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COVID-19 puts damper on Chuseok

BY CHIHON KIM,
STRIPES KOREA

Chuseok, one of the most important holidays for Koreans, is just around the corner. Chuseok literally means “night with best autumn moonlight” and for us, it is a day as rich and relaxed as its poetic name.

This year, Chuseok will be observed Sept. 30 - Oct. 2. The long holiday usually means Koreans are off from work and will head to their hometowns to visit relatives to partake in ritual ceremonies and a family dinner. The holiday is

a celebration of the harvest and signifies a type of homecoming to memorialize our ancestors.

Unfortunately, the unprecedented pandemic of Coronavirus will place a damper on the mass exodus of populations towards home across the peninsula.

Although I’d love to go home for Chuseok, I’ll probably spend it alone to protect mine and my family’s health. It will definitely give me the experience many of you have not being able to go home for the holidays.

For Chuseok, Koreans exchange gifts which are usually Hanwoo or

Spam. This year, the traditional gift has changed to reflect the times as major retailers are pushing hygiene kits with hand sanitizer, alcohol swabs, hand soap, facemasks and other items for COVID-19 prevention.

Chuseok usually involves many different activities to reflect on our beloved relatives. One of them is Charye, a memorial service honoring our ancestors. This service is usually held at home in the living room or a large room, and usually begins between 7 a.m. and

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Seasonal foods to eat this fall

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Photo courtesy of Emart



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Traveling on TDY during pandemic is challenging

Editor's note: At Stripes Korea, we love to share your stories and share this space with our community members. Here is an article written by Jennifer Brown, a hospital corpsman at U.S. Naval Hospital Okinawa. If you have a story or photos to share, let us know at korea@stripes.com.

BY JENNIFER BROWN,
STRIPES KOREA

Despite us sending out good vibes and wishes, it seems that this pandemic continues to create uproar among us. For those who have been stuck at home and have finally begun working again, just the act of physically going back to work can be distressing. In my case, as someone who has had to travel during this pandemic, I have noticed many cultural differences in regard to wearing masks and social distancing in the U.S. and in Japan.

On a four-day journey back to the States, these differences were predominant amongst my fellow Americans who were selective in when and where they wore their masks. My trip back

to California included stops in mainland Japan and Hawaii, but it wasn't until I arrived at my final destination where the discrepancies in face mask protocol were obvious. I expected that after traveling from Japan, where COVID-19 numbers were declining at the time, to the U.S. where numbers have skyrocketed with no end in sight, there would be more people wearing face masks.

Not only were there not as many people wearing face-masks, but of the ones that were, a fraction of them do not wear them properly. In particular, people tend to wear face masks under their nose or wear them too loose around their face. This type of behavior has been a huge culture shock for me. I had grown so accustomed to seeing Japanese people and fellow servicemembers on Okinawa wearing their masks out in public, that in California, the lack of masks on people out at markets, restaurants and other public areas was concerning.

In addition to the relaxed adherence to face mask protocol, social distancing measures in the States was another issue that hasn't really become

a habit. In Okinawa, both face-mask use, and social distancing is a normalized part of the culture. In California, this new normal seems to be taking some time to settle in.

As the cases continue to grow globally, abiding by the measures set forth by health officials is so important. The differences to how the locals are reacting to the pandemic in both my home country and host country have made me aware of that. And while travel for me is inevitable even during this time, I know I must take control of my own safety and work towards keeping those around me safe.

Jennifer Brown is a hospital corpsman at U.S. Naval Hospital Okinawa. Originally from Florida, she joined the Navy in 2018 and has been on island for over a year. During her free time, Brown enjoys spending time with animals, running, rock climbing, and hiking. She is a graduate of the University of Central Florida and holds a Bachelor of Science in Psychology. Her professional interests include social work, animal welfare, and children.



A senior couple, wearing face masks, walk down sidewalk in front of Heisler Park, which is closed due to COVID-19. Laguna Beach, CA on May 14. File photos



Man wearing face mask as protection against coronavirus. Laguna Beach.



©PhotographerLive Studio - Korea Tourism Organization

Aewol Handam Coastal Trail

A walkway along the shore connected from Jeju northwestern Aewol village to Gwakji Gwamul Beach. It's also popular for tourists due to a lot of unique cafes located along the trail. You can have a nice time and enjoy the ocean view in one of the cafes here.

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Osan welcomes inbound airmen with open arms

STORY AND PHOTOS BY
SENIOR AIRMAN NOAH SUDOLCAN,
51 FW

OSAN AIR BASE — Relocating to a new military installation in another country can be a stressful task, especially during the current COVID-19 pandemic. With so many uncertainties involving the pandemic's impacts of changing living standards, a special group of professionals provide initial solutions and comfort for Osan Air Base's inbound personnel upon arrival in the Republic of Korea.

Working around the clock, Osan's Airman Dorm Leaders strive to give new members the warmest welcome and essential needs during their two-week quarantine phase.

For U.S. Air Force Tech. Sgt. Toni Bellamy, an ADL serving as Osan's COVID-19 Command Center housing representative being the first line of defense for inbound personnel is a challenging, but fulfilling experience.

"Knowing that we help keep the base safe by housing nearly 500 quarantine personnel at a given time and giving them their essential needs is a huge reward," said Bellamy. "We work alongside the base first sergeants, Red Cross and the United Services Organizations to help supply personnel with



The USO prepares and delivers hot meals to the quarantine dorms on Osan Air Base.



