

**CANAAN Realty**  
 Since 2003  
 031-691-0079  
 Facebook.com/RealtyCANAAN  
 www.CANAANRealty.net

STARS AND STRIPES  
 Community Publication

# KOREA

VOLUME 10 NO. 21

FEBRUARY 17 – MARCH 2, 2022

**FREE**

SUBMIT STORIES TO: [KOREA@STRIPES.COM](mailto:korea@stripes.com) • [KOREA.STRIPES.COM](http://korea.stripes.com) • [FACEBOOK.COM/STRIPESPACIFIC](https://www.facebook.com/stripespacific)

STARS AND STRIPES  
**CAST YOUR VOTE!**  
 VOTE FOR YOUR FAVORITES!

**BEST OF THE PACIFIC 2022**

YOU COULD WIN  
 A GIFT CARD WORTH UP TO  
**\$300!**



Vote online  
 JAN. 24 - MARCH 20

[BESTOFPACIFIC.STRIPES.COM](http://BESTOFPACIFIC.STRIPES.COM)

## Military children tell us your story!

Hey, all you kids in the military community need to read this. Seriously! So, please put down your iPad, iPhone or other digital device for the next couple of minutes. You'll survive, and I promise no one will take them. And, I also promise that this has nothing to do with more COVID-19 restrictions.

Now that I have your attention, I want to give you a little job. No, wait! Don't stop reading! If you do a little bit of work, you'll have the opportunity to be heard by tens of thousands of people. Seriously! You see, April is the Month of the Military Child, and for the 11th straight year, the Stars and Stripes community publications are dedicating it to you, the children of our men and women in uniform.

Each Stripes Okinawa, Stripes Japan, Stripes Korea and Stripes Guam issue in April will contain your stories, poems, drawings and photos about what life is like as a military child.

**SEE MOMC ON PAGE 2**



# Walk the historic Guryongpo Japanese neighborhood

Pages 8-9



STARS AND STRIPES  
**Healthy Living**  
 A medical guide for PDD clinicians, contractors and their families in Korea  
 February 2022

U-MEDI Health Check-up  
 Special offer for USFK personnel

**Special pullout inside!**

**H&R BLOCK**

HUMPHREYS Tel: 070-7727-6100  
 OSAN AB (K-55) Tel: 070-7597-0132  
 CAMP WALKER Tel: 070-7725-9887  
 ITAEWON OFFICE Tel: 02-795-7555  
[www.hrblock.kr](http://www.hrblock.kr)

Medical Capital of Korea  
**MEDI-CITY+ DAEGU**  
[www.medicitydaegu.com](http://www.medicitydaegu.com)

DAEGU Medical Tourism Promotion Institute  
 28, Gyeongsanggyeong-gil, Jung-gu, Daegu

Health Check-up, Dental Clinic, Plastic Surgery, Obstetrics & Gynecology, Dermatology, Korean medicine

Hailey Kim / [jeeyeon@dgmt.or.kr](mailto:jeeyeon@dgmt.or.kr) +82-10-9459-0087





www.stripes.com

Max D. Lederer Jr.
Publisher

Lt. Col. Michael Kerschbaum
Commander

Michael Ryan
Chief of Staff

Chris Verigan
Engagement Director

Marie Woods
Publishing and Media Design Director

Chris Carlson
Publishing and Media Design Manager

Eric Lee
Advertising and Circulation Manager

Enrique "Rick" W. Villanueva Jr.
Korea Area Manager

Jinsun Song
Operations Manager

Kentaro Shimura
Production Manager

Rie Miyoshi
Engagement Manager

Denisse Rauda
Publishing and Media Design Editor

Publishing and Media Design Writers

ChiHon Kim
Shoji Kudaka
Takahiro Takiguchi

Layout Designers

Kazumi Hasegawa
Mamoru Inoue
Yuko Okazaki
Kayoko Shimoda

Multimedia Consultants

Max Genao Doug Johnson
Jason Lee Hans Simpson
Chae Pang Yi Gianni Youn
Robert Zuckerman

Graphic Designers

Yukiyo Oda Kenichi Ogasawara
Yosuke Tsuji

Sales Support

Yu Mi Choe Hiromi Isa
Ok Ki Kim Yoko Noro
Yusuke Sato Kanna Suzuki
Saori Tamanaha Toshie Yoshimizu

For feedback and inquiries,
contact MemberServices@Stripes.com

To place an ad, call DSN 755-2255
korea.stripes.com/contact

MOMC:
We're here for you!

CONTINUED FROM PAGE 1

For those children who are part of the military community overseas but not technically a military child, we want to hear from you, too. You and your Department of Defense civilian parents are also a key part of the military community.

So, what's life like as a military kid? Tell us. And after you share with us, your story, poem or drawing will be posted on our special Month of the Military website: Militarychild.Stripes.com and could appear in at least one weekly paper.

We are giving you a platform to say what you want. Of course, to have your say, you have to write, type or draw it. You can be funny or serious. You can write a paragraph or a longer story (250-word maximum, please). Or you can draw a picture or write a poem. But, whatever you do, be yourself. Stand up and be heard.

We get thousands of submissions a year, so for stories to run in the paper, they must be submitted by April 15. As we approach another April, our team is ready for the onslaught. In fact, we're already receiving submissions.

By the way, like every year, we've been in touch with teachers across the Pacific who are using this as a class project. So be ready for that. For those of you who haven't participated in our annual salute, we hope to hear from you this year.

Stars and Stripes is very proud to serve the military community, and it's an honor to spotlight its resourceful group of children. We can't wait to hear from you!

Stories must be submitted by April 15 to appear in Stripes Korea!

Chris Carlson,
Publishing and Media Design Manager
Stars and Stripes



TRANSFER YOUR BALANCE,
TAKE BACK CONTROL



ARMY
MARINE CORPS
NAVY
AIR FORCE
SPACE FORCE
COAST GUARD
VETERANS



Scan With Your
Smartphone



Hurry—offer expires Feb. 28, 2022.

Transfer Today navyfederal.org/balancetransfer

This credit union is federally insured by NCUA. \*Balance transfer offer: Application must be submitted by 02/28/2022. If you transfer a balance with this offer, interest will be charged on purchases made with your credit card unless your purchases have a 0% APR or you pay the entire balance (including any transferred balances) in full each month by the payment due date. Offer valid for balance transfers from non-Navy Federal credit cards requested within 30 days of account opening. Balance transfers are not eligible to earn rewards. Maximum total transfer amount is limited to your available credit line. Balance transfers using convenience checks are excluded from this offer. Offer excludes Navy Federal Business, Home Equity Line Platinum and nRewards\* Secured credit cards. © 2021 Navy Federal NFCU 20354 (12-21)



# An American School offering AP Curriculum

Welcoming All Children, Ages 3-18



*Design Your Future*



**Connect with Us Today!**  
kisinfo@kis.or.kr  
031-789-0509



**Pangyo  
Campus**



**Seoul  
Campus**





**IN A BOX**

**NAVER pin** : <http://naver.me/G4w2tzTC>  
**ADDRESS (KOR)**: 224, Anjeongsunhwan-ro, Paengseong-eup, Pyeongtaek-si (경기 평택시 팽성읍 안정순환로 224)  
**HOURS**: 10 a.m. to 10 p.m. Closed on the 2nd Wednesday of the month  
**TEL**: 031-651-7999, 010-8009-5569



# Soo pizza – A slice of happiness

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

It's been almost two years since I said goodbye to pizza. Because I'd been on a low-carb diet to lose my love handles. I gave up the addictive pie for full two years, and to be frank, it was a terrible time.

It's gotten to the point where the other night after a strong craving for pizza hit, I ended up dreaming of eating pizza until I burst. To me, this was a sign that I better reunite with the delicious pie, so I made my way to Soo Pizza near Camp Humphreys after work the very next day.

This Pyeongtaek pizza joint uses an interesting green dough I'd noticed in the window when I'd pass it on the street. I figured it might be made of green tea or something healthy and I really had been wanting to try it even though I'd given pizza up.

When I visited the joint, which is a 10-minute walk away from Humphrey's walking gate, I learned that the dough is green because they add chlorella to it. Chlorella is



powdered algae and considered a superfood in the health world. So, I was going to have healthy pizza after all!

Though the green dough may be intimidating at first, a lot of thought goes into its preparation. According to the owner of the restaurant, he uses well-aged dough that is matured for 30 hours at a low temperature which brings out its rich flavor and chewy texture.

Eager to try the green dough

for myself, I went for a large-size scalar pizza with pepperoni and shrimp toppings for 24,900 won. It was a half and a half version that allows you to combine any two of their delicious pizza options.

Soo Pizza topping options are plenty, including chicken, bulgogi, shrimp, potato, and pepperoni. They also offer a spicy pizza with hot sauce. Don't forget to upgrade your regular pizza to a mozzarella

stuffed crust pizza for 2,000 or 3,000 won if you're not a big fan of spongy-like thick crust. With an extra 1,500 to 3,000 won, you can also add more cheese to your pie, allowing you to enjoy the mozzarella's stretchy goodness.

If you love sweet dessert pizza, Soo has some pizza options with a crust edge covered with sweet potatoes. For the side menu, Soo pizza has a wide range of options including roast

chicken, cheese sticks, cheese balls, and more.

Though my pizza had cooled by the time I got home, it was pretty satisfying. But, what really set Soo Pizza apart from others was its relatively thin pizza crust. If you're a fan of thin-crust pizza, this place may be your thing. Also, compared to Korean pizza chains, Soo Pizza's crust was not as sweet, which was a good thing.

