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RICE CAKE SOUP LONGEVITY IN A BOWL PAGE 4

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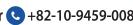
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'A well-balanced dive into Korean culture'

BY CHAPLAIN (MAJ.) CHRISTIAN BANG, SPECIALTO U.S. ARMY GARRISON HUMPHREYS

CAMP HUMPHREYS – Twenty-eight U.S. Army Garrison Humphreys Soldiers and Family members toured Asan City Dec. 4 and 5.

The event aimed to foster ready and resilient teams and strengthen the ROK-U.S. alliance through a friendship opportunity with the Good Neighbor Program of Asan.

"This two-day city tour will be a great memory for my family. This trip provided an opportunity to explore nearby destinations that could otherwise be overlooked for foreigners," said Staff Sgt. Lorenzo Gutierrez, an air traffic control equipment repairer who has been stationed in South Korea for one month. "It also provided a well-balanced dive into Korean culture by covering history, art, food, outdoor activities and shopping. We are very grateful for



Photos corurtesy of U.S. Army

the opportunity to make meaningful memories and connections."

The Asan City Hall sponsored the tour and coordinated with the garrison chaplain's office to make the event available to Humphreys service members and families.

The tour group visited Asan Oeam-Ri Folk Village, Maengssi Haengdan, and made plates out of clay at the Pottery Exhibition Hall. The participants enjoyed the Dogo World Botanical Garden and the railbike ride along the scenic rails south of the Sinjungho Lake Park.

The participants also experienced a 150-meter Asan Ecological Environment Insect Park tower, traditional market, Onyang Folk Village, and a meal at a Korean bulgogi restaurant.

The city tour was a chance for Army Soldiers and Families to share quality time together over the weekend. In addition, the event provided the Soldiers and their Families an opportunity to learn about Korean culture and history and gave the local Korean community time to get to know U.S. Soldiers and their Families stationed on the



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Horean tteokguk rice cake soup Horean duck, longevity in a 60%



STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

teokguk, or rice cake soup, is a traditional New Year's Day food thought to bring good luck (energy of yang) and longevity. The length and shape of the rectangular garaetteok rice cakes, which are the key ingredient of the recipe, reflect this fortune.

Traditionally, Koreans enjoy this food on Seolnal, the first day of lunar New Year. But these days, many young folks eat this good luck food on the first day of the Gregorian calendar. No matter when you decide to have a bowl of ttoekguk in this country, the significance still holds true.

Try it for yourself and let this recipe bring you and your family good luck!

- PREP TIME: 30 MINUTES - COOK TIME: 30 MINUTES - TOTAL TIME: 1 HOUR

- DIFFICULTY: EASY - SERVINGS: 2 - 3





- 4 cups sliced rice cakes (400g)
- 11 cups water (2 liter)
- 1 cup beef (flank steak or brisket) (150g)
- 1 Tbsp minced garlic
- 1 cup sliced scallions (80g)
- 2 teaspoons vegetable oil
- 2 eggs for soup and 2 more eggs for garnish
- 1 Tbsp soup soy sauce or 1 Tbsp fish sauce (optional)
- 7-8 pieces dumplings
- 2 Tbsp sesame oil
- 2 tsp cooking oil
- · Pinch of black pepper and salt
- 1/2 sheet of dried seaweed paper (or seasoned laver)

INSTRUCTIONS

Before start cooking, soak the rice cakes in a cold water for about at least 30 minutes if they are hard or frozen. Then, drain the water and place the rice cakes into a pan.



The success of this recipe depends on timing. You'll want to have all your ingredients prepped beforehand so they can be added to the pot at the right time.



Separate the eggs white and yolk to make jidan (or an egg garnish).



Then add the cooking oil to a heated non-stick pan and wipe a thin layer of oil on the surface with a paper towel to prevent creating a bubble on the jidan.



Cook them separately over medium heat.

Once ready, set aside and let them cool.

Once cooled, slice into thin strips and set

Cut the meat into small pieces. In a pot, heat cooking oil and then incorporate the beef. sauté until the beef is no longer red. Add sesame oil close to the end of cooking to avoid burning it and losing the flavor. and set aside for garnish.



Pour water into the pot until the meat is covered (500ml) and add soup soy sauce and salt. Bring to a boil so the beef absorbs the seasonings. Then, add more water (1500ml) or bone stock and bring to a simmer.



After the soup begins to boil, add minced garlic, dumplings, rice cakes and stir until the rice cakes begin to float to the top. I recommend you to add egg mixture to the soup at the last minute before turning off the cooking stove a clearer soup broth.

