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A new year is upon us, and it's time once again to turn your attention to the yearly tradition unlike any other – Best of the Pacific voting season!

For the past 21 years, our annual Best of the Pacific magazine has been the authority on the best places YOU need to go in the Pacific. How do we know? Because you told us so!

You've made your voices heard over the years, and in turn, informed fellow members of the military community like yourselves of the Pacific's best attractions, restaurants, Sunday brunch, get-aways and more.

Have a favorite coffee shop serving up delicious cups of joe you want to share? Or is there an off-base dentist you tell all your friends about? We want to know what you like and most importantly, why you like it so much.

Voting is quick, easy and you just might get your name in the magazine! Take a few minutes and vote

for all your favorites at bestofpacific.stripes.com. And if you do, you may qualify to win a \$300, \$200 or one of four \$50 Exchange gift cards.

Thanks to your input every year we're able to make Stars and Stripes community products to help you enjoy your stay in the Pacific. That's what we're all about. As we are fond of saying, our papers, websites and magazines "are about you, for you, and in some cases, by you."

The votes keep rolling in year after year and it's all thanks to you! We had a great turnout in 2021, and we expect nothing short of a record number of votes in 2022.

Vote and share so even more of you can experience the best the Pacific has to offer!

– Stars and Stripes staff



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Light up your winter night at
the Garden of Morning Calm
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Photos courtesy of d'strict

GANGNEUNG ARTE MUSEUM

Experience nature like you never have before

BY CHIHON KIM,
STRIPES KOREA

The new Gangneung Arte Museum brings one of the largest digital art exhibitions to the Peninsula and offers visitors a step into a stunning immersive display.

The project is the third created by digital design company D'strict; the other two are in Jeju Island and in Yeosu. The Gangneung display is centered

around the theme of "Eternal Nature" and the digital installations reflect the regional beauty of the city and surrounding

Gangwon Province.

Visitors are treated to a multidimensional experience where all senses are stimulated

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including sight, sound and smell. D'strict's computer-generated Mother Nature allows visitors to saunter through mysterious beaches, forests, caves, waterfalls, and even under lightning storms without leaving the museum. It's truly an other-worldly experience!

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STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Motor City

Detroit-style pizza served up

in
Seoul

What's your favorite pizza? Though I've been up to my neck in Neapolitan pizza for a few years, I've been looking for something different that I could add to my food wish list. And one pizza place was on my radar while I was food hunting in Seoul recently.

Located at the entrance of Itaewon, Motor City is a famous pizza place known for its Detroit-Style pizza. The best way to get there is to take the subway and get out at Exit 3 of Noksapyeong Station (near gate 12 of Camp Yongsan). From there, it's a mere five-minute walk to Motor City. If you drive, you'll find public or private parking lots behind the eatery.

Inside, Motor City's interior is black, giving the whole dining area a modern and neat vibe. Right next to the entrance, their great bar invites thirsty hops connoisseurs and malt enthusiasts to a wide range of beer options from acclaimed local breweries such as Playground, Itaewon Brewing and Gorilla Brewing.

In the United States, Michigan is home to major national chains like Domino's Pizza and Detroit-style square pie has been served in the Motor City since 1946. In keeping with its city's name, the pie was baked in blue-steel pans that were originally used to carry auto parts.

Detroit-style pizza is hard to duplicate, and it was also Motor City owner

John Kim's 'Love at first bite' – which is why he flew to Michigan to train under Shawn Randazzo, Grand prize pizza maker at 2012 International Pizza Expo. After that, Kim accumulated broad experience in a variety of pizza places in the States. Motor City's menu remains true to its Detroit roots and has gained status as a great Itaewon dining destination.

Kim is a key member of Manimal Tribe, an international hospitality team that has been made a huge contribution to the thriving Seoul's food scene since 2015. Motor City opened in Itaewon in 2016. While Motor City has been baking their signature pizza for more than five years, the square-style pizza has just started to take hold in Korea.

During my visit with some friends, we settled into chairs by a window and opted for Jackson 5 pizza for 24,900 won (or \$20.93) and popular side dish Fries with Queso for 14,900 won. Besides Jackson 5, the menu is loaded with many square pizza options. And, of course, we ordered some nice cold beers to wash it down. If you're not crazy about beer, Motor City also has cocktails, house wine, gin, whiskey, and more.

Considering its unique taste, it is no surprise that square-style pizza is catching on among youngsters. The spicy Detroit-style pizza with a perfectly charred yet buttery crust, melted cheese, and robust sauce was so delicious. And the fries with chile con queso made on-site were not disappointing. No idea what beer pairs well with the Jackson 5? Grab an Itaewon Pale Ale. You can't go wrong with the top-selling beer of the restaurant.

Motor City also offers a selection of signature pastas and chicken wings coated with a variety of spicy and sweet sauces. If you are a pizza lover and looking to try something different for your weekend dinner in the Itaewon neighborhood, head to Motor City for some of the most authentic Detroit-style pizza.

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VIEW VIDEO



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Fast, delicious Mexican food just outside Osan

STORY AND PHOTO BY JAZZMIN SPAIN,
STARS AND STRIPES
Published: December 16, 2021

If you are looking for simple yet tasty Mexican cuisine after a long day of shopping in Pyeongtaek, South Korea, stop at Casa Burrito on your way back to base.

On my first visit, the owner greeted me warmly and immediately, and when I had trouble deciding, offered a few suggestions. He was so inviting and friendly, I decided to stay and eat rather than get my order to go.

I went with the steak quesadilla – Casa

Burrito’s most expensive menu item at 10,500 won, or about \$8.90 – which comes with cheese and sour cream. The owner honored my special request to leave off the sour cream, because I didn’t want it to overpower the other flavors.

The aroma of fusing spices and the sound of sizzling meat permeated the restaurant as he prepared my order. While I couldn’t watch the cheese melting with the meat, I wasn’t disappointed based on what I could sense coming from the kitchen.

