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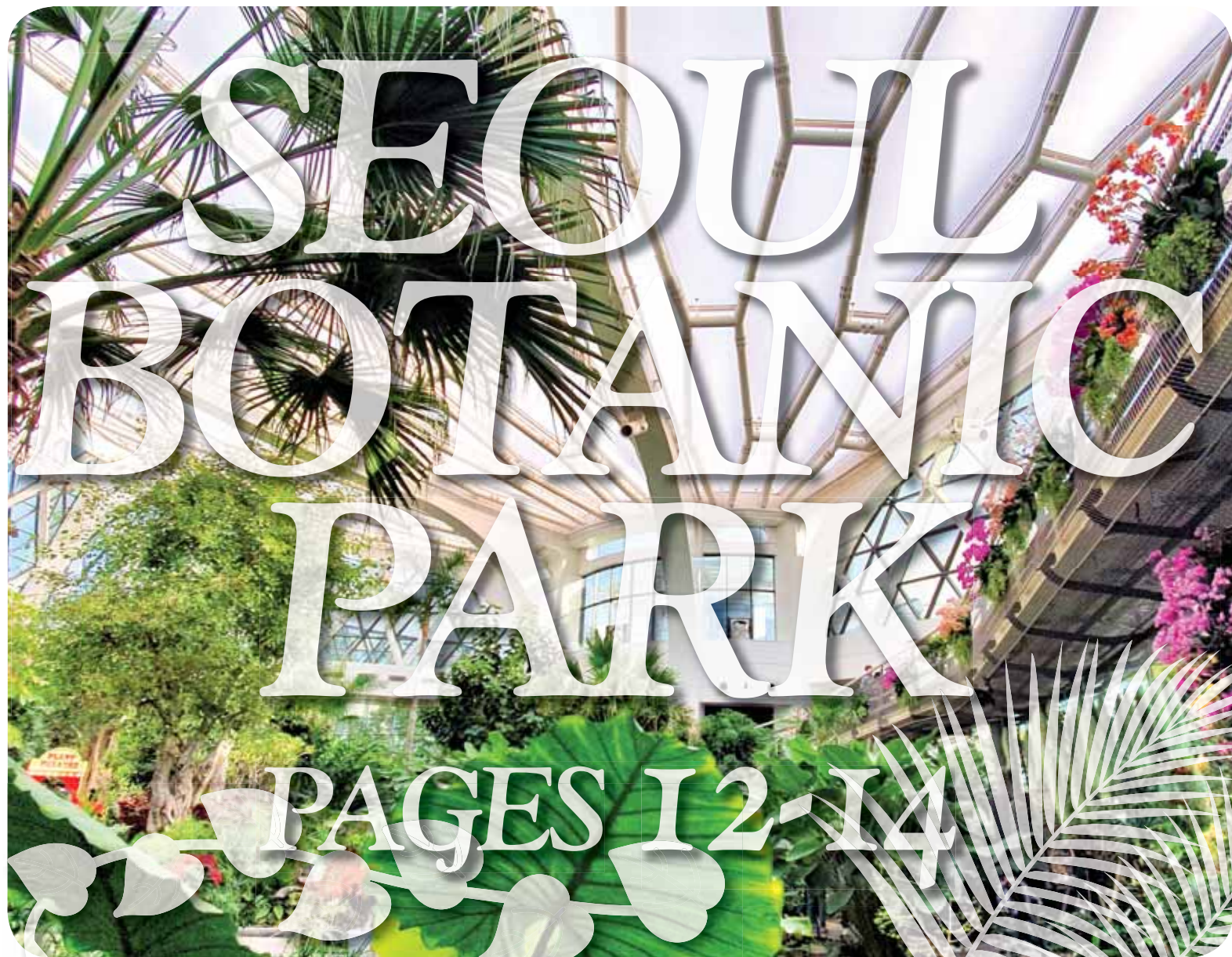


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USFK: Troops must get flu shot by Dec. 1

BY KIM GAMEL,
STARS AND STRIPES
Published: October 27, 2020

CAMP HUMPHREYS — U.S. Forces Korea ordered troops to get flu shots by Dec. 1, saying Oct. 27 that the vaccine issued by the Defense Department is safe and inoculation is especially important this year due to the coronavirus pandemic.

Safety concerns rose after 59 South Koreans died and hundreds more reported side effects following their flu shots this year. Health authorities said no direct link between the deaths and the vaccine has been found but they were monitoring the situation. The supply chain for that vaccine is separate from USFK’s.

USFK said the vaccine administered to the military community has been approved by the U.S. Food and Drug Administration and has resulted in “zero reports of serious adverse effects or reactions” across the Defense Department medical system.

The command noted the flu vaccine won’t protect against the coronavirus but said it has been shown to reduce symptoms and the risk of illness, hospitalization and death associated with an influenza infection.

All members of the U.S. military are required to get the flu shot annually.

USFK commander Gen. Robert Abrams laid out deadlines for service members in South Korea to get their flu shots by Dec. 1 and all other beneficiaries over 6-months-old by Dec. 21 or earlier if mandated by education officials.

“The presence of the common cold and



A flu vaccination shot rests on a table at 184th Sustainment Command headquarters in Monticello, Miss., on Feb. 8, 2020. Photo by Veronica McNabb, U.S. Army

flu season are upon us,” Abrams said in a press release.

“And the potential exposure of the COVID-19 virus is something we cannot afford to risk by delaying or avoiding the flu shot,” he added, referring to the respiratory disease caused by the coronavirus. “Do your part to protect the force and get your shot today.”

Most of those who died in South Korea were in their 70s and 80s, according to the Korea Disease Control and Prevention Agency. It cited a comprehensive assessment including autopsies in finding no link between the vaccines and the deaths.

“After reviewing death cases so far, it

is not the time to suspend the flu vaccination program since vaccination is crucial this year,” considering the pandemic, the agency’s director Jeong Eun-kyung told reporters.

Influenza and COVID-19 are both contagious respiratory illnesses with similar symptoms including fevers, coughs, shortness of breath, runny noses and sore throats.

However, they are caused by different viruses. COVID-19 also seems to spread more easily than the flu and causes more serious illness in some people, according to the Atlanta-based Centers for Disease Control and Prevention. There is also still no vaccine for the coronavirus.

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Can't go to Disney?

Bring the magic of Disney churros to your kitchen

STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPES KOREA

Earlier this year in March, as COVID-19 made its sweep across the world, Disney closed all of its theme parks. When, one month later, it was decided the parks would remain closed longer than anticipated, Disney decided to share with its loyal fans the recipe to a crowd favorite a— churros.

The recipe was a hit among YouTubers and food bloggers trying to bring a little taste of Disney back into their lives during quarantine.

Six months have passed since then and some of Disney's theme parks have reopened. Though the company removed the churro recipe from their own website, like everything shared online, this recipe, too, has taken a life of its own out of reach from Disney's grasp.

I missed the initial Disney Churro craze but came across a video for it on YouTube recently. The video featured folks wearing Mickey Mouse ears while

cooking and enjoying the treat, which motivated me to give it a try for myself.

It's been a summer of instant noodles and donuts, so this didn't seem like a smart choice for me, but one bite in and I am so glad I went for it.

The recipe seemed simple and easy to follow. I struggled a little bit with using a pastry bag. Some of my Disney Churros ended up taking on weird shapes, looking more like A&W's super fries than churros. They were so delicious; I could hardly stop eating them.

And, while I may not be a Disney fan— the last movie I watched was Aladdin in 1992, the last time I

visited a park was in early 2000s, not to mention how I am not crazy about how they've handled the Star Wars franchise —, I do give them credit for this awesome recipe and their tasty churros.

These churros were so good, in fact, that I may be inclined to give the Toy Story and Lion King movies a chance.

kudaka.shoji@stripes.com

Ingredients

- 240 cc water
- 120 cc butter
- 1.25 cc salt
- 3.75 cc cinnamon
- 150g all-purpose flour
- 3 eggs
- 360 cc vegetable or canola oil
- 100 g sugar

Recipe

- 1 Pour water in a pot over medium heat and add in butter, salt, half of the cinnamon (1.25 cc).



