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 May 2023
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Braai Republic specializes in a South African barbecuing method that uses aromatic wood for roasting meat.



‘Meat up’ your meal at S. African barbecue joint

STORY AND PHOTOS BY CHRISTOPHER GREEN,
STARS AND STRIPES
Published: May 4, 2023

One benefit of serving in the military is getting to travel the world and sample new cuisines. Thanks to this benefit, Braai Republic near Camp Humphreys, South Korea, just became one of my favorite restaurants.

Braai — rhymes with “dry” — is a South African barbecuing method that uses aromatic wood for roasting meat.

Braai Republic offers exceptional service and a welcoming atmosphere, along with some incredible food. An open kitchen allows you to watch the friendly and attentive staff as they prepare and serve tasty dishes that include boerewors — a type of sausage that originated in South Africa — lamb chops and shrimp.

I found it difficult to choose an entrée but eventually settled on the Half Chicken and

Lamb Chops for 36,000 won, or about \$27. It includes mashed sweet potatoes and a salad, and I ordered lemonade to wash it all down.

This was my first time eating South African food and it did not disappoint. The chicken was highly flavorful and a bit spicy thanks to its peri-peri marinade, and the lamb was tender and juicy with a smoky taste. The sweet potatoes were buttery and savory.

Other eye-catching menu items include the Meat Platter — two lamb chops, a boerewors, pork sausage, potato fries, corn and basil salad and slaw — for 37,000 won; and 500 grams of Pork Spare Ribs with Potato Fries for 23,000 won.

There’s also a large veggie plate for those with plant-based diets.

Most entrees are sizeable, but those feeling extra hungry can “Meat Up” their meal by adding a sausage, lamp chop or shrimp for a nominal charge.

Beverages include fruit juices from South

Braai Republic

Location: 17-1 Anjeongshopping-ro, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do
Hours: 11 a.m. to 2 p.m. Tuesday through Friday; 5 p.m. to 8:30 p.m. Saturday; 11:30 a.m. to 8 p.m. Sunday.

Prices: Most entrees cost between 13,000 won and 55,000 won. Sides start at 8,000 won. Non-alcoholic drinks are 2,500. Alcoholic drinks start at 5,000 won.

Dress: Casual

Directions: About a 15-minute walk from the main gate at Camp Humphrey.

Phone: 031-657-7580



Website Instagram

Africa and an extensive bar menu that features South African beer and hard cider.

Overall, Braai Republic, which has two other locations in Itaewon and Hongdae, proved to be a wonderful dining experience that I’m bound to repeat while stationed on the peninsula.

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Palace in heart of Seoul a cultural treasure

STORY AND PHOTOS BY CHRISTOPHER GREEN, STARS AND STRIPES
Published: April 28, 2023

The city of Seoul is a vibrant and thriving place with an endless number of things to do, from ascending to more than 1,600 feet at the Lotte Tower to riding roller-coasters at Everland Resort.

But history buffs will find the Gyeongbokgung Palace is a perfect place to spend an afternoon.

This historical site in the heart of Seoul was first erected in 1395 and is one of the first and largest of the royal palaces built during the Joseon Dynasty.

It served as the royal palace until 1592 when it burned down during the first Japanese invasion of the Imjin War. It was rebuilt in 1865 into the beautiful palace we see today.

There is more to this place than its history. Not only will you be able to take great pictures, but you will also get a glimpse into the royal culture and architecture.

You can explore the palace grounds including the Gyeonghoe-ru Pavilion, Hyangwonjeong Pond and sculptures of Geunjeongjeon. You can also check out the National Folk



Hyangwonji Pond and Hyangwonjeong Pavilion.

Museum of Korea. It has a number of exhibits featuring historic objects, showing the national life of Korea through the ages.

Another way to immerse yourself in the culture that's easier on your wallet is to come to the palace dressed in traditional attire called the "hanbok" and tour the palace grounds for free. A few shops close by rent or sell the garments and provide group tours with English-speaking guides.

The changing of the palace royal guard is a worthwhile subject for photos or videos and decent social media fodder, too. It's a reenactment of the guard-changing ceremony that took place during the Joseon dynasty,

and a great way to see a traditional ceremony. The guards wear brightly colored clothes with traditional period weapons while playing traditional music.

This palace is like stepping into the past, as well as something fun to do with your friends and family. I recommend it to anyone who loves history and getting to know other cultures.

green.christopher@stripes.com
Twitter: @ChrisJGreen8

Directions: A short walk from the Gyeongbokgung Palace Subway Station.

Times: Open daily, 9 a.m. to 6 p.m. Closed Tuesdays.

Costs: 3,000 won for adults; 1,500 won for ages 7 to 18.

Food: There are several restaurants in the area.

Phone: +82-2-3700-3900



Website



History buffs will find Gyeongbokgung Palace a perfect place to spend an afternoon in Seoul.



Gyeongbokgung Palace in the heart of Seoul, was first erected in 1395 and is one of the first and largest of the royal palaces built during the Joseon Dynasty.




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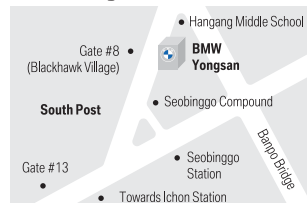
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Must-visit attractions

Jamsil is made up of Seoul's largest cultural and artistic neighborhoods with many fun places to visit, including shopping malls, entertainment facilities, parks, famous eateries, and so much more.

Lotte World has a central presence in Jamsil and you'll find three large Lotte complexes - Lotte World Tower, Lotte World Mall and Lotte World. Since the construction of these sites, the amount of activities in Jamsil has increased, so you'll definitely want to plan ahead. Here are some of the great places in Jamsil to visit while you're in Seoul!

lee.hyemin@stripes.com

Jamsil

BY HYEMIN LEE,
STRIPES KOREA



File photo Photo courtesy of Korea Tourism Organization



Photo courtesy of Korea Tourism Organization Photo courtesy of Korea Tourism Organization



Photo courtesy of Korea Tourism Organization

Lotte World Tower & Mall

Although the Tower and Mall are in different buildings, it's easy to visit both thanks to their connecting passageway.

Lotte World Tower is a significant landmark and, at 123 stories tall, is the fifth tallest building in the world. In addition to office space, the tower has a luxury hotel and, more importantly, Seoul Sky, an attraction offering a 360-degree view of Seoul from high above.

For lunch and some shopping, hop over to Lotte World Mall. The busy shopping destination has shopping, restaurants and cultural and art experiences. Visitors can shop for luxury goods at Avenuel and Lotte Duty Free Shop, home appliances at Hi-Mark and enjoy the hundreds of other shops inside. Lotte World Mall even has an aquarium, concert hall and cinema. You'll run out of time long before you run out of fun at this mall!

Address: Line 2 & 8. Jamsil station exit 1-2

Seoul Sky (117-123F in Lotte World Tower)

Hours: 10:30 a.m. -10 p.m. (Sun-Thu)
10:30 a.m.-11 p.m. (Fri-Sat)



Ticket

Lotte World

This is a large tourist complex consisting of Lotte World Adventure, Folk Museum, an ice rink, Lotte Department store, and Charlotte Theater. Lotte World often refers only to Lotte World Adventure, an indoor and outdoor theme park, but in fact, the theme park is one of the facilities belonging to Lotte World.

The area is a great one-day trip for families to enjoy the Lotte World Adventure theme park and Folk Museum. The educational museum features displays of Korean daily life starting from the Stone Age to Japanese occupation. Grab a multi-pass ticket to enter both theme park and museum for the best bang for your buck!

Address: Line 2 & 8. Jamsil station exit 3-4



Ticket

Seokchon Lake

Seokchon Lake is a wonderful spot during the cherry blossom and fall foliage in the midst of the hustle and bustle. Through the trail, you'll find a great view of Lotte World Adventure Magic Island across the lake. Seokchon Lake is a famous spot for various public events, rubber duck, and cultural festivals.

