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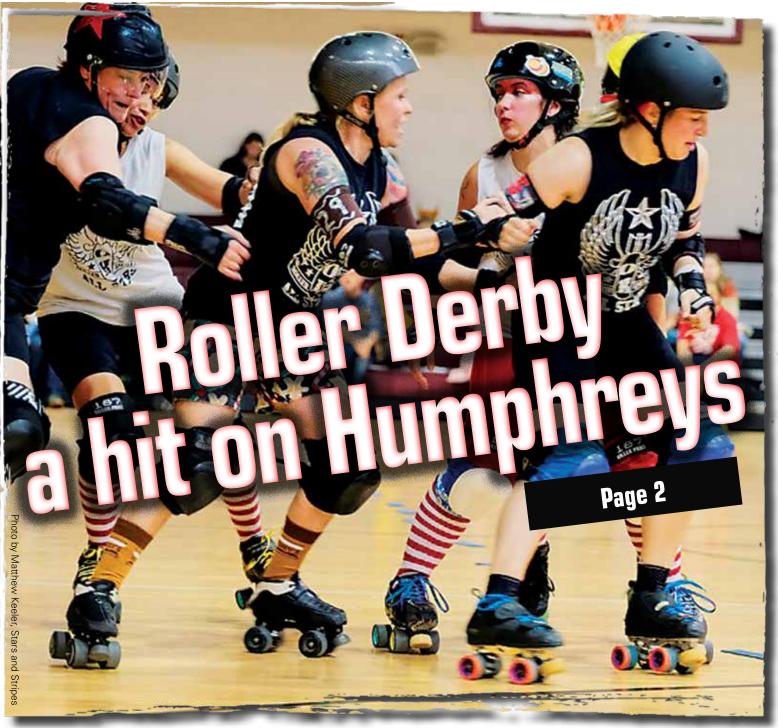


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Roller derby bouts a hit on base

STORY AND PHOTO BY MATTHEW KEELER. STARS AND STRIPES Published: December 17, 2019

CAMP HUMPHREYS — Nearly a dozen of the toughest women from Camp Humphreys and nearby Osan Air Base recently laced up their skates for a fullcontact roller derby scrimmage at Humphreys' Collier Community Fitness Center.

Taking on a holiday theme, Gingerbread Brawlers faced off on Dec. 14 against the Candy Cane Crushers in a 60-minute matchup that put close friends at odds — but all in good fun.

With track names like Bombastic, Krankenwagen, Elinor Bashgood and Wreck It Wanda, the women delivered an energy-packed short track derby on the gym's basketball court that put the Brawlers on top of the Crushers, 77 to 68.

Both squads are part of the Osan-Humphreys Roller Derby Team, which has about 25 members, including active-duty military, reservists, spouses, contractors and civilians.

Army Maj. Priscella Nohle, team manager and an operations officer with the 2nd Infantry Division at Humphreys, said



Players from the Candy Cane Crushers try to block a member of the Gingerbread Brawlers during a Dec. 14 roller derby scrimmage.

the club aims to introduce roller to be supportive of one another derby to new people while providing the experienced players a chance to improve their skills while stationed overseas.

No experience or **EXCLUSIVE NEWS FROM** equipment is required to join.

"We are very close; it's a group of women that are completely honest and open with each other, so there is no trying to one-up each other," said Nohle, who's known as Thor's Jammer on the track. "We are all trying as opposed to knocking each other down."

Nohle selects players based on skill level to

divide into two squads for each scrimmage. cause not everyone is on the same lev-

el, the team plays matches only from within to continue growth.

"The first thing we do with someone new to the game is to teach them three basic skills," Nohle said. "How to do a knee tap, knee slide and plow stop. If they can do those three skills, then they are level one.

To mitigate the risk of injury to themselves and others on the track, players must progress to level four before participating in a game.

"It seems silly but when you do that progression you are developing those skills needed to be stable on skates to the point you're not going to hurt anyone," Nohle said.

The newest member on the track Saturday was Erin Peacock, 36, a military spouse at Humphreys who joined the team in March. The Washington native said she grew up on skates as a girl, and it was her favorite thing to do.

"When I found out there was a sport on skates, I just jumped right into it and loved it," Peacock said. "I've never done anything competitive like this before, so getting my footing and actually being hit while on skates is a whole different ballgame."

The scrimmages, which are usually hosted at Humphreys, and are free for anyone to attend. The next is slated for late February.

keeler.matthew@stripes.com Twitter: @MattKeeler1231



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ECO Bus Program

Casey soldiers heat up the holiday season

BY SGT. YESENIA BARAJAS, 210TH FIELD ARTILLERY BRIGADE

CAMP CASEY – Soldiers from across U.S. Army Garrison Camp Casey came together to deliver 5,000 charcoal briquettes to neighbors outside the base December 5, Bosan-dong, Dongduchen

The charcoal briquette distribution is an annual event for soldiers of Camp Casey to be involved and assist neighbors who are in need of a way to stay warm during the winter.

"It shows that the United States soldiers are volunteering to help out," said Sgt. Christopher Castner, a fire support specialist assigned to Headquarters and Headquarters Battery, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, and Gainesville, Florida, native. "It kind of helps

us get good rapport with the local populace."

Castner volunteered to be the noncommissioned officer in charge for the event.

"I think it's a good opportunity for our soldiers to get out there and meet the locals," said Castner. "It gives them the opportunity to get out and get to know the culture a little bit more."

This is the seventh year the Gyeonggi Provincial Office and 210th FAB, 2ID/RUCD partnered to distribute charcoal to the locals. About 90 service members showed up to help deliver briquettes to 17 homes in Bosan-dong, Dongducheon.

"This is great – that the soldiers come out from their daily work, and we team up to help the people," said Maj. Michael Kim, the brigade chaplain for 210th and Riverside, California native. "To help the people in



Soldiers at the charcoal briquette distribution on Dec. 5 in Dongducheon. About 90 soldiers volunteered to help deliver the charcoal briquettes to neighbors in need. Photo by Pfc. Jaeyoung Park, U.S. Army

the Dongducheon City, where we live, not only did we provide our manpower, but we also donated money to buy more briquettes for this event.



Soldiers deliver charcoal to local homes. Photo by Sgt. Yesenia Barajas, U.S. Army



The event was hosted by the Gyeonggi Province Office and first began in 2013. Photo by Pfc. Jaeyoung Park, U.S. Army



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51st MDG medics save groom

BY STAFF SGT. GREG NASH, 51ST FIGHTER WING

OSAN AIR BASE - Tying the knot is an important day filled with high anticipation for many people. Unfortunately for one airman, the day went from a joyous occasion to the brink of tragedy.

Suffering a critical illness, the groom was taken to a South Korean medical facility. After careful evaluation, it was determined a special team of medics needed to be called upon – and the 51st Medical Group answered the

The team was simultaneously responsible for coordinating the aeromedical evacuation mission to transport two other patients as well. In under 50 hours, the 51st MDG 'aced' their ultimate test saving lives.

For Staff Sgt. Kristalynjon Arenas, 51st Medical Support Squadron NCO in charge of patient travel, amid the stress factors of time constraints, patient movement and logistics, the reward of a patient thanking her for saving their life was price-

"Being thanked by a patient for making their transport process smooth made me happy,"



Airmen from the 18th Aeromedical Evacuation Squadron simulate life-saving procedures to a training mannequin onboard a KC-135 Stratotanker during an exercise at Kadena Air Base, Japan. Photo by Senior Airman Matthew Seefeldt, U.S. Air Force

said Arenas. "This was my first aeromedical evacuation mission so it was definitely challenging. My team was great and played a key role getting the patients to their next destination."

Upon notification, the 51st Medical Group worked tirelessly, orchestrating actions that would transport three individuals across the world to Hawaii's Tripler Army Medical Center for continued care. After

coordination with South Korean Medical facilities, Osan's medics partnered with Yokota Air Base's 18th Aeromedical Evacuation Squadron for a Critical Care Air Transport Team.

A KC-135 Stratotanker landed on Osan's flightline with a five-hour window to transport the patients. Osan's capability to perform as a staging facility gave the 51st MDG the platform to get hands-on in the process,

ensuring synchronized actions to direct movement, logistics, medications, baggage and food.

"We have to be prepared for this mission set anywhere in the world," said Capt. Daniel Stern, 25th Fighter Squadron flight surgeon. "In recent years, aeromedical evacuation's mission has staged in the Middle East but it's a great opportunity to do similar mission sets with varying medical issues here."

By continuing care at the closest capability, the 51st MDG was able to maximize a target of opportunity like this to make the best use of the Air Force's assets.

Although this unique mission was a first for Stern and Arenas, they hope to utilize this experience to implement enhanced strategies in an emergency like

"While this mission was a first a lot of us and it went so smooth, it was a great teaching opportunity," said Stern. "Every case and mission is different so we have to be prepared for anything. It takes a total team effort and we had awesome people who love and care about what they do to make this mission successful."

According to Maj. Phillip Strawbridge, 51st MDG chief of medical staff, total force integration made the saves possible.

"The key was that this was a whole effort with between the 51st Medical Group and our partnership with the 18th Aeromedical Evacuation Squadron, Theater Patient Movement Requirements Center, and Tripler Army Medical Center," said Strawbridge. "Further partnerships within our base on the flightline and base operations showed a collective team effort.'



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winter in Korea as visitors can soak in soothing, warm water. Spas offering massage facilities can be found in hotels and shopping malls within metropolitan areas. For more active fun, water parks open year-round are the best choice, with indoor and outdoor pools using mineral water to please both children and adults. This winter, get some much needed R&R at one of Korea's spas or hot springs.



VISTA Walkerhill Seoul offers a luxurious spa experience at V Spa, using outstanding products from the Swiss brand Valmont. The spa features a total of twelve rooms, including single-person rooms and rooms for couples. Guests will enjoy personalized care from the best in spa service.