PRO TIP: This soup gets easily soggy due to the starch released from rice cakes and dumplings. Prepare extra warm water or meat broth, so you can add the broth if necessary.

Add black pepper and garnish to taste. Serve immediately with a side dish of kimchi. Enjoy! Bon appetite or 잘 먹겠습니다! (Pronounced: jal meok-ke-sseum-nida)!



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Shake Shack brings burgers to Cheonan

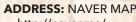
BY CHIHON KIM, STRIPES KOREA

PC Group, a Korean food company that signed an exclusive licensing agreement with Shake Shack, opened its 20th Shake Shack restaurant in Korea at Shinsegae Department Store in Cheonan on Dec. 13. It is the fourth Shake Shack restaurant established outside the metropolitan area following spots in Busan, Daegu and Daejeon.

Since opening its first branch in Gangnam in 2016, the American burger joint chain has offered a unique menu inspired by the local specialty when opening a branch in a new region.

The new burger joint in Cheonan features Hodu samgeori along with classic Shake Shack's menu items. Hudogwaja, a small walnut-flavored cake, is Cheonan's well-known local bread, and the Hodu samgeori on their menu was inspired by the local sweet treat.

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in its wake? It could be soft, warm sweaters or a cozy blanket. But for me, hot street food that gives off a lot of steam is what I think about. Delicious winter street food is one thing that makes me look forward to the cold season. There are many decent restaurants that serve up warm dishes, but some of Korea's best winter food can be found on streets and in allevs. Here are my favorite Korean winter street foods. Give them a try!

kim.chihon@stripes.com

B ungeoppang, or red bean-filled pastry, is a fish-shaped cake you can easily find on the street when the weather gets cold. This very popular dessert was created in Japan in the early 1900s and was introduced to this country during the Japanese colonial period.

It is crispy on the outside, chewy on the inside, and very addictive. Basically, mildly sweet red bean paste is stuffed into a flour skin and then cooked together. Recently, it has evolved into many variations with different ingredients. Creative street vendors stuff

the cake with sweet potatoes, custard cream, ice cream, and even chopped kimchi. Personally, nothing can beat the custard cream.

Price: Price range from 1,000 won (or 0.84\$) to 2,000 won for around three to five.

Where to buy bungeoppang in Pyeongtaek?

It's easy to find a cart vender selling the sweet winter specialty near grocery stores and in traditional markets. If you're living near Camp Humphreys, you can enjoy the treat in the humble eatery that has a yellow wall behind the Hanaro Mart. NAVER map pin http://naver.me/xDKic5os

Though carts that offer Bungeoppang do not have a regular location, you might find a food cart around Sujeong drug store(수정약국) in the Anjeong shopping-ro district. My favorite place is Songtan bungeoppang(송탄붕어빵) in the SED (Songtan Entertainment District) near Osan Air Base. NAVER map pin http://naver. me/xfab6SU7







still remember vividly the sensation after biting into this egg bread in Seoul about 10 years ago. I was on the way to a job interview, but I felt like I was going to keel over from hunger. I was running out of time to eat a full meal at a restaurant, however, I noticed a small food cart on the street, so I grabbed a mini loaf of bread on the cart and crammed it into my mouth.

I had never seen nor tasted that kind of bread until then. It was soft, fluffy, and sa-

vory with a whole egg inside the pancake-like dough. The heavenly soft bread not only indulged my weary soul but satisfied my hunger. It was really tasty!

Until 2000, the egg bread was mostly sold in Seoul and Gyeonggido region. For me, born and raised in Gyeongsang-do, it was no wonder that I had no chance

to taste egg bread until that time. Thanks to the egg bread, I filled my tummy and even got the job! So, for me, this bread is a symbol of good luck.

iew Video

Unfortunately, it's hard to find carts that bake this bread around my current home, but I'm always on the lookout.

Price: Price range from 1,000 won (or 0.84\$) or 2,000 won for a loaf of bread.

Where to buy egg bread in Pyeongtaek?

You may find this bread with comparative ease if you're living in a big city. Or you may find it around a grocery store if you live in a rural

- * Woori Bank near Tongbok Market http:// naver.me/5DHDnqV4 경기 평택시 중앙로 31
- Pyenogtaek Bus Terminal http://naver.me/ xKJFWonW 경기 평택시 평택로 31
- il deung-Mart in Godeok (일등마트) - http://naver.me/FFvSAvi5 경기 평택시 새말로 17
- * Seong-gyeong Mart (성경마트) near Osan AB - http://naver.me/IFjgxVPS 경기 평택시 서정로
- Bagae hospital(박애병원) http://naver.me/ G7KDSUSS 경기 평택시 평택로 20번길



Woori Bank near Tongbok Market

Pyenogtaek



in Godeok





hough gunbam (or roasted chestnuts) is a beloved street food in Korea, I rarely see vendors selling freshroasted nuts these days. Maybe because air fryers and electric ovens in most of the households took chestnut vendors' jobs away. Another reason could be that selling roasted chestnuts on street corners on cold winter nights does not in itself guarantee an adequate income.