- 2 Change the medium heat to low. Add all-purpose flour and mix it until the dough begins to form. Remove from heat and let the mixture cool for 5 to 7 minutes.



- 3 Add eggs in one at a time as you knead the dough.



- 4 Place the dough in a pastry bag with a star-shaped piping tip. Prepare a plate with paper towels to place fried churros cool and drain excess oil.

- 5 Pour oil into a frying pan or another pot over medium to high heat until the oil reaches about 170°C (338°F).



- 6 When the oil reaches the temperature required, squeeze dough into the oil in 2.5 cm-long portions.



- 7 Fry until golden brown, then transfer onto the plate with the paper towels.



- 8 Mix sugar and cinnamon (2.5cc) in a bowl.



- 9 After the churros have cooled and strained excess oil place into the sugar-cinnamon mix and coat.



- 10 After this, your churros are ready to devour. Bon appetite!



View Video!





Heavenly Bread has something for everyone near Osan

STORY AND PHOTOS BY MATTHEW KEELER,
STARS AND STRIPES
Published: Published: October 8, 2020

Heavenly Bread, a cozy restaurant nestled on the outskirts of a popular entertainment and shopping district in Pyeongtaek, South Korea, could be your little ray of sunshine on a cloudy day.

Simply strolling by, it's easy to shrug this location off as just another ma and pa bagel and coffee shop. It has an outside appearance and the name to fit the bill.

Step inside, however, and find not only an assortment of fresh pastries, but a five-page menu ready to satisfy at any time of day.

Breakfast options are available until 2 p.m., and include three combos with a variety of bacon, eggs, ham or sausage, each with hash browns, toast and choice of black coffee or orange juice for 12,900 won, about \$11. Omelets and Belgian

waffles with fruit toppings are additional options starting at 10,000 won.

The English menu expands quite considerably for lunch and dinner entrees. Heavenly Bread offers soups, salads, pastas, pizzas, risottos and fried rice, all at respectable prices.

The 12,000-won chicken risotto came out of the kitchen hot and fresh — so hot, in fact, the top layer of melted cheese was still bubbling. Beneath it lay chopped tomatoes, onions, green peppers, and a dab of sauce mixed in with the chicken and rice. The winning element of this dish was clearly the melted mozzarella and cheddar cheese layer.

As with other rice and pasta meals, these can fill you up fairly quickly. This dish was no exception, and could probably have been shared with a friend. Consider bringing one, especially if you want to try

one of their 10 pizzas ranging from 11,000 won to 16,000 won.

The restaurant interior is very homey, sort of like a cottage at your favorite lake. Heavenly Bread is not shy about using the air conditioner on hot, humid summer days. It makes for a great choice to get out, stretch your legs and share a beverage with a friend in person or on social media over the provided Wi-Fi.

For 4,800 won, the vanilla latte was a creamy treat. Although ordered hot, it arrived at my table warm and ready to sip right away without the worry of the burning sensation.

Heavenly Bread provides a delicious comfort for your belly and the cozy setting to help when you need a timeout.

If you want to take a little bit of this comfort home with you, be sure to browse their selection of mousse, pound cakes, and other pastries each priced around 4,500 won.

keeler.matthew@stripes.com
Twitter: @MattKeeler1231

Location: 320-16 Sinjang-dong, Pyeongtaek-si, Gyeonggi-do, South Korea, or GPS 37.081874, 127.052141

Directions: In the Songtan entertainment district, within walking distance of Osan Air Base's main gate.

Hours: 10:30 a.m. to 9:30 p.m., Monday-Thursday; 9:30 a.m. to 9:30 p.m., Friday-Sunday; Closed the second and fourth Monday of every month.

Prices: Entrees range from 9,000-18,000 won; Coffee and lattes range from 3,000-6,000 won.

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**cooking
with kids**

Homemade pop tarts

STORY AND PHOTOS BY ALLIE WHALEN,
STRIPES KOREA

I have learned through the past six years of homeschooling my kids that my favorite way to teach math is by cooking together. Kids get to master the basics like addition and subtraction and they also get to practice new concepts like geometry and fractions. Cooking and baking with kids also gives them life-long skills that will help them learn to take care of themselves. One of my most important tasks as a mom is to make sure that my kids know their way around a kitchen and can make healthy choices as adults.

Now for the fun part that you probably came here for - homemade pop tarts! We adapted this recipe from the "Baking Class" cookbook by Deanna F. Cook. This is my kids' favorite cookbook when they feel like cooking something but they aren't quite sure what to make. It has everything from sweet to savory and has the best step by step guide. "Baking Class" makes it easy for young bakers to help and it also makes it possible for older bakers to complete a project on their own!

The original recipe calls for homemade pie crust but we decided to use store-bought. You can use whichever crust you prefer, or whatever level of mess you want to clean up in the kitchen when you're done!

Here's what we used for the adapted recipe:

- 2 Pillsbury pie crusts
- 1/4 - 1/2 cup natural raspberry jam
- 1/2 cup Okinawa powdered brown sugar
- 1 tablespoon coconut milk
- Rainbow sprinkles

1 First, roll out the pie crust and cut the circle into 3 even-ish sections with a pizza cutter. Don't worry too much about getting the shapes perfect. Sometimes it's better to let your kids just have fun with it and let their creativity shine. As long as the pieces mainly fit together it'll work out just fine!



2 Next, spread the raspberry jam onto half of the squares and triangles. If you use a circle pie crust you will have an uneven number of cut crust, but it'll work out perfect when you cut the second pie crust.



3 After cutting out the pieces and spreading the raspberry jam on half, match up the halves with the closest-shaped piece of pie crust. Then crimp around the edges of the pop tarts to seal them. If you want, use a pizza wheel and trim the super thin pieces of pie crust so it won't burn in the oven.



4 When all of the beautiful and imperfect pop tarts are crimped, put them on a parchment paper lined baking sheet and bake them at 425 F for 10-12 minutes.



5 Bake until the pop tarts are golden brown. We also used the leftover pie crust and cut out little sakura blooms to decorate the pop tarts.



6 Spread a thin layer of icing over the top of the cooled pop tarts. We used local Okinawan brown sugar but if you use standard powdered sugar the icing will be white. The Okinawan brown sugar really took the flavor of these pop tarts to another level! It had more of a molasses taste after using the powdered Okinawan sugar.



7 About half way through we learned that the icing dries quickly! So if you want to decorate with sprinkles, make sure you do it before the icing hardens.



These homemade pop tarts were a fun project to do together on the weekend. It wasn't very involved and didn't take much longer than an hour. If you really want to let the kids go crazy with decorating the pop tarts, give them free reign and let them get fancy!

Whether you have kids or not, pop tarts are a blast to make! Scroll down just a little further to find the links to my favorite ingredients and baking tools that we used for this fun project.

Allie Whalen is a culinary artist and amateur photographer with a love for the outdoors. She has recently begun sharing her experiences online where she talks about natural and healthy ways to take care of your body and the world around you. She is a military spouse based in Okinawa near Camp Hansen. Allie and her family are excited make beautiful Okinawa their best move yet. There they enjoy the rugged, tranquil life on the northern parts of the island. You can find Allie's blog at alliemwhalen.com, where she details her travels, basic conservation techniques, home education, and leading a healthy lifestyle.



Speakin' Korean

Igeo Maewoyo?

BY CHIHON KIM
STRIPES KOREA

If you're at a Korean restaurant and see something that looks irresistibly tasty but spicy, you may hesitate to try the food. It's a good way to ask a server how spicy the food is before ordering your meal if you have a low tolerance for spicy food. If you want to ask a server how spicy the food on the menu, you can use this phrase. "Igeo Maewoyo?" which means "Is this spicy?"

