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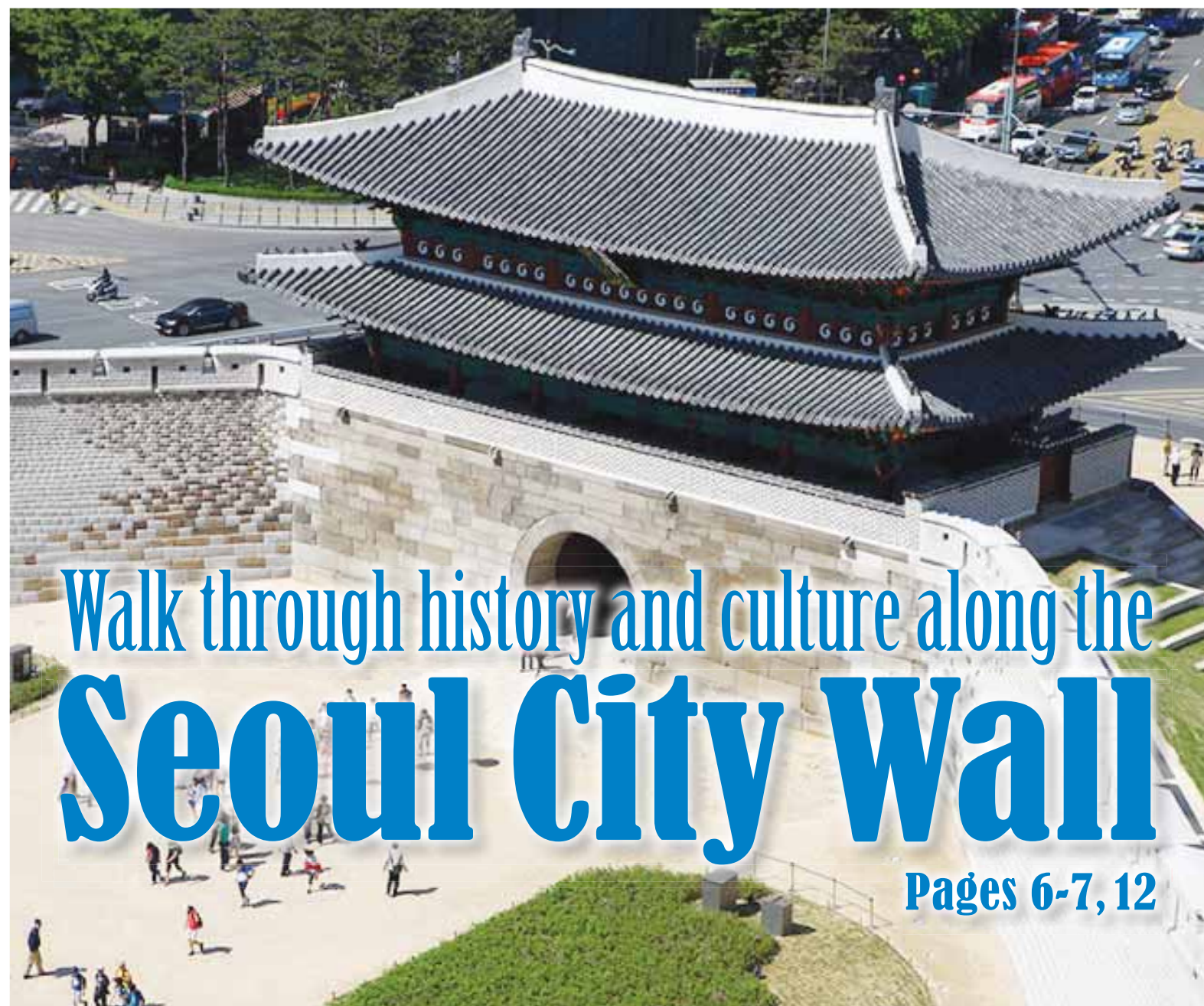
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Walk through history and culture along the
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Shooting the move: PCS season is a gamble

It's that time of year again, when thousands of military families box up their lives and throw the dice. Unfortunately, moving is a gamble. No matter how much you plan and prepare, something always gets lost, stolen or broken. You can only hope that it's that ugly microwave cart that you've always hated.

Our first mover's name was "Rusty," a swarthy old truck driver who had seen many a move. Over lunch, he sat on the hydraulic platform on his rig telling stories. "Even back in my drinkin' days," he boasted with a mouthful of ham and cheese, "Never had a late delivery. Why, one time after a fifth of Wild Turkey, I drove from Mississippi clear into Texas and had absolutely no recollection of it."

As we watched him drive off with our priceless belongings, we prayed that he would stay off the sauce.

The next two moves were without incident, but our moving luck began to shift during our move from England to Virginia. Our English movers were friendly mates, requesting fish, chips and lager for lunch. They ate at our kitchen table with us like one big happy family. At the end of the day we bid them "tarah" with warm smiles, and they drove away with our neatly packed belongings.

The Meat and Potatoes of Life

Lisa Smith Molinari



Only later did we realize that they'd "nicked" our telly.

With a toddler and a new baby, we bought our first house in Virginia and scheduled a "full unpack." When the truck arrived (two hours late), I asked the foreman, "We'll cover lunch ... does your crew prefer sandwiches or —"

"We'll take fried chicken, biscuits, gravy, mashed potatoes and sweet tea," the foreman interrupted. Envisioning disgruntled movers breaking my Polish pottery, I spent a small fortune at the local deli filling their demands.

During lunch, a crew person introduced himself. "Hello Ma'am, I'm Mohammed. Today's Ramadan — would you mind if I found a quiet place to pray somewhere here today?"

"Of course," I said. "Mi casa es su casa!"

Later that afternoon, my arm was numb from carrying the baby. Needing a private place to get her down for a nap, I laid down with a blanket and a baby monitor in the spare bedroom's

well-ventilated closet, closed the door and began nursing. Ten minutes later, she'd drifted off to sleep, when I heard the spare bedroom door open, and a rhythmic chant began. Peeking through the closet door slats, I saw Mohammed, kneeling and deep in prayer.

"What should I do?" I thought. "Walk out of this closet and surprise him, or wait it out with the baby?" In the end, my naptime freedom outweighed Mohammed's sacred privacy.

"Howdy, Mohammed!" I popped my head out of the closet. "I'll just scoot on out of here and leave you in peace. Toodle-oo!"

