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Photo by Chihon Kim, Stripes Korea

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Will it be the rack, or the rocking chair?

“My lower back started hurting again,” I told my new primary care doctor at the base clinic, who appeared to be about 12 years old. My last PCM was also female, but a little closer to my age. The one before that was a nurse practitioner, and the three before that were middle-aged men.

Each time the Navy assigns me a new PCM, which happens frequently, I have to explain myself all over again. Once, my PCM changed a week before my pap smear appointment, and I didn’t know it until I was sitting in the examining room in a paper gown. He walked in, told me to put my feet in the stirrups and to “scotch down to the end of the table.”


Military dependents get used to these cringe-worthy moments in our health care. Due to our mobile lifestyles, we become accustomed to changing everything from hairstylists to churches to pizza joints to schools to dentists to mechanics. Why would our experience with medical doctors be any different?

“My back started hurting a few years ago,” I explained to the young PCM I’d been assigned, “and Dr. ... what was her name? She sent me for physical therapy. It worked. Well, until now.”

After giving me a blank stare

The Meat and Potatoes of Life

Lisa Smith Molinari



which seemed to say, “Cry me a river,” my new PCM sent me for a fresh X-ray.

“Mild to moderate degenerative arthritis,” she told me, but all I heard was, “Go find a rocking chair and some tapioca pudding, because you’re officially ancient.” I was referred for another round of physical therapy sessions.

Although I knew the PT would help to alleviate my back pain, memories of my last round of physical therapy convinced me that it could wait until after the holidays.

“Now, pull your right knee up to your left ear,” my previous physical therapist had told me in all seriousness three years ago. I had to look out the window to see if any pigs were flying by.

I had envisioned myself being gently guided through therapeutic motions intended to heal my stiffened spine, but no one bothered to tell me that I would have

to break a sweat, not to mention turn myself into a human pretzel.

Every PT session followed the same general routine: Before I had the chance to get into a good People Magazine article in the waiting area, I was greeted by one of the therapists and brought into the cheerful PT suite with its colorful workout equipment, entertaining background music, happy houseplants and padded tables.

Although I would have preferred to nod off on a padded table while enjoying the music, I was always asked to warm up on a treadmill, followed by rolling my under-stretched thighs repeatedly over a foam cylinder on the floor. Piece of cake, or so I thought. Who knew that the harmless limbering exercise would elicit visions of being strapped to “the rack” by Medieval King Longshanks?

I was then allowed to lounge on one of the padded tables,

which would have been lovely, if it were not for the dog leash I had use to pull my extremities into positions that made me look like a Cirque du Soleil reject covered in an unladylike sheen of sweat.

While the therapist cleaned the table, I had to endure a final melange of strengthening exercises. Isometric lunges, step ups, wall squats and something affectionately referred to as “monster walks” — pacing back and forth across the room in front of everyone, legs splayed out in a semi-squat with a giant rubber band around my thighs.

When my ordeal was over, I would grab my belongings from the patient cubbies and bid my assigned therapist adieu, promising to do my homework. I never committed the therapists’ names to memory and often wondered if they were all descendants of Emperor Caligula.

Despite the painful memories of my last PT sessions, I am fully confident that my next physical therapist will teach me to touch my knee to my ear again, and that my back will feel better for it.

No need to buy that rocking chair just yet.
Read more of Lisa Smith Molinari’s columns at:
themeatandpotatoesoflife.com
Email: meatandpotatoesoflife@gmail.com

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New year's resolutions!

STUDENT VOICES

#newyearresolutionsareimportant

Editor's Note: These 6th-graders from Humphrey's Middle School are ready to kick off 2021 in fashion.
#takealookattheirresolutions

As many people know, new year's resolutions are goals you make for yourself at the start of the new year. However, many people quickly skip out on these resolutions. They can't, or just don't, fulfill them. According to many sites online, only about 8% of Americans fulfill their resolutions. Losing more weight, exercising more, learning new skills, saving more money, or simply just spending more time with family are some common goals.

Making new year's resolutions date way back to about 4000+ years ago. It's said that when the Babylonians celebrated the Akitu festival, they would make promises to their gods to repay their debts or return borrowed items. If they kept them, the gods would bless them with luck. If not, the gods would be angered, and they would receive bad luck. Resolutions were also a tradition in Rome. When Julius Caesar created the new calendar, with January 1st as the beginning of the year, it was made a holiday. Romans would offer sacrifices and make resolutions to Janus, who was a two-faced god who looked into the future, and back to the past. These resolutions were also prevalent in the middle ages. Knights would place their hands on a living or roasted peacock at the end of the year, retaking their vows in knighthood. This is known as a "peacock vow."

