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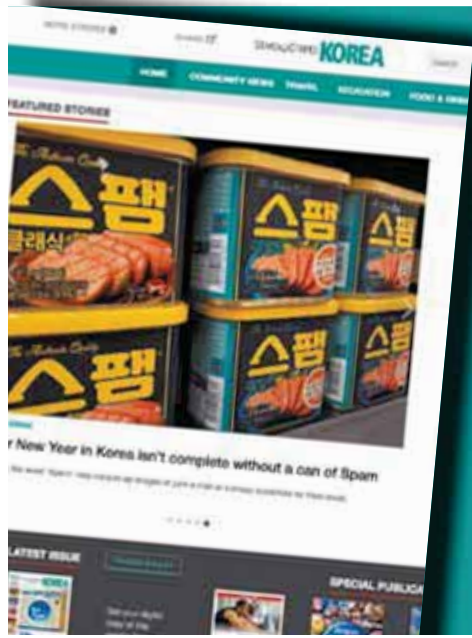
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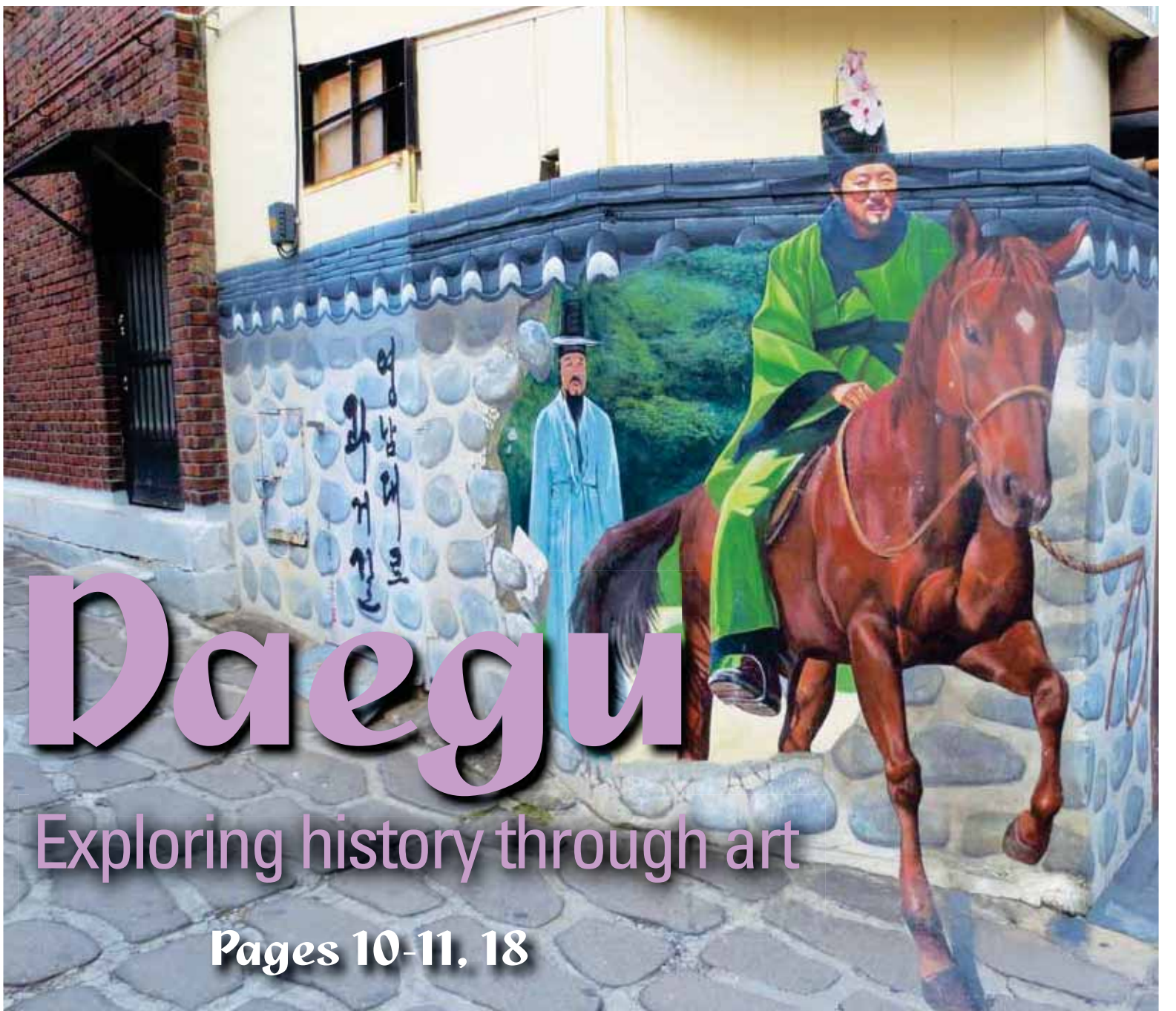


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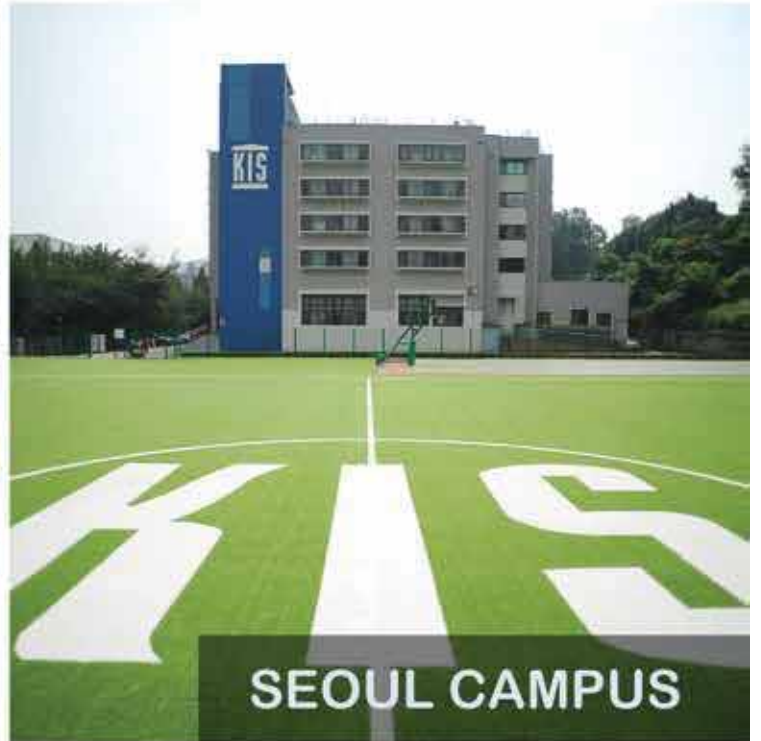




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Korean chopsticks bring the metal, not the poison

BY CHIHON KIM,
STRIPES KOREA

Since their invention in ancient China more than 3,000 years ago, chopsticks have been widely used in Asian countries. In South Korea, “jeotgarak” means chopsticks.

Being an important tool for dining, Koreans learn to use “jeotgarak” as infants. Koreans consider the handling of chopsticks a necessity for good table manners, and for children and adults alike, table manners are very important. This even extends to the manner in which the chopsticks are presented in the table setting: in Korea they are placed vertically on the table.

Growing up, I remember my father teaching me how to pick up black beans he had scattered on the table with only chopsticks. I also remember getting scolded for sticking chopsticks straight into rice. Same as in Japan, this is a no-no as it resembles a funeral tradition.

Whether you’ve mastered the art of chopsticks back home before coming to Korea or not, you’ve probably noticed that the chopsticks here are a little different than what you’re used to.

In Korea, chopsticks come in a variety of metals or stainless steel. Though the reason behind this is often debated, it is believed that Korean royalty first introduced silver

chopsticks as a way to detect poison in their food. It was thought the metal would change color if the food was, in fact, poisoned. Later, brass and iron chopsticks would gain popularity amongst non-royals.

Diners will also find spoons with long handles accompany the chopstick set. In Korea, when it comes to rice and soup dishes, the spoon reigns king; chopsticks are used for the sides. Suejo is the term for refers to the chopstick and spoon set. “Suejo” is a play on the Korean word “sutgarak” for spoon and “jeotgarak” for chopsticks. But be careful! Using both simultaneously is considered unsightly

and rude.

In Korea, we love to share our food, so our chopsticks are slightly longer, making it easier to share dishes and reach across the table for that last piece of juicy bulgogi.

Since metal tends to be a little slippery for picking food up, the chopsticks in Korea come flat, rectangular and rough at the ends for good gripping purposes.

Despite all the scolding and the rigorous training I had to endure, like many Westerners, I still feel uncomfortable using stainless steel chopsticks. But, at least I won’t have to worry about my food being poisoned.

kim.chihon@stripes.com



Photo by Chihon Kim, Stripes Korea



Planning a visit to Japan?

You’ll notice the differences of Japanese chopsticks both in aesthetic and in use.

- Hashi is the Japanese word for chopsticks.
- Japanese chopsticks are typically made of wood or bamboo.
- Because fish is an integral part of the Japanese diet, chopsticks there are sharp making them perfect for deboning fish.
- For table setting, the chopsticks sit horizontally near the diner.
- On the scale of length, Japan’s are slightly shorter than Korea and China’s chopsticks. However, cooking chopsticks are long enough to ensure that the cook will not burn themselves while stirring the meal.

Similarities to Korea

- Chopstick etiquette is something both cultures take very seriously and teach their children early on.
- Sticking your chopsticks into a bowl of rice is also a no-no in Japan. Here it is also a funeral rite.
- The same goes for sticking food with your chopsticks or passing food from chopstick to chopstick.
- Don’t stick chopsticks in your mouth or eat directly from a communal bowl.



File Photos

Reenlistment unites two generations of Army

STORY AND PHOTO BY
SGT. RAQUEL VILLALONA,
2ND INFANTRY DIVISION

CAMP HUMPHREYS – With honor, he raised his right hand, reciting the same promise he watched his father make with his mentor more than two decades ago.

Staff Sgt. Eric A. Felli, Radcliff, Kentucky native, human intelligence collector, 2nd Infantry Division/ROK-U.S. Combined Division, extended his service by six years during a reenlistment ceremony inspired by his father, Joseph Felli, Feb. 6 at Freeman Hall.

“My father played a huge role in me wanting to join the Army from childhood through college,” said Eric Felli. “As a kid, I remember the pride I felt during unit functions and my father’s reenlistment ceremony with then, 2nd Lt. Mueller.”

Col. Scott W. Mueller, Glenview, Illinois native, U.S. Army Garrison Camp Humphreys commander, administered the oath of enlistment to Eric Felli, as he did for Joseph Felli, Long Island, New York native, former armor crewman, February 1996, while serving as platoon leader, Company D, 1st Battalion, 34th Armored Regiment, 1st Armored Brigade Combat Team,



Staff Sgt. Eric A. Felli (center) stands with Col. Scott W. Mueller, U.S. Army Garrison Camp Humphreys commander, and Francy Mueller, during a reenlistment ceremony inspired by his father, Joseph Felli on Feb. 6 at Freeman Hall. Mueller also reenlisted Eric Felli’s father, Joseph Felli, more than 20 years ago.

Fort Riley, Kansas.

“We are here to reenlist a great Soldier,” said Mueller. “I can tell you, from knowing his family for so many years, that Joseph and Bernice Felli are amazing people. They are service-oriented folks, and you can see it in their kids.”

Felli has completed 11 years of Active Duty service thus far, periodically seeking his father’s

wisdom.

“I can’t count the number of times I have called him from whatever country, at whatever time of night to ask for guidance and direction, both with my career and personal life goals,” said Eric Felli. “I find his experience to be irreplaceable, as he often adds a hard truth or old-school mentality to something I am not looking at with the right

perspective.”

Mueller and Joseph Felli served two years on the same tank crew.

“Col. Mueller and I were both fresh off the block when we first met at Fort Riley, Kansas,” said Joseph Felli through email. “I was honored to have him administer my oath of reenlistment, before shipping off to Camp Casey, Korea.”

A proud Joseph Felli watched his son’s reenlistment ceremony via live stream from the states.

“I wish I could be present for such a special occasion,” said Joseph Felli. “I couldn’t be prouder of my son, not only serving his country but to have Col. Mueller be the person to administer the oath of reenlistment! Thank you, sir, for being a part of this moment in passing the baton.”

After completing his year-long tour in Korea, Eric Felli will reunite with his wife of two years, Shannon Felli, and two daughters, Lilliana and Carmella. He will proceed to U.S. Army Recruiter School at Fort Knox, Kentucky to become a career counselor.

“I want to thank Col. Mueller for providing me the honor of reenlisting me, as he did for my father. I want to thank you, my father, for setting the standard and being available for counsel, both as an NCO and father,” said Eric Felli. “Most importantly, I want to thank my wife and two daughters, who aren’t here right now but have been a tremendous support system even from afar. Shannon jumped into this year with both feet and I couldn’t ask for a stronger woman to do this with.”

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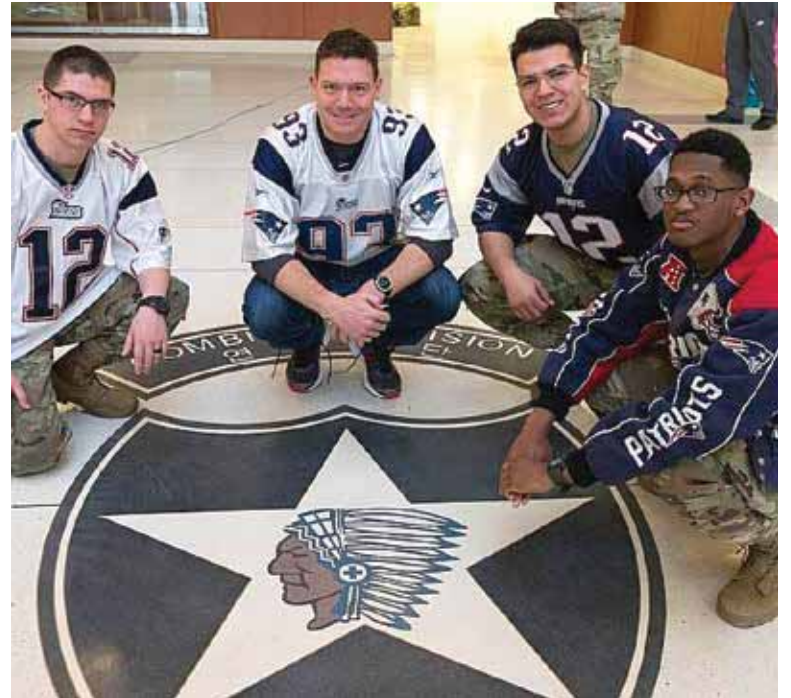
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Soldiers assigned to the 2nd Infantry Division appear live during the Super Bowl LIII opening ceremony from Camp Humphreys, South Korea, Monday, Feb. 4. Photos by Matt Keeler, Stars and Stripes



Four soldiers rooting for the New England Patriots pose at the 2nd Infantry Division headquarters during Super Bowl LIII at Camp Humphreys.

Troops honored during Super Bowl

STORY AND PHOTO BY KIM GAMEL, STARS AND STRIPES
Published: Feb. 4, 2019

CAMP HUMPHREYS — Dozens of American soldiers stationed in South Korea enjoyed a few seconds in the Super Bowl spotlight when they were featured in a live shot during the national anthem.

The camera zoomed in on about 100 members of the 2nd Infantry Division and other units as Gladys Knight belted out a powerful rendition of “The Star-Spangled Banner.”

“It was an absolute honor to represent the country,” said Maj. Jason Harrington, a 36-year-old Patriots fan from Abington, Mass. “That three to five seconds that we had on national TV is special because it really highlights the efforts, the sacrifice ... all those key buzzwords. It goes a long way.”

The Super Bowl traditionally honors the military, but it was the first time the 2nd ID appeared in the brief live shot

before kickoff. The New England Patriots went on to beat the Los Angeles Rams 13-3.

Pvt. Searcy Storey, 22, who later put a Patriots shirt on over his fatigues, said it helped him feel less homesick since it was the first time he wasn’t able to watch the Super Bowl with his family near Fort Worth, Texas.

“It felt rewarding. It made me feel better about being away from my family,” he said.