"Is this spicy?"
= 이거 매워요? (Igeo Maewoyo?)
(Igeo = this, maewoyo = spicy)



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MYEONGDONG: SKINCARE MECCA

STORY AND PHOTOS BY JOELY SANTIAGO,
WHEREJOELYGOES.COM

I'm totally obsessed with skincare. The right regimen and the right products can truly work wonders. It can change the texture of your skin, improve your complexion and even make it glow. We only get one face, so it's crucial we take the best possible care of it. And not just the face, all of our body really. That's my thought on it, at least. So I'm always looking for new products and ways to keep my skin hydrated, fresh and as healthy as possible.

Over the last few years, Korean skincare has been all the rage. I've heard, seen and read so much about it. Their face masks are legendary. But there's so much more to their skincare than that. The standard Korean routine involves several steps more than I was used to. I was a follower of the cleanse, tone, moisturize and sun protection regimen, with occasional exfoliation. But now, there are about four or five more steps in my daily process. And it's totally worth it. My skin looks better than ever. And I would have never discovered the magic of Korean skincare had I not gone to Myeongdong.

Myeongdong is one of the most famous shopping districts in Seoul. Excited to see what the shopping scene had to offer during my first trip to Korea, I dedicated an entire day to checking it out. What I found when I arrived was skincare mecca. Myeongdong has hundreds of shops that sell all sorts of goods. Shoes, bags, clothes, souvenirs, jewelry... you name it. But there's also a high concentration of skincare stores that sell more products than I could have ever imagined. From essences to serums to eye masks and everything in between, you can find plenty of everything here.



All the major Korean beauty brands have stores (some have several) in Myeongdong so you can get your hands on pretty much anything you're looking for. All brands offer products for different skin types and goals, and most stores have sales reps that speak English so you know exactly what you're getting. The

labels are usually in English, too, so that helps. I like to shop at a few different places for different products. Myeongdong makes that easy and is the perfect place to get everything I need in one trip.

The Korean skincare regimen can involve as many as 13 steps, depending on the time of day and skin type.

■ **STEP 1:** The first step is **cleansing**, but it's really two steps (in the evening only). Clean the face with an oil-based cleanser to remove makeup first (I love Banila Co.'s **Clean It Zero**), followed by a foam cleanser (I'm currently using Skinfood's **Egg White Pore Perfecting Meringue Foam**).

■ **STEP 2:** The second step is **toning**. I've gone back and forth with toners. Honestly, I've never really seen that they make a huge difference in the overall appearance of my skin. However, I have noticed that it does allow my skin to absorb the products in my skincare routine better when I use it. I just started using the **Moistfull Collagen Toner** from Etude House, and, so far, I like it!

■ **STEP 3-7:** The following steps can be more or less depending on what you choose to use. Here's when you use **emulsion**, **essence**, **facial oil**, **serum**, and **ampoule**. You can use one, some or all of these. They are all somewhat similar. An essence is like a lightweight serum, for a lighter feel. An emulsion is like a pre-moisturizer. Facial oils are fast-absorbing, extremely moisturizing, and can be used with oily skin. Ampoules are super-concentrated serums; they have a thicker consistency than serums but promise big results. Personally, I only use an essence (**Innisfree Jeju Orchid Enriched Essence**) followed by an emulsion immediately after. I'm



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like to exfoliate every other day. The days I do it, it's my third step in the evening or second (I eliminate the oil cleanser) in the morning. I like the Black Sugar Face Scrub from Skinfood and the Coconut Sugar Scrub from Too Cool For School. As far as face masks go, I only use them a couple of times a week after I apply the emulsion. I love the face masks from *Nature Republic*, *It's Skin* and *The Face Shop*. Sleep masks are used in place of night creams. I've tried a few and have liked all the ones I've tried. Right now, I'm using the Jeju Orchid Sleep Mask from Innisfree. I also use eye masks on a weekly basis. I like the 24K gold ones; I can't remember the brand.

I can't say I stick to the entire routine every single day. I try, but I'm human. Some days I'm just too tired or don't have the time. But I follow it most days and have seen a noticeable difference in my skin's appearance. It's smoother, clearer and brighter. I have combination skin and I'm not typically prone to breakouts. The products I mentioned above work well for me and my skin type. But you may have to try a few things to find what works well for you.

Myeongdong is a great place to explore all the Korean beauty brands and products, but if that's not your thing, it's still a cool neighborhood to visit. It's the place to go to shop for pretty much anything. Plus, there are some pretty good eateries in the area, and at night, vendors selling tasty snacks and random wares fill the streets. Stores stay open pretty late, and it's always a little crowded (at least every time I've been). The energy in this part of town is pretty electric. It's definitely worth checking out.

still experimenting with the facial oils.

- **STEP 8:** The next step is *eye cream*. I have tried a few Korean skincare brands for eye cream, but I always go back to Kiehl's Rose Arctica Eye Balm.
- **STEP 9: Moisturize.** This step is super important. I've tried a few different ones, and I really like the *Innisfree Jeju Orchid Enriched Cream*.
- **STEP 10:** The next thing you want to do is protect your skin from the sun (AM only)! I have not experimented with Korean *sunscreens* yet, so I have no suggestions on this one. But there are plenty to choose from.
- **STEP 11-13:** These are the irregulars. By that, I mean these steps aren't necessarily daily. They are exfoliation, face masks, and sleep masks. I



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Down on the farm in Dangjin

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Visions of cows and sheep happily grazing on rolling hills and vast green pastures on a clear, sunny day are what comes to mind as days of working from home have quickly become months. Not far from Pyeongtaek, at Agroland Taeshin Farm, this vision is reality as visitors get a first-hand experience on a real working farm.

I took a 40-minute drive from Camp Humphreys to check out Agroland Taeshin Farm's over 2,000 animals, including Holstein and Hanwoo Korean native cattle, horses, goats, chickens, sheep, pigs, ducks, ostriches, and more.

Once called Pyeongtaek Farm, this general farm opened in 1968 and moved its location to the Dangjin area with its current name in 1978. In 2004, this farm was transformed into a kid-friendly farm that offers great hands-on experiences, complete with barns, gardens and many different animals.

Hop on a tractor

From the road, the farm's impressive red-roofed silos greeted me and were a signal that I had arrived for my taste of the simple life. I parked the car and headed to the ticket booth where I grabbed a ticket and a map of the sprawling property.

Hang onto your ticket so you can hop onto a tractor for an easy 15-minute-ride around the farm. Depending on the season, Agroland Taeshin Farm's themes change, but for me, autumn is the best time to visit as the flowers are in full bloom in the vast fields. It's amazing, as is the décor around the grounds.

A moo moo here

After, the tour of the grounds via farming equipment, I headed to the barns where visitors can milk cows and feed calves and goats. To try these experiences, visitors must pay additional fees. For a bottle of milk and some dry grass to feed the calves, it will set you back 7,000 won per person (about \$6.10). Other activities to try here for an additional fee include horse rides, ice cream-making, feeding parrots in their sanctuary, and more.

PRICE: 3 to 4-minute horse ride – 10,000 won.

Ice-cream making activity – 13,000 won for a group of 4.

Bird feed for parrots – 1,000 won.

Do it for the 'Gram

Though Agroland may sound like it's only a place for kids and families, there were many young couples enjoying themselves and taking photos with the seasonal cosmos flowers. The grounds also feature unique sculptures and other photo op spots great for a photo shoot to liven up your Instagram and other social media accounts.

I spent a good four hours on my visit to Agroland Taeshin Farm and had a nice time meeting the farm animals. Though my time on the farm had come to an end, this breath of fresh air and connecting to the land was a nice way to reset from sitting at a desk at home all day.

Being at home and doing our grocery shopping at stores, it's easy to forget where our food comes from. This trip was a reminder of the work behind fresh foods we often take for granted. So, if you and your family are looking for a nice way to spend an afternoon, head to the farm!

kim.chihon@stripes.com

Agroland Taeshin Farm

ADDRESS: 231, Sangmong 2-gil, Godeok-myeon, Yesan-gun, Chungcheongnam-do, 충남 예산군 고덕면 상몽2길 231

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Ye-dang Terrace restaurant

If you swing around the ticket booth, you'll find Ye-dang Terrace. More cafeteria than formal restaurant, here you'll find assorted teas and coffees, yogurt and cheeses made on-site from fresh organic milk, various dishes and snacks.

