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Healing together after Itaewon tragedy

Editor's Note: Stripes Korea writer Hyemin Lee was in Itaewon on Oct. 29 to celebrate Halloween. Here's her take on the tragedy that unfolded. Our thoughts and prayers go out to loved ones of the 156 who died that night.

STORY AND PHOTOS BY HYEMIN LEE, STRIPES KOREA

It was two months before Halloween and my cousin, Jihyo, couldn't contain herself.

"Have you ordered your costume yet?" she asked me over and over.



The Halloween celebration in Itaewon was finally back after two years of being cancelled due

to COVID-19, and the two of us couldn't hide our excitement.

Jihyo ordered two costumes,

one for Friday and the other for Saturday. I settled on one, but the anticipation for both of us was equal because like others have learned: Itaewon is a special place.

Itaewon is one of Korea's most ethnically diverse areas and is known for its shopping, entertainment and nightlife. It began to build its identity after the Korean War when U.S. troops stationed at Yongsan Garrison frequented the area.

For years, Itaewon was a more popular location for foreigners than for South Koreans. In fact,

SEE TRAGEDY ON PAGE 4

Bullet Train to Busan

Navigating metro an adventure for couple

Pages 8-9

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Korean general thanks U.S. troops for saving civilians in Itaewon

STORY AND PHOTO BY DAVID CHOI, STARS AND STRIPES
Published: November 10, 2022

CAMP HUMPHREYS – The top general in South Korea in a letter Nov. 4 to the commander of U.S. Forces Korea thanked American troops who rescued victims trapped in the Itaewon crowd surge that killed 156 people.

Gen. Kim Seung Kyum, chairman of the Joint Chiefs of Staff, expressed his “profound gratitude” toward the U.S. service members “for their act of valor in saving the lives of 30 Korean civilians” trapped in the fatal surge Oct. 29 in Seoul, according to the letter to U.S. Army Gen. Paul LaCamera posted on USFK’s Facebook page Nov. 10.

Kim’s letter does not identify the soldiers but states they all “are the ultimate embodiments of the

word ‘hero’ and complete personifications of the spirit of our [South Korea]-U.S. alliance.”

Jarmil Taylor, Dane Beathard and Jerome Augusta, three soldiers stationed in Camp Casey, South Korea, told Agence France-Presse that they pulled people from the crowd after becoming aware of the danger, according to an Oct. 30 report from the news outlet.

Four days later, South Korea’s Yonhap News reported that an unidentified South Korean man recognized the three Americans. One of the soldiers, according to Yonhap, “rescued him from the crowd as if pulling radishes from a field.”

“While we continue to receive heartbreaking news from the incident, our people are deeply moved by the heroic tales of these USFK service members,” Kim said in the letter. “The citizens who were rescued by these gentlemen are calling

“Our people are deeply moved by the heroic tales of these USFK service members. The citizens who were rescued by these gentlemen are calling them lifesavers.”

– Gen. Kim Seung Kyum



A mourner places flowers at a memorial on Oct. 31, for 156 people killed during Halloween festivities in Itaewon.

them lifesavers, and widespread praise from our citizens are sweeping our nation.”

The crowd of revelers surged into a narrow, sloping alley during Halloween festivities in a nightlife district of the city. Twenty-six of the victims were foreigners, including two Americans. At least 33 people are still considered seriously injured, according to a Central Disaster and Safety Countermeasure Headquarters news release Thursday.


U.S. military police stationed in nearby Yongsan Garrison were also at the scene providing first aid and assisting with crowd control, USFK spokesman Wesley Hayes previously told Stars and Stripes.

“Such selfless sacrifice significantly decreased casualties, and their service will forever be etched in the hearts of the Korean people in the name of the ... alliance,” Kim added.

USFK, which is responsible for roughly 28,500 troops in South Korea, offered its condolences to “everyone impacted by last night’s tragic event in Seoul,” according to an Oct. 30 statement from the command.



“The Itaewon community has opened its arms to us for many years and is part of the reason our alliance is so strong,” according to the USFK statement. “During this time of grief, we will be there for you just as you have been there for us.”

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Thousands of people gather at Exit 1 of Itaewon Station on Nov. 5 to place flowers, letters of condolences, and snacks and mourn the victims of the Oct. 29 tragedy.

TRAGEDY: Must get through this together

CONTINUED FROM PAGE 1

it was only several years ago when friends from the Air Force first introduced Jihyo and me to the Halloween celebration in Itaewon.

Over the past decade, the Halloween culture has spread from Itaewon to other areas around the country. Although we do not go trick or treating in Korea, Halloween has become a day for children and young adults to dress in costumes.

In Itaewon, families with young children have joined in the annual holiday festivities. And, this year, my cousin and I were taking my sister, Jian, for the first time.



all burst out laughing. As we said goodbye to Dracula, Maleficent and Snow White, they handed us candy.