Due to the time difference, the troops gathered before dawn on Monday to appear in the live satellite feed from the 2nd ID headquarters building on Camp Humphreys, a sprawling Army garrison south of Seoul. Many said they were motivated by the chance to be on TV as well as an offer of a day off in exchange for showing up.

A few South Korean soldiers also joined the crowd to represent the fact that 2nd ID is a combined division that includes members from the allied

nation.

Pfc. Dionne Crawford, 19, of Wilson, N.C., was excited her family would see her on TV. “My brother told me to root for the Patriots,” she said before the game.

Pfc. Tom Johansen, 28, of Myrtle Beach, S.C., was hoping the Rams would win since “they’re the underdogs” in the game.

Division commander Maj. Gen. Scott McKean also joked with sportscasters in an interview during pre-game coverage on CBS. The two-star asked commentator Nate Burleson if the San Francisco 49ers would be able to compete next year with the Rams. Then he added a warning.

“Nate, before you answer that, remember we got lots of tanks and helicopters over here so I just want to make sure you take that into your consideration,” he said, surrounded by soldiers, including a few wearing fan gear.

“Well, they’re going to win the Super Bowl since you put it like that,” Burleson responded.

gamel.kim@stripes.com
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Soldiers assigned to the 2nd Infantry Division watch the Super Bowl LIII pre-game show in the 2nd ID War Room.



Soldiers assigned to the 2nd Infantry Division stand ready for a live appearance during Super Bowl LIII.



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STORY AND PHOTO BY
AIRMAN 1ST CLASS ILYANA A. ESCALONA,
51ST FIGHTER WING

OSAN AIR BASE – One of Team Osan’s own won the Air Mobility Command Air Force Medical Service Biomedical Equipment Technician of the Year at the Airman level.

Senior Airman Nathan Howard, a biomedical equipment technician with the 51st Medical Support Squadron, received the achievement from the Air Force Surgeon General for demonstrating expertise, leadership and commitment to the Air Force’s medical mission.

“I am happy that I received the award,” said Howard. “This last year was hard work, and I did not expect to be selected for the award. Even though I was selected

for this award, I could not have accomplished it without my team. The support they provided was instrumental in allowing me to succeed.”

This past year, Howard was able to complete 575 work orders, augment war reserve material personnel for four weeks, as well as deploy to the ROK in support of Operation Southern Hope in which he established a 270 bed military treatment facility.

“Airman Howard was instrumental in the exercise Southern Hope,” said Master Sgt. Charles Wolfe, clinical engineering flight chief with the 51st MDSS. “He provided excellent support there by taking care of the initial setup of a lot of equipment that needed to be installed to get the facility up and running.”

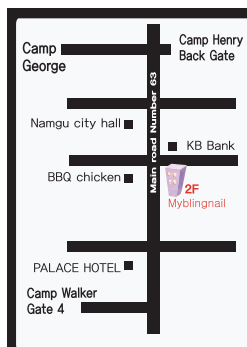


Senior Airman Nathan Howard received the 2018 Air Mobility Command Air Force Medical Service Biomedical Equipment Technician of the Year at the airman level.

Howard recently moved from Travis Air Force Base, California, a unit assigned to Air Mobility Command, and has already made an impact at his new shop at Osan.

“His help has been invaluable to the mission that we do at Osan,” said Capt.

Aaron Eldridge, clinical engineering flight commander with the 51st MDSS. “He is one of the most phenomenal people to grace the halls of the 51st Medical Group and more specifically, the medical maintenance shop.”



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U.S. Airmen assigned to the 6th Air Refueling Squadron from Travis Air Force Base, California, and Republic of Korea airmen with the 261st Air Refueling Squadron pose for a photo together in front of a KC-10 Extender at Osan Air Base, ROK, Nov. 11, 2018. Photos courtesy of Captain Jason Lim



California to Korea

Pilot reinforces Pacific partnerships

BY SENIOR AIRMAN KELSEY TUCKER,
51ST FIGHTER WING

OSAN AIR BASE – When the U.S. military is a guest in another country, it's important to go above and beyond to be the best neighbor one can be.

U.S. Air Force Capt. Jason Lim, a KC-10 Extender pilot assigned to the 6th Air Refueling Squadron out of Travis Air Force Base, California, dedicated a year toward this goal: striving to strengthen the partnership between the Republic of Korea and U.S. Air Forces.

"The opportunity kind of just fell in my lap, and I took it," said Lim, a 32-year-old Korean-American native of Los Angeles, California. "I really love Korea: the food, the culture, the friends, the family here. This was actually one of my dreams, to come back to Korea after I first joined the Air Force."

By the time Lim graduated from Embry-Riddle Aeronautical University of Florida in 2007, he'd earned his flight instructor license and planned to teach students to fly for general aviation purposes.

The problem? In 2008 the U.S. went into recession, which meant that jobs – and potential student pilots – were few and far between.

Thus began his career in the ROK as a flight instructor at Hanseo University. Initially, he only planned to stay for a year, but he enjoyed it so much that one year became two, three, and then four years.

Somewhere around the two or three-year mark, however, Lim ran into a personal dilemma. If he wanted to continue along this career path and apply to become a pilot for one of the major airlines in the ROK, was he ready to permanently move on from his life in the U.S. and live as an expatriate?

Perhaps not.

"I wanted to serve in the U.S. military before I made a major life decision as far as a career path," said Lim.

This desire led him to reach out to an Air Force recruiter in California, who helped him begin the process of applying for Officer Training School. Two years later he was accepted, and after training Lim reported to Travis AFB in 2014 as a KC-10 pilot.

Fast forward to late 2017, and a fellow Airman from his home station who was serving in the ROK on a manning assistance assignment reached out to Lim to tell him of an opportunity: a chance to return to Korea.

"During Key Resolve 2018 we highlighted some key areas



U.S. Airmen assigned to the 36th Tactical Airlift Squadron from Yokota Air Base, Japan, and Republic of Korea airmen assigned to the 251st Airlift Squadron conduct mission planning at Gimhae Air Base, July 2018.

requiring a different approach to building partnership capacities with our host nation," said Master Sgt. Christopher Pedersen, an air refueling control team member with the 607th Air Operations Center. "Capt. Lim's ability to speak, write, and translate the concepts and ideas to promote effective mobility practices within the Combined Air Mobility Division was a perfect fit."

Lim returned to Korea in January 2018, this time as a uniformed member of the U.S. Air Force. His prior relationships with members of the flying community came in handy as many of the students he taught as a

flight instructor were now members of the ROKAF. Through them, he was able to establish good lines of communication between the 607th AOC and the ROK Air Mobility Reconnaissance Command.

Building these strong relationships helped strengthen the U.S. and ROK alliance, which led to joint training events designed to further the knowledge and capability of both sides. During one such event, USAF C-130J Super Hercules aircrews visited Gimhae Air Base in Busan, where they met with their ROKAF counterparts and shared tactics, techniques, and procedures. Another allowed ROKAF tanker

aircrews to observe a USAF KC-10 refueling mission firsthand, preparing them for operations in their own KC-330 aircraft.

"Capt. Lim was able to shape the future of the U.S. and ROK partnership by demonstrating Air Force core values in his interactions with the ROKAF," said Lt. Col. Joseph Watson, the AMD chief assigned to the 607th AOC. "He was able to show how mobility's service mentality of getting cargo to its destination on time and providing airborne fuel to the fight when needed are force multipliers.

"Capt. Lim exemplifying these values to the ROKAF will help lay the foundation for success within the ROKAF mobility forces and foster a culture of service and excellence."

Lim was only supposed to be in Korea for six months. However, when that time was nearly up, he found he had too many meaningful projects in the works to be able just to let go and return home. So, he extended his time by another six months.

After completing his year of service in Korea, Lim returned to Travis AFB to continue his role as a KC-10 pilot. Though Lim is no longer at Osan AB, the impact he made and the relationships he helped cultivate will remain for years to come.

Resiliency-focused Wolf Pack University gives airmen step up

STORY AND PHOTO BY SENIOR AIRMAN SAVANNAH WATERS,
8TH FIGHTER WING

KUNSAN AIR BASE – Over the past two years, a resiliency-focused program called Wolf Pack University has given Airmen at Kunsan Air Base the opportunity to exercise personal choices for overall growth with the support of frontline supervisors and higher leadership.

Wolf Pack University is a collegiate-mirrored system which includes a personalized curriculum, transcripts, advisors, electives and a diploma specific to being at Kunsan.

"Wolf Pack University is for every Airman — officer and enlisted alike," said Brigit Hendrix, 8th Fighter Wing community support coordinator. "It provides opportunities that tie to the mission through activities and classes across the base, local community and our host nation."

The most recent group of WPU graduates from the 8th FW included Tech. Sgt. Rodney Transfiguracion, 8th Maintenance Squadron unit deployment manager.

"Wolf Pack University presents opportunities for self-development and strengthening our alliance with our host nation," Transfiguracion said. "[It] benefits the 8th Fighter Wing's mission and its Airmen, and gives Airmen a chance to break out of their shell to try new things."

The curriculum includes community events and activities

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3. Keep all AF, 8 FW, unit, & AFSC training current
4. Obtain signature of POC or instructor on WPU Curriculum Worksheet for activities & classes

during both on and off-duty hours. As part of their courses, Airmen can also meet local nationals and make new friends, experience local traditions and gain a better understanding of the culture they support, Hendrix said.

The program's courses were developed for the purpose of helping 8th FW airmen develop resiliency in the four Comprehensive Airman Fitness domains: physical, mental, social, and spiritual.

Since WPU focuses on getting Airmen at the 8th FW involved and creating a stronger sense of community, graduates like Transfiguracion have the ability to work on professional development and personal goals through education and event participation. By doing this, they can use the tools and experiences they gain at WPU to improve morale and the work environment at their units.



Tech. Sgt. Rodney Transfiguracion receives a Wolf Pack University graduation certificate from Chief Master Sgt. Michael Moore, 8th Fighter Wing command chief.



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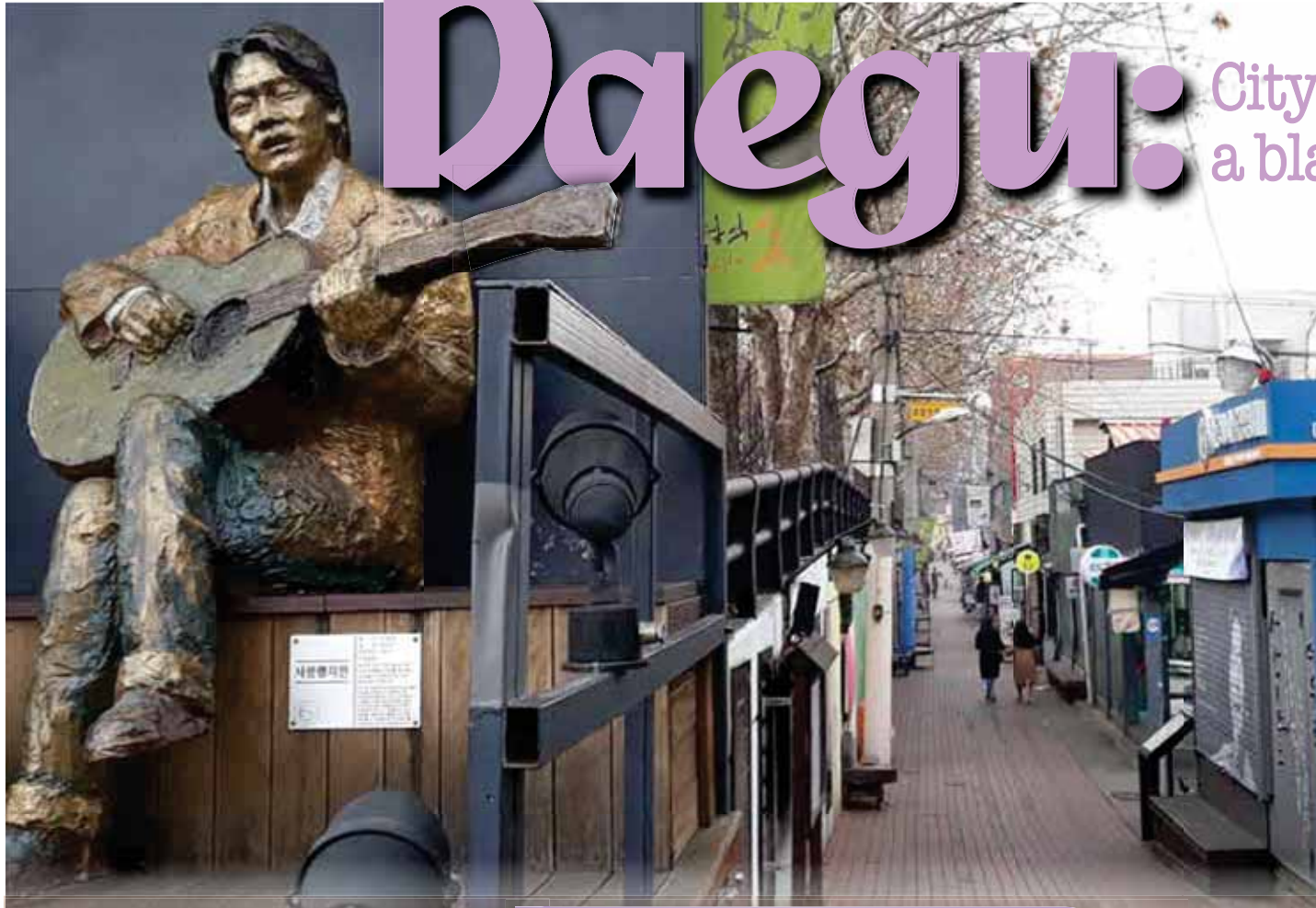
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Daegu: City's art, food, music a blast from the past

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA



Visitors looking for a bit of history, a bit of culture and a lot of art will find Daegu has all these literally on the wall. Located in the middle of Korea's southeastern region, murals of Daegu and its heritage are recalling memories of the past that were long forgotten. You'll find these paintings created by local artists in the narrow alleys of the city. Here, you will also find a colonial-era building left untouched by the boom of development with a unique style of architecture and delicious coffee. The traditional market, which is deep-rooted in the city's history, is still a popular shopping area for residents. Get better acquainted with Daegu's history and attractions through the ward office's many day trip tours. Don't have time for a tour? Check out the list below for must-see places during your visit to Daegu.

kim.chihon@stripes.com

Kim Kwang-seok road

On the Kim Kwang-seok road, located next to the Sincheon River that flows across eastern Daegu, popular folk songs from the 1980s and 1990s of Korea are streamed through speakers

don't forget to take some time to explore the many hip coffee shops and unique souvenir stores scattered around the area. Why not try on some 70s-era Korean school uniforms (7,000KRW), recalling the nostalgia of old Korea, and take a black-and-white photo with your friends?

The alley will transport you back to the 1980s and 1990s and there is even a "slow mailbox." Write a letter to yourself or your loved ones and drop it in the box. Expect to receive your letter in a year as a way to meet the person you were a year ago. A faded public phone from a bygone era still lets you make calls, so give it a try and leave someone a lovely message. At the end of the street sits "KIM KwangSeok Story House," a cozy venue decorated like the house Kim lived in where you can listen to his songs.

Although his songs are in Korean, Kim's voice is appealing and his contemplative lyrics on social and political issues were extremely popular in the country. Though you may not understand the lyrics, Kim's work might still manage to draw you in. By the way, the street is a great place for a date night or family stroll.



ADDRESS: 2232-25, Dalgubeol-daero, Jung-gu, Daegu

TRAIN

Jije Station (Pyeongtaek) → Dongdaegu station - SRT (express train): 1hrs 20m (29,900 won) → Take a taxi (15min / 6000KRW)

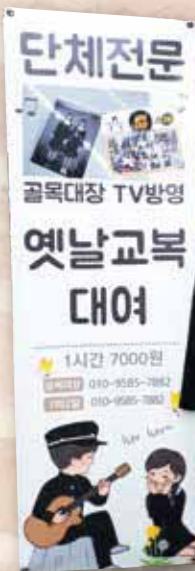
SUBWAY

- LINE2: Kyungdae-hosp station Exit 3 (5min on foot) Walk down to Bangcheon Market
- LINE3: Daebonggyo station Exit 4 (7min on foot)

ers that are fixed along the seemingly-endless wall, creating an old-timey mood for the alley. The street is named after the late Kim Kwang-seok, a South Korean folk singer and one of Daegu's famous sons.

