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INSIDE INFO



5 WAYS TO ENJOY SEOUL FOREST
 PAGES 10-11



EXPLORE KOREAN CAVE IN A CLEAR KAYAK
 PAGES 12-13



REJUVENATE BODY, CLEAR MIND AT SAMBONG BEACH
 PAGES 15



Special pullout inside!



Beginners' guide to Jeju Island

Pages 6-9

File photo

HISTORIC ALLIANCE

Marriage of US, South Korean Army officers a first

BY DAVID CHOI, STARS AND STRIPES
 Published: June 22, 2021

CAMP CASEY – South Korean army Capt. Ha Neul laughed as she recalled meeting her husband, U.S. Army Capt. Miles Gabrielson, last year.

“We have a very different memory over that,” she said during a recent interview with the newlyweds at this base 40 miles north of Seoul. “He thought I was smiling at him.”

While relationships between Americans and Koreans are not uncommon, the couple’s Feb. 20 union became the first of its kind: a marriage between active-duty officers in the U.S. and Korean armies, according to the 2nd Infantry Division.

The bond between Ha, 31, and Gabrielson, 29, both artillery officers, formed in May 2020 after the pair was tasked with one of the most mundane duties in the military: creating a PowerPoint

SEE ALLIANCE ON PAGE 5



U.S. Army Capt. Miles Gabrielson and South Korean army Capt. Ha Neul, both assigned to Camp Casey north of Seoul, married on Feb. 20, 2021.
 Photo by Matthew Keeler, Stars and Stripes

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Kunsan airman has pride in Air Force family

BY TECH. SGT. JAMES CASON,
8TH FIGHTER WING

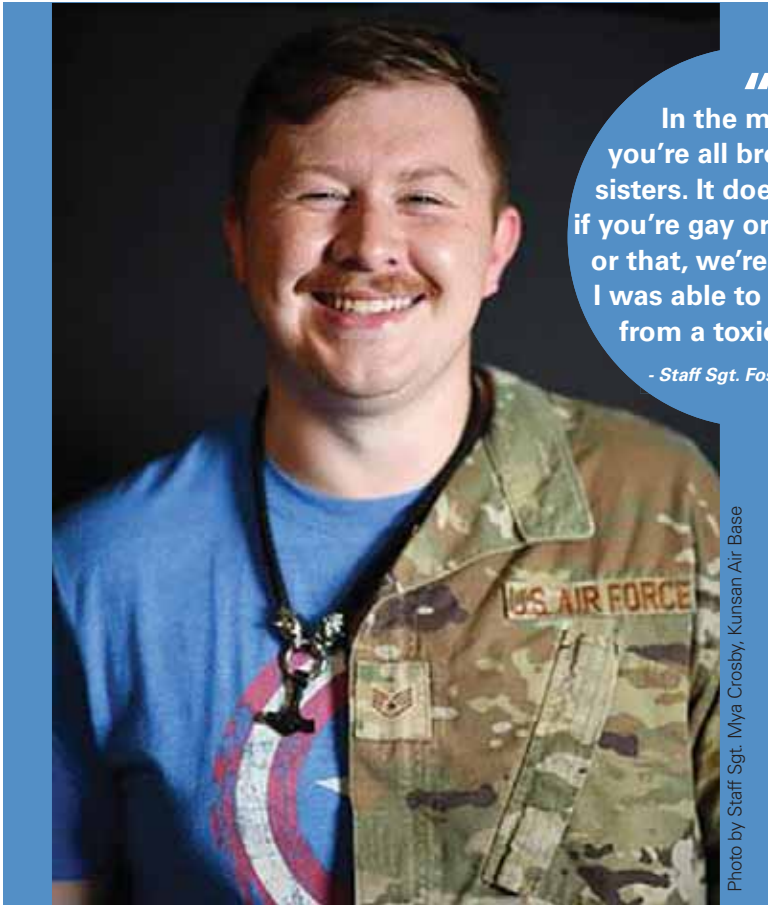
KUNSAN AIR BASE – U.S. Air Force Staff Sgt. Foster Conner projects a room-brightening personality. He holds his head high, shoulders straight, he's comfortable, confident and proud of who he is.

"In the military, I've found my community," said Conner, 8th Security Forces Squadron Airman at Kunsan Air Base. "A community where I don't have to worry about being shunned. We're all family here."

Before he joined the Air Force, Conner shared how he did have to worry about being shunned...by both his community and his family.

Raised in a strictly religious home, Conner said he was taught to look down on people who fell outside of the community's standards. Until the age of 12, Conner's life revolved around activity inside, and with people from, his church. However, at the age of 12, Conner came out as gay to his family and church.

Immediately, he said he had become one of those looked-down-upon outsiders. Conner said he was even barred from interacting with his church friends because adults "didn't want him to spread the disease of being gay to other kids."



“In the military, you’re all brothers and sisters. It doesn’t matter if you’re gay or black or this or that, we’re all family... I was able to break away from a toxic culture.”

- Staff Sgt. Foster Conner

Photo by Staff Sgt. Mya Crosby, Kunsan Air Base

rest of his high school years at home, feeling depressed, experiencing suicidal ideations, and unable to escape the weight of confusion and disbelonging in the world.

After high school, Conner sought new life experiences, which eventually led him to an Air Force recruiter. There, Conner laid out his family situation and the fact that he was gay.

"My recruiter told me the military is a place where all of that stuff doesn't matter," Conner said.

Five years later, Conner is here at Kunsan and he says the recruiter was right.

"In the military, you're all brothers and sisters. It doesn't matter if you're gay or black or this or that, we're all family... I was able to break away from a toxic culture," Conner said. "Standing here today, I would tell my 12 year old self to not fall into the traps you were taught. You are your own person and no matter what they say they can't break you."

Staff Sgt. Foster Conner is an Airman in the United States Air Force. He is gay, and proud to be.

KOREAN FOLK VILLAGE

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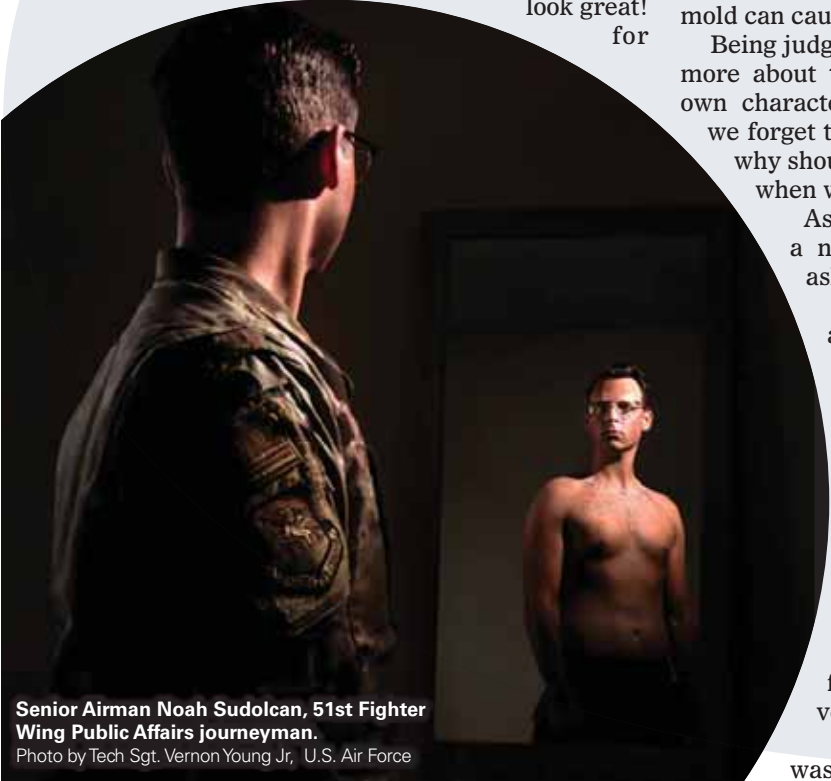
**Seoul
Campus**

Fitting a mold not designed for me

STORY AND PHOTO BY TECH. SGT. JAMES CASON
8TH FIGHTER WING

OSAN AIR BASE – After intense 60-minute gym workouts, I typically return to my dorm room to judge myself. Grabbing at what little fat lingers on my stomach, overanalyzing if I’ll ever look good enough. The thought of being physically vulnerable quickly forces me to put a shirt on.

Have you ever looked in the mirror and thought to yourself, Wow! I look great! for



Senior Airman Noah Sudolcan, 51st Fighter Wing Public Affairs journeyman.
Photo by Tech Sgt. Vernon Young Jr., U.S. Air Force

some people that day never comes, especially in the LGBT community.

The mixture of growing up overweight and in the closet into my 20’s, I find myself falling into the category of someone who struggles with body dysmorphia. Often times opting to keep my shirt on at the pool even though I looked similar to most people there.

In my experience, the gay community hyperfocuses on body types casting labels to categorize the shapes and sizes. Whether you are skinny, a twink, hairy, stocky or a bear, the pressure to fit into a certain mold can cause us to feel inadequate.

Being judged by first glances leads someone to care more about the outer appearance rather than their own character. Striving for something unattainable we forget to love ourselves in the process. But then why should going to the gym everyday be an issue when we are taught to be ‘fit to fight?’

As a gay male, I tend to view myself in a negative light. I grew up hiding, being ashamed, wondering, “Why me?”

I often felt my sexuality was on display and the need to inform others of the gender I am attracted to so I can prevent offensive gestures.

I find that some topics, especially within our Air Force, are taboo or not discussed. The issue is that so many things thrive in the dark, simply shining light on an issue is not enough to fix it, but it’s a start.

It’s been 10 years since the repeal of “Don’t Ask, Don’t Tell.” As a member of the LGBT community, I love to see our fighting force making strides towards diversity and inclusion.

The feeling of fitting in, or acceptance, was not something obtained until I arrived



As a gay male, I tend to view myself in a negative light. I grew up hiding, being ashamed, wondering, “Why me?”

at my first duty station and ‘came out’ to my first supervisor. To my surprise, I was met with an overwhelming amount of love and acceptance.

With mental health, the stigma is still the same, seek help for a problem and face consequences, whether the case requires that kind of attention or not. Members of the LGBT community often feel the need to fix things alone. I spent 21 years ‘in the closet’ of a religious family and it made it very difficult to express myself freely.

In my time of need, I got to the point where I reached out for help from my kin, unfortunately, I was met with disdain and disapproval and caused an emotional spiral in my life.

Thankfully, my supervisor caught my hand and showed me the advantages and support of my Air Force family.

No matter what you are facing in life, there is an Air Force family there to help you. I implore you to find them.



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ALLIANCE: Couple has a lot in common

CONTINUED FROM PAGE 1

presentation.

The project required them to make a bilingual report for 2nd ID's Republic of Korea-U.S. Combined Division, a unique coalition where U.S. and Korean forces work side by side. For Ha, the project was assigned during "one of the busiest days of my life," when she was finalizing the purchase of a new home.

"I'll do the more important part, which is translating," Ha said she told herself at the time. "So, I went out to do all the [real estate] paperwork and then I came back."

Meanwhile, Gabrielson completed the lion's share of their presentation. Ha returned and apologetically asked him out to lunch, and then later to a coffee shop.

"I felt bad about it," she said. "I felt bad to make him work for me."

The two gradually grew closer over subsequent lunches and dinners. During one of those get-togethers, Ha brought up her concern about their off-duty meetings, which she described as potentially "scandalous." Ha said she had avoided relationships with service members, in the off chance they could develop into a disreputable affair.

'We saw an opportunity'

It was on a night shift during a field exercise when the two "couldn't keep back our feelings for each other anymore," Gabrielson said, and they decided to make their relationship official.

"We agreed to keep it very discreet, not tell anyone for a while," he said, adding that their interactions were kept strictly professional.

"And then, the next day, she told her boss," Gabrielson said, laughing.

Ha said her senior Korean officer was shocked and humbly blamed himself for having introduced the couple.

Nothing prohibits a marriage between active-duty service members from the two countries, a spokesperson for the combined division told Stars and Stripes on a customary condition of anonymity. She said Gabrielson and Ha, who are of



U.S. Army Capt. Miles Gabrielson and South Korean army Capt. Ha Neul are all smiles on their wedding day.

Photo courtesy of Ha Neul and Miles Gabrielson

"The beautiful thing about our relationship is that it really did start as colleagues, as professional counterparts. And then we became friends."

- Capt. Miles Gabrielson

the same rank, went through the proper channels to get their marriage certified.

After thoroughly examining military regulations, Gabrielson proposed to Ha last summer, just three months after they were introduced.

Gabrielson admits their marriage "might have been a fast decision," but insists it was not impulsive.

"In the military, where uncertainty is the nature of our profession, sometimes you have to seize opportunities when they're presented to you," he said. "We didn't know how much time I would be in Korea, and we didn't know how much more time she'd have left in Camp Casey. We saw an opportunity and we went with it."

