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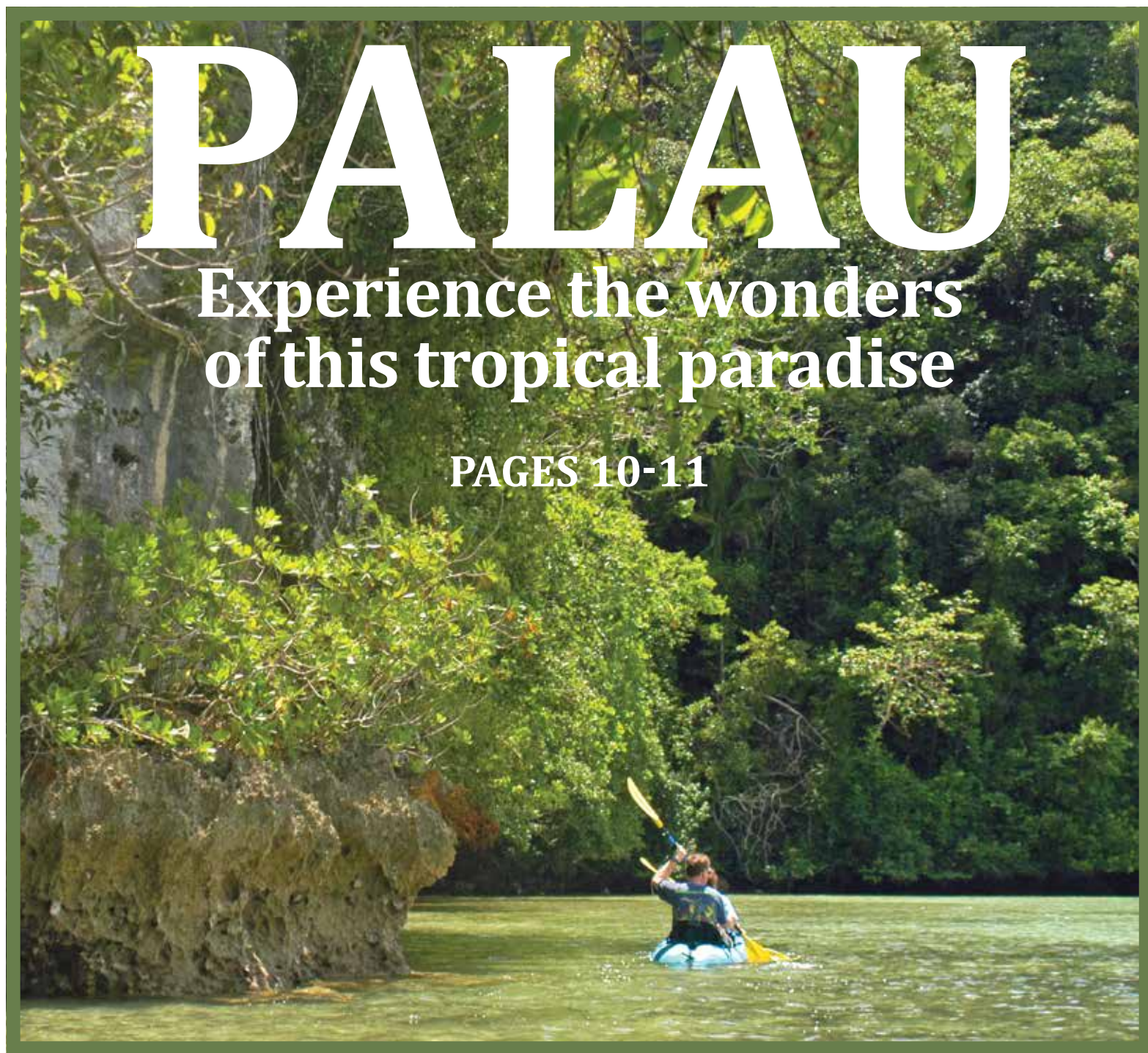


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Korean microbrews you can buy at local stores

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

With the change to South Korea's Liquor Tax Act in 2014, microbreweries were given the green light to distribute their brews across the peninsula. However, it took a few years to see a large assortment of local craft beers occupy the prime shelf space at the local grocery and convenience stores. But now, there is a pretty good selection of microbrews to choose from at most South Korean stores. Below, I've sampled five craft beers that you might want to try.



INSENG PALE ALE

Platinum Brewing Co.

Seoul's craft beer scene has matured nicely over the last couple years with more additions of breweries and craft beer tap rooms. And Platinum Brewery is believed one of the pioneers of this beer renaissance.

This great pale-ale (ABV 5.2%) made its debut 17 years ago at a tap room in Gangnam, Seoul. Two months ago, it finally made it to CU convenience store shelves, taking its unique taste across the country.

This brown-hued brew carries nice froth with a medium body and a strong bitter and hop profile. The alcohol content is noticeable, but the flavor of the beer provides warmth and comfort, and a hint of a light flower taste rounds it out. As the beer cup medal winner logos on the label suggest, this delicate, brown beer provides a pleasant balanced flavor and will not disappoint.

MR. BOCK

Platinum Brewing Co.

Another great offering from Platinum, Mr. Bock is one I often find myself seeking out. Mr. Bock (6.7ABV) is a lager with a soft mouthfeel that combines sweet and bitter flavors. The sweetness is balanced well with the strong coffee roast that kicks in right after the malty attack. Mr. Bock brings a relatively light body, which is smooth and easy to drink.



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JOKER PALE ALE

Playground Brewing Co.

Founded in 2015, Playground is an emerging brewery in the North of Gyeonggi-do brewery scene, becoming one of the most recognized due to its high-quality brewing skills. I visited one of the outlets of Playground in Imjingak earlier this year for my roundup of breweries to visit but couldn't sample their brews since I was driving. Now, I can buy Playground's beers at my local grocery store and taste the craftsmanship from the comfort of my home.

Joker Pale Ale is smooth, with a slight hoppy flavor. The finish is still smooth but with a sweet and woody flavor. A sip of this beer lingers long enough to beg for another and another. A fine choice from Playground.




JEJU WIT ALE

Jeju Beer Company

Located in Jeju's Hallim Park, the Jeju Beer Company is an affiliated company of Brooklyn Brewery. Their Jeju Wit Ale was born with the help of the brewer's technology. It is 5.3 ABV and made with organic Jeju orange peels, which gives a fresh and bright flavor to the beer.

The hazy, golden colored beer has a light body with a white head. The wit ale carries little aroma but has the bright citrus flavors of tangerines with hints of coriander, bananas and wheat. This basic Belgian-style wit has a crisp finish perfect for a summer refreshment.



HOPTANDU (bomb) IPA

KABREW

Founded in 2000, KABREW is a pioneer in South Korea's craft brewery scene. As the unique matte finish can and its name imply, the beer with a 6.3 ABV also has a heavy hop bitterness. Though it's labeled as an IPA, Hoptandu tastes more like a Double IPA.

To me, the heavy bitterness completely overpowered the malt and hop flavor, so it barely carries toasted grains and earthy flavors. I can't say I enjoyed this beer but hop heads will probably love this.

kim.chihon@stripes.com

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Use KLOOK to hunt for great travel bargains

BY CHIHON KIM,
STRIPES KOREA

Many frequent travelers want to make the most out of their limited budget, so they always try to hunt for bargains with travel apps. Check out the KLOOK app when planning your next trip.

The Hong Kong-based Klook is a travel-booking app you can use to explore Korea's famous attractions. It also offers a wide range of unique tours

and local activities like the Myeong-dong Shooting Range, Hanbok photo-shoot, Koran fabric dyeing workshop, Seoul pub crawl, K-pop dance class and much more.

It's not just great for tours, you can also book rental cars, airport transfers, train and bus tickets, and even pick up some restaurant vouchers! Plus, the app holds paperless e-tickets so you don't have to worry about losing your ticket.

Planning on traveling outside of

Korea? Klook also has services and activities you can book in many Southeast Asian countries, including SIM cards, rail passes and tours. Conveniently browse the destination's offerings using your home currency including the U.S. dollar, Korea won, or other currencies.

If you're struggling to find your next getaway, this app will help you out. Download KLOOK for android or IOS devices in the app store or iTunes.

KLOOK also has a website where you can browse all of their services:

Website <https://www.klook.com/en-US/activity/2847-korea-rail-pass-seoul/?krt=&krid=>
kim.chihon@stripes.com



- **Let's plan our next vacation! Where shall we go?** Daeum hyuga gyehoegeul sewoyo! Eodiro galkkayo?
- **Beach vacation. Mountain hiking. Boat cruise.** Haesuyokjang piseo. Deungsan. Yuramseon yeohaeng
- **I will search for our next trip.** Na-neun da-eum yeo-haeng-ji-leul chaj-a-bol geo-e-yo.
- **Let's try some fun activities.** Jaemiinneun hwaldonggeul hapsida!

- **I will need a SIM card when we go overseas.** Uriga haeoro gal tae naneun SIM kadeuga piryohaeyo.
- **How much money do I need to bring?** Doneul eolmana gajyeogaya doenayo?
- **Where is the nearest currency exchange?** Gajang gakkau hwanjeonsoneun eodieyo?
- **Should we rent a car?** Chareul billilkkayo?
- **Pack your bags! We're going to _____.** Jimeul ssayo. Urineun _____euro galgeoeyo!

- ChiHon Kim

- **Visa:** Bija
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Muchangpo Mystic Sea Road Festival



A Tesla coil discharges electrical energy to a metal grounding beam at the Gwacheon National Science Museum in Gwacheon.

Give your brain a holiday at Seoul science museum

STORY AND PHOTOS BY MATTHEW KEELER, STARS AND STRIPES
Published: August 8, 2019

Tell the kids you're taking them to spend a day at a museum and, if they are anything like mine, they will probably wish they had get-out-of-jail-free cards in their back pockets.

However, the Gwacheon National Science Museum in Seoul turned out to be so much more than just a leisurely stroll through countless halls past endless placards and countless relics.

Located just south of the Han River, the two-story complex features 10 themed halls and hundreds of exhibits that take visitors back to the formation of the galaxy and into the future.

Along this journey, visitors can explore all areas of natural science and understand the scientific principles that are hidden in our daily lives.

The Basic Science Hall is a great place for parents to introduce young minds to basic principles and theories of natural science using their eyes, ears, hands and body. It consists of 110 exhibits that dabble in physics, chemistry, biology and earth

science.

Among them are more than 70 hands-on exhibits that encourage interaction, especially the earthquake and typhoon simulators. Expect to get soaked in the typhoon experience, but, thankfully, full-body rain suits are available.

The centerpiece of this hall is a Tesla coil that generates 4 million volts. Each hour, a staff member will give a very brief lesson for visitors. Although the lesson is in Korean, hang around for the finale as the coil discharges its enormous energy out to surrounding rods that act as grounds.

So much time could be spent in the basic hall, but don't neglect the other areas, such as the Natural History Hall. Here, you will be transported through the birth and evolution of the universe and life itself.

On display is a 90 percent authentic fossil of an Edmontosaurus dinosaur as well as additional skeletal structures of dinosaurs and mammals from the same period.

There is so much to see and do, including eight more exhibit halls in the main building alone.

Visiting a museum of this magnitude could be exhausting not just for the mind,

but also the body. Fortunately, a food court offers Korean-style rice and noodle entrees, hamburgers and a selection of frozen sweets and candy for that additional energy pop. There's also a lounge out back inside a train car that serves fresh sandwiches.

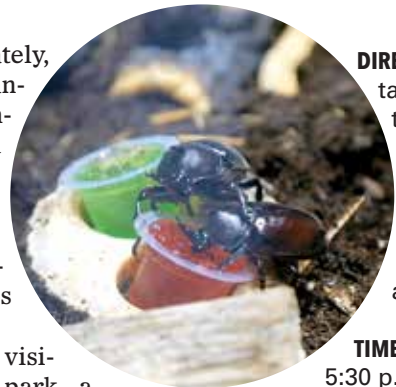
Outside the main hall, visitors will find a dinosaur park, a planetarium, a full-sized South Korean Naro-1 rocket and an insectarium.

If the kids like all things icky, be sure to visit this exhibit, which features beetles, worms, bees, spiders and more. One exhibit allows you to place your arm into a swarm of bees. Apparently, they don't have stingers, but I wasn't willing to test that.

The show inside the planetarium included a tour of the constellations within our galaxy, although the presentation is in Korean, as are all the museum shows.

At just 4,000 won (about \$3.50) per adult and 2,000 won per school-age child, this museum is an absolute educational family fun day.

keeler.matthew@stripes.com
Twitter: @MattKeeler1231



DIRECTIONS: By train, take the No. 1 line to Geumjeong Station and transfer to the No. 4 line to Seoul Grand Park. Take exit 6 at the station.

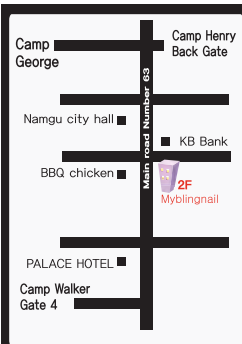
TIMES: 9:30 a.m. to 5:30 p.m. Sunday to Saturday; closed Mondays, Jan. 1, Lunar New Year and the Chuseok holiday.

COSTS: 4,000 won for adults; 2,000 won for children ages 7-19; free for kids younger than 6.

FOOD: A food court is available on the second floor with Korean-style rice and noodle meals, and a hamburger stand. Outside is a lounge that offers fresh sandwiches.

INFORMATION: Phone: 02-3677-150; Online: sciencecenter.go.kr/scipia/?lang=en

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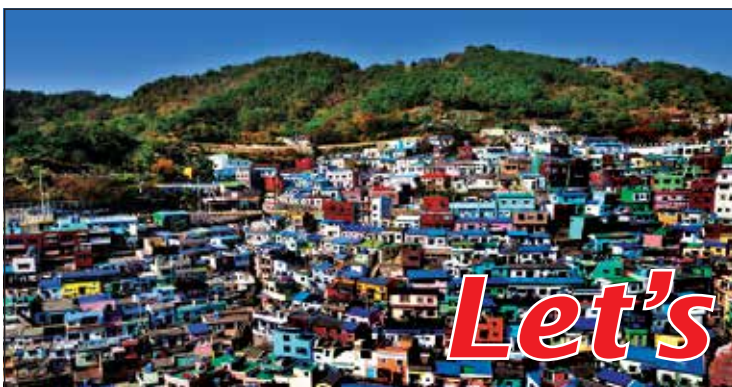
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Let's explore Korea!