Kim's lyrics and other works commemorating his legacy fill the 350-meter-long walls of the road.

On this road you'll also find the Bangcheon Market and you will notice a small concert hall where emerging artists perform as you walk past the murals. This small outdoor music venue is a great place to catch a break and some good tunes. Also,

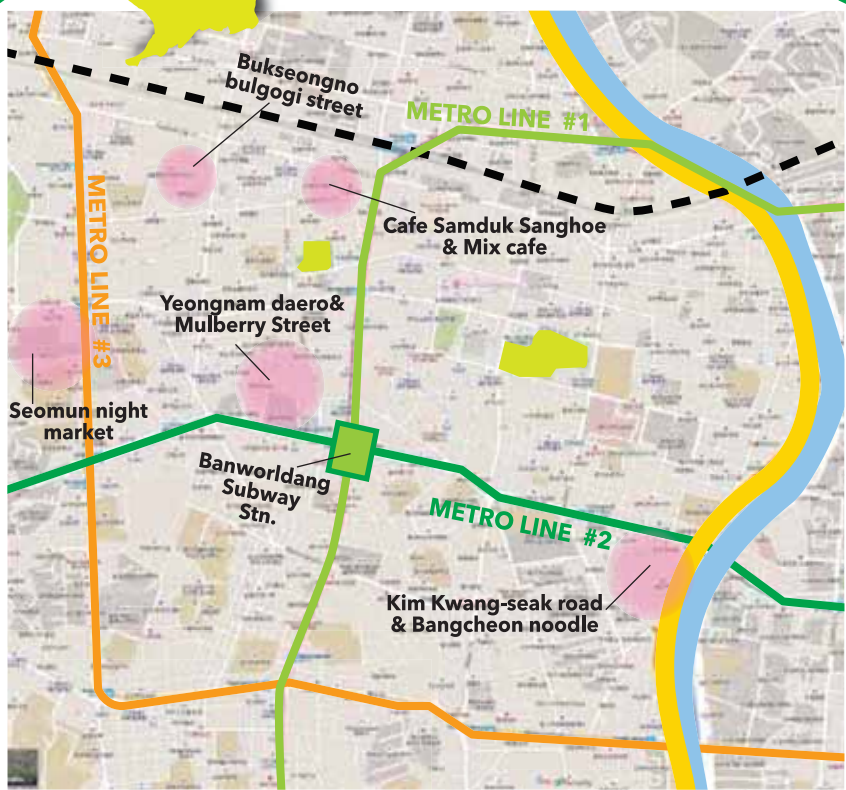


Bangcheon noodle

Bangcheon Noodles, located between Kim Kwang Seok road and Bangcheon market, is a restaurant specializing in noodles and Korean pancakes. Unlike the hip graffiti outside the restaurant, the cooks are all about tradition and make their noodles with gardenia seed, a

traditional Korean ingredient. For a few more won, try their signature menu, which means your noodles are topped with a rolled egg omelet, seaweed and herbs (5,000 KRW). They also serve a delicious and pretty tri-colored Korean pancake (7,000 won) which pairs well with makgeolli, a Korean sparkling rice wine (3500KRW). The Gaon-milmyon restaurant across the street is also a good option for wheat noodles.





Yeongnam daero & Mulberry Street (Du Sa-chung)

Behind the Hyundai Department Store in the middle of Daegu, you'll find the Yeongnam-daero, one of nine major roads that connect Busan and Seoul. The road, which dates to the Joseon Dynasty of 1392-1887, was once a major artery for transport. Scholars from the Yeongnam region seeking to become government officials also once used this road for their 30-day commute to Seoul on foot to take the civil service exam.

Today, the Yeongnam-daero is only a fraction of the "big road" its name suggests. Murals in this valley depict the most important moments of a scholar's trip — the sendoff to Seoul and the triumphant return after he passed the exam. Other murals portray locals' everyday life, and the skill of the artists give the paintings an almost 3D-like effect. The road here isn't very crowded, so feel free to take your time and enjoy the artwork. After, history buffs will want to head towards Mulberry Street.

Named after the famous trees that were said to once grace this area, Mulberry Street now only has the murals illustrating what it once looked like. The area was once home to General Du Sa-Chong of the

Ming Dynasty. The general was dispatched to Joseon during the Japanese invasion of Korea in 1592, but stayed behind, became a naturalized Korean and made his living planting mulberry trees. This area is rich in history and art, making it a draw for tourists and artists alike. Throughout the years, this has been home to many artists, including poet Lee Sang-hwa, painter Lee In-sung and novelist Hyun Jingu. This is also a great place to venture past the mural streets in search of the old Daegu's hidden gems.

ADDRESS: 50, Gukchaebosang-ro 102 gil, Jung-gu, Daegu (the whole district)

SUBWAY
LINE 1, 2: Banworldang station Exit 15-18, walk to the back alley of the HYUNDAI shopping mall.

URL: <http://www.jung.daegu.kr/new/english/pages/tour/page.html?mc=5032>

Visitors can take a Daegu Alleyway Tour that shows live modern cultural heritage with the guidance of a cultural specialist. • Every Saturday (5 Courses) 10 a.m.-noon • Every third Thursday (Foodie Tour) 10 a.m.-noon • Every third Friday (Night View Tour) 7-9 p.m





Imperial Palace

Things to see o

STORY AND PHOTOS BY NANO BETTS,
TRAVELWITHNANO.COM

Trip to Tokyo is a psychedelic experience and no guidebook, documentary or movie can prepare you for it. Home to more than 13 million people, Tokyo is sprawling, frenetic and endlessly fascinating. The visuals, the smells and the sounds all merge into what I like to call a city of thousand layers and endless contrasts.

Japan's capital has insatiable appetite for modernity, yet never loses the sight of its history and deep-rooted cultural heritage. It's the kind of city where a centuries-old Shinto shrine can be found just next door to the state of the art architectural masterpiece. Or where a kimono-clad woman, poised and elegant in her wooden geta, boards the uber-modern bullet train and shares the seat with Lolita girl. Tokyo will equally dazzle you with its soaring skyscrapers, tranquil landscape gardens, flickering jumbo neon billboards, quirky characters and rickety mom-and-pop shops. In short, whether you are looking for the luxurious, the bizarre, the cute or the quintessential – there is something for everyone.

It took me almost two years of living in Tokyo to finally sit down and write my guides. The truth is, there is so much to explore in the rambling metropolis, it is impossible to list it all in one post. That's why I will be grouping it all thematically in a series of posts: Tokyo for first-timers, off-beat Tokyo and unique experiences in Tokyo. Whether it's your first time in Japan, or you're coming back to explore more, hope you'll find something useful in the upcoming articles.

PLANNING YOUR STAY IN TOKYO

How Long Should I stay in Tokyo? The answer to this question depends on your budget and available time. I'd recommend allocating at least three full days to exploring Tokyo, and couple more days for day trips to Kamakura, Hakone, Nikko or Mt. Fuji to name a few.

Where should I stay in Tokyo? There is no lack of luxury, as well as more budget-friendly hotels in town. You also have a wide array of hostels and capsule hotels to choose from, not to mention Airbnb options. Unlike many other capitals, Tokyo doesn't have a single "downtown" or "city center". Wherever you book your lodging, make sure you are located close to the metro station for easy access to the public transportation. Neighborhoods like Shinjuku, Shibuya, Roppongi, Akasaka and Tokyo Tower area are all good places to stay at.

How do I get from Narita or Haneda Airport to the city center? There are regular shuttle buses going from both airports to different areas of the city (approx. ¥3000, up to 90-minute drive depending on traffic), or limousine bus services taking you directly to your hotel. You can also take train: Narita Express costs ¥2940 and will get you to Tokyo, Shinjuku and Shibuya Stations (among a few others) in about an hour; Narita Skyliner costs ¥2,400 per person and will get you to Ueno station in 45 minutes; Tokyo Monorail from Haneda, costing ¥470 per person, will get you to centrally-located Hamamatsu Station where you can transfer to other mass-transit services. Naturally, you also have an option to take a taxi, but beware of high cost.

Is Tokyo Safe? Absolutely! The crime rate is incredibly low, and I have never felt even a tiny bit unsafe no matter how late it was. The city also has a wonderful lost and found system, so if you happen to leave something behind in the train, or loose an item in the street, there is a big chance to retrieve it at the local Police Station.

Is it easy get by in Tokyo, are there English signs? Yes, you will have no trouble navigating the city as there are English signs almost everywhere, especially in the metro/train stations (this unfortunately doesn't include restaurants, as some have signs only in Japanese). Attendants in the train stations are also very helpful and speak some English, so they will gladly point you to the right direction.

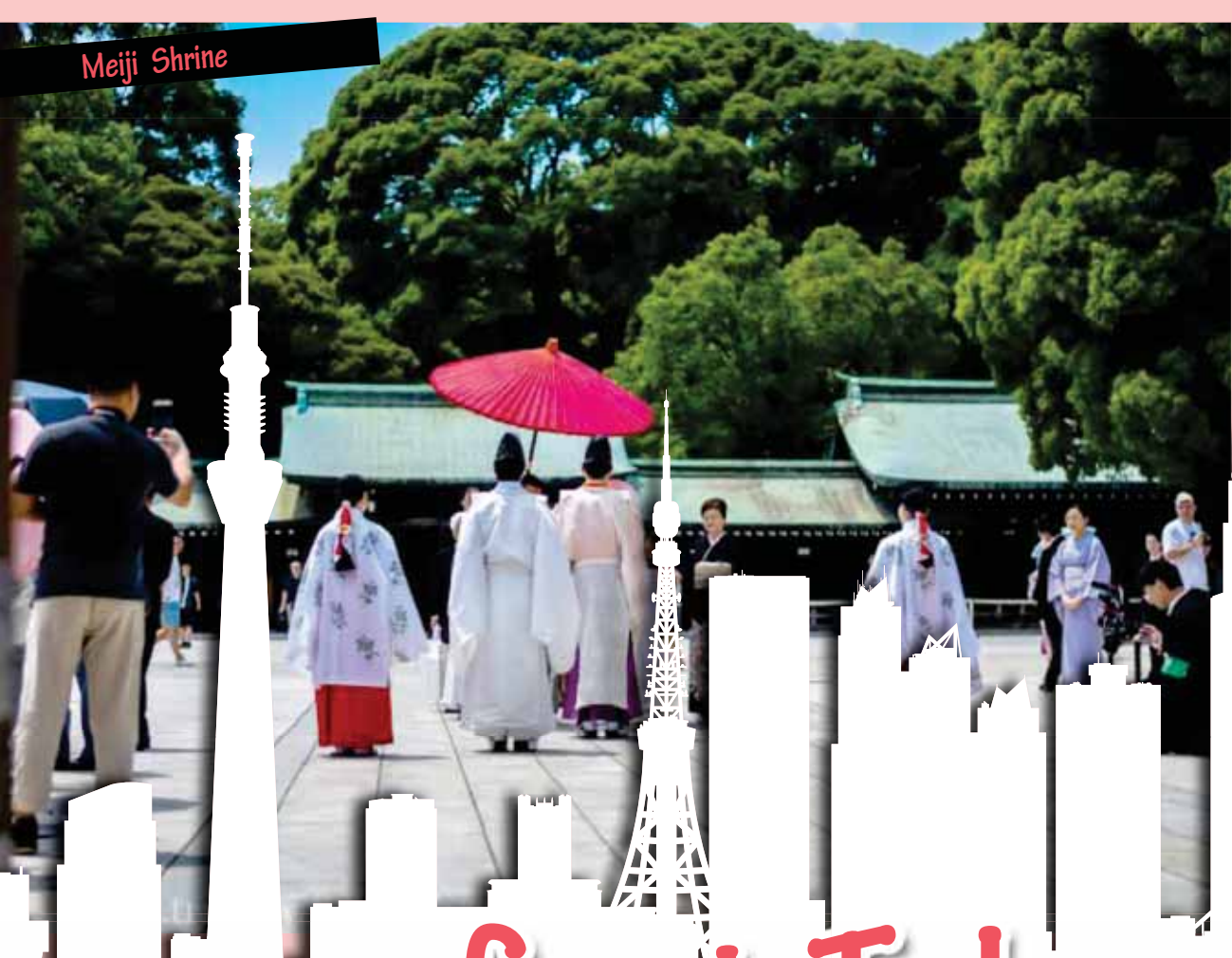


Harajuku

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Meiji Shrine



Scramble Crossing In Shibuya

On your first Tokyo visit

I recommend you download Hyperdia app to easily figure out the train times and routes. I also rely heavily on Google Maps, I think it is the easiest way to find the place and it has never failed me. In general, people here are very friendly and helpful, even if they are too shy to speak English. More than once I have seen strangers go out of their way to assist me to the place I was going. So yes, don't hesitate to ask for an assistance.

Is there free wifi in Tokyo? Only in select places, like airports, certain train stations and cafes. I recommend to rent pocket wifi at the airport, that way you will have internet access everywhere you go. Very important for the Google Maps!

Is language an issue? Yes and no, and it all depends on a situation. You will not have a problem navigating cities and finding information (information centers are particularly helpful!). However, most of the shops and grocery stores, for example, still don't have English signage. Many local restaurants also don't have English menus and staff typically struggle answering your enquiries (especially over the phone). They are also all very shy, which at times complicates things. Having said that, Japanese are generally friendly to foreigners even though English is not well spoken. I *very* rarely am in situations where I cannot figure out a thing and have to turn around and leave. There is always a way to get the message through, just don't feel intimidated, stay patient and polite. Remember, Japan is your host country!



POINTS OF INTEREST IN TOKYO

Each of Tokyo's neighborhoods have a distinct character of their own. The goal of this guide is not to list all the "must-see places in Tokyo", but rather give you options and inspire you to explore the city. Whether you are traveling to Tokyo for the first time, or are a returning visitor, I hope you'll discover something new for yourself here. Don't try to cram as much as possible into your itinerary. Japan is a place to be savored, observed, admired, and pondered. Even in the mad rush of Tokyo, try to go slow, let your curiosity wander, observe and soak it all in. Follow the links in each subsection to get an in-depth information about each place.



Shinjuku

SHINJUKU

City within a city, Shinjuku is a central business and entertainment district of Tokyo. During the daytime, savor the view from the observation deck of monumental Tokyo Metropolitan Government Office and enjoy picnic at Shinjuku Gyoen Garden. For those seeking excitement, the red-light district of Kabukicho (with one of the most impressive neon lights) comes to life after the sun sets. The psychedelic show at Robot Restaurant will certainly leave you positively perplexed and you can always continue the night at one of many karaoke bars nearby, or have shots at a more retro-style bars lined up along Golden Gai.

Starting from October 2017, Shinjuku will also be home to Yayoi Kusama's first permanent museum in Japan.

SCRAMBLE CROSSING IN SHIBUYA

I often call it the Time Square of Tokyo. This place has a verve like no other. It is like a beating heart after a vigorous cardio exercise, filled with energy and crazy pace. Being the world's busiest intersection, there is lots to take in: crowds flood from all directions every time the light goes green, ginormous flashy billboards scream from all directions, shopping malls offering latest trends and smaller shops selling kitschy merchandise, restaurants with enticing signs and plastic food displays. Take Hachiko Exit from the Shibuya Station to see the statue dedicated to the famous dog. L'Occitane Café as well as Starbucks on the opposite side provide great vantage points of the crossing. Another great spot for the aerial view of the Scramble is the 25th floor of the Shibuya Excel Hotel Tokyo. It's a floor that houses the hotel's restaurants and is open to the

public. The elevators of the hotel are also a good spot. The corner two elevators facing the crossing are made of glass and provides a perfect vantage point.

If you're hungry, I recommend either perusing the underground food parlor called Tokyu Food Show to pick up a bento box, or enjoy sushi at Uoriki Kaisen located on the same floor.