We wandered the streets eating sweets and hanging out with people dressed as our favorite movie characters.

“I feel like everyone here are friends I already knew,” Jian excitedly shouted as she jumped about like a little kid.

She, too, had discovered that Itaewon is a special place.

My sister was so surprised and excited when we arrived in Itaewon on the evening of Oct. 29. There were beautiful ladies in movie heroine costumes, Westerners dressed as Japanese anime characters, couples in Joker and Harley Quinn costumes, and best friends dressed as Minions. The streets were overflowing with Halloween revelers of all ages.

The three of us – Jian dressed as a witch, Jihyo as Alice in Wonderland and me as Little Red Riding Hood - quickly joined in the fun and made our way to Quy Nhon Street, an area with no clubs or bars. Laughter and the sounds of happy children filled the street as families decked out in their Halloween best



The streets of Itaewon were filled with laughter and joy of people in costumes in the early evening Oct. 29.

enjoyed doing “normal” things again. And, of course, 20 something dressed in costumes were beginning their night.

A little boy in a tyrannosaurus

rex suit caught my eye, so I asked him to take a picture with me. He happily grinned. Jian excitedly ran to two children dressed as Dracula and Maleficent and started taking

pictures with them. Their parents asked her if their little sister in a Snow White costume could join. It looked like a villainous family had kidnapped Snow White. We

Though Itaewon is well-known for its nightlife, it’s much more than that, especially on Halloween.

In Korean society, there’s a lot of pressure to live up to the standards of others. For many Koreans, the Halloween celebration in Itaewon became a day when people could express themselves by becoming their favorite main character without caring how others judged them.

At the same time, foreigners could feel nostalgia for their culture, a sense of belonging, as well as the freedom to express their identity.

It’s truly a great mix of people and cultures, and I was just happy to be able to share this scene with my sister and cousin.

Yes, Itaewon is a special place.

By 11 p.m, we finally decided to head to World Food



Tens of thousands of Halloween revelers filled the streets Oct. 29.



→ Street, the most famous street in Itaewon, where clubs and bars are located.

I immediately regretted being on this street. It was overflowing with people, and I simply wanted to go home. But we couldn't turn around. We were literally being swept away by the crowd.

All of a sudden, police and some people in costumes started shouting.

"Stop walking!"

The startled crowd, bewildered and murmuring, came to a stop. Several paramedics carrying a person on a stretcher ran by. Three other emergency responders carrying a severely injured woman followed.

"Oh my, her body is twisted!" Jiho screamed.

"What's happening?" I anxiously muttered.

No one knew. Some thought it was drugs. Others thought they had fallen from a second-floor club. It was neither.

More people ran by from the same direction. Groups of men carried unconscious people as sobbing women followed. It was chaotic and heart-wrenching.

When the police finally said we could leave, I quickly pulled my sister and Jiho to the side of the street. It was too dangerous to stay, but too narrow to escape quickly. We held each other's hands tightly so we wouldn't be separated.

When we made it to the main road, it was a different scene than 30 minutes before. Police had taken control of the roads. Dozens of fire trucks and ambulances had

arrived. And bodies were lying all over the road. Medics, firefighters, police officers, and people dressed as zombies, Teletubbies, and Pikachu, frantically did CPR. The faces of many of those on the ground were covered with the clothes they were wearing.

I couldn't believe what I was seeing. It was hard to understand how this was happening in the middle of downtown Seoul.

I saw a woman wearing in beautiful white angel costume in an ambulance. A medic tried CPR. It was too late. As it was for many others.

All of a sudden, the Halloween celebration in Itaewon had turned into a nightmare.

That night in Itaewon, 156 lives were lost. Like countless others who were there, I will never be able to forget those dreadful scenes.

During many sleepless nights, I ponder how this tragedy could have been prevented, why authorities didn't control the crowds until it was too late and what I could have done to help.

Guilt. Sadness. Confusion. Anger. Regret. So many emotions continue to sweep over me. But I can't help at times but allow my mind to wander to the smiles and laughter of Halloween revelers that filled Itaewon before things turned deadly. It gives me a quick break from reality. But the bottom line is things will need to change. National and local authorities will have to put better measures in place for crowd control.



The narrow and sloping street where 156 people died.

And, Itaewon, it will never be the same. For some, it'll be remembered as the saddest place that they never want to come back to.

Ironically, Itaewon has been that place before. It has many sad memories dating back to the

Japanese occupation and during and after the Korean War. But Itaewon always seems to recover. It has become a place where anyone can express themselves, regardless of nationality, age or identity.

During that tragic night, I most

likely crossed paths with some of those who no longer are with us. My heart pours out to their families and loved ones.

I think of the 15-year-old girl, her mom and aunt who died that night. Perhaps, her mother wanted to give her child some special memory of Halloween. I think of the 26 foreigners who died, many of those were exchange students who loved this country and were willing to learn its culture and language. To me, all of those who died that night were innocents. They will all be missed, loved, and mourned.