Senior Airman Quintarus Jackson, an Airman Dorm Leader, helps inbound personnel get their essential needs such as meals and anything they order.

toiletries and meals to make the quarantine residents stay more comfortable."

To administer a smooth process, the ADLs proactively communicate with commanders, chiefs, first sergeants and supervisors to take care of inbound individuals. They are dedicated to ensuring six dorms and vacancies in the base hotel are readily available for occupancy.

"We take care of all residents from in-processing, meals, trash, grocery delivery and other orders to outprocess from quarantine," added Bellamy. "I assign all inbound members to a living space and once assigned, the list of projected arrivals is

passed to the ADLs to ensure rooms are ready for incoming members."

Free Wi-Fi is equipped in the quarantine dorms as well as the hotel to help with their needs during the 14-day period. Quarantine personnel are authorized and encouraged to bring in any items that may make their stay more comfortable such as blankets, televisions and computers. They're also allotted daily recreational time outside to get fresh air and exercise.

"It was nice knowing I had a team of ADLs dedicated to help smooth the transition process into the quarantine dorms," said Staff Sgt. Tiffany Wallace, 51

Medical Operations Squadron orthopedic surgical technician. "For me, being able to adjust comfortably and FaceTime my family was a huge bonus."

New inbound members are also given resources on how to acquire additional necessities from the Base Exchange and Commissary. They can also contact their leadership for additional needs.

"The biggest way to help our quarantine personnel is to stay in contact with them daily, asking them about how their stay is, from room maintenance to meals," Bellamy said. "Another way to help is offering to bring your member a hot meal or

forms of entertainment."

Whether it's preparing dorm rooms 48 hours prior for an inbound arrival or maintaining open communication with all leadership and anyone that may have concerns about COVID-19, the ADL team is committed to their focal role: expressing the importance of a combined effort.

"The biggest positive of this job is seeing how the whole base is coming together," said Bellamy. "The augmentees are from all units around the base. We couldn't do it without all the organizations stepping up to provide us with bodies and supplies."



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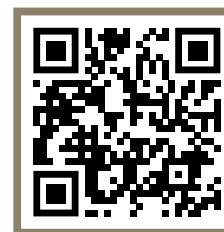
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Sound Off: What military spouses say about COVID-19

Recently, I decided to change my “lurker” status, and post something in a popular military spouse Facebook group to which I belong. In my first post to the group, I asked how military families had been affected by COVID-19 restrictions.

Most of the 50-plus comments described what I'd expected — delays, disappointments and uncertainty. Marine wife Christine said, “My husband was in Korea for a year. He missed our oldest's high school graduation due to the travel ban, among other things. I lost my job. Had to do virtual school with my 3 kids. No academic/school support. Solo parenting through it all.”

And Air Force spouse Julie, whose family got orders to Belgium: “I quit my job on Feb. 28 at 30 weeks pregnant. We shipped out stuff, we moved out of our house, and sold one of our two cars. We

had our luggage packed and were staying with my parents for a week. March 13 came around, and the travel ban went into effect. I am currently in therapy for PPD/anxiety and we have no real answer on when we are leaving or if they are shipping our stuff back.”

Brittany and her Navy family moved into a house 40 minutes from base in Italy, two days before the lockdown: “I was terrified for my husband to drive to work ... Police checkpoints and fines if you didn't have a valid reason to be outside. My one saving grace is that we rented a house with about two acres so we could go on walks. People were only allowed on their balconies, and some were stuck in the lodge for six months.”

Air Force spouse Tanya lamented not being able to travel outside of Japan: “I feel sad that my daughter will almost be two by the time she gets to

meet her grandparents, aunts, uncle and cousins, extended family members. They will be strangers to her, and that breaks my heart.”

There were other predictable themes — mothers giving birth without husbands, couples losing child care, military spouses facing unemployment, spouses handling remote learning alone, etc.

But some comments took me by surprise. I hadn't realized how travel bans affected divorced military parents stationed overseas. Spouses told sad stories of being unable to see children with whom they share custody.

Also, the effect of COVID-19 restrictions on new trainees was an eye-opener.

New Army wife Kelsey said, “My husband joined the Army and shipped to basic in February, right before COVID-19 made its way to America. We had no idea what we were in

for. My husband's basic was extended ... By the time he is done, we will have been unable to see my husband for eight months when it was supposed to be just two ... I expect the Army will have a huge retention problem for these unfortunate COVID-19 new soldiers.”

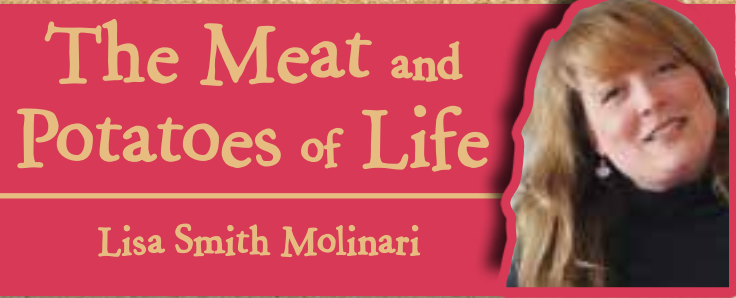
I also had no idea that families were paying thousands to transport pets due to cancellations. During a recent PCS, Marine wife Courtney couldn't fly her pet from Hawaii to Georgia as planned. Instead, she paid a pet carrier \$2,400 to fly the dog to California, then had to drive him across the U.S. Air Force spouse Alexis who is PCSing to Japan said, “We have two very large dogs and most airlines aren't shipping pets ... just think about taking out a small loan just to bring your fur babies with you to your next home.”

