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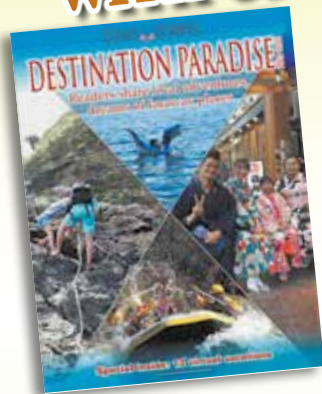
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Ultimate guide for visiting  
**Seoraksan National Park**  
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**Healthy Living**  
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Relaxing on  
**Jukdo Island**  
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Battling PTSD through Korean martial arts

BY SGT. 1ST CLASS MICHAEL HUDDLESTON,  
375TH GROUND LIAISON DETACHMENT

OSAN AIR BASE – My name is SFC Michael Huddleston and I work with the 51st OSS/OSK and both the 25th and 36th Fighter squadrons as a ground liaison officer coordinating between the Army and Air Force.

I have studied Haidong-gumdo for the past two years, but I have always had a love and passion for the martial arts. Haidong-gumdo or “Way of the East Sea Sword” is a lesser-known Korean martial art. My story with Haidong-gumdo is one of overcoming challenges and finding peace within myself in working through my issues with PTSD.

I’ve been in and out of Mental Health since 2005 after my first tour in Iraq. Struggling with PTSD has been taxing with the nightmares and other associated issues that accompany it. Different things work for people because we’re all different and respond to certain therapies. To help enhance that process of healing, there needs to be an outlet to “blow off the steam” and focus the mind to help see the good in life.

In therapy, they tell you that you need to find an outlet to redirect thoughts and emotions so you’re not stewing in the quagmire and alone with your thoughts. I’ve always sought out some sort of physical activity such as running, rock climbing or hiking to get out in nature because that gets you outside of four walls. It’s refreshing and helps me think differently. Getting outdoors is like food for the soul, but nothing has been more fulfilling than martial arts.

They say martial arts are good to help provide way to a healthy mental attitude and I can attest to that also. I’ve struggled

with PTSD and associated issues for many years now, but Haidong-gumdo has been one thing that has helped me by leaps and bounds. It sounds like some “Kung Fu Panda” stuff, but I truly have found inner peace through studying Haidong-gumdo and I’ve used it like self-therapy.

I started studying Haidong-gumdo about two years ago after seeing a flyer at the gym one day and decided to give it a try to see if it was like Kendo, but it was so much better. As Kendo is more one vs. one, Haidong-gumdo is more of a one vs. many and also how soldiers were taught to fight and use a sword.

It’s truly a beautiful art. Master Joseph Ahn, the instructor at Osan Air Base and Camp Humphreys has been an inspiration to me as a mentor and a close friend.

He always challenges me to push myself to master forms and techniques along with providing guidance as one of his instructors for the children classes.

I have a saying, “to walk the path of the tiger, one has to take the first step.” In Haidong-gumdo, a tiger on our uniform signifies a “master” status has been earned and it’s no small feat. I use that as my motivation to keep pushing in life, work, and in Haidong-gumdo. Over the past weekend I earned my second-degree black belt which puts me one step closer to my dream of opening my own school back in the states once I retire. I hope that everyone can find that outlet to help strengthen themselves both mentally and physically. All you need to do is take that first step.

COMMENTARY

Author at Master Joseph Ahn.

Author at Ahn's Haidong-gumdo academy's exhibition and tournament held at U.S. Army Garrison Humphreys on May 14.

Photos by Tech. Sgt. Zachariah Lopez

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# BUCKET LIST

## Best coastal destinations

KOREA TOURISM ORGANIZATION

If you're planning on vacationing in Korea this summer, be sure to check out at least one of the following coastal destinations! Korea is surrounded on three sides by water, giving it plenty of beaches in a variety of shapes and sizes that offer a welcomed escape from everyday life. Since most beaches in Korea officially open in June or July and close towards the end of August, visitors have only a few months to splash around in the water and soak up the rays. But don't worry if you miss out on the official summer beach season, as there are plenty of sightseeing activities that you can enjoy all year round!




Hyeopjae Beach



1330 Korea Travel Hotline:  
+82-2-1330 (English available)

For more info. >




## Scenic views along Korea's eastern coast

The East Sea, known for its clear waters and expansive, white sandy beaches, is one of the most popular summer vacation spots in the nation. People come from near and far to catch the stunning view of the sun rising over the East Sea, and most beaches in the area even hold an annual Sunrise Festival. Although these festivals only take place on New Year's Day, the sight of the sun slowly peeking over the ocean's horizon is a mesmerizing scene any day of the year.

### Gyeongpo Beach

Gangneung-si, Gangwon-do

1



Gyeongpo Beach is the largest beach on the east coast, and is only about a kilometer away from Gyeongpodae Pavilion, famous for its sunrise view. Perhaps the most striking characteristic of Gyeongpo Beach is its fine powdery sand, which is perfect for barefoot walks along the beach. There is also a beautiful pine tree forest nearby for leisure walks. Beach activities such as banana boating, Jet Skiing, and waterskiing are popular as well. In addition, Gyeongpo Summer Music Festival is held every evening between the end of July and early August, featuring performances from famous bands and hip-hop groups for a beachside party atmosphere.

**Address:** 514, Changhae-ro, Gangneung-si, Gangwon-do

### Guryongpo Beach

Pohang-si, Gyeongsangbuk-do

2




Guryongpo Beach is about 24 kilometers away from Pohang and 1.5 kilometers from Guryongpo-eup. Thanks to the gentle slope of the ocean floor and the clean seawater, Guryongpo Beach is a favorite vacation spot for swimming enthusiasts. The beach is also popular among fishermen, many of whom troll their lines in Yeongilman Bay.

**Address:** 6, Homi-ro 426beon-gil, Nam-gu, Pohang-si, Gyeongsangbuk-do

### Sokcho Beach

Sokcho-si, Gangwon-do

3



Sokcho Beach is well known for the picturesque pine trees that stand proudly along its white sandy coast. One of the perks of this particular beach is that there are many tourist attractions in the surrounding area, including Yeongnangho Lake and Seoraksan Mountain, one of Korea's most famous mountains.

Given the beach's range of facilities and nearby accommodations, Sokcho Beach is a convenient place for a weekend trip. Visitors can even rent a fishing rod and go fishing at nearby Jodo Island, or walk towards the pier to get some fresh hoe (sliced raw fish) at one of the local fish markets.

One of the biggest draws of Sokcho Beach is that it is located near Sokcho Express Bus Terminal, making it easy to find for even first-time visitors. Festivals held at Sokcho Beach include the Sunrise Festival on January 1 of every year, and other events that take place during the beach swimming period between July and August for all visitors to enjoy.

**Address:** 190, Haeoreum-ro, Sokcho-si, Gangwon-do

SEE MORE DESTINATIONS  
ON PAGE 6

\* Swimming period and available facilities subject to change.  
\* This column was last updated in May 2020, and therefore information may differ from what is presented here. We advise you to check details before visiting.

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DESTINATIONS  
CONTINUED FROM PAGE 4

» eastern coast

Naksan Beach  
Yangyang-gun, Gangwon-do

4



Naksansa Temple



Pine Forest Path

With a sandy shoreline stretching over 1,810 meters, Naksan Beach is one of the top beaches in Gangwon-do, drawing in countless visitors each year. The beach runs along clean waters, bordered by rows of pine trees. In addition to its natural beauty, Naksan Beach also has a variety of water activities such as riding on a banana boat or Jet Ski for those looking for more adventure.

The beach is also a top pick for those who are interested in Korea's traditional culture, as it is close to Naksansa Temple and Uisangdae Pavilion, which was built to commemorate Great Monk Uisang. As an added bonus, the pavilion is also one of the best places in the area to view the sunrise.

**Address:** 59, Haemaji-gil, Yangyang-gun, Gangwon-do

Eco experiences along Korea's western coast

»

Daecheon Beach  
Boryeong-si, Chungcheongnam-do

5



Daecheon Beach is the largest beach on the west coast, and is known for its shallow and calm waters. The sand on the upper shores of Daecheon Beach is especially soft and easy to wash off because it is composed of finely eroded shells. Closer to the shoreline, the sand is hard packed. These two varieties of sand allow visitors to enjoy both leisure walks and sand scrubs. Daecheon Beach is also home to the annual Boryeong Mud Festival. In winter, the beach draws large crowds again as locals and tourists flock to the shores for the annual Sunset Festival.

**Address:** 123, Meodeu-ro, Boryeong-si, Chungcheongnam-do

Muchangpo Beach  
Boryeong-si, Chungcheongnam-do

6



Photo courtesy of Boryeong-si Office

Muchangpo Beach is particularly famous for what is known as the "Moses Miracle," a natural phenomenon in which extreme tides reveal the seafloor for only a few short hours two or three days a month (around the 15th and 30th days of the lunar calendar). The exposed sea floor makes a path about 1.5 kilometers that reaches all the way from the beach to Seokdaedo Island. The Muchangpo Mystic Sea Road Festival celebrates this occurrence every year in August or September, with the exact timing varying each year. The beach is also known for its scenic coastal drive, clusters of pine trees, and beautiful sunsets.

**Address:** 10, Yeollinbada 1-gil, Boryeong-si, Chungcheongnam-do

» western coast

Eurwangni Beach  
Jung-gu, Incheon

7



Eurwangni Beach, located near Seoul and Incheon International Airport, is a popular beach, both for its gorgeous views and clean white sand. The beach's shallow water also provides the perfect place for children to go swimming. Amenities nearby include a number of lavish resorts and restaurants that serve fresh seafood. Having dinner outside on the terrace of one of these restaurants is the perfect way to watch the final rays of sunlight as they disappear over the horizon! Beachgoers can also rent a fishing boat or a fishing rod to fish off the side of the pier. A variety of beach festivals take place at Eurwangni every summer.