MEIJI SHRINE

There are many incredibly pretty temples and shrines in Tokyo, but one that should absolutely make your list of places to see (alongside the Buddhist Senso-ji complex in Asakusa) is a magnificent Meiji Shrine. The complex was built to honor the divine souls of Emperor Meiji, who made significant contribution in the modernization of Japan, and Empress Shoken and to commemorate their virtues and venerate them forever. While the shrine itself is beautiful, it is the path leading to it that leaves me speechless every time I go there. A massive wooden torii gate made of 1,700-year-old cypress greets you at the start of the wide passage into what feels like a massive green forest. The minute you step on the other side of the gate a calm silence replaces the relentless bruit of crowded Harajuku and you seem to be immersed into a bit magical world where an atmosphere of tranquility and austerity takes over. You are in the heart of the huge metropolis, yet detached from the rest of the world and all its worries.

HARAJUKU, OMOTESANDO AND AOYAMA

Once you are done touring Meiji Shrine, head down the street to Harajuku neighborhood for a contrasting experience. Start your tour at the Takeshita Dori, a hub of kawaii culture and Japanese teenagers with their outlandish street fashion that is a source of inspiration to designers around the world. You'll find a mix of psychedelic vintage boutiques, music-filled fashion shops, crepe stalls and cafes, plus photo booths known as purikura, where visitors customize pictures of themselves with kitsch decorations. If you are looking for the famous cosplayers (who nowadays are as elusive as geisha in Kyoto), I recommend to time your visit on a weekend afternoon.

Omotesando Avenue is often referred to as Champs Elysee of Tokyo, with luxury shopping and restaurants. There are also a number of interesting galleries to check out. For a comprehensive guide, refer to my Top 10 Things To

SEE TOKYO ON PAGE 14

TOKYO

CONTINUED FROM PAGE 13

Asakusa



Do in Harajuku & Omotesando at www.travelwithnanob.com. The neighborhood harmoniously links to Aoyama, which grants more opportunities to empty your wallet and satiate your appetite. It's also home to Nezu Museum, home to a treasure trove of more than seven thousand examples of pre-modern art from across Japan and East Asia, from calligraphy and metalwork to sculpture and tea ceremony tools, all painstakingly collected by the Japanese industrialist Kaichiro Nezu until his death in 1940.

ASAKUSA, UENO, TOKYO SKYTREE

For a glimpse at Tokyo of yesteryear head to Asakusa. This is one of the oldest and most extensive neighborhoods in the metropolis that brings together cultural sights, dining and entertainment in vibrant surroundings that are historic and modern at the same time. There's plenty to do and see in Asakusa, like visiting the 17th-century Shinto shrine Senso-ji or shopping in Kappabashi Kitchen Town.

It would make sense to end the day at Tokyo SkyTree, the tallest tower in the world, which not only offers wonderful views of the entire city, but houses entertainment complex which includes aquarium, shops, restaurants, etc..

IMPERIAL PALACE, MARUNOUCHI DISTRICT AND TOKYO STATION

Marunouchi is a super sleek business center of Tokyo that gets a dose of royal zen from the Imperial Palace grounds located nearby. While you cannot access the Imperial Palace (since it is still an active residence of the Emperor and his family), you can tour its stunning garden in the east. Tokyo Station reminds me of the Grand Central Station, it is huge

and has quite a few points of interest including the famous Ramen Street and the Character Street (shops selling merchandise for Hello Kitty, Pokemon, and so much more).

AKIHABARA

Akihabara is a hub for all things quirky, cutting edge and extraordinary. It's a place for geeks to share their gaming passions and indulge in their preoccupations. Home for Japanese contemporary sub-cultures such as manga comics and anime cartoons, Akihabara draws crowds of so-called otaku geeks. As soon as you step outside the train station, your senses are assaulted from all directions – speakers scream out Japanese pop,

billboards blind you with its neon glow and waitresses dressed up in frilly maid costumes are passing out the flyers.

There's certainly a lot to take in, but it's a cultural experience like no other.

ROPPONGI

This district has two faces: during the day time it has a thriving art scene and is bustling with salarymen rushing to work, while at night it turns into the cosmopolitan nightlife center where expats like to party in clubs and karaoke bars. Tokyo Tower, the symbol of the city, is not to be missed (Zojoji Temple nearby has a very good view), while Roppongi Hills houses the Mori Art Museum as well as observation deck.

Roppongi



GINZA

Ginza needs no introduction, it is an uber-luxurious neighborhood with one of the best restaurants and shops seeding its streets. Don't miss the newly opened Ginza Six, if not for its designer boutiques then for the installation by Yayoi Kusama in its main hall. Ginza also boasts with one of the best bars in town – think intimate basement spaces with subtle music, dim lights and artisan cocktails. Tip: on weekends a part of Ginza Avenue turns into a pedestrian street, making it a very pleasant spot to take a stroll.

ODAIBA

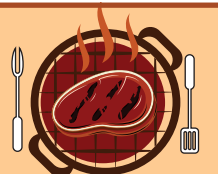
Located in Tokyo Bay, this artificial and ultramodern island is one of the most popular sites among locals and tourists alike for a reason: it has it all. From flamboyant and futuristic-looking architecture to an array of amusement spots, shopping malls and restaurants – this destination in Tokyo even has its own Statue of Liberty. Regardless of what season you're visiting, Odaiba is the perfect year-round day trip for geeks, budding architects, families and shopaholics alike.

Ginza



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Photos courtesy of The New Sanno hotel



Photos courtesy of Hardy Barracks Lodge

2 affordable options when staying in Tokyo

STRIPES KOREA

Staying overnight in Tokyo is not cheap. Even the most inexpensive hotels in Tokyo cost hundreds of dollars per night and both space and availability can be very limited. Fortunately, the military offers two alternatives for those looking to stay in overnight in Tokyo on a budget. These lodging facilities, The New Sanno and the Hardy Barracks Lodge, have some strong differences from each other so travelers should examine both choices carefully before making reservations.

The New Sanno is the more popular of the two. The New Sanno is managed by the U.S. Navy and is located in Roppongi, Tokyo. The New Sanno has various types of rooms ranging from singles, doubles, various suites and even a traditional Japanese-style suite. Prices for the rooms vary greatly depending on rank and room type. Rooms run from \$50-\$70 on the cheaper end and \$75-\$100 on the higher end. Amenities are a huge part of the New Sanno. Located inside the hotel is a small exchange, a liquor shop, a jewelry shop, a swimming pool and a gym. The hotel also offers 7 different dining options, from casual to dress code enforced. The hotel even hosts parties, conferences and weddings and has various theme nights several times a month. The amenities are open to non-guests but many, such as the pool and gym, are pay to use.

The general vibe of the New

Sanno is of a more formal type establishment. The amenities offered by the hotel are better for people looking to vacation in the hotel vice people just looking for a place to stay overnight. The New Sanno is also a good place for those who aren't as familiar with Tokyo or are going to be in the area for TDY. It's also a good place for an extended stay or for families with more than one child, especially with children too young to go out and explore on their own.

The Hardy Barracks Lodge is the other lodging facility offered by the military. Hardy Barracks is also located in Roppongi but beats out the New Sanno for location as it is located within walking distance of Roppongi Hills and Roppongi Street, which are very popular areas in Roppongi. The lodge is also located next to the Pacific headquarters building for Stars and Stripes which contains a small exchange and gym inside. The

lodge offers a single room or a suite and the prices are \$45-\$65 dollars depending on what room size you pick and whether or not you are on leave or TDY. The rooms are also bigger than the rooms at the New Sanno; based on my personal observations it would seem that a King Size Suite at the New Sanno is roughly the same size or only slightly bigger than a suit at Hardy Barracks but also costs an extra \$20-\$30 a night.

Although Hardy offers larger rooms at cheaper prices compared to the New Sanno it has several drawbacks. Firstly, there are no virtually no amenities. You have to go to the Stars and Stripes building to use the gym or exchange. There are no dining facilities at Hardy Barracks requiring you to go off base to eat unless you want something microwaveable from the exchange. Even the morning breakfast offered at Hardy is pretty bare bones; the only offerings are

Hardy Barracks Lodge

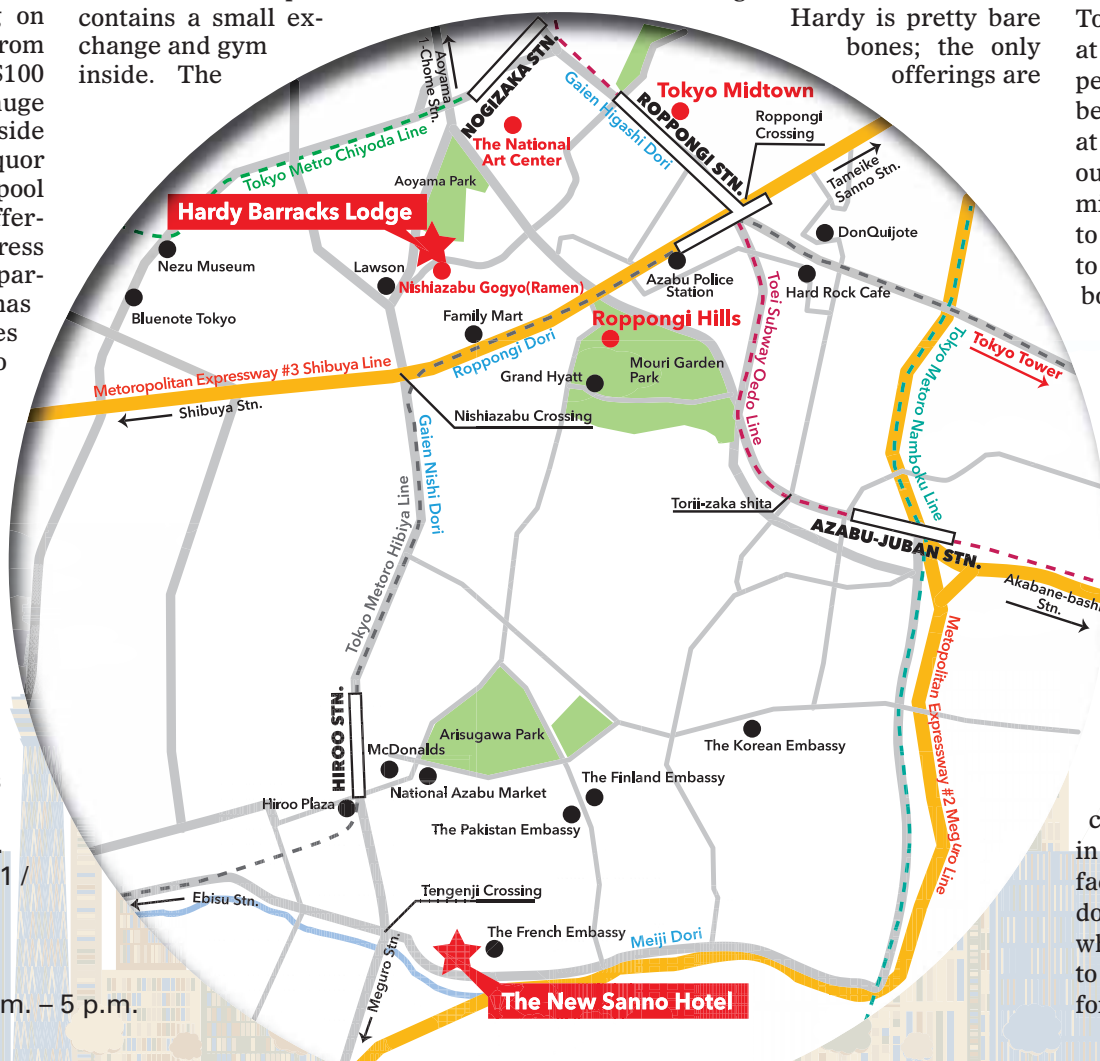
LOCATION: Five-minute walk from Nogizaka Station
PHONE NUMBER: DSN 315-229-3270 / CML 81-36-385-3270
RESERVATION DESK HOURS: Sun.-Thu.: 7 a.m. - 10 p.m.

bagels, packaged muffins and canned fruit. You pretty much get a place to sleep and that's about it.

It's also worth mentioning that Hardy Barracks is very popular with younger service members looking for a place to stay on the weekends while they party in Tokyo. The Hardy Barracks staff leaves at night and I've read reviews with people describing some fairly "rowdy" behavior occurring on the weekends at the lodge. Nothing illegal or dangerous but certain behaviors that parents might not want their younger children to be exposed to. Hardy Barracks tends to be open on the weekdays but usually booked on the weekends.

The general vibe of Hardy Barracks is very much that of a "lodge"; simply a no-frills place for people to sleep at night. Hardy Barracks is a good choice for those on tight budget or those with small families or who are familiar with the area and just want a cheap place to stay in Tokyo for a few days. As the amenities are limited it's not a very good choice for any TDY's or extended stays.

Overall both choices are acceptable lodging facilities with different strengths and weaknesses. Even the more expensive New Sanno is still far cheaper than staying anywhere else in Tokyo. I can't really recommend one facility over the other; it really comes down to the individual traveler and what their budget is, how long they plan to stay in Tokyo and what level of comfort they desire during their stay.



The New Sanno

LOCATION: A seven-minute walk from Hiroo station on the Hibiya Line. Their website, www.newsanno.com, contains directions on how to get there from various bases in the area.

PHONE NUMBER: DSN: 315-229-7121 / CML: 03-3440-7871 ext.7121

RESERVATION DESK HOURS:

Mon. - Fri.: 8 a.m. – 6 p.m.

Sat., Sun. & U.S. Holidays: 8 a.m. – 5 p.m.

5 reasons to Visit Jeju Island

STORY AND PHOTOS BY CINDY CHOI,
HAPS KOREA MAGAZINE

Jeju Island is one of South Korea's most visited tourist locations and combines beautiful nature with sandy beaches.

For those looking to get out of the major cities on the peninsula and to experience a unique locale in

South Korea, Jeju Island provides great accommodation options, stunning nature, great food, quirky museums and picturesque landscapes.

If you're considering to visit the island, here's five reasons that will make you want to visit Jeju.



Get back to nature

The most famous volcanic mountain on the island is Seongsan Ilchulbong, located on the eastern end of Jeju Island. Also known as "sunrise peak" for its beautiful view, taking pictures of the sunrise from the volcanic crater is must-do when you visit there.

Fresher air than the mainland

Unlike other places in South Korea, you will be pleasantly surprised to breathe in fresh air once you hike to the top of a mountain. As a bonus to the fresh air from your trek, stunning views from the top are great places to take out your camera and enjoy nature's beauty.



Great food with an island twist

Surrounded by the sea, fresh seafood makes Jeju Island a foodie lovers delight. Feast on local cuisine like abalone kimbap or grilled cutlass fish, and don't forget to try the Jeju black pork, one of the island's many delicacies.



Stunning beaches

The most gorgeous beaches in Korea are located on Jeju island. Hyeopjae Beach and Woljeongri Beach are two beautiful choices which have emerald waves and pristine sand with distinct atmosphere no matter which season you visit.



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Admission to GSIS is contingent on academic and other qualifications.

Visiting the surrounding islands

Marado, Chaguido, Udo, and Biyangdo are smaller islands just off of Jeju Island which are worth a look. One of the best islands in Jeju City is Udo, which is the biggest island in Jeju City, located northeast of Seongsan-ri. Rent a bike to explore the beautiful surroundings, or take a walk to best explore the islands.

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KOREA RESTAURANT GUIDE

Daegu

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* SPECIAL VIETNAMESE VEGETARIAN ROLL *
* TOMYAMKUNG *
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<http://facebook.com/NazKebabKorea>

- Daegu Dongseong-ro Rodeo St. 053-424-9951
- Camp Carroll (Waegwan) In front of Gate #4 054-977-9951
- Camp Humphreys (Pyeongtaek) In front of Walk-in Gate 031-651-9951

Osan Air Base

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DAEGU: Good eats, good shopping

CONTINUED FROM PAGE 11

Seomun night market

The Seomun Market, on Daegu's west side, is the city's largest night market, stretching 350 meters and featuring over 80 kiosks selling a variety of food and goods.

Finding the market is easy as its bright lights and big crowds are difficult to miss. A hot spot for people-watching and entertainment, the market is known for its many fabric and textile shops. According to the market website, it also serves as a start-up incubator, helping to create a sort of old-meets-new atmosphere while young entrepreneurs try their hand at business.

Visitors to the market can sample a variety of street foods from different countries. Many of the market regulars know to line up early in front of their favorite stalls. Some do it even before the grill is heated! A variety of dishes ranging from Korean, Japanese,



Chinese and Western cuisines tickle people's palates at Seomun. No matter how picky you are, you're sure to find something delicious here (from 2500~6000 KRW).