"The beautiful thing about our relationship is that it really did start as colleagues, as professional counterparts," he added. "And then we became friends."

They exchanged vows at a Catholic church in Busan, about 220 miles south of Camp Casey. The ceremony included a Korean-style reception with Ha and Gabrielson wearing traditional Korean clothing.

Gabrielson's family flew in from Connecticut to attend the ceremony. In lieu of a honeymoon, the couple toured five

South Korean cities with their families due to coronavirus travel restrictions.

"I am very pleased and proud of their marriage," South Korean army Lt. Col. Son Sanghyun, deputy commander of the 210th Field Artillery Brigade and one of Ha's senior officers, told Stars and Stripes. "I sincerely hope for their best as they continue on with their army career."

Common ground

Despite wearing different uniforms and being raised in different countries, Gabrielson said he and his wife have a lot in common.

"We both went to military academies," he said, referring to his graduation from the U.S. Military Academy at West Point and Ha's graduation from the Korea Military Academy. "We both have the same job, the same rank, and work in the same place. On the surface, you might say we have a lot more in common than a lot of couples from the same country."

Gabrielson and Ha acknowledged there are "huge differences" in their respective cultures but noted that the "biggest glue that kept us together" was their shared Catholic faith.

"That's something that's been

important to me, my whole life," Gabrielson said.

Both Gabrielson and Ha said they have no immediate plans to leave the military. Gabrielson intends to extend his tour in South Korea for as long as possible and plans to eventually attend graduate school in the United States.

Ha hopes to attend a military-sponsored study-abroad program there.

"We'll make the most of our time together and hopefully maneuver some kind of way to spend some time in the States," Gabrielson said, adding that he wants to "start a family together" back home.

Soon after their wedding, South Korean news outlets reported on the significance of the union. Gabrielson said "there's no bigger purpose behind our marriage," despite media reports focusing on the historic precedent.

"We're two people that have a lot in common with each other and got married," Gabrielson said. "We just happened to meet through this military venue."

"I would've married [Ha] if she had any other job in the world," he added. "I would've married her if she was from any other country in the world."




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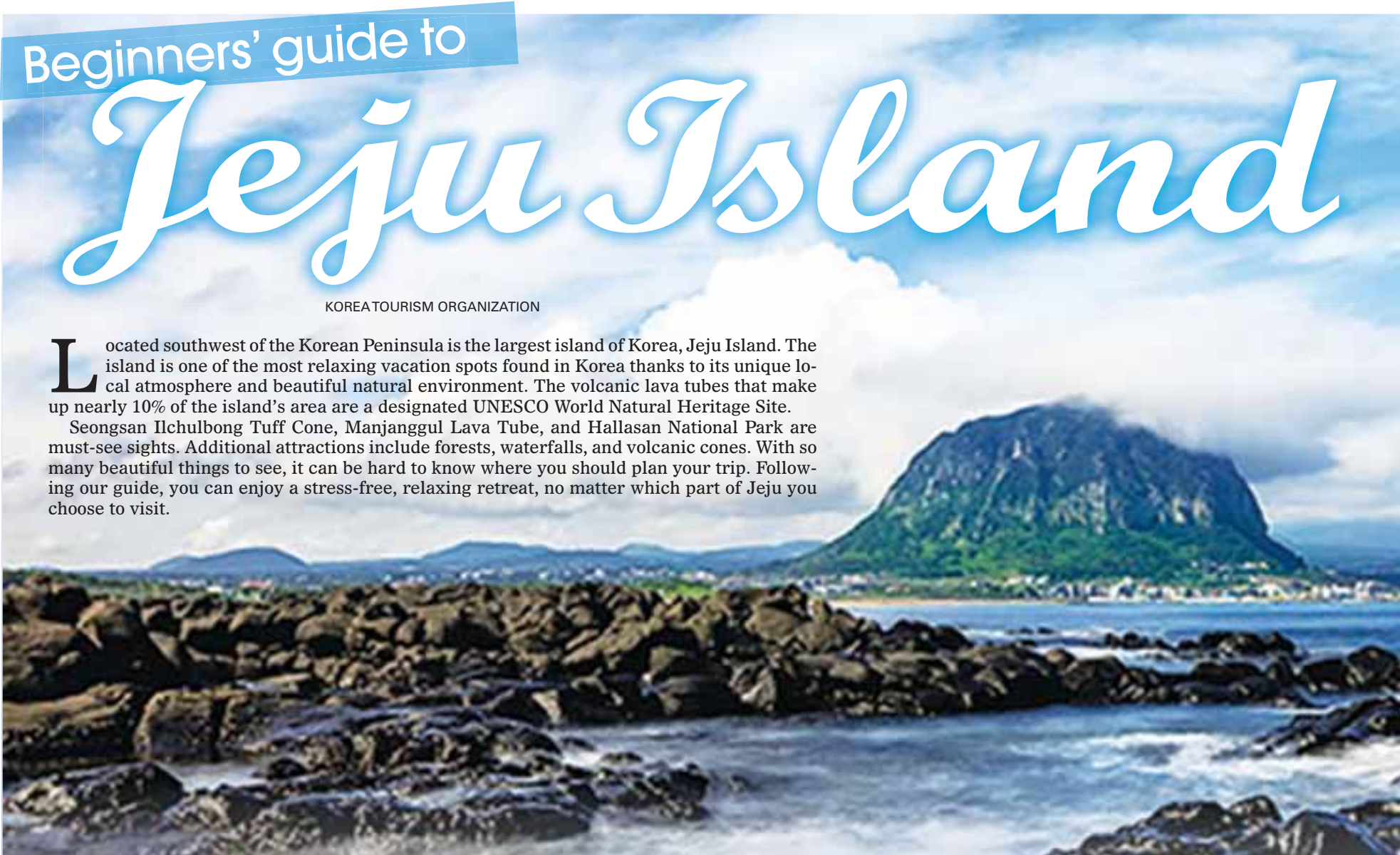
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Beginners' guide to

Jeju Island

KOREA TOURISM ORGANIZATION

Located southwest of the Korean Peninsula is the largest island of Korea, Jeju Island. The island is one of the most relaxing vacation spots found in Korea thanks to its unique local atmosphere and beautiful natural environment. The volcanic lava tubes that make up nearly 10% of the island's area are a designated UNESCO World Natural Heritage Site.

Seongsan Ilchulbong Tuff Cone, Manjanggul Lava Tube, and Hallasan National Park are must-see sights. Additional attractions include forests, waterfalls, and volcanic cones. With so many beautiful things to see, it can be hard to know where you should plan your trip. Following our guide, you can enjoy a stress-free, relaxing retreat, no matter which part of Jeju you choose to visit.

UNESCO world heritage course

Rising from the sea, Seongsan Ilchulbong Tuff Cone

Seongsan Ilchulbong Tuff Cone, a landmark attraction of Jeju, was formed about 5,000 years ago from an eruption of magma on the ocean floor. It is especially famous as a sunrise viewing spot, known to be one of the top ten exquisite sceneries of Jeju Island.

Besides viewing the sunrise, Seongsan Ilchulbong Tuff Cone is also known to be an excellent trekking spot. The Seongsan-Ojo Trail connects two villages by crossing the peak. Another popular trail, the Jijil Trail, offers a closer look at the UNESCO-designated geopark as well as Jeju's local culture. Walking along one of these paths is recommended to really experience the area; walking all the way to the summit offers views of both the vast volcanic crater in the center and the blue ocean surrounding the area. To complete your trip, head to Seongsanpo Port to watch haenyeo (female divers) at work.

ADDRESS: 284-12, Ilchul-ro, Seogwipo-si, Jeju-do (제주특별자치도 서귀포시 성산을 일출로 284-12)
HOURS: March-September 7 a.m. - 8 p.m. / October-February 7:30 a.m.-7 p.m.
* Last admission 1 hour before closing
ADMISSION: Adults 5,000 won / Children 2,500 won / Preschoolers Free
* Adults (ages 25 & older) / Children (ages 7-24) / Preschoolers (ages 6 & younger)
HAENYEO PERFORMANCE: 1 p.m., 3 p.m.
* No performance during Seollal (Lunar New Year's Day) & Chuseok (Korean Thanksgiving Day) holidays
* Schedule subject to change depending on weather & diver conditions.



Seongsan Ilchulbong Tuff Cone Photo by Korea Tourism Organization

Feel the breeze at Seopjikoji

A short drive from Seongsan Ilchulbong Peak will take you to Seopjikoji. The name comes from the Jeju dialect for a "Cape of Small Land" due to its peculiar cliff formation that protrudes into the ocean. The picturesque harmony of the hill and ocean attract tourists all year round. You might even be able to sight Jeju ponies grazing on the field of grass.

Walking northeast along the cliff, you will arrive at Bulgeunoreum Volcanic Cone, offering an exquisite view of a white lighthouse with the dark blue sea in the background. Additional noteworthy beauties of Seopjikoji are the Glass-house and Yumin Art Gallery, two masterpieces designed by world-renowned architect Ando Tadao. The two buildings blend in remarkably well with the surrounding nature.

ADDRESS: 107, Seopjikoji-ro, Seogwipo-si, Jeju-do (제주특별자치도 서귀포시 성산읍 섭지코지로 107)
HOURS: Open 24 hrs
* Entrance after sunset not recommended
ADMISSION: Free



Seopjikoji Photo by Korea Tourism Organization



Observe the beauty of ridges at Yongnuni Oreum Volcanic Cone

You can't say you've been to Jeju Island without visiting one of the many oreum, Jeju dialect for volcanic cone. There are approximately 360 oreum scattered throughout Jeju. Among these hundreds of oreums, Yongnuni Oreum Volcanic Cone is undoubtedly the most well-known. It's not far from Seongsan Ilchulbong Peak and has a moderately gentle slope, providing a fairly convenient trail for trekking.

Both Seongsan Ilchulbong Peak and Udo Island can be seen from the peak of Yongnuni Oreum, offering an unforgettable panorama. The view of curvy ridges along with the ocean also serves as an excellent backdrop for memorable photos. If you are looking for a perfect spot for souvenir photos, be sure to check out Yongnuni Oreum Volcanic Cone.

ADDRESS: Jongdalnon-gil, Jeju-si, Jeju-do (제주특별자치도 제주시 구좌읍 종달논길)
HOURS: Open 24 hrs
* Entrance after sunset not recommended
ADMISSION: Free



A long-lasting garden of nutmeg yews, Bijarim Forest

In contrast to Yongnunioreum's open vistas, Bijarim Forest is an ideal spot for a relaxing forest retreat. The dense forest is home to hundreds of bija (nutmeg yew) trees, and is the largest forest in the world to be made up of one plant species. Most of the trees in the forest have lived for 500 to 700 years, earning the forest the nickname "Forest of a Thousand Years." Must-see sights while at Bijarim Forest are none other than the 800-year old tree and the conjoined nutmeg yews.

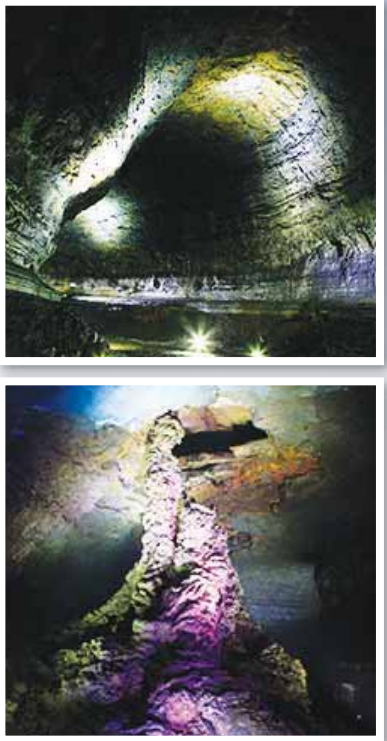
ADDRESS: Area of Bijasup-gil, Jeju-si, Jeju-do (제주특별자치도 제주시 구좌읍 비자숲길 일대)
HOURS: 9 a.m. - 6 p.m.
* Last admission 5 p.m.
ADMISSION: Adults 3,000 won / Children 1,500 won /Preschoolers Free
* Adults (ages 25 & older) / Children (ages 7-24) /Preschoolers (ages 6 & younger)



Enter the mysterious underground castle, Manjanggul Lava Tube

Of all the oreum on Jeju, Geomunoreum is the only volcanic cone to be designated as a UNESCO World Natural Heritage site. The oreum holds over 20 caves within its body, although only Manjanggul Lava Tube is open to the public. With its profoundly mysterious and grand appearance, taking a step inside the cave is like stepping into Hades' underworld. Follow the tunnel of articulate lava rock formations, and you will soon reach a giant rock pillar that indicates the end of the cave. The cave's temperature fluctuates within 11-21°C regardless of season, allowing visitors to enjoy the magnificent cave all year round.