- **ADDRESS:** VISTA Walkerhill Seoul 2F, 177, Walkerhill-ro, Gwangjin-gu, Seoul
- DIRECTIONS: Take a taxi for approx. 5 min from Gwangnaru Station (Seoul Subway Line 5), Exit 2
- OPERATING HOURS: 10 a.m. 9:30 p.m. / Open all year round (May vary by facility and reservation schedule)
- FEES: Vary depending on massage hours and available programs. Refer to the official website for details.
- ■INQUIRIES: +82-2-2022-0405 (Korean, English)
- * On-site registration is available, but making a reservation 7 days in advance via phone is advised.
- * Availability of foreign language assistance will vary by staff work schedule.
- **WEBSITE**: www.walkerhill.com (Korean, English, Japanese, Chinese)

Guerlain Spa at The Shilla Seow

The Guerlain Spa is a joint venture between French cosmetic company Guerlain and Korea's upscale hotel, The Shilla Seoul. The body condition and lifestyle of each client are analyzed in order to develop and implement a personalized spa plan. Guerlain Spa offers various water-based spa treatments in addition to an array of massage programs, including facial and body treatments. After completing the spa program, visitors can also try on a variety of cosmetic products at the Guerlain Makeup Bar.

- ADDRESS: The Shilla Seoul 3F, 249, Dongho-ro, Jung-gu, Seoul
- DIRECTIONS: Walk for approx. 3 min from Dongguk Univ. Station (Seoul Subway Line 3), Exit 5
- OPERATING HOURS: 8 a.m. 10 p.m. / Open all year round (May vary by facility and reservation schedule)
- FEES: Vary depending on massage hours and available programs. Refer to the official website for details.
- INQUIRIES: +82-2-2230-1167 (Korean, English, Japanese)
- * Reservation around 7 days in advance via phone is advised for spa programs.
- * Availability of foreign language assistance will vary by staff work schedule.
- WEBSITE: www.shilla.net (Korean, English, Japanese, Chinese)

Banyan Tree Club & Spa Seoul

Banyan Tree Spa is one of the top luxury spas in Asia and is famous for its range of massage and spa services, which are inspired by ancient Oriental treatment methods. The spa features 10 treatment rooms, with private bathrooms and rest areas attached to each room. It also offers a Tradition Package, providing visitors a chance to experience massage techniques from countries around the world as well as enjoy an aromatic herbal bath. All treatments focus on offering a pleasing experience to all five senses.

- ADDRESS: Banyan Tree Club & Spa Seoul The Club 3F, 60, Jangchungdan-ro, Jung-gu, Seoul
- DIRECTIONS: Walk for approx. 20 min from Beotigogae Station (Seoul Subway Line 6), Exit 1
- OPERATING HOURS: 11a.m. 8 p.m. / Open all year round (May vary by facility and reservation schedule)
- FEES: Vary depending on massage hours and available programs. Refer to the official website for details.
- ■INQUIRIES: +82-2-2250-8115, 8116 (Korean, English, Japanese)
- * On-site registration is available, but making a reservation 3-4 days in advance via phone is advised.
- * Availability of foreign language assistance will vary by staff work schedule.
- WEBSITE: www.banyantreeclub.com (Korean, English)

The SPA at Grand Hyatt Seoul

Designed as a "garden in the city," Grand Hyatt Seoul's The SPA offers high-quality hotel spa services at comparatively affordable prices. Customers receive a program that is personally designed to suit their preferences and physical condition, choosing from traditional treatment, detox cleansing, and soothing massage.

- ADDRESS: Grand Hyatt Seoul B1, 322, Sowol-ro, Yongsan-gu, Seoul
- DIRECTIONS: Walk for approx. 15 min from Hangangjin Station (Seoul
- Subway Line 6), Exit 1

 OPERATING HOURS: 9:30 a.m. 9:30 p.m. / Open all year round (May vary by facility and reservation schedule)
- FEES: Vary depending on massage hours and available programs. Refer to the official website for details
- INQUIRIES: +82-2-799-8808 (Korean, English, Japanese)

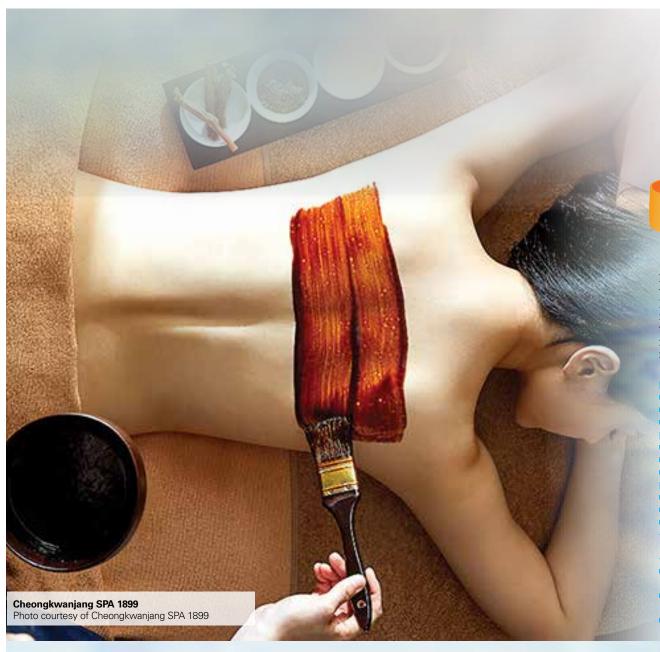
 * On-site registration is available, but making a reservation 3-4 days in advance via phone is advised.
- * Availability of foreign language assistance will vary by staff work schedule.

 WEBSITE: www.hyatt.com (Korean, English)

Spa at Four Seasons Hotel Seow

The spa at Four Seasons Hotel Seoul uses a mix of classical therapy and modern treatments to find the equilibrium of guests' body and mind. All treatments, including body massages and facials, use essential oils and healthy components extracted from plants. The hotel offers a plethora of treatments, including their signature treatment, facial collection, body therapy, and more.

- ADDRESS: Four Seasons Hotel Seoul 10F, 97, Saemunan-ro, Jongno-gu, Seoul
- Subway Line 5), Exit 7 OPERATING HOURS: 10:00-22:00 / Open all year round (May vary by facility and reservation schedule)
- FEES: Vary depending on massage hours and available programs. Refer to the official website for details
- INQUIRIES: +82-2-6388-5000 (Korean, English)
- * On-site registration is available, but making a reservation 3-4 days in advance via phone is advised.
- * Availability of foreign language assistance will vary by staff work schedule.
- WEBSITE: www.fourseasons.com (Korean, English, Japanese, Chinese)





Cheongkwanjang SPA 1899

Cheongkwanjang SPA 1899 is a spa facility launched by KGC (The Korea Ginseng Corp.), the leading producer of high quality hongsam (red ginseng) products under the brand name CheongKwanJang. Cheongkwanjang SPA 1899 is known for their Hongsam Energy Spa that offers special care treatments for beauty and the immune system alike, making one's skin feel soft and toned after the treatment. Spa programs include single programs for body, face, back and foot, as well as full-care programs for various treatment courses.

Daechi Branch

- ADDRESS: KT&G Tower B2, 416, Yeongdong-daero, Gangnam-gu, Seoul
 DIRECTIONS: Walk for approx. 5 min from Samseong Station (Seoul Subway Line 2), Exit 2
 INQUIRIES: +82-2-557-8030 (Korean, English, Japanese)

Myeong-dong Branch

- ADDRESS: Hotel Skypark Central B1, 16, Myeongdong 9-gil, Jung-gu, Seoul

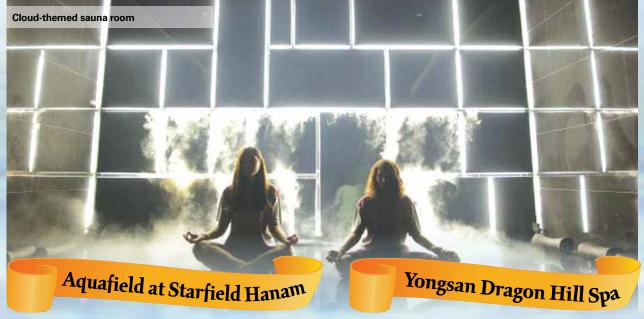
 DIRECTIONS: Walk for approx. 4 min from Euljiro 1(il)-ga Station (Seoul Subway Line 2), Exit 5

 INQUIRIES: +82-2-755-8031 (Korean, English, Japanese)

Haeundae Branch

- ADDRESS: Daom Building 6F, 277, Haeundaehaebyeon-ro, Haeundae-gu, Busan
- DIRECTIONS: Walk for approx. 10 min from Haeundae Station (Busan Subway Line 2), Exit 1
 INQUIRIES: +82-51-747-8036 (Korean, English, Japanese)
- * On-site registration is available, but making a reservation 4-5 days in advance via phone is
- * Availability of foreign language assistance will vary by staff work schedule.

 OPERATING HOURS: 9:30 a.m. 11p.m. / Open all year round (May vary by facility and
- FEES: Vary depending on massage hours and available programs. Refer to the official website for
- **WEBSITE:** www.spag.co.kr (Korean, English, Japanese, Chinese)



Aquafield is located inside Starfield Hanam where one can refresh both body and mind. Aquafield offers a water park, sauna and spa facilities to entertain visitors. The water park is especially popular thanks to the infinity pool. A variety of additional pools are prepared for all ages to enjoy and the sauna rooms built in different themes, such as charcoal, yellow clay, cypress tree, salt, and clouds, offer much to see and experience.

- **DIRECTIONS:** Take a taxi for approx. 10 min from Paldang Station (Gyeongui-Jungang Line)
- OPERATING HOURS:
- Water Park: Indoor 10:00-19:00 / Outdoor 11:00-18:00
- Sauna & Spa: Weekdays 8 a.m. –11p.m. / Weekends & public holidays 07:00-23:00

 ADMISSION: Six hour standard basis (Additional 5,000 won charged for each hour over)
- Water Park
- Weekdays: Adults & Teenagers 38,000 won / Children 30,000 won
- Weekends & public holidays: Adults & Teenagers 40,000 won / Children 32,000 won - Spa & Sauna
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- * Preschoolers (ages 2 & under): Free admission
- * Must provide ID with age verification for preschoolers
- WEBSITE: www.aquafield-ssg.co.kr (Korean only)

Dragon Hill Spa is a large jjimjilbang & spa facility that offers a chance to try a variety of sauna experiences at a great price. This eight-story facility is equipped with a wide range of amenities, including themed saunas, spas, massage rooms, and open-air bathing pools. Most notably, the spa features a grand, decorative interior and a large hardwood charcoal sauna, which is heated and scented through the use of traditional oak wood burning. Other facilities include a swimming pool and a fitness center.