Out of all the pain and suffering this has brought, the one glimmer of hope and comfort was how total strangers did everything they could to save those who were motionless in the street. It's that humanity that gives me hope that something good will come out of this tragedy.

A week after the tragedy, I went back to Itaewon, as did thousands of others. Some cried. Some wrote letters or brought flowers. A few played solemn music to remember those lost. Different nationalities. Different age groups. Different religious beliefs. But we mourned with the same heart.

I wish I had the words to make sense of all this, to help the healing process or maybe just make a person or two feel better. The best I could do is share my story in hope that others will be able to do the same. I believe it's part of the healing process. We must get through this together.

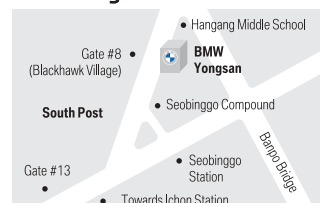
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Bullet Train to Bu

Navigating Korean metro an unforgettable adventure

STORY AND PHOTOS BY AVERY AIKEN,
STRIPES KOREA

Did you know that metro stations in South Korea have “express” trains? Well, I didn’t. And unfortunately for me, I learned that while stuck on one.

My husband, Corey, and I had been trying to get to Pyeongtaek Jije Station, but the metro we were on raced passed Jije and continued for another 15 minutes. We didn’t have 15 minutes to waste. We had a bullet train to catch; one that left in half an hour.

As we stood on the wrong platform in the wrong city, I started to cry. By miscalculating the train route, we had turned our early arrival at Jije into a missed connection to Busan. I felt so defeated. How were we going to make it back to the right station on time? Answer: we probably weren’t.

We had suitcases slowing us down. On top of that, I was wearing a skirt that didn’t make sprinting to the taxi pick-up zone

very practical. And even once we made it into a taxi, a car can only go so fast.

When our driver entered Jije Station into Naver Map, I realized the 15 minutes we had spent zooming farther and farther from Jije on the metro was going to take 30 minutes of racing through traffic to undo. Our train to Busan left in 5 minutes. We were defeated.

I had spent weeks planning this trip, a whole afternoon getting our bullet train tickets, and a couple of hours mapping the route from our apartment to Jije Station, which is where the bullet train leaves from.

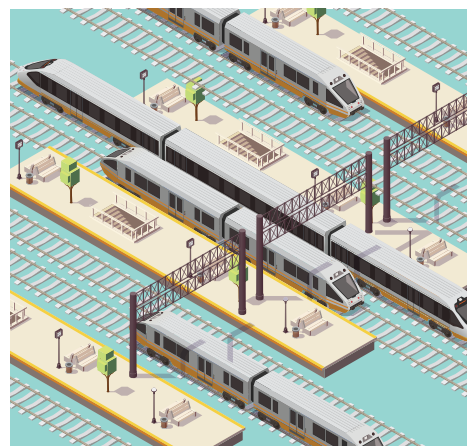
An ‘express’ tutorial

All that effort seemed like enough to get it right. But I didn’t know about the express train, and it foiled my plans. So, let me take a moment to explain it for you so that you don’t end up crying in the middle of train station like me.

To begin, most metro lines have an “express train” which runs the same route as the normal metro train. However, the express train stops at significantly fewer stations. If you’re using the Kakao-Metro app to map your travels, look to see if there is a gray train symbol above your intended destination. If there is, then you can get on the Line 1 express train at Pyeongtaek Station and start your journey seamlessly. The gray symbol indicates which stops the express train will make.

Additionally, you’ll know if you’re getting on an express train because (1) Naver Map annotates them by putting an “E” next to the name of whichever line you’re supposed to be on, and (2) as the train approaches the platform, there is an announcement over the loudspeaker which literally says “the express train to [X] is approaching.”

So yeah, that was embarrassing to learn. But I’m glad that I did.



Also, when you’re using Naver Map to route your trip, pay attention to the time the app says your designated train is supposed to be arriving. You might be on the right platform and it might have signs that are pointing in the right direction, but if Naver says your train isn’t supposed to be there until 9:38 and a train arrives at 9:32, it’s not your train. At least, not when you’re riding the metro.

Learn from me. Don’t get on an express train when you’re supposed to be on the regular one. And don’t get on the regular train when you’re supposed to be on an express train. It will add a ton of time to your journey. I made that mistake too, and it turned a 30-minute return trip into an hour-and-a-half meander through Gyeonggido.

Man behind the counter

Anyways, back to my story.

I’m crying in the back of the taxi. Corey is squeezing my hand and already thinking of perfectly good solutions that, in my disappointment, I refuse to consider. And our taxi driver is weaving between buses and delivery drivers like we’re in a video game.

