I was worried my ramen would be ice-cold by the time I got home.

While I was there, I was lucky enough to enjoy Menyamatsuri's limited promotion where diners between 11 a.m. and 3 p.m. have their ramen bowls upgraded to a large size for free! I opted for tonkatsu ramen for 8,500 won (\$ 7.10) and six pieces of gyoza dumplings for 4,000 won.

While I waited for my order, I overheard the owner and a customer talking about his regulars from Camp Humphreys. The restaurant definitely gave off a hole-in-the-wall, homey feel and the

friendly owner and waitstaff created an atmosphere where they connected with their customers.

Soon, my ramen arrived, and I was slurping up the warm broth. Though I usually love thick broth, the one at Menyamtsuri was on the lighter side. The Japanese braised pork belly was a bit thin and a bit tough, not soft. And the noodles were disappointingly undercooked. Thought my meal was not bad, it also was



Photos courtesy of Menyamatsuri



NAVER MAP

ADDRESS: # NAVER map pin <http://naver.me/54V8XdcM>
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HOURS: 11 a.m. to 8:30 p.m. (Closed on every Monday)
PHONE: 0507-1319-3236

dumplings. Any complaint was forgotten with each bite of these delicious morsels!

If you're expecting authentic Japanese ramen, Menyamatsuri is not the place. But if you want a quick, hearty meal close by, the localized version here is great for the portions and price. Visit for the ramen, but don't miss the gyoza while you're there!

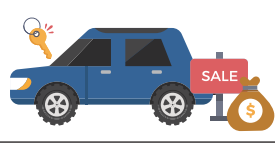
not overwhelmingly tasty. What truly saved this meal were the juicy, flavorful gyoza

kim.chihon@stripes.com

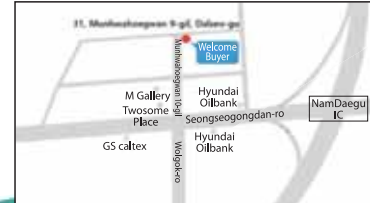


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5 best frozen dumplings to buy at Korean grocery stores

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.

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Please refer to the U.S. Embassy website at

<https://kr.usembassy.gov/embassy-consulate/jobs/>

for details.

Submit Application by February 7, 2022

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.



Pulmuone yalpi mandu

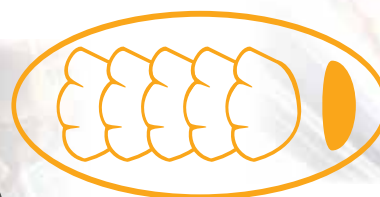
These dumplings appeared on shelves in early 2019 and have grown to become big sellers. The secret to Pulmuone's success is the generous filling and chewy, delicate wrapper. At 0.7mm thick, the wrapper on these dumplings is the thinnest on the market.

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.



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.

kim.chihon@stripes.com

Korean chopsticks bring the metal, not the poison

BY CHIHON KIM,
STRIPES KOREA

Since their invention in ancient China more than 3,000 years ago, chopsticks have been widely used in Asian countries. In South Korea, “jeotgarak” means chopsticks.

Being an important tool for dining, Koreans learn to use “jeotgarak” as infants. Koreans consider the handling of chopsticks a necessity for good table manners, and for children and adults alike, table manners are very important. This even extends to the manner in which the chopsticks are presented in the table setting: in Korea they are placed vertically on the table.

Growing up, I remember my father teaching me how to pick up black beans he had scattered on the table with only chopsticks. I also remember getting scolded for sticking chopsticks straight into



File Photo



rice. Same as in Japan, this is a no-no as it resembles a funeral tradition.

Whether you’ve mastered the art of chopsticks back home before coming to Korea or not, you’ve probably noticed that the chopsticks here are a little different than what you’re used to.

In Korea, chopsticks come in a variety of metals or stainless steel. Though the reason behind this is often debated, it is believed that Korean royalty first introduced silver chopsticks as a way to detect poison in their food. It was thought the metal would change color if the food was, in fact, poisoned. Later, brass and iron chopsticks would gain popularity amongst non-royals.

Diners will also find spoons with long handles accompany the chopstick set. In Korea, when it comes to rice and soup dishes, the

spoon reigns king; chopsticks are used for the sides. Suejo is the term for refers to the chopstick and spoon set. “Suejo” is a play on the Korean word “sut-garak” for spoon and “jeotgarak” for chopsticks. But be careful! Using both simultaneously is considered

Speakin' Korean

Po-keu jom ju-si-ge-sseo-yo?

