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Publishing and Media Design Writers

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Winning isn't everything, but it sure is nice

The Meat and Potatoes of Life

Lisa Smith Molinari



The opponent's stadium lights blazed sizzling white on that balmy fall Florida Friday night. Our son — a sophomore at his new high school since our permanent change of station move from Germany over the summer — was the second string center on the visiting football team. The chance of him seeing any play time was only slightly better than the odds of me winning the Powerball.

And I never buy lottery tickets.

Coming into the game, the opponent was ranked 14th in the state and 117th nationally. They hadn't lost yet. Their state-of-the-art, 15-acre athletic complex looked like the high school football Taj Mahal. Emblazoned across their press box, which was so big we suspected it had a cocktail bar in it, were banners reading "District Champions," "State Playoffs" and "Regional Champs." It was the kind of place that Division 1 college recruiters have on their travel itineraries.

Our high school, on the other hand, was a public magnet on nine dilapidated acres in the middle of the worst inner-city neighborhood in Jacksonville. Due to the great emphasis placed on advanced academics, funding for athletics was minimal. None of the school's graduates were headed for the pros, unless by "professional" one means doctor, lawyer, architect or engineer.

Thanks to the lack of funding, the football team was barely able to afford jerseys. The field was a lumpy crabgrass plot in the center of an ancient six-lane running track that had been deemed unsafe for competitive use. The cross country and track teams were bussed to other school's facilities for practices and meets. On the home team side of the field sat aging bleacher seating, a rudimentary press box with a cracked speaker system and a standalone concessions shack with two working outlets. The visiting team's fans were relegated to dented bleachers pushed up against a chain-link fence.

Our team's only practice equipment, one sled and one chute, had long been abandoned as unsafe, and stood corroding in a corner with tall weeds growing around and through their rusted edges. A weathered scoreboard overlooked it all, rendered useless by the inoperability of one-third of its bulbs.

My husband and I, wearing our Stanton Blue Devils T-shirts, ogled the

opposing team's fancy digital scoreboard as we found our stadium seats before kickoff. With an 0-5 football team comprised of math geeks, computer nerds, avid readers and Eagle scouts, we knew they were about to get creamed.

Our opponents scored two touchdowns in the first four minutes of the game, and by the half, we were losing 7 to 50. In the second half, they put in their second stringers, giving us a bit of respite from the slaughter.

In the fourth quarter, Francis and I noticed a familiar number out on the field. Was that our son? I knocked my boiled peanuts over jumping to my feet, and my husband fumbled for his camera. We couldn't believe our eyes, and wondered if our son might actually be a part of a miracle comeback play.

Just then, we saw the ball skim across the turf as the players scrambled. Bad snap. Fumble. Turnover.

Please Lord, make it stop.

Our son took his seat back on the bench, and the Blue Devils lost the game 64 to 7.

Many famous sports figures throughout history have been quoted on the character-building aspects of losing. "Winning isn't everything ..." they've said. "It's not whether you win or lose ..." they've said. "When at first you don't succeed ..." they've said.

Whatever.

The first time a team loses, it was just a fluke. The second time they lose, they vow to learn from it. The third time, they say it only makes them stronger. But after that, they're just bitter. Really, really bitter.

The Blue Devils never won a game that football season. Or the next. Consistently losing didn't teach our son any valuable life lessons. But he did learn that there's a silver lining to being a military brat: No matter how bad life gets, it's only temporary. Before our son's senior year, we moved again, this time to Rhode Island, where our son's football team won a few games.

Winning wasn't everything, and it wasn't the only thing. But it sure was nice.

Read more of Lisa Smith Molinari's columns at: themeatandpotatoesoflife.com and in Lisa's book, *The Meat and Potatoes of Life: My True Lit Com*
Email: meatandpotatoesoflife@gmail.com

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Healing and Relaxation

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Herbal medicine and traditional tea

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Photos by Jian Lee, Stripes Korea

DINNER PARTY WITH FRIENDS

Our day of shopping, cooking and eating together

STORY AND PHOTOS BY HYEMIN LEE,
STRIPES KOREA

My dad recently gave me some pears he brought from my uncle's pear farm. Have you ever tried Korean pears? They are big, sweet and juicy. Their skin glows a bright yellow. Korean pears are unlike most fruit in North America, so there is no way to explain how amazing they taste. I love them a lot, but I couldn't eat all of them alone. So, I thought I'd share them with my friends. But since I was going to have people over anyway, I decided to have a dinner party.

My good friend Abraham, an airman in the U.S. Air Force that I have known for years, just returned to Korea so it was a great excuse for a party. Along with Abraham, I invited Brian, a good friend and a U.S. soldier, and my sister. To me, cooking for your favorite people is a great way to show how much you care about them.

This time of the year, my family always takes a daytrip near the sea to eat a bunch of shrimp. Most Koreans believe the best way to cook shrimp is to roast them in coarse salt. Jumbo shrimp is the perfect seasonal food for a fall dinner party. I also decided to make a couple of other easy and fantastic dishes that would impress my American friends. The dinner party was a lot of fun, but so was the preparation. Give this a read, then plan your own dinner party!

Lee.Hyemin@stripes.com



Brian wanted to help me shop for groceries for the dinner party, so we headed to Tongbok Market to get some jumbo shrimp and salt. Brian loves learning new Korean words, so I decided to give him a short lesson and then let him do the shopping.

Everyone, please pay attention! With this simple lesson, you'll be able to buy anything you want by speaking Korean, which will improve your quality of life here!

■ Phrases (formal)

*Adding yo at the end of a sentence makes it more formal.

- **Hi:** Annyeonghaseyo (안녕하세요)
- **Thank you:** Gamsahapnida (감사합니다)
- **How much is it?:** Eolmayeyo? (얼마예요?)
- **Please give to me/ I'll take:** Juseyo (주세요)

■ Vocabulary

- **This:** Igeo (이거)
- **That:** Jeogeo (저거)
- **Together:** Gachi (같이)
- **All, everything:** Da (다)

■ Numbers (Sino)

- 1: Il(일)
- 2: I(이)
- 3: Sam(삼)
- 4: Sa(사)
- 5: Oh(오)
- 6: Yuk(육)
- 7: Chil(칠)
- 8: Pal(팔)
- 9: Gu(구)
- 10: Sip(십)
- 100: Baek(백)
- 1,000: Cheon(천)
- 10,000: Man(만)

■ Korean money

- **1,000 won:** Cheon won (천원)
- **10,000 won:** Man won (만원)

"Learn these words!"



Mission:

Buy jumbo shrimp and salt while speaking Korean

"Igeo da juseyo!"



■ At a fish shop

Brian: "Igeo da juseyo!" (I'll take them all)

He bought three boxes of jumbo shrimp at a discounted price since the vendor wanted to get rid of everything. It was total 30,000 won. He's off to a great start!

- 1 box (22-25 shrimp about 600-700g): 14,000 won.
- The average price of jumbo shrimp (1kg): 22,000 won ~ 28,000 won (It depends on the freshness and size)



"Igeo juseyo"



■ At a salt shop

Brian: "Annyeong-haseyo" (Hello)
"Igeo juseyo" (Please give me this)
Vendor: Jeogeoyo? (That one?)





Brian: “Eol...eol? Help me Hyemin!”
He forgot how to say “Eolmayeyo?” (How much is it?)
Vendor: “Sam cheon won, juseyo.” (Give me 3,000 won, please)
• Sea salt (Small bag): 3,000 won

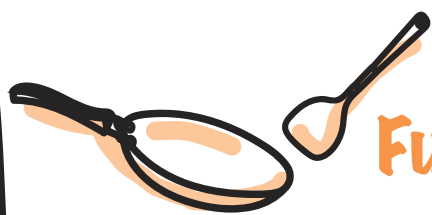


“Gamsahapnida”



Brian and vendor: “Gamsahapnida” (Thank you)
Brian successfully completed his mission! He looked a bit tired, but said he felt great about his improvement in speaking Korean. I was very proud of him, too. I understand it’s not easy shopping in a foreign country, but let’s focus on positive. The experience of living abroad will give you many challenges (and achievements), which will broaden your horizons.

Once you start using even a little bit of Korean, your life in Korea will be completely different. I recommend you try the simple words and phrases Brian used while you are at convenience stores, markets and restaurants. Believe me, once we try speaking Korean when you are out and about, it will be one of your favorite parts of your journey in Korea! Just ask Brian!



Fun in the kitchen!



After Brian and I came back from the market, Abraham joined us for the cooking. Frankly, I was a little bit worried if they would get along. I have many military friends. Whether they are Korean or American, all branches love making sarcastic jokes about others and proudly say, “My branch is the best!” My apartment is too small to handle an airman and a soldier at the same time if

they are not getting along.

However, when we all met up, I quickly realized there was nothing to worry about. The three of us have many things in common. Both of my friends are from a Mexican family and I used to live in South America, so we love Latin music, shrimp, and spicy food. We had a great time cooking and listening to Latin music together!

Roasted jumbo shrimp

INGREDIENTS: Jumbo shrimp • Coarse salt • Butter • Garlic
Koreans usually roast shrimp only with salt but I added garlic and butter. Also, this food usually comes with a Korean dipping sauce made of chili pepper paste and vinegar or sesame oil, but I prepared a garlic and cheese mayo sauce for my American friends.

DIRECTIONS:

- 1 Wash shrimp and remove vein if you don’t like them. You can use a knife or toothpick to pull out the vein.
- 2 Wash garlic and cut the butter into pieces.
- 3 Lay one or two pieces of aluminum foil on a pan then put coarse salt, shrimp, garlic and butter on it.
- 4 Put the lid on the pan and cook over a medium heat for 8-10 minutes. Finished! Extremely simple!



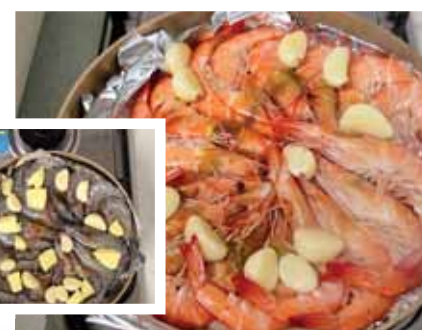
Roasted jumbo shrimp with garlic and salt

Korean pears



Makgeolli (Korean rice wine)

Korean pancakes with shrimp



Korean pancake with shrimp and pepper

INGREDIENTS: Jumbo shrimp • Salt • Pepper • Green pumpkin Eggs • Korean pancake mix (or all-purpose flour)
I was trying to feed 4 people, including myself, so I used one bag (500g) of Korean pancake mix.