Finally, we arrive at Jije Station. Corey hops out of the car with renewed optimism and begins to unload our bags while I finish paying our driver. We ride the long escalator up into Jije and walk over to the ticket counter. I have stopped crying at this point.

We hand our ticket printouts to the man working the counter. It’s pretty impossible to buy bullet train tickets online without a Korean credit card. And we don’t have one. Which means the only way we could buy tickets in advance was to go to the Discover Seoul office on Camp Humphreys and pay in cash. That is why we have printouts instead

of an email or some sort of high-tech ticket. That is also why I was very concerned about catching this one particular bullet train to Busan.

I tell the man that we missed our train. He reads the tickets: “12:50 departure.” He turns to look at the large red numbers on the digital clock behind him: “13:09.” He kindly confirms that we did, in fact, miss our train. We nod, our eyes widening to look like a puppy dog’s.

Without a word, he pulls up the train schedule. The next one departs at 13:21. He asks if we want to reschedule our tickets. We nod, our faces bright with hopeful smiles.

His computer screen is mirrored on a screen facing into the station lobby, so we can see what he’s seeing. He clicks on the only ticket that seems to be listed. Miraculously, that ticket is on the next train to Busan, but there are no more tickets listed for the rest of the day. I keep thinking that he’s going to break the news to us, but instead he clicks the single ticket to claim it and then refreshes the screen.

Nothing.

He refreshes it again.

Nothing, again.

He keeps refreshing it, again and again and again, his index finger jamming “enter” on his keyboard probably 20 times every minute. The time is passing and we’re getting closer to that 13:21 departure time.

I am holding my breath, sure that this man is going to give up on us. But he doesn’t. He calls someone over to assist the people who get in line behind us. He won’t stop looking for our second ticket.

Never in my life have I had someone work so hard to correct my mistake for me. But this man is determined to save our weekend.

It’s now 13:18, and I am pretty sure we’re going to have to start seeing if there are any





Busan
ure for couple

ets to Busan for tomorrow. It's too late
ancel the first night at our hotel, but that
ms like the least of our concerns right
y. Just as I'm about to voice my surren-
a ticket appears. It leaves an hour after
13:21 train.
The man asks if we're okay going on two
erent trains. We nod, our heads moving
ast that my sunglasses fall off the top of
head.
He smiles, claims the second ticket for
and starts processing our payment. We
ide Corey will go first. The clock hits
20 and he tells Corey to run to the train.
yell our goodbyes, and I collect the re-
t.
An hour later, as I'm standing on the plat-
n waiting to board, I see the man who
ed our trip. He's helping people find their
s and lift their bags up the train's steps.
h a smile, he walks to me, gives me a
ful nudge, and exclaims that now it's
turn to start the vacation.
must repeat, never in my life have I had
tal stranger invest so deeply into helping
fix my travel mistake. Not a gate agent
ne airport or a taxi driver in any city I've
r visited. And certainly not someone at a
rain station's ticket counter.
Last time I was in Boston, I
had the wrong tickets for
the commuter rail and
when I asked for
help getting the
right tickets, the
ticket agent told
me it would
"probably be
fine" as she
gulped down a
Dunkin
latte.
For the en-
tire two-hour
ride to Busan,
I kept my eyes
glued to the win-
dow and said little
prayers of thankful-
ness in my head for the
Korean ticket agent who
got me a seat, who fixed my mis-
e, who saved the day.
Traveling in Korea might be filled with
ts" and hard-learned lessons, but the
heartedness of Koreans makes it a lot
er to learn those lessons. And once you
you can sit back and enjoy picturesque
vs on the bullet train to Busan.

How to use public transportation in Korea

BY HYEMIN LEE,
STRIPES KOREA

Korea has a really good public transportation system. It'll save you money and allow you to travel wherever you want. But

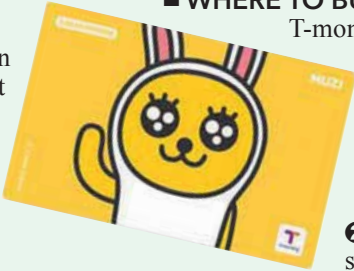
there are some tricks and tips you should know to help you navigate it. So, here's a simple lesson about how to use my country's public transportation system. It will be one of the most important lessons you should learn while living in Korea!

lee.hyemin@stripes.com

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WEBSITE



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The Metro system in Korea can be very complicated for foreigners. Many metro lines have several different train routes, so it's easily to get lost. I recommend you trying this useful app to find out the directions, train routes, fares, travel times, schedules and more. When you select the departure and arrival station, you can check all train schedules. (Select a language and city in settings)



TRAINS

You can travel to most towns by train in Korea. Please check the box below.