ADDRESS: 182, Manjanggul-gil, Jeju-si, Jeju-do (제주도 제주시 구좌읍 만장굴길 182)
HOURS: 9 a.m. - 6 p.m.
* Last admission 5:10 p.m.
* Closed first Wednesday of every month
ADMISSION: Adults 4,000 won / Children 2,000 won / Preschoolers Free
* Adults (ages 25 & older) / Children (ages 7-24) / Preschoolers (ages 6 & younger)



SEE JEJU ON PAGE 8

JEJU: An island full of beauty and adventure

CONTINUED FROM PAGE 7

Seogwipo nature & culture course



Jeongbangpokpo Falls Photo by Korea Tourism Organization

Enjoy artwork along the ocean, Jeongbangpokpo Falls and Waljong Art Gallery

Seogwipo, which includes the entire southern half of Jeju, exhibits a great amount of sunshine and warm temperatures, attracting crowds of tourists all year round. One attraction many people choose to visit is Jeongbangpokpo Falls, one of the top three waterfalls on Jeju Island. The water falls 23 meters straight down off the cliff and into a pool before flowing to the sea.

Located on the cliff behind Jeongbangpokpo Falls is Waljong Art Gallery. This gallery is dedicated to the Korean artist Lee Wal Jong, who settled in Jeju decades ago. The gallery is filled with his inspiring artwork, expressing the beauty of Jeju in his own unique way. The strategic location and glass-walled second floor also offer visitors an amazing view looking over the sea.

Waljong Art Gallery
Photos courtesy of Waljong Art Gallery

JEONGBANGPOKPO FALLS

ADDRESS: 37, Chilsimni-ro 214beon-gil, Seogwipo-si, Jeju-do (제주특별자치도 서귀포시 칠십리로 214번길 37)

HOURS: 9 a.m. - 6 p.m.

* Hours may vary according to estimated sunrise & sunset time

ADMISSION: Adults 2,000 won / Children 1,000 won / Preschoolers Free

* Adults (ages 25 & older) / Children (ages 7-24) / Preschoolers (ages 6 & younger)

WALJONG ART GALLERY

ADDRESS: 30, Chilsimni-ro 214beon-gil, Seogwipo-si, Jeju-do (제주특별자치도 서귀포시 칠십리로 214번길 30)

HOURS: 10 a.m. - 6 p.m.

* Last admission 5:30 p.m.

* Closed January 1

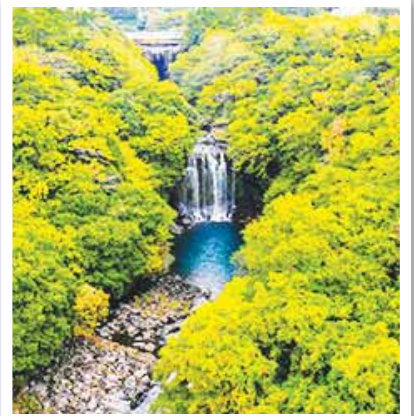
ADMISSION: Adults 5,000 won / Children & senior citizens 3,000 won / Preschoolers Free

* Adults (ages 19-64) / Children (ages 7-18) / Senior citizens (ages 65 & older) / Preschoolers (ages 6 & younger)

WEBSITE: walartmuseum.or.kr (Korean only)

Nature-made art, Jusangjeolli Cliff and Cheonjeyeon Falls

Jeju Jungmun Resort is blessed with not only beautiful natural scenery but also with numerous entertainment and convenience facilities catering to both domestic and international tourists. Jusangjeolli Cliff, near the International Convention Center Jeju, delivers a sight to behold with its gigantic rock pillars running along the coastal line. Cheonjeyeon Falls, a three-tiered waterfall, is another attraction not to be missed in Seogwipo. While the first section of the waterfall is only active after rain, the second and third sections are active all year round.

Cheonjeyeon Falls
Photo by Korea Tourism Organization

JUSANGJEOLLI CLIFF

ADDRESS: 36-30, Jeodo-ro, Seogwipo-si, Jeju-do (제주특별자치도 서귀포시 이어도로 36-30)

HOURS: 9 a.m. - 6 p.m.

* Hours may vary according to estimated sunset time

ADMISSION: Adults 2,000 won / Children 1,000 won / Preschoolers Free

* Adults (ages 25 & older) / Children (ages 7-24) / Preschoolers (ages 6 & younger)

CHEONJEYEON FALLS

ADDRESS: 132, Cheonjeyeon-ro, Seogwipo-si, Jeju-do (제주특별자치도 서귀포시 천제연로 132)

HOURS: 9 a.m. - 6 p.m.

* Hours may vary according to estimated sunset time

ADMISSION: Adults 2,500 won / Children 1,350 won / Preschoolers Free

* Adults (ages 25 & older) / Children (ages 7-24) / Preschoolers (ages 6 & younger)

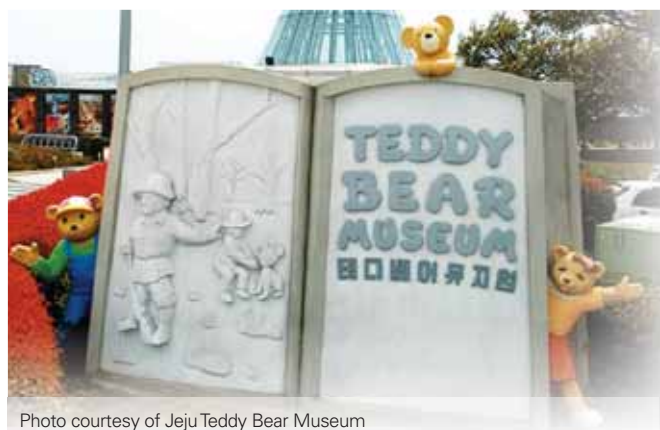
Jusangjeolli Cliff
Photo by Korea Tourism Organization

Photo courtesy of Jeju Teddy Bear Museum

Rekindle childhood memories at the Teddy Bear Museum

Another favorite tourist attraction at Jungmun Resort is the Teddy Bear Museum. The museum boasts quite an impressive collection of teddy bears from all over the world. Exhibition halls are designed with different themes, such as 20th century history exhibition and fable parodies, all portrayed by teddy bears. The Teddy Bear Museum is a popular museum loved by visitors of all ages, recommended as an excellent place to visit with friends, families, or even on a date. The museum also has a souvenir shop, cafeteria, and a park that offers a splendid view.



Photos by Korea Tourism Organization

ADDRESS: 31, Jungmungwangwang-ro 110beon-gil, Seogwipo-si, Jeju-do (제주특별자치도 서귀포시 중문관광로 110번길 31)

HOURS: 9 a.m. - 7 p.m. (Summer peak season 9 a.m. - 10 p.m.)

* Last admission 1 hour before closing

ADMISSION: Adults 10,000 won / Teenagers 9,000 won /

Children & senior citizens 8,000 won / infants Free

* Adults (ages 19-64) / Teenagers (ages 13-18) / Children (ages 3-12) /

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WEBSITE: www.teddybearmuseum.com (Korean, English, Chinese)

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Downtown Jeju history & culture course

Yongduam Rock
Photo by Korea Tourism Organization

→ Discover the history and culture of Jeju Island

Yongduam Rock, a top tourist attraction in downtown Jeju, is one of the many natural wonders of Jeju Island. Formed by underwater lava millions of years ago, eons of weathering from the rain and wind have formed it into the likeness of a dragon's head.

After visiting Yongduam Rock, head down to the Jeju Folklore & Natural History Museum to learn about the development of the island people

and culture over time. Not only does Jeju Island have its own dialect, it also has a distinct culture that separates it from the rest of mainland Korea, all of which you can see and enjoy from a quick tour of the museum. Right next to the museum is Samseonghyeol Shrine, a religious site that is also the birthplace of Jeju's ancient mythology. The old trees and traces of the past create a devotional atmosphere.

YONGDUAM ROCK

ADDRESS: Yongduam-gil, Jeju-si, Jeju-do (제주특별자치도 제주시 용두암길)
HOURS: Open 24 hrs
* Entrance after sunset not recommended
ADMISSION: Free

JEJU FOLKLORE & NATURAL HISTORY MUSEUM

ADDRESS: 40, Samseong-ro, Jeju-si, Jeju-do (제주특별자치도 제주시 삼성로 40)
HOURS: 9 a.m. - 6 p.m.
* Last admission 5:30 p.m.
* Closed Mondays, New Year's Day, Seollal (Lunar New Year's Day) and Chuseok (Korean Thanksgiving Day) holidays, museum maintenance period (3 day period every half year)
ADMISSION: Adults 2,000 won / Teenagers 1,000 won / Children & senior citizens Free
* Adults (ages 25 & older) / Teenagers (ages 13-24) / Children (ages 12 & younger) / Senior citizens (ages 65 & older)
WEBSITE: museum.jeju.go.kr (Korean, English, Chinese)

SAMSEONGHYEOL SHRINE

ADDRESS: 22, Samseong-ro, Jeju-si, Jeju-do (제주특별자치도 제주시 삼성로 22)
HOURS: 9 a.m. - 6 p.m.
* Last admission 5:30 p.m.
* Open at 10 a.m. on New Year's Day, the day of Seollal (Lunar New Year's Day) and Chuseok (Korean Thanksgiving Day)
ADMISSION: Adults 2,500 won / Teenagers 1,700 won / Children 1,000 won / Preschoolers Free
* Adults (ages 19 & older) / Teenagers (ages 13-18) / Children (ages 7-12) / Preschoolers (ages 6 & younger)



Jeju Folklore & Natural History Museum
Photo by Korea Tourism Organization



Samseonghyeol Shrine
Photo by Korea Tourism Organization

MORE INFO

WEBSITES


- Jeju UNESCO World Natural Heritage Center: <https://www.jeju.go.kr/vnhcenter/index.htm> (Korean, English, Chinese)
- Jeju Tourism Organization: www.visitjeju.net (Korean, English, Japanese, Chinese, Malay)

1330 KOREA TRAVEL HOTLINE: +82-2-1330 (Korean, English, Japanese, Chinese, Russian, Vietnamese, Thai, Malay)


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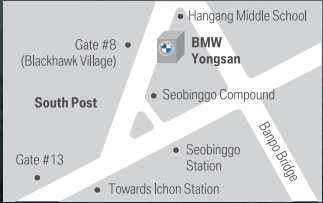


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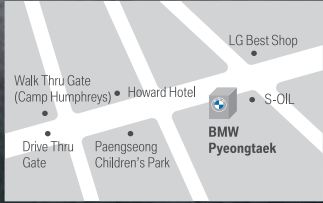


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MILITARY SALES



5 ways to enjoy Seoul Forest



The view from the summit of Eungbongsan Mountain

KOREA TOURISM ORGANIZATION

Seoul Forest, located in the middle of the metropolis, is a natural space where you can enjoy the charms of both a forest and the Hangang River. Originally the royal hunting grounds during the Joseon period, the land was used for a golf course and horse race track before being converted into the current park in 2005. The park offers many ways to enjoy a relaxing time here through all four seasons!

Things to know

- **ADDRESS:** 273, Ttukseom-ro, Seongdong-gu, Seoul (서울특별시 성동구 독성로 273)
- **DIRECTIONS:** Walk for approx. 5 min from Seoul Forest Station (Suin-bundang Line), Exit 3
* Approx. 10 min walk from Ttukseom Station (Seoul Subway Line 2), Exit 8
- **OPERATING HOURS:** Open 24 hr
* Hours may vary by facility; inquire in advance
- **ADMISSION:** Free
* Separate fees may apply to facilities
- **WEBSITE:** <https://seoulforest.or.kr/>
(Korean, English)



Seoul Forest children's playground

1. Take a walk

Seoul Forest is beautiful in all four seasons, with cherry blossoms and tulips in spring, hydrangeas and poppies in summer, and cosmos in fall!

The most popular photo spots during spring and summer are the Metasequoia road, and area around the lake in the park.



Seoul Forest Mirror Pond



Seoul Forest Pedestrian Overpass



Seoul Forest waterside rest area



Seoul Forest Seolleem Garden

2. Enjoy a picnic

On nice days, a picnic in the park is perfect! Just pick a tree to spread out your picnic map to enjoy a relaxing afternoon in Seoul's central park.



Seoul Forest grass field

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→ 3. Go for a bike ride

The fastest way to get around Seoul Forest is by renting Ddareungi, a public bike rental offered by Seoul Metropolitan Government. You can even ride all the way to the nearby Hangang Park if you want!