Years later, we were naively hopeful for a problem-free move to Germany. After supplying doughnuts, coffee, lunch, cold drinks, storage bags, markers and tape, I watched out a window in horror. A crew member formed a little hammock with his shirt and filled it with nuts and bolts from our disassembled bicycles. He carried them over to the truck, and threw them

into a wooden crate between furniture and boxes.

I ran outside and protested, reminding him of the baggies I gave him for this purpose. "Trust me, Ma'am," he replied. "When you get to your new place, just shake the paper at the bottom of the crate out. You'll see, all the pieces'll be there."

Of course, they were not.

Two years after my husband's irreplaceable military Challenge Coin collection was stolen during our move to Florida, we arrived in Rhode Island, home to the Patriarca Mafia Crime Family and its boss, Anthony "Spucky" Spagnolo. With one of the highest percentages of Italian-Americans, the tiniest state's unofficial motto is "I know a guy." So, it shouldn't have come as a surprise when our moving crew "lost" Francis' expensive cross-training bicycle and our Persian living room rug.

Chances are, something will go wrong during PCS moves, so should we stop planning and preparing? Of course not. Take the gamble, but take comfort that one thing's for certain: That ugly microwave cart will always survive.

Read more of Lisa Smith Molinari's columns at: themeatandpotatoesoflife.com and in Lisa's book, *The Meat and Potatoes of Life: My True Lit Com*. Email: meatandpotatoesoflife@gmail.com

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Cookin' Korean

KOREA TOURISM ORGANIZATION



Yangnyeom Chicken

Fried chicken is seasoned in a special sweet and spicy gochujang (Korean red chili paste) sauce. Sweet and spicy yangnyeom chicken is perfect with a cold can of beer.

INGREDIENTS

- 1 kg whole chicken
- (Chicken seasoning: 3 tbsp cooking wine
- 2 tbsp ginger juice
- 1 tsp salt
- 1 tsp black pepper (or marinate in milk))
- 1/2 cup flour (add pinch of salt)
- 1/2 cup potato starch
- 2 tbsp crushed peanut or almond (opt.)
- 1 liter vegetable oil

SEASONING

- 6 tbsp water
- 6 tbsp corn syrup
- 4 tbsp soy sauce
- 5 tbsp ketchup
- 4 tbsp strawberry jelly
- 4 tbsp Korean chili paste
- 3 tbsp onion juice
- 2 tbsp sugar
- 1/2 tsp black pepper

MAKING

- 1** Remove unwanted fat and cut chicken into 8 pieces (smaller if preferred). Score drumstick and breast and season. Set aside for about 20 minutes. (Lightly scoring chicken, reduces frying time.)
- 2** Combine flour and potato starch, then add chicken. Make sure chicken is evenly powdered. (You can put chicken and flour mixture in large ziplock bag and shake.)
- 3** Make seasoning.
- 4** When oil is hot enough (180°C), fry chicken until lightly brown. Slightly cool and drain oil from chicken, then fry again until golden brown.
- 5** Cook **3** in a deep pan over medium heat for about 5 minutes.
- 6** Add **4** and quickly cook on high heat, coating each piece. Garnish with crushed peanut or almond.



Dakgalbi

Boneless chicken is marinated then cooked with plenty of vegetables. Dakgalbi is a specialty of Chuncheon, a city in Gangwon-do that became popular after being featured in the popular Korean drama "Winter Sonata."

INGREDIENTS

- 150g chicken breast (may sub. with other parts)
- (Chicken seasoning: 1 tbsp cooking wine, 1 tsp ginger juice, pinch of black pepper (or marinate in milk))
- 50g carrot
- 30g cabbage
- 50g sweet potato
- 50g onion
- 30g leek

MARINADE

- 200ml water
- 3 tbsp Korean chili paste
- 2 tbsp corn syrup
- 2 tbsp soy sauce
- 2 tbsp crushed garlic
- 2 tbsp cooking wine
- 1 tbsp curry powder (opt.)
- 2 tsp Korean chili powder
- pinch black pepper
- 1 tsp sesame oil
- 1 tsp sesame seed

MAKING

- 1** Season chicken (about 5 to 7cm chunks) and set aside for 30 minutes.
- 2** Thinly slice carrots, cabbage, sweet potatoes, onions, and leek.
- 3** Make marinade. (CLOCKWISE ► Korean chili powder, black pepper, sesame oil, curry powder, corn syrup, sesame seeds, Korean chili paste, crushed garlic, cooking wine, soy sauce, water)
- 4** Marinate **1** in **3** for about 1 hour.
- 5** In an oiled pan, cook **4** on high heat. When chicken is about half done, add **2** and cook for another 5 minutes. Sprinkle sesame oil and sesame seed before serving.





Sundubu jjigae

Sundubu jjigae can be cooked spicy with chili powder, or as a clear soup. Either way, it will be just as tasty and easy on the stomach.

INGREDIENTS

- 1/2 pack soft tofu
- 60g clams
- 50g squid
- 50g cocktail shrimp
- 1/2 green pepper
- 1/2 red pepper
- 20g leek
- 1 egg

SEASONING

- 400ml clam or beef stock
- 1 tsp soy sauce
- 1 tsp Korean chili powder
- 1 tsp hot chili oil
- 1 tsp cooking wine
- 1 tsp crushed garlic
- pinch black pepper
- 1/4 tsp salt (opt.)
- 1 tsp sesame oil

MAKING

- 1 Cut soft tofu to 5cm chunks.
- 2 Thoroughly clean seafood and drain. Cut squid about 2cm wide.
- 3 Slice green pepper, red pepper and leek diagonally 1cm wide.
- 4 Make seasoning.
- 5 Boil 4 in steep pot. Add 2 and cook on high heat. In a small bowl, beat egg and add leeks, then pour in stew while stirring. When egg is cooked, add sesame oil and serve.



Kimchi jjigae

Spicy kimchi stew is one of Korea's most favorite dish. For a delicious pot of kimchi jjigae, make sure your kimchi is well ripened.

INGREDIENTS

- 150g ripe (sour) kimchi
- 80g pork (recommended: neck fillet)
- 20g green onion
- 1/4 onion
- 100g tofu
- 800ml water
- 50ml kimchi juice (opt.)

SEASONING

- 1 tbsp sesame oil
- 1 tsp Korean chili powder
- 1 tsp crushed garlic
- 1 tsp sugar 1 tbsp vegetable oil

MAKING

- 1 Cut kimchi about 2cm wide.
- 2 Cut pork into bite size chunks (0.7cm x 2cm x 3cm) and rinse in cold water.
- 3 Slice green onion diagonally. Cut onion in half, then slice. Cut tofu into 1.5cm cubes.
- 4 Make seasoning and mix with 1 & 2.
- 5 In an oiled pot, cook 4 on high heat for about 5 minutes. Add 600ml of water and boil for 20 minutes. When pork looks to be cooked, add 3 and remainder of water and boil for another 10 minutes on medium heat.