New year's resolutions are important since people should always strive to become better versions of themselves. Although, I believe that people should always seek to better themselves, and shouldn't just attempt one improvement every year. Improving bit by bit might be easier for some people. All in all, new year's resolutions have a very rich history and are entertaining to make. I wish you a happy new year and good luck with fulfilling your resolutions. Please enjoy the following #hashtag resolutions from 6th graders at Humphreys Middle School.

- Tran Pham

#Improvingmymentalhealthandgettingbetteratschool

-Breanna Casas

#Iwillbemorekindandlessangryandmorepositive

-Axl Aguilar

#Iwilltrytoexercisemoresoicanbehealthiernextyearbyjoggingout-sideafterschoolorontheweekendsandcouldalsoplaybasketballout-sidewithmyfriendsorwithmydad

-Malachi Jones

#Iwillbekindertomysiblings

-Kanunu Mendoza

#Iwillread50booksbyjune30th

-Keali Peterson

#nobeeffnoporkandmorevegetables

-Layla Akers

#Iwilltrytostopbeingaprocrastinator

-Joshua Castanares

#Iwilltakecareofmyselfbeforeitakecareofothers

-Marilena Poblete

#LoveMoreJudgeLess

-Charlie Iuchs

#Iwillhavecouragetoaskforhelpwhenineedit

-Josiah Ko

#Iwilltrytogetbetterattalkinginfrountofpeople

-Lily Page

#leavethebadtimesinthepast

-Gabriella Thompson

#Iwillbeabetterpersonandfriend

-Andrew Barry

#Alwayswillhaveanexcellentgrade

-Miggy Carigaoe

#ForWhatIsNeededNotWanted

-James Sikes

#Timetobeagoodperson

-Vhengelynn Carl

#Iwilltrytobemorehelpfultomorepeople

-Dante Castellano

#Beresponsibleandgetmygradesuptoa4.0

-Kalan Castro

#Iwillshowmoreempathytoothers

-Elizabeth Edgerton Diaz

#Iwilltrytothinkaboutmyactionsbeforeidosomething

-Taliayah Jones

#Iwillkeepmysocialdistance4myfriends,family,andothers

-Eres Park

#2spendmoretimewithmyfam

-Joann Park

#GetBetterGrades #SaveMyMoney #CleanYearCleanRoom

-Imani Tyson

#IwilltrymybesttonotprocrastinateontasksandassignmentsthatIhavehisupcomingyearandmanymoreyearstocomewhileprocrastinatinghasnotbeenhelpfulinanyofmyactivities

-Joshua Hathaway



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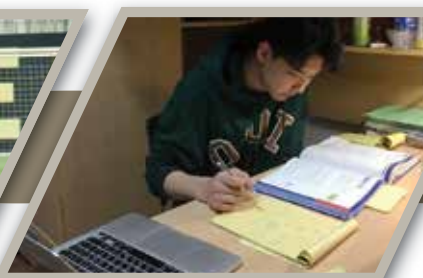
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New year's resolutions!