Among some of the treats you can get at the market, Tang Ho-lu, or sugar syrup-coated strawberries, are a popular sweet. Also, while you're here, try the "Yachae-tungtaeng-samgyeopsal-mari," a popular grilled vegetable and pork belly Korean dish (2,500KRW) you're guaranteed to have to wait in line for.

As you make your way deeper into the market, you'll find a performance stage which often features some type of musician or musical act. There is also a tent where you can sit and eat away from the chilly weather. Many of the shops change frequently, so there's always something new to see. If you are visiting Daegu, Seomun Night Market is a place you definitely should not miss.

ADDRESS: 45, Keunjang-ro 26-gil, Jung-gu, Daegu

SUBWAY

- LINE3: Seomun market station Exit 2 or 3 (short walk from exits 2 and 3 of Seomun Market Station)

OPERATING HOURS:

* For the summer season, Every day,
Sunday: 7-11:30 p.m.,
Friday, Saturday: 7 p.m.-midnight
* For the winter season, Weekday,
Sunday: 7-10:30 p.m.,
Friday, Saturday: 7-11:30 p.m.

URL: http://www.nightseomun.com/html/lang/index_eng.php



Cafe Samduk Sanghoe / Mix cafe Booksungno / Buksungno Bulgogi street

In the early 1900s, Daegu's fortified wall was destroyed, opening more real estate so Japanese businesses could expand what was once one of Daegu's largest commercial districts. In the late 1940s, after independence, the area became somewhat of a tattered place with merchants selling tools and equipment, including those from the U.S. military. During this time, most of the movie theaters and department stores with Japanese architecture from the bygone era also began to disappear.

Today, Booksungno is breeding new blood as the area's inexpensive rent and interesting architecture are drawing young artists and new businesses in alongside the old tool shops. Café Samduk Sanghoe and Mix Café are two of these newcomers. At Café Samduk Sanghoe, you can enjoy a coffee (from 3000 ~ 5000 KRW) inside a tami room overlooking a Japanese courtyard garden. The café's 1930s-era Japanese building was once a tool shop that sold wire and rope.

Down the street, don't let Mix Café's dingy exterior discourage you from stepping inside. This café has two buildings, one from the 1950s and the annex building built in 1910. Aside from offering a spacious, comfortable spread, the 50s-style décor of the main building and the contrasting Japanese décor of the annex, make it

a great place to hang out and explore. While you're in the main building, check out the view of their wine cellar housed inside the building's former basement

air-raid shelter. The coffee at both cafes isn't great, but their atmosphere makes them worth a visit.

While Buksungno may still be a tool alley during the day, at night watch the area convert into a bulgogi-lover's paradise. Bulgogi fans will want to stop by as this is a local favorite for grabbing cheap bulgogi, udon and a soju (8500 KRW + 3500 KRW for soju). Gentrification pushed the bulgogi wagons out, but the area is still a popular place to drink and eat like a Daegu local.



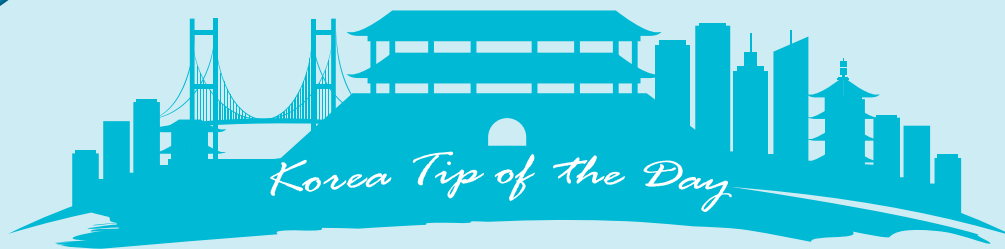
ADDRESS: 70, Bukseong-ro, Jung-gu, Daegu

SUBWAY

LINE1 Daegu station Exit 2. Walk down to the NH bank after crossing the crosswalk, and then cross to the opposite side and walk along the street.

URL: <http://www.jung.daegu.kr/new/english/pages/tour/page.html?mc=5032>





Know where and how to park

STORY AND PHOTO BY CHIHON KIM, STRIPES KOREA

As Korea's economy continues to grow, so do the number of cars on the road. For many, finding a parking spot in these conditions has quickly become a nightmare. Some creative drivers have resorted to parking in alleys and even on sidewalks.

When driving in South Korean cities, it's good to avoid leaving your car in the alleys or on the sidewalks, but it's also good to avoid any of numbered spots you're sure to spot around town.

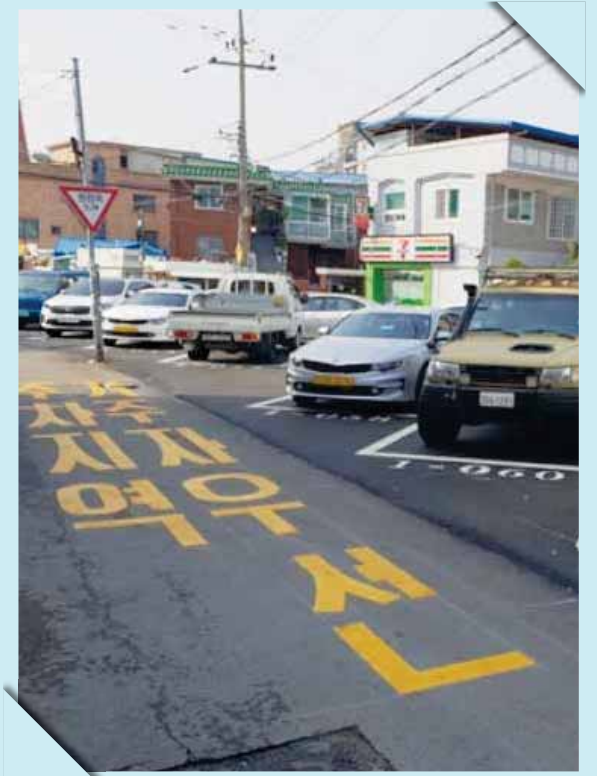
Parking in these spots, even by accident, could get you a fine or your car towed as they are paid parking spots for the area's residents. Most major cities in Gyeonggi

Province, including Seoul, either already use this system or will begin this year, so park with caution.

With so many restrictions on parking in South Korea, of course an app exists to resolve it: KAKAO T(parking). The free app allows users to not only search for a vacant parking space nearby, but also reserve it. Pay ahead on the app with your credit card or pay at the lot. The app will also give you the fee per hour for parking near your destination before you decide on which spot to reserve.

KAKAO will help you find a spot and, hopefully, prevent you from being that guy with the car that got towed. It's available on iOS and android, so there's really no excuse!

kim.chihon@stripes.com



Should you buy a new or used car?

Servicemembers, arm yourself with basic car buying skills

BY PATRICK CAMPBELL, CONSUMER FINANCIAL PROTECTION BUREAU

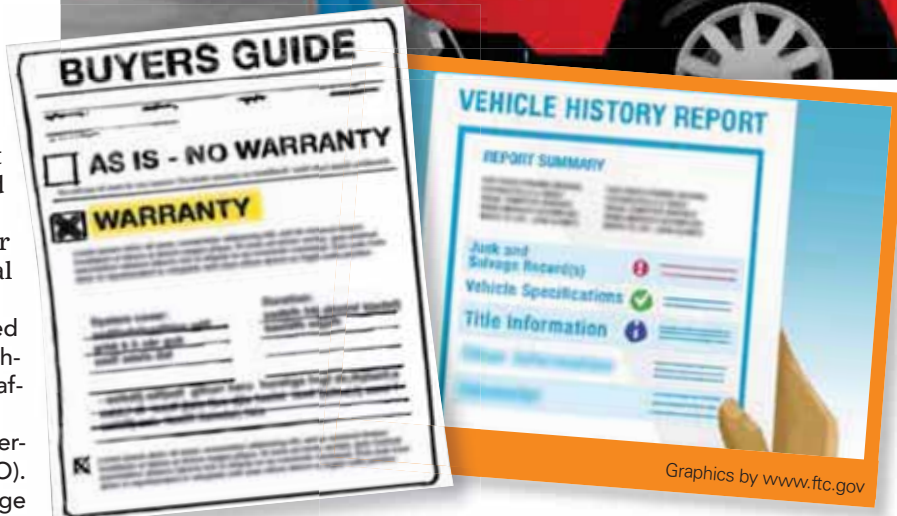
An important decision to make before buying a car is whether to buy a new or used vehicle. The average price of a new car is more than \$35,000 whereas the average price of a used car is around \$19,000. It's always nice to have a new car with all the latest bells and whistles, but it's also important to consider the possible savings benefit from buying a used car.

How to shop for a used car

Before you start shopping for a used car, do some homework. It may save you serious money. Consider your driving habits, what you'll use the car for, and your budget.

Whether you buy a used car from a dealer or an individual be sure to:

- Test drive the car under varied road conditions—on hills, highways, and in stop-and-go traffic.
- Go online and research Certified Preowned Cars (CPO). These cars are low mileage trade-ins and lease returns that are reconditioned to the specifications of a new vehicle. Also, after these CPO vehicles are restored, the manufacturers may extend their original warranty. This can save you money from buying an extended service contract.
- Ask for the car's maintenance record from the owner, dealer, or repair shop.
- Determine the value of the vehicle before you negotiate the purchase. Check the National Automobile Dealers Association's (NADA) guides,



How to shop for a new car

A new car is second only to a home as the most expensive purchase many people make. The average price of a new car sold in the United States is about \$35,285. Think about what car model and options you want and how much you're willing to spend. Do some research. If

you prepare you'll be less likely to feel pressured into making a hasty or expensive decision at the showroom and more likely to get a better deal.

Consider these suggestions:

- Shop around to get the best possible price by comparing models and prices in

ads and at dealer showrooms. You can also contact car-buying services and broker-buying services to make comparisons.

- Plan to negotiate on price. Dealers may be willing to bargain on their profit margin, often between 10 and 20 percent. Usually, this is the difference between the manufacturer's suggested retail price (MSRP) and the invoice price.
- Consider ordering your new car if you don't see what you want on the dealer's lot. This may involve a delay, but cars on the lot might have features you don't want—and that can raise the price. But, dealers often want to sell their current inventory quickly, so you may be able to negotiate a good deal if an in-stock car meets your needs.

There are pros and cons to buying a new or used car and you should weigh your options carefully before making the decision to purchase. Buying a used car is not only less expensive, but it will also save you money on car insurance rates and registry renewals. A new car, however, has its advantages as well, as it may be more reliable and have the latest technology. Thinking about your budget, bills and expenses, and the other things you want to spend your money on now and during the years you will have car payments may help you decide between

a new and a used car. Whether you buy a new or used car, you should arm yourself with information to get the best deal.



File photo

Cheongpyeong Snowflake Festival



DATE: Until Feb. 24
LOCATION: Cheongpyeong Recreation Area for Cheongpyeong Snowflake Festival
INTRODUCTION: Cheongpyeong Snowflake Festival located in Gapyeong-gun, Gyeonggi-do includes fun activities such as catching trout with bare hands, ice fishing, riding on tradition sleds and many other hands-on activities. Visitors who had paid admission to the fishing reservoir are also invited to watch the free circus performance offered.

TRANSPORTATION:
Subway
 Cheongpyeong Station (Gyeongui-Jungang Line), Exit 1. The festival venue is about 5-min walking distance away from the station.
Bus
 From Dong Seoul Bus Terminal, take an intercity bus bound for Cheongpyeong. The festival venue is about 7-min walking distance from Cheongpyeong Bus Terminal.
HOMEPAGE: www.cpfestival.net (Korean only)



Little Prince Lighting Festival of Petite France



DATE: Until Feb. 28
LOCATION: Petite France
INTRODUCTION: Little Prince Lighting Festival of Petite France is held throughout the Petite France Park with beautiful lighting landscapes at nighttime. Pretty buildings and night streets as well as Christmas trees are decorated with sparkling lights like a fairy tale. Adding a more romantic mood to winter nights, various event like orgel performance & explanation, marionette performance, puppet performance, magic performance, plaster art experience, and wish tree event will be available for visitors to enjoy the festival throughout Petite France.
TRANSPORTATION:
Express/Intercity Bus
 Take a bus from Dong Seoul Bus Terminal or Sangbong Bus Terminal to Cheongpyeong. From Cheongpyeong Terminal, take a local bus bound for Goseong-ri.
HOMEPAGE: www.pfcamp.com (Korean, English, Chinese)

HAPPENINGS OFF BASE

FESTIVALS

Korea Grand Sale



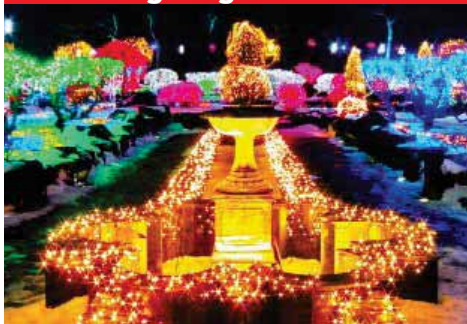
DATE: Until Feb. 28
LOCATION: Seoul Metropolitan Areas and major regions nationwide
INTRODUCTION: Korea Grand Sale is an integrated festival that promotes culture, tourism and shopping to international visitors. Shopping, accommodations, transportation, entertainment, beauty and health, food and other various participating companies will be offering lots of benefits and discounts to all international tourists visiting Korea during this period. In particular, many events will be held and convenient services such as free Wi-Fi, language interpretation service, information center and others will be available.
HOMEPAGE: www.koreagrandsale.co.kr (Korean, English, Chinese, Japanese)

Lighting Festival at The Garden of Morning Calm



DATE: Until March 31
LOCATION: Main gardens
INTRODUCTION: Held at the Garden of Morning Calm, the Lighting Festival is the biggest festival of lights in Korea, covering 100 thousand pyeong illuminated by 30,000 lights. The gleaming lights add a festive glow to the garden during the winter season. The main gardens are Hakyung Garden, Hometown House Garden, Bonsai Garden, Moonlight Garden, Sky Path and Garden of Eden, with colorful lights adorning the trees. In the event of inclement weather, lights may be turned off for safety.
TRANSPORTATION:
Bus
 ■ From Sangbong Bus Terminal or Dong Seoul Bus Terminal take a bus bound for Cheongpyeong Bus Terminal.
 Or,
 - Take bus No. 1330 at Cheongnyangni Transfer Center (in front of Lotte Department Store).
 - Get off at the Cheongpyeong Bus Terminal.
 ■ From Cheonpyeong Terminal, take a bus bound for The Garden of Morning Calm.
Subway
 - Cheongpyeong Station (Gyeongchun Line), Exit 1.
 - Go left until you reach the 3-way intersection and turn right.
 - Continue straight toward the Cheongpyeong Catholic Church.
 - Pass by Cheongpyeong Elementary School, turn left, and you will see the Cheonpyeong Bus Terminal.
 - From the terminal, take a bus bound for The Garden of Morning Calm.
 - Alternatively, take the Gapyeong City Tour Bus.
HOMEPAGE: www.morningcalm.co.kr (Korean, English, Japanese, Chinese)

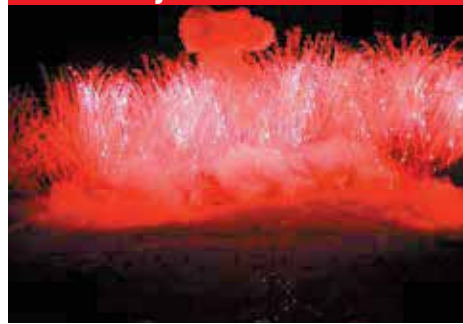
Byeokchoji Botanical Garden Lighting Festival



DATE: Until March 3
LOCATION: The Botanical Garden BCJ (Byeokchoji)
INTRODUCTION: Byeokchoji Botanical Garden features Paju's sole lighting festival close to nature. The festival is held every year from mid-November to early-March. Visitors can enjoy this festival in the venue which is a famous filming spot for more than 100 dramas, movies, advertisements, and music videos annually.
TRANSPORTATION:
Taxi
 Approx. 20 min from Paju Station (Gyeongui-Jungang Line)
HOMEPAGE: www.bcj.co.kr (Korean only)



Jeju Fire Festival



DATE: March 7- March 10

LOCATION: Saebyeol Oreum
INTRODUCTION: Jeju Fire Festival is held to pray for a good harvest and good health in the new year. Various folk games and hands-on programs are available, and the beautiful natural environment of Jeju Island makes the festival even more enjoyable.
TRANSPORTATION:
Bus
 ■ From Jeju International Airport, take Bus 100 to Jeju Intercity Bus Terminal.
 ■ From Jeju Intercity Bus Terminal, take an intercity bus bound for Pyeonghwa-ro Road. Get off at Hwajeon Village .
 * Shuttle buses available during the festival period.
 * Transportation inquiries: Tourism Policy Division (+82-2-64-728-2751), Air Traffic Division (+82-2-64-728-3191), Information Officers (+82-2-64-728-2021)
HOMEPAGE: buriburi.go.kr (Korean, English, Japanese, Chinese)

Jindo Miracle Sea Road Festival



DATE: March 21- March 24
LOCATION: Area of Hoedong-ri, Gogunmyeon, Jindo-gun
INTRODUCTION: Once a year at Jindo Island in Jeollanam-do, the sea mysteriously parts and visitors can walk through the sea from the main island to a smaller nearby island. This phenomenon is due to the buildup of pebbles and sand created over time with the tide, creating a 2.8-kilometer-long road measuring 40-60 meters in width that appears at extreme low-tide.
 The Jindo Miracle Sea Road Festival takes place at the same time as this phenomenon. Visitors can enjoy walking along the sea road, gathering abalone and various other fun activities that make up the festival program. The spectacular sight of the sea parting is widely known and about half a million visitors flock from all over the world just to witness this amazing event.
TRANSPORTATION:
Express/Intercity Bus
 Take a bus from Seoul Central City Terminal or Dong Seoul Bus Terminal to Jindo.
Bus
 From Jindo Bus Terminal, take the Gagye-Hoedong or Songgun-Hoedong bus
 Get off at Hoedong.
 Go 40m along the sea to reach the festival venue.
HOMEPAGE: tour.jindo.go.kr (Korean, English)

Yeongdeok Snow Crab Festival



DATE: March 21- March 24

LOCATION: Gangguhang Port area

INTRODUCTION:

Yeongdeok Snow Crab Festival is an annual event that celebrates local snow crabs, which were once served to the kings. Among festival highlights, the Snow Crab Public Auction as well as the snow crab market are the most popular. In addition, visitors can ride a snow crab fishing boat, participate in a snow crab cooking competition, and sample various snow crab dishes for free.