You can grab bibimbap, gal-bi tang (short rib soup), and noodles. If you're not in the mood for a full meal, then grab scones or some waffles instead. The cafeteria also has pizza, which, of course, features cheese made from fresh organic milk.

Yeoneoroman (salmon restaurant)

The farm is located in the city of Dangjin and here water snail and eojuk, a spicy fish soup, are the local delicacies. If, like me, you want to try one or both of these, make plans to arrive at Dangjin early as most of the restaurants serving these close early.

Since I spent a lot of time at the farm, I was too late to grab eojuk, so instead I headed to the main road to Yeoneoroman, an up-and-coming chain restaurant about a 20-minute drive from Agroland Farm.

Yeoneoroman specializes in salmon dishes including sushi, rice bowls and salads. I opted for a salmon sushi set, which came with seven pieces of sushi, two pieces of grilled or raw salmon, udon, a small salad, and yogurt for 14,900 won (or \$13). I really enjoyed every bite of the tender, flavorful salmon. If you find yourself with no idea where to go for lunch or dinner in Dangjin, check out this salmon place, you won't be disappointed.

ADDRESS: 77, Sicheong 1-ro, Dangjin-si, Chungcheongnam-do, 충남 당진시 시청1로 77, (Parking space is available behind the building)
HOURS: Mon – Tue 11:30 a.m. to 11 p.m. (last order 9: p.m.), Break Time 3:30 p.m. to 4:30 p.m., Closed on Sunday
PHONE: 0507-1340-4615

NAVER MAP

WEBSITE ▶

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SEOUL BOTANICAL PARK

Pleasant stroll through the conservatory

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

In Korea, just because there's inclement weather or a bad air quality day, it doesn't mean your plans for fun day out have to be canceled.

Seoul Botanical Park (SBP) is just one of the many great places to consider when the weather's crummy or when you want to escape into the wonders of nature without leaving the city.

Touted as Seoul's first urban style botanical garden, the park has been open for less than a year and is about a 15-minute drive from Gimpo Airport.

Here, visitors can see over 3,000 different plants and flowers including rare orchids and trees from all over the world in the sprawling garden that roughly covers the size of about 70 soccer fields. Inside, the greenhouse integrates the forest field, a pond and wetland allowing for an amazing leisurely walk.

I started my visit with a breezy stroll along the wetlands. To get here I took a bus to the Mogok Leports Center bus stop. As I circled the pond, there were plenty of birds chirping and a lot of green to see. I took the glass elevator to the observatory deck from which I was given a beautiful panoramic view of the Han River.

Check it out



Magok Cultural Hall

On my way to the expansive green conservatory, I visited the Magok Cultural Hall, a repurposed building that was once a Japanese-style wooden structure used to water the adjacent grassy field. The hall is now a unique exhibition room where visitors can see various art displays as well as unique art displays.

On the day I visited, I was able to see a large-scale work made by prominent media artist Lee Kyungsoo. After pulling on the heavy sliding door of the hall, it might look closed but try the door.

Seed Library

Before you go down to the first floor, check out the Seed Library that leads to the entrance of the main conservatory. In this section, you'll find various seeds native to the Korean peninsula on display. During weekdays, visitors can also borrow plant seeds at the library. I opted for sunflower seeds, which I planted behind my house.

And, though, returning replacement seeds from the ones you sowed is not required, if you have a good circulation record, the library allows you to take more seeds and from a wider variety.

Greenhouse

The botanical park's giant greenhouse is a lush oasis of tropical and Mediterranean zones – tropical and Mediterranean zones with different temperatures and different atmospheres. It features a forest field, a waterfall garden, artificial rocks and a waterfall garden. In this section's art installation, visitors can see various orchid varieties in a lush setting. Another must-see is a large tree, which is exacting, known for being a symbol of Gautama, the spirit of Buddhism, was situated in a spiritual enlightening way to a cluster of mangosteen, and visitors can find a big Baobab tree.

"Prince," a popular French children's story, is also on display. I soon entered the Mediterranean zone at the end of the path. Once inside, I realized the conservatory was a true oasis.



Lithops, known as "living stone plants," don't look like plants at all.



TANIC PARK

the new green heart of Seoul



Cultural Hall

house, I first stopped at the Ma-
ding dating to 1928. This black
s once a drainage pump station
oday, it has been transformed
you can see the history of the

rowse the gallery's digital art-
ts. To en-
outside the
door first.

y
basement
in green-
ry where
e Korean
days, you
helpdesk.
will be

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not re-
ce more

House

house is divided into two sec-
ones. Both have different tem-
s. When you enter the tropical
reet visitors. The view of stag-
to Australia grow upside down
ificial cave. Don't miss this pic-
or its innumerable florals and
breathtaking colors.

ee in this zone is the Bodhi
ctly like the Tree of Awaken-
ng the type of tree Siddhartha
ritual teacher and founder of
tting under when he achieved
ment. The Bodhi tree gives
f edible fruit trees like guava,
anana. Here's also where you'll
ree a central point in "Le Petit
book.

zone via an automatic door at
lized both zones have a unique



Skywalk



Seed Library

scent on top of an already distinct appear-
ance. In here, I saw different types of cac-
tus and other plants native to the Mediter-
anean and desert areas in States. At the
end of the path I saw Lithops, a type of suc-
culent also known as "living stone plants,"

because they don't look like plants at all.

From here, I took the stairs to another highlight of the green-
house— the Skywalk across the tropical zone. This vantage point
gave me a sweeping view of the immense tropical forest.

From tiny beautiful flowers to tropical trees, there is something
great around every corner in this botanical garden. The park also
has a goal to grow their number of plant species to 8,000 by 2028. So,
make your escape from the concrete jungle and head into the botani-
cal garden for some fresh air, greenery and wonders from around the
world all in one place.

kim.chihon@stripes.com



Photo courtesy of Seoul botanic park

- Phone: 82-2-120
- Address: 161 Magokdong-ro, Gangseo-gu, Seoul, Korea
[서울식물원] 서울 강서구 마곡동로 161,
- NAVER MAP: <http://naver.me/F4xovFvr>
- Hours: Mar - Oct 09:30 a.m. to 18:00 (Last admission: 5:00 p.m.), Nov - Feb 09:30 a.m. to 17:00 p.m. (Last admission 4:00 p.m.) closed every Monday
- Open Forest, Lake Zone, Marsh Zone: open all year round.
- Fee: 5,000 won for Adult (Ages 19 - 65) / 3,000 won for Youth (Ages 13 - 18) / 2,000 won for children (Ages 6 - 12)
- * 30 percent discount ticket fee available for groups of over 30 people.
- * Free admission for infants under 6 and seniors over 65 years old.
- website: botanicpark.seoul.go.kr
- Note: There are lockers for luggage available on site next to the greenhouse main gate.

How to get there

- Subway
 - Seoul Station (Airport railroad) → Magongnaru Stn (Exit No. 3)
 - Line 9, Airport railroad → Magongnaru Stn (Exit No. 3), Line 9 → Yangcheon Hyanggyo Stn (Exit No. 8)
- Note: If you're departing from Seoul station, take the airport railroad which is the quickest way to get to the park.
- Bus Get off at Magongnaru Stop (Bus# 6642, 6645, 6648), or Gyeongjae Jeongseon Art Museum Stop (Bus# 672, 6632, 6642, 6712)
- Parking Second basement level, 8:00 a.m. to 10:00 p.m., 200won per 10 minutes.
- * Since limited parking space, many prefer to use public transportation or park their cars at the parking lot of subway stations near the park.

