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Finding family history through service

BY TECH. SGT. MATT DAVIS,
51 FIGHTER WING

OSAN AIR BASE – Every Airman has a different experience during their tour in the Republic of Korea. Many see the assignment as a hardship and others find the opportunity to make great memories.

However you see the assignment, there is a strong military history that is part of a long standing heritage of Airmen, Soldiers, Sailors, and Marines. Some are more directly connected to that heritage than they ever thought...

Many members of my family have served in the military through the years, and some have even served in the Republic of Korea and fought in the Korean War. I knew my granddaddy, Rutherford Kimbrough, completed a tour in Korea with the Army during his time, but I had no idea how much of my family had fought and died alongside the South Koreans.

I found myself checking out the artwork and memorabilia in the main atrium of the 51st Fighter Wing Headquarters building, and I noticed a list of pilot's names that were KIA/MIA during the Korean War and one kind of stood out from the rest – 2nd Lt. William R. Kimbro – a pilot from the 25th Fighter Interceptor Squadron pilot from Chattanooga, Tennessee, was one of the Airmen who was killed during the conflict.

Seeing that my the majority of my family is

from that area of Tennessee, I messaged my mom just to see if we were related to him at all, even though the spelling was different. It turns out he is my granddaddy's cousin, and they were both serving in the conflict in different branches.

I began to dig deeper to find out as much information as I could about my relative.

The 51st Fighter Wing and 7th Air Force Historians and the 25th Fighter Squadron were able to track down the details on exactly what happened to 2nd Lt. Kimbro from the 51st Fighter Interceptor Wing. We eventually tracked down that he had been hit by anti-aircraft fire over Sinuiju Airfield, North Korea, on Dec. 12, 1950 and was considered missing in action after his F-80C Shooting Star

spun in with no egress or parachute observed. I couldn't believe that one of my relatives was not only a fellow Airman, but one who served with the wing I'm assigned to in Korea. I could not wait to share the details with my family back home, especially my mom. Since learning about 2nd. Lt. Kimbro, I started to have a new outlook on my assignment to Osan.

I take great pride in knowing that members of my family helped protect the 51 million people that we still protect today. I'm extremely honored to be a part of my family's legacy, and I can't wait to learn even more about their service.



Lockheed F-80C at the National Museum of the United States Air Force. U.S. Air Force photo

F-80 flies over Korea during the Korean War. Courtesy photo



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Anna Truong demonstrates metabolic analysis in the Cosmed K5 at the Daegu Army Wellness Center.



Area IV Health Coordinator Danielle Sprunger prepares Truong for body composition analysis.

Daegu Army Wellness Center opens with cutting edge technology

STORY AND PHOTOS BY LAUREL STONE,
USAG DAEGU

CAMP WALKER – U.S. Army Garrison Daegu opened a new Army Wellness Center July 1 staffed by a team of experts and outfitted with state of the art equipment to assist active duty Soldiers, dependents and civilians in meeting their health and fitness goals.

AWCs are established on the foundation of best practices in the health industry and standards set by leading health organizations such as the U.S. Center of Disease Control, the U.S. Preventative Services Task Force and the American College of Sports Medicine. Clients receive specialized care from staff whose credentialing requirements far exceed the industry

standards.

The new center, located in building 567 on Camp Walker, offers a full-range of programs and services including health screening, metabolic testing, body composition measurement, weight and stress management, cardio and a broad range of educational classes.

“It’s important for installations to have an AWC. We’re able to take in everybody who has a fitness or nutrition goal and help them to reach that goal,” said Danielle Sprunger, Area IV AWC Health Coordinator. “For example, if Soldiers are running too slowly, we want to help them with their running, their eating habits or maybe even sleep so we can enhance their readiness. We don’t want to wait until they’re flagged.”

One of the most anticipated items at the center is the Bod Pod®. The pod uses air displacement plethysmography and whole-body densitometry to determine body composition with a less than 2% range of error. The test can cost as much as \$400 at a commercial facility, but like everything at the AWC it’s free for ID card holders.

Other systems include the fitness test and metabolic analyzer. The fitness test entails slipping into a mask and heart rate monitor then, depending on your fitness level and whether you are a Soldier or civilian, walking or running while the test measures how well you utilize oxygen during your workout. Other parts of the test include back strength, flexibility and grip strength.

In the resting metabolic rate

room, clients spend about 15 minutes under a portable metabolic analyzer called the Cosmed K5. The system can determine how efficient your body is at using oxygen to produce energy, identify the intensity level at which an individual can train to improve performance and ascertain the exact number of calories recommended for daily consumption.

“Under the new Army Body Composition Program it is now mandatory to come to the AWC for the Upping Your Metabolism class, metabolic body composition and your fitness test,” said Anna Truong, Director of Area III and IV AWCs.

Though Soldier stress levels are the number one concern, Truong is equally concerned about misinformation available

on the internet that entices Soldiers into trying unhealthy fad diets and gimmicks promising a quick fix.

“What we do is more of a lifestyle change,” said Truong. “We want them to succeed five or 10 years down the line, and we want them to be mobile at 70.”

Attendance in the Boosting Your Metabolism class, offered Tuesdays and Fridays, is mandatory to gain access to all services and equipment. Minors may also use the facilities when referred by a medical professional.

If you are interested in improving your general well-being and taking control of your health and fitness, stop by the AWC Mondays-Thursdays, 8 a.m. - 4 p.m. and Fridays 8 a.m. - noon, or call 0503-337-4218 to make an appointment.



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DRIVEN TO SUCCEED

Kunsan NCO beats the odds

BY STAFF SGT. ANTHONY HETLAGE,
8TH FIGHTER WING

KUNSAN AIR BASE – Standing outside an oil-slicked vehicle bay carefully sifting under the hood of a truck, Tech. Sgt. John Bishop inspects the coolant. As the NCO in charge of vehicle maintenance for the 8th Logistics Readiness Squadron, Bishop knows his career field demands a strong work ethic to maintain more than 480 vehicles across the Wolf Pack.

Bishop grew up in a rough area of Toledo, Ohio. He was raised by his mother, Frances, after his father passed away when Bishop was 3 years old. Early on, his mother instilled in him a strong work ethic that he honed from a very young age.

"I valued a dollar because I didn't grow up with any type of money," Bishop reminisced. "I had to earn my income starting at seven years old, which helped my mom pay our bills as well as buying myself nicer clothes and a better bicycle."

Bishop did odd jobs around his neighborhood to help his mother make ends meet. He started out by cutting grass, shoveling snow and raking leaves. At 12 years old, he started to caddy at a local golf course.

Bishop's mother, Frances, worked a plethora of jobs from JC Penny's to retirement home cleaning to support him throughout his childhood. Nonetheless, Bishop witnessed his mother always working hard, displaying a good work ethic for her son, while also competing in body building competitions. This is when he discovered the value of a dollar and his appreciation for fitness.

"I found my love for fitness at an early age," recalls Bishop "I am fitness oriented whether it be lifting weights, running, Spartan races or cycling. I learned a lot from my mom including work ethic and fitness."