STUDENT VOICES

- | | | | |
|--|--|--|---|
| #Iwilltrytostaymorepositive
–Ari Johnson | #IwillthinkbeforeIspeak
– Jayven Carrion | #Iwillgetgoodgradestomakeitto7grade
–AJ Lurhuma | #Treatotherstheawayyouwanttobetreated
–Reid Brockmeier |
| #IwilltrytoaskmorequestionsifIdon'tunderstands
omething
–Henry Klene | #Iwillgetbetteratmath
–Kyle Kelly | #Iwillgiveback
–Ansley Godfrey | #IWillBeOrganizedAndResponsible
– Nicholas Altamiranda |
| #Iwillruna5.50seomileandrun300milesthisyear
–Derek Snyder | #Iwilltrytobemoredisciplinedwhenitcomestoso-
methingimportant
– Jayden Kim | #Iwilltrynottoprocrastinateasmuch
–Chiyo Harris | #IwillacheiveBoyScoutofAmericatenderfootrank
–Jordan Green |
| #Iwilleatmorefruitsandvegetables
–Sebastian Vaughn | #Iwilltrytoimprovethenumberofdetailsinmywriting
– Dylan Layman | #Iwilltrytofocuseonmyworkbeforeplayingtoim-
provemygrades
–William Cruikshank II | #IwillmemorizeallIOLLandPLLalgorithms
–Julian Cho |
| #IwilldoeverythingI'msupposedtodo&alwaysbeo
nmybestbehavior
–Habyul Yu | #Iwilltrymyhardesttonotlitter
– Blake Martin | #Iwilldowellwithgradesandhomework
–Emily DuBose | #playlessvideogamestobetbettergrades
–Austin Hanson |
| #soccerismylifeandIwillgetbetter
–Mika Okpokwasili A4/B2 | #IwillstoptryingtoactcoolwhenIwantpeopleto-
likeme
– Trinh Samson | #dontgetintodrama
–Eva Degrave | #IwillalwaysthinkbeforeIactorspeak
–Grace McDonald |
| #Iwilldedicatemoretimetomyhobbiesandimprovet-
hem
–Tran Pham | #Iwilltrytoplayoutsidemoreandbeactivewithmy-
friends
– Alexander Sweeney | #IWillBeMoreActiveInClass
–Natalia Kennedy | #Iwilltrytogetbettergradesinallofmyclassesand-
trymybest
–Nasim El-Delik |
| #Iwilltrytobemoregratefulaboutthings
– Olivia Ahn | #Iwilltrytofocusalotmoreinclass
– Daniel Pak | #Iwillworktogetscoutrank
–Stella Rose Hammerquist | #Iwillnotstressdurigatest
–Juan Hernandez |
| #Iwilltrytofeelcomfortableinmyownskin
– Natalia Bonet | #Iwilltrymybesttoconcentratemore
– Logan Snyder | #ThisyearIwillbeslowtoangeratalltimes
–Deborah Colburn | #Iwilltrytotalktomorepeople
–Adeliz Walker Gonzalez |
| #Iwilltrytobelesscriticalaboutthings
– Natasha Cline | #Iwilltrytoturninmyworkontime
– Luca Floyd | #Iwilltrymybestinschoolandgetgoodgrades
–Kiley Klees | #Trytofocuseononethingatatime
–Natalia Edwards |
| #Iwillbeagoodmemberofmysocietyandmyfamily
–Alexander Gillen | #Iwilltrytobemoreactiveandresponsiblewithmy-
choicesbynotsittingonacouchwatchingascreen-
duringallofmyfreetimeandinsteadIwillbeconcen-
tratingonnotprocrastinatingonmywork
–Brandon Ow | #Iwilltakebetternoteandstudybetter
–Aubree Carter | #MyNewYearsresolutionIwouldliketomakeisto-
studymoreforthetestandassignmentsinsocial-
studiesbecauseIthatstheoneclassIamnotgoodat
–Eunseo Kang |
| #Iwilltrymybesttogetgoodgrades
–Nora Harden | #I'lltrytoalwaysturninmyschoolworkontime
– Miguel Willewaldt | #Iwillgetfit
–Matthew Mulkey | |
| #IwillTryToTakeaDeepBreathBeforeStressing
– Adrienne Harvey | | #Iwilltrytogetbettergradesatschoolandthink-
moreaboutit
–Matthew Stellfox | |



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LET'S TAKE A VIRTUAL VACATION

STRIPES KOREA

For many of us, the coronavirus pandemic meant canceled flights and postponing our travel plans in 2020. How we think about travel and how travel will be impacted in the future remains a mystery. We may be stuck at home, but that doesn't mean we can't dream of where we'll go next.

There is still so much of the world we have left to see, so join us

as we revisit our favorite locations in the Pacific and highlight the must-see spots. Take a plunge in one of Okinawa's pristine beaches, dance the night away in Seoul's Gangnam District, or hunt for some deals in one of Bangkok's famous floating markets — all from the comfort (and safety) of our homes. Join us, take notes, and don't pack your bags, we're going on a Virtual Vacation!



Hanoi

War and conflict might be what many think of when they think of Vietnam. But the country is a thriving location with history, culture and delicious food you'll love exploring. In this video, we'll take you to beautiful and busy Hanoi where we'll visit the Hanoi Cathedral and Opera House, Hoan Kiem Lake and more. We'll save you a bowl of pho!



CHECK THE VIDEO!

Guam



CHECK THE VIDEO!

For this virtual journey, we head to "Where America's day begins" – tropical, beautiful Guam! This is a snorkelers' paradise and one with easy access from anywhere in the Pacific. We'll head to Chamorro Village for some good eats and local shopping, then to the Latte Stone Park for a trip back to ancient Guam. We'll also try some delicious Chamorro foods like kelaguen and finadene sauce. A stop in Guam also requires a visit to Two Lovers Point for a beautiful view of the crystal turquoise waters and some beautiful photos. Whether you're stationed outside of Guam or will soon PCS to the island, you won't want to miss what we have in store for you in this online tour.