**Address:** 15, Eurwang-ro 13beon-gil, Jung-gu, Incheon

Hyeopjae Beach  
Jeju-si, Jeju-do

8



Hallim Park



Biyangdo Island



Hyeopjae Beach is one of the best beaches on Jeju Island for swimmers, since the waters are shallow with no sudden drops. Tiny shells in the sand give the beach a silver sheen and make for a firm feel that is perfect for walks along the water's edge. Once you get in the water, you'll be pleased to discover that the water is so clean that you can clearly see your toes!

Hallim Park, a major tourist attraction, is only 5 minutes away on foot, and is well worth a visit. The park is landscaped with an abundance of subtropical plants and topiaries, and serves as a cool escape from the summer heat. A pleasant beach with plenty of space, Hyeopjae is all the more beautiful for its view of black basalt rocks to one side and Biyangdo Island standing out in the distance.

**Address:** 329-10, Hallim-ro, Jeju-si, Jeju-do

Jungmun Saekdal Beach  
Seogwipo-si, Jeju-do

9




Jungmun Saekdal Beach within Jeju Jungmun Resort is a unique beach comprised of a gradient of black, white, red, and gray sand, as well as the famous black volcanic stone of Jeju Island. To the right of the sandy beach is a natural cave that was created by coastal erosion. Rare plants flourish near the cave, offering a convenient spot for some eco-focused sightseeing. The waves and tides can be rather rough along Jungmun, so while conditions are great for wind surfing, Jet Skiing and other water leisure activities, non-swimmers and young children are advised to stick close to the shoreline under the careful watch of lifeguards.

Jungmun Resort is also home to an aquarium, Yeomiji Botanical Garden, Cheonjeyeon Waterfall, and a cluster of traditional houses typical on Jeju Island. Various events are held along the beach and within the resort complex throughout the year.

**Address:** Jungmungwangwang-ro 72beon-gil, Seogwipo-si, Jeju-do

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# Relaxing on Jukdo Island in Boryeong

STORY AND PHOTOS BY CHIHON KIM,  
STRIPES KOREA

Travel can be messy. Sometimes things go wrong, from hopping on a wrong train or getting in a fender bender with your car. These things, as well as numerous other travel mishaps, happened to me over the past few years.

The most recent stupid travel mistake I made occurred during a trip to Boryeong. It was a weekday and I was excited to explore Sanghwawon(상화원), a beautiful park on Jukdo Island located between famous Daechon and Muchangpo Beaches. Though Jukdo was once a secluded island, you have easy access to it thanks to the sea walls completed in 1997.

The park is perfect for casual walkers of all ages, a 2-kilometer-long trail covered by a roof that loops around the entire island, allowing you to enjoy the beautiful views of bamboo groves and beaches no matter what the weather is like. However, if you go to park when it's closed, which it is Monday through Thursday, you're out of luck no matter what the weather. So, I was out of luck and had to reschedule. (Note: Sanghwawon is only open Friday to Sunday and national holidays. And the park only welcomes travelers between April and November.)

To check off Jukdo Island from my travel bucket list, I took a day off on a Friday and drove to Boryeong. The Jukdo (죽도) Island is about a 90-minute drive from Humphreys, and just a 50-minute drive from Kunsan Air Base. If you want to get away from the hustle and bustle of daily life reconnect with nature, I recommend you stop at Sanghwawon on Jukdo Island. It was a great way for me to rejuvenate myself!

Once I stepped into the park, a 200-year-old tree and old-world traditional house greeted me. The area around the Sanghwawon is a bit crowded because of the limited days it is open, so arrive as early as possible. Admission to the park is 7,000 won (\$ 5.62) per person. You might think it's a bit on the expensive side, but it does include free rice cakes and a

cup of coffee or tea near the entrance when you show your receipt. Just look for the hungry crowds eating and drinking on rocks and benches.

The best way to explore this island that is covered with a dense forest is simple: Leisurely walk clockwise from the entrance along the path. If you're not a big fan of photography, leave your phone behind to fully enjoy and soak in the nature. Breathe fresh air, smell the tang of salt sea and listen to the sound of waves breaking on the beach.

Make a stop at a special meditation spot where you can sit back and enjoy the sea breeze, stunning scenic view and peacefulness of the morning. From the spot, I felt like I could reach out and touch the ocean. If you have time to kill, bring some books. There is separate spot in the park called the Sea Library where guest can read books amidst the tranquil scenery.

The theme of the park is "Nature in the Raw," so don't expect any convenience stores or eateries. Instead, there is only an honesty box in the middle of the park where you can get bottled water. If you're thirsty, just grab one, place your won or dollar into the honesty box and be on your way.

The highlight of Sanghwawon park is the hanok (or traditional house) village nestled on the hillside at the end of the path. The traditional houses are more than 100 years old and have their own different histories as they were moved to the island from all over the peninsular and perfectly restored to their original state.

After taking in the beauty of the traditional architecture, go up the hill where you can overlook the glittering ocean. You'll see many couples and families trying to find the perfect photo-op with the clear blue ocean and historic hanok village in the background.

If you need peace and relaxation on your itinerary, head to Sanghwawon in Boryeong soon.  
kim.chihon@stripes.com

상화원

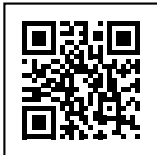


## Jukdo Island

**ADDRESS** 월전리 산154-1 (KOR), 408-52, Nampobangjoje-ro, Nampo-myeon, Boryeong-si, (ENG)

**HOURS** 10 a.m. to 5 p.m. (Last admission at 4 p.m.) Take note: The park is open to public from April to November.

**PHONE** 041-933-4750



NAVER MAP



WEBSITE  
(KOR only)





# Burger Ne Burger

If you love seafood, make your way to the famous beach areas near Jukdo island. The eateries sit along Daechon Beach and Muchangpo Beach and give you lots of seafood options. They typically have raw fish, spicy stew, ramen, grilled clams, and kalguksu made of the freshest seafood.

If you are not in the mood for seafood, head to Burger Ne Burger (버거네버거) near the Jukdo island. It only takes 5 minutes to drive from the Sanghwawon.

Burger Ne Burger is where you want to go for mouth-watering burgers and ice-cold beer. Although there is limited seating inside, it happens to have a roomy patio with ocean views, making these burgers worth the wait.

At this place with no frills, you'll find a welcoming staff, classic burgers, cool drinks, and plenty of locals. I opted for a Double Burger for 11,800 won (or \$9.50). They offer a couple of selections of bottled beer at a reasonable price, so added a golden ale named Big Wave for 8,000 won to wash my burger down.

My verdict on the burger? It was really delicious. In fact, it was the best burger that I've tasted in recent years. It was love at first bite with its flavor explosion. The juicy patties were cooked to perfection, not oily or even greasy at all. On top of this, the burger buns with a subtle butter aroma, made the burger perfect. Before your trip to this village on the coast, don't forget to include this great burger joint on your itinerary.



NAVER MAP



INSTAGRAM



## Burger Ne Burger

**ADDRESS** 관당리 800-6 (KOR), 13, Yeollinbada 1-gil, Ungcheon-eup, Boryeong-si, (ENG)

**HOURS** Mon & Tue 11 a.m. to 3 p.m., Thu & Sun 11 a.m. to 8 p.m., Fri & Sat 11 a.m. to 9 p.m., (Closed every Wednesday), Note: Last call for food is 30 minutes before closing time.

**PHONE** 010-9558-7277

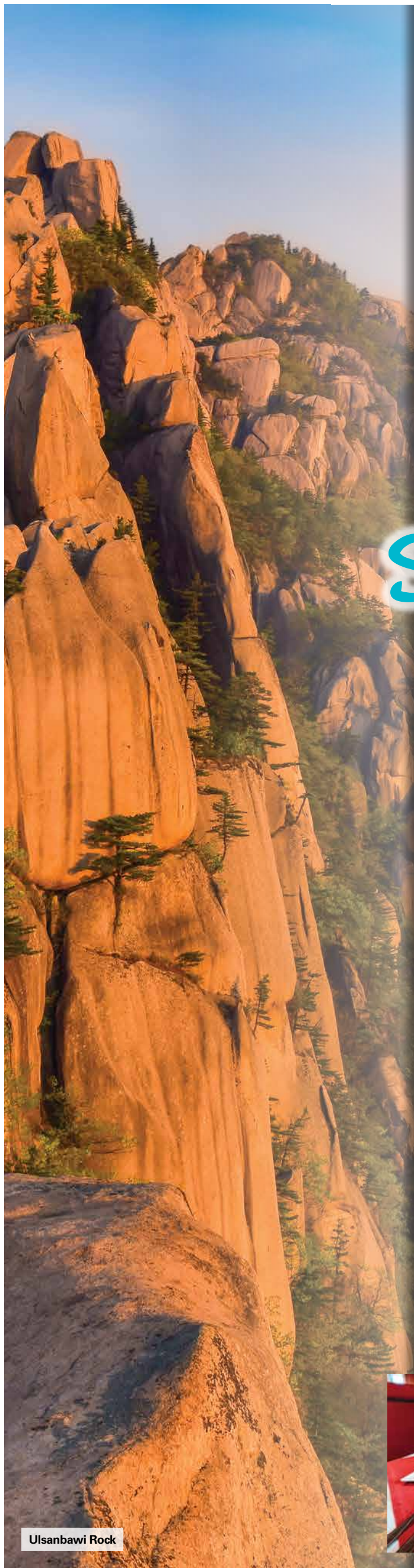


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Ulsanbawi Rock



Cheongcho Lake

# The ultimate guide for Sokcho & Seoraksan Nat

STORY AND PHOTOS BY KYLE HANEY,  
GLOBETROTTERKYLE.COM

**S**o, you've finally made the best decision with your time in Korea and decided to visit Seoraksan National Park, or should I say: Middle Earth! Close to Sokcho, this National Park is home to endless trails, awe-inspiring views, cascading waterfalls, and views from Korea's third-highest peak. Read on as I provide the ultimate itinerary to maximize your visit to Seoraksan National Park and Sokcho!