Kimchi bokkeumbap

This is one of the many dishes that can be made with kimchi. Since every Korean household is bound to have a container of kimchi, kimchi fried rice is one of the easiest Korean foods to make.

INGREDIENTS

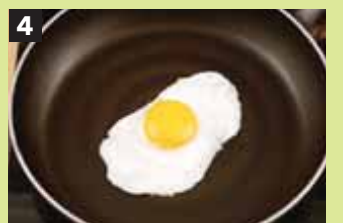
- 150g rice
- 150g ripe (sour) kimchi (seasoning: 1 tsp sugar, 1 tbsp sesame oil and pinch of black pepper)
- 50g ground beef (sub.: pork, shrimp, squid, or any other meat)
- 1 egg

CONDIMENTS

- 3~5 tbsp vegetable oil
- 1 tsp sesame oil
- 1 tsp sesame seeds

MAKING

- 1 Finely chop kimchi and marinate in seasoning for about 5 minutes.
- 2 In a skillet, cook ground beef and pre-seasoned kimchi for about 5 minutes.
- 3 Then add rice and cook on medium heat for about 7 to 8 minutes mixing ingredients well. Add sesame oil and sesame seeds before turning off heat.
- 4 Make sunny-side-up egg.
- 5 Serve kimchi fried rice topped with egg.

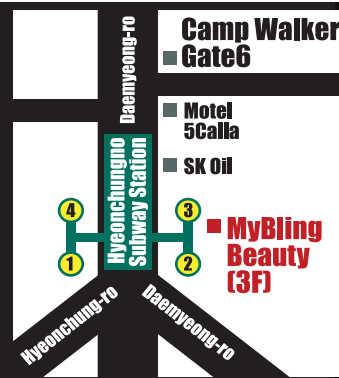


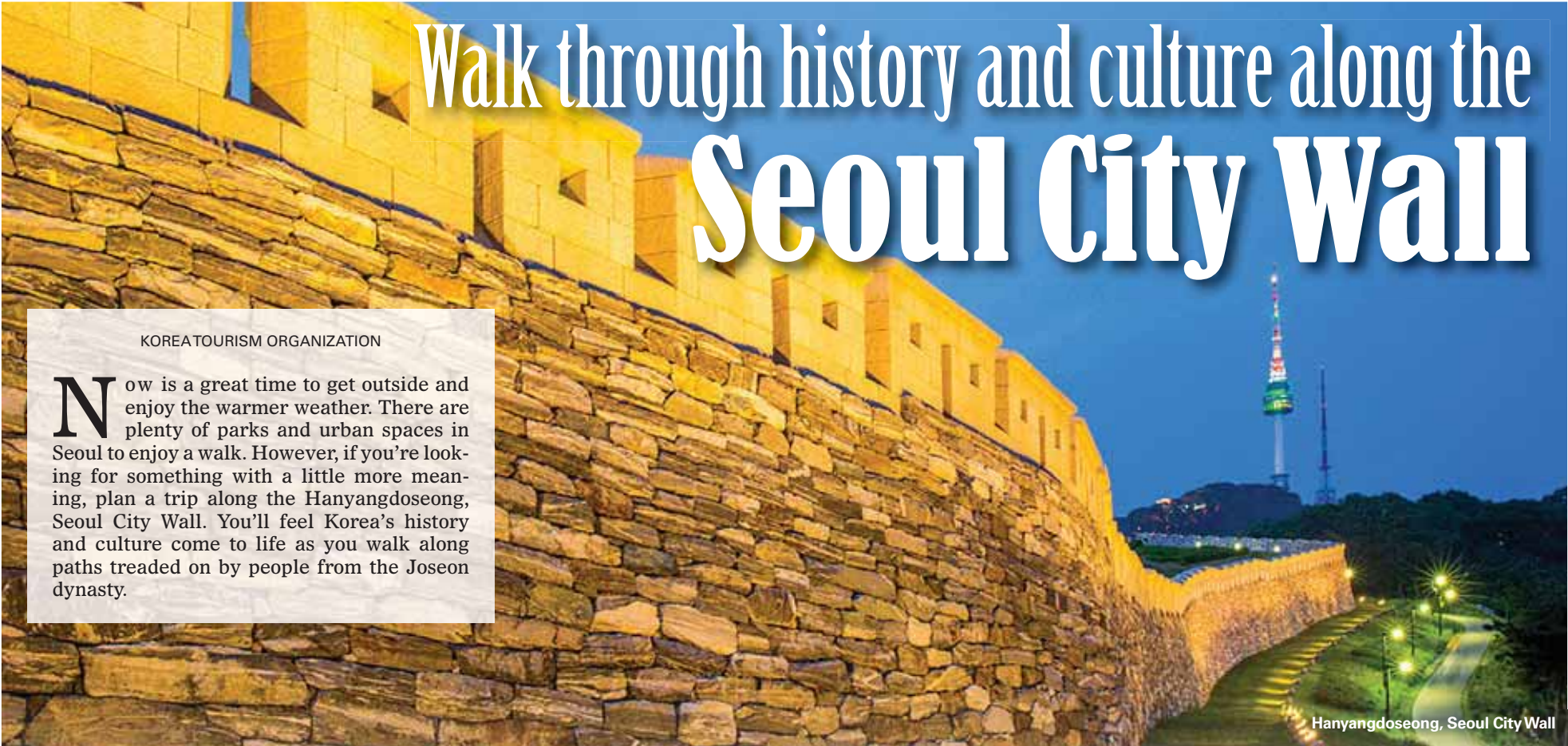
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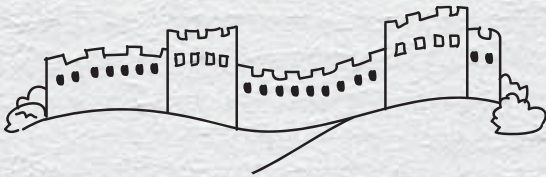
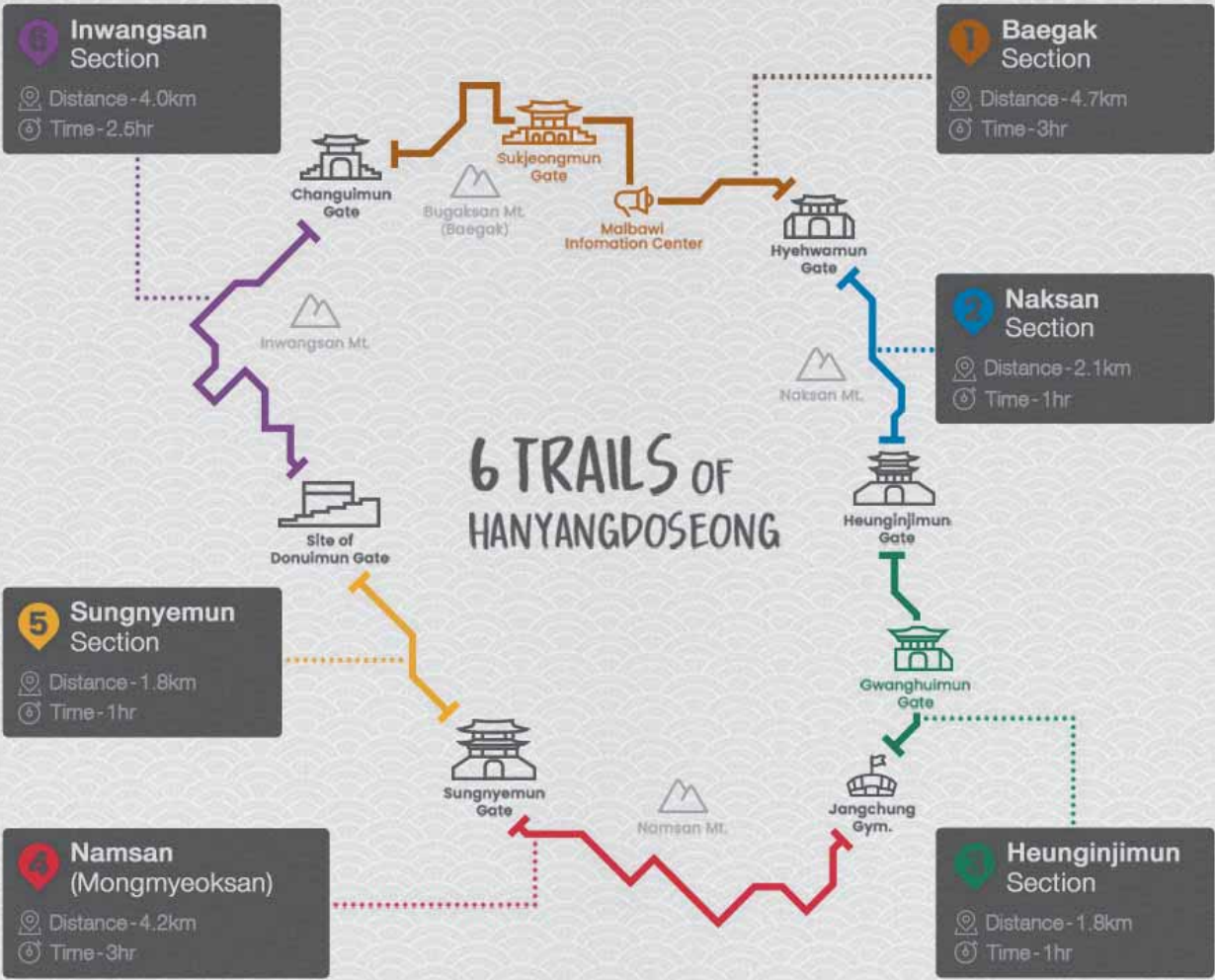