My quesadilla was ready in 10 minutes, which didn’t really feel like long at all.

I’m not a person who likes my food drowning in spice. This quesadilla had just enough kick for my taste buds to enjoy the flavor without forcing me to reach immediately for the nearest beverage.

It was tasty, fresh and not too greasy. It filled me up, and I still had enough left over to take with me.

Casa Burrito also offers other Mexican staples like burritos – obviously

– tacos and chimichangas. The burrito is next on my list.

Everything on the menu was in English. There were many beverages to choose from, including water, sodas and tea. They also serve beer and other alcoholic beverages.

Casa Burrito shares one downside with many eateries close to Osan Air Base: its size. The place is small, with limited seating.

But with this location – a minute walk from the main gate – the to-go option is always a good choice.

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Spam, Lunar New Year go hand in hand in Korea

File photo

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

For many, the word “Spam” may conjure up images of junk e-mail or a cheap substitute for fresh meat. But the canned pink meat has a different position in some parts of the world, especially in Korea.

Seollal, one of Korea’s biggest holidays kicks off Feb. 1 and is the start of the lunar year in 2022. Growing up in Daegu, Seollal meant visits to my grandparents’ home and lots of rice cake stew. During the holiday, which is observed over the course of three days, Koreans travel back to their hometowns to pay respects to their ancestors, wear traditional hanbok and exchange gifts with their loved ones. This year, however, many including me will not be celebrating the same as usual due to COVID-19 restrictions and



safety measures still in place.

One of the staples will remain this year, pandemic or not—grocery stores will once again be stocking lots of Spam cans as they do every year. These displays of canned ham and other gifts take prime real estate at the front of stores heralding the arrival of the Lunar New Year.

Though gifts include tuna, cooking oils, and local beef (Hanwoo), the best-selling gift is Spam. So much so, it’s even an incentive for company workers during the holiday and Chuseok, Korea’s harvest festival in September. The country is now the second biggest consumer of Spam after the U.S., according to Hormel Foods,

despite having a population less than a sixth of the size.

Why is Spam so popular in Korea?

The popularity of Spam in Korea is a leftover from the Korean War, when it came over with U.S. soldiers in the 1950s. By the end of the war, South Korea had plunged into crushing poverty. Meat was scarce, and for many, Spam flowed out of U.S. Army bases was the only source. Since Koreans could barely afford to eat meat during the country’s two major holidays, Spam quickly became a special treat, becoming a status symbol of wealth.

After all these years, Spam remains an integral part of the Korean food culture and is an indispensable ingredient in budae jigae, Korean for Army Stew, which is popular with the both the older and younger generations of Koreans. And its ability to pair with kimchi and rice is what keeps Koreans hooked.

Korean Spam vs. U.S. Spam

You’ll find Spam in Korea tastes taste similar to the one produced in the U.S. due to following the same production



mixture that is standard in the U.S. version and also a 1-day aging process which makes the finished product retain more moisture. The Korean version is also not as thick as the U.S. version which makes for a softer Spam.

protocol, but Spam Lite in the States is closer to what the consistency and nutritional values found in the regular Korean version. Another difference is the quality which the Korean distributor says varies from the version found in the States.

According to the Korean producer, the secret to why Spam is so popular in Korea is not the taste but rather the feel of the canned meat in your mouth. This texture is due to omitting the starch used in the

Spam is also known for its extremely popular TV commercials in Korea. Since 1980, when Spam was officially imported into Korea, the company began advertising the pink meat block as the example of luxury.

Although in recent years Spam’s popularity has declined, in Korea, bowls of warm rice topped with Spam and kimchi still conjure great memories for generations of Koreans. And Lunar Year just wouldn’t be the same without it.

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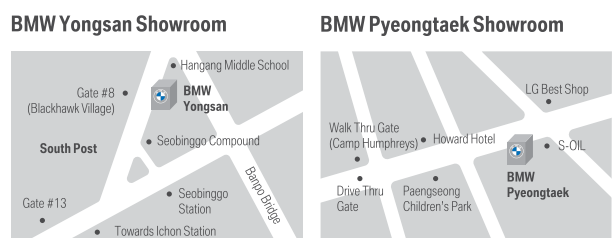
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Light up your winter night at the Garden of Morning Calm

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Located in Gapyeong-gun, only about two hours by car from Pyeongtaek, the Garden of Morning Calm is a popular place for winter illuminations in Korea. Originally farmland and a stone field where goats were raised, this place was turned into a beautiful garden that features 20 themes and several trails in 1996 by Professor Han Sang-kyung, who majored in horticulture.

The most wonderful time of the year to visit the garden? The light festival runs from early December to the middle of March, but the Garden of Morning Calm is open to the public throughout the year and each season boasts its own charm and beauty.

Look forward to wildflower exhibitions offering more than 60 types of flowers in spring. The scent of charming flowers such as hydrangea, clematis, rose, lily, and peony root will entice you in summer. In autumn, the wild chrysanthemum exhibition and Maple Festival are held every year.

I hadn't visited this garden in recent years, so I decided to visit in the winter season to see the magical illuminated trail

at the garden in the evening.

Even though it has spacious parking, I visited on a weekday to avoid the heavy traffic. And don't worry about the language barrier because they have English-friendly ticket kiosks at the entrance to the garden.

Once I stepped inside the garden, a pine tree decorated with lights greeted me. I noticed a light tunnel on my right side and made my way toward sparkling light tunnels. As soon as I passed through the tunnels, I lost my way in a dark part of the garden. Though I didn't know where I was, I gathered myself and walked toward the next theme garden lit up by millions of lights in the distance. Don't worry, this garden is not big enough to get lost in. I just have a poor sense of direction.

Honestly, at first, I was a little disappointed, thinking that the decorated lights and displays were not as impressive as I thought they would be. But as soon as I entered Sunken Garden, I was totally overwhelmed by the dazzling, jewel-like colored illuminations covering the trees. There not much to say, other than that it was amazingly beautiful!