Frances wasn't always around to help guide her son down the right path because of her hectic work schedule.

"I didn't really have someone to sit me down and tell me, 'these are the type of people you should hang out with or not be around, or the reasons why you should focus on school,'" said Bishop.

Many of his childhood friends joined gangs or found themselves caught up in local gang affiliations.

"I've unfortunately had more friends pass away from gang violence than those I've lost in the

military which is troubling," said Bishop. "I learned from other people's mistakes which helped me make better choices."

Working odd jobs, playing basketball, running and biking helped keep him from making those mistakes.

"My goals growing up were to just make my mom proud, stay out of trouble and work hard," said Bishop. "I was really into basketball, I would go to school, go home, do homework real quick and then I was outside every day; all day until the sun went down."

After high school, Bishop worked automobile production lines. There he started out building the front ends of Jeep Wranglers. He took any opportunity given to him to progress and learn more. He worked on various vehicles from the interior of the Mazda 6 to the exterior of the Dodge Nitro. He even trained as a forklift driver so he could support any production line.

"I worked wherever I was needed on the production line in Toledo," said Bishop. "To get extra hours, I would work 8 hours on the production line before doing another 8 hours operating a forklift."

At the age of 24, he decided to join the Air Force in 2010, making his mother very proud.

"Her dad earned a purple heart during World War II and

"My goals growing up were to just make my mom proud, stay out of trouble and work hard."

— Tech. Sgt. John Bishop

she had pictures of him all over the house," Bishop said proudly. "When I joined, she had my picture right next to his."

Entering the Air Force, Bishop knew he wanted to have a mechanical based career field.

"I love to work on vehicles and electronics," he said. "I got vehicle maintenance as my career after going in basic training with an open mechanical contract. I'm a car guy so I do enjoy my job."

After a four year stint working in the automobile industry, his mother was overjoyed Bishop was able to find a stable career that he liked in the Air Force.

"My mom told me she was happy I joined the Air Force and that I found a good career," Bishop lamented. "It was one of the last conversations I had with my mom."



Courtesy photo



Courtesy photo



Bishop trains for long distance marathon running at Kunsan Air Base on June 1.
Photo by Staff Sgt. Anthony Hetlage, U.S. Air Force

Photo by
Staff Sgt. Anthony Hetlage,
U.S. Air Force



Bishop's mother passed away in 2014.

Bishop's career in vehicle maintenance, has sent him across the U.S. while working on a myriad of vehicles. He described being stationed at Pope Air Force Base, North Carolina as his favorite part of his career.

"I was able to work on vehicles that 90 percent of people in the Air Force don't get to work on like boats and jet skis," exclaimed Bishop. "I also got to help train Special Warfare Operators in vehicle related tasks to ensure they were proficient when conducting real-world missions down range."

His work at Pope made him feel very fulfilled.

"If I could spend my entire career in special operations, I definitely would," said Bishop. "I feel great appreciation for being in the military and being able to support our nation in combatting terrorism."

He also met his wife at Langley AFB, Virginia, Walida, whom he met through a mutual friend.

"She's absolutely sent from God, she is smart, dedicated, caring and loyal," Bishop said. "I have never had a better support system than her. She's supported me through deployments and more than 40 TDYs."

Walida is currently living in the U.S. until Bishop completes his tour at Kunsan Air Base. Following his tour, they will continue on to Bishop's dream location, Kadena Air Base, Japan. But he's not letting his time at Kunsan go to waste.

"I love to help people. I want to keep developing the professional development here and help people get to the next level in life personally or professionally," said Bishop.

He's started a run club at Kunsan to help those who love to run or want to improve fitness.

"The gym is my utopia," said Bishop. "My wife jokes that I love the gym more than her. The gym allows me to let go. Sometimes. I can go for a 45 minute

workout and then it quickly turns into a 2 hour workout. I'm just out there appreciating life and admiring the scenery."

Bishop's love for running led him to train for Air Force half-marathon last year where he also competed in the Fly, Fight and Win Challenge. The challenge consists of a 5-kilometer race the first day and then the second day consisted of a 10-kilometer race and then immediately into a half-marathon race.

"I was pretty spent but it was an amazing opportunity," Bishop said. "I was able to run with Air Force Chief of Staff, Gen. David Goldfein. I actually got third place in the military challenge for the half-marathon."

I placed between the top five and top ten for the 5K and the 10K. I've run over 100 different races over the past three years, averaging 1,000 miles ran per year."

His work ethic has pushed him harder and farther in his personal and professional life. This includes training for full marathons or to become a master resiliency trainer or first sergeant.

"He's an inspirational leader, not only for vehicle maintenance but for Kunsan," declared Senior Master Sgt. Dudley Watson, 8th LRS vehicle maintenance flight chief. "He helps people in and out of the squadron. He brings a lot to the table and I think our Airmen are going to leave Kunsan being better for having met Bishop."

Bishop says he believes that you cannot live life to the fullest without pushing your limits and going outside your comfort zone.

"My work ethic is nonstop," declared Bishop. "I don't believe in any free handouts. I believe you have to work hard to be where you want to be."

His work ethic has helped him grow from a young man working odd jobs to becoming a successful airman.

"I absolutely appreciate life right now. I wouldn't be who I am today with this success without the struggle," Bishop exclaimed.

CARTOONS IN STARS AND STRIPES

Editor's note: Check out our 75th anniversary site to view Bill Mauldin's Up Front cartoons.

BY CORD A. SCOTT,
UMGC KOREA

One of the items synonymous with newspapers is cartoons. The idea of cartoons illustrated by, and for the entertainment of, troops has been around for a considerable time. For American servicemen, the paper that was most often associated with these specific cartoons was Stars and Stripes. While there is uncertainty concerning the future of the paper due to governmental funding in 2020, the history of the cartoonists from Stars and Stripes is substantial, and has lasted well past their time illustrating while in the service.

The modern newspaper of Stars and Stripes originated on Feb 7, 1918. The main cartoonist hired by the paper was USMC private Abian "Wally" Wallgren. His work appeared on page seven of the eight-page paper, published each Friday until the end of June 1919. His cartoons often centered on the quips and gripes of the doughboys in the trenches. While some of the later cartoons were simply reproductions of earlier ones, most of the illustrations served as a way to delve into the mindset of the US soldier. From his thoughts on the ever present lice and rats in the trenches (not to mention what to do with them for sport) to the adaptive nature of troops being sent to Siberia in 1918 to monitor the Russian revolution, the cartoons served to inform and entertain.

When the paper ceased publication in June in 1919, the idea of informing the troops shifted to local base publications. When the US was again in war after Pearl Harbor in December 1941, the newspaper restarted, albeit mostly in Europe. The most famous of all Stars and Stripes cartoonists was Bill Mauldin. His feature Up Front, featuring two "dog-faces" Willie and Joe, noted the conditions of the Italian front, the cold, the poor food and the general danger involved. For a "cartoon", his work was



Bill Mauldin, a cartoonist famous for his gritty, yet still humorous depictions of World War II, as seen during the war. Photo courtesy of UMGK Korea

COMMENTARY

important as it allowed the enlisted to laugh at the conditions on the front, as well as gripe about things that bothered them, such as Mauldin's famous cartoon noting the 1,000 mile detour due to Patton's orders of decorum for uniforms while in a combat zone. Mauldin won his first Pulitzer for his work in Stars and Stripes for his cartoon that showed exhausted US troops and German POWs with a caption "Fresh, spirited American troops, flushed with victory, are bringing in thousands of hungry, ragged, battle-weary prisoners."