KOREA TOURISM ORGANIZATION

Now is a great time to get outside and enjoy the warmer weather. There are plenty of parks and urban spaces in Seoul to enjoy a walk. However, if you're looking for something with a little more meaning, plan a trip along the Hanyangdoseong, Seoul City Wall. You'll feel Korea's history and culture come to life as you walk along paths treaded on by people from the Joseon dynasty.

Hanyangdoseong, Seoul City Wall



Baegak Section

The Seoul City Wall was built to protect the capital city of the Joseon dynasty, then called Hanyang. This 18.6-kilometer-long wall follows the ridges of Inwangsan, Baegaksan (Bugaksan), Naksan, and Namsan Mountains. The wall can be walked along the six trails of Baegak, Naksan, Heunginjimun, Namsan (Mongmyeoksan), Sungnyemun, and Inwangsan Sections.

COURSES

- Sungnyemun Section: Baekbeom Square ↔ Site of Donuimun Gate (1.8 km, approx. 1 hr)
- Heunginjimun Section: Heunginjimun Gate ↔ Jangchung Gymnasium (1.8km, approx. 1 hr)
- Naksan Section: Hyehwamun Gate ↔ Heunginjimun Gate (2.1 km, approx. 1 hr)
- Namsan (Mongmyeoksan) Section: Jangchung Gymnasium ↔ Baekbeom Square (4.2 km, approx. 3 hr)
- Inwangsan Section: Site of Donuimun Gate ↔ Changuimun Gate (4 km, approx. 2 hr and 30 min)
- Baegak Section: Changuimun Gate ↔ Hyehwamun Gate (4.7 km, approx. 3 hr)

OPERATING HOURS

- Naksan, Heunginjimun, Namsan, Inwangsan Sections: Open 24 hr, all year round
- * Excluding Namsan Section between The Shilla Seoul & Banyan Tree Club (Open 9 a.m. - 6 p.m.)
- Sungnyemun Section: November-February 9 a.m. - 5:30 p.m. / March-May & September-October 9 a.m. - 6 p.m. / June-August 9 a.m. - 6:30 p.m.
- Baegak Section: May-August 7 am. - 7 p.m. / March-April & September-October 7 a.m. - 6 p.m. / November-February 9 a.m. - 5 p.m.

ADMISSION: Free

WEBSITE: seoulcitywall.seoul.go.kr (Korean, English, Japanese, Chinese)



1


Baegak Section

HARD

(4.7 km, approx. 3 hr)

The Baegak Section starts from Changuimun Gate and passes over Baegansan Mountain to Hyehwamun Gate. This section is the highest and most difficult of all the Hanyangdoseong trails, preferred by hiking enthusiasts.





Naksan Section


2

Naksan Section

EASY

(2.1 km, approx. 1 hr)

The Naksan Section is a great choice for beginners and those looking for a simple walk. The course features a simple walking trail from Hyehwamun Gate, past Naksan Mountain to Heunginjimun Gate. This section is characterized by small neighborhoods built right up against the wall.