- I will use chopsticks.
Jeo-neun jeot-ga-ra-geul sa-yong-ha-kke-yo.
- These are metal chopsticks.
I-geon soe jeot-ga-rak-i-e-yo.
- I'm used to wooden chopsticks.
Jeo-neun na-mu jeot-ga-rak-i ik-suk-hae-yo.
- I need to practice using them.
Jeo-neun jeot-ga-rak-jil yeon-seub-eul hae-ya hae-yo.
- Can I have a fork, please?
Po-keu jom ju-si-ge-sseo-yo?

unsightly and rude.

In Korea, we love to share our food, so our chopsticks are slightly longer, making it easier to share dishes and reach across the table for that last piece of juicy bulgogi.

Since metal tends to be a little slippery for picking food up, the chopsticks in Korea come flat, rectangular and rough at the ends for good gripping purposes.

Despite all the scolding and the rigorous training I had to endure, like many Westerners, I still feel uncomfortable using stainless steel chopsticks. But, at least I won't have to worry about my food being poisoned.

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in winter 

Jeju Island

The essential spots to visit in 2022

STORY AND PHOTOS BY KYLE HANEY, GLOBETROTTERKYLE.COM

Jeju Island FAQs

The 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!



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!


My pe (a

So, like paradise is much better, actually, I'm a better with better current does

But, my the highest weird, but b like hike to thing lol. If you're in go

I was for in November day, then ex of my visit. Airport (on (thanks to n Tamra rent Ready, se

Jeju Is



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

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, it's a health nut, and I'll do anything to get to a place with good air quality: the sea breeze generated by the Kuroshio is just that!

My real intention with visiting Jeju Island was to hike to the highest point in South Korea: Mt Hallasan. Maybe I'm just being able to claim that you've done very specific facts about the highest point of a specific country is kind of my thing, but if it's yours too, know that you're not alone and that you're a good company.

I was fortunate enough to visit Jeju during a 4-day weekend. My goal was to hike Mt Hallasan on my first full day. I also explored other random things on Jeju for the remainder of the trip. I had my flight booked from Cheongju International Airport (only \$120!), my hotel booked at Aimi Jeju Beach Hotel (using my Amex points!), and my rental car booked through a local car rental.

et.....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 Jindalaebat shelter, about 4.5 miles from the trailhead (~9miles 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 Jindalaebat 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?

4.5 miles later I reached the Jindalaebat 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". Classic FOMO, amiright? I tried to shake it off but the feeling lingered; I'd be lying if I said it doesn't still creep up as I think about this trip while writing about it in January 2022.

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



As 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!

Old Grandfather, Dol Hareubang, same same! Dol Hareubangs 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 Dolhareubang) 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!

Where 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.