TRANSPORTATION:

Bus

From Dong Seoul Bus Terminal, take an intercity bus to Yeongdeok.

Taxi

Approx. 10 min from Yeongdeok Bus Terminal.

HOMEPAGE: ydcrabfestival.com (Korean only)

HOMEPAGE: wangin.kr (Korean only)

Goryeong Daegaya Experience Festival



DATE: April 11 - April 14

LOCATION: Areas of Daegaya Historical Theme Park and Daegaya-eup

INTRODUCTION:

Daegaya (AD 42-562) was a nation that inhabited the Korean Peninsula around the 4th Century. The nation was a sophisticated nation that even at this early age possessed extremely high standards of culture. They created the Gayageum (a twelve-stringed traditional Korean harp). Through the relics found in the area, the nation was thought to be a powerful force in the area (now Gyeongsangnam-do). This festival offers various interactive programs to experience the nation with relic exhibition, wooden boat-making and others. Also, tourists can experience the farming culture like harvesting strawberries from the nearby rural village.

TRANSPORTATION:

Bus

From Seoul Nambu Terminal, take an intercity bus to Goryeong Intercity Bus Terminal.

Taxi

Approx. 5min from Goryeong Bus Terminal.KTX

HOMEPAGE: tour.goryeong.go.kr/fest (Korean only)

LOCATION: Korea Flower Park

INTRODUCTION:

Tean Tulip Festival offers excellent photo opportunities for both local residents and tourists alike with beautiful and vibrant tulips in full bloom. The festival venue is divided into sections, which are decorated in different themes, allowing visitors to enjoy the sight of colorful tulips among creative and fun backdrops.

TRANSPORTATION:

Bus

From Dong Seoul Bus Terminal, take an intercity bus to Taean.

From Taean Intercity Bus Terminal, take a village bus bound for Gomseom and get off at Morenon Bus Stop.

HOMEPAGE: www.koreaflowerpark.com (Korean, English, Japanese, Chinese)

creating the ambience of a joyful flower culture festival.

TRANSPORTATION:

Subway

Jeongbalsan Station (Seoul Subway Line 3), Exit 1 or 2

- Pass through Ilsan Cultural Park towards Ilsan Lake Park (500 m).

Bus

Get off at Lake Park Bus Stop.

- Bus: 33, 88A

- Intercity Bus: 3000

- Airport Bus: 7300, 7400

HOMEPAGE: www.flower.or.kr (Korean, English, Japanese, Chinese)

Yeongam Wangin Culture Festival



DATE: April 4 - April 7

LOCATION: Yeongam-gun (Historical Site of Dr. Wangin, Gurim Village, Yeongam Pottery Museum, etc)

INTRODUCTION:

Yeongam Wangin Culture Festival is held in early April when the cherry blossoms are in full bloom to commemorate the achievement of Korea's Dr. Wangin, who traveled to Japan over 1,600 years ago to spread Korean knowledge, culture, and arts. The festival takes place in Bongseondae and Sangdaepo Historic Park. Tourists and local residents can enjoy various events during the festival period.

TRANSPORTATION:

Bus

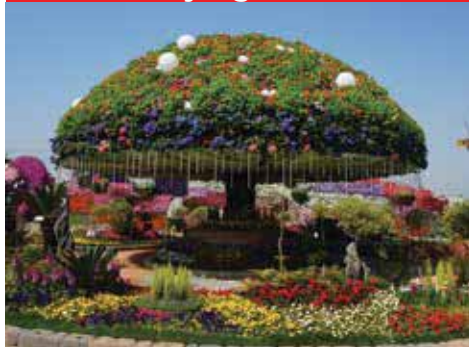
From Seoul Central City Terminal, take an intercity bus bound for Mokpo.

From Mokpo Bus Terminal, take a local bus bound for Yeongam and get off at the Historical Site of Dr. Wangin.

KTX

From Yongsan Station, take a train bound for Mokpo Station (travel time: 3 hrs 20min)

International Horticulture Goyang Korea



DATE: April 26 - May 12

LOCATION: Ilsan Lake Park and Wondang Flower Complex

INTRODUCTION:

First held in 1997, International Horticulture Goyang Korea, an international flower exhibition, has attracted over 6.2 million visitors so far. The event is considered to be Korea's representative international flower exhibition. The festival takes place at Ilsan Lake Park in Goyang from April to May with nearly 300 related organizations, groups, and companies from 36 countries showcasing flowers and various products made with flowers. Also, unique and rare plants exhibition, indoor garden decorated with flower art pieces, outdoor theme parks, making of flower plant experience, flower arrangement contests and other cultural events and performances are planned to add more joy to the flower festival. At night, lighting garden, LED performance, K-POP performance and other exciting events will also entertain visitors,

Mungyeong Traditional Chasabal Festival



DATE: April 27 - May 6

LOCATION: Mungyeongsaejae Open Set area

INTRODUCTION:

Mungyeong Traditional Chasabal Festival takes place at Mungyeongsaejae Open Set in Gyeongsangbuk-do, an area famous for traditional ceramics. The festival first started in 1999 and has gone on to become a premier festival recognized by the Ministry of Culture, Sports & Tourism. Visitors will be able to join in traditional tea ceremony and pottery-making programs, operated by local artisans.

TRANSPORTATION:

Express/Intercity Bus

Take a bus from Dong Seoul Bus Terminal to Mungyeong Bus Terminal.

Bus

Take a bus bound for Mungyeong Saejae and get off at Mungyeong Saejae Bus Stop.

HOMEPAGE: www.sabal21.com (Korean, English, Chinese, Japanese)

NOTE: Festival dates and info subject to change.

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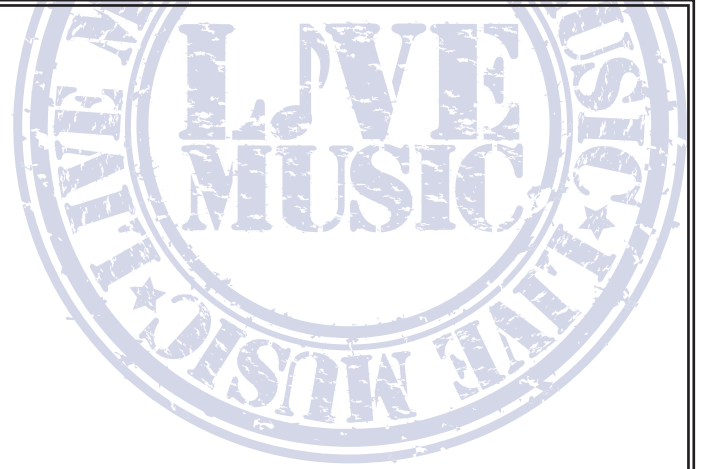
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Concerts



Music Festivals

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Seoul, Aug. 31 & Sep. 1, 2 p.m., Gwacheon Seoul Land, 125,000 won (Early Owl GA, 2-Day Pass), 180,000 won (Early Owl VIP, 2-Day Pass).

Concerts



Maroon5

Seoul, Feb. 27, 8 p.m., Gocheok Sky Dome, 77,000-99,000-121,000-132,000-143,000 won.

Josh Groban

Seoul, Feb. 27, 8 p.m., Jamsil Indoor Stadium, 132,000-165,000-220,000 won.



Lim Taekyung

Seoul, Mar. 2, 7 p.m., LG Arts Center, 88,000-99,000-121,000 won.

Astro

Seoul, Mar. 2, 2 & 7 p.m., Olympic Park Olympic Hall, 45,000 won.

O.When

Seoul, Mar. 9, 6 p.m., Art Center Grand Theater, Hongik University, 66,000-77,000-88,000 won.

Dynamic Duo

Seoul, Mar. 9, 6 p.m., LOTTE Concert Hall, 33,000-66,000-88,000-99,000-110,000 won.

Jae Rim Choi

Seoul, Mar. 9, 7 p.m., Mar. 10, 4 p.m., Baekam Art Hall, 77,000-88,000 won.

Years & Years

Seoul, Mar. 10, 6 p.m., Blue Square Imarket Hall, 110,000 won.

Crush

Seoul, Mar. 10, 6 p.m., LOTTE Concert Hall, 33,000-66,000-88,000-99,000-110,000 won.

Thomas Quasthoff

Seoul, Mar. 19, 8 p.m., LG Arts Center, 40,000-60,000-80,000-100,000 won.

Tom Odell

Seoul, Mar. 18, 8 p.m., Blue Square Imarket Hall, 88,000 won.

T-Square

Seoul, Mar. 23, 6 p.m., Sang Myung

University, Sang Myung Art Center, Main Theater, 88,000-99,000-110,000 won.



Jim Gaffigan

Seoul, Apr. 2, 8 p.m., ECC Samsung Hall, 77,000 won.

Kazumi Tateishi Trio Live

Daegu, Apr. 13, 5 p.m., Daegu Suseong Artpia Muhak Hall, 66,000 won.

Ed Sheeran

Incheon, Apr. 21, 6 p.m., Songdo Moonlight Festival Park, 110,000-121,000-132,000 won.

Kraftwerk

Seoul, Apr. 26, 8 p.m., Olympic Park Olympic Hall, 99,000-110,000 won.



Chucho Valdes

Seoul, Sep. 17, 8 p.m., LG Arts Center, 40,000-60,000-80,000-100,000 won.

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Home Business Directory

Yokosuka

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Answer

Mark Teixeira

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Hangul of the week

바람
Baram (wind)

Language Lesson

It's very cold today.

● ————— ●

Oneul manhi chupneyo.

Crossword

by Margie E. Burke

ACROSS

1 Diner dish
5 Altar area
9 Nevada's Great _____ National Park
14 Enough, for some
15 Soft French cheese
16 Dwelling place
17 Storybook monster
18 Captain, e.g.
19 Layered rock
20 Wrestling hold
22 Preserved, in a way
23 Austrian peak
24 Horse's tidbit
25 Letter opener
26 Send the wrong way
29 Fourposter, e.g.
32 Glasses, briefly
34 Classic Atari game of the 1980's
36 Graph or mobile starter
37 Give it _____
38 Marine growth
39 Four-run homer
42 Drunk as a skunk
43 Moray, e.g.
44 Without reluctance
46 Minuscule
47 Score of zero
48 Apply gently
51 Packing a punch
54 Tear
56 Pitcher's place
57 Cast a ballot
58 "Nay" sayer
59 Cantilevered window
60 Revered one
61 Heroin, slangily
62 Netflix category
63 Eagle's roost (var.)

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17				18				19					
20				21				22					
23				24				25					
		26	27				28			29	30	31	
32	33					34				35			
36						37				38			
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51	52	53					54			55			
56							57			58			
59							60			61			
62							63			64			

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64 Roll-call response **29** Greek restaurant performance **45** "_____ done!"

30 Drop-off point **46** Printer need

31 Out of juice **49** Perfume base

32 Herb in stuffing **50** Carpet color

33 Squeaky clean **51** E.P.A. concern

35 Sandbox toy **52** Hightailed it

40 Taper off **53** Make a mess of

41 Croon a tune **54** Prospector's find

42 Look up and down **55** Poison ivy woe

57 By way of

Answers to Previous Crossword:

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

SUDOKU

Difficulty: Easy

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

Edited by Margie E. Burke

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

Answers to Previous Sudoku:

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

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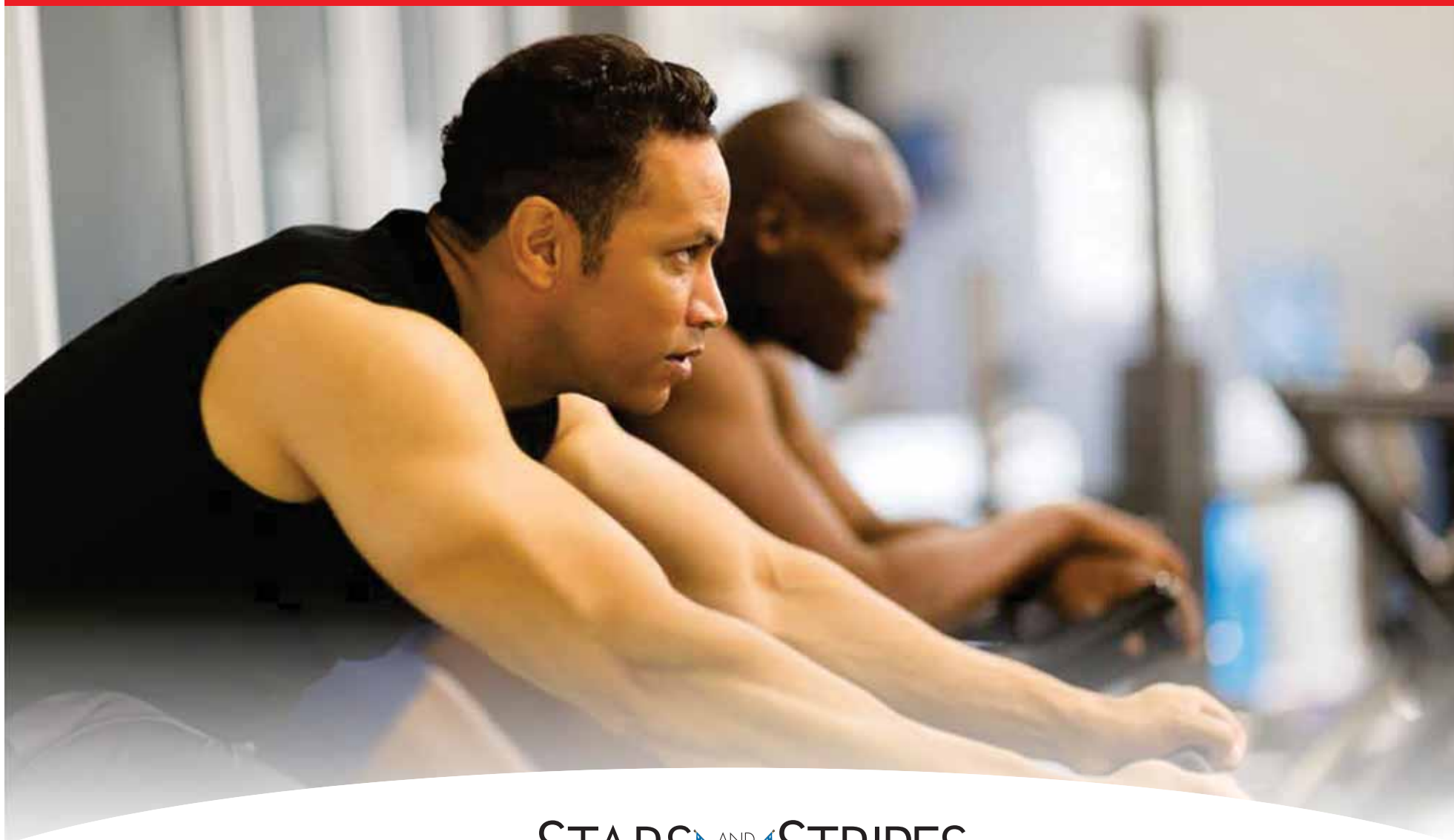
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Korea Healthy Living Guide

- Ways to make working out a priority
- Habits to kick-start a healthy lifestyle
- Simple snacks rich in protein
- Health secrets of bibimbap



8-PAGE PULLOUT

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Get moving

5 ways to help make working out a priority

BY ELIZABETH JONES,
STRIPES KOREA

Life doesn't get any less busy so you find time for the things you deem important. Despite knowing how vital it is to stay in shape, many people tend to put working out on the back burner. Exercising isn't the most appealing activity when you're dripping in sweat, red in the face and huffing and puffing. However, it is essential for our overall health. Follow these tips to help you prioritize living an active lifestyle:

Make the time

When you schedule the time to workout, you'll more than likely stick with it. A good workout doesn't have to be long to be effective. Dedicating 15 to 45 minutes per session is all you need. Think about the amount of time you've spent hitting snooze in the morning, scrolling through social media or clicking "yes" when Netflix asks if you're still watching. If reaching your fitness goals is important to you, then you will find a way to work it into your schedule.