Address: Line 2 & 8. Jamsil Station Exit 3-4

7 Lotte World Tower
7-1 Seoul Sky (123rd Floor)
7-2 Signiel Seoul (Floors 76~101)
7-3 Lotte World Mall
7-4 Lotte World Aquarium
7-5 Lotte Duty Free (Floors 8~9)
7-6 Lotte Concert Hall
7-7 Lotte Cinema
7-8 Avenuel
7-9 29 Street
7-10 Seoul Seoul 3080

13 Korea Advertising Museum

12 Jamsil Station Underground Shopping Center

6 Lotte World
6-1 Magic Island
6-2 Folk Museum
6-3 Ice Rink
6-4 Charlotte Theater
6-5 Lotte Department Store
6-6 Lotte Mart

10 Seoul Nori Madang

11 Seoul Samjeondo Stele

1 Seokchon Lake

4 Seokchon Lake Cafe Street

5 Bangi Food Street

3 Songpa Tourist Information Center

8 Seokchon Lake Harmony Music Fountain

9 Lotte Hotels & Resorts World

2 Songpa-gu Office

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Check-out 12:00
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Check-out 12:00
www.lottehotel.com/signielseoul

Lake Hotel
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www.hotel(lake.co.kr

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Photo courtesy of Songpa-gu Office

Songridan-gil Street



Speak Korean
BY HYEMIN LEE,
STRIPES KOREA

Words

- Korean full course meal: Han-juk
- Rice: Bap (밥)
- Soup: Guk(국)
- Side dish: Banchan (반찬)
- Water: Mul (물)
- Bowl / Plate: Geu-reut(그릇)
- Ladle: Gukja(국자)
- Delicious: Masisseo-yo (맛있어)

Jamsil

E-guidebook

This guidebook produced by Songpa-gu District Office has all the information you need to know about Jamsil area. Check it out before your trip to Jamsil!



Photo by Hyemin Lee, Stripes Korea



Photo by Hyemin Lee, Stripes Korea

Photo by Hyemin Lee, Stripes Korea

Songridan-gil Street

On the east side of Seokchon Lake, head to Songridan-gil Street for a nice meal or drink at one of the many hip cafes and restaurants. Thanks to social media, the area has quickly become popular among young people and is one of the trendiest neighborhoods in Seoul.

Address: Seokchon lake café street (East Seokchon lake) - Line 9. Songpanaru station exit 1

to visit year-round, but especially in the spring and autumn seasons. The lake brings nature to the busy city. While walking around the lake, you can see the Lotte World Tower and Lotte World. In addition, the area has many art projects such as the viral giant

ts 1-3

et

02. Near Bang-yi Samgeori

- 1 Baked banana
- 2 Seungil Chamchi
- 3 Seokchoke Winal Jangjeon
- 4 E.E Hyang
- 5 Toyosu Gi Ga
- 6 Sehwonwon Winechewon
- 7 Todak Todak
- 8 Myeong Hanabi
- 9 Don Blanc
- 10 WIZO L.
- 11 WICKER PARK
- 12 cafe KONA QUEENS
- 13 Bulzani Home
- 14 another greasy house
- 15 RABE MACARON
- 16 CAFE CORNER SH
- 17 25 Katsu
- 18 Won Szechu
- 19 Orou Seikromul
- 20 Sammat Hootteok
- 21 Changhwadang
- 22 SAKI SHOP
- 23 DOHID patisserie
- 24 LALA BREAD
- 25 Namdo Hanuk Gaeori
- 26 The Bouquet
- 27 Seokchon Sangjeon
- 28 ZEN ZEN
- 29 Oyeongsong Gwangjang
- 30 Niente
- 31 GARDEN 4

03. Near Bang-yi Sageori

- 1 mien ai
- 2 Bazzz
- 3 IZAKAYA MATA
- 4 kakuben
- 5 NADAL
- 6 Seoul Snack
- 7 Shuttle 54
- 8 Daeji Daejung Maekjang
- 9 MOCA
- 10 Adoga
- 11 COFFEE LEC
- 12 Clover Gimbae
- 13 Baker ondo YC
- 14 ICE CAKE
- 15 Songpa Sangjeon Gu
- 16 Vinyen Sushi
- 17 Moch House
- 18 FEBRUARY ROASTERS
- 19 Cafe Daeji
- 20 T3420
- 21 grew
- 22 vert vert
- 23 Mija Sildang
- 24 Mangpoko
- 25 The Place By
- 26 Namhangung Daejung
- 27 Bubu Hwangji
- 28 Gamsaeng Coffee
- 29 Kwanan Jip Maekjang
- 30 Shinyang Roasters
- 31 Japsi Japsi Japsi Japsi
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- 37 Sushi Kang Riang
- 38 Cafe Koharu
- 39 Cafe Beamsung
- 40 Dandi
- 41 Iberico black pork
- 42 Manoldang
- 43 Palette Curry
- 44 Sambongmae
- 45 Jihui Bros
- 46 King Jigger Jigae
- 47 Sunshinbum
- 48 Table Manta
- 49 Aurora
- 50 Chuya
- 51 Cafe Duban
- 52 SONGPA Mapelli
- 53 Charmandre
- 54 Hyomel
- 55 Gamsaeng Chamul
- 56 Daeju In Gyeong Odoe
- 57 Oreo Ramen
- 58 Obak Susan
- 59 MOTOR CITY
- 60 J.EbiHotel Barrik

Photo courtesy of Songpa-gu Office

Let's dig in!

Ordering something

- Excuse me (When calling a staff): Jeogi-yo (저기요)
- Give me please: Juseyo (주세요)
- Can I have a Korean full course meal?: Han-jeong-sik juseyo (한정식 주세요)
- Can I have more of this?: Igeo deo juseyo (이거 더 주세요)

Greetings at a meal table

- I'm going to eat well. (Before eating): Jal meok-get-seup-ni-da (잘 먹겠습니다)
- I ate well. (After eating): Jal meo-geo-sseum-ni-da (잘 먹었습니다)

CONTINUED ON PAGE 8

Songridan-gil Street a café heaven

VIEW VIDEO



If you are simply looking for a place to take a nice stroll and then please your taste buds, then to the area of Seokchon Lake and Songridan-gil Street.

Enjoy a peaceful time stroll around Seokchon Lake, then explore several trendy dessert spots at Songridan-gil Street. Make sure to get some steps in with a brisk walk around the lake prior to indulging in some delicious eats on your gourmet tour!

Here are four stylish cafés that are famous on social media!

English guidebook for Songridan-gil street (provided by Songpa-gu Office)



Photos by Hyemin Lee, Stripes Korea

Ginger Bear Pie Shop

This café has plenty of pies that are as delicious as they look. It is one of the busiest cafes on Songridan-gil Street, so expect to wait at least 30 minutes to grab a slice. You can make a reservation and go scope out the rest of the area while you wait.

The best items on the menu include the meat pie with marinated beef and cheddar cheese, rhubarb cheese pie topped with a generous heap of strawberries, and chocolate mousse pie.

Hours: Noon - 9 p.m.

Address: 43-7 Baekjegobun-ro 41-gil, Songpa-gu, Seoul



Photos courtesy of Café Pepper

Café Pepper

This café is famous for its vintage interior, pretty desserts and gluten-free rice flour cakes. Make sure to try the lemon cream cake, caramel scones, and Mont Blanc cake.

Hours: Noon - 9 p.m.

Address: The 2nd floor, 12 Baekjegobun-ro 45-gil, 송파1동 Songpa-gu, Seoul



Photos by Hyemin Lee, Stripes Korea

Bontemps

This donut café serves various types of twisted Korean donuts (Kkwabaegi). Each donut costs between 3,000-4,000 won, so I recommend trying several. Bontemps' beautiful outdoor terrace is also pet-friendly.

Hours: 10:30 a.m. - 10 p.m.

Address: 42-8 Baekjegobun-ro 41-gil, Songpa-gu, Seoul



Photos by Hyemin Lee, Stripes Korea

Bakery Blair

Bakery Blair has an interesting storytelling concept, where you are invited to the home of the Blair Family, famous for their baking skills in Paris. The bakery has three floors: the first floor is where you choose a variety of sweet, decadent breads and pastries and then enjoy them on the second and third floors. The second floor has a cozy, charming seating area and the third floor has a cool rooftop.

Hours: 9 a.m. - 9 p.m.

Address: 459 Baekjegobun-ro, Songpa-gu, Seoul

Jamsil

CONTINUED FROM PAGE 7

VIEW VIDEO



Han-jeong-sik full-course meal tasty way to experience Korean cuisine

If you are an adventurous eater, I highly recommend you try han-jeong-sik, a premium and traditional Korean full course meal. During a han-jeong-sik, you'll try over 20 different Korean dishes, including rice, soup, seafood and meat dishes, and vegetable side dishes. The colorful and neat presentation of dishes covering the entire table will amaze you!

