

To our readers

Stars and Stripes Korea wants to thank all our military children, teachers and parents who participated in this year's Month of the Military Child campaign. There were some obstacles, but you all overcame them and the children were heard. That's what it's all about. Let's do it again next year!

— Stars and Stripes Korea staff

CELEBRATING MONTH OF THE MILITARY CHILD

MY LIFE

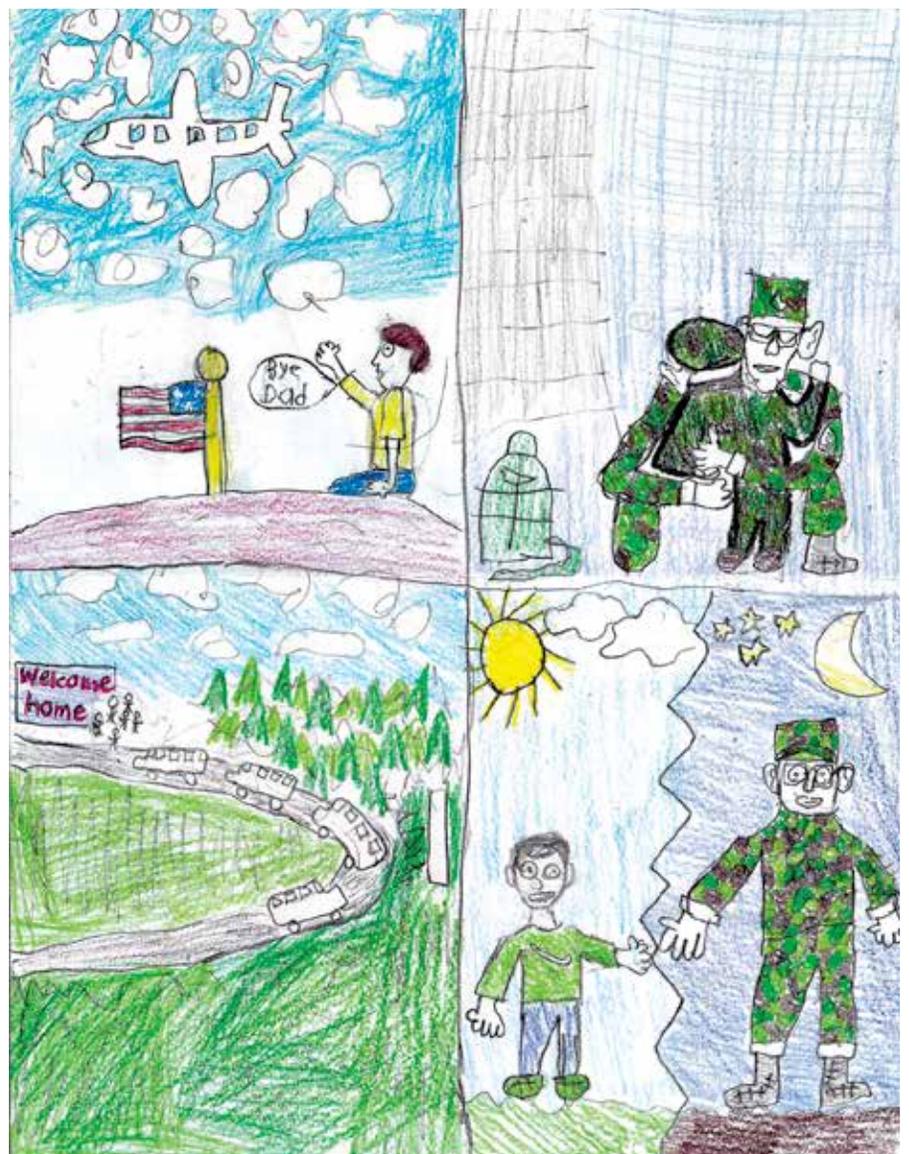
I moved to a new house
 I went to a new school
 I hugged Dad and watched him leave
 I wrote Dad letters

I moved to a new house
 I got new teachers
 I miss my family
 I watched Dad leave again

I moved to a new house
 I made new friends
 I miss Dad so much
 I am Happy because Dad came home on a white bus

I moved to a new house
 I waved bye to Dad's airplane
 I get to video my Dad and he misses me too
 I pray that God keeps my Dad safe

- Poem and drawing by Landon Richardson, Humphreys West Elementary School



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EATING HEALTHY WITHOUT BREAKING BANK
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Even garden-variety military spouses inspire

I've always been a bit of a loner. This may seem to contradict my image as class clown, columnist and book author — but it's true nonetheless, and it has affected me as a military spouse.

I've always taken longer than most to make friends. As a young child, I often played alone. As a teen, I had goofy girlfriends, but lots of insecurities, too. Humor became my cover.

Whatever the reason, loner became my natural default mode. Our mobile military lifestyle added another social challenge. When our family moved to a new location, I had to muster the courage to put myself out there, and face possible rejection. No matter how old I was, I relived middle school every time we moved. "Will they like me? Will they think I'm funny? Will I be included?" I wondered well into my late 40s.

Becoming a writer made matters worse, because it was necessary for me write, alone, for hours at a time. When we lived on base, spouses assumed that I was standoffish because I wasn't out on the shared patio or around the fire pit with everyone else. In reality, I was just trying to be successful as a writer, but I felt inadequate in military spouse social circles nevertheless.

About five years ago, I was asked to appear on a podcast called "One Bad Mother." The show was hosted by two hilarious, irreverent young moms, Biz and Theresa, who spent

The Meat and Potatoes of Life

Lisa Smith Molinari



This story was first published online May 8 for Military Spouse Appreciation Day.

each show laughing about their parenting foibles to entertain young moms who tuned in each week. They had found my blog online, and offered to interview me during their "Let's Call a Mom" segment. I had assumed that they wanted me to joke about my own mothering mishaps, of which I had many. However, Biz opened the segment, "I might actually get a little weepy with today's guest, 'cuz she one of those people who just seems to be kicking [expletive deleted] ... we always talk on the show about, like, 'no one's all that special no matter what their circumstances are'.... But occasionally, you're like, 'well, that's really inspiring' [laughs]. So

today we're calling Lisa Smith Molinari ..."

"Inspiring?" I thought after I listened to the full recording later. I hadn't realized that I was supposed to be inspiring. I felt like a fraud.

But, I was seeing things from the perspective of a spouse who was fully entrenched in military culture. At that time, I had lived in concentrated military communities for 24 years. As a military spouse, I was nobody special. My Navy intel husband didn't deploy as much as aviators, surface warfare or infantry. We had moved quite a bit, but I knew military families who'd had it worse. I hadn't done anything to merit accolades of praise, swarms of sympathy or chants of disapproval.

I was simply a garden-variety military spouse — albeit a bit of a loner — who happened to write a funny blog. That's it.

But to the civilian moms who were hosting the show, I was somehow "an inspiration," for the simple fact that I did what they did — raise

children and run a household — within the unique parameters of military life.

Biz and Theresa asked me what it was like to be a military spouse, why I started writing and how I coped with motherhood stress under military circumstances. I thought my answers, like me, were garden-variety, but Biz said, "You said several things that, like, made my mind explode." In their irreverent, humorous style, the hosts explained that hearing from a military mom handling their same responsibilities — while simultaneously coping with long absences, frequent moves, employment disadvantages and constant uncertainty — was truly impressive.

"I mean, Stephan leaves for a week, and I'm like, pissed," Biz said, laughing at herself.

I learned that military spouses do not have to be extraordinary to be inspiring. The mere fact that they handle their everyday responsibilities under uniquely challenging circumstances makes them deserving of honor and respect.

To nearly one million active duty and reserve military spouses serving at home and abroad, I wish you all — from the extraordinary to the garden variety — a happy and well-deserved Military Spouse Appreciation Day!

Read more of Lisa Smith Molinari's columns at:
themeatandpotatoesoflife.com
Email: meatandpotatoesoflife@googlemail.com



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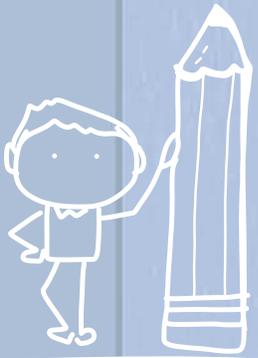
ECO Bus Program

CELEBRATING MONTH OF THE MILITARY CHILD

HUMPHREYS WEST ELEMENTARY SCHOOL

Ms. Borgert

4th Grade



I love being a military child because the world is full of wonders that I can't see unless we are a military child. I also like to be a military child because I got the family that I wanted, the happy type. Not the sad or mad type, the happy type. The last thing I like about being a military child is meeting new friends all the time around the world.

- Jacob



- Chloe

I love being a military child because I get to experience new things such as traveling to new places and meeting new people and their cultures. When I travel I like looking around the new places. And going on the plane is super fun; I like it on the plane because you are so high in the air and in the clouds. Also the flights that are long have tv's and snacks. I like trying the new food in different places too.

Another reason I love being a military child is because I can meet new people and friends. Whenever I meet new people I am really shy but when I get to know them and hangout I am not shy. Also when I get new teachers It's fun because I get to have fun meeting new ones. But it is hard to leave them and you have to move. But I will still be able to remember all the friends I have.

Those are the two reasons why I love being a military child. Also here is a fun fact about a military child: A dandelion represents a military child because it symbolizes their resilience and ability to take root wherever they move.

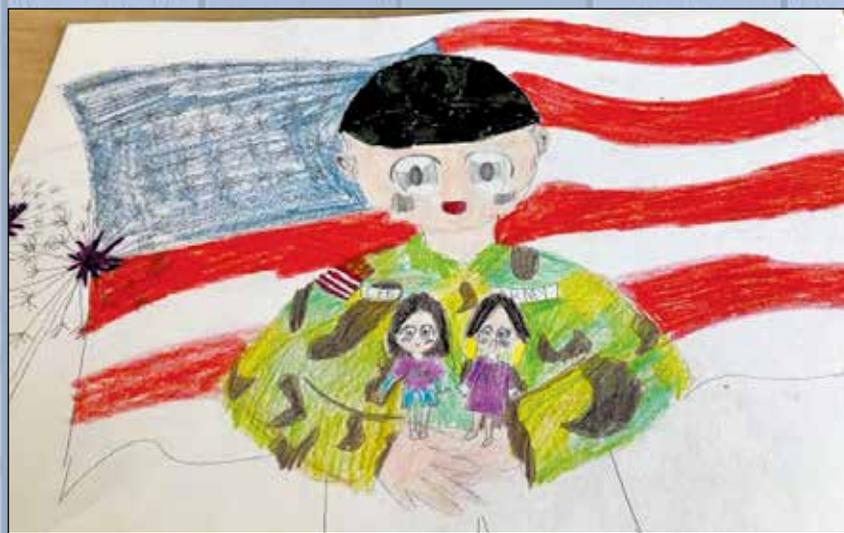
- Dominic



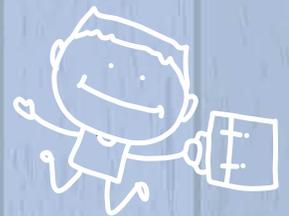
- Atticus



- Sydney



- Jessica



- Kayden

I like being a military child is because it's fun. I get to travel the world and meet new people. I get to explore their cultures and explore different types of people. As a military child I make new friends at school and in school and maybe try to speak their language. I learn to be nice and respect their culture. As a military child, I get discounts at military events like bowling and Kings Dominion. I like being a military child because I get to see my mom serve her country. I'm grateful to be a military child.

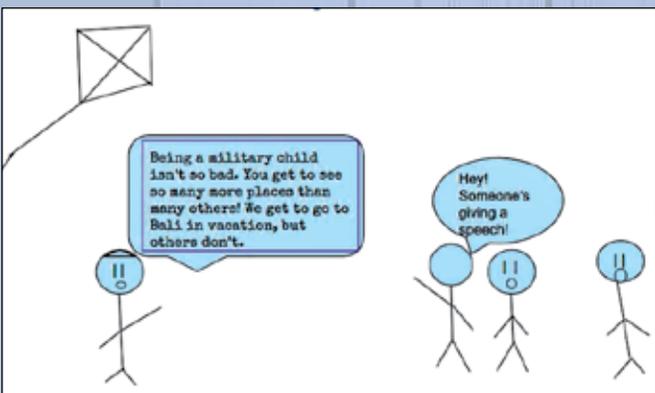
- Lydia



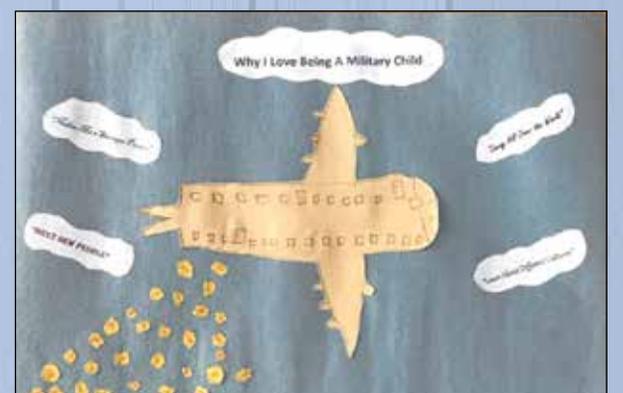
- Lauryn



- Caroline



- Noah



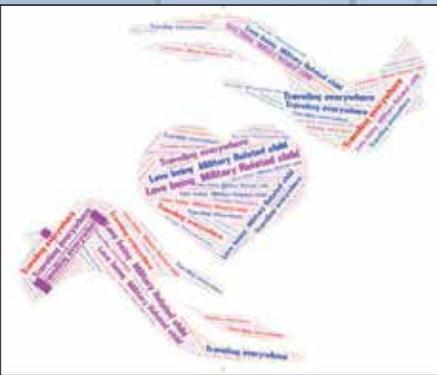
- Annie

I like being a military child because I get to explore the world making friends every few years. It normally takes military kids to move every 1-5 years, and during that moving time, you can make some new friends, and then you move and make some more friends, while doing that YOU CAN EXPLORE THE WORLD!