- ADDRESS: 40, Hangang-daero 21na-gil, Yongsan-gu, Seoul
- Walk for approx. 5 min from Yongsan Station (Seoul Subway Line 1), Exit 1
- Walk for approx. 10 min from Sinyongsan Station (Seoul Subway Line 4), Exit 3

 OPERATING HOURS: Open 24 hours, all year round (May vary by facility)
- ADMISSION: Twelve hour standard basis (Additional 1,000 won charged for each hour over)
- · Weekdays daytime: Adults 13,000 won / Teenagers & Children 7,000 won
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- * Adults (ages 19 & over) / Teenagers & Children (ages 2-18)
- * Preschoolers (under age 2): Free admission
- * Must provide ID with age verification for preschoolers
- INQUIRIES: +82-2-792-0001 (Korean, English, Japanese, Chinese)
- * Availability of foreign language assistance will vary by staff work schedule. ■ WEBSITE: www.dragonhillspa.com (Korean, English, Japanese, Chinese)

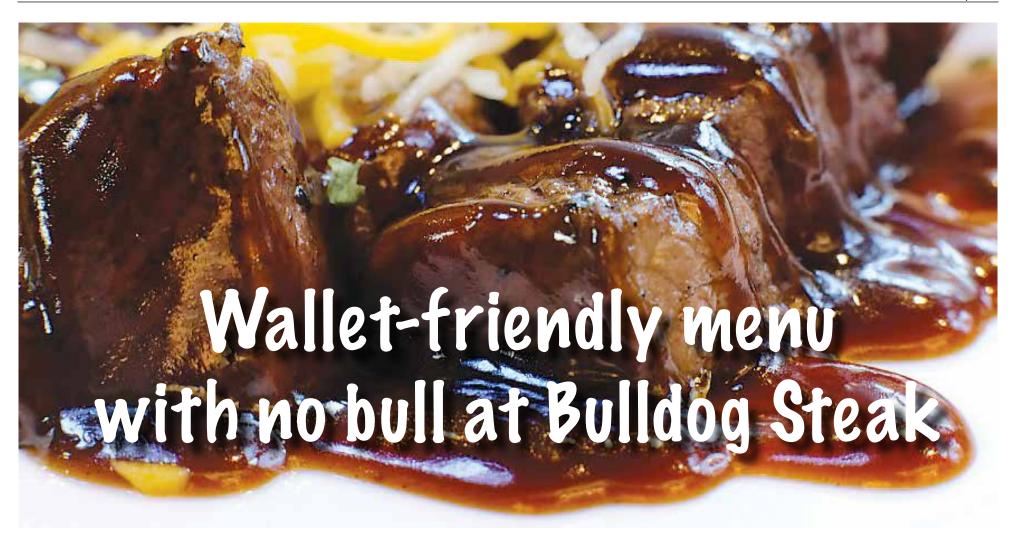
Spa Land Centum City

Spa Land is located within Shinsegae Centum City, allowing for a relaxing spa experience along with shopping. This traditional Korean thermal spa uses two kinds of water: carbonated spring water from 1,000 meters deep underground, and salt spring water from 560 meters below ground. Spa Land has 22 bathing pools including a children's tub, 13 themed jjimjilbangs (Korean saunas), and an outdoor foot spa area, making it the perfect place for the whole family to relax and enjoy.

- ADDRESS: Shinsegae Centum City 1F, 35, Centumnam-daero, Haeundae-gu, Busan
 DIRECTIONS: Walk for approx. 5 min from Centum City Station (Busan Subway Line 2), Exit 12
- OPERATING HOURS: 6 a.m. 11p.m. (Last admission 10 p.m.) / Open all year round (Subject to
- **ADMISSION:** Four hour standard basis (Additional 3,000 won charged for each hour over)
- Weekdays: Adults 17,000 won / Teenagers & Children 13,000 won
- Weekends & public holidays: Adults 20,000 won / Teenagers & Children 16,000 won
 Morning & evening discount: Weekdays 12,000 won / Weekends & public holidays 15,000 won
- * Morning admission applies before 9 a.m.; evening admission applies after 8 p.m.
- * Children must be 7 years of age or older to enter (Elementary school students must be
- accompanied by a guardian * Admission will be extended up to six hours when spending over 10,000 won within the spa.
- * Adults (ages 19 & over) / Teenagers & Children (ages 7-18)
- * Preschoolers age 6 & under cannot enter
- **INQUIRIES:** +82-51-745-2900 (Korean, English)
- * Availability of foreign language assistance will vary by staff work schedule.

 * WEBSITE: www.shinsegae.com (Korean, English, Chinese)





STORY AND PHOTOS BY MATTHEW KEELER, STARS AND STRIPES Published: December 12, 2019

utside temperatures have plunged in South Korea, but Bulldog Steak in Pyeongtaek is worth tackling the chill city breeze for a delicious meal.

Restaurant owner and chef Ryu Suck Hyeon offers guests a very simple menu at Bulldog, which is tucked away near the city's Tong Bok Market.

Each steak entree features a 5- to 6-ounce chunk of U.S. beef served with a house sauce, and a small salad with slices of pineapple, mushrooms and pickles.

A few tables and chairs stand outside as this location was originally a carry-out restaurant. However, since opening Bulldog in 2017, chef Suck Hyeon has converted an area just behind his kitchen into a climate-controlled dining area where you will be seated after placing your order.

To my delight the Englishspeaking chef cooks each steak to a medium doneness. However, if you prefer your steak rare or well done, just let him know when ordering.

After no more than 15 minutes, my shrimp and steak entree was brought to the table



Bulldog Steak in Pyeongtaek, South Korea, offers both indoor and outdoor seating.

along with a small cup of rice and cheese bread that I couldn't get enough of. The soft, airy and perfectly hot, melted cheese blend got my taste buds active, making the steak even more appealing.

The plate presentation showed how much the chef ap-

preciates not just his food, but also the customer.

At 14,000 won (about

\$12), my steak, salad and fourpiece shrimp combo looked like a first-class luxury. The meat was cooked to perfection, as expected. Although I feel comfortable saying the steak was not seasoned, or very little, the house sauce complemented the steak exceptionally well. I would have purchased a bottle to take home if that had been an option.

The shrimp itself was well done, but unseasoned. A pinch of salt or lemon would have gotten me a little more excited, but

I was pleased with the combo.
The portions were balanced and filling.

The potato steak entree (13,000 won) is a steak and french fries combo. These crispy fries were seasoned with salt, parsley and grated cheese, and great for filling the remaining void in your



Entrees at Bulldog Steak in Pyeongtaek, South Korea, are served with a bowl of rice and cheese bread.

Location: 95-31, Tongbok-dong, Pyeongtaek-si, Gyeonggi-do. GPS 36.996653, 127.084950

Hours: 11 a.m. to 10:30 p.m. Tuesday through Sunday; closed Monday **Prices:** Steak entrees range from 11,000 to 14,000 won; Rice entrees range from 8,000 to 9,000 won

Dress: Casual **Directions:** Less than a half-mile from the Pyeongtaek train station; walking or a taxi best; paid parking nearby.

Information: 031-656-1011

stomach after the cheese bread and salad.

Other menu items include beef and seafood entrees with rice that start at 8,000 won (\$7). The cheese bread is 5,000 won for four additional pieces, and a stand-alone basket of seasoned fries is 6,000 won. Draft and bottled beer is also on hand starting at 3,500 won.

The various vendors within Tong Bok Market are enough to lure a crowd. But at less than a half-mile from Pyeongtaek Station, or AK Plaza, Bulldog Steak is an easy choice. You simply can't go wrong with any of the steak combos offered.

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* Military ID holders will receive a 10% discount *













CONTINUED FROM PAGE 9

shining displays like heartshaped tunnels and swings for couples.

Grab a hot drink at the Starlight Café before heading out to explore the village. It took me about an hour - with coffee in hand - to soak it all in. I was very peaceful.

Santa Village, located in the middle of a forest covered with a wide spread of pure white light, was the most popular spot for kids. Near the big Christmas tree, small capsules that have unique backgrounds like a realistic moon photo or famous paintings, were the most Instagram-able spot for youngsters. At the nearby twinkling tunnel, many foreign travelers were busy posing for

The Ansan Starlight Village is accessible from any city in the Gyeonggi-do area, so take a day trip with family and friends to be dazzled by the beautiful light displays. And, if you don't like cold weather, wait till it



Mirror Maze Photo courtesy of Ansan starlight village

it's a year-round one.

Be amazed by Mirror Maze

If you have kids, or if you are just a big kid at heart, you need to check out Mirror Maze, located right next to the ticket booth for Starlight Village.

This house of mirrors is not part of the village and there is a separate fee (4,000 won), but I highly recommend kicking off your day here because it closes three hours before

the park.

Before entering the maze, I was given sanitary gloves, which made be wonder what I was getting into. But as made my way through the house of mirrors, bumping into and touching just about everything in front of me, I was glad I had the gloves on.

Though the repeated reflections of my figure in the mirrors confused and amused me, it was a blast to navigate my own way through this funfilled house of mirrors.

kim.chihon@stripes.com



Make room for multicultural treats

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA



many industrial companies in Ansan. The neighborhood has become a multicultural enclave for more than 20,000 foreigners from 57 different countries.

street, it looked like your typical traditional Korean market. However, as I got closer, I noticed that I didn't hear Korean being spoken and the

When I first approached the street was lined with foreign grocery stores and restaurants.

> The exotic shops and restaurants that sit along the street reminded me of Itaewon, where I once lived.

While Itaewon is a great meeting place for local youngsters and for foreigners to enjoy an evening out, Ansan Multicultural Food Street is the home and life of many immigrants from Russia, China, Cambodia, Indonesia, Uzbekistan and other countries.

Fine-dining restaurants or elegant coffee shops are rare here, but you can enjoy rustic restaurants that serve up traditional delicacies from all parts of the world.

And there's so many to choose from.

Walking down the street, I came across the Russian bakery IM-PERIA. The small Russian bakery chain offering 15 varieties of Russian bread, many of which I sampled. Next to the bakery was a Russian restaurant that served up delicious dishes from the motherland.



If you don't want to go inside to eat, cheap street food is sold by multiple vendors. Chinese dumplings, delicious skewers with different types of meat, rice ball and other tasty treats will tempt you.