Osaka

Get ready to head to another hotspot in Japan – Osaka! We'll visit Dotonbori, Osaka Castle and more in this video getaway. Hop on a boat ride to take in a good look at the city lights, try their signature octopus street food, takoyaki, and get a great view from above at the Umeda Sky Building. If you're stationed in Japan and Osaka has been on your list, you won't want to miss this virtual vacation!



CHECK THE VIDEO!

Bali



CHECK THE VIDEO!

Take a trip to tropical and exotic dream destination Bali! Here we'll make virtual stops at one of the country's oldest temples for an amazing view and a taste of local traditional dance. Then, we'll swing from the palm trees above the Jatiluwih rice terraces for some adventure and great views. Later, we'll pick up some tasty satay chicken and mee goreng fried noodles. Let's go!





Seoul

There is a ton to see and we only have a short time to do it, so let's head out! We'll take you to Insadong, a busy district with traditional tea houses and art galleries, then to Myeongdong, one of the most famous shopping areas in Seoul. We'll also make a stop in Gangnam and Hongdae for a look at the nightlife and hotspots where young Koreans go to trendy cafes and bars. Seoul is a hop and a skip from most places in the Pacific, so it will be a great spot to consider when travel is open again.



CHECK THE VIDEO!

Okinawa



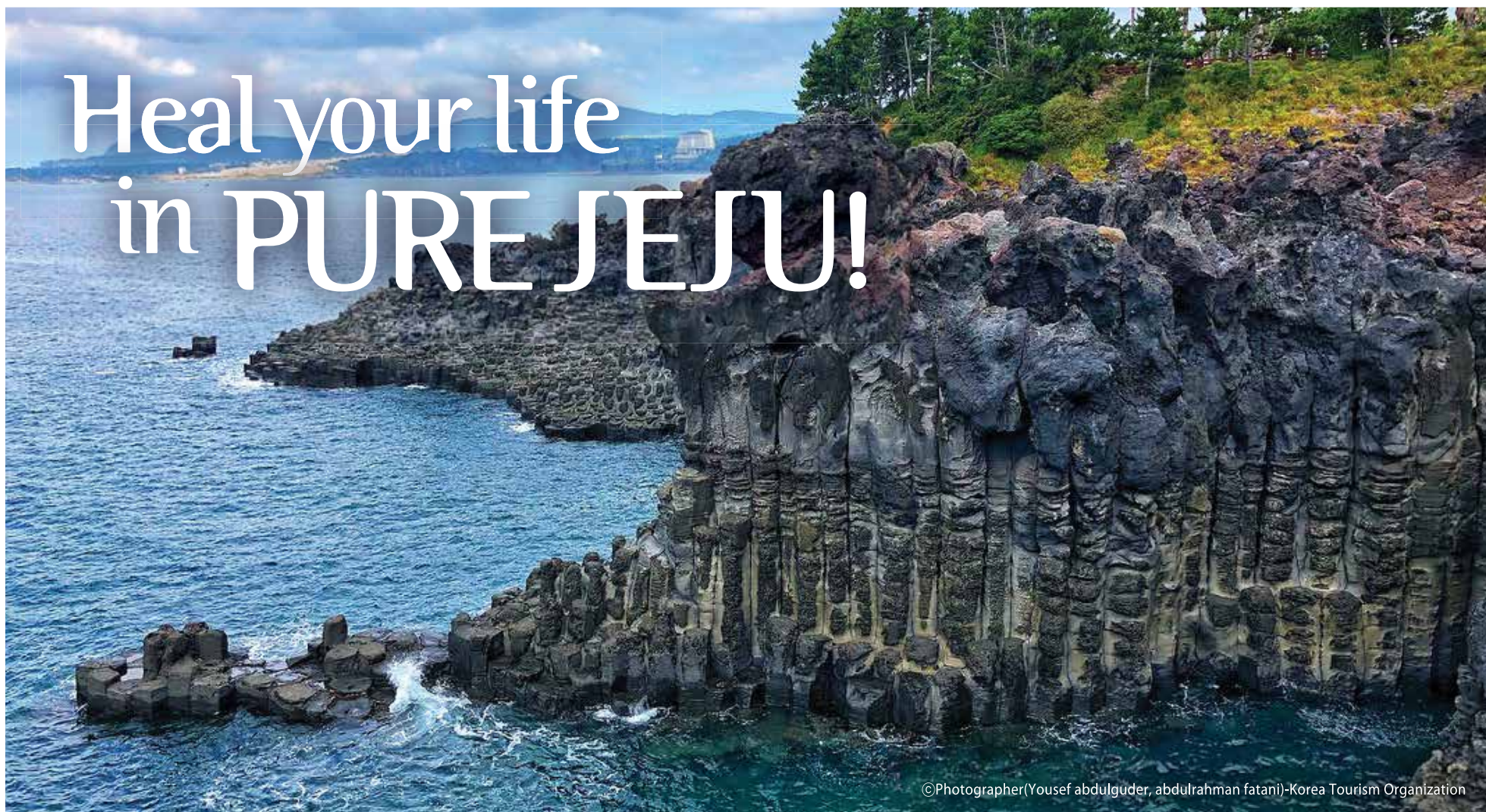
CHECK THE VIDEO!