Seoul Forest Ginkgo Road

Seoul Bike Ddareungi

- **HOW TO USE:** Download the Ddareungi mobile application from the App Store or Google Play
- **SEOUL FOREST LOCATION:** 3515, Seoul Forest Management Office / 273, Ttukseom-ro, Seongdong-gu, Seoul (서울특별시 성동구 독성로 273)
- **RATES:** Day pass 1,000 won per hour / Long-term pass 3,000 won for 1 hr for 7 days
- **OPERATING HOURS:** Available 24 hr
- **WEBSITE:** www.bikeseoul.com (Korean, English, Japanese, Chinese)



For more info: 1330 Korea Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese, Russian, Vietnamese, Thai, Malay)

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www.visitkorea.or.kr

4. Relax in a cafe

The first thing you'll see upon exiting Seoul Forest Station on the Suin-Bundang Line are blue shipping containers! These big boxes make up UNDER STAND AVENUE, a popular attraction around Seoul Forest. The containers have been converted into all kinds of shops, from cafés to design products and even clothing. The street space often serves as the venue for concerts by indie bands.

Another great place to go for coffee in the area is Seongsu-dong Café Street. The area is filled with famous coffee shops, from Korea's first Blue Bottle Coffee to Center Coffee and Halff Coffee, operated by skilled baristas.



Seongsu-dong Café Street

Under Stand Avenue

- **ADDRESS:** 63, Wangsimni-ro, Seongdong-gu, Seoul (서울특별시 성동구 왕십리로 63)
- **DIRECTIONS:** Walk for approx. 5 min from Seoul Forest Station (Suin-Bundang Line), Exit 4
- **OPERATING HOURS:** 10 a.m. - 10 p.m., open all year round
* Hours may vary by shop; inquire in advance
- **WEBSITE:** www.understandavenue.com (Korean, English)



Seongsu-dong Café Street

- **ADDRESS:** Area of Ahasan-ro, Seongdong-gu, Seoul (서울특별시 성동구 아차산로 일대)
- **DIRECTIONS:** Seongsu Station (Seoul Subway Line 2), Exits 3 & 4
* From Seoul Forest Station (Suin-Bundang Line), Exit 5, walk straight 400 meters to Ttukseom History Street and then follow the alleyways towards the Hangang River
- **MAJOR SHOPS:** Blue Bottle Coffee, SEOUL ANGMUSAE, 3a, Up.side Coffee, Mesh Coffee, tmh coffee

5. Climb a mountain

Located just a short walk from Seoul Forest, Eungbongsan Mountain is the perfect place to look out over the Hangang River and downtown Seoul. Despite its name, Eungbongsan is more of a hill than a mountain, making for an easy trek up. The mountain is most popular in spring, when the slopes seem to glow with bright yellow forsythia.



Views from the summit of Eungbongsan Mountain



Trekking course between Eungbongsan Mountain & Seoul Forest

- **COURSE:** Eungbong Station (Gyeongui-Jungang Line), Exit 1 → Eungbongsan Palgakjeong Pavilion (summit; approx. 20 min walk) → Yongbigyo Bridge → Seoul Forest
- **LENGTH:** Approx. 5 km
- **TRAVEL TIME:** Walking approx. 1 hr 30 min

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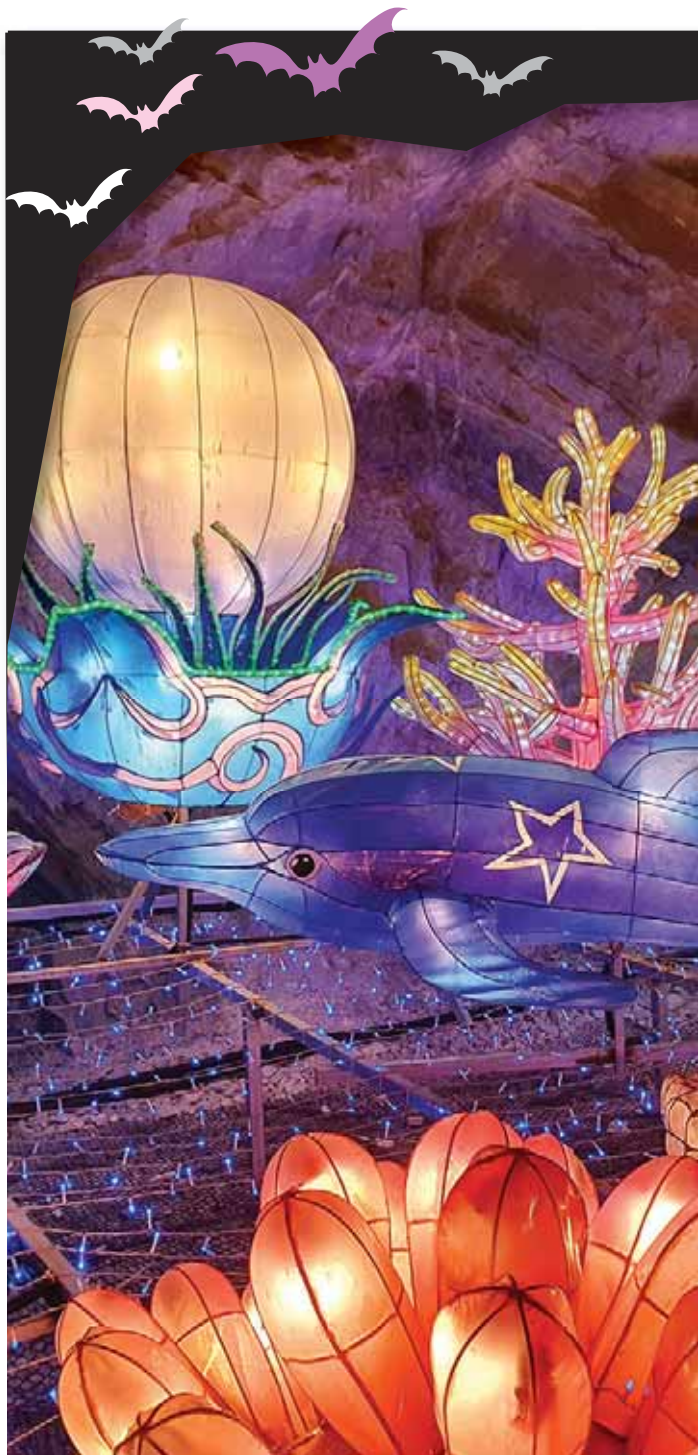
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An indoor sports kids cafe with 25 different activities including rock climbing, zip lines, bumper cars and bungee diving.



HOP IN A CLEAR KAYAK CHUNGJU HWA

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

I wanted this summer to be one of excitement and exploration. My bucket list included surfing, rafting, hiking and river tubing, but the longer-than-usual rain season (not to mention a streak of rainy days), put a damper on my plans.

Severe weather, no matter what the season, can definitely affect travel, so I had to be careful what activity of my list I chose to check off. This is why my determination to have an adventure led me towards Chungju Hwalok Donggul, or the Chungju Jade Cave in North Cheungcheong province, for an underground kayaking experience.

Visitors here get the unique opportunity to explore Chungju Hwalok's LED-illuminated passageways both on foot and in a kayak. There was heavy rain on the day I visited, but that didn't matter inside the cave. Getting out and enjoying a nice day trip despite the weather made the nearly-two-hour drive from Camp Humphreys through Chungju's scenic countryside worthwhile.

HIDDEN GEM OF CHUNGJU

The cave itself used to be a mine and is now considered one of Asia's biggest former mines. It was carved out over centuries by



Korean miners and the deepest depth reached. To explore the cave by foot, the 800-meter-long cave is divided into sections and there are no stairs, so you can easily navigate. I paid 7,000 won for the entrance fee and then an extra fee for the kayaking experience. Plan on wearing long pants as the cave is around 60 degrees Fahrenheit year-round. The cave ways were pretty lit up.

There were other sections with low ceilings, so you had to duck your head on these.

Each section of the cave has a different theme. I saw many taking a rest in the Health Therapy Room, sitting on the heated stools in the cool cave. The old mine hoists that used to drag rocks out of the cave are one of the other special features. After passing the therapy room, you'll find a large open space where you can experience the cave on a mine. And you'll notice the cave is filled with bats, so look up and look above.

The cave lighting and the overall feeling, perfect for children, made the kayaking experience feel like I was on a different planet. The cave lighting and the overall feeling, perfect for children, made the kayaking experience feel like I was on a different planet.





KAYAK AND EXPLORE HWALOK DONGGUL

It is 8.2-kilometers long with its width 711 meters. Visitors can enjoy a leisurely stroll through the passageways. The course is flat and wide, so all visitors young and old can enjoy the cave.

(or about \$6.18) for the entrance fee. Extra 3,000 won for the kayaking fee. Visitors should bring a sweater and a hat. The cave stays between 51 to 60 degrees Celsius. Some of the passageways are as large like a highway tunnel, but others are so narrow that you have to watch out and avoid hitting the walls.

At a different point in the cave, visitors can see a variety of minerals and enjoy the view. Rusty minerals and stalactites are everywhere you'll see them.

For a mining experience, visitors can try their hand at working in the cave. Signs pointing out the presence of minerals will help you see these critters sleeping in the cave.

The decorations give it a magical feel. Even the kids in all of us. I enjoyed it because it made my pictures look better.

UNIQUE KAYAKING EXPERIENCE

At the end of the tunnel, you'll reach the wine cellar where you can indulge in a nice glass of mulled wine for 5,000 won (bottle wine costs 49,500 won). Across from the cellar were people splashing around on kayaks in the water, so I knew I'd finally reached the launch point.

I waited about 30 minutes before it was my turn to gear up with a helmet and life jacket and hop into a clear kayak. A clear kayak is the same as your average kayak except it is made of see-through plastic so you can see the water (and the school of fish that live here) surrounding your vessel. It's neat!

I visited on a weekday, so my wait wasn't too bad, but if you're planning to visit on a weekend expect longer lines and wait times.

The kayaking portion of this journey doesn't last very long—about 30 minutes from departure to return to the dock. The good thing is that it wasn't expensive, and I got as many photos as I wanted while I navigated in my kayak.

Spending the day in the Chungju Jade Cave and the surrounding areas was truly a nice way to get a little adventure in before the summer is over. If you're looking for a quick getaway near Camp Humphreys, I would definitely suggest you swing by and check out this area, especially if you're determined to not let bad weather ruin a good time.

kim.chihon@stripes.com

Speakin' Korean

■ What are you planning to do this weekend?
I-beon ju-mal-e mwo-hal geo-ye-yo?

■ I haven't decided yet. Ajik mot jeong-hae-sseo-yo.

■ Why don't we go to the cave? U-li dong-gul-e ga-neun-geon eo-ttae-yo?

■ That sounds like a good idea! Joh-eun saeng-gak-i-ne-yo.

■ It's really cool in here. Yeo-gi neo-mu si-won-hae-yo.

■ I'd like to three entrance tickets please. Ip-jang-gwon (se jang) juseyo.

■ I'd like (three tickets) for kayaking, please. Ka-yak tiket (se jang) juseyo.

• two tickets: du-jang • four tickets: ne-jang /
• five tickets: da-seot-jang • six tickets: yeo-seot-jang)

THINGS TO KNOW

*Face mask required for all visitors.

■ ADDRESS: 26, Mokbeoran-gil, chungju-si, chungcheongbuk-do
[NAVER map] 화록동굴: 충북 충주시 목벌안길 26
<http://naver.me/xFHV5R0z>

■ HOURS: 9:30 a.m. to 6:30 p.m. (Last admission 5 p.m.)

■ PRICE: • Entrance fee - Adults: 7,000 won, children under 18: 6,000 won, children ages 2 to 7: 5,000 won.
• Kayaking - Adults: 3,000 won, children ages 2 to 18 years: 2,000 won. Groups of 20 or more can get a 1,000 won discount for those over 7 years old. children under 13 must be accompanied by an adult. No experience required.
(Note: Kayaking ticket sales end at 3 p.m.)

■ PHONE 043-848-0503



SEE MORE
HWALOK DONGGUL CAFÉ ON PAGE 14

Exploring Ulsan's Taehwagang Park



Courtesy photos

HAPS KOREA MAGAZINE

Home to the largest riverside flowering plant garden in the country, Taehwagang Park in Ulsan is a definite must visit for any visitor to Korea.

Only an hour out of Busan, the stunning scenery of the ecological park alongside the Taehwa River is a perfect place to take a respite in the city as well as a destination for those in need of nature's healing hands.

One of the main highlights of the park is the Taehwagang Simnidaebat, a rich bamboo forest 4 kilometers long and 20-40 kilometers wide, which was created by the villagers in hopes of preventing the frequent flooding that occurred during the Japanese colonial period.

Bikes are also available to rent to cycle around the extensive 530,000m² of grounds.

Spring is of course the preferred time to visit, though fall presents a beautiful picturesque setting for great photos with the reeds in bloom.

There are also an abundance of exercise facilities, snack bars and restrooms available throughout the park.

It's a perfect place for a day trip with the family, a picnic with friends or for a date outside the city that's a close destination to be home for dinner.

haps
MAGAZINE KOREA
hapsekorea.com

Don't forget to bring your camera for some very Instagram worthy pictures!