Head to Ansan to soak in the culture and get a taste of food from around the world.

ADDRESS: Irwon, 16 Damunhwa-gil, Danwon-gu, Ansan-si



All Publisher alese restaurant

clean establishment, culinary wizards from Nepal were quietly at work in the kitchen.

They offer a wide range of ethnic Indian curries, rice and popular dishes like tandoori chicken, samosa and biryani. The wide menu felt as

Masala for 8,000 won (or \$6.70) and Badshah chicken curry, both offerthree pieces of butter naan, an Indian flatbread, for 2,500 won.

Before taking my first bite, I took in the quaint, rustic ambiance of the restaurant. There were faded Tibetan prayer flags and tapestries depicting Hindu deities brought from Nepal and India on every wall of the dining room.

When the server brought my food, the rich scent of the butter naan made my mouth water. The irresistible naan brushed with melted butter was soft and chewy. I scarfed down all of it in seconds.

The chicken Tikka Masala, a delicious grilled chicken dish

with a creamy gravy, was unforgettable! I was quickly addicted to the spicy sauce and and ended up ordering tandoori chicken (8,000 won) so I could use the leftover sauce on it.

According to Arjun Hamal, the Nepalese chef of KANTI-PUR, Chicken butter curry and ing a mild flavor, are good options if you're not looking for a spicy meal.

It took just a few seconds to fall in love with tandoori chicken seasoned with yogurt. The chicken came straight out of the tandoor grill with the right amount of spiciness, tenderness and juicy texture. It was

At the end of dinner, a cup of a hand-made yogurt called sweet lassi was served to me for free. It was very refreshing and really hit the spot. This hole-in-the-wall restaurant gave me a truly delightful dining experience.

I'd love to visit this tasty place again. You should check it out for yourself when you are on Ansan Multicultural Food Street. It won't disappoint.

kim.chihon@stripes.com

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ADDRESS: 28, Damunhwa 2-gil, Danwon-gu, Ansan-si, Gyeonggi-

HOURS: 11:00 a.m. to 11:00 p.m. (Always Open)

PHON€: 031-493-8336









Origin of Korean Red Ginseng, given to the Pope, the Queen of England and other heads of state visiting Korea



Heritage of KGC,

the professional of Korean Red Ginseng with 120 years of history



World's No.1 CheongKwanJang,

the very Red Ginseng brand Koreans love the most



KOREA GINSENG CORP

I Origin of Korean Red Ginseng, which represents health functional foods of Korea

Each country has its own foods for taking care of health. Like wine with France, Black Tea with England, and Manuka with New Zealand, Korean Red Ginseng has been associated with Korea. Korean Red Ginseng and its components may help prevent several types of harmful viruses. This supports the claim that Korean Red Ginseng boosts the immune system and illustrates why it has been a popular herbal remedy for more than 2,000 years.

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I Heritage of KGC, the professional of Korean Red Ginseng with 120 years of history

KGC(Korea Ginseng Corporation) was established in 1899, and has taken the lead in preserving the tradition of Korean ginseng for the past 120 years. KGC now runs four regional headquarters in the US, China, Japan, and Taiwan, and operates overseas branches in over 40 countries with more than 2,000 employees. Expanding our reputation as a ginseng specialist,

120th ANNIVERSARY

I World's No.1 CheongKwanJang, the very Red Ginseng brand Koreans love the most

KGC now aims to gain recognition as a global general

CheongKwanJang is the Korean Red Ginseng brand created by know-hows and passion of KGC. It has been the national gift from Korea's president to other national leaders visiting Korea. This gift was also given to the leaders who participated in the 2019 ASEAN-Republic of Korea Commemorative Summit which took place in November 2019. We are extremely proud of our heritage and it is our mission to keep this tradition alive by introducing to consumers worldwide. A 76.9 percent share of the Korean Red Ginseng market! (source: Korea Food and Drug Administration, domestic sales in 2018) This figure just makes it obvious for CheongKwanJang to be the most beloved Korean

Red Ginseng brand. Now it's your turn to share this loved one for an active & energetic lifestyle all year long. it's your turn to share our tradition for an active & energetic lifestyle all year long.







SPA: So many hot springs to choose from

CONTINUED FROM PAGE 7



With a theme of an oasis in the middle of the Egyptian desert, Vivaldi Park Ocean World's facilities are divided into 5 main areas - Indoor Zone, Wave Pool Zone, Extreme Zone, Dynamic Zone, and Megaslide Zone. Visitors can enjoy a variety of pools and slides and relax at the therapy center and sauna rooms in the Indoor Zone as well as go for an adventurous thrill ride on a 2.4-meterhigh gigantic wave at the Extreme Zone.

- **ADDRESS:** 262, Hanchigol-gil, Hongcheon-gun, Gangwon-do ■ DIRECTIONS: Take a taxi for approx. 25 min from Yongdu Intercity
- * Shuttle bus reservations can be made through the Vivaldi Park
- OPERATING HOURS (INDOOR ZONE): 10 a.m. 8.p.m.
- * Hours subject to change depending on period of the year.
- All-day pass: Adults & Teenagers 50,000 won / Children 40,000
- * Fees may vary by period and operating hours.
- * Jjimjilbang only: Adults & Teenagers 22,000 won / Children
- * Afternoon pass begins from 2 p.m. on weekdays and from 4 p.m.
- * Adults & Teenagers (ages 13 & older) / Children (ages 3-12)
- * Preschoolers (ages 2 & under): Free admission
- * Must provide ID with age verification for preschoolers **WEBSITE**: www.daemyungresort.com (Korean, English, Japanese,

Phoenix Pyeongchave Blue Canyon

Phoenix Blue Canyon is an ideal location for enjoying the fresh mountain air and pristine water coming from Gangwon-do's mountainous terrain. The water park's design is based on the deep blue of the Mediterranean Sea. $\,$ Among the water park's many exciting amusements is the nation's first indoor-outdoor waterslide. The slide starts inside, but through a series of twists and turns, ends up making its final drop into a pool outside. After enjoying the indoor facilities, be sure to check out the outdoor spa zone for a unique winter experience.

- **ADDRESS:** Phoenix Park Pyeongchang, 174, Taegi-ro, Bongpye myeon, Pyeongchang-gun, Gangwon-do
- DIRECTIONS:
- Take a taxi for approx. 15 min from Jangpyeong Intercity Bus Terminal - Shuttle bus reservations can be made through the Phoenix Park
- * Bus fare: One-way Adult 14,000 won / Teenagers & Children 12,000 won. Round-trip Adults 28,000 won / Teenagers & Children
- * Adults (ages 13 and older) / Teenagers & Children (ages 12 and
- * Bus fares subject to change during peak season

 OPERATING HOURS:
- Weekdays 10 a.m. 10 p.m.

- Saturdays 9 a.m. 9 p.m.
 Sundays 8 public holidays 9 a.m. 8 p.m.
 * Hours subject to change depending on period of the year.

 ADMISSION:

- Afternoon pass: Adults & Teenagers 34,000 won / Children 29,000
- Night pass: Adults & Teenagers 28,000 won / Children 24,000 won
 Weekends & public holidays
 All-day pass: Adults & Teenagers 45,000 won / Children 38,000 won
 Afternoon pass: Adults & Teenagers 39,000 won / Children 33,000
- Night pass: Adults & Teenagers 33,000 won / Children 28,000 won * Afternoon pass begins from 14:00 / Night pass begins from 17:00
- * Fees subject to change depending on day of the week and period
- * Must provide ID with age verification for preschoolers **WEBSITE:** phoenixhnr.co.kr (Korean, English, Japanese, Chinese)

* Adults & Teenagers (ages 13 &older) / Children (ages 3-12)
* Preschoolers (ages 2 & under): Free admission

A couple enjoying the Couple's Spa

Splas Resom

Splas Resom is a four-season recreational spa facility known for its multicultural water therapy theme, combining the benefits of European, Southeast Asian, Japanese and American spa treatments, Bade Pool, one of the most famous spa facilities in Splas Resom, offers a European water treatment with water pressure massage in 29 settings for different parts of the body. The spa complex has a super-sized waterslide, wave pool, lazy river, walking path, and much more. There are over 20 different indoor and outdoor pools including a green tea pool, sulfur pool, and herbal pool.

- ADDRESS: 45-7, Oncheondanji 3-ro, Yesan-gun, Chungcheongnam-do
- OPERATING HOURS:
- Weekdays: Indoor & Outdoor 9 a.m. 6 p.m.
- Weekends & public holidays: Indoor 9 a.m. 9 p.m./ Outdoor 9 a.m. - 8 p.m.
- * Hours subject to change during peak seasor
- Weekdays: 9 a.m. 8 p.m.
- Weekends & public holidays: 6 a.m. -10 p.m.
- ADMISSION:
- All-day pass: Adults & Teenagers 48,000 won / Children 33,000 won
- Afternoon pass: Adults & Teenagers 24,000 won / Children 16,500 won
- * Fees subject to change during peak season
- * Use of sauna only: Adults & Teenagers 10,000 won / Children 6,000 won
- Afternoon pass begins from 2 p.m. on weekdays and 4 p.m. on
- * Adults & Teenagers (ages 13 & older) / Children (ages 3-12)
- * Preschoolers (ages 2 & under): Free admission * Must provide ID with age verification for preschoolers
- WEBSITE: resom.co.kr (Korean only)



Seorak Waterpia is located within Hanwha Resort Seorak, putting it in close proximity to the East Sea and Seoraksan National Park, one of Korea's most popular travel destinations. Seorak Waterpia is a year-round spa theme park that features spa facilities supplied with 100% all-natural hot spring water, and exciting water rides. Thanks to its natural water quality, this spa was designated as a health spa. Another major draw of Seorak Waterpia is that all of its water park attractions are supplied with thermal spa water. It also has various entertaining attractions such as an indoor wave pool and outdoor spa facilities.