Let's get ready to hit the beach and visit Japan's sub-tropical island, Okinawa. This island will make you feel worlds away from the mainland with its crystal blue waters and sandy white beaches. But, don't worry about packing a bathing suit or sunscreen because this journey is virtual! We'll skip the lines and the crowds and head straight into Okinawa Churaumi Aquarium, then dive in at the Maeda Point's beautiful blue grotto and more!



SEE MORE VIRTUAL VACATIONS ON PAGE 14!

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Jusangjeollidae

These magnificent columnar joints are located along the coast to the east of the Jungmun Tourist Complex. Watch in awe as the waves break on the layers of dark hexagonal volcanic stone. This spot is considered a gift of nature and was designated as a Natural Monument.

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Yeomirang guest house

Gunsan is a trip back to the Japanese colonial

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Night stroll in Jangmi-dong

Editor's Note: Today, we are living in uncertain times, so please plan ahead if, and when, you decide to travel. Follow safety guidelines set by your base and always remember to wear a face mask, practice proper hand-washing and social distancing.

If you're stationed at Kunsan Air Base, you may have noticed that only 30 minutes from the gate you'll find interesting buildings that look a little different from those around the peninsula. As Korea has removed signs and buildings from the Japanese colonial rule (1910-1945), Kunsan (or Gunsan, it's official name) has preserved some of these symbols of the past.

Some of Gunsan's colonial buildings are now museums or guest houses, which draw in young people who want a closer look at these interesting sites. Gunsan's renaissance-style city center is great spot for strolling and exploring.

kim.chihon@stripes.com

Check it out



On a late Friday evening, I headed straight to the harbor near my guest house. Some of museums in the area offer free evening admission, so I enjoyed checking out the exhibits and the sights in Jangmi-dong District.

I recommend visiting the Japanese-style store on the 3rd floor of the Modern History Museum. The life and customs of Korean families are highlighted inside. The faded flyers written in Japanese and old Japanese songs brought the replica homes and buildings to life.

Located a couple of doors down from the Modern History Museum, the Modern Architecture Museum (old bank of Joseon) has a display of the commode used by a Japanese great landlord. Ironically, this was the most extravagant and luxurious toilet that I have ever seen and was an eyeopener when compared to the facilities of Korean farmers during the Japanese colonial period.

Behind the old Joseon

bank, there were five or six food trucks offering a wide variety of options - from sweet waffles to steak - catering to the young crowd. I chose Doncrush, a food truck serving up the popular kimbap, or Korean sushi roll. I picked a pork belly kimbap made of lettuce, radish slices, and green onion (4,000 won or \$3.35) for my dinner. The outdoor venue was even showing a Korean film on a screen

for free. Dinner and a movie! Signs of Japan's former rule were also apparent on the water. Floating platforms used as piers to load rice are now lit up with colorful LED lights. With the nice early fall weather and night scene, the stroll was a great way to relax and end the night.



Kimbap



Food trucks



Street art mural





Hirotsu House: Japanese-style house of Sinheung-dong

In the 1930s, Gunsan was called “the Japanese city” because more than half of the population was Japanese. The city’s Shinheung-dong neighborhood was where the most affluent Japanese lived. Today, the House of Hirotsu still stands and is the most famous home in the area.

ADDRESS: 17 Gyeong 1(il)-
HOURS: 10 a.m. to 6 p.m.
CONTACT INFORMATION: 063-250-1111

The home is known for the beautiful Japanese-style gardens on its grounds. Hirotzu, a wealthy merchant the home is named after, owned the house and ran the grain shop. This two-story home was constructed in a unique mix of architectural styles from old Japan's Heian and Shogun eras and has six rooms and a living room.

What's unique is that the Japanese-style building

is equipped with Ondol, a Korean heating system that heats the floor. Despite its designation as a registered cultural asset, there is no English info and its interior is also no longer open to the public.

Either way, the gardens, complete with artificial ponds and stone pagodas, are worth a visit.