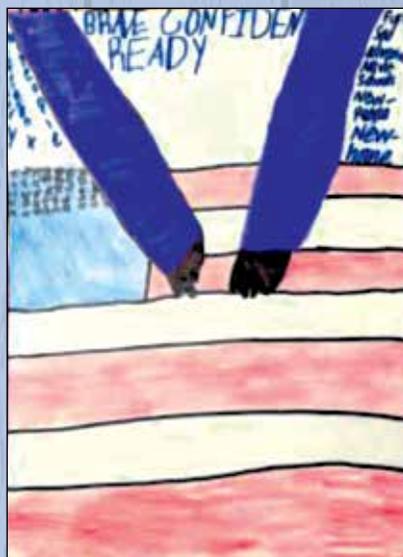
The bad thing about being a military child is that you have to move away from your friends, and normally whenever I have to move, I get really sad, especially if I have lived there for a very long while.

Normally I make a lot of friends when I move, but not right away, because I don't know their real personality when they get to know me better. Maybe they'll be rude, maybe nice, maybe even mean. But I know that if I be myself, then I'll make tons of friends.

- Maleeha



- Khiandra

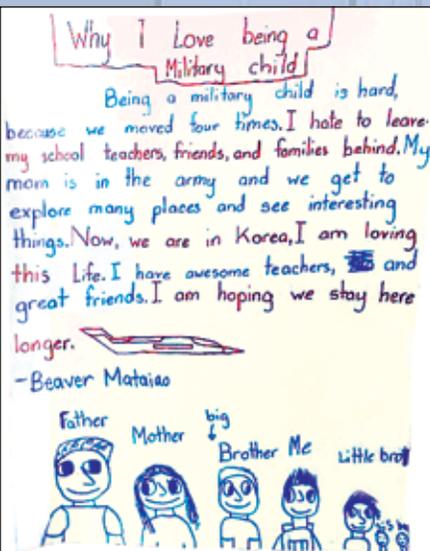


- Jasmine



I love being a military child because I can learn about new things and I can travel to new worlds and I also meet new people. But something a military child has to deal with is moving on.

- Yulho



- Beaver

Check out more military children stories at: militarychild.stripes.com



- Martinis

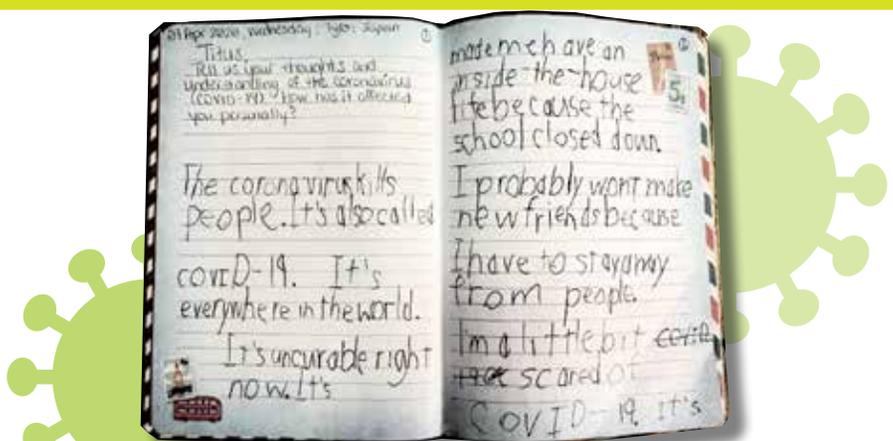
Celebrating Month of the Military Child
Daegu Middle High School

A military child waits hours, days, or months on end just to see their mother or father walk through their door at home. A military child learns patience at an early point in their life as they wait for their beloved parent to return home and be nestled in the safety and comfort of their arms. You could ask any military child what their wish would be, and it would likely be "I want to see my mother/father again." Whether these children were teenagers or a mere 5-year-old, they all anxiously await the moment that they could see their parent(s) home, safe and sound. Most children don't quite understand why their mother or father chose to travel off and fight in a war or give aid in a distant land, but they know that this is their reality. As military children grow older, they have their suspicions that their mother/father could either be badly injured or even worse... they will never see that smile on their parent's face again.

It's an uneasy and uncomfortable feeling not knowing what could happen to their mother or father. Most military kids can never forget the moments when their mother walks out their front door to go on a mission or when they come home from school hearing their father won't be home for a while, it's usually the start of some very bad days ahead. But the relief and joy they feel when they see their mother step out of that bus or the shocking surprise when their father pops out from behind a curtain, washes all the bad feelings away. The look of happiness and utter shock of not being aware that their mother or father would be returning is more than worthwhile for these children. Because at least they can see their mother/father again. Feeling whole again usually wipes the slate clean, and as usual the military child carries on.

But some are not so lucky, some only get to honor the memory of their father or mother. But the knowledge that their mother/father fought for the country they believe in is powerful. And just maybe, those very ideals are enough for the military child to carry on.

- Hazel Bell



COVID-19
Through the eyes of a child

STORY AND PHOTOS BY
LYNDSI JAMISON,
STRIPES KOREA

I highly encourage parents everywhere with kids of all ages to have their children write down their thoughts about our current situation. These events will be in history books before our young ones graduate high school, and these are trials unlike anything we have lived through on a global level before. In the future, it will be something they can pass down to their own children and discuss what it was like for them to live through this. Not only that, but it can open parent's eyes as to what

their children are feeling right now, enabling them to calm their fears. I had no idea my son was worried about our family in Louisiana until he wrote this.

There are several ways to go about this, and no one way is more right over another. Kids can write freestyle. Parents can ask them questions and write down what their kids say. They can record them on video. Kids can draw pictures of how they are feeling. As the saying goes, you're only limited by your imagination. So get to drawing, get to writing, and record these moments. Calm their fears and make it a magical time for them to remember.

My story is that my military family is great but there are always goanna be a time where its hard like how my dad a lot of times goes to the field and when he leaves it gets harder for the rest of the family. But when times are hard like that we all will always move on as a family. So this family of mine might not be the best but we love eachother.

- Shaun Branch

Wen I was born I was in Washingtín DC same with my brother Charle we moved to sandyago wen I was 5 yeres old wen I was 7 we moved to soul wen I was 8 yeres old we moved here.

- Bella Marie Jackman

My family and I have lived all over the world including Malaysia, Illinois, North Carolina, California, Washington DC, and South Korea. Sometimes it is hard for me to say good bye to teachers and friends. The positive part is that we can make new friends and over come challenges. Best of all, for me, is that I get to spend time with my family! I love traveling across the world with my family doing all kinds of fun things.

- Lorelai Porter

I was born in Albuquerque, New Mexico. I was raised in Clovis, New Mexico. For most of my Kindergarten year I went to a school called James Bickley Elementary. My teachers name was Mrs. Brown. Towards the end of the year my family had to move over a while to 1516 Claremont Terres . I then finished up Kindergarten there did 1st grade and half of 2nd grade. Then I moved here, I go to Humphreys West Elementary school. I finished up 2nd grade and finishing up 3rd grade. My father has been in the Military before he was even married to my mother. I have always been moving and never had more than 2 years at a school. That is my story.

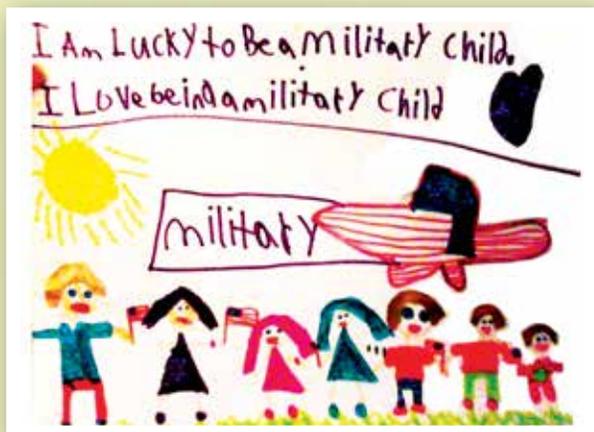
- Cyra J. Sell

Going around the world is very difficult for me because I have a large family, but I am happy to learn different things about the world. The world is a very unique place, and A great place to learn.

- Ethan Park

I am a military child, strong and tough I have my family when times get rough

- Elouise Chronister



Roses are red
violets are blue
I travel the world
following military boots

- Amelia Melvin

It is good to be a military because we can travel and see new things and we can get new friends but one of the bad things are when we move you could miss your friends.

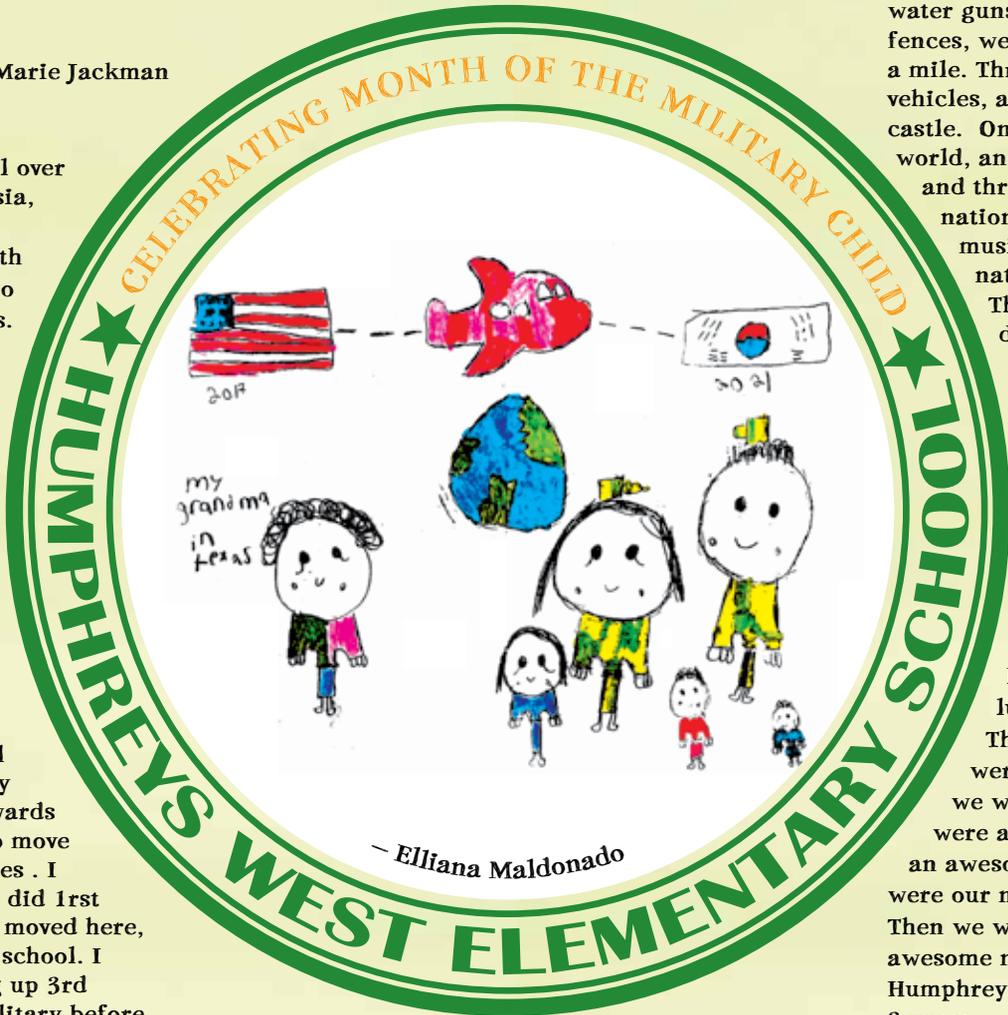
- Jason Chung

Hi, i'm Seth Zinn, and i'm a military brat. Being a military kid is hard. Your parent gets deployed which means he goes to war. My dad got deployed 4 times. once when my oldest sibling, Erin was a baby. Then the second time was when my brother, Jamie when he was a baby. then then my brother, Micah when he was 3 then my dad was still deployed, I was born, it was October 16, 2010. I was born in Temple Texas. Then recently in Colorado Springs, my dad got deployed for 9 months. Surprisingly before he left, he was on the news, all around the USA. My dad served the military for 25 years. I like being a military kid. I get to make new friends. I like Junior spur rides that the military does, because in Hawaii we got face painted, we shot water guns at them. they sprayed us. We climbed fences, we pretended we were soilders. We ran a mile. Threw water balloons, we went in army vehicles, ate lunch, and we jumped in a bouncy castle. One other reason is i get to travel the world, and USA. I have been to 28 US States and three countries, and 2 continents and 20 national parks. I get to learn they're art, music, food, how they eat food, clothes, nature, house, language, and and singers. The last reason is, I am proud that my dad serves The USA.