Whatever the reason may be, it is

certain that it takes much effort to find a spot where chestnut vendors set up stalls to sell their freshly roasted wares. The other day, I accidentally noticed one old chestnut vendor who was spinning a rotary roasting basket on the street right in front of the parking lot of Tongbok traditional market.

The seductive smell from the grill reminded me of walking the streets near my old home in Daegu. I could not help myself, so I bought a bag. If you're not familiar with the taste of the roasted nuts, you may be surprised by the slightly sweet taste and tender texture.

Price range from 3,000 won to 5,000 won for one bag (Price may vary depending on the weight of the chestnuts).

Where to buy gunbam in Pyeongtaek?

- Opposite site of the Tongbok traditional market parking lot - NAVER map pin http:// naver.me/FT0XtmY8경기 평택시 통복시장로21 번길 17 (KOR)
- Street right in front of Good Morning Hospital- NAVER map pin http://naver. me/FLBKgm4G 경기 평택시 중앙로 338(KOR)



Near Tongbok traditional market

Near Good

Morning Hospita



Bungeoppang



Speakin

- The weather is too cold! Nal-ssi-ga neo-mu chu-wo-yo!
- What is your favorite food in the winter?

Jeil joa-ha-neun gye-oul eumsigi mwo-e-yo?

- I love hottock. Jeo-neun ho-tteog-eul je-il joh-a-hae-yo.
- Me too! Let's go eat together. Jeo-do-yo! Gachi meo-geureo-gayo.
- Please give me two hottok. Hotteok dugae iusevo.
- How much is it? Eolma-eyo?

Hotteok dugae juseyo.

Gungoguma

Acommon sight during winter in Korea, gungoguma, or

roasted sweet potato, has reddish skin

and a golden inside. This nutritious win-

ter food is roasted slowly in a big oil

drum at low temperatures until the cen-

ter becomes tender inside. While they

were typically sold by street vendors in

the past, the sweet winter specialty also

can now be found at convenience stores.

Where to buy gungoguma in Pyeongtaek?

If you can't find the big oil drum where the

raw sweet potatoes change into winter specialty

on the street, you can pick it up at almost any

convenience store such as GS25 and Seven-

won for one roasted sweet potato.

Price range from 2,000 won to 5,000

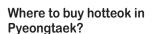
vou can't talk about winter street food without Hotteok. Hotteok is a popular Korean pancake made from simple yeast dough (or glutinous rice flour dough) with

sugar, cinnamon, seeds, and walnuts. I don't know why, but many vendors deep-fry their hotteok in a square pot that is full of oil. Perhaps it's because many folks love the deep-fried one. Honestly, I don't think I'll crave it often because deep-fried hottoek seems not only too oily, but a bit soggy.

a sweet syrupy filling made with brown

Though my ideal form of hotteok is a thin pan-fried hotteok that has a slightly crispy texture, it's difficult for me to find a place that offers pan-fried nowadays. If you happened to know any place that has delicious pan-fried hotteok, please reach out to me. No kidding!

Price range from 1,000 won to 2,000 won for one piece.



- Tongbok Traditional Market -NAVER MAP pin http://naver. me/FfMVumaN 경기 평택시 중앙1 로 16-1 (KOR)
- Sinjangdong Hotteok near Osan AB - NAVER MAP pin http:// naver.me/x8lH27Og 경기 평택시 복창로 58-36 (KOR)



oppang (or jjinppang) is a popular bread made of wheat flour dough and is typically filled with smooth and sweetened red bean paste.

While jjinppang literally means steamed bread, hoppang is a kind of microwave-ready jjinppang version produced from a food factory, so you need to steam or microwave the hoppang to enjoy at your home. Practically, there are no significant differences in meaning between the two names of the bread, so it's okay whether you call it hoppang or jjinppang.

You can't judge the taste of hoppang without having it stuffed with classic sweetened red bean paste, but also an amazing variety of fillings such as vegetables, pizza, sweet potatoes, curry, rice cakes, spicy chicken and even Hershey chocolate.

Price range from 1,500 won to 2,000 won for a loaf of bread.

Where to buy hoppang in Pyeongtaek?