Through Han-jeong-sik, you are not only going to experience the true taste of Korea, but also discover many cultural aspects of Korean food. While a bowl of rice is served for each person, soup and other dishes are shared with others. Sharing dishes is a big part of Korean food culture.

There are many restaurants specializing in han-jeong-sik and these are a great place for Koreans to bring their important guests. Koreans culturally believe the quantity of side dishes can determine a well-prepared and dedicated meal table. Setting the table full of various plates is a way to show affection or respect for their guest. Also, as the harmony of colors on the table is significant in Korean culture, the meal course table is truly a feast for the mouth and the eyes.



Photo by Hyemin Lee, Stripes Korea

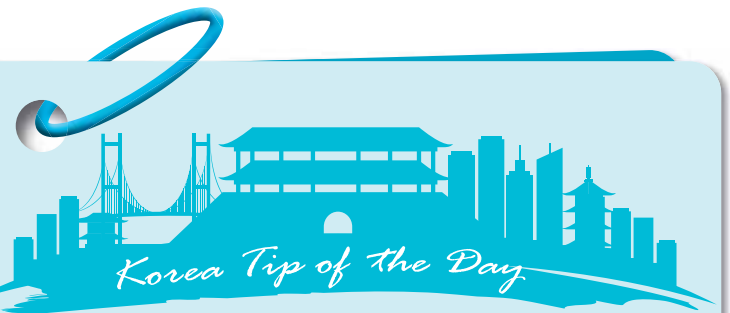
San-deul-hae (산들해)

San-deul-hae, only a 10-minute walk from Jamsil Station, is a terrific han-jeong-sik restaurant for friends to enjoy some tasty Korean dishes together in Seoul!

The staff at San-deul-hae literally brings a tabletop with 24 different traditional Korean dishes and slides it in front of you. Try them all, and if you want more, don't hesitate to call the staff. They will keep bringing your favorites because unlimited refills are available for all the dishes. This full-course meal is about \$16 and there's no time limit!

This restaurant is very popular among locals so expect to wait about 20 to 30 minutes for a table. According to the staff, between 5 p.m. to 6 p.m. is the best hour to avoid the long line. Reservations are available for groups of 5 to 8 people a week in advance.

Address: Line 8, Mongchon Toseong Station Exit 2 or 2F Hyundai Topics, 6 Wiryeseong-daero, Songpa-gu, Seoul
Hours: 11:30 a.m. - 9 p.m. (Break: 3-5 p.m.)
Cost: 21,000 won (\$16) per head
Phone: 02-448-3457
Parking: 2 hours free



Re-charge your phone at restaurant or café for free

HYEMIN LEE, STRIPES KOREA

There are few things that cause panic on a sightseeing trip. Your phone about to die and not having a portable charger or cord is one of them. In Korea, however, many restaurants and cafés offer a free phone-charging service. So, while you re-charge with a coffee or delicious meal, your phone can do the same. To use this service, simply ask an employee at the cashier counter whether they have a charger or not. Most newer or popular establishments have a charger station available.

lee.hyemin@stripes.com

Ask an employee to charge your phone!

- Can you charge my phone? Hand-pon chung-jeon hal-su isseoyo? (핸드폰 충전 할 수 있어요?)
- Charger: Chung-jeon-gi (충전기)
- Cell phone: Hand-pon (핸드폰)

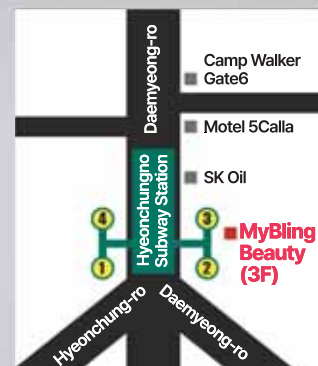


Photo by Hyemin Lee, Stripes Korea



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OEAM FOLK VILLAGE: Where time stands still

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

Despite the rapid industrialization and gentrification of South Korea over the last half-century, there are still several great traditional villages that retain their original features across the nation like Bukchon Hanok Village in Seoul and Yangdong Village in Gyeongju.

Recently, I went to Oeam folk village in Asan, South Chungcheong Province, on the recommendation of one of my coworkers. Frankly, I didn't expect much from place since the folk village is not as famous as Bukchon and Yangdong. However, located in the peaceful and beautiful rural countryside, Oeam was a pleasant surprise.

Time travel to Joseon period

Only 30 min-drive from Camp Humphreys, Oeam Folk Village is not your ordinary tourist attraction packed with souvenir shops and the sound of merchants, rather it's a historic village where many people still live.

What makes this village distinctive is a 6.3km-long stone wall set along its narrow alleys. I had a terrific time walking the alleys at a leisurely pace as if I were a resident. And taking in sound of a group of singing sparrows sitting on the thatched roofs was another charm of my walking experience.

This village is full of photo ops, especially against the backdrop of its beautiful thatched and tiled roof homes. When summer hits, the pond at the entrance of the village is overflowing with lotus flowers in full bloom, attracting photographers of all abilities.

If you would like to look deeper into the architecture and the more than 500-year legacy of the village, call the village tourist info center and make a reservation for an English-speaking guide at least two weeks in advance. You could



ADDRESS: 충남 아산시 송악면 외암민속길 5 (KOR), 5, Oeamminsok-gil, Songak-myeon, Asan-si, Chungcheongnam-do (ENG), NAVER MAP <http://naver.me/IDB1QNXX>

ANTRANCE FEE: Adults: 2,000 won (groups 1,600 won per adult), youth & children 1,000 won.

*Tour guide are available for groups over 30 persons

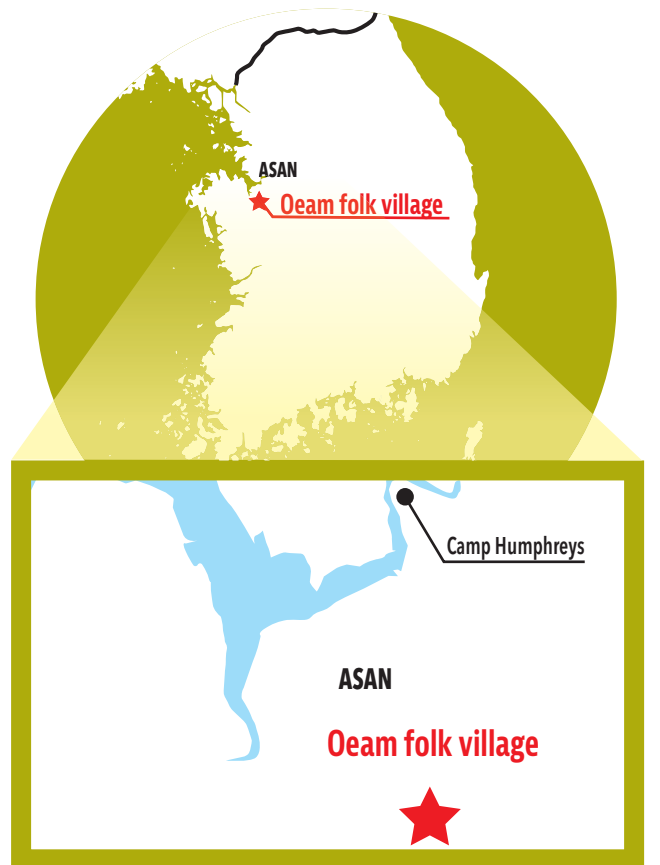
HOURS: Summer Season 9 a.m. to 5:30 p.m., Winter Season 9 a.m. to 5 p.m.

PHONE: 041-540-2110 (Oeam Folk Village Tourist Center)

WEBSITE: <http://www.oeam.co.kr/oeam/skin1/>



WEBSITE



also look into the Hanok Stay Program, which allows you to peek into the old Korean lifestyle and culture.

The village offers a lot of hands-on experience programs that will entertain you and your kids, including lantern making, rice cake making, chestnut roasting, rice cultivating, and more. I really enjoyed the village in the daytime, but cars and satellite dishes around the houses were the fly in the ointment. Other than that, the historic folk village was

worth the visit. If you want to see picturesque scenery with old Korean houses and surroundings, Oeam Folk Village is an ideal place.
kim.chihon@stripes.com

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JOURNALISTS FOR A DAY!