But the real surprise was the light that some spouses

found in the darkness. Jessica, Navy spouse and reservist, was grateful that virtual drills have allowed her to spend more time with her new baby. Coast Guard wife Myst stated, “We've taken more opportunities to go outdoors for hikes, picnics and other activities instead of spending time and money in shops and restaurants. We've been able to make better connections with friends, family, strangers, shipmates and coworkers. This is a challenge that can bring people together.”

Extended separation gave Army wife Laura new appreciation: “I think this whole experience with COVID-19 should really put people in perspective with how blessed we truly are, to have homes, jobs, our health and each other.”

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



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Sexual Abuse Claims in Boy Scouts Bankruptcy

Regardless of how old you are today or when the sexual abuse occurred, you need to file your claim by 5 p.m. (Eastern Time) on November 16, 2020.

The Boy Scouts of America (“BSA”) has filed bankruptcy in order to restructure its nonprofit organization and pay Sexual Abuse Survivors. Please read this notice carefully as it may impact your rights against BSA, BSA Local Councils and organizations that sponsored your troop or pack and provides information about the case, *In re Boy Scouts of America and Delaware BSA, LLC*, No. 20-10343 (Bankr. D. Del.). This notice is a short summary. For more detail, visit www.OfficialBSAclaims.com or call 1-866-907-2721.

Who Should File a Sexual Abuse Claim?

Anyone who was sexually abused during their time in Scouting, on or before February 18, 2020, must file a claim. This includes sexual abuse in connection with Boy Scouts, Cub Scouts, or any entity or activity associated with Scouting. Sexual Abuse Claims include, but are not limited to: sexual misconduct, exploitation, or touching, sexual comments about a person or other behaviors that led to abuse, even if the behavior was not sexual or against the law, and regardless of whether you thought the behavior was sexual abuse or not. These acts could be between a: (1) child and an adult or (2) child and another child.

When and How Should I File a Sexual Abuse Claim?

You should file a claim using the Sexual Abuse Survivor Proof of Claim by **November 16, 2020 at 5:00 p.m. (Eastern Time)**. **If you do not file a timely Sexual Abuse Claim, you may lose rights against BSA, BSA Local Councils or organizations that sponsored your troop or pack, including any right to compensation.** Only BSA is in bankruptcy. If you have a claim against the BSA Local Councils or other organizations, you must take additional legal action to preserve and pursue your rights.

Your information will be kept private. You can download and file a claim at www.OfficialBSAclaims.com or call 1-866-907-2721 for help on how to file a claim by mail. Scouting participants who were at least 18 years of age at the time the sexual abuse began may also have claims related to sexual abuse and should consult the appropriate claim form at www.OfficialBSAclaims.com.

ACT NOW Before Time Runs Out:



File a Sexual Abuse Survivor Proof of Claim.



If your claim is approved, you may receive compensation from the bankruptcy.



Have questions? Call or visit the website for more information.

If a plan to reorganize BSA is approved, it could release claims you hold against certain third parties, including against BSA Local Councils and organizations that sponsored your troop or pack. Please visit the website to learn more.

Other Support

BSA will fund in-person counseling for current or former Scouts or their family. To request in-person counseling, please call 1-866-907-2721 or email restructuring@scouting.org.

Your information will be kept private.

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Korea fighting COVID-19 with force of law

BY VICTORIA KIM,
LOS ANGELES TIMES

SEOUL — The arresting officers came for the young man about a month after he was declared free of the coronavirus and discharged from the hospital.

While he was battling a mild case of the disease, he'd gone from an unremarkable college student a few credits shy of graduation to one of South Korea's most reviled criminal suspects. The mayor of his city, Incheon, called his behavior "absolutely inexcusable." Media reports and newspaper editorials lambasted him. On Twitter, someone suggested the 25-year-old deserved to be tied up in a popular street in central Incheon and stoned.

His alleged crime: He lied to contact tracers. He said he didn't have a job, when in fact, he had a side hustle teaching kids at a cram school and in private tutoring sessions. Several of his students and fellow teachers later tested positive for the virus, leading to allegations that the delay caused by his lie had the cascading effect of dozens being infected and thousands needing to be tested and quarantined.

Now, he sits in jail awaiting trial, accused of impeding epidemiological investigators. He faces up to two years in prison and has become a cautionary tale in a nation well-versed in vigilance and shame. His name has not been released as is typical for criminal cases in South Korea.

In addition to the digital surveillance, meticulous contact tracing and medical prowess that have made its coronavirus response the envy of the world, South Korea is also relying on the blunt letter of the law to fight the pandemic.

After proclaiming early in the country's coronavirus outbreak that they would take a "zero tolerance" approach to those flouting their disease response, authorities are threatening to prosecute everyone from quarantine dodgers to mask refusers to those who aren't truthful with investigators.