DIRECTIONS:

- 1 Remove the shell, head, tail and vein from shrimp.
- 2 Cut the shrimp, pepper, green pumpkin into small pieces.
- 3 Pour 500g of Korean pancake mix and 700-800ml of water into a bowl.
- 4 Stir 4-5 eggs in a separate bowl.
- 5 Put all ingredients together and add one tablespoon of salt. Stir until it’s all mixed.
- 6 Heat a pan on medium coat it with the oil. Make sure to pour enough oil.
- 7 Pour batter to coat the bottom of the pan and add more shrimp!
- 8 Cook for 4-5 minutes until the bottom turns golden brown.
- 9 Flip the pancake and add more oil. Then heat another 3-4 minutes.



“Oh, no! I burned it!”



“Let’s cover it up!”



Oh, no! I burned the bottom while chatting with my friends. “I can’t show this burned pancake to our readers!” I screamed. Brian tried to calm me down. “If an Army guy tries your recipe, he’ll burn it, too,” he said assuredly. “It’s a real lesson, so don’t worry!” “Yes, the troops won’t care as long as it tastes good,” Abraham chimed in. “But what if some military spouses who love cooking want to try my recipe?” I worried out loud. “Let’s put more chili pepper to make it look better,” Brian said. My two good friends helped me hide the ugly part of the pancake. The colorful chili peppers were definitely helpful. This joint operation of the U.S. Army, U.S. Air Force and a Korean to cook Korean dishes was a success!

Photo by Jian Lee, Stripes Korea

SEE PARTY ON PAGE 6

CONTINUED FROM PAGE 5

“Great food.
Tasty drinks.
Lots of laughs.”

PARTY: Time to eat!

After all the hard work of shopping and cooking, we finally reached the best part of the day: eating all the shrimp and other delicious food we prepared! To kick off any party you need to make a toast, so I took out Makgeolli from the refrigerator. When I poured the Makgeolli into wine glasses, my friends laughed. They knew it’s usually served in a metal cup or bowl, but since I didn’t have either I figured wine glasses would work just fine. Makgeolli is technically Korean rice wine, so why not?!

We raised our glasses and enthusiastically toasted in Korean: “Geonbae (cheers)!”

And then it was time to eat. I was so happy when my guests said they were amazed how delicious the roasted shrimp were. The garlic, salt, and butter really brought out the flavor of the shrimp.

The shrimp was delicious as it was, but we also had the option of two sauces.

“What is this sauce? It makes the shrimp even more delicious!” Abraham asked as he pointed to the garlic and cheese mayo sauce I had bought. Honestly, it paired even better than the Korean sauce we also had. I’d recommend getting the mayo sauce if you plan to try roasted shrimp with salt.

My favorite part of the dinner was drinking makgeolli with the shrimp and hot pepper pancakes we made. The sweet, sour and soft flavors of the Makgeolli stunningly paired well with the crispy and spicy pancake. Makgeolli is known as a traditional drink that goes well with all Korean foods, but especially pancakes. That’s the reason I chose it as the dinner drink. I was happy my guests enjoyed all the Korean food we cooked, as it was their first time eating a Korean feast like this.

We devoured all the food. I kept making pancakes until all the ingredients were gone. And the shrimp?

Those three boxes Brian purchased at the store were empty. And our stomachs were full.

Great food. Tasty drinks. Lots of laughs.
It was the perfect dinner party!

The garlic & cheese mayo sauce



Photo by Jian Lee, Stripes Korea

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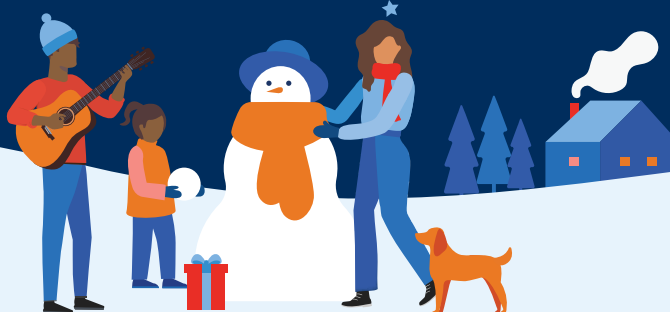
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→ Comments from the guests

“The roasted shrimp with salt smelled wonderful. Combined with the garlic mayo, it was by far the best shrimp I had ever had. It was interesting having to peel the legs off before eating, I liked this part!” – Brian

“Shrimp for me is one of the delicacies of the sea. This roasted shrimp immediately stood out from its peers from the sheer flavor it packed. The almost immediate hit of garlic on the tongue with the salt fighting for a spot on your taste buds made this a joy to eat.” – Abraham

“Korean pancake with shrimp? At first, I thought, ‘this probably won’t be very good.’ But it was spicy and delicious! It was the best food of the night. The green pumpkins and peppers gave a nice crunch, and the shrimp made it a full meal by itself.” – Brian

“The Korean pancake is fun to make as it is enjoyable to eat! There’s always a surprise with each bite as the egg does its job of blending everything together. Will my next bite consist of spicy peppers or shrimp? Who knows?!” – Abraham

“The Korean pear has a rather legendary reputation here than it does back in the States and it’s easy to see why.”

“The Korean pear had a very juicy crunchy texture that I loved. It cleansed my palate after the big meal. It was the perfect light dessert and way to end the meal!” – Brian

“The Korean pear has a rather legendary reputation here than it does back in the States and it’s easy to see why. A bite will give you near instant satisfaction as the juices flow. A gentle yet firm flavor will have you taking bite after bite of the delicious goodness.” – Abraham

“During my first tour in Korea, I had mixed feelings about Makgeolli. A fermented sour taste coupled with carbonation can be difficult to get past. I’m proud to say that my tastes have become refined over the years, and I now enjoy every sip of Makgeolli that come across my table. Sometimes it will have slight fermented milky flavor and high on carbonation. Other times it could have a strong tangy flavor. No matter where on the spectrum it lands on, I’ll always be asking for another bowl.”

– Abraham

“Korean pancake with shrimp? At first, I thought, ‘this probably won’t be very good.’ But it was spicy and delicious!”



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Longest-underwater tunnel in Korea and also the longest national highway tunnel with a total length of 6,927m.





STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA ARCHIVES

The Korean corn dog is very nostalgic food for me. When the sweet and savory smell from the deep-fried batter wafts through the air, I'm immediately transported to my childhood, to my old neighborhood and to summer vacation visits to the nearby amusement park.

Recently, the corn dog treats I remember growing up started to become a food trend outside of Korea. Many think mukbang food videos on social media is the reason why Korean corn dogs are having their moment. Whatever the reason, one thing for sure is that these dogs are delicious!

Corn dog or hot dog?

While young folks who are familiar with U.S. culture tend to call hot dogs just hot dogs, some elderly call hot dogs so-se-ji-ppang. However, if you look for so-se-ji-ppang at a Korean bakery, you'll most likely get a pizza-like sausage bread (or pizza ppang) that has sliced sausages covered with toppings and cheese.

Before you try your hand at ordering a corn dog at any of the food stalls you come across in South Korea, it is important to use the correct name. In Korea, corn dogs are actually called hot dogs.

I was witness to the potential problem that may arise with using the wrong name. I was at my favorite dumpling shop waiting to pick up an order and an American customer was in line ahead of me. He ordered a corn dog and fried chicken but the granny behind the counter only prepared the chicken. I saw the customer's desperation as he continued to ask for a corn dog, but with no sign or corn dog to point to, he was not getting anywhere with the cook.

I jumped in and let her know that he wanted a hot dog, and the customer was relieved that he would soon be biting into the crispy treat. The lesson here is to make sure you know that Koreans call them hot dogs (pronounced "hat-do-geu")!

What's the difference between Korean corn dog and an American corn dog?

If you're American, you're familiar with the standard hot dog on a stick coated with the thick layer of sweetened cornmeal batter and deep fried to golden brown perfection.

Korean corn dogs are similar but the batter is made of wheat flour and the sausage quality is different. One stark difference is that Korean corn dogs are served with a little sprinkle of sugar on top.



Photo courtesy of Myungrang Hotdog

What makes Korean corn dogs special?

Though the main difference still lies in the batter, these days Korean corn dogs have undergone a slight makeover. Instead of wheat flour batter, you'll find many corn dogs in Korea are now coated in batter with either rice flour or glutinous rice flour and a special frying powder which gives the finished product a chewy and extra crispy consistency.

You'll also find a variety of fillings from classic sausages to mozzarella, cheddar, rice cakes, ground pork and more.

Speakin' Korean

- What's your favorite Korean street food? Ga-jang joa-ha-neun gil-geo-ri eum-sigeun mwoeyo?
- My favorite street food is a hot dog. Jeo-neun hat-do-geu-reul jeil joa-haeyo.
- Do you want to go and eat a hot dog? Hat-do-geu meo-geu-reo gal-lae-yo?
- Can I get a hot dog? Hat-do-geu hana juseyo.
- Would you like to sprinkle sugar on your hot dog? Seol-tang ppu-ryeo-deu-ril-kka-yo?
- No, thanks. Aniyo. Gwaen-chanayo.
- This is so delicious! Igeo jinjja masisseoyo.



My favorite corn dog place

Corn dogs aren't just at food stands, festivals or amusement parks anymore. Go in any grocery store's frozen food section and you'll find many corn dog options to make at home. But, if you're craving the freshly made fried stuff, you can head to chain stores like Myungrang Hotdog (명랑 핫도그) or ChungChun Rice Hot Dog (청춘 핫도그).

Korean corn dog places near Camp Humphreys

• NAVER MAP PIN:

Myungrang hot dog - Asan store
<https://naver.me/GJrmVDYS>

• HOURS: 11 a.m. to 10 p.m.

• PHONE: 041-531-4001

You'll find corn dog stalls in many corners of the peninsula as their popularity at home and abroad mounts. Myungrang Hotdog is probably the most common and largest chain you'll find in South Korea. Originating in Busan, the company has grown to 660 stores since opening in 2016.

At Myungrang, you can order from a plethora of options of hot dogs that have different toppings and fillings, ranging from 1,500 won to 2,000 won. Start with an original sausage. If you love cheese like me, grab a mozzarella & cheddar hot dog. Their sweet potato & mozzarella version is my go-to menu item and comes coated with fried potato bits. And don't forget to choose from the three to four sauces to dip your corn dog.