Heunginjimun Gate


3

Heunginjimun Section

EASY

(1.8 km, approx. 1 hr)

The Heunginjimun Section starts from Heunginjimun Gate (Dongdaemun Gate) and ends at Gwanghuimun Gate. Along this trail, you can see modern attractions like the Dongdaemun Design Plaza, and enjoy shopping at Dongdaemun, Pyounghwa, or Bangsan Markets.



Namsan (Mongmyeoksan) Section

4


Namsan (Mongmyeoksan) Section

MODERATE

(4.2 km, approx. 3 hr)

The Namsan, or Mongmyeoksan, Section connects Jangchung Gymnasium with Baekbeom Square. The full course takes about three hours to walk, but you won't have time to feel bored with all the things to see along the way. The highlight of this course among tourists is walking to Namsan Seoul Tower and Namsan Octagonal Pavilion. Of course, if you want to take a shortcut, you can always ride the cable car.

This section is especially popular in spring and early summer, when it is vibrant with new green leaves and sprouts. The area behind Jangchung Gymnasium in particular creates a beautiful harmony between the greenery and the wall.



City wall along the Sungnyemun Section

5


Sungnyemun Section

EASY

(1.8 km, approx. 1 hr)

The Sungnyemun Section is a great way to see traces of the old wall in the new city. During the early 20th century, many parts of the city wall were damaged in the process of urbanization. However, some sections were restored, and the combination of damaged sections along with near-perfect reconstructions will leave you in awe. This section of the Seoul City Wall features many cultural assets of Korea's modern history, such as former foreign legation offices, schools, and churches.

Among the many heritages you will see along this section, Sungnyemun Gate, National Treasure No. 1, is by far the most outstanding. If you would like to start walking from the gate, the fastest way to get to the trail is by coming out of Exit 5 at Hye-hwa Station (Seoul Subway Line 4) and passing through Namdaemun Market.



Sungnyemun Gate



View of Seoul from Inwangsan Mountain

6

Inwangsan Section

HARD

(4 km, approx. 2 hr 30 min)

The Inwangsan Section is comparatively steep, but is popular for its panoramic views of the city. Walking along this trail can be made more fun by looking out for the many uniquely shaped rock formations, such as Seonbawi or Chimabawi Rocks. Coming down from the mountain, the trail passes popular attractions like the neighborhoods of Buam-dong and the hanok village to the west of Gyeongbokgung Palace.

TIP

Seoul City Wall Key Point

The stones used to build the Seoul City Wall have weathered much throughout the years. Some damaged sections were repaired, while others were entirely reconstructed. As you walk along the trail, try and see if you can spot the difference in stone quality among different sections.



Top things to

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

While Boryeong may not sound familiar to you, it isn't until you hear the name in context of its annual mud festival or Daecheon Beach, that it will start to ring a bell.

This year, the famously muddy event will not be the same and the protocol for its famous beach is also different, but Boryeong is still a lovely destination with plenty more to offer. Below are a few of the other activities which make Boryeong a place you should add to your travel list.



At Daecheon Skydiving was The experience out a legal After the to the Okn was specta and helme boarding. Take off v steep hillside mountains on e Where paraglic enjoyed the serenity safe and also easier than the butt s Did I say it was an amazing exp

What to do in Boryeong

out

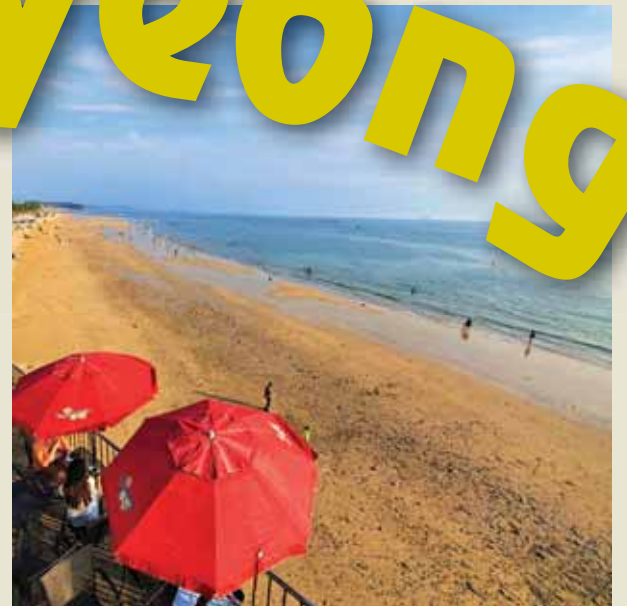


Daecheon Beach

With entertaining rides and great waterfront seafood restaurants and a magnificent 3.5-kilometer coastline, Daecheon Beach is considered a favorite summer gateway amongst Koreans.

This expansive sandy beach is a great place to spread out on and enjoy sand volleyball or sand soccer. Its close proximity to area hotels makes it an easy pick for a weekend itinerary. It is also a 10-minute taxi ride (10,000 won or \$8.32) away from the Daecheon Station and bus terminal.

■ ADDRESS: Daecheon Beach 2212-1, Sinheuk-dong, Boryeong-Si, Chungcheongnam-do, 대천해수욕장 공동주차장 <http://naver.me/5KZ5SiZQ>



Paragliding

When I had the opportunity to knock off another item from my bucketlist, it was crossed off earlier this year, and at Daecheon I tried paragliding. My experience of tandem paragliding was similar to tandem skydiving. I filled out a waiver and received a briefing from my tandem pilot, Lee Sangki. Then, other paragliders and I hopped on a truck and were transported to the Daecheon flying site at an altitude of around 600-meters high. The view was spectacular. While Lee prepared the inflatable canopy, I put on my coveralls. Then, Lee helped me into the harness and checked all of my gear before

It was much easier than I thought. After a few steps running down the hill, I was soon up in the air, the green farms below, the sea ahead and the coastline on either side of us.

Paragliding differed from skydiving was that it's much gentler and quieter. I enjoyed the landscape and the smooth travel. The paragliding landing was much easier than I experienced before.

My experience? I absolutely recommend trying this at least once in your life.