CONTINUED ON
PAGE 14

CONTINUED
FROM PAGE 13



Greenhouse near Humphreys full of beauty

You don't have to travel far from Camp Humphreys for some amazing flora. The Pyeongtaek Natural Theme Botanical Garden is a mid-sized greenhouse which is home to over 171 different plant species. Better yet, you can visit this garden year-round for free!

It may not be as fancy as the Seoul Botanical Park, but the garden has a vast range of greenery from subtropical to wild plants to browse and photograph. At its center, the greenhouse also has a beautiful animal topiary and rare plants around every nook and cranny.

When I visited, the greenhouse was filled with the scent of flowers and herbs. The area with cactus and succulents was a highlight which also makes for a great photo-op. It took me about 20 minutes to walk through the entire greenhouse, and outside there is a park where annual the flower festival is held. During this occasion, this field is covered in flowers drawing in plenty of visitors. Don't forget to mark your calendars and plan a visit to the garden for the Flower Festival running Apr. 18 to 26.

— ChiHon Kim, Stripes Korea



- HOURS 9:00 a.m. to 5:00 p.m. (closed on Monday)
- CONTACT INFO 031-8024-4524
- ADDRESS 33-58, Cheong-ro, Oseong-myeon, Pyeongtaek-si
[평택시자연테마식물원] 경기 평택시 오성면 청로 33-58
- NAVER MAP: <http://naver.me/GkSHTenf>



Son-yeosa restaurant serves up tasty Korean bibimbap

If you're looking for a quick bite or need a break for lunch while visiting the Seoul Botanical Park, check out the café and food court on the 4th floor of the main greenhouse. This is a great, convenient option for families with small children who don't want to travel far for a good meal.

However, if you have the time and the energy, I recommend heading to the surrounding neighborhood and taking a walk to Son-yeosa about a 10-minute walk from the Park.

You'll find the restaurant serving up Korean homestyle dishes on the 3rd floor of the Doosan Land Tower B. The menu items are made with fresh ingredients harvested from a farm near Mt. Jirisan, famous for its unspoiled nature.

The restaurant closes from 4 to 5:30 p.m. to turn over and prep for the dinner crowd. I arrived at 4:30 and the kind owner allowed me, their unexpected, and very early guest, in without hesitation. I had walked up quite an appetite, so I was grateful he did.

I ordered avocado pollack roe bibimbap for 12,000 won (or about \$10.07), which by the photo looked like the most delicious meal on the menu. In Korea, salted pollack roe is considered a gourmet side dish to go along with steamed rice, but its salty and distinct flavor definitely makes this an acquired taste.

When my bibimbap arrived, it was love at first bite. The slightly salted flavor of the roe and the creamy avocado were complementary. I could not get enough!

And while I chose with my eyes, this dish convinced me I will have to return soon and try other items on Son-yeosa's vast menu.

— ChiHon Kim, Stripes Korea



- ADDRESS: 3F, 152, Magokseo-ro, Gangseo-gu, Seoul, Republic of Korea
(송여사) 서울 강서구 마곡서로 152
- NAVER MAP <http://naver.me/xu8J8GM6>
- BUSINESS HOURS: Mon to Fri: 11 a.m. to 9 p.m., Sat: 11 a.m. to 3 p.m., closed every Sunday.
- CONTACT NUMBER: 02-6989-9339
- WEBSITE: <http://www.sonyeosa.com/>
- E-MAIL: sonyeosa_hansik@naver.com



A Guide for Medical Tour in Jeollabuk-do

MEDICAL

Korea Jeollabuk-do

Wonkwang University Hospital
Donggunsan Hospital
Jesus Hospital
Seok Jeong Wellpark Hospital
Luke Korean Medical Hospital
Innoplus Plastic Surgery
Wonkwang University Dental Hospital
Wonkwang University Korean
- Medicine Hospital, Iksan
Wonkwang University Korean
- Medicine Hospital, Jeonju
Wonkwang Health Science University



<http://www.jeonbuk.go.kr/eng/index.jeonbuk>





Dongmyo Flea Market



ON THE HUNT

Discover hidden treasures at Seoul flea markets

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Are you an antique hunter? Do you love the delightful feeling of finding rare gems amongst a pool of random knick-knacks? Or are you in search of something truly unique to add a special touch to your home décor? If you answered yes to even one of the above, here are three fun flea markets in Seoul any treasure hunter shouldn't miss!

kim.chihon@stripes.com

Dongmyo Flea Market & Dongdaegmun Fashion Town

This market was named after the shrine nearby which dates back to the Joseon Dynasty in 1601 and was built in honor of Guan Yu, a Chinese military commander. Take Dongmyo Station's exit 3 and you'll reach the entrance of this bustling market within a minute. Hundreds of street stalls open up along the walls of the shrine and street all the way to Cheonggyecheon Stream. The market is a vintage-inspired outdoor and indoor market that has everything you need from second-hand clothing to film posters, rare accessories and miscellaneous goods.

Once the market actually starts, vintage clothing enthusiasts start to dig through piles in search of the best pick. The best time to go shopping is on Saturday between 2 and 3 p.m. because the vendors usually replenish their stock for the second wave of customers at this time. Baseball gloves and old coins are among the more popular items you can score here.

The market is a really great place to stroll and see some of the old a modern city can offer. Bring won for the shopping or just enjoy browsing around the market like other visitors. The prices of the antiques are a bit high, but you never know what you will find. Also, a great place to shop for unique souvenirs for loved ones back home.

Once you've reached the end of Dongmyo, head down to the Cheonggyecheon Stream, which eventually leads you to the Dongdaemun Design Plaza with its unique architectural design and many shopping malls.

While Dongmyo Market is where you'll find retro Korea, Dongdaemun is where you'll find the latest fashions and modern Korea. This area is world-renown for hosting "Korean Fashion Week" every year and for low-cost to high fashion pieces.

- **PRO TIP:** Dongmyo Market is a bit dusty, so don't forget your face mask if you plan to sift through the clothes piles.
- **ADDRESS:** Dongmyo Park, 84, Nangye-ro 27-gil, Jongno-gu, Seoul
- **HOURS:** 9 a.m. to 6 p.m. Open year round.



Dongdaemun design plaza



Seoul Folk Flea Market

Housed in a two-story building along Cheonggyecheon Stream, Seoul Folk Flea Market is a Pungmul market which is a great place for both serious collectors and curious browsers alike. This market is well-organized into color-coordinated sections where you'll find a wide range of items from everyday miscellaneous goods, typical Korean folk items, antiques, and home items which were once vital to the lifestyle of Koreans of times passed.

This place goes beyond flea market as many master craftsmen have their workshops set up here as well. While you're at Seoul Folk, check out the prestigious master craftsman who fixes various instruments, leather, and motorbike accessories, and will sometimes serenade shoppers with an impromptu violin performance. On the second floor, take a break from all the shopping for some fried foods and traditional Korean eats at the food court.

- **ADDRESS:** Seoul Pungmul market, 21, Cheonho-daero-4-gil, Dongdaemun-gu, Seoul, Korea (Sinseol-dong)
- **PHONE:** 02-2232-3367(KOR only)
- **HOURS:** 10:00 a.m. to 7:00 p.m. (Closed on Tue)
- **DIRECTIONS:** 250m from Exit 6 of Sinseol-dong Subway Station (Line 1) / 100m from Exit 9 or 10 of Sinseol-dong Subway Station (Line 2)
- **ONLINE:** <http://pungmul.seoul.go.kr/> (KOR only)



Hongdae Art Market Free Market

The Hongdae Free Market is definitely a must-see in Seoul. Visit the free market at the Children's Park near Hongdae District on Saturday afternoons. Unlike other flea markets in Seoul, you won't notice any used goods. They offer brand new handmade crafts and arts which are worth checking out. Unlike, its name, it is not a market where you can get the items for free ('FREE' must be phonetic for 'FLEA'). The market is a meeting place for artists and craftsman, performers to come together and sell their art, while interacting with patrons. Learn about the pieces of art and ask questions about the item you're interested in from the artist before buying.