If you want to fully enjoy Sunken Garden, there are a couple of observation decks where you can enjoy it from different

angles.

After I fully took in the beauty of Sunken Garden, I made my way to Moonlight Garden, enjoying captivating lights set along the hill on the way. For me, the elegant plant-themed lights including the dazzling treetop waterfall along the hillside, were more beautiful than Moonlight Garden at the end of the pathway.

There are a number of photo-ops ranging from the Tunnel of Heart to the Tunnel of Happiness, which are perfect places for couples who love the romantic atmosphere when strolling along the light-filled path. Once you take enough photos to feed your social media, warm up your body with a cup of joe at a cafe down the Korean-themed garden or grab some bread at the bakery in the same building if you get a bit hungry.

The direction you wander doesn't matter in the garden. You can turn clockwise, counterclockwise, or just go where your feet take you like I did. It took me two hours to explore the whole garden. Looking for a romantic winter getaway? Head to the Garden of Morning Calm. I can't wait to come check out the garden in the spring and summer!

kim.chihon@stripes.com



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Delicious food and brew at Kraemerlee



You don't have to be a beer drinker to recognize that there is a serious craft beer obsession sweeping South Korea. Ever since Korea's Liquor Tax Act was changed in 2014, small breweries have been able to distribute their beer, giving skillful brewmasters a chance to make their mark in the Korean craft beer scene.

Opened in Ansan in 2015, Kraemerlee brewing is one of them. Kraemerlee is a combination of the co-founders' names Kraemer, a German brewer, and two Lees from Korea. A few years ago, I visited their humble brewery tucked in an alley of a quiet neighborhood in Ansan to taste fresh tank beers. I sampled one of the signature beers and I can never forget the freshness of the beer that has a light but rich malt flavor.

While their small brewery in Ansan has no space to sit and enjoy your beer with food, they opened Kraemerlee brewpub in Gapyong in 2019. The brewpub gives you an awesome craft beer experience with its neat dining area, which includes outdoor campfire seating. And the assortment of craft beers brewed on-site are delicious.

There is a beautiful ski resort with an indoor pool across the street from the Kraemerlee, and the famous Garden of the Morning Calm is just a 10-minute drive away, making the brewpub a perfect pit stop for skiers and beer-loving travelers.

At Kraemerlee, you'll find many German beers crafted on-site including pilsner, weissbier, single-hop IPAs (6,000-9,000 won, or about \$5-8), and more. The brewery also boasts the taste of Weizenbock, a wheat version of a German-style

bock.

They also offer a variety of classic food options on the menu, including pizza and burgers that are beautifully paired with their beers. Among their robust food options, I opted for a Lager cheeseburger for 15,500 won (or \$13.06).

The juicy burger was topped with cheddar cheese, tomatoes, bacon, stilton, arugula, cheese sauce and grilled pineapple. When ordering, I didn't know the burger had pineapple, which is my least favorite fruit. However, although I'm a burger purist who before taking a bite would have decried having pineapple on the burger if I would have known, I must admit the grilled fruit was a delicious touch.

Aside from pizza and burgers, they offer fresh salads and side dishes such as mac and cheese and chili cheese fries. If you're looking for a hearty meal, they also have pasta and rice options on their menu, as well as meat platters cooked using dry cooking methods. The meat platter options come with bread, sausage, and a variety of side dishes.

If you want to get a close-up look Kraemerlee's beer-making, call in advance to set up a tour. Not only will you see how things are brewed, but you'll also have the chance to sample some fresh beer.

If you love sweet coffee and love beer, grab a Fat Boy (ABV 9%) brewed from a Geisha coffee beans. Combining ingredients folks dig doesn't always work well, but these two are a match made in heaven. The flavor and aroma characteristics of coffee meld seamlessly with the beer that has a creamy texture.

If you plan on going to Gapyong, make sure you stop by this brewpub for some tasty suds and delicious food.

– ChiHon Kim, *Stripes Korea*

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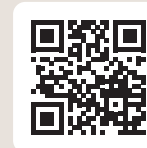
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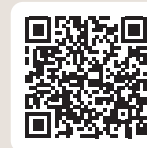
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Gyeonghoeru Pavilion Photo by hanboknam

Virtual Gyeongbokgung Palace walking tour

If you want to feel like you're walking around Gyeongbokgung Palace, why not visit its website and try the virtual walking tour? It's not a prerecorded video but a livestream of Gyeongbokgung Palace, which has a 600-year history. The tour is led by a guide dressed in hanbok (traditional Korean clothing), befitting the palace's atmosphere, and provides detailed information about renting and wearing hanbok.

The online Gyeongbokgung Palace Walking Tour is a 60-minute livestreaming program that introduces the palace's various walking courses and scenic sights. In addition, you can learn about the hairstyles of court ladies from the Joseon period, best photo spots, behind-the-scenes stories, and other exciting facts about Gyeongbokgung Palace. This tour also offers a hanbok rental discount coupon to be used later.

Gyeongbokgung Palace walking tour

WEBSITE: Tour introduction website (VisitKoreaforMe): www.visitkoreaforme.com (English)

* Click on the BOOK button to visit the KLOOK (tour operator) website for detailed tour & reservation information

OPERATING HOURS: Fridays 2:30 - 3:30 p.m. (KST)

TOUR SERVICE LANGUAGE: English

FEE: 15,000 won

* Reservations must be made 2 days in advance

* Cancellations are accepted free of charge within 2 days

RESERVATIONS: Sign up for a membership to book a tour.

Check the email account used to sign up, and click on the link provided (KST)



Bukchon Hanok Village Photo courtesy Korea Tourism Organization

Virtual Hanok Village docent tour

This Virtual Hanok Village Docent Tour program lets you explore the traditional Korean houses, or hanok, that you've seen all over the media. The friendly guide will explain the hanok's history and construction. There are many well-preserved hanok villages, such as Bukchon Hanok Village, Ikseon-dong Hanok Alley, Jeonju Hanok Village, and Andong Hahoe Village, and you will discover each one's unique charms and characteristics.