Police in South Korea have investigated more than 1,500 people for possibly violating disease control laws as of mid-August, referring more than 900 for prosecution. A dozen



A disinfection worker wearing protective clothing sprays anti-septic solution in a church amid concerns over the spread of coronavirus on August 21 in Seoul. Photo by Chung Sung-Jun, Getty Images, TNS

individuals have been jailed awaiting trial, according to police. The number is expected to grow dramatically in the coming weeks as the country struggles to get a handle on a new surge in cases fueled by a right-wing Christian group, many of whom are suspicious of the liberal government and have been uncooperative with authorities.

Governments around the world including Singapore, the United Kingdom and Australia have also turned to criminal prosecutions to enforce coronavirus-related restrictions. Some of the heightened policing has raised concern from human rights advocates, who caution that it's a delicate balance between necessary measures to protect the public and infringing on citizens' rights.

In May, Human Rights Watch warned that authorities in Myanmar, where at least 500 have been jailed for violating curfews or evading quarantine, were reacting disproportionately to the public health risk and may be exacerbating the crisis by adding to the prison

population.

The criminalization of infectious diseases is a long-debated and researched topic among epidemiologists, particularly those who have worked with HIV-affected populations and recognize how the specter of criminal prosecution can create a stigma over getting tested and treated. With the rapidly unfolding COVID-19 pandemic, though, careful consideration of the legal strategy has been eclipsed by moment-by-moment crisis response.

"Criminalizing the disease to set an example because it's a crisis situation can be problematic," said Seo Bo-kyeong, a medical anthropologist and professor at Seoul's Yonsei University. "The aim of epidemiological investigations should be that people aren't fearful of the consequences."

In South Korea, those jailed include Lee Man-hee, the founder and messiah of a fringe Christian sect linked to thousands of infections in March, accused of impeding epidemiologists; a man in his 20s who lied about having been to an area with a cluster of cases in order to get a coronavirus test; a man in his 60s who repeatedly violated a mandatory 14-day quarantine after entering the country to go to a sauna.

The 25-year-old in Incheon tested positive for the coronavirus after a weekend of clubbing and drinking at a popular Seoul nightlife district, where a cluster of cases emerged in early May. When a contact tracer questioned him about where

he'd been in the days leading up to his positive coronavirus test, the young man appeared cooperative. But he did not mention his teaching jobs, said Hanaram Jang, an epidemiologist with the city of Incheon.

Three days later, contact tracers got access to the GPS location data from the man's cellphone and questioned him about discrepancies with his interview. He admitted he'd taught a math class with several students at a private cram school and tutored a pair of 13-year-old twins at their home.

The trails of infections leading from the man wound through a karaoke spot his students visited, to a cab driver who sang there, to a 1-year-old's birthday party where the cab driver worked a weekend gig as a photographer, to a massive 1,600-employee warehouse where one of the birthday party's attendees worked. Epidemiologists tracked up to seven degrees of infections from the man, Jang said.

Jang, a public health doctor working for the city of Incheon in lieu of military service, said it was impossible to say whether the infections could have been stopped if the man had been forthcoming from the start.

"He was also someone who fell victim to the virus, and he was cooperative," Jang said. "He was truthful about the rest — whether he left out the 1% intentionally or genuinely couldn't remember, it's tough to judge."

Jang said he could understand why people are uneasy

over invasive questions about their private lives. In the early days of the outbreak, when people weren't as aware of the need for contact tracing, many were uncooperative and would sometimes abruptly hang up the phone, he recalled.

He said he was bothered by the degree of vitriol leveled at the 25-year-old.

"It could be a double-edged sword. If the stigmatizing of those who test positive intensifies, people may be afraid to get tested," he said.

Seo, the anthropologist, also noted that the nightclub outbreak started at a gay club. And while the sexual orientation of the man isn't known, in South Korea, even the suggestion that he may be gay could have had major repercussions for his professional and personal lives, she said.

"He was a young person with an unstable job in a precarious situation," she said. Bringing harsh criminal charges against infected individuals, she said, "casts patients as those who have morally failed and caused harm to society."

On the eve of his trial, originally scheduled to begin in late August at a courthouse in Incheon, authorities announced orders to delay non-urgent cases because of the latest surge in coronavirus infections.

As the virus continues to infect hundreds daily in the country, he was to remain in jail at least until mid-September, when his trial was slated to go forward barring further coronavirus-related delays.



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Traditional Korean holiday of bountiful harvest

Chuseok

Traditions and customs

KOREA TOURISM ORGANIZATION

Chuseok, Korean Thanksgiving Day, is one of the biggest and most important holidays in Korea. Family members from near and far come together to share food and stories and to give thanks to their ancestors. This year, Chuseok will be celebrated Sept. 30 - Oct. 2.

Many Koreans visit their hometowns to spend quality time with their family, as well as spend time with friends. The holiday also provides a good opportunity to enjoy traditional cultural experiences throughout Korea. Let's take a closer look at the traditional Korean holiday of Chuseok.



Meaning of Chuseok (Hangawi)

Chuseok is one of Korea's three major holidays, along with Seollal (Lunar New Year's Day) and Dano (the 5th day of the 5th lunar month). Chuseok is also referred to as hangawi. Han means "big" and gawi means "the ides of the 8th lunar month or autumn." According to the lunar calendar, the harvest moon, the largest full moon of the year, appears on the 15th day of the eighth month.