The story behind the French Military Memorial

STORY AND PHOTOS BY CORD SCOTT, STRIPES KOREA

For many of the countries that contributed men and material for the UN effort during the Korean War, their numbers were not enough to field independent units. To that end, they were often integrated into larger, American units. For the French, their contributing force of a battalion – named le Batallion de Coree was integrated into the 2nd Infantry Division. Their sacrifices are also memorialized in a monument located 30km north of Osan Air Base, on the border of Suwon and Uiwang.

As with many of the UN memorials, they are in close proximity to the locations where their defining battle was fought. For the French, their trial by combat was near Wonju in



January 7-13, 1951. The French put up a formidable defense of the area. Their fighting was also augmented by the fact that the French were also engaged in conflicts in Algeria, and French Indochina (now Vietnam) where many of the battalion had recently been fighting

before coming to Korea.

In another fight in the area on Jan. 30, 1951, the French and Americans held off a large Chinese attack. This fight was an example of how superior artillery and air support, combined with good defenses and resupply, allowed the Allies to

hold onto positions against an attack by superior numbers. For the French, they also at one point held off the Chinese with a bayonet attack. For these actions, Col. Ralph Montlcar (in was actually Lt. Gen. Raoul Charles Magrin-Veneray, but he took a demotion – and changed his name - so that he could command a combat unit) was praised by General Matthew Ridgeway, who in addition to various gifts, recommended the French battalion for the first of their three Presidential Unit Citations.

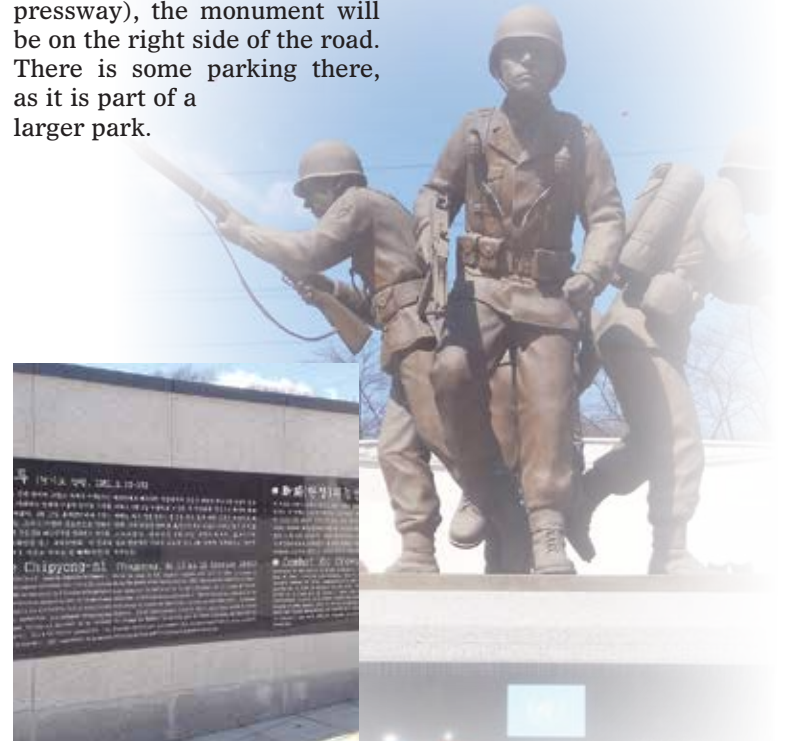
The monument is relatively simple to find but it can be challenging to find it if one isn't paying attention. The location is simple: route 1 through northern Suwon. As one comes up a hill that is perpendicular to Expressway 50 (Kyongbu Expressway), the monument will be on the right side of the road. There is some parking there, as it is part of a larger park.

The monument gives a history of the French fighting in Korea on the left side (in French) and the right arm has some of the photos of the battalion de Coree in action. The center panel has the French patch, the 2nd ID patch, and the names of all French combatants who fell during the campaign.

The French continued to fight with the 2nd Division as they moved further north. They also participated in the Battles of the Punchbowl as well as Heartbreak Ridge towards the current DMZ area. But it was near here in Suwon where the French first demonstrated their combat effectiveness.

One might note that the French soldiers are dressed in American equipment, and that is not surprising, being part of a combined US Division. The four soldiers atop a small platform at the front of the memorial look to the four directions of the compass. It is interesting to see the French crest opposite the Indianhead patch on the figures as well as on the memorial wall. The overall memorial is a significant honor to those who fought, and for the 288 who died.

Dr. Cord Scott is a professor of History and government for the University of Maryland in Asia. He teaches on the US military bases and resides in Osan.



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STARS AND STRIPES



UNCOVERING THE INCHEON LANDING BEACHES

STORY AND PHOTOS BY CORD SCOTT, STRIPES KOREA

It was a terrible spot. One in which the fortunes of warfare and skill would be needed for it to be successful. On September 15, 1950, the UN effort to eject the military forces of the communist north from the south was still not going well. Fighting continued around the “Pusan Perimeter” as the late summer heat continued. Something bold would be needed to break the stalemate in favor of the UN and ROK forces.

General Douglas MacArthur began drawing plans for a counter-stroke, a landing of troops to break apart the attack of the north and put them on their heels. Three general areas were considered: Gunsan, Pyeongtaek, and the furthest north of the three ports: Incheon. While it was the best available, and closest to Seoul, it was also a logistical nightmare. Tides vary up to 36 feet in twelve hours. Those landing would be stranded until the tides rolled back in. The US Navy said it couldn't be done. Yet it was the place that was backed.

The historical significance of Incheon is also substantial. It is the largest port on the west coast of Korea and its in close proximity to Seoul. It has also been the entrepot for the Chinese into Korea. The port was part of the influx of Chinese citizens into Korea in the late 1800s. So, in a variety of ways, Incheon was a critical part of the access to Seoul and the heart of Korea in many regards.

Today, Incheon is still a bustling city, and the delineation between it and Seoul to the northeast is all but unnoticed except in municipal maps. As one goes over the bay via a bridge, the mud flats at low tide are clearly visible. But on that day in 1950, the landings were in doubt. The city still marks those key landing sites with a variety of markers and monuments. While the city has grown and has been reclaimed from the sea, the markers still remain, and offer testimony of the landings by the first Marine Division on that day.

If one is going to Incheon, two of the markers are relatively easy to access. On the number 1 line of the Seoul subway system, one can simply take the Incheon branch to the end of the line. Once at the terminus of Incheon, a short monorail line to Wolmido offers the first landing site:



Green Beach. This marker combined with a second photographic marker, is now at the end of the pier, next to a former casement for the defense. It was here at 5:30 a.m. on the 15th that the first men of the 5th Regiment scaled the walls, and soon after took the observatory atop Wolmi island. From here they had to hold the area for the next twelve hours before reinforcements came ashore.

As one goes back towards the train station, the second marker is noted: Red Beach. This marker sits on MacArthur road, and is also next to the marker which notes the success of the ROK Commandos who also came ashore to secure the landing areas. Photos on the monuments offer a visual history of the events. Perhaps one of the most iconic images of that day is the photo of Lt. Baldomero Lopez as he scaled the sea wall at this very beach.

Of the three locations, the marker for Blue Beach was the most obscure to find.

Due to extensive reclamation of the area, the marker is on an express road nowhere near the coast. While the sea wall is still visible, the lower area is now a rice paddy, with an industrial park next to it.

The city of Incheon has also preserved the landings through several other means. One is the statue of Gen. MacArthur which sits atop the hill in Chinatown. This was the site of Observatory Hill, one of the objectives of the

5th Marines that day.

Further to the south of the Blue Beach marker, is the Incheon landing museum. As with many of the museums, this too is free, and it is extensive for its size. Outside of the building are several static displays and reliefs of the landing, with two notable full size dioramas which commemorate the Lopez photo, and the Marines seizing the observatory. Inside the museum, there are panels in English and Korean which tell of the units involved, from the Marines, to the ROK Marines as well as the Seventh Infantry Division which landed a day later. There is a model which depicts the landing beaches, a full size statue of MacArthur watching the landings (again from the photo), as well as an overlay map which shows the original beaches, and the current coast.

Finally, in the city of Incheon there is also one remaining marker of note: that of the Colombian contribution to the Korean conflict. One can easily miss the contribution of the 16 UN countries which contributed forces to the war effort. This marker, as with so many is one that tries to do justice to the efforts of those who fought for the Republic of Korea's defense.

As for the landing, it was a gamble which paid off. Within three days, Gimpo airfield was seized by the American and ROK forces. By the end of the month, the capital of Seoul was liberated. While this was by no means the end of the war, it was the bold move which MacArthur envisioned. It also solidified the role of the USMC in this conflict.

Dr. Cord Scott is a professor of History and government for the University of Maryland in Asia. He teaches on the US military bases and resides in Osan.





Gyeongju

A perfect weekend trip to the ancient capital of Korea

BY MARIE BOES,
GROOVE KOREA MAGAZINE

Gyeongju, located in the southeast of South Korea, is often referred to as the museum without walls. As it has over 2000 years' worth of history and used to be the capital of the ancient Silla Dynasty.

The Silla country was once the wealthiest region on the South Korean peninsula; with many architectural sites still remaining. Unfortunately after almost 1000 years of ruling, Gyeongju suffered from terrible destruction under multiple invasions.

Now, many of these sites have been excavated and reconstructed as it would have been during the Silla Dynasty, which transformed Gyeongju into a popular tourist destination for Korean and international travelers.

If you are looking for a fun weekend trip away from Seoul; Gyeongju will not disappoint you. Read on to find out the best places to visit in Gyeongju!

groovekorea.com

Bulguksa Temple

The Buddhist temple located in the outskirts of Gyeongju has been part of the UNESCO World Heritage sites Korea since 1995. The temple constructed in 528 is considered a masterpiece of Buddhist art dating back to the Silla Dynasty. Currently the temple is part of the Jogye order – the biggest Buddhist order in Korea.

The temple buildings cover a huge area located in a beautiful mountain park, with many temple halls, pagodas and surrounded by beautiful sceneries continually changing depending on the season.

- **ADDRESS:** 385, Bulguk-ro, Gyeongju-si, Gyeongsangbuk-do
- **HOURS:**
 - March - September 7 a.m. - 6 p.m.
 - October 7 a.m. - 5:30 p.m.
 - November - January 7:30 a.m. - 5 p.m.
 - February 7:30 a.m. - 5:30 p.m.

Seokguram Grotto

The Grotto as part of the Bulguksa temple complex is a hermitage located at the top of Tohamsan Mountain.

From Bulguksa temple there is a walking trail, which takes around 1.5 hours, taking you up the mountain to Seokguram Grotto – a round-shaped cave with a unique Bodhisattva statue.

- **ADDRESS:** 873-243 Bulguk-ro, Jinhyeon-dong, Gyeongju, Gyeongsangbuk-do
- **HOURS:**
 - February - Mid March / October 7 a.m. - 5:30 p.m.
 - Mid-March - September 6:30 a.m. - 6 p.m.
 - November - January 7 a.m. - 5 p.m.

Donggung Palace and Wolji Pond

Wolji Pond, previously referred to as Anapji Pond, is a palace complex constructed in 674. The palace, which was blooming during the Silla Dynasty, was used during important national events. Sadly, the ground and palace were neglected after the fall of the dynasty.

During excavations and restorations, archaeologists revealed thousands of relics like jewelry, pottery pieces, bronze figures and roof tiles, which can still be seen at the pond's exhibition hall and the National Museum of Gyeongju.

The pond is most popular at night as the lights give the tourist site an extra dimension.

- **ADDRESS:** 102 Wonhwa-ro, Wolseong-dong, Gyeongju, Gyeongsangbuk-do
- **HOURS:**
 - Open all year around 9 a.m. - 10 p.m.

Cheomseongdae Observatory

This landmark is an ancient astronomical observatory tower and is the oldest surviving observatory in Asia. The tower stands in a vast park, surrounded by flower fields and tombs, where people like to come for a summer stroll and is a popular place for kids to play and fly their kites.

- **ADDRESS:** 169-5 Cheomseong-ro, Wolseong-dong, Gyeongju, Gyeongsangbuk-do



Tumuli Park

More than 20 mountain shaped large and small tombs can be found in the Tumuli Park, with heights varying between 1 meter and 23 meters. All tombs are those of kings, queens and court officials. Most of the tombs are still unidentified up to today.

Only one tomb was excavated and is now accessible to public. Displaying a stone-pilled wood-lined chamber type, housing a skeleton decorated with valuable jewelry and weapons.

- **ADDRESS:** 9, Gyerim-ro, Gyeongju-si, Gyeongsangbuk-do
- **HOURS:**
 - Open all year around 9 a.m. - 10 p.m.

Tips!

Visit Gyeongju during the cherry blossom season; when the whole touristic center transforms into a pink paradise.

Gyeongju has a few quirky museums that are great to visit with kids like the teddy bear museum, the kidult museum and the Gyeongju world car museum.

Gyeongju is famous for its local red bean bread, which can be purchased on each corner of every street.

Hire a bicycle! It is a great way to visit the sites and parks. There are even some biking trails around Bomun lake and Namsan mountain.

Getting there

- Express bus

Gyeongju is located in the southeast of the Korean Peninsula between Daegu, Busan, Ulsan and Pohang. From each of these cities you can easily take the express bus which will take between 40 minutes to an hour.

The bus from Gosok Bus Terminal Gangnam or Dong Seoul bus terminal runs once an hour and will take around 4,5 hours.

- KTX

The easiest way to get to Gyeongju is by taking the KTX leaving from Seoul Station or Suseo Gangnam Station, running once an hour. Depending on the train this will take 2 – 2,5 hours.

The Gyeongju KTX stations is located 20km from the touristic center, but is easily accessible by bus or taxi.



Time for a change of scenery

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

The stress from everyday life and work can wear on you. Sometimes you just need to get away, but that’s hard to do without taking vacation days. But, instead of sitting on the couch and wasting time, why not try re-energizing and reconnecting with nature close by? If you have the motivation to drive a little or hop on a train, the Geumosan Reservoir and Olle is a great place to unwind and enjoy nature at its finest. And you don’t need to make a lot of travel arrangements or do any packing; this is the perfect day trip!

Zig zag path

If you are driving, slow down and enjoy the scenery! Some tourists drive so fast up the mountain that they miss the entrance to the Geumo Province Park. There are two parking lots on the mountain, so when you ask a taxi driver to take you at Geumosan, make sure to ask to be dropped off at “Geumosan Daejuchajang” (big parking lot) next to the Geumochen stream. Then you can slowly walk up to the mountain and enjoy more scenery.

If you’re taking a train (make sure you look out the window and take in all the beauty), get off at Gumi Station and grab a taxi to the parking area. It’ll cost you about 3,600 won (around \$3) each way.

Note: It takes more than two hours to get there by car from Camp Humphreys and Osan Air Base. By train, it’s about 20 minutes less.