So, next time you're looking for a quick bite or a delicious treat, give the Korean hot dog a try!



WEBSITE



NAVER MAP



Korean sausage bread

RECIPE

Savor the flavor of Korea's Japchae

STRIPES KOREA

Japchae is usually treated as a side dish in Korean cuisine. But serve it over rice, and this savory and slightly sweet dish of stir-fried glass noodles and veggies becomes the show-stopper it deserves to be.

Japchae is a traditional dish served on special days like Lunar New Year, weddings, birthdays and feast days. The delicious flavor and the ease of making large amounts of it at once make Japchae a hit.

In Korea, you'll find that japchae involves a variety of seasonal vegetables, but the base standard ingredients are glass noodles, vegetables, meat and mushrooms seasoned with soy sauce, sugar and sesame oil.

The cooking process takes a little bit of strategy since the ingredients are sauteed separately then incorporated together at the end. Once you try it, however, you'll know it was worth it. Add this Korean staple to your menu and you'll see why it forms part of our special days!

- **PREP TIME: 30 mins**
- **COOK TIME: 15 mins**
- **TOTAL TIME: 45 mins**
- **DIFFICULTY: Easy**
- **SERVINGS: 4**

INGREDIENTS

- 250g Korean glass noodles (or Dangmyeon). This noodle is commonly available dry in packaged bundles and you can get this at any Korean grocery store.
- 100g porks or beef, cut into thin strips
- 100g mushrooms (You can use any kind of fresh/dried mushroom - cleaned & thinly sliced shiitake mushrooms, button mushrooms, oyster mushrooms or wood-ear mushrooms)
- 60g carrots, thinly sliced
- 150g spinach, rinsed
- 130g onions, thinly sliced
- 50g spring onions, thinly sliced

SEASONING SAUCE

- 4 tbsp dark soy sauce
- 1/2 tbsp minced garlic
- 4 tbsp sesame oil
- 2 tbsp brown sugar
- 1 tbsp roasted sesame seeds
- 1/3 tbsp salt
- Black pepper

INSTRUCTIONS



1 Pre-soak the glass noodles in water for 30 minutes (Warm water can shorten the time). If you use wood-ear mushroom, pre-soak it for 30 minutes as well.



2 While the noodles are getting soft, cut all ingredients including veggies into long thin strips except for spinach. For meat, cut beef (sirloin, boneless short ribs or beef chuck) into 2-inch strips. I usually use pre-cut pork shoulder from the freezer section of a Korean grocery store. You can replace beef with chicken, pork shoulder, flat fish cake or even tofu. Personally, I like my japchae with fish cake more than with meat.



3 Boil some water with a pinch of salt and blanch the spinach for about 10 seconds, not much longer. (Trim the stem before blanching) Take the spinach out with a strainer and put them in cold water immediately. Gently squeeze out water from spinach and set aside with other veggies.



4 Boil some water in a large pot (or use the hot water that was used for the spinach). When the water comes to a boil, add the noodles and cook them until they are transparent and soft enough to eat, which should only take about two to four minutes (or, six minutes, if you skipped pre-soaking the noodles).



View Video!



5 Rinse the noodles thoroughly with plenty of cold water to cool down and to remove the excess starch. This process gives noodles a bouncy texture. Then let the water drain for a couple of minutes. You may want to cut the noodles with kitchen shears into 3-inch lengths, as they can be very long. You can season the noodles at this step, but from my experience, I can't find any big difference marinating the noodle in advance or not.

PRO TIP

Toss the noodles with a small amount of oil to keep the noodles from sticking together and getting soggy.



6 Sauté the onion with a pinch of salt over low to medium heat until it softens (1-2 mins) and then place it in a large mixing bowl. Cook the rest of the ingredients separately in the same manner.

PRO TIP

Don't overcook, the veggies should be a slightly crisp-tender texture.



7 Seasoning: Put all ingredients a big mixing bowl, including glass noodles. Add minced garlic and season them with dark soy sauce, sugar, ground pepper, sesame seeds, salt and sesame oil. Then, toss them gently to combine everything. After this step, fry some of the seasoned noodles with veggies over low to medium heat for 2-3 mins. Be careful not to overcook the noodles! Or you can just serve it without frying the noodles over heat if you like a clean and light taste.

PRO TIP

Finding perfect balance between salty and sweet flavor with soy sauce and sugar is a key for the success of this recipe.



8 Sprinkle sesame seeds and serve.
Bon appetite or **잘 먹겠습니다!**
(Pronounced: **jal meok-ke-sseum-nida!**)



Vegan course at A Flower Blossom on the Rice.



Salted bean curd soup at Hwanggeum Kongbat.



Fresh bean curd at Hwanggeum Kongbat.

Vegetarian restaurants with Michelin Green Star Taste

KOREA TOURISM ORGANIZATION

Other than fame, what do Ariana Grande, Billie Eilish, and Zendaya all have in common? They have all chosen to live a vegetarian lifestyle! Vegetarianism is a popular dietary option among the younger generation who have a big heart for animal welfare and the world climate. It's no surprise that vegetarianism has

also spread throughout Korea, with many restaurants catering to these diners. Among these, there are two restaurants that are well known for their outstanding taste, even earning the Michelin Green Star.

Michelin Green Star, environmental friendly recognition

The Michelin Guide, the international guide to fine

dining, released the Michelin Green Star rating system in 2021. This new addition gives stars to restaurants that use environmentally friendly ingredients to make their tasty dishes. There are two restaurants in Seoul that have earned this prestigious award for three years in a row! For a high-quality vegan experience, visit A Flower Blossom on The Rice or Hwanggeum Kongbat.



Signature menu, bojagi bibimbap.



A Flower Blossom on The Rice, vegetarian dining as beautiful as a flower

Location: Within Insa-dong, a top attraction in Seoul. Three-minute walk from Anguk Station (Seoul Subway Line 3)

Introduction: A Flower Blossom on The Rice showcases just how beautiful a Korean vegetarian restaurant can be. Ninety-five percent of the restaurant's ingredients are organic, pesticide-free, and animal welfare certified ingredients. The eggs come from chickens with a large area to roam, and the rice is cultivated by farmers who do not use pesticides.

Signature menus: A Flower Blossom on The Rice's signature menus are the bojagi bibimbap (limited lunch special) and the vegan course. The bojagi bibimbap is made by wrapping the rice in a sheet of fried egg yolk layers and decorated with a strip of seaweed and an edible flower. The rice filling is made with organic rice and six types of green vegetables for a hearty meal. The vegan course can be ordered as a full course or a half course, with each option including only 100% vegan foods. The course begins with a soup and salad before leading into savory vegetable pancakes and kimchi before the main course of rice and a stew, rounded out by dessert. Must-try dishes include the goatsbeard rice enjoyed by Michael Jackson during his trips to Korea, and the spicy Korean chili pepper japchae that comes with the full vegan course.

Tip: For non-vegetarians ordering the vegan course, you can also order side menus made with fish or meat, such as the tteok bulgogi (rice cake bulgogi) made with organic hanu (Korean beef).

ADDRESS: 3-6 Insadong 16-gil, Jongno-gu, Seoul (서울특별시 종로구 인사동16길 3-6)

Operating hours: 11:30 a.m.–9 p.m. (Break time 3–5:30 p.m.) / Closed the day of Seollal (Lunar New Year's Day) & Chuseok (Korean Thanksgiving Day)

WEBSITE: www.goodbab.co.kr



WEBSITE



Bean curd stew.



Hwanggeum Kongbat, a new world of bean curd cooking

Location: A five-minute walk from Aeogae Station on Seoul Subway Line 5. It's also a short 20-minute ride on the subway from Seoul Station.

Introduction: Bean curd is one of the main ingredients used in vegetarian meals, thanks to the high level of protein found in soy beans, making it a good substitute for meat. At Hwanggeum Kongbat, the bean curd is made fresh every morning using 100% Korea-grown soy beans. Their bean curd became famous for its nutty flavor and smooth texture like that of pudding. The restaurant sends the soy bean pulp leftover from making the bean curd to farms to be used as animal fodder, earning high points from the Michelin Guide, which gives points for lower amounts of food waste!

Signature menus: Hwanggeum Kongbat's main menus are bean curd stew, salted bean curd soup, and bean curd course meal. If you enjoy spicy Korean food, try the bean curd stew, a dish served piping hot and spiced with Korean chili peppers. The salty bean curd soup is made with a vegetable broth salted with shrimp brine, making this dish only acceptable for pescatarians and pollotarians. If you order the bean curd course meal, you can try all of the restaurant's signature dishes. From fresh bean curd made with just soy beans, water, and salt, to vegetable and tofu balls for vegetarians and bossam made with undyed pork for non-vegetarians, this course has something for everyone to enjoy.

Tip: Be sure to try the fresh bean curd without seasoning first. This way you'll be able to taste the nutty flavor of the fresh bean curd!

ADDRESS: 9 Mapo-daero 16-gil, Mapo-gu, Seoul (서울특별시 마포구 마포대로16길 9)

OPERATING HOURS: Weekdays 11:30 a.m.–9:30 p.m., Weekends 11:30 a.m.–9 p.m. (Break time 3:30–5 p.m.) / Closed Seollal (Lunar New Year) & Chuseok (Korean Thanksgiving) holidays

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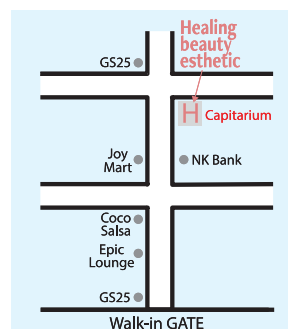
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“Will it happen around me? Will I have to perform CPR?”

Being prepared to administer CPR is crucial for bystanders until paramedics arrive, significantly increasing the chances of survival. Timely and effective CPR can save a life within 4 minutes of cardiac arrest. CPR training equips individuals to be a lifeline for family and friends.

What exactly is sudden cardiac arrest and cardiopulmonary resuscitation?

Cardiac arrest is a condition in which the heart's pumping function, responsible for blood circulation in the body, suddenly stops due to various causes. When a heart attack occurs, the blood supply to the body is cut off, leading to the onset of damage to brain cells typically within 4 minutes. After 10 minutes, permanent brain damage and organ damage can lead to death. Cardio-Pulmonary Resuscitation is a first aid method that artificially maintains breathing and circulates blood when breathing or the heart stops beating. When the heart has stopped working, CPR is a method of circulating the blood with external effort, which is crucial for delaying damage to the brain and recovering from a heart attack.