Homeschoolers visit Stars and Stripes

BY MILLIE REBER, MACY REBER, ADAIRA ROSE-BROWNING AND OAKLEY ROSE-BROWNING, STARS AND STRIPES REPORTERS FOR A DAY

Did you know that, as homeschooled kids, we do some awesome field trips during the school year? This time, our Homeschool Co-Op organized a special field trip to the offices Stars and Stripes on Camp Humphreys, South Korea. It was fun!

The Stars and Stripes team had a well-organized agenda to help us learn how the news organization works. We met journalists, a multimedia consultant and other staff members working for Stars and Stripes during a tour of the office. We even got snacks and some souvenirs.

We learned many things like the types of articles journalists can write and some ways to take pictures to help tell the story. One of the most interesting things we learned was that Stars and Stripes Pacific newspaper started up in Hawaii when WWII was ending; they followed the U.S. Military to the Pacific region and started covering their stories. On May 14, 2020, they celebrated 75 years of serving the military



community in the Pacific. That's very impressive!

We also learned that working for a newspaper could be fun. We interviewed Stars and Stripes reporters David Choi and Christopher Green.

Mr. Green said his job was fun because he gets to visit new places. Here in Korea, he has visited theme parks and other places like National Heritage sites. He said he has fun doing what he loves and getting paid for it is the best part.

Visiting Stars and Stripes was a wonderful experience for homeschoolers like us because it was educational and fun. We got to be reporters and photographers for a day. Thank you, Stars and Stripes team.

Trip to AFN Humphreys studio

BY EMERY EVERSOLL AND AVELEEN ROSE-BROWNING, STARS AND STRIPES REPORTERS FOR A DAY

At some point in your life, you have probably heard of the American Forces Network. AFN does everything including the news, entertainment, sports, you name it. You can listen in the car, watch at home on the TV, or use the app on your phone. AFN is easily accessible, anytime, anywhere. But have you ever wondered what goes on behind the scenes, in the studio of this popular news network?

Recently, the Humphreys Area Homeschool Co-op (HAHC) and I had the incredible opportunity to tour the AFN headquarters building at Camp Humphreys in South Korea. During our trip, we were able to see and take pictures in their recording studio and on their television set. Our group even got to talk to AFN employees. We heard stories about travel, experiences had while reporting, and how getting information out to people about different places and events through radio and TV is important. We learned that AFN is the only American radio station in Korea.

It felt unreal to be walking through the different



rooms, seeing the equipment, and meeting the employees. One of the kids on the tour, Oakley Rose-Browning, who was assigned the job of reporter, interviewed Mr. Dan and asked him why he chose this profession. Mr. Dan answered: "Because I was like: Yeah! I could do this."

It is one thing to know about AFN, but an entirely different thing to get to see how it is all accomplished. It was truly a once-in-a-lifetime experience, one that certainly made us appreciate the work that goes behind making AFN what it is. For every news and entertainment source we have, there are many incredible people working hard to make it happen!

Photos by Asher Eversoll and Genevieve Warren, Stars and Stripes reporters for a day

KOREA KIDS' CORNER

Dinosaur fun at Anmyeondo Jurassic Museum

BY HYEMIN LEE, STRIPES KOREA

For a rawr-ing good time, make plans for a fun trip to the Anmyeondo Jurassic Museum. This natural history museum is about a 1.5-hour drive from Camp Humphreys and is home to a large collection of dinosaur fossils found in Korea.

Spend the day learning about dinosaurs through the museum's

large displays inside and enjoying the dinosaur-themed play areas in the museum garden.

An-Myeon-Do Island, where the museum is located, is on the western coast of the Peninsula and is famous for mud flats. The island is popular destination for families and has many activities for a fun day trip. Check it out!



Photo courtesy of Korea Tourism Organization

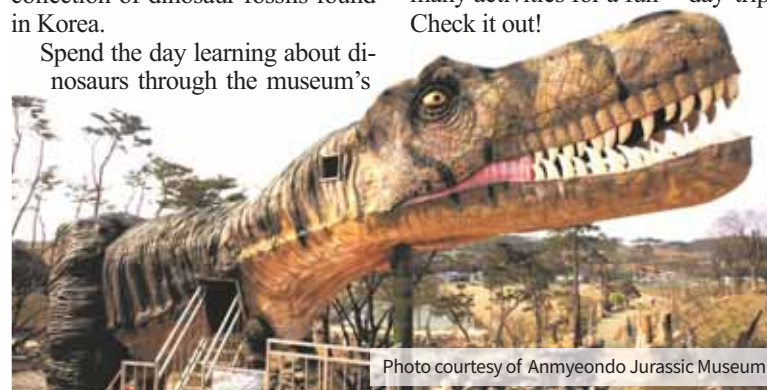


Photo courtesy of Anmyeondo Jurassic Museum

Anmyeondo Jurassic Museum
LOCATION: Shinonri 641-3 (Taeon-gun, Chungcheongnam-do)
HOURS: 9:30 a.m. - 5:30p.m. (Tue-Sun)
TICKET: Adults 15,000 won / Teenagers 13,000 won / children 11,000 won

KKot-ji Baech
LOCATION: 310 Kkotjihaeon-ro, Anmyeon-eup (Taeon-gun, Chungcheongnam-do)

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Ron Easley

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

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Stripes Sports Trivia

SAY MY NAME! Given the name Panayotis when I was born, I am known by most as a shorter version of my middle name. I spent time as a defender in MLS, but many remember me (and my hair) from my days with the 1994 U.S. Men's National Team. Who am I?

Answer

Alexi Lalas

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DID YOU KNOW?



Mandatory military service of 18 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 **군대**
Gundae (Military)

Language Lesson

Are you in the military?

Gun-in ieyo?
(군인이에요?)

Crossword by Margie E. Burke

ACROSS

1 800, in old Rome

5 Got some shuteye

10 Butter bits

14 Malta money

15 Sparkly headpiece

16 Newspaper bio

17 Former StubHub owner

18 Blend in

20 In dire straits

22 Specialty

23 Affectionate greeting

24 Walloped

26 Misbehave, with "up"

28 Emerald, for one

32 It comes with kings and queens

34 Con artist's art

38 Nautical pole

39 Now and again?

41 Cathedral recess

42 Salad follower

44 They may be flared

46 High school grade

48 Swedish airline

49 Franc fraction

52 ___ de Triomphe

54 Flinch, say

55 Answers to problems

61 Musical ensembles

63 Jane's dog

64 Filly's father

65 Enraged

66 Soldier's stance, with "at"

67 Meets, as a bet

68 10th U.S. President

69 Whole bunch

DOWN

1 Legal title

2 Sugar serving

3 Trial with a dummy

4 River rat

5 Hollywood sighting

6 Mona ___

7 Right on the map

8 White-collar worker?

9 Scot's cap

10 Patrol vehicle

11 Taken ___

12 Churchgoer's offering

13 Trusty horse

19 Laughable

21 Breakfast staple

25 Unassuming

26 Very top

27 Detective Charlie

29 Look up to

30 Kitten sound

31 "Goosebumps" writer

33 Prepares to work out

35 Kind of church

36 Madonna's "La Ronita"

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20				21					22			
23				24	25							
26	27			28	29	30	31					
32			33					34		35	36	37
38				39			40			41		
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46				47						48		
49	50	51							52	53		
54					55	56	57	58			59	60
61					62					63		
64					65					66		
67					68					69		

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Answers to Previous Crossword:

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

SUDOKU Edited by Margie E. Burke

Difficulty: Medium

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

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:

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

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 - *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**

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Healthy Living

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

May 2023



■ Yeongdeungpo Smart Medical Special Zone
- PAGE 2

■ PASA can silence your snoring/sleep apnea problems
- PAGE 3

■ 1 in 3 adults suffers from seasonal allergy symptoms
- PAGE 3

■ Implant, thorough check! Safely with oral bacteria test
- PAGE 4



Diabetes isn't a disease where you should eat more, it's one where you should eat less.



DIABETIC'S DIET

What and how to eat healthy

DR. K MEDICARE CLINIC

I'm Dr. K, an internal medicine specialist at Dr.K-Medicare Clinic. Today, we will discuss the three most essential things in a diabetic's diet: Which one works well? What else should I eat? What should I eat less?

The critical thing in diabetes is reducing sugar intake by reducing carbohydrates. So other than the first meal, we can cut down on bread, rice cakes and noodles because all are made of flour and carbohydrates. The important thing is knowing the Glycemic index.