- Seth Zinn

My military story is that we first were in Fort Jackson my mom was a basic training company commander we had lots of fun in the sun. We didn't have a good neighborhood. We also got lucky in the winter because it snowed! That is very rare in South Carolina. We were stationed there for 1 year. Then we went to Oklahoma in Fort Sill. We were also stationed there for 1 year. We had an awesome neighborhood! My best friends were our neighbors. It also snowed there too. Then we went to Korea. We had a big house and awesome neighbors. We were stationed at Camp Humphreys. We were going to stay there for 2 or 3 years.

- Kimber Cooper



- Elliana Maldonado

The sky is bule
the sun is red
oh military child
how brave are you?

- Aiden cho

I am a new military child. My dad joined the Army March 2019. I like being a military child because I can make new friends. I can travel to different places. We can be together as a family where ever we go. We can try different foods and see different cultures. I am proud to be a military child. I am proud of my dad.

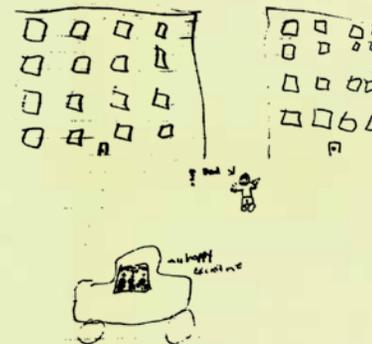
- Alaina S Stockholm

I like being a military child because military people get alot of money because they serve the military and more money means that my dad is almost rich and being rich means that people like me can get almost everything they want. So that is why I am happy to be a military child.

- Sean Hong

I asked myself a few questions about the month of the military child I was happy being a military child but not happy with my dad because he is always nice to other people acting nice but but when he talks to me he ignores me and always yell for no reason and I can't tell more but more rude and bad stuff.

- Aiden Jung



I like being a military child because I get to travel around the world and I get to see new cultures and experiences. I get to see new things and have friends all over the world. We use facetime to stay in touch and I think that is cool. The picture is when I was a baby in London.

- Brennan





CELEBRATING MONTH OF THE MILITARY CHILD

HUMPHREYS WEST ELEMENTARY SCHOOL

Being a military child is happy because you can notice about all of the world. Being a military child is sad because you can't see mom, dad or friends. Being a military child is fun because you can move to other places. Being a military child is pride because I am military child!!!

- Angela Lee

My parents tell me I go with the flow. I really don't go in the traffic though. We have moved alot, so have many friends, It has caused some very strange dreams about them. I like to keep my thoughts to myself which makes this poem very hard except I always have my family there to help me as my wild card. I never chose to move and wanted to stay put but the military had other ideas and put down their foot. So that's why I'm here telling you my choices of life when you have a hard time think about other's strife. In the end, the positives have outweighed the negatives so sometimes you have to look at the alternatives And if life hands you lemons, Make lemonade.

- Min Michael

I am a military kid because my dad is in the army. I like to be a military child because we can move a lot and experience a lot of new things. I love to learn new cultures. When I go somewhere new I mosly stay there for two years. when I move I make space for new freinds. I love countrries cultures like danceces and food. I learn new things and learn the history of a country and meet twice more freinds

- Jaeden choe

This is me and my dad at his work. I am saluting and helping him at his work. He works on blackhawks.

- Ryder Shively

I was born in Tennessee. I have two brothers older than me.

My dad deployed when I was 5 months old. When he came back he couldn't believe how much I'd grown.

We moved to Kansas when I was 2 and my dad deployed again when I was three. This time I knew how tough it would be.

When he came back from overseas we had to move again and I was not pleased. But at Fort Rucker dad had a lot more time to spend with me.

I've enjoyed my time in Korea but when it's time to go I'll say, see ya!

- Lincoln Hght



I like being a military child because me and my family get to travel to different places, meet new people, see new things, and try new food. I have lived in Germany, Hawaii, Georgia, and Korea and have traveled to many other places. When I go to new places, I get to try new food. When I lived in Germany, I could not stop eating gelato. In Hawaii I tried Kalua pork for the first time. In Korea I like to eat Korean savory pancakes, fried dumplings, and grilled pork all the time. I like traveling around to see cool sights and I have been to many landmarks like the Eiffel Tower in Paris, Disney World in Orlando, and Lotte World in Seoul.

- Melody Ingersoll

I m glad im in the army because I get to move a lot of places and meet new people on the way like the ladies on air planes or new friends in my neighborhood and its ver hard sometimes because your mom or dad has to deploy but most of all it amazing

- Annabelle Avriett

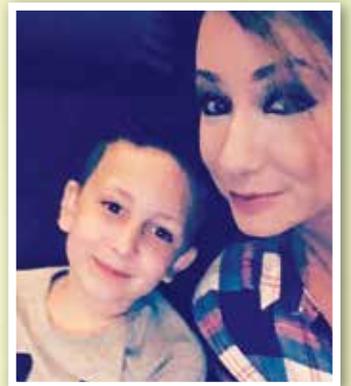


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My dad was in a military and he retired in 2009. He works on base for the school after his retirement. I go to school on base and I meet a lot of military child. My best friend is also military child. Military Child move a lot and go to different countries. Sometimes one of their parents deploy and can't see them for a long time. I think it is hard and make them sad because they are away from mom or dad. But as I know all my military children are happy and work hard at school. I think they are strong like their parents who serve for our country.

- Kaisei Harris

My name is Caden, I'm 9 years old and I was born in Mississippi. It was GREAT and I had awesome friends. I even had a friend that way my best friend and I still miss him. Then I moved to Spain. It was great there and it's where my sister was born.



The next adventure was Little Rock, AR. I loved it there and my best friend was there also. I made new friends for life and loved my time there. Now, I'm in Korea and I have a new school with new friends. I love my new house. I have a big room that I play in with my sister. I love my family, my sister, and helping other people having a great life.

- Caden C



I am a military child because my dad is in the Army. As a military child I get to travel to different places like Korea or the United States. I also get to eat all different kinds of foods such as Korean, American, Japanese, or Chinese food any time I want. I also get to experience lots of different cultures not only from the countries we visit but also through all of the friends I meet who are from around the world. I can speak to different languages, which are Korean and English. I have family and friends that live in both the U.S. and in Korea so I think the best part about being a military child is that I get to spend time with all of them.

- Westley Martin

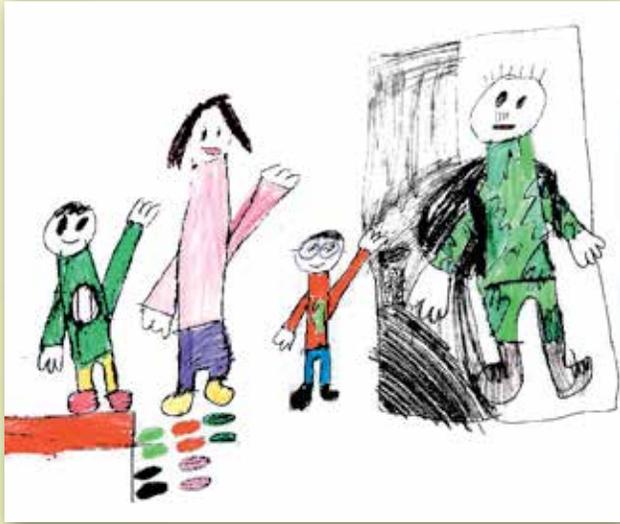
Hello my name is Noah from camp Humphreys, south of Korea. My dad is in the military. He has served in the military for about 16 years, he is a army soldier. he does PT early morning, hard work, he saves the world. my favorite part of being a military child is meeting new people around the world and traveling. So far I have been North Carolina, Montana, Colorado, Washington, Japan and Korea.

The best thing about being a military child is traveling to new places and meeting new friends, The bad thing about being a military child is that your friend have to move or leave out of town. When I grown up I wished to be an army soldier to protect the world.

- Noah Naatjes

SEE MORE HUMPHREYS WEST ELEMENTARY SCHOOL ON PAGE 8





I have a military dad
and i am very glad
I want see him every day
but he doesn't come until night
I want him to stay but it's alright
It is always the same way

I always want him early
that is not clearly true
But I don't care much
It is always such
the same way every time
But it is fine

Being a military child is great
It always creates fun
It is awesome
It will never be forgotten

- Aiden Bae

CELEBRATING MONTH OF THE
MILITARY CHILD

HUMPHREYS WEST
ELEMENTARY
SCHOOL

My dad has been working in the army for
least 10Years , ever since I was born in Ft
Hood I had lived a life as a military child.

I get to join many events children not living as
a military child wouldn't know about.

I get to traveled many places with my parents and
still have a lot of great memories of being in places.

As the military Child's life is amazing!

Have you ever seen Santa jump off a helicopter
before? Well I have! It's so fun, an army soldier
with a Santa suit jumps off the helicopter with
safety ropes to give children gifts. I will never
forget that Christmas!

Did you ever have a chance to join military PT
in the morning ? well I have, only as a military
child can join in. Me and my dad ran together .My
PT clothes were the kids version, my dad just wore
the regular PT clothes. That is so fun!

Have you ever have a military dentist check you
in school? I have. Usually you have to go to clinic
to see the dentist but every year the dentist come
to the school to make sure are teeth are healthy!
because we are military child.

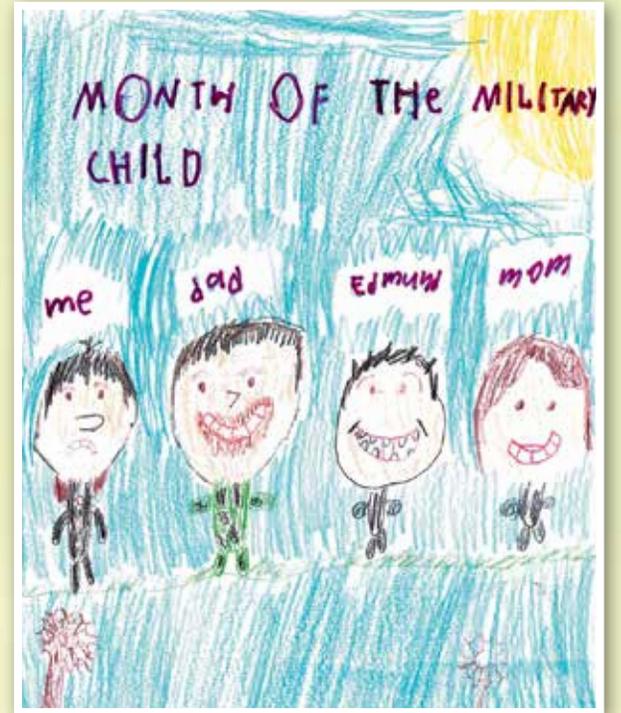
I am proud to be a military child so when the to
time has come I will be ready to come face to face
with the real world!

- Michael Price

Military kids are like dandelions: they
bloom where they are planted.

I love being a military child because
me and my brothers get to see different places.
The new places we get to travel to means learning
new languages and seeing different people and
different cultures. Also I get to make friends in
the many places we go. I haven't been a military
child for 5 years and so far I've been to Ft. Drum
New York and Camp Humphreys South Korea. The
place I really want to go is Hawaii because its
sunny all year and lots of beaches.

- Makhi Irving



I went to Osan American
Elementary School
for Kindergarten
and 1st grade. And now I
attend Humphreys West
Elementary School. Both
schools have shown me
difference between an Air
Force Base and Army Base.
However, we are all one. We
are a family.

- Jonathan Kang



I've only moved twice. I was born in Texas,
but when I was two we moved to Missouri.
While I was in Missouri, my dad had to go to
Bangladesh for 10 months. While he was gone,
we made a paper chain. We would rip off a ring
each day. On the last few days we went to an
airport, and my dad was waiting for us! I hugged
him so hard he could've burst. He didn't, thank
God. After living in Missouri for four and a half
years, we moved to Korea. We landed in Japan and
stayed there for three hours, due to the layover.
After we landed in Korea, we went on a long bus
ride. By the time we got to Lodging, it was dark
out. I remember playing my 2ds a lot. We looked
at apartments, and we decided on a place in Apple
Villa. My mom hadn't signed the lease yet, but
in the morning she went to sign it. Somebody
had signed the lease before us! So we decided
on VIP Villa. We had to do all this WITHOUT MY
DAD!!!!!! He spent two days in Camp Humphreys,
but then he went to Camp Red Cloud. I remember
going to the 3 8 market for the first time. It was
hot, and I saw giant carrots, seaweed blocks,
buckets of candy, and soju slushies. We walked
past fish and my nose was pinched. But I'm used
to living in Korea now, and it is awesome. Bye!

- Alice Phillips

The military children are kind and brave.
They always try to save the day!
even if its hard to say
Their action will lead the Way!

- Aiden Cho



My family go's to the u.s.