What does the 4-minute miracle mean in CPR?

Because brain cells begin to damage more than four minutes after the heart stops, CPR should be started “immediately if the heart stops or is suspected.” To confirm cardiac arrest, one can check for consciousness and breathing. Performing CPR “as quickly as possible” can significantly increase the chances of survival.

Golden Time



4 MINUTES

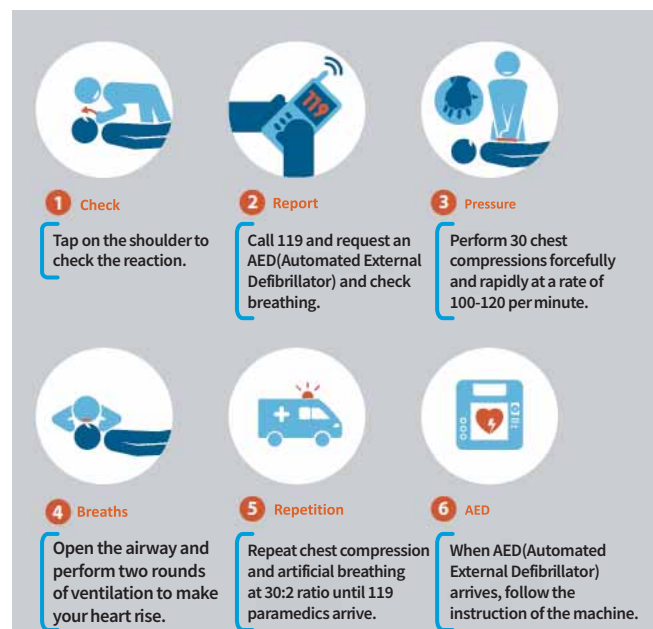
- **0-4 minutes:** If CPR is performed, the likelihood of brain damage is almost nonexistent.
- **4-6 minutes:** High likelihood of brain damage.
- **6-10 minutes:** Certainty of brain damage.
- **More than 10 minutes:** Severe brain damage or brain death.

If I am an early witness, how should I perform CPR?

First, check the consciousness. Confirmation of consciousness is done by tapping both shoulders hard and asking, “Are you okay?” You have to ask out loud. If there is no reaction, there is a possibility of cardiac arrest. Second, if you find that there is no response, call 119 immediately by loudly notifying the people around you, and bring an AED(Automated External Defibrillator) if you have one. Even if you don't have

CPR experience, you can still do it with the telephone guidance of a 119 paramedic. Third, check their breathing. If you observe the movement of their chest and upper abdomen with your eyes for 10 seconds and they are not breathing or panting, it should be considered apnea. If non-response and apnea are identified, it is cardiac arrest. Fourth, start chest compressions as soon as cardiac arrest is confirmed. After 30 chest compressions, open the airway and perform 2 artificial respirations to allow the chest to rise. However, if it is difficult

to maintain the airway and sufficient ventilation is not possible or you are reluctant to give mouth-to-mouth ventilation to others, continue with sufficient speed and intensity of chest compressions. Every 2 minutes, check their response and breathing, and repeat the process of chest compressions again. Fifth, when the AED is ready, attach the pad to the indicated location and press the button to perform defibrillation as instructed by the machine. AEDs are mandatory in apartment complexes with more than 500 units in accordance with Article 47(2) of the Law on Emergency Medical Care. If you don't have an AED, repeat chest compressions until 119 arrives.



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Author with wife standing lonely amid the deserted landscape.

STORY AND PHOTOS BY
RON ROMAN

In October, my Better Half (Yeon Hee) and I decided to hit the road for Mongolia (Latin for “Land of the Mongols”), one of the few remaining major tourist destinations in Far East Asia we hadn’t yet gotten around to despite our living long-term in Korea. I had always been told (and believed) that October is the time to go. Going earlier was said to be too dusty owing to the proximity of the Gobi Desert; going later was just too darn cold. We couldn’t have been more wrong. We now recommend going in late spring or the summer. October nights can be freezing.

Arriving inside Chinggis Khaan International Airport outside the capital Ulaanbaatar (note: spelling often varies), we were met by our group’s tour guide, nicknamed Auggie (“Baby” in Korean) and a dozen other Korean travelers from Seoul. Auggie was a full Mongolian, had studied tourism at a Seoul university, spoke Korean with somewhat of a North Korean dialect and had almost no English. Even at the airport, one of our first impressions was that Mongolians look more Korean than Koreans; if you visit, you’ll see for yourself. We headed for our tour bus. In the interest of brevity, the following are just a few highlights.



Holding up high a trained Mongolian eagle.

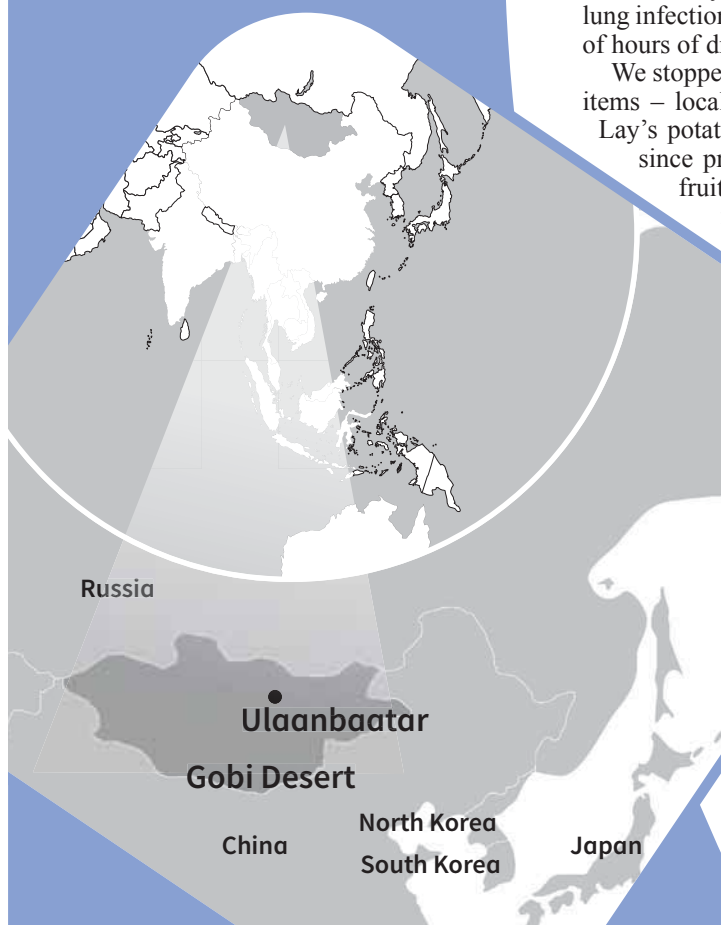
Barren terrain

We headed east out on the national highway (Terelj Road), where the lay of the land looks truly eerie. I’ve been to 20-plus countries in this part of the world, but here the landscape is unique: a cross between western Texas and Mars, at least as seen in NASA photos. The rock formations are especially weird; they look like huge, smooth, rounded dominoes, often precariously placed atop one another and ready to tumble onto the wayward trekker. The land, mostly flat, is composed of light-brown grassland, dry that time of year, for almost as far as the eye can see. Myriad horses, which are small and stocky, graze on the horizon. (Mongolian horses tend to be smaller than their European counterparts, yet more rugged). On all but the clearest of days, dust will be everywhere. (The country has one of the highest rates of lung infections as a result, particularly in children.) After a couple of hours of driving, you realize just how barren this country is.

We stopped at a roadside department store to load up on snack items – locally produced beers (labeled in Russian), US-made Lay’s potato chips, etc. – all the while not knowing the cost, since price labeling on items was haphazard. Auggie said fruits and vegetables would be expensive, given the barren terrain and harsh climate. Meanwhile, on our way to Gura Tourist Camp, Auggie entertained us with some Mongolian language lessons: “San ban ho” is “How do you do?” in conversational Mongolian; Russian is used for reading and writing. But enough of first-grade language lessons...



Scene showcasing the typical otherworldly Mongolian landscape.



Mongolia



One of the many crazy-looking cairns dotting the countryside.

Please pass the side dish

Finally, after two hours on the bus, we came to Dung-Ji (Korean) restaurant to wolf down a lunch of kimchi chigae (kimchi stew, fiery in taste and temperature) and assorted side dishes. (If ever taking a Korean tour, remember: if there’s a Korean restaurant nearby, that’s where you’ll eat your next meal; expect to feast on as much Korean cuisine as you will local.) The Korean couple opposite us at the dining table wasted no time in digging in. The woman, to the dismay of my wife, preemptively claimed the cabbage salad side dish as her own, and promptly took it upon herself to gobble up the entire thing. We had been forewarned: try to carefully choose those who sit with you come chow time.

Back on the bus, my wife broke out some chocolate from the department store. (Korean restaurants traditionally don’t serve dessert. Too bad. To the Western palate, the cuisine is overly salty and sour, so postprandial sweets are most welcome.)

We slogged onward to our next destination: a horseback riding camp. Increasingly noticeable are the barrenness and scant population. “Lovely country! Lovely town!” exclaimed my Big City Girl wife. On the way over, we made a quick stop to walk around a rock pyramid, designated as a well-wishing monument, to throw three stones on top as a way of wishing for a safe trip, according to Auggie. (These well-wishing cairns are everywhere). Then, we hopped back on the bus. It was only mid-October and already bitterly cold and windy.

I've been to
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of the world, but
he landscape is
a cross between
ern Texas and
at least as seen
ASA photos."

lia

land that time almost forgot

Horseback riding and hiking

Arriving at the Green Sky Resort, it was time for horseback riding. Mongolian horses tend to be short and stocky, as I mentioned, because they have been bred over centuries to adapt to the rugged terrain. It had been a while since I last had ridden. The rugged mountains off in the distance were spectacular. Riding high, I felt like a trooper in Chinggis Khaan's army of old. This feeling didn't last long, however; soon, my testicles hurt. (Male readers may know what I mean; other readers can skip this part). We completed a full circle and came back to guzzle down mat, a white, semi-bitter root drink mixed with cow milk inside a yurt, the traditional circular domed tent used by nomads. Then we were on the bus again for a bumpy ride on unpaved roads pockmarked with the sleaziest potholes you've ever experienced. This is common; most roads in the countryside are potholed and barely paved.