During this 1-hour livestreaming program, the guide will directly communicate with you to explain each village's characteristics and noteworthy features. You will learn about each region's different hanok styles, unusual hanok stay locations, and other basic information that you may have already picked up from Korean historical dramas. The program also offers an online map link for your next visit to Korea.

Virtual Hanok Village docent tour

TOUR INTRODUCTION WEBSITE (VisitKoreaforMe): www.visitkoreaforme.com (English)

* Click on the BOOK button to visit the TRAZY (tour operator) website for detailed tour & reservation information

OPERATING HOURS: Saturdays 11 a.m. -12 p.m. (KST)

TOUR SERVICE LANGUAGE: English

FEE: 15,000 won

* Reservations must be made 2 days in advance

* Cancellations are accepted free of charge within 3 days

RESERVATIONS: Reservations



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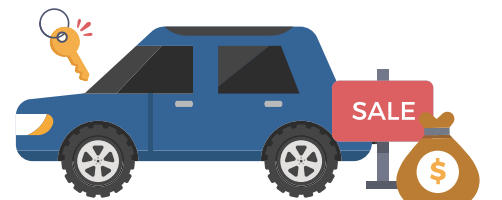
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Soju tour Photo courtesy Korea Tourism Organization



Online Traditional Korean Soju and Food experience tour

→ The Online Traditional Korean Soju and Food Experience Tour will introduce you to the fascinating world of authentic soju, made using the traditional distillation method, unlike regular soju. A traditional soju artisan will show you how to make it, and you can also learn about its traditional history and culture.

This online tour program will teach you how to cook Korean food directly from a Korean chef. This livestreaming program covers kimchi pancakes, a popular Korean side dish enjoyed with alcoholic drinks, and recommends suyu, boiled pork slices as an excellent accompaniment to soju. Although it is an online tour, you can communicate with and learn from the chef, so you will still enjoy the virtual Korean cuisine experience.

Traditional liquor experience and Korean food cooking class

TOUR INTRODUCTION WEBSITE (VisitKoreaforMe): www.visitkoreaforme.com (English)
 * Click on the BOOK button to visit the OME COOKING LAB (tour operator) website for detailed tour & reservation information

OPERATING HOURS: Fridays 6 - 9 p.m. (KST)

TOUR SERVICE LANGUAGE: English

FEE: 11,000 won

- * Reservations must be made 2 days in advance
- * Cancellations are accepted free of charge within 2 days until 5 p.m.

RESERVATIONS: Sign up for a membership to book a tour. Check the email account used to sign up, and click on the link provided (KST)

* Must be ages 19 or older to participate



Marinated fried chicken Photo courtesy Korea Tourism Organization



Virtual K-Chicken tour

If you want to know more about Korea's fried chicken dishes, which are becoming more popular worldwide, come on the virtual K-chicken tour! This tour program provides loads of information about the history, types, and recipes of Korean fried chicken, characterized by its crispy fried batter and tasty seasoning. The tour also introduces major chicken streets and restaurants in each region, including Daegu, Busan, and the famous Suwon Chicken Street, and their recipes.

You can also discover helpful tips on how Koreans enjoy chicken as much as possible. If you love fried chicken, you're bound to love this vivid, K-chicken experience and pick up some useful tips and information!

Korean Chicken online tour

TOUR INTRODUCTION WEBSITE (VisitKoreaforMe): www.visitkoreaforme.com (English)
 * Click on the BOOK button to visit the TRAZY (tour operator) website for detailed tour & reservation information

OPERATING HOURS: Saturdays 7 - 8 p.m. (KST)

TOUR SERVICE LANGUAGE: English

FEE: 15,000 won

- * Reservations must be made 2 days in advance
- * Cancellations are accepted free of charge within 3 days

RESERVATIONS: Sign up for a membership to book a tour. Check the email account used to sign up, and click on the link provided (KST)



K-Star Road Photo courtesy Korea Tourism Organization



Virtual K-Pop agency tour

If you're a K-pop fan, then you can't miss this online tour! The virtual K-pop agency tour will give you an insider look into major K-pop agencies, such as BTS's HYBE or SM Entertainment, YG Entertainment, JYP Entertainment, and more.

This tour will also explain the iconic venues of K-pop, including Mosan Airfield in Jecheon and Hyangho Beach in Gangneung, used as filming locations in BTS's music videos. In addition, it displays artists' merchandise, which is sold in each agency's building.

K-POP agency online tour

TOUR INTRODUCTION WEBSITE (VisitKoreaforMe): www.visitkoreaforme.com (English)
 * Click on the BOOK button to visit the TRAZY (tour operator) website for detailed tour & reservation information

OPERATING HOURS: Sundays 11 a.m. -12 p.m. (KST)

TOUR SERVICE LANGUAGE: English

FEE: 15,000 won

- * Reservations must be made 2 days in advance
 - * Cancellations are accepted free of charge within 3 days
- RESERVATIONS:** Sign up for a membership to book a tour. Check the email account used to sign up, and click on the link provided (KST)



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Visiting Busan's beautiful Byeongpungam Seokbulsu Temple

STORY AND PHOTOS BY KYLE HANEY, GLOBETROTTERKYLE.COM

In the military, we do a lot of exercises. And ‘a lot’ is an understatement. In South Korea particularly, we (i.e. the military) have a special saying that we need to be “ready to fight tonight” because we don’t know when things with our neighbors to the north will turn south, if you know what I mean.

With those exercises brings 14-hour days, stress levels through the roof, and enough caffeine that even the Koreans look at us like even we might have a problem lol. However, those same exercises bring an amazing perk: Meeting new people from all around the world!

During this past exercise in August, I was fortunate enough to make a great American named Gregory who was just finishing up a tour somewhere in England. He and I got along famously as we were both eager to explore South Korea. It was so awesome to finally find another globetrotter like myself!