■ ADDRESS: 72, Seongjusan-ro, Boryeong-Si, Chungcheongnam-do, 충남 보령시 성주산로 72, NAVER MAP <http://naver.me/5FelhGwY>

■ HOURS: 9:00 a.m. to 7:30 (Summer season), 9:00 a.m. to 5:30 (winter season)

■ TANDEM PARAGLIDING RATES:

1. Basic Downhill course (10 min) (Standard tandem paragliding-weekdays) 80,000 won
2. Extreme Shooting course 110,000 won
3. Basic Downhill course for couples (15min) (Fly side-by-side with your +!) 130,000 won
4. Special course (over 25min) 150,000 won
5. Sunset course (Enjoy flying watching the sunset) 110,000 won

■ WHAT COMPANY NEEDS TO KNOW:

For reservation, you need to text the below information to 010-2488-4129 or by instructor's e-mail hlltal@naver.com

- Name(s) of client and phone number
- Point of departure
- Requested time & date of flight
- Number of people in group
- Weight of participant (If your weight is over 100kg, you must notify instructor for approval)

*Flight Time: 10-15 Minutes (Flight schedule can be changed depending on the weather)

*They provide a free pick up service from Daecheon Station and bus terminal.

*GoPro video & photo shooting costs extra 20,000 won and you can bring your own.

■ CONTACT INFO: 010-2488-4129, 0507-1403-8364



Speakin' Korean

Seong-in du myeong-i-yo.

- The weather is so hot recently.
Yo-jeum nal-ssi-ga neo-mu deo-wo-yo.
- What are you doing this summer break?
I-beon yeo-leum hyu-ga eo-di-lo ga-se-yo?
- Do you want to go with me to the beach?
Jeo-lang ba-da-e ga-sil-lae-yo
- That sounds like a good idea!
Joh-eun saeng-kak-i-ne-yo
- Let's try the Beach Sky Bike.
U-li seu-ka-i ba-i-keu ta-yo
- Tickets for two adults, please.
Seong-in du myeong-i-yo.
- How long do we have to wait?
Eol-ma-na gi-da-lyeo-ya ha-jyo?

SEE MORE
TOP THINGS TO DO IN BORYEONG
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FROM PAGE 9



Sky Bike (대천해수욕장 스카이라이프)



Another activity you must try at Daecheon Beach is the Sky Bike. Plan ahead as there are only two sessions per day: from 10 a.m. to 12 p.m. and 2 p.m. to 5 p.m.

I waited for about 20 minutes to get a “waiting ticket” and spent 15 minutes more until my number was called. Sometimes the tickets are all sold out earlier than its closing time, so come early and spend some time around the beach after you get the waiting number ticket.

Since this attraction requires a minimum of two riders, I asked one couple from Humphreys in the line to ride together with me. The more people in your party, the lower the ticket costs. We paid 26,000 won for three people.

Hop on and pedal on a track 15 meters above the sea and enjoy the stunning view of the West Sea. The red- and yellow-colored railroad track is automated, you can stop pedaling for a while and sit back and relax. The 40-minute round trip ride was enjoyable, and the sea breeze felt nice.

■ ADDRESS: 79, Haesuyokjang 10-gil, Boryeong-si, Chungcheongnam-do,
질라인&스카이라이프: <http://naver.me/5dxynHum>
■ PRICE: 22,000 won for two, 26,000 won for three, 30,000 won for four people



ZipTrek (zipline)

From the Sky Bike you'll notice the joyful cheers of people on the nearby zipline. I headed there next for a more accelerated adrenaline rush.

Since it's the summer holiday season, expect a bit of wait to hop on. I paid 18,000 won for my zipline ticket and spent time on the beach during the

40-minute wait for my turn. You can also buy

an entrance ticket to the observation deck from the 53-meter-high launch point, which includes free beverages and is discounted with a zipline ticket purchase. Whatever you pick to do while you wait, you'll hear your number called over the loudspeakers.

After I placed my belongings at the ticket counter, the guides got me outfitted in a harness, helmet, and the other necessary gear to launch off on the 613-meter-long zipline, which can reach speeds of up to 80 kilometers per hour.

After a quick photo with the ocean view as my backdrop, the guide counted down before launching me off the zipline platform. The ocean breeze whipped past my face, I was overtaken by adrenaline and the view of the sunset took my breath away. While it may seem a little pricey at first, it was worth every penny and I would definitely do it again.

■ HOURS: 9 a.m. to 6 p.m.
■ PHONE: 041-934-3003
■ WEBSITE: <http://www.ziptrek.co.kr/>



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Seafood restaurant

Probably one of the most difficult feats of this excursion was finding a restaurant serving Western or Korean food. There was a burger place, but it had bad reviews, so I settled on having seafood.

Most of the restaurants on the beach sell kalguksu soup or grilled clams. However, if you're traveling by yourself, bear in mind that a few do not take solo diners.

Eventually, I settled on Moa-Jogae-Gui, a seafood restaurant serving up kalguksu soup for 7,000 won. Kalguksu, or seafood knife-cut noodle soup, is a hot soup with wheat noodles literally cut by knife. In other parts of South Korea, you may find kalguksu served as a chicken soup, but here in Boryeong, you'll find the restaurants use the local seafood for this delicious soup.

My bowl was served up within 10 minutes of placing my order and I really enjoyed the flavor of this kalguksu.

- ADDRESS: 92, Haesuyokjang 4-gil, Boryeong-si, chungcheongnam-do
- HOURS: 10 a.m. to midnight, open daily
- PRICE: RANGE 40,000 – 20,000 won



UYU CHANGGO

(Café and dairy farm)



If you plan to drive down to Boryeong, Uyu changgo is a great pit stop to check out on your way to Daechon Beach. You'll find this café and dairy farm about a 1.5-hour drive from Camp Humphreys. Here, the dairy cattle wander freely on 810 acres of land.

Uyu changgo can be translated to "milk storage room," but you'll realize that this place is far from a rustic dairy barn. This milk-carton-shaped giant building is a dairy outlet featuring organic items.



I ordered their signature milk ice cream for 3,800 won and roll cake with yogurt filling for 6,500 won. The milk ice cream was simple and delicious. They also offer a milk and chocolate swirl cone for 4,100 won.

The roll cake with gooey and sweet yogurt was really satisfying. Inside the café, you can also pick up merchandise like coffee mugs and other items.

The great thing about this farm is that there are many Instagram-worthy spots. There's also a small petting zoo area where kids can interact with calves, rabbits and goats.



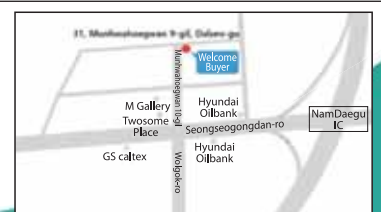
- ADDRESS: 216, Haman-ri, cheonbuk-myeon, Boryeong-si, chungcheongnam-do <http://naver.me/GMRvx4Lw> 보령유치창고
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WALL: Trails in Seoul offer vast options of things to see and do

CONTINUED FROM PAGE 7

FOR A STROLL

Naksan Section

If it is your first time walking along the Seoul City Wall, we recommend starting out with the Naksan Section. The trail is relatively flat, with few sections of mountainous terrain, making it one of the easiest courses. If you start from Hyehwamun Gate, you can also visit the Hanyangdoseong Exhibition & Visitors Center to pick up a trail map, pamphlet, and art catalogue.