We came to a provincial park offering splendid views of jagged mountains circumnavigating the entrance and were told to hike up the path leading to their base. It would take 40 minutes. Alongside the trail spaced every 10 meters or so to the top were pithy Buddhist aphorisms in English with their Russian translations below. Example: "There are three types of people, so there are three

types of Buddhism for them." Hmm. Any Buddhist readers out there?

Going up, my chest hurt owing to the high altitude, I surmised; racing down to be the first to return I didn't skip a breath, but like an idiot had worn wooden-like dress shoes. Soon, my feet were hurting bad. The temperature was dropping fast. In Mongolia, be sure to bundle up except in summer. Weather may change in a New York minute.

Just before dusk, we were on the road again, only to stop soon at a big yurt-shaped souvenir shop featuring a specialized version of locally produced horse-oil shampoo and soap. Everyone passed on these items, yet local knick-knacks and gewgaws were purchased by some. Outside, it was already getting dark. I had been up since 4:30 a.m. and was ready to punch out for the day.

The facade of one of many historical museums in Ulaanbaatar.

Speakin' Mongolian

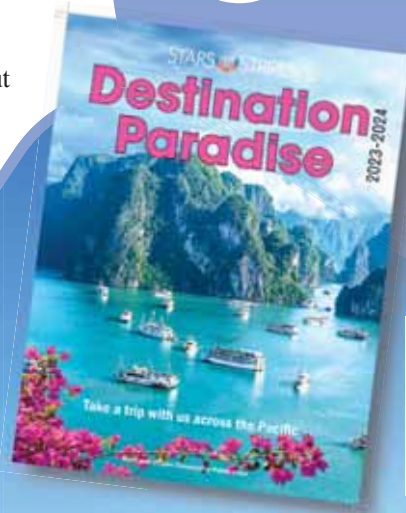
Hello: Sain uu

My name is: Minii neriig

Goodbye: Bayartai



Costumed dancers on stage as part of the traditional troupe performance.



Read more stories!



Exploring deserted plains on the legendary Mongolian horses.

Overlooking downtown Ulaanbaatar.



SEE MONGOLIA ON PAGE 14



The Chinggis Khaan National Memorial and Museum.



Inside a traditional nomadic yurt.



Mannequin showing off a typical soldier's uniform.

MONGOLIA: Dust yourself off for some fun

CONTINUED FROM PAGE 13

Hunkering down for the night

After a short while, we pulled into our overnight abode: a no-frills, bare-bones yurt. The wood fireplace was already hot, but it was still chilly inside. Time to unpack and make a beeline for the restaurant nearby to munch on a simple Mongolian meal of roasted lamb, baked potatoes, sliced and whole carrots, coleslaw, and plain white rice washed down with a bottle of ice-cold local beer, the name of which I can't recall, the label being printed in Russian. A quite simple meal which tasted genuinely homemade. Time to hunker down for the night. Given the circular structure of yurts, double beds are impractical. Both of us were bushed—and soon fast asleep—in separate beds. (Well, I didn't say this was our honeymoon, did I?)

Upon entering the yurt, it had been too chilly; quickly, though, it was too hot. No fancy central heating here. In the middle of the night, we had to go out to crack open the door and anchor the handle to get a more balanced temperature for the night. We were away from city lights. Outside, the canopy of stars proved breathtaking. Back inside, the yurt proved comfortable. Morning call would be at 7; breakfast was at 8.

Breakfast was lamb soup (a first for me), rice, eggs, sausage (with hardly any meat, mostly flour, according to my wife), white "toast" that hadn't been toasted, and instant coffee. Nothing to build a gourmet appetite upon, yet adequate. Though we may have been ensconced in a comfortable restaurant, my wife still blurted out, "Everything here is rough and tough!" perhaps musing over the night spent in our no-frills yurt. The pithy description well characterizes the countryside.

I went to the restaurant toilet. Reminiscent of what she had just said, sure enough, there was no toilet tissue in the stall. I had discovered that after I...

Everybody packed their bags and headed for the bus. The landscape was dotted with tourist yurt resorts. In the distance, I spotted a fellow on "camel buck," the famed Mongolian two-hump camel, one of the few places in the world where this breed is found. We drove on, up to a walk leading to the Tuul River where we got off for a good mile-and-a-half stroll dodging livestock dung everywhere.

The river was clear and clean and swimmable in summer, according to Auggie. Also common are half-sunken rubber tires in the soil serving as boundary markers. I thought this was weird.

Memorial and museum a must

On our walk back to the bus, a driver with a huge eagle stopped by our entourage, offering to let us take individual photos, at two bucks apiece, holding the clawed beast up high at arm's length, as if in a triumphant pose. Several of us gladly ponied up the cash for the privilege. It was then back to Gurda Lodge Resort for lunch and then to Chinggis Khaan National Memorial and Museum.

Don't miss this national memorial and museum if you visit Mongolia. It's astounding. Less grandiose, but equally informative, at least on a historical scale, is the other national museum of Mongolia once you're back in the capital city of Ulaanbaatar. Of course, there are myriad attractions to visit in the city, too numerous to list. Just grab a brochure.

Depending on the season, particularly, Ulaanbaatar may appear somewhat drab and run-down, a result of the influence of old Soviet-style architecture with exception of the more modern downtown area. For sure, expect to find it dusty anytime. Construction of new, soaring high-rises dots the city's horizon as far as can be seen, even on a clear day. It's definitely a city on the move.

Not much later, it would be time to bid good-bye to Auggie. We exchanged email addresses, and I promised to forward this article to him if it's published. I hope he likes it as much as you do!

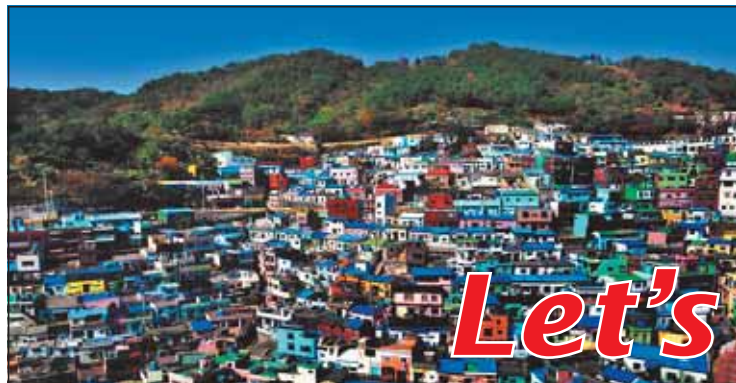


Mannequins of royalty at the National Museum.



Well-stocked roadside department store.

Author's Bio:
Ron Roman taught English and the humanities for the University of Maryland Global Campus (UMGC) all over the Pacific since 1996 until the COVID-19 crisis (2020). His critically acclaimed apocalyptic doomsday thriller "Of Ashes and Dust" was published by Histrion Books (Nov. 2022) and is available at Amazon, Barnes & Noble, and retail book vendors everywhere.



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Experience the real DMZ at DMZ LIVE

KOREA TOURISM ORGANIZATION

DMZ LIVE experience hall has opened its doors, offering the opportunity to experience immersive media and VR content at Imjingak Resort. DMZ LIVE recreates flora and fauna, beautiful scenery, and historical values of DMZ using modern-day digital technology.

1F - Join the VR experience

On the first floor of DMZ LIVE are a total of six interactive exhibition zones: DMZ 248km, DMZ Four Seasons, Drone Rider, DMZ LIVE Coloring, and DMZ Secret Forest. The second floor has a huge media wall that displays various video clips.

The Shuttle Rider was designed with the concept of a futuristic aerial shuttle that takes passengers on a tour. Featured tours consist of a train ride from Gwanghwamun Gate all the way to Paris, looking down upon the Korean peninsula from space, traveling around historical heritage sites, and a tour of Korea's major attractions. All you have to do is to take a seat and see where it takes you.

The Drone Rider is a VR experience ride, moving in all four directions for an exciting experience. There are four themes you can choose from: UNESCO World Heritage, Baekdudaegan Mountain Range, Baengnyeongdo Island, and DMZ Off-Road. The UNESCO World Heritage takes passengers to Korea's significant UNESCO Heritage attractions such as Suwonhwaseong Fortress and Hahoe Village, while the Baekdudaegan Mountain Range introduces Jirisan Mountain and Seoraksan Mountain and other mountains that make up Korea's major mountain range.

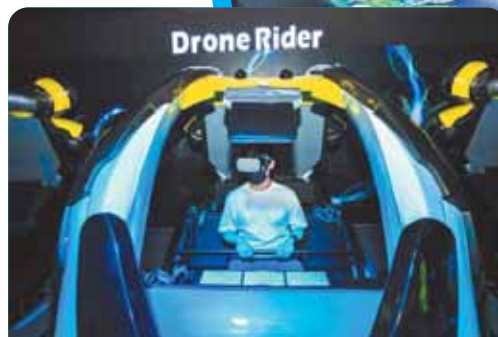
The DMZ Secret Forest is a digital media exhibition that has a dome designed like a soldier's helmet. The exhibition presents a tranquil and mysterious atmosphere, and shows beautiful special effects like a group of butterflies fluttering away over the forest and stunning digital fireworks.

DMZ Four Seasons exhibition uses lights to show diverse plants and life creatures that inhabit the DMZ. The adjacent screen displays how the beauty of DMZ changes according to each season.

DMZ 248km is an interactive video game where you find animals hidden in the nearby areas of DMZ, spanning across 248 kilometers from Beangnyeongdo Island in the far west to Goseong in the far east. Although DMZ comprises only 0.4% of Korea peninsula's total land area, it is a pristine natural habitat that serves as home to diverse wild life, including a total of 101 endangered species.

DMZ LIVE Coloring is another interactive exhibition. Use the animal printout and coloring pens prepared nearby to color your own animal. When you're done, scan your work and you'll soon see your animal show up on the screen.

For a more real experience, download **DMZ Real Media** on your mobile device and aim your camera at the round pictures on the wall seen throughout the 1st floor. You'll be surprised at the scene of roaring waterfalls and dragons soaring into the sky.



Drone Rider.



Lights that embroider the floor with DMZ's seasonal symbols.



Clear the DMZ 248km game and take a photo with the animals you found.