In addition, there were cartoonists that made light the issues at the front. One was Dave Breger, who was the creator of "G.I. Joe". Another creator was Dick Wingert who was the only cartoonist to draw dead soldiers of any sort, in the series "Hubert". Another famous cartoonist who had a career before the war was Milton Caniff, who initially wrote Terry and the Pirates. By World War II, Caniff, who was ineligible to serve, drew a cartoon specifically for the enlisted troops, entitled "Miss Lace". Provocatively drawn, the character would not date any officers, but was always willing to

accommodate the enlisted troops for dancing or conversation. This cartoon ran in various camp papers through the Camp Newspaper Service.

As the war ended, Stars and Stripes started publication in the Pacific, and

therefore, cartoons focused on the occupation in Japan following the cessation of combat. One of the more prolific cartoonists at this time was Bill Hume, known for his series "Babysan" on how the US sailors in the Tokyo area often interest in Japanese culture, through interaction with women. Hume was stationed near Yokosuka, and his work yielded not only cartoons for Stripes, but also yielded two books as well.

It was logical that as US troops were committed to the Korean peninsula in 1950 to thwart communist advances, that Stripes also produced cartoons. Many of these cartoons emulated Bill Mauldin's style, but also tried to be specific towards each branch of service. Among these cartoonists was

a man who gained favor later on for his children's work: Shel Silverstein.

By the time of Vietnam, there were additional cartoonists in Stripes, among which included Will Eisner (the creator of the Spirit, as well as PS Magazine for the US Army over 30 years!). Another cartoonist who illustrated the events in Vietnam was Vernon Grant, who also reproduced cartoons for the Japanese market. Grant was popular with the troops and drew cartoons for Stripes.

As new forms of entertainment emerged, the need for cartoonists abated. Stripes has continued to incorporate cartoons, now entirely as syndicated strips from US papers. There is also a Sunday comics section, which features a drawing of Mauldin but as an advertisement asking about comics for the paper going forward. The lineage of cartoonists continues to this day, with current artists like Max Uriarte and Basil Zaviski, who produced cartoons that centered on military life or themes. While Stripes may be in doubt, their work and observations on life in the military continue to entertain, inform, and vent.



About the author: Cord A. Scott has a Doctorate in American History from Loyola University Chicago and currently serves as a Professor of history for the University of Maryland Global Campus in Asia. He is the author of Comics and Conflict, as well as Four Colour Combat. He has written for several encyclopedias, academic journals such as the International Journal of Comic Art, the Journal of Popular Culture, the Journal of the Illinois State Historical Society, and is in several books on aspects of cultural history. His most recent work is on US military cartoons in WWI, which was published in the Journal of War, Literature and the Arts. He resides in South Korea.



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Let's explore Korea!





KOREAN KIDS GET A KICK OUT OF TAEKWONDO

BY CHIHON KIM,
STRIPES KOREA

Speakin' Korean

- **Have you ever learned taekwondo?**
Tae-gwon-do bae-wo-bon jeok isseoyo?
- **No, but I want to learn taekwondo.**
a-ni-yo, ha-ji-man tae-gwon-do-leul bae-u-go sip-eo-yo.
- **How long have you been practiced taekwondo?**
tae-gwon-do eol-ma-na o-lae bae-woss-eo-yo?
- **I've taekwondo since I was very young.**
jeo-neun eo-lyeoss-eul ttae-bu-teo tae-gwon-do-leul haess-eo-yo.
- **Which taekwondo belt are you?**
tae-gwon-do mu-seun tti-ye-yo?
- **What was your belt level?**
Tae-gwon-do myeot dan ieosseoyo?
- **I'm level 3 in taekwondo.**
Jeo-neun tae-gwon-do sam-dan-iyeyo.
- **I'm a taekwondo athlete.**
jeo-neun tae-gwon-do yu-dan-ja-ye-yo.
- **He is really good at taekwondo kicking.**
geu-neun tae-gwon-do bal-cha-gi-leul jal-hae-yo.

Tae-gwon-do
bae-wo-bon jeok
isseoyo?

Probably the most easily accessible sport for Korean children is taekwondo. Classes specializing in the martial art can easily be found anywhere in Korea. If there isn't a taekwondo studio around an elementary school, it feels like something is missing. It is also no surprise that Korea wins a lot of gold medals at the Olympics for the sport.

In an effort to curb bullying, many parents will enroll their children in the local taekwondo dojang. This is especially true if both parents work outside the home, so taekwondo is a good afterschool activity. Let's face it, a taekwondo studio is a cheaper alternative to other afterschool facilities.

I started learning taekwondo when I was a 3rd-grader, not to survive in a classroom full of immature and violent children, but for one very important reason: It looked so cool!

I quickly learned that although the martial art looked cool, it really wasn't the easiest to practice. It's a lot of work. I went to the studio every day after school, ran laps and practiced poomsae, a pattern of movements you must perform based off your level. Sometimes it felt like torture, especially when I

had to do the splits. I really tried to avoid doing those.

As your skills advance, you can take a test to be promoted to the next belt with the ultimate goal achieving the coveted black belt. My friends and I were motivated to be promoted.

Every time I was awarded a new belt, I felt a big sense of accomplishment. Unfortunately, the last belt I earned was the red belt, the last one before becoming a black belt. Why did I stop? Because I had to go to a math institute. This is common in Korea, where there is a lot of competition to get into college.

I got back into taekwondo in 2003 when I started serving my 2-year term in the Korean navy. It was part of our military drills at the navy training camp in Jinhae. Surprisingly, my body remembered all the taekwondo Poomsae. That portion of the training was very easy for me.

I admit that traditional martial arts are taking a backseat to the brutal and bloody world of UFC in terms of popularity. However, taekwondo is not just a sport that makes people bleed or knock out somebody. This sport can teach you discipline and respect, make you stronger and more flexible. If you haven't already signed up on your base or at an off-base gym, give it a try to get all the benefits taekwondo can offer. Plus, it's cool!

kim.chihon@stripes.com



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Photo courtesy of KTA

Is this a fighting video game, or Taekwondo?

BY CHIHON KIM,
STRIPES KOREA

A new Taekwondo scoring system launched in Korea is bringing elements that will seem very familiar to old school video gamers. In response to complaints about the previous scoring system’s inability to catch sensor errors and athlete’s passive attitudes, the Korean Taekwondo Association decided to incorporate a fighting game-style health bar to matches.

That’s right, the bar you’ve seen on video games like Tekken and Mortal Kombat to determine the winner of the fight has moved from virtual reality into real life martial arts! Athletes will now hit and kick their opponents until their health bar zeroes out for victory.