Hoppang is usually found in Korean grocery stores and convenience stores. Many convenience stores sell steamed hoppang in a food display steamer during the winter season. If you're looking for jjinppang, you can pick it up at almost any dumpling place.



his is my favorite comfort food for the winter season. If you can see your breath outside, then it's an odeng season! This soft winter food originated from Japan and the word "odeng" itself comes from the Japanese word "oden."

The fish cake is usually made of several ingredients such as boiled eggs and ground seafood and typically served on

> a skewer in a light, soy sauceflavored stock. It can be a bit fishy, but dipping it in a soy sauce or spicy tteokbokki sauce is a great way to improve the taste.

Though most Koreans use the Japanese word, some Korean language purists insist to use the Korean word - "eomok." No matter what it is called, the delicious quick bite that only costs 1,000 won will give you a lot of bang for your buck.

Price range from 500 won to 1,000 won for one skewer.

Where to buy odeng in Pyeongtaek?

Various places. You can find it at food trucks on the street or at convenience



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STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

eongsu-dong, located in central Seoul, is historically a semi-industrial district known for its handmade shoes and stylish cafes in repurposed warehouses and factories. Old print shops and small factories in this neighborhood have been converted into restaurants and

art galleries, making it a hot spot for fashionistas and local shoppers.

In the 80s, shoe artisans from Myoeng-dong, another one of Seoul's famous fashion districts, experienced a golden age, but soon sky-high rents would cause

US (woman)

a mass-exodus of these small business owners to nearby Seongsu-

dong. A tiny museum at the Seoungsu Subway Station traces this history and growth of the handmade shoe street after this

SHOE SIZE CHART

US (man)

Check it out

KOREA (mm)

trancition

Today, the importation of cheaper goods and consumer buying habits have changed the shoe business. As the shoe business declined, so did the foot traffic on the street, leaving behind shabby factories and dilapidated houses.

Seounsgu-dong is currently undergoing a revival as the city's urban regeneration project and young artists are bringing new life to this area. Between the exit 1 and 2 of Seoungsu Station, "fromSS" and "SSST," two of the area's most symbolic shops, sit across from each other. SSST houses 11 shoe workshops as a joint market where you can get handmade shoes at affordable prices from around 50,000 to 80,000 won (about \$42.25 to 67.60). SS houses 7 stores where you can see the skills of the seven experienced shoemakers offering the luxury of made-to-measure shoes setting you back anywhere between 180,000 to 400,000 won for a pair.

From Seoungsu Station, using exit 3 or 4 as a starting point, you will have access to over 500

stores handling various materials like leather fabrics hardware for shoemaking. A stop here is a great option those in the market for high-quality leather at good price

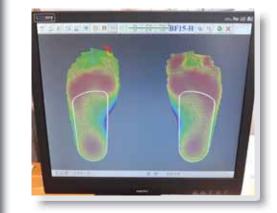
Down the street at JS Shoes Design Lab you'll find a Tae-soo, the shoemaker known for making first lady I Jung-sook's shoes for her visit to the United States in 2 with President Moon Jae-in. Though the workshop uses latest technology to measure clients for the perfect fit, old way of crafting and creating quality footwear remain

"I started this job when I was 13 and I've been work on it for over 50 years now, but it's still difficult for me meet all the demanding customer requirements," said Tae-soo. "The moment I make shoes that fit a customer's well is the happiest time for me."

Around the corner from the station, hip hop graffitioners store fronts and alleyways, embodying the youth cool vibe the new generation of Seongsu-dong dwellers bringing with them. The street is a really great place to











Plenty to see, eat at Daelim Changgo

s new entrepreneurs and leather goods' craftsmen settle throughout this rustic neighborhood, so have new cafés and eateries mirroring the new tenants' cool, hip aesthetic.

Daelim Changgo(대림창고), a café-slash-gallery, is one of those that I happened to stumble upon on my walk around the neighborhood.

The location opened in May 2016 in what was once a rice mill built in the 1970s. Hong Dong-hui, the owner, studied Western painting in college and has a background in architecture and indoor design. You can see his handiwork in the Daelim Chango Gallery, including various sculptures and interior garden.

From the exterior, the gallery and café look small, but once inside, the spacious interior is overwhelming. The cafe features a rustic industrial interior with exposed pipes, bricks, ceiling beams, and weathered wood, creating a comforting atmosphere. The first floor is full of many art pieces and paintings in every corner. There is another seating area in a small space between the first floor and the rooftop. For an escape from the bustling ground floor, head to the rooftop where you can enjoy the view of the street. It's a great place for whiling away a warm, summer evening.