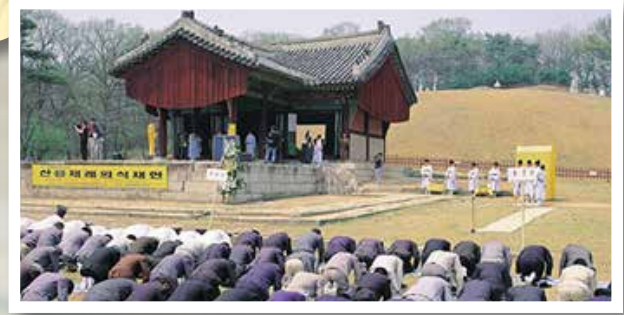


Foods

A variety of foods are prepared during Chuseok to celebrate the bountiful harvest of the year, and one of the most significant foods that represent Chuseok is songpyeon. Songpyeon is prepared with rice powder that is kneaded into a size that is a little smaller than a golf ball, and then filled with sesame seeds, beans, red beans, chestnuts, or other nutritious ingredients. When steaming the songpyeon, the rice cakes are layered with pine needles to add the delightful fragrance of pine. It is an old tradition for the entire family to make songpyeon together on the eve of Chuseok. An old Korean anecdote says that the person who makes beautifully shaped songpyeon will meet a good spouse or give birth to a beautiful baby.



Other significant Chuseok foods include traditional liquor and jeon (Korean pancakes). Jeon are made by slicing fish, meat and vegetables and then lightly frying them in a batter of flour and eggs. They make a perfect pair with traditional Korean liquor.



Charye (ancestor memorial services) and Seongmyo (visit to family graves)

In the morning of the day of Chuseok, family members gather at their homes to hold memorial services called charye in honor of their ancestors. Formal charye services are held twice a year: during Seollal (Lunar New Year's Day) and Chuseok. During Chuseok's charye, freshly harvested rice, alcohol and songpyeon (half-moon rice cakes) are prepared as an offering to the family's ancestors. After the service, family members sit down together at the table to enjoy delicious food.

Another traditional custom of Chuseok is seongmyo, or visit to the ancestral graves. Seongmyo is an old tradition that is still carried out to show respect and appreciation for family ancestors. During seongmyo, family members remove the weeds that have grown around the graves and pay respect to the deceased with a simple memorial service.



Traditional folk games

As Chuseok is a celebration of harvest and abundance, the holiday period is made joyful with various entertainment and folk games such as samulnori (traditional percussion quartette), talchum (mask dance), ganggangsullae (Korean circle dance), and ssireum (traditional Korean wrestling). Ganggangsullae is performed during Jeongwol Daeboreum (celebration of 15th day of the first lunar calendar) and Chuseok. In this dance, women dressed in hanbok (traditional Korean clothing) join hands in a large circle and sing together on the night of the first full moon and on Chuseok. There are several stories about its origin. One of the most well-known stories says that the dance dates back to the Joseon Dynasty (1392-1910) when the Korean army used to dress the young women of the village in military uniforms and had them circle the mountains to give off the appearance that the Korean military was greater in number than it actually was from the enemy side. The Korean army enjoyed many victories thanks to this scare tactic. Ssireum, another significant traditional entertainment, is a one-on-one wrestling match held on a circular sand pit that requires strength and skills.

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- **Chuseok is the Korean Thanksgiving Day.**
Chuseokeun hangugui chusugamsajeorieyo.
- **Are you going to visit your hometown?**
Kohyang gasimnikka?
- **It's a time to honor ancestors.**
Josangeul senggakhaneun siganieyo.
- **The roads are very busy today.**
Oneul-eun doro-ga hon-jab-hae-yo.
- **The holiday food looks delicious.**
Myeongjeol eumsigi masisseo boyeoyo.

team members made for a great evening spent bonding together and having fun.

In recent years, the plans for Chuseok have changed for my family as we're all spread out. From my early-teens on, my family and I started to see less and less of each other on Chuseok, meaning no more Yut Nori.

And, it's not just my family that has abandoned this tradition. South Koreans are starting to lose their ties with distant relatives.

Although Charye, the memorial rite, is still a must for most families, more and more people are going on family trips without doing any of the worship rituals. Or, as a compromise, some families will hold the memorial service before Chuseok and enjoy the holidays freely.

Chuseok will definitely be different this year as we're all hunkering down waiting out COVID-19 to go away. It will be the first time I spend the holiday away from my family, the way many of you living overseas have to spend Christmas away from yours. But, I look forward to next year when I'll hopefully get to enjoy the gifts of Spam and the delicious feast I've grown accustomed to.

DAMPER: Great childhood memories

CONTINUED FROM PAGE 1

10 a.m. on the day of Chuseok. Back in the day, older relatives usually wore hanbok, traditional Korean dress, but nowadays most wear casual clothes.

After Charye, we have special Chuseok foods made on the eve of the holiday. These include songpyeon, half-moon-shaped rice cakes, and rice wine, set on the table in a certain manner. Families gather around the table to remember their ancestors,

bow and then the Chuseok feast begins. My family usually has jeon, a type of fried Korean pancake, and japchae, Korean fried glass noodles, and other Korean dishes at our dinner table.

A second traditional ceremony, Seongmyo, is held when families visit ancestral graves and help clear and clean the gravesites of weeds and debris. A simple rite table is prepared, and we bow again to show respect to the deceased. During Chuseok, the cemeteries are

filled with people and many cars.