Check out the video

## Where to stay

If you're making the trek all the way out to Seoraksan, look no further than Sokcho for lodging. From resorts to bed-and-breakfasts, Sokcho offers the best possible launch pad for your Seoraksan exploration.



### For shopping, tourist attractions, and nightlife, stay near Cheongcho Lake

When I visited Seoraksan in August, I stayed at the Skysea Resort near the Sea Cruise Hotel. I booked this little gem through Airbnb for two nights, totaling \$130 USD. The best part of the stay was the view, hands down. From my small aparthotel room, I was situated with a southern-facing room where was able to see the sunrise over the East Sea and the sunset over the Taebaek mountain range.

This spot was perfect for accessing the local nightlife, shopping, markets, public transportation, and tourist attractions. From this area, you'll be within a few minutes' drive to attractions like the Yonggeumjeong Sunrise Pavilion, Seolak Bridge, the Sokcho Tourist & Fishery Market, the Expo Tower, and of course, the Cheongcho Lake itself.

### For a quiet, romantic, and closer stay to Seoraksan National Park, Casa Seorak Bed & Breakfast is a must

If I had the chance to go back to Sokcho again, each and

every time I would stay here. Breakfast. Why?

- The owner is incredible.
- You get a wonderful breakfast served straight to your room.
- It's got a unique, cozy, homier!
- It's closer to the mountains (like 15 minutes) and you're at the head of the peninsula.
- It has a 5/5 on TripAdvisor from every visitor to date.
- It's very reasonably priced.
- It's quiet.
- You're at the base of the mountains.
- The walk-out porch is great for breakfast on in.
- The owner provides a towel in every room (hello happy towel!).
- The bed is insane. My mattresses are nothing compared to theirs.
- It's the most unique. Four Seasons.

Pictures just of a room and view.

## Where to eat

Disclaimer: I am a vegetarian, so the places I list here are geared towards vegheads. HOWEVER, some of the best-tasting food I've ever had in my life was in Sokcho, and it was entirely plant-based.



### Matsu

Matsu is hands down the best Italian food in Sokcho! From the ambiance of the quiet neighborhood to the insanely delicious three-course meal for ~\$18, I would eat here every day if I could!

### Jeombongsan Sanchae

This is where I ate vegetables until I nearly threw up. No joke! The chef has been researching traditional Korean wild herbs for over 35 years, and it shows! The family-owned restaurant serves all different kinds of kimchi, pickled vegetables, and other small dishes with locally sourced ingredients. You HAVE to give this place a try to experience just how delicious eating plants can be.

However, the dishes are all designed for a minimum of two people. Buuuut, I just told them I was starving and they let me in ☺

The best way to find this gem is to first, download the Happy Cow app. From there, search for "Jeombongsan Sanchae", grab the address, and navigate to it using whatever app you choose!





## Where to drink

Sokcho has two main breweries that I thoroughly enjoyed after a long day's hike. Each one had its own unique flare so really, between the two, you can't go wrong choosing either one.

### Montbeer

Located near the resorts on the northwestern side of Sokcho, Montbeer has impeccable views of Seoraksan National Park from their western-facing windows. Not only is the beer delicious and available to take home in bottles, but they also have food and free popcorn delivered to your table by a little robot. How cool is that?!



### Craft Root

Craft Root is an inconspicuous brewery just 5 minutes south of Montbeer. No joke, you are likely to drive right by it on your way to Montbeer if you aren't paying attention!

Personally, I found the

environment at Craft Root more relaxing because of its lesser-known location. More importantly though, I found the beers here to be superior to Montbeer. If you make your way to Craft Root, try the 9pm IPA, you won't be disappointed!



### Park Jiyoung's Hand Drip Coffee

I am a coffee snob, and I'm proud of it. I know a good Ethiopian pour over when I have one and I can PROMISE you that Park Jiyoung's coffee is the best in all of Sokcho, hands down!

Now, if you search this in Google, you'll get zero returns so, here's the address: 134, Jungang-ro, Sokcho-si, Gangwon-Do.

Basically, it's at the very eastern end of the downtown main street near the tourist market just as the road bends and curves to the north. It's right near the outdoor clothing store in that same location as well.

## Top 5 attractions (what to see/what to do)

Ah, now we're getting to the good stuff! Sokcho has plenty to offer for anyone, especially if you're visiting for a four-day weekend like I was.

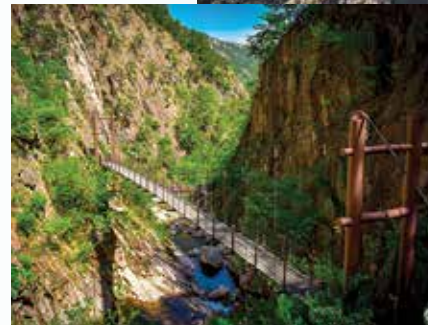
### 1. Towangseong Falls

A no-brainer of course; you have to visit the National Park if you're in Sokcho! From relaxing or strenuous hikes to cascading waterfalls and mile-high scenery, Seoraksan National Park has it all.

When I visited Seoraksan in August, I wrote an in-depth review of my hike up Mt Seorak, Korea's 4th-tallest mountain. For inspiration to climb this beast of a hike, click here and read what it was like standing a mile above sea level while being able to see the sea. One word: life-changing lol

This past March, I returned back to Seoraksan to hike a different portion of the land. This time, I wanted to check out the Towangseong Falls and the Ulsanbawi Rocks. Needless to say, neither view disappointed.

Towering 320 meters (150m in the upper, 80m in the middle, and 90m in the lower parts), Towangseong Falls



is like something right out a scene from Lord of the Rings. I can just imagine an army of orcs on the other side of this mountainous gate, chomping at the bit to pour down the walls and tear through the valley.

This hike took about 3 hours round-trip with lots of stopping along the way for photos. Each and every turn offered something unique to point my camera at, starting with the peaceful walk along the river, all the way to the Towangseong Falls observation post.

While on your way, you'll also hit Biryong Falls, an amazing spot to rest and gather yourself before you climb the 900+ stairs up to the Towangseong Falls. Yes, you read that right, it's a lot of stairs lol but just look at that photo, isn't that worth it?!

### 2. Ulsanbawi Rock

Hiking to Ulsanbawi Rock is one place you don't want to miss when visiting Seoraksan National Park. In total, the hike takes about the same amount of time as the Towangseong Falls hike does (~3 hours round trip).

Not only is the view of the East Sea and Daechongbong Peak in the same frame breathtaking, but the journey here is also FULL of picturesque moments! For the majority of the hike, you follow along a peaceful river on a gravel path that's suitable for any age.

At about the halfway point, the trail does get a bit more strenuous, but nothing I'd consider challenging, just tiring because, well, it's hiking lol.

If you want to be like everyone else, hike this part of Seoraksan during the day. However, if you truly want a once-in-a-lifetime experience, hike to Ulsanbawi Rock at sunrise. Not kidding.



---> See guide on Page 12

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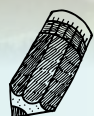


Ulsanbawi Rock at sunrise

# GUIDE: Explore the great outdoors

CONTINUED FROM PAGE 11

## Quick story ...



3 a.m. and off goes my alarm. “Holy crap I’m tired” I say to myself as I lay there with my eyes closed, weighing the pros and cons of hiking this early in the morning.

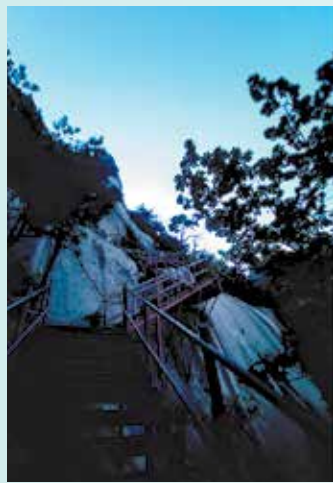
“What if the park isn’t even open? Am I just gonna sneak through the gate?”

“What if I just go over to the beach and catch a sunrise over the ocean again?”

“What if there’s a bear?”

lol that last one cracked me up.

As I talked myself back into this last-minute idea I had just come up with 6 hours prior while polishing off a beer at Craft Root, I got out of bed and got dressed. Thankfully, I had an extra instant oatmeal packet and an energy bar from the day prior. So, I heated up some water, made the oatmeal, walked out the door, realized I forgot said oatmeal on the counter, said “screw it”, and continued to the trailhead with just the energy bar lol.



3:30 a.m. and there I was, parking my car in almost the exact same place I had parked it two days prior when I made this exact same hike in the daytime like every other sane person. This time though, I was surrounded by nothing but pitch-black emptiness.

I was aaaaaalll alone. No more crowds of people to dodge

around, no more laughs of children running from their parents. Hell, had I heard any laughter that early in the morning, I would have promptly shit right in my drawers and ran or drove off.

I digress...

4:45 a.m. and I’m about 3/4 the way done with the hike. Sunlight had finally begun piercing the darkness above me, but my immediate surroundings still remain cloaked in the most beautiful shade of midnight blue. I think it was at this point I figured, “well, if someone out here was going to kill me, they would’ve done it by now” lol.

I do another quick check of my phone to double check what time the sun will rise and to see if I’m going to make the summit in time. At my pace, it looked like I was going to make it to the top about 10 minutes early.