Another option is walking. From Gumi Station, you can reach the entrance to the Geumo Province Park

in 10 minutes by foot. On your walk, you’ll notice the tiled roof of a traditional-style building, which is a museum dedicated to the people of the Joseon era (1392-1897). A little further down, coffee drinkers might enjoy a pitstop at the three or four different hipster and classy-style coffee shops near the entrance of the parking lot. I know some folks really need their coffee, so here’s some good places to enjoy a cup or two.

Once you arrive at the entrance, you’ll see a path zig-zagging its way toward the reservoir Olle Gil. The railing along the uphill path has traditional paintings and calligraphy mounted on it, so take your time and enjoy the painting and drawings at your own pace.

Geumosan Reservoir

At the end of the path, set your eyes on the beautiful waters of the reservoir and let the breeze wash over and refresh you.

The Olle Gil path is about 2.4 kilometers long, surrounds a large portion of the reservoir and connects to Gumi Eco Park. After walking the path and seeing all the strange rock formations and bizarre stones along Mt. Geumo, you just might feel like walking it two or three more times.

Floating bridge

Along the path, you’ll walk on a floating bridge, which at night is lit up with LED lights. It’s quite a sight and many visitors time their visits for this illuminated night view. It’s also not uncommon to find turtles resting on rocks near the bridge and spot fish jumping in and out of the water. This is a great spot for children.



Chaemi-jeong

The entire path along the Geumosan Reservoir is a great place to walk and take pictures. Large trees line up along the path and there are plenty of benches and pavilions great for some rest. It takes less than 40 minutes to walk the entire path, but take as long as you want. It’s also a great place to have a picnic with family, friends or that special someone.

Chaemi-jeong

At the end of the Olle, you will see a beautiful building named Chaemi-jeong. The scholar Gil Jae, who lived during the turbulent transition period of Goryeo Dynasty (918-1392), escaped Seoul for the countryside because he would not serve for another king of a new dynasty. Although he wasn’t wealthy, he refused to take the new Joseon Dynasty’s high official position and he barely managed to stay alive, existing on herbs, roots and tree bark. Thus, his home was named Chae Mi (Chae Mi means herbs)-jeong.

From Chaemi-jeong, you can hear the sound of a stream running under the bridge leading to a shrine. In the summer, people crowd under the bridge to avoid the hot weather and play in the water. If you enter the Chaemi-jeong, you can see the architecture of a Hanok (traditional Korean-style house) and try to imagine the conviction this scholar had.

kim.chihon@stripes.com

DIRECTIONS:

- Train from Waegwan station to Gumi station.
 - Mugunghwa: 15mins / 2,600won
 - ITX-Saemaul: 10mins / 4,800won
 - Train from Pyeongteak station to Gumi station.
 - Mugunghwa: 2hrs 20mins / 13,100won
 - ITX-Saemaul: 2hrs / 19,400won
- After off the train, take a taxi to the Geumosan province park public ‘entrance’ parking lot (With in 10min, about 3,000won)





EXPERIENCE THE WONDERS OF PALAU ... RAINBOW'S END

Alii! (Welcome or Hello!)

Lost in a great expanse of deep blue ocean, there lies a living Eden, one of the few remaining paradises on Earth - PALAU. With untouched beauty that can only be found in this remote corner of the mighty Pacific, this oasis harbors a diverse environment and an ancient island culture, still alive in the warm and inviting people. This is a country that beckons to romantic explorers, divers, and family vacationers, urging them to experience its breathtaking wonders, to encounter its 5,000 years of tradition, and to discover the lush tropical allure of... PALAU.



How to Get to the Palau?

As you arrive in Palau, a flight through the clouds offers a panoramic view of the dazzling coral seas and lush green islands. The Republic of Palau is easily accessible by way of flights by the following airlines:

- United Airlines with daily flight direct from Guam, and 2 flights a week direct from Manila, Philippines.
- Delta Air Lines with 3 flights a week direct from Narita, Japan to Palau.
- Asiana Airlines with 4 flights a week direct from Seoul (Incheon), Korea to Palau.
- Korean Air with 2 to 3 flights a week direct from Seoul (Incheon), Korea to Palau.
- China Airlines with 4 flights a week direct from Taipei, Republic of China (Taiwan) to Palau.
- Palau Airways with 3 flights a week direct from Taipei, Republic of China (Taiwan) to Palau; and 2 flights a week direct from Hong Kong to Palau.
- Japan Airlines with regular charter flights direct from Kansei, Japan and Narita, Japan to Palau.

MICRONESIATOUR.COM

Visit Palau...

Palau's 500 tropical islands offer endless attractions across both land and sea. Visitors will find a wide variety of experiences, from the wildly adventurous to the luxuriously relaxing. Palau is home to over 1,500 species of fish and 700 types of corals - a vast marine paradise. Dive or snorkel amongst living reefs, schools of colorful fish, coral gardens, and sunken treasures. Palau's reefs are one of the Seven Underwater Wonders of the World, including the finest wall diving in all of Micronesia. One can even have a close encounter with dolphins, swimming with these fascinating creatures in their natural habitat. Kayak through shallow lagoons, jungle canopies, and mangrove channels...keep your eyes open for the 147 species of birds that inhabit Palau of which 13 of those species are endemic to Palau. Relax and enjoy to your heart's content the world-renowned Rock Islands that just recently have been inscribed unto the World Heritage List for UNESCO. Of course, no holiday in Palau would be complete without a tour to the famous Jellyfish Lake, home to millions of sting-less golden jellyfish, this is the only environment of its kind in the world open for visitors.

Where to Stay in the Palau?

Palau offers the visitors a wide variety of hotel accommodations, from full-service luxury resorts and moderately priced bungalows to economical motels and bungalows modeled on traditional architectural styles. While many of Palau's guests prefer to stay in the town of Koror, where most resorts and motels are located, some prefer the more private and secluded bungalows of the northern and southern islands. Whether price, comfort, or lifestyle are your considerations, Palau's natural beauty ensures a pleasant experience and memorable stay.

View Accommodations Listing:
<https://www.micronesiatour.com/sites/default/files/Palau%2520-%2520Accommodations%2520Listing%2520.pdf>

Visa and Entry Formalities

All nationalities must have a valid prior to expiration date to enter Palau may be obtained upon entry. All visitors or onward air-tickets. Mandatory Dep \$20.00 per person and Green Fee is c person; these taxes are payable direc



How to Get Around in the Palau?

Getting around Palau at your leisure. With Koror's roads all paved and com miles paved the road in Babeldaob (n sightseeing and visiting cultural and sites are conveniently accessible rent Palau, Palau Helicopters offers vario including the rock islands.

View Transportation Listing:
https://www.micronesiatour.com/sites/%2520Transportation%2520Listing_0.p

Palau offers so many Activities and Adventures...

Experience the Adventures of Palau

Famous as it is credited to its diving, and as diverse as the colors of its rich marine environment, the list of action-packed activities in Palau reveals a rainbow of color choices as well. Palau is not limited to just its glorious blue waters. The destination also offers a myriad of activities. While snorkeling is also one of Palau's main water activities, other marine amusements include kayaking, fishing, jet-ski, sports fishing, dolphin encounters and snorkeling with millions of jellyfish at Jellyfish Lake. Recent additions to the list of activities include ZIP Lines, ATV tours, and Jungle River Boat Cruise.

There are numerous activities on land as well, such as tours to museums for more in-depth culture and historical discovery about Palau, trekking through ancient village grounds and ruins, cruise on a jungle riverboat to see crocodiles and endemic plants along the river or visits to the local wood carving shops for a memorable souvenir. A visit to Palau is not complete without tasting some of the local delicacies such as tapioca, mangrove crab, coconut candy even fruit bat soup.

For more information, please visit:
www.visit-palau.com

Culture

Palau is a country rich in tradition and culture. Today, many sites of cultural or historical importance remain intact, reminding modern Palauans of a past long ago, while reinforcing the culture and tradition for future generations.

Despite external influences, no doubt reflect the multifaceted aspects of Palau's culture, even as many of its innate traits remain. Strongly representing these inherent cultural inclinations in Palau is the traditional dance. Often accompanied by chants, dances are performed mainly at ceremonies commemorative or/and special days of events.



Diving

Diving is year-round in Palau. From beginners and intermediate to expert divers, there are over 50 existing dive sites, each possessing distinct characteristics and individual personalities to appeal to everyone's desires. Palau has been named one of the Underwater Wonders of the World. An archipelago surrounded by a fringe reef, Palau's waters are packed with a great diversity of marine life. World War II relics randomly dot the underwater seascape with an almost perfect sense of dispersion; displaying haunting wrecks over 40 World War II Japanese seaplanes and shipwrecks that render the islands a dream for wreck diving aficionados.

Snorkeling

Inside the area sheltered by the Rock Islands' tiny isles are calm seas that afford ideal sites for snorkeling. Year-round warm water temperatures are indescribably soothing and therapeutic, making snorkeling tours compelling. Shallow reefs reveal tropical fish and Technicolor giant clams thriving amongst a prism of corals.



Sportsfishing

With water sports alone, the opportunities are limitless. For instance, Palau has an abundance of the most spectacular sports fishing opportunities. One can troll for game fish such as mammoth 400-pounds blue marlin, sailfish, giant trevally, wahoo, and tuna. As a matter of fact, sportsfishing is so popular in the islands that the Palau Sports Fishing Association holds an annual fishing derby in the month of May that is open to anyone. Generous cash prizes are awarded for the biggest catches in several categories including tuna, barracuda, wahoo, and marlin, to name a few.

Jellyfish Lake

An attraction most can only dream of; this daring and

unusual phenomenon, Jellyfish Lake, departs radically from convention; for it is an enclosed body of water wherein - over the course of a millennia - resident jellyfish have completely lost their sting because they have not had to fight off predators. Instead, they spend their days in privileged leisure, pulsating gently from one side of the lake to the other while catching the sun's rays and farming their own food supply of algae thus allowing interested adventure seekers a rare opportunity to swim amongst this truly unique water creatures.

Kayaking

Palau was made for kayaking. Paddle your way into any one of hundreds of deserted bays and lagoons. With its perfectly unspoiled scenery, impeccably preserved reefs and coves, the serenity of nature's pure embrace and the swirling sound of your paddles breaking through the turquoise surface and the flying birds overhead, unimpeded by the whine of a motor. Palau is probably the best place in the world for nature-loving kayakers.



Land Tours

While Koror offers shopping and Museums, Babeldaob is full of cultural/historic treasures, from the famous Badrulchau, or Stone Monoliths, to ancient terraces and Stone Faces. Hear the legends and history of these sites from a local guide and wonder about times past. Babeldaob's terrain transforms gracefully from steep mountains to freshwater lakes to sand dunes along the longest natural beach in Palau. Blessed with these natural as well as historic wonders, ancient stone paths carved out of the jungle centuries ago lead to fascinating remnants of old villages and ancient hillside terraces. On the islands of Peleliu and Angaur, rustic remains are found in the scenic forests, intact after 60 years following one of the fiercest Pacific battles of WWII.

Rock Islands of Palau

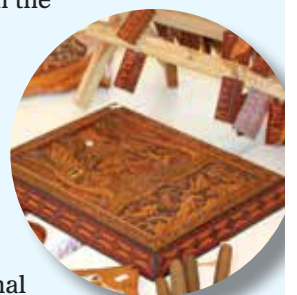
Just recently inscribed as a World Heritage site for UNESCO. There have been many descriptions of the Rock Islands, including "A labyrinth of emeralds floating on a cobalt sea". Protected by a fringe reef, the placid waters are a haven for snorkeling, swimming, fishing, kayaking, or just relaxing on the sugary white sand beaches.

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tly on departure.



Shopping

Discover Palau's diversity of shopping for local handicrafts and other souvenirs.



Palau Aquarium

The Palau Aquarium at the Palau International Coral Reef Center is the best place to experience Palau's unique marine world without even getting your feet wet. The thematic exhibits showcase outdoor pools and indoor aquarium tanks teeming with Palau's exotic marine life.

Museums

Learn more about Palauan culture, history, and the arts through impressive exhibits showcased at museums in Palau. Visit the oldest museum in the Micronesian region since 1955, the Belau National Museum featuring exhibits of Palau's culture and history. Or visit Palau's only private museum, Etpison Museum featuring private collections of Palauan and Micronesian artifact exhibits, history and nature, gift shop, Wyland mural, and storyboards. In Peleliu, visit the Peleliu WWII Memorial Museum showcasing artifacts of one of the fiercest battle in the Pacific.



Dining

What are you craving? Search for your favorite flavor. Palau has many different kinds of restaurants, including Japanese, Chinese, Korean, Indian, Italian, Palauan, Mediterranean, and much more to choose from.

nd
re either by land or air.
mpletion of the 50 some
northern island of Palau),
historical attractions and
tal cars. An aerial view of
us scenic flights to Palau,

PHOTOGRAPHERS SPILL SECRETS

BY NATALIE B. COMPTON,
THE WASHINGTON POST

In our visually driven society, we're expected to come back from our trips with Instagram-worthy evidence. It seems sacrilegious to take a vacation and not document it.

But if photography isn't your strong suit and you still want to capture memories, fear not. We interviewed professional photographers to figure out how to improve your travel snaps without quitting your day job to go to art school. Here are their tips.



IF YOU'RE BUYING A CAMERA, GO MIRRORLESS.

When it comes to investing in a good travel camera, a heavy-duty DSLR might come to mind as the best pick. But some photographers argue otherwise. They recommend you ditch the bulk and opt for a mirrorless camera instead.

"Across the board, mirrorless cameras are taking off," says photographer Liz Barclay, who shoots food, fashion and celebrities like Martin Scorsese and Pharrell. "Mirrorless cameras are just more compact. They have super high image quality [and] full-range sensor, so it's great."

In 2008, mirrorless cameras debuted and took the photo world by storm. Most traditional digital cameras have a mirror that pops up to let light get into its sensor, reflecting the image into its viewfinder. Because there's no mirror involved in this newer design, the cameras are much smaller than a standard DSLR. If you're a traveler looking to fly under the radar and not draw attention to a big, expensive piece of technology, mirrorless cameras are for you.

Barclay's beginners' picks for mirrorless cameras include the Sony Alpha a6000, the Canon G1X Mark III, Fujifilm X-T100 or the Leica TL digital camera.

For American artist, photographer, and author Nancy Borowick, the Sony Alpha 9 is her dream camera for a lot of reasons.

"The dynamic range, the highlight and shadow recovery, the speed, the silent shutter mode. All of it," Borowick says. "Sony is really good in low light, which is important. The low light capabilities on that camera are amazing."

The mirrorless Alpha 9 is a good option for travelers who want the interchangeable lens capabilities of a DSLR. As far as lenses go, Borowick attaches a small 35mm 2.8. The Sony Alpha a6500 also offers lens flexibility and comes at a lower price point than the Alpha 9. An even less expensive option that's particularly good for someone who doesn't want to worry about lenses is the Sony RX10 IV, a mirrorless option that features a high-quality zoom.