The market is open to anyone who wants to share their ideas and sell their creative items. Foreigners can sell their art here, too, so if you have a taste for making your own creation and want to participate in this market, contact the market via email (livingnart257@gmail.com).

The shopping doesn't stop when you're done perusing the items for sale at Hogndae Free Market. This hip district is teaming with many more shops and attractions you'll definitely want to check out!

- **ADDRESS:** 19-3 Wausan-ro 21-gil, Seogyo-dong, Mapo-gu, Seoul
- **HOURS:** Mar. to Nov., Every Saturday 1 p.m. to 6 p.m.
- **CONTACT:** 02-325-8553, livingnart257@gmail.com.
- **ONLINE:** www.freemarket.or.kr (ENG/KOR)



Bindae-tteok at Gwangjang market

Gwangjang market, the oldest daily market in Seoul, is popular with foreign visitors looking to sample some of the best Korean delicacies. The mung-bean pancake called bindae-tteok fried in oil until it is golden brown is made of eggs, ground mung beans, fermented kimchi, and vegetables such as green onions and peppers. Watch as vendors freshly grind mung beans by stone rotary grinder and let the smell of the bindae-tteok lead you to give it a try.

Though Hongdae is known for Korean-style raw beef, Korean sausage(sundae) and mini gimbab (rice roll), I recommend the Bindae-tteok because it's pretty inexpensive (from about \$1.68 to 3.37). I chose Sunhui-ne (순희네), a restaurant I've visited before, to get my bindae-tteok on. My order arrived crispy on the outside and soft like mashed potatoes on the inside and the side sauce made of soy sauce and vinegar give an extra flavor to the Korean-style pancake. The delicacy is well worth trying when you're at Gwangjang market.

- **ADDRESS:** 88 Changgyeonggung-ro, Jongno-gu, Seoul
- **HOURS:** From 8:30 a.m. to 6 p.m. daily.
(They are open all year round)



Bindae-tteok

Gogi twigim (deep-fried pork rolls)

Walk down approximately 400 meters from the exit 5 of Dongmyo-station, to a hidden and worn-down small eatery specializing in the street food called Dongmyo gogi twigim. (KRW 3,000 or \$ 2.52 for two pieces) The deep-fried rolls come stuffed with ground pork, onions, chives, and scallions. You will also find other varieties of rolls like stuffed pepper or deep-fried squid which are both served with soy sauce and pickled radish. This was my first time trying these and two pork rolls I had were enough to feel like I ate a full meal!

I visited on a Tuesday, but this alley and eatery get crowded on weekends. If you don't like waiting in line, I recommend you try their take-out instead, because seating is limited and their gogi twigim are much too delicious to pass up.

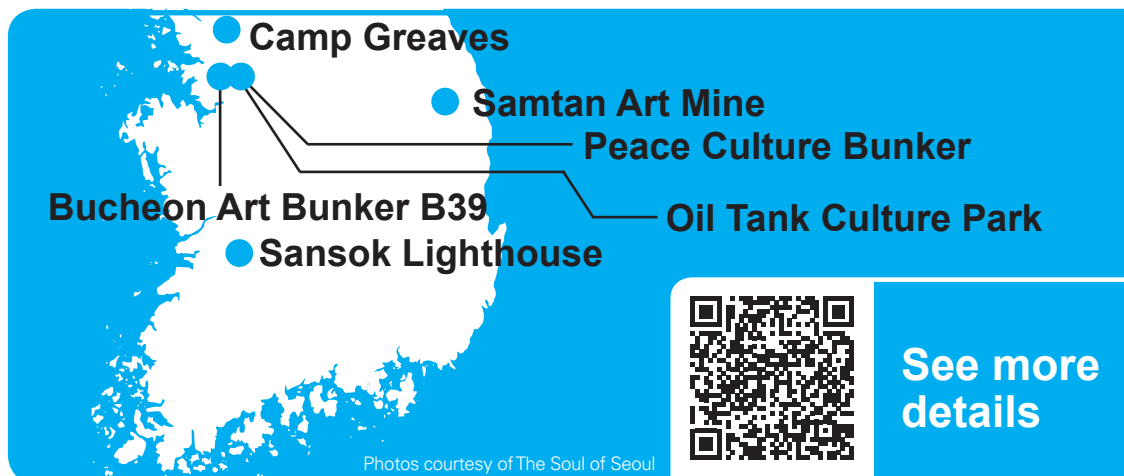
- **ADDRESS:** Changshin-dong 401-33
- **PHONE:** 010-3265-5769
- **HOURS:** 10 a.m. to 7 p.m.



Gogi twigim



6 arts & culture spaces in Korea you need to see to believe



BY HALLIE BRADLEY,
KOREA TOURISM ORGANIZATION

Art and culture collide in these six complexes that were once garbage incinerators, coal mines, and more. After becoming dilapidated and unused, these crazy cool sites were renewed and regenerated to become spaces for community events and artistic appreciation. From bunkers that once housed war tanks to paper factories, sites around Korea are receiving new life and you need to see them in person to believe what they look like today.

Bucheon-si, Gyeonggi-do Bucheon Art Bunker B39



Bucheon Art Bunker B39 (부천아트벙커 B39) just opened in 2018 and was formerly an old garbage incinerator plant that began operations in 1995. After operating for 15 years, the government shut down the plant in 2010 and the Ministry of Culture, Sports, and Tourism together with Bucheon City created a fund to renovate the dilapidated space. Today, it is a multidisciplinary culture and arts space that acts as a community space for local citizens and features some amazing artistic exhibits. The designer, Kim Kwang Soo, sought to preserve the incineration spaces while also adding an opportunity for artistic education so areas like the 39 meter Bunker, Ash Bunker, Induced Draft Fan Room, and Main Control Room were all left intact. Visitors can walk through the numerous rooms and spaces at their leisure and then stop into a cool café and restaurant on the first floor before departing.



Mapo-gu, Seoul Oil Tank Culture Park



The Oil Tank Culture Park (문화비축기지) sits across from the popular World Cup Park and stadium in Mapo-gu, Seoul. The site is for any urban renewal fan and features the former Mapo Oil Depot which housed petroleum from 1976 until 2000 in six tanks that could hold a total of 69.07 million liters of oil. Today, each tank has been opened up and features a different interesting site for visitors. Industrial façades surround the “Culture Yard” where events and exhibitions are held. Inside of the massive tanks, one can find a museum that details the history of the site, an echo space, a Culture Complex, a café, a “Glass Pavilion” which visitors will recognize from the drama “A Korean Odyssey (2017),” a community center, and an outdoor amphitheater. The entire site has been designed to maximize energy in an efficient manner and uses geothermal energy for cooling and heating and also has a 30 ton water processing facility in the basement to purify water from the restrooms and rainwater. It’s urban renewal at its eco-friendliest.



Dobong-gu, Seoul Peace Culture Bunker



The Peace Culture Bunker (평화문화진지) was originally constructed between 1968 and 1970 in a strategically important area north of Seoul. The structure which looked like any normal apartment complex actually concealed tanks in the ground floor. The apartment houses were gradually destroyed over time and were removed all together in 2004, and in 2009 it was determined the bunker should become a communal space in keeping with the public park that was built beside it. There are now five industrial units that use concrete, steel, and timber beams to create spaces for workshops and local events. There is also an observatory at one end to overlook the entire structure and the mountains beyond. It’s an interesting regeneration project that has taken a building meant for war and made it for peace.