KORAIL

TYPE OF TRAIN

- General Trains: ITX-Saemaeul/Saemaeul, Mugunghwa-ho
- High-speed train: KTX

RESERVATION FOR A TICKET

- 1 Download KorailTalk app on your phone or check the website. (both provide the same service)
** For the app, please change the language setting to English as seen in the picture*
- 2 Search the departure and arrival stations and check the schedule.
- 3 Click "select" on the class and check the timetable and fare.
- 4 Purchase a ticket with your credit card (If it doesn't work, your bank probably blocks international usage or you might be using a VPN)
** The service for foreigners doesn't give you a choice of seat. It randomly gives you a seat after you purchase a ticket. If you purchase a ticket at the station, you can select a seat.*

WEBSITE



KORAIL PASS
(UNLIMITED
TRAIN RIDE PASS)



SRT

TYPE OF TRAIN

- High-speed train

RESERVATION FOR A TICKET

Unfortunately, you can't reserve a ticket without a credit card from a Korean bank. You can make a reservation at the train station, through an agency, or ask a Korean for help. On the website, you can check the schedule and route of SRT.

WEBSITE



Let's practice together!

Let's say you're a newcomer who has never used public transportation in Korea. Let's make a trip plan together, step by step.

- 1 Download Kakao Map or Naver Map



- 2 Search the departure and arrival location
 - For subways: Try to check the arrival time of the subway on the app, and make sure you're taking the right train in the right direction.
 - For trains: Try to make a reservation with KorailTalk

SUBWAYS



TRAINS



- 3 Leave the base and start your journey!
 - Take a taxi from your location directly to the station and buy a T-money card there. (Exchange taxi: 1544-9080)
 - OR
 - Get a T-money card at a convenience store near your location and take a bus to get to the station!

TRAVEL APPS

KAKAO MAP



android

iOS



NAVER MAP



WAZE



SUBWAY KOREA



android

iOS



KORAILTALK



android

iOS



OTHER TRAVEL TIPS

Bus



KakaoT app
perfect for
grabbing a taxi
in Korea



Things to know
before you
hail a taxi
in Korea





BY HYEMIN LEE,
STRIPES KOREA

Yeogi
eotteoke
gaya haeyo?

Ask for directions in Korea

The Seoul Metro has more than 20 lines, and line 1 (dark blue color) is the longest line and features a lot of different routes. Many in the military community use line 1 since it has stations near Camp Casey (Bosan), Osan Air Base (Songtan) and Camp Humphreys (Pyeongtaek). And many have discovered that although you board a train heading in the direction of the station you want to go, it doesn't guarantee you're going to arrive at that station. Some go in other directions or simply stop service at another station. It's very important to make sure you actually are getting on right train. And, remember to keep track of where you are with the apps I recommend, or just ask people. I'm a local who grew up in Seoul, and I still get lost, especially on the metro. So, it's time for another Korean lesson! Use the words and phrases below when asking for directions.

PHRASE

"Hi" = Annyeong-haseyo (안녕하세요)

"Thank you" = Gamsa-hapnida (감사합니다)

"Please help me / can you help me?"
= Dowa-juseyo (도와주세요)

"How should I get (go) here?"
= Yeogi eotteoke gaya haeyo? (여기 어떻게 가야해요?)

"Where should I go?"
= Eodi-lo gaya haeyo? (어디로 가야해요?)

"Where should I get to ride?"
= Eodi-seo taya haeyo? (어디서 타야해요?)

* Using "yo" makes a sentence formal.

* Using "an" in front of verb and adjective makes a negative sentence.

Subway vs Train

In Korea, the English word "train" means railway trains that go to other towns and cities, and "subway" means trains in metro system. So don't say "train" when you ask for the direction of a subway station, say "subway" or "Jihacheol"

Words for Transportation

car = cha (차)

Train = Gicha (기차) / Yeolcha (열차)

Subway / Metro = Jihacheol (지하철)

Station = Yeok (역)

Express train = Geubhaeng (급행)

Pronoun

Here = Yeogi (여기)

There = Jeogi (저기)

This = Igeo (이거)

That = Jeogeo (저거)

Question Words

How = Eotteoke (어떻게)

Where = Eodi (어디)

Verbs

Go = Ga-da (가다)

Ride = Ta-da (타다)

Others

Yes = Neh (네)

No = Aniyo (아니요)

correct / Right = Majayo (맞아요)

Should = haeya haeyo (해야 해요)

Practice what you've learned!

Fill in the blank bubbles with the appropriate Korean phrases. Try to look at the words and phrases in the box above. All the clues are there! Don't worry, the answers are below!

1 Say hi first and ask for help

Some Koreans may be nervous when a foreigner tries to talk to them. But, if you ask for help, they'll definitely help! And if you try speaking in Korean, they will appreciate that.

To tell them what station you're looking, show them on the app. Many stations have similar names, so make sure they understand you correctly.