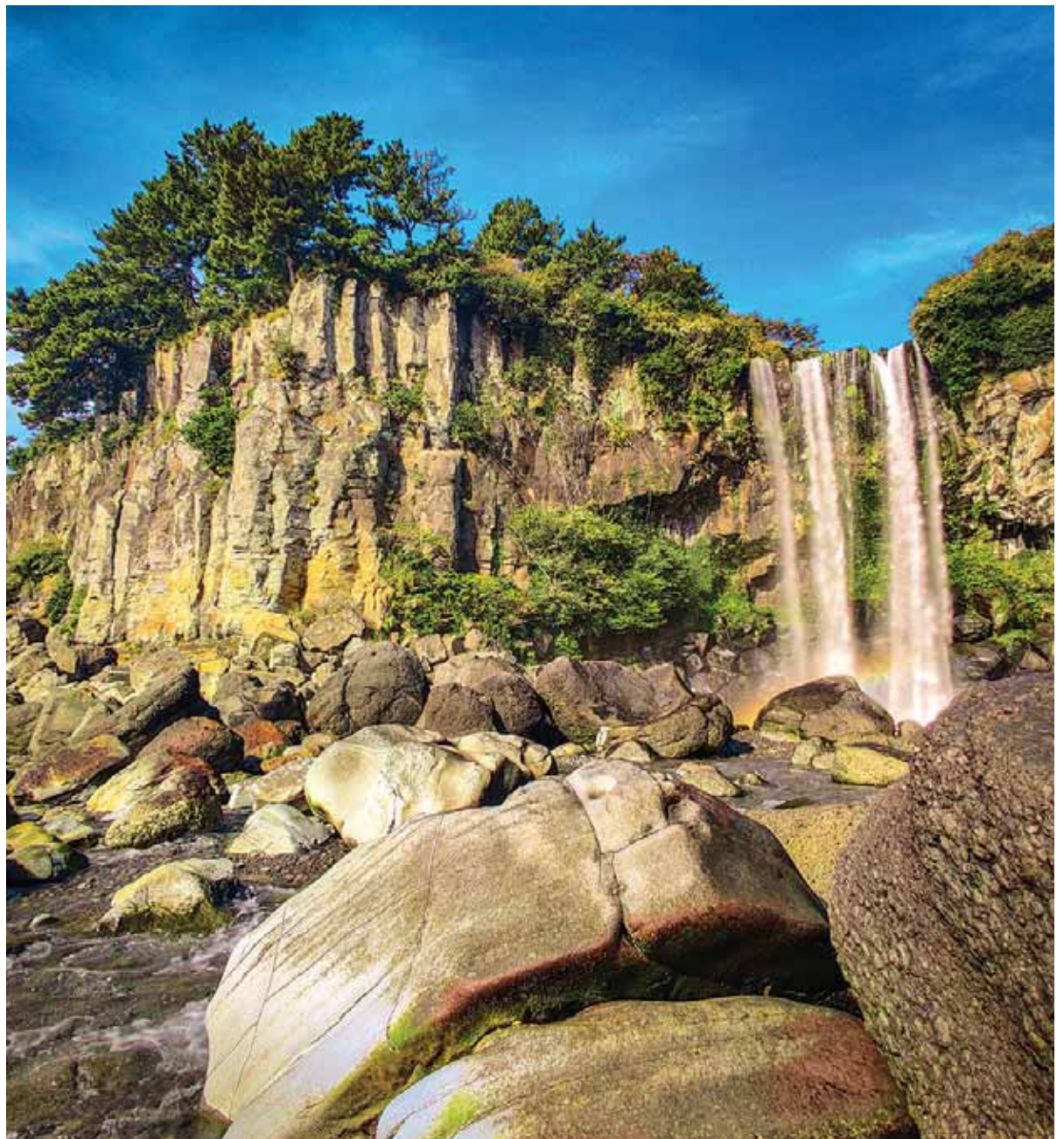
The next day (and my final day on Jeju), I made it a point to go back to the Jeongbang waterfall—I was in love at first sight. Hundreds of gallons of rushing water came plunging down over the rock face and smacked directly into a large boulder field before gently draining directly into the sea. Seagulls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



Before 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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25 FUN PLACES TO VISIT, SOCIAL DISTANCE

HAPS KOREA MAGAZINE

The Korea Tourism Organization has selected 25 non-face-to-face safe tourist destinations in the winter season where you can safely travel in winter in consideration of the gradual recovery of daily life.

A non-face-to-face safe tourist destination is a place where you can enjoy the joy of being one with nature with minimal architecture like the ancient ancestors, various historical relics from ancient times to the modern-day, and a simple station filled with beautiful poems that passengers left.

When visiting tourist destinations, it is essential to check detailed information such as whether it is open, opening hours, and how to visit in advance at the relevant local government or tourist information center, as admission is restricted depending on the social distancing stage of COVID-19.

Also, be sure to check the guidelines for safe travel in accordance with social distancing introduced on the safe travel page of the Korea Tourism Organization website.



1. Ahasan Mountain Together Forest Trail

LOCATION: Gwangjin-gu, Seoul

Take a barrier-free forest path designed to allow the elderly as well as people with disabilities to walk safely along a wooden deck with a low slope on the 820m forest path from Oullim Square to Pyeonggang Bridge.

2. Donggeum-do

LOCATION: Ganghwa-gun, Incheon

An island south of Ganghwa-do where you can enjoy the sunrise and sunset while staying overnight.

3. Gamchusa

LOCATION: Donghae, Gangwon Province

Gamchusa is a small temple consisting of 4 halls including Gwaneumjeon, Samseonggak, Yongwanggak, and Yosachae.

4. Jillomak Village

LOCATION: Paju, Gyeonggi Province

Located in Gyeonggi province, Jillomak Village is a DMZ Ecological Base Village with a clean area where you can meet winter migratory birds.