Nearby is Yeomilang Guest House, a new structure modeled after Japanese 1930s architecture. The Yeomilang has a garden which is open to the public with free admission and makes for a nice stop for cup of tea in nice surroundings. Check out any of the numerous neighboring teahouses for a cup of Korean tea.



Take a trip down
memory lane
Page 10



Wibongham Ship

Take a trip down memory lane

Early the next morning, I headed to the Jinpo Maritime Theme Park, very close to the museums I visited the night before. The only reason I visited the park was to see the retired Wibong warship (LST-676) on display at the park, which is the same model as the landing ship (LST-678) I worked on while I served in the Korean Navy. I still remember when my fellow sailors and I were dispatched to the Wibong for about a week when our ships were at anchor to avoid a typhoon in 2003.

Even though parts of the ship were converted into showrooms, the berthing area, bathrooms and mess decks remained remarkably in their original condition. I wanted to take a short break on a shady deck under the big gun of

the warship, just as I did as a sailor, but unfortunately, all the doors to the deck were locked. My trip down memory lane was foiled.

As I walked out of the park, I noticed a greyish rice storage building next to the old railroad tracks. Gunsan, adjacent to the fertile rice fields, which, coincidentally is the only place to see the horizon in Korea, was once the key port for export of the rice to Japan. The open field and storage building near the harbor were always filled with piles of rice sacks during Japan's occupation. Locals now preserve this area as a symbol of the exploitation of rice.

If you interested in antiques, visit AUCTION 196, a shop located right next to the rice storage building. The antique shop holds an auction every Tuesday and Saturday at 1 p.m. Anyone can attend and buy unique items.

JINPO MARITIME THEME PARK
ADDRESS: 32 Naehang 2-gil, Jangmi-dong, Gunsan
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AUCTION 196
ADDRESS: 196 Haemang-ro, Jangmi-dong, Gunsan
CONTACT INFORMATION: 010-6466-8758, 063-442-0197
OPERATION HOURS: 1-9 p.m.



Dongguksa Temple

More than 500 Japanese temples were built across the country during Japanese rule, but, surprisingly, only Dongguksa Temple remains in its original condition. When I stepped into the temple, I saw a magnificent main hall with a roof shaped like a helmet of samurai. The temple with its Edo period architecture is only about 100 years old and the layout is fairly simple.

This temple did not have any Dancheong, a traditional Korean pattern used in wooden buildings. The condition of preservation was so good that I felt as if I was visiting a temple in Japan. The contrast between the white walls and black frame along with the surrounding grounds made for an unforgettable sight. You can also take a walk in a bamboo grove behind the temple.

ADDRESS: 16 Dongguksa-gil, Samhak-dong, Gunsan
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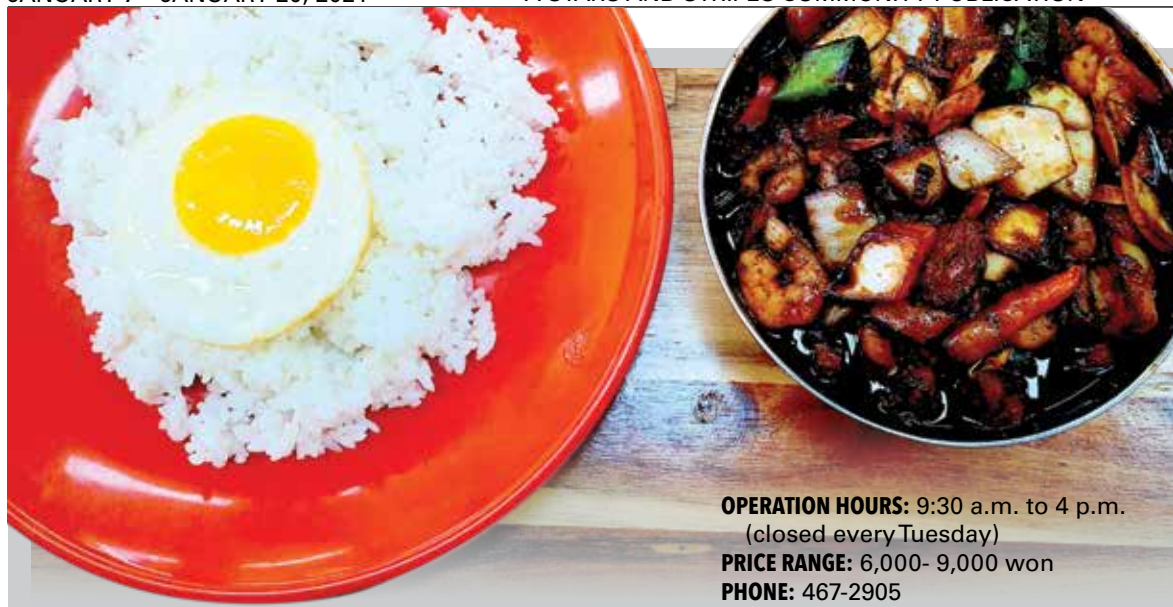
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Girinseoung (restaurant)