After a week of residing in the standard exercise tents on base, Gregory asked if he could bunk with me in my apartment off base and I accepted instantly. That next weekend, we were bound for Busan, ready to explore.

Gregory had done a little intel prior to this trip and found an awesome temple that he had wanted to visit so, we asked the cabbie to drive us to Byeongpungam Seokbulsu Temple.



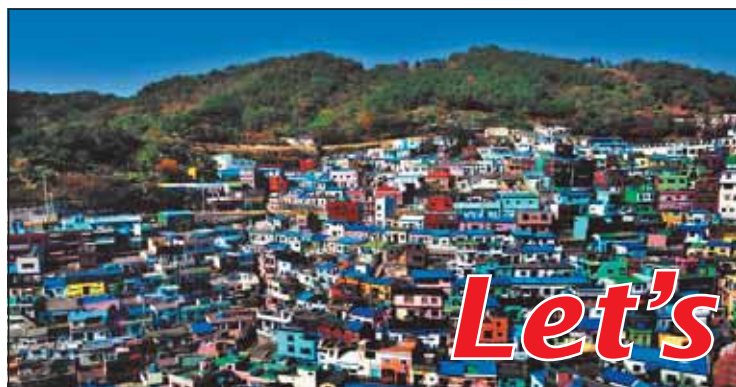
All about the temple

To say that this temple was epic is to say that Mt Everest is just another mountain. Sure, both statements are correct, but the stories behind these two are what make the locations so awe-inspiring.

Unlike all the other temples I have visited while being in South Korea, Byeongpungam Seokbulsu has these amazing Buddhist images carved directly into these towering rock faces, some ~40 feet high!

The incredible Buddhist images are carved into the Byeongpungam rock face and look like a tall folding screen, which is what byeongpung translates to in Korean; seokbulsu translates to Stone Buddha Temple.

Furthermore, Seokbulsu Temple was built by a Buddhist monk who was also the head priest of this temple in the 1930s. That same monk commissioned the carving of the Buddhist images on the Byeongpungam rock face that are still standing today!



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Byeongpung Buddhist images

→ There are a total of twenty-nine Buddhist images carved on the Byeongpung rock face as a devotion to Buddha. This makes the Seokbulsu Temple unique in that it has the largest number of these carvings in the entire country! What really stands out are the large carvings of the Eleven-faced Avalokitesvara Bodhisattva, the Bhaishajyaguru Buddha, the Vairocana Buddha, and the four Guardian Kings.

As we continued to explore, Gregory and I found an amazing little staircase to the western edge of the courtyard that led up to a perch overlooking the entire complex. As we climbed the stairs, we encountered images of Arhats (“perfected/worthy people” who have gained true insight into the nature of reality) and the Buddha. Needless to say, the views were as breathtaking as the steep hill we climbed took just to get up to this temple. Take a look for yourself!

Gregory and I were extremely fortunate to spend our entire time at the temple with no other visitors. Even the monks were nowhere to be found! Given the serenity of the atmosphere and the impressive views of Busan to the south, I was able to find peace here instantly. We relaxed, pondered, and meditated before we exited the compound inspired by how impressive the space was.

If you ever find yourself in Busan, Byeongpungam Seokbulsu Temple should absolutely be on your bucket list!

How to get to there

Though Gregory and I decided to take a cab to the temple, you could easily get to the temple using public transportation.

Via subway

From the Busan train station, you’ll take a combination of subway and taxi, and it’ll take you just over an hour. After that, you’ll hike the rest of the way up a rather steep road.

1. Get on the 1 line headed towards Seomyeon. Ride for 10 stops and get off at Yeonsan
2. Get on the 3 line headed towards Minam. Ride for 5 stops and get off at Mandeok
3. Hail a cab and ask him to drive to the base of the Seokbulsu Temple at 143-96, Mandeokgogae-gil, Buk-gu, Busan
4. Walk up the extremely steep hill to reach the temple!

Via car

Alternatively, if you have a car, I recommend using Kakao Maps to get to the Temple. To start, search “Seokbulsu Temple” and look for the result whose address is 143-96, Mandeokgogae-gil, Buk-gu, Busan. That’s the one!

Simply use which ever route Kakao Maps recommends to get there in about 45 minutes.



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The top 5 essential and unique Korean locations to visit



STORY AND PHOTOS BY KYLE HANEY, GLOBETROTTERKYLE.COM

Since my PCS to Korea, I've traveled extensively throughout this amazing, mountainous country. As 2021 comes to an end, here are the top 5 places I visited, and the top 5 places I highly recommend exploring if you find yourself here in 2022.



1. Donghwasa Temple

I was extremely lucky when I visited Donghwasa as it was a Sunday, and the monks were leading prayer for some 200 people. The sounds of monks chanting sacred prayers into the wind that was rolling off the green mountainside in the presence of a massive Buddhist statue is something I'll never forget, and it's a moment I'll always be thankful for.

2. Gyeryongsan National Park

Gyeryongsan has everything: waterfalls, amazing scenery, peace and quiet, and of course, amazing hiking trails. For this journey, I took a trail that took me 766m into the air with 360-degree views of the picturesque Korean mountains that (figuratively and literally) took my breath away. In one heading, the skies were cloudless and deep blue while in another direction, a massive thunderhead was building in anticipation of unleashing hundreds of gallons of water some nine or ten kilometers away. The air was crisp, and the sound of silence was all around me. I paused and soaked the moment in before my weary legs begged me to return to the car.



3. Homigot in Pohang

Homigot is Korean for "tiger's tail cape" and it's a small point of land that stretches into the Sea of Japan on the east side of Pohang. Judging by how it looks on the map, one could easily argue that it's the eastern most point of South Korea. As I parked the car at the Homigot Sunrise Plaza and began reading the posted signs, I learned that the whole cape is loaded with fun activities to do from art sculptures to museums to beaches. Luckily, I happened to be starting at the Hands Of Harmony art sculpture (aka cool hand thing in the ocean) where I took a good two hours enjoying the art and taking way too many pictures lol.