In May, the association showcased the new system, which places sensors on the opponents to help judges determine hits to move the health marker down on the bar. This new system might lead to minor delays in scoring, and it also means athletes will have to literally pack their punches with enough power to transmit a signal to the judges.

It will also mean the end to “foot fencing,” a technique fighters use in competition involving keeping one leg in the air while hopping around on the other in an attempt to score a kick.

Below are other factors which will affect how taekwondo is scored.

Penalties

If an athlete hits passively or breaks rules including hitting an opponent’s face with hands, attacking an opponent on the ground or

hitting below the waist, then a 10-second penalty is given by the center referee. During this time, the athlete who got the penalty will receive doubled damage instead of minus points.

Body shots

Kicks to the body score from seven to forty depending on the amount of force. But if the hit involves a spinning technique, it can add an extra 20 points. Body punches score seven points regardless of force.

Head kicks

A kick to the head earns 20 points with extra points if the kick includes a spin.

Other changes

If an opponent falls, there is no deduction to the health bar, which encourages athletes to try higher-level moves like the turning kick, spinning head kick and jump spin hook kick.

Many taekwondo purists have sounded the alarm as there is concern this video game-like feature will change the tradition and original features of the martial art. But others, including myself, are excited for what the new changes will bring to the sport. It might sound like it is out of a video game (because it is), but keep your eye out for this year’s KTA Power Taekwondo Premium League, no cheat codes or “KO” screens involved.

kim.chihon@stripes.com





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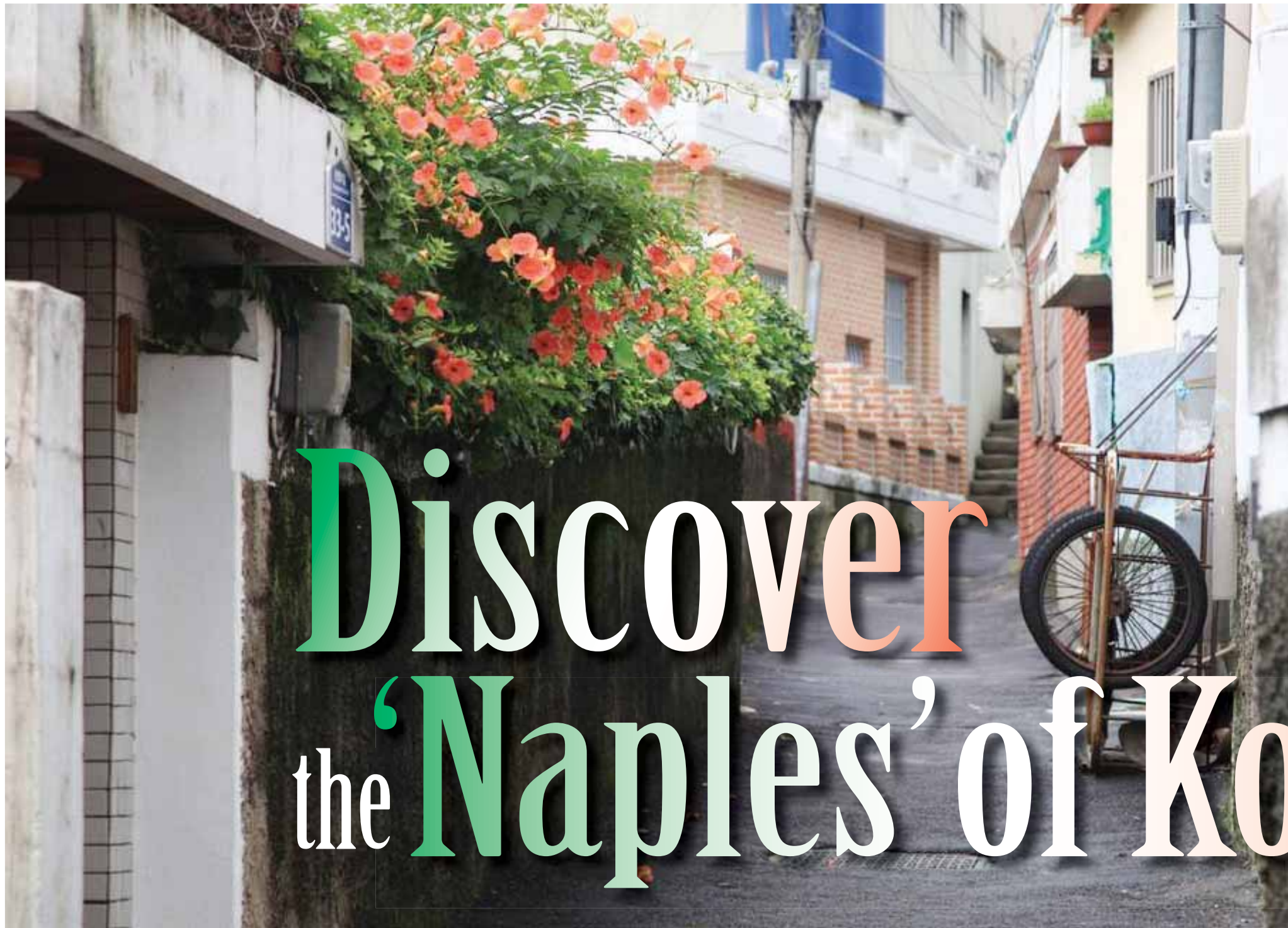
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STARS AND STRIPES

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Discover the ‘Naples’ of Ko



Fish market



Turtle ship Photo courtesy of Tongyeong City Hall

STORY AND PHOTOS BY
CHIHON KIM,
STRIPES KOREA

Off the southern coast lies a port city with views so beautiful, it has earned the title of Korea’s “Naples.” Tongyeong is a small city but it is a great starting point when exploring the peninsula’s many islands by ferry. This “Naples,” has many great eats, local culture and mural villages to pique the interest of foodies and art lovers alike.

My family chose Tongyeong as our destination for the rare opportunity to go on holiday together. Unfortunately, there would be a few complications because of one of our furry family members also joined. Toto, our Maltese, came along for this adventure, but finding a pet-friendly hotel proved difficult. When I did find a room, it was only available for one night. So, our family vacation went from a long weekend to a short stay.

Take note, Tongyeong has no

offseason, but it is especially busy in the summer. The streets around many of the city’s attractions are narrow, thus heavy traffic might prevent you from enjoying a relaxed coastal vacation. Either way, if you’re heading off to other islands on your trip, stay closer to the port for easier access to the ferry.

Turtle ship & fish market

Since we did, in fact, choose to head to Tongyeong during the summer holiday, most of our quality time was spent in our Hyundai sedan stuck in traffic. Eventually, we made it to our first destination, Gangguan Port.