Park Information

Address: Singi-gil, Jung-gu, Ulsan
Entrance: Free

Parking: Available alongside the park, 1,000 won per hour
Pets: Allowed if leashed

CONTINUED FROM PAGE 13

HWALOK DONGGUL CAFÉ (JADE CAVE CAFÉ)

Outside the cave, you'll find a café with a nod to the area's mining history. Large machinery and mining equipment parts make up the décor of this conveniently located eatery, which is known for its ham and cheese sandwiches.

The kids will love the replica dinosaurs and other fun décor both inside and on the premises of the cave grounds. If you want something a little more involved than a ham and cheese sandwich, try the seafood ramen from the chef's table.

HOURS: 10:30 a.m. – 7 p.m. closed on Monday



BARAMGGOT CAFÉ

Wild vegetable bibimbap at Boritgogae (보릿고개) or rice with seasoned vegetables at Silhuiwon (실회원) were what I had originally planned for my dinner after my day of cave exploration. Unfortunately, both restaurants do not accept solo diners, so I had to choose something else.

Lucky for me, the Baramggote café (바람꽃 카페), only 15 minutes away from the jade cave, does take solo diners. This café is known for its fragrant flower teas and signature pork cutlet coated with a tasty sauce made of apples.

I opted for spicy pork for 15,000 won and was not disappointed. The pumpkin soup that was served as an appetizer was also really delightful. Thanks to its location nestled in the hills, the café dining room has amazing views of Chungjuho Lake. Dinner and a show!



- ADDRESS: 1364, chungjuhosu-ro, chungju-si, chungcheongbuk-do
[Naver map] 충북 충주시 충주호수로 1364 <http://naver.me/xy5tEZcX> (바람꽃)
- HOURS 10 a.m. to 9 p.m. (Last order 8 p.m.), Break Time 3 to 3 p.m. closed on Fridays.
- PHONE 043-847-0216
- WEBSITE http://instagram.com/_anemone_flower_



Rejuvenate body, clear mind at Sambong Beach

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

I found myself walking along a fence made of small bamboo. On the other side of the fence, sunlight was creating a brilliant glow as it reflected off the surface of the ocean. It was beautiful. Suddenly, a cold breeze nipped at my face, and the breathtaking scenery suddenly disappeared. My vision was merely a dream.

The next morning, I set out to turn that picturesque scenery in my dream a reality. I hit the road without any plans and preparation. After a 90-minute drive from Pyeongtaek, I reached Sambong Beach in Taean. Most, like myself, don't really know about this beach in Korea. But it turned out that the coastline is a perfect place to enjoy a relaxing walk, listening to the waves crashing and taking in the fresh sea air.

kim.chihon@stripes.com

Hitting the beach

The name of Sambong, which literally means “three peaks,” was named after three small mountains north of the beach. The 800-meter-long beach includes a wide coastal dune that is surrounded by a bamboo fence (like in my dream), which was really impressive.

Sambong Beach has its own unique peaceful atmosphere and beauty that you can't find elsewhere. The beach has some of the most interesting rocks. Behind big, bizarre stones near the entrance of the beach, there is a stone arch. The brilliant natural frame created by nature serves as a beautiful backdrop for a cool photo op. (Note: You can only reach the photo spot when the tide is low, so check out the tide table chart before making a travel plan.)



Pine forest walk (Taean-Hae-Byeon-Gil)

Near the beach, there is a 12-kilometer-long pine tree trail called Noeulgil. If you're looking for a place that's dedicated to your personal tranquility, the trail is for you. I loved the silence of the place. When the light comes through the trees, it's magical. And the wildflowers along the path are impressive.

The trail was created to placate residents who suffered through a serious oil spill accident in 2007. Following the disaster, hundreds of thousands of volunteers helped clean up, walking back and forth through Taean's forests and coastlines and forming the trail. You can start off the course from a parking lot and the walk links with other trails, so if you would like walk longer, get a map and explore more.



NAVER MAP

ADDRESS

충남 태안군 안면읍 창기리 (KOR)
Chang-gi-ri, Anmyeon-eup, Taean-gun,
Chungcheongnam-do (ENG)



Pitching a tent

With beaches, rocks and dense pine forests, Taean has no shortage of scenic spots to pitch a tent. Whether you can set up camp like a pro or have never slept outside, Sambong Campground in Taean is one of the great options for every kind of camper. The campground, surrounded by towering pine trees, is perfectly situated in a scenic spot that meets the coastline, making the place a fantastic home base for exploring the gorgeous nature in the area.

The night sky that is rarely found in the city is another reward for those who camp overnight. The place is open from July 5 to Sept. 26. The campground does not take reservations, so you will need to have a “Plan B” in case it's full. Parking, entrance and camping are free. But if you visit in July and August, you'll be required to pay a cleaning fee (20,000 won per night, or \$17.69). The campsite also offers electric hook-ups for 5,000 won per night.

Visiting Eunpyeong Hanok Village



in Seoul

KOREATOURISM ORGANIZATION

The architectural beauty of hanok structures continues to awe visitors to Korea, with many people including a trip to a hanok village on their itinerary. If you've already been to Bukchon Hanok Village or Jeonju Hanok Village but still want to see more, then plan some time in Eunpyeong Hanok Village! Despite being located within Seoul, this village maintains a slower, quieter ambiance where you can truly appreciate the beauty of hanok along with the majestic Bukhansan Mountain.

Eunpyeong Hanok Village



Eunpyeong Hanok Village was founded at the foot of Bukhansan Mountain in December, 2014. Rather than restoring old hanok houses like most villages do, the area was completely created from scratch, becoming the largest neighborhood of new hanok houses in the metropolitan area. The area has plenty of attractions to fill a half-day itinerary, from walking along forested trails on Bukhansan Mountain to visiting a temple and museum before enjoying a break at a café or restaurant with an amazing view.

Address: 127-25, Jingwan-dong, Eunpyeong-gu, Seoul (서울특별시 은평구 진관동 127-25)

Directions: Take Bus No. 701 or 7211 from Yeonsinnae Station (Seoul Subway Line 3, 6), Exit 3 to Hanago, Jingwansa, Samcheonsa Entrance Bus Stop

* Bus No. 7723 from Gupabal Station (Seoul Subway Line 3), Exit 4 also stops at this bus stop

Operating hours: Open 24 hr

* Hours may vary by facility; inquire in advance

* Visitors are asked to be mindful of their noise level, as the village is a residential area

Eunpyeong History Hanok Museum



Eunpyeong History Hanok Museum is dedicated to promoting the history and hanok culture of Eunpyeong-gu through exhibitions as well as lectures and hands-on programs. The building was also selected as a beautiful representative building of Seoul in 2015.

The museum is largely divided into the Eunpyeong History Hall on the second floor and the Hanok Exhibition Hall on the third floor. The hanok hall shows the changes in hanok structures over time, showing plenty of examples of modern hanok. The Eunpyeong History Hall shows the history and culture of the region where Eunpyeong Hanok Village currently stands.

Many visitors enjoy getting a closer look at the materials used to construct hanok, as well as the science behind the flooring of hanok buildings, such as the ondol (underfloor heating) and maru (wooden floor). The museum holds approximately 7,500 items related to the area's history and representative cultural heritages.

Jingwansa Temple



Jingwansa Temple is one of four major temples located around Seoul. The temple offers many facilities to learn about Buddhist culture, including temple stay, temple food, and traditional culture experience halls.

The walking path, Baekchowon-gil, starting from the temple entrance is highly recommended. The path is named after Monk Baek Chowon, who hid the Korean flag and other patriotic materials during the Japanese colonial period. The path passes a beautiful valley flowing out of Bukhansan National Park.

Address: 73, Jingwan-gil, Eunpyeong-gu, Seoul (서울특별시 은평구 진관길 73)

Directions: Take Bus No. 701 or 7211 from Yeonsinnae Station (Seoul Subway Line 3, 6), Exit 3 to Hanago, Jingwansa, Samcheonsa Entrance Bus Stop

* Bus No. 7723 from Gupabal Station (Seoul Subway Line 3), Exit 4 also stops at this bus stop

Operating hours: 09:00-17:30, open all year round

Admission: Free

* Separate fees apply to programs

Website: www.jinkwansa.org (Korean only)



Address: 8, Yeonso-ro 50-gil, Eunpyeong-gu, Seoul (서울특별시 은평구 연서로50길 8)

Directions: Take Bus No. 701 or 7211 from Yeonsinnae Station (Seoul Subway Line 3, 6), Exit 3 to Hanago, Jingwansa, Samcheonsa Entrance Bus Stop

* Bus No. 7723 from Gupabal Station (Seoul Subway Line 3), Exit 4 also stops at this bus stop

Operating hours: 09:00-18:00 (Last admission 17:00)

* Closed Mondays, January 1, Seollal (Lunar New Year's Day) & Chuseok (Korean Thanksgiving Day) holidays

Admission: Adults 1,000 won / Students (elementary school-university) 500 won

* Free: Preschoolers & senior citizens

Website: museum.ep.go.kr (Korean only)





Hanok cafés and restaurants with a view



One unique aspect of Eunpyeong Hanok Village is that there are hanok tea houses and restaurants with upstairs seating for a panoramic view of the entire village. While they aren't super high up, the floor-to-ceiling windows allow you to see the beautiful tile rooflines up close with a fantastic backdrop of Bukhansan Mountain.

Take a moment to relax from wandering through the village over a traditional drink and snack or even a full meal. No matter which shop or menu you choose, you're guaranteed to have a picture-perfect table and view.

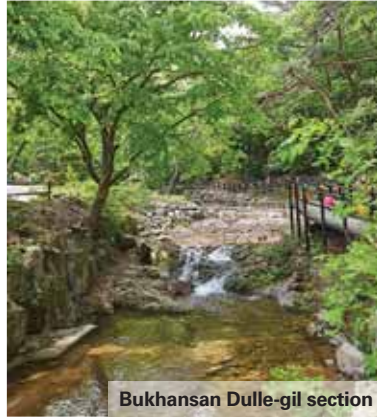
Major shops: 1 In 1 Jan, Romanticar, Bukhansan Atelier, Space Helena, Long Bread, etc.

* Operating hours and prices will vary by shop; inquire in advance

Eunpyeong Trail



Jingwansa Temple entrance



Bukhansan Dulle-gil section



If you enjoy hiking and trekking, you'll definitely want to check out Eunpyeong Trail! There are five courses total, with courses three and four passing Jingwansa Temple and Eunpyeong Hanok Village.

Course four in particular is great if you enjoy hiking, as it connects with sections of the Bukhansan Dulle-gil Trail. The wooden deck also passes the natural habitat for boreal digging frogs, an endangered species.

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Course 1

(Bongsan Sunrise Trail)

Jeungsan Station - Jeungsan Public Digital Library - Jeungsan Gymnasium Park - Population of Mountain Ash Trees - Bongsan Sunrise Park (Smoke Signal Tower) - Five West Royal Tombs Entrance

Course 2

(Aengbong Ecology Trail)

Five West Royal Tombs Entrance - Aengbongsan Mountain - Tapgol Ecology Park - Gupabal Station

Course 3

(Emalsan Tomb Trail)

Gupabal Station - Jingwan Neighborhood Park (Emalsan Mountain) - Hana High School - Jingwansa Temple entrance (Eunpyeong Hanok Village)

Course 4

(Eunpyeong Bukhansan Dulle-gil Trail)

Jingwansa Temple entrance (Eunpyeong Hanok Village) - Bukhansan Dulle-gil Course 9 - Gijachon - Bukhansan Dulle-gil Course 8 - Bukhansan Ecology Park - Bukhansan Dulle-gil Course 7 - Nokbeon Station (Sangolgogae Ecology Overpass)

Course 5

(Baengnyeoksan Bulgwangcheon Stream Trail)

Nokbeon Station (Sangolgogae Ecology Overpass) - Baengnyeong Neighborhood Park - Eunpyeongjeong Pavilion - Eunpyeong Youth Training Center - Eungam Market - Bulgwangcheon Stream (Rainbow Bridge) - Jeungsan Station

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Iho Tewoo Beach

Iho Beach is a very popular spot for photographers, travelers, and locals. The red and white pony lighthouses exude an exotic feel, especially when seen among vast expanse of white sand or when the sun sets radiantly to the west.

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6 great places to travel around the country this summer

HAPS KOREA MAGAZINE

Summertime in Korea provides great opportunities to explore off-the-beaten-path locations around the country.

As most people are stuck on the peninsula this summer, here are six recommended places to visit.

haps
MAGAZINE KOREA
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1. Sacheon

Located in South Gyeong-sang Province, it's become famous for the Sacheon Ocean Cable Car which opened to the public in early 2018.



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Car Opens in
Sacheon

2. Gadeokdo, Busan

Gadeokdo, Busan — Gadeokdo Island which houses the famous Gadeokdo lighthouse built in 1909, is often referred to as the 'Island of History,' and is the largest island in Busan.

3. Yeongheungdo, Incheon

Three sandy beaches, including Nae-ri, Simripo, and Janggyeong-ri are highlights of this former strategic military island.