Fascinating media art.

Lights that embroider the floor with DMZ's seasonal symbols.

Photos courtesy of KOREA TOURISM Organization

- SOURCE: KOREA TOURISM ORGANIZATION

2F - Beautiful media art

At the entrance of the **Media Hall** on the 2nd floor is a photo zone decorated with a wall of flowers. Continue to the Media Hall where it consists of LED Forest, adorned with beautiful lights that drop down from the ceiling, and the gigantic 24-meter Media Wall.

The Media Wall features themed videos, including Hwajinpo Beach, clips from the musical "Wonder Ticket," climbing up Geumgangsan Mountain, Goseong DMZ and more. A series of video clips are played rotating throughout the week with each theme portraying sceneries that feel real.

When you're done looking around DMZ Live Hall, stop by other nearby attractions within Imjingak Resort. There are much to do and see like riding the Imjingak Peace Gondola; touring Pyeonghwa Nuri Park, Imjingak Observatory and the Underground Bunker Exhibition; and observing the Freedom Bridge and the Peace Bell.

What to know

ADDRESS: 148-53, Imjingak-ro, Paju-si, Gyeonggi-do (경기도 파주시 문산읍 임진각로 148-53)

OPERATING HOURS: 10 a.m. - 6 p.m. (Last admission 5 p.m.)

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Know your colors of Korean parking spots

STRIPES KOREA

When driving around Korea, you may notice parking lots with various colored spots and different symbols. Are you allowed to park in them? Here is a breakdown of who these spots are for and when it's acceptable to use them.



Photo courtesy of Chungju City Hall

Women-only parking space

Established for the safety and convenience of women, now these spots can be found across the country. They are usually in an area under closed-circuit surveillance and are wider and longer allowing women with children and strollers to have enough space to exit their vehicles.

You'll recognize these spots by the hot pink outlines and the standard woman symbol. Since they're not yet mandated by law, technically, anyone can park in these spots. Many shopping malls have embraced the "women only" parking space to promote their "women-friendly" image.



Photo courtesy of Anyangdongan Police Station

Senior citizen parking space

These spaces marked in yellow are for elderly drivers, especially those with mobility difficulties. Like the women's priority parking spots, these are close to entrances, making it easier for an elderly person to walk to their destination. These spaces are often marked in Korean with '어르신 우선 주차구역,' which means "elderly parking space." Recently, signs with an elderly person logo have gradually started to appear, but they vary by region.



Photo courtesy of Ulsan City Hall



Photo courtesy of Seocho-gu Office

Expectant mother parking space

Parking spaces for pregnant women are increasing in many government office parking lots around South Korea. Like a women's priority parking lot, these area are wider than regular parking lots and are bordered with hot pink outlines and marked the pregnant woman logo.



Photo courtesy of Industry Ministry

Electric Vehicle parking space

The rapidly increasing number of electric vehicles or plug-in hybrid vehicles has made parking spots of this nature more common. These spots are usually marked in English as EV or a simple plug logo. Parking a regular car in these spaces can get you a 100,000 won fine as they are reserved for recharging electric vehicles. The government is cracking down on illegal parking in these spaces.

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.

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Ron Easley

The 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 ronald.easley@gsa.gov.

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KOREA KIDS' CORNER

Sapgyoho Amusement Park a family gem near Humphreys

BY HYEMIN LEE,
STRIPES KOREA

Sapgyoho in Dangjin City is home to the closest theme park to Camp Humphreys. A 30-minute drive offers a fun, exciting way for your whole family to spend some quality time while in Korea.

If you travel across Sapgyo Bridge in the southern direction from the base, you may have seen the park's enormous Ferris Wheel with beautiful lights. Compared to other theme parks, Sapgyoho Amusement Park isn't large, so you may not spend an entire day here. However, it's a perfect spot for those who prefer to have fun outings close to home.

The amusement park offers a retro sentiment of Korea with the wonderful night view of the ocean and an opportunity to take a relaxing stroll along the seaside.

The park doesn't charge an entrance fee. Instead, visitors purchase individual ride tickets, as the park does not offer all-inclusive passes. lee.hyemin@stripes.com

ADDRESS: 15, Sapgyocheon 3-gil, Dangjin-si, Chungcheongnam-do

HOURS: 10 a.m.–10 p.m. (Closed only during rainy days)



NAVER MAP



Disco Photo by Sapgyoho Amusement Park



Viking Photo by Sapgyoho Amusement Park

Other rides

With around 12 attractions like Viking, Space Shot, Bumper Car and Disco, the park may be small in scale, but it offers plenty of fun for kids. Bumper Car and Disco rides have a height requirement of 130 centimeters or taller, and Space Shot and Viking require a minimum height of 120 centimeters.

TICKET: For each ride, 5,500 won for those 13 and older / 4,500 won for children 12 and under.



Photo by Sapgyoho Amusement Park



Photo by Dangjin City

Great Ferris Wheel

The most popular attraction at the park is by far the giant Ferris wheel, as it offers stunning views of the surrounding landscape.

TICKET: 6,500 won for those over 12 years old / 4,500 won for children ages 12 and under



Photo by Skull Kingdom Haunted House

Skull Kingdom Haunted House

This thrilling haunted house is known for its spine-chilling experiences and realistic effects, making it a popular date spot for couples.

TICKET: 12,000 won for adults / 10,000 won for teenagers / 5,000 won for children 12 and under (children should be accompanied by a guardian)



Photos by World Art Circus

World Art Circus

Near Sapgyoho is a unique experience you will love. The World Art Circus is only a 10-minute walk from Sapgyoho Amusement Park and features captivating performances. The attraction is a Chinese circus with trapeze artists, aerial acrobatics, plate-spinning, gymnasts, lion dances and more. Performances run for one hour throughout the day.

ADDRESS: 90-16 Sapgyocheon-gil, Dangjin-si, Chungcheongnam-do

HOURS: 11 a.m., 2 p.m., 4 p.m. & 5:30 p.m. for groups (Every day, including holidays)

CONTACT: 041-362-0000

TICKET: 20,000 won for those 13 and older / 16,000 won for children 12 and under (Booking through Naver can provide discounts of 10-25 percent off).

NAVER MAP
+TICKET

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THERE'S AN APP FOR THAT!

Use these when traveling around Korea

STORY AND PHOTOS BY KYLE HANEY,
GLOBETROTTER KYLE

Everything I know about how to thrive in Korea as a foreigner is in this article. It's taken me ~4 months to write, and I hope you find some aspect of it helpful. I can attribute all the success of each of my Korean adventures down to these 12 apps below. In this article I'm going to explain how I used each of these apps, and even walk you through how to use the major ones because, let's face it, most of them are in Korean lol.



Public Transportation

South Korea does public transportation really, really well. It's fast, efficient, clean, and most importantly: on time. Now, if you learn how to use this amazing resource as a foreigner, you'll be cruising around the peninsula like a local in no time.

Ordering a taxi (for military only – Exchange Taxi)

If you're stationed in South Korea, you HAVE to download the Exchange Taxi app; available in both the Google Play and App Store.

Once you set up your account, simply follow the on screen instructions to **have a cab sent straight to your location** (so long as you're somewhat near one of the military installations on the peninsula).

Ordering a taxi (for anyone – Kakao T)

If you're not in the military (or if you're not near a military base), fear not! You can still order taxis just as easy you did back in the States.

The best app for ordering a taxi, no matter where you are on the peninsula, is the Kakao T app. It's basically **Uber for Korea**, no joke!

Watch this quick video and see how to order one yourself!



Papago

Papago is the **best translator app for Korea** not only because it's right almost every time, it also has so many great features! For example, you can use your phone's camera to take a picture of a street sign, menu, water-damaged magazine, whatever; and it'll translate it for you in seconds!

Another great feature, one that I used VERY, very much, was the fact that you can upload screenshots into the app for translation. Yep, multiple times I found a webpage or an online menu that I wanted translated so I'd screenshot it, open Papago, select that screenshot, and voila; I had a translation in minutes!

Bullet Trains

Using the KTX (my favorite)

The **KTX is one of Korea's "bullet trains"**! Super fun to ride, and it can take you across the entire peninsula in as little as 3.5 hours. Of the two bullet train systems on the peninsula (SRT and KTX), KTX is definitely my favorite.

The reason **I like the KTX over SRT** is simply because you can book tickets through the app, unlike the SRT.



Watch the short video on how to do that!

Because you can't record your screen using the KTX app, I had to do it this way.

Using the SRT app (my least favorite)

The SRT is the other of Korea's two bullet trains. Super fun to ride, and it can take you across the entire peninsula in as little as 3.5 hours.

The major issue (and perhaps the fallacy) of the SRT app is that **you cannot purchase tickets through the app unless you have a Korean bank account**. Those, by the way, are next to impossible to get if you're a military member only stationed in Korea for a short duration.

However, if you know someone that does have a Korean bank account, you can always politely ask them to purchase you a ticket through their SRT app, and then you can reimburse them!

Additionally, the app is entirely in Hangul, the Korean language. Fear not though!

What I did was pull up the main screen, screenshot it on my phone, then used Papago to translate and then boom, I had all the locations in English!

So, with that said, here's my recommendations for the SRT app:

- Only use the SRT app to determine what time the trains are going to arrive/depart from a set location.
- Use a taxi/car/bike to get to the station you want to leave from.
- Purchase an SRT ticket from the self-help kiosks at the train station; yes, there is a button on those kiosks to select different languages, so don't worry!



Watch this short video on how to use the SRT app!

My how-to video for using the SRT app for foreigners/expats.

Kakao Metro

Once you find yourself in Seoul (as we all eventually do), it'll help to have the **metro map** so you can plot your adventure; this is where Kakao Metro comes in clutch.

Not only will this map give you an entire layout of all the main metro lines in the local and surrounding area, it's best feature is that it has route-planning built into the app AND it'll tell you when each train is arriving/departing!



Watch this video on how I used Kakao Metro to navigate Seoul like a true local!

Gmarket

Ah yes; you wouldn't be a westerner if you didn't wonder how you'd **get things sent directly to your door**. That's where Gmarket comes in; it's Korea's Amazon Prime, but without paying a monthly fee!

Simply download and open the app, plug in your address, and shop away! The coolest thing I bought was a 3-foot long bug catcher lol.

As you know, Korea has tons of bugs (unfortunately for us scardy-cats lol). I was tired of catching them in upside down cups so, I searched "bug catcher" and within 2 days, I had a new tool to get those pesky 8-legged freaks out of my apartment!