The sugar index is how quickly food is absorbed by your body, and that's what the table shows for each food. So, a GI glycemic index below 55 is good food, and 70 and above is a high index. Since the GI is high, the sugar is absorbed too quickly and raised as fast as possible. Almost all bread, rice cakes, and noodles have a sugar level of 80 to 90 or higher. If the GI is this high, it absorbs incredibly quickly, raising your blood sugar level. That's how insulin gets released.

When blood sugar spikes, it's a waste of insulin. That's how the original resistance worsens, so you end up riding this vicious circle. You can stop this vicious cycle by reducing the number of times you eat bread rice cakes and noodles.

Second, stop eating white rice and switch to brown rice and mixed-grain rice. White rice is absorbed in your body quickly, raising your sugar level above 90. Mixed grain rice

makes you feel full and doesn't absorb. So, of course, it's easy to digest, and it's easy to absorb. Grains with shells are delicious.

What's the third? You have to watch out for sugary foods. Don't just drink anything. I wouldn't say I like sports drinks. They are lumps of sugar. It's absorbed as soon as it goes in. How about some snacks? Sweets, fried snacks, and everything like that, even fried carbohydrates. Hyperlipidemia is accompanied by diabetes. It can also cause high blood pressure.

Also, if you overeat fruit, your sugar level goes up. And in the case of watermelon, early GI is very high for 71 days. Sweet fruit like watermelon and grapes have empty blood sugar the next day. Fruit has lot of sugar, so it's better to eat only fistful.

So, remember, diabetes isn't a disease where you should eat more, it's one where you should eat less. You don't have to look for anything else.

If you want more information on diabetes and other health issues, please refer to Dr. K YouTube. <https://www.youtube.com/@dr.k>

Thank you.



Dr. K YouTube

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provide high-quality medical services with state-of-the-art medical equipment and facilities, including reliable medical staff with international competence and reputation. Seoul boasts a beautiful view

along the Han River, and Yeongdeungpo-gu is in the center. In Yeongdeungpo, which has Korea's representative attractions such as Han River cruises and yachts, 63 Square, and The Hyundai Seoul, you can enjoy an abundance of medical tourism with various things to see and eat.

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DAELIM ST. MARY'S HOSPITAL

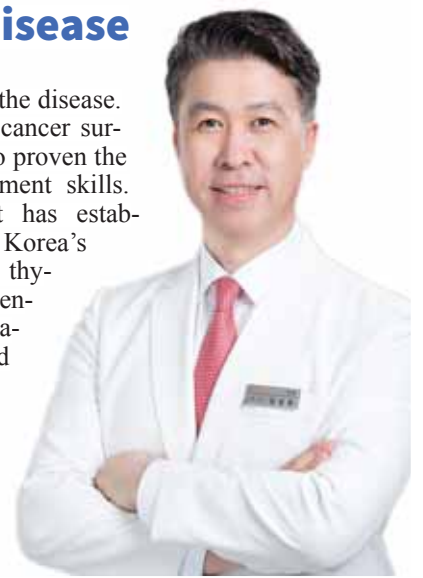
Daelim St. Mary's Hospital opened in 1969 and has provided the best system as a general hospital through rich clinical experience and various treatment know-how for more than half a century. In particular, the Breast Center, led by Seongwon Kim, a former professor of breast surgery at Seoul National University Bundang Hospital and a master of hereditary breast cancer, has about 50 breast

cancer experts working hard to treat the disease. More than 5,000 cumulative breast cancer surgeries have also proven the surgeon's treatment skills.



In addition, it has established itself as Korea's representative thyroid specialist center

by performing radiofrequency ablation for thyroid disease and thyroid cancer surgery in over 12,000 cases.



MAIN MEDICAL FIELD:

Breast Center, Thyroid Center, Cranial Nerve Center, Spine/Joint Center, Health Promotion Center, etc.



World-class hospital gives hope to high-risk mothers and newborns

HALLYM UNIVERSITY KANGNAM SACRED HEART HOSPITAL

Hallym University Kangnam Sacred Heart Hospital is a university hospital that protects the health of residents in the southwestern part of Seoul. It operates 30 clinical departments and 10 multidisciplinary medical centers. In particular, obstetrics and gynecology and pediatrics boast a national reputation.

The 'High-risk Maternal & Neonatal Intensive Care Center' has 3 obstetricians and 2 neonatologists, and is equipped with the latest equipment and systems to give hope to mothers and their families and to give birth to a new life. The Cervical Incompetence Clinic in the field of midwifery treatment maintains the world's highest number of surgeries (cervical cerclage) and the world's highest success rate. In addition, ultra-premature and premature babies are successfully treated in the Neonatal Intensive Care Unit (NICU).



For the safety and convenience of mothers, we also operate a family-participated delivery room, where labor and delivery can be performed in one place. Minimize scars/pain/complications and increase aesthetic satisfaction through gynecological disease surgery through the state-of-the-art Da Vinci Robotic Surgical System.

MAIN MEDICAL FIELD:

high-risk maternal clinic, high-risk neonatal clinic, gynecological robotic surgery, etc.



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Fantastic experience of moonlight, music, and night view

E CRUISE



The Han River cruise ship E-Cruise is a regular filming location for many Korean dramas and movies. Romantic cruises with live jazz performances and a buffet are operated by theme. The highlight is the world's longest moonlight rainbow fountain show, listed in the Guinness Book of World Records.



Better health now with U-Medi



1 in 3 adults suffers from seasonal allergy symptoms

BY DR. DONGIL KIM,
SEOUL DMC COMPREHENSIVE EXAMINATION CENTER

■ What is an allergy?

Allergy or allergy reaction refers to a phenomenon in which a substance or component in the environment reacts with the human body to cause a harmful hypersensitivity reaction to people, and substances that cause such an allergy are called allergens.

Well-known allergens include dust mites, pets, pollen, insects, ticks, molds, foods, and medications. In addition, there are hundreds of other substances in everyday life. People who have generally not had an allergy can suddenly experience allergy symptoms such as a runny nose and itchy skin.

These days, when flowers bloom quickly due to climate change and a large amount of pollen is blown in a short time, rhinitis symptoms or skin allergy symptoms may appear even for people who have never experienced allergies before.

Invasion of pollen through the respiratory tract can have a more substantial effect on microscopic, invisible allergens. If symptoms begin to appear, use an air purifier and sufficient humidification at home, wear a mask when going out, and take care of your body as usual. I recommend not doing it.

■ Who gets allergies?

Allergy symptoms are very prevalent, with one in three people experiencing them. In Korea, the number of allergy rhinitis patients recently exceeded 6 million, and Japanese cedar allergy is said to give significant and small symptoms to 40% of the population. About 26% of American adults suffer from seasonal allergies.

Why do some people show allergic hypersensitivity to pollen or house dust mites while others do not offer any reaction? The reason is genetic factors that cause hypersensitivity in the human immune system to external allergens are different for each individual. If one parent has an allergic disease, one of three children is likely to have an allergy. In addition to genetic factors, hormonal influences, viral infections, and smoking can also cause allergies.

+(재)한국산업보건의학재단
서울 DMC 종합검진센터
SEOUL·DMC·HEALTHCARE

■ What are the symptoms?

An allergy is an individual immune response, so different symptoms appear even when people are exposed to the same allergen. Common symptoms include itchy, watery eyes, itchy nose, sneezing, runny nose, rashes, hives (a rash with raised red patches), stomach cramps, vomiting, diarrhea, bloating, swelling and coughing. In severe cases the throat will close due to dyspnea and palpitations.

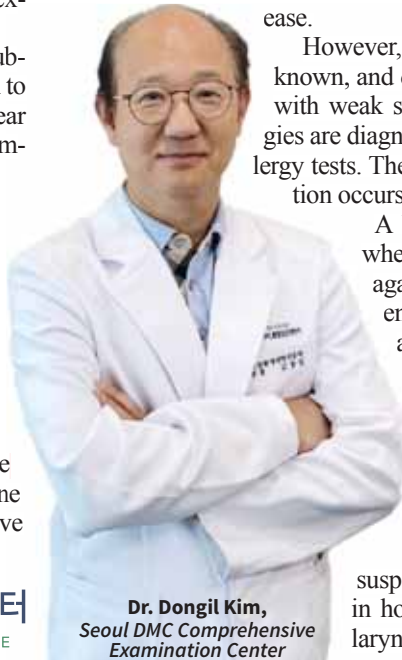
■ How is an allergy diagnosed?