Fujifilm is another popular brand for mirrorless cameras approved by the pros.

"I have faith in these little Fuji cameras lately, because they're just easy to use and work with, and they have a very similar feel and layout of a film camera," says photographer David Alvarado, who focuses on shooting travel, editorial and portrait photography. "They're pretty straightforward and direct."

Alvarado's go-to is the Fujifilm X-Pro2, a small and mighty camera he's used for print editorial work over the past four years.

Before you lock down any decision, take a trip to your local camera store and give a few brands you're considering a try.



BUT MAYBE DON'T BUY A CAMERA AT ALL

Washington Post staff photojournalist Salwan Georges doesn't recommend buying any camera for your vacation.

"The best camera is the one you have on you. Only use the iPhone," Georges says. "Why do people take pictures? To share. Having [your] camera on your phone makes life so much easier."

Istanbul-based photojournalist Danielle Villasana is another iPhone-for-travel-photos evangelist.

"It's not the camera, but the eye," she says. "For a novice traveler, be open to your cellphone. Cellphones are easy, portable, lightweight, inconspicuous. I shoot a lot on my phone [iPhone 6s]. Nowadays, you can edit from your phone, you can do all sorts of processing on your pictures, and, of course, publish directly without your computer."



PURCHASE OR DOWNLOAD ADDITIONAL GEAR

Once you've snapped your pictures on a smartphone or separate camera, our experts recommend touching them up with editing apps.

"I edit in Adobe Lightroom, which is an amazing platform and quite affordable" for the expanded service, said travel photographer and writer Annapurna Mellor, who runs Roam Magazine, in an email. "It's easy to learn, and your skills on Lightroom can grow with you as you develop as a photographer. Apps like VSCO and the Lightroom app can also be great if you want to add a quick glow to your travel images before posting them on Instagram." Both of those phone apps are free.

If upping the exposure on your dark photos in editing apps isn't enough, you may want to buy a portable light to avoid dark photos in the first place. Borowick's pick is the Yongnuo YN600 variable-color LED light, which is super lightweight.

But don't just direct the light at the subject of your picture.

"It's better to point it at the ceiling, rather than at the person," says award-winning photojournalist Annie Tritt, whose work has appeared in outlets including the New York Times and Wall Street Journal. "If you point it up to the ceiling, it's going to fill up more space."

For transporting your camera and additional gear like an LED light, professional photographers are fans of backpacks and shoulder bags from the brand Lowepro. While you're stocking your Lowepro, make sure to purchase additional memory cards for your camera so you don't have to worry about taking too many pictures. A lot of the aforementioned cameras are equipped with WiFi capabilities, but if you're in a spot without service, you don't want to rely on it for storage. Make sure you pack spare batteries, too — don't skimp on the essentials.



MASTER THESE MOVES IN THE FIELD

You've decided on your gear, downloaded appropriate apps, and you're out in the field ready to shoot the vibrant world on your trips.

Now it's time to think about the composition of your shot.

When photographing a person, Tritt recommends taking in the entire scene. If the setting is clean, it comes together as a better photograph. Her other best practices include paying attention to color, considering the depth of field (what's close and far away) and photographing things that delight you — not what's going to get a lot of "likes" on Instagram.

The time matters a lot to photographers as well — the light changes throughout the day, and so will the outcome of your photos. According to the professionals, morning light is typically the best; afternoon light runs the risk of being the worst, although it can all depend on your personal aesthetic.

"I take the afternoon off because the lighting sucks," Georges says. "Midday, sit at a cafe and wait for the light to be nice. Go into these markets. You'll see this amazing light coming through a window or a door or a roof."

No matter the hour, keep moving to make the most out of your photo options. Photographers know that photography is a physical art. Alvarado urges people to shoot everything and try to find new angles as they go. Villasana is an advocate for interacting with your environment. Instead of sneakily taking photos of locals, try to engage them in conversation and then ask to take their picture.

"Become a part of what's going on around you," Villasana says. "The point of traveling is to learn about new places and people. If you're always just photographing as an outsider, or far away because you're too shy to get close, that translates in the photography."



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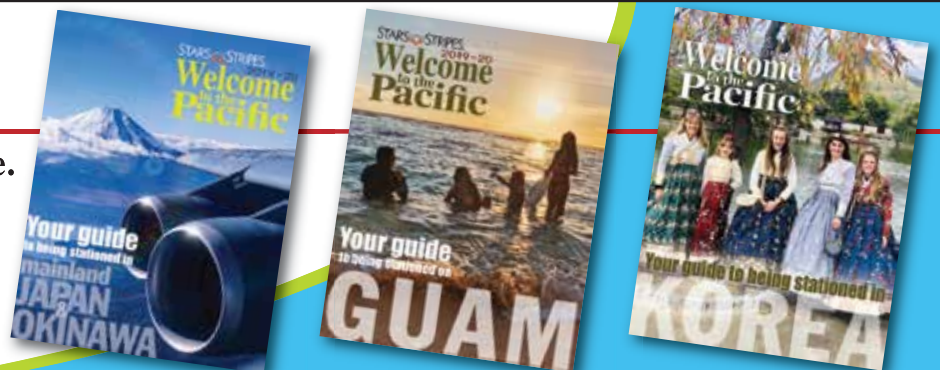
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Airline tweets advice on where on a plane you are least likely to die in a crash

BY HANNAH SAMPSON,
THE WASHINGTON POST

Just what you always wanted to hear from an airline: advice on how to pick your seat based on fatality rates.

The regional Twitter account for Dutch airline KLM in India, @KLMIndia, put out a tweet early Wednesday morning as a follow-up to a trivia question about which seats are the safest on a plane.

“According to data studies by Time, the fatality rate for the seats in the middle of the plane is the highest,” the tweet said. “However, the fatality rate for the seats in the front is marginally lesser and is least for seats at the rear third of a plane.”

It featured an image of a lone seat perched on a fluffy cloud with the words: “Seats at the back of a plane are the safest!” The company deleted the tweet about 12 hours after posting following

an email from The Washington Post and later tweeted an apology.

Followers were flummoxed by the “fact.” “@KLM I’m not sure this is the selling point your brand wants or needs,” one wrote. “Why would you tweet this!?” another asked.

Officials with the airline were not immediately available to discuss the strategy behind the tweet, which bore the hashtags #TuesdayTrivia and #Facts.

Time magazine published an article in 2015 making the case that middle seats in the back of a plane, specifically, had the highest survival rate (28 percent), based on a study of accidents dating to 1985. Generally, regarding broad sections of the plane, “the analysis found that the seats in the back third of the aircraft had a 32 percent fatality rate, compared with 39 percent in the middle third and 38

percent in the front third,” the magazine said.

But the Federal Aviation Authority would quibble with the #Facts designation.

“Many people have tried and failed to produce a scientifically defensible answer to this question,” FAA communications manager Lynn Lunsford said in an email. “There are too many variables, and this is the important one - so few accidents - that a simple answer is probably not statistically defensible.”

In another email, FAA spokesman Greg Martin added: “Since February 2009, over 90 million miles, and about 8 billion passengers have been carried in U.S. commercial aviation without a single crash fatality - an exemplary safety record. As compared to any other human activity, the safest place to be is in a U.S. commercial airliner - regardless of seat.”

KOREA RESTAURANT GUIDE

Daegu	Osan Air Base
<ul style="list-style-type: none"> * VIETNAMESE RICE NOODLE (PHO) * * STEAMBOAT * * SPRING ROLL * * SPECIAL VIETNAMESE VEGETARIAN ROLL * * TOMYAMKUNG * * PAT THAI (THAI FRIED RICE NOODLE) * * PAT PONG CURRY * (THAI STYLE CURRY WITH PRAWN OR CRAB) 	<p>Only Fresh Chickens! OSAN AB</p> <p>2</p> <p>TIBA 2-for-1 Chickens</p> <p>Call 15 min. early for Fresh Pick up</p> <p>031-668-2993</p> <p>Best flavor for Americans, All chickens A++ Products</p>
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Donggang International Photo Festival



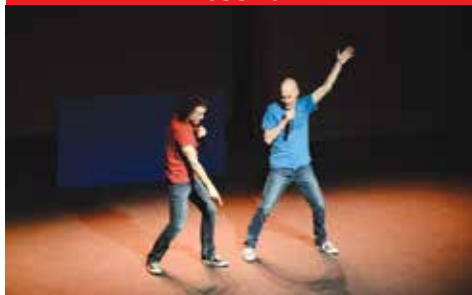
DATE: Until Sept. 29
LOCATION: DongGang Museum of Photography and nearby outdoor exhibition spaces, Yeongwol Culture & Arts Center, areas of Yeongwol
INTRODUCTION:
 DongGang International Photo Festival is an annual event that offers DongGang Photography Award Exhibition based on traditions and dignity. It is comprised of Main Exhibition, DongGang Photography Award Exhibition, International Open Call, Photojournalists Exhibition, Gangwon Province Photographers Exhibition, Yeongwol County Photographers Exhibition, Elementary School Photo Diary Exhibition, Street Installation Exhibition and Workshop (Yeongwol Photo Tour Program, Continuing Education Exhibition, Artist Talk, Elementary Students Workshop). Visitors can enjoy ten exhibitions and workshops during the festival period from early-July to late-September.
TRANSPORTATION:
Express/Intercity Bus
 From Seoul Express Bus Terminal or Dong Seoul Bus Terminal, take a bus to Yeongwol Bus Terminal (approx. 2 hr).
Taxi
 Take a taxi from Yeongwol Bus Terminal to Donggang Museum of Photography (approx. 5 min).
HOMEPAGE:
www.dgphotofestival.com (Korean only)

Songdo Beer Festival



DATE: Aug. 23 - Aug. 31
LOCATION: Songdo Moonlight Festival Park
INTRODUCTION:
 Songdo Beer Festival aims to become one of the world's best beer festivals equal to that of Germany's Oktoberfest and China's Qingdao International Beer Festival. Enjoy beer and food while watching exciting live performances and fireworks.
TRANSPORTATION:
Subway
 Int'l Business District Station (Incheon Subway Line 1), Exit 5.
 Walk for approx. 500 m to the event venue.
HOMEPAGE: www.songdobeer.com (Korean only)

Busan International Comedy Festival



DATE: Aug. 23 - Sept. 1

HAPPENINGS OFF BASE

FESTIVALS

LOCATION: Haeundae Gunam-ro, Songdo Beach, Busan Design Center Art Hall, Shinsegae Department Store Culture Hall, Busan Cinema Center Haneul Theater, etc.
INTRODUCTION:
 The first in Asia, started as the International Comedy Festival in 2013, it is now known as the Busan International Comedy Festival (BICF) and is noted for developing comedy cultural contents, introducing both Korean and famous international comedians from abroad. Regardless of gender and ages, the comedy festival is open to anyone to enjoy and have fun laughing throughout the funny acts presented by the comedians. The audience also get to be actively involve with the artistes through the performances and programs presented at this globally diverse international comedy festival. In addition, a comedy open concert will also be hosted for free to allow all visitors to enjoy comedies of international level quality.
HOMEPAGE: www.bicf.co.kr (Korean only)

Hongseong Namdanghang Port Jumbo Shrimp Festival



DATE: Aug. 24 - Sept. 15
LOCATION: Namdanghang Port
INTRODUCTION:
 Namdanghang Port, located at the west end of Hongseong, is a famous west coast port known for its exceptional seafood. Surrounded by the clean waters of Cheonsuman Bay, Namdahang Port is home to a wide array of sea life including blue crab, cockle and webfoot octopus. Namdanghang Port also draws throngs of visitors from early September to mid-October every year for the country's largest Jumbo Shrimp Festival, which has been held since 1907. A major jumbo shrimp party unfolds along the west coast of Korea from October to November, and as the shrimp are in season, this is the ideal period to enjoy the savory food. The Jumbo Shrimp Festival offers not only food but also various activities for visitors to take part in such as catching clam in the mud flats or even personally catching jumbo shrimp. It also holds a diverse range of events such as traditional rites (rituals for a big catch of fish), fishing boat parades, singing contests as well as hands-on experience programs for catching and peeling jumbo shrimp. Regional products are also sold, making it possible to purchase quality jumbo shrimp at low prices. With much to offer, the festival

draws over 700,000 visitors each year.

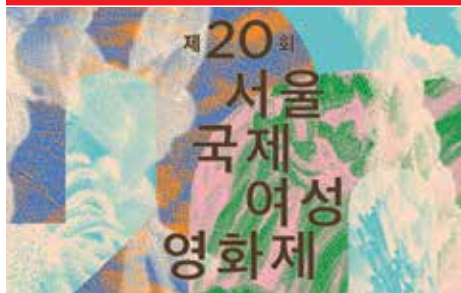
TRANSPORTATION:
Train
 From Yongsan Station (Seoul Subway Line 1, Jungang Line), take a train bound for Hongseong.
Bus
 From Seoul Central City Terminal (Express Bus Terminal Station, Subway Line 3,7,9), take an express bus bound for Hongseong.
 From Hongseong Station (Janghang Line) or Hongseong Terminal, take Bus Hongseong-Galsan(Namdang) (Hongseong Station) bound for Namdanghang Port.
HOMEPAGE: tour.hongseong.go.kr (Korean only)

Goesan Red Pepper Festival



DATE: Aug. 29 - Sept. 1
LOCATION: Sports Complex, Mini football field, Culture & Sports Center, Dongjincheon Stream area
INTRODUCTION:
 Goesan Red Pepper Festival is held during the harvest season to promote the excellence of peppers grown in Goesan, a major production area of Korea. The festival has numerous programs including pepper-picking and barehanded fishing contests, pepper recipe competition, pepper cooking contest, and garden pepper planting. Brightly colored and full of flavor, Korean peppers are a particularly popular agricultural product. This is a fun festival where visitors can taste or buy Korean peppers and have a chance to talk with farmers.
TRANSPORTATION:
Bus
 ■ From Dong Seoul Bus Terminal, take an intercity bus to Goesan Terminal.
 ■ From Goesan Terminal, take a taxi to Sports Complex. (Jonghap Undongjang) (5min)
HOMEPAGE: www.goesan.go.kr (Korean only)

Seoul International Women's Film Festival



DATE: Aug. 29 - Sept. 5
LOCATION: Megabox - Sinchon Branch

INTRODUCTION:
 Seoul International Women's Film Festival is a non-competitive international film festival with partial competition categories, representing movies that portray the various facets of life from the eyes of women.
TRANSPORTATION:
Subway
 Sinchon Station (Seoul Subway Line 2), Exit 4.
HOMEPAGE: www.siwff.or.kr (Korean, English)