4. Juwangsang National Park

Just an hour outside of Pohang, Juwangsang National Park is full of massive canyons that tower over you on both sides as you meander throughout the park. As I made my way to the Yongchu Pokpo Falls, I discovered the iconic "poster child" of the park on a narrow boardwalk leading me through an impressive water-carved fissure, thousands of years in the making.



5. Yeonggeumjeong in Sokcho (and Seoraksan National Park)

Not only did I catch a sunrise over the ocean, but I did it in the company of the few Koreans that actually get up before 6:00am lol. I was lucky enough to shoot this amazing shot at a temple/gazebo that stretches out towards the east called Yeonggeumjeong. After shooting this, I pointed my compass west and began making my way towards the entrance of Seoraksan National Park.

The steep, and I mean very steep, elevation gain right out of the gate is literally breathtaking. I'd suppose that this is the mountain's way of gut checking you as you decide to attempt a summit. Nature must always, always be respected, and I believe that goes for the mountains we climb as well. Had someone showed up unprepared, either physically or mentally, this initial thousand meters was Daechongbong's way of turning them away.

This place felt like I was standing at the edge of middle earth! The tall, jagged peaks to the north stretched upwards to the sky as they formed a valley that felt as though hell itself was just below me. If I didn't know any better, I'd say the rocks were actually the spine of some unearthly creature, desperately clawing his way through the earth to get to me. To the south, I could see mountain top after mountain top of the Soeraksan mountains as they orchestrated a uniformed retreat from the sea. The mist gathered at the base of every mountain which gave rise to a series of ranges, cascading in fashion as each one had a taller one behind it. And lastly, I could see all the way down to Sokcho, the little town I was staying in, juxtaposed to the mighty East Sea.



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Stripes Sports Trivia

Do you believe in forgotten games? Although everyone knows about the 'Miracle on Ice' U.S. men's hockey win over the Soviet Union in 1980, not everyone realizes that there was still a game to play after the victory. The win over the Soviets in the semis meant much more, but what country did the U.S. squad knock off to win the gold medal?

Answer

Finland



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Honor and remember those who have served in Korea through reunions, scholarships, and events.

Network

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



DID YOU KNOW?

In South Korea, you may notice the cars and subway stay follow the road on the right, but the train keeps to the left. This is because the train rails were designed during the Japanese colonial period



Hangul of the week

나무
namu (tree)

Language Lesson

Get some rest.

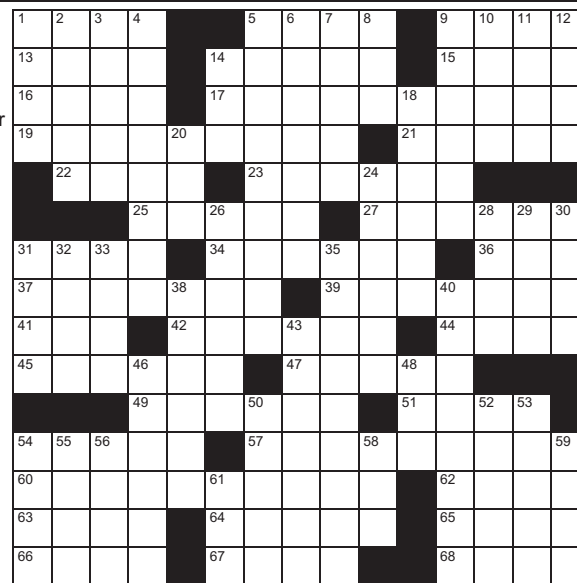
Puk swieoyo.

Crossword

by Margie E. Burke

ACROSS

- 1 Scrabble piece
- 5 2006 film, "Happy ____"
- 9 Help for the poor
- 13 Bard of ____
- 14 Columbus ship
- 15 Commuter line
- 16 School military org.
- 17 Hard coal
- 19 Heavy guns
- 21 Shakespearean title character
- 22 Bygone time
- 23 Food critic's asset
- 25 Gulf of Naples isle
- 27 Nuremberg native
- 31 Gone wrong?
- 34 Hang around
- 36 Give it ____ (try)
- 37 "B.C." character
- 39 Ticked off
- 41 State of rage
- 42 Countless
- 44 Bud holder
- 45 Indicate
- 47 2018 film, "A Quiet ____"
- 49 Black currant liqueur
- 51 Bridge feature
- 54 Black ink item
- 57 Act as host
- 60 Incumbent's goal
- 62 Details, slangily
- 63 Edible tuber
- 64 Make amends (for)
- 65 Land or stream starter
- 66 Bed board
- 67 Fine-tune, as muscles
- 68 Ultimatum word



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- 3 State-run game
- 4 Completely surround
- 5 Contract details
- 6 Get on board
- 7 Type of alcohol
- 8 "Art" anagram
- 9 Quiver carrier
- 10 Animal shelter
- 11 Tiny insect
- 12 A whole bunch
- 14 Good buddy
- 18 Toward the rudder
- 20 Rustic locale
- 24 Meeting itinerary
- 26 Runway sights
- 28 Early Yucatan dweller
- 29 Matures
- 30 Junction point
- 31 Battery contents
- 32 "Silver" or "soft" ending
- 33 Dutch ____
- 35 Bile duct obstruction
- 38 Undergo change
- 40 Paycheck padder
- 43 Two cents worth
- 46 Spotted cat
- 48 Vacation rental direction
- 50 Brief brawl
- 52 Erie or Suez
- 53 Old LP players
- 54 Some are fine
- 55 Notary's tool
- 56 Hospital supplies
- 58 OH to MA
- 59 ____ the wiser
- 61 Felix, for one

Answers to Previous Crossword:

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

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

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:

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

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

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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!