As for the food, you can choose from full meals such as pasta and wood-fired pizza to a quick bite. I recommend their sweet cakes or single origin geisha which are favorites on the menu. For drinks, I picked iced Einspanner for 6,500 won (about \$5.50) to get my caffeine fix. The espresso topped off by a good helping of whipped cream was so refreshing. If you love tiramisu, then this dessert-like beverage is for you. If you're not driving, they also have a great selection of draft beers and wines.

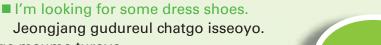
On my weekday visit, the seats were filled with young locals and foreign tourists there to enjoy the art. If this place is busy, Café Onion, Grandpa Factory or Zagmachi in the neighborhood would be alternative options to enjoy the laid-back atmosphere and great drinks.

ADDRESS: 78, Seongsui-ro, Seongdong-gu, Seoul (ENG), 서울 성동구 성수이로 78

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Jal majayo?

Ne

Pyeonhaeyo.

e this one. I-ge maume turoyo

■ Can I help you? Dowa deurikkayo?

ld I try them on? Han been sineo bwado doelkkayo?

at size are you? Saijeuga eotteoke doeseyo?

you have them in a 260? Ibaegyuksip Saijeu Isseoyo? y feel a bit tight. Jogeum jagayo.

e you a larger size? Deo keun saijeu isseoyo?

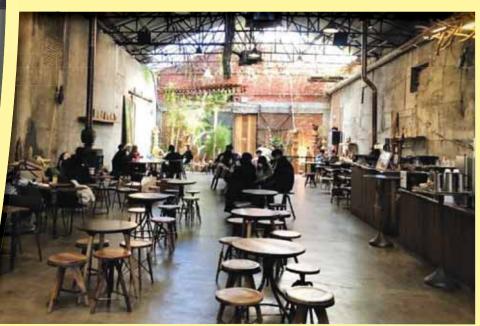
v about these? I-geon eottaeyo?

they fit alright? Jal majayo?

very comfortable. Ne Pyeonhaeyo.

se shoes fit me well. I'll buy them. Jal majayo. I-geollo juseyo.

you accept credit cards? Sinyongkadeu batnayo?





E-mart Traders (subbasement)

Inspired by Costco, the E-mart Traders grocery store in the mall's subbasement is enormous and makes you feel like you're inside the warehouse store chain. I visited on a Sunday afternoon and it wasn't too busy.

From its interior, it's easy to appreciate just how similar E-mart Traders is to Costco. The food court inside offered inexpensive American classics like pizza, hot dogs, and more. I was immediately tempted to treat myself with a piece of the hot and bubbly bulgogi pizza, but I held strong and continued shopping.

Besides the hot food at the front of the store, the merchandise layout is pretty similar to Costco's. The E-Mart chain also has a few regular supermarkets you'll find around the peninsula, but this E-Mart Traders sells products at a better, bulk-shopping discount, so it's worth a browse.

Also, unlike Costco, E-Mart Traders requires no membership! Check it out and I recommend trying their sushi platters. The quality is superior to Costco's.

HOURS: 10 a.m. to 11 p.m. Closed the 2nd and 4th Wednesday

Seoul Starfield

Anseong

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

n recent years, shopping malls in the States have started to fall out of fashion due in part to the convenience of online retail. South Korea is no stranger to the loss of interest in the concept of the shopping mall. Shinsegae Group, a retail giant on the Peninsula, however, is looking to upend the outdated concept with its 2.5-million square foot Starfield Mall, which opened in October. And, don't expect your average 1980's-90's mall experience either!

Starfield is about 20 minutes away from Camp Humphreys and aims to draw not only shoppers, but also entertainment-seekers with its cinema, soccer field, car showroom, library and sauna. But don't let those interesting additions fool you, this is definitely a place to shop 'til you drop. Starfield offers over 300 shops, including 70 eateries, so a

trip here could easily take up massive amounts of time. kim.chihon@stripes.com





Indoor water park & rooftop pool: Aquafield is a kid-friendly water park perfect

for a relaxing day with family and friends. The area features pools of different depths and even one with a fish tank at the edge to make your kids feel like they've taken a deep dive into tropical water. On the rooftop, you'll find the elegant Infinity Pool, perfect for cooling off in the summer heat. Don't forget to pick up a refreshment at the beverage bar inside the park before heading to the rooftop. Make note, you'll have to wait until the summer when the rooftop opens for the season.

HOURS: 10 a.m. to 7 p.m.