Chungju World Martial Arts Festival



DATE: Aug. 30 - Sept. 6
LOCATION: Chungju World Martial Park
INTRODUCTION:
 This festival showcases all of the world's martial arts forms, as well as Korea's traditional martial arts. This festival opens with the theme 'World's Martial Arts and Culture', showcasing demonstrations of Taekkyeon, Taekwondo, and Hapkido by Korea's traditional martial arts groups. Martial artists from 16 nations have been invited to the festival, and will be taking part in demonstrations and performances. Programs have been prepared for non-Korean speakers and visitors will get a chance to try out many of the martial arts on display.
TRANSPORTATION:
Bus
 From Dong Seoul Bus Terminal, take an intercity bus to Chungju. From Chungju Intercity Bus Terminal, take a taxi to World Martial Park. (5-10min)
HOMEPAGE: www.martialarts.or.kr (Korean, English)



Muju Firefly Festival



DATE: Aug. 31 - Sept. 8
LOCATION: 326-17, Hanpungnu-ro, Muju-gun, Jeollabuk-do
INTRODUCTION:
 The Muju Firefly Festival takes place in the pure environment of Muju, a natural habitat for fireflies and the marsh snails the fireflies feed on. The festival offers many attractions and activities but the highlight of the festival starts after 20:00 when the fireflies begin to light up the night sky.
TRANSPORTATION:
Bus
 From Seoul Nambu Bus Terminal, take an intercity bus to Muju Intercity Bus

Terminal.
HOMEPAGE: www.firefly.or.kr (Korean, English)

Seogwipo Chilsimni Festival



DATE: Sept. 27 - Sept. 29
LOCATION: Seogwipo Jaguri Park area and Chilsimni Food Specialized Street
INTRODUCTION:
 Seogwipo Chilsimni was originally the name of a 27 km-long strip of land from Seongeup Village to Seogwipo Harbor on Jeju Island. However, over the years it has come to mean "homeland" for Jeju residents. The Seogwipo area is also one of the most popular tourist destinations in Jeju due to its beautiful ocean landscapes. The festival's program includes folk performances rooted in Jeju's history, legends, and natural environment. There is also a variety of ocean sports activities, which are very popular with visitors.
TRANSPORTATION:
 From Jeju International Airport, take Airport Limousine Bus 600. Get off at New Kyungnam Tourist Hotel Bus Stop. Walk 500m towards Chilsimni Park.
HOMEPAGE: i70ni.com (Korean only)

Hongseong Hero Festival



DATE: Sept. 27 - Sept. 29
LOCATION: The area of Hongjuseong Fortress, Hongseong-gun, Chungcheongnam-do
INTRODUCTION:
 Hongseong is a provincial capital of Chungcheongnam-do. Its old name

was "Hongjumok," ruling 16 counties between Pyeongtaek and Seocheon. With this history, it is an important traffic center throughout the west coast of Chungcheong-do and it features abundant agricultural, fishery and meat products as well as warm-hearted people. Hongseong is also the hometown of many historical figures including General Choi Yeong, a great commander during the late Goryeo dynasty; Seong Sam-mun, a scholar-official fighting against injustice; Han Yong-un who was a resistance fighter against Japanese influence with his fidelity and integrity; Kim Jwa-jin who won the Battle of Cheongsanni against Japan; Han Seong-jun who was a Korean folk dancer and a master dancer of Joseon; and Lee Eung-no who is famous overseas as a modern artist. Hongseong Hero Festival welcomes visitors with various programs.

TRANSPORTATION:
Bus
 Take an intercity bus or express bus from Central City Terminal, Seoul Nambu Terminal, or Dong Seoul Bus Terminal to Hongseong Bus Terminal. Walk towards the Hongseong Bus Stop. Take Bus No. 120 to GwangcheonTongDari Bus Stop. Walk approximately 387 meters to Hongseong County Office.
HOMEPAGE: www.herofestival.co.kr (Korean only)

Chuncheon Puppet Festival



DATE: Sept. 28 - Oct. 3
LOCATION: Area of Chuncheon Puppet Theater
INTRODUCTION:
 Chuncheon Puppet Festival first began in 1989 as a local event and has now developed into the largest puppet festival in Korea that attracts performers and visitors from all over the world. Apart from stage performances, diverse art experience programs are prepared to entertain both children and adults alike.

TRANSPORTATION:
Subway
 ■ Sangbong Station (Seoul Subway Line 7 or Jungang Line or Gyeongchun Line) → Chuncheon Station, Exit 1.
 ■ ITX train: Yongsan Station → Chucheon Station, Cheongnyangni Station → Chuncheon Station, Exit 1. From Chuncheon Station Exit 1, take a bus 30, 31, 32, 33, 33-1, 36, 37, 38 or 39 (located across the street). Get off at Cheongsongyeon Suryeongwan Bus Stop.
Bus
 ■ From Dong Seoul Bus Terminal, take an intercity bus to Chuncheon Intercity Bus Terminal.
 ■ From Gangnam Express Bus Terminal (Central City Terminal), take a bus to Chuncheon. From the bus terminal, walk toward at Onui Intersection and take Bus 150 in front of Electronics Land. Get off at the Chuncheon Puppet Theater Bus Stop.
HOMEPAGE: www.cocobau.com (Korean, English)

Baekje Cultural Festival



DATE: Sept. 28 - Oct. 6
LOCATION: Gongju: Areas of Geumgangsingwan Park Buyeo: Areas of Gudeurae Plaza
INTRODUCTION:
 Baekje Cultural Festival first started in 1955 to commemorate the three loyal subjects of the Baekje era, namely Seongchung, Heungsu, and Gyebaek through a Samchungje rite. The festival aims to bring the history and culture of the Baekje era to life, taking place at UNESCO-recognized sites.
TRANSPORTATION:
Bus
 ■ To Gudeurae Plaza(Buyeo-gun) From Buyeo Bus Terminal, take a taxi to Gudeurae Plaza (구드래광장, 5-10min).
 ■ To Geumgang Singwan Park (Gongju-si) Take an intercity bus to Gongju Intercity Bus Terminal.

Geumgang Singwan Park is located 500m from the bus terminal.
HOMEPAGE: www.baekje.org (Korean, English, Japanese, Chinese)

Gangneung Coffee Festival



DATE: Oct. 3 - Oct. 6
LOCATION: Gangneung Green City Experience Center e-zen
INTRODUCTION:
 The Gangneung Coffee Festival held its first event in 2009 as part of a project in making Gangneung a city of coffee. The festival celebrates the emerging coffee culture of Gangneung-si, which in recent years has welcomed in famous coffee chains and artisan coffee shops. The festival celebrates the scenic city's past and present culture with a variety of coffee-related events such as exhibitions, photo exhibitions, coffee-making and coffee bean-roasting experience programs. Coffee entrepreneurs can also sign up for on-site seminars about the coffee industry.
TRANSPORTATION:
 ■ To Gangneunghang Port
 1) From the Gangneung Intercity / Express Bus Terminal, take Bus 221. Get off at Anmok (the last stop) and walk to the festival grounds (10-min walk).
 2) From Gangneung Station, take Bus 223 to Anmok (the last stop).
Taxi
 Take a taxi from Gangneung Bus Terminal to Gangneunghang Port (20min).
HOMEPAGE: www.coffeefestival.net (Korean only)
NOTE: Festival dates and info subject to change.
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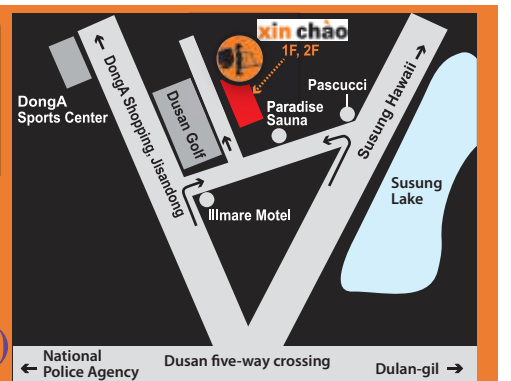
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Concerts

Music Festivals

Summer Story Festival Vol.1-4
Seoul, Aug. 31 (Vol. 3), 6 p.m., Sep. 1 (Vol. 4), 5 p.m., YES24 LIVE HALL, 55,000-66,000 won.

EDC Korea 2019
Seoul, Aug. 31 & Sep. 1, 2 p.m., Gwacheon Seoul Land, 125,000 won (Early Owl GA, 2-Day Pass), 180,000 won (Early Owl VIP, 2-Day Pass).

Someday Festival 2019
Seoul, Aug. 31 & Sep. 1, Nanji Han River Park, 88,000 won (1-day Entrance Ticket), 109,000 won (2-day Entrance Ticket).

2019 Let's Rock Festival Vol.13
Seoul, Sep. 21 & 22, Nanji Han River Park, 109,000 won (2-day Love & Peace Ticket).

Joyolpark Festival
Seoul, Sep. 21 & 22, noon, Olympic Park, 50,000 won (1-day Entrance Ticket), 80,000 won (2-day Entrance Ticket).

KB Rapbeat Festival 2019
Seoul, Sep. 28, Gwacheon Seoul Land, 69,900-82,900 won.

The 16th Jarasum Jazz Festival
Gyeonggi-Do, Oct. 4 - 6, Gyeonggi-Do Gapyung-Gun Jara Island and around town, 50,000 won (1-day Pass), 80,000 won (2-day Pass), 100,000 won (3-day Pass), 35,000 won (1-day Pass for Youth).

Concerts

Off Route Fest 2019
Seoul, Oct. 5 & 6, Nanji Han River Park, 99,000 won (1-day Entrance Ticket), 149,000 won (2-day Entrance Ticket).

Grand Mint Festival 2019
Seoul, Oct. 19 & 20, noon, Olympic Park, 99,000 won (1-day Pass), 158,000 won (2-day Pass).

PSY
Daejeon, Aug. 24, 6:42 p.m., Daejeon World Cup Stadium, 121,000-132,000 won.

NELL
Seoul, Aug. 23, 30, 8 p.m., Aug. 24, 25, 31 & Sep. 1, 7 p.m., Hong-dae Lezhin Comics V-HALL, 88,000 won.

K-Will
Seoul, Aug. 23, 28 & 30, 8 p.m., Aug. 24 & 31, 6 p.m., Aug. 25 & Sep. 1, 5 p.m., Ewha Womans University Samsung Hall, 110,000 won.

Son Ho-young & Kim Tae-Woo
Seoul, Aug. 23, 8 p.m., Aug. 24 & 25, 7 p.m., Olympic Park 88 Lake Waterside Stage, 110,000 won.

Kim Boom Soo
Seongnam, Aug. 24, 7 p.m., Seongnam Arts Center, Opera House, 99,000-121,000-143,000 won.

Jang Hye-jin
Seoul, Aug. 24, 6 p.m., Jangchung Arena; Busan, Sep. 29, 5 p.m., BEXCO Auditorium, 99,000-121,000 won.

Kim Bum-soo
Seoul, Aug. 24, 7 p.m., Seongnam Arts Center, Opera House, 99,000-121,000-143,000 won.

Soran
Seoul, Aug. 24, 6 p.m., Aug. 25, 5 p.m., Seoul Nodeul Island Live House, 77,000 won.

The Chainsmokers
Seoul, Sep. 6, 8 p.m., Olympic Park KSPO Dome, 77,000-99,000 won.

Jess Glynne
Seoul, Sep. 7, 7 p.m., Blue Square IMarket Hall, 90,000 won.

Mamas Gun
Seoul, Sep. 7, 7 p.m., Muv Hall, 77,000 won.

Wiz Khalifa
Seoul, Sep. 7, 7 p.m., Olympic Park KSPO Dome, 99,000-110,000 won.

Ken Kamikita
Seoul, Sep. 8, 6 p.m., West Bridge Live Hall, 88,000 won.

Wouter Hamel
Seoul, Sep. 8, 6 p.m., Muv Hall, 77,000 won.

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

For more information, visit Interpark's website:
<http://www.globalinterpark.com/main/categoryList?dispNo=01003&prdTp=002>

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가수: 최정호, 김민서, 이준호, 박지현, 김민서, 이준호, 박지현, 김민서, 이준호, 박지현

MAIN OPERA

G. Donizetti
Lucia di Lammermoor
Sep.5(Thu.) 7:30pm / 7(Sat.) 3pm
Daegu Opera House

G. Puccini
La Rondine
Sep.19(Thu.) 7:30pm / 21(Sat.) 3pm
Daegu Opera House

Choe Uzong
Opera 1945
Oct.4(Fri.) 7:30pm - 5(Sat.) 3pm
Daegu Opera House

G. Verdi
La Forza del Destino
Oct.12(Sat.) 3pm - 13(Sun.) 5pm
Daegu Opera House

TICKET (won)
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730, 708

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- 30% 4 pieces of opera, Group over 100 persons.

Stripes Sports Trivia

SAY MY NAME! After being selected 12th overall in 1987, I proved size doesn't matter – unless you hold the record for being THE SMALLEST to ever ball in the NBA, like myself. At 5-foot-3, I spent 14 years in the NBA, including my rookie season as a teammate of 7-foot-7 Manute Bol. Who am I?

Answer

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South Koreans do not believe that you should write a person's name in red ink. Traditional beliefs say that this means that a person is dead or about to die. So, put the red ink pen away when writing someone a letter or card.

Hangul of the week 사랑 (sarang) (love)

Language Lesson

It's time to go.

Ije gayahal siganieyo.

Crossword

by Margie E. Burke

ACROSS

- Speech defect
- Frugal fellow
- Flight segment
- Smoothie berry
- Unable to relax
- Like some broadcasts
- Reimburse
- Anagram for aide
- Prepare to pray, sometimes
- Drop the ball
- TV spy Maxwell
- Campaign tactic
- Bay window
- Steamed state
- Whole number
- Kind of station
- Hot dog topper
- Perform a magic trick
- Genesis victim
- Think out loud
- Calling company?
- Very tired (with "out")
- Vole or mole
- NY time zone
- Religious recluse
- Sargasso, e.g.
- Beginning stage
- Coral
- Atomizer output
- Fertility clinic stock
- Pirate's cry
- Warty hopper
- Two-masted vessel
- Voting "no"
- Welcome desert sight
- Way, way off
- Ballpark beverage
- Jack of "Shallow Hal"
- Off-color

DOWN

- Be without
- Screen symbol
- Identical
- Water conduits
- Stallone flick, "Demolition ____"
- Newspaper supplement
- Marquee name
- Female steroid
- Deli bread
- Snail trail
- Powerful ocean surges
- ____ and anon
- Gardening moss
- New York's ____ Island
- Voice of the iPhone
- Knock from the saddle
- Daydream
- Breathing fire
- Picture puzzle
- Those with the vote
- Skip over, when speaking
- Answer (for)
- Gossipy gal
- Class
- Youngest Lincoln
- Push-up target
- Like pie?
- Atlantic, for one
- Very unfortunate
- Point of greatest despair
- "____ Attraction" (1987 film)
- Wild guess
- Southern corn bread
- Big name in plastic
- Widespread
- Bite like a beaver
- Grazing group
- Go up and down
- "Don't ____!"