- Hana Hwang

Airplanes oversea, a boat to a state. I am a
military child, and I feel GREAT!
I move away, then come back. I bring
tales that make my friends squeal "Eeee!" I am a
military child, and feel HAPPY!
Dandelions. Purple. Pictures on the door. I am a
military child, and I feel... MORE!

- Alice Phillips

9 years ago, I was born in a military hospital.
The first thing I saw was a person in a
military uniform. She was holding me and
took me to my mother. This is how my life begins
as of military child. My father is in the military,
he away from home and we move a lot, but I get
to do things and see things all over the world.
The USA is taking care of my family because my
father is here to fight the terrorist and defend our
country for freedom. I am very proud of my father
and all the military soldiers.

- Jayden Myung

Check out more military
children stories at:
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Love to be a military
child because I
get to visit new
places and have lots of
fun. I also get to meet
new people and eat
new food. We also have
different culture and
speak different language
and I like learning new
language. It is hard for
me being a military child
because I have to say bye to my friends.



- Diana Park



Hello, My dad is a Major and he protects me and my family. My dad is the chief of microbiology at the hospital. Sometimes he practices with other soldiers with guns. That is why I find a helmet that is so hard in Dad's car. We travel a lot because my dad us part of the army. Sometimes when we travel I make friends but I always have to say goodbye to them because I had to travel a lot. Sometimes my dad has to go to different places by himself. I get bored without him and I miss him when he is away. Some people here in South Korea call my dad for information of Covid 19. The government payed us a lot of money for Covid 19. I'm happy that my dad is part of the military. When I get bigger, my dad will teach me how to use a gun. That's all, Baiiiiiiii!

- Kaitlyn Nguyen



Hi, my name is Chloe Vasquez. I am 9 years old and I am a military brat. My daddy served in the Marine Corps for 14 years. Once a Marine always a Marine. Military service runs in my family. My grandfather, aunt and daddy served in Marine Corps and a lot of my uncles and aunts served in military but with different branches.

Being a military child is hard but awesome at the same time. I have traveled all over the world thanks to my dad's job. I've seen a lot of cool places and met many people. I have friends all over the globe. Hard part is constantly saying goodbyes to friends I have just made. In my short lifetime I've lived in 5 places: Oahu HI, Jacksonville NC, Radom Poland, Seoul South Korea and currently live in Pyeongtaek South Korea. Since we move often I have changed schools often too. I am at 3rd grade now and it's my 3rd elementary school. Another hard part of being a military child is that I do not see my grandparents often. They live in Europe so I can go visit them only in the summertime. I spend all summer with them. Since they know we will not see each other for another year they always spoil me.

My dad is Department of Defense Civilian now and I don't remember too much of him being active duty because I was very young. I know he missed a lot of important family events due to his work and deployments. Right now his work is for military, so our lifestyle hasn't changed so much. We still move often and I change schools but the good side is my daddy is not deploying and we get to stay together.

Even though being military child can be rough and challenging, I really love it. Military kids are very resilient, we are taught from our early years to adapt to new changes and overcome any difficulties. Other than our parents and sibling, we are far away from our families but military community is like one big family. Everyone is kind and supportive because all of us live the same lifestyle.

I think my life is awesome as a military child. I am very proud of my dad and thankful for his hard work. When I grow up I would love to keep up family tradition and join U.S. Marine Corps.

- Chloe Vasquez

How i fill being a military child is being safe and happy. what i can do as a military child is i can eat different foods. What i can do as a military child i can live in different place's and go to different schools .i fell perspective because my dad is in the military. As a military child you can met people new.I fill Happy her and in different places.

- Arabella Gutierrez



My whole life is a military child life. I was born in Puerto Rico and moved to North Carolina when my dad joined the Army. I have seen him jump from airplanes and we have seen a lot of planes. We moved from North Carolina to South Korea and have eaten at a lot of places.

- Diego Cancel

To me being a military child means...
 Moving.
 Far from home, family, and friends.
 It means new everything...
 New experiences, new adventures, new foods, and new cultures.
 New people and new friends and new possibilities.
 It means change.
 But it also means traditions and family time and fun and memories.
 I am proud to be a military child.

- Gatlynn Kite

When I was two years old, my Dad left for a year. He was sent to Jordan and then to United Arab Emirates. I don't remember much about when he left, but I do remember being very upset. Our family went to the place the buses were waiting to take him away. We hugged him one last time, and then watched him get on the bus. We stood and waved as the bus drove away.



We have pictures and video of me crying and calling for my Dad. I really missed him and it was hard to only talk to him on video calls. Eleven months after he left, he came home for 2 weeks to visit. My Mom didn't tell us when he was coming and wanted it to be a surprise. He snuck into the house and hid under a big wrapped box. My Mom made a treasure hunt and the box was the treasure. When we opened the box, he jumped out and yelled, "Surprise!" We were all very surprised. We hugged and hugged and laughed and laughed. It was the best surprise ever!

Dad came home to live with us two months later. It was really hard having him gone. I missed him a lot!

- Kyan Peterson

Hi my name is Liliana Cornielle and I am 8 years old. I am in third grade.I have one sister and one baby bother that is going to be born soon. My mom is in the Army. I have been a military child all my life. I have lived in Germany, Georgia, New York and now South Korea. My mom was born in New York and so was my sister and me but my brother will be born here in Korea. I moved here 3 years. ago. I like to sing. I like games. I like to write. I have a lot of friends.



- Liliana Cornielle

SEE MORE HUMPHREYS WEST ELEMENTARY SCHOOL ON PAGE 10



Hi. My name is Carter, and I am a military child. This is my military family. My father used to work in the Navy. Now he's home on retirement. My dad retired as a Command Master Chief and he was in the Navy for 30 years, 4 months and 8 days. My brother CJ, still works in the Navy now. In this picture, my whole family traveled from all over to be at dad's ceremony in Sasebo, Japan. Well, almost everyone because my brother was already there. You see my dad's last ship in the Navy was my brother's first ship. In a lot of ways I guess you can say my big brother is following in the family business of the U.S. Navy.

I was born a military kid and so were my siblings. Because of the military my mom works for the government as a teacher on base in South Korea. My oldest sister took culinary classes in high school and grew up to be a chef in Washington DC, at John F. Kennedy Center. My other sister backpacked all across Europe as a military kid. Now she is a business woman. My third sister is bilingual like me, except her second language is Japanese and mine is Korean. She's in college back in America. Me, I'm the baby in this military family. I don't have a job yet but I'm only in the third grade. Being in a military family is fun, adventurous, and exciting, I wouldn't trade it for anything!

Carter, a military child

- Carter Duncan

I'm proud of my dad being in the military I love that I get to see different country and city. I'm proud of my dad severing our country and following his family's steps.

- Sky Mesher



Military Child we do things to help each other and to make things better.

- Tanner Stalvey

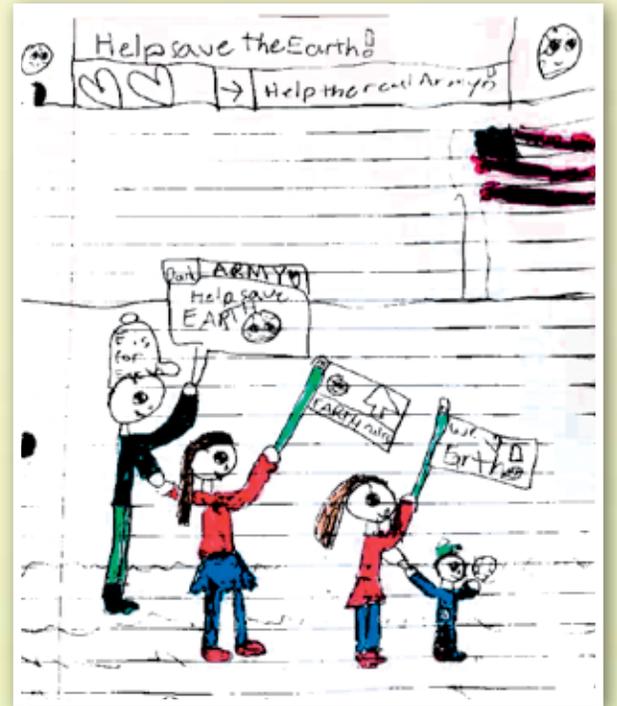
I am so grateful to be a military child because I get to adventure to new places and meet new people. I know it's hard to move and say goodbye to friends but you're not really saying goodbye because they will always be with you in your heart. You will move again, and it'll be scary and exciting and that's when you'll meet new people and make new friends. Even though it is really hard sometimes I wouldn't change it for anything. I am also so proud of my dad for doing his job and serving the United States of America and he makes our family very proud and he works so hard and are family is so grateful.

- Kiera Castillo

We move a lot after 2 or 3 years. I make a lot of friends and shed a lot of tears.

I went to four schools.
I learned to swim in a pool.
I lived in a lot of places.
I am good at making funny faces.
I like to do art.
I love my family with all my heart.

- Kayden Wish

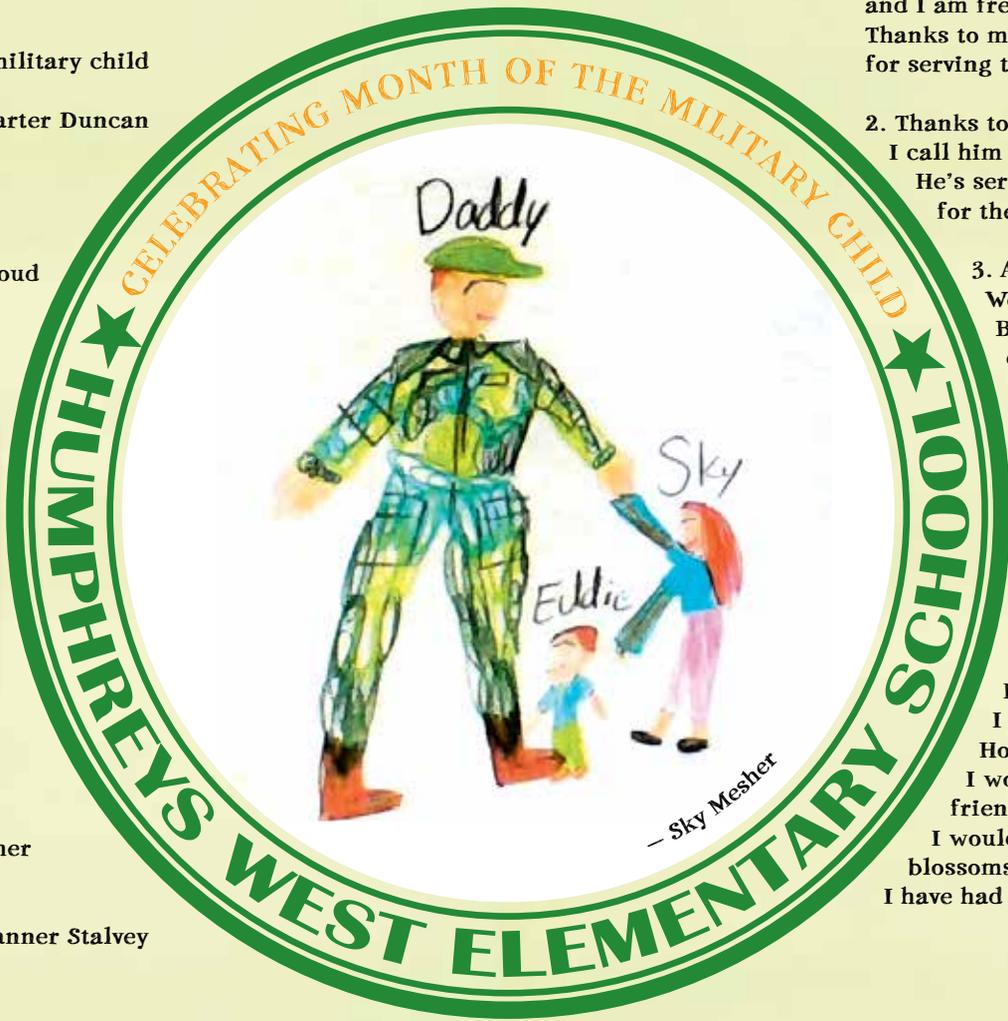


We help the Army! :)
1. Army is green and I am free
Thanks to my daddy for serving the country.

2. Thanks to my hero I call him daddy. He's serving the country for the nations' fellow.

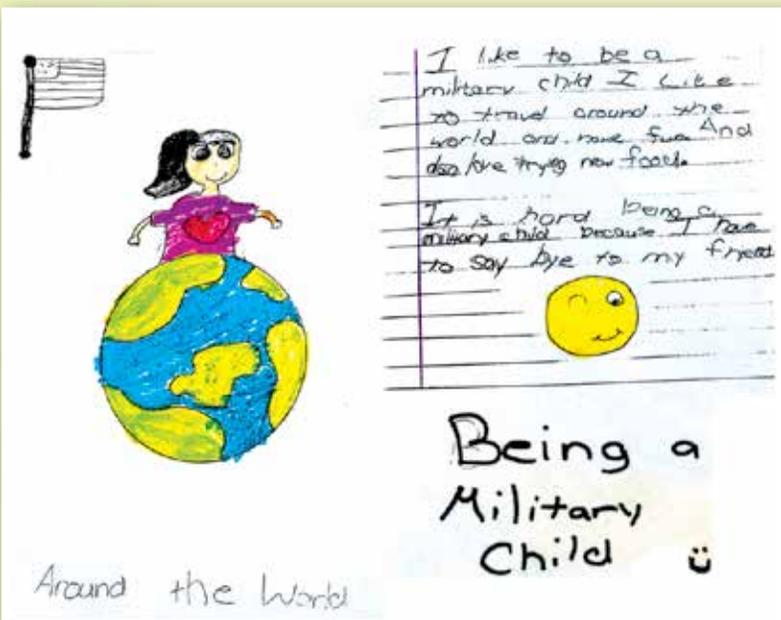
3. Army child that is what I am. We support my dad wherever I am. Be it a different states, country or continent we may be. We're happy together as a family.