5. Gyeongancheon Ecological Wetland Park

LOCATION: Gwangju, Gyeonggi Province

Check out a variety of aquatic plants, a naturally occurring wetland inhabited by various migratory and resident birds, and a 2km walking trail that winds around the park.

6. Suanbo Footbath

LOCATION: Chungju, North Chungcheong Province

Opened in 2018 in the area of Seokmuncheon Stream, Oncheon-ri, it is composed of a variety of themes, such as a mountain bath with flagstones for walking, couples baths, and a foot bath with acupressure and massage.

7. Galcheonyaksuta

LOCATION: Yangyang-gun, Gangwon Province

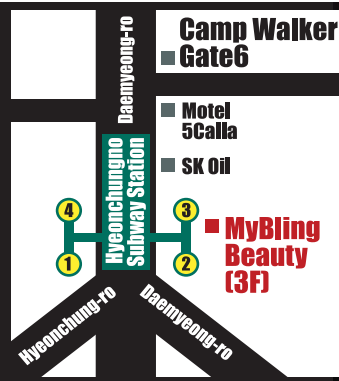
On the way to find the pure water and mineral water that springs from the Guryongryeong Valley, you pass through the dense forest, breathe in the fresh air, and meet the wonderful scenery where the cool water forms a small waterfall.

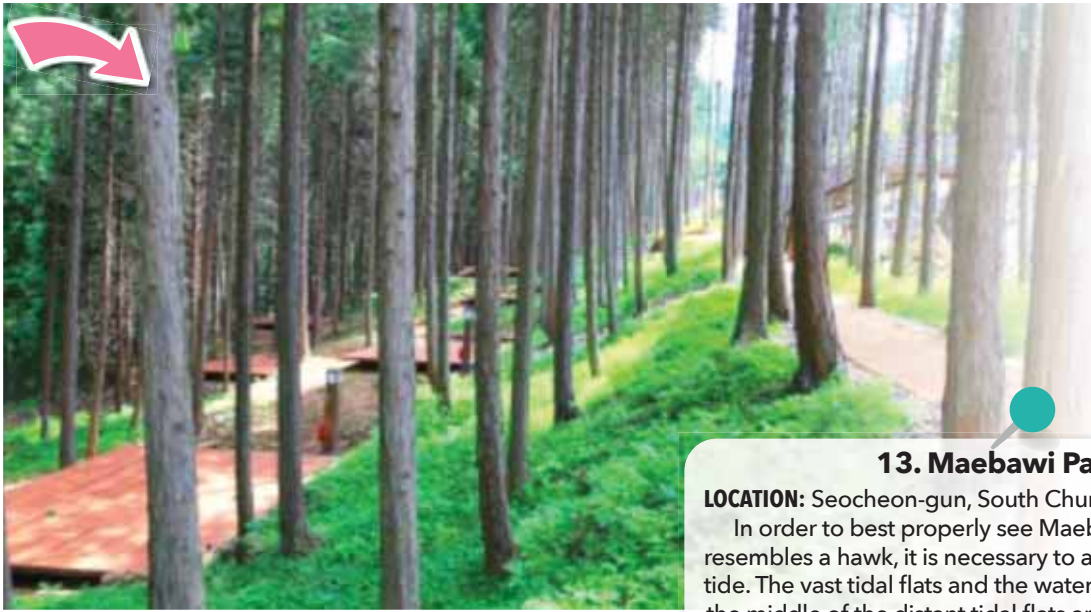


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8. Sacheon Cable Car Recreational Forest

LOCATION: Sacheon, South Gyeongsang Province
The 39.4 hectare recreational forest is described as a great place for healing your mind, especially amongst its 20 hectares of Cyprus trees.

9. Haenam Woosuyeong

LOCATION: Haenam-gun, South Jeolla Province
The site of the Battle of Myeongnyang, in which Admiral Yi Sun-sin defeated 133 Japanese ships with 13 ships during the Imjin War.

10. Bukseong-ro

LOCATION: Jung-gu, Daegu
A popular place where the cultures of the past and the present coexist with narrow alleys, old buildings, rusty iron gates. In the center of the lonely landscape, there is a tool alley.