If you want to try pizza with a green, healthy twist, give Soo Pizza a try. This chain is scattered mostly around the Gyeonggi-do area. The location I visited on Anjeong-ri Rodeo Street is open for pickup or delivery orders only.

Another plus is that it's open a little later than most restaurants, and you can place your order in English by phone. So, you know where I'll be the next time a late-night craving for pizza hits! And, yes, I'm still keeping an eye on my love handles.

[kim.chihon@stripes.com](mailto:kim.chihon@stripes.com)

**TIBA TIBA CHICKEN**

**Call 15 min. early for Fresh pick up**

**Only Fresh Chicken**

**Best flavor for Americans, All chickens A++ Products**

**Osan AB**  
**Tel : 031-668-2993**

Main Gate

Tiba Chicken

Near McDonald's from Main Gate

USFK REGISTERED real estate agents

**#1 RECOMMENDED**

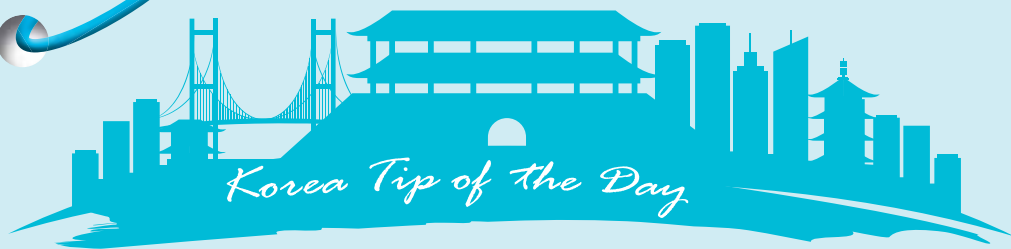
**#1 SATISFACTION**

Please feel free to contact us

**T. 010 9174 6388**

Office. 031 654 0411  
 E-mail. [hollywoodrealty0@gmail.com](mailto:hollywoodrealty0@gmail.com)  
 Address. 183 AnJeongSunHwan-Ro





# Keep your dog on a short leash!

BY CHIHON KIM,  
STRIPES KOREA

**P**et owners, take note: Starting this year, your pup must be on a leash in all public places.

The dog leash law requires dogs be on leashes no longer than two meters (6 feet). The total length of the leash is not really the issue, but rather keeping your dog no further than a two-meter radius from you. Failure to abide by rules could levy a fine of up 500,000 won (\$466.40).

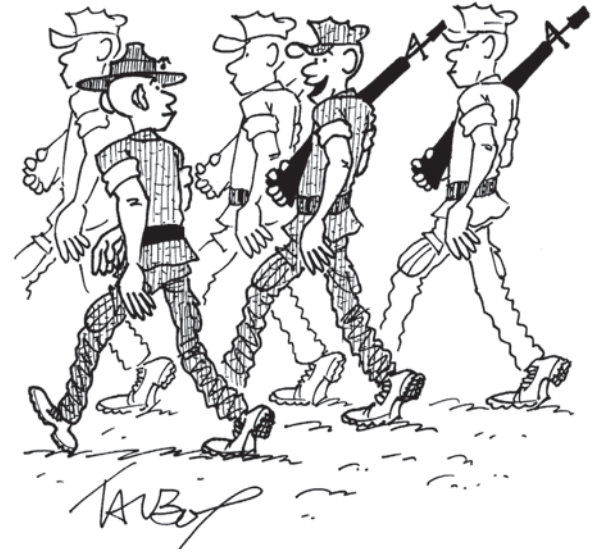
The law was recently revised and reinforced due to a recent spike in dog bite incidents. In addition to leash restrictions, you must keep you dog close to you when walking in apartments and multiplex houses. Another addition is that the law requires you to carry your pooch or keep your dog's leash very taut when entering or exiting an elevator.

So, next time you take Fido out for a walk, remember that you face harsh fines if you do not follow the new rules.

kim.chihon@stripes.com



File photo



SIR, CAN WE GO PLAY ON THE OBSTICAL COURSE NOW?

Daryl Talbot

www.yonseiuero.com

## Daegu Yonsei S Urology



연세대학교 의과대학  
YONSEI UNIVERSITY  
YONSEI S UROLOGY  
327 SEONGNAM 116

American doctor qualification authentication (ECFMG 0-666-991) in compliance with the urologic medical specialist

### MEDICAL TREATMENTS

- + STD Diseases
- + Prostate Disorders
- + Circumcision
- + Vasectomy
- + ED

Reservation and Consultation (053) 253-5825

# BMW, LOVE IN FIRST SIGHT. MILITARY SALES.



#### BMW Yongsan Showroom



#### BMW Pyeongtaek Showroom



Please contact BMW Yongsan or Pyeongtaek Showroom for more special offers.

TEL. 1577-2696  
Website www.bmwddskorea.com  
Facebook www.facebook.com/BMWDirectandSpecialSales

## MILITARY SALES



Stripes Korea is A Stars and Stripes Community Publication. This newspaper is authorized for publication by the Department of Defense for members of the military services overseas. However, the contents of Stripes Korea are unofficial, and are not to be considered as

the official views of, or endorsed by, the U.S. government, including the Department of Defense or the U.S. Pacific Command. As a DOD newspaper, Stripes Korea may be distributed through official channels and use appropriated funds for distribution to remote and isolated

locations where overseas DOD personnel are located. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of those products by the Department of Defense or Stars and Stripes. Products or services

advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron.





# Feel at home this holiday season with Dragon Hill Lodge

Book a 3, 2, or 1-night stay with our new **Discover Seoul Package** and get discounts on Dragon Hill Lodge accommodations, dining, and popular city attractions!

[www.dragonhilllodge.com](http://www.dragonhilllodge.com)



**HOLIDAY MEALS TO GO**  
AUTHENTIC AMERICAN FOOD

**THANKSGIVING BUFFET**  
THE LARGEST AND THE BEST



**JEJU SHINHWA WORLD**  
WISHING YOU A BLESSED & PROSPEROUS

# 2022

HAPPY NEW YEAR



*US Military special offer*



**THANK YOU for YOUR SERVICE**

\*\*\*  
**FREE BREAKFAST FOR CHILDREN**

\* up to 2 children



\*\*\*  
**FREE ENTRY SHINHWA WATER PARK**

\* for Shinhwa resort guest



\*\*\*  
**FREE ENTRY + BIG 3 TICKET SHINHWA THEME PARK**



**BOOK NOW!**  
GET 2022 SPECIAL BENEFITS







# Rejuvenate at Gyeongnam private gardens

HAPS KOREA MAGAZINE

**G**yeongnam-do announced that 18 private gardens are in operation, starting with the first island garden registered as a private garden in 2015.

Residents in the province are very interested in garden creation, accounting for 18 out of 61 private gardens nationwide.

Private gardens are gardens created and operated by corporations, organizations, or individuals in accordance with the Act on the Creation and Promotion of Arboretums and Gardens, and designated by the Governor of

Gyeongsangnam-do.

The 18 private gardens in the province are Seomi Garden in Namhae-gun, Topia Land in Namhae, Hwagye-ri Garden, Haesolchan Garden in Tongyeong, Mulbitsori Garden, Chunhwai Garden, Naples Farm, Okdong Healing Garden in Geoje, Hamyang Garden in Hamyang-gun, Lee Hanme Art Museum Garden in Geochang-gun, Su-mi Lee Garden, Palmberry Garden, Changnyeong-gun Renovation Garden, Yangsan City Green Education Garden and Saemigol Garden, Miryang City Mother's Garden, and Gimhae City Farmer's Garden.

### What are the private gardens?

It is a space where life and tastes that have been carefully cultivated by individuals in various forms that are not standardized, such as themes of mountains and the sea, coffee and wine, and a garden where you can feel and enjoy the scent of bonsai and flowers.

To briefly introduce some of these places, you can explore the old stone walls and ponds of the Darwang Rice fields, a typical and natural European-style garden made with various herbs and silver grass at Namhae Island Garden, and the Namhae Topiary

Garden, which is a small fairytale-like garden made of old yew and hollyhock trees, with views of the sea.

Tongyeong Mulbitsori Garden is a place where you can enjoy the garden scenery, and Tongyeong Haesolchan Garden is a wildflower garden that spreads the fragrance of 130 kinds of flowers, and the green pine bonsai garden all year round.

Private gardens open to the public can be viewed free of charge or with an admission fee. You can check out the list in Korean here.



For more information, please visit [www.gsis.sc.kr](http://www.gsis.sc.kr)  
OR  
Call 031. 695. 2800



- Located only 20 miles from Camp Humphreys
- Attractive Military Discount Offered
- Full rigorous IB program (PYP, MYP, and DP)
- WASC accredited
- Innovative programs in design technology, visual & performing arts and environmental science
- School bus transportation available to and from military bases



### COLLEGE ACCEPTANCES

Almost all of GSIS graduates will attend various universities. Graduates attend Cornell University, Georgetown University, University of California, Berkeley, Northwestern University, Vanderbilt University and Rhode Island School of Design.



Berkeley  
UNIVERSITY OF CALIFORNIA



onto the College Acceptance





Guryongpo Japanese House

# Walk the historic Guryongpo Japanese

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

When you visit South Korea’s port cities, you’ll find remnants of the Japanese colonial period mostly in the area’s architecture. Cities like Gunsan, Mokpo, Jinhae and major cities such as Seoul, Busan, and Daegu all still hold sections of this history.

Many of these buildings and warehouses with Japanese architectural features stand in disrepair. But there are a few of these which have been converted into museums or been revived as national cultural assets.