- Cassiel Perez

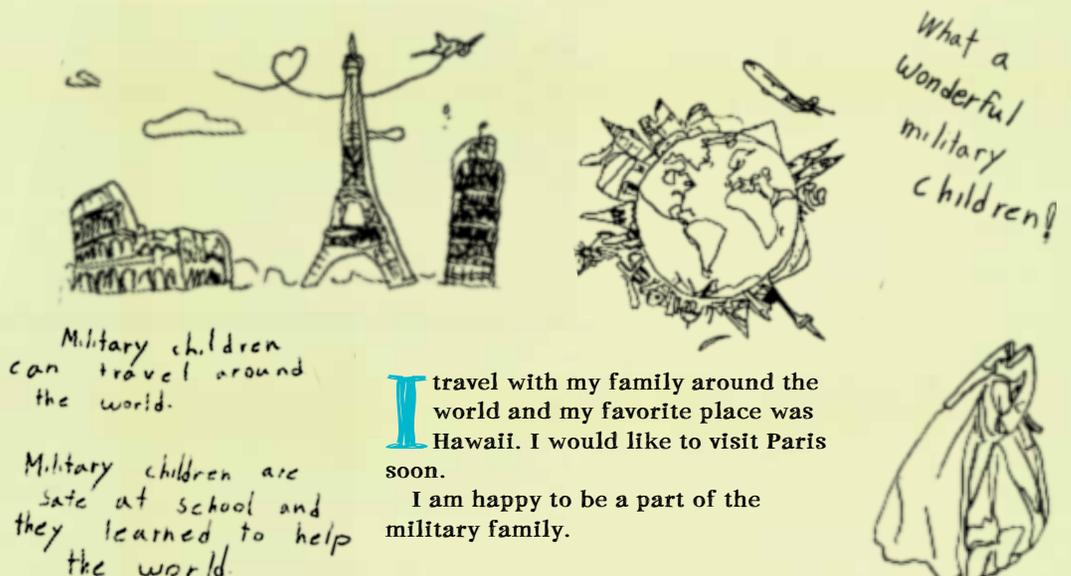


If my dad was not in the military then... I would not have been born in South Korea I would not have been to Japan I would never have got to see the White House I would have never got to make new friends I would never have got to see the cherry blossoms I have had an awesome journey

- Sam Hermann



- Diana Park



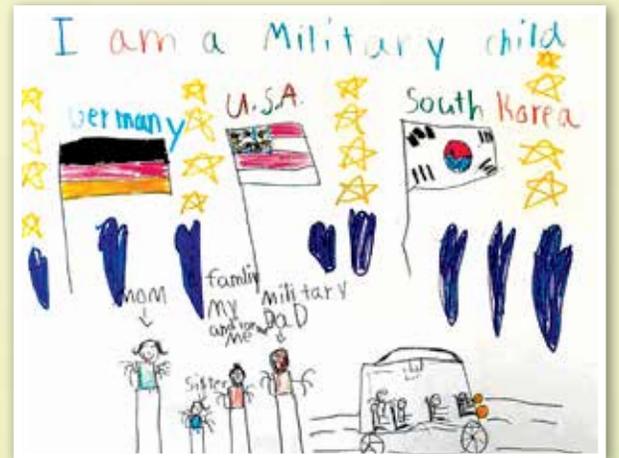
I travel with my family around the world and my favorite place was Hawaii. I would like to visit Paris soon.

I am happy to be a part of the military family.

- Jennifer Son



CELEBRATING MONTH OF THE MILITARY CHILD
HUMPHREYS WEST ELEMENTARY SCHOOL

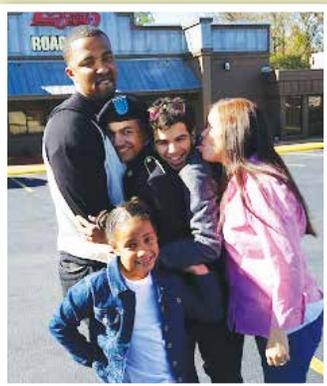


Hi, my name is Karissa and I am a Military Child. I was born in Oklahoma but have lived in, North Carolina, Arizona, and now Korea. Being a Military Child has its ups and downs because I miss the rest of my family, but I have adapted to make friends in my school and neighborhood. Sometimes it can be hard to adapt at a new school, but I always stay strong and stay positive as I adapt. Making friends at school always helps me feel better when I'm new there, and I enjoy that I can make many friends as we travel to different places. I love getting to see different cultures and sites to see. Right now, I live at Camp Humphreys South Korea and enjoy trying different types of food learning a new language and have tried many exciting things here! My Mom and Dad always help me adapt and find ways to make our adventures fun. I am proud to be a military child and I am so proud of my Dad for his service, he is a hero!

- Karissa-Lynne McGregor

I am glad that you are a military child. I think that you can save the world as your dad. I am so glad that you are a military child. I am happy that you are a military child and a can go to the same school as you do and we can go to the same grade as we do and the best thing to do with you is that we can meet each other each day. I am so glad that you are steal in school because that you are a military child as I do.

- Dylan Lee



I love being a Military child because i get to have a lot of friends and go a lot of places like South Korea, Fort Bliss, Fort Gordon, Fort Rucker still miss some of my friends but thats how life is being a Military child you move and u miss your friends and have to make

more. I like being in South Korea because i get to try new foods and celebrate new holidays and i like learning different languages i love being a Military child.

- Amaya Robertson Robertson



Being a military child has allowed me to become an explorer. My family and I have had the opportunity to visit several countries and create new experiences. I'm just so lucky to be in a military family.

- Leira Sofia Medina



Being a military child means me and my brother are able to visit new office's our dad has when we move to a new assignment. Sometimes they are big and some are small. Our dad even has candy in his office for me and my brother.

- Olivia

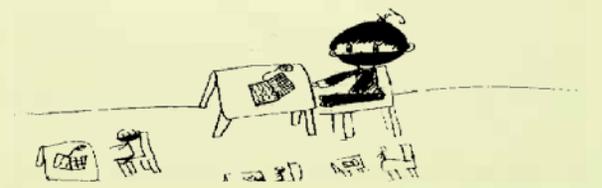


- Alexandra McKinley

I am Military child because my dad work on government and I am so happy because can live Korean and I can have many friend and the school is clean.

I am military child because my dad work on government and I am happy because I can live in Korea and I can have many friend and the school is clean.

- Amy Han



I like being a military child because I get to go places and see new people and stuff we get to see people jump out of planes and see them land. The most hard thing is that your mom or dad goes somewhere we can not go but we can always facetime them. We can even try new food too. So that is my story as a military child.

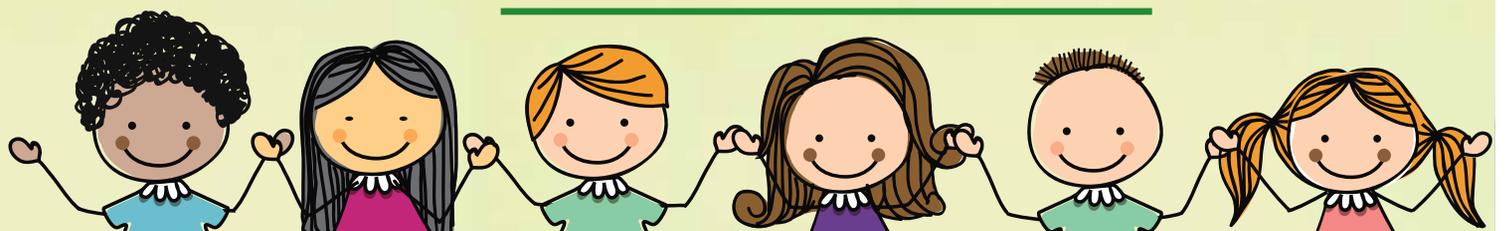
- Emma Rose

Dear. military child. I like you being a military child .

You were nice I'm proud your family helps our world you were smart, brave, and make me fun. I want to see you and I will be more nice.

- Liam Lee

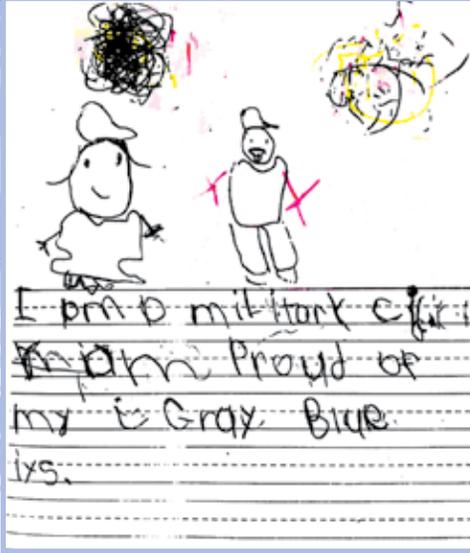
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Celebrating Month of the Military Child

HUMPHREYS CENTRAL ELEMENTARY SCHOOL

KINDERGARTEN
Mrs. Schultz



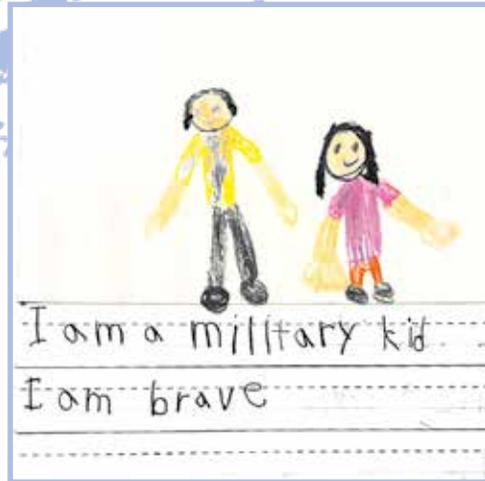
- Reveilly-Ann W.



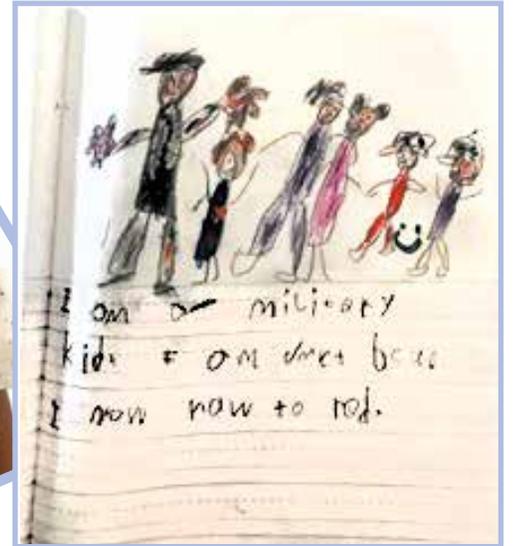
- Liliana E.



- Julian L.



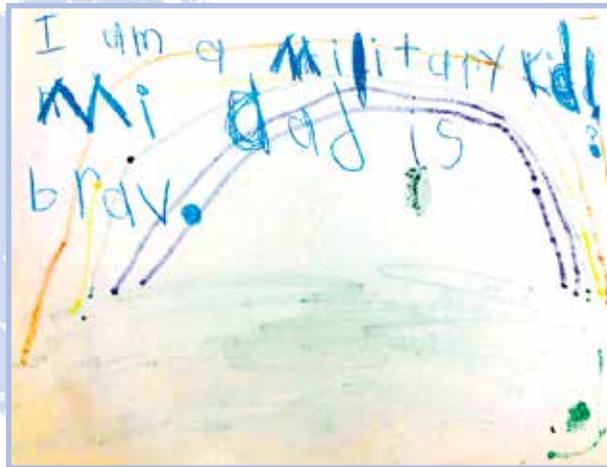
- Claire K.



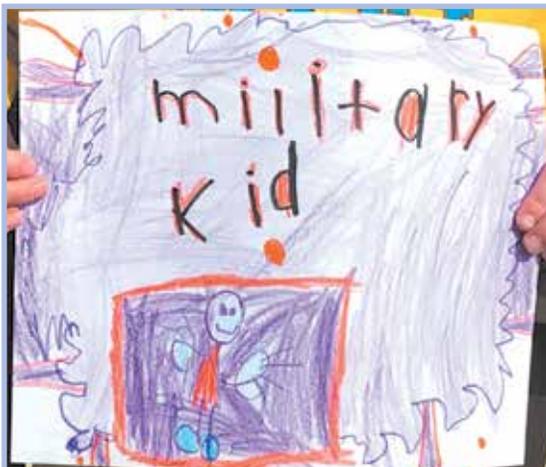
- Amir B.