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Healthy Living

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

January 2022



■ Our story:
At U-MEDI it's all about you!
- PAGE 3

■ Dental health is important and Lime Tree is here to help!
- PAGE 6

■ The plastic surgeon who turns scars into art
- PAGES 4-5

■ Rhinitis surgery: Solving the fundamental problem!
- PAGE 7



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- Tumor marker test (liver cancer, colorectal cancer, pancreatic cancer, prostate cancer, uterine cancer, ovarian cancer, etc.)
- Abdominal ultrasonography (liver, gall, renal, pancreas, kidney), arteriosclerosis examination, bone density (older than 40 years old male/female)
- Female: cervical cancer (older than 20), mammography (older than 40)

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	Lung	800,000 won	
	Heart (coronary calcium scan)	850,000 won	
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	Carotid		
	Prostate		
	Uterus		
Endoscopy	Breast		
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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.

U-MEDI SLOGAN

1. Medical information provider

2. Your trusted medical partner

3. Find a friendly doctor

4. Medical service for everyone



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
- **Facebook:** @UMEDIkorea
- **Instagram:** @umediwellness
- **Telephone:** 010-5817-1005
- **Health news:** 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



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

The plastic surgeon who turns scars into art

VINCENT CLINIC

For 20 years, Dr. Cho has been providing medical tattoo services to patients of all ages and races.

Dr. Cho's story began in the summer of 1999 when a middle-aged man visited his hospital to erase a rose tattoo. The tattoo of the man left such a huge impact on him that he searched for the tattooist and later became his student.

Despite the challenges faced due to stereotypes on people who get tattoos and those in his line of work, he never gave up and followed his genuine love for his work, ignoring what anyone said.

Medical tattoo is usually misunderstood as only drawing inscriptions, tigers and others, but it has a more profound meaning and significance. 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 here do not hold medical licenses, they are technically working illegally.

The procedure can cover scars from burns, accidents, etc., as well as even

out the skin tone of patients with vitiligo, albinism, stretch marks, pigmentation on the genitalia of transgendered persons, create nipples for patients with a history of breast cancer and others. You can also undergo a semi-permanent lip, eyeliner and eyebrow tattoo for anyone who doesn't have enough hair on their eyebrows, dissatisfied with previous procedures or needs to cover accident scars, as well as tattoo removal.

As some cases may need surgical procedures before tattoos can be done, it is always advisable to undergo this procedure with a certified doctor and Dr. Cho is the right person in any situation as he possesses not only an artistic sense and experience but is a medical practitioner as well.

Vincent Clinic

WEBSITE: <https://vincent-tattoo.business.site>

CONTACT NUMBER: 02-507-8000

ADDRESS: 5, Toegy-e-ro 16-gil, Jung-gu, Seoul, Republic of Korea 2nd floor



Are semi-permanent eyebrow tattoos for men, too?

Yes, men can get semi-permanent eyebrow tattoos and they do so for various reasons. Including:

1. Not enough hair on their eyebrows

Semi-permanent eyebrow tattoos are needed for men who want their eyebrows to appear fuller. In this case, only the thin parts are filled out to have a more natural look.

2. Dissatisfaction with previous semi-permanent eyebrow tattoo

For those who have had eyebrow tattoos before but it blurred out or just generally dissatisfied with the outcome and want to correct it.

3. To cover scars on the eyebrow area

Semi-permanent eyebrow tattoos can help reduce the appearance of scars on the eyebrow or eyelid.

Real-life cases

Client A had an unbalanced eyebrow height which was totally different from the other, with a partial defect on one side. His original appearance changed a lot after the procedure.

Client B had a wound towards the upper eyelid which made his face look asymmetrical. In this case, we did a small surgery and tattoo. After

the eyebrow was lifted, and abnormal skin was remove, then we proceeded with a tattoo. He was also extremely satisfied with the result.

This treatment requires a tattooist who is also a doctor with experience in surgical method and aesthetics who will produce a satisfactory design. If you are looking for this type of procedure, Dr. Cho is the right person to help.

Semi-permanent eyebrow tattoo

Case 1



Before



After

Case 2



Before



After

Case 3



Before



After

What is Scalp MicroPigmentation (SMP)?

Scalp MicroPigmentation (SMP), is simply a scalp tattoo performed for people who are stressed out by hair loss.

It is a procedure for those who are not satisfied with hair loss prevention or treatment products or those who have not seen the effect of hair loss treatment.

It's a procedure that fills the empty scalp with a mole-like hair root. It's not just a treatment of creating dots on the scalp but it is a procedure involving a lot of skill where the practitioner creates dots in the shape of hair roots.



Before



After

Dr. Myung Shin Cho MD, PhD

Plastic Surgeon and Tattooist | Vincent Tattoo, Seoul

20 years of experience with over 1,000 operations and treatments

- Medical degree from Chung-Ang University
- MBA from Seoul National University
- Published as the leading Plastic Surgeon in the Moonhwa Newspaper and Seoul Broadcasting
- Board member of the Korean Plastic Surgery Association
- Member of the Korea Academy of Cosmetic Surgery
- Member of the Asia Pacific Academy of Cosmetic Surgery
- Member of the Japan Society of Aesthetic Surgery





Dental health is important and Lime Tree is here to help!

LIMETREE DENTAL CLINIC

Our body cannot regenerate our teeth, therefore, sufficient management and periodic check-ups are necessary. Though we use our teeth daily, taking proper care of our teeth is not always done correctly. As a result, visits to the dentist may reveal damage and decay to teeth and gums.

Due to painful past experiences, many may be afraid of visiting the dentist for their annual or biannual checkups. Still others might be worried about the cost of treatment, so continue to suffer through sleepless nights with toothaches or other tooth ailments.

Lime Tree can help with cavity management and other dental treatments.

One advantage of visiting



Preservation of natural teeth

If cavities are not treated on time, inflammation may occur and bacteria may infect the nerve area requiring endodontic treatment. In addition, it may be impossible to treat, so it is recommended to receive dental treatment as soon as possible.