Have a workout buddy

It's much easier for you to cancel dates, especially to the gym, on yourself than it is to cancel on a friend. Ask around and you're bound to find someone who wants to get in shape too. Being active doesn't mean you have to always go to the gym. Grab a friend and go on a hike, play a pick-up basketball game or ride your bikes around town. When you have a workout partner you'll be able to keep one another accountable, which will help you reach your fitness goals quicker.

Incorporate small changes

Every moment of activity adds up! Park further away

from entrances than you normally would to get extra steps in, bike to work or walk to the grocery store instead of driving. You'll be surprised with how many extra calories you can burn by making small changes to your daily routine.

Set goals & track your progress

Keep your motivation rising by looking back on how far you've come. Whether you want to run faster, lift heavier weights, be more flexible or simply become healthier overall, you need to set goals.

Take progress pictures of your body and log your stats from each workout. Push yourself to do better than the day before. When you feel discouraged, don't quit! Tracking your progress is meant to motivate you to keep getting better.

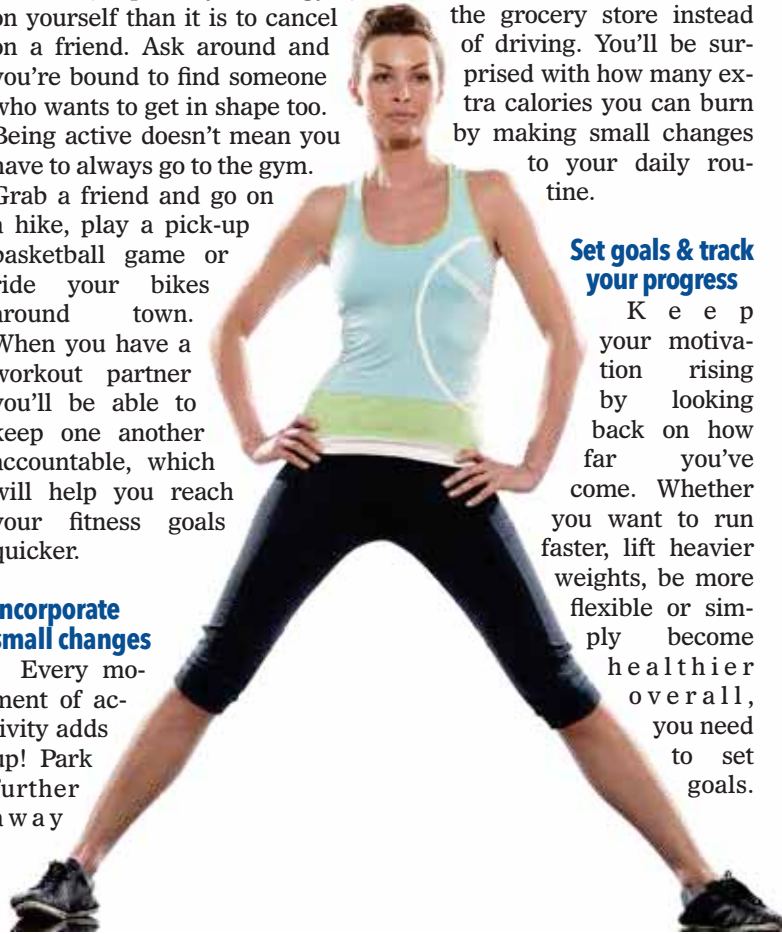
Reward yourself

Although seeing positive changes in your body is very encouraging, staying committed to a workout routine can still be difficult. Reward yourself in ways that will keep you on track with your goals.

Buy yourself a new gym outfit, fitness smartwatch, chic water bottle or a pair of colorful running shoes. Spoiling yourself feels good; especially when you know you've earned it from the hard work you've been putting in to better your overall health.

Some days will be harder than others when trying to find time and motivation to exercise. Remember these tips to get you moving!

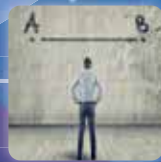
Always keep in mind that each day only brings you one step closer to reaching your fitness goals.



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5 habits to kick-start a healthy lifestyle

BY ELIZABETH JONES, STRIPES KOREA

We all know that trying to find time to exercise and eat clean can be difficult to add onto our preexisting to-do list. At the same time, it can be exhausting rushing to get fit just in time for summer or trying to slim down before a big event. Three-month diet plans and workout regimens can work, but once they're over it's too simple to slip back into old habits. Here are some tips on how to establish a lasting healthy lifestyle.

1 Find a workout routine you enjoy

Workouts are meant to be challenging, but it's also important to find a style of exercise that clicks with you and aligns with your goals. If you enjoy lifting heavy weights, high-intensity interval training, running for miles, swimming laps in the pool, attending yoga classes, going biking or anything else that gets your body moving then stick to it! A workout routine that will get you off the couch, especially on the days you aren't motivated, is the one you need.

2 Don't eat boring foods

What many discover at the beginning of their fitness journey is the dedication to eat clean can be harder than going to the gym. Eating nutritious foods is a vital part of your journey no matter what your goals are. You will have to broaden your healthy eating horizons beyond chicken, rice and broccoli if you want this lifestyle to last. Pinterest is a great source for finding creative, healthy recipes such as baked oatmeal cups, smoothie bowls and shrimp stuffed avocados to name a few. You can even find healthy alternatives to your favorite junk foods such as donuts, pizza, ice cream and cookies. It's easier to stay on track when you have fun in the kitchen and satisfy your cravings.

3 Stay active outside the gym

Exercising doesn't always have to take place on treadmills or in weight rooms. Take your dog on a long walk, go hiking, ride your bike on errands, or take walking breaks at work. Finding

moments throughout the day to squeeze in spurts of exercise will help you stay active. It'll become second nature once you do it long enough.

4 Change it up

While sticking to a routine you enjoy is important, your progress may plateau over time. Be mindful of your own stats and keep things challenging. Attempt that tough yoga inversion, throw heavier plates on the squat rack, sprint faster, jump rope longer or literally go the extra mile. Push yourself and your limits to keep your progress moving forward. If boredom is the cause of your plateau then it's time to spice things up. Go to a new spin class, try rock climbing or kayaking, enter the weight room or hop on the elliptical. You never know what new passion you may find. This will also give you more confidence to go outside your comfort zone.

5 Indulge from time to time and don't feel bad about it

Don't get wrapped around the idea

that you'll lose progress if you don't stick to your routine 100 percent of the time. Living your life is just as important to your overall well-being as working out and eating healthy. As you get deeper into your fitness journey, you'll know when to say yes or no to certain things. It's okay to have a scoop of gelato when you're exploring a new city, or that extra glass of wine at your best friend's wedding. Whatever it is you're experiencing, you need to enjoy yourself without guilt.

Balancing every aspect of life can be hard. Take baby steps and start implementing these habits and it will become easier with each passing day. Always remember why you started this lifestyle in the first place. Create new goals and don't forget to look back on how far you've come. You'll thank yourself later.

per 100g serving. Also contains a lot of unsaturated fats and very little saturated ones, as well as magnesium and calcium.

Depending on your tastes, you can have the butter from either raw or roasted almonds. Great for spreading on bread or dipping some veggies in it to compensate for the lack of vitamins.

7. Avocado and chicken salad

My personal favorite salad. Simple, rich in protein, and very reliable when it comes to quick preparation. Avocado is high in calories, containing 160 of them per 100g serving. But, this doesn't mean it's unhealthy. It also contains healthy unsaturated fats. This salad adds up to 29g of protein per 100g. Once again, a considerable amount of protein. I personally prefer the salad because of convenience. However, you can use the combination of these two for a wrap, sandwich, or even pasta.

8. Canned salmon

This is my replacement whenever I can't get my hands on canned tuna. Salmon is very high in protein as well, and its canned version is about as healthy as the fresh one. In fact, it contains around 70 fewer calories.

Per 100g serving, canned salmon offers 25g of protein and 136 calories. I recommend canned salmon for a quicker grab, and because it's also cheaper.

Simple snacks rich in protein

BY DAN CHABERT, RUNNERCLICK

I know how important it is for you to consume an adequate amount of protein while building muscle. Sometimes it's hard to prepare non-repetitive meals that meet your protein consumption. However, it's much simpler that it really looks.

Protein is a must in every training routine, so skipping it is definitely not an option. Actually, you want as much of it as you can get (at a safe rate, of course). In this article, I'll help you simplify your protein consumption. You don't need to stress about each meal being perfect. Instead, these simple snacks rich in protein can lift you up right after training. They're also great companions to your meals. Instead of preparing a whole protein-dish, have these as sides to complement your food:

1. Jerky

Arguably the most popular

(and effective) option when it comes to protein on the go. Jerky consists of any kind of meat that has been totally dried. You've probably seen them at your local market in a packet of strips. Depending on the kind of meat, jerky can contain around 10g of solid, portable protein per ounce. It doesn't get any better than that. Meats such as beef, turkey, and salmon are ideal for jerky. Keep in mind that supermarket products might include sugars and artificial flavoring. Making your own jerky is a great option, just make a bunch of it so it's already there whenever you need to go.

2. Hard-boiled eggs

Boiled eggs have just about everything your body needs. They contain loads of B vitamins, trace minerals, and protein. Plus, it's a really accessible snack. A single egg contains 6g of protein, boiling two of them is ideal between

meals. Aside from providing you with protein, their properties will make you feel fuller. This reduces your risks of consuming those pesky calories until your next meal.

3. Greek yogurt

I just can't recommend Greek yogurt enough. It's as simple as removing the lid, grabbing a spoon, and boom - protein. Greek yogurt contains about 20g of protein per 224 grams (a cup of it). It's also pretty healthy, as its low in fats, calories, and contains a reasonable amount of calcium.

Add protein-rich grains to improve both nutrition and flavoring. Granola is a great choice, containing 10g of protein per 100 grams. Be careful though, granola contains quite a bit of calories. You might not want to add more than 2 tablespoons of it.

4. Tuna

Tuna contains 30g of protein

for every 100g of cooked portion. You guessed it - that's super good. Guess what else? It's super cheap as well. Have you heard anything better than that today? Tuna is my second favorite choice after jerky. Whenever I'm going away from the kitchen, I make sure to have at least one can of those with me. Pasta with tuna makes up for a solid protein dish if you want to consume some carbs. If not, crackers are great companions for it. Cheap, portable, and effective.

5. Peanut butter

I'll never be too old for peanut butter and jelly sandwiches. Neither will you. If you dropped your childhood favorite snack, it's about time to retake it. Not only does peanut butter provide you with 25g of protein per 100g. In combination with bread, it provides you with a healthy combination of B vitamins, zinc, and iron. It contains unsaturated fats, which believe it or not, are healthy fats that your body actually needs. Keep in mind it contains almost 600 calories in the same serving. It's a great option for those looking to gain some mass.

6. Almond butter

Very, very similar to peanut butter nutrition-wise. It contains 21g of protein and 614 calories



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Health secrets of bibimbap

KOREA TOURISM ORGANIZATION

Bibimbap, a bowl of rice mixed with meat and assorted vegetables, is one of the all time favorite meals of the Korean people, regardless of age or generation. Its popularity has also grown internationally with the spread of hallyu, or Korean “wave.” Even some Hollywood celebrities have praised its nutritional value and talked about how it has helped them maintain a healthy diet.

On top of its aesthetically pleasing appearance, bibimbap appeals to all the senses through its textures, smells, and

rich opt hav tair hav full rea sot car cus tho erin bibi tho onl mir

Globally recognized

One might argue that bibimbap is a type of fast food, in the sense that it is all eaten together after being tossed and stirred thoroughly. However, it is actually the very opposite. Unlike most fast foods, bibimbap contains many beneficial ingredients including both vegetables and meat. This also represents Korean’s long-held belief in harmony, created by oseak (the five cardinal colors of traditional Korean art).

On top of its aesthetically pleasing appearance, bibimbap appeals to all the senses through its textures, smells, and rich taste. The dish also provides the option of cooling it off before eating or having it served in a hot dish to maintain the high temperature. You may have seen a

photo of bibimbap carefully prepared on a golden yugi (Korean brassware) or the heavy-duty dolsot (Korean hot-stone). This expresses a chef’s careful calculation in considering a customer, making sure it is enjoyed thoroughly until the last bite. Considering these characteristics unique to bibimbap, one can easily see that it is a thoroughly prepared meal that will not only aid your health, but also heal your mind.

A festival celebrating bibimbap is hosted in Jeonju every year. The festival offers a variety of food performances, along with the events such as mixing a gigantic bowl of bibimbap that can feed hundreds!



Gigantic bowl of bibimbap Photo courtesy of Jeonju Bibimbap Festival Organizing Committee



Bibimbap served in stone pot and brass bowl

Bibi

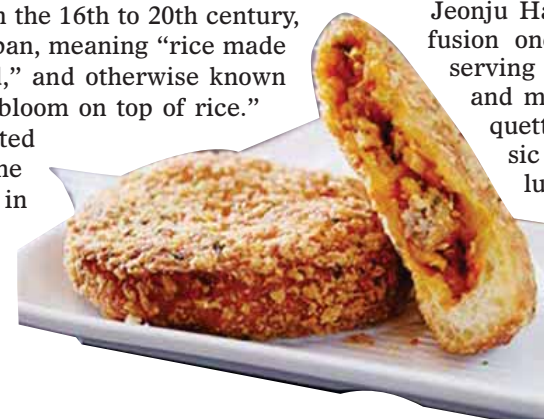
Fusion food

At this point, you might become curious about whether you always have to mix everything together, and the answer would be “yes.” The meaning of the word bibimbap goes back to the period from the 16th to 20th century, when it was first called goldongban, meaning “rice made by mixing various types of food,” and otherwise known as hwaban, meaning “flower to bloom on top of rice.” This colorful mix was then adopted by many regions throughout the Korean Peninsula, ending up in various types of these specialty bowls found today.

Bibimbap today is far more advanced in terms of its variation, taking many different roles and forms for different occasions. For example, bibimbap to-go is highly appreciated in

Korea as well as other and you can find it from convenience store met restaurants. Bibimbap featured in many international flight meals.