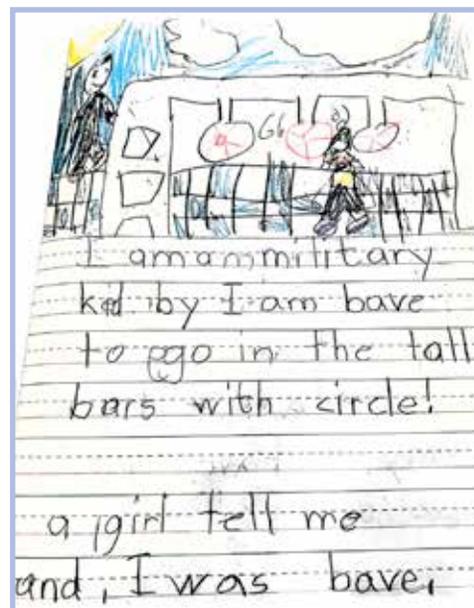
- Malachi B.



- Taylor L.



- Jaxon P.



- Zendaya S.



- Kristian G.



- Jackson I.

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- Jasper B.



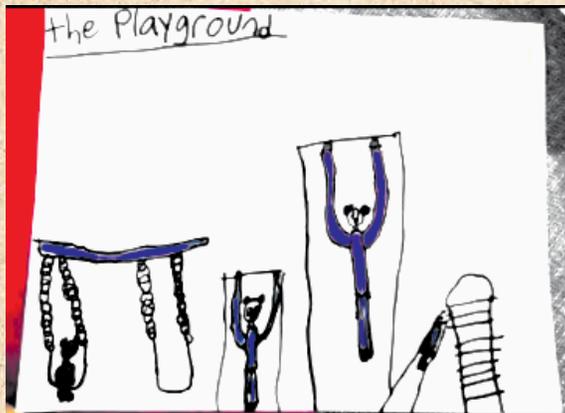
- Jaylin S.



My dad has been in the army for 18 years. He has gone away for training and deployment. Being a military child is important to me because you can explore places and you can try new foods and make new friends and meet new people. The most important thing is we stick together.

- Kaiah H.

Being in the military community means a lot to me. Living in the military community I can go to the park, the doggy park, and the commissary. Going to the park is fun because you can play with your friends. You can also play banana split on the swings. Going to the dog park is fun too! I get to meet new dogs and I can throw the ball for my puppy. Going to the commissary is great. I like to buy sushi and I like to buy food that we need. Clearly, being in the military community means a lot to me.



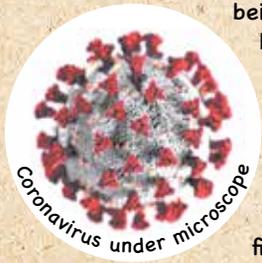
- Jaichelle Nairn

Celebrating Month of the Military Child

HUMPHREYS CENTRAL ELEMENTARY SCHOOL

Ms. Sibayan 3rd Grade

I think that being a military child is a good thing because soldiers are an important part of our community. They keep us safe, even from the coronavirus. However, my dad (Allen Leth), serves an important part of the community. Many people are being harmed by the coronavirus, but soldiers keep us safe. All soldiers should be respected.



Coronavirus under microscope

Most people who are harmed by terrorism, biological threats, and insults learn that they are not alone. And the military is divided into five different groups:

Army, Navy, Airforce, Coast Guard, and Spaceforce.

Military soldiers are to be respected. They keep us safe from terrorists, and other dangers. Soldiers have died in wars, but we have advancements that keep communities safer.

To fight soldiers, we respect your safety.

- Alexander Leth

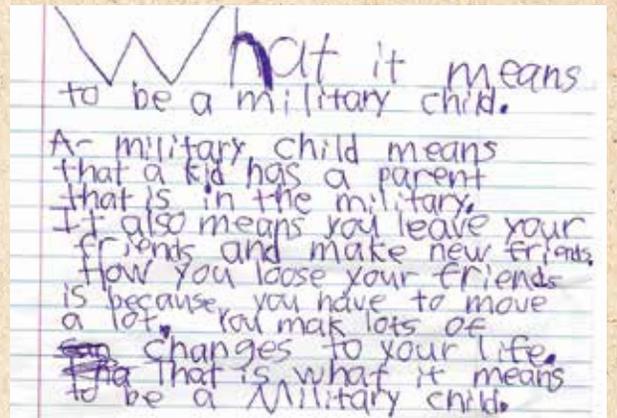
To be a military kid I feel lucky because I can go on base and I can do a lot more stuff. I can go to the schools on base. Only good people can go on base because there is security. The military pays my dad for the bills because we live off base. Sometimes I do feel selfish because of how many things and how much time he sacrifices on my sister and I.

My dad goes through lots of trouble for us and that is making me feel selfish and bad sometimes.

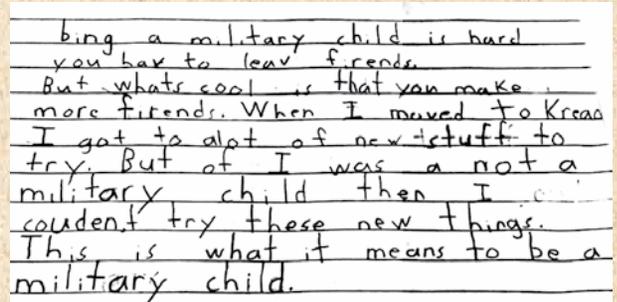
- Ciu S.

Being A Military child has advantages and disadvantages. As a military child I am able to travel overseas to places most people dream of such as South Korea, Hawaii, and Germany. I also get to take trips to places stateside because the Military offers family retreats where families are able to travel and spend time with each other, and discounted tickets to theme parks. I have been to Myrtle Beach, and Georgia with my family on these retreats, and Universal Studios and SeaWorld. While all of these things are nice, a disadvantage is having to change schools and say goodbye to my extended family and new friends I make everytime I move. This is especially hard because you have to learn to fit in every time you start a new school and new friendships are hard to make with everyone moving so often. In conclusion, some good things come out of being a military child and some bad things. So as you can see there are pros and cons.

- Max G.



- Gabriel



- Ayaan

Being a military child means you get to explore a lot more than a NON-military child. You get different souvenirs. You make new friends every move. At each new school I get a new playground. Each place I move the community is different; like there is a new language, and new foods.



Our family at Disney tokyo.



Me at a dog cafe.



Last day of first grade.



First day of second grade.

- Kaden J.

In these strange times, many of us are going back to our kitchens to rediscover long-lost domestic arts like bread baking (if you are lucky enough to find yeast and flour!), experimenting with fermentation, and making our own everyday staples – in my case, I’ve gone back to baking my own yeast bread, making tofu and fermenting my own yogurt and pickles at home.

One of the items that is in weekly rotation in my house is fresh Japanese tofu, but if you don’t have access to Japanese grocery stores, you can make your own fresh soymilk and tofu at home with only two or

three ingredients and some basic equipment. In fact, once you’ve tasted homemade tofu and soymilk, you may never go back!

My friends from Raw Rutes (www.rawrutes.com) were kind enough to send a review unit of their Sumo tofu press, which also doubles as a tofu maker. Raw Rutes manufactures a range of tools for harvesting, dehydrating and fermenting foods, including its line of Ninja tofu presses, which are both functional and attractive.

– Story and photos by Sarah Hodge

Quarantine Kitchen

Homemade soymilk and tofu

Tool



Made in the USA from polished stainless steel, the eye-catching press (weighing in at a hefty 6 pounds) removes up to 35% of the tofu’s total weight in water in as little as 15 minutes! The press also doubles as a mold for homemade tofu when lined with cheesecloth.

Ingredients



Homemade tofu requires only three ingredients: dried soybeans, water, and nigari, a seawater extract that causes the soymilk to form curds. Nigari can be purchased in dried form or liquid form and is usually sold concentrated, so you’ll need to mix it with water first before adding to your soymilk. If you don’t have access to nigari, don’t worry – lemon juice will also work!

Here is Raw Rutes’ recipe for homemade organic tofu:

- 1 ½ cups raw organic soybeans (a 300-gram bag is just the right size)
- 4 ½ cups filtered water
- 1 – 2 teaspoons nigari or lemon juice



See more featured recipe:
Black Pepper Tofu by Mob Kitchen
on next page

Directions

1. Soak soybeans in 4 ½ cups filtered water overnight.



2. Add soybeans and soaking water to a blender or food processor and blend until you have a foamy “milkshake” (I used the puree setting on my Vitamix).

3. Boil 5 cups of filtered water in a large pot and add the contents of the blender.

4. Bring to a boil and simmer on medium-low for 8 minutes, stirring occasionally.

5. Line a strainer with cheesecloth and strain this mixture through into a bowl. Push or squeeze out as much liquid out as you can. The resulting liquid is fresh, unsweetened soymilk. The solids are called “okara” in Japanese and can be stir-fried or mixed into baked goods to add moisture and fiber. Okara is low in fat and high in calcium, protein and dietary fiber, and is most commonly used in unohana, a popular and traditional savory side dish made by combining okara and chopped vegetables like carrots, burdock, negi (leek or green onion), shiitake mushrooms, shoyu (soy sauce), and mirin (Japanese rice wine).

Stop at this step if you only want fresh soymilk.



6. Now mix 1-2 tsp of calcium sulfate (gypsum), 1-2 tsp nigari flakes (magnesium chloride), or 1 ½ tablespoons lemon juice in one cup of filtered water and stir to dissolve.

7. Rinse the cooking pot, pour the soymilk in, and bring the temperature up to right around 150 degrees. Don’t boil it!

8. Turn off the heat, and add half of the coagulant mixture you made to the pot. Stir it around eight times in a figure eight motion. Stop stirring and let it settle. Then add the rest of the coagulant, and start gently stirring again eight times. Cover the pot and let it sit for half an hour.

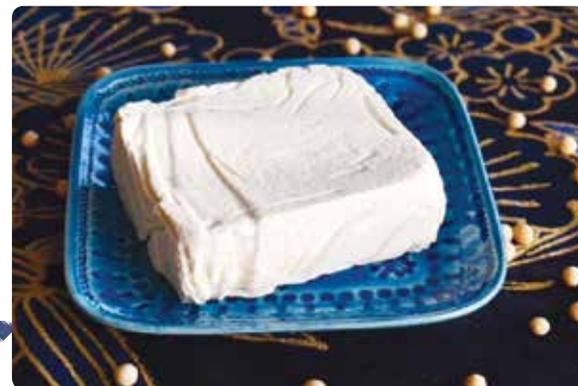
9. After 30 minutes, the whey and curds should have separated. Now the fun part! Line your Tofu Ninja or Sumo Press with two layers of cheesecloth and spoon the curds in!



10. There’s going to be a lot of liquid (the “whey”) draining out. (It’s best to load your press up in a container with sides or in the sink for easier cleanup). Once the press is loaded up and the drainage slows to a trickle, press it for right around half an hour.

11. Then flip the press over, pop the tofu out and throw it in the fridge for a few hours to firm it up even more. Use it fresh or store it submerged in water in the fridge for up to 5 days.

12. Enjoy!





Black pepper tofu

Cooking Time (includes preparation time): 50 mins.
Feeds: 4 People

Ingredients

- 2 x 280g firm tofu (I used one block of homemade tofu)
- 2 Tablespoons Black Peppercorns (crushed)
- 2 Tablespoons White Sugar
- Large Knob Chopped Ginger
- 2 Garlic Cloves
- 4 Spring Onions
- 1 White Onion
- 5 Tablespoons of Butter
- 1 Red Chilli
- 400g of basmati rice or short-grained Japanese rice
- Cornstarch
- 5 Tablespoons of Dark Soy Sauce
- 5 Tablespoons of Light Soy Sauce

Method

This tongue-tingling black pepper tofu is the perfect vehicle for your homemade tofu!



1. Chop tofu into cubes. Pat with paper towels to dry, then coat in cornstarch.
2. Add some vegetable oil to a wok. Fry the tofu until browned and set aside.
3. Get your rice on (I used my Zojirushi rice cooker).
4. Clean wok. Place on heat and add a splash of oil. Add 4 tablespoons of butter followed by the onion, garlic and ginger. Fry until soft.
5. Add your peppercorns and sugar. Mix together. Once the sugar has dissolved, add your soy sauce. Stir again.

About the author

A contributing writer to the Japan Times Food page, Sarah Hodge has been a cookbook reviewer and recipe tester for over a decade. Sarah's blog BundtLust (www.bundtlust.com) features hundreds of reviews for a wide range of international cookbooks.

In addition to taking cooking classes around the world, she is admin of the cooking groups "Let's Explore Japanese Cooking in Yokosuka" and "Yokosuka Vegetarians and Vegans," active in a number of other cooking groups on Facebook, and specializes in Japanese vegetarian temple cuisine, shojin ryori, on which she has published a number of articles for BentoYa Cooking and Thanks for the Meal.

You can follow her food and travel adventures on Instagram at [@japantravelbug](https://www.instagram.com/japantravelbug).

6. Add 1 chopped red chilli and 3 chopped spring onions. Stir and then re-add your tofu. Mix it in, add 1 more tablespoon of butter, allowing it to melt. Remove from the heat.