4. Seonyudo, Jeollabuk-do

The combination of Seonyudo's natural beauty, seafood, and the ability to really "get away from it all" make it an ideal retreat.

5. Geogumdo, Jeollanam-do

Picturesque landscapes and a slow lifestyle make this a nice place to get away from it all.

6. Wando, South Jeolla Province

Great seafood, one of the country's best arboretums and lovely nature make this port island a must-visit.



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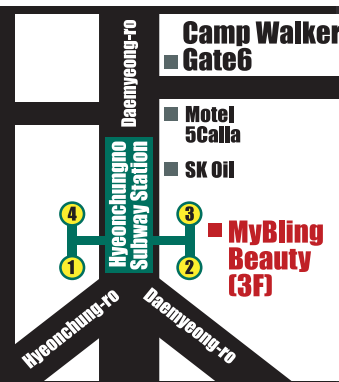
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Let's explore Korea!



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5 historic Korean sites you should visit

HAPS KOREA MAGAZINE

Korea is home to 11 of UNESCO's historically significant sites that span the globe. If you are visiting or living here on the Peninsula, here is a list of five favorite spots worth checking out during your stay.



1. Jongmyo Shrine, Seoul

Jongmyo Shrine was constructed by the first king and founder of the Joseon Dynasty, Lee Seong-gye (1335-1408). In its heyday, it was used as the primary place of worship for kings throughout the Joseon Dynasty and is now best-known for being the oldest and most well-preserved of the Confucian royal shrines.

2. Hwaseong Fortress, Suwon

The fortress was constructed between 1794 and 1796 as a display of the King's Confucian filial piety toward his father. Surrounded by a strong defensive system, which brought together the latest defensive architecture from both East and West, the massive walls extend nearly 6 km and have remained intact over the centuries.

3. Seokguram Grotto and Bulguksa Temple, Gyeongju

Constructed in the 8th century, the Seokguram Grotto houses a monumental statue of the Buddha looking out to sea. Nearby Bulguksa Temple is a stunning example of Silla Dynasty construction, and, along with the Seokguram Grotto, forms a religious architectural complex of exceptional historical significance.

4. Haeinsa Temple, Gaya

Located on Gayasan, Haeinsa Temple is home to the famed Tripitaka Koreana, the most complete collection of Buddhist texts, which was engraved on 80,000 woodblocks between 1237 and 1248. Constructed in the 15th century, the Janggyeong Panjeon complex served the sole purpose of housing the sacred woodblocks.

5. Namhansanseong, Gaya

Namhansanseong was originally designed to serve as an emergency capital for the Joseon Dynasty (1392-1910). Located in the mountains 25 km southeast of Seoul, it was traditionally defended by Buddhist monk-soldiers. Though it was rebuilt several times, the earliest remains date from the 7th century.



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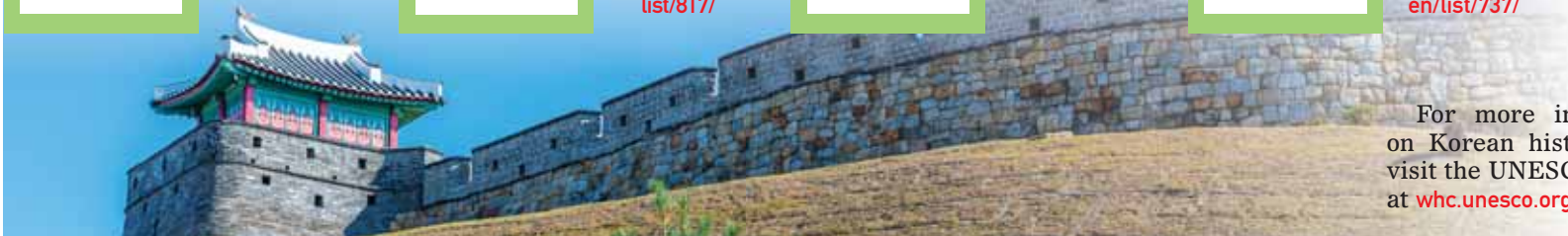
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For more information on Korean historic sites, visit the UNESCO website at whc.unesco.org



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Uokfarm serves up freshest ice cream

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

The summer heat is sizzling in Korea, so what better way to cool off than enjoy some delicious ice cream. Though summer is the ideal time for ice cream, I love eating ice cream all year round – and in all its forms. You can pick up ice cream at supermarkets and small groceries stores, but I've been on a mission to find the best in Pyeongtaek. The other day, I've found a place that scoops up flavors you won't find anywhere else.

Located in Songtan around the Seojeong-ri Station (or Osan AB), Uokfarm is a renowned ice cream shop that serves up tasty gelato and yogurt made on-site using locally produced dairy products.

Uokfarm owner Gwak Jin-yeong has been scooping up homemade ice cream since 2019, and she uses a family connection to ensure she serves of the freshest products possible. Milk used in her creamy offering comes from her father's farm. Before opening her shop, she made an effort to ensure what she serves up high quality ice cream products, flying to Italy to brush up her ice cream making skills by attending a gelato school.

The dessert spot has a retro 80's vibe exterior covered with bricks that is a rare architecture trend in South Korea these days, and the clean and neat interior has some space where you can sit and enjoy your cool treats.

Crowds flock to Uokfarm for its rotation of eight delicious homemade soft-served ice cream that changes daily. The ice cream is not cheap, but the quality is worth the price. If you order a small size (1,100 won), you can pick two flavors. A medium size (14,000 won) allows for three flavors, while you can pick

four flavors if you order a large (19,500 won). I think the small cup with two flavors is the perfect size for kids and others who don't want to overeat.

I had my mind set on green tea ice cream, but when I arrived, I quickly learned it was not on the menu for that day. I suggest checking Uokfarm's Instagram account to see what special flavors Gwak has in store for you that day.

My disappointment quickly faded as I checked out the display of ice cream. I opted for medium size and filled it with Oreo, peanut butter, and milk flavor ice cream. At first bite, I fell in love with the peanut butter ice cream. The other two were also very satisfying. The ice cream wasn't too sweet, which is a really good thing for me because I'm on a low-sugar diet. Gwak was also proud to point out that her ice cream has no artificial additives or coloring.

I also highly recommend the yogurt, which is also a big seller at Uokfarm. I ordered a blueberry yogurt (500ml) for 7,000 won and Greek yogurt (200g) for 5,500 won. The yogurt is all natural and doesn't contain any emulsifiers and stabilizers, which are common ingredients when yogurt is created in a factory.

The yogurt was very tasty and the generous portion of fresh blueberries from local farms is another reason you should try it. And you can take it home with you. I added the small batch of Greek yogurt to my bowl of oatmeal the next morning, which helped me feel full with a just few spoons. I loved the thick and consistent texture.

Overall, every moment of my ice cream experience at Uokfarm was unique. I'll definitely go for more. If you're looking for cool and healthy ice cream to get you through the sweltering summer days, Uokfarm will scoop it up for you.

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INSTAGRAM NAVER MAP



Spice up your rice bowl with fried kimchi

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Kimchi-bokkeum-bap, or Kimchi fried rice, is an easy, quick-fix recipe, making it a popular dish to have in a snap. Consisting of primarily fermented kimchi and other ingredients like greens and protein you have in the fridge, you'll soon have a delicious meal in no time. This recipe is a great way to clear out your fridge and will be great even if your only ingredients are rice and kimchi.

kim.chihon@stripes.com

PREP TIME: 10 minutes
COOK TIME: 10 minutes
TOTAL TIME: 25 minutes
DIFFICULTY: Easy
SERVINGS: 2

VIEW VIDEO!



Bon appetite!

INGREDIENTS

- ☐ 3/4 cup chopped fermented kimchi
- ☐ Cooked rice (400g)
- ☐ 1 green onion sliced (optional)
- ☐ Sausage 60g (optional)
- ☐ Spam 30g (optional)
- ☐ Oil for stir-frying
- ☐ 1/3 tbsp sugar (optional)
- ☐ 1/3 tbsp soy sauce (5g)
- ☐ 1/3 tbsp red chili powder (5g)
- ☐ 1/4 small onion diced (optional)
- ☐ 1 tbsp parmesan cheese powder or 2 Tbsp Mozzarella Cheese (optional)
- ☐ 1/2 sheet of laver sliced (optional)
- ☐ 3 – 4 tbsp juice from kimchi (water is also okay)
- ☐ 1 pinch of ground sesame seeds (optional)
- ☐ 1/2 tbsp sesame oil (optional)

DIRECTIONS

- 1 Cut all veggies and meat into bite-sized pieces and set them aside.
- 2 Chop up kimchi into small pieces and set it aside.
- 3 Heat oil over medium-high heat, stir-fry the veggies and sausage (or ham) until slightly browned.
- 4 Over medium heat, add soy sauce, chopped Kimchi, sugar, and chili powder into a pan. (Add juice from kimchi (or water) only if the ingredient in the pan gets too dry)
- 5 Stir fry them until the kimchi slightly turns soft.
- 6 Turn off the stove. Add rice and broke the clumped rice up.
- 7 Over medium-high heat, sauté them together for about 3 to 4 minutes more. Add sesame oil, parmesan cheese powder and remove it from the heat.
- 8 Put a fried egg on top of it and sprinkle with ground sesame seeds and sliced laver. Bon appetite or 잘 먹겠습니다 (Pronounced: jal meok-ke-sse-um-nida)!



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Speaking when eating in Korea



STRIPES KOREA

So you want to go out in town and try out a restaurant your friends told you about? Well, Here's some helpful tips on how to order, even if your Korean speaking skills are limited.

■ When you go out to eat at a Korean restaurant with meat as the main dish, you will want to order a bit differently than you would at an American restaurant. Of course, if you are ordering a steak or a hamburger it is no different. However, if you are ordering meat to be grilled at your table you will normally order by the serving:

* **Give me three servings of ribs** : 갈비 삼인분 주세요 / gal-bi sam-in-bun ju-se-yo.
The “sam-in-bun” part of the request is asking for 3 servings/ portions.

Beef: 소고기 / So-go-gi

- * **Beef Ribs**: 소갈비 / so-gal-bi.
- * **Rib roast cut into small grillable portions but without the bone**: 소갈비살 / so-gal-bi-sal.
- * **Sirloin cut for grilling Korean style**: 등심 / Doong-shim.

Pork: 돼지 고기 / Dwe-ji-go-gi

- * **Pork ribs**: 돼지갈비 / Dwe-ji-gal-bi.
- * **Side pork (uncured)**: 삼겹살 / sam-gyop-sal.

■ Though you can eat each of these directly from your grill, when you order them in a restaurant there is normally a way to truly make the experience more enjoyable. With each order of these meats will come a variety of vegetables and condiments. Normally you will receive lettuce leaves, garlic, red pepper paste, and, depending on the restaurant sesame leaves, Julian sliced onions, mushrooms, etc. (With the sam-gyop-sal, you will receive a small bowl of Sesame oil with some seasoning.) When the meat is cooked to your satisfaction, take it from the grill and place it on a lettuce leaf. Then add a dollop of rice and a little of each of the extras, pepper paste, garlic, onions, mushrooms, etc. Wrap it all into one large ball and stuff it into your mouth. It sounds rude but it is really the best and least offensive way to eat this.

Chicken: 닭고기 / Dalk-go-gi

- * **Chicken Ribs**: 닭갈비 / Dalk-Gal-bi.
Not really what it sounds like. This is actually normally chicken breast cut into pieces and seasoned (spicy) then mixed with vegetables and cooked at your table in a grill or wok. (Boneless: 뼈없는 / Byeo-eob-nun)
- * **Fried chicken**: 닭 튀김 / Dalk-dwi-gim. (It is just as common to hear “Chicken Fry.”)
- * **Fried chicken with spicy sauce or flavoring**: 양념 닭 / 양념 치킨 / Yang-nyom-dalk / yang-nyom-chi-kin

■ Rice is a staple of Korean life and there are a number of ways to get it in a restaurant:

Rice: 밥 / Bab

- * **Fried Rice** : 볶음밥 / Bok-kum-bab

■ If you want a certain kind of meat in the fried rices just add in the appropriate meat
Pork Fried Rice: 돼지 고기볶음밥 / Dwe-ji-go-gi-bok-kum-bab

- * **Chicken Fried Rice**: 닭고기볶음밥 / Dalk-go-gi-bok-kum-bab
- * **Shrimp fried rice**: 새우 볶음밥 / Se-u-bok-kum-bab
- * **Rice mixed with vegetables and seasoning**: 비빔밥 / Bi-bim-bab.

One variation of this dish is to have the bibimbab served in a hot stone bowl 돌솥비빔밥 / Dol-sot-bi-bim-bab.