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Answers to Previous Crossword:

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

SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

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

Answers to Previous Sudoku:

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

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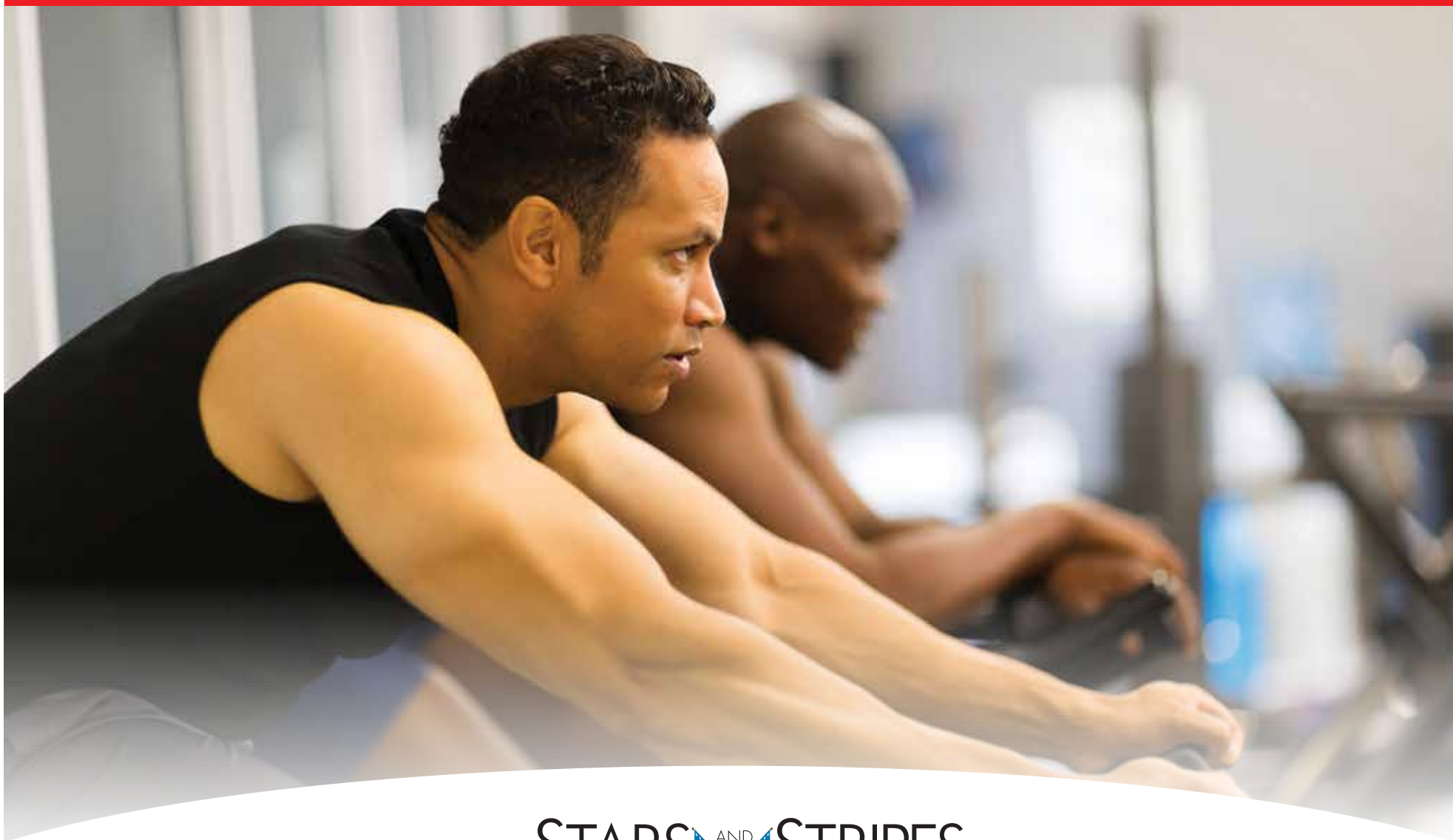
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8-PAGE PULLOUT

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Walking blood bank can save lives on battlefield

STORY AND PHOTO BY
CAPT. SCOTT KUHN
3RD ARMORED BRIGADE COMBAT TEAM

CAMP HUMPHREYS – The medics of 2nd Battalion, 7th Cavalry Regiment, 3rd Armored Brigade Combat Team, 1st Cavalry Division are learning a life-saving measure that was first used in the Korean War 69 years ago—whole blood transfusion on the battlefield.

Whole blood transfusions are basically the drawing of blood directly from a donor and then transfusing it right into the recipient. The transfusion of warm, whole blood serves two factors: it has the ability to help a patient clot and is able to help warm them at the same time. One of the biggest killers outside of the wound itself is hypothermia.

Sgt. Barbara Allen, the treatment non-commissioned officer-in-charge for 2-7 CAV, attended Eighth U.S. Army's Walking Blood Bank and transfusion train the trainer class. The course breaks down the intricacies of how to blood type and screen donors as well as the particulars of the Korean Peninsula program called STUD-K (Special Forces).

"The class was informative and comprehensive," she said. "I was given all I needed to be able to come back and teach my



Sgt. Barbara Allen, a medic with 2nd Battalion, 7th Cav. Regt., 3rd Armored Brigade Combat Team, 1st Cavalry Division teaches a class on expedient field blood transfusion.

medics and my staff personnel and my 11 bravos (infantrymen) how to type the blood and then draw and transfuse it."

To help facilitate the process, the screening starts with the STUD-K program, which types and screens the blood for everything necessary to limit any possible reaction by a recipient. The donor is then given a card which the medic can use to ensure compatibility and suitability.

"My goal is to have everyone in 2-7 typed and screened and then add their information to a spreadsheet," Allen said. "That will enable us to be able to look

at the casualty and identify blood type and find a good match quickly."

Allen has taught two classes on the procedure, all of them to medics. It starts with a comprehensive overview of the program and how it works, followed by a demonstration of the process. During the demonstration a class participant draws the blood from the donor and then returns it via transfusion to the same person.

For Spc. Ian Truitt, a medic with C Co., 215th Brigade Support Battalion, this class is one more tool in his tool bag. "We're in Charlie Med, and we consider

ourselves among some of the best, and we are going to go back and teach our Soldiers in the company as well as those in the unit who are not medics about the walking blood bank program."

Although the walking blood bank is primarily a tool for the battlefield, it can also be used in emergency situations following a training accident or mass casualty situation where time is of the essence. According to Allen it could mean the difference between losing a foot or losing an entire leg.

"This isn't something that, as a medic, you are typically trained in, but I can see the importance of knowing how to do this," said Spc. Tyler Hackworth, a medic with C Co., 215th Brigade Support Battalion.

"Especially across a major battlefield where you may be all that is standing between whether a Soldier lives or dies."

It takes about 10-12 minutes to draw the blood from the donor. The medic can then hook up the bag directly to the IV of the patient and start the transfusion.

"So in less than 15 minutes the casualty can be receiving the fresh whole blood," said Allen. "I can collect and transfuse the blood right in the back of a Bradley if necessary."

Wonkwang University Hospital

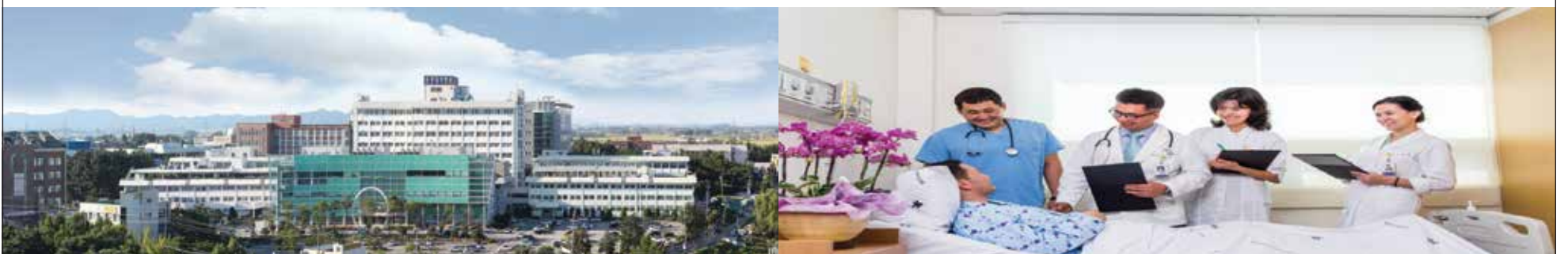
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Got jet lag?

Here's what the doctors order

BY KATE SILVER,
THE WASHINGTON POST

We like to think we have control over our bodies, but the opposite is often true. Such is the case with circadian desynchrony, commonly known as jet lag. Exhaustion. Gastrointestinal discomfort. Headaches. Difficulty concentrating. Trouble falling asleep or staying asleep. These common jet lag symptoms have the power to put a damper on a trip home or adjusting to a new assignment. Unless you figure out how to game your own system.

Senior experimental psychologist John Caldwell has spent the bulk of his career researching the effects of sleep deprivation and sleep restriction, while also studying countermeasures that sleep-deprived people can use to function better. Much of his research was conducted within the military aviation community, and it helped fuel insights for the book "Fatigue in Aviation: A Guide to Staying Awake at the Stick," which he co-wrote with J. Lynn Caldwell.

Caldwell explains that while our bodies are able to adjust to about one time zone change per day, jet lag sets in when we cross three or more of them, because it wreaks havoc on our circadian rhythms. That's a fairly new phenomenon, historically speaking. "People now can fly from New York to Paris in nine, 10 hours, whereas in 1923

you did it on a ship and it took you six days to get over to Europe," Caldwell says. "We just haven't evolved to the point where we can rapidly change those rhythms, because it's a relatively recent thing."

While you can't banish the effects of jet lag completely, scientists and physicians agree that there are things you can do to help adjust to a new time zone more quickly. Here's what the professionals suggest to combat jet lag.

Work to align your sleep schedule with your destination

Because your body can naturally adjust to about only one time-zone change per day, you'll want to manually adjust your schedule, and that means changing your bedtime to be better mesh with the destination to which you're traveling.

Ranit Mishori, a professor of family medicine at Georgetown University School of Medicine, travels frequently to Europe, Africa and the Middle East for both personal and professional reasons. To be ready to hit the ground running when she arrives, she starts adjusting her bedtime two to five days in advance to match the local time at her destination. "That means going to bed earlier when going east and waking up much earlier," she says. "When I come back to the U.S., I do the same but in reverse."

Caldwell creates a timetable so that, at a glance, he can see what time it is at home and at his destination and plan

accordingly. "A lot of times, when you look at that table, right away you're going to see where you're going to have your biggest problems," he says. If he's just traveling for a quick work trip and will only be gone a couple of days, he avoids gradual adjustment. Instead, he tries to plan any meetings at a time when he would be awake and alert back home.

Time your light exposure right

Circadian rhythms are influenced by sunlight. While travel may make those rhythms hurly-burly, you can help get them on track either with exposure to or avoidance of light, says Pradeep Bollu, associate director of the University of Missouri Health Care Sleep Disorders Center in Columbia, Missouri. When traveling east, your biological clock will be behind. "Melatonin and avoiding bright light in the evening can help with advancing our biological clock," he says. "Similarly, bright light exposure after waking up also will help advance our biological clock to suit the new time zone." When traveling westward, he adds, the biological clock is ahead of the latest time zone. He suggests gravitating toward bright light in the evening and exercising to stay awake later and sleep longer.

An online calculator, such as Jetlagrooster.com, can also be helpful. It provides a brief plan to avoid jet lag, sharing the ideal time to get to sleep and the ideal time for light exposure.

Pack the melatonin

A number of physicians interviewed for this story suggested taking melatonin, which is a hormone that is produced naturally in the body and helps you sleep. "Taking a very small dose helps to recalibrate its release so that it is in sync with the time zone of your destination," says Kern Singh, a spine surgeon in Chicago with Midwest Orthopaedics at Rush. Singh says he takes five milligrams of melatonin on the plane and then again when he lands. "I time the dosing depending upon the time zone of my destination. For example, if I am leaving for Europe and it's 3 p.m. in Chicago but it's 9 p.m. in London, I take the melatonin right away so I fall asleep at the appropriate time of where I am traveling to," he says.

Turn your wine into water

Having a glass of wine or two on the plane may sound tempting, but it could negatively impact your sleep, which could worsen jet lag, says Quay Snyder, president and CEO of Aviation Medicine Advisory Service of Centennial, Colorado, who advises pilots on staying in top condition while in the air. "It definitely has a sedating effect as far as getting someone to sleep, but it destroys their rapid eye movement (REM) sleep so their actual mental recovery is reduced," he says. Instead, he says, be sure and drink plenty of water so that you stay hydrated while traveling.

Seek medicinal help

You can always ask your doctor for some, if you're so inclined. Bruce Stephen Rashbaum, owner and medical director of Capital Center for Travel and Tropical Medicine in Washington, regularly counsels patients on jet lag. He considers prednisone, which is a prescription corticosteroid, to be the most effective tool for jet-lag recovery. He instructs patients to take the medication when they land, which is typically early in the morning, and again in the late afternoon and the next day. "Our bodies have a gland called the adrenal, which releases a prednisone equivalent around 5 a.m. and 5 p.m.," he says, adding that the addition of a little extra prednisone, by prescription, mimics what the adrenal gland would normally do on its own and can help reset the body's clock. "It is this simple ritual that works nearly every time," he says.

Caldwell, the sleep researcher, says that if he has a meeting or presentation abroad, he's not averse to using prescription medications to help him sleep. "I'm actually not a medication phobic person, so my go-to is sleep medication at night with lots of caffeine during the day," he says.

Everyone responds to jet lag differently. For those who suffer, the first week will usually be the most challenging, but after that, your body should start to bounce back. Maybe it's the excuse you need to book that longer vacation and make the most of it.

While you can't banish the effects of jet lag completely, scientists and physicians agree that there are things you can do to help adjust to a new time zone more quickly.

Why is it SO difficult to keep the weight off?

BY NICOLE TERWEY,
NICOLETERWEY.COM

Losing weight is actually easy, whether you're in the military or not, but weight loss is more than just losing weight... it's about keeping the weight off.

And that's the real weight problem so many of us face today. We don't know how to prevent the pounds from coming back on.