The main attractions you might see while walking the Naksan Mountain Trail are Ihwa Village and Seoul City Wall Museum. Ihwa Village offers over 30 galleries, museums, and cafés in addition to many beautiful murals. Near the end of the trail, you can visit the Seoul City Wall Museum to learn about the 600-year history of the wall as well as its value as a cultural heritage.



Ihwa Village



Seoul City Wall Museum



Naksan Section

Ihwa Village

ADDRESS: Area of Naksan4-gil, Ihwa-dong, Jongno-gu, Seoul (서울특별시 종로구 이화동 낙산4길 일대)

Seoul City Wall Museum

ADDRESS: 283, Yulgok-ro, Jongno-gu, Seoul (서울특별시 종로구 율곡로 283)

OPERATING HOURS: 10 a.m. - 6 p.m. / Closed Mondays and New Year's Day
* Hours subject to change by season

ADMISSION: Free

MAIN FACILITIES: Permanent Exhibition Hall, Special Exhibition Hall, Doseong Information Center, Learning Center

WEBSITE: www.museum.seoul.kr (Korean only)



FOR A CHALLENGE

Namsan Section



Namsan Section



Jamdubong Photo Island

If you have half a day to spare, challenge yourself to complete the Namsan Section! In addition to seeing the popular Namsan Seoul Tower, you can also stop for jokbal (pig's trotters) and bindaetteok (mung bean pancake) at Jangchung-dong Jokbal Street, famous among Koreans.

Another attraction along the trail is Namsan (Mongmyeoksan) Beacon Mound Site. Previously called Gyeongbongsu, it worked as the commanding beacon for signals nationwide. Depending on the severity of the emergency, beacons situated throughout the country were used to light either smoke signals or fire to pass on the message to the capital.

Jamdubong Photo Island is a hidden attraction, located in the middle of the park around Namsan Seoul Tower. Many people just walk past without knowing it, but the Seoul nightscape from here is unparalleled. Unlike at the peak of Namsan Mountain where the view of the city is obstructed by trees, this hidden spot offers a clear panoramic view of Seoul, perfect as a photo backdrop.



Jangchung-dong jokbal



Namsan Beacon Mound Site

Jangchung-dong Jokbal Street

ADDRESS: 176, Jangchungdan-ro, Jung-gu, Seoul (서울특별시 중구 장충단로 176)

OPERATING HOURS: Varies by restaurant

SIGNATURE MENUS: Bossam 20,000 ~ 30,000 won / Gamjatang ~ 20,000 won / Makguksu ~ 10,000 won / Bindaetteok ~ 10,000 won

Namsan Beacon Mound Site

ADDRESS: 125-72, Namsangongwon-gil, Jung-gu, Seoul (서울특별시 중구 남산공원길 125-72)

OPERATING HOURS: Open 24 hr

Jamdubong Photo Island

ADDRESS: 52-1, Yejang-dong, Jung-gu, Seoul (서울특별시 중구 예장동 52-1)

OPERATING HOURS: Open 24 hr

MORE INFO: 1330 Korea Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese, Russian, Vietnamese, Thai, Malay)

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Daewonsa Valley
Yupyeong-ri, Samjang-myeon,
Sancheong-gun, Gyeongsangnam-do

HAPS KOREA MAGAZINE

As more people are taking to the countryside to escape the city, hiking around nature’s beauty and catching some fresh air in Jirisan has always been a popular option in Korea.

Daewonsa Valley Road, in Sancheong-gun, Gyeongsangnam-do is one of the less explored in Jirisan, but it provides beautiful scenery along its 3.5km trails which start from Yupyeong parking lot in Samjang-myeon to Garangip Elementary School in Yupyeong village.

The valley road, which was opened in 2018, is known for its ecological value, with a symphony of insects providing the backdrop music.

Highlights of the walk include the 58-meter Bangjang Mountain Bridge in front of Daewon Temple and the beautiful views from Yongso, which legend has it that dragons have lived for 100 years.

The valley is beautiful during all four seasons and attracts a few thousand hikers each day during the weekends.

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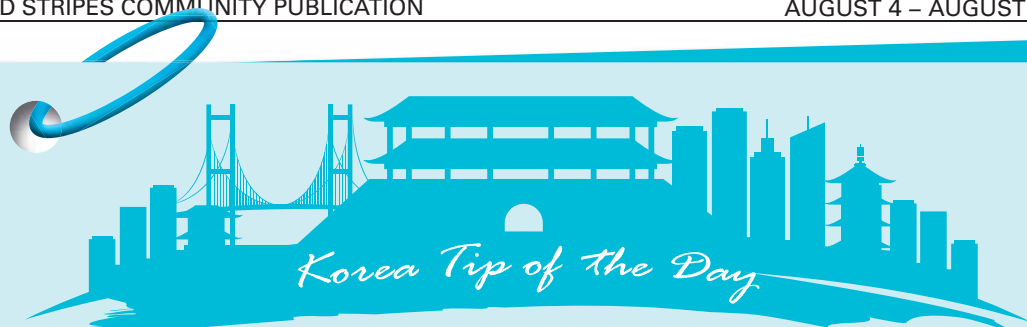
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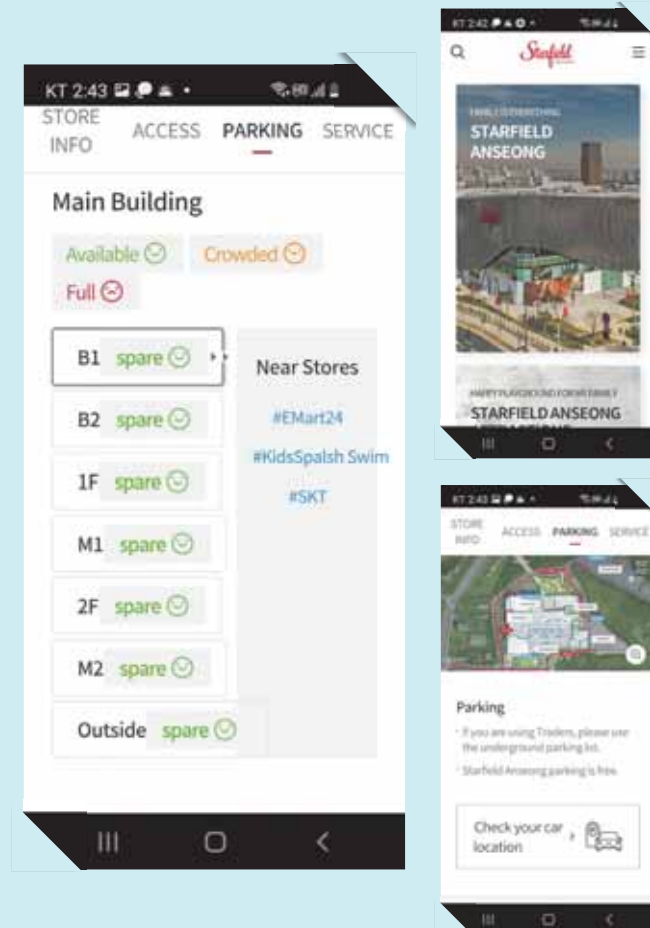
Shopping made convenient with the Starfield app