Mt. Evans at Sunrise

Perfect.

As I climbed up the final few stairs to the summit of the Ulsanbawi Trial, the beauty I was rewarded with in that moment was unlike anything I’d ever seen. Well, almost unlike anything I’d ever seen.

The first time I caught a sunrise from the top of a mountain, I was extremely fortunate to be just over 14,000ft above sea level in Colorado on Mt Evans. The photo I took that morning is one that I’m still extremely proud of. I stood atop a 14k-foot mountain and

watched a hundred-mile-long shadow stretch across the Rocky Mountains as if I was standing on top of center of the entire solar system.

This journey (that I was just contemplating three hours earlier) transported me back in time to that exact moment. I watched the sun cast its warm rays of light onto the jagged peaks of the Taebaek mountains and relived one of my favorite moments in Colorado. All alone, shivering on the side of a desolate mountain in South Korea, I found a joy that few will ever find, all because I choose to get up early, and get moving.

Story of my life, and I wouldn’t have it any other way ☺

Long story short: get up early and catch a sunrise at least once in your life. And if you choose to do it at Ulsanbawi Rock, I promise you that when the sun rises over the East Sea and fills the valleys of the Taebaek mountains with one of the most magical collisions of light and darkness, you’ll be thankful you made the journey.

## Gyejoam Temple

About 30 minutes before you reach the end of the Ulsanbawi Hike, you reach the Gyejoam Temple. Gyejoam translates to “inheriting the progenitor’s grotto”, which if you remember from your pointless art history class, a grotto was a cave. This temple got its name because when the Buddhist masters inherited this place, the hermitage was a round grotto (i.e., cave) established under the rock. How cool, right?!

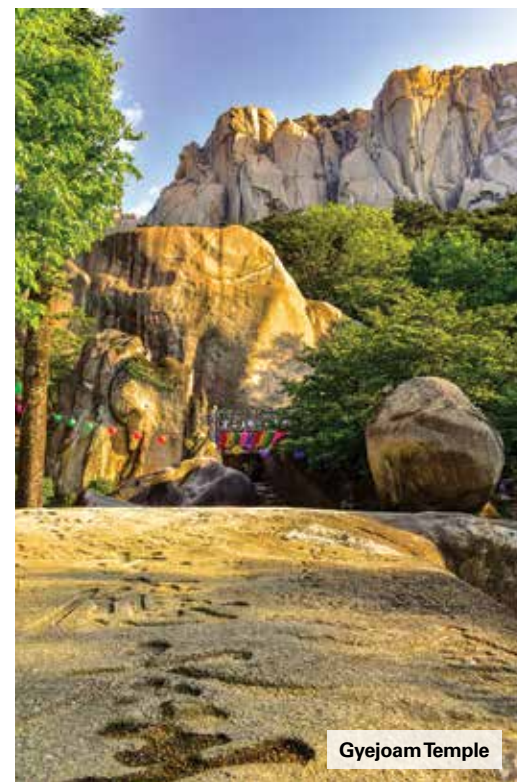
The serenity this place affords you can’t be put into words, honestly. From the Chinese characters carved into the stone to the spring water at the entrance of the hermitage (that yes, you can drink from), Gyejoam Temple is one place that needs to be on your list of places to visit while in Seoraksan!

## 3. Daechongbong Peak

This wouldn’t be an ultimate guide if I didn’t mention the highest peak in Seoraksan National Park: Daechongbong Peak. Standing over a mile high (5,603 feet to be exact), this is the only place in the park where you can physically see the sea that you’re a mile above. How cool, right?!

Like I’ve mentioned before, I wrote extensively about my trip to Seoraksan back in August so, I won’t belabor that story again. To summarize though, here’s a short snip from that article to help amp you up to take on this 10+ kilometer trek:

*My friend wasn’t lying: this place felt like I was standing at the edge of middle earth! The tall, jagged peaks to the north stretched upwards to the sky as they formed a valley that felt as though hell itself was just below me. If I didn’t know any better, I’d say the rocks were actually the spine of some unearthly creature, desperately clawing his way through the earth to get to me. To the south, I could see mountain top after mountain top of the Taebaek mountains as they orchestrated a uniformed retreat from the sea. The mist gathered at the base of every mountain which gave rise to a series of ranges, cascading in fashion as each one grew in size until it became the defining line of the horizon. And lastly, I could see all the way down to Sokcho, the little town I was staying in, juxtaposed to the mighty East Sea that I was now standing one mile above.*



Gyejoam Temple



#### 4. Cheongcho Lake

As I mentioned earlier in the article, staying near Cheongcho Lake is perfect for you if you're looking to explore the nightlife and touristy attractions of Sokcho.



Not only is Cheongcho Lake in the center of the town, but it's also a gorgeous spot to stroll along and watch fishermen cast their lines, watch boats cruise in and out

towards the East Sea, or simply take in the grand Taebaek mountain range off in the distance!



#### 5. Yeonggeumjeong Pavilion

What's Yeonggeumjeong you ask? It's where you want to be for a sunrise, that's what it is. It's tranquility, it's peace, it's quiet, and it's awe-inspiring.

If it's a translation you're looking for, look no further: The word Yeonggeumjeong translates to the melody of a geomungo and a pavilion. A geomungo is a stringed instrument, and it's said the waves hitting the rocks here is comparable to the melody made when a geomungo is played. Additionally, jeong translates to a traditional pavilion.

## What about Yangyang?

Ah yes, if someone references Sokcho, they're likely to also reference Yangyang, the surf capitol of Korea.

From my experience, there are only a handful of things to do in Yangyang. So, if you're going to visit, make Yangyang a daytrip, not a weekend-long trip (unless you're really into surfing).

Launch to Yangyang from Sokcho, not the other way around. Here's a great itinerary for you if you decide to make the trek down to Yangyang for a day:



#### Stop 1: Surfyy Beach

With Yangyang being the surfing capitol of Korea, you might as well take a lesson during your time there! There are dozens of surf shops lining the short near Surfyy Beach that offer lessons, most of which are in English and Hangul!

If you're not up for surfing, then you can still start the day here with a relaxing walk along Surfyy Beach as you watch all the newbies learn how to ride the waves.



#### Stop 2: Jugdojeong Pavilion

If surfing's not your thing, fear not! You can still have a great day trip here if you're up for hiking and/or wandering around a fun beach-bum kind of town!

Clearly, I'm a fan of visiting pavilions in Sokcho and Yangyang lol. There's just something so incredible that these little resting locations can offer to the weary traveler.

Perhaps it's the application of "borrowed scenery" (a Chinese planning technique) or the contrasting architecture juxtaposed the East Sea as numerous pines tower overhead. Whatever the attraction, I can't seem to get enough.

Hiking to this pavilion is rather straight forward

and easily done in a pair of toms lol I know from experience now.

The best part of this short, ~20-minute hike/walk was resting on the park bench overlooking the ocean. As a Colorado boy, appreciating the ocean is something I've found extreme joy in since being stationed in Korea. Give it a shot while you're here and tell me you don't feel at peace!

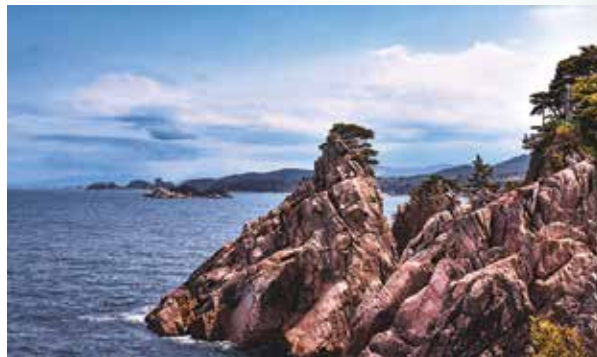


#### Stop 3: Flowbeach Cafe

Want to enjoy a ginger latte from a rooftop patio overlooking the ocean? Then look no further than Flowbeach Cafe.

Located on the 4th floor of the building, this awesome little coffee shop has both indoor and outdoor seating. The large, bay-like doors open up and let the breeze roll right off the ocean and into the cafe.

Quite honestly, with all the cafes around Korea, it's hard to narrow down which one is "best". But, if I had to choose, this one surely earns that title in Yangyang, hands down!



#### Stop 4: Hajodae Beach

Just off the beaten path, the Hajodae Beach area is one of the most striking landscapes I've found in all of Korea.

Perched on top of a sea cliff near the beach sits Hajodae Lighthouse, an unmanned solace surrounded by oddly shaped and jagged rocks. The amazing viewpoint from where this lighthouse sits is comprised of a handful of rocky islets (or small islands) and of course, the mighty East Sea.

Furthermore, a dense, lush pine forest crawls all the way out from the Taebaek mountain range to where the ocean means the land. The beauty of these trees' ability to find every crack in the rock to put down roots is something you have to see in person to truly appreciate.

## In summary

In my entire year here in Korea, Sokcho was my favorite destination. Too many people say "one of my favorites" when talking about places like this and I think it's because too many people are afraid of commitment lol. I'll say it again, proudly: Sokcho is my favorite place in all of South Korea.

From the towering Taebaek mountains to the tranquility of the East Sea, this one little town had everything I needed to feel like I was both at home and on vacation at the same time. Both times I had the pleasure of visiting, I thoroughly enjoyed second I spent exploring in (and around) this town.

So, if the 4-day weekend comes, or a break in your schedule allows, visit Sokcho. I promise you won't be disappointed no matter who you are or what you're into!



# Delightful strolls around Sinjeongho Tourist Park

STORY AND PHOTOS BY CHIHON KIM,  
STIRPES KOREA

If you're looking to spend the day near the water and enjoying nature, but spending all day in a car to get there doesn't sound like fun, then have I found the spot for you! A spot where beautiful landscapes and a serene lake await is only 30 minutes away from Camp Humphreys by car.