A 10-minute walk from Dongguksa Temple, Jilin-seong restaurant specializes in spicy jajangmyeon and jajang bob. Jajangmyeon (or jjajangmyeon) is a very popular Korean-style Chinese noodle dish topped with a thick black sauce made of boiled beans, diced pork and veggies. And jajang bob is a rice dish that comes with the same black sauce. Girinseoung also serves up a different pepper jajangmyeon, which is the traditional rice with black sauce but with a big, green hot pepper.

When it comes to spicy food, I always think that I can handle it without a problem. Their pepper jajangbob rice (9,000 won), however, was way too spicy! My mouth and lips were on FIRE! The hot

pepper flavor was overpowering, and I couldn't taste anything else. I barely finished my plate of food, and I saw many of visitors unable to finish their spicy noodles or spicy rice dishes. If you think you can handle it, Girinseoung is the place for you!

They don't accept customers when they run out of ingredients. I was the last customer of the day. So, if you want to try this crazy spicy food, I recommend you get there as early as you can.

At other restaurants in the area and around the peninsula, you will also find a variation of this dish called samsun jajangmyeon. Noodles in black sauce with a lot of seafood and a little bit of pork make up the meal, making it perfect for seafood lovers.



Okay, but is it Gunsan or Kunsan?

In the past, maps were labeled Gunsan as Kunsan, in the same manner that Busan was marked down as Pusan using the McCune-Reischauer system. Kunsan was changed to Gunsan after the romanization was revised. According to the National Institute of Korean Language, "Gunsan" is a standard notation Korea and all the public offices across the country are following the current romanization. The U.S. military still calls the city outside the gate Kunsan, so it matches up with the its air base's name.

Tip for traveling to Kunsan AB
Camp Humphreys bus schedule to Kunsan

Bus runs every day

■ From Kunsan AB to USAG Humphreys
LOCATION: Building 1104 (behind the PX)
KUNSAN PICK UP TIME: 6:30 a.m.,
HUMPHREYS DROP-OFF: 8:30 a.m.

■ From USAG Humphreys to Kunsan AB
LOCATION: Humphreys Bus Terminal
HUMPHREYS PICK UP TIME: 4:30 p.m.
HUMPHREYS DROP OFF: 6:30 p.m.



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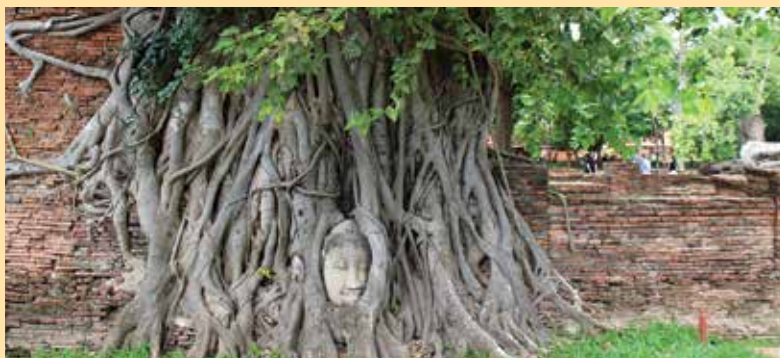


CHECK THE VIDEO!

Hop on as we head to the capital city of the Philippines. Here, old meets new with the Spanish-influenced architecture and towering skyscrapers. We'll take a look at Old Manila, the city-center, where Fort Santiago and Manila Cathedral offer you a close-up look at the city's history and future. In this feature, we'll also stop in and look at former U.S. military installation, Clark Air Base, which is now having a second life of its own, as a public park and airport.



Bangkok



Let's take a virtual journey to the busy streets and colorful markets of Bangkok. We'll try delicious Tom Yum Kung, mango sticky rice and Thai milk tea as we stroll through Wat Pho for a look at the reclining golden Buddha and for an adventure in the labyrinth-like Khao San Road area. We'll also take a detour to Thailand's ancient capital, Ayutthaya, for a peek at the Wat Mahathat in the banyan tree roots.



CHECK THE VIDEO!