- ADDRESS: Hanhwa Resort Seorak, 88, Misiryeong-ro 2983beon-gil,
- Take a taxi for approx. 15 min from Sokcho Intercity Bus Terminal
- Take a taxi for approx. 20 min from Sokcho Express Bus Termina Operating hours: 10 a.m. – 8:30 p.m. / Open all year round (May vary
- =ADMISSION:
- All-day pass: Adults & Teenagers 33,000 won / Children 25,500 won - Afternoon pass: Adults & Teenagers 27,500 won / Children 21,500 won - Evening pass: Adults & Teenagers 16,500 won / Children 12,500 won
- * Above admission price applies to October 28 December 13, 2019
 * Use of sauna only: Adults & Teenagers 12,000 won / Children 10,000 won (Sauna hours: 6 a.m. -10 p.m.)
- * Afternoon pass begins from 4 p.m. / Night pass begins from 7 p.m. * Adults & Teenagers (ages 13 & older) / Children (ages 4-12)
- * Preschoolers (ages 3 and under): Free admission
- * Must provide ID with age verification for infants

Asan Spavis is a health-based water park that offers water therapy and a spa bath that contains all-natural organic ingredients such as sodium bicarbonate, beneficial in reducing cellulite and helpful in regenerating important body cells. It also has an outdoor water park that has exciting slides and other fun activities.

ADDRESS: 67, Asanoncheon-ro 157beon-gil, Asan-si,

- * DIRECTIONS: Take a taxi for approx. 15 min from Onyangoncheon Station (Seoul Subway Line 1), Exit 1 OPERATING HOURS
- Indoor Bade Pool: Weekdays 10a.m. 6 p.m. / Weekends 9
- Outdoor Hot Spring: Weekdays 10 a.m. 5 p.m. / Weekends 9 a.m. - 6 p.m.
- Sauna: Weekdays 9 a.m. 7 p.m. / Weekends 8 a.m. -7 p.m. * Hours may differ for other facilities.
- * Hours subject to change depending on period of the year.
 * Closed Wednesdays from October 16 December 20, 2019
- Admission (Water park + hot spring): Adults & Teenagers
- 37,000 won / Children 28,000 won * Use of sauna only: Adults & Teenagers 10,000 won / Children
- 8,000 won
- * Fees subject to change depending on time and period of the year.

 * Adults & Teenagers (ages 13 & older) / Children (ages 3-12)

 * Preschoolers (ages 2 & under): Free admission

 * Must provide ID with age verification for preschoolers

- WEBSITE: www.spavis.co.kr (Korean only)

Caribbean Bay

Caribbean Bay is a tropical-themed water park that features an indoor swimming pool, hot springs, saunas, and an outdoor lazy river. As the largest water park in Korea, it employs the latest spa technology and provides visitors with a unique combination of heartpounding rides and relaxing spas and saunas.

- ADDRESS: 199, Everland-ro, Pogok-eup, Cheoin-gu, Yongin-si,
- Gyeonggi-do

 DIRECTIONS: Take the free shuttle bus from Parking Lot No. 5 in
- front of Jeondae-Everland Station (Yongin Everline), Exit 3 OPERATING HOURS (INDOOR FACILITY):

Weekdays 10 a.m. -5 p.m

- Weekends & public holidays 10 a.m. 6 p.m.
 * Hours change frequently; please refer to the website before
- ADMISSION
- All-day pass: Adults & Teenagers 42,000 won / Children & Senior citizens 33,000 won
- Afternoon pass: Adults & Teenagers 36,000 won / Children &
- Senior citizens 28,000 won
- * Fees subject to change; please refer to the website before visiting. * Adults & Teenagers (ages 13-64) / Children (ages 3-12) / Senior citizens (ages 65 & older)
- * Preschoolers (ages 2 & under): Free admission
- * Must provide ID with age verification for senior citizens and
- INQUIRIES: +82-31-320-5000 (Korean, English, Japanese,
- * Availability of foreign language assistance will vary by staff work
- WEBSITE: www.everland.com (Korean, English, Japanese

Paradise Spa Dogo

Paradise Spa Dogo is located in Asan, a region that has long been famous for its hot springs. The spa's alkaline water that is extracted from 300 meters deep underground contains sulfur and is known to be highly effective for brightening skin, smoothing wrinkles, and preventing hair loss.

A gigantic bade pool equipped with massage jets is another highlight feature here, proven to offer countless health benefits through its streams of bubbles emitted to spa bathers. Swimming in thermal spa water is not only great for your health, but also a fun activity in combination with the spa's myriad of sauna facilities and water rides.

- ADDRESS: 176, Dogooncheon-ro, Asan-si, Chungcheongnam-do
- DIRECTIONS: Take a taxi for approx. 5 min from Dogoo Station
- **OPERATING HOURS:**
- Monday-Thursday: Indoor 9 a.m. 7 p.m. / Outdoor 10 a.m. 7 p.m.
- Friday-Sunday & public holidays: Indoor 9 a.m. 9 p.m. / Outdoor 10 a.m. - 9 p.m.
- Hot Spring Bath: Monday-Thursday 8 a.m. -8 p.m. Fridays 8 a.m. -10 p.m.
- Weekends & public holidays 7 a.m. 10 p.m.
- ADMISSION
- Weekdays: Adults & Teenagers 37,000 won / Children 31,000 won
- Weekends & public holidays: Adults & Teenagers 42,000 won / Children 36,000 won
- * 18,000 won for all ages after 5 p.m. on Friday-Sunday & public
- Weekdays: Adults & Teenagers 11,000 won / Children 9,000 won
- Weekends & public holidays: Adults & Teenagers 13,000 won / Children 10,000 won
- * Above operating hours & admission fees apply to October 14 -December 13, 2019. Operating hours & fees subject to change during summer peak season (July-August).
- * Adults & Teenagers (ages 13 and older) / Children (ages 3-12)
- * Preschoolers (ages 2 & under): Free admission
- * Must provide ID with age verification for preschoolers
- WEBSITE: www.paradisespa.co.kr (Korean, English, Chinese)

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Don't park by fire hydrants

BY CHIHON KIM, STRIPES KOREA

he hunt for a parking space in Korea's busy urban areas can drive anybody crazy. In fact, some are so crazy that they park in alleys, on sidewalks and other no-parking zones.

But you need to be aware that the traffic laws and fines for illegal parking has tightened up recently. The Ministry of Public Administration and Security re-designated the area within 5 meters of fire-fighting facilities like fire hydrants from just a "no-parking zone" to "no-

parking/stopping zone." Also, the yellow manholes on the streets are fire hydrants, so you can't stop or park your car in this zone at any time.

As a result of this revised law, the penalty for illegal parking at this zone has been



Photo courtesy of bobaedream

doubled from 40,000 won (about \$34.42) to 80,000 won.

The fire hydrants and the no-parking/stopping zones are clearly painted in red, so be smart and keep your car away from these areas.

Note: If you do park in one of these zones and your car is damaged by the fire department during an emergency, you will not be compensated.

Where not to park

- Crosswalks.
- Sidewalks
- By curbs painted yellow

or where "No Parking" signs are posted.

- Within 5 meters of a fire hydrant.
- Within 5 meters of an intersection.
- Within 10 meters of a bus stop or bus stop sign.

kim.chihon@stripes.com

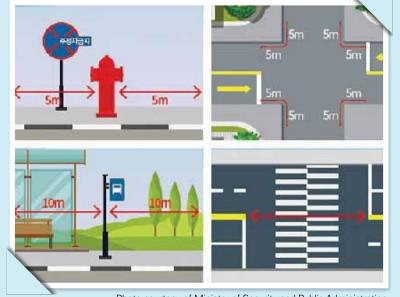


Photo courtesy of Ministry of Security and Public Administration





Photos by Chihon Kim, Stripes Korea







STORY AND PHOTOS BY SARAH HODGE, STRIPES KOREA

aiwan is a stunning island paradise not to be missed during your Pacific assignment.

Taoyuan International Airport is a little over 2.5 hours from Seoul, 3 hours from Tokyo and 4 hours from Guam, making it an attractive weekend destination. Taiwan High Speed Rail (THSR), based on the 700-series Japanese shinkansen, runs along the west coast of Taiwan and connects the capital Taipei to the southern city of Kaohsiung (217 miles) in as little as 1.5 hours.

A colony of Japan from 1895 to 1945, Taiwan's infrastructure was largely built by the Japanese, and you'll find a plethora of preserved colonial buildings scattered around Taiwan, including Taichung Railway Station from 1917, the fascinating hot springs museum at Beitou, Hinoki Village in Chiayi, and Pine Garden in Hualien (a former administrative office of the Imperial Japanese Navy).

Taiwan's official languages include Mandarin Chinese (Taiwan writes with traditional Chinese, which looks similar to Japanese kanji) and Taiwanese Hokkien, although you will also find a large number of English speakers (and many young Taiwanese are learning

Japanese for tourism and hospitality, making it an attractive destination for Japanese tourists as well).

If you are short on time, Taipei makes a fantastic home base for exploring some of the island's most diverse attractions, from powerful waterfalls to old-time railway towns like Pingxi (famous for its lantern festival in conjunction with Chinese New Year) and mining towns like Jiufen, whose otherworldly lantern-lit ambiance inspired a great deal of the aesthetics in director Hayao Miyazaki's award-winning "Spirited Away."

Other nearby attractions include Wulai, with its hot springs, waterfalls and indigenous Atayal crafts and restaurants, and





ANNUAL EVENTS

Yanshui Beehive Fireworks Festival

Taiwan's most unique (and dangerous!) festival that coincides with Chinese New Year features thousands of highpowered bottle rockets fired directly at participants...who
should come prepared with safety gear including motorcycle helmets, flame-retardant clothing, gloves, and hearing
protection. Go at your own risk!!

Pingxi Sky Lantern Festival

Held in the small mining village of Shifen in February, thousands of paper lanterns float up into the night sky emblazoned with dreams and wishes for the new year. (IACE offers affordable package tours.)

Kaohsiung dragon boat races

Kaohsiung's Love River is host to the Kaohsiung Dragon Boat Festival and International Dragon Boat Races every June.

the impressive waterfall at Shifen. Many of these cities are quite small, so you may be better off renting a car (Taiwan drives on the right) and exploring these as day trips. Be sure to bring motion sickness medicine as driving between them involves numerous hairpin curves and switchbacks.

Central Taiwan offers the breathtaking vistas of Sun Moon Lake and expansive tea plantations, while nearby Formosan Aboriginal Culture Village demonstrates traditional houses, costumes, dances and crafts from some of Taiwan's 16 recognized indigenous tribes, including the Amis, Bunun, Paiwan, Tao and Tsou. Qingjing Farm (nicknamed "Foggy Eden") looks more like an idyllic Swiss setting and features livestock demonstrations and shows.