Check out Sinjeongho Tourist Park, spanning over 272,000 square meters and offering a great escape after a busy week. Find this amazing park in the Bangchuk-dong area and enjoy great strolling, bird-watching and even a relaxing picnic. The lakeside of the park is an excellent place to take a stroll. The walk is not too long, nor too steep so everyone can enjoy. Expect to

spend about an hour and half hour on this 3-mile walk. The park is very accessible so you can start your walking tour at any place along the path.

On my visit, I started my walk from the parking lot at the entrance, then circled clockwise around the lake. Eventually I reached a wildflower park and continued on where I found street musicians performing on a small stage. If you're lucky like me, you can enjoy the live music on weekend afternoons here.

After a short break listening to the music, I headed to eco-park, a home to a wide variety of ducks and native birds. You can experience the beauty of the lake up close sitting on a bench. I noticed a heron hunting a fish around the lakeside. It was a little

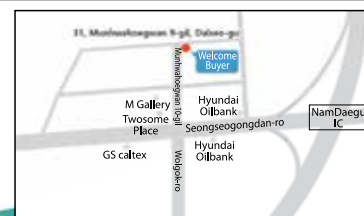


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→ creepy at first, but found out it entertaining. If you're a nature lover you'll like this park with its calm, peaceful nature, and partially forested paths. You can also see many different water plants such as water flag, water lily and bulrush.

Across a small bridge, I reached a traditional pavilion. In the summer, the pink lotus flowers that grow in the lake surround this area, creating a spectacular view. On reaching this spot, you can either return back along the same path, or complete the circuit by walking along the road on the opposite side of the lake. You'll find benches dotted along the path to catch your breath.

Sinjeongho Tourist Park also has plenty of restaurants and cafes where you can grab a bite or a coffee. I wrapped up my visit with a nice

sandwich from a shop with a rooftop dining area overlooking the lake.

If you've still got the energy to burn after you've done a lap around the lake, explore the rest of the park. Some of the treasures you'll find include many sculptures, an 8.45-meter-tall sculpture of Admiral Lee Sun-shin and some youth facilities. Particularly worth a visit is a gorgeous 43-meter-high musical fountain at the entrance of the park. The fountain's water flows synchronized to music from April to October, and at night you can catch the show illuminated by LED lights.

This lake park is a great daytrip when you don't want to stray too far from home. Grab your walking shoes, go for a stroll, clear your head and go home feeling refreshed.

kim.chihon@stripes.com

### What to know

• **ADDRESS:**  
충남 아산시 신정로 616 (KOR)  
616, Sinjeong-ro, Asan-si, Chungcheongnam-do, (ENG)



• **WEBSITE**



• **NAVER MAP**



### Mimi Sandwich

The stretch around the lake has many different restaurants and coffee shops you can choose from. When I was getting close to wrapping up my walk, I felt a little bit hungry, so randomly stepped into the closest restaurant.

Mimi Sandwich features plenty of parking and a beautiful outdoor eating area surrounded by green nature. This is a great place to relax and grab a cup of coffee with a friend or just treat yourself. The no-frills menu offers an assortment of sandwiches, coffees and even tteokbokki, stir-fried rice cake.

I opted for a club sandwich for 5,500 won and an iced green tea latte. The ingredients were evenly distributed throughout the wrapping paper, and it was generously stuffed. You can eat this like a sandwich, without using a fork or making a monster mess.

I enjoyed every bite of the fresh sandwich, and the green tea latte was delightful. A nice meal with a beautiful view to match! Visit this place if you're a sandwich lover looking for a place that allows you to watch the city's spectacular sunsets.

• **ADDRESS:** [미미샌드] 충남 아산시 신정호길 68-5 (KOR), 68-5, Sinjeongho-gil, Asan-si, Chungcheongnam-do (ENG)  
• **HOURS:** Tue, Wed, Thu 11:30 a.m. to 3:30 p.m. Weekend 10:30 to 8 p.m. (Closed every Monday and Friday)  
• **PHONE:** 010-3613-9530

• **NAVER MAP**



## International Clinic

Tel: 02-790-0857~9

Email: ksyclinic1@gmail.com

Website: www.internationalclinic.co.kr



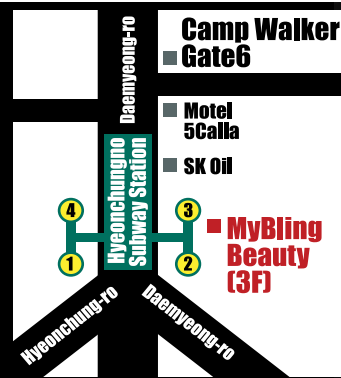
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HAPS KOREA MAGAZINE

# NAMPARANG-GIL

## a walk to remember



**G**yeongnam province will create a rest area for walking travelers on the Korea Dulle-gil Namparang-gil course, a walking tour route with a beautiful natural environment in the background, and operate various walking programs.

The 'Korea Dulle-gil' refers to the longest walking tour course in history, with a total length of 4,544 km, built by the Ministry of Culture, Sports and Tourism from 2016 by connecting existing roads in the outskirts of Korea. It consists of a total of 285 courses, including Namparang-gil in the Namhae, Seohaerang-gil in the West Sea, Haeparang-gil in the East Sea, and the DMZ Pyeonghwanuri-gil in the Demilitarized Zone.

Among them, Namparang-gil, which connects Namhae, is a walking tour route with a total length of 1,470 km, covering 90 courses from Oryukdo Island in Busan to the Haenam Ttangkut Observatory, and was opened in October 2020.

In the Gyeongnam region, 42 courses in 7 cities and counties — Changwon, Tongyeong, Sacheon, Geoje, Goseong, Namhae, and Hadong — are included in Namparang-gil, with a total length of 653.3 km.

Among them, Tongyeong-si, Goseong-gun, and Namhae-gun were selected for this year's public contest by the Ministry of Culture, Sports and Tourism, which supports the operation of a shelter for walking travelers and the development and operation of walking programs, and is spurring preparations to welcome walking tourists.

### Backpacking Europe without a passport

#### Namparang-gil Namhae section

Of the 90 courses (1,470km) of Namparang-gil, 11 courses (about 160km) belong to Namhae-gun.

Namhae is a natural eco-region with no pollution-causing facilities such as mid-to-large factories or power plants, and it is ideal for walking tours. The route is constructed to pass through Namhae-gun's representative tourist resources adding to the pleasure of walking tours.

In particular, the 'Bitdam Village Course', which resembles Santorini in Greece enough to be called 'a European backpacking trip without a passport',



Bracken Field (Namparang-gil Course 37)



German Village (Namparang-gil Course 40)

and the 'German Village Course' passing through sheep ranches and German villages with a Swiss Alps. You can enjoy the exotic atmosphere as it includes the Gacheon Darengi Village course, which is reminiscent of the Gacheon Darengi Village. The Bracken Field course is also reminiscent of Tuscany in Italy, and they plan to provide bracken bibimbap delivery service in connection with a nearby restaurant and a walking tour program accompanied by a road guide.

In addition to the Namhae Baraegil Visitor Information Center currently operating, Namhae-gun has turned the entire 3-story building of the former medicinal herb promotion center into a Namparang-gil Travel Support Center filled with shelters and information centers for walking travelers, making Namhae-gun the undisputed center of walking along the Namhae coast.

The 1st floor of the center will be decorated with the Namparang-gil publicity center. The 2nd floor will be transformed into a Namhae Walking Therapy Center, and the 3rd floor will be transformed into a Namparang-gil tourist lounge with a superb outdoor terrace view.

### Let's walk together in a gentle breeze

#### Namparang-gil Tongyeong section

Tongyeong-si includes 5 courses (about 87km) out of 90 courses (1,470km) on Namparang-gil.

The Turtle Ship Camp, located in the course section from Mujeon-dong Beach Park to Nammangsan Sculpture Park in Tongyeong-si, was converted into a rest facility on Namparang-gil to provide shower facilities and tourist information to walking travelers, and also provides a

rest area by installing a hammock.

If there are more than 5 walking travelers, the Cordul Guide accompanying service will be provided, and those who complete the section will be given a Tongyeong night view tour gift certificate and Dipirang admission ticket.

In addition, five Koduljam (Korea Dulle-gil Jam) accommodations will be selected as excellent accommodations near the Dulle-gil section, and a pick-up service will be provided between the Dulle-gil and the accommodation for travelers.

The tentative name 'Namparang-gil Tongyeong Upwind Governance' was organized and hosted by the local community to continuously connect and expand accommodation facilities such as bed and breakfasts and pensions within the Namparang-gil section and experience programs run by village residents.



Haehaegae Coastal Trail



Danghang Bay Dulle-gil Haesang Pedestrian Bridge



Sangjogam County Park

### Healing path for modern people who are weary of daily life

#### Goseong section of Namparang-gil

Of the 90 courses (1,470km) of Namparang-gil, 5 courses (about 84km) belong to Goseong-gun.

Haegigae Coastal Trail built along the calm sea like a lake and Haegigae Bridge which crosses the sea,

including Namsan Park where you can see the scenery of Hallyeosudo and Galmobong Recreational Forest with dense cypresses, Goseong Dinosaur Museum, the first museum specializing in dinosaurs in Korea, Topography Sangjogam Gunnim Park, which was named because it looks like a bridge, fossilized dinosaur footprints, Danghangpo Tourist Site, Madong Lake National Wetland Reserve, and other representative tourism resources in

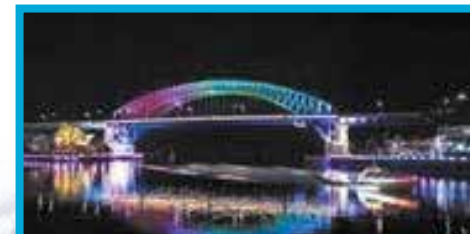
Goseong, along the Dulle-gil, where you can relax while walking on the beach, and enjoy nature along with a reed field.