As soon as I stepped out of the car, I saw Geobukseon, a turtle ship which contributed greatly to the Joseon Dynasty’s victory during Japanese invasions in 1592 and 1597. History buffs and curious visitors can enter the turtle ship for free and check



Dongpir
Photos courtesy of



Tongyeong Yeonghaeng Guest Pension
Courtesy photo



ong Mural Village
Tongyeong City Hall

the various attractions dedicated Admiral Yi Sun-shin, who designed battleship. The odor of fish from the half-century-old seaport that hauls tons of food every morning led us to the Gang Fish Market. My father and I walked through the narrow alleys of an open-air market filled with grannies selling fish out of plastic tubs. It was a challenge to pick one amongst dozens of fresh catches for our dinner. I loved the old, rustic atmosphere of the market and enjoyed haggling for the best prices. We bought flat fish, rock fish, red sea-bream, clams and mussels to have later. The merchants' Gyeongsangnam-do dialect was amusing to me, probably because the area is not far from Busan, where I served in the Korean Navy 15 years ago. If you purchase seafood from the market, you can grab a table for 3,000 won (or \$2.47) per person in the eateries nearby and enjoy a raw fish meal. They'll also cook up your purchase however you'd like. The price includes sauce and greens for veggie wraps. It was

a nice spot for a good lunch on the way to our next activity.
■Tongyeong Tourism Website:
<http://eng.tongyeong.go.kr> (ENG)

Dongpirang Mural Village

Our next stop, Dongpirang Mural Village, is a 10-minute walk from the fish market. The working-class village is a lovely place to take photos as it is covered in colorful murals. In 2007, the village was set to be torn down, but local students stepped in to protect it by painting the walls and changing the city officials' minds. The village was preserved for the residents and converted into a beautiful attraction with colorful alleyways, amusing murals and sculptures. Don't miss the snow-white angel wings mural, a great photo op. Although the village is a tourist attraction that is open to the public, it is also a residential area. Be mindful, keep your voice down and keep an eye on your children.

■Address: 6-18 Dongpirang 1-gil, Dongho-dong, Tongyeong-si, Gyeongsangnam-do

DELICIOUS SEA PINEAPPLE & PUFFERFISH

In Tongyeong, fresh sea squirt (or sea pineapple) bibimbap and jol bokguk (or panther pufferfish) soup are must-eat dishes. You'll find plenty of restaurants serving these local delicacies.

For bibimbap, we chose Wonjo-milmul-sikdang because the cooks aren't heavy-handed on the red pepper paste, allowing diners to appreciate the flavors of the native ingredients used in every dish.

Sea squirt bibimbap is made up of bright orange sea squirt, veggies, seaweed, and sesame oil all mixed together with rice in a bowl. With every bite of the sea squirt, the fresh taste of the ocean filled my mouth. It was delicious!

Next, we went to Buil-sikdang to try jol bokguk, which has over 40 years of history behind it and is considered a local hangover cure. At 12,000 won for the bowl, it was a good-sized serving. It came with rice and various side dishes, including a few slices of fresh raw fish. The soup was light, and the boneless pufferfish had a wonderful silky texture.

Buil-sikdang is the kind of place you go to after a long night of drinking on the port and a way to relieve a hangover the Teongyeong-way.



Panther puffer soup

WHAT THE HECK IS A SEA SQUIRT?

Sea squirt, or sea pineapple, is a marine invertebrate filter feeder permanently attached to a surface (i.e. rocks, crabs) at the bottom of the sea, according to Encyclopedia Britannica. Known as meongge in South Korea, sea pineapple is a type of edible sea squirt mostly consumed in the country. Although they do not look too appetizing, meongge have proven to be quite a tasty delicacy. The rubbery red sea squirt resembles a red rubber balloon with tiny bumps. More than 70 percent of meongge in South Korea are caught around Tongyeong and Geojedo island. It is commonly served in thin slices with red chili sauce. Only the watery golden flesh is consumed, and its texture is soft and slippery with a unique marine fragrance. The taste is strong with a hint of bitterness and an aftertaste which lingers on the palate.



File photo



Sea squirt bibimbap

Wonjo-milmul-sikdang
■ADDRESS: 8-42 Jungangsijang 1(il)-gil, Jungang-dong, Tongyeong-si, Gyeongsangnam-do
■OPERATION HOURS: 8:00 a.m. to 9:00 pm
■Contact: 055-643-2777 (KOR)

Buil-sikdang
■ADDRESS: 163-101 Seoho-dong, Tongyeong-si, Gyeongsangnam-do
■OPERATION HOURS: 4:30 a.m. to 5:30 pm
■Contact: 055-645-0842 (KOR)

SEE MORE FOOD
ON PAGE 10

SEE MORE NAPLES PAGE 10

NAPLES: Family fun

CONTINUED FROM PAGE 9

BBQ & electric kickboards

Nestled in the surrounding area of Mount Mireuksan, we stayed the night at the Tongyeong-Guest Pension with a great view of the ocean. It was a lovely place and only a 10-minute drive from Tongyeong Jungang Market. The pension has a beautiful fenced garden where Toto had plenty of space to run.

Though not a fancy place, my family was happy that we were able to have Toto with us and that he could enjoy the room freely without a leash. I also liked that my dog was able to socialize with other guests' pets as well.

For 20,000 won (for four people), we used the pension's BBQ grill service, which includes charcoal and tongs. We grilled the seafood we picked up at the market earlier and spent a nice evening dining al fresco together. The clams and conches were overcooked because of my poor cooking

skill, but it was a pleasure to share this meal with my family.

After dinner, my brother and I enjoyed riding electric kickboards along the beach near our hotel. We rented these from EI MAR, a café near our hotel offering rentals for 10,000 won per hour. This is a great way to explore the city quickly and efficiently.

Order a drink at EI MAR, like coffee, and save 1,000 won off your rental. We really enjoyed the kickboards as we explored the area.

Though it was a short trip, my family and I enjoyed the time we spent together. Even our dog had a good time. Next time, we'll definitely plan ahead to make sure we get to see more of Korea's Naples.

kim.chihon@stripes.com

Tongyeong Yeonghaeng Guest Pension
Courtesy photo



Meet Toto

Toto is an 8-year-old maltese. He is pretty independent and will not listen to me unless there is a dog snack involved.

I adopted Toto when he was a puppy, and he is one of the reasons why I am often at my parent's house. I miss him a lot when I'm away.

This trip was my first time traveling with Toto and since it went so well, I'm thinking of taking him on more trips in the future. Toto had never seen the ocean before and he seemed to enjoy it. As for my family and I, we really enjoyed creating some nice memories with Toto.



CONTINUED FROM PAGE 9

TASTY HONEY BREAD

Born after the Korean War and made to calm fishermen's hunger, ggul bbang is similar to doughnut holes popular in the States. Here, however, the soft dough balls are filled with mashed red beans, fried, and then generously glazed with plenty of honey. The bread itself is quite sweet, so I prefer it without the honey. Almost all of the food stands near the entrance of Tongyeong Jungang Market sell this sweet snack.



Tongyeong Yeonghaeng Guest Pension

■ADDRESS: 8-11 Yeongun-ri, Sanyang-eup, Tongyeong-si, Gyeongsang Gyeongsangnam-do.