Pohang’s Guryongpo Japanese House Street, about a 1.5-hour drive from Daegu, is one of these areas that received some TLC back in 2012. I’d been curious about what the old Japanese houses from the 1900s looked like inside, so I made a visit with my family to the quiet port town.

When we arrived, the town gate caught my eye. Beyond the wooden gate, the wooden houses transported us into what felt more like a film set rather than real historical buildings. Just a few steps from the gate, we turned

at a big vintage Japanese post box near the staircase that leads to a hill. It is kind of big, so you won’t miss it. There we found an alley with stores offering various street foods like grilled cheese sticks.

A bit further, we came across a humble stationery store selling nostalgic childhood snacks like dalgona candy. I made a quick stop at this store to reminisce about my childhood while I browsed the toys and school items.

## Hashimoto’s House

Further down on the path, we found Hashimoto’s House, a large home which is now a museum. The previous owner of the house was Kenichi Hashimoto, a Japanese fisherman who achieved great wealth in the early 1900s. His two-story Japanese-style wooden house was built with imported construction materials from Japan in the 1920s.

Outside of the house, you can appreciate the charming Japanese-style garden. Take off your shoes before entering the house. Inside you can explore every corner of the well-preserved home featuring old Japanese



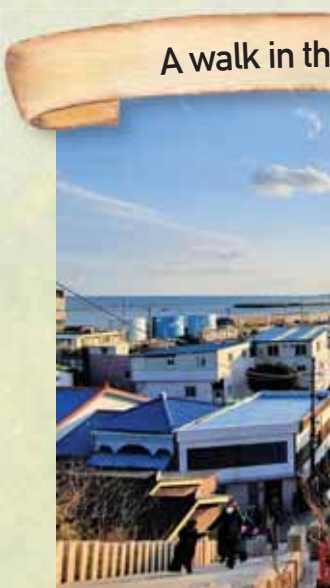
Photo courtesy of Pohang city hall

architecture.

On the second floor, watch the historical footage of villagers returning to Japan. The video includes testimony from members of the Guryongpo Club, a group of Japanese who grew up in the Korean port town. Among some



Hashimoto house



A walk in th





# Japanese neighborhood

of the contributors is Hashimoto's youngest daughter, Hisayo, who says she was glad the war was over but was sad she had to leave Korea.

"But when I came back to Japan, I felt lonely," Hisayo says in the video. "I wanted to stay here because I was born and raised here. I was sad to break up with my friends."

## A walk in the park

After visiting the museum, I headed back toward the staircase and found an old map posted on a bulletin board. This map was created by the former Japanese residents back in the 1930s and showed the position of the neighborhood built along the coast, the appearance of the houses, and even the name of the stores. Around 220 houses were lined up along the 470-meter-long central road near the port. Today, only 28 remain.



Take the stairs for a view of the neighborhood from above. The sunset here was breathtaking. And don't forget to snap a photo with the quiet port as the backdrop from the top of the stairs.

Though the village was a bit smaller than I thought it would be, I loved the maze-like old narrow street that is rare in Korea and its exotic atmosphere. If you are looking for a fun family getaway with history and architecture, head to the small port town of Guryongpo.



Guryongpo

[kim.chihon@stripes.com](mailto:kim.chihon@stripes.com)

**NAVER MAP PIN:** <http://naver.me/x50mDNE4>

**ADDRESS:** (KOR) 경북 포항시 남구 구룡포읍 구룡포리

**HOURS:** Open throughout the year. **HASHIMOTO'S HOUSE:** 10 a.m. to 5:30 p.m., (Closed on every Monday)



NAVER MAP



Photo courtesy of the Federation of Korean Culture Center



# My favorite snow crab restaurant

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

As the weather cools, crab begin to fatten up for survival in the freezing waters off the coast of South Korea. This is the peak time for fishermen of Guryongpohang Port to haul up the meaty crustaceans. This small port village in Pohang is one of the largest snow crab-producing spots along with Uljin and Yeongdeok.

In Korea, the snow crab season starts in December and ends in late May. However, you should purchase crabs from January to March because that's when crab season is at its peak.

So, when you're craving some fresh, delicious snow crab, this is the time to visit the port. Jukdo Market, about a 30-minute drive from Guryongpohang Port, is probably the cheapest way to get your hands on freshly caught crabs.

However, keep in mind that finding fresh snow crab at a restaurant near the port is going to be a little tricky. Finding a good crab restaurant in Guryongpohang Port is kind of like finding a decent taco place in Mexico — there are too many to choose from! Another tip I have is to avoid the market because there are many tourist traps there and you might pay exorbitant amounts of money for fresh crab.

Instead, make your way toward the harbor where restaurants with waterfront views line the road. Expect to spend a little more, but it's worth it.

Guryongpo-daege-jikpanjang (구룡포 대게 직판장) at the entrance of town is a must-stop. Here the prices are fixed, unlike others in the area, so you'll know you're getting a fair price. Prices vary depending on the season, type and size of crab. You'll have the opportunity see and even touch the live hard-shell crabs.

My family and I enjoyed our tasty crab on the second-floor dining area. If you ask, the staff will cook up some savory bibimbap to finish your meal. The crab was delicious, and I found myself craving more. The crab eatery always has a long line outside, but it will definitely be worth the wait for you. Or you can get your crabs delivered to your home by ordering by phone.

[kim.chihon@stripes.com](mailto:kim.chihon@stripes.com)

**NAVER MAP PIN:** <http://naver.me/Gi9shXGo>

**PRICE RANGES:** from 6,000 to 25,000 won for one crab (An additional 5,000 won fee will be applied to steam the crabs.)

**ADDRESS:** (KOR) 경북 포항시 남구 구룡포읍 호미로 88, (ENG) 88, Homi-ro, Guryongpo-eup, Nam-gu, Pohang-si,

**HOURS:** 10 a.m. to 7:30 p.m.

**PHONE:** 054-281-5673 (KOR only) Delivery service is available. (Delivery fee: Steamed crab 10000won, live crab: 5000won)



NAVER MAP







# HITTING *the* SLOPES!

## Top Korean snowboarding and skiing locations

STORY AND PHOTOS BY KYLE HANEY, GLOBETROTTERKYLE.COM

**S**o, you're finally ready to escape the house/villa/apartment after all these wicked lockdowns and you're ready to get out and explore. But, if you're anything like me, you're not getting outside without 30 layers of clothes and a windbreaker to keep this bone-chilling Korean weather out lol, I feel you fam. Well, I have an idea: let's hit the slopes!

### KOREAN SKIING FAQS:

■ **CAN YOU SKI IN SOUTH KOREA:** you absolutely can!

You can snowboard too. with 21 ski resorts in South Korea, the list below compares the top three places to go this year based on my experience.

■ **WHERE ARE THE SKIING AREAS IN SOUTH KOREA:** primarily all along the Taebaek mountain range

■ **WHERE IS THE BEST SKIING IN SOUTH KOREA:** that depends on what you're looking for! Read my list below to help you decide that for yourself.

■ **DOES SOUTH KOREA HAVE SKIING:** it absolutely does! Snowboarding also. With 21 resorts, 195 kilometers of slopes, and 137 lifts, the possibilities are endless!

■ **IS THERE A REVIEW OF SKIING IN SOUTH KOREA:** yep! Watch three of my videos below for my reviews of riding the Korean slopes

■ **WHAT IS THE SOUTH KOREA SKIING SEASON:** December to early March

■ **WHAT IS THE PRICE FOR SKIING IN SOUTH KOREA:** that depends on the resort but, a full day lift ticket typically costs between \$54-70.

With winter officially here, South Korea's mountain resorts have traded in their summer waterpark attractions for a winter wonderland theme. Millions of locals and tourists are now searching for the perfect place to shred the Taebaek mountains on skis and boards, and I've created this guide just for that.

Don't have gear? Never tried before and need lessons? Don't really even want to attempt skiing or snowboarding but you can't stand another episode of \_\_\_\_\_ on Netflix? Don't worry 'bra', these resorts have you covered—check out all of my videos for a virtual trip of each one!

## 1 PHOENIX PARK SKI RESORT

There's a reason I've been to Phoenix the most out of all the resorts on this list and that's because of the amazing terrain park. Seriously, where else can you find a ramp that lets you land in a massive, inflatable, "bouncy castle"-esque crash pad?! Don't believe me? Watch my video below and you'll see my friends and I all give it a go just for fun—we even tried front and backflips!



### QUICK FACTS

- **WHY GO:** It's the best mountain for snowboarders thanks to the amazing terrain parks
- **RENTAL GEAR AVAILABLE:** Everything from ski pants/jackets to boards and bindings or skis and poles
- **DISTANCE FROM OSAN:** 2hr 10min (170km) by car, 3hr 30min by public transportation
- **NUMBER OF RUNS:** 21
- **NUMBER OF LIFTS:** 8
- **TERRAIN PARK:** yes (it's amazing) and it's for all ages
  - Large halfpipe
  - Small, medium, and large rails/boxes
  - Medium, large, and extra-large jumps
  - Even has a crash pad for you to try airborne tricks on!
- **NIGHT SKIING:** Yes, from
- **LONGEST RUN:** ~5 minutes if gently carving down Panorama to Sparrow
- **TYPES OF TERRAIN:** greens (i.e., easiest) through double-black diamonds (i.e., hardest)
- **GONDOLA TO THE TOP:** yes (you may buy a day-pass for just the gondola if you wish)
- **COST FOR A DAY PASS:** \$54 (with military discount, just show your CAC or ID)
- **LODGING ON-SITE:** numerous hotels at the base of the resort
- **PARKING:** free; within a 5 minute walk to the ticket office







→ **2 YONGPYONG SNOW RESORT**

Room to spread out? Um, yes please! Yongpyong is Korea's LARGEST ski resort boasting the highest number of slopes, longest runs, and because of that, relatively short lift lines. The Rainbow Zone at the top of the mountain was also the home to the 2018 Olympics. If you're looking to get laps in, Yongpyong is the place to do it! I spent a Saturday there and waited, at most, maybe 5 minutes in a lift line—unheard of in the States!