It is operated as a representative eco-tourism healing course because you can walk around the ecological wetland.

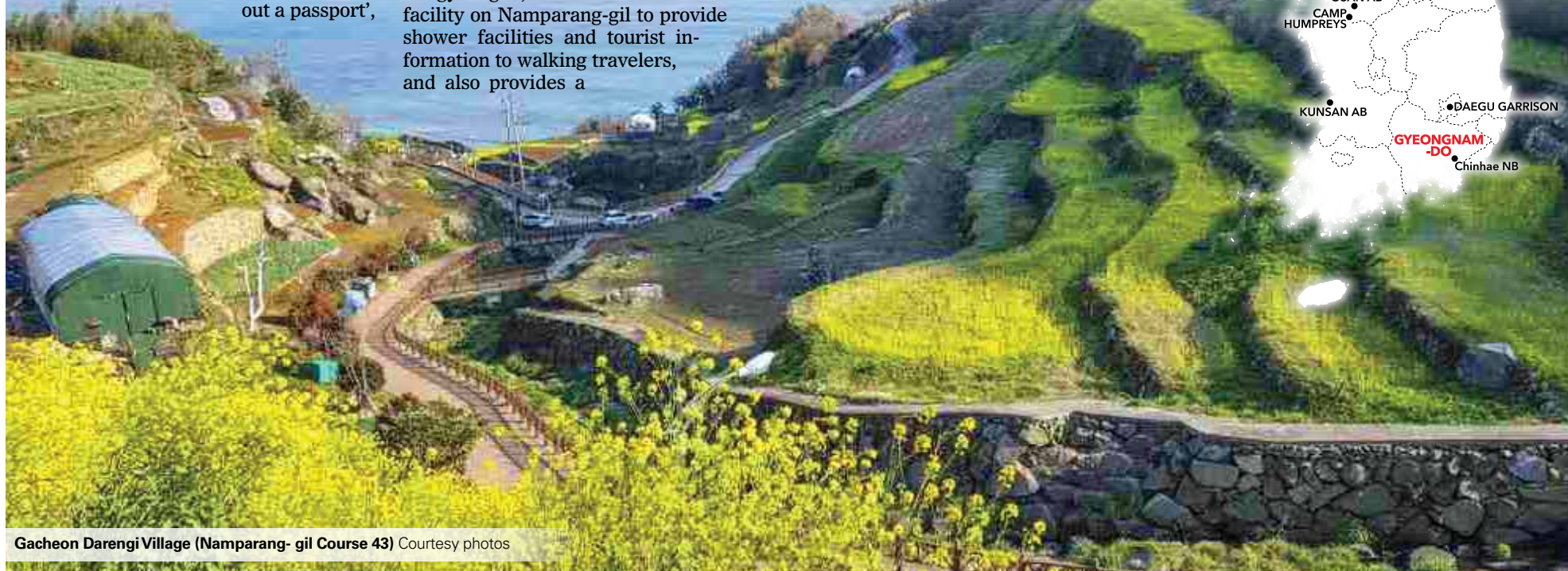
The existing Maekjeon Pohang tourist rest facility has been renovated and operated as a resting place on Namparang-gil which will provide information on nearby tourist spots, lodgings, and local restaurants for walking tourists.

On weekends, the participation fee is 10,000 won for Energy Road (Diabetic Prevention Experience Dulle-gil Course), Natural Person Road (Healing Mind Course), Diet Road (Exercise Concurrent Diet Course), Namparang Tea Road (Stress Relief Course with Sea Windmill), and you can participate in unique walking programs such as Midnight Moonlight Road course.

"If the shelter space is completed in the first half of this year, such as installing the Korea Dulle-gil shelter information board and arranging goods, various walking programs will be available in earnest in the second half of this year. We will work together with the city and county to make it a national walking tour spot," Shim Sangcheol, head of the Gyeongnam-do Tourism Promotion Division said.



Tongyeong Night Sea Night Tour (Summer season)



Gacheon Darengi Village (Namparang-gil Course 43) Courtesy photos



Photos courtesy of Jinju City



# Enjoy beauty of Jinyang Lakeside Mulbit Road

HAPS KOREA MAGAZINE

**J**inyang Lakeside Mulbit Road is recommended as a travel destination where you can shake off the feeling of depression and helplessness of having been stuck at home.

'Jinyanghoban Mulbitgil' is the Jinyangho Dullegil built as part of the 'Jinyangho Renaissance Project' that Jinju City is ambitiously promoting. Yangmasan Mountain and the area of Gwigok-dong were renovated and completed last year so that you can walk while enjoying the beautiful waters and sunsets of Jinyang Lake.

It consists of two courses — the Yangmasan Mulbit Trail (15.3 km), which circulates the Yangmasan hiking trail connecting Sangnakwon and Myeongseok Gahwa-ri from the Jinyangho Park Observatory, and the Chaeheumhanun course (22.7 km) to experience the natural ecology and culture trail around Gwigok-dong.

The nearly 38-kilometer trails connect to the main scenic spots of Jinyang Lake, which include



'Road to the Sound of Wind' and 'Road to Keep Memories', a section that recalls the submerged Gwigok Elementary School and Kakkosil.

Among them, the 'Wind Sound Road' is a course that circulates between Saemigol, Hangol Samgeori (Pyunbaek Forest Bathing Area), Gagok Birdhouse, Keunsaem (the old site of Chunguisa Temple) and Kkotdongsil. It has become a popular tourist spot in April when cherry blossoms are in full bloom and in autumn when the leaves change colors.

Since last March, Jinju City has been operating an eco-culture tour class for students and citizens together with Gwigok displaced people, environmental experts, and the Namgang branch of the Korea Water Resources Corporation to protect and clean the environment around Gwigok-dong and the waterside of Jinyangho Lake.

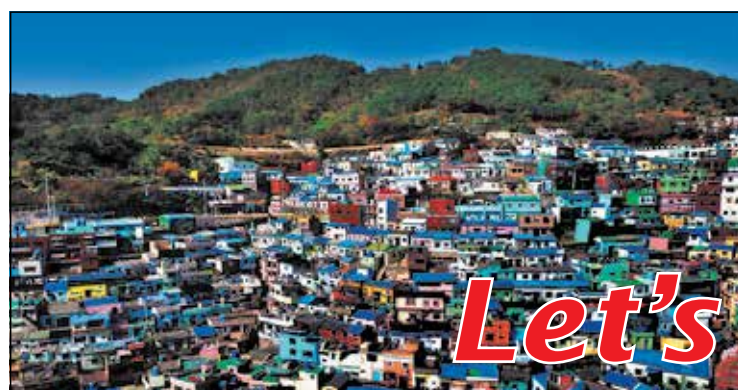
a deck road, a cypress forest bathing area, and an observation deck shelter which have been installed so that anyone can walk comfortably.

'Yangmasan Mulbit-gil' is a path that circulates through the main gate of Jinyangho Park – Jinyangho Observatory

– Yangmasan Palgakjeong (Sangnakwon) – and the water-side observation deck. You can walk while looking at the calm Jinyang Lake on the path where you can take a forest bathing in the tranquil lake and cypress forest. The scent of cypress, which clears the head, provides a healing effect to tourists and hikers visiting Jinyang Lake.

The natural eco-cultural trail around Gwigok-dong (Kakkosil) starts from the Kakosil parking lot located in Naechon-ri, Daepyeong-myeon. The 'Sky Forest Path' is a section where you can enjoy the fun while walking along the ridge of Hwanghaksan Mountain while drinking phytoncides from the cypress forest. It consists of three themes:

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Photos courtesy of Sancheong-gun

# Take a healing stroll on the paths through Daewonsa Valley Road

HAPS KOREA MAGAZINE

As more people are taking to the countryside to escape the city, hiking around nature's beauty and catching some fresh air in Jirisan has always been a popular option in Korea.

Daewonsa Valley Road, in Sancheong-gun, Gyeongsangnam-do is one of the less explored in Jirisan, but it

provides beautiful scenery along its 3.5km trails which start from Yupyeong parking lot in Samjang-myeon to Garangip Elementary School in Yupyeong village.

The valley road, which was opened in 2018, is known for its ecological value, with a symphony of insects providing the backdrop music.

Highlights of the walk include the 58-meter Bangjang Mountain Bridge in front of Daewon Temple and the beautiful views from Yongso, which legend has it that dragons have lived for 100 years.

The valley is beautiful during all four seasons and attracts a few thousand hikers each day during the weekends.

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## GSA in Korea

GSA Global Supply® is now storing and delivering approximately 750 high-demand National Stock Number (NSN) items formerly stored in and shipped from the continental United States. The change reduces delivery time to a few days from weeks or months.

Customers can order using GSA websites (GSA Global Supply or GSA Advantage!) or via existing customer logistics platforms (e.g., GCSS-Army). GSA's systems recognize the items stocked in Korea and fulfill orders locally. Other items will ship from the mainland. An electronic catalog is available.



Ron Easley

The new program does not replace existing retail stores managed by GSA in Korea. For more information, please contact your local Customer Service Director Ron Easley at ron.easley@gsa.gov.