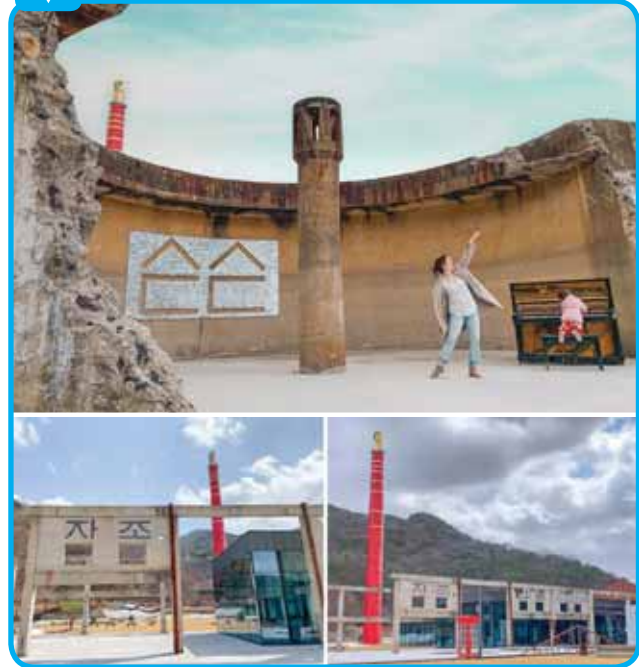


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Let's explore Korea!



→ **Wanju-gun, Jeollabuk-do**
Sansok Lighthouse



Sansok Lighthouse (산속등대) sits in Wanju-gun just outside of the more popular city of Jeonju in Jeollabuk-do. This collection of buildings was previously used as a paper manufacturing site that was eventually neglected for 40 years until it was re-opened in 2019 as a community and arts space. There are outdoor exhibitions including a 33 meter long whale that visitors can climb inside. The neglected wastewater treatment facility is now an outdoor amphitheater and the central feature of the complex is a tall red lighthouse. Another fun aspect of this complex are the randomly placed public telephone booths from the '80s that are now like mini karaoke booths. Step inside and sing for all to hear. Yes, everyone in the area will be able to hear your artistic rendition. There is a café, gallery, and an immersive learning space for children too.



▽ **Jeongseon-gun, Gangwon-do**
Samtan Art Mine



The Samtan Art Mine (삼탄아트마인) is another arts and culture complex but built on the site of the abandoned Samcheok Mine that was run for 38 years from 1964. At one time there were 3,000 people working on the site but as demand for coal waned, so did the work. The site features industrial remnants and machines from the past mixed with artistic works from artists today. There is a collection of art works, ceramics, and sculptures from 150 countries on site and they are displayed at different times throughout the year. This is another filming location that visitors will recognize from the earthquake episodes in “Descendants of the Sun (2016)” and from the drama “My Absolute Boyfriend (2019).”



▽ **Paju-si, Gyeonggi-do**
Camp Greaves



Formerly an American military base for the 506th US Second Infantry Division that was used for fifty years in the DMZ, Camp Greaves (캠프 그리브스) has been converted into an arts and culture complex to promote peace and educate visitors on the Korean War. It's unique in that it sits in the Paju Civilian Control Zone just two kilometers from the DMZ South Limit Line. The base contains various American style structures from the 1950's to the 1990's and inside are artistic installations with the theme of promoting peace. Visiting is like entering a time capsule and visitors that watched the drama “Descendants of the Sun (2016)” will immediately recognize the surroundings. Today, there is even a hostel on the grounds where visitors can stay the night.



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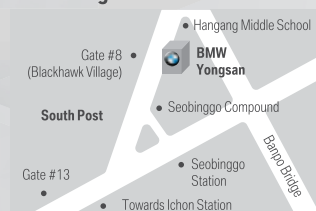
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MILITARY SALES





First National Urban Arboretum opens in Sejong



Photos courtesy of Sejong National Arboretum

HAPS KOREA MAGAZINE

After eight years of construction, the Sejong National Arboretum opened to the public this past weekend.

Located about 120 kilometers from Seoul, the 65-hectare four-season urban arboretum is the size of around 90 football fields and features over 1,720,000 plants from 2,834 species.

It also has 20-themed zones that feature modern and traditional Korean gardens.

Admission is free during its trial run until December 31st and is open from 10 a.m. to 6 p.m. from Tuesday through Sunday.

Only 5,000 people will be allowed to visit daily and 300 per hour in accordance with current social distancing restrictions.

Sejong's new attraction is the third national arboretum in the country, with the others located in Pocheon, Gyeonggi province and Bonghwa in North Gyeongsang province.



Sejong National Arboretum

LOCATION: Chungcheongnam-do, Yeongi-gun, Nam-myeon, Jinui-ri, 1083



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Korean style Restaurant Jinsa galbi

All You Can Eat

Price per person 13,500 won
The Price of a glass of draft beer is 2900 won

UNLIMITED CHARCOAL PORK GALBI

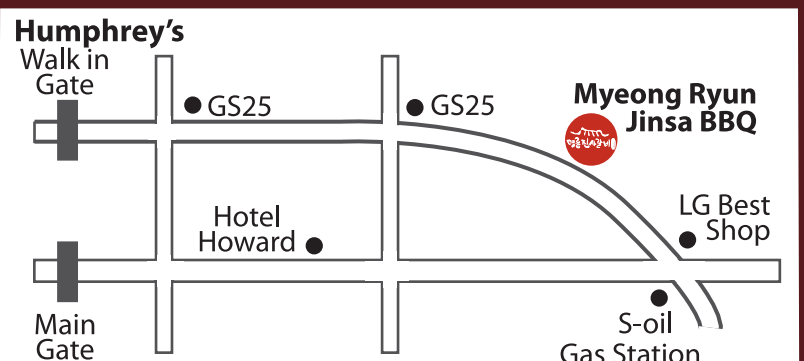


Use Waze to drive to "Anjung-ri 47-3" (1.5 mile from Humphreys)



Parking lot is available in the back

Group Parties Available



TEL : 031-618-9910

HOURS : 11:00 a.m. - 11:00 p.m.

Facebook : <https://www.facebook.com/Camp-Humphreys-Myeong-Ryun-Jinsa-Galbi-109566134119957/>

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How to send it

- **Space-available (SAM)** – The cheapest service because packages take longer to reach a destination. It offers air transport of parcels on a space-available basis to or from military post offices outside the U.S and surface transport within the U.S. There is a weight limit of 70 pounds and a combined length and girth limit of 130 inches.
- **Parcel airlift (PAL)** – Uses air transport on a space-available basis similar to SAM plus air transport to the destination city or the city nearest to it inside the U.S. There is a weight limit of 30 pounds and a combined length and girth limit of 60 inches.
- **First class** – Handles items weighing up to 13 ounces. Flat-rate packaging available.
- **Priority** – Same as First-Class mail but for items weighing over 13 ounces to 70 pounds. Combined length and girth limit of 108 inches. Flat-rate packaging available.
- **Express mail military service (EMMS)** – Offers preferred and/or expedited service. Not available from all USAFE APOs.

Extra services

- **Insurance** – Offers coverage

To ensure delivery of holiday gifts by Dec. 25, the Postal Service recommends that cards and packages be sent to military APO/FPO/DPO addresses overseas no later than the mailing dates listed below.

Military Mail Addressed To and From	Priority Mail Express Military Service (PMEMS) -1	First-Class Mail Letters and Cards	Priority Mail	Parcel Airlift Mail (PAL) -2	Space Available Mail (SAM) -3	Retail Ground
APO/FPO/DPO AE ZIPs 090-092	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 6
APO/FPO/DPO AE ZIP 093	N/A	Dec. 9	Dec. 9	Dec. 4	Nov. 27	Nov. 6
APO/FPO/DPO AE ZIPs 094-098	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 6
APO/FPO/DPO AA ZIP 340	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 6
APO/FPO/DPO AP ZIPs 962-966	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 27	Nov. 6

<https://www.usps.com/holiday/holiday-shipping-dates.htm>

Holiday mailing deadlines between the Pacific and CONUS



- 1 – PMEMS: is available to selected military/diplomatic Post Offices. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.
- 2 – PAL: is a service that provides air transportation for parcels on a space-available basis. It is available for Standard Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface price for each addressed piece sent by PAL service.
- 3 – SAM: parcels are paid at Standard Post prices with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

- **Certified** – Provides evidence of mailing as well as the date and time of delivery or attempted delivery. Requires the recipient to sign upon delivery.
- **Delivery confirmation** – Shows when an item was delivered or when delivery was attempted using a Track and Confirm tool you can use on your computer.
- **Certificate of mailing** – Offers evidence of the date your mail was accepted by the post office.
- **Return receipt** – Provides proof that an item was delivered, through a postcard or email showing the signature of the recipient.
- **Restricted delivery** – Specifies who can sign for and receive

- your mail
- **Special handling** – Offers preferential handling if you're sending something that needs extra care.