View Video!

**QUICK FACTS**

- **WHY GO:** It's Korea's largest (i.e., most spread out) mountain AND was the home to the 2018 Olympics
- **RENTAL GEAR AVAILABLE:** Everything from ski pants/



jackets to boards and bindings or skis and poles  
 ■ **DISTANCE FROM OSAN:** 2hr 40min (208km) by car, 3hrs by public transportation

- **NUMBER OF RUNS:** 28
- **NUMBER OF LIFTS:** 14
- **TERRAIN PARK:** yes, and it's for all ages
  - Halfpipe
  - Small, medium, and large rails/boxes
  - Medium, large, and extra-large jumps
- **LONGEST RUN:** ~8 minutes if gently carving down Rainbow Paradise Run
- **TYPES OF TERRAIN:** greens (i.e., easiest) through double-black diamonds (i.e., hardest)
- **GONDOLA TO THE TOP:** yes (you may buy a day-pass for just the gondola if you wish)
- **COST FOR A DAY PASS:** \$68 (no military discount offered)
- **LODGING ON-SITE:** numerous hotels at the base of the resort
- **PARKING:** free; within a 5 minute walk to the ticket office

**SEE SLOPES ON PAGE 12** →

**International Clinic**

Tel: 02-790-0857~9  
 Email: ksyclinic1@gmail.com  
 Website: www.internationalclinic.co.kr



**Family medicine and psychiatry**

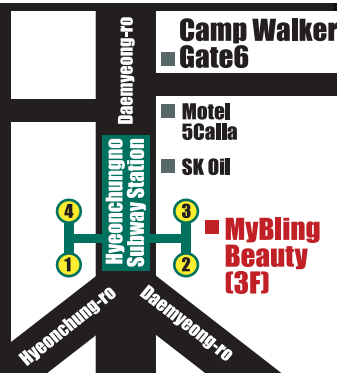
- A leader and innovator in international healthcare serving expatriate community and travelers for over 30 years.
- Convenient location in Itaewon.
- Same day consultation possible.

Located Near Camp Walker Gate6 / Military ID holders **20% DC**  
 MANICURE, PEDICURE, ACRYLIC, GEL, EYELASHEXTENSION, WAXING

**MY BLING BEAUTY**

**We never invented NailArt but perfected it!**

3F, 216, Daemyeong-ro, Nam-gu, Daegu / MON~SAT 11:00~21:00  
 070-8747-2414 OR 010-6376-2414 Instagram Myblingbeauty





# SLOPES: So much fun in the snow!

CONTINUED FROM PAGE 11

## 3 High1

This park is seriously fun for the whole family. From sweet groomers and black diamonds for the beginners and adventure junkies to wicked cool sledding and tubing runs, High1 has something to offer everyone! High1 was the first resort I visited in South Korea and it was most memorable for the almost non-existent lift lines...on a Saturday! I couldn't believe how many laps I was able to get in on just a half-day ticket. Watch my video for my complete review if you're looking for a place to get lots of runs in or spend a day with your family tubing!



View Video!



### QUICK FACTS

- **WHY GO:** It's got something for everyone and has the most powder days of all the resorts in Korea
- **RENTAL GEAR AVAILABLE:** Everything from ski pants/jackets to boards and bindings or skis and poles
- **DISTANCE FROM OSAN:** 2hr 35min (203km) by car, 4hrs by public transportation
- **NUMBER OF RUNS:** 26
- **NUMBER OF LIFTS:** 6 (and 4 gondolas!)
- **TERRAIN PARK:** yes, it's for all ages, but it doesn't compare to Phoenix's by a long shot
  - Halfpipe
  - Small and medium, rails/boxes
  - Small and medium jumps
- **LONGEST RUN:** ~5 minutes if gently carving down from the

- mountain top to the base
- **TYPES OF TERRAIN:** greens (i.e., easiest) through double-black diamonds (i.e. hardest)
- **GONDOLA TO THE TOP:** yes (you may buy a day-pass for just the gondola if you wish)
- **COST FOR A DAY PASS:** \$65 (after obtaining a coupon offered inside at customer service first, just ask and they'll give you one!)
- **LODGING ON-SITE:** numerous hotels at the base of the resort
- **PARKING:** free; a free shuttle will then take you to the ticket office area

### In summary...

It all comes down to how far you're willing to drive (or how long you're willing to ride the train) and what you're in to. For example:

- If you're looking to learn or fine tune those terrain park skills, head to Phoenix.
- Have a family and need to entertain everyone? Head to High1.
- Not sure where to start but need something to do during the winter months? Go to Yongpyong and learn in Korea's largest park

No matter which you choose, each park (though relatively small compared to the Rocky Mountains in America) will keep you entertained for the entire day for half the price it takes to ride in North America.

### My philosophy on snowboarding (i.e. why do I do it?)

Snowboarding, for me at least, has never been about flying down the mountain as fast as I can, or enjoying a hot toddy après-ski, or landing an Indy 1080 from the largest feature in the terrain park. Though I've enjoyed doing those things (\*ahem\*, except the whole 1080 craziness, let's be real), snowboarding offers me the chance to explore forests in a way that's completely unique to hiking; and I love hiking.

Hiking is an enduring and patient pastime where I can savor each moment as I slowly inch my way through the dense tree cover of forests while climbing thousands of feet upwards into the clouds for miles and miles. I get to "miss the forest for the trees" as they say, and I quite enjoy doing that.

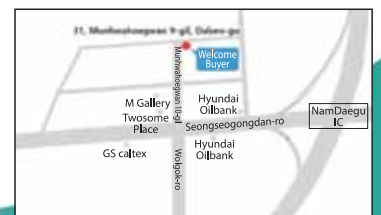
Snowboarding is the opposite; it's my winter sport where I get appreciate the forests all around me as I carve through the trees. When I go snowboarding, I get to savor a different pace of moments as the green blur of a forest wisps by me as I descent out of the clouds before they abruptly end and give way to a white void. It's a chance to experience the exact same thing I've experience before, but at the other end of the spectrum; a completely different pace, temperature, direction, and goal. Different, but similar, and for that reason, I keep going back.



**WB** 웰컴바이어  
**WelcomeBuyer**

- Find your dream car...
- Buying scrap cars
- Business trip to buy or sell and consult
- Consignment ordering service
- Best Price!!

E-mail :  
hhsyy2580@gmail.com  
paran1129@hotmail.com  
Tel : 1588-7039  
Cel : 010-4967-8839  
Web : www.welcomebuyer.co.kr



**Used cars buy & sell**



# 5 Winter Destinations Prettier with Snow

KOREATOURISM ORGANIZATION

One of the best things about traveling in winter is taking in beautiful snowscapes. Snowfall makes the winter scenery all the more beautiful, whether it'd be that of nature or the busy city streets. Here, we introduce five particularly beautiful destinations that look amazing with snow. Pack up and prepare yourself to feel the winter atmosphere on the mountain ranges of Gangwon-do, at Myeongdong Cathedral in the heart of Seoul, and in the snowy woodlands of Deogyusan Mountain.

## Manhangjae Pass



Manhangjae Pass is a valley way along the boundaries of Jeongseon, Yeongwol, and Taebaek in Gangwon-do and the highest point you can get to by car. To get to Manhangjae Pass, ride your way up on a series of winding roads that take you to 1,330 meters above sea level which is reputed to be a popular driving course for enjoying nature scenery.

At the entrance of the pass is a rock that acts a sign to turn left uphill. Follow the trail to come across a number of wind turbines that are peacefully at work. The tall wind turbines towering over the forest with the crisp blue winter sky in the background is known to be the attraction's most photogenic spot so don't forget to take a snapshot while you're here.

Right across the Manhangjae Pass entrance sign is Sky Forest Path Park where the trees stand tall and proud. With enough snowfall, the trees and the snowy landscape earn a sentimental touch. Not only is it famous for its snow forest scenery, but also attracts visitors in spring and summer with colorful wild flowers.

**Jeongseon Manhangjae Pass**  
Address : 865, Hambaeksan-ro, Jeongseon-gun, Gangwon-do  
(강원도 정선군 고한읍 함백산로 865)

COPYRIGHTS ©KOREATOURISM ORGANIZATION. ALL RIGHTS RESERVED  
www.visitkorea.or.kr

## Myeongdong Cathedral



In the busy city of Seoul where high-rise buildings make up the skyline, Myeongdong Cathedral is one of the few structures with an exquisite charm. The church becomes a popular attraction in winter, especially around Christmas season. When the sun goes down, the building and the church grounds begin to illuminate with soft yet stunning evening lights. With some help of snow, Myeongdong Cathedral becomes one of the coziest winter landmarks of Seoul. Even with the cathedral aside, the neighborhood of Myeong-dong is filled with shopping stores and restaurants so you might as well take a tour of the area before winter ends.