Noodles: 면 / Myeon

- * **Ramen**: 라면 / ra-myeon
- * **Cold noodles**: 냉면 / Naeng-myeon There are two common varieties of cold noodles
 1. One is with the noodles served in a broth and is called water naeng myeon: 물냉면 / mul-naeng-myeon
 2. Second is mixed with spicy red pepper sauce, hot mustard, and vegetables which is 비빔냉면 / Bi-bim-naeng-myeon.

■ One favorite Korean noodle dish of many westerners is Chap-chae and though it doesn't use the “Myeon” is a noodle dish normally using vermicelli noodles (당면 / dang-myeon) mixed with vegetables stir fried in a mixture of sesame oil and other ingredients.

■ During the next couple of weeks try ordering some of these dishes you won't be sorry.

Eat well: 많이 잡주세요 / Ma-ni jab-su-se-yo.

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Ron Easley

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Stripes Sports Trivia

Upon returning to the National League, this outfielder's career featured a surge in power, going from 26 to 31 and then 57 homeruns during a three-year stretch. Oddly enough, the biggest hit of his career wasn't a homer, but a blooper off one of the game's great closers to win the World Series. Who was player who shared a nickname with a Muppets character?

Answer

Luis Gonzalez

Your votes. Your favorites. Your Best of the Pacific.



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DID YOU KNOW?

Koreans, both North and South, speak and write the Hangeul or Hangul language. It consists of 14 consonants and 10 vowels, and the alphabet can be combined into various syllables.

Hangul of the week 눈사람
nun-sa-ram (snowman)

Language Lesson

It's time to go.

lje gayahal siganieyo.

Crossword by Margie E. Burke

ACROSS

1 Mountain goat's perch

5 Something to debate

10 Anagram for "beat"

14 Circle overhead?

15 La Scala offering

16 Blacken on the grill

17 Emanation

18 Timothy Bottoms plays a law student in this 1973 film (with "The")

20 Pine or cedar

22 Talkative

23 Mournful chime

24 Monotony

27 Once around the track

29 The element carbon, e.g.

33 Deli meat

36 Bit of baby talk

37 Gaming cubes

38 Lunch hour

39 Blow up, in a way

42 West ender?

43 Water-filled ditch

45 Balloon filler

46 Wiped the slate clean

48 Carried out, as laws

50 Fishing equipment

51 Tree-covered

53 Western wear

57 Tear into

60 Most desirable

62 Snake oil

65 Went horseback

66 Player's cards

67 Long-extinct birds

68 "You bet!"

69 Breakfast staple

70 To the left, at sea

DOWN

1 Wheel stopper

2 Harmful household gas

3 "___ Again (Naturally)" (1972 #1 hit)

4 Silverback, for one

5 Hit the bottle

6 Dizzying designs

7 Gusto

8 Steamed state

9 Cancer-causing substance

10 Red-faced

11 Rhythmical accent

12 Magi's origin

13 Deuce taker

19 Some fish bait

21 Love interest

25 Fencing words

26 Armoire feature

28 Coconut flavored cocktail

30 Office neckwear

31 One to grow on?

32 Give for a bit

33 "___ Like It Hot"

34 Before long

35 It's out on a limb

40 Fudged the facts

41 Put up

44 Facing

47 Eager, long ago

49 Muddy

52 Blood giver

54 Stevie Wonder's "My Cherie ___"

55 San Diego slugger

56 Smooth and glossy

57 Masseur's target

58 Kind of carpet

59 Told all

61 "Hey...over here!"

63 Pinnacle

64 Bustle

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Answers to Previous Crossword:

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

SUDOKU Edited by Margie E. Burke

Difficulty: Easy

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

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

Answers to Previous Sudoku:

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

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Coordinator and
Medical Staff.



Clean & Safe
Zone for Mom
and Newborns.

Women Medipark Hospital's Strengths

1 Laparoscope

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

2 HIFU (High Intensity Focused Ultrasound)

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



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

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

4 High Risk Maternity Care Center

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

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

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

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

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Healthy Living

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

July 2021

■ Naeun Hospital:
'All-in-one general hospital'
- PAGE 3

■ LIVE Dental Hospital:
All about Implants
- PAGE 5



■ Coronary CT for more
accurate and safer
scanning
- PAGE 6

■ Interview with Incheon
Himchan General Hospital
director
- PAGE 7



Hangil Eye Hospital a sight for sore eyes

HANGIL EYE HOSPITAL

In the scorching summer, your eyes need good care!

High temperature and humidity in July and August can cause bacteria and viruses to multiply easily. People are more likely to be exposed to eye diseases than ever due to the environment in which air conditioning is on all day indoors and strong ultraviolet rays can affect during outdoor activities. What can you do to protect your eyes from the summer environment that can be threatening to your eye health and to keep them healthy?

Dry-eye syndrome appears more in the summer

Dry-eye syndrome occurs when the tear film to protect your eyes has abnormalities due to various causes. If you have dry eyes, your eyes feel cold, uncomfortable with a sensation of something in your eyes, or dry with eye redness. It is known that it occurs more in the winter, which usually has a cold and dry wind. But even in the summer, you cannot be careful enough. Unexpectedly, many patients see an eye doctor for dry



Dr. Minji Ha,
Clinical Director of the
Anterior Segment Center,
Hangil Eye Hospital

BY THE NUMBERS

- 5,871 cases-5,871 cataract surgeries achieved in 2020 (6,486 cases in 2019)
- 223,445-outpatients in 2020 (200,000 outpatients surpassed in 2017)
- 27-27 ophthalmologists (Including 12 retinal specialists)
- Grade 1: Grade 1 in the use of prophylactic antibiotics for surgery, Grade 1 in drug reimbursement adequacy evaluation
- 1 First- Performed Incheon's first refractive-corrected laser keratectomy (1992)
- Performed Incheon's first corneal cutting laser (LASIK Surgery) (June 1996)
- Established overseas charity hospital as the first Incheon medical institution (June 2003, Uzbekistan)
- Opened the first dry eye clinic in Incheon (July 2016)
- Surpassed 1,000 cases of Incheon's first annual retinal surgery (December 2017)
- Designated as the first ophthalmology hospital in Korea to attract foreign patients (August 2017)
- Selected as 'International Eye Hospital of the Year' at the IMTJ Medical Travel Awards 2019, the first hospital in Korea (December, 2019)
- Hangil's 6 specialized centers and 1 specified clinic. One-Stop total care for your eyes starts here.

SEE HANGIL ON PAGE 7





23, Wonjeok-ro, Seo-gu, Incheon

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“
Naeun hospital will make the world of
health care a better place with better medical services
”



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Medical institution accreditation is provided by the Ministry of Health and Welfare to achieve safety of the patients as well as enhancing medical quality. With Naeun hospital accredited by the Ministry of Health and Welfare, it represents that we are a safe and high-quality medical institution.



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Operation of health
examination center
(Gajwa/Songdo/Gumdang)



Dr. Han, Yeongmin

NAEUN HOSPITAL

'ALL-IN-ONE GENERAL HOSPITAL'

NAEUN HOSPITAL

"To become not only Incheon's premier hospital but Korea's premier hospital!"

Founded in 1989, Naeun hospital has become an "All in one general hospital" with the endless support and love of Incheon residents. Our staff of a thousand works tirelessly to provide the highest quality medical service and demonstrate respect for life and medical ethics. Their passion resonates with the hospital's founding values of responsibility, kindness, love, and innovation and is always on their feet to do their part in making a world without diseases.

"Becoming Incheon's Best"

As an "All in one general hospital" that is on par with university hospitals, Naeun hospital has the state of the art medical facilities such as four MRIs, five CTs, two Angios, SONO, DR, etc. as well as electronic chart software such as the EMR, PACS, OCS and more. Furthermore, Naeun hospital has received a firstgrade accreditation for the stomach, colon cancer, most excellent ER for five-year consecutive years, as well as a first-grade accreditation for Evaluation of Pneumonia's Adequacy and hemodialysis and more, and have proved ourselves as Incheon's premier medical institution. Appointed as the first hospital in Incheon Seogu as an accredited medical institution for two consecutive years, we have been nationally

verified as a safe medical institution providing safe optimal medical service.

"Becoming the best cerebrovascular cardiovascular system hospital"

We have on board Dr. Han, Young Min (neurosurgeon), one of Korea's five leading doctors who has also served as the treatment director of The Catholic University of Korea Incheon St. Mary's Hospital. Furthermore, Dr. Oh, Dong Ju, (cardiologist) one of Korea's four leading doctors chosen by KBS, former Director of Korea University Guro Hospital and Korea University's medical President and treatment director is also with us. With more than thirty heart and cerebrovascular field-related experts residing at all times, Naeun hospital is becoming a specialized center in Incheon. We will try our best to be and do more than a university hospital.

"Trustworthy and reliable hospital"

I extend my most sincere gratitude to all the community residents from all corners of society as their love and affection were the backbones that made Naeun hospital our region's premier medical institution for over 30 years. We will always remember the fact that "Patients must love and trust hospitals" and always pursue to go higher and become a "trustworthy and reliable hospital" for the next 100 years to come. We will start today as if we were preparing for tomorrow.



Dr. Han, Yeongmin



Dr. Ha, Heonyeong

INCHEON NEUROSCIENCE INSTITUTE BEST BRAIN SURGEONS, STATE-OF-THE-ART EQUIPMENT

We pursue to become the world's best cerebrovascular disease specialized hospital!

Naeun Hospital I.N.I Incheon Neuroscience Institute is protecting your brains 24 hours, 365 days.

Cerebral hemorrhage, cerebral infarction, and cerebrovascular disease are all diseases where time is of the essence, they are malicious and must all be treated quickly by all means. With five leading doctors and excellent professionals, Naeun hospital I.N.I Incheon Neuroscience Institute strives for an accurate diagnosis and treatment. Furthermore, selected as Incheon's four cerebral vascular surgery hospital, we are fulfilling our responsibility as the health guardian of our residents 24 hours, 365 days.

Every day at I.N.I Incheon Neuroscience Institute, all of our departments and nurses ranging from neurosurgery, neurosurgery, rehabilitation medicine, emergency medicine hold conferences to discuss treatment directions and clinical discussion. Furthermore, to maintain the highest quality of medical service, Naeun hospital realizes an integrated and systematic treatment-cooperation system and participate in all diagnosis and treatment procedures.

Naeun Hospital, applying new methods of diagnosis and treatment, enhances the cerebrovascular disease diagnosis and treatment and creates the optimal treatment and research environment. Furthermore, Naeun hospital will provide endless support to devise for the best possible ways of diagnosis and treatment.

THINGS ABOUT US

- Introduced the most advanced Brain surgery equipment.
- We are striving to become the world's best brain and heart specialized hospital.
- Introduced the most advanced medical system.
- Optimal teamwork for highly sophisticated surgeries.



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All about Implants

LIVE Dental Hospital

LIVE DENTAL HOSPITAL

IMPLANTS: BEFORE SURGERY

First, it is very important to check the overall health status. If the patient has osteoporosis, diabetes, hypertension, or is taking medication related to these diseases, consultation with an attending physician is required.

Secondly, it is necessary to check the health of the oral cavity. Through X-ray and CT we check the condition of bones and gums. Before installing implants, it is very important to have healthy gums. If gum treatment is necessary, it must be done before implants.

IMPLANTS: TIMELY

Our body is such that if you do not use any organs (for example, muscles), they begin to shrink and weaken. Also, the bone under the gum, holding the tooth, if not used, it decreases. In this case, bone tissue should be enlarged during implant installation. This increases the complexity of the surgery, the healing period, the pain, and also the cost. Therefore, after tooth extraction, if there are plans, implants should be put in place timely. Also, if a long time passes after tooth extraction, the adjacent teeth begin to tilt. In this case, partial or complete tooth correction may be required in the future.

IMPLANTS: ADVANTAGES

Previously, after tooth extraction, adjacent teeth were usually ground down and crowned over the bridge made of dental crowns. But since the lifespan of a tooth depends to some extent on the amount of remaining dentin (hard tissue of tooth), it is natural that teeth that have been ground down can have a shorter life.

Installation of implants is a procedure when only the artificial root (implant) is inserted into the place of the missing tooth and an artificial dental crown is installed on top of it. This way, adjacent teeth are not ground down and remain in their natural state.

Timely installation is very important for implants!

IMPLANTS: TREATMENT PERIOD

The treatment period with implants is usually about 3 months for the lower jaw and 4 months for the upper jaw. During this time, the hospital carries out an examination, installation of implant, check on the healing process, and installation of a dental crown.

But if guided bone regeneration (GBR) and/or sinus lift were additionally carried out during implantation, the full treatment period may be from 3 to 9 months. Therefore, in order to avoid an increase in the treatment period, it is very important to have the implant installed timely without additional procedures.

The time to wait for the implant to heal to the bone is very important. There is no need to hurry.

IMPLANTS: LIFESPAN

As there is no definite lifespan for native teeth, so also for implants. It all depends on caring for them. Usually, it is said that the lifespan of implants is about 8-15 years. But if you take care of them correctly, their term will be semi-permanent.