American:
"Hi, can you help me?
How should
I get (go) here?"
Please write down



Illustrations by Hyemin Lee, Stripes Korea

3 Ask if a direction is correct

American:
"Is this going
to Songtan
station?"
Please write down



Korean: "Yes,
right. This is
going to Songtan
Station."
Please write down

2 Ask for directions to subway station

American:
"Where should
I go to ride the
subway?"
Please write down



Korean:
"There."
Please write down

4 When direction is wrong, ask for right one

Korean:
"No, it doesn't. It's
an express train."
Please write down

American:
"Where should I go?"
Please write down



Korean:
"Over there."
Please write down

ANSWERS: 1 American: Annyeong-haseyo (안녕하세요) Dowa-juseyo (도와주세요)
2 American: Jihacheol eodi-seo taya haeyo? (지하철 어디서 타야 해요?) Korean: Jeogio. (저기요)
3 American: Igeo Songtan-yeok gayo? (이거 송탄역 가요?) Korean: Neh, majayo (네, 맞아요) Igeo geubhaeng-iyeyo. (이거 급행이에요)
4 American: Eodillo gaya haeyo? (어디로 가야 해요?) Korean: Aniyo, an-gayo. (아니요, 안가요) Igeo geubhaeng-iyeyo. (이거 급행이에요)



Jeonbok bibimbap



Kongguksu

Noodle-based dishes

Chogyeguksu & Kongguksu

Chogyeguksu is a cold dish, with noodles in an icy broth seasoned with vinegar and mustard sauce, and topped with shredded chicken and julienned pear and cucumber. While the noodles and chicken are the main part of this dish, the tangy broth is what really pulls it all together with a refreshing taste.

Another cool noodle dish to try is kongguksu, noodles in cold soybean broth. The ground soybeans make this dish high in protein, while also giving the broth a thicker consistency. Each noodle is coated in the sauce-like broth for a savory, nutty flavor. You can make your meal even tastier by ordering a side of bossam (vegetable wraps with pork)!



Chogyeguksu



Bossam

Healthy dishes for a healthy you

KOREA TOURISM ORGANIZATION

There is a Korean saying that “food is medicine,” meaning eating good food is a great way to maintain good health. While getting sick on vacation isn’t on anyone’s itinerary, it can happen if you don’t pay attention to what you eat when traveling. In Korea, the best foods to keep up your energy are hearty and filling, from chicken dishes to noodles and seafood. Be sure to add these to your must-eat list for the next time you’re in Korea or at a Korean restaurant.

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Jeonbok juk



Jeonbok gui

Seafood-based dishes

Jeonbok & Haesintang

Seafood is another ingredient full of healthy nutrients; some of the best dishes to revive your energy use jeonbok, or abalone, as the main ingredient. Known to boost the immune system abalone has a savory flavor. One of the easiest jeonbok dishes to find is jeonbok juk, or abalone rice porridge, made using finely chopped jeonbok. Other popular cooking choices include jeonbok gui (grilled abalone) and bibimbap topped with chopped, cooked abalone.

For a really healthy meal, try haesintang, a soup that combines chicken, abalone, and octopus all in one! The addition of octopus adds in the benefit of taurine which helps with fatigue recovery. Since seafood takes on more of a rubbery texture the longer it cooks, its best to eat the abalone, octopus, and other seafood before the chicken. After getting your fill of the meat, you can add kalguksu (noodles) to the rich broth for a second serving.



Haesintang



Haesintang kalguksu



Samgyetang



Nurungji baeksuk

Chicken-based dishes

Samgyetang & Nurungji baeksuk

Samgyetang, ginseng chicken soup, is by far the most commonly enjoyed food on this list, thanks to healthy ingredients that are easy to get. To make this dish, a small chicken is stuffed with rice, garlic, ginseng, and medicinal herbs and boiled, creating a flavorful broth. This broth is also great at warming up your insides, revitalizing your body.

Another popular chicken dish is nurungji baeksuk, whole chicken soup with scorched rice. While samgyetang comes in single serving sizes, nurungji baeksuk uses a much larger chicken that is shared with others. The chicken must also be boiled for a longer period of time, meaning you’ll want to place your order before arriving at the restaurant. Many baeksuk restaurants are located along valley streams, making this a great choice for a summer dinner after playing in the water. After eating the baeksuk, the scorched rice is added to the broth for the second course, a filling chicken rice porridge.

To make your baeksuk even better, order a side of deodeok gui, grilled bellflower root. This root has a high level of saponin, the medicinal component in ginseng, without having such a bitter taste. It pairs perfectly with the rich flavors of the chicken soup while boosting the health benefits.



Deodeok gui with nurungji baeksuk

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Ron Easley

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STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Kimchi is considered to be a very healthy food and is a staple of Korean cuisine. Some choose to have it as a side but with a little work, you can add this flavorful pickled and spicy dish to other recipes as well. You'll see many Korean restaurants serving dishes like kimchi stew, kimchi fried rice, kimchi dumplings, and more.