11. Uiseong Yangban Village

LOCATION: Uiseong-gun, North Gyeongsang Province
A quiet yangban village in Uiseong that preserves tradition, culture, and the taste of a scholar. In the north, there is a cousin village where the Andong Kim clan and the Pungsan Ryu clan live together, and in the south, there is the Sanun Village, the hometown of the Yeongcheon Lee clan.



12. Naju Eupseong Fortress

LOCATION: Naju-si, South Jeolla Province
Naju-mok's Gwana Geumseongwan, Naju-moksaenaeah, and Najuhyanggyo, which are located inside and outside Naju-eupseong, show the long history of Naju. Recently, a complex cultural space that has been converted from an old house has also been built and is emerging as a new tourist attraction that anyone can enjoy.

13. Maebawi Park

LOCATION: Seocheon-gun, South Chungcheong Province
In order to best properly see Maebawi Park, which resembles a hawk, it is necessary to arrive at the low tide. The vast tidal flats and the water valleys leading to the middle of the distant tidal flats are spectacular.

14. Jangsado Sea Park

LOCATION: Tongyeong, South Gyeongsang Province
A romantic uninhabited island trip, it is an island like an observatory where you can see the blue sea at a glance. In winter, the whole island is dyed red with camellia flowers.

15. The tomb of the former King of Gonggu in Sancheong

LOCATION: Sancheong, South Gyeongsang Province
A pyramid-shaped stone tomb that was built for the last king of Gaya, according to his will.

16. Gangdong - JuJeon Haean-gil

LOCATION: Dong-gu, Ulsan
A coastal attraction in Ulsan known only to Mongdol travel experts. The harmonious sound of mongdol (pebbles) and waves is sweeter than an orchestral performance.

17. Ramsar Gochang Tidal Flat Center

LOCATION: Gochang-gun, North Jeolla Province
Gochang Tidal Flat Center is registered as a UNESCO World Natural Heritage Site. Visitors can experience everything about the tidal flats through the exhibition hall, tidal flat trails, and experience programs.

18. Yongbongsan Forest Resort

LOCATION: Hongseong-gun, North Chungcheong Province
Yongbongsan is called "Geumgangsang of Chungcheongnam-do" because the entire mountain is made of strange rocks and peaks. While hiking, the beautiful scenery unfolds as if you are encountering hundreds of Korean paintings.

19. Baksugijeong Beach and Daepyeong Port

LOCATION: Seogwipo, Jeju Island
Enjoy a coastal beach and a peaceful port of Jeju where natural beauty spreads.

20. Songrim Temple

LOCATION: Chilgok-gun, North Gyeongsang Province
Songnimsa's five-story pagoda is considered the most sophisticated among the existing pagodas. In 1959, a turtle-shaped stone slab containing relics was discovered in a temple tower.

21. Hwanggan Station Intercity Bus Stop

LOCATION: Yeongdong County, South Chungcheong Province
Hwanggan Station, which opened as a regular station on the Gyeongbu Line on January 1, 1905, is a tourist destination where the history of the railway remains intact. Now, it is considered a romantic railway station where memories are revived in harmony as a simple station with galleries and cafes.



22. Daehang Pojinji Cave

LOCATION: Gangseo-gu, Busan
Located in Gadeokdo, it is a cave that remembers the painful history of a magnificent coastal cliff. Unique sculptures and LED lights were installed in the five caves that follow the coastal deck promenade.

23. Cyprus Forest, Gonggi Village

LOCATION: Wanju-gun, North Jeolla Province
The cypress trees, which the villagers started planting in 1976, became a dense forest. You can take a forest bath while breathing in the fresh air on the trail between the forests. After appearing in the 2011 movie "War of the Arrows", the number of people visiting has increased dramatically.

24. Dasan Chodang Baekryeonsa Road

LOCATION: Gangjin-gun, South Jeolla Province
The camellia flowers are beautiful in winter for 1.3 km from Dasan Chodang to Baekryeonsa. This is a beautiful forest road that connected Dasan Jeong Yak-yong and Hyejang.

25. Chuknyeongsan Cypress Forest

LOCATION: Jangseong-gun, South Jeolla Province
A cypress forest full of phytoncides was also selected as one of the 100 most beautiful roads in Korea. You can enjoy forest bathing in the picturesque forest or enjoy the scenery of the cypress forest.

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'HITTING MUNG'

In stressed-out South Korea, people are paying to stare at clouds and trees

STORY AND PHOTOS BY
MICHELLEEE HE E LEE,
THE WASHINGTON POST

Tucked away in a side street near an urban park named Seoul Forest is a tea shop that barely seats 10. Here, you can't talk. Your phone must be on silent. No shoes allowed.