**Myeongdong Cathedral**  
Address : 74, Myeongdong-gil, Jung-gu, Seoul  
(서울특별시 중구 명동길 74)

## Maewoldae Falls

Waterfalls are not necessarily bound to be summer destinations. For instance, the winter scenery of Maewoldae Falls in Cheorwon, Gangwon-do makes one feel as if time has stopped. In winter, the waterfall freezes and turns into cascades of ice and icicles. The frozen waterfall, along with its surroundings, remains silent and still and portrays a picturesque scene.



The frozen body of water covering the 40-meter cliff is frequented by ice climbing enthusiasts. Even if you're not interested in ice climbing, Maewoldae Falls is worth a visit for impressive photo opportunities with the "icefall" in the background or like pretending to sit on an ice throne.

**Maewoldae Falls in Cheorwon, Gangwon-do**  
Address : 222-5, Jangok-ri, Cheorwon-gun, Gangwon-do  
(강원도 철원군 근남면 잠곡리 222-5)

## Wondae-ri Birch Forest



A popular trekking spot, Wondae-ri Birch Forest is beloved for its trees that stand tall as if they were to reach the sky. The forest is beautiful year round, but what draws visitors the most is its winter scene. The winter forest's serene beauty of thick pale-silver trees spreading across the white snowy field draws in visitors nonstop despite the cold air.

The woodland has about 700,000 trees that are so tall that you can barely see any snow piled branches. On clear days, you won't even feel the winter breeze thanks to the thick forest and sun rays that fall through. For an adventure in winter land, add Wondae-ri Birch Forest to your itinerary.

**Wondae-ri Birch Forest**  
Address : 763-4, Wondae-ri, Inje-gun, Gangwon-do  
(강원도 인제군 원대리 763-4)

## Deogyusan Mountain



Due to heavy annual snowfall, Deogyusan Mountain in Muju, Jeollabuk-do is reputed to be one of the most splendid winter mountains. The mountain is especially renowned for beautiful trees covered with hoar frost. The ice crystals covering the trees make the woods look dressed in white from afar, but sparkle when seen up close, creating an enchanting atmosphere.

Deogyusan Mountain is on the bucket list of every winter trekking enthusiast in Korea, although you don't have to be an expert hiker to reach the top. You can get to Silcheonbong Peak by taking the gondola lift from Muju Resort. From there, follow the trail leading to Hyangjeokbong Peak, situated at 1,614 meters above sea level to enjoy the snowy vista.

**Deogyusan National Park in Muju, Jeollabuk-do**  
Address : 159, Gucheon-dong 1(il)-ro, Muju-gun, Jeollabuk-do  
(전라북도 무주군 설천면 구천동1로 159 덕유산국립공원관리사무소)  
Muju Deogyusan Resort Gondola Lift in Muju, Jeollabuk-do  
Address : 185, Manseon-ro, Muju-gun, Jeollabuk-do  
(전라북도 무주군 설천면 만선로 185)



One of the most common phrases you'll practice when learning a foreign language involves expressing hunger or fullness. Food is a great entry point into a new culture and a new life abroad, plus they are a fun way to show off your language skills before or after a meal with friends.

"I'm hungry."

= 배고파요. (baegopayo)

"I'm full."

= 배불러요. (baebulleoyo)

- bae = stomach
- go-peu-da = to be hungry
- bu-reu-da = to be full

VIDEO LESSON



How do you stay in touch with friends or family you don't live with? Whether it's in person, by phone or email, check in and practice a few new Korean phrases. Strengthen your vocabulary and impress your friends during social distancing with the words below.

"Long time no see!"

= 오랜만이에요! (informal) (oraenmanieyo)

= 오랜만입니다! (formal) (oraenmanipnida)

- oraenman = long time

VIDEO LESSON



Whether you're going out to eat at a restaurant or planning to cook a meal at home, choosing what to eat is so difficult. But that doesn't mean you can decide alone what to eat ignoring your friends' liking. Let's learn a Korean phrase that will help you share your thoughts when deciding the menu together.

"What do you want to eat for dinner?"

= 저녁으로 뭐 먹고 싶어요? (jeo-nyeog-eu-lo mweo-meog-go-sip-eo-yo)

- a-chim = breakfast
- jeom-sim = lunch
- jeo-nyeog = dinner

VIDEO LESSON



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.

"Is this spicy?"

= 이거 매워요? (Igeo Maewoyo?)

- igeo = this
- maewoyo = spicy

VIDEO LESSON



Food is an important part of every culture and it is a good way to share our culture and our love. If you are invited to your friend's home for a meal, the host might continue to try to give you more food as a courtesy even if you say you have had enough food.

Here's a polite way to tell your host you're done with your food:

"No, thanks."

= 아니요, 괜찮아요. (aniyo, kwaenchanayo)

- aniyo = No
- kwaenchanayo = be stuffed

"I'm full."

= 배불러요. (bae-bul-leo-yo)

- bae = stomach
- bea bureuda = be stuffed

VIDEO LESSON



VIDEO LESSON



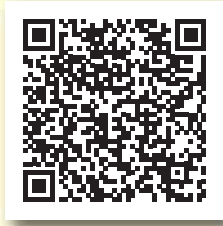
When you visit a Korean restaurant and are done with your tasty meal, here is a phrase to let the staff know you're done with your plate.

"Could you please clean this up?"

= 이것 좀 치워 (해)주시겠어요? (igeot jom chiwo jusigesseoyo?)

- igeot = this
- jom = please
- chiwo = clean up
- (hae) jusigesseoyo = could you

VIDEO LESSON



Street addresses in South Korea might be a little confusing and even for a taxi driver who spends all day roaming the city. Instead, you'll find many Koreans use landmarks to describe their destination instead of addresses.

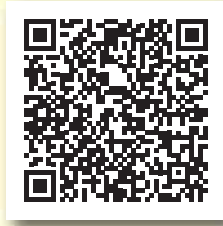
So, when you're in a taxi and the driver reaches the area, try this phrase so they know to drive up a bit closer to your desired destination.

"Please go little more"

= 조금만 더 가주세요. (jogeumman deo ga juseyo.)

- jogeumman = little
- deo = more
- ga juseyo = please go

VIDEO LESSON



Autumn in Korea is relatively short, so expect the daily temperatures to begin to drop rapidly. During the cold weather months, we take special care to avoid catching colds or getting the flu. Try this phrase when you express your concern about someone's condition:

"Be careful not to catch a cold"

= 감기 조심하세요. (Gamgi josim-haseyo)

- gamgi = cold
- josim-haseyo = be careful

VIDEO LESSON



When you taking a taxi or someone is giving you a ride, you might want to use this useful phrase when you arrive at your destination:

"Please drop me off here."

= 여기서 내려 주세요. (yeogiseo naeryeo juseyo)

- yeogiseo = here
- naeryeo = drop off
- juseyo = please

VIDEO LESSON



Speakin' Korean

BY CHIHON KIM, STRIPES KOREA

pojanghae juseyo.

As USFK has raised its current health protection condition from "Bravo" to "Charlie" for all areas within South Korea, getting carry-out food at a restaurant is the only option. Don't be disappointed, there are many eateries offering take-out and if you learn to use this key phrase, you'll be able to grab your favorite food to go.

"Do you have carryout?"

= 포장되나요? (po-jang doe-na-yo)

- pojang = to go
- doe-na-yo? = available?

"To-go please."

= 포장해 주세요. (pojanghae juseyo)

- pojang = to go
- juseyu = please

Stay safe and keep an eye out for the next Speakin' Korean lesson!



# Stripes Sports Trivia

Less than three months after his father's murder, Michael Jordan shocked the world and abruptly retired from the NBA in 1993. A few months later, "His Airness" signed a deal to take his talents to the baseball diamond. Which Double-A minor league affiliate of the White Sox did Jordan hit three homeruns for?

**Answer**

Birmingham Barons

## FOLLOW STARS AND STRIPES ON THE SOCIAL MEDIA PLATFORM OF YOUR CHOICE!

- facebook.com/StripesMedia facebook.com/StripesPacfic
- @StarsandStripes @StripesPacfic
- youtube.com/StripesChannel
- Stripesphotography
- @StarsStripes @StripesPMD
- pinterest.com/Stripesnews

**Professor Yong Jin Kim is the only SRC-accredited Master Surgeon in Metabolic and Bariatric Surgery in Korea.**

Advanced laparoscopic skills in sleeve gastrectomy

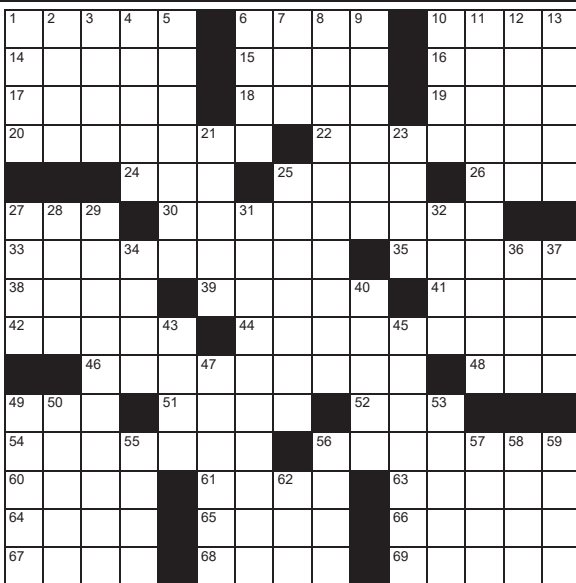
**YANGJI HOSPITAL** Contact us at +82 ) 10-8382-6758 yjgs1997@gmail.com