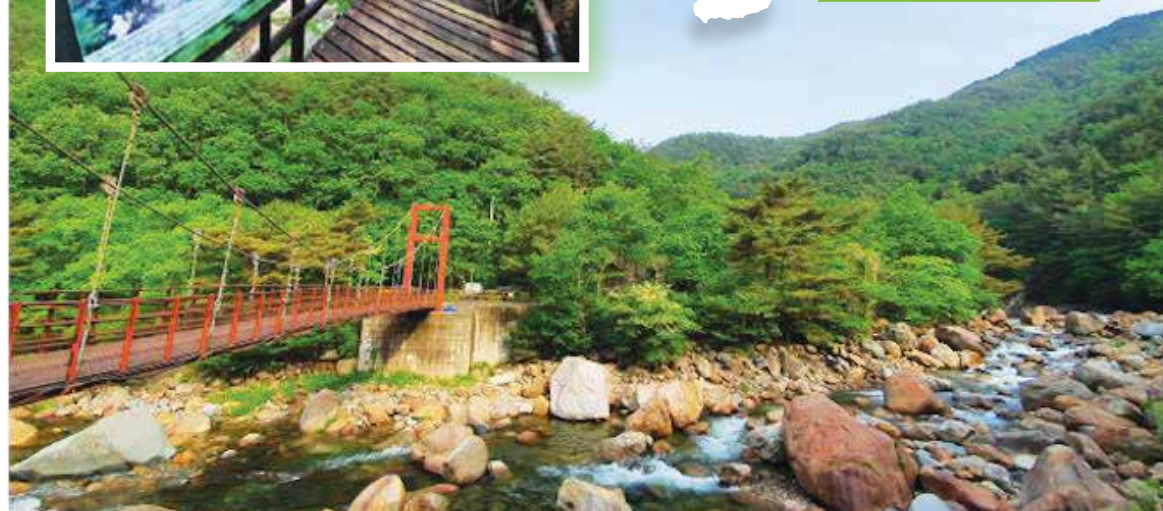
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# Stripes Sports Trivia

In 1986, Argentina edged out West Germany, 3-2, to win the World Cup in front of more than 100,000 fans in Mexico City. It's the last time Argentina won the Cup and it's most known for Argentina's quarterfinal match with England, which featured the "Hand of God Goal." Who scored this famous goal?

**Answer**

Diego Maradona

## NEW TO THE PACIFIC?

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SIMON & SCHUSTER

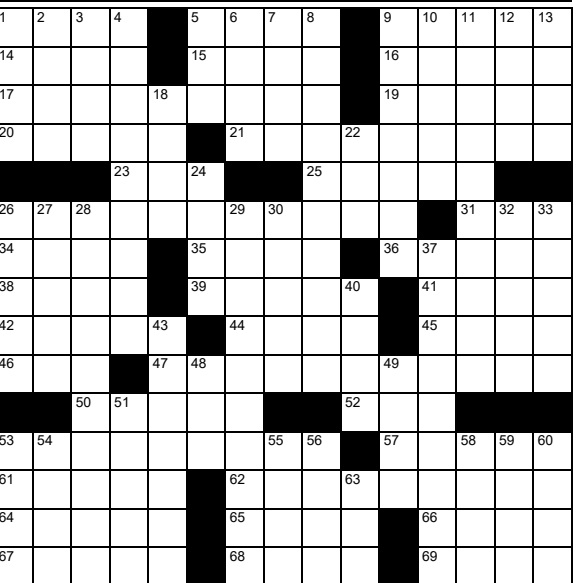
STARS AND STRIPES  
**BOOK SHELF**

## Crossword

by Margie E. Burke

### ACROSS

- 1 Kitchen bag brand
- 5 Elvis, once
- 9 Partially melted snow
- 14 \_\_\_\_ of passage
- 15 "Fame" singer
- 16 River craft
- 17 Kind of triangle
- 19 Enthusiasm
- 20 Rhino relative
- 21 Mediate
- 23 Doublemint, e.g.
- 25 Grinder
- 26 Done secretly
- 31 That \_\_\_\_ then...
- 34 Caesar's 66
- 35 Glowing sign
- 36 Talk bad about
- 38 Actress \_\_\_\_ Rachel Wood
- 39 "The Lost City" actor
- 41 Sgt. Snorkel's dog
- 42 Gymnastic apparatus
- 44 Overfill
- 45 Hospital fluids
- 46 Hobby shop buy
- 47 Fried foods are high in it
- 50 Gather bit by bit
- 52 Chop down
- 53 Knight's garb
- 57 Academy in Maryland
- 61 "Stormy Weather" singer
- 62 Symbol of biblical wrath
- 64 Church leader
- 65 Green shade
- 66 Sicilian volcano
- 67 Like an untended garden
- 68 "NFL Live" carrier
- 69 Coral formation



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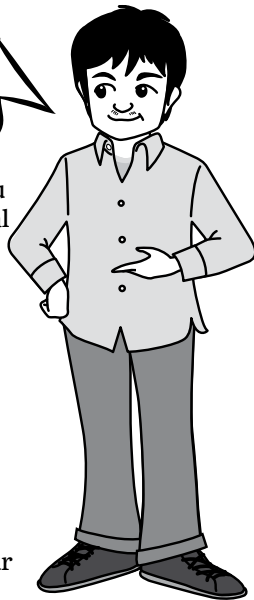
- 2 Middle child on "The Simpsons"
- 3 Perched on
- 4 Burke sitcom, "\_\_\_\_ Women"
- 5 Bar stock
- 6 "Melting Watch" artist
- 7 "Working Girl" character Trask
- 8 Like some changes
- 9 Color in a Hawthorne title
- 10 Cocoon contents
- 11 Submerged
- 12 Very shortly
- 13 \_\_\_\_ and now
- 18 Caked deposit
- 22 Long, long time
- 24 Base or case closer
- 26 Counter worker
- 27 One more than 34-across
- 28 On the cutting edge
- 29 Like some temperatures
- 30 Wreck beyond repair
- 32 Jetsons' dog
- 33 Sand bar
- 37 Scented splash
- 40 Fit together
- 43 Overlook's offering
- 48 Holiday entree, often
- 49 Till stack
- 51 Like some jackets
- 53 Tobacco wad
- 54 Place for an ace
- 55 Bearded flower
- 56 Walk unevenly
- 58 Go to the polls
- 59 "Green Gables" girl
- 60 Plant part
- 63 Restroom sign

### Answers to Previous Crossword:

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

## DID YOU KNOW?

When you think of birthdays, you probably conjure up the typical cake with candles blazing on top. For many Koreans, seaweed soup or myeokguk is the iconic food that symbolizes a birthday. Traditionally, miyeokguk which is rich in calcium and iodine, is considered health food and has been served to mothers recuperating after giving birth. So, the custom of eating seaweed soup on birthdays means feeling gratitude to your mother who went through birth pangs by eating the same food that your mother had after childbirth.



Hangul of the week

통증  
tongjeung (pain)

## Language Lesson

Have a great meal.

Man-hee deu-se-yo

## SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

### HOW TO SOLVE:

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

Answer to Previous Sudoku:

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

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# Women Medipark Hospital



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and Newborns.**

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### 1 Laparoscope

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### 2 HIFU (High Intensity Focused Ultrasound)

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



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

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

### 4 High Risk Maternity Care Center

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

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

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

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# Healthy Living

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

June 2022

■ Healthy Korean greens you should know

- PAGES 2-3

■ Beat the heat with Korea's refreshing, healthy foods

- PAGES 2-3



## OUR STORY

At U-MEDI,  
it's all about you!

PAGE 4

## HAVE MEDICAL CONCERNS?

*U-MEDI can connect you with top-notch healthcare*

U-MEDI

For those of you stationed in South Korea, we at U-MEDI want to introduce you to a piece of paradise, one where your medical needs are taken care of by some of the top doctors in the world, while you also enjoy the sights, sounds and culture of this beautiful country.

U-MEDI is a medical tourism company that assists foreigners in accessing healthcare in South Korea. U-MEDI provides united medical services to foreigners who are sick or pursuing beauty and wellness care. U-MEDI will find a doctor specializing in a patient's health needs, support transportation to the hospital, and work with patients to ensure medical expenses are paid. But most

“

*I've been here for three years but I've never felt so good about doing something for myself. I'm glad I came on a U-MEDI tour. Thank you so much for being an awesome host.*

”

— Bonita Hunter,  
U.S. DOD civilian

importantly, UMEDI is there to provide assistance and help educate patients on the health care process as needed.

It is important to know that U-MEDI is

an official registered company approved by U.S. Forces Korea and provides assistance to those in the U.S. military community stationed in South Korea seeking medical services. U-MEDI also has a global program where military members and DOD civilians can receive Korean medical services while on vacation in Korea. U-MEDI has secured public confidence through cooperation with local governments throughout the country, with a nationwide network of more than 1,000 hospitals and clinics.

At U-MEDI, it's all about getting you the best health care possible. Whether it's cancer related or you want to remove a tattoo or do some other type of cosmetic surgery, we'll here to help you with all your needs. Take a look at Page 4 for more about what we can do for you!

### VIP medical tours!

U-MEDI regularly works with different levels of Korean government who want to show off their medical and tourism infrastructure to foreigners living, working or traveling in Korea. At no cost to you! Packages usually include transportation, hotel, dining, tourism/culture guides and, of course, complimentary medical care and checkups at some of the nation's most prestigious medical institutions! Contact us today to become a free U-MEDI Friend!



# Healthy Korean greens you should know

STORY AND PHOTOS BY BBURI KITCHEN,  
GROOVEKOREA.COM

For those of us who've grown up abroad, shopping at Korean grocery stores can be both a beautiful and bewildering experience. What is this root? This tangle of leaves? How can I make it delicious? Unfortunately, marts and markets don't make it easy to taste the ingredients, or buy small amounts for recipe testing. This season especially, the markets are full of bom-namul, or spring greens, which are inexpensive, delicious and healthy ingredients that you'll definitely want in your kitchen. So we hope that this short guide to ten basic bom-namul will help get you started (if you haven't already). There are so many more, but this is just the start!