The rules have one aim. Relax. Just space out.

As South Koreans enter the living-with-corona phase of the pandemic, some are easing back into social life by visiting public spaces where they can be alone and do very little. Nothing is the new something in South Korea as people desperately seek refuge from the pressures of living as functioning adults in a global pandemic in a high-stress and fast-paced society with soaring real estate prices and often-grueling work schedules.

At a Space Out Competition this year, competitors sought to achieve the lowest heart rate possible while sitting in a "healing forest" on the southern island of Jeju. The contest has spread internationally since it began in 2014, including to Hong Kong and the Netherlands.

And the concept is seeping out into a handful of public spaces in South Korea. This month, theaters throughout the country premiered a movie simulating a 40-minute plane ride above and through clouds. Tickets for "Flight," a project backed by Megabox, a major movie theater company, are just under \$6. A tagline reads: "Take a brief rest through the fluffy clouds."

It's a sequel to a movie released this spring, "Fire Mung": 31 minutes of footage of a burning campfire.

Such spaces and experiences are not quite a mainstream phenomenon, but researchers say they tap into the growing sentiments of feeling trapped and lonely in Year 2 of pandemic life.

Yoon Duk-hwan, a consumer trends researcher and co-author of the annual book "Trend Monitor," said he expects the



A group of customers enjoy sitting in silence at "Green Lab," a cafe where people can find refuge from the stresses of daily life.

relaxation escape to become a trend as the public grapples with the endemic phase of the pandemic.

"It's difficult to cope with feeling both trapped and lonely at the same time," Yoon said. "They want the space where they're alone to be somewhere else other than their home. ... Until the pandemic situation is dramatically improved, we expect this trend to continue."

Spacing out is known in Korean as "hitting mung," a slang usage of the word "mung," to describe a state of being totally zoned out. (In this case, "mung" describes a state of blankness.) With the weather change this fall, now popular are the terms "forest mung" and "foliage mung," meaning spacing out while looking at trees or foliage. There's "fire mung," or spacing out while watching logs burn, and "water mung," being meditative near bodies of water.

Cafes like Green Lab, the shop near Seoul Forest, have been featured in local media reports and have enjoyed a steady stream of visitors throughout the pandemic by offering spaces to heal and



Customers receive their teas, baskets of flowers and stationery so they can take a break from daily life at "Green Lab".

"hit mung." Over tea, customers can read, write poetry, meditate or simply stare out at the trees.

Green Lab opened just before the pandemic with a concept called "ritual," an emerging trend that encourages a daily practice of self-care. Until recent months, customers were unaccustomed to the idea of visiting a shop just to enjoy their own company. But nowadays, the three time slots offered every day are snatched up quickly, with little room for walk-in customers, said Bae Hyun, an employee.

"It's so hard to find spaces in Korean society where it's acceptable to do absolutely nothing," Bae said. "People seem to be finding more interest in this, though I think it will take some more time for it to become widely popular. As people's daily lives change in the pandemic; they have become more familiar with the concept."

On a recent weekday afternoon, Jung Jae-hwan, 38, took a

group of colleagues to the shop. As the head of a skin-care brand, Hygge, Jung said he had been looking for ways to find peace as he hustles in an intensely competitive business world. He has tried Pilates and yoga but wanted to find a place that would require him to do nothing - and ended up at Green Lab.

"I wanted to be able to press the stop button and take a moment for myself, but I feel like I constantly have to do something," he said.

"In this space, the rule is that I must do nothing," he said. "It made space in my brain. I even read a book, enjoyed the smell of diffusers, looked at flowers, wrote poetry. I started getting new ideas, one by one, and I felt so refreshed."

One of his colleagues, Ahn Areum, said she had heard of the Space Out Competition but didn't know such shops existed. She was eager to check it out and said she had been looking for

ways to cope with her pandemic anxieties and daily stresses.

"I've been so tired, and I don't even have time to space out. After work, I go home, and I have to do housework, and then I barely have 30 minutes to an hour before I need to sleep. I spend that time on my phone. So with a space like this, I can actually focus on taking a break," said Ahn, 32.

Similar spaces have opened in other parts of the country.