Jeonju Hanok fusion one serving bibimbap and making quettes, in sic form lunch b



Jeonju Hanok Village's Bibimbap croquette

the cor the din ine jam For str the

Regional bibimbap

Jeonju bibimbap

Jeonju bibimbap is uniquely prepared with an assortment of colors of namul (vegetable side dishes), and is regarded as the most representative example of bibimbap. Fried beef and thin garnish strips of cooked egg whites and yolks can be a good alternative to yukhoe (beef tartare) and egg yolk. The broth from a beef brisket is used to cook the rice, and is garnished with the tartare and egg pair on top, a signature feature of Jeonju bibimbap. It tastes even better with hot pepper paste mixed in with fried beef called yak-gochu-jang, the specialty of Jeonju, as well as bean sprout soup or beef radish soup.



Jeonju Bibimbap, the most recognize bibimbap of all

adding soy sauce, sesame oil and its seeds, instead of red pepper paste. It tastes even better with tang-guk (beef and radish soup), a soup flavored with dried sea cucumber, octopus, seaweed, and sliced radish, all of which are diced into pieces and thrown into a clear broth.

Tongyeong bibimbap

Tongyeong, a coastal community, has an abundance of fresh seafood, making it the best feature of Tongyeong bibimbap. Namul and vegetables are served on steamed rice and then mixed with shrimp, clams, and mussels blanched in boiling water and seasoned with sauce.

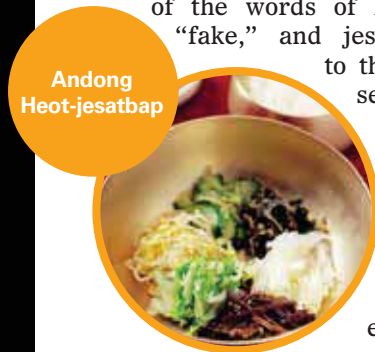


Tongyeong moenggae (sea squirt) bibimbap

If this process is too cumbersome for you, you can throw all the namul and vegetables in a pan and fry them in a rich seafood broth. This dish goes perfectly with clams and tofu soup. Tongyeong is also known for sea squirt bibimbap.

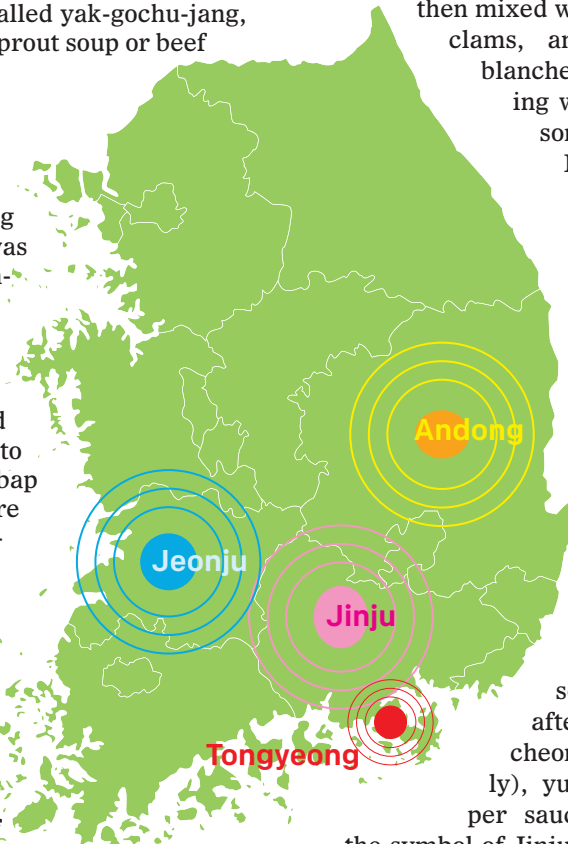
Andong bibimbap

Heot-jesatbap is a combination of the words of hoet, meaning "fake," and jesabap, referring to the meal that was served during ancestral rites. Confucian scholars in Andong, Jinju, and Deagu used to have this jesabap even when there was no ritual service, which is how its name became heot-jesatbap, inferring that it was a "fake" ritual meal. Andong is best known for its scrumptious heot-jesatbap, which is typically made with namul, jeon (coated and pan-fried fish and vegetables) and guk (soup) from the table for ritual services.



Andong Heot-jesatbap

Usually three different colors of namul are served on the top of the rice. Since jesabap is served in remembrance of one's ancestors, the main spices of Korean cuisine, such as spring onion, garlic and red pepper powder, are not used. Also, the ritual dish is served with a variety of jeon and sanjeok (skewers) made with dombaegi ("shark meat" in the local language), mackerel, and beef. Unlike other bibimbap traditions, diners may adjust the flavor of individual servings by



Jinju bibimbap

Jinju bibimbap is a unique local food of Jinju in Gyeong-sangnam-do. It is served with vegetables including cooked fern brakes and bean sprouts on top of steamed rice. Then, minced beef and jang-guk (clear soybean soup) is mixed in a bowl and served after being garnished with cheongpo (mung bean jelly), yukhoe, and red pepper sauce. Yukhoe is



Jeonju Bibimbap topped with Korean-style raw beef

the symbol of Jinju bibimbap, but the cooked beef version is also served. Yukhoe-bibimbap can be commonly found on the menu of restaurants in Jinju, which trace back to the 1920s, when Seoul and Jinju emerged as active markets in the cattle trade.

n taste. The dish also provides the ion of cooling it off before eating or ring it served in a hot dish to main- n the high temperature. You may ve seen a photo of bibimbap care- y prepared on a golden yugi (Ko- n brassware) or the heavy-duty dol- (stone pot). This expresses a chef's eful calculation in considering a tomer, making sure it is enjoyed roughly until the last bite. Consid- ng these characteristics unique to imbap, one can easily see that it is a roughly prepared meal that will not y aid your health, but also heal your nd.

mbap in a cup

r countries, anywhere res to gour- mbap is also rnational in-

Village takes p further by mbap in cups g them into cro- addition to the ba- of bibimbap served in oxes. These can easily be eaten on- go, similar to the way a sandwich is venient for eating while traveling. On e other hand, people who prefer fine ing and hope to delve more into genu- e Korean tastes, try out gang-doen- g (soybean paste sauce) bibimbap. r those who are not familiar with the ong scent of the sauces or ingredients, y can choose the level of spiciness.



Bibimbap with soybean paste sauce



Tuna and Kimchi Bibimbap



Bibimbap in the sky

Korean airline operators act as representatives of Korean traditions, and thus always include bibimbap as one of the in-flight meal choices. One of the best examples of when bibimbap crossed cultural boundaries was when the late singer Michael Jackson, who tried bibimbap during his Korean Air flight, then, according to media reports, proceeded to eat it meal after

meal at his hotels during his stay in Korea. Domestic and foreign airlines offer bibimbap with steamed rice, finely presented namul and spicy red pepper paste. Passengers can enjoy all the fun of mixing their ingredients together. The mildly spicy red pepper paste is also available to suit the taste of those not accustomed to it.

Healthy Menu

Recipes

BY MORGAN MARIE,
BLISSFUL EATING



30-Minute Egyptian Koshary Bowls

What is Koshary you ask? It's Egypt's national dish. It's Egyptian street food. It's Egyptian comfort food.

Koshary (also written koshari or kushari) is a dish of pure, unadulterated Egyptian deliciousness – and it just so happens to be naturally plant-based! When I visited Egypt as a sophomore in college, it was all I wanted to eat; which was great because, being that it is a staple food, there was a koshary shop on every corner.

This is how they traditionally serve a quick, yummy bowl of koshary in Egypt; the koshary man grabs a bowl and scoops a little of everything into it, creating a warm, fluffy bowl of spicy awesomeness. First there is a base layer of white rice, then a layer of macaroni pasta, all topped with spicy tomato sauce. The garnish is garbanzo beans, crispy fried onions, and spicy garlic-chili oil.

After Egypt in my college days and after, when I was living as a poor college student, koshary was my rock. It's cheap, flavorful, hearty, and full of good nutrition (when made the way I make it). When I would travel and stay at a host's house (for FREE through couchsurfing.com), I would make this dish for dinner as a thank you offering.

● Ingredients:

FORTHE RICE

- 1 cup of brown rice
- 2.5 cups of water
- dash of salt

FORTHE PASTA

- 1 cup of desired pasta (macaroni is traditional, I prefer gnocchetti)
- 3-4 cups of water
- dash of salt & olive oil

FORTHE LENTILS

- 1 cup dried brown lentils
- 2 cups water
- 1/4 – 3/4 teaspoon salt {or SPEED

ROUND OPTION:

- 1 15 oz can of cooked lentils}

FORTHE SAUCE

- 1 28 oz can of whole tomatoes {organic best}, or about 2 heaping cups of whole tomatoes {DO NOT use the liquid} {or SLOW ROUND OPTION: 5-6 fresh medium tomatoes, 1 tablespoon tomatoes paste, 30 minutes cooked down}
- 2 – 3 cloves of garlic {depending on your love for garlic}
- 1 tablespoon of chopped ginger
- 1/2 medium yellow onion (about 1 heaping cup after chopped)
- 1/2 teaspoon of olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon chili flakes
- pinch of cinnamon
- 1/2 teaspoon Liquid Braggs Aminos
- salt & chili flakes to taste

TOPPINGS



- 1 15 oz can of garbanzo beans
- cilantro (optional)
- garlic-chili oil (optional)
- sautéed onions (optional)

● Directions:

If you choose to make the garlic-chili oil as a topping Assemble this first to marinate

1. Add 2 tablespoons of olive oil to a little bowl.
2. Smash one clove of garlic and add to the bowl.
3. Sprinkle in a pinch or two of red chili flakes.

If cooking lentils from their dry state, start the lentils (takes about 20-30 minutes)

1. Clean the lentils and pick out any non-lentils you may find.
2. Take 1 cup of dry, brown lentils and 2 cups of water, and add them to a saucepan.
3. Once they reach a rapid simmer (at about a medium-high heat), reduce

the heat to a gentle simmer (about medium-low heat, but this is different with every stove).

4. Cook the lentils very softly this way for 20 – 30 minutes, uncovered. Make sure the lentils are covered by water at all times (may add water to make sure of this).
5. Test the lentils between the 20 and 30 minute – mark, and strain them when they are soft, but not mushy.
6. Add a pinch of salt to bring out their flavor.

Immediately after starting the lentils to cook, start the rice (takes 20 – 30 minutes)

1. If using a rice cooker, add 1 cups of brown rice, 2.5 cups of water, and a pinch of salt to the cooker. Set it and forget it.
2. If cooking on the stove, find a large saucepan with a tight fitting lid. Add 1 cups of brown rice, 2.5 cups of water, and a pinch of salt to the pot.
3. Cover the pot and set the burner to a low setting, so that the water is gently simmering.
4. DO NOT REMOVE THE LID until 30 minutes has passed or until it looks like all the water has been absorbed. Try it to see if it's cooked through. If not, add a bit more water and simmer a little longer.
5. When finished, flush with a fork.

For the sauce (takes about 25 minutes)

1. Chop up half a yellow onion. Be sure to peel the outer onion layer as well as the papery skin. Should make about one heaping cup.
2. Bring the saucepan to medium heat.
3. Add half a teaspoon of olive oil and heat until the oil runs freely over the pan. Do not burn the oil. Oil is warm enough when a drop of water sizzles when it touches it.
4. Add the onions to the pan and let brown (about 5 minutes). As the onion cooks, do the next two



steps.

5. Mince the ginger coarsely and set aside about 1 tablespoon.
6. Smash/flatten 2 garlic cloves
7. After the onions have had a 5-minute head start, add the ginger and garlic. Allow 5 minutes to brown.
8. Add the cumin, cinnamon, & red chili flakes 1 minute before you remove the onions from the stove, to open their flavors.

Meanwhile, while the onions, ginger, and garlic browns, start the pasta (takes about 15 minutes)

1. Add the water, salt, and olive oil to a pot and heat until boiling.
2. Add pasta and stir every now and then to reduce sticking.
3. When the pasta is al dente after about 15 minutes (or however long the package of your chosen pasta says), strain and set aside.

Back to the sauce (only 5 minutes later)

1. Add the canned whole tomatoes (NO liquid) and the onion/ginger/garlic/spice mixture to a blender.
2. Add the Liquid Braggs Aminos and blend until smooth.
3. Add the sauce back to the pot and heat for 5 minutes to allow the flavors to meld together.
4. Add salt and cayenne pepper or chili flakes to taste.

Arrange the toppings

1. Open up the can of garbanzo beans and strain.
2. Take a handful of washed cilantro and coarse chop.
3. The spicy oil should be ready to use now.

Now build your koshary bowl! This is the traditional order of layers, starting from the bottom

1. Rice
2. Pasta
3. Lentils
4. Tomato sauce
5. Toppings

Greek salad is one of my absolute favorite dishes. It's both hearty and fresh, sweet and salty – such depth of flavor. My brother and I have been known to fight over who gets the last bowl. Even when I make a large bowl for just myself, there's never enough.

This salad has a perfect symphony of flavors from the sweet tomatoes, crisp cucumbers, spicy red onions, and savory olives. It's the fresh taste of Greece in a bowl.

● Ingredients:

- 4 beautiful, ripe tomatoes or 20 cherry tomatoes (I used multi-colored heirloom cherry tomatoes)

- 1 cucumber (I used Japanese cucumbers)
- 1/2 small red onion (or to taste)
- 15 kalamata olives (pitted)
- 3 tbsp red wine vinegar
- 2 tbsp olive oil (optional)
- salt and pepper to taste

● Directions:

1. If using regular tomatoes, chop into thin wedges. If using cherry tomatoes, cut in half.
2. Clean the cucumbers. Peel the



cucumber if the skin is thick or if it isn't organic. Cut into thin half-moons. The tomato-to-cucumber ratio should be 1:1.

3. Thinly slice the red onion into thin half-moons.
4. Either cut the olives in half or keep them whole (make sure they have no pits!).
5. Add the vinegar, olive oil (optional), salt, and pepper to taste.
6. Fold the ingredients together.
7. Enjoy!



Greek Salad

● Notes

To make this a fat-free salad, remove the olive oil and olives from the recipe. To have a fully raw version, find raw olives at a health foods store.

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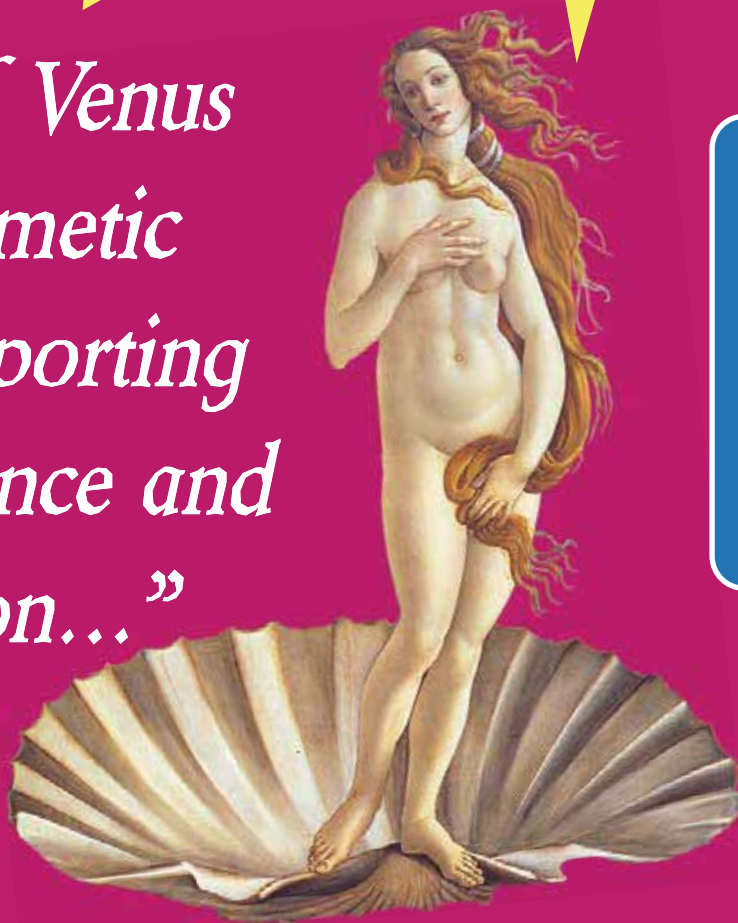
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