7. Serve the tofu on top of a mound of steaming rice, garnish with chopped spring onion and enjoy!



– Recipe by Mob Kitchen / Ben Lebus, from "Mob Kitchen Veggie" cookbook

(available from Amazon Japan at <https://amzn.to/2xpR1CY>)

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All you need to know about

Kimchi

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Kimchi is predicted to be one of the worldwide trends of 2020, according to Facebook's 2020 Topics and Trends Report. The report mentions the current health-conscious attitude of Australia, and the digestive benefits of fermented foods such as kimchi on the gut. While kimchi is a staple of all Korean meals and is already well known among people with plans to visit Korea, there is always room for more knowledge! The best place to learn about this popular fermented food is at Museum Kimchikan, the first museum dedicated to this iconic dish. If you'd like to learn more about how it has changed over the years from one simple dish to having over 200 varieties, plan a trip here!



Museum Kimchikan



Museum Kimchikan, located in the center of the popular Insa-dong area, features many exhibitions and experiences to learn about kimchi, from the dish's early beginnings to the UNESCO recognized culture of Kimjang. It is also the only museum in Korea to be included in CNN Travel's article about 11 of the world's top food museums. The museum starts from 4F and exhibitions flow naturally to 6F where the kimchikan kitchen is located. Visitors can freely explore the exhibitions using the barcode on their ticket, or request an audio guide device, available in English, Japanese, and Chinese, from the ticket booth to learn more. Guests should be aware that the Kimchi experience programs are only offered in English.

The origin of kimchi



Kimchi is loved by people around the world, but few know the origins of this dish. Records show that kimchi started out like many simple fermented vegetable dishes in the 4th century. At that time, there was no way to store foods for a long period of time so vegetables were fermented as a way to enjoy the health benefits throughout the year.

By the 5th and 6th centuries, fermenting vegetables such as cabbage and radish was most commonly done using salt or soy sauce, and was referred to as jangajji. This type of salted vegetable with no seasoning was the standard up until the 12th century, when additional ingredients such as ginger, garlic, and onion

were added, and kimchi began to separate into the two types of seasoned kimchi and water kimchi.

In the 15-16th centuries, jeotgal, or salted seafood, was added to the mix, creating what is known as seokkbakji kimchi. It may come as a surprise that the addition of gochu (Korean chili pepper) did not take place until the mid-Joseon era in the 17th and 18th centuries, when chili peppers were first brought to Korea. At that point, the seasoning began to be placed between each individual leaf of a whole cabbage, creating tongbaechu kimchi (whole cabbage kimchi) and bossam kimchi (wrapped kimchi), two of the most commonly eaten kimchi varieties in modern times.

Museum Kimchikan has a unique exhibition space set within a temperature-controlled room similar to a walk-in refrigerator. The long white shelves are lined with glass jars, each filled with a different type of kimchi or fermented food from around the world. The space, known as the kimchium, references the space where kimchi was stored in the past.



Kimchium display at Museum Kimchikan

The creation of kimchi



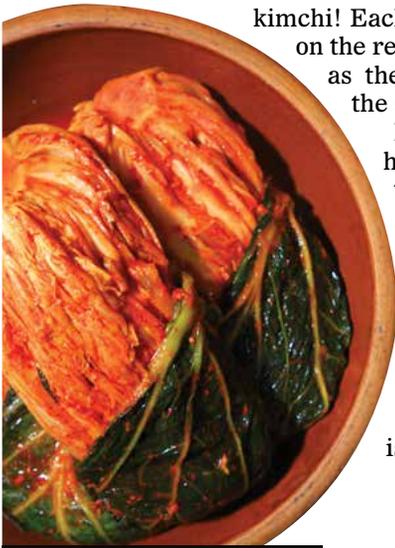
You can't discuss the creation of kimchi without also mentioning the tools that were used to make this national dish. One such tool is the buddumak, a traditional cooking fireplace that helps separate Korea's food culture from that of countries in Southeast Asia.

Buddumak was used for both cooking and heating the house through the use of ondol (traditional floor heating). However, because the stoves were made of clay or stones and had an open mouth, it was nearly impossible to maintain a very high temperature. Because of this, most Korean dishes require low heat or very short periods of high heat, leading to the necessity of fermented foods and dishes that could last for a long time without cooking.



Kitchen exhibition showing tools of an old kitchen for making kimchi. Photo courtesy of Museum Kimchikan

The evolution of kimchi



Kimjang kimchi

As mentioned before when discussing the origin of kimchi, there are many different ways to make this dish. It's impossible to know the exact number, but there are records for over 300 unique types of kimchi! Each of these types is classified based on the region or season it is created, as well as the ingredients and presentation of the dish.

Each region has its own take on how to prepare the best kimchi. In the Seoul and Gyeonggi-do area, the kimchi is neither too salty nor too bland, and uses a lot of jeotgal in the seasoning. Most baechu kimchi (cabbage kimchi) served at restaurants is prepared in this style. In comparison, the Jeolla region, famous in Korea for their cuisine, prepares a kimchi that is both spicy and salty. Signature

Jeolla region kimchi varieties include godeulpaeagi kimchi (Korean daisy kimchi), gat kimchi (leaf mustard kimchi) of Haenam, and dongchimi (radish water kimchi) from Naju. Some regions with easy access to the ocean also include seafood in their kimchi. Some Gangwon-do kimchi types add gajami sikhae (spicy fermented flounder) or squid. The Chungcheon region adds jogi jeot (salted yellow corvina), hwangseogeo jeot (salted yellow croaker), or saeu jeot (salted shrimp) to their kimchi.

While kimchi is enjoyed year-round, the type of kimchi prepared also varies based on the seasonal availability of the ingredients. In spring, people prepare minari kimchi (water dropwort kimchi) and eolgali baechu kimchi (winter-grown cabbage kimchi); summer sees lots of water kimchi types such as yeolmu kimchi (young summer radish kimchi) and kimchi using cucumber. The commonly known kimchi with Korean chili pepper, kkaennip (perilla leaf), and jjokpa (Chinese onion) is prepared in fall, and winter features the strongly seasoned kimjang kimchi.



Yeolmu kimchi

Dongchimi

The benefits of kimchi



Seasoning ingredients of kimchi

While there are hundreds of ways to make kimchi, most types will have the same basic ingredients. The standard seasonings for cabbage kimchi include salt, garlic, ginger, anchovy stock, saeu jeot, gochu garu (Korean chili pepper flakes), and chapssal pul (glutinous rice paste). Each of the ingredients has a special role in creating not only the flavor of the kimchi, but also in the fermentation, preservation, food hygiene and nutritional value of the dish.

Kimchi was listed as one of the 5 healthiest foods in the world according to Health Magazine, a US health publication. Kimchi has many beneficial bacteria that aid in digestion, including Leuconostoc, Lactobacillus, and Weissella. In addition, the gochu garu makes kimchi a great source of vitamin C.

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The sharing of kimchi

Kimjang refers to the time every year in late fall or early winter, when Korean families gather to make large amounts of kimchi, which they then share among relatives or people within their community. This traditional aspect of Korean culture has continued for generations, regardless of region and time. Kimjang allows the Korean people to feel a sense of belonging, as well as to put jeong, a Korean feeling of attachment and social collectiveness, into practice. These reasons and the creative use of natural ingredients helped kimjang become recognized as an Intangible Cultural Heritage of Humanity by UNESCO in 2013.



Kimjang culture

TIP Make your own kimchi!



Kimchi making experience at Museum Kimchikan

Museum Kimchikan operates kimchi making programs for international visitors, perfect for people wanting to get more hands-on knowledge. The program is operated in English, and participants can choose between making spicy baechu kimchi or the non-spicy baekkimchi (white kimchi). If you want the experience but don't want to bring home a ton of kimchi, we recommend the DIY One-day Kimchi program. This program is not lead by a teacher, but instead includes an instruction guide,

available in English, Japanese, or Chinese. Additional places offering kimchi making programs throughout the nation include Seoul Kimchi Culture Experience Hall and Korea House in Seoul; Yeoncheon Choseong Kimchi Village, Gwangju Kimchi Town, and Taeseong Kimchi Culture Hall in Gyeonggi; Jeonju Kimchi Cultural Center, and Haenam Donghae Kimchi Village in the Jeolla region; Kim Soon Ja Kimchi Master's Kimchi Theme Park in Gangwon-do; Mimi Kimchi Experience Hall in Busan, and more. The program details vary by each location, so inquire in advance for details.

Museum Kimchikan

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Eating healthy in Korea without breaking bank

BY KATHRYN GODFREY,
HAPS KOREA MAGAZINE

Being on the far side of the Pacific Rim bodes little well for healthy imports. Coupled with limited land for farming and a long winter, what's the seeker of reasonably-priced healthy foods to do?

Eating healthily on a budget is sometimes difficult — why buy a huge bag of apples for 5000 won (at the very least) when you can buy five huge bags of popcorn, or two boxes of choco pies for the same price? Tempting indeed.

It seems that all the staples of a healthy diet- meat, fish, vegetables, fruit- are the most expensive things to buy, which is very annoying when you're trying to live healthily. This is a problem for everyone, and is even worse for expats, who have to get used to seeing something which was cheap in their home country being triple the price in Korea.

My biggest upset: oats. A 500 gram bag in the UK is only about 40 pence (about 700 won). In Korea, they're pretty much non-existent, and if you do find them (thank you Costco) they are ridiculously pricey. So, adjustments to diet have to be made- I'd never eaten pumpkin before living in Korea but it's now a central part of my diet, along with tofu, persimmon, enoki



mushrooms and spinach. My main lifesaver, however, is IHerb.com. I'm probably completely jinxing myself, but I've always had perfect customer service and deliveries from America within a week, which is amazing. Plus, delivery only costs \$4- the same it would cost me to get to EMart and back in a taxi. So it's pretty much the perfect option.

And the other benefit? It's not too expensive- "I Herb is The Best Overall Value in the World for Natural Products", according to their twitter, and from my experience I wouldn't doubt that. Most products are the same price that they'd cost you in a Korean Mart, or cheaper. Plus there is so much which isn't readily available in Korea.

You can spend hours browsing the website and there are tons of other healthy goodies: cereal bars, dried fruit and vegetables, soup mixes, healthy butters, baking goods, healthy crisps and popcorn, protein powder and protein bars (Quest Nutrition bars are so much cheaper on I Herb than anywhere else, and Car-bRite Bars are so yummy). It's such a good option for getting good-value healthy foods. It's so popular that there are literally deliveries every week to teachers at our school.

Ok, before I start sounding like an I Herb advertisement...



Local markets usually offer better prices than the chains. And the enjoyable atmosphere of open air shopping is free. [Wikicommons](https://commons.wikimedia.org/wiki/File:Market_in_Seoul.jpg)

What about local options?

As for buying foods on a budget from Korean shops- it can be done. One of the best things is that rice is everywhere, and a nice, healthy staple to add to your diet. To get top healthy points, choose brown/multi-seed/ add barley to your rice. Then you're instantly making your meals healthier. Cheap, quick and easy- what could be better?

A few other things which I have added to my diet because they're healthy, cheap and easy to find in Korea are: tofu (especially Pulmone Half & Half which is so good), eggs, greek yoghurts (you can find these from 2000 won), vegetables (things like cabbage, carrots, spinach, and lettuce, which

don't change much in price despite the season), and canned salmon and tuna.

This leads me onto my next point- buying canned food is a good option for things which are so expensive otherwise. As long as you don't buy the flavoured options (like chilli tuna or salmon which are more artificial and contain more sugar), this is a good way to eat healthy fish without spending too much.

The same goes for buying frozen things- why spend 6000 won on 100 grams of fresh blueberries when you can buy over 1 kilo of frozen blueberries for 9000 won? The same goes for mango, pineapple, strawberries, etc- go frozen, and you can enjoy all the healthy benefits of delicious fruit for a fraction of the price.

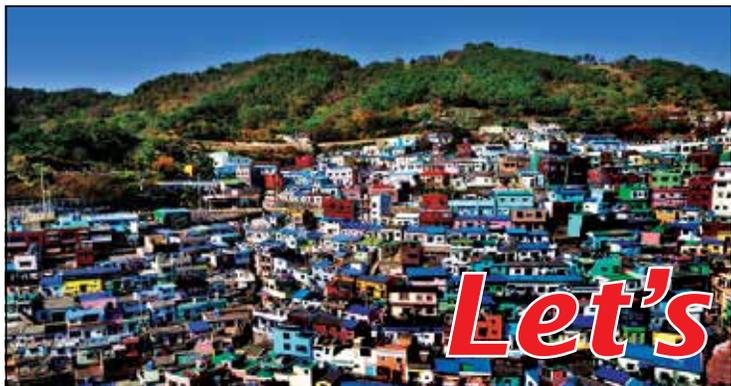
I also freeze meat- buy bigger portions of fresh chicken as they're much better value and then freeze them separately, another easy way to spend less but still be able to afford clean, healthy food.

I've also noticed how important it is when buying fruit and vegetables to only buy what's in season; recently, the price of tomatoes went up by 2000 won in about 2 weeks and broccoli doubled in price - if you take notice of the price changes and only buy what's in season, it's much cheaper. This is especially true with fruit; there are a few weeks in summer when watermelon is actually affordable (yay!) and the same goes for peaches and nectarines. At other times during the year, they're just too expensive.