In the case of seasonal allergies that worsens during the change of season, pollen is most often an allergen. Observe whether symptoms are alleviated indoors or when wearing a mask, or if symptoms change when exposed to a specific environment or allergy cause, and similar signs or symptoms in the family. It is also classified as a self-diagnosis method that determines whether or not there is a disease.

However, in most cases, the allergen is unknown, and diagnosis is more difficult in children with weak self-expression. In the hospital, allergies are diagnosed by skin tests, blood tests, and allergy tests. The skin test is to see if an allergic reaction occurs to various major causes of allergies.

A blood test is a method to determine whether immunoglobulin E, which fights against a specific allergy cause, is present in a person's blood. It is often used as an optional item during health checkups.

Lastly, an allergy test is a provocative test method to see whether an allergic reaction occurs by directly acting on a suspected cause of an allergy in a person's nose, eyes, or bronchial tube or by eating a suspected food. It is a method widely used in hospitals where dermatologists or otolaryngologists reside.



Dr. Dongil Kim,
Seoul DMC Comprehensive
Examination Center



PASA can silence snoring, sleep apnea problems

ILMI DENTAL CLINIC

Snoring and sleep apnea is a disease in which inhaled air does not flow entirely into the trachea to the lung, which severely affects one's health on account of chronic deficiency of oxygen. Multiple research shows correlations between sleep apnea and chronic headache, fatigue, sleepiness, hypertension, dementia, and stroke.

While over 30% of the world population suffers from this condition, the lack of awareness of its seriousness and the lack of an influential "gold standard" treatment method raises a significant public health concern.

Literally no side effects

Every anti-snoring oral appliance works by advancing the lower jaw forward so the tongue connected to the lower jaw is also pushed along, preventing it from falling back to block the airway while sleeping.

PASA's most significant advantage over other treatment methods is that it is virtually side effects-free. One of PASA's fundamental design principles

is allowing free movement of the lower jaw while wearing the appliance. This feature makes it extra comfortable and prevents the build-up of strain in joints that lead to long-term side effects. PASA is a simple, compact size in one piece without additional connecting components in the other devices, making it more hygienic and less likely to break.

Dr. Park also noted that "PASA would be an excellent treatment option who suffer from chronic oxygen deficiency due to sleep apnea, and those with a dry mouth or swollen tonsils from long-term mouth breathing."

Great results

Dr. Park, the inventor of the anti-snoring appliance PASA, was awarded by KHIDI (Korea Health Industry Development Institute) for the appliance's excellence in 2022. He won the gold prize in 2014 and the NET (New Excellence Technology) certification from the Ministry of Health and Welfare of Korea in 2015. Dr. Park's Ilmi Dental Clinic was well known for its different treatments of snoring and obstructive sleep apnea using PASA and the treatment of TMJ disorders and traumatic occlusion.



<Air volume before wearing PASA with black color indicating narrow airway>



<Air volume increases by four times after wearing PASA, shown with yellow-orange color>



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Implant, thorough check! Safely with oral bacteria test

UC GANGNAM DENTAL CLINIC

Case #1

Mr. Kim, an office worker in his 40s, had four teeth placed through implants at a new dental clinic near his house. After X-rays and a brief preliminary treatment the implants were completed. Six months after implantation, the gums were swollen and bleeding when chewing meat. The implanted teeth were also loose. Mr. Kim went to the dentist, who said it was because his gums were weak.

Case #2

Mr. Oh, an office worker in his 40s, found a place with rich clinical experience to get an implant. He meticulously found a dentist with extensive implant experience in Gangnam and made a plan for implant placement after going through an oral bacteria test, X-rays, and CT.

In particular, through an oral bacteria test, it was said that many bacteria were detected in the gums where the implant was to be placed.

Recently, Korea's implant surgery has been recognized in advanced countries thanks to its rich clinical experience and the efforts of medical staff.

However, as implants become more common, concerns about implant side effects tend to increase. Implant side effects are cases where the implant is loose or falls out in severe cases.

According to UC Gangnam Dental Clinic (Yoossi Gangnam Dental Clinic), which expanded and relocated to Eonju Station in Nonhyeon-dong, Seoul, implants go through meticulous examinations to increase the success rate from the time they are first placed.

As mentioned above, implant placement is the same principle as planting a tree.

Even if a severe storm comes, the gums must be strong, as if the root is firmly established in the soil, and the implant must be placed in such an environment.

To this end, UC Gangnam Dental Clinic can identify the pre-periodontal disease and gum disease through an oral bacteria test.

It detects microscopic bacterial activity in the oral cavity that is not visible on the surface, prevents gum disease and periodontal disease that may occur due to this, and enables safe implant placement.

Oral bacteriological examination, an accurate dental diagnosis technique, is already standard in the United States and Europe, which are advanced countries in oral health. Still, only a few dentists in Korea are introducing examination equipment and systems.

The benefit of oral bacteriological examination is that periodontal disease and expected diseases around implants to be placed can be identified in advance. This can increase the success rate by discovering the cause of the failure of the implant to be placed at an early stage.

In addition, even without apparent symptoms such as tooth decay, overall oral health can be improved through the activity and distribution of bacteria in the mouth.

In addition, it has been pointed out that the high-speed rotary drill used for implant placement can damage tissues in the oral cavity due to severe frictional heat and vibration.

It has been pointed out that the gum bone can be permanently damaged even if exposed to a temperature of 40 degrees for only 10 seconds.



Dr. Jeong Hae-wong
UC Gangnam Dental Clinic

Jeong Hae-wong, representative director of UC Gangnam Dental Clinic, said, "Implants have become common, but now they are simply functional. Not the concept of supplementing lost teeth but a method that considers safe and comprehensive oral health it is necessary to consider Implant with a safer and higher success rate through oral bacteria test It is highly satisfying to receive treatment after fully understanding the treatment method and feel safe for a long time. It is a way to maintain a healthy tooth life with new teeth."

Waterdrop laser implant

Waterdrop laser implant has the advantages of infection prevention through sterilization, minimization of anesthesia, effective and accurate treatment, and fast recovery after treatment.

If considering an implant, it is also effective to check whether a water drop laser is used.

In addition, teeth are located at the bottom of the face and affect the facial contours and jaw bones.

It is recommended to use 3D CT for precise diagnosis when placing implants. According to UC Gangnam Dental Clinic, 3D CT allows accurate surgical planning to be established through 3D information.

This has the advantage of shortening the surgical time, reducing the risk during implant placement, and being safe as the radiation exposure is 1/50 lower than that of general CT.



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STARS AND STRIPES®

“We would like to extend the greatest gratitude to our parents, mentors and community as we get ready to embark on the next phase of our lives. We have grown, gained extensive knowledge, and have overcome the unforeseen. We succeeded in completing our high school years due to your continual encouragement and guidance, we simply couldn’t have done it without you.”

- Valerie Flynn, on behalf of the Humphreys High School Class of 2023

Grad Tab

CLASS OF 2023

Daegu High School
Humphreys High School
Osan High School



Daegu High School

- | | |
|----------------------|-----------------|
| Hazel Bell | Layla Morford |
| Janessa Blue | Andrew Moss |
| Danica Claire Brandt | Nayali Rosario |
| Jin Young Brummett | Ian Rutledge |
| Timothy Chang | Ella Sims |
| Hannah Clites | Emma Sims |
| Seunglee Davis | Daniel Son |
| Rashawn Dayee | Vivian Tillman |
| Alicia Garringer | Elijah Townsend |
| Logan Gray | Isaiah Townsend |
| Jonathan Ingram | Leah Williamson |
| Jordan Leary | Xamari Woods |
| David Matthews | Jason Won |
| Gabriel Miller | |



First day of school.

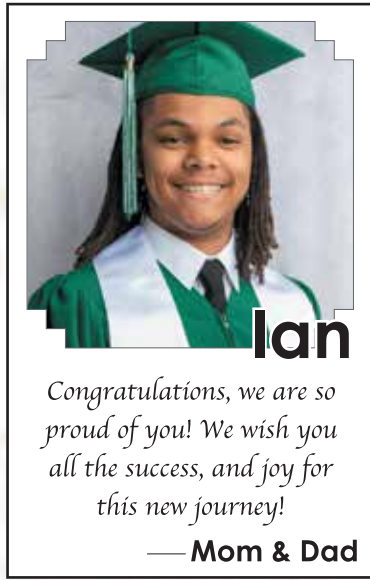


Seniors support middle school dance at Halloween.