The most important and main reason for reducing the lifespan of the implant is the peri-implantitis (destructive inflammatory process affecting the soft and hard tissues surrounding dental implants). But

it can be avoided with proper teeth cleaning and periodic examination and treatment.

IMPLANTS: POST-TREATMENT CARE

There are two points after implant placement that should be monitored well. This is the care of the gums and dental crown. You need to monitor oral hygiene and brush your teeth properly.

Sometimes it happens that the dental crown falls out of the implant or the screw inside the implant is unscrewed. In such cases, consultation with the attending dentist and timely treatment are imperative. Therefore, when choosing a dental hospital, it is very important to look at how the post-treatment care is done there.

IMPLANTS: COST

The cost in each hospital is different and depends on the type of implant on the method of implant installation, additional procedures. In dental hospitals in Korea, you can usually find out the cost of an implant from dental consultants, who, like doctors, work in hospitals all the time. For those with insurance, the hospital helps to make all necessary documents in order to replace the cost of treatment with the insurance company.

GUIDED BONE REGENERATION (GBR)

Guided bone regeneration (GBR) is

necessary in cases where the native bone tissue is insufficient for the implant to stand firmly.

If the condition is normal, GBR is carried out very quickly simultaneously with the installation of implants. But if the bone is very small, GBR is carried out in advance of implants.

The materials used for GBR are human bone, cow bone, artificial bone. These types of bones are pre-sterilized and are introduced as powder.

Therefore, the response of the transplant rejection can be avoided.

Sometimes in extreme cases or when the patient does not want to have another bone material, a native bone grafted from another place is used.

SINUS LIFT

Inside the maxillary bone there is a hollow air space called the maxillary sinus. To carry out GBR in a place next to this cavity, sometimes a sinus lift – lifting the lower sinus membrane – is required to create space for GBR.

IMPLANTS: INSTALLATION ON THE SAME DAY DURING TOOTH EXTRACTION

If after tooth extraction there is a good environment for the implant, it is possible to place the implant immediately. For this, there should be no inflammation or other types of infection. Of course, it is ideal to wait a while after tooth extraction. But if the patient does not have free time, it is possible to carry out the extraction of the tooth and the installation of the implant at the same time, but provided that the condition of that place is healthy.

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Qualified Implantologists at LIVE Dental Hospital



CAPTURE A MOVING HEART

Coronary CT for more accurate and safer scanning

NASARET INTERNATIONAL HOSPITAL

In the case of cardiovascular diseases such as hypertension, diabetes, and hyperlipidemia, its frequency of occurrence among young people have been gradually increasing, thus the importance of evaluating and quick diagnosis of chest discomfort or chest pain and difficulty breathing in everyday life is also growing.

Coronary angiography, which is commonly used when examining chest pain, is the most intuitive test method with high accuracy but can be a burden for the patient due to its invasive procedure.

The Cardio-cerebrovascular Center of Incheon Nasaret International Hospital has a state-of-the-art coronary artery CT scan which can automatically recognize irregular heartbeat and take accurate images to give a correct diagnosis. Coronary artery CT provides great advantage in that it can give sufficient information to medical staff as well as patients by accurately reproducing the location, length, and extent of narrowed blood vessels. In addition to identifying the causes of chest pain or angina,

it is possible to diagnose certain cardiac functions, structural malformations of the heart, valve diseases, damages to the myocardium, pericarditis*, pericardial effusion or other various heart related diseases. Since it can also evaluate the surgical status after coronary artery bypass surgery, it can be said that

the medical benefit that can be obtained with just 30 minutes of imaging is much greater than that of other tests.

*Pericarditis is swelling and irritation of the thin, sac-like tissue surrounding your heart

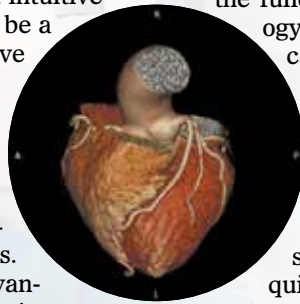
The CT scan ushers in a new era of physiologic imaging with 2mm up to 16 cm of z-axis coverage compared with only 4 cm of volumetric images to the fullest in the past. Its cutting edge technology also allows HD 640 slices every rotation capturing a moving heart in full and guarantees patient safety providing a lower dose solution by 75% decrease. 320 detector row scanning successfully realizes 0.5mm of ultra-fine images.

Dr. Park Il, a cardiologist at the Heart Center at Nazaret International Hospital, said, "With previous equipments, it was quite difficult to test precisely those patients who were suffering from severe arrhythmia or heart-rate changes. However, even in such cases, the CT scan, which can automatically recognize heartbeats and accurately diagnose, allows safer and more accurate examination of the coronary arteries before performing coronary angiography."

If you are considering to receive heart disease examinations due to chest pains, it is important to perform the most suitable and helpful tests for you with careful treatment from a cardiologist in order to prevent the risk of heart disease.



Nasaret International Hospital Cardiology Center Director Park Il (Cardiologist)



Volumetric cardiac imaging from 320-detector row CT scanner



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Interview with Kim, Hyeonggeon, Director of Incheon Himchan General Hospital

HIMCHAN GENERAL HOSPITAL

Q. Himchan Hospital made a new leap forward to a general hospital from joint and spine specialized hospital. Please introduce your hospital.

After 19 years of specialized therapy on joint, spine, and internal medicine since 2002, Incheon Himchan Hospital transferred to Nonhyeon-dong, Namdong-gu, from Yeonsu-dong, Yeonsu-gu, Incheon, kicking off as Incheon Himchan General Hospital. The new hospital has 11 floors and a basement, whose total floor area is about 2.2 ha; it consists of 5 wards and 250 beds. About 30 professional medical personnel run 16 medical departments such as internal medicine (digestive system, kidney, heart, endocrine organ, and respiratory system), surgery department (orthopedics, neurosurgery, and general surgery), pediatrics, family medicine, neurology, gynecology, and dentist. The hospital also has professional therapy centers and clinics such as Health Promotion Center, Artificial Kidney Center, Robotics Artificial Joint Center, Endoscope Center, Physical Therapy Center, and Pain Clinic and operates the emergency room 24/7 as the local emergency medical clinic.

Q. Currently there are eight branches across the country. What made you choose Incheon as the first branch to open the general hospital?

Incheon Himchan Hospital is the first joint therapy specialized hospital in Korea where patients all over the country visit. I confidently assure that the brand Himchan Hospital itself has a competitive advantage that stands out with 19 year-long medical technology, experiences, and know-hows. Since our service goes beyond joint therapy in orthopedics and most patients visiting our hospital have complicated illnesses such as chronic diseases, we tried to extend our medical treatment areas to cover comprehensive and preventive treatment as a general hospital. Especially along with establishment of multi-disciplinary system in internal medicine department, the former medical achievements such as surgery treatment and care of the elderly and internal disease patients are expected to be succeeded in the first Himchan General Hospital.

Q. Is there any special reason in opening the hospital amid the prolonged phase of COVID-19?

The general hospital opening was proceeded as planned several years ago; we aimed to build a hospital near patients so that they may visit easily and conveniently. Our focus was not on the surrounding environments but a patient-oriented medical system that

makes a foundation for a reliable and strong hospital. We were convinced of the need to open it and prepared it with confidence.

Q. The prevalent COVID-19 prioritizes quarantine in hospitals as well. How do you implement quarantine control?

We strictly observe quarantine principles. First, we separate entrances and exits of the visitors along their movement paths and do fever check and access control. In addition, for crowded areas such as medical offices or professional treatment centers, or spaces for other treatments and hospitalization, we designate zones where only patients and medical team may access. Above all, we prepare a concrete and systematic quarantine manual and constantly run drills.

Q. Which do you place stress in patient treatment or hospital operation as the head of general hospital? Please describe your management philosophy.

We'd like to offer various and enhanced medical service by using Himchan Hospital's strength: Robotics Artificial Joint Center, Physical Therapy Center, Pain Clinic, Artificial Kidney Center, Health Promotion Center, and Endoscope Center. We operate a hemodialysis unit for kidney patients furnished with 22 units of the new and high efficiency dialysis machines and use eco-friendly and high efficiency dialyzing diaphragms for allergy patients and customized needles to provide a safer and more convenient dialysis experiences to patients. Based on the experiences of high-level operation and the reputation for good joint surgery results, we see increase in the accuracy and success rate of artificial joint surgeries in Robotics Surgery Center. Above all, cooperation between different medical teams are available in our hospital. By leveraging the huge advantage,

we will build a hospital where renowned medical teams may show off their excellent skills.

Q. Do you have any last words for employees or patients? Please share your ambition with us.

I'd like to expand the medical service of our general hospital, providing practical help to patients nearby. To gain credibility from patients and draw cooperation from all employees, I will support in all ways to make 'The hospital with good treatment results', and practice patient-oriented service to settle down as 'The patient-friendly hospital.'



Kim, Hyeonggeon, Hospital Director
(Orthopedics Specialist)

March 2021 Director, Incheon Himchan General Hospital
February 2019 Director, Incheon Himchan Hospital
Adjunct Professor, Orthopedic Office of Seoul Samsung Hospital
Worked in Orthopedic Office of Seoul Samsung Hospital
Regular member of The Korean Orthopaedic Association

HANGIL: Hospital open to military community

CONTINUED FROM PAGE 1

eyes in the summer.

In the summer, the hot weather gets people to stay with air conditioners or fans on. And the dry air indoors causes eyes to be more likely to be dry. When you look at a computer monitor for a long time or read books in a dry room, you blink your eyes less and the tear film on the surface of your eyes becomes dry, which causes dry eye syndrome.

In order to prevent dry eye syndrome, it is necessary to keep your eyes from directly contacting the wind from an air conditioner or a fan. Frequent ventilation indoors or using artificial tears is also helpful. If artificial tears or eye drops do not work, or the symptoms are getting worse or painful, you should visit a dry eye clinic to figure out the cause and take appropriate treatment.

Corneal abrasion: A superficial scratch on the eye

A corneal abrasion occurs when your cornea is scratched by contact with external factors such as a leaf or sand. In the summer, it is often caused by strong breezes or sand at the beach. Once it occurs, it is easy to recur, so you had better be very careful not to get your eyes scratched.

In particular, many children tend to rub their eyes unintentionally. While they play with sand outdoors, you should warn them not to touch any part of their eyes with their hands. It is recommended to wear protective glasses or sunglasses when the breeze is too strong at

the beach. Wearing sunglasses is also helpful to protect your eyes as they can block UV rays.

When artificial tears or eye drops do not help to relieve the uncomfortable gritty feeling or if you feel pain in your eyes, you can have a corneal abrasion. You need to find an eye doctor to get an accurate diagnosis and you need to apply eye ointment consistently.

Conjunctivitis: Frequent eye problems in summer

An conjunctivitis is one of the most common eye problems caused by a virus in the summer. Wet and hot weather provides a good condition for viruses to proliferate. In the places including beaches, swimming pools, and water parks, where people are actively crowded in the summer, the virus spreads easily and eye diseases are more likely to occur.

One of the most common conjunctivitis in the summer is 'epidemic keratoconjunctivitis', which is caused by an adenovirus. Once infected, you will have tears, eye mucus, redness, itching, or pain in your eyes. After an incubation period of about one week, it develops for about three to four weeks with the symptoms in one eye at first. After a few days later, the other eye can be infected. Inflammation of the cornea can make symptoms worse and can lead to complications including corneal opacity. Children may also show systemic symptoms with fever and diarrhea.

There is no specific treatment for epidemic keratoconjunctivitis, so it is best to prevent them in advance. As it is highly contagious, it is important to wash your

hands as frequently as possible and avoid touching your eyes or the peripheral area with your hands. When someone in your family has an epidemic keratoconjunctivitis, you have to separately use towels, toiletries, and blankets.

Source: Dr. Minji Ha, Clinical Director of the Anterior Segment Center, Hangil Eye Hospital

AWARD-WINNING EYE HOSPITAL WELCOMES FOREIGNERS

Hangil Eye Hospital is the only hospital specialized in ophthalmology in Incheon and the only medical institution in Korea to attract foreign patients, designated by the Ministry of Health and Welfare. In 2019, it was selected as the 'International Eye Hospital of the Year' at 'Medical Travel Awards 2019' held in Berlin, Germany (International Medical Travel Journal: IMTJ).

As the best advantage of Hangil Eye Hospital, one-stop and one-day treatment is available for all ophthalmic diseases with specialists in each specified ophthalmology field. It consists of 36 doctors - 27 ophthalmologists, 3 internal medicine specialists, 2 anesthesiology & pain medicine specialists, and 4 fellows, who operate 6 treatment centers of anterior segment, retina, glaucoma, plastic ophthalmology, vision correction surgery, pediatric strabismus, and amblyopia, along with 1 dry eye clinic. Especially, internal medicine and anesthesia & pain medicine help patients to take surgery safely and conveniently.

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