Eastern Taiwan offers some of the island's most stunning scenery, including Taroko National Park. The park's steep canyons, gorges, and waterfalls are a hiker's paradise. One of the best ways to discover it is to rent a car and drive down the Eastern coast. Notable points of interest include Qingshui Cliffs, Taroko Gorge, Qixingtan, and Mugua River Gorge.

Southern Taiwan offers travelers sunny, unspoiled beaches, island paradises, dragon boat races, and the massive Buddhist monastery Fo Guang Shan. Tainan, Taiwan's capital from 1683 to 1885, is home to Anping Old Fort (1634) and Chihkan Tower, built in 1653 during the Dutch colonization of Taiwan. Taijiang National Park

is well worth visiting for the scenic river cruise through a tunnel of mangroves (Sicao Green Tunnel).

Alishan in Chiayi County is one of Taiwan's top attractions: you can ride the narrow-gauge Alishan Forest Railway (originally built by the Japanese for logging in 1912), see the sun rise over a sea of clouds (this involves a super-early wake-up call), hike through sacred forests, and visit tea plantations (due to the high altitude, some of Taiwan's most prized teas are grown here).

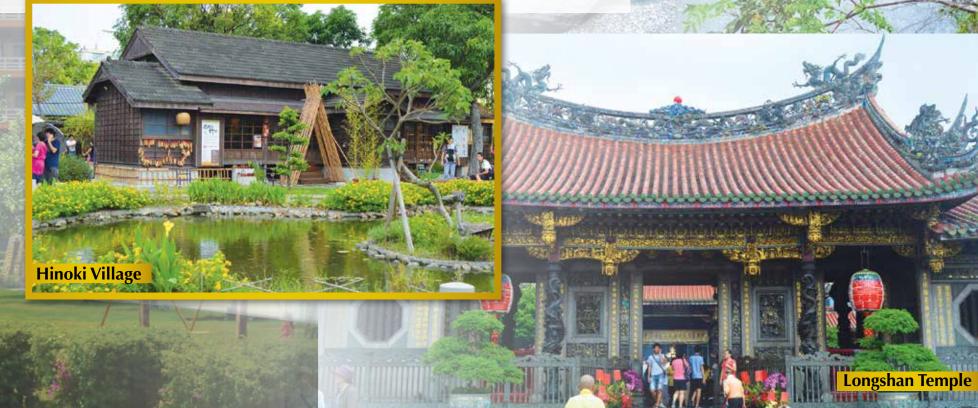
For the adventurous, remote Lanyu/Orchid Island (40 miles off the southeast corner of Taiwan near Kenting) can be reached by plane or boat. A scuba diving paradise, Orchid Island is home to the Tao tribe and their incredible carved wooden canoes and unique semi-underground homes (the Tao community values their privacy; please be respectful about photographing them). Green Island (20.5 miles east of Taitung) offers some of Taiwan's best reef snorkeling, Lyudao Lighthouse, and breathtaking coastal scenery.

Terrific temples

Taiwan's Taoist and Mazu temples are riots of color and imagery. Standouts include Taipei's Longshan Temple, Dajia Mazu temple, Lake of Temples in Kaohsiung and the impressive Chan Buddhist monasteries at Fo Guang Shan near Kaohsiung and Chung Tai Chan, Puli.

SEETAIWAN ON PAGE 18







elcome

Fengjia night Market







1941: Plenty of delicious food

CONTINUED FROM PAGE 17

Come for the food

Taiwanese cuisine is finally stepping into the international spotlight - highlights include beef noodle soup, gua bao ("Taiwanese hamburger"), Taiwanese sausage, hotpot, three cup chicken, xiao long bao (soup dumplings), peanut mochi and pineapple cakes. Another Taiwanese favorite is shaved ice, which comes in a variety of flavors topped with a mountain of fresh tropical fruit, sweetened condensed milk, optional ice cream, and/or tapioca pearls. Because a sizeable percentage of Taiwanese are Buddhists, vegetarian restaurants abound and can be found nearly everywhere

kanji 素食 on signs or menus.

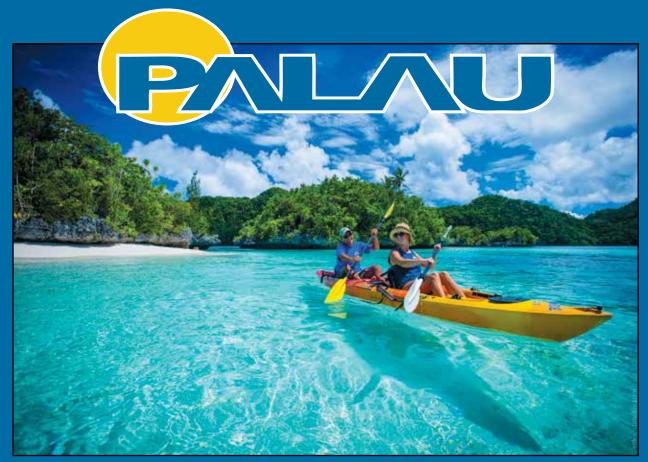
Don't miss night markets
Found in most large cities, boisterous night markets are a fun way to sample Taiwanese street cuisine like aiyu jelly, oyster omelettes, stinky tofu, scallion pancakes, barbeque skewers, and steamed buns.

Taiwan is also home to some great hands-on cooking schools and food tours; I took multiple classes and market tours with Jodie's Kitchen (http://kitchen.j321. com/) and Ivy's Kitchen (http://kitchenivy. com/) and highly recommend both.

You may be familiar with Japan's highly refined tea ceremony, but did you know that Taiwan has an equally refined tea culture?

(buffet-style is common). Look for the back to the 18th century, the Gongfu tea ceremony likely originated in Fujian and Chaoshan in China's Guangdong province. You can experience Taiwan's famed tea plantations and a series of atmospheric teahouses perched high over the hills surrounding Taipei in Maokong; a short cable car ride up the mountain will transport you to a different world. Try a tea flight sampler paired with traditional Taiwanese tea cuisine (for best ambiance, visit shortly before sunset and continue sipping as the lights of Taipei illuminate the valley below). Bubble tea was invented in Taichung in the 1980s at Chun Sui Tang (there are also branches in Japan) and has taken the world by storm. Another refreshing choice is watermelon juice, the perfect antidote to Taiwan's oppressively hot, humid summers.

> Food is served family-style at Taiwanese restaurants



"WE HAVE DONE THOUSANDS OF DIVES ALL AROUND THE WORLD IN SOME OF THE MOST PRISTINE AREAS, BUT IN FEW PLACES WE HAVE SEEN WHAT WE HAVE SEEN HERE' -Dr. Enric Sala, Explorer-in-Residence, National Geographic

Palau with over 500 tropical islands offers exclusive beaches, kayaking, paddle-boarding, snorkelling with world class diving sites.

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Tips from travel experts Maximizing value while on vacation

SPECIAL TO THE WASHINGTON POST

Cott Keyes hadn't given much thought to visiting Taiwan or Milan. But when he found bargain basement deals to each - \$130 to Milan and \$169 to Taiwan, round trip from the United States - Keyes, who is founder and CEO of the travel deal site Scott's Cheap Flights, couldn't resist booking them. To his surprise, the savings made the trips that much sweeter.

"I felt completely light and airy, like I was playing with house money," he says. "I ended up having more fun, because I didn't have all this pressure hanging over my head. I was able to loosen up a little bit, because I knew I'd saved \$600, \$700, \$800 off what the flight would normally be, so what's another glass of wine or a plate of truffle linguine or something?"

For Keyes and many others, when it comes to travel, the search for savings isn't just about money. To some, budget travel can present a challenge or a game; it can be a framework to help with planning, a gateway to meeting like-minded adventurers or an adrenaline rush from the pursuit of the deal.

As a freelance photographer and writer specializing in travel, Anna Mazurek spends most of the year on the road, living for weeks or months at a time in different cities and countries. When we talk via Skype, her home base is a \$300-a-month studio apartment in Chiang Mai, Thailand. "I'm in Asia, so I don't like to spend more than \$15 a night," says Mazurek, who wrote the book "Good with Money: A Guide to Prioritizing Spending, Maximizing Savings and Traveling More."

Staying in an apartment in a neighborhood comes with benefits beyond the budget: She's able to live more like a local, which allows for a deeper appreciation and understanding of the area than she'd get if she were in a luxury hotel in a tourist zone.

"It's an added bonus, because it's more authentic in a lot of ways. You take public transit, you're having street food, you're having conversations with people, you're seeing how people really live," she says. "I like being in a place for longer, whether it be a week or a couple of months."

Matt Kepnes, a travel writer who founded the website Nomadic Matt and wrote the book "How to Travel the World on \$50 a Day," says that when he travels, he walks around different neighborhoods and takes public transportation, just like he

does when he's at home in New York. That gives him a feel for the rhythm of the area he's visiting. "People around the world live the day-to-day life you do,"

Kepnes makes it a habit to cook his own food or picnic rather than dining out all the time. That comes with a bonus: Grocery stores offer a fascinating glimpse into a new place, whether it's discovering hagelslag (sprinkles often eaten on buttered bread) in the Netherlands or losing yourself in any country's potato chip aisle (so many unfamiliar fla-

vors). In Sweden, he remembers coming upon a popular fish spread in a metal tube, called Kalles Kaviar. He says the flavor and

texture reminded him of Cheez Whiz mixed with caviar. "It's actually quite tasty," he

ritory.

It's a given that staying in a hostel can save money. But Mazurek savs there's also a sense of community that comes with the ter-

She's

made friends and had many impromptu adventures as a hostel guest. "I've had some of the best experiences with the people I've met," she says. It's quite a difference from hotel stays. "I wasn't really making friends at the elevator in the Hilton," she says. Fellow travelers and staff can also be great resources on where to go and what to do in the city at hand, or in surrounding ones.

Beth Whitman, founder of the travel site Wanderlust and Lipstick and author of the book "Wanderlust and Lipstick: The Essential Guide for Women Traveling Solo," also finds that connecting with other people is the most fulfilling aspect of travel. In part, that's why she started her own company, WanderTours, which leads small, adventurous guided tours to places like Papua New Guinea, Morocco, India and Bhutan. While her tour company isn't budget, many of the travel lessons Whitman has learned come from her earlier spendthrift travels.