### Crossword

by Margie E. Burke

#### ACROSS

- TV miniseries, "The Haunting of Bly \_\_\_\_"
- Nag, nag, nag
- Charging option
- Run to Reno?
- Leap for Lipinski
- Bundle of hay
- Lady's address
- Phoenix neighbor
- Pinocchio, at times
- Difficult to bear
- Olive center
- Place to unwind
- Scoop holder
- Reason for an "R" rating
- Product pitches
- Courtroom plea
- Medieval soldier
- Contract details
- Immunity item on "Survivor"
- Lukewarm
- Ante anagram
- Search for water
- What tornadoes do
- Capable
- Kitten sound
- Routing word
- Lion's locks
- Party staple
- Artificial tooth
- Distrustful
- Superhero garb
- \_\_\_\_-de-camp
- Measuring instrument
- Long, long time
- Rosie, to the Jetsons
- Come after
- Ohio team
- Away from the storm, at sea
- Tripper's landlord



Copyright 2022 by The Puzzle Syndicate

- Alda or Hale
- Stem joint
- Illusional work
- Get back on, as a horse
- Machine parts
- Web design type
- Lament
- \_\_\_\_-bodied
- Prevailing trend
- Put on cloud nine
- Copy at the office
- Lusitania sinker
- Make ends \_\_\_\_
- Go for the gold, say
- Encircled by
- Carpenter's groove
- Like some mountains
- Affirmation
- Email folder
- Not only that...
- Aussie pal
- Dinner in a pot
- Fine and \_\_\_\_
- She played Hermione
- Hornet's defense
- Canal site
- Parish priest
- Mirror \_\_\_\_
- Parlor instrument
- Not as much
- Surrender
- Zodiac crossover
- Feverish chill
- Give the eye
- Bond film, "No Time to \_\_\_\_"

#### Answers to Previous Crossword:

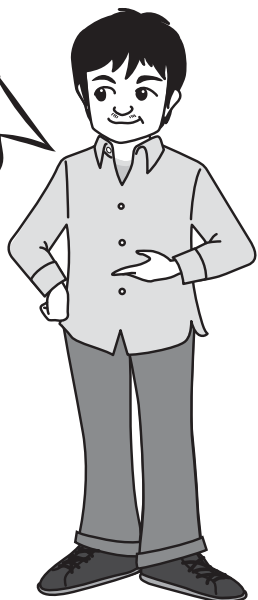
S	E	L	A	A	S	C	O	T	L	O	C	H
C	L	O	G	S	P	O	R	E	A	N	O	A
A	S	S	I	S	T	A	N	C	E	W	A	U
T	E	E	T	H	E	C	A	M	P	F	I	R
				A	E	R	I	E	H	U	R	T
C	O	S	T	D	I	S	P	E	L			
O	U	T	O	F	A	C	T	I	O	N	T	B
O	C	A	R	I	N	A	L	E	O	P	A	R
T	H	Y	S	T	R	A	I	T	L	A	C	E
				A	C	I	D	I	C	R	O	D
K	A	P	P	A	L	A	T	H	E			
A	B	S	O	L	U	T	E	H	E	N	S	O
R	E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

#### DOWN

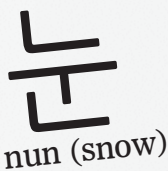
- Workplace note

## DID YOU KNOW?

In South Korea, a one-on-one blind date called 'So-Gae-Ting,' is a common way to meet potential future girlfriend or boyfriend. This is set up by a mutual friend and the two strangers agree to meet only with limited information about the other.



## Hangul of the week



## Language Lesson

No, thanks.

Gwen-chan-a-yo.

## SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

#### HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answer to Previous Sudoku:

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

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

Copyright 2022 by The Puzzle Syndicate

**Berry New Year**

Picking awesome strawberries from snowy Winter until early Spring!

Scan to See More

www.seoultravelpass.com

SeoulPass





# Women Medipark Hospital




**United States Army Command Cooperation Hospital**  
**Tricare Designated Hospital.**



**Having an English-Speaking Coordinator and Medical Staff.**



**Clean & Safe Zone for Mom and Newborns.**

## Women Medipark Hospital's Strengths

### 1 Laparoscope

- The most difficult surgery of obstetrics and gynecology that **preserves the uterus and ovaries** using laparoscopic surgery and **removes only the lesion area.**
- Exclusive surgical experience and know-how of annually 2,000 cases of uterine myoma and ovarian tumor.

### 2 HIFU (High Intensity Focused Ultrasound)

- More precise multi-processing using German multi-lens transducer instead of single lens used in other hospitals.
- More than 600 cases experience procedure and technical expertise annually.
- From infertility to pregnancy of a patient with uterine fibroids and adenomyosis through Hifu.  
*• The first success story south of Han River!*
- 8 successful pregnancy cases among 15 infertility patients with uterine myoma.  
*• Received 2009 Maternity-Friendly Policy Award (Presidential Award)*



### 3 VBAC (Vaginal Birth After Cesarean section) : Natural Delivery after Cesarean Section

- The highest national VBAC, natural delivery rate, based on statistics from the Health Insurance Review and Assessment Service.
- VBAC : The head office has the critical position as it is responsible for most of the VBAC surgeries performed in Daegu and Gyeongsangbuk-do Province.

### 4 High Risk Maternity Care Center

- ① Pregnant hypertension (Pregnancy intoxication)
- ② Pregnancy Diabetes
- ③ Mothers with chronic diseases
- ④ Pregnant women with uterus and ovarian tumors
- ⑤ Premature contraction Experienced medicine, accumulated experience and know-how of women medical park hospital staff who can **provide intensive care for high-risk pregnant women.**

### 5 A Empress Postpartum Care Center *Where feels like you're in a hotel!*

**If you have any inquires regarding this article, please feel free to contact below!**

**English Available Coordinator : Claire Lee / Mobile phone : 010-9095-7264**

Address : 271(Beomeo-dong) Dongdaeguro, Suseong-gu, Daegu, Korea



# Healthy Living

A medical guide for DOD civilians, contractors and their families in Korea

February 2022

■ Our story:  
At U-MEDI, it's all about you!  
- PAGE 2

■ Have medical concerns?  
Foreigners can count on  
U-MEDI  
- PAGE 3



■ What is Medical Tattoo?  
- PAGES 4-5

■ Why you should get  
Orthodontics Treatments  
- PAGE 7

한국건강신문  
The Korea Health News

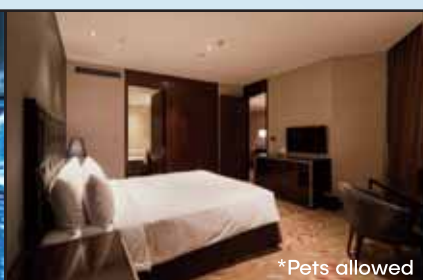
## U-MEDI Health Check-up Special offer for USFK personnel

### Personalized Health Checkup + Oakwood Hotel Package

Get a personalized comprehensive health checkup for you and your family at some of Korea's finest hospitals, overnight stay at five-star Oakwood Premier Incheon and explore the super-modern district of Songdo. And, did we say pets are allowed? Well, yes they are!



Comprehensive health check-up at one of Incheon's top hospitals



Luxury overnight stay at the Oakwood Premier Incheon



Free pick-up and drop-off service from the hotel to the hospital.



Songdo Central Park



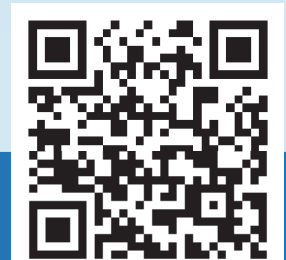
Songdo Hanok Village



Atlantis Kids Cafe and Theme Park

- Health check-up
- Free Incheon Hotel Voucher
- Free Pick up and drop off service
- Free 1-day Incheon Healing tour
- Free insurance claim

Scan the QR code to learn more.





# OUR STORY

## AT U-MEDI, IT'S ALL ABOUT YOU!

U-MEDI

**F**or us, compassion towards those who are suffering from illness ranks high. We understand the drive in those who seek beauty and perfection in their daily lives. We strive for the wellness of others and firmly hold onto our belief that physical and mental wellness are both of equal and utmost importance.

In recognizing the potential language and cultural barriers, U-MEDI has turned its attention to healthcare needs of foreign nationals.

Inconsistent schedules and misunderstandings during the treatment process are some of the challenges patients face in Korean hospitals. These situations can make patients feel lonely in a setting

where doctors and nurses are handling multiple tasks and the care of others. We understand these situations and believe patients need someone who can guide and provide all the necessary information specific to their situation, including cost, diagnosis, procedures and other for better care. At U-MEDI, we are here to help our patients navigate their care in South Korea's state-of-the-art medical system.

We hold great value in trusted partnership by acknowledging cultural differences and providing services with compassion and trustworthiness.

We are for people who need a medical system specialized to their needs, especially foreigners in Korea.

## Our Services

### Find a doctor

Choosing a doctor isn't the same as finding a restaurant or nearby attraction. That's why U-MEDI provides a detailed profile and medical information of doctors, including their qualifications, clinical experience, hospital quality, patient reviews and more.

From family doctors to psychiatrists, OB/GYN, neurologists, cardiologists, plastic surgeons, allergists, dermatologists, Korean traditional medicine and more, U-medi can help you find a specialized doctor specific for your health needs.

### Hospital Interpretation

For years, U-MEDI has faithfully delivered commendable interpretation and translation services to healthcare professionals, caregivers and patients at their critical moments of need. We are very proud to be the trusted language support provider to hundreds of healthcare institutions across the Republic of Korea.