PRICE: 40,000 won (or about \$36.76) for adults, 35,000 won for children

Steam room and spa: As if retail therapy isn't enough, Starfield Anseong also features a spa and steam room. Enjoy different themed rooms and treatments while you take a break from the mall. One of the best parts is the foot spa, where you can sit and soak your feet while taking in a view of the mall and surrounding areas. Stop in at the relaxation room and recline while you enjoy the peaceful view.

HOURS: 10 a.m. to 8 p.m.

PRICE: weekdays - 21,000 won for adults, 17,000 won for children On weekends - 23,000 won for adults, 19,000 won for children

> **Café de Aqua:** On the third floor, next to the spa, stop in at this cozy café with beautiful fish tanks on its walls. Café de Aqua offers a range of teas and other drinks on the menu to help continue that theme of relaxation.

PRICE RANGE: 5,000 – 7,000 won



Nanny's signiture burger

What to eat

From Japanese food to Indian food, burgers, and more, Starfield boasts not one but two food courts, making it the ultimate foodie paradise. Try some of these good picks to help you find a spot to eat before hitting the mall.





mall, this place seems to have reasonable prices on its menu. They have a wide variety of curry options. I'm definitely going back to try this next time. One of

Eatopia (2F)

Agra: As the only location

serving Indian food at the

the menu's signature items is the butter chicken makhani and a special salad with fresh fruits and

Sima Sushi: You'll find this sushi chain in Eatopia's center. Like the standard sushi conveyor belt restaurant you'll find anywhere, the sushi quality here is average at best. Each plate is color-coated to mark the different price points. Plan to spend

around 2,000 won (or about \$1.84) to 8,000 won per plate, depending on the type of fish. I tried the Hawaiian salmon rice bowl with avocado, salmon, seaweed, and many veggies for 11,000 won. This bowl was tasty and worth the price for me. If you're in the mood for no-frills Japanese-style sushi, give this a try.

Butter chicken makhani



Nanny's Burger: This popular burger joint was born in Pangyo, a rapidly-growing city in the Gyeonggi-do area. As I was browsing Eatopia to pick where I'd eat, the burgers being served at the tables looked insanely

delicious. It seems like it's slightly more expensive than a regular fast-food burger spot, but worth every penny. I definitely made a note to hit this up soon!

Ohansu Wuyukmyenga: This chain is a well-known beef noodle shop around the peninsula. When I visited this location, I ordered a set menu with Hong Kong beef noodles and fried dumplings for 11,500 won. The noodles had a delicious, hearty chewiness and paired well with the tender beef. And, if you're really hungry, you can get free rice and noodle refills. And while all of those are good, it's Ohansu Wuyukmyenga's juicy fried dumplings that steal

the show. The large meaty dumplings were delightful! This restaurant will give you a lot of bang for your buck, so go grab some noodles without costing you too much!



Gourmet Street & City Market (1F)

On the first floor, gourmands will want to head to Gourmet Street for the upscale, futuristic feel and upper scale eateries housed here. You can enjoy homestyle Japanese dishes at Tokkijeong, perfectly prepared Japanese cutlet at Hibarin, or tasty Chinese food at Sanghealu.

There are tons of casual dining and grab and go options at City Market. I grabbed an assortment of irresistible fried tofu rice balls from the pickup stand at Doje and truly enjoyed every bite. And don't forget to get some tasty fried-dumplings at I-an-lu's food stand.





After perusing Gourmet Street, take the elevators at the Star Observatory entrance to the third floor for a view from 63 meters above. You can look through the window down into the street and surrounding landscape from the 3rd floor. Open the wooden gate and go up the steps to the top, then you'll find Gabeado, a charming café, offering a cup of tea with a bird's-eye view of Anseong.





Taking your dog shopping

Starfield Anseong is probably one of the most dogfriendly malls in South Korea. Keep an eye out for signs if you plan to bring your furry friend, as only certain floors or areas are designated to allow Fido. There are stickers and signage on the floors and plastic bags for your dog's business near the escalators. Dogs must be on leashes or in carriers. Also, there are many dog-friendly dining spaces, a pet café, and an outdoor dog park to include your pup in a fun day of shopping.

Starfield Anseong

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ecently opened, Pohang Space Walk is the country's largest walkable art installation located in Hwanho Park.

Resembling a rollercoaster Genth, it can accommodate

ing Youngil Bay and Youngildae Beach.

Designed by German art-

made by POSCO, is expected to become a permanent attraction for the city along with ists Heiki Mutter and Ulrich Park1538, the steel company's ment with the city government of Pohang in April 2019 to develop a new park attraction and spent 11.7 billion won (US\$9.89 million) to build the new landmark.

the city of Pohang.