Kakao Maps

Hands down, Kakao maps is **the most user friendly maps app for tourists, expats, and westerners**. You'll hear that Naver is the go to for the locals, but after multiple times of being let down by Naver, I've put my trust in Kakao Maps.

The major benefits of Kakao maps are:

- It can be set to **English language**.
- Most **similar to Google maps**.
- Allows for personal vehicle, public transportation, bike, or walking **preferences** for your trip.
- Gives you **arrival/departure times for public transportation**.
- Gives you **route options for fastest, most efficient, cheapest, or to exclude highways** (for you motorcyclists).
- Gives you **estimates for taxi costs** between two locations.
- **Click-and-drive** benefits for spontaneous excursions (i.e., click a spot, get directions).
- Tells you **where the speed traps are**.
- Works in **portrait and landscape** mode on your phone.
- Can set future departure or arrival times for **trip planning**.
- Has a sort of **"Wikipedia" built in**, meaning you can click on a point of interest and read about it from people's reviews/blog posts.
- You can click on a mass transportation stop (e.g., a bus stop) and it'll tell you that bus' entire route. This will come in handy when you are tired of walking and want to take a bus. Simply click on a bus stop near you, and see if the busses that come to that stop will go by where you ultimately want to go!

Don't just take my word for it, watch this video on how I used it to get all over Korea ever single weekend!



Air Visual

I'll be the first to tell you that no, it is not normal to have a grey sky everyday. That folks, is **pollution**; a result of China pumping thousands of tons of CO2 into the atmosphere in the name of globalization.

Unfortunately, it's hard to know when certain days are worse than others simply by looking outside because, let's face it: pollution never really ceases in South Korea. This is where Air Visual is going to be your saving grace.



Ciara and I at Buhaksan Nat'l Park with Seoul, rather polluted in the background.

If you look outside and you can't tell if it's just hazy from the morning dew evaporating off the rice fields, simply open the Air Visual app and see what the air quality is in your area.

Less than 50 is good to go, 50-99 is cautious, and anything over 100, I recommend staying indoors for your activities for the day. That is, if you give a crap about your lungs at all lol.

Shuttle

It's 3 a.m., you've successfully stumbled home from the bars in Seoul (or Osan or Humphreys, wherever), and you're in dire need of some pizza amiright? Or maybe you've just come down with a cold and you're in need of some delicious Hobak Juk (pumpkin porridge)? Problem is, in both cases, driving is out of the question.

This is where shuttle is going to be your best friend.

Korea had **delivering food to your door** down to a science long before the U.S. could even spell Uber Eats lol.

There's really not a lot to explain with regards to using the app really. Simply download the app, register your address and credit card, and then sit back and watch your bank account drain almost as fast as the drivers can deliver you food; both can be scary fast lol.



Happy Cow

Being **vegetarian** never used to be hard in Korea, but that was waayyyy back in the day. Nowadays it's a tad harder but, far from impossible.

If you look at the early history of Korea, you'll find that plant-based meals were the prominent diet. This was because meat was a luxury. You could say that the history of being able to serve meat in Korea is, in a sense, a physical manifestation of the American term, "keeping up with the Jones"; if you could do it, you were well off.

Fast forward to 2022, meat is now served in (just about) every restaurant you find on the peninsula. As a vegetarian, this makes it hard to randomly stroll down any given street in search of a meal.

This is where Happy Cow comes in. **This app is a user-driven service that provides information on where to find vegan restaurants. It also shows where vegetarian restaurants are as well!**

Simply download the app, create a profile (takes 60 seconds) and presto, you now have all the intel on veg-an and vegetarian restaurants near you!

No restaurants near you using Happy Cow? No problem!

If you've found yourself in a remote valley of South Korea and there's noooo Happy Cow restaurants near you, you're still in luck. Knowing the top Korea vegetarian dishes (and how to pronounce them) will go a long way, so **look at the list to the right and memorize it!**

These dishes are very, very common all throughout Korea; remember the whole used-to-be-vegetarian-diet thing I mentioned earlier? They have stayed true to their roots lol and most every place will have one of these dishes below for your grumbling belly.



My top vegetarian dishes

1. Japanese Ramen

Lol I know I know, I'm starting off my "Favorite Korean Food" list with a Japanese dish but, it's my list and I'll do what I want lol. The flavor of this food was soooo memorable, I've considered going back for one of the exercises just to get some more of this place!

The best Japanese Ramen was Kwanghoon Ramen just outside of Osan's walk-in gate, bar none. I always asked them "no meat" or "No gogi" (Romanized pronunciation for 'no meat' in Korean) and they always honored my request!



Ciara had Mazesoba ("dry" ramen) while I had traditional ramen with a 'soft' egg

2. Bibimbap (비빔밥)

Basically **a bunch of veggies over a bed of rice**, simple and filling! The term literally translates to "mixed rice"



Hot stone bibimbap, still sizzling after they brought it out to me!

Pro tip: you HAVE to try Hot Stone/Dolsot Bibimbap (돌솥비빔밥) whenever you see it served, trust me! Served in a hot stone bowl, the rice crisps and chars as it sits below your veggies usually it's served with an egg, which will cook itself in the hot stone bowl. It was by far my FAVORITE meal to eat while stationed there; don't forget to add the red paste!

3. Indian Food

Yep! I had no idea I even liked Indian food until I moved to Korea and tried it!

Indian food has a massive footprint in Korea, and almost all of their food is vegetarian or vegan! So, if you're in the mood for something that's going to fill you up without any meat, go for Palak Paneer or Chana Masala (Chickpea Curry)!



4. Kimchi Stew (김치찌개)

Kimchi is as common in Korea as those nasty banana spiders lol. Kimchi stew though, unlike spiders, won't kill you or freak you out lol. A big bowl of spicy kimchi stew was perfect anytime of the year; add tofu for extra protein! The dish at the top of the photo below is Kimchi Stew, and with it comes about a dozen sides lol.



5. Buddhist Temple Food (사찰음식)

With around a quarter of the population being Buddhist, this style of food is nearly anywhere you look. Essentially, this meal is exactly what it sounds like: stuff the Buddhist monks would munch on while living in the temples. Usually comprised of 7-8 types of veggies, this menu item is best enjoyed with a few friends given the serving sizes!



Pro tip: the absolute BEST tasting food I think I've ever had in my life was the Buddhist temple food in Sokcho. Read my story about how to get there for yourself!

6. Makguksu (막국수)

Cold buckwheat noodles served in a chilled broth. You're probably on the fence about eating cold noodles but trust me, during the summer time, they hit the spot like nothing else on the peninsula!

7. Hobak juk (호박죽) or pumpkin porridge

Oh man, a big bowl of Hobak juk on a cold day? This **pumpkin-based porridge** is as tasty as it was filling! Usually served with red beans on top, you have to try it!

8. Gimhap (김밥)

Likely my least favorite meal just because there's not a lot of taste lol but somehow, I was full after eating gimhap; **rice and veggies rolled up in a dried seaweed sheet.**

Pro tip: Be careful, most times gimhap comes with ham or some sort of meat in it, so request you want one with only veggies.

Nord VPN

There's no denying that South Korea is one of (if not the) most high-tech civilizations on the planet. You can surf at 5G speeds from the inside of a metro car, hundreds of feet below any given cityscape, and never notice a drop in your download/upload speed.

This is due to the free WiFi that covers about every inch of Korea. Honestly, you could probably get by for months on end in South Korea without ever purchasing a cellular data plan just due to the sheer amount of free WiFi in every city.

However, every year, thousands of people's personally identifiable information is stolen from the internet given their rather careless cyber hygiene.

This is where Nord VPN can be of assistance.

A virtual private network (VPN) is basically a encrypted tunnel between your device and the internet. It's extremely hard to cyber criminals to see your data when you use a VPN over WiFi.

I highly, HIGHLY recommend you get a VPN for all of your devices when you get to Korea, and furthermore, never disable it. Nord VPN has great yearly plans and

they do a phenomenal job ensuring that your data is protected.

The last thing you want to do is make a purchase through one of the many apps above just to have a hacker steal your credit card information and go on a shopping spree. **Protect your devices; use a VPN!**



In summary

These apps were a lifesaver when I was lost, hungry, bored, or in need of a ride lol.

However, **these apps are just tools.** Tools to get you started or move you in the direction of what you're really looking for: something new. They'll get you only so far before your common sense and sense of adventure need to take over so you can really witness the full potential of every trip you embark on.

Sure, the video above shows you how to use KTX app, but where will you let it take you? Have you got a destination in mind? And yea, my top vegetarian dishes are all listed, but that's not all of them! Are you going to make the effort to stumble into some random restaurant to see what else is out there?

Only you know the answer to those questions.

I guess what I'm trying to say is that I found these apps, or maybe they found me, because I was in search of something greater: the adventure of a lifetime. These tools helped me find things I could've never found on my own, and I promise they'll do the same for you, but it all starts with your attitude; are you ready to take some chances?

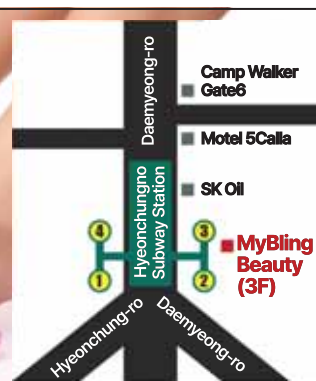
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BY HYEMIN LEE,
STRIPES KOREA

Confucian says it's all about your age in Korea

One of the most culturally shocking moments for me when I was attending college in the U.S. was when my 60-year-old professor said, "Just call me James."

Growing up in Korea, I was influenced by Confucianism, which teaches us to respect our elders and obey them. Confucianism is a system of thought

and behavior originating in ancient China, which has greatly impacted East Asian culture for thousands of years.

When I lived in the States, however, my upbringing was put into question when I met others who insisted I call them by their first name and who said we were friends despite their age or social status. It taught me that all human beings can be treated equally regardless of age.

For Koreans, knowing your age is more important than your name. Age can determine a social hierarchy, role and the title to be called. It determines how we behave and talk to others according to their age.

In Korean society, we refer to our elders with honorific titles. This sets up a relationship where the elders are responsible to teach and take care of the young, while the young are expected to show their respect to their elders.