On a trip to Vietnam, she realized the profound impression volunteering can make when she helped build a playground for an orphanage outside of Hanoi. There, she was able to meet children and locals and learn about their struggles as well as the joys in their lives. "I know sometimes people don't travel to budget destinations because they don't want to look at the poverty, but there's also great beauty in that, too, and part of that beauty is people are really quite happy around the world," she says.

Through her globe-trotting, Whitman has also learned the art of haggling, and says she's become a "master bargainer" at markets in India and South-

east Asia - as well as at the garage sale down the block from her home in Seattle. While some travelers are intimidated by the process, she relishes the backand-forth when purchasing a rug

File photo

flight budget for \$1,000 a year. They can spend that \$1,000 on one flight to Europe. Or they can be flexible, search for great deals and, says Keyes, easily find three flights overseas for that amount, often to places that are a little more off the beaten path. "When you know you're tak-

or other items. "If you don't get

upset about it, it can be a really fun game to have this cultural

Early on in his travels, Keyes

discovered that budget travel

can also be a means to more ad-

ventures, and a map to exciting

locations. Say someone sets a

exchange," she says.

ing three trips a year, you can be a little riskier," says Keyes. "You can choose places that might be a little bit more interesting. If you're taking one trip a year, the stakes are pretty high and you kind of have to go to

the tourist favorites."

While many people will first choose their destination and then make plans accordingly, Keyes says he's learned to flip the formula, making price the priority and then putting the rest into place. "I try not to set my heart on somewhere and then hope a cheap flight will pop up. It's more a matter of when they do pop up, that's when I'll end up going,'

While cutting costs can be gratifying, Mazurek points out there is one area where she never cuts corners: when it comes to her security. "I will not be cheap when it comes to safety," she says. "If spending more money means I'm being more safe or gets me out of a situation where I think I wouldn't be safe, I would spend the money any time."

That's because budget travel doesn't have to mean making sacrifices. In speaking with all the travel pros for this article, that theme came up time and again. Cheap flights can be direct and convenient. Inexpensive street food can be delicious. Less familiar cities can be great adventures. Safety is important at any cost.

Mazurek brings up the "cheap vs. frugal" debate and says that, for her, budget travel is about being frugal. "Being cheap means you're making a decision based on price for everything. But frugality is making a conscious choice to spend money on things you love while cutting your spending on things you value less," she says. "And that's really my whole philosophy."



Travel writer and photographer Anna Mazurek in Puerto Escondido, Mexico. Mazurek spends most of the year on the road, living for weeks or months at a time in different cities and countries. Photo by Anna Mazurek



Hwacheon Sancheoneo Ice Festival

DATE: Until Jan. 26 **LOCATION:** Areas arond Hwacheon county

INTRODUCTION:

Hwacheon Sancheoneo Ice Festival takes place at Hwacheon county in Gangwon-do with plenty of snow and ice, perfect for a winter getaway. Since 2003, the festival has been visited by more than a million people, making this festival more joyful. Various festival programs include ice-fishing, ice sledding, bobsled, and more are available to participate in.

[Reference for facility safe use]

- Safety devices prepared
- Medical Center in operation
- 119 Safety Center is located nearby. TRANSPORTATION:

Bus

From Dong Seoul Bus Terminal, take an intercity bus to Hwacheon. Hwacheon Stream and the festival grounds are about 10-min walk from the bus terminal.

HOMEPAGE: www.narafestival.com (Korean, English, Japanese, Chinese)

Baegungyegok Valley **Dongjangkun Festival**



DATE: Until Jan. 27 LOCATION: Areas of Doridol Village **INTRODUCTION:**

Baegungyegok Valley Dongjanggun Festival in Pocheon offers various hands-on programs for families. It is located along the highway between Sejong and Pocheon, making this festival easily accessible. In addition, Pocheon is famous for I-dong galbi and I-dong makgeolli, as well as Il-dong Oncheon District, Sanjeong Lake, and Pocheon Art Valley.

TRANSPORTATION:

From Dong Seoul Bus Terminal, take an express bus bound for Baegun-dong. Cross the street to E-World. HOMEPAGE: www.dongjangkun.co.kr

(Korean only)



DATE: Until Feb. 16 **LOCATION:** Area of Alps Village Festival Ground

INTRODUCTION:

Chilgapsan Ice Fountain Festival features a large-scale ice fountain

HAPPENINGS **OFF BASE**

creating an Alps Castle where fairy tale characters are living together. The ice fountain and sculptures create a splendid ambience during the nighttime opening. This festival serves to create valuable memories for children and a romantic winter dating spot for couples alike. Located 5 minutes away, a suspension bridge over Cheonchangho Lake is famous as a filming location of the popular variety program "Two Days and One Night." TRANSPORTATION:

Express/Intercity Bus

From Central City Terminal, take an express bus bound for Jeongsan Bus Terminal.

From Jeongsan Bus Terminal, transfer to a local bus bound for Cheongyang-Jeongsan and get off at Cheonjang-ri Bus Stop.

Walk along the road in the same direction of the bus toward Cheonjangho Lake for 830m.

HOMEPAGE: www.alpsvill.com (Korean only)

Yangpyeong Icefish Festival



DATE: Until Feb. 16 LOCATION: Soomy Village **INTRODUCTION:**

Yangpyeong Icefish Festival takes place in Baekdong fishing site and Soomy Village from late-December to early-February. Residents are preparing for the festival to welcome all visitors including families, couples, groups and others. During the festival, visitors can eat warm fish cakes and roasted chestnuts. Aside from ice fishing, other traditional winter games and activities such as kite-flying, top spinning, sledding and jjinbbang-making (steamed bun with red bean filling) will be available.

During lunch, tteokguk (sliced rice cake soup), bingeohoe muchim (seasoned raw smelt salad) and bingeo twigim (deep-fried smelt) are available at the Women's Society of Soomy Land. One special trait of this festival is the offer of an all-inclusive experience package. After making a reservation, families can enjoy a full day of fun experiences from the moment they arrive until the time they head home with no additional fees to worry about. Yangpyeong Icefish Festival can be enjoyed by visitors of all ages: Children will look up to their fathers' as strong men, pulling their sleds around the snow-covered ice; couples will look back on the festival as a warm winter memory, walking hand in hand; friends

and coworkers will remember the delicious food and joyful time they spent together.

To attend the festival, visitors can make a reservation on the festival's official website.

TRANSPORTATION:

From Cheongnyangni Station, take a train to Yongmun Station. From Yongmun Station, take a taxi for approx. 8 min

HOMEPAGE: soomyland.com

Cheongpyeong Snowflake Festival



DATE: Until Feb. 23 **LOCATION:** Cheongpyeong Recreation Area for Cheongpyeong Snowflake **Festival**

INTRODUCTION:

Cheongpyeong Snowflake Festival located in Gapyeong-gun, Gyeonggi-do includes fun activities such as catching trout with bare hands, ice fishing, riding on tradition sleds and many other hands-on activities. Visitors who had paid admission to the fishing reservoir are also invited to watch the free circus performance offered.

TRANSPORTATION:

Subway

Cheongpyeong Station (Gyeongui-Jungang Line), Exit 1. The festival venue is about 5-min walking distance away from the station.

From Dong Seoul Bus Terminal, take an intercity bus bound for Cheongpyeong.

The festival venue is about 7-min walking distance from Cheongpyeong **Bus Terminal**

HOMEPAGE: www.cpfestival.net (Korean only)

Iksan **E-World Starlight Festival**



DATE: Until Mar. 1 LOCATION: Areas of E-World and 83 Tower

INTRODUCTION:

E-World Starlight Festival is held

with ten million lights in a large area around E-World and 83 Tower. Hotair balloons, roses, and mask light decorations and other events are available at this carnival-like festival. The events start at night and large characteristic trees are decorated along the 200-meter long Light Road, as well as a Umbrella Road, Carnival Road, and photo zone by 1,000 lights. Also, 10,000 LED roses cover the proposal stairs, creating a romantic and special ambience. This festival is beloved by young couples as part of a night dating course.

TRANSPORTATION:

Subway

Duryu Station (Daegu Subway Line 2), Exit 15.

Turn left and walk straight for approx. 330 m.

Cross the street to E-World. HOMEPAGE: www.eworld.kr (Korean only)



Lighting Festival at The Garden of Morning Calm

DATE: Until Mar. 22 **LOCATION:** Main gardens INTRODUCTION:

Held at the Garden of Morning Calm, the Lighting Festival is the biggest festival of lights in Korea, covering 100 thousand pyeong illuminated by 30,000 lights. The gleaming lights add a festive glow to the garden during the winter season. The main gardens are Hakyung Garden, Hometown House Garden, Bonsai Garden, Moonlight Garden, Sky Path and Garden of Eden, with colorful lights adorning the trees. In the event of inclement weather, lights may be turned off for safety.

TRANSPORTATION:

From Sangbong Bus Terminal or Dong Seoul Bus Terminal take a bus bound for Cheongpyeong Bus Terminal.

Take bus No. 1330 at Cheongnyangni Transfer Center (in front of Lotte Department Store).

Get off at the Cheongpyeong Bus Terminal.

From Cheonpyeong Terminal, take a bus bound for The Garden of Morning Calm.

Subway

Cheongpyeong Station (Gyeonchun Line), Exit 1. Go left until you reach the 3-way

intersection and turn right. Continue straight toward the Cheongpyeong Catholic Church. Pass by Cheongpyeong Elementary School, turn left, and you will see the Cheonpyeong Bus Terminal. From the terminal, take a bus bound for The Garden of Morning Calm. Alternatively, take the Gapyeong City

HOMEPAGE: www.morningcalm.co.kr (Korean, English, Japanese, Chinese)



DATE: Until Apr. 30 LOCATION: Pocheon Herb Island INTRODUCTION:

Herb Island Lighting Fesitval features a romantic ambience created by splendid lighting displays. It is comprised of a pink wish tunnel, sparkling buildings, Santa Village, photo zone and other twinkling places for visitors to enjoy.

TRANSPORTATION:

Bus

Take an express bus to Pocheon Intercity Bus Terminal.