As a child, for me Chuseok meant my elder relatives would give me pocket money and I'd get to see my cousins whom I hadn't seen in a while. I would look forward to this more than showing respect to my ancestors at the memorial service.

In particular, playing traditional games such as Yut Nori with all of my family gathered around after the ceremony, was one of the great pleasures that I

couldn't miss.

To foreigners Yut Nori may seem like a complicated game, but it's actually quite simple involving a large amount of strategy. The game uses a cloth gameboard and sticks and is won when one team or player brings the sticks "home" on the gameboard.

Families huddled together, shouting loudly and wishing for a certain score was a common spectacle back then. The competition and cheering for fellow

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Mugunghwa Park at Mukgok Ecological Park

Mugunghwa are in full bloom at Mukgok Ecological Park in Danseong-myeon, Sancheong, Gyeongnam province.

Also known as the Rose of Sharon, Korea's national flower means "the eternal blossom that never fades".

Over 4,000 plants adorn the grounds which was created for the 2020

Mugunghwa Garden competition held by the Korea Forest Service.

The park is close to the pilgrimage of Seongcheol, which runs from Geuneosa Temple to the riverside of Sinan-myeon and has become a popular rest area for residents and tourists.



948 Mukgok-ri, Danseong-myeon, Sancheong-gun, Gyeongsangnam-do

Nami Island a perfect four-season getaway

Courtesy photos

Nami Island, or Namiseom as it is known in Korean, offers a beautiful backdrop for visitors no matter what time of year.

Known as the shooting location of the super popular Korean drama Winter Sonata, it has become a very popular attraction around two hours away from the capital of Seoul.

Nami Island, or Namiseom as it is known in Korean, offers a beautiful backdrop for visitors no matter what time of year.

Known as the shooting location of the super popular Korean drama Winter Sonata, it has become a very popular attraction around two hours away from the capital of Seoul.

Admission to the island costs 13,000 won for adults for the round-trip ferry which can be purchased near the terminal.



1 Namisum-gil, Namsan-myeon, Chuncheon-si, Gangwon-do

Deokcheon Seowon in Sancheong-gun

Built in 1576 as a memorial to Confucian scholar Cho Shik, Deokcheon Seowon in Sangcheon-gun in South Gyeongsang Province was reopened in the 1930s after being closed at the end of the 19th century.

Cho Shik was known under his penname Nammyeong and was considered one of the greatest writers in the Joseon Dynasty.

Today, it stands as a memorial to scholars of the day and was designated South Gyeongsang Tangible Cultural Property #89.

Currently, baek il

hong, or 100-day flowers, are currently in bloom providing a lovely accompaniment to the historical backdrop.

Admission is free.



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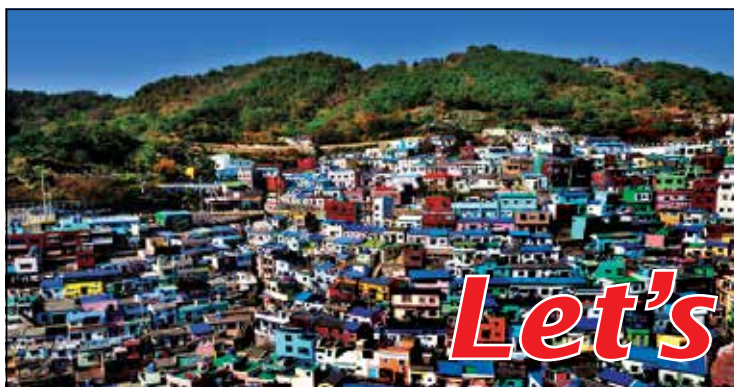
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Seasonal foods to eat this fall

KOREA TOURISM ORGANIZATION



Seasoned blue crab

For each of Korea's four distinct seasons, a different set of foods takes center stage in Korea's culinary scene. Autumn marks the season of three of the nation's most popular kinds of seafood: blue crabs, jumbo shrimp (prawns), and gizzard shad. Plump blue crabs are cooked in savory soup or steamed, while gizzard shads are enjoyed either raw as sashimi or grilled. Succulent and fleshy prawns are also great eaten raw or grilled, and the most common method for eating prawns in Korea is to peel them and dip them in a vinegar and red chili-pepper sauce.

On land, the best fall seasonal foods include flavorful and nutritious pine mushrooms and sweet persimmon. Pine mushrooms come in stewed, grilled or steamed dishes. They are great with beef or abalone. Persimmons are particularly sweet in the fall and are widely enjoyed as a dessert item. The dried version, called gotgam, is dried under the autumn sun and in the wind; it has a different texture from the fresh, undried version.

Fall foods are best in terms of taste and nutritional value when they are eaten in season. Enjoy some of these nutritious fall foods as the cooler weather sets in.

Blue crab

Delicious, nutritious, and reasonably priced



Marinated blue crab

Blue crabs are in season in spring and autumn. The abundant, creamy roe of the pre-spawning female crabs are best enjoyed in the spring, while the flaky, plump meat of the male crabs is a delicacy best enjoyed in autumn. Crabs are prepared in a variety of ways and can be made into spicy



Blue crab soup

crab soup with vegetables and other seafood, or it can also be steamed, shelled, and eaten plain. Another delicacy is gejang, or raw crab marinated in soy sauce or red chili-pepper paste sauce. Prepared in any form, freshly-caught crabs are a true seafood lover's delight.