The attraction is open weekdays from 10 a.m. to 4 p.m. and 10 a.m. to 5 p.m. on weekends.

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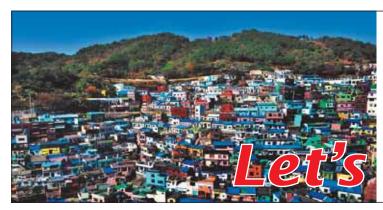
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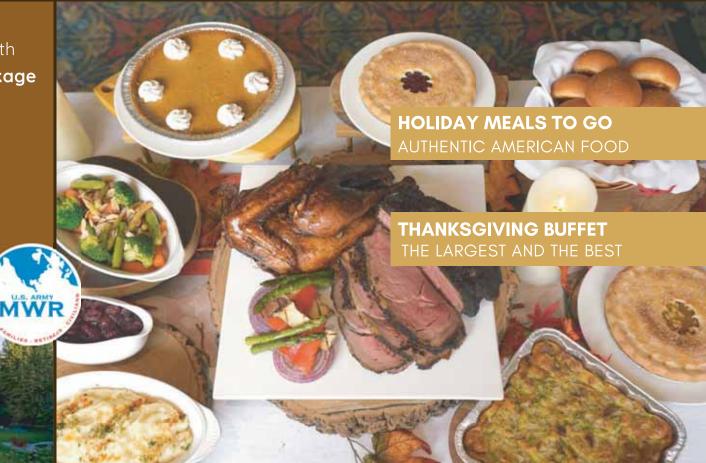




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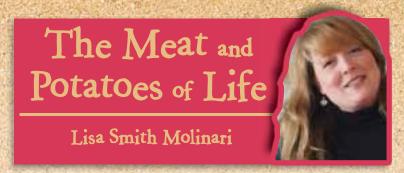


There's value in dredging the mind for treasures

hen we were stationed in Mayport, Fla., my "me time" was spent walking the long, wide stretch of Atlantic Ocean beach that flanked our base housing neighborhood. On days when the kids were in school, I mostly power-walked with fellow military spouses for exercise, but when I was alone and needed to de-stress, I'd slow my pace and scan the trails of flotsam and jetsam for fossilized sharks' teeth, millions of years old.

I've never been one to meditate, but the search for these tiny relics helped to clear my mind of everyday distractions and worries. My focus became singular, allowing my senses to feel the warm sun, smell the sea breeze and hear the bubbling surf.

I guess that's called "being present in the moment." However, I experienced more than mindfulness on those walks. When I was lucky enough to spot a shark's tooth washed up among bits of shells, driftwood, seaweed and bottle caps, I'd



feel a rush like I'd won something. Inspecting my small prize, I'd wonder at its glossy dark surface and tiny, sharp serrations.

How was it possible that something millions of years old unearthed itself and landed, perfectly preserved, at my feet? At first, I thought I was specially chosen to take care of each minute nugget of ancient history. I later learned that my collection of fossilized sharks teeth came from periodic dredging done to allow Navy and merchant ships to pass from the Atlantic Ocean into the St. John's River. Although this fact made me feel a little less special, it taught me something important.

Life passes by too quickly. I feel dragged along, wanting to slow down, grasping at moments but being carried on, looking back, searching for what has already passed. Time, fast and fleeting, proceeds without pause, and I fear my life experiences might be lost, forgotten.

This is probably why I have hoarding tendencies. To me, everything from the plastic umbilical cord clamp from my 26-year-old son's birth to my sparkly dress from from the Navy Ball gets saved, squirreled away lest I forget.

But memories aren't stored in boxes in the attic. Year by year, minute by minute, they deposit themselves in our minds. Layer upon layer of information sifts slowly down, settling like sediment. Memories, faces, phrases, shortcuts, names, scenes, multiplication tables, practical skills, scents, music, trauma, book chapters, feelings, trivia, thoughts, quotes, jokes, flavors, movie lines, shame, crochet stitches, cookie recipes, dance steps.

Without a reason to reconstitute them, those Life passes by too layers of life m o m e n t s quickly. I feel dragged along, wanting to might lay undisturbed and slow down, grasping forgotten forever. So, we all at moments but being subconsciously carried on, looking mine for old back, searching for bits of data, using them to tell a military passed. Time, fast spouse friend about that awful deployment years ago, or remembering that mom always added an experiences might be extra teaspoon of salt to her chocolate chip cookie recipe, or jumping up to do the Cupid

Shuffle at a cousins' wedding.