If we're overweight, then it's only because we're overeating, meaning we're consuming more food than our body actually needs.

When our body receives more food than it needs, it stores the excess as fat.

Ideally, we want to eat in a way where our body is so efficient at using both the fuel (fat) already on our body and the food we feed it. Right now, if you're overweight, then you're just eating more than your body needs. If you're overeating, it does NOT mean you're a bad role model, a neglectful leader, or a lazy person.

Losing weight is easy

Losing weight is easy because there are so many ways to lose weight. Just Google "weight loss" and you'll find the latest of everything in the fitness, health, and dieting industry. In case you were curious, all diets share the same secret but in their own different flavors: you lose weight because they put you in a caloric deficit.

That's how weight loss works in any diet.

CALORIC DEFICIT PER FAD DIET

Ketogenic removed an entire food group (carbs).

Paleo removed an entire food group (processed food).

Whole30 removed processed foods and more, including grains, legumes, sugar, dairy, and junk food (basically the same as Paleo but a little more restrictive).

Weight Watchers created smaller portions, which is a caloric deficit.

Mediterranean Diet low on red meats and processed food (steak and donuts pack more calories per volume than fish and grains do).

Low Carb lowered processed carbs. You still eat tons of carbs on this diet, but those carbs come in the form of spinach, carrots, apples, etc. (all vegetables and fruit are carbs).

The reasons these diets don't work is because:

- 1.) You can still gain weight or stall your weight loss if you eat too much of the food within that diet, and
- 2.) When the diet is over, if you go back to eating the way you were before, then you start getting back your former body.

Here's the thing...

It's not the food or the diet that is the reason for the weight regain. That's where the diet and fitness industries fall short and just keep filling our inboxes and Facebook feeds with the latest and newest supplements, Keto-friendly donut, Whole30-approved meal, etc.

If you're like the majority of people in this day and age, then when you start a diet with the intention of feeling better, slimmer, and healthier, you can barely remember the other half of the reason why you're starting the diet in the first place: you want to KEEP your results.

Otherwise, you're losing and gaining weight so often that you become so mentally, emotionally and physically exhausted from the yo-yoing that you give up.

But you're in the military, which means "giving up" isn't a term you easily accept as true. We have our reliable drill instructors to ensure "giving up" is never an option. It's one of the reasons why our military is so beloved.

Like a lot of smart people, you know there's more to living than constantly dieting. You want to keep your hard-earned results, but you don't know how to, exactly.

That's because that component of a successful weight loss plan isn't easily Google-able. It's not provided by the health and fitness industry because, honestly, they don't know how to do it themselves.



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LOW CARB



So, how do you keep your weight loss results?

You learn to manage your mind. If you're overweight, then it's because you're overeating. It's as simple as that... but it's also not so simple.

Food doesn't get eaten just because it's there, sitting in front of you. Just like you don't go to the gym just because there's a gym – it's just a building with heavy stuff in it. So why do you eat the food you put in your mouth, and why do you lace up your shoes and go to the gym?

The reason you eat or drink the food that you do - the reason you do ANYTHING in life – is because of how you think it's going to make you feel.

Our feelings are the most powerful experiences in our body because they compel us to act. Feelings are what drive our actions. They are the fuel to our actions.

We eat the salad because we think we'll feel lighter, healthier, and happier. We go to the gym because we think we'll feel strong, skinny, and sexy. We don't feel that way after we arrive at the gym, we feel that way beforehand, on the way to, at the gym, and after our workout.

Think about it... why do you follow orders so well?

We follow orders because it was

"drilled" into us. What does that mean?

It means that on your first day of basic training (when you're sweating, confused and scared), and the drill instructor was yelling and spitting in your face telling you to follow his or her orders or else your shipmate on your first deployment could die... the feeling of horrendous guilt, fear, and shame inundated you. You may not remember this day or how it went down exactly but you'll never forget the feeling.

You immediately envision that terrible possibility of you being ignorant and not following orders and someone you know dying or getting maimed because of your inaction. The guilt and fear of that thought is so compelling, that your brain learns immediately that following orders is non-negotiable. Your brain shifts that thought into your subconscious so that it doesn't even have to think twice about following orders. That's why following orders sometimes feels necessary for your survival. That's how powerful our thoughts and emotions are.

So where do our feelings come from? And why aren't certain feelings like motivation, certainty, happiness, and pride with us all

the time?

The answer is because every single one of our feelings comes from our thoughts. We have a thought, and at the atomic level, the thought literally materializes itself in our body as a feeling. A thought begins in our brain, and the neural connections that are made cascade their way down our body signaling a feeling that corresponds best. So, when you think about how good you'll feel at the gym, you feel motivated, and you get in the car. You think about how successful you'll be at managing your weight by eating a salad, which might make you feel encouraged, so you eat the salad.

This is the most important thing to understand because it will help you begin to manage your thoughts so that you can start losing weight the permanent way:

There are circumstances in our life, things that happen outside of us, that we cannot control.

These circumstances include things like the weather, our past, other people, what other people say out loud (either about you, to you, or about themselves or others), the environment, death, etc. They are things that everyone in the world can agree on.

Where we make the mistake is that we think circumstances make us feel and act in certain ways. We blame what our supervisor said for making us feel ashamed and inadequate. We blame our kids for making us feel angry and upset. We blame our diet for making us feel deprived. We blame the gym for being so far away to justify how lazy, bored, or insecure we may be feeling.

The thing is, circumstances never make us feel or do anything.

It's our thoughts about the circumstances that make us feel the way we do. And, believe it or not, that's the good news... We don't have to control circumstances in order to feel better. We are always in control of what we think, how we feel, how we act, and over time, we're in control of the results in our life.

Our thoughts, which are opinions we have about things around us, are what we have control over 100% of the time. This is where your ability lies in feeling committed to staying on track with what you eat and when you exercise.

The thing is, just thinking about eating better and working out more is not enough. You must bring up that thought, that image that you visualize, as often as is needed so that you feel compelled, empowered, honest, and aware to show up for yourself. The more you show up, the closer you get to your desired results and the more they stick (read: last forever).

This is the kind of work that takes deliberate practice, like shining your boots every week, paying attention to your

surroundings when you're outdoors so that you know when to salute, and knowing when to say "sir" and "ma'am." Think back to your past when you were incorporating these new lifestyle changes into your life. It wasn't easy at first. You messed up a few times, you misspoke often, you called women "sir" and forgot to salute high ranking officers.

They were mistakes.

You learned from them.

You made more mistakes in different situations and learned from those moments, as well.

And now, saluting and greeting others feels natural to you.

That's the level you want to get to when it comes to eating only what your body needs for fuel and exercising so that it's something that is a part of you.

It takes cognitive effort at first, and that's where a lot of people give up. The results don't come as quickly as you want, so you think the process is not working.

But it is.

The more you think about the result you desire, the more your brain will learn to pay attention to it because it feels better than anything else.

Remember, we only do things because of how we think we'll feel when we do them or when we get them.

That is your internal, mental guide.

This is the way the world works and how weight loss becomes a permanent reality, not a temporary glimpse of what's truly possible.

Circumstances trigger our thoughts. Our thoughts always create our feelings, which fuel our actions. Over

time, our actions create our results.

You'll see this how this works the next time you're driving home or driving to your unit.

If someone on a motorcycle cuts you off as they cross into another lane, you might feel angry, your face may get heated, and you might say something under your breath, maybe even flick them off.

Then, you notice they cut someone else off in another lane, but that other driver doesn't react the same way you did.

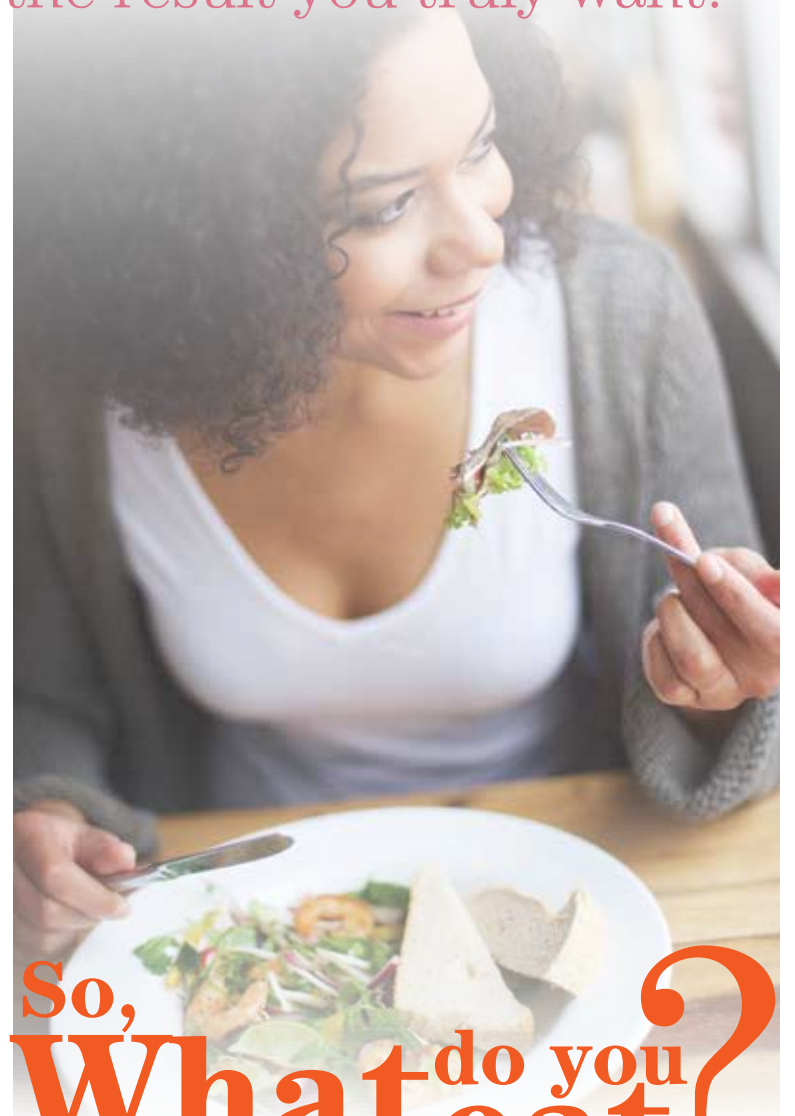
Why is that? You both had the exact same person cut you off, so it was the same circumstance.

The reason is because each of you had a completely different thought, so you felt completely differently about the same situation; therefore, you acted completely differently. And as a result, one driver ended up having a more enjoyable driving experience than the other. Can you guess who?

It all comes down to what you're thinking and what you choose to think. That's what the health and fitness industry don't know how to bottle up and sell. It's such a unique journey for every single person that it's impossible to sell its solution in mass.

Only you can determine what you choose to believe, how you feel about your goals, and if you're committed and willing to see them all the way through until you get the result you truly want.

Only you can determine what you choose to believe, how you feel about your goals, and if you're committed and willing to see them all the way through until you get the result you truly want.



So, What do you eat?

It's simple. Eat the way that you envision yourself eating for the rest of your life that gets you the results you truly want for yourself.

The way you eat (your actions) determine your results (your weight and the shape of your body).

What you are feeling is driving the actions of eating and working out, and you're only feeling compelled to do those things when you believe that you can.

That you can do it.

That it's possible for you (yes, even for you, even if you don't quite believe it just yet).

Your commitment and your willingness come from a decision.

It's the exact same process that you used when it came to sign the dotted line when you joined the military.

You felt proud.

You knew you were going to feel fulfilled.

You were certain.

The thing is, you can follow through on any feeling, good or bad. You can follow a diet feeling deprived. Or, you can follow a diet feeling fulfilled. But one way guarantees a more enjoyable experience, one that you will want to continue to experience.

That's the work you must do.

Losing weight for the last time, once and for all, is a mental strategy first and foremost.

Nicole Terwey is a Lieutenant and an intelligence officer in the Navy Reserves in Nashville, TN. She completed eight and a half years of active duty service in the Electronic Warfare community and earned her master's degree in Organizational Leadership before building the next chapter of her life as a certified life coach, weight coach, and fitness coach.

Terwey specializes in helping women in the military lose weight, especially if they are struggling with losing weight and keeping the weight off after being on a diet.

Terwey works with active duty servicemembers seeking to lose weight and maintain healthy lifestyles.

Follow Terwey at <https://nicoleterwey.com/>





Impress your partner with a massage

BY DELILAH VELEZ,
LICENSED ESTHETICIAN
AND SPATHERAPIST

Who doesn't love a good massage? Not only can massage relieve tension and stress, it can also help with blood circulation, as well as minor aches and pains (from wearing heels all day for instance!). We all have

that moment where our tired significant other comes home from a long day, and tosses their shoes off and jokingly wishes for a massage at that moment. Fear not, for with this simple DIY at home guide to the basic foot and back massage you will not only impress, but help de-stress!

The first component to a

spa-like massage is some lotion or oil. You can choose a simple body lotion that doesn't contain too much scent and glides on easily. For extra hydration, you can opt for a sesame seed or coconut body oil. For a foot massage, simply apply some lotion or oil onto the hands, and distribute evenly on the foot, carrying the product up to mid calf height. After the product is applied, massage away! You can start on the calves, massaging in circle-like motions with all four fingers, up and down.

You can finish in this area with a large stroke from the top of the calf to the ankles, on each side, for about 5 passes. Once landing on the ankle, you can easily make a smooth transition to the foot, massaging as you search for the target area you would like to massage.

The key to a quality massage is touch, so maintaining contact with your hands is important. A great trouble area that can usually use some massage relief on the foot is the "ball of the foot." You can hold the foot in both hands, and using your thumbs you can "draw hearts" in this area, providing almost instant relief for tightness in this area.

On the arch area, you can ball your hand into a fist, and massage the arch using your knuckles, for an ultimate deep pressure massage feeling. Repeat on both feet and you will

have your significant other believing you are a true professional.

For the back, you may use the same techniques. Since it is a wider workspace, however, you will have to use your space and make longer movements. Target areas for a back massage are usually the shoulders, and lower back. For the shoulders, you can rub both sides at the same time, or you two hands and work one side with both. Use slow, even strokes with the palms of your hands, fingers, and thumbs so that you do not injure your partner. Remember to never massage or push over the spine, as this can cause your partner some injury. Also, be sure to avoid bones and joints, and to work on a pressure that is comfortable for your partner. After the massage, the next step is to cool down the muscles. Use light, broad, and long strokes

and lightly run over the areas you have massaged.

After following these basic techniques, you can rest assured that you can provide your partner with an amazing massage to help them feel relieved and relaxed. So grab your partner, and indulge in an impromptu home mini spa treatment!