■PRICE: From 130,000 won per night (peak season)
Dog boarding: 10,000 to 20,000 won per night

■TEL: 055-645-0060, 010-6399-3517

■WEBSITE: <http://www.guestpension.net/> (KOR)

EI MAR electric kickboard

■ADDRESS: 40 Yeongun-ri, Sanyang-eup, Tongyeong-si, Gyeongsangnam-do

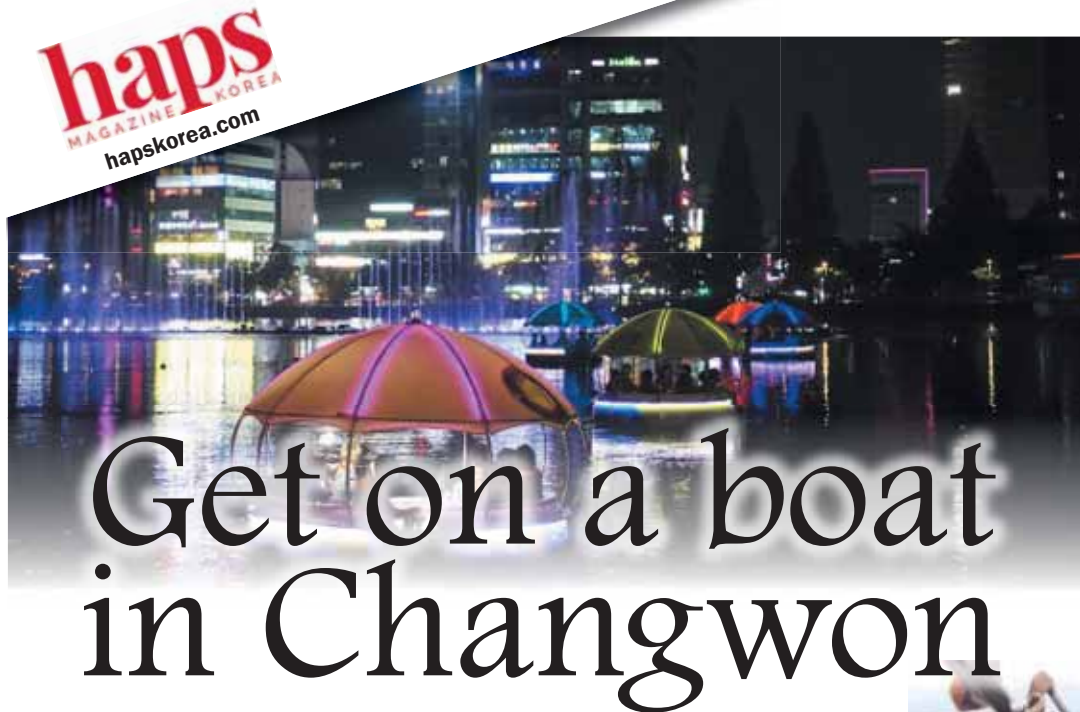
■TEL: 055-645-1047

■OPERATION HOURS: 10 a.m. to 11 p.m.



File photo

File photo



Enjoy rafting on Gyeongho River

HAPS KOREA MAGAZINE

Take a break from the heat this summer while enjoying rafting surrounded by splendid nature in Sancheong-gun, Gyeongnam province.

Gyeongho River is considered one of the best places to enjoy rafting in the summer with its beautiful scenery and clean water quality which provides fast water flow.

Different courses are available by difficulty level with the highlight

being the 8-kilometer course from the rafting town board station in Sancheong-gun to the bottom of Eocheon Bridge in Oeseong-ri, Sinan-myeon.

A variety of package tours are available and are on sale ranging from 25,000 won to 62,000 won.

Facilities have been updated and modernized and lifejackets are provided.

A variety of other outdoor sports are available, including survival games and ATV experiences.

Get on a boat in Changwon

HAPS KOREA MAGAZINE

The city of Changwon announced that it will offer a 20% discount for riders on its moving boats, a boat-type leisure facility in Yongji Park in Uichang-gu until the end of the month.

According to the city, as of the 6th, the number of moving boat users is 99,000 and the average number of visitors is 300 to 400 per week.

It has been a popular tourist attraction in the city since its opening in September 2017.

The moving boat is an electric-charged boat that can be moved in any direction without the need for a rower and up to eight people can

ride at once.

The fee for a 30-minute ride is 20,000 won for four people, depending on the number of passengers and time. With the 20% discount rate until the 31st of this month, the 20,000 won fee will be discounted to 16,000 won.

Hours of operation are Wednesday, Thursday, and Friday from 2 pm to 10 pm, and Saturday and Sunday from noon to 10 pm. Mondays and Tuesdays are closed.

"I hope you will forget the heat for a while enjoying a fantastic music fountain on a moving boat at Yongji Park, a resting place in the city center this summer," Kim Eun-ja, director of tourism at Changwon City said.



For more information:
(Korean language only)



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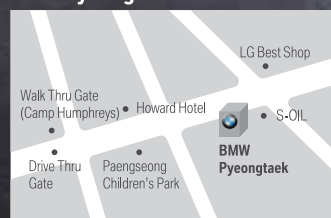


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MILITARY SALES





STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

As an alternative to a fancy restaurant that serves expensive beef ribs (galbi), you can easily find many Korean BBQ restaurants where you can get your meat fix at an affordable price. Due to the old economic recession, the Korean restaurant industry is full of BBQ chain stores that serve up inexpensive BBQ.

Myeongryun jinsa galbi is one of the chains that has recently attracted attention among the all-you-can-eat Korean BBQ joints. The restaurant, which first started in Seoul in 2017, now has 500 stores nationwide and is known for its seasoned pork ribs.

There are four chains in Pyeongtaek. I checked one out that opened in Segyo-dong last October. I'm not a big meat eater, but it was a delightful BBQ experience. The quality of the meat was great considering its low price of 13,500 won (or \$11.26). If you have children, it's 7,000 won for those 5-7 years old and 8,000 won for those 8-10 years old.

This all-you-can-eat restaurant has a time limit of two hours on weekdays and an hour and 40 minutes on weekends. My friend and I went on the weekend and didn't know there was a time limit. But we had more than enough time to fill up our bellies.

Myeongnyun has a neat and general dining interior. Unfortunately, the

narrow space between tables made it a bit boisterously. However, it didn't bother me because I was busy devouring meat.

The flavor of the marinated pork was rather sweet. Children will definitely like it. Maybe that's why most of the diners brought their kids. I also like meat marinated with sweet soy sauce, so I gobbled up five servings with my friend who came with me.

The method of ordering additional

meat varies from chain to chain. In the case of the one in Sangyo-dong, you can grab the meat yourself from a refrigerator, while at others you need to ask the servers for more. Each plate in the meat refrigerator had a note saying how many servings it was, which helped me from taking too much.

Another great thing about this restaurant is rice, soda, and side dishes are all free. They offer fresh vegetables such as lettuce, small green onions, garlic, and

more. Welsh onions seasoned with vinegar, sugar and red pepper sauce really goes well with the greasy pork meat. I ordered soybean paste stew for an extra 2,000 won. Given that most restaurants charge 5,000-6,000 won for this stew, I was happy. In addition to soybean paste stew, they have spicy kimchi stew and soft steamed eggs that you can order for extra.