## Bireum-namul (비름나물)

Bireum-namul is in the amaranth family, and can be thought of as a summer spinach. It's a wild green that grows abundantly in the countryside and tends to be foraged rather than planted and harvested. It's one of the last bom-namul of spring, so you know that summer is right around the corner when it begins to grow. Bireum-namul has a fairly earthy and nutty flavor, and goes well with both gochujang and Joseon ganjang. Simply blanch and season for a tasty banchan dish.

## Dureup(두릅)

This is the only bom-namul on this list that comes from a tree. The young shoots of *Aralia elata* (a kind of angelica tree) are trimmed and brought to market in late spring.

Like many bom-namul, dureup has a very nice, slightly bitter flavor. It is often eaten blanched and served with cho-gochujang (vinegared gochujang for dipping). Skewer with beef and lightly batter and fry to make a nice main dish.

# Beat the heat with Korea's refreshing, healthy foods

KOREA TOURISM ORGANIZATION

Summer in Korea is in full force by mid-June, bringing with it muggy weather and bouts of heavy rain. As temperatures rise, people try to escape the heat by heading to the beach, the swimming pool, or air-conditioned cafes and malls. In Korea, however, staying healthy and cool during the summer is all about what you eat. Many Koreans try to beat the heat and counteract summer fatigue by eating cool dishes as well as warm, healthy foods that are known for their restorative powers. Keep reading to find out exactly which foods to eat to restore your strength and refresh your spirit Korean style!

## Energy-boosting foods



### SAMGYETANG

The hottest days in Korea are from early July to mid-August. This period is called 'sambok deowi,' or 'the heat of sambok.' 'Sambok' refers to the hottest days in Korea according to the lunar calendar and is further broken down into: chobok, the beginning period; jungbok, the middle; and malbok, the tail end of the summertime heat. Many Koreans eat hot foods full of nutrients during this period based on the idea of "yi yeol chi yeol" (fighting fire with fire).

Since samgyetang (ginseng chicken soup) is packed with nutritious ingredients, it is widely known for its restorative properties. The dish is prepared by taking a young chicken and stuffing it with rice, jujube, garlic, ginger, ginseng, and other herbs. The ingredients are then boiled together and served up in a delicious broth.

## Energy-boosting foods



### JJIMDAK

Not to be forgotten is the other favorite summertime chicken dish – jjimdak. Jjimdak is a mixture of chicken, hot peppers, mushrooms, carrots, and other vegetables along with noodles served in a savory, sweet-and-sour soy sauce-based broth. Jjimdak is characterized by its spiciness, so it is often paired with a side of dongchimi (radish water kimchi) which helps neutralize some of the spice. If you're at a restaurant that also sells scorched rice, try a side and enjoy the crunchy texture with the remaining jjimdak sauce.





**Ssuki**(쑥)

Translating “ssuk” is tricky, but it’s often called mugwort in English. When ssuk arrives in the markets, you know spring is here. It has a very herbal, almost eucalyptus-like fragrance and it best in mid-spring, before Dano (the 5th of May on the lunar calendar). Ssuk is most commonly eaten in doenjang-based soups or made into rice cakes. You can also deep fry your ssuk for something nice and crisp.

**Cham-namul**  
(달래)

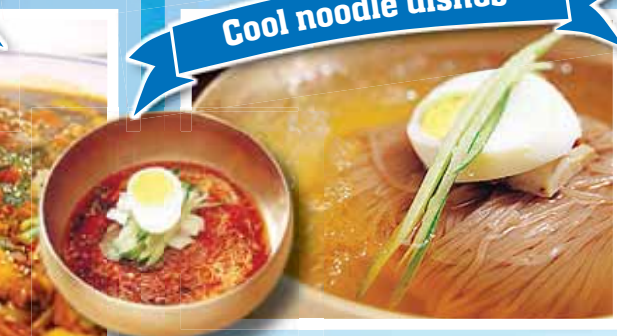
There’s no good English translation for cham-namul, and that’s probably because it’s not widely known outside of Asia. Its smooth, bright green leaves and crunchy have a fresh, grassy aroma, and it can be eaten raw or blanched. Blanch and season with Joseon ganjang (original soy sauce) or even just with salt for a nice spring banchan. Try adding it to your salads or using it as a garnish.

**Chui-namul**(취나물)

Though it bears a passing resemblance to cham-namul, chui-namul leaves are somewhat fuzzy and have a slightly thicker, tougher texture. For the reason, it’s not usually eaten un-cooked. Blanch and season with Joseon ganjang to make another popular spring banchan.

**Saebal-namul**  
(세발나물)

This namul is a kind of saltmarsh sand-spurry, a pleasantly crunchy, thin, segmented plant that grows (as the name suggests) in brackish marsh areas. Saebal namul is great when eaten raw, use it in salads or even as a garnish. Koreans like to mix it with a soy sauce dressing. Don’t over-salt—this plant has a naturally salty aftertaste.

**Cool noodle dishes****NAENGMYEON**

Naengmyeon, a buckwheat noodle dish, is perhaps one of the most beloved summer foods in Korea. Surprisingly, naengmyeon first appeared as a seasonal dish that was eaten only during the winter months in North Korea. The North Korean style noodles, Pyeongyang naengmyeon and Hamheung naengmyeon, are now famous throughout the entire country and can be found in almost any neighborhood. The biggest difference between Pyeongyang naengmyeon (mul naengmyeon) and Hamheung naengmyeon (bibim naengmyeon) is the way in which they are served; Pyeongyang naengmyeon is served in a chilled broth, while Hamheung naengmyeon comes topped with spicy red chili sauce. Naengmyeon dishes are usually garnished with sliced beef, a boiled egg, cucumbers, and pears. Due to the recent popularity of Pyeongyang naengmyeon, the number of people who prefer the mild yet savory flavors of the broth is increasing.

**NAENG KONGGUKSU**

Another recommendable dish for those who may have lost their appetite due to the heat is naeng kongguksu, noodles in cold soybean soup. The soup is made by soaking cooked soybeans in cold water and then grinding them up with a millstone. Noodles are added and often topped with slices of cucumber, boiled egg, and tomato. For taste, you can add some sugar or salt. Full of protein, this savory dish is particularly invigorating on hot, humid days.

**CHOGYE GUKSU**

Chogye guksu is a chilled noodle dish made from cooled chicken broth mixed with vinegar and mustard before adding noodles and thinly shredded chicken topping. The name comes from the Korean words for vinegar and chicken (“cho” and “gye” respectively). This dish was once a special winter treat enjoyed in the Hamgyeong-do and Pyeongan-do of North Korea. Nowadays, the dish is a popular summertime treat enjoyed by people all across the nation. Made of lean chicken, medicinal herbs, noodles, and fresh vegetables, chogye guksu boasts a simple, yet strong flavor and a distinctive smell.

**MEMIL GUKSU**

Another popular food in Korea is memil guksu (buckwheat noodles), which is served either cold as makguksu or hot as jangguksu. In summer, the most popular buckwheat noodle dish is memilmakguksu, in which noodles are placed in a kimchi broth topped with cucumbers, kimchi, vegetables, meat, and red chili paste. Another favorite dish is memil soba, in which the noodles are served in a soy based-broth that is flavored with ground radish, scallion, and horseradish.



Many people may be familiar with soba, the Japanese word for buckwheat noodles, but there is a slight difference in how the memil guksu and soba are made and consumed. The broth for the Korean memil guksu is made mostly of dried anchovy, while the broth for Japanese soba is made with dried bonito flakes.

**Crunchy and cool summer treat****BINGSU**

In Korea, one of the most popular summer desserts is none other than bingsu. Bingsu is a dessert made of shaved ice usually topped with red beans, fruits, rice cake pieces, sweetened milk, ice cream, and fruit syrup. While the original pat bingsu (shaved ice with sweetened red beans) is still enjoyed, a wide array of bingsu like fruit bingsu, mango bingsu, green tea bingsu, and coffee bingsu rose to popularity in the recent years. In summer, Korea becomes heaven for bingsu lovers as most cafés, bakeries and fast food restaurants sell a variety of bingsu!



# OUR STORY

## AT U-MEDI, IT'S ALL ABOUT YOU!

U-MEDI

**F**or us, compassion towards those who are suffering from illness ranks high. We understand the drive in those who seek beauty and perfection in their daily lives. We strive for the wellness of others and firmly hold onto our belief that physical and mental wellness are both of equal and utmost importance.

In recognizing the potential language and cultural barriers, U-MEDI has turned its attention to health-care needs of foreign nationals.

Inconsistent schedules and misunderstandings during the treatment process are some of the challenges patients face in Korean hospitals. These

situations can make patients feel lonely in a setting where doctors and nurses are handling multiple tasks and the care of others. We understand these situations and believe patients need someone who can guide and provide all the necessary information specific to their situation, including cost, diagnosis, procedures and other for better care. At U-MEDI, we are here to help our patients navigate their care in South Korea's state-of-the-art medical system.

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## Our Services

### Find a doctor

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For years, U-MEDI has faithfully delivered commendable interpretation and translation services to healthcare professionals, caregivers and patients at their critical moments of need. We are very proud to be the trusted language support provider to hundreds of healthcare institutions across the Republic of Korea.

Our service includes interpretation delivered by qualified interpreters, as well as on-site translation of all vital documents to ensure the safety and satisfaction of patients.

### Hospital Transportation

U-MEDI provides a non-emergency door-to-door hospital transportation service to individuals and groups who may need special support getting to and from their healthcare appointments. Based on your need, we can suggest the most effective and efficient transportation options available.

We also offer online bookings, making reservations easy and straightforward. At the heart of our service is our commitment to the patient's comfort, customer service and quality.

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