Our service includes interpretation delivered by qualified interpreters, as well as on-site translation of all vital documents to ensure the safety and satisfaction of patients.

### Hospital Transportation

U-medi provides a non-emergency door-to-door hospital transportation service to individuals and groups who may need special support getting to and from their healthcare appointments. Based on your need, we can suggest the most effective and efficient transportation options available.

We also offer online bookings, making reservations easy and straightforward. At the heart of our service is our commitment to the patient's comfort, customer service and quality.

## When U sick

- Visit: [www.u-medi.com](http://www.u-medi.com)
- Call: 010-5817-1005
- Follow: [FB.com/UMEDIkorea](https://www.facebook.com/UMEDIkorea)

And ask U-MEDI (FREE)



## CEO's Welcome Address

I am Weonbum Ha, the CEO of U-MEDI.

Thank you for your support and interest in U-MEDI.

I started U-MEDI in 2014 with the goal of providing a service that reduces the challenges that foreigners face when they visit hospitals in South Korea. Particularly, we wanted to help find relevant medical information, insights, and medical gaps that are essential for foreigners seeking care.

U-MEDI services include:

1. **Find a doctor:** You can find a doctor personalized for your health or beauty needs (<http://u-medi.com/find-a-doctor>)
2. **Transportation:** We provided door-to-door transportation services to help you get to/from the hospital (<http://u-medi.com/transportation>)
3. **Interpretation:** We provide interpretation and translation of hospital documents to help easily access healthcare services (<http://u-medi.com/interpretation>)

We will continue to implement various services aimed at addressing issues with obtaining care to help ensure access to healthcare in South Korea.

Once again, thank you and If you have any questions or requests, please contact us below.

- **Homepage:** [www.u-medi.com](http://www.u-medi.com)
- **Facebook:** @UMEDIkorea
- **Instagram:** @umediwellness
- **Telephone:** 010-5817-1005
- **Health news:** [www.u-medi.com/news](http://www.u-medi.com/news)

Please look forward to more services and medical information from U-medi in the future.

Thank you.

CEO Wayne, Weonbum Ha





# HAVE MEDICAL CONCERNS?

## Foreigners can count on U-MEDI

BY JEONGHAN UHM,  
DIRECTOR OF U-MEDI

It's unfortunate when you get sick in another country. People who have been sick while traveling abroad know how difficult and frustrating it can be. No matter how nice Hawaii is, if you break your wrist while surfing, you will start to feel unhappy. In many countries, including the US, not only is healthcare expensive, but it can also prove to be inconvenient in certain cases for foreigners. So, the perfect solution to that is not to get injured or sick in another country. But we all know how unrealistic that is.

In Korea, there are nearly 3 million foreigners living in the country. The more developed countries become, the more foreigners there will be, and the lower the birth rate, the more any government has no choice but to promote the inflow of foreigners to stimulate the economy. And the foreigners living in Korea get sick, spending more than 3 trillion won annually on medical expenses and claiming those expenses for Korean

### About the author

In addition, patent attorney Umh Jeonghan was in charge of programming and business development at KOSDAQ companies after graduating from the Department of Chemical and Physical Engineering at Seoul National University College of Technology.

He has started three businesses since his early 20s and is currently serving as a representative patent attorney for the BLT Patent Law Office, which has more than 800 startup companies and technology startups as customers. Based on more than 20 angel investments, he has recently started "CompanyB," an official accelerator of the Ministry of SMEs and Startups, to help competent startups. So far, it has invested in more than 40 startups. He wrote a book titled "Manage as a Patent."



Jeonghan Uhm Director

health to their insurance companies.

Each year, the number of foreigners staying in Korea, whether it short or long term, continues to increase because people are happy with what the

country has to offer, including world-class plastic surgery and health care. However, clinics in Gangnam and Busan hospitals that attracted Russian customers, as well as other large hospitals that were frequently visited

by Middle Eastern patients are experiencing great difficulties because of COVID restricting travel. Because of this, they are developing medical services for foreigners already living in Korea.

U-MEDI provides united medical services to foreigners who are sick in Korea or pursuing beauty and wellness care. U-MEDI will find a doctor specializing in a patient's health needs, support transportation to the hospital, and work with patients to ensure medical expenses are paid. But most importantly, UMEDI is there to provide assistance and help educate patients on the health care process as needed.

U-MEDI is an official registered company approved by USFK and provides assistance to those in the U.S. military community stationed in Korea seeking medical services. U-MEDI is also setting up a global program where military members can receive Korean medical services while on vacation in Korea. In addition to its partnership with Incheon Metropolitan City, U-MEDI has secured public confidence through cooperation with other local governments. Its nationwide hospital network of more than 800 can also be said to be U-MEDI's strength.



Once a year! For your health!

## Customized Health Checkup

Comprehensive examination  
5 major cancer examination

Internal medicine | Neurology | Surgery  
Urology | Obstetrics | Gynecology



1 7 Gasan Digital Complex station. exit3

Daereung Post Tower 5th 3floor  
68, Digital-ro 9-gil, Geumcheon-gu, Seoul

[www.sojunghealth.com](http://www.sojunghealth.com)

02.6371.8404





# What is Medical Tattoo?

VINCENT CLINIC

**Y**ou might have heard or seen ads about tattoos multiple times. But have you heard about medical tattoos or know how different they are from regular decorative tattoos? Well, if you do not know, we've got you covered!

A medical tattoo is often misunderstood as only including drawing inscriptions and artwork, but it has a more profound meaning and significance beyond being decorative.

A medical tattoo is used to treat skin conditions such as vitiligo, hyperpigmentation, stretchmarks and others by evening out the skin tone. It is also done to cover scars, angioma, restore nipples for patients who have undergone breast surgery and anyone who wants to correct the appearance of their nipple, scalp micropigmentation, help patients with dementia, and remove tattoos, etc.

## Why should you get a medical tattoo?

- 1** Patients with certain skin conditions find themselves discriminated against, treated or viewed differently due to ignorance, which can play a number on their confidence. Medical tattoos can be a way to correct skin conditions if it is negatively affecting your daily life and confidence.
- 2** Medical tattoos have been a great way to locate patients with dementia who get lost or remind them daily of the important things in their lives by marking their body.
- 3** Vitiligo cannot be treated with laser and thus dermatologists have difficulties in handling albinism cases. In situations like this, a medical tattoo is the right option for you.
- 4** Whether you want to get rid of your tattoo because you regret it or need to get a new job, medical tattoo removal should be considered.
- 5** Medical tattoos are useful for cosmetic purposes such as SMP for baldness and permanent tattoo for eyebrow, lips and eyeliner.

## Why should you get a tattoo with a medical practitioner in Korea?

- 1** Getting a medical tattoo is classified as a medical service — which means that only medical professionals are allowed to perform the procedure. As the majority of tattoo artists in Korea do not hold medical licenses, they are technically working illegally.
- 2** Medical institutions are allowed to give injections and prescribe medication, so you can be given a shot to reduce the pain.
- 3** In some cases, surgery may be needed before the tattoo and thus, it is advisable to get it done by a certified doctor.
- 4** Allergic reactions are also taken into consideration when done by a medical practitioner and tests are taken to ensure a safe treatment.

## SMP (Scalp Micro Pigmentation) case



Before

After



Dr. Cho Myung-shin, the plastic surgeon who turns people's scars into art.

## Treatment Procedures at Vincent Clinic

At Vincent Clinic, tests are conducted first as some patients have sensitive skin, which can make the procedure traumatizing to them.

For albinism/vitiligo, hyperpigmentation, stretchmarks, and other coverage cases, the color is mixed and tested and treatment is done using a needle with different shades. Patient's ancestry is sometimes investigated to determine their skin tone for an accurate treatment.

Scar treatments are done with needles to create a tattoo or even out the skin tone. In cases where the scar is severe, surgery may be needed.

Laser treatment is used only for tattoo removal, but is adjusted depending on the situation of the patient.

SMP (scalp micropigmentation) can be done for cancer patients, people with thin to no hair, etc. For permanent tattoo of the eyebrow and lips, patients can choose the style and color - black, dark brown, etc., and there is an eyebrow designer to assist in the procedure.

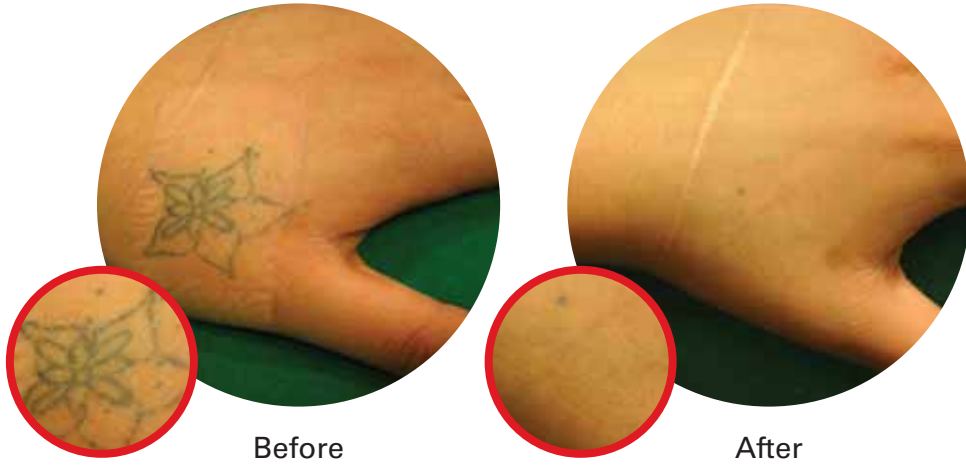
Depending on the patient's case, regular checkups are conducted.