To round out my lunch, I ordered a cold noodle dish to wash down the oily texture that was still left on my mouth. As soon as the cold noodles were served on my table, I gulped down the icy cold bowl in a flash. I can't imagine a Korean BBQ without cold noodles.

Although there is somewhat of a dispute on some websites over the quality of the meat served, it was not obviously cheap meat that is normally found at your average buffet. I was really satisfied with the restaurant's juicy ribs, friendly service and irresistible prices. Myeongryun jinsa galbi is definitely a bang-for-the-buck restaurant.

It's not a place for a special day, but one to head to fill your stomach with good food. If I have to choose one place to enjoy Korean BBQ that I can afford anytime, I'll definitely go to this restaurant again.

kim.chihon@stripes.com



MYEONGRYUN JINSA GALBI

ADDRESS: Pyeontaek Segyo restaurant 33,
Jandari 2-gil, Pyeongtaek-si,
Gyeonggi-do

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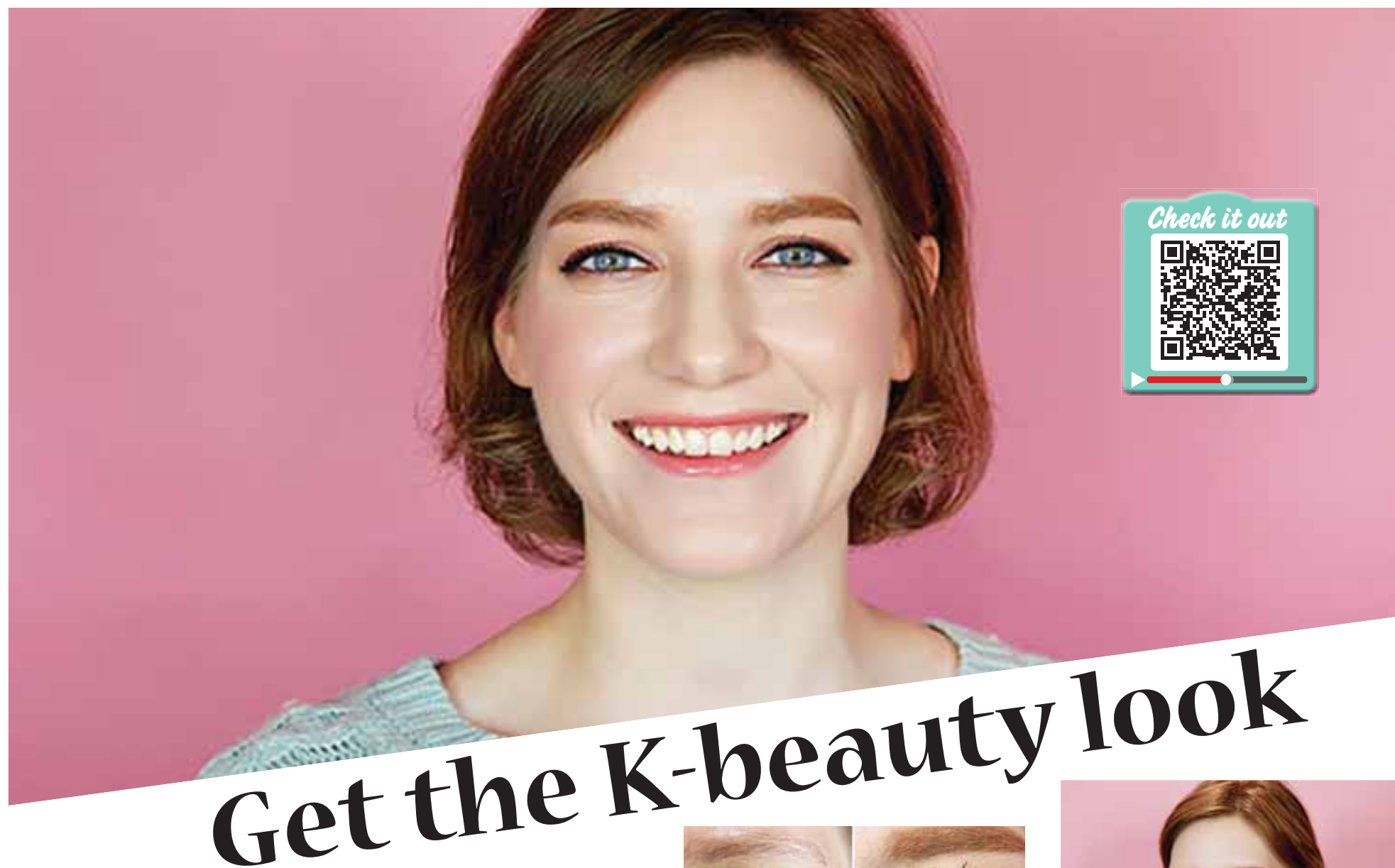
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Get the K-beauty look

KOREA TOURISM ORGANIZATION

Hallyu, or the Korean Wave, has expanded into all areas of life, with one of the newest branches of hallyu being K-beauty, the use of Korean cosmetics and Korean make-up styles. K-beauty really started to blossom in 2015, with Korean products being praised for their healthy composition, powerful effect, and affordable price. Of course, K-beauty isn't just related to consumerism; it also encompasses the use of Korean make-up styles, such as mul-gwang or water-light, which can easily be done at home. If you want to look just like your favorite hal-lyu idol, then follow along with our helpful tutorial!

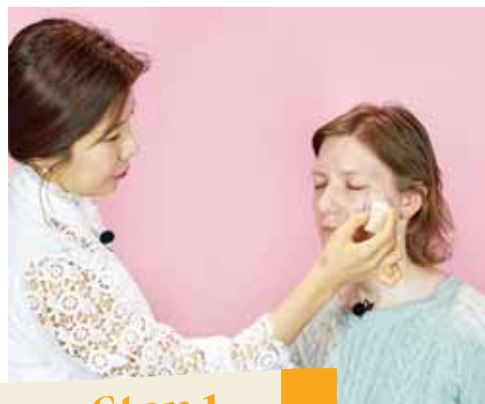
Sales locations:

Online and in-store at cosmetics brand shops (Etude House, Innisfree, Missha, Holika Holika, etc.), and health & beauty shops (Olive Young, LOHBs, Lalavla, etc.) throughout the country

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Step 1

Base make-up

As the saying goes, "well begun is half done," and in terms of K-beauty, that means laying a solid foundation to apply the cosmetics. Most Koreans implement an extensive skin care regime, which is the secret to their youthful appearance. If you want a beautiful K-beauty look, you have to start with moisturizing your face.

■ **Skin care:** Korean skin care is more than just washing your face; after washing, you should also apply toner, lotion, and a watery cream for extra hydration. Depending on your skin type and condition, you may also want to apply essence, nourishing cream, or eye cream. Before applying any cosmetics, be sure to read their instructions for use, as the order may vary by brand and product.



Step 2

Eye make-up

The next step is applying eye make-up, designed to draw attention to the eyes while remaining clean and clear. You can achieve this effect with the use of products such as eyeliner, eye shadow, and glitter. Eye make-up can largely be divided into products for brow, lid, and lash.