Take Bus No. 57 bound for Sinbuk Oncheon (Sinbuk Hot spring) at the local bus stop outside the bus terminal. Get off at Samjeong-ri and go straight on Samcheongol-gil Street to arrive at Herb Island.

Soyosan Station (Seoul Subway Line 1). Take Bus 57, and get off at Samjeong-

Go straight on Samcheongol-gil Street to arrive at Herb Island.

HOMEPAGE: www.herbisland.co.kr (Korean, English, Chinese)



DATE: Jan. 10 - Jan. 12, 2020 **LOCATION: COEX Hall B INTRODUCTION:**

Since its start in France in 1994, Salon du Chocolat has taken place in 20 cities in 11 countries. Taking place at COEX, this chocolate expo is a must-attend event for chocolatiers, patissiers, ice cream makers, growers, chocolateproducing countries, manufacturers of raw cocoa, and producers of other chocolate-related products.

TRANSPORTATION:

Subway

Samseong Station (Seoul Subway Line 2), Exit 5 or 6.

HOMEPAGE: www.salonduchocolat.kr (Korean, English)

Taebaeksan Mountain **Snow Festival**



DATE: Jan. 10 - Jan. 19 LOCATION: Taebaeksan National Park, Hwangji Pond INTRODUCTION:

Taebaeksan Mountain Snow Festival presents large-scale snow sculptures in the national park, Jungang-ro, Hwangji Pond and other downtown areas. Also, various programs like Taebaeksan Mountain Snowflake Hiking Competition, Igloo Café, ice fountain, snow sliding, starlight festival, and more are planned for a fun and fantastic festival.

TRANSPORTATION:

Bus

From Dong Seoul Bus Terminal, take an intercity bus to Taebaek. From Taebaek Bus Terminal, take a bus bound for Danggol and get off at Taebaeksan Provincial Park.

* Hwangji Pond is a 10-min walk from the Taebaek Bus Terminal.

HOMEPAGE: tour.taebaek.go.kr (Korean, English, Japanese, Chinese)





DATE: Feb. 19 - Feb. 23 LOCATION: Nonsancheon Stream and Strawberry Field

INTRODUCTION:

Nonsan Strawberry Festival is held in Nonsan, the largest strawberry production region in Korea. Its rich soil and clean water and air give the region a perfect environment for growing excellent quality strawberries. It has been making its mark as a strawberry producer for 90 years, including 50 of which had full-scale production and shipment. The festival here helps elevate the regional economy and also functions to establish better communication among cities. Also, the festival is thought of as one of the most well-known festivals in Chungcheongnam-do, attracting a lot of domestic and overseas visitors. The festival takes place in the vicinity of Nonsancheon Stream and strawberry fields, and features various experiential programs like strawberry picking, strawberry cake baking, strawberry jam making, and other strawberry products events.

TRANSPORTATION:

Express/Intercity Bus

From Seoul Central City Terminal (Honam Line), take a bus to Nonsan.

From Nonsan Bus Terminal, cross the road. Take Bus 515, 516, 601, 602, 701 or 712 to Daegyodong Bus Stop.

From the bus stop, go straight for 100m to arrive at the Nonsan Stream and Strawberry Field.

HOMEPAGE: www.nonsan.go.kr (Korean only)





DATE: May. 1 - May. 4

LOCATION: Seonbichon Village & Areas of Seocheon Stream

INTRODUCTION:

The Yeongju Seonbi Culture Festival takes place from early to mid May every year at the Seonbichon Village and Korean Seonbi Culture Training Center in Sunheung-myeon, Yeongjusi. Yeongju Seonbi Culture Festival promotes Korea's moral culture through idealogy of Seonbi. You will be able to restore your personal character with the knowledge of Seonbi's basic values.

TRANSPORTATION:

Intercity/Express Bus

From Dong Seoul Bus Terminal, take an intercity bus bound for Yeongju. From Gangnam Express Bus Terminal, take an express bus bound for Yeonju.

From Yeongju Bus Terminal, take Bus 53 bound for Sosuseowon Confucian Academy.

HOMEPAGE: seonbi.yctf.or.kr (Korean only)



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Concerts



Seoul, Jan. 11, 6 p.m., Olympic Park Olympic Hall, 80,000 won.

Gwangju, Jan. 11 & 12, 6 p.m., Kim Dae Jung Convention Center; Daegu, Jan. 18 & 19, 6 p.m., EXCO Convention Hall; Seongnam, Feb. 1 & 2, 6 p.m., Seongnam Arts Center, Opera House; Suwon, Feb. 8 & 9, 6 p.m., Kyunghee University International Campus Seonseung Hall, 88,000-99,000-121,000-132,000 won.

Bon Iver

Seoul, Jan. 12, 7 p.m., YES24 LIVE HALL, 111,000 won.

Gwangju, Jan. 18, 7 p.m., Main Theater, Gwangju Culture & Art Center, 77,000-99,000-110,000 won.

Queen + Adam Lambert

Seoul, Jan. 18, 7 p.m., Jan. 19, 6 p.m., Gocheok Sky Dome, 110,000-121,000-154,000-176,000-187,000 won.

Kim Jae Joong

Seoul, Jan. 18, 6 p.m., Jan. 19, 5 p.m., Kyung-Hee University Grand Peace Palace, 110,000-121,000-132,000 won.

Seoul, Jan. 18, 6 p.m., Jan. 19, 5 p.m. Blue Square IMarket Hall, 110,000 won.



Seoul, Feb. 8, 6 p.m., Feb. 9, 5 p.m., Blue Square IMarket Hall, 99,000 won.

Beatbox to World 2020

Seoul, Feb. 22, 5 p.m., Feb. 23, 9 p.m., Muv Hall, 30,000 won (2-day Ticket).



Baek Stage

Seoul, Mar. 21, 3 & 7 p.m., Olympic Park Olympic Hall, 88,000-99,000-121,000-143,000 won.

Seoul, Mar. 22, 6 p.m., Jamsil Arena, 88,000-99,000-110,000 won.



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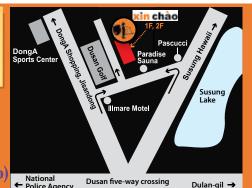
Seoul, Apr. 9, 8 p.m., Olympic Park Olympic Hall, 110,000 won.

http://www.globalinterpark.com/main/categoryList?dispNo=01003&prdTp=002





- Vietnamese Rice Noodle (Pho)
- Steamboat
- Spring Roll
- Tomyamkung
- Pat Thai (Thai Fried Rice Noodle)
- Pat Pong Curry
- Special Vietnamese Vegetarian Roll (Thai-Style Curry with Prawn or Crab)





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Stripes Sports Trivia

The stories and highlights of Bo Jackson are hard to top. Baseball, football, track - he did it all. And did it all at a high level. The once-in-a-generation athlete seemed super-human at times. Unfortunately, though, Bo was human, and injuries cut his NFL career short. He played in only 38 games to be exact. He played 45 at what university?

Answer

Auburn University







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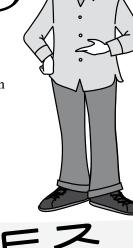
Network

Be part of a network of those who served in Korea.



VID AOA

ndol is an ancient underfloor heating system and a common feature of many homes in Korea. The heat of an ondol originally came from a small contained fire in the floor of the kitchen, but modern architectures has advanced to use hot water-pipes embedded in the floor instead.



Hangul of the week

tongjeung (pain)

Language Lesson

Just a second.

Jam-si-man-yo.

contain the numbers 1 to 9; and each set of 3 by 3 boxes must

Answers to Previous Sudoku:

4 5 2 6 7 3 8 1 9

6 3 7 9 1 8 4 5 2

8 1 9 2 4 5 3 7 6

9 8 5 7 6 4 1 2 3

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

2 6 4 8 9 7 5 3 1

5 9 3 4 2 1 6 8 7

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Crossword by Margie E. Burke ACROSS 1 Targeted, with "in on" 6 Tub toy 10 Gold medalist Lipinski 14 Immature egg 15 Heavy drinker 16 Desktop feature 17 Merchandise movers 19 Reunion attendee 20 Mournful 21 Actresses Ralston and Rolle 23 Guggenheim display 24 Not moving 25 Like Steve Austin of WCW 29 Lookout point 33 Sword handle

- 34 Hole-making tool 3 Eastwood
- 36 Well-worn 37 Kristen or Patrick 2018
- 39 Something to
- check

35 Mall attraction

- 40 Loathsome 42 Indignation
- 43 Massive
- 44 H.S. students
- 45 Harvard or Columbia, for Obama
- 47 Move like a top
- 49 Cookie container
- 50 Salad ingredient
- 53 Street surface
- 57 Wrapped up
- 58 Emphasize
- 60 Gardener's
- spring purchase
- 61 Deck feature 62 Skin disease
- 63 Aardvark fare
- 64 Spot 65 Intense feeling

DOWN

1 Firefighting aid 2 D.C. office

- played one in
- 4 Polished and posh
- 5 Covet
- 6 Coalition
- 7 1956 film. '
- Miss Brooks" 8 Move up the ladder
- 9 This one and this one
- 10 Use a torque
- wrench
- 11 One to grow on? 12 Engine sound
- 13 "No ifs, ____ .
- 18 Tycoons, slangily
- 22 Blue eyes or
- baldness, e.g.
- 24 Bitter feeling 25 Photo session
- 26 Diacritical mark
- 27 Any Platters platter
- 28 "I ____ you one" 30 Contradict

31 Likeness 48 Condition 32 Raring to go 50 Civil Rights

37 Raw fish dish

38 Hand holder?

41 Moving ahead

45 Combat zones

43 Trackman's

transit

- 35 Brahma, in figure Parks Hinduism 51 Chef's need
 - 52 Get together

 - 53 Trust, with "on"
 - **54** 007
 - 55 Hence
 - 56 Bucks and does
 - 59 Party bowlful
- 46 Bad atmosphere

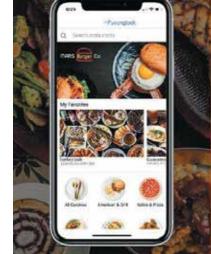
Answers to Previous Crossword:

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Α	В	┙	Ε		0	Р	Е	Ν	Н	Α	Ν	D	Е	D
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SUDOKU Edited by Margie E. Burke **HOW TO SOLVE:** 9 3 5 8 Each row must contain the numbers 1 to 9; each column must

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

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