Tokyo



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Stripes Sports Trivia

SAY MY NAME!: On the links, I'm known for my long drives and unique personality. I became a PGA pro in 1987, and currently am doing my thing on the Champions Tour. I've won a couple of PGA Major Tournaments in my life, although many would say I'm not exactly "country-club material". Who am I?

Answer

John Daly



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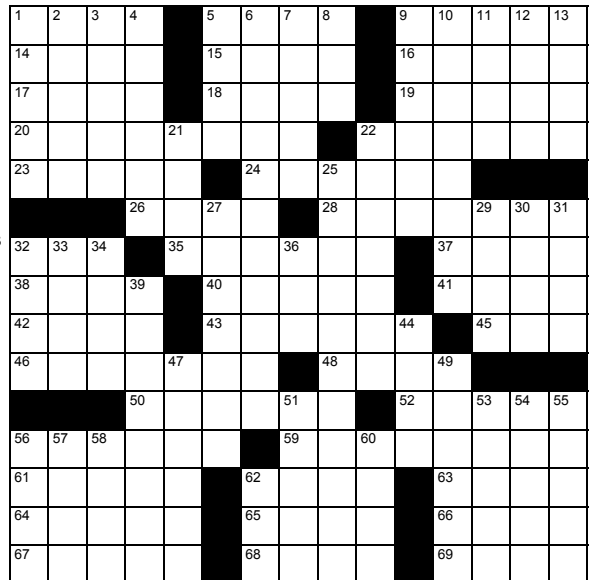
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Crossword

by Margie E. Burke

ACROSS

- 1 Workout woe
- 5 Lavish party
- 9 Can't stomach
- 14 Advance
- 15 Eve's man
- 16 Vineyard fruit
- 17 Small pie
- 18 Farrier's tool
- 19 In the boondocks
- 20 ETA and DIY, e.g.
- 22 One way to break bad news
- 23 Nursery follower
- 24 Evening wing-ding
- 26 ___ carotene
- 28 Retirement fund
- 32 Workout site
- 35 Strip bare
- 37 Mermaid feature
- 38 Ill-gotten gains
- 40 Come clean
- 41 Thus
- 42 Fairytale villain
- 43 Toils (away)
- 45 "___ what?"
- 46 Dash
- 48 Pupil's locale
- 50 Summer wear
- 52 Andean animal
- 56 Catch in a lie
- 59 747, e.g.
- 61 Hammerin' Hank
- 62 Exile isle
- 63 Campus quarters
- 64 Thieving sort
- 65 Comrade in arms
- 66 Ford SUV
- 67 Oft-killed "South Park" kid
- 68 Dark loaves
- 69 Stalk in a swamp



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- 4 Bury
- 5 Cooper with two Oscars
- 6 "Uncut Gems" star
- 7 Rodeo rope
- 8 Sound booster
- 9 Goes along
- 10 Clairiol choice
- 11 "B.C." cartoonist
- 12 Milky stone
- 13 Trust, with "on"
- 21 Urgent want
- 22 Walmart worker
- 25 Pledge of Allegiance word
- 27 London cafe
- 29 Make, as a salary
- 30 "Junk begets junk" acronym
- 31 Be radiant
- 32 Mushy food
- 33 Meditative exercise
- 34 Daybreak, poetically

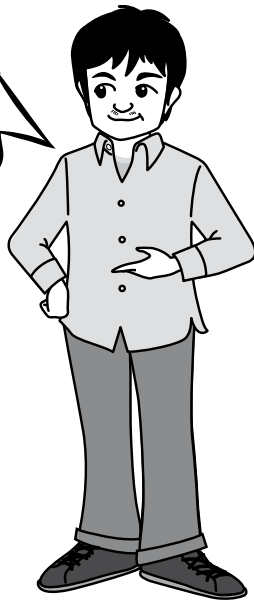
- 36 John's "Pulp Fiction" co-star
- 39 Chef's measure
- 44 Window feature
- 47 Like some soups
- 49 Mini burger
- 51 Add up
- 53 Battery cell
- 54 Use the on-ramp
- 55 Packing heat
- 56 Stable gear
- 57 Hard to come by
- 58 Flatten, in a way
- 60 Tanners catch them
- 62 Bud holder?

Answers to Previous Crossword:

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

DID YOU KNOW?

The number 4 is considered an unlucky number in South Korea and other parts of Asia. In hotels and other buildings, there is no 4th floor, much like the number 13 in the U.S. 0516



Hangul of the week

구름
gur-eum (cloud)

Language Lesson

What time is it?

Myeotsieyo?

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.

Answers to Previous Sudoku:

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

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

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