Fortunately for me (maybe not so much for my friends and family), I dredge my mind's shipping lanes often, keeping a free-flow of vivid recollections at the ready. An avid storyteller, I love to relay tales of my childhood, or a conversation I had yester-

command holiday party years ago. Much to some listeners' dismay, I feel stories are best told in great detail, with exaggerated expression and a story arc that slopes steeply toward a dramatic finish. Or, at least, a funny punchline.

If you are a storyteller like me, you've probably been told that you have "the gift of gab," or noticed that others roll their

eyes when you begin to spin a yarn. Don't be deterred, because truth be told, the enjoyment of stories is mostly in the telling. It's a way to slow down the pace of life, grasp moments that are precious or humorous, and make them and fleeting, proceeds come alive again for yourself and for others.

> Like finding a fossilized shark's tooth swaddled in the sandy swale, a storyteller's real gift is de-

lighting in digging for buried treasures, perfectly preserved in time, and bringing them back into the light to re-experience with wistful wonder.

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@



what has already

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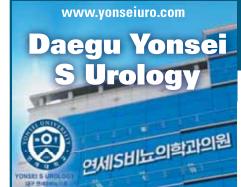
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Stripes Sports Trivia

As of late, the AFC has been dominated by a trio of future Hall of Fame quarterbacks. Tom Brady, Peyton Manning or Ben Roethlisberger have represented the AFC in the Super Bowl in 14 of the last 15 seasons. The one exception was the Joe Flacco year in 2012. Who is the last QB, outside of the 4 mentioned, to win the Super Bowl from the AFC?

Answer

Trent Dilfer (2002-03)



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KNOW?

동산병원

ovember 11 is a Pepero Day (unofficial holiday) which is similar to Valentine's Day in South Korea. Pepero is chocolate-coated cookie sticks and young people give these to friends and loved ones on this day.



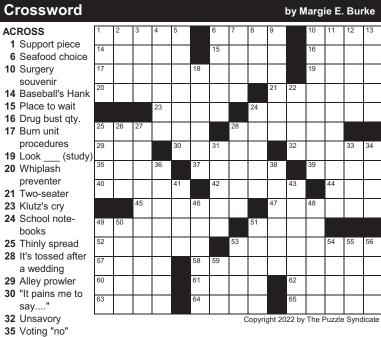


Language Lesson

Good night.

Jal-ja-yo.





2 Yard tool

and true 39 Court action 40 Taqueria side

42 Elba of "The Suicide Squad"

44 Barrister's field 45 Get some air

47 Shock big-time 49 Investment

choice 51 Train for a bout

52 Mourn 53 TV series "

Horror Story" 57 Kind of mitt 58 Flashbulb effect,

e.g. 60 Ranch worker

61 In the 50s or 60s, say

62 Emphatic refusal 63 Quartet member

64 Set aside

65 Miser's motivation

DOWN

1 Quite a party

3 Opera feature

4 Vulture cousin 5 Captivate

6 Graduating group 7 Falling out

8 Crumb carrier 9 "Tribes" ana-

gram; rouse 10 Superficial, as

beauty 11 Fairy-tale ball attendee

12 Do a tailor's job 13 Hotelier's

offerings 18 Fcho

22 Kitchen pests

24 Aspirin brand 25 Wound remnant

26 Glazier's unit 27 Something achieved

28 Move smoothly 31 Sarcastically

(var.) 33 Bargain 34 Small boat 51 Troutlike fish

36 Insinuation 53 Resting on 38 Nursery need

41 Tibia locale

46 Lash out at

48 Painter's prep

50 Part of U.S.N.A.

54 Bat's home 55 "The African 43 Not wasteful

Queen" screen writer 56 Social misfit

59 Enemy

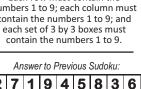
49 Kapolei greeting

Answers to Previous Crossword:

OUTCLASS MADDEN HOOCH MITE PARLAY SIDEWALK A L O O F D O N O R V A N SOURTALONTA ADHESIONCART S P A N T H I N G G L U T E N P H A N T A LOSANGELES

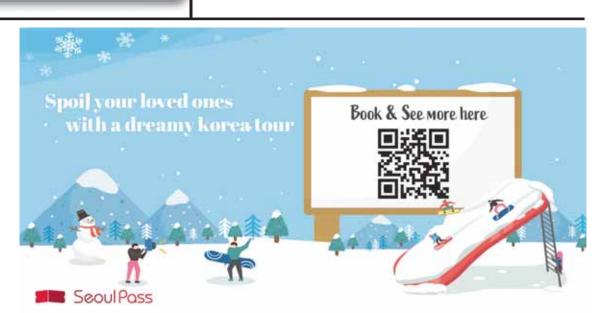
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