Not only are blue crabs tasty, but they are also packed with nutrients. The crab's shell contains calcium and chitin and the meat has an abundance of essential amino acids and vitamins. In Korea, blue crabs are known to be effective in the prevention of geriatric diseases and aid in alcohol detoxification.

Jumbo prawns

A feast for the eyes & palate



Deep-fried jumbo prawns

Jumbo prawns are a mouthwatering fall specialty to even those who don't generally eat seafood. Those caught at sea are not easy to find outside local fishing areas, as these short-tempered crustaceans die quickly after they're caught. Compared to farmed prawns, jumbo prawns caught at sea have longer antennas, thicker shells, and chewier meat.

You can eat them boiled, steamed, or fried, but for a fuller flavor, heat a large pot, sprinkle it with coarse sea salt, and cook the live prawns for about 10 minutes until they turn crimson. Prawns are savory and do not taste "fishy," so they can be eaten as is without any sauce. If you prefer more seasoning, try dipping the prawns in a mixture of red chili-pepper paste and vinegar. Instead of throwing away the left-over shrimp heads, re-cook them for an extra crispy and delicious treat.



Grilled jumbo prawns

Gizzard shad

Soft flesh and bold flavors



Gizzard shad sashimi

In the fall, gizzard shads store up plenty of nutrients for the long, cold winter; meaning they are packed with healthy oils and plenty of flavor. The best months to eat these delicious fish are between late September and mid November. Larger gizzard shads are higher in fat, so make sure to pick a fish over 15cm to enjoy the fish's true taste.

There are many ways to cook and eat gizzard shads. Slices of raw gizzard shads taste best when wrapped in lettuce and seasoned with chili and garlic sauce. The spicy taste of a seasoned gizzard shad platter mixed with various vegetables and condiments is also a local favorite. However, the best way to cook gizzard shad is to take a whole fish, score it lightly, salt it, and put it on the grill. There's no need to debone it, so it is ready to be eaten as soon as it is done.



Grilled gizzard shad



Wild pine mushroom

Pine mushrooms
Small in size but big in flavor

Pine mushrooms are considered the best among the hundreds of types of edible mushrooms in Korea. They only thrive on live pine trees and are harvested in autumn. Pine mushrooms are referred to as diamonds in the forest for their high nutritional value and efficacy. The mushroom is great for preventing geriatric diseases and protecting the stomach. More than anything, it is known for its cancer prevention qualities.

Pine mushrooms are expensive as they cannot be grown commercially, but must be collected in their natural environment. Despite the high price tag, it is in great demand thanks to its delicate flavor and nutritional value. The mushroom can be sliced and grilled over a light fire, but it is more commonly cooked with other ingredients. For example, it can be cooked with other vegetables in a soup, or it can be added to rice. When it is cooked along foods like abalone or beef, it is fortified with minerals and proteins, turning into a great stamina health food.



Persimmon dessert

Persimmon
A sweet and healthy dessert

Persimmon is a major autumn fruit in Korea. Depending on the level of processing, it is called by different names: hongsi refers to persimmon ripe to a color of yellow-orange or dark red-orange with no astringent taste; gotgam is persimmon peeled and dried under the sun and the wind; and bansi is seedless persimmon. Persimmon is high in vitamins A, B, and C, and minerals. In Korea, a common saying is, "Just stand under a persimmon tree and you are sure to get healthy." The fruit is particularly good for the skin and for getting over a hangover. The fruit is also highly effective for stopping diarrhea-related symptoms, so most advise against consuming persimmons in large quantities to prevent blockage.



Persimmon tree

Freshly picked persimmon can have an astringent flavor. But over time, it will ripen and become sweet, and its color will transition to a deep orange. This fruit is mostly eaten as is without cooking. Hongsi can be frozen and eaten in shaved form or like ice cream. It is also enjoyed as a jam or in a salad.



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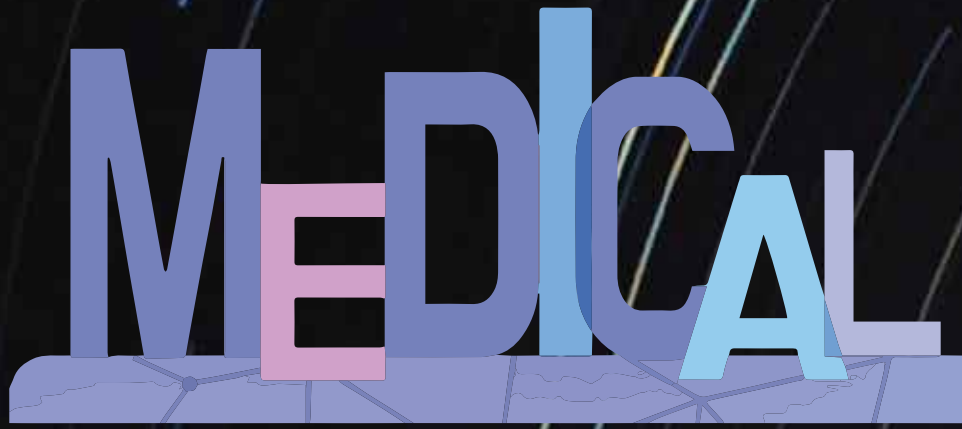
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A Guide for Medical Tour in Jeollabuk-do



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Stripes Sports Trivia

The last 5 NFL teams to lose one game or less in the regular season have all failed to win the Super Bowl. Most notably, of course, is the 2007 Patriots - the 2nd team to ever finish the regular season undefeated. Can you name the most recent team to finish with one loss that failed to win the Big Game?