■ **Eye shadow:** Select a color that isn't too vibrant or flashy. K-beauty trends aim for a natural look, so aim for a pink or coral color. Using three to four similar colors for blending is normal; eye shadow palettes offering similar colors are great options. Use the lightest color on the prominent part of your eyelid, and the deeper colors for accent.

■ **Eyeliner & lashes:** Filling in the eyelashes at the waterline creates a clean, full-lashed look. For lasting effect, choose a waterproof product. For more naturally curling lashes, press the eyelash curler in three spots, moving outward as you go. When you have a curl you like, apply mascara to the lashes.

■ **Eyebrow:** After you have your eye make-up to your liking, it's time to fill in the brows. K-beauty trends favor a straight brow that is thick and short, which creates a more youthful image. Using an eyebrow kit, fill in your brows with a color that matches your natural eyebrows. For a natural look, be sure to fill in the brows with multiple strokes. If you have thin eyebrows, you can make them appear fuller by also applying eyebrow mascara or using an eyebrow pencil.



Step 3

Blush & Shading

At this point, your make-up is nearly finished. However, your face might have lost a bit of its glow, looking the same shade all around. To fix this, you can contour with blush and shading; K-beauty trends tend to favor highlighting for a brighter look.

■ **Blush:** Blush, a necessary step in K-beauty make-up, is used to apply color to the cheeks for a healthy, lively look. For a daily look, pink or coral colored blushers are best. In addition to a rainbow of colors, blushers also come in a multitude of types, although cushion types are recommended for mul-gwang make-up. To apply the blush, pat the cushion on the cheekbone, blending naturally outward.

■ **Shading:** Shading make-up products are great for creating the face shape you want. The artful use of shading can create the illusion of a more defined nose or jawline. If you want to make your face appear smaller, apply shading to the hairline. If you want a more oval shaped face, apply shading all along the jawline.



SEE STEP 4
ON PAGE 14



Sample of K-beauty products

1. Base make-up:

MISSHA Strobeam Starter Pink Light 12,000 won /
Mamonde High Cover Cushion Perfect Liquid 25,000 won

2. Eye make-up:

Innisfree Two-tone Eyebrow Kit 7,500 won / Etude Play
Color Eyes #Cherry Blossom 18,000 won / Etude Dr.
Mascara Fixer For Perfect Lash 6,000 won / Etude My
BeautyTool Curler 1,500 won / CLIO Waterproof Brush
Liner 18,000 won / CLIO Kill Lash Superproof Mascara
18,000 won

3. Blush & Shading:

3CE Blush Cushion 17,000 won / Too Cool for School By
Rodin Shading 16,000 won / Innisfree No Sebum Setting
Spray 11,000 won

4. Lip make-up:

Holika Holika Heart Crush Velvet 9,500 won / Peripera Ink
Airy Velvet AD 9,000 won / Etude Cherry Moisture Lip
Glow 6,000 won

5. Additional products:

Fillimilli Cloud Cotton Swaps (140p) 2,600 won / Fillimilli
make-up sponge 1,500 won / WAKEMAKE Defining Cover
Concealer 15,000 won

Make-up artist Cho Myoung-ae (Cindy)

Make-up artists in charge of make-up and hair styling for a
variety of areas, including K-beauty, fashion, broadcasting,
jewelry, wedding, etc.

* Products used in the creation of this content were selected
at random; products can be switched out with those
available at cosmetics brands and health & beauty shops
* All product names and prices current as of March 2020;
subject to change
* Effect of all cosmetics and make-up styles will vary by
personal skin type and condition



CONTINUED FROM PAGE 13

Step 4

Lip make-up

The final step in our tutorial is applying lip make-up! Most K-beauty aficionados swear by lip tint for its lasting power. A quick sweep of lip gloss over the tint for some shine and your K-beauty look is complete!

■ **Lip tint:** Lip tints are one of the most popular K-beauty cosmetics around. In comparison with lipstick, tints have a heavier moisture base, allowing the color to sink into the lip and stay longer. Use two colors for a gradation, or simply use less tint on the outer edges for a similar look.

■ **Lip gloss:** While lip gloss is not required, adding it over the lip tint will give shine to your lips, an important aspect of mul-gwang make-up. As an added bonus, it also provides a boost of moisture! Lip glosses come in many colors, but we recommend one with a bit of sparkle for that extra edge.

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Stripes Sports Trivia

Every sport has those records that are just plain astonishing. Numbers that every time you see them, you wonder how it was possible for a player to accomplish that once, and as far as breaking it? No chance. The NFL record for sacks in a single game is seven. Yes, seven sacks, one guy. Which Hall of Fame linebacker, who was tragically killed after a car crash in 2000, holds this untouchable record?

Answer

Derrick Thomas



Memories with STARS AND STRIPES Pacific

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Danjong Cultural Festival

The last Friday, Saturday and Sunday of April every year

Yeongwol-eup area including Jangneung Royal Tomb

- An ancestral rite for the King Danjong
- Reappearance of Director of the Joseon Dynasty
- Queen Jeongsun contest
- Kudzu Root Tug of war night
- Chosun royal carriage parade



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DID YOU KNOW?

According to South Korea's government report, the country's total fertility rate recorded at 0.92 in 2019, the lowest rate in the world. Experts argue changes in lifestyle, the spread of individualistic values, and the expensive cost to raise a child are factors discouraging young South Koreans from getting married and having children.



Hangul of the week

임신
imsin (pregnancy)

Language Lesson

I'm bored.

Simsim-haeyo.

Crossword

by Margie E. Burke

ACROSS

1 Down in the dumps
5 Acted like
9 Loses color
14 Litter's littlest
15 Quaker's "you"
16 Say "y'all," say
17 Math computation
18 Youngster
19 Firing place
20 Many May babies
22 Wrongdoing
24 Olympic lake in NY
26 ____-Atlantic
27 Small night bird
29 Materials for Renoir
34 Like some music
36 Web developer's concern
37 Kind of sign
38 Playfully shy
39 Acrobat's attire
42 Phone's ABC
43 Anagram for "ruse"
45 Caesar's hello
46 Perfume sampler
48 Superfluous
51 Ball VIP
52 ____ no evil
53 Figure out
55 Field laborer of old
59 Maine capital
62 Color of honey
63 Right on the map?
65 Diving bird
66 Get a whiff of
67 Smart-____
68 Surrounded by
69 Astronaut Ride
70 Kin's partner
71 Count (on)

DOWN

2 Fishing item
3 Out of work
4 Amazon, e.g.
5 Room at the top?
6 Prefix with "therapy"
7 Comics shriek
8 Consider to be
9 Iran, once
10 Finder of a magic lamp
11 Place to wait
12 Result of honing
13 Farmer's purchase
21 Birth-related
23 BMW, e.g.
25 Swell, as the abdomen
27 Come to pass
28 Which person's?
30 Shepherd's locale
31 Annoying
32 Spa handout
33 Siesta sound
35 Hard to lift

Answers to Previous Crossword:

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

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:

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

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

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