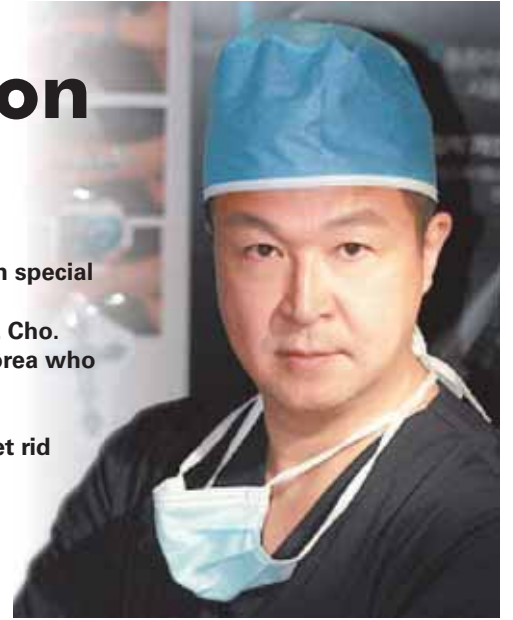
## Why do you have to do Tattoo Removal at Vincent Clinic?

- Competitive Pricing. It is around 30% cheap than US.
- Tattoo removal in US insurance is classified as a medical tattoo, so you can get a reimbursement from your insurance. It is definitely an amazing benefit.

## Tattoo removal case



## Spotlight on Dr. Cho



- 22 Years Experience with his own special know-how.
- It's worth paying attention to Dr. Cho. Because he is the only one in Korea who is a Tattoist and Doctor (Ph.D).

So you can get tattoos and also get rid of them with Dr. Cho.

Since he does both, he has a strong sense of responsibility for patients. His achievements in this field are unequaled.



Free Quotation Service is possible through Facebook.

## How long does it take?

Albinism/vitiligo, hyperpigmentation, stretchmarks, and other coverage cases take about 6 months, with treatment being done once a month for the first and second stage, and once every 2 months for the next stages.

Tattoo removal takes a maximum of 10 - 20 minutes. For a smaller tattoo removal, it can be done within 5 minutes.

## Vincent Clinic

- WEBSITE: <https://vincent-tattoo.business.site>
- CONTACT NUMBER: 02-507-8000
- ADDRESS: 10F ,Samyoung bldg Toegye-ro 116-1, Jung-gu, Seoul, Republic of Korea

# VINCENT CLINIC

## TATTOO & RECONSTRUCTIVE SURGERY

Website: <https://vincent-tattoo.business.site/>  
Contact Number: 02-507-8000

Address: 10F ,Samyoung bldg Toegye-ro 116-1, Jung-gu, Seoul, Republic of Korea



The First Premium Medical Examination Center in Busan



# Why? Mirae IFC Check Up



## 1 Day One-Stop Medical Check Up

Health examination is conducted in the shortest time with a smooth and efficient traffic line prepared on two floors in a pleasant and large 6,600m<sup>2</sup> space.

The high-class premium health examination center equipped with one of the largest scale facilities in Busan, state-of-the-art medical devices and university hospital level medical staff is offering a special experience to each visitor by early discovery of problems to prevent occurrence of disease, systematic medical treatment, and comfortable and quick examination.

### LADY ZONE

#### Comprehensive Medical Examination of Women specialized for women

The medical examination can be conducted in a comfortable and private environment. With a traffic line separated from that of the men's zone including women-only endoscope zone, women-only examination room, etc., female examinees can have a pleasant examination which will satisfy all the five senses.



#### Customer-centered comfortable examination

We are realizing 'Healing Examination with Art' by furnishing the works of art galleries and planterior (plant + interior) for harmonious coexistence with art which awakens our emotion.

#### Shooting for examination of breast cancer with AI

Diagnosing breast cancer in early stages with the medical equipment optimized for diagnosis of cancer in the mammography through computer-assisted diagnosis based on artificial intelligence (AI)



#### Early discovery of dementia with high precision brain MRI and AI

The high resolution imaging technology of 3.0T MRI is good for brain MRI and brain MRA examination used for early detection of brain disease and cerebrovascular disease. The equipment is much better than the existing 1.5T MRI in clear picture quality, fast examination speed, and noise reduction.



#### Digestive System Endoscope Clinic

Examination is conducted with the newest endoscope equipment which can discern a small and unclear tissue of an early cancer difficult to find out with the naked eye thanks to improvement in sensitivity and brightness increase in the number of light fibers as a result of increase in the number of light fibers with a new optical design.



**Personalized 1:1 post management program unique to the Lifetime Health Examination Center**

The Lifetime Health Examination Center improves customer satisfaction and realizes truly customized services by providing systematic and professional 1:1 customized medical examination and post management program.



The Health Examination Center Optimized for USFK  
**BUSAN MIRAE IFC MEDICAL CENTER**

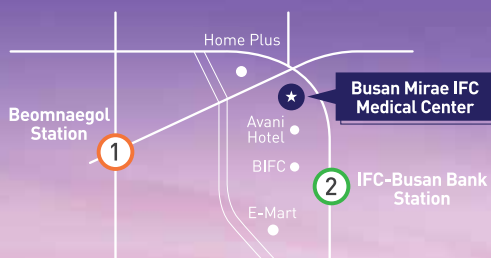
Optimized Examination Program For Healthy Life MIRAE IFC

## Busan Mirae IFC Medical Center is committed to health and people.

Address 2-4F, IFC Mall, 133, Jeonpo-daero, Nam-gu, Busan

Tel. **+82-51-710-2000**

Consultation hours Weekdays 07:30 ~ 18:00  
Saturday 07:30 ~ 13:00



Scanning a QR code







# Why you should get Orthodontics Treatments

YEOKSAM LIME DENTAL CLINIC

**W**hen I was an elementary school student, I had crooked teeth so my father took me to the dentist to get braces. The main reason I got braces was because my parents wanted to hide what they termed “ugly teeth”.

My parents and I had no knowledge about braces until I started working at a dental clinic more than seven years ago. I realized then how important it is to get braces for not only the aesthetics, but for functional reasons as well.

Braces can improve the oral function such as chewing, improve speech and help protect teeth from damage or decay.

So, what kind of cases require braces for functional reasons? The answer is when you have malocclusion! If the jaw and teeth do not develop properly, malocclusion can result. The teeth will be crooked and misaligned, and the bottom and top sets of teeth may not line up.

Malocclusion includes protruding teeth, crowding, deep bite, overbite, reverse bite, vopen bite, cross bite, etc. Severe malocclusion may affect eating, speech, and can cause decay.

Of course, braces can not only improve malocclusion, but it can also adjust spacing in the teeth. And amazingly, an orthodontist can also help solve problems such as grinding or clenching of teeth and clicking or moving of the jaw.

Actually, after getting braces, my teeth became straight, but I found out that my bite was not properly fixed. Because of this, I ended up having an open bite, which led to my teeth wearing out. Usually, the top teeth have to moderately cover the bottom teeth. But there is a space between my top and bottom teeth, which means that when I eat I cannot use my front



## Braces to correct deep bite



Before



After

teeth to bite so all the energy goes to my back molar and wears it down. Unfortunately, my molars have worn out quite a lot compared to my age.

Braces require a really delicate ability to fix malocclusion. You should check whether your chosen professional is qualified to perform orthodontic treatment before going ahead. In all, I want everybody to note that you need to find an experienced dentist who has dealt with various cases.

## Yeoksam Lime Dental Clinic

- WEBSITE: <http://www.limedent.com>
- CONTACT NUMBER: 02-2052-2879
- ADDRESS: 203, Teheran-ro, Gangnam-gu, Seoul, Republic of Korea B1





# Save your phone, Save your health

People who register will get a phone cleaning kit at ifix in mainmall camp humphrey - Only for first 300 people

**IFix x U-Medi Collaboration Campaign!**

**“Keep your mobile clean for your health”**

Because people always carry their cell phones almost everywhere, cell phones tend to get pretty gross. A recent study found more than 17,000 bacterial gene copies on the phones of high school students and scientists at the University of Arizona discovered that cell phones carry 10 times more bacteria than most toilet seats. (Source : Time magazine)

The poster features a blue background with stylized virus icons. At the top, it reads 'IFIX x U-MEDI CAMPAIGN'. Below that, the main headline is 'Save your phone, Save your health' in yellow and white. A dark blue banner contains the slogan 'Keep your mobile clean for your health'. In the center, two cartoon children, a girl in a yellow dress and a boy in a red vest, are holding smartphones. The girl's phone screen says 'KEEP YOUR PHONE CLEAN' and the boy's says 'FOR YOUR HEALTH'. At the bottom, there is a white box with a QR code and the text 'REGISTER HERE (QR CODE)'. Below the QR code are the logos for 'iFix' and 'U-MEDI'.

The 1st Project among many others which will be undertaken in the future is under the theme, “Keep your mobile clean for your health” .

Mobile phones are known to become very dirty which can affect our health. As mobile phones are related to our lives and daily routine, it is important to clean them frequently in order to stay healthy.

Thus, Ifix planned the project “Keep your mobile clean for your health” supported by U-Medi for the health and wellness of everyone. Particularly, this campaign is vital in creating awareness about staying healthy in this era of COVID-19. Anyone can support this campaign by registering but a FREE mobile cleaning kit will be made available from January 5, 2022 to residents of Camp Humphreys who register. You can claim your free mobile kit at IFIX, next to Starbucks in the main mall at Camp Humphreys.