One of my favorites growing up was kimchijeon, or kimchi pacake, a nice snack with a lot of flavor. It's also referred to as Kimchi buchimgae. I remember the red pancake that has pleasant sour and tangy flavor was definitely beat my spring fatigue and stimulated my appetite before a meal.

Most of the items to make this treat can be found in your fridge and pantry. All you need is just nicely fermented kimchi and some flour. Kimchi is the highlight of this dish though, there are many variations that have different ingredients. Customize to your liking by adding different ingredients like sausage, shrimp, pork, tuna, different vegetables or proteins you want to try.

- PREP TIME: 30 minutes
- COOK TIME: 20 minutes
- TOTAL TIME: 50 minutes

- DIFFICULTY: Easy
- SERVINGS: 4

VIEW VIDEO!





INGREDIENTS

- ☐ 2 cups of thinly sliced fermented kimchi
- ☐ 2 cups of cold water
- ☐ 2 cups of pancake mix or frying powder (buchimgaru) or all-purposes flour
- ☐ 1 tbsp of chill powder (or 5 tbsp of Kimchi liquid)
- ☐ Some of thinly sliced sausage (optional)
- ☐ Some of thinly sliced green pepper (optional)


Dipping Sauce

- ☐ 1 tbsp soy sauce
- ☐ 1 tbsp minced garlic
- ☐ 1 tbsp water
- ☐ 2 tsp vinegar
- ☐ 2 tsp chopped onions (optional)
- ☐ 2 tsp sesame oil (optional)
- ☐ 2 tsp sesame seeds (optional)
- ☐ 2 teaspoon sugar
- ☐ Pinch of black pepper
- ☐ Some of sliced scallions







1




3



5



6



7

DIRECTIONS

- Mix all the sauce ingredients into a bowl and set aside.
- Slice the kimchi, about the size into small pieces. Thinly slice the scallions and sausages. (If you have some onions, cut it into thin pieces - optional)
- In a large bowl, combine the pancake mix with the chili powder, optional sliced sausages, scallions, and water. Gently stir everything together to prevent the dough from solidifying. (Pro tip: If the fermented Kimchi is too sour you can add 2 to 3 tsp of sugar, if it's not sour enough to make jeon, then add 2 to 3 tbsp of vinegar)
- The batter shouldn't be thick. It's okay if it's a bit watery, it will help in creating a crisper jeon.
- Coat the pan with a generous amount of cooking oil over medium-high heat. When the oil is shimmering, ladle some of the batter into the pan and spread it evenly into a thin, round shape. Gently pressing them down into the batter with the spatula a couple of times to sizzle and crisp the batter.
- Once the bottom is nicely browned, turn it over, adding more oil if necessary and pressing down with the spatula. When both sides are cooked, remove from the heat and serve with the dipping sauce you made earlier.
- Give it a try and bon appetite or 잘 먹겠습니다! (Pronounced: jal meok-ke-sseum-nida!)

Spice up your rice bowl with fried kimchi

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

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



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

VIEW VIDEO!



INGREDIENTS

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

DIRECTIONS

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



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Popular Korean chicken dish a spicy treat

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA



View Video!

Dakdoritang or Dakbokkeumtang is a very popular chicken dish in Korea. The savory and spicy meal is typically prepared with red pepper paste along with various veggies like carrots, onions and potatoes.

In college, my roomies and I enjoyed this spicy chicken at least twice a week. I was not a big fan of this spicy chicken dish at first, but their love for the one-pot meal finally made me open my eyes to a new world of flavor. The perfect combination of spicy, sweet, and salty is irresistible.

This dish that boasts a spicy flavor is commonly served as a side dish that goes perfectly well with rice and also pairs well with Korean drinks soju and makgeolli, making this a great option to feed guests when hosting a small party. The recipe is very simple to follow. Make it a party at home and give it a try!

- PREP TIME: 15 mins
- COOK TIME: 30 mins
- TOTAL TIME: 45 mins
- DIFFICULTY: Easy
- SERVINGS: 2

INGREDIENTS

- 600 – 700g chicken, cut into medium sized chunks (I used pre-cut chicken)
- 1 potato or sweet potato (200g/ 7 ounces), (I prefer to use sweet potatoes)
- 1/2 medium carrot (100g/ 3.5 ounces), cut into 1.4 inch thick bite sized chunks or slice them into coins
- 1 medium onion, cut into 0.6 inch thick bite size chunks
- 2 chilies thinly sliced (optional)
- 1 stalk of green onion cut into 0.7 inch long
- Glass noodles (50g/ 1.7 ounces) (optional)

SAUCE

- 1.5 tbsp gochujang (Korean chili paste)
- 1.5 tbsp red chili pepper
- 2 cups of water
- 2 tbsp soy sauce
- 2 tbsp minced garlic
- 2 tbsp brown sugar
- 1/2 tbsp roasted sesame seeds
- Black pepper
- 1 tsp minced ginger (optional)
- 1 tbsp cooking wine (optional)

PRO-TIPS

- If you have fermented kimchi in your fridge, add a quarter cabbage or pre-cut kimchi (600g) and reduce the amount of pepper flakes to taste.
- Soak the chicken in milk for about 20-30 minutes ahead of cooking. This will neutralize the smell and prevent fluids from leaking from the meat.