Answer

Carolina Panthers (2015)



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- Kudzu Root Tug of war night
- Chosun royal carriage parade



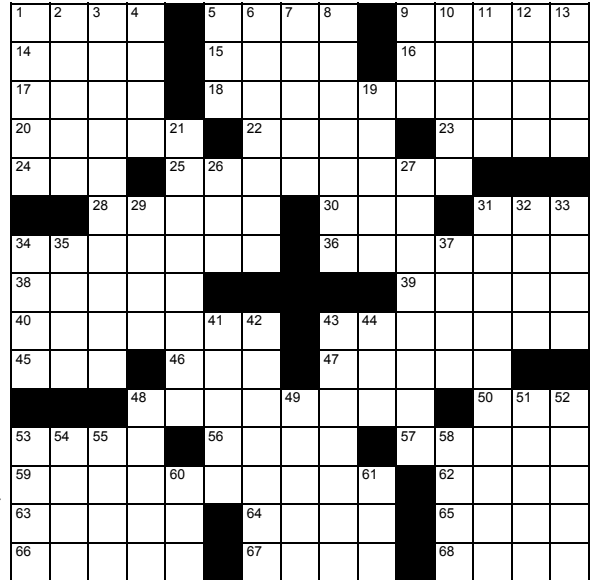
YEONGWOL COUNTY
Yeongwol-gun main number
1577-0545

Crossword

by Margie E. Burke

ACROSS

- 1 Puts in stitches
- 5 Tiptop
- 9 Hot sauce
- 14 Cookie for dunking
- 15 Watch-step link
- 16 French farewell
- 17 Kewpie, for one
- 18 Connery film of 1999
- 20 Go off-script
- 22 Trepidation
- 23 Engrossed by
- 24 Match, in poker
- 25 Conclusive trial
- 28 Poe's middle name
- 30 Bic filler
- 31 Long, long
- 34 On the way
- 36 Ammunition wagon
- 38 Arithmetic sign
- 39 Kind of cavity
- 40 Summer beverage
- 43 Unable to sit still
- 45 Hollywood's Danson
- 46 Make a goof
- 47 Mr. T's group
- 48 False show
- 50 Dog reprimand
- 53 Certain dancer
- 56 Staff symbol
- 57 Kind of cap
- 59 One-sided
- 62 Reduce, as expenses
- 63 Money substitute
- 64 iPhone assistant
- 65 Spellbound
- 66 Spartan slave
- 67 Leak slowly
- 68 Telephoto, for one



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- 3 Justly deserved
- 4 Songs for one
- 5 Sailor's assent
- 6 Keep in custody
- 7 Like some colors
- 8 Unpredictable
- 9 Tree trickling
- 10 Cop to
- 11 Bank claim
- 12 Email folder
- 13 Pilot starter
- 19 Gladiator's place
- 21 Railing part
- 26 Felix, for one
- 27 Like beauty, they say
- 29 ___ and clear
- 31 Gathering, as of things
- 32 Capricorn's creature
- 33 One's partner
- 34 Shed
- 35 "Way to go!"
- 37 Sprawling story
- 41 Standing
- 42 Unpretentious
- 43 Showy display
- 44 Computer pros
- 48 Salk's conquest
- 49 Chilling
- 51 Singer Neville
- 52 Bottom of the barrel
- 53 Overdo the praise
- 54 Enough, for some
- 55 Kind of scout
- 58 Translucent gem
- 60 Anagram for "tap"
- 61 Sassy talk

Answers to Previous Crossword:

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

DID YOU KNOW?

In terms of land area, South Korea, which has a population of more than 51 million, is roughly the size of the state of Indiana.



Hangul of the week

슬픔

seul-peum (sadness)

Language Lesson

Let's take a break.

Jom swi-uht-da heyo.



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SUDOKU

Edited by Margie E. Burke

Difficulty: Medium

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

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:

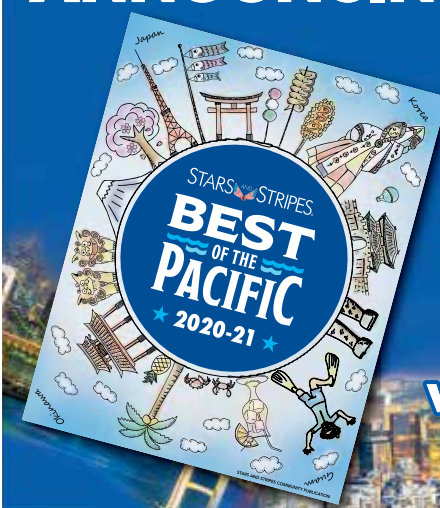
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1	3	8	5	6	7	4	2	9
4	6	9	2	8	1	5	3	7
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7	1	4	6	9	3	8	5	2
8	9	3	4	2	5	7	6	1
9	7	2	8	3	4	6	1	5
3	4	1	9	5	6	2	7	8
5	8	6	7	1	2	9	4	3

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