Though addressing our elders this way is a cultural custom, that doesn't mean it is always the case. There are, for instance, times where generational conflicts between elders and youth happen mostly due to them not understanding each other.

Koreans will not expect you to follow these rules when you are speaking in English. However, when using Korean that contains such cultural sentiments, it is good to know how to use honorifics.

Lee.Hyemin@stripes.com

Honorific titles for friends

In Korea, a friend usually means a person at the same Korean age which means they were born in the same year. If a person addresses older friends as "friend" in front of others, it can be considered disrespecting the elders. You have to differentiate how to call, talk and behave toward your friends depending on their age. Let's learn how to talk and call your Korean friends according to their age!

■ The same Korean age: Chingu (친구)

Call each other by first names, but if you call their name including the last name, it sounds cold. When you introduce your friends of the same age to others, you can address them as "Chingu (친구)."

■ Younger siblings and friends: Dongsaeng (동생)

Male: Nam (남) Female: Yeo (여)

Call them by names the same way as when you call them "Chingu." When you introduce them to others, use "Dongsaeng (동생)." If they are your siblings, you'd better use yeo (여) or nam (남) in front of "Dongsaeng (동생)" to distinguish their gender.

■ Older siblings and female / male friends

When you talk to your younger friends, you have the choice on whether you want to use formal or informal speech with them. However, talking to elders, you have to use formal speech unless your older friends want you to talk in informal speech.

	Elder brother and male friend	Elder sister and female friend
If you're female, use:	Oppa (오빠)	Unnie (언니)
If you're male, use:	Hyeong (형) Hyeong-nim (형님) very respectful way	Nuna (누나)

Let's practice!

1 Oppa is buying meat!

It's always great to be the youngest in the group!

2 Tell unnie everything.

3 Oppa and unnie, you are the best!

KOREAN PHRASES (INFORMAL)

1 Oppa-ga gogi sajulge! (오빠가 고기 사줄게!)

2 Unnie-hante da malhae! (언니한테 다 말해!)

3 Oppa, unnie Choego-ya! (오빠, 언니 최고야!)

■ Meat: Gogi (고기) ■ Everything / All: Da (다) ■ The best: Choego (최고)

■ To buy: Sada (사다) ■ To tell / talk: malhada (말하다)

1 Hyeong, do you need anything more? I'll bring it for you.

I love being the oldest in the group!

2 It's fine. Thank you, dongsaeng!

Korean age system

Korea has three different age systems. The official legal records follow international standards, but counting age, or Korean age, is most commonly used in daily life. In this age system, you're two years older than your actual age if your birthday hasn't passed. Everyone is one year old at birth and gains another year after each year regardless of their birthdays. A baby born on the night of Dec. 31, for instance, will turn two the following day.

For people who struggle to calculate the Korean age, I suggest to just tell your year of birth to your Korean friends. They will be able to figure out how old you are in Korean age. The great news is the Korean government started using only international standards in June 2023. As a Korean, I'm extremely excited to be two years younger again!

KOREAN PHRASES

1 Formal: Hyeong, deo pilyohan geo isseoyo? Jega gajigo olgeyo.
(형 더 필요한 거 있어요? 제가 가지고 올게요.)

2 Informal: Gwaenchan-a. Gomawo, dongsaeng! (괜찮아. 고마워 동생!)

■ More: Deo (더) ■ It's fine / No problem / Ok: Gwaenchan-a (괜찮아)

■ Thank you: Gomawo (고마워) ■ To need: Pilyohada (필요하다)

■ To bring: Gajigo oda (가지고 오다)



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- Walk Thru Gate (Camp Humphreys)
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How to send it

- **First class** – Handles items weighing up to 13 ounces. Flat-rate packaging available.
- **Priority** – Same as First-Class mail but for items weighing over 13 ounces to 70 pounds. Combined length and girth limit of 108 inches. Flat-rate packaging available.
- **Express mail military service (EMMS)** – Offers preferred and/or expedited service. Not available from all USAF APOs.

Extra services

- **Insurance** – Offers coverage against loss or damage up to \$5,000, with the price based on the declared value of the item(s).
- **Registered** – Offers maximum security, insuring items up to \$25,000, with the price based on the declared value of the item(s). Tracks movement of mail from beginning to end.
- **Certified** – Provides evidence of mailing as well as the date and time of delivery or attempted delivery. Requires the recipient to sign upon delivery.
- **Delivery confirmation** – Shows when an item was delivered or when delivery was

To ensure delivery of holiday gifts by Dec. 25, the Postal Service recommends that cards and packages be sent to military APO/FPO/DPO addresses overseas no later than the mailing dates listed below.

Military Mail Addressed To and From	Priority Mail Express Military® Service (PMEMS) -1	First-Class Mail® Service	Priority Mail® Service	USPS Ground Advantage™ Service
APO/FPO/DPO AE ZIPs™ 090-092	Dec. 15	Dec. 9	Dec. 9	Nov. 6
APO/FPO/DPO AE ZIPs 093	N/A	Dec. 9	Dec. 9	Nov. 6
APO/FPO/DPO AE ZIPs 094-099	Dec. 15	Dec. 9	Dec. 9	Nov. 6
APO/FPO/DPO AE ZIPs 340	Dec. 15	Dec. 9	Dec. 9	Nov. 6
APO/FPO/DPO AE ZIPs 962-966	Dec. 15	Dec. 9	Dec. 9	Nov. 6

<https://about.usps.com/holidaynews/mail-by-dates/#tables>

Holiday mailing deadlines between the Pacific and CONUS



1 - PMEMS is available to selected military/diplomatic Post Offices™. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.

attempted using a Track and Confirm tool you can use on your computer.

- **Certificate of mailing** – Offers evidence of the date your mail was accepted by the post office.
- **Return receipt** – Provides proof that an item was

delivered, through a postcard or email showing the signature of the recipient.

- **Restricted delivery** – Specifies who can sign for and receive your mail
- **Special handling** – Offers preferential handling if you're

sending something that needs extra care.

Mailing tips

Print names and addresses of both shipper and recipient clearly on packages with a pen or permanent marker.



Put an extra label with the addresses inside the package in case the original one is defaced. Also include an itemized list of contents.

- Select a box strong enough to protect the contents and appropriate for the amount and size of items inside.
- Leave space for cushioning inside the carton, using bubble wrap, Styrofoam peanuts, or newspaper to protect the contents.
- Use tape designed for shipping, using enough to secure the opening and seams of the box.
- Put newspaper or packing material in hollow items to avoid damage during transport.
- Write "fragile" or "perishable" on packages when shipping such items.
- Use boxes, envelopes and tubes the post office provides for Express Mail and Priority Mail.

– Military Postal Service Agency



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*Up to \$60 per visit; 50 visits per year for each type of service. All benefits are subject to the definitions, limitations, and exclusions set forth in the Foreign Service Benefit Plan's Federal brochure (RI 72-001)


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Stripes Sports Trivia

Japan has produced some very good players in MLB, including a future Hall of Famer in Ichiro and a World Series MVP in Hideki Matsui. Shohei Otani moved to the MLB in 2018. Who was the first player to make the move from Japan to the MLB. Hint: He was a pitcher, but probably not the one you're thinking of.

Answer
Masanori Murakami

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Getting out of the Military?

You should start the Transition Assistance Program

18 Months before ETS
24 Months before Retirement

*Must start 12 months before ETS

To Get Started

Go to: <https://portal.armytap.army.mil>



Or visit us in person

USAG Humphreys
Maude Hall, W-301
DSN: 757-2101
Comm: 05-033-57-2101
Or visit your local TAP Center

DID YOU KNOW?

Ondol is an ancient underfloor heating system and a common feature of many homes in Korea. The heat of an ondol originally came from a small contained fire in the floor of the kitchen, but modern architectures have advanced to use hot water-pipes embedded in the floor instead.



Hangul of the week

방
Bang (Room)

Language Lesson

Is the room warm?

Bang ddaddeu-haeyo?
(방 따뜻해요?)

Beautiful Places To Travel in Yeongwol



심쿵 예약



달달영월 YouTube 달달영월 Instagram [daldal_yeongwol](https://www.instagram.com/daldal_yeongwol)

Crossword

by Margie E. Burke

ACROSS
1 Bomb, as a mid-term
5 Lengthy narrative
9 Rustling sound
14 Latvian capital
15 Babe with a bat
16 "Deed I Do" singer Lena
17 Haughtiness
19 Love, in Lyon
20 Indian condiment
21 "Survivor" event
23 Entice
25 Trash bag closers
26 What bell-bottoms do
29 Camera stand
33 Abbr. in some military titles
34 Fast too long
36 Potted "pet"
37 Elevator pioneer
39 Cowpoke's charge
40 Potter's oven
41 Basketball defense
42 Donkey sound
44 Grant permission
45 Mesh, as gears
47 Save for later
49 Growing business?
51 Gets soupy, as ice cream
52 Yellow-flowered plant
56 Classical language
59 Watchful
60 Huge victory
62 Late newsman Morley
63 Parasitic insects
64 Had the answer
65 Contest submission
66 Multitude
67 Adriatic and Aegean

DOWN
1 Peck film, "Cape"
2 Surrounding glow
3 Irksome
4 Riot opportunist
5 Memorable time
6 Use a comma
7 Monroe's "The Seven Year"
8 Swindle
9 Ship like Ahab's
10 Pining while away
11 Pressing need?
12 Tight
13 Roll-call response
18 Midway attractions
22 Able to read and write
24 Earthenware fragment
26 Stopped in one's tracks
27 Acknowledged

28 Arborist's concern
30 Goliath, e.g.
31 Drunk as a skunk
32 "Divine Comedy" author
35 Intensity
38 Ocean voyager
43 Room dividers
46 Sinclair Lewis' Elmer
48 Celery servings
50 "Pollyanna" actress Hayley
52 Bulk buy
53 Verve
54 Word before field or wing
55 Finger part
57 Brainchild
58 It's breaking, at times
61 Morning drops

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Answers to Previous Crossword:

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

SUDOKU

Difficulty: Easy

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

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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.

Answer to Previous Sudoku:

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



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Coordinator and
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**Clean & Safe
Zone for Mom
and Newborns.**

Women Medipark Hospital's Strengths

1 Laparoscope

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

2 HIFU (High Intensity Focused Ultrasound)

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



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

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

4 High Risk Maternity Care Center

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

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

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

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

Address : 271(Beomeo-dong) Dongdaeguro, Suseong-gu, Daegu, Korea