INSTRUCTIONS

- 1** Pre-soak the glass noodles in water for 30 minutes (Warm water can shorten the time) If you're not a big fan of glass noodle, skip this step.
- 2** Boil some water in a large pot. Cut up all veggies into bite sized chunks, until water boils.
- 3** When the water comes to a boil, add the chicken with some of rice wine, then turn the heat to medium and simmer the pieces until they are partially cooked (will take about five mins, not much longer).
- 4** Drain water but leave 2 cups of water in the pot.
- 5** Add pepper paste sauce, rice wine, soy sauce, minced garlic, (fermented kimchi – optional) and sweet potatoes and cook them for about 20 - 25 mins. (Add extra water if needed)
- 6** Add noodles, carrots, green onion, onion, red pepper powder, sugar, honey or syrup, pepper powder. Cook them until potatoes are easily pierced with a chopstick or paring knife.
- 7** Sprinkle sesame seeds and serve it.
Bon appetite or in Korean, 잘 먹겠습니다!
(Pronounced: **jal meok-ke-sseum-nida!**)

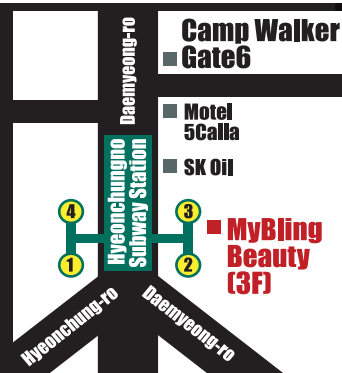


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Stripes Sports Trivia

A member of MLB's 3,000 hit club, Ichiro has more total hits in his career than Pete Rose, if you include his time playing in Japan. The longtime Mariners outfielder racked up 1,278 of his 4,300+ hits while playing for which Nippon Professional Baseball team in Japan?

Answer

Orix Blue Wave (Buffaloes)



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STARS AND STRIPES

DID YOU KNOW?

Mandatory military service of 21 months is required for South Korean men. You must be at least 18 years old to enter military service, and most join when they are 19 or 20.

Hangul of the week

배신

basin (betrayal)

Language Lesson

Did you see that?

Bwasseoyo?




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Crossword by Margie E. Burke

ACROSS

1 Light pats

5 Take place

10 Rush job notation

14 Bryce Canyon locale

15 Wake up

16 Napa Valley sight

17 Flat-topped hill

18 Senior diplomat

20 Fragrant rice

22 Inventor's quest

23 Shocked letters

24 Soda since 1886

27 Anagram for "ruse"

29 Distinction

33 Blubbered

35 Far from poetic

36 Tissue layer

37 Loathe

38 It may be slippery

39 Cowboy wear

40 Period in history

41 Meager

42 Abstain from

43 Fierceness

45 Mr. Peanut prop

46 Seasoning for lamb

48 Heathcliff, e.g.

51 Changes

54 Danger for small boats

56 Type of test

59 Narrow margin

60 Prefix with phobia

61 Repulsive insect

62 Elementary particle

63 Despicable

64 Shopping binge

65 Capone nemesis

5 Man of many words

6 Stand-up guy

7 Windy City athlete

8 Beach Boys song, "Surfin' "

9 "You're welcome," for one

10 Online image

11 A or B, on a 45

12 Auth. unknown

13 Smart-alecky

19 Like most chips score

25 BOLO or YOLO, e.g.

26 Take as one's own

28 "Savvy?"

30 Increase in value

31 Slimy garden pest

32 Beginner

33 White hat wearer

34 In short supply

35 Word with hot or home

38 Tailor's tool

39 Bart, to Homer

41 Disdain

42 Warren's "Bonnie and Clyde" co-star

44 Crater Lake's state

45 Nativity scene

47 Lewis Carroll heroine

49 Felipe's farewell

50 Contract details

51 Eden dweller

52 Tiny parasites

53 Former skater Lipinski

55 Larger-life link

57 Absorb, with "up"

58 Roof stuff

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Answers to Previous Crossword:

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

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.

Answer to Previous Sudoku:

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

Korea NO.1 indoor Aquarium

Coex aquarium

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Women Medipark Hospital



**United States
Army Command
Cooperation Hospital
Tricare Designated
Hospital.**



**Having an
English-Speaking
Coordinator and
Medical Staff.**



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

Women Medipark Hospital's Strengths

1 Laparoscope

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

2 HIFU (High Intensity Focused Ultrasound)

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



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

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

4 High Risk Maternity Care Center

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

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

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

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