At a Jeju cafe named Goyose, the upstairs area is designated by reservation for people to spend time alone. The cafe provides stationery so that you can write letters to yourself over coffee and dessert. According to local media reports, a cafe in the southern coastal city Busan offers a "fire mung" area where people stare at a screen showing a video projection of a campfire.

On Ganghai Island, off South Korea's west coast, a cafe named Mung Hit also offers no-activity relaxation areas. In one section is a single chair facing a mirror for anyone who wants to sit and stare. There are nooks for meditating, reading, sitting by a pond or the garden, or enjoying mountain views. No pets or children are allowed.

The cafe opened in April 2019 with the goal of providing a "self-healing space," and it drew many visitors once the pandemic hit, said Ji Ok-jung, the manager.

"Hitting mung" is a concept of emptying your heart and your brain so that you can fill them with new ideas and thoughts. We opened because we wanted to create a space for people to do just that," Ji said.

"It's a place where people can heal themselves. It's something only you can do for yourself, not something someone else can do for you, and we wanted to facilitate that for everyone exhausted by the demands of modern life," she said.

Ta Jung Kim, 32, found the cafe online and recently visited it to get away from the city. There were other visitors, but she found enough nooks to be alone with minimum contact with others and to clear her head.

"As I sat there, secluded and relaxed, taking in the view and drinking coffee, I couldn't help but space out," she said. "I felt so comforted, and I felt like my heart opened up. The busy thoughts in my head disappeared, and I came back with a more positive outlook."

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Stripes Sports Trivia

If you watched the ESPN documentary "The Last Dance," you heard from countless ex-Michael Jordan teammates, including the only player to win all 6 titles with him in Scottie Pippen. Although Pippen never won a title without MJ, he made the playoffs every year except his final. What team did he play for that season?

Answer

Chicago Bulls

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Crossword by Margie E. Burke

ACROSS

- 1 Ward of "CSI: NY"
- 5 High-class tie
- 10 Ness, e.g.
- 14 Plumbing problem
- 15 Future fungus
- 16 Forest ox
- 17 FEMA function
- 19 Whine like a cat
- 20 Get choppers
- 21 Marshmallow roaster
- 23 Lookout point
- 25 Feels achy
- 26 Bottom line
- 29 Scatter, as doubts
- 32 On the sidelines, maybe
- 35 As yet unscheduled: Abbr.
- 38 Wind instrument
- 39 Jaguar's kin
- 41 "Love ___ neighbor"
- 42 Overly strict
- 44 Like lemonade
- 45 Engine parts
- 46 Sorority letter
- 49 Woodworking machine
- 52 Eastwood thriller, "___ Power"
- 55 Muppets creator
- 59 Genuine
- 60 Paint solvent
- 62 Shopper's mecca
- 63 Up and ___
- 64 Gasoline brand
- 65 Shot, for short
- 66 Redhead's dye
- 67 Bank holding

DOWN

- 1 "Beat it!"
- 2 Choice word
- 3 Misplace
- 4 Rabble-rouser
- 5 Daisy-like flower
- 6 Chic getaway
- 7 Swelled head
- 8 Boat in "Jaws"
- 9 Be full of
- 10 Like some orders
- 11 Studio "quiet" sign
- 12 Trial locale
- 13 Alan and Nathan
- 18 Talking Heads hit, "And ___ Was"
- 22 Carbolic acid
- 24 Proof of age, perhaps
- 26 Old fool
- 27 "That hurt!"
- 28 Legal postponement
- 30 Glass ingredient
- 31 Whitman, for one
- 33 CPA's type of year
- 34 Social starter
- 35 Mexican fare
- 36 Partner of born
- 37 Uses an abacus
- 40 Part of PG
- 43 Airplane wing flap
- 44 Historic Harlem theater
- 46 Cosmic payback
- 47 At right angles to the keel
- 48 Sacred song
- 50 Letter before iota
- 51 Farm layer
- 53 Four Corners state
- 54 Lipstick holder
- 56 Voice of the iPhone
- 57 A single time
- 58 Kind of sign
- 61 Bit of wordplay

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DID YOU KNOW?



In South Korea, coin karaoke is very popular among young people. It works like a vending machine, where you can sing one or two-song by inserting 500 won (or \$0.04) or paper money.

Hangul of the week

사랑
sarang (love)

Language Lesson

Do you want to take a shower?

Sya-wo ha-sil-lae-yo?

Answers to Previous Crossword:

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

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

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

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