Lime Tree Dental Clinic is that regular checkups can be scheduled for you. Periodic management is needed before pain occurs. When pain occurs before you visit the dentist,

there is a possibility of the need for an implant surgery if your condition is quite severe. These

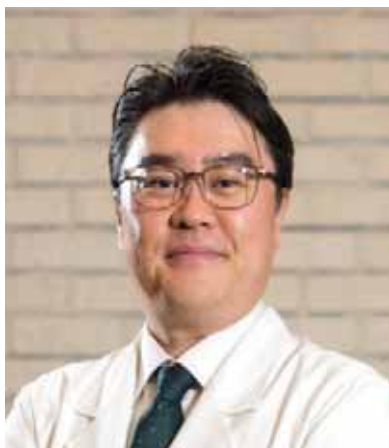
implant treatments should be performed by an experienced dentist.

Another advantage is the lessening of the burden of cost. Rather than pursuing profit, Lime Tree Dental Clinic provides a variety of treatments tailored to the patient's condition at an affordable price.

In addition, care is provided for patients of all ages.

Because treatments are done with state-of-the-art medical equipment and focus on patient satisfaction, Lime Tree patients can trust they are getting the best and most affordable care.

Implants, such as orthodontics, general prosthetics, dental molding are done by skilled medical staff to ensure the best treatment is provided.



Dr. Kim Jeong Mun

Doctor at the LimeTree Dental Clinic in Seoul

- Dankook University, Department of Dentistry
- Completed a course on implant at Harvard University
- Professor at the Catholic University College of Dentistry
- Member of the Korean Academy of Prosthodontics
- Member of the Korean Academy of Temporomandibular Disorders
- Michigan State University's Institute of Orthodontics

- Invisalign accreditation course - Diploma
- Korean level anchorage system
- Member of the Orthodontics Research Association
- Member of the Korean Association of Lingual Orthodontists
- Doctor of dentistry
- Member of the Korean Academy of Orofacial Pain and Oral Medicine
- Member of the Korean Academy of Esthetic Dentistry

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



RHINITIS SURGERY

Solving the fundamental problem!

FRESH ENT&PLASTIC SURGERY

As the temperature in winter drops, symptoms of rhinitis worsens as well. In 2019, there were about 19.55 million people infected with rhinitis and many more get infected every year. Therefore, it is important to know about the causes and solutions of rhinitis to help when you find yourself suffering from it knowingly or unknowingly.

Most rhinitis patients have allergic reactions and structural problems in the nose.

Structural causes of rhinitis

Often, rhinitis is accompanied by typical structural problems such as deviated septum or nasal valve stenosis.

If you take medication without treating the structural problems, temporary relief is possible but it is difficult to expect to be cured of rhinitis.

For structural problems to be treated, a surgical procedure is required.

Rhinitis surgery and rhinoplasty. Can you do both at the same time?

This is a common question for those who are seeking surgery to relieve rhinitis. And the answer is YES! Both procedures can be completed at the same time.

Rhinitis surgery and rhinoplasty, if you proceed at the same time, can treat the deviated septum and nasal valve stenosis, as well as improve the height of the nose bridge to ensure patients are satisfied.

If the structural cause of rhinitis is not fixed before cosmetic rhinoplasty is done, it can worsen the patient's symptoms. If the patient suffers from a deviated septum, accomplishing a straight nose bridge in the long term through rhinoplasty only might not be possible.

At Fresh Otorhinolaryngology and Plastic Surgery, if we find any infection in your nose, we can examine it through endoscopy and 3D-CT, mold the internal and external structures of the nose using 3D virtual molding and find the best suited nose shape and height for the patient.

Dr. Ahn Tae Hwan

President of Fresh Otorhinolaryngology Clinic, Gangnam

- Otorhinolaryngologist
- Graduated from Hanyang University Medical School
- Hanyang University Graduate School of Medicine - M.D.
- Illinois State University in the United States - Chicago rhinoplasty

Rhinoplasty Training & Experience

- Trained for endoscopic sinusitis surgery at Jikei University Hospital in Japan
- Hanyang University College of Medicine, Professor
- Seoul Samsung Medical Center, Sungkyunkwan University Professor
- Director of the Korean Society of Facial Plastic and Reconstruction Surgery
- Director of the Korean Society of Otorhinolaryngology
- Academic Director of the Korean Society of Otorhinolaryngology
- President of Guangzhou Aimei Hospital
- Selected as one of the 100 Skilled Doctors in 2017
- Invited professor at the Chinese Society of Cosmetic Plastic Surgery in 2017
- President of the Korean Society for Aesthetic Surgery
- The first president of the Asia Medical Aesthetic Exchange Association
- Korean Association for laser, dermatology and trichology
- Patent No. 0335302 for a nose surgery device.
- Patent for artificial implantation for nose surgery (Patent No. 420020103968)
- Patent for a nose surgery device (Patent No.10-2061194)
- JoongAng Ilbo's fixed columnist
- Kukmin Ilbo, Cookie News' fixed columnist
- Brunch writer

TV Appearances

- SBS Morning Wide - My Body's Green Light "Allergy Rhinitis" episode
- Regular appearance on TV Chosun's Miracle Habits
- Regular appearance on TV Chosun's Baekse Nuri Show
- Regular appearance on TV Chosun's Almani-i
- TV Chosun's 100-year life - "Nose Immunity" episode
- Dong-ATV's Beauty & Beauty - "Nose Plastic surgery" episode
- TV Chosun's Health Duty Free
- Doctor appearance on Change Life (Vietnam 'Let me in' program)

FRESH PLASTIC SURGERY CLINIC

Fresh Rhinitis Nose Surgery

Nose Plastic Surgery
to look pretty

Rhinitis Nose Surgery

Surgery to improve
Rhinitis Disease

프레쉬 ENT&PLASTIC SURGERY

Fresh ENT&Plastic Surgery

WEBSITE: <http://en.freshnose.kr>

CONTACT NUMBER: 02-575-2033

ADDRESS: 2615, Nambusunhwan-ro, Gangnam-gu, Seoul, Republic of Korea 2nd, 3rd Floor

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