Seniors strike a smile.



Ian

Congratulations, we are so proud of you! We wish you all the success, and joy for this new journey!

— Mom & Dad



Lasting memories.



Senior Bowling in October.

Thanks for your love and support

I am Logan Gray, Senior Class President of Daegu Middle High School. I am writing this because it's almost over, and our high school days are coming to an end. As this chapter closes in our lives, I'd like to look back on all the times this class has spent together and all of the memories we have made together. I want to thank all of my fellow Warriors for making this school year and the last four worthwhile. We started high school in the fall of 2019. We went to football games, pep rallies, parades, festivals, basketball games, and all the events that made high school fun. Our second semester of freshman year came around, and all of our high school normalcy came to an end. The pandemic hit, and the entire world went into quarantine. Sitting in classrooms with friends turned into not leaving our homes, Zoom calls, pajamas, and online homework assignments.

We were able to return to school halfway into our sophomore year, but our new normal became masks and massive plastic barriers. Slowly, one by one, the COVID-19 restrictions were relaxed. Now it is 2023, the time has flown fast, COVID-19 restrictions no longer exist, and we've had our most normal school year since 2019. Although it has only been four years, I've been through everything with the 26 people I will be turning my tassel with on June 1, 2023.

This year we had a Senior Sunrise, Far East competitions, KAIAC, Pep rallies, amazing Senior nights, and traveled across the peninsula and to Japan. We are so grateful for this school year, and for spending our last year of high school with the same sense of normalcy, we had our freshman year. We couldn't have had such a fantastic year without the friends, family, teachers, administrators, and counselors supporting us. Thank you to you all.

A huge thank you to Ms. Wassmer, our senior class advisor, as well as Principal Mr. Clites and Assistant Principal Dr. Beach, who ensured that most, if not all, of the ideas we came up with could happen. We know that dealing with our constant class-wide indecisiveness wasn't easy, but we are glad that you were there to guide us in the right direction. We will miss you dearly and are happy that you were by our side during the crazy ride that was our last year of high school.

Thank you to our teachers who taught us everything we know. You've granted us knowledge and lessons that will help us succeed as we pursue higher education and various careers. We quite literally couldn't have done it without you. Our school counselor, Mr. Workman, also deserves a huge thank you from us. Thank you for taking time out of the nights when you could've been sleeping and the weekends when you could've been relaxing to help us. You collected various scholarship information, helped us change our schedules, made sure we knew how to apply to colleges, and ensured that we had a plan for our futures before we walked out the doors of Daegu Middle High School one last time. Thank you for your time and effort in our class's future.

Thank you to our families for always being there for us. We have gotten this far because of your love and support. Thank you to the parents and guardians who took time out of their day to attend sports events, donate money to the senior class, ensure our graduation pictures were flawless, and always cheer us on from the sidelines. No amount of thanks can represent how genuinely thankful we are for you all.

Lastly, thank you to my classmates. We are about to close an important chapter in our lives. Time has flown by so fast, but I'm glad I got to experience all of the ups and downs of high school with you. We will soon go our separate ways and discover who we are. I am so proud of everyone and can't wait to see everyone succeed in the coming years.

—Logan Gray, Class President
Daegu Middle High School Class of 2023



Posing before class.



Senior Sunrise at the beginning of the year.



Fall is a perfect time for a senior shot.



Seniors adorned their graduation gear and battled the wind for the group photo as they close out their senior year.



Osan High School

Abrahamson, Josiah
 Borja, Adriana Jean
 Brandon, Maxamillion
 Choe, Yoonju
 Ciochetto, Isaac
 DeSilva, Gongpon
 Diaz, Evan
 Farrer, Payden
 Ganske, Katelyn
 Grant, Jaylon
 Hoback, Ethan

Hokaj, Malana
 Hunt, Riley
 Jennings, Tzurriel
 Kuczynski, Addison
 Lee, Jesse
 Leon, Soriya
 Lopez, Tyeasha
 Machmer, Vivian
 Mahmutoglu, Zeynep (DVS)
 Martin, Zoie (Home School)
 McCollum, Bailee

Medina, Jaidalei
 Morales Pizarro, Nathan
 Nasci, Luigi
 Novack, Zavier
 Ornelas, Amaryias
 Panboon, Anthony
 Rivera-Ferreira, Karina
 Robertson, Abigail
 Robles, Katherine
 Rutland, Adam
 Sanchez, Ayumi

Serrano, Angela Erika
 Shoulders, Nathaniel
 Simpson, Bryce (Home School)
 Tang, Lydia
 Torres, Jason
 Ungos, Shaylee
 Waight-Forrester, Nevaeh
 Watson, Dylan
 Young, Bryanna
 Young, Landon



Osan seniors kick off the year with a photo.





Katelyn, Riley, Vivian, Katherine, Shaylee, Malana, Bailee and Angela have enjoyed playing various sports together.



Josiah

Dear Josiah, It has been an absolute pleasure raising you and we are so proud of the young man you have become!

— Dad & Mom x



Adriana, Jason, Josiah, and Max are good to go for graduation.



Zavier, Ethan, Payden and Landon happy to move into the next phase of life.

You have all been our village of support

On behalf of the 2023 graduating Senior Class at OMHS, we would like to give our deepest gratitude to all those who have supported us, not only this year, but through all the years leading up to this point in our lives. From teaching us how to tie our shoes in elementary school to helping us ace our ACTs, we couldn't have made it without you guys with us every step of the way.

For every parent and guardian, we thank you for your encouragement through our path here. From birth to this very moment we are at today, you have stuck by us and influenced us positively. Thank you for not giving up on us when we're sure you wanted to quit many times. Your devotion to us is admirable, and we wouldn't be the people we are without our parents.

Thank you to all the principals who have supported us with all of the crazy activities we have participated in from spirit days to sporting events. We have had four different principals these past years and have had four supporting and inspiring leaders help us grow our senior class.

Counselors, we recognize the hard work you put into ensuring our success. Guaranteeing that our mental and physical health are both looked after as well as our education as we step into this new chapter of our lives.

To all the teachers it is a must that we acknowledge everything that you've done. Educating us, encouraging us to set higher goals and to make our dreams a reality. Let us not forget how often you helped us turn in our assignments on time and helped us finalize our resumes so they're ready for our next step. You were always preparing us for the future, which nears every single day. Thank you for showing us various routes we can take and encouraging us to pursue our desires in life.

And, for everyone else (family members, friends, supervisors, coaches, clergy) who have supported us on our journey here we appreciate you and could not be more thankful!

You have all been our village of support. We could not have made it this far without your efforts to keep us on track. The OMHS Senior Class of 2023 thanks you all!

Respectfully,

DASH DESILVA

Senior Class President, Dash DeSilva

B McCollum

Senior Vice President, Bailee McCollum



Payden, Nathan, Isaac, Lydia (Valedictorian), and Dylan competed in wrestling together.



Vice President Bailee McCollum, President Dash DeSilva, and Secretary Shaylee Ungos (Salutatorian) (missing Event Coordinator Jaidalei Medina) have kept their senior class having fun and on track this year.



Yoonju, Abigail and Karina are all smiles as graduation nears.



Seniors enjoyed a trip to the Incheon Global Campus hosted by the University of Utah in October, where they heard about college options from three universities.