The thing I find which makes the biggest difference for fruit and veg is going to a local shop, rather than a chain. In my local vegetable shop I can buy carrots for 1000 won, a big bag of eggplant for 1000 won, a huge bag of spinach for under 2000 won, and a bag of 8 apples for 5000 won. Pretty good, when at the big marts everything is often double the price!

I hope that's given you some ideas on how to eat healthily for less. I manage to eat fresh, healthy food without going bankrupt, so it's definitely doable. Still, if Korea decided to start selling oats for a reasonable price, that would make my life so much easier... Here's hoping!

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Let's explore Korea!

7 fitness apps for a healthier lifestyle



BY ELIZABETH JONES,
STRIPES KOREA

Working out usually falls at the bottom of our to-do lists. Some people may dread it while others just don't know where to start. However, we all know that working out is vital to overall health. Working out can be fun, convenient and effective if you have the proper resources to start. There isn't a need for pricy memberships or equipment if you have these awesome apps on your phone.

hour. You can do yoga, pilates, strength building and cardio workouts, or build a custom routine that requires no equipment. This app is best for people who don't have enough time to hit the gym. You can also use Sworkit when you don't have access to a gym. The app is free with optional in-app purchases.

2 Nike+ Training

Choose from more than 100 workouts designed by the world's best trainers and athletes. Whether you are looking for a high- or low-intensity workout, this free app gives you the tools you need to achieve your goals. The Nike+ Training Club is a free app that creates a personalized training plan for you and customizes it as you go, in order for you to continuously get better, faster and stronger. There are video clips available to show you how to do each exercise and ensure you have proper form.

3 Fitness Point

This app comes with hundreds of descriptions and videos demonstrating different weight

lifting exercises for each muscle. After you become familiar with exercises, you can create a customized workout plan for your specific goals. You can log each workout to track your progress along the way. If you're brand new to weight training, Fitness Point has free workout plans from professional trainers available. Fitness Point is free. The Pro version costs \$4 and includes a timer, graph to visualize your progress and much more!

4 Couch to 5k

If you've always wanted to try long distance running but have no idea how to train, Couch to 5k is the best app to help you reach your goals. This free program is nine weeks long. Each week, you are given three workouts to get you ready for your local 5k. Download Couch to 5k far enough in advance from the race you want to participate to ensure you are well prepared.

5 FitStar

FitStar is perfect whether you're working out at the gym, home or on the road. FitStar creates a workout for you no matter where you are. The free app also syncs with Fitbit and other fitness apps to consolidate your fitness activities. After each workout, you are able to rate the difficulty of each exercise performed. This allows FitStar to configure the ideal workout

for your body that is challenging but not overly strenuous.

6 Strava

For those of you long-distance runners or cyclists, Strava is your ideal free app. It allows you to record your activity using its GPS capabilities and syncs with fitness trackers, such as Fitbit, Polar and Garmin. Compare your progress from past runs or rides and compete with family and friends to keep each other accountable. You can join run or ride challenges to accomplish new goals and even win prizes! You can use Strava when you're traveling to find the best places to ride and run like the locals there do.

7 Daily Yoga

Yoga lovers, rejoice! There's a free app for you to enjoy yoga anytime and any place. Daily Yoga offers over 400 poses, scheduled plans and even calming music for you to de-stress. You can choose a different program each day depending on your goals and what you're feeling. Programs that Daily Yoga offers are yoga for weight loss, toned arms, flexibility, de-stress, prenatal, better sleep, slim legs and more!

The most important thing is to pick a workout routine that you enjoy doing. Try these apps out and find the one that works best for you!

1 Sworkit

Sworkit is great for any fitness level. You can choose workouts that last from five minutes to an

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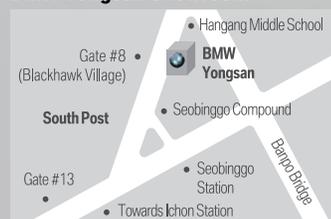
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Get to know Pohang

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

Pohang, in the northern part of Gyeongsang-do Province, is a port city known for its beautiful swimming beaches, Jukdo Market, which serves up the freshest catches, and the “Hands of Harmony” bronze sculpture in Homigot. Back in college, my friends and I used to make our way there for much-needed rest and relaxation during the summer break.

1 Homigot

Homi Peninsula is a 30-minute-drive from Pohang Jukdo Market. Many Koreans liken this piece of land to the shape of a tiger, and the small Homi Peninsula is an area that corresponds to the tail of the tiger.

Homigot, located at the foot of the Homi Peninsula, is the best spot to see the New Year sunrise because it is the easternmost point in South Korea.

2 ‘Hands of Harmony’ sculpture

From Homigot, you’ll see giant hand sculptures known as the “Hands of Harmony.” Both stand facing each other and represent coexistence and harmony.

While the right-hand sculpture is partly submerged in the ocean, the left is on the square on dry ground. Homigot Square is a beautiful place to greet the New Year. ↗

2



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→ **3 Snow crab**

Guryongpo, a peaceful port town that is 15 minutes away from Homigot, is famous for its snow crab along with Yeongdeok. Between March and May every year, foodies from all over the country flock here to eat largest and fattest hard crabs at the best prices.



1

4 Old Japanese house street

Stop at the old Japanese district in Guryongpo for interesting sights and a history lesson. This area housed Japanese fisherman and merchants during the Japanese colonial period. It is great place to get a glimpse of the fishing village's old architecture.

kim.chihon@stripes.com

Speaking Korean COVID-19 useful phrases

-  I have a fever. = yeo-ri-nayo. (열이 나요)
-  I have a cough. = gichimi nawayo. (기침이 나와요)
-  I have a sore throat. = mogi apayo. (목이 아파요)
-  I feel a chill. = ohani isseoyo. (오한이 있어요)
-  Excuse me. = sil-rae-hamnida. (실례합니다)
-  Where is the rest room? = hwajangshil-un odie itsumnikka? (화장실은 어디입니까?)
-  Is there somewhere I can wash my hands? = son ssiseul gosi innayo? (손 씻을 곳이 있나요?)
-  Is there a face mask available? = masukhu innayo? (마스크 있나요?)
-  Where I can find a hand sanitizer? = son sodokjeneun eodie innayo? (손 소독제는 어디에 있나요?)
-  Where I can find a thermometer? = che-on-gye-neun eodie innayo (체온계는 어디에 있나요?)

 Face mask = masuku (마스크)

 Thermometer = che-on-gye (체온계)

 Hand sanitizer = son sodokche (손 소독제)

 Coronavirus = co-ro-na bai-reo-seu (코로나 바이러스)

*USFK Novel Coronavirus 24-hour hotline BDAACH: 050-3337-2566 (mobile to DSN); 737-2556 (DSN)





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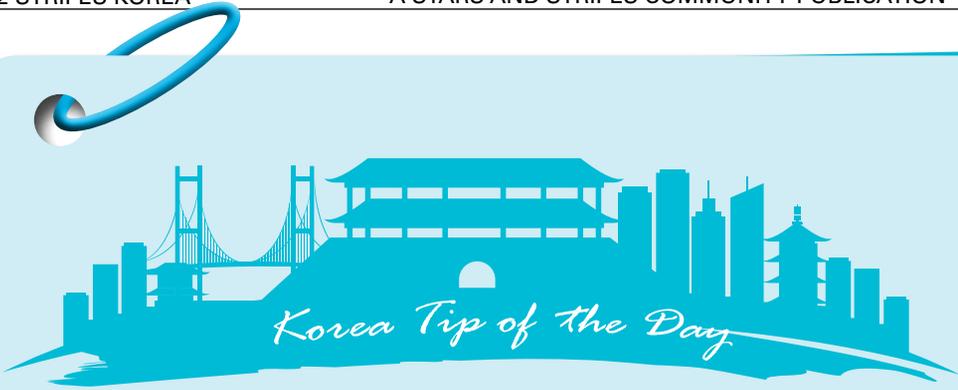
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Google Maps doesn't work in Korea; try KakaoMap

BY CHIHON KIM,
STRIPES KOREA

Many visitors and new arrivals to South Korea might be disappointed to know the Google Maps app they've relied on for their travel and navigation needs does not work on the peninsula. Due to the overt threat from the North, South Korea maintains a strict policy on the exportation of local mapping and military geographical information to foreign companies like Google.

But before you think you must go out and buy a map or atlas, there is a digital



alternative that will make sure you don't get lost in Seoul or anywhere else in South Korea. Try KakaoMap, Korea's map application.

KakaoMap will automatically track your current location, calculate and show an approximate distance to the final destination. Get directions according to modes of transportation, including cars, bikes, public transportation or walking. The driving route also has various angles and a 3-D view, 360-degree rotation and tilt features.

Though the app is available in English, note the starting point and destination icons are not translated. The blue icon, '출발' means

departure and the red one '도착' means arrival.

Google Maps users will be happy to know that KakaoMap also has attraction, restaurant, subway and bank information. The buttons at the top let users toggle between the options, and based on your geographic location, the app will also show you what local festivals are happening nearby.

Don't fret if your usual map app isn't working and try KakaoMap today. The free app is available in both Android and iPhone.

kim.chihon@stripes.com



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Stripes Sports Trivia

The great Jim Brown, often regarded as the best running back in football history, retired in 1966 as the league's all-time leading rusher. He was also only 30 years old and was later enshrined in the NFL Hall of Fame at age 35. He's the second youngest to ever go into The Hall. Who went in at age 34?

Answer

Gale Sayers

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DID YOU KNOW?

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

Hangul of the week

연인

yeonin (couple)

Language Lesson

I love you.

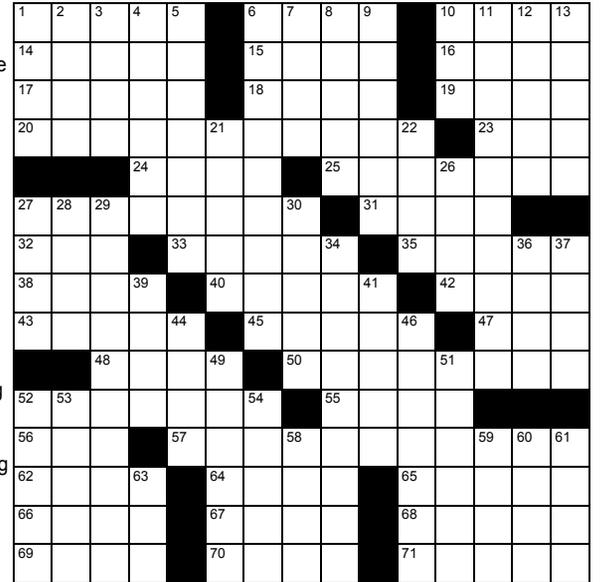
Sarang-hap-nida.

Crossword

by Margie E. Burke

ACROSS

- 1 Moving about
- 6 Hatteras, for one
- 10 Eden dweller
- 14 Narrow canyon
- 15 Operatic piece
- 16 Sport with mallets
- 17 Feeling contrite
- 18 Special talent
- 19 Knucklehead
- 20 Like military tanks
- 23 Fishing aid
- 24 Seldom seen
- 25 Pizza seasoning
- 27 Treasonous Arnold
- 31 Kitten's plaything
- 32 Buzzing about
- 33 Google product
- 35 Fonda film, "Easy ____"
- 38 Chills and fever
- 40 Smooth feathers
- 42 Rounded roof
- 43 Pancake topper
- 45 Coffee additive
- 47 Thurman of "Pulp Fiction"
- 48 Rainbow goddess
- 50 Place for an idol
- 52 Rice dish, in Rome
- 55 Prime-time time
- 56 Expression of disgust
- 57 Sandler's "Zohan", for one
- 62 Narrow aperture
- 64 Urgent request
- 65 Pixar film about a robot
- 66 Color quality
- 67 Bad look
- 68 Give the giggles
- 69 Class with mats
- 70 Whirl
- 71 Aboveboard



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- 2 Tart-tasting
- 3 Barbershop request
- 4 Slight, in a way
- 5 Change a C to a B, say
- 6 San Francisco sights
- 7 Kind of rug
- 8 Mottled horse
- 9 Diner, perhaps
- 10 Envelope abbr.
- 11 In dire straits
- 12 Visitor from afar
- 13 "Live Free or Die", e.g.
- 21 Prettify oneself
- 22 Letter starter
- 26 Part of a crossword
- 27 Farm calls
- 28 Jittery
- 29 Providing nutrients
- 30 Hog, as a phone line
- 34 Like Elvis or Marilyn
- 36 Actress Stone of "La La Land"
- 37 Bona fide
- 39 Money in Milan
- 41 Zenith's opposite
- 44 Core
- 46 Library transaction
- 49 Paper clip alternative
- 51 Opening word?
- 52 Out of practice
- 53 Block house?
- 54 Stopped a squeak
- 58 Swamp stalk
- 59 Round bullet
- 60 "Born Free" lioness
- 61 Rod attachment
- 63 Genteel affair

Answers to Previous Crossword:

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

SUDOKU

Edited by Margie E. Burke

Difficulty: Medium

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

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:

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

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