Mailing tips

- Print names and addresses of both shipper and recipient clearly on packages with a pen or permanent marker.
- Put an extra label with the addresses inside the package in case the original one is defaced. Also include an itemized list of contents.
- Select a box strong enough to protect the contents and appropriate for the amount and size of items inside.
- Leave space for cushioning inside the carton, using bubble wrap, Styrofoam peanuts, or newspaper to protect the contents.
- Use tape designed for shipping, using enough to secure the opening and seams of the box.
- Put newspaper or packing material in hollow items to avoid damage during transport.
- Write "fragile" or "perishable" on packages when shipping such items.
- Use boxes, envelopes and tubes the post office provides for Express Mail and Priority Mail.

– Military Postal Service Agency



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Online holiday shopping done right

STRIPES KOREA

Is it better to buy early, before Black Friday (Nov. 29, this year), or wait and let your fingers do the walking across the keyboard while crazed shoppers elsewhere fight over gifts at the local mall? Should you wait for the holidays to get closer and hope that retailers turn desperate for business and slash prices? With each choice you take your chances, and military overseas also have to consider holiday mailing and whether presents purchased online will get to their intended destinations on time.

Consumer-price research has shown that the lowest prices on many popular holiday gifts, such as flat-screen TVs, are not found on Black Friday. Black Friday sales for many popular products, such as those from Apple, may not be such good deals. However, some retailers, like Amazon and Best Buy, have been known to offer discounts of up to 25 percent. Many retailers have already released their sales ads for Black Friday, and shoppers can see how they compare to current prices. Online shopping sites like *BlackFriday.com* have many of these



ads, including those from Amazon, Target, Modell's, Walmart, Toys R Us, Macy's, Best Buy, Sears and Victoria's Secret. The site also offers discount coupons and cash back on website purchases. If you're not sold on Black Friday being a good time to shop, you could wait until Cyber Monday, a name given in 2005 to the first Monday following Thanksgiving, which is one of the biggest online shopping days of the year, according to its

creator *Shop.org*, a part of the National Retail Federation. Not surprisingly, *Shop.org* operates a website – *www.cybermonday.com* – that promotes deals from a variety of major retailers.

SHOPPING ENGINES

Ever get tired of going back and forth between internet shopping sites in order to find the lowest price, or feel that if you just look a little longer you will find a site that has the product you want at the price you want to pay? Then you are the person that shopping search engines have been created for.

These sites do your comparative shopping work for you, listing online sites, as well as brick-and-mortar stores, that have the products you want and state the selling price as well. You can then go to the sites with the lowest prices, figure out the cost of shipping, read customer reviews of their services, and make your purchase.

SHIPMENTS TO APOs

Some retailers don't ship to military APO and FPO addresses because they have exclusive bulk shipping contracts with UPS, FedEx or DHL to lower costs, and only the U.S. Postal Service delivers to military addresses. But there is online help.

Apobox.com gives clients a stateside mailing address to use for online shopping. Purchases go to an *Apobox.com* distribution center, where they are forwarded via the U.S. Postal Service to customers around the world.

The company claims that most packages are processed and shipped out within 24 hours of arriving at its warehouse. It charges a handling fee as low as \$6 per package, plus the U.S. Postal Service's regular postage cost plus an insurance fee.

SAFE CYBER SHOPPING

Never use your credit card online with a site that doesn't have SSL (secure sockets layer) encryption installed. You can tell if sites do through their URLs, which will start with "https://" (instead of just http:// - without the "s"). An icon of a locked padlock will appear, generally in the status bar at the bottom of your web browser or right next to the URL in the address bar.

Don't assume that public Wi-Fi "hot spots" are secure. Unless you can verify that a hot spot has effective security measures in place, you may not want to send sensitive information like your credit card number over that network.

In fact, be stingy with your personal information. Don't give out your credit card or other financial information in exchange for an offer like a free gift card or chance to win a holiday vacation rental. Never email your financial information such as a

credit card number or your Social Security Number.

Don't click on a link in an email. Legitimate companies don't ask for your financial information via email or pop-up message.

CHECK THE PRIVACY POLICY

Really. It may be long, but it can give important information: for example, what personal information the website collects, why, and how the operators are going to use it. If you can't find the privacy policy – or understand it – consider taking your business elsewhere.

Free screen savers, e-cards, or other seasonal downloads could carry dangerous viruses. Keep your anti-virus and anti-spyware software current along with your firewall.

One good reliable source for information about safe shopping and other online activities is the government website: *www.on-guardonline.gov*.

MONITOR YOUR MONEY

Pay by credit or charge card. They offer the best consumer protections. Under federal law, you have the right to dispute charges under certain circumstances and withhold payment temporarily while the creditor is investigating. And if your card is used without your authorization, your liability generally ends at the first \$50.

Wiring money can be risky. It's just like sending cash – once it's gone, it's gone. You can't get it back. Buying online using cash equivalents – debit card, personal check, cashier's check, or money order – can be risky. Use them only if you know the party you're doing business with.

Monitor your financial accounts: Read your bank and credit card statements regularly to ensure they reflect the charges you authorized.



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Stripes Sports Trivia

Although his numbers weren't quite that of his record-breaking 2007 campaign with the Patriots, Randy Moss added to his Hall of Fame numbers with one final season in 2012. The 35-year-old receiver, who most notably played for the Vikings and Pats, finished his career with a pair of single-season gigs with teams. What team did Moss play for in his final hurrah?

Answer

San Francisco 49ers



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



DID YOU KNOW?

Mandatory military service of 21 months is required for South Korean men. You must be at least 18 years old to enter military service, and most join when they are 19 or 20.



Hangul of the week

절제
jeo--lje (moderation)

Language Lesson

I can do it.

Hal su isseoyo.

Crossword

by Margie E. Burke

ACROSS

- 1 Rough guess
- 5 Game for high rollers
- 10 Fall shade
- 14 Part of GMT
- 15 Trojan War figure
- 16 Not duped by
- 17 Newspaper bio
- 18 High-society group
- 19 Pantyhose flaw
- 20 Amount rarely paid
- 22 Crown
- 23 Prop for Picasso
- 24 Genesis villain
- 26 Rocker David Lee
- 28 Sleuths, briefly
- 29 "Mr. Robot" network
- 32 They show the way
- 35 Tom's partner
- 37 Complaint
- 38 Stomping ground
- 40 Rooney who played Lisbeth Salander
- 41 Instructive
- 43 Logo, e.g.
- 45 Whole bunch
- 46 Notable period
- 47 Notion
- 48 Desert basin
- 51 Specialized lingo
- 55 Misbehave
- 57 Deceptive statement
- 59 Muffin type
- 60 Aesop's ending
- 61 Pasty-faced
- 62 Rifle part
- 63 "Gladiator" star
- 64 Kind of cell
- 65 Gets rid of
- 66 Clergyman's house
- 67 Miffed

DOWN

- 1 Mink, for one
- 2 Leg bone
- 3 Off the mark
- 4 More prosperous
- 5 "Believe" singer
- 6 Really enjoy
- 7 Brady house-keeper
- 8 Mary Martin role
- 9 Sony on the NYSE
- 10 Bow coating
- 11 Artificial
- 12 Marquee name
- 13 Robe for Caesar
- 21 Till the earth
- 22 Midterm, say
- 25 Like some olives
- 27 Casual garment
- 30 Drought-ridden
- 31 Eden dweller
- 32 Aid in crime
- 33 Change, as decor
- 34 Put back to work
- 35 Harbor craft
- 36 Make flush
- 39 Literary repetition

Answers to Previous Crossword:

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

SUDOKU

Difficulty: Medium

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

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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:

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

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