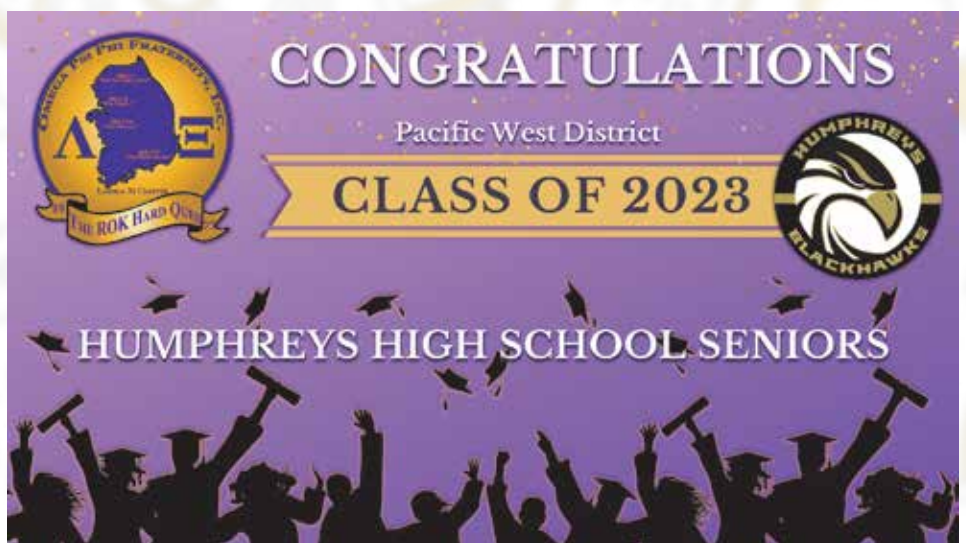



HHS Class of 2023 class photo.



Humphreys High School

- | | | | | |
|----------------------|---------------------------|--------------------|--------------------------|-------------------------------|
| Abreununez, Isairy | Ekman, Emma | Lim, Nathaniel | Peterman, Reyna | Taphaniyawarangkul, Wipawarin |
| Alicaba, Jayden | Elliott, Ethan | Lim, Nuri | Petry, Elijah | Thornhill, Erich |
| Allison, Oscar | Fermin, Joshua | Lindsay, Maiya | Pham, Van | Thornton, Evan |
| Anthony, Tatiyana | Figueroa Salhuana, Joans | Liufau, Dean | Pietruszka, Katherine | Timpson Hogue, Caliah |
| Appelhans, Katherine | Flanery, Kyung Joon | Lopez, Diego | Ramos Escobales, Carlian | Tomlinson, Riley |
| Baradji, Fatoumata | Flores, Amber | Lurhuma, Pierre | Ramos, Francisco | Tullos, Charlize |
| Barnard, Ryan | Flynn, Valerie | Machado, Jarod | Ramos, Levi | Utley, Cyan |
| Barrett, Noemie | Fuller, Nicholas | Mackay, David | Richardson, Keaira | Vegas, Jelissa |
| Benavides, Bryan | Gabriel, Stephanie Marish | Maina, Vaitupua | Rivera, Giancarlo | Venegas, Roxanne |
| Black, Aiden | Gant, DeJuan | Martin, Devynn | Saroglou, Devonte | Verell, Kamron |
| Bowers, Mia | Gee, Madeline | Maschek, Sean | Schrimsher, Madison | Wahlgren, Kate |
| Bowles, Mekhi | Gerling, Aurora | McCormick, Kinsley | Schwartz, Joseph | Washington, Angel |
| Briales, Kalia | Gift, Megan | McNeil, Lela'au | Sherwood, Kayden | Wege, Matthew |
| Brooks, Justin | Gomez, Daniel | Meno, Nathaniel | Siameja, Siamazilawa | Wheeler, Albreil |
| Bruce, Christian | Hickey, Mina | Miller, Claire | Sigrah, Russell | White, Janiyah |
| Bufkin, Ariella | Howell, Makayla | Morales, Sofia | Sikes, Madison | Woo, Jeeyoon |
| Carey, Jack | Inglis, Keith | Moreno, Alex | Skiles, Micah | Worden, Sophia |
| Carter, Asa | Irizarry-Ingles, Jon | Morrison, Kanon | Smith, Caleb | Wright, Carol |
| Cauley, Naysa | Jaring, John Rohan | Nichols, Stephanie | Smith, Jason | Wrightsil, Sabra |
| Chang, Hana | Johnson, Avion | Oliva, Emily | Smith, Zoe | Yannacci, Matthew |
| Chung, Hanna | Johnson, Oliver | Olson, Robert | Song, Brian | Yi, Dylan |
| Cobb, Erin | Johnson, Solomon | Owens, Jazmyn | Song, Faith | Yu, Jaeseung |
| Cobb, Robert | Joves, Kyle Michael | Parrel, Dylan | Tabaquero, Adriene | |
| Cody, Seoul | Kim, Anica | | | |
| Colonna, Stephen | Kim, Ashley | | | |
| Connell, Reece | Kim, Esther | | | |
| Cowan, Japhy | Kim, Isaac | | | |
| Craig, Lanin | Kim, Tae Min | | | |
| Crismon, Arianna | Ko, Annabelle | | | |
| Davis, Kaden | Ku, Daniel | | | |
| Di Paolo, Simon | Kunnas, Levi | | | |
| Diotalevi, Alexander | Labador, Anthony | | | |
| Donnerson, Kailah | Landreth, Chance Dakota | | | |
| Dutcher, Christopher | Lauzon, Validus | | | |
| Duvall, Benjamin | Lee, Changgun | | | |
| Egan, Alexander | Lee, Hannah | | | |





Madison
 We are so proud of you, Madison. This is only the beginning of your life journey! Love you!
 — Mom & Dad



Naysa
 we are so proud of all you have accomplished!
 Love Forever,
 — Mom and Dad



Cyan
 We are proud of our firstborn! Tri-M Honor Society, Scholar Athlete, and a true blessing to us.
 — Love, Mom&Dad



Ethan
 Your hard work and dedication has paid off and inspired others! We couldn't be more proud of everything you have accomplished!
 — Mom and Dad



Mekhi Bowles
 Congratulations on your BIG day. I love you with all my heart ALWAYS!
 Love,
 — Nanny



Lane
 Congratulations on your graduation! We're proud of your accomplishment and look forward to sharing the next chapter in your life!
 — Mom & Dad

We simply couldn't have done it without you

We, the Humphreys High School Class of 2023, would like to extend the greatest gratitude to our parents, mentors, and community as we get ready to embark on the next phase of our lives. We have grown, gained extensive knowledge, and have overcome the unforeseen. We succeeded in completing our high school years due to your continual encouragement and guidance, we simply couldn't have done it without you.

To our beloved parents, thank you for your unceasing reassurance and motivation as we spent countless hours learning. Throughout the laborious years of high school you have, beyond any doubt, been there to serve as a pillar every step of the way. Jane Hull once said: "At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents." This achievement is dedicated to the crucial role you played in the completion of this transformative journey. Over the years, we've faced unprecedented challenges. Yet, despite the obstacles and uncertainties, we persevered and triumphed because of your unshakeable belief in us and our abilities.

To our trusted mentors, thank you for sharing your wisdom, imparting your knowledge, and revitalizing our confidence as taking the next steps towards our dreams draws near. We are incredibly appreciative to have been provided with such a delightful experience, and for the significant lessons we have learned along the way. We look back on our time spent in high school with nothing but fond memories and cherished adventures; but we also eagerly anticipate the exciting prospects that we know lie ahead. You have helped shape us into the people we are today, and as we emerge adulthood, we will forever remember your kindness and resolute confidence.

To our community, thank you for acknowledging our accomplishments; under no circumstances, has your spirit in us withered. From persistent morale-boosting at sporting events to your sizable involvement in functions such as the reverse parade and prom, you have truly poured into our class, and we are immensely grateful. This moment, serving as both an ending and beginning, is a moment we've all been waiting for. High school was no easy feat, and the completion of this milestone took incredible devotion and hard work. With all of you alongside us, as we, the graduating class, prepare to say goodbye- let us celebrate this bittersweet point in time with as much joy as it deserves.

Class of 2023, our years of high school are finally at an end. As we part ways and enter the life of adulthood, let us remember that we are the outcome of our actions. Embrace any and all opportunities that come your way. Take risks. Succeed. Fail. Grow.

—With heartfelt thanks,
 Valerie Flynn, on behalf of the Humphreys High School Class of 2023



Squeezing in a little recreation between studies.



In the field, research in action.




Seniors show their spirit.




Senior football players.



Carlian
 We are proud of you and we love you. Congratulations baby YOU DID IT
 — Mom and Dad



Jason
 You are awesome!!! Time to conquer the world. Even if it is not ready for you. Congratulation on Temple!
 — Mom, Joshua & Dad



Levi
 Congratulations Baby Levi! We are incredibly proud of you and of how far you've come! We love you!
 — Mom & Dad



Keaira
 I am so very proud of you Mija. Angels are always with you!
 — Dad



Mekhi
 Congratulations Mekhi. We are so proud and love you much!
 — Ash & Noah

Congratulations to the class of 2023!



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