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

With the most modern facility and many options, probably Starfield in Korea is definitely a shopper's heaven. If you love to shop at the giant complex mall, you might want to download their convenient shopping app. The app works for all Starfield locations including Pyeongtaek, Hanam, Goyang, and Bucheon.

Avoid the crowds and check out the great features available right on your phone. The app will give you real-time data on parking availability. Forgot where you parked? The app also helps you track your vehicle location!

The app also provides detailed information about the over 300 shops and 70 restaurants inside Starfield. Thinking about making a trip to the mall for shopping this weekend? Check your cell phone's app store for this convenient tool to relieve some of the stress of heading to the shopping mall!



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GSA Global Supply® is now storing and delivering approximately 750 high-demand National Stock Number (NSN) items formerly stored in and shipped from the continental United States. The change reduces delivery time to a few days from weeks or months.

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Ron Easley

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Nonhyeon-ro, Gangnam-gu, Seoul, Korea

Stripes Sports Trivia

Utah Jazz legend, and fan of the short-shorts, John Stockton is the NBA's all-time leader in career assists with 15,806. Jason Kidd is second with 12,091, while six-foot-eight, 250 lb. LeBron James is currently No. 11 with 8,208. Only one active player currently sits in the top 10. Who is he?

Answer

Chris Paul

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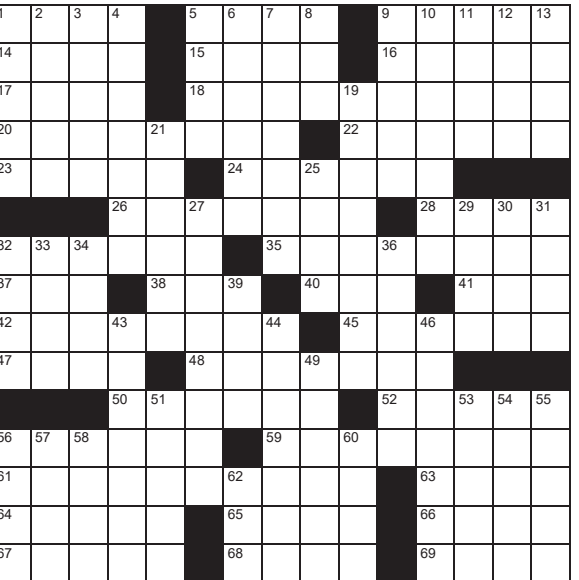
yeongwol_hot

Crossword

by Margie E. Burke

ACROSS

- 1 "Let There Be Rock" band
- 5 Wound covering
- 9 Specialized lingo
- 14 Foal's mother
- 15 Medic or legal starter
- 16 "Gone With the Wind" star
- 17 Clothes presser
- 18 Impossible to fill
- 20 Limb's partner
- 22 Cash in
- 23 Geyser output
- 24 Gas guzzler
- 26 Caustic criticism
- 28 Carry on
- 32 Galaxy rival
- 35 Picnic side dish
- 37 Salon service
- 38 Hunter's quarry
- 40 Soften, as lighting
- 41 It may be inflated
- 42 Christmas ball, e.g.
- 45 Dwell on
- 47 More or
- 48 Head wreath
- 50 Flatware finisher
- 52 Send payment
- 56 Waikiki welcomes
- 59 "Honest Abe", for one
- 61 Heartbroken
- 63 Pull one over on
- 64 Anoint, old-style
- 65 Barbie, for one
- 66 Tree of life site
- 67 Blanc et al.
- 68 Standards org.
- 69 Count (on)



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- 7 1944 film, "_____ and Old Lace"
- 8 Call to Little Bo-Boop
- 9 Visitor from afar
- 10 Library patrons
- 11 Cutting remark
- 12 Eye flirtatiously
- 13 "It's us against _____"
- 19 A million million
- 21 Slim Shady
- 25 Cape of _____ Hope
- 27 Program airing
- 29 Nautical adverb
- 30 Badgers
- 31 Rare bills
- 32 One to worship
- 33 Fiery heap
- 34 Brooding mothers
- 36 Start, as a voyage
- 39 Gut feeling?
- 43 Parking lot covering

- 44 Garden State capital
- 46 Like most models
- 49 Bay windows
- 51 Zaps in an OR
- 53 Title role for Bea Arthur
- 54 Urge onward
- 55 Itsy-bitsy

- 56 Resident of 66-across
- 57 Carson's successor
- 58 Bakery fixture
- 60 451, to Caesar
- 62 Toothpaste tube letters

Answers to Previous Crossword:

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

DID YOU KNOW?

While Kimchi is one of the best-known Korean dishes around the world, the jangdok, a kimchi container, is not as well-known as kimchi. Traditionally, the jangdok (or crock) is used for storing various sauces and dishes such as soybeans paste, red pepper paste, soy sauce, and kimchi. The breathable earthenware features micropores that allow the air to flow between the inside and the outside, making it perfect for fermenting kimchi without overflowing or explosion.

Before Korean homes had electricity and refrigerators, Koreans would bury kimchi in the ground. This prevented the kimchi from freezing and guaranteeing Koreans could enjoy flavor and crispness even in the winter. These days kimchi fridges, which keep the dish at an ideal temperature, are common in everyday use.



Hangul of the week **즐거움**
jeulgeoum (pleasure)

Language Lesson

Don't worry.

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STARS AND STRIPES

SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

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:

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

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

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