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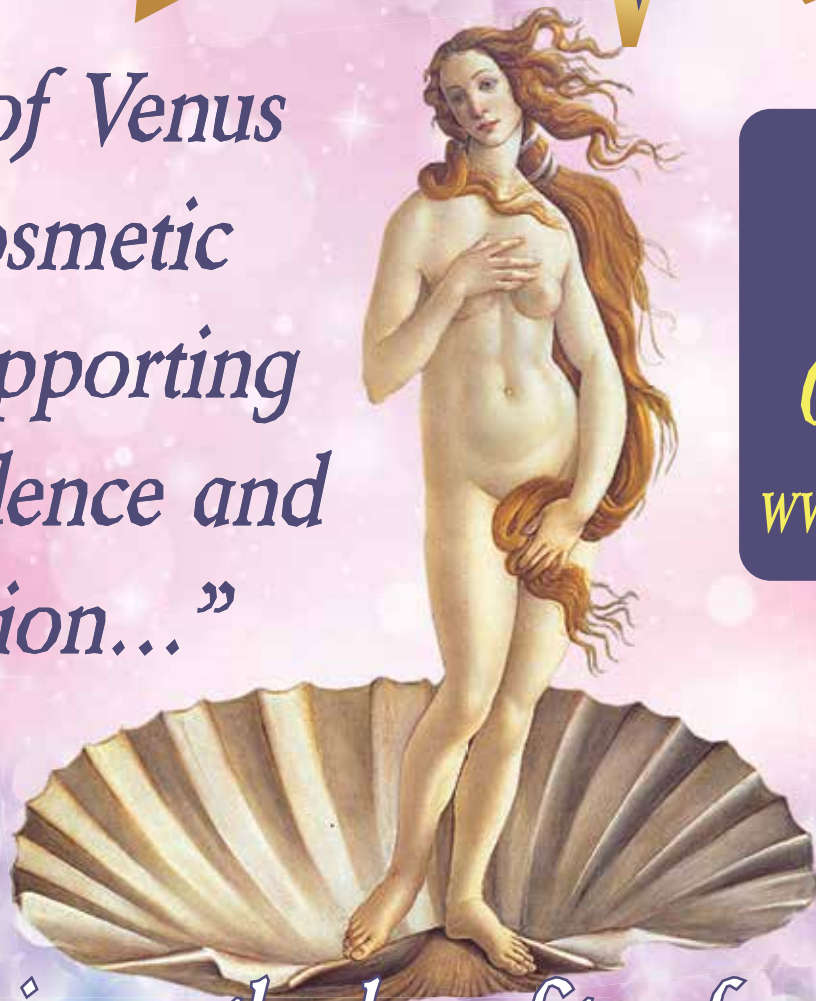
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Photos courtesy of DODEA

DODEA Pacific ready for another great year!

DEPARTMENT OF DEFENSE
EDUCATION ACTIVITY

More than 22,000 students are beginning the 2019-2020 School Year in Department of Defense Education Activity (DoDEA) schools in the Pacific Region.

The DoDEA Pacific Region, headquartered in Okinawa, Japan, has 45 schools in three districts located in Japan, Korea and the U.S. Territory of Guam.

DoDEA schools educate children of our Nation's Servicemembers and the civilians who support them in eleven nations, seven states and two territories. Overall, the DoDEA school system operates 164 schools serving more than 73,000 students

in the United States, Europe and the Pacific through a worldwide network of 8 school districts and approximately 11,000 full-time employees.

The DoDEA Pacific 2019-2020 School Year begins Monday, August 26. The Pacific Regional School Calendar can be found at: <https://bit.ly/2z8SgDL>

Visit individual school websites for more detailed school calendars.

College & Career Ready

The DoDEA vision of Excellence in Education for Every Student, Every Day, Everywhere, continues to be possible through the on-going implementation of the College and Career Ready Standards (CCRS) along with the DoDEA Comprehensive Assessment

System (DoDEA-CAS). DoDEA recently completed its second-year administration of the summative assessments, posting gains in literacy and mathematics in the first possible year of comparative measurement for the criterion-referenced examinations.

More than 50,000 military-connected students from grades three through high school completed the course-specific assessments, 99.7% of which were completed online, providing DoDEA educators vital information to support student achievement.

The summative assessments, aligned to DoDEA's rigorous CCRS curriculum, measure students' skills, progress and mastery of a subject rather than their performance relative

to other test takers. The assessment focuses on problem-solving, critical evaluation and higher-order thinking skills – the kind of skills students need to succeed in school and in the workplace.

In literacy, students demonstrated a 4.8% increase, from 48.3% to 53.1% of students meeting or exceeding standards.

In mathematics, students improved on last year's baseline by 2%, from 40.6% to 42.6% of students meeting or exceeding standards.

These results reinforce other testing outcomes, like the National Assessment for Educational Progress, that show DoDEA is continuing an upward trajectory as it is in the final stages of implementing College and Career Readiness Standards.

The increases in student performance, distributed across student demographics and throughout DoDEA's 164 schools worldwide, compare favorably to similar state school systems and indicate quicker growth in student literacy – a key element in student success.

For more information on DoDEA's Summative Assessment, Comprehensive Assessment System or College and Career Readiness standards, visit our website at www.dodea.edu.

Tips for supporting your child's education

Supporting a child's education is one of your most important responsibilities. By cultivating a love of learning and knowledge at a young age, you can set up your child for success. Here are some strategies to help you build a foundation of learning for your child.

Nurture learning at home

Learning doesn't stop when the school day ends. A child absorbs as much or more at home and through his or her experiences as through a textbook.

Try some of these tips to encourage learning at home:

- **Keep to a routine.** Make homework part of the routine by sticking to the same spot and time of day. Make sure your child has a quiet place to study.
- **Monitor homework.** Check your child's homework every night, not just to see whether it's done, but also for quality. Help your child carve out chunks of time to tackle larger projects.
- **Praise your child's efforts.** Children learn best by positive reinforcement. Whenever you have an opportunity, praise your child for a job well done.
- **Encourage learning at home.** If your child is interested in insects, buy an ant farm. Talk about something in the news or a book he or she just read. Fostering full-time learning is one of the best ways you can equip your children for life after graduation and future success.

Relationship with school

Your relationship with the school will demonstrate to your child and the school's staff the importance you attach to education. Even if you relocate often or are temporarily

deployed, there are ways you can build a relationship with the school and your child's teachers to help your child perform as well as possible:

- **Meet the teacher.** Allowing your child's teacher to put a face with your name is a great way to show your investment in your child's education.
- **Attend events.** Being present at back-to-school nights, school board meetings, open houses and school fairs can help both you and your child feel more connected to the school.
- **Volunteer.** There are dozens of ways to give your time to your child's school, so it's just a matter of finding a way to volunteer that suits your schedule.
- **Join the parent/teacher group.** Attending PTA/PTO meetings can be a great way to stay in the loop about what's happening at the school and how you can get involved.

Tap into resources

Providing the best possible education for your child is not a one-person job. Be sure to tap into the support and resources of your military community.

- **Home-schooling resources** are found on your installation, such as school liaison officers; child, youth, and teen programs; and activities through your installation's Department of Defense Education Activity school.

Give your child the best chance for success. Foster an appreciation for learning — it can help your child meet his or her potential and develop life skills that extend far beyond the classroom.

— Source: *militaryonesource.mil*

DoDEA Pacific Student Enrollment
Current enrollment for each DoDEA Pacific Region
<https://www.dodea.edu/datacenter>

DoDEA Pacific Region Leaders



Ms. Lois J. Rapp
Director for Student Excellence



Dr. Judith Allen
District Superintendent
Pacific East (Mainland J.)

About DoDEA

DoDEA plans, directs, coordinates education programs for school-age children who are not otherwise have access to a high-quality education in the Pacific, Western and Southwestern United States.

Free education

Whether you are considering going back to school, your 5-year-old is starting kindergarten, or your 20-year-old is heading back to college, an education consultant at Military OneSource can ease back-to-school transitions. These free and confidential one-on-one sessions with a professional knowledgeable about education resources can give both your child and you a shot of confidence.

How can they help you?

Consultants look into education options for you, refer you to education services that best meet your needs and connect you to a wide variety of resources. They can answer your questions and provide information about services and benefits.

You can arrange a consultation for help with:

Get your child the right start with Sure Start

Sure Start is a Department of Defense Education Activity program for command-sponsored children stationed at overseas installations. If you're a qualifying military family, it could be a great fit for your child. The program provides:

- Education services
- Lunch and snack provisions
- Health and nutrition services
- Social and parent-involvement services
- Dental, medical and developmental screenings

Sure Start: Is your child eligible?

Sure Start assists qualified preschool-age military children living overseas. To qualify, your child needs to turn 4 years old by Sept. 1 of the current school year. Your child also must meet one of these requirements:

- Lives in a single-parent household
- Had a low birth weight
- Has a severely disabled older sibling
- Lives in a home with four or more kids close in age

An eligible child also must have at least one parent who meets one of these criteria:

- Ranks between E-1 and E-4 or rates the civilian equivalent. Exceptions may be made, but these kids are given

priority.

- Did not graduate from high school
- Was a teenager when the child was born
- Speaks anything but English as their primary language
- Is on a remote assignment or temporary duty for at least three months

Sure Start or Head Start?

Sure Start is built on the same foundation as Head Start but fits better into the Department of Defense Education Activity culture and regulations.

Both Head Start and Sure Start:

- Use a four-tiered delivery system: education, health and

nutrition, social services and mandatory parent involvement

- Run medical, dental and developmental screenings for students and provide follow-up assessments if needed
 - Provide no-cost, nutritious lunches and snacks
 - Encourage family involvement
 - Cater to students' ages, individual needs and cultural environment, curriculum, materials, routines and activities
 - Follow a full-day program
- How is Sure Start different from Head Start?**
- The Department of Defense Education Activity oversees the Sure Start program.



Enrollment

A Pacific school district and region can be found at [http://www.dodea.edu/center/enrollment_display.cfm](#).

Leadership



en
apan)
rintendent



Dr. Jeff Arrington
Pacific West (Korea)
District Superintendent



Mr. Jim Journey
Pacific South
(Okinawa and Guam)
District Superintendent

and manages Pre-Kindergarten through 12th grade aged children of Department of Defense personnel who would receive high-quality education. DoDEA schools are located in Europe, East Asia, Cuba, the United States, Guam and Puerto Rico.

Education consultants

Referrals to in-home tutors and tutoring centers in your area

Public and private school information if your family is moving

Choosing a college based on your desired degree or specific request

Sources for financial aid and scholarships

Profiles on specific colleges and their credentials

Finding military-friendly schools and institutions that allow you to transfer previous college credits

Help getting your credentials converted and diplomas translated to meet specific state or country requirements

Contact information to help eligible military spouses find tuition assistance for certification through the MyCAA Scholarship

Information on the SAT and ACT test preparation programs.

Who is eligible?

An education consultant can help eligible service members and family members. For example, they can help you with information about colleges and financial aid for yourself – and they can help find a tutor in the area for your child.

Connect with a Military OneSource education consultant to access the information and resources you need to meet your education goals.

Set up your consultation by calling Military OneSource at 800-342-9647.

– Source: [militaryonesource.mil](#)

Sure Start

Sure Start considers a military sponsor's rank its first priority for enrollment, while Head Start uses income to determine eligibility.

Sure Start does not use a child's disability status to determine eligibility, while Head Start reserves at least 10 percent of slots in each classroom for children with disabilities.

Parent involvement in Sure Start is mandatory.

Sure Start staffs two adults for every 18 to 20 students. Local or state licensing boards determine Head Start's staff-to-child ratios.

Sure Start staff work with Department of Defense Education Activity special education staff to determine the best placement and services for a child.

Sure Start programs follow the Department of Defense Education Activity's Pre-K Foundational Standards curriculum. Head Start chooses curriculum at the local level.

If you think your preschooler may be a good fit for the Sure Start program, contact your school liaison, your installation's elementary school or your Military and Family Support Center.

– Source: [militaryonesource.mil](#)



Plan ahead with Choices360

DoDEA's Choices360 is a systemic career and academic online planning tool that will enable students in grades 7-12 have access to high quality learning experiences around exploring, planning, and preparing for life after high school. Choices360 is a one-stop shop for college and career resources that will allow students to Make A Plan - Own Their Future.

This program is a comprehensive career and academic online planning tool that will help students prepare for life after high school. DoDEA school counselors will implement Choices360 to help students in grades 7-12 to engage in rigorous course planning, understand the college application process, explore college and career options. DoDEA Choices 360 is found at www.dodea.edu/choices360/.

School Year 2019 - 2020 Calendar

First Semester (89 Instructional Days)

Monday, August 26	Begin First Quarter and First Semester
Monday, September 2	Labor Day: Federal Holiday
Monday, October 14	Columbus Day: Federal Holiday
Thursday, October 31	End of First Quarter (46 days of classroom instruction)
Friday, November 1	No school for students -- teacher work day
Monday November 4	Begin second quarter
Monday, November 11	Veterans Day: Federal Holiday observed
Thursday, November 28	Thanksgiving Day: Federal Holiday
Friday, November 29	Friday: Recess Day
Monday, December 23	Begin Winter Recess (23 December - 3 January 2019)
Wednesday, December 25	Christmas Day: Federal Holiday

2020

Wednesday, January 1	New Year's Day: Federal Holiday
Monday, January 6	Instruction Resumes
Monday, January 20	Birthday of Martin Luther King, Jr.: Federal Holiday
Thursday, January 23	End of Second Quarter and First Semester (43 days of classroom instruction)
Friday, January 24	No school for students -- teacher work day

Second Semester (86 Instructional Days)

Monday, January 27	Begin Third Quarter and Second Semester
Monday, February 17	Presidents' Day (Washington's Birthday): Federal Holiday
Thursday, April 2	End of Third Quarter (45 days of classroom instruction)
Friday, April 3	No school for students -- teacher work day
Monday, April 6	Begin Spring Recess (6 - 10 April)
Monday, April 13	Instruction Resumes - Begin Fourth Quarter
Monday, May 25	Memorial Day: Federal Holiday
Tuesday, June 9	End of Fourth Quarter and Second Semester (41 Days of classroom instruction)
Wednesday, June 10	No school for students -- teacher work day. Last day for non-administrative educator personnel



The **New** TUJ Campus

Open from
Fall 2019



Showa Women's University (SWU) and Temple University, Japan Campus (TUJ) have agreed to share a campus at SWU's location in Sangen-jaya, Tokyo. TUJ has moved its entire operation to a brand new six-story building on SWU's campus. The two universities will share some existing facilities at SWU including sport fields and gyms, auditoriums, and cafeteria.



New Address (from August, 2019)

1-14-29 Taishido, Setagaya-ku, Tokyo, Japan 154-0004

7 min walk from Sangen-jaya station